

Lessons from First Sail of the Season by Marcy Kennedy

I recently went sailing for the first time in several months. It was wonderful, but there are a few lessons that I seem to forget during the hibernation months. If you have not been sailing all winter, I'd like to save you from some of the troubles that I encountered.

First: Don't get down wind of your sail. It can flip up and in the process of trying to stop it, you can punch yourself in the face. It is difficult to explain why you love this sport when you return to work with a fist mark on your temple.

Second: When extracting the mast base from the mast, position your leg to the side. Otherwise, when the mast base sticks you might pull the mast base out with more force than necessary and bang it into your chin. This creates another bruise that is difficult to explain. Wearing long pants or "fancy" stockings helps to cut down on the questions from smirking co-workers. If that doesn't work, hints about spousal-abuse defuse the questions and sometimes initiate empathy.

Third: Make first sails of the season in very cold water. You don't feel the bruises and injuries until later.

Fourth: If sailing in cold water, don't forget to wipe your nose frequently. No explanation needed.

Fifth: Before you go out, STRETCH, STRETCH, STRETCH. This might save you having to sit in the driveway of your house, blowing the horn, until someone comes out to carry you into the house.

First sails of the season are so fantastic. Can't wait to go again



This might shorten the wait a little – impressions from Rodanthe. Pic Matthias Wirtz

Hampton Roads Sailboard Classic by Daphne Latrouras

Windsurfing Enthusiasts of Tidewater (WET) organized another great 3-day regatta to close the 2004 Mid-Atlantic Series. Twenty-six competitors from the East Coast and beyond were on hand for racing, including many BABA and WET members. Long distance travelers included Al and Susan Simmons from Connecticut, Chip Ehrhardt & Kevin Gaston from New Jersey, Steve Myer from Pennsylvania, Eric Rahnenfuerher from Cleveland, and Karsten Kloecker who was spending three months in Tidewater on work assignment from Germany. The East Coast Formula Championships started on Friday with 18 - 25 mph winds and big shore-break at Buckroe. The wind was strong, the sea was huge!

Saturday's racing moved to the Days Inn at Willoughby Spit and the first day of the HRSC racing that included both formula and longboard racing. Racing was very competitive in 10 - 15 mph winds. The MAS Season banquet was held at a Golden Palace Chinese Buffet on Saturday night and the evening included a raffle for competitors in the 2004 MAS. The big winner was BABA member Kurt Nagai who won a Starboard Hypersonic courtesy of Starboard and Beach

Sports, the Tidewater area's local windsurfing shop and longtime WET sponsor.

Sunday's winds were too light for formula, but the longboards got in several races in chilly 8 - 10 mph winds.

After lunch, WET member Dave Kashy conducted the awards ceremony and awarded trophies for the HRSC and East Coast Formula Championships. Then came the announcement of the MAS Season Awards with a twist (lemon or lime?).

Instead of trophies, the committee awarded bottles of spirits with the first place winners in each class taking the big bottles (1.75l+) of premium gin, rum, vodka, etc. and each level of finisher in each class getting a progressively smaller bottle of spirits.

They will make a nice addition to the winners' trophy shelves (hic)!

A big thank you to all the WET volunteers who were involved in making this a great weekend. In addition to the two regattas hosted by WET this season, thanks go out to the BABA Race Committee for conducting three MAS events in conjunction with the 2004 BABA Race Season.



Trophies for Helen VanGelder, Susan Simmons, Daphne Latrouras and Marcy Kennedy

Interview with Cady at Mid-Winters

by Dave Kashy

Hi Cady,

My name is Dave Kashy, I understand that this was your first MW. When did you decide to go?

Cady: When I heard my dad talking about it. Before Christmas.

Dave: This was'nt spring break was it? How did you get time off school?

C: My dad let me skip 5 days. ☺

D: You've got a pretty cool dad! And your mom said ok?

C: She was not thrilled, but, and she almost did not let me come when she found out I had 2 big tests soon after I return.

D: What about your sister? Was she jealous?

C: Yeah, She wanted to come, but she came home with her boy friend and they went to his folks place. Then she totaled my dads jeep.

D: So its Tuesday and your ready to go. Tell me a bit about day 1- The drive down.

C: Oh Boy, that was tons of fun. Eveyone was so excited, each of us only got four hours of sleep, except Tom Caswell, he only got three minutes.

D: What did you drive?

C: We rented the largest motor home that Cruise America had. We towed a heavy trailer full to the top with windsurfing gear.

D: When did you get to Cocoa Beach?

C: About 12:00 on Wednesday

D: Did you get to sail Wednesday?

C: Yeah, for a while.

D: Tell me about it.

C: I used a 3.7 on dads prodigy. The wind was not too windy, but I cruised around.

D: So when the event started, what was it like having so many kids sailing?

C: It was the biggest amount of kids sailing I've ever seen, it was cool and they were really good.

D: Did you see the kids from Bonaire?

C: They were incredible, the best I've ever seen, I want to get better than them.

D: To get that good takes lots of time on the water. Think you can convince dad to get you lots of time on the water?

C: Oh yeah, he's always up to go!

D: Did you try any freestyle?

C: Yeah, Solvig, Nevins daughter, taught me some tricks.

D: Do you know the names?

C: Fin first, and another trick, but I can't remember the name.

D: You did lots of racing too. How many races?

C: We raced with the pros and there were races we did today, like five.

D: With professional windsurfers. Neat. Who were you pair up with?

C: Mike Gebhardt. He was really nice. He taught me a bunch of stuff. Like how to sail down wind faster, and how to hold the sail so I could go upwind better.

D: So did his coaching help you in the final day of the event?

C: Yeah It helped me win two of the races.

D: So how did you place in your fleet?

C: I came in first in the wonder kids division.

D: Congratulations! What was the thing you'll remember most about this event?

C: The sun and the sailing! And all the different people I got to meet.

D: What else do you want to say?

C: I learned a lot and I'm definitely coming back next year.

D: Thanks for your time. See you on the water!

WET Calendar of Events 2005

April 2

Buckroe Beach Cleanup

Contact: Glenn Woodell

April 7

WET Meeting

Mongolian Bar B Q

April 10

Sunday Sailing begins

Mill Creek at Fort Monroe

April 16-17

Florida Windfest

Contact: www.calema.com

April 22-24

WET Spring Regatta

US Windsurfing National Tour

www.uswindsurfing.org

Contact: Dave Kashy – kashyr@juno.com

Check out the ad on p.93 of Windsurfing Magazin's April issue!

April 27-30

Frisco Woods Windfest

On Hatteras Island. Contact:

www.outer-banks.com/friscowoods

April 30

BABA I Race

Contact: Tom Sargent – tomus919@worldnet.att.net

May 5

WET Meeting

Location TBA

May 21-22

BABA MAS / II&III Races

Contact: Tom Sargent – tomus919@worldnet.att.net

May TBA

Fun Race/Swap Meet

June 2

WET Meeting

Location TBA

June 11-12

BABA MAS / IV race

June 26

BABA V Race

Contact: Tom Sargent – tomus919@worldnet.att.net

July 7

WET Meeting

Location TBA

July TBA

Lotta Regatta

Location TBA

July 16

BABA VI race

Contact: Tom Sargent – tomus919@worldnet.att.net

July 25-30

US Nationals Hood River

www.uswindsurfing.org

August 4

WET Meeting

Location TBA

August TBA

Cookout/Fun Race/Swap Meet

Location TBA

September 1

WET Meeting

Location TBA

September TBA

Intro to Windsurfing

Location TBA

September 10

BABA fun race – Race around Hart Miller Island

Contact: Tom Sargent – tomus919@worldnet.att.net

September TBA

BABA MAS / VII&VIII races

Contact: Alan Bernau – abus111@crosslink.net

October 2

BABA race IX

Contact: Tom Sargent – tomus919@worldnet.att.net

October 6

WET Meeting

Location TBA

October 15-16

Fall Regatta Hampton Roads Sailboard Classics MAS

November 3

WET Meeting

Elections, location TBA

December TBA

WET Holiday Party

Location TBA

WET Mail Editor-in-Chief:
Joachim Pfeiffer
(757) 685-3448
jpfl8@yahoo.com

WET's Website!
www.sailwet.com



Wanna know where we sail? Check out the launch map at <http://www.windvisions.com/launches.html> for all the information you need about the local sailing sites.

President: Marcy Kennedy
(757) 618 5708
xantosmak@hotmail.com

Vice President: Lisa Cook
(757) 472 8338
lmcookva@aol.com

Secretary: Adrienne Woodell
(757) 478 9463
g.a.woodell@cox.net

Treasurer: Chad Perkins
(757) 617 2920
shambhalawayne@aol.com

Members at Large:

John Perry, Alan Monfalcone, Bob Rowland, Joachim Pfeiffer, Chuck Rhodes

Beach Access, Photography & Web Site: [Glenn Woodell](#)

Membership: [Marcy Kennedy](#)

OUR NATIONAL GOVERNING BODY:

<http://www.uswindsurfing.org/>



Next WET Meeting

The April WET meeting will be on the Peninsula

April 7th, 7p at

Mongolian Bar B Q

1118 W Mercury Blvd.

Hampton, VA 23666

Tel.: (757) 838-3638

WET MEMBERSHIP APPLICATION
203 Buckroe Ave., Hampton, VA. 23664

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
E-mail: _____

Individual Membership...\$20.00	U. S. Windsurfing Membership...\$25.00
Each additional family member....\$5.00	through WET (Normally \$35)
Total: _____	

WAIVER, RELEASE, AND INDEMNITY AGREEMENT

In consideration of acceptance as a member of the Windsurfing Enthusiasts of Tidewater (WET), I (the undersigned), intending to be legally bound, do hereby for my administrators, my executors and myself, waive, release and forever discharge any and all rights and claims for damages which may occur to me against WET, its officials, employees and agents of any and all liabilities or responsibilities arising from any injury received or incurred by participation in any event sponsored by WET. My release is also given for the reproduction of any photographs taken of me or including me for use in media coverage. I understand that I am waiving rights which otherwise should have been mine by law and I do so of my own free will and consent.



**FOR ALL OF YOUR
WINDSURFING NEEDS**

**Hampton Roads Local Windsurfing Shop
Sales, Service, Lessons**

Equipment by
MISTRAL F2 BIC CHINOOK

Just down the street from Buckroe Beach

Phone: 757-851-3224
www.beachsports.net
email: shop@beachsports.net

