



[www.windsurfbaba.org](http://www.windsurfbaba.org)

## Live to Windsurf - Windsurf to Live



by Gil Wright

BABA friends, Thank you for another great year of windsurfing mentorship! I'm serious about that as the Oct '07 Hatteras trip was the focus of my first summer and helped tie much of the new skills together. This year, my weeks in with BABA in Avon in May and October have been just as valuable as I can't seem to get out to sail often enough from Fredericksburg and I need the 'meaningful repetition' of getting on the water regularly.

Each day in Avon as I faced the early view of the sound from the deck and everyone checked their computers for wind forecasts, **Janice Emerling** would be 'first out' and I tried to be second.

The week had great winds for an intermediate every day. The moderate days were harness skills reinforcement and confidence building. The light days were sail handling exercises, and the final strong days were exhilarating as I got to fourth gear of the ABK five gear planing guide! Thanks to those who gave mentorship and who loaned equipment. It all added up to good progress.

The Monday night party was great! **Maureen Pritchard's** Island Storm house sponsored the event. Thanks for the beer! We had about 39 folks. Several members young and older remarked at how attractive our women are especially after putting the wetsuits and funny hats aside; our youngest attending member **Sam Melnick**, came into possession of a 'fart generator' [thanks **Mark Raginsky**] and was the life of the party. Its subtle use was apropos for the Chili dinner!

The chili was great and ran the gamut of vegetarian made by **Fan Pat** to 'real hot' by **Dennis Bednar** with special peppers! The beer and wine were especially fun



*Fred Thomas and Gil Wright*

as no one needed to drive home. At the party, later in the evening AK flashed BA [stimulating his 'wildest dream fantasy']; GW did a fashion walk in his new tight BABA rash guard; DL couldn't resist the 'crab dip' any longer and buried her entire arm in it before sneaking off to 'lick the dip'; PK talked of 'flying united' [and demonstrated the skill later in the week on the tandem board]; HV spoke of going both ways [I think she may cross over to Kiteing but won't admit it. The wet suit may be shutting off the blood flow to her brain]. Thanks to all who shared their special moments (*ed note: I think Gil really enjoyed the beer & wine...*)

*continued on p 7*

### Save the Date

**BABA Annual Meeting, Racing Awards and Winter Party (all in one!)**

**Saturday, January 31, 2009**

**Podickery Point Yacht and Beach Club  
Annapolis, MD**

**More information coming soon**

## BABA Mission Statement

The Baltimore Area Boardsailing Association (BABA) is a network of Northern Chesapeake Bay windsurfers. Our purpose is to promote the sport of windsurfing through seasonal racing, instructional clinics, social events and group travel to windsurfing destinations. The club is an advocate for windsurfer access to clean, safe launch sites. Our events focus on an enjoyable social experience while developing further windsurfing skills.

**For Membership information contact  
Ann Jackson at (410)315-8481 or  
ajax.tmm@verizon.net,  
or any member of the BABA Steering Committee.**

[www.windsurfbaba.org](http://www.windsurfbaba.org)

## Membership News

**Please mail renewals and new memberships directly to Ann Jackson.** Her address is 124 Bay Park Way, Severna Park, MD 21146. She always appreciates any updated information about new e-mail addresses, telephone numbers, etc. Please let her know if you would like to be an electronic subscriber to the newsletter. This saves the club postage and printing expenses (and trees!) and the pictures look great in full color on-line.

Membership renewal for 2009 is due in March/April. If you'd like to get a jump on the game and renew now, a membership form can be found at [www.windsurfbaba.org](http://www.windsurfbaba.org).

## BABA Steering Committee

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#### Sponsorship

*open*

### VICE CHAIR

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## 2008 Racing Wrap-Up



by Commodore Tomaso Sargent

*Longboard start*

While we are assessing the size of the wood pile, checking the window weatherstripping, touching up the edges of the downhill skis or just watching the leaves blow across the yard we can also recall some of the cool racing events we had this season. All in all, it was a successful year with only one event cancelled due to lack of wind. Just two out of seven events did not produce suitable formula conditions. We had over 40 participants in the series as a whole which shows that there are people who have fun sailing around the buoys.

The BABA race format is as much about party as serious competition. From the opening pizza feed at the Rocky Point Gerry Brown / Johns Hopkins benefit, to the summer Gunpowder camp out, the end of summer hot chili salsa and margaritas and culminating with the Mayo Beach East Coast Championships weekend with lasagna dinner, and sunday breakfast, we mix it up and keep it interesting. As always we try to encourage the competitors to bring their friends and families and that seems to be happening more and more. The bigger these events become the more influence we have with the

counties and parks where we sail and the more likely we won't lose access to the water we like so much.

One caution though. It seems that with high fuel prices and the availability of fairly accurate wind forecasts there has been a tendency to believe some of these light air or stormy predictions and rationalize somehow that it's not worth coming out on race day. On more than one occasion this year those forecasts proved wrong and some of you missed out on good times and tight sailing. Back in the day, if there was an event, you went regardless of the weather just to see all your buds, take part in the camaraderie and make it a party.

So next year, let's try to make as many races as possible and the BABA race committee will continue to plan fun and diverse events with the usual amenities as well as some new twists. We are always open to new ideas and welcome your input and dedicated participation.

Thanks to all the volunteers who braved the elements to make this year's race program a success. If you would like to have your influence on our schedule do not hesitate to contact Commodore Tomaso at [tom\\_us919@hughes.net](mailto:tom_us919@hughes.net) or 301 252-5496.

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## 2008 Racing Wrap-Up

### BABA East Coast Championship Regatta

The Race Committee reluctantly postponed the 4th Annual East Coast Championships on September 27 & 28 due to torrential rains on Saturday morning, followed by calm afternoon, and total calm on Sunday. The event was re-scheduled for October 25 and 26. The forecast for the 25th was for extreme conditions, so if there was going to be any racing it would be slalom. The committee boat captain, Albert Pritchard, along with first mate Maureen, were advised to stay in port. Here are several accounts from folks who braved the conditions on Saturday, and then were rewarded with some decent racing conditions on Sunday.

#### Saturday Report from Warren Evans:

There was a pretty good crowd at Mayo on October 25th. Actually, it was almost crowded with cars having to park two rows deep. The Saturday slate of races were canceled. I think that turned out to be a pretty wise decision as conditions were very much up & down. Several times I was happy just to make it back in and would not have liked to be trying make it around a course. Starting around noon, some showers started coming through that bumped up the wind significantly (Tolly Pt buoy recorded gusts to 43). By mid afternoon, it was solid 4.5 for me and there was that sweet spot on the way out where the starboard ramps came at you almost head-on. Jumps were just about involuntary.

While the water temps were starting to get a little chilly, air temps were pretty warm for late October. I even saw at least one person in a shortie.

I was happy to see my house-mates from the Hatteras trip, **Colin Pitts & Fan Pat**, there for the race. I distinctly remember Fan working on beach starts the first few days in Hatteras. So, I was a little surprised to see her ripping along way out in the middle of the South River. I was wondering if she had also learned water starts or if she was able to up-haul in the 2-4 chop there in the middle. Apparently, she does neither - she just doesn't miss her jibes. Oh, OK, yeah, I should try that.

#### Report from Fan Pat:

Thank you Warren for your kind words. I need to clarify my "jibe". On Saturday, when I was out there, my main goal was not to fall. When it is time to turn around, when the tacking failed, I did the extremely slow motion jibe (if you can call it a jibe), basically, I turned the stern through the wind...luckily that worked. Near shore, I did one beach start, and later I had to up-haul (the chop was relatively manageable to up-haul my 3.3).

Sunday was a nice day with a warm, light breeze from the west (WSW) and then after 1pm the wind started to pick up from the south. The turn out was small compared to our usual East Coast Championships event. The course was set up originally to have a reaching course for everyone. Racers were to have a down wind start, reach to a gate (two buoys), and we had a choice of either tack or jibe around the buoys. Unfortunately, the wind direction switched due south, the course became directly downwind and then upwind, with a downwind start. Despite the tricky course, we had 5 races. The wind was enough for formula to be planing in all races. I was using a 7.5 and other formula racers were using their 11 or bigger sail. Overall it was a great day of sailing/racing.

Thank you **Al and Maureen Pritchard** for the boat and for being race committee and thank you **Bill Anderson** and **Helen Van Gelder** for bringing the drinks. Thank you **Tomaso** for organizing and all the hard work throughout the BABA racing season.

#### Report from Tom Caswell:

Racing on Saturday was called off due to the extreme conditions, which left us with an excellent day for high wind short board sailing. I started off on a 6.8 and eventually went down to a 5.3 and my Foote custom wave board. It felt strange to be on a smaller board than Fan Pat but so be it. I was lit up on the 5.3 and 90 liter board. Lots of planning jibes and swell surfing.

Sunday was a good warm weather day and a chance to nurse the pain from

Saturdays high wind sailing. The Formula fleet only had 5 or 6 entries and about the same for Longboard.

We ran five race in very light winds ranging from 8-12 mph. Race one was bit awkward. **Alan Bernau, Tomaso Sargent** and I all hit the start a few minutes late. Alan got off the line late but fast, with Tomaso on his heels. I was the last Formula board to hit the downwind Mark. I was fully powered on 12 meter and starboard 161. I played the lift and stayed close to the shore line and shot past the fleet to finish 1st, Tomaso 2nd, **Yugi Hiratsaka** 3rd and Alan 4th.

The long board fleet was well separated. **Stuart Gray** was first but DSQ for going over early, and **Bill Anderson** was second.

The next 3 races Alan hit the down wind mark first but I still managed to take him at the upwind finish line. The big surprise was Tomaso running deep downwind on his new Vapor Formula board. He was sailing great. I guess we'll have to watch Tomaso next season with his new gear.

Race Five - I had a bad start and Alan smoked me off the start line, Tomaso was on my heel and Colin dropped out due a wicked wipeout which damaged his board.

Alan dumped dirty air on me and covered me so I tacked early then overstood the upwind mark giving Alan the win. He ran a good tactical race plus finally got dialed in on his 12.5 and Mikes Lab custom Formula board.

**Fan Pat** sailed with the big dogs on Formula gear, Way to go. Colin, stop reading now.....Fan actually beat Colin in one race as well.

We stopped at 5 races, as everyone who wasn't wearing a dry suit was getting cold. Great job by the race committee. Hope to see lots of BABA members in Florida for the next race.

**Hampton Roads  
Sailboard Classic  
coverage on page 15**

## 2008 Season Results

	Sail No	1	2	3	4	5	6	7	TOTAL
<b>A Formula</b>									
Alan Bernau	111	7.00	1.00	1.50		2.00		2.00	13.50
Eric Rahnenfuehrer	136	6.00	2.00	1.50		7.00		8.00	24.50
Colins Pitts	33	4.00	4.00	5.00		7.00		4.50	24.50
Bruce Rigg	GB	1.00	3.00	6.50		7.00		8.00	25.50
Tom Caswell	N60	10.00	5.00	8.00		2.50		1.00	26.50
Tom Sargent	919	RC	RC	5.50		5.50		2.75	32.75
Fara Hall	3	2.00	8.00	8.00		7.00		8.00	33.00
John Groesbeek	811	11.00	8.00	8.00		1.50		8.00	36.50
Yuji Hiratsuka	J4	11.00	8.00	8.00		7.00		4.50	38.50
<b>Sport Formula</b>									
Fan Pat	HK3	5.00	6.00	6.00				4.75	41.75
Brian Foreare	F04	3.00	8.00	8.00				8.00	47.00
<b>Women 7.5 Limited</b>									
Daphne Lathouras	=	9.00	7.60	5.67	2.50	8.00	6.25	9.00	30.02
Ann Jackson	37	2.67	7.20	12.00	9.00	8.00	4.50	9.00	31.37
Janice Emerling	VL	5.00	RC	7.33	5.17	8.00	11.50	9.00	34.50
Fan Pat	HK3	9.00	14.00	12.00	9.00	8.00	5.75	9.00	40.75
Helen VanGelder	4	9.00	14.00	12.00	7.50	8.00	11.25	7.00	42.75
Mary Kay Fennel	z	9.00	14.00	12.00	9.00	8.00	15.00	7.00	45.00
Amber Kasbeer	2024	9.00	14.00	12.00	9.00	8.00	12.00	9.00	47.00
<b>7.5 Limited</b>									
Jack Ames	411	9.00	4.40	RC	1.50	8.00	3.50	7.00	24.40
Mike McCormick	122	9.00	4.00	12.00	9.00	8.00	2.50	7.00	30.50
John Bickford	3139	9.00	6.00	4.33	9.00	8.00	8.25	7.00	33.58
Chuck Schnee	2023	9.00	8.20	4.67	9.00	6.00	15.00	7.00	34.87
Tom Sargent	919	9.00	14.00	12.00	9.00	8.00	2.25	7.00	35.25
Tom Hickey	81	6.33	10.80	9.33	9.00	8.00	15.00	3.25	35.91
John Butler	1116	6.67	15.00	12.00	9.00	8.00	15.00	7.00	42.67
<b>Open</b>									
Bill Anderson	3945	9.00	9.00	8.67	3.50	6.00	6.25	1.00	25.42
Fred Thomas	S1	2.33	14.00	12.00	9.00	1.25	6.50	7.00	26.08
Kevin Gaston	1110	9.00	1.20	1.00	9.00	8.00	15.00	7.00	26.20
Eddie Murawski	398	4.00	14.00	10.33	9.00	1.50	15.00	2.50	27.33
Fara Hall	3	9.00	1.60	2.67	9.00	8.00	15.00	7.00	28.27
Chip Ehrharot	280	9.00	2.80	2.67	9.00	8.00	15.00	7.00	29.47
Carsten Boekholt	1	9.00	14.00	12.00	2.33	8	15.00	7.00	38.33
Phil Anderson	13945	9.00	14.00	12.00	6.67	8	15.00	7.00	42.67
Tom Cobin	A	9.00	14.00	12.00	9.00	8.00	11.50	7.00	44.50

## 2008 Speed Quest

The 2008 BABA Speedquest ended on October 31, 2008 with **Craig Heffner** posting his best speeds of the year just ten days earlier. October 21st was a classic Rocky Point West to Northwest day with winds gusting from 22 to 35 mph. While the gusty winds are not always the easiest to sail in, those sort of days tend to give the best speed runs because the water is fairly flat between gusts. Craig improved his 5 x 10 second average speed by 1/2 knot, to finish at 26.53 knots.

The first place time set by **Roger Fitzgerald** was from March 30th on the Avon Sound. Conditions were consistent in Avon that day, and the record was set sailing from Island Gust, just back of the Ocean Air shop and near the Avon Sound windmeter. **Sandy Rollins'** third place speed was also from Hatteras - she sailed her fastest in the sound near Rodanthe in May. **Daphne Lathouras** rounds out the field with her tracks from May, also on the sound on Hatteras.

We would like to see more entries next year, this contest is open to all BABA members for just an annual fee of \$5. All you need to enter is a GPS device. They cost as little as \$49 for the eTrex basic unit. Set up the unit to read every two seconds, download your files to your computer at the end of your session, and send them by email to Roger or Craig for analysis.

We use GPSResults to analyze the data and the gpx format is preferred. Please email Roger if you would like more information or check out the GPSspeedsurfing.com site for details and recommendations on GPS devices.

The 2009 BABA Speedquest will run from November 1, 2008 to October 31, 2009. The contest is off to a good start with both Roger and Craig posting 27 knot+ speeds on November 16th. A new entry form and updated guidelines will be posted on the BABA website soon.

Craig Heffner: heffnha@verizon.net

Roger Fitzgerald: fitz@qis.net

Results in knots - 1 knot = 1.136 mph

	Sailor	5 x 10 sec avg.	2 sec max	GPS	Date	Location
1	Roger Fitzgerald	27.534	29.449	Navi GT-11	03/30/08	Avon Sound
2	Craig Heffner	26.530	28.417	eTrex	10/21/08	Rocky Pt.
3	Sandy Rollins	24.747	28.220	eTrex	05/11/08	Rodanthe Sound
4	Daphne Lathouras	18.691	24.161	Forerunner 301	05/08/08	Avon Sound

	Sailor	Sail size & type	sail brand & year	Board	Fin	Avg wind	gust knots	wind mph	gust mph
1	Roger Fitzgerald	5.3 Koyote	KA- 2008	Cross 84	23.5	24	28	27	32
2	Craig Heffner	4.7	North	Fanatic Bee 94		20	30.81	22	35
3	Sandy Rollins	4.0		Mistral Screamer 268					
4	Daphne Lathouras	4.2 Jet	Neilpryde	Starboard Carve 90					

*Live to Windsurf, cont from p 1*



I witnessed the only major accident of the week on Wednesday as **Scott Haley's** helicopter rolled, looped, and then plummeted into the sound. I kept two lines of reference on the receding ripples and he walked right out and recovered the motorized model waist deep in the sound, five meters from shore, with it's rotor blades mangled. Scott recovered from the helicopter crash to fulfill his duties of putting together

the annual bon fire on the beach Wednesday night. What a beautiful moon and ocean scene, with plenty of fire logs, beer, and Canadians.

The BBQ lunch that **Bill Anderson** put on Tuesday and again on Thursday was just right; perfectly timed between **Petra Kanz's** morning 'lawn classes' and the end of the day wind. Thanks to **Petra Kanz and Joe de-Francesco** for making themselves available to us for professional training.

What can you say about a week where there is windsurfing, surfing, a bike ride from the Hatteras Ferry to Ocracoke Village, and stories of the old days from **Chuck Schnee** (do you know his name means snow in German?). I'll remember my bike next time, but don't expect me to keep up with the likes of **Rusty Gowland** who went kiteing in the morning followed by 1 1/2 hour work out at the Avon gym before his lunch run and afternoon windsurf session. I'm tired from just relaying the facts.

All you guys motivate me to strive for windsurf heaven. A motto I want to live with is "Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, Champagne in one hand - strawberries in the other, body thoroughly used up, totally worn out, and screaming WOO HOO - what a ride!" I think this group is living that vision.



*Gil Wright looking like he's taking his motto seriously!*

*Scott Haley working on his helicopter tack*



*Mark Haupt*



*Rusty Gowland*



*Albert & Maureen Pritchard and Chuck Schnee*

# Hatteras Trip Top 10

by Scott Haley



10

Giving blood. Mosquitoes are awesome.

9

\$30 a night for vacation? Are you kidding? You won't find a better value anywhere.

8

Having a complimentary hobby when there is no wind. Flying RC helicopters.

7

Not having to cook all week and eating lots of great meals ... omelets, pasta, ham, lasagna, burgers, dogs, pizza, and chili - Go Island Sky!

6

I love playing with fire. Thanks for putting me in charge of the bonfire.

5

Island Creek to Canadian Hole down winder - nailed some jibes and water starts. 6 miles of fun and practice.

4

Did you see my helicopter tacks? NICE!!!!

3

Getting blasted on the water by guys older than my grandfather. Way to show the young guy how it's done.

2

Spending time with my bro (even though he flies a kite and calls me a pole dancer).

1

Counting the days until the May trip. Thanks BABA for a great vacation



Scott Haley



Petra Kanz and Janice Emerling on the Starboard Tandem



Fran Conway and Larry Ake



Warren Evans and Dan Fenstermacher

Colin Pitts

# Hatteras Thanks!

by Daphne Lathouras



We are extremely grateful to everyone who steps up to make our Hatteras trips a blast. Our most heartfelt thanks go to **Fred Thomas**. Fred makes it all work out so we can write a check, show up in Avon, find our beds and hit the water - is this the easiest, and cheapest vacation of the year? I think so! Thank you Fred!

**Maureen and Albert Pritchard** hosted the Monday Night Chili Party/Meet and Greet at Island Storm. **Cliff Mullen** helped them out with the shopping for the party and Maureen treated us to Chesapeake Bay Blue Crab Dip - she caught and picked all the crab for the dish. Everyone had a different opinion about who made the best chili for the party - **Maureen, Fan Pat, Dennis Bednar, Jeff Forte and Daphne Lathouras** plied the group with chicken & white bean, vegetarian, extra spicy, black bean and classic chilis. **Coby Leyden and Alice Mascette** made cornbread from "an award-winning, time-honored family recipe only recently sold to Jiffy baking company." We topped the dinner off with brownies - not sure who made them, but they disappeared fast. The Island Storm crew took care of set up and clean up - nothing like having 40 friends over for dinner, eh? Thanks to **Janice Emerling, Amber Kasbeer, Al Marani, Gordon Wells and Dan Fenstermacher** for helping with set up and clean up.



Janice Emerling, Andy Brandt, Maureen Pritchard and John Bickford at the Sailworld Hatteras/Andy Brandt Clinic

**BABA newbie Scott Haley** passed his initiation test by hosting an awesome bonfire on the beach on Wednesday night. Little did he know when he volunteered that there wasn't enough wood brought from home, nor that he'd need a permit to drive on the beach at night (a new requirement). But he passed his hazing with flying colors and we had a roaring fire, lots of beer and no arrests! If you saw Scott on the water you'd never guess that he was a graduate of BABA's 2008 Learn to Windsurf Clinic. I sure wish that I'd made as much progress as Scott in my first season.

**Bill Anderson and Helen Van Gelder** headed up the lunchtime beach bbq's with cooking help from Mark Haupt and others. Nothing like enjoying a charcoal grilled burger soundside at Island Creek after a good morning on the water

- no need to dress for lunch - wet rash guards, bathing suits and sandy booties were the dress of choice.

We'd also like to thank Andy McKinney of **Sailworld Hatteras** for loaning us the Starboard Tandem board.

Thanks again to everyone who works to make BABA's Hatteras Trips the best cheap vacation around!

We are always looking for volunteers to help out with home turf and trip activities. Whether you've been a BABA member for years, or have just joined, volunteering is a great way to get to know folks better, share the stoke and lighten the load.



Fan Pat & Colin Pitts



Sam Melnick (age 9)

# more Hatteras...



*Fran Conway and Amber Kasbeer*



*Lorin Droppa, Colin Pitts & Fan Pat*



*Daphne Lathouras and Jeff Forte*



*Fred Hylla and Chris Haley - %%^& kites!*



*Petra Kanz, Chuck Schnee and Janice Emerling*



*Petra's Surf Camp students - Warren Evans, Mark Haupt, Helen Van Gelder, Sam Melnick, Daphne Lathouras and Rusty Gowland*

## Karpathos, Greece for a Windsurfing Honeymoon

by Lew Van Wambeke

Daniela and I were married on June 21, 2008 at London Town Historic Gardens. Our honeymoon plans included 12 days on a small Greek island called Karpathos, home of Titans in Greek mythology. The dry, mountainous landscape made for dramatic effect with the Mediterranean blue water. Here the Meltemi winds blow through the mountains and pick up speed over the land. This resulted in high wind speeds - we had pretty much 6-8 Beaufort every day and every night. The wind cranked down only once to make for more comfortable conditions - I was able to sail a 5.0. Most days I sailed



Lew & Daniela

3.4 - 4.2 m sails with a 76 L Mistral RD Carbon Wave Board. I fell in love with this board's ability to carve and jump. Club Mistral has two centers on different bays. When I was tired of sailing in deeper water on Gun and Devils Bay I joined Daniela in the shallow, turquoise water of Chicken Bay - with gusts to 45+ knots this was not for chickens. On other windsurfing vacations I have made noticeable improvements. In Karpathos I was content to simply become more comfortable sailing in windy conditions. Daniela, however, learned to waterstart and use the harness. While I nurtured a deep fin wound and blisters she made giant steps and sailed every single day.

There was not much to do in our area of Karpathos so we rented a car for a few days and saw some of the beautiful mountain and sea villages that Karpathos boasts. The food was authentic and finished with watermelon and a liquor called Ouzo. Our favorite town was a small village in the mountain called Menetes - beautiful views, great food, and the taverna we picked (ok, its the only one we saw) had Greek musicians.

As the only Americans we met people from all over Europe and made new friends. A humorous Frenchman named Alban, and a couple from Lithuania quickly became lunch and dinner companions. As Alban from France would say before we headed out into Gun Bay: "It is time for the war." We enjoyed Mythos beer together and discussed the various forms for what we call whitecaps: white horses (New Zealanders), sheep (French), and unicorns (Malta- Daniela's heritage).

Now back in Maryland I hope to be more prepared for those gusty, cold winter Northwest winds at Rocky Point. Daniela is perfecting her waterstarting skills on the Chesapeake Bay. The water's not blue but the wind is steady and it was good to get out to Mayo and see familiar faces. See you on the water.



## Windsurfing in St. Pete, FL

by Daphne Lathouras



*Britt keeping the doors open!*

For the past couple of years spring break has come way too early for us to venture to Hatteras, so we've taken our break on the Florida gulf coast to visit family. In 2007 we were blown off the beach for 3 days. This year, I was prepared and got in touch with Britt Viehman of North Beach Windsurfing before heading down to Florida. I met Britt and another Florida windsurfer at BABA's 2007 East Coast Championship Races at Mayo and learned that he has a windsurfing business with gear rental on the beach at one of the best flat water spots on the Florida Gulf Coast.


The local launch is just north of Tierra Verde and very close to the mouth of Tampa Bay. The water is thigh to waist deep (really - I didn't find one deep spot!). I kept my eye on the forecast and was delighted to score a March day of south winds blowing 5.0 (that's 3.7 for me) and flat water. Weather was sunny and in the low 80's. On iwindsurf, watch the wind the meter on the Sunshine Skyway and subtract 5 mph from

the reading to get a good idea of the wind speed at water level.

Northbeach Windsurfing (that's Britt) was on-site with a huge trailer full of gear for rent. I rode a 3.7 Maui sail with a carbon mast and boom on an 90l F2 Spice. Quite a season opener for me, after being off the water all winter. About a dozen locals showed up to sail, along with other tourists renting gear from Britt, and one kiter who kept to himself downwind of the windsurf launch. By the time I drove away the big guys were getting blown off the water on 4.7's.

After that we decided to head over to Pass A Grille beach to watch the local wavesailors playing in the Gulf. I don't understand the local wind patterns - it was quite a bit less windy on the Gulf beach, but there were 8 windsurfers on 5.5 - 6.5 sails ripping it up. The water was a lovely blue-green and the beach is powdery white sand, but not much in the way of waves. The wind was blowing S and there was very little shore break. The locals told me that the waves start to build on NW. As we were leaving the beach 4 kites were doing a downwinder and headed toward St. Pete Beach.


Next time you're in the Tampa/St. Pete area in need of a wind fix, be sure to look up Britt and Northbeach Windsurfing. <http://www.nbwindsurfing.com> In addition to his windsurfing business, which now includes a bricks and mortar shop, Britt is the coach of Team USA, the USWA Juniors program - we hope to meet some of the junior racers that he's mentoring at BABA races next season.



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## Self-Woo Factor

by Aaron Vieira, The Human Catapult

A non-windsurfer would never know how much “wooning” goes on out there on the water. I’m guilty of being a frequent woo-er, possibly an over-wooer. Some windsurfers are never-woo’ers, choosing to grimace and stare straight ahead as they pass sailors on the opposite tack. When I’m wound up, having a great time, and the water conditions are good you’re damn right I’m going to woo at my fellow windsurfers. It’s an odd form of communication but it universally translate into “I’m stoked!” and occasionally “nice crash, dude!”

The self-woo is a woo of a higher level. If you’re alone out there, 50 yards away from anything but the sharks and seals and you woo, then your level of stoke is normal woo times a factor of four. I had a self-woo yesterday at Coyote Point that just kinda snuck up on me. I was planing along on my 5.7 and 104L board, the swell was small and really organized. It was actually the best and most smooth cruising I’ve ever done in the SF bay. There was no one around for hundreds of yards and I let out a “Woo!” that only I knew about. It’s the equivalent of playing the air guitar in your underpants when you’re home alone. It’s the normal-woo’s better looking sister.

*Ed note: Aaron is a former BABA member who relocated to San Francisco this year. Check out his blog at <http://humancatapult.blogspot.com> I’ve added a Windsurfing Blogroll at [www.windsurfbaba.org](http://www.windsurfbaba.org) - scroll down below the red side bar for links.*

## Sailing Hanna



Phil Anderson (top) and Helen Van Gelder sailing on the bay off Cape Saint Claire during Tropical Storm Hanna. WOO!

## Assateague, MD - October 18



Sailor - **Niko Iampieri**. Photos taken by George Markopolis. Tons of current and bad shorebreak, but lots of fun. At the time of these pictures it was blowing about 25-30.

*Ed Note -WOO!*

## A Performance Clinic at Calema Windsurfing



*Helen Van Gelder and Tinho Dornellas*

by Helen Van Gelder

Bill Anderson and I have been to 6 different islands in the Caribbean, but never checked out Florida for windsurfing sites, so when I heard that Tinho Dornellas was giving a Performance Clinic there, I signed us up! Tinho (a Portuguese nickname pronounced “teen-yo”) and his wife, Susie, run Calema Windsurfing on the Banana River outside of Orlando, Florida. (It’s where the Midwinters are held each year. See March/April 2008 BABA newsletter.) Susie, who handles a lot of the business at Calema, rented us a lovely little condo in Cape Canaveral for the week, just a few blocks from Cocoa Beach, and a couple of miles from the windsurfing concession on Merritt Island.

We had 2 days to kill before the 4-day clinic started, so we rented gear and spent one day checking out the site. There was an excellent selection of Fanatic boards and Maui Sails. I really liked the 6.0 twin-cam Maui MS2, which is all monofilm, and very light. Tinho says the monofilm seems stronger and holds up better for him than x-ply (as long as you are careful not to crinkle it unrolling). I noticed that he and his staff carefully kept the sails covered from the sun when on the beach. I tried a Fanatic Viper long-board the first day, but preferred the Fanatic Shark 145 which I used for the clinic. Bill used the Shark 160 board and

the MS2 7.5 sail until it got windy, then he rigged down to the 6.0 and 145.

The windsurfing site is in Kelly Park, a lovely 15-acre county park with grass and palm trees everywhere, picnic tables, and a pretty lagoon. There are restrooms, a boat launch, and the beautiful Banana River, several miles wide where we were sailing. To the north, Highway 528 Bridge disrupted the winds from that direction, making them gusty and irregular. But the river was usually flat and calm. They advertise a sandy beach, but we were there right after a tropical storm which turned the beach into a marsh of wet, dying weeds, heaped there by the current. Rather yucky, but it attracted some very interesting herons and other birds, which I had fun photographing.

The northern Banana River is a manatee sanctuary, and we often saw manatees foraging near the windsurfing beach. There would be a circular turbulence, followed by a round tail or flipper emerging from the water. Then the little nose would pop up to breathe. We never actually saw the entire animal, since the water was still turbid from the storm, we just glimpsed little parts of it from time to time, but it seemed exciting to share the water with these sweet mammals. And often we saw dolphins jumping gracefully along on their way up and down the river. One surfaced next to me as I was sailing, and I discovered that, after all, I wasn’t quite ready to swim with the dolphins, as

I found myself gripping the boom tightly, praying not to fall over.

I was fascinated by the local wildlife, so our 2nd free day we drove up to the Merritt Island National Wildlife Refuge, an enchanting wilderness and bird sanctuary, and spent the day photographing the residents. On the way we stopped by Kennedy Space Center and checked out the rockets, but skipped the expensive guided tour. There were thousands of people there and it looked more like a theme park than an operating space facility.

There were just 3 of us in the Performance Clinic, and 4 more in the Beginner Class (taught by an expert beginner instructor, Chris, who had them all tacking and jibing beautifully by day 4). Tinho Dornellas explained the physics of wind and water forces on the board and sail in a way that really helped me to finally understand some of it. (E.g., the reason that people point more upwind as their planing speed increases is caused by a shift of force on the sail as it is influenced less by the actual wind and more by the apparent wind created as speed builds. I didn’t know that!) Tinho introduced us to his sailing method, which seemed much different from the Andy Brandt ABK style, and I found it a bit difficult to change over. A big difference in technique is Tinho’s preference for a high boom, a very low seat harness hook, bent knees and almost a sit-down position when hooked in, to keep downward weight on the boom through the harness. Positioning the sail at an optimum angle to the wind was also essential. Leaning back against your arms or pulling with your arms against the boom was a no-no. I was amazed to find that when I got everything in balance I could sail quite a distance with only my front hand on the boom, and, as Tinho said, the sail became very light and corrections were easy with just the fingers of one hand. However, when the planing winds came up, I had a hard time letting go of my “Number 7” position, and struggled to stay off of my arms. Tinho tends to move the mast base pretty far forward on the board and keeps the board level instead of nose up when starting onto a plane. His method was to place the front foot in the footstrap, then hook in, then place the back foot in the footstrap, keeping the sail bal-



Bill Anderson

balanced with downward pressure and never pulling against the arms. Once there, the sail prefers to stay balanced in

the sweet spot without pushing or pulling.

We sat under the palm tree on the beach for lectures, and worked a lot on the simulator in between practice sessions on the water. All needed equipment was supplied, and after the clinic finished, around 3 or 4pm, we were encouraged to practice on the water as long as we liked. (Some of us were a bit tired by then and headed for a nap!)

The wind cooperated nicely. The first day winds were light and we practiced sitting on the harness and balancing the sail and getting used to this new way of being

on the board. On day 2 we learned Tinho's methods for tacking and jibing and tried to force ourselves to look at the horizon and not the sail while doing these moves. The wind increased each day and by the time we were learning footstrap maneuvers (Day 3), we had planing speeds. Day 4 we worked on planing jibes, first on the simulator, then on the water. Unfortunately a sinus infection kept me sniffing on the beach that last day, watching Bill tangle with the winds, which were north again and gusty. (I didn't get to practice the last day's lessons, but I'm saving them for our Hatteras trip!)

Anyone interested in the Tinho Dornellas Performance Clinics, or just visiting Calema Windsurfing, can check out their website at [www.Calema.com](http://www.Calema.com). They have an online store, too!

## Hampton Roads Sailboard Classic - October 18 & 19, 2008



Colin Pitts

by Helen Van Gelder

**Bill Anderson** and I left Avon early Saturday morning in our shorts, but when we arrived at the Willoughby Spit marina in Norfolk about 11:00 it was freezing! Temps had dropped to 50 with rain and 20-30 mph winds. Local folks were huddling in foul weather gear. The regatta was delayed for several hours while most attendees were hung up behind a wreck in the bridge-tunnel from Hampton. When everyone finally arrived it was decided to replace the course race with a slalom challenge. The intrepid folks rigged up. **Amber**

**Kasbeer** was one of them. She went out on our 142-liter Hi-Fly and a 4.7 sail. I had pulled on all the warm clothing I could find in the car, and there was no way I was undressing to change into a wetsuit in the porta-potty, even if I had dared to sail in those conditions (which I didn't). **Colin Pitts** rigged a 6.0, I think. Bill and **Fan Pat** and I, and WET member **Marcy**

**Kennedy** and some others stayed on shore and watched.

The wind was terribly erratic -- it seemed that most sails were too small to waterstart in the lulls, but too large to hold onto in the gusts. At any one time, it looked like more sails were in the water than were sailing. Two booms were broken, and **Alan Bernau** blew out his sail. Apparently one slalom race actually came off, but I'm not sure which of the sailors participated -- a number were just struggling to get back to shore, and everyone except **John Contos**, I think, ended up swimming in, the

John Quinn

wind being too flaky to get back to a launch site. Even **Dave Kashy** swam in!

Sunday the Regatta Commodore moved the venue to Factory Point, a much nicer location, with grass to rig on and real bathrooms. The sun came out and it was lovely. Unfortunately, the wind was howling 30-40, and no one even talked about racing. The high-wind sailors rigged their 4.0 sails and showed off their wave-jumping techniques. Colin went out. Amber headed home early, and Fan and I took pictures. Bill kept us company and kept track of the wind with his anemometer.



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I'm interested in volunteering to help with (circle all that apply):

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