



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

## Practical Tips

These ideas started with an article in the Austin Windsurfing Club newsletter in which Pat Nekler reported on a panel discussion they had on Windsurfing Tips for Women. Although this information was presented for women, very little of it is not pertinent for every person who windsurfs. The original panel consisted of Madeline Smith Garcia, Lib Hayes, and Karen Freer. Other instructors and sailors have added some suggestions subsequently.



graphic from [www.kjd-zagreb.hr/w-pogreske.html](http://www.kjd-zagreb.hr/w-pogreske.html)

- Be persistent, don't give up (and a good cry sometimes helps).
- No matter how easy it looks for people who have been sailing for years, they were once frustrated, angry, and cried, too.
- Spend your time on the water, not on the beach.
- Get as much instruction as possible – on land or through videos and articles in magazines. Most importantly, get instruction from anyone except your spouse or significant other.
- Rig for yourself. Do not let anyone else rig for you. You need to know how everything works and how to re-rig. Write down all of the settings for each rig you use; this can save you time and frustration.
- Buy the best, and most importantly, the newest equipment you can afford. The newer equipment is much lighter and it works more easily and predictably.
- Learn to jibe. Don't wait until you are an expert at everything else.
- Learn to waterstart, but be sure your sail is big enough.
- Pick your own sail size. Learn to read the water. Use other people's choices for reference only.
- Be aggressive. Growl when you go for that new maneuver.
- Remember that each arm and each leg can and needs to move independently.
- Breathe and loosen that death-grip.
- Look before you turn.
- Race, race, race. This one point was brought up by almost everyone on the panel. The consensus was that the fastest way to improve skills is to race.
- Always be aware of wind direction. Learn to use it to help lift and position your equipment both on land and in the water.

(Ed. Note: this article is reprinted from the May/June 1996 issue of the USWA News. It seems useful enough to bear repeating, especially for the newer windsurfers among our members.)

## BABA FUN DAY, July 25, 2004

BABA invites you and your family and friends to a day of fun at the Gunpowder on Sunday, July 25 from 10 until 5. Join us for free food and drink and some entertaining events on the water. Hal Ashman and **Ultimate Watersports** will loan us 10 kayaks for the day plus free rides on a Hobie (with an instructor) from noon until 3. Come test ride the 2004 **HiFly MADDs** and **EZZY** Infinities. We'll be grilling dogs, burgers (veggie too!) and mushrooms from 1 until 3 and cold drinks will be on hand throughout the day. Bring a salad or dessert to share with your friends if you wish.

Maybe this time we can pull off the "Two-on-a-board" race. (Drinkable prizes to be rewarded.)

Contact Marc Rosen if you'd like to volunteer to help or give him grief. ([duckbite@qis.net](mailto:duckbite@qis.net) or 410-374-1230)

## Is This Your Last Issue of BABANews?

BABA needs you! If you have not renewed your membership, now is the time! For a mere \$20 you get this great newsletter, a fun and competitive racing series, reduced racing fees, wonderful trips to Hatteras, social events and membership in a great organization with friendly windsurfers. And you help support our sport!

Download a membership application at [www.windsurfbaba.org](http://www.windsurfbaba.org) and send a check for \$20 to Fred Thomas 2418 Meadowside Court Monkton, MD 21111.

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Two at large positions are currently open. If you're interested in joining the Steering Committee, please contact Marc Rosen



## **Last Call for Hatteras 2004 October 9 - 16 It's BABA Week in Avon**

BABA has rented 7 of the best houses in Island Creek for our fall trip. We plan the usual activities - a meet and greet party, board and sail demos, clinics, a beach bonfire and lots of windsurfing in the October sun and wind. Don't forget the discounts that our sponsor stores (**Windsurfing Hatteras, Avon Sail House, Sailworld and Ride**) offer to BABA members. There are still a few single spots available (\$225 in a shared room) and a waiting list for additional trippers with the possibility of an 8th house being rented. If you are interested in going, please contact Helen Van Gelder at [Helenvg@earthlink.net](mailto:Helenvg@earthlink.net) immediately.



## **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](mailto:ajax.tmm@verizon.net),  
or any member of the BABA Steering Committee.

Membership and other club information is also available online at  
[www.windsurfbaba.org](http://www.windsurfbaba.org)

# Racing News

## GUNPOWDER PARK and the BABA MAS RACE

by Dave Kashy and Marcy Kennedy,  
WET Members

There is nothing like a little local knowledge, to change one's perspective on a day that got off to a rough start. Although the forecast was not looking good, the local knowledge indicated that the predicted south winds would get a thermal boost. Lucky for Marcy and I and the other WET sailors who ventured north for the BABA MAS Race on May 22 & 23, the locals were not only well prepared for the race, but also correct about the wind.

In order to get to the race early, Marcy and I drove to Columbia and stayed with **Mark Raginsky** on Friday night, just 50 minutes from the race site. Plans were set to follow Mark to the diner outside Gunpowder Park on Saturday morning. But losing Mark at a toll-booth resulted in an extra hour drive, almost to Pennsylvania, and a 50 miles out of the way adventure that included a round trip on a \$10 toll bridge. The woman that collected our \$10 was kind enough to hand us a fifty cent map.

It wasn't all that great for Mark either since when we didn't show up, he spoke to a state policeman who told him a van with a trailer was broken down at the toll both. Being the helpful host, he returned to provide assistance to us. Obviously, we weren't there. We were making a round trip on the \$10.00 toll bridge.

Marcy and I finally made it to the diner and ate a huge breakfast. We arrived at the Gunpowder at 10:00 with light winds blowing out of the south. After dropping off mounds of equipment near the shore, I rigged and went out to test the **Curtis** Olympic Formula Drifter fin. I sailed head to head with **Mistral** rep. Jim Silva on his Prodigy. At times he was doing better and at times I was doing better. The fin worked and allowed the formula board to point up wind and be competitive in less than planning conditions.

After the skippers' meeting we could see a wind line creeping towards our race site from across the bay to the south. Marcy rigged her new **EZZY** 7.5 sail with much

assistance from others and prepared to do battle with the "queen of the board," **Helen Van Gelder** (ed note: see page 9). I rigged my 12.5 and 11.6 RS 4 Neil Pryde race sails. Ten minutes before the start the wind arrived, a solid 15 miles per hour and definitely good enough for the 11.6. The water was flat, the start sequence began, and I was still on the beach making final adjustments. With four minutes to go, I jumped on my board and headed straight for the starting line. At one minute to the start I was still down wind of the start line. I tacked, right toward the committee boat. I tacked again to leeward, just below **Marc Rosen**. There were 20 seconds left. I started to sheet in, and headed to the favored pin. I could see there were three formula sailors planning to start on port tack. When I was half way down the line the horn fired. The race was on! I pointed up going 20 miles per hour and could see that I was on a collision course with a port sailor, **Kurt Nagai**. I screamed, "Starboard" and received no response. I had to take corrective action. Disaster avoided. I screamed "Protest. Do your circles." I gathered my wits and headed off for the course. When I reached the top of the course, the first mark, I found the **Kurt and Tom Caswell** were both ahead of me. I chased them on the downward leg and caught them both before the third mark. There I sailed for the first of five victories for the day.

### Marcy's Perspective

This all started for me when **Helen** invited me to stay with her for the Gunpowder BABA race. Dave was driving to the race, so I hitched a ride. Saturday morning, I woke up with no real idea where I was, other than **Mark's** house, and no real idea of where I was headed, other than Gunpowder Park. It was a great feeling to be going to a windsurfing race with absolutely no responsibilities or cares. The plan was to follow Mark to the



Unlimited Class Winners

1. Dave Kashy 2. Tom Caswell 3. Kurt Nagai

diner for breakfast and then be at the race site in plenty of time to set up and relax. I was busy playing with Dave's new GPS and talking on his cell phone. I was mildly concerned when we didn't see Mark after paying the toll, but Dave didn't say anything so I figured everything was under control. After all, Dave has sailed at Gunpowder Park before. I didn't know at that moment that the sign to Gunpowder Park had been removed from the I95 roadside. Obviously, Dave didn't know that either. When I realized we were very lost, I still refused to let my growing anxiety surface. After all, I knew the bay had to be to the east and when we got a map we'd find it. I didn't expect to have to pay \$10 for the map. The trip back from the Pennsylvania border wasn't all that bad. Of course Mark dubbed me the "PA girl" after that.

When we got to the park, I greatly appreciated the fact that Dave had brought demo boards and therefore we could drive his trailer with all my gear to the race site. John Perry gently talked my through the basic steps of rigging my new **EZZY** 7.5 sail. Once the sail was rigged, Dave came over to fine tune it for the race conditions, and later **Marc Rosen** assisted me with a few other tips. I felt confident that I had the sail properly rigged for the conditions. No one told me that the thermals would set in before the first race started. It wouldn't have helped me anyway, since although I

*Continued on page 8*

# Racing News

## Season Scores After Five Races:

	Sail No	BABA 1	BABA 2	BABA 3	BABA 4	BABA 5	TOTAL
<b>A Fleet Open</b>							
Tom Sargent	919	7.40	RC	5.50	6.60	4.25	29.20
John Contos	VA13	13.00	6.25	1.88	1.00	9.00	31.13
Katsuro Nagai	45	1.00	2.50	11.00	10.00	9.00	33.50
Kevin Gaston	1110	13.00	6.25	4.50	1.70	9.00	34.45
Tom Caswell	60	2.80	2.25	10.50	10.00	7.75	33.30
Alan Bernau	111	3.95	4.75	8.00	10.00	9.00	35.70
Dave Kashy	VA9	13.00	0.75	5.88	10.00	9.00	38.63
Brian Collis	1	9.20	7.00	5.50	10.00	9.00	40.70
Jim Desilva	50	13.00	5.75	4.00	10.00	9.00	41.75
Chip Ehrhardt	280	13.00	10.75	8.50	2.50	9.00	43.75
Sam Franck	VA11	5.40	16.00	16.00	10.00	9.00	56.40
<b>A Fleet 7.5</b>							
Mark Raginsky	Z41	4.55	6.75	6.50	4.20	1.38	23.38
Collins Pitts	33	6.40	10.50	10.50	6.40	3.00	36.80
Fred Thomas	S1	8.00	12.00	10.50	10.00	5.50	46.00
John Perry	T	13.00	10.25	12.00	6.60	9.00	50.85
<b>A Fleet IMCO</b>							
Albert Pritchard	ARG159	4.80	8.75	16.00	10.00	2.38	41.93
Doug Palmer	1091	5.60	16.00	16.00	10.00	2.69	50.29
Mark Ingino	646	13.00	16.00	16.00	4.80	9.00	58.80
Mike McCormick	128	13.00	16.00	16.00	10.00	5.00	60.00
<b>B-Women</b>							
Daphne Lathouras	=	9.00	6.00	6.50	8.20	7.50	37.20
Helen VanGelder	4	4.00	6.25	9.50	5.40	14.00	39.15
Sherri Weinman	742	9.00	13.00	2.50	12.00	4.50	41.00
Ann Jackson	122	9.00	13.00	12.00	12.00	3.69	49.69
Maureen Pritchard	1X	9.00	8.00	12.00	12.00	8.75	49.75
Marcia Kennedy	M	9.00	9.50	9.00	12.00	14.00	53.50
Janice Emerling	VL	6.80	13.00	12.00	12.00	10.25	54.05
<b>B-Classic</b>							
Jack Ames	411	1.25	1.38	RC	2.55	1.06	7.47
John Bickford	3139	1.45	2.25	6.00	4.80	4.00	18.50
David Goldstein	#	9.00	13.00	8.00	12.00	14.00	56.00
Frank Cressman	1104	9.00	13.00	12.00	12.00	10.75	56.75
<b>Sport</b>							
	Sail No						
Randall Rainey	3807	2.60	2.94	1.38	0.75	2.69	10.35
Bill Anderson	3945	4.40	2.38	2.88	4.20	9.50	23.36
Marc Rosen	16	RC	9.25	12.00	4.00	5.00	36.33
Chris Honkomp	C11	9.00	3.75	12.00	4.40	7.75	36.90
Ed Murawski	398	9.00	13.00	4.50	7.00	14.00	47.50
Sam Berry	SAM	9.00	13.00	12.00	12.00	6.00	52.00
Larry Ake	E	9.00	10.50	12.00	12.00	14.00	57.50
Steve Lucas	SW	9.00	13.00	12.00	9.80	14.00	57.80

# Racing & Clinic News

## BABA Learn To Windsurf Clinic

by Janice Emerling, Clinic Coordinator

Seventeen intrepid adventurers participated in the Learn to Windsurf clinic on June 6th. This year the learn to windsurf clinic was jointly sponsored by **BABA and Ultimate Watersports**. After a warm and sunny May the clinic was held on a cool and calm Sunday that followed monsoon like rains on Saturday. (note to self: next year try to pick a date a little later in June.) Amazing how quickly the water can cool down after just a few days of cool nights and rain! Never mind, the participants and instructors suited up and got to it. Due to a combination of great instruction and a talented group of beginners and near beginners everyone was able to uphaul, sail, and tack by the end of the day. So keen was this group, that in spite of the total lack of wind and threatening hypothermia after lunch, they went out to practice their new found skills.

Endless thanks to **Corey and Justin of Ultimate Watersports** and **Mark Weinman** for their very excellent instruction. Mark, sorry I forgot to warn you that everyone was on their own for lunch, and



thanks for tolerating in my learning curve about organizing instruction. Thanks as well to **Helen Van Gelder and Bill Anderson** for being available as support staff and for demonstrating to the newbies how graceful more experienced sailors can look in very light air. Most especially thanks to

**Chuck and Jackie Schnee** for putting up with months of phone calls and email to help the new clinic director learn the ropes. And to **Chuck** for his unflagging enthusiasm at registration and recruiting new members, setting up the tent, and for being the man-under-the-hat-and-tent-on-antibiotics who came out that day nevertheless.

Hopefully we'll have a few new faces, and BABA members from the endeavor

## Nagai Ranked #1!

BABA member and Formula Class racer **Kurt Nagai** is ranked #1 Formula racer in the 2004 US Windsurfing National Racing Tour as of June 7, 2004. Other **BABA members** and friends of BABA ranked in the Formula class include Dave Kashy (12), **Alan Bernau** (13), Stephen Myer (14), **Tom Caswell** (27), **Sam Franck** (34) and **Matt Ramsay** (62).

US Windsurfing National Racing Tour Prodigy Class rankings include Jim DeSilva (1) and **Tom Sargent** (13)

## US Nationals in San Francisco

by Bob Ramsay, Asst. Coach

US Junior Formula Experience Team

My son Matt and I just got back from San Francisco yesterday. The US Nationals were awesome! Matt got to compete in the Open Formula since the course and competition in the juniors was not challenging enough for some of the older teens on the US Junior team. Although the scoring isn't real accurate for he and the guys at the bottom of the list, he improved alot during the week, and really enjoyed the challenging conditions that Crissy Field dishes out. He got to start and race with some of the top pros and amateurs, and they were very friendly and supportive of the US Junior Formula Experience (FE) program. The host and sponsors pulled off a superb event that had hundreds of non-sailing spectators by the last day to enjoy the top pros and ams duke it out in the Slalom finale.

Roger Jackson, Pepi Gerald, Ellen Faller were there to help out with equipment needs, and believe me, it was a good week for the windsurfing equipment manufacturers; lots of broken masts, booms, sails, and a few boards. Their generosity in loaning equipment was tremendous. Matt and I even got a chance to borrow some slalom gear and ride out to the North tower of the Golden Gate bridge. It was one of those lifetime memorable experiences with the six foot swell; 25 mph winds; seals and pelicans at your feet; and a million dollar view. What's not to like!

Last week was the perfect training ground for Matt and the rest of the juniors to prepare for the World Formula Experience Championships which start next week in Oostende, Belgium. We will be leaving on Thursday, and will unfortunately miss the Mayo and Gunpowder events the next couple of weeks.

Take care and we will be back for the BABA race in August.



Maria Siwek with instructor Corey




# Clinic News

## Sail Handling with Petra

by Janice Emerling, Clinic Coordinator

### Saturday: 0 Joy, 0 Wonder, there is wind!

As any BABA member knows a July weekend on the Gunpowder can be a wind free experience. So imagine the new clinic director (that would be me) and able bodied assistant's (Chuck Schnee) dismay at the grim prediction on IWINDSURF: 1-4 NW on Saturday and 0-4 W on Sunday. Imagine our delight when we arrived on Saturday to a light SE breeze. The breeze built a bit and stayed steady for the entire day.



We had 5 great participants in the clinic, with the very capable assistance of Chuck (clinic director emeritus) to help me make it happen. Early riser and keener that Chuck is, he had the flags up and tent laid

out ready to assemble 1 1/2 hours before the clinic registration was to start. The clinic attendees were a match on the keen-ness scale, with Chris Honkomp and Cliff Mullins arriving from N VA in time to help set up the tent! Emilie De... and Darren..., new BABA members (good to see some young blood at the clinic and joining the



Chris Honkomp & Darren Higgins

club) and David Goldstein rounded out the group.

Petra Kanz worked her usual magic: take a group of windsurfers with varied experience and ability and help everyone to learn new skills or refine skills already acquired. Transitions were the main skills that wound up being the focus of the clinic- the fast shortboard tack and pivot jibes. Wind conditions Saturday afternoon were ideal for a sail chi session. Everbody agreed it was helpful to practice handling the sail on the lee side, controlling the sail at the clew with an open hand- including a pirouette at the clew while the sail balances (which all performed successfully)- and clew first sail handling. The wind cooperated so that Saturday included several successful sessions on the water.

### Sunday: Drifting on the Gunpowder

Glassy water, humid air: O Sorrow. O Dismay! Luckily, Petra always starts the second day of a clinic with some stretching, and by the time we finished that and some review and simulator work there was a light breeze to practice new skills. Time for lunch, some stimulating conversation, and on to pivot jibes. Unfortunately, the wind goddess failed us for the afternoon session. Emilie reckons she powered her sail more with her breath than with the light air moving around us. Cliff demonstrated an uncanny magnetism for any beginners- no matter where he was, an army of beginners wound up encircling him. David decided if there was that little air he might as well try to learn light wind water starting. And Darren and Chris maintained some darned good stances as they drifted about the river. Petra saved the day with some more off water instruction, a review of safe sailing precautions, and may have gotten a commitment from people to practice tack chi at home. So in spite of challenging conditions, all agreed it was a very worthwhile and instructive experience.



Petra Kanz



Cliff Mullen



Sail-chi



Janice Emerling



David Goldstein & Emilie De-Schaetzen



Darren Higgins



## Aruba in April -- A Review

by Dan Fenstermacher

Spring break in Aruba is the place to be if you like consistent wind, warm water, and family ambiance. I recently took my mother and 5-year old daughter there, each of us for our first time, to experience the Marriott beach resort's luxury (for them) and the legendary off-shore winds for me. Both aspects exceeded my expectations, but brought some unexpected contrasts as well.

Winds were to die for, in both senses of the word. Out beyond the windline, there were steady planing winds all six days, first on a 7.0 (a real "nothing" day to Arubans), and then on nothing less than a 5.0 - 5.7. The only choice most days was whether to optimize with a 5.2 or 5.5. Vela's equipment was top notch, plentiful and rigged perfectly, and Dasher's friendly presence added a touch of celebrity as he mingled comfortably with the international guests. Other staff often met me at the water's edge at the end of a long afternoon session with a knowing smile, as they politely offered to take my sail from my wobbling legs and weary arms.

But the weariness came not from the winds "out there" in the aqua-blue waters, where the carbon booms and small sails were a breeze to water-start even in deep water and baby whitecaps and dialing-in was a snap. No, the weariness came from navigating the last 200 meters back to shore -- inside the windline! There, in the shadow of the 8-story Marriott adjacent to Vela, the winds were torrentially unpredictable -- varying from near-nothing lulls to sudden downdrafts and gusts that seemed like a thundercloud must have just burst overhead. These mega-puffs sometimes hit like trucks coming from random directions. Half my day's energy was spent getting back to Vela to change sails (at most once per day) and then just getting home at closing time. My worst fall of the week was a catapult right over the handlebars in that no-man's land. Just when I thought I was going to fall slowly backward, all wind

having died, BAM -- my harness threw me clear of the board in the forward direction. And the water in the Marriott swimming areas and especially near Vela itself was murkier and more stale-smelling than I was expecting, all from constant motor-boat traffic picking up tourists for tubing and "banana-boat" rides. (Maybe also from some of the locals whose one-wall no-roof huts lining much of the beach beyond the Marriott's "sunning" area.

And with the wind direction directly off-shore, night and day, the ocean is totally waveless (and consequently, to my mild disappointment, silent). Maybe it just needs some side-on winds once in a while at the high-rise hotel areas in order to give the water an "oil change" (for sunscreen, that is).

Nonetheless, on most days, the equipment felt absolutely "right" from the moment I left the "beginner area" (ha!) and crossed that infamous wind line, and from there I could dial-in quickly and head for the channels between the reefs to enter paradise. Twice from that point I made a bee-line straight for Arahi beach at the lighthouse a couple miles north -- swim-goggles around my neck -- for some exquisite snorkeling "from the board." Having spotted a group of snorkelers the previous day and triangulated with some of the huts of those "permanent local campers," I knew exactly where to plop down. I immediately flipped the board to raise the fin and used my life jacket to support the boom from the water side, thus drawing a depth of only six inches. As I let the wind gently blow me out to sea, I drifted over huge fan coral and an endless school of native "blue parrot" fish - you know, the Dori-type cuties from Finding Nemo. This ecstasy was surpassed only by the day I sailed out to meet my mom and daughter during their "three hour tour" aboard the old wooden schooner sailing ship, "Mi Dushi." (We had planned this watery encounter for days, and it happened to fall on the windiest day of all, much to my delight and their initially nail-biting trepidation.) I even managed to pull off a

planing jibe right beside the ship, while my daughter (according to the evening debrief) had the whole crew looking to spot "MY daddy, the only windsurfer brave enough (dumb enough?) to come out to meet us!"

During these treks, the wind holes up and down the coast were mild and could eventually be predicted by looking at the shore -- a swath of palm trees 200 yards away was enough to tickle a 20-25 mph blow down to 15 mph swirls, and the old-rusty freighter-wreck did the same. But the water spraying up against my bare legs varied from "refreshingly cool" against sub-baked skin to "warm enough to take a jacuzzi-break the next time I miss a jibe." I cruised along for hours each afternoon doing S-turns and jibes, far enough from other sailors for the privacy to be almost Zen-like, but close enough to sense their glee whenever we did pass by and give a smiling thumbs-up.

The Marriott was superbly run and ultra-convenient for windsurfing. Fresh-water showers meet you as you step off the sand toward the pool area, and the "tap" water there is not only clean enough to drink (lots of it), but warm enough by afternoon to make that beach-shower feel heated. To the delight of the kindergarten set as well as others similarly young in spirit, the swim-up bar at the pool offered fresh-squeezed tropical juices and permanent bar-stools that sat just beneath the water's surface. Enchanting evening walks down the beach to neighboring restaurants ended the days with gorgeous sunsets and smiling hello's from other strolling couples and families. But if you have long hair like my daughter, it's best to put it up in a pony tail before walking to dinner -- the winds never die and tousle you hair even at midnight ... while gazing at the stars over an ever-waveless ocean.

Although windsurfing with BABA in Avon on those famously windy days in the fall and spring gives Aruba a run for its money -- at a tenth the cost! -- the coral and lizards, schooners and sunsets of this tropical jewel make it a paradise well worth experiencing.



**BARE**

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### *Gunpowder/MAS continued from p. 3*

conceptually understand thermals, I have never before stood on the shore and experienced them. By the time the race started I was adding outhaul and downhaul. I now know what a thermal can do.

As usual, I was thoroughly confused by the race start sequence and only occasionally could get my watch to go into the stop watch mode. I did manage to set the alarm to go off every 20 minutes, which was no help at all. I decided to use my alternate racing start plan and watch for **Helen Van Gelder** and follow her to the start line. Unlike Dave, I don't remember my first, second, third, or fourth start in any great detail. I just remember trying to stay out of everyone's way. I wasn't successful. I know I took out **Maureen Pritchard** as we sailed side by side and another time I fell right in front of **Daphne Lathouras**. Not the last time I would cause a traffic jam. I'd think I was doing well and then notice that all the BABA women were in front of me. Then I would have hope, as one or two of them would fall, generally at a turn. That hope always disappeared as I approached the same marks and also inevitably fell. I began to look for ways that I might be improving in my racing in order to keep from getting discouraged. I had a lot of time to think since I was taking so long getting around the marks. I figured I was no longer racing in the novice fleet where I probably belonged. I also left the marks where the race committee placed them instead of snagging them and dragging them around as I have in previous races. I also completed 4 of the 5 races run on Saturday and both races on Sunday. That seemed to me like progress. I was able to continue sailing with the encouragement of the other female racers and greatly appreciate their candor and support. I was exhausted.

### **Back to my story (Dave):**

After 5 really good planing races, the 1st on 11.6 and the final 4 on 12.5, we stopped for the day. The infamous chef

**Marc Rosen** was preparing a spread like only he can do. He had barbecue grills, coleman stoves and the like all going. We ate well. Burgers, sausage, hot dogs of several varieties, spicy chicken, teriaki chicken, slaw, baked beans and even brownies for desert. **Alan Bernau** and I set up our tent, and so did about a dozen others. The wind was freshening so **Alan, Chris Jarboe, Colin Pitts** and I went for a night sail. The moon was a waxing crescent but the sky was still reflecting the light from the already set sun. We were really powered, even more than when we raced. It was an ideal way to end a wonderful day. On our last ride Alan and I were blasting up wind, I was slightly ahead, when I looked back I saw big Al separate from his rig. He looked like Mark Spitz pushing off from the blocks at the beginning of a 100m back stroke event, he flew backwards from his rig which was still planing at 20mph plus. I quickly tacked and sailed back to him. He was floundering about in the bay. I looked around and saw a couple of motor boats rocketing towards us. I screamed "Alan get out of the water and stand up on your board". As the boats passed they gave out a shout out to us. After a couple more beers and a great game of Pit with the teenagers, we hit the tents for a good night sleep. The cicadas sang their song as I went out.

Sunday arrived a bit too soon, but everyone who camped had a smile on their face. With the park ours since it does not open until 9 am we gathered our cooking apparatus and made an incredible breakfast of egg sandwiches, omelets, pancakes, doughnuts, cereal, juice and cowboy coffee. We waited and waited for the wind to fill in. Around noon Marc broke out the grill again and did a mini repeat of last night's dinner. The Race Committee set a course and the winds went 360 degrees, but we were here to race. Since the winds were not filled in and I had done so well yesterday I decided to use my throw-out by sailing a longboard. Alan thought this

would be more fun so he did the same. I borrowed Al's Superlight and used my 12.5. I got a perfect start on port tack, my host from the night before **Mark Raginsky** was close and trying to push me over the line but my timing was too good. I got to the first mark first. On the third leg, a run down wind, there was lots of very nasty boat chop. I fell backward, but landed on my board in a seated position. With my rig still in my hands, I wormed and squirmed back and forth, trying to figure out what to do next. Should I drop the rig or could I possibly stand back up. I noticed my center board was part way down so I used my left hand to get it fully up. After raising it I was a bit more stable. Just behind me I could hear Alan laughing. I must have traveled over 50 yards nearly planing in this ridiculous position, and then I finally was able to stand. I did not lose any positions and ended up winning that race overall too. With my throw out used up. I had to return to formula. I went back out, but the wind did not co-operate. The race turned out to be a drifter. **Kurt** lead the formula guys around the course, way behind the long boarders, but at the end I was able to split tacks with him and take advantage of a shift and puff to finish ahead. Marcy helped me load up the empty trailer, by the time we were finished Mark had finished the scoring and we hit the road for an uneventful ride home.

### **Back to Marcy's story - Saturday:**

At the end of the fourth of five races I was tired and sailed to shore. I was happy to wait for the others to finish the race and then relax until the chef, **Marc Rosen**, served up his feast. **Tom Sargent** supplied the hot sauce. I laughed as one person complained about how hot the sauce was and then another tried it, only to complain about how hot it was. After **Alan, John Contos, and Tom** all were close to tears from the sauce, they suggested I try it. I'm crazy enough to enter sailboard

*Continued on page 9*



## Where's Chuck-o?

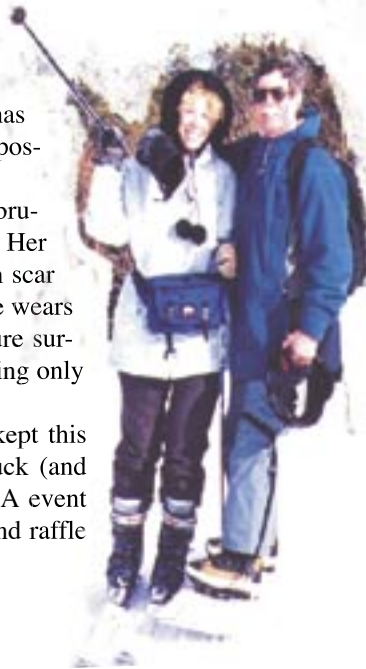
Notably dry at BABA races and events this season are Chuck and Jackie Schnee.

Rotator cuff tendonitis in Chuck's left shoulder has shown little improvement for over three months. It is possible he will not be on the water this season.

Jackie is still in physical therapy from the February twelfth ski accident at Beaver Creek, Colorado. Her fractured wrist seems healed, but ligaments caught in scar tissue prevent her from straightening two fingers. She wears a finger splint to help correct this and may need future surgery. Entering client data into the computer slows using only eight fingers.

Injuries and the inability to windsurf haven't kept this BABA couple away from the beach, however. Chuck (and often Jackie too) continues to appear at every BABA event with sponsors' flags, the new BABA beach shelter, and raffle prizes.

Chuck and Jackie - get well soon!



## BABA Members in the News

**Helen Van Gelder** was featured in an article in **Health Magazine** (May, 2004) called "Queen of the Board". The article describes Helen's experiences caring for her elderly mom and dad and how she used windsurfing to de-stress and to balance the emotional intensity of dealing with heart attacks, seizures, cancer, and life-threatening infections. Helen started racing with BABA in 1998, won the Women's Novice Class in 2001, and the Women's 7.5 Class in 2003.

A photograph of **Mark Weinman** getting air at Kentmorr appeared on page 26 of the June 2004 issue of **Windsurfing Magazine**. The picture was taken by local photographer and windsurfer Frank Weston. See more of Frank's windsurfing photos at <http://weston.smugmug.com/Sports>.

*Gunpowder/MAS continued from p. 8*

races, but not that crazy.

After dinner, I left with Helen and Bill for a pleasant trip to **Bill Anderson's** house, a nice shower, and a comfortable bed. We made it there and back to Gunpowder Park the next morning without any side trips to Pennsylvania. It was great.

Sunday morning, I was ready to sail. The only problem was there wasn't any wind. I talked John Perry into going out with me anyway and then tried to convince him that the stupid idea of sailing without wind was his. Soon after, a breeze came and the races were started. Again I fiddled with my watch, gave up, and looked for Helen. I was behind again but thought I could make a comeback on the down wind leg. I was doing great until the captain of a huge motor boat decided he could squeeze through in front of me at maximum wake. Smack! I was in the water again. I looked at my board-burned knees

and wondered why I thought banging and bruising them was worth this. Just how does one explain this behavior?

The last race of the day started and I crossed the start line behind the pack but feeling confident. I looked up and saw that the wind was non-existent and that I was floating backwards. Not good for my confidence! The wind played with us for the rest of that race. I considered swimming my board to keep going in the correct direction, but knew that I needed to be patient and wait for the wind goddess to have pity on me. When I was between the first and second marks, my sail floated off my board and I thought, "Ah! An excuse to quit". Helen wasn't quitting though and I was able to put the sail back on the board. I was actually a little disappointed since I now had no excuse to quit. The wind gave a little puff and I was back in the race. As I left the finish line and sailed back to shore, railing the board as much as I could, I won-

dered why my sailing seems so much better on the trip to the beach after the race.

Dave then showed me how to take a shower in a water spigot two feet off the ground. (The showers at the park were closed.) I guess he and Alan had perfected the technique the night before. It worked and since I kept my clothes on to do it, I didn't get arrested. The trip home went fairly quickly and we were able to rush to get my stuff into my car before a storm blew in. I tried to tell my friends about the experience the next day, but their eyes just glazed over.

**A huge thanks to BABA and particularly to the BABA women who raced.**

I can't wait to come back next year.



**Annapolis Wind**  
AnnapolisWind@aol.com



**Petra Kanz**  
Windsurfing Clinics  
2004

## 2004 CALENDAR

July 24 - WET Intro to Windsurfing (age 10 & up) at Buckroe Beach, Hampton, VA

**July 25 - BABA FAMILY FUN DAY**  
 Gunpowder State Park, Chase, MD  
 contact: Marc Rosen duckbite@qis.net or 410/374-1230

August 7 - WET BBQ (bring your own)  
 Buckroe Beach, Hampton, VA

**AUGUST 29 - BABA VII RACE**  
 Gunpowder State Park, Chase, MD

**SEPTEMBER 11 - BABA FUN RACE - Race around Hart Miller Island**  
 Hosted by the Baltimore County Sailing Center, Rocky Point Park, Essex, MD  
 September 11 - WET Beach Cleanup and Intro to Windsurfing (age 10 & up) Buckroe Beach, Hampton, VA

**SEPTEMBER 18 - 19 - BABA VIII & IX RACES** - Mid Atlantic Series Race and Campout  
 at Gunpowder State Park, Chase, MD

**OCTOBER 3 - BABA X RACE**  
 Season Finale  
 Gunpowder State Park, Chase, MD

**OCTOBER 9 -16 - BABA HATTERAS TRIP**  
 Contact: Helen Van Gelder or Bill Anderson 410/757-8705  
 helenvg@earthlink.net or wilmeaux@aol.com

October 22 - WET Buckroe Beach Challenge, Buckroe Beach, Hampton, VA

October 23 - 24 - WET Hampton Roads Sailboard Classic - Mid Atlantic Series Race Location TBA

### Need more information?

BABA RACING: contact Tom Sargent: 301/854-6442 or TomUS919@worldnet.att.net

WET Events: go to [www.sailwet.com](http://www.sailwet.com) for updates & contact info

Directions, updates & more information on BABA events - go to [www.windsurfbaba.org](http://www.windsurfbaba.org)

## Annapolis Wind - Queen Anne's County, MD Events

Queen Annes County Parks & Recreation and **Annapolis Wind** will be conducting several events at Jackson Creek on the Chester River

**August 14** - Girls on Board (part of the USWA National GOB Junior Series)

**August 28** - Intro to Windsurfing Clinic

Parks & Rec fee is \$30 per student for a 3-4 hour lesson. (unless otherwise noted)

Please contact Stuart Gray at [annapoliswind@aol.com](mailto:annapoliswind@aol.com) or go to [www.annapoliswind.com](http://www.annapoliswind.com) (301) 464-3443 or (301) 257-5446. US Sailing Certified instructor and USWA two time Junior Grant recipient.

# EASY-UPHAUL

**Classified Policy:** To place a BABA Classified ad, call 703/538-4388 or e-mail BABAnews@mac.com Free to members, \$10 charge for non-members - no additional charge for multiple insertions. Ads will run for 1 issue and must be renewed by phone or e-mail. Next deadline is Sept. 1 for the Sept/Oct issue.

## Classifieds....

### For Sale:

Naish NOA IV 5.0 \$175 or best offer.  
 This fast, easy to rig No-cam sail is in excellent condition  
 call Roger at 410-239-4044 or email: roger@fitzgeraldengineeringinc.com

### For Sale:

F2 Longboard - Race 380 It's the one with the wooden centerboard. Fast! Floaty! w/board bag. Length: 12' 4"; Width: 26.4"; Volume: 290; Weight: 30.5 - \$750.00 obro  
 Contact: John Quinn at 757-478-8582 (cell) or e-mail John.K.Quinn@Att.net or j.k.quinn@larc.nasa.gov

### For Sale:

**F2 2001 Maui Project 81L board** - carbon, 13lbs. Same as those demo'd in Hatteras in 2001. Used only 8 times! Includes 4 footstraps and stock fin. Excellent condition - 2 dings rapidly repaired...no water intake. I got a great deal on it so I'm extending the super price and selling for only \$595!! Also selling the popular DaKine ThermoForm Waist Harness (no bar) with speed seat attachment. Medium, black. Retail value with seat is over \$150! Selling for only \$69.  
 Contact Doug Kon 336/768-8568 or dougkon@triad.rr.com

### For Sale:

1996 88-liter Axis board in excellent condition with pristine board bag, \$200. Contact helenvg@earthlink.net or 410-757-8705 in Annapolis.

### For Sale:

11.5 Gaastra Nitro 3 -\$175  
 Fiberspar 550cm QT 6000 race mast + padded bag \$275  
 Neil Pryde 2001 Jet 6.7M-\$175  
 Techtonic Goldwind 36cm fin Tuttle box-\$100  
 Curtis FR15 custom 68cm fin -\$100  
 Debocheit Concept fin 70cm - \$50  
 Call Tom Caswell, 410 956 4725 or Sancaz@bellatlantic.net

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### Windsurfing Rentals

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We stock everything from 2.5m Kids' Rigs & Boards, to high performance short boards with adult rigs from 4.0m to 7.5m. So if you OR your sailing buddy need great gear for an hour, a day, a weekend, or a week-long windsurfing

vacation, give us a call. Ultimate Watersports is open 7 days a week from 10am to 6pm.

### Catamaran Rentals

OK – so you're looking for some sailing fun, but the wind is light and OOPS! - you forgot to bring your handy 12 meter sail, 20 foot mast and \$600 carbon race boom to the Gunpowder beach. Perhaps it would be much easier to hop on one of our already rigged Hobie Cats and simply sail away! Yeah, I know, that would make too much sense!

### Kayak Rentals

So what are you doing when the wind ain't blowin? Why not get a workout – you're already at the Gunpowder! Ultimate Watersports is the largest Kayak Outfitter on the Chesapeake Bay - PERIOD!! Who else has over 150 brand new kayaks ready for you to rent, on or off-site, 7 days a week? That's right - NO ONE!!

See you on the water!



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