

# THE BROAD REACH

Volume 17, Number 1, April 2004

A Publication of The Lake Winnepesaukee Sailing Association

## Commodore's Corner

by Al Posnack

By the time you read this, the ice will be out and another season will be underway!

Looking back, last season was a good one. Adult racing participation increased, youth sailing enrollments went up again, and our young racers did us proud with top finishes all over New England. Additionally, our active J80 fleet reminded us what good one-design competition is all about.

Looking ahead, I am pleased to announce that Dave Webster has joined the LWSA as executive director. Dave is an experienced sailor, a professional coach, a long-time Lakes Region resident, and was the LWSA's first Commodore way back when. Dave's presence will add depth, leadership and stature to our program. He is very anxious to bring more participation and more fun to our adult activities, and has some great ideas. Please share your thoughts with Dave at [ddwlwsa@yahoo.com](mailto:ddwlwsa@yahoo.com).

The season will kick off with J80 racing starting on May 27, followed by the Coors Memorial Day Cup on May 30. Capitol Distributors of Concord, distributors of Coors Beer, will again this year step up to sponsor the annual reverse start classic. On the youth front, the Winnepesaukee Open Youth Sailing Regatta is scheduled for July 24. This growing regatta has the potential to become a major youth event in New England.

Thanks to Wendy Wilson and Steve Coneys for their contributions to the LWSA as board members.

The LWSA stays afloat through the efforts of its volunteers, through your memberships and generous donations, through the donation and resale of used boats, and through **your participation**. We look forward to seeing **you** on the lake this season. Good sailing!



Our young sailors really enjoyed competing in last year's Youth Regatta

## Dave Webster hopes to drive the LWSA to new heights.....

Dave writes.....

I am looking forward to an exciting sailing season with the LWSA. As part of my mission I am planning to expand the Wednesday Night junior racing program.

Adult racing participation is also a priority. We would like to try some new formats to encourage this. Any ideas are welcome.

We need to find buyers of the boats that we already have in our possession as well as receive more for our boat donation program.

Most importantly we need volunteers to assist in making this organization the best it can be.

Please feel free to contact me at [ddwlwsa@yahoo.com](mailto:ddwlwsa@yahoo.com) or 603 253-4266.

## Nominees for LWSA Officers

Listed below is the roster of nominees for this year's LWSA Officers. Elections will be held at the Annual General Meeting. At that time you will consider these nominees or any others forwarded for nomination to the Commodore prior to the time of the meeting.

Also included here is a listing of the current standing committees and the person who has volunteered to spearhead the activity. If you feel that you could help any of these folks, please get in touch with them and pitch in.

Al Posnack	Commodore
Peter Crosby	Vice Commodore
	Rear Commodore
Alan Kanegsberg	Treasurer
Heidi Kephart	Secretary

### LWSA Committees

Bob Knowles	Race Committee
Pete Crosby	Youth Sailing
Liz Tuan	Jr. Sailing Club
Bob Knowles	Broad Reach
Casey Nickerson	One Design
Tom Coneys	PHRF
Bob Lemaire	Webmaster

**Lake Winnepesaukee Sailing Association  
& Winnepesaukee Yacht Club  
2004 Schedule of Sailing Events**

<u>Date</u>	<u>Organizer</u>	<u>Event</u>
Sunday 5/30	LWSA	Coors Memorial Day Cup
Saturday 6/26		Open Format Race
Sunday 7/4	WYC	Jimmy Fund Race and Charity Auction
Friday 7/16	WYC	Single Handed Race
7/17 & 7/18	WYC	Commodore's Cup Regatta
Saturday 7/24	BOTH	Youth Sailing Regatta
Saturday 8/7	LWSA	Open Format Race
Sunday 8/22	LWSA	LWSA Sunday Series Regatta 1
Sunday 8/29	LWSA	LWSA Sunday Series Regatta 2
Friday 9/3	LWSA	Frying Pan Race (2 handed event)
Sunday 9/5	LWSA	LWSA Sunday Series Regatta 3
9/11 & 12	BOTH	J-Jamboree North
Saturday 9/18	WCYC	Wolfeboro Corinthian Yacht Club Regatta
Saturday 9/25	Fay's LWSA	Pearson, Beneteau, Catalina, Capri, J-Cruiser Event
Sunday 10/3	WYC	Cold Duck Race

**Regular weekly events:**

The following events will be held each week.

The LWSA will run regular Wednesday Dinghy Races and Clinics between 6/23 & 8/18 (Lasers, Radials, 420's & Opti's) 5:30 PM

The WYC will run regular Friday Night PHRF races between 5/30 & 9/26

The LWSA will run one design races on Thursday nights between 5/27 and 8/19

## 2004 Racing Schedule

The schedule for this summer's events is shown in the table above. The schedule combines those events sponsored by the LWSA, the Winnepesaukee Yacht Club, and the Wolfeboro Corinthian Yacht Club.

Most events are the annual continuance of past year's schedules. Several items are worth comment here.

- 1) **Youth Sailing Regatta** – We have set aside a special day to watch our young sailors enjoy a full fledged regatta where all the attention is directed toward them. On Saturday, July 24<sup>th</sup>, we hope to have several of the local youth sailing programs come together on our lake for a day of racing and fun for everyone. Put the day on your list to come out and watch these kids compete. Better yet, volunteer to help put on a first class event for our young sailors.
- 2) **LWSA Sunday Series Regatta** – Striving to find the right format for a late summer, no hassle regatta, the Race Committee plans to run a series of three Sunday afternoon racing events. The idea is to have boats sign up ahead of time and be able to come out directly to the starting area on each of the three Sunday afternoons. The course configuration will be windward-leeward using buoys for the spinnaker boats and round the islands for the cruisers. The J80 one design fleet will use these dates as part of their Fall Series.
- 3) **Open Format Races** – There are several dates designated for an Open Format Race. These events would be designed to be at a low level of intensity where

*(Continued on page 3)*



**LWSA Executive Board**  
 Al Posnack, Commodore  
 Pete Crosby, Vice Commodore  
 Rear Commodore  
 Wendy Wilson, Secretary  
 Alan Kanegsberg, Treasurer

**LWSA Committees**  
 Bob Knowles, Race Committee  
 Peter Crosby, Youth Sailing  
 Liz Tuan, Junior Club  
 Casey Nickerson, One Design  
 Bob Knowles, "Broad Reach"  
 Tom Coneys, PHRF  
 Bob Lemaire, Webmaster

*The Broad Reach* is a publication of the Lake Winnepesaukee Sailing Association (LWSA), PO Box 7047 Gilford, NH 03247. It is circulated to fulfill our non-profit charter which is "...to encourage the sport of sailing..." Each issue costs approximately \$250 to produce. If you are receiving these issues as a member, we thank you for your support. If you are not a member, we ask that you consider a tax deductible membership [501(c)(3)] to help us defray publication costs. Thank you.

*The Broad Reach* is published occasionally during the sailing season. All materials for publication are due by the 7th of the month. Publication or use of any material from *The Broad Reach* is not authorized without written permission. Further, *The Broad Reach* and LWSA disclaim responsibility for typographical errors other than the obligation to print a notice of correction.

Submit materials by email to The Editor, Bob Knowles email: bobknow@metrocast.net

*The Broad Reach* is circulated to more than four hundred Lakes Region sailors and sailing enthusiasts.

## 2004 Racing Schedule

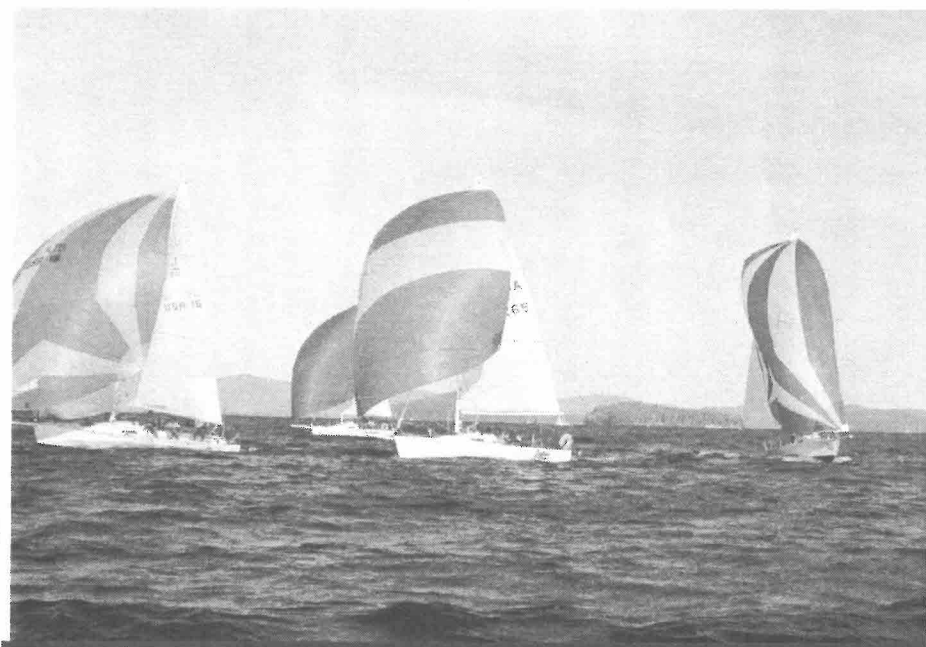
(Continued from page 2)

the casual racer would find the venue interesting enough to come out and join in. Announcements will be made in advance of the specific dates as to the race's format and eligibility requirements. If you have a format idea for one of these dates get in contact with Dave Webster, 603-253-4266.

The Sailing Instructions remain essentially the same as last year. You can download a copy on our website at [www.lwsa.org](http://www.lwsa.org). Copies should also be available at each event.

The official announcement board for events and for any changes in instructions, etc. will be the LWSA website at [www.lwsa.org](http://www.lwsa.org). Click on Adult Racing for schedules, notice of race, special sailing instructions, and race results.

Please renew your LWSA membership for 2004 and include your e-mail address on the registration form. That will get you onto the e-mail distribution list so that you will receive updates as to events, special instructions, and other important racing information.



### Help Wanted Race Committee

We have a real need for several people who would be interested in being out in the new Committee Boat setting up for and running our upcoming races. Consider making a real contribution. Help out and enjoy the time out on the water. Call Bob Knowles at 603-279-8405 for details.

### Thank You's

Thanks to the many people who help keep the LWSA going, including:

**John Goodhue** for donating a Cape Cod Bullseye sailboat.

**Casey Nickerson** for donating a Boston Whaler skiff, which will be used to support our junior racers.

**Donna Garland** for years of outstanding public relations work for the youth sailing program.

**Tom Coneys** for volunteering to be the official PHRF representative this summer.

**Jon Rochlis and Anne Lavin** for committing to do race scoring this year.

**Many members and friends** for their generous donations.

# Youth Sailing News .....

## Youth Sailing Program Begins its 17<sup>th</sup> Year

Last year's youth sailing program was one of the best ever. A record 160 youngsters participated. They enjoyed themselves, learned a lot, and the parents were very pleased with the program. We had an outstanding group of instructors and junior instructors who worked hard, showed a lot of patience, and learned a lot in the process. Sixty-five kids sailed for the first time last summer, while many returning students advanced their sailing skills, were introduced to racing, or improved their racing skills.

Our head instructor this summer will be Ashley McGowan. Ashley is a student at McMaster University in Hamilton, Ontario, and is an experienced sailor and coach. She has worked in Canada as a head instructor, and appreciates the leadership talents required in this position. She is majoring in gerontology, which will prove a great help in working with the LWSA and WYC membership. Ashley will be a real asset to our program.

For the coming summer we have purchased some new Opti rigs to be used by our young racers, and have replaced the aging Wellercraft with an outstanding, almost-new center console outboard. We will be beefing up course content for the older students, including advanced boating skills, and have expanded our coaching capability for home and away events.

Importantly, we will continue to offer Freddie Richardson Scholarships to needy youngsters. If you know of such a child, who should have a chance to experience the pleasures and challenges of sailing, please call our hotline at 293-9191.

Once again we will take our sailboats, motorboats and staff to Wolfeboro for a week to conduct beginner and intermediate classes out of Brewster Academy. Working with children from other parts of the lake is an important part of LWSA's mission. Thanks to Brewster Academy for their help.

**For information on youth sailing lessons, or to sign up a youngster, please click [www.lwsa.org](http://www.lwsa.org), or call our hotline at 293-9191.**



## Youth Racing Club News

This summer will offer some great opportunities for youngsters interested in sailboat racing.

**Wednesday night youth racing** will begin on June 23, in Optimist dinghies, 420's and Lasers. This summer evening activity will see more structure with increased coaching, both on and off the water, followed by pizza for all, and feedback from the coaches.

The LWSA's Racing Club will support several **youth regattas** this summer, with pre-regatta and on-the water coaching for all the competitors. These will include:

- |              |   |
|--------------|---|
| July 24      | Winnepesaukee Open Youth Regatta - WYC, Gilford, NH |
| July 26 - 28 | Junior Olympic Sailing Festival - Portland, ME      |
| Aug 15 - 18  | Junior Olympic Sailing Festival - Narragansett Bay  |

Our goal is to help our kids sharpen their racing skills, and have fun. If your child is interested in racing, please call Dave Webster (603 253-4266 - [ddwlwsa@yahoo.com](mailto:ddwlwsa@yahoo.com)) or Liz Tuan (510 923-1310 - [tuanfamily@sbcglobal.net](mailto:tuanfamily@sbcglobal.net)) for more info.



## J80 Fleet 1 Begins 7<sup>th</sup> Season of One Design Racing

The last two years has witnessed a doubling of the local fleet of J80 one design sportboats. The fleet currently totals 18 boats spread throughout the lake. It was a regular thing to have 12 boats show up on Thursday evenings last season and this coming summer suggests even greater attendance.

The total production of J80s has now exceeded 700 with manufacturing taking place both at the TPI plant in Rhode Island and in France for European sales. The boat is sold as a package with sails, a trailer, and various auxiliary items included making it ready to race right out of the box. Fay's Boat Yard continues as one of the most active sales representatives of J/80's and has been committing to stocking several boats from each year's limited production runs.

The J80 received International Sailing Federation, ISAF, status in 2001 and by doing so assures standardization and formal control of the boat's design and manufacture. A complete set of Class Rules are in place along with a Constitution that describes how the Class will function.

Local fleet members have traveled over the eastern parts of the country to attend numerous Class sanctioned events. Fleet 1 boats have made good showings at the 2001 World Championship, numerous North American Class Championships at sights like Newport, RI, Larchmont, NY, and Annapolis, MD and even ventured down to Key West Race Week in the middle of winter. Each September the LWSA sponsors the J-Jamboree, a regatta for racing class J Boats. In years past there have been fleets of J22s, J24s, J27s and most recently J80s. This coming Jamboree promises to be one of the best attended in recent years. As part of the J80 Northeast Circuit of events, the 2004 Jamboree could field a fleet of 25 or more boats.

With so many boats out there racing, the need for energetic, fun seeking crew members grows even more critical. If you might be interested in getting associated with a boat in the fleet, drop your name and background information to this year's fleet captain, Casey Nickerson at [casey@spinnakercontract.com](mailto:casey@spinnakercontract.com). A full schedule of Fleet 1 activities for the coming season is posted on the LWSA website, [www.lwsa.org](http://www.lwsa.org). Click on J80 Fleet 1 for all the information.

### Boats for Sale

Since the LWSA's goal is to help both the LWSA and the buyer, these boats are priced below market. Payment terms available. Please call Terry Pratt at 293-4239 for more information.

**Evelyn 25.** Hot PHRF racer on a trailer. Ready to go.

**Cape Cod Bullseye.** A 16-foot classic keelboat with trailer in great shape.

**O'Day 27 Sloop.** This boat has tons of gear, full headroom, and standup head. Fast and comfortable. We need to sell this one this year!



### Bob Lemaire Wins Daysailer Midwinters

When he's not racing his J-80, Bob Lemaire campaigns a Daysailer with his son Mark. In March, they journeyed to Sarasota, Florida for the Daysailer Mid Winters and picked up first place. **Congratulations, guys!!**

### Support Youth Sailing Donate Your Boat

No Advertising

No Broker's Fees

No Storage Fees

No Hassles

No Waiting

Call Alan at 603-225-5635

**THE COORS MEMORIAL  
DAY CUP  
NOTICE OF RACE  
SUNDAY, MAY 30, 2004**

1. *Organization Authority:* Lake Winnepesaukee Sailing Association (LWSA). If you're not already a member, you should be.
2. *Rules.* The race will be governed by the Racing Rules of Sailing 2001-2004, the prescriptions of US Sailing, the rules of PHRF New England for monohulls, the corresponding class rules for catamarans, and the 2004 sailing instructions as modified by this notice of race.
3. *Entries:* The regatta is open to any boat that qualifies under the aforementioned rules. One design boats such as J-24's and J-80's may race simultaneously as a one design class and as part of the monohull fleet with a minimum of five (5) entrants. Registration is between 0900 and 1000 on May 30, 2004 at Fay's Boatyard. Each entry must be submitted on the official entry form or a legible copy thereof. Entry forms may be downloaded from the LWSA website at [www.lwsa.org](http://www.lwsa.org) or call 603-279-8405. The entry fee is \$25 (checks payable to LWSA). Current members of US Sailing receive a \$5.00 discount.
4. *Course:* The race will be an island race. The selected course will be announced at the skipper's meeting.
5. *The Start:* This is a "reverse start" event. Boats are handicapped upon registration and issued individual "delay times" based on the selected course length and PHRF (monohull) or Sullivan Portsmouth (catamaran) handicap factors. After the starting signal, individual boats will start after their "delay time" has elapsed. The race Committee will make an effort to notify any boats that cross the starting line prior to their official delayed starting time via VHF radio on Channel 72 and/or by hailing premature starters by loudspeaker, but the responsibility to start at the proper time will rest solely with the skipper of the racing vessel.
6. *Schedule.*
  - 0900 – 1030  
Registration at Fay's Boat Yard in the 2<sup>nd</sup> floor classroom
  - 1030 – 1045  
Skippers' Meeting
  - 1200  
Warning Signal at Race Committee Boat off Welch Island (Multihulls may start off Elacoya Beach)
  - 1200 – 1600  
Racing in and around the Lake
  - 1700  
Post regatta party and awards at Fay's Boat Yard
7. *Awards.* Prizes will be awarded to the top three finishers in monohull racing and cruising class, and catamaran class. The winner of any one design class will also receive a prize.
8. *Social:* A party and awards ceremony open to all participating skippers and their crew will be held at Fay's Boat Yard beginning at 1700. The beer will be provided by Capitol Distributors on a complimentary basis. Finger food will be provided the LWSA.

## What is PHRF?

PHRF, Performance Racing Handicap Fleet, is a locally administered handicapping system that uses the perceived speed potential of a yacht as the basis for the handicap. An initial handicap is assigned based on comparisons with similar yachts. The handicap may then be adjusted based on the performance of the class of the yacht.

In most fleets there is no credit for lack of sailing skill or boat preparation. The handicap is based on the yacht being sailed by a top notch crew with the best equipment. The PHRF system handicaps yachts, not sailors.

Since the handicap is administered locally, you must contact the fleet that assigns the handicaps for your area to obtain a handicap. Lake Winnepesaukee is governed by the Performance Handicap Racing Fleet of New England. The current representative to PHRFNE is Tom Coneys. Tom can be reached at 603 899-6179 or at [tconey@medefab.com](mailto:tconey@medefab.com). Tom can help with granting you a temporary rating or assist you in formally applying for any modified ratings from the regional authority. In most cases it is quite easy to determine the proper rating for your boat's configuration by using the information available on the PHRFNE website, [www.phrfne.org](http://www.phrfne.org).

## Scoring PHRF Races

Much of the handicap racing is scored by using the Time on Distance, TOD, method. Here when the course length is known, a time correction is subtracted from the actual elapsed time to compute the corrected time. The time correction is the product of the boat's PHRF rating multiplied by the course length. The technique is simple and you can tell exactly where you stand at any point in the race. By taking the difference in your rating from that of your competitors and multiplying it by the distance you have traveled on the course yields the number of seconds you are ahead or behind. This method of scoring is usually used when we run island courses.

*(Continued on page 7)*

# 2004 LWSA Membership Registration



Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Lake Phone: \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_  
 Boat Make and Length: \_\_\_\_\_ Boat Name: \_\_\_\_\_



## US Sailing Association

Please process my **USSA Membership** for 2004 at the individual rate of \$40, (instead of the regular rate of \$50). I understand that as a member of USSA that I will receive a discount of \$5.00 or 10% of each racing registration fee. New members of USSA will receive a *Rule Book* or *Safety Recommendations for Cruisers*. All members receive a \$20 coupon toward the purchase of \$75 or more at West Marine and all other membership benefits. Visit [www.ussailing.org](http://www.ussailing.org) for details

I/we are enclosing the following:

\$ 20.00 for LWSA Membership

\$ \_\_\_\_\_ for US Sailing Membership (LWSA Members only) \$40.00

\$ \_\_\_\_\_ for Donation to the LWSA Youth Sailing Program (\$10, \$20, \$50, \$100) (deductible)

\$ \_\_\_\_\_ **Total** (make check payable to "LWSA")

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: Lake Winnepesaukee Sailing Association, PO Box 7047, Gilford, NH 03247

## What is PHRF?

(Continued from page 6)

Time on Time, TOT, scoring corrections depend on the length of time of the race and not its distance. The reasoning being that smaller boats are at a disadvantage if the race is a slow race. This method has been found to help some when there is a very large handicap spread in the fleet or if the race conditions are abnormal. The following formula is used to convert the elapsed time to the corrected time. It is called the Time Correction Factor, TCF.

$$TCF = \frac{A}{B + PHRF}$$

The denominator, B + PHRF, is most commonly set to the number of seconds it takes to sail a nautical mile in the expected conditions. Another way to look at it is that the denominator divided

into 3600 is the average rhumb line boat speed in knots. Some commonly used B factors are: 1) B = 480 for Heavy air or all off the wind legs, 2) B = 550 for Average conditions, 3) B = 650 for very light air or all windward legs. There are no hard rules for selecting the B coefficient. Basically, the lower you select it, the more favorable it will be to the slower boats. The numerator, A, is merely a coefficient that makes a reasonable looking TCF. A is chosen at a value to make the TCF equal about 1.000 for boats in the middle of the fleet. The choice of A has no effect on the order of corrected finishes, just possibly on the various margins. To get the corrected time, simply multiply the elapsed time by the TCF. This method is often utilized when buoy courses are set up and the distance is not easily determined. TOT scoring will often tighten corrected time s up a bit if the handicap spread in the fleet is large.

The information presented here was obtained from the US Sailing website and from PHRF New England's site.





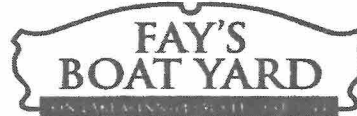
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