

SUMMER '95

The Canadian Masters Windsurfing Association Newsletter

# MASTERS/MATTERS

## Canadian Masters Championships

Vaudreuil Québec, August 5-7, 1995



• FUN • PRIZES • PARTIES • TROPHIES



• RACING • DINING • FRIENDS



See old friends, party till you drop,  
test your sailing skills, eat great food  
and win fabulous prizes. For a fun weekend  
see details inside!

### Highlights

- CMWA CANADIANS '95
- LETTERS TO THE EDITOR
- QUÉBEC CHAMPS '95
- IYRU NEWS
- QUÉBEC SAILING SCENE
- COCOABEACH FLORIDA
- HATTERAS TRIP '95
- 1995 SCHEDULE
- MASTERS CLINIC
- MARGARITA ISLAND
- RACING TIPS
- MAGDELEN ISLANDS
- BULLETIN BOARD



**Canadian Masters  
Windsurfing Association**  
568 Ontario Street Toronto,  
Ontario M4X 1M7  
(416) 323-9661

To foster camaraderie and  
mutual support at regattas,  
to affect changes  
and improve Masters  
Windsurfing everywhere.

The CMWA MasterMatters newsletter is distributed freely to all members twice a year. Participation by readers is encouraged!

Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributing material for publication of the Newsletter and therefore will be subject to editing as required. Material will be returned at a convenient time such as not to incur additional costs.

CMWA is not responsible for: Ideas and attitudes expressed in articles submitted to the CMWA; previously published or copied material solicited as original; opinions published in the CMWA Newsletter which are deemed to be in the best interest of CMWA members and the windsurfing community.

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# CHAMPIONNATS CANADIENS CANADIAN CHAMPIONSHIPS

BY CLAUDE LEDUC KC 800

**W**e are once again pleased to host the "Canadian Masters Windsurfing Championships" at Club Nautique Deux Montagnes, in Vaudreuil-sur-le-Lac, August 5-6-7, 1995.


Many of you experienced the comradeship and competition three years ago. You can expect excellent sailing conditions again with good food and social activities throughout the weekend.

Camping will be permitted on site as well as use of showers and restrooms. For lodging, "Chateau Vaudreuil" will offer a special rate of \$95 (usually \$ 160-200) for their luxurious suites (sleeps four).

Or you can stay at Motel Vaudreuil (514) 424-4414 for \$48 to \$56. Convenient stores are within a kilometer from the Club.

Looking forward to seeing you there!

Best Regards

Claude Leduc  
Can 800 

**N**ous sommes heureux de vous recevoir pour une deuxième fois pour les "Championnats Canadiens des Maîtres Vélisportistes" qui auront lieu les 5-6-7 août 1995, au Club Nautique Deux Montagnes à Vaudreuil-sur-le-Lac près de Montréal.


Comme plusieurs d'entre vous l'avez expérimenté lors du championnat de 1992, le lac des Deux Montagnes offre de très bonnes conditions de navigation quel que soit

Il est permis de camper sur le site, des toilettes et douches sont aussi disponibles. Pour ceux qui préfèrent coucher à l'hôtel, le Château Vaudreuil vous offrent des chambres à prix spécial \$95 (au lieu de \$160-200), ces chambres luxueuses peuvent accueillir 4 personnes. Sinon, le Motel

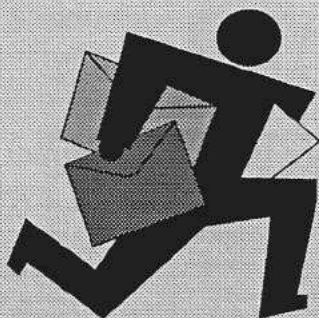


la direction du vent. Pour les repas, nous nous attendons encore cette année à nous faire traiter aux petits soins par le nouveau chef, le tout dans une atmosphère de camaraderie typique des réunions des Maîtres...

Vaudreuil offre ses chambres à prix rabais de \$48 à \$56. Vous trouverez aussi tous les services et commerces usuels à moins d'un kilomètre du site de compétitions. Au plaisir de vous voir en grand nombre!

Claude Leduc  
Can 800 

## LETTERS



Victor Royce  
Vice President, Advertising  
Rolex Watch Company  
of Canada  
Rolex Building  
50 St. Clair Avenue West  
Toronto, ON Canada M4V 3B7

Dear Victor

I want to express a very belated appreciation to the Rolex Watch Company for its generous donation of the Tudor Monarch watch that I received as the 1994 Canadian Masters Windsurfer of the Year.

In presenting the award, John Darling, Vice President of Windsurfing Canada and past-President of the Canadian Masters Windsurfing Association, spoke eloquently of my contributions to Masters windsurfing. While I appreciated John's kind words, the impact of my contributions would not have been possible without the selfless commitment of the many volunteers and supporters like the Rolex Watch Company of Canada.

Your company has been a true friend of our sport during the past three years both in Canada and the United States. We very much appreciated your commitment to our goals and wish you much success in the future.

Yours sincerely,  
Grant J. Carter  
Vice President Marketing  
and Business Development  
Guardsman Products Inc.

## Letter from the President

My first term is closing in fast, something I'm used to on the race course. The board of directors and the executive have been assigned a number of tasks over the past few months. They will



report on these items at the Annual General Meeting. I hope that all members will take the opportunity to talk to us regarding any concerns or ideas you may have. We are only as good as you make us!!

The Annual General Meeting will be held on Sunday, August 8 in Vaudreuil, Québec. This is the host site of the Canadian Masters Windsurfing Championships.

I would like to invite everyone to join the master's at this event which Claude Leduc has been diligently working on for the past six (6) months. It will be the event of the year!!

See you on the course or on shore.

*Stephanie Todd*



# PROVINCIAL WINDSURFING CHAMPIONSHIP

by CLAUDE LEDUC CAN 800

*For some years now, our relatively stable windsurfing population has seen a radical decline in the number of windsurfing competitions to almost nil.*

**A** lack of organisational structure, a decrease in interest within competitors because of changes in windsurfing trends, and a general lack of wind in past years, partially explain the reason for the present void in windsurfing competition.

Upon reflection, I imagined a championship based on the realities of today's windsurfing in the Quebec province. Therefore, VOILA, I propose to you a provincial windsurfing championships based on comradeship, learning, flexibility and modern innovation. Ideally we would like to stage competitions when the wind is at least adequate.

Thanks to new technology such as the Nautiktel line, we can now better anticipate the wind conditions. Our intentions are to communicate the go-ahead or cancellation of the events (before 8am) on the Nautiktel line, eliminating unnecessary driving. The championship will be based on a floating schedule. For example, each weekend in June has the potential to stage a portion of the championship.

The competition will be held on the first windy day (weekend) in June as announced on the Nautiktel line. Registration



**Final event —Sept. 2-3-4  
(labor day weekend)  
St-Denis de Kamouraska  
Contact: Hughes Buissières  
418 498 3088**

will take place up to 11am that day, and start time would be between 12 and 1pm.

Course-slalom type races are planned, with everyone starting at the same time on the same start line. after the start, a short up-wind section will require sharp strategy and sailing (up-wind) technique. this is immediately followed by a down-wind section of numerous buoys, allowing for high speeds and quick jibing. an advantage of this type of course is that upon completion of one race, even if the wind quits, results can be

obtained. I decided to stay away from figure eight slalom because of a number of reasons; this type of sailing doesn't promote much tactics or technique; there isn't much passing; many heats (series of races) are required to get results; and after all, this type of course is no longer used on the world cup!!

Another interesting aspect of this format is that the event will take a maximum of one hour, whether it be one or more laps around the course. This gives the competitors plenty of time to free sail or drift off to other occupations without having to wait around all day.

Registration will include the following classes; junior, men 18-35, men masters 35+, women 18-30, and women masters 30+. If people show a positive interest, information sessions for refresher or initiation to racing could be held during the morning of each event. Subjects such as right of way, racing strategy, equipment etc...

Four events are planned for this season; Montreal, Three Rivers, Quebec City and the finals on labor day weekend at St-Denis. Please don't hesitate to contact us for information regarding participation or organization of the event.

See you this season!  
Claude Leduc  
(514) 769-6361

# FUTURE OF IYRU WORLD WINDSURFING CHAMPIONSHIPS AND OLYMPICS

by LES SPEARING, (B.C.) ISLAND WINDSURFING CLUB DIRECTOR (from I.W.C. Newsletter, April 1995)

**The 1st IYRU World Windsurfing Championship and Masters Championship, held last summer in Gimli were IMCO (International Mistral Class Organization) One-Design course racing events.**

**T**he windsurfing events at the 1996 Summer Olympics in Atlanta will also be IMCO One-Design course racing events, but after 1996 things may change.

The 2nd IYRU World Windsurfing Championship (planned for Australia in 1997) will be a joint classes event in concept, multi-discipline and multi-class: IMCO and IBSA (International Boardsailing Assn.) may be at the same time, followed by IFCA (International Funboard Class Assoc.) and Windsurfer (yes, Virginia, Windsurfer is still very big in Australia!)

Then many possibilities are being considered for the format of the 2000 Olympics: long board (One-Designs Mistral and Windsurfer, IBSA Raceboard), open funboard as currently used by PBA (the Professional Boardsailing Assn.) and IFCA, formula 42 (IBSA: 4 sails and 2 boards), are all being considered for Olympic competition. Disciplines under consideration include slalom, course racing, long distance and a possible triathlon. Many conflicting fac-

tors make decisions very difficult for this event. The final decision will be a major influence on training and development in windsurfing all over the world.

Further Note by John Darling, CYA/Windsurfing Canada: The May '95 issue of "IYRU Events" confirms the holding of a 2nd World Boardsailing Championships in Australia at the end of 1997, adding "it is likely that each class will have its own world championship from which the top 'x' will go through to a grand final to decide 'the' world Boardsailing Champion."

If the PBA also is finally involved, this would mean instituting a PBA-type final event in which all events are short-board (i.e., course slalom and downwind slalom) and in which wave-sailing would be an important component.

If PBA is not participating, the wind conditions of the Olympic locale will determine the predominance of longboard or shortboard disciplines (without presumably a wave event qualifier, although many aspects of "waves" in suitable chop could be included as a "demonstration event".)


In any case, the multi-discipline nature of the 2nd IYRU Worlds as decided right now has profound implications for Canada. If the IYRU actually

does qualify the 2000 Olympic board athletes on a multi-discipline basis, it will mean re-training our Canadian Team sailors and mobilizing those shortboarders already in the sport for likely inclusion of longboard events.

As it happens, Canada is very well situated to take advantage of this multi-discipline switch. One wonders whether it was easier to get Robbie Naish to brush up on longboard tactics and strategy, or for longboard specialists to master slalom and wave-riding.

Maui and the Canaries could get pretty crowded over the next few years as world training sites. In Canada, the Magdalens would have a great future as the major summer training site for the National Board Team...

Since the IYRU has made a definitive commitment on a multi-discipline 2nd Worlds in 1997, and since this decision would logically flow into the qualification for the 2000 Olympics, Canada needs to sit up, take notice, and prepare for the 1997 IYRU 2nd World Championships right now.

Obviously, this decision represents a small and totally salutary revolution in the presentation of the world's most spectacular and broadest-based sailing discipline. 



# 2nd IYRU WORLD WINDSURFING CHAMPIONSHIPS

by JOHN DARLING CAN 130

*The May '95 IYRU Events Bulletin confirms that a second larger and multi-discipline Worlds will be held in Australia in late 1997.*

**L**ast year the first IYRU Worlds were a big hit in Gimli, Manitoba. Whereas the 1994 event was held exclusively on the Olympic board, the Mistral One Design, the 1997 event, rumoured for the high wind mecca of Perth on the Aussie west coast, will "bring together the different boardsailing classes in one place."

IYRU's plans at the moment call for individual class World Championships for "Mistral, Funboard, Windsurfer(sic!) and either Raceboard or Formula 42" with the winners going on to the World Overall Championships. Sound confusing? But it also sounds like the Event of the Decade. Over 600 competitors are expected including undoubtedly the world's top pros.



1995 IYRU  
NATIONS CUP

# QUÉBEC SAILING SCENE

by SUE THOMAS (from interview with YVON LEFEBVRE CAN 73)

• **May 20-21 Cog and Leaf Derby, Battures de Beauport, Quebec City.** Though very early in the season just after the ice had left the St. Lawrence River a dozen hardy shortboarders got off two slalom races on 6.8m<sup>2</sup> sails. Jens Knot the Canadian team coach was first. Yvon Lefebvre third despite a neck injury.

• **May 26 Gala Sportif, Julius Trophy.** Yvon Lefebvre was presented with the Julius Trophy, an award given to the best master athlete (aged 35 and over) chosen from a wide variety of sports: triathlon, swimming, marathon running, sprinting, cross country skiing. Yvon's win came after his silver medal showing at Gimli last summer and his string of other championship wins. Windsurfing for masters gained some excellent publicity through Yvon's win.

• **Circuit Provincial Slalom 1995 de Planche à Voile.** To encourage participation Quebec is experimenting with a new course slalom racing circuit (sail maximum 6.8 m<sup>2</sup> on courseslalom boards, floater shortboards without daggerboards), using a system of floating buoys and scheduling the race for this first windy day. Participants can phone an answering machine by 7 pm. the night before a race to find out whether the race is cancelled or postponed due to a low wind forecast.

• **The Trois Rivières event was cancelled due to low wind.** Upcoming one day events in Oka, Lac des Deux Montagnes near Montreal and Battures de Beauport, Quebec City have two weekends each set aside so the first windy day the race will be run, otherwise the answering machine will announce the postponement. The emphasis is on fun with draw prizes for participants, medals for winners and fun for all abilities.

• **June 17,18 St. Romuald Classique, just upriver from Quebec City.** Based on the North One Hour Classic a slalom race around two marks set across the wind at a 90 degree angle so the boards can reach back and forth and work up above the marks and jibe around each mark as many times as possible in the time limit. The racer that completes the maximum number of times around wins. The St. Romuald Classique was only half an hour. The current down the river was so strong, the course slalom boards had to tack. The next day low winds saw the seventeen racers on longboards and 7.5m<sup>2</sup> sails. Yvon Lefebvre finished first.

# TORONTO MASTERS SWEAT IT OUT

by NORM BURGESS CAN 806

*This year John Darling and I decided to celebrate the beginning of March by crossing the mountains of West Virginia on our way to Cocoa Beach, Florida for this fourth annual Masters' event.*

**W**e arrived at Beth Powell's resort to see Murray McCaig windsurfing on his One-Design in the ocean waves just across the road. Our warmup for the event was shortboarding in 25 knots in cool conditions on the Banana River.

The Friday clinic and practice race was held in Ontario-like wind conditions, but more normal Florida-like weather. Eight races were run on Saturday and Sunday in wind picking up from 8 to 18 knots both days.

Of the 46 competitors, eight high-calibre One-Design A-Fleet entrants were led by Harold Atkins, Yorktown, VA (35 and over) and Lance Demarcor, Clearwater, FL (45 and over).

A strong Open Fleet of 25 entries in the 35 to 64 group was won by event chairman Dick Tillman of Merritt Island, FL with Toronto's John Darling second in the 55-64 heavyweights. Rod Clevenger of Toledo, Ohio won the lightweight class. Ann Adair of Charleston, SC and John Famighetti of Palm Harbor, FL led the younger two classes.

Marty Martens, 69 years young, drove "in" from Lynden, Washington and bested a class



**THE BOYZ 'N THE HOOD—PATRICK AIRFORCE BASE 1995**  
Front row L. to R.: Marty Martens, Bill Taylor, Hank Godshalk and Keith Shay. Back row L. to R.: Bill Taber, Sam Mellin, Bill Dehn and Ted Overton

of 13 in the 65+ Senior Division heavyweights, while Sam Mellin of Seaford, Delaware did the same in the lightweight Division. The age range was 65 to 74. The Seniors sailed seven races of slightly shorter duration than the A and Open fleets.

A Saturday evening party and banquet at the posh Eau Gallie Yacht Club provides more encouragement to return for next year's event, already scheduled for the first weekend of March 1996.

(John D's note: Beth Powell runs a motel and camp-

ing right on the river, with lots of warm water flat river sailing off the front lawn, and wave sailing just across the road. It's a quiet, inexpensive corner of Florida, just around the corner from Calema Boardsailing's shop and lessons centre — for info, call Beth at 407-784-0166.)

Other Masters events in the U.S. in 1995:

The United States Windsurfing Association "News" announces other regional and national events for Masters:



- **JUL 8-9:** Mid-Atlantic Senior's Championships, Ocean City, MD  
Contact Peck Miller 410-723-1144  
for this or next year...

- **JUL 15-24:** St. Petersburg, RUS-  
SIA (!) Try calling IYRU on this.

- **JUL 21-23:** (Mistral) North  
American Championships, Jekyll  
Island, GA: Info: Chip Hunter 912-  
262-6397

- **SEPT 7-10:** SENIOR NATIONALS,  
Hilton Head, SC: contact Mike  
Overton 803-686-6996

- **OCT 6-15:** Mistral Worlds, Port  
Elizabeth, S. Africa  
Contact US Sailing 401-849-5200

- **NOV 14-18:** USWA Finals,  
Islamorada, FL. Contact Guy  
Britton at 407-628-4802

## Hatteras Fall Trip

First ever CMWA fall trip to Hatteras  
Sat. Oct. 14-Sat. Oct. 21, 1995

Starts the weekend after  
Thanksgiving weekend. Windsurf  
the shallow water of Avon, N.C.  
near the Windsport Clinics.

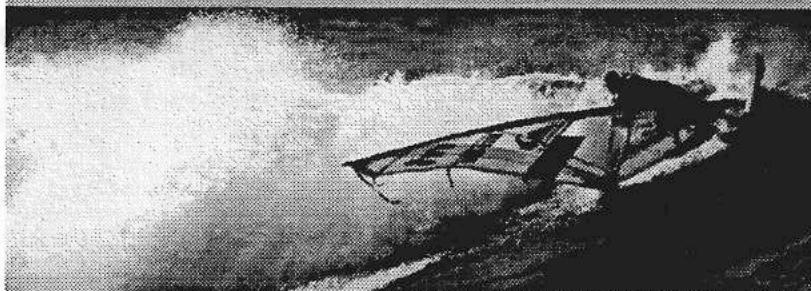
Bring your longboard for  
low wind days and try shortboard-  
ing for the first time. Or if you're an  
old Hatteras hand shred the  
waves on the reef. If you usually  
sail the Canadian Hole try a  
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Nine spaces left. First come, first  
served. This trip has been publi-  
cized in Windsport magazine's  
Cape Hatteras article.

Spaces may go quickly.  
Contact: Sue Thomas (416) 323-9661

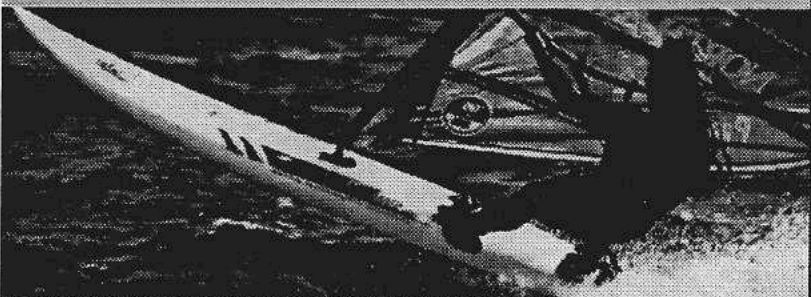
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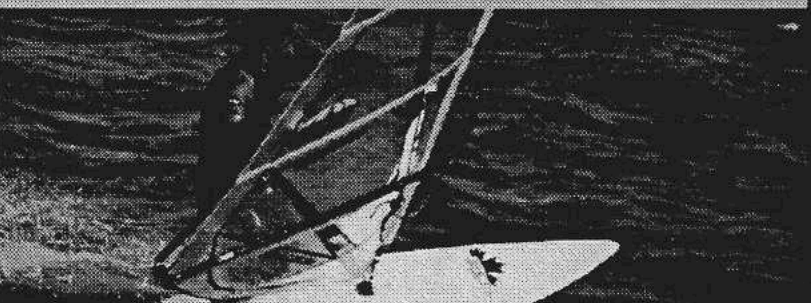
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## WINDSURFING



## CHAMPIONSHIPS



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## WEEKNITE MINIREGATTAS TAKE OFF AT TWC!

**L**ooking for a chance to drill on starts, tacks and gybes? Want some mid-week fun on the cool water chasing other boardheads around a buoy or two? Or, do you need a Golds Gym on water to pump your way to a trimmer tummy?

Toronto Windsurfing Club's Wednesday Night races are taking off with over 20 boards on the water come what

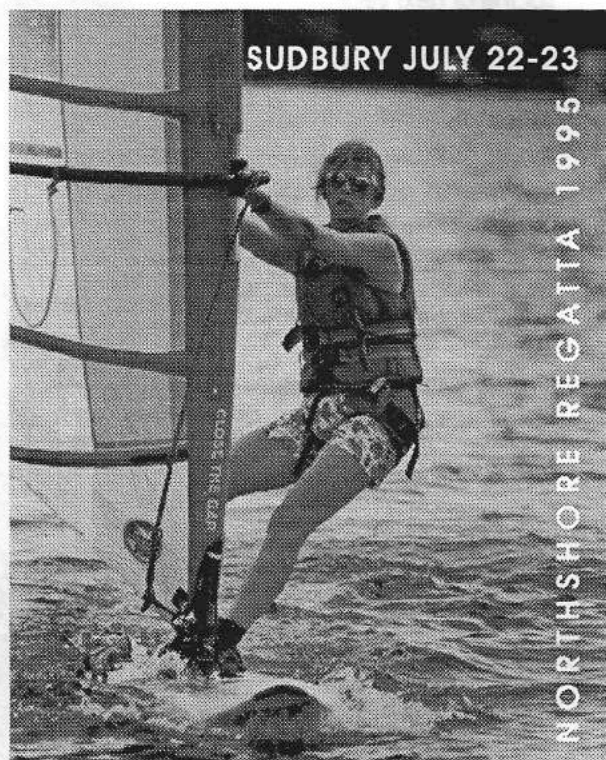
may — 2 knots or 20 — a lot of it in gusting, shifting blasts that make a short-board hell but raceboard heaven — If you pick the right lift, you're at the head of the pack!

Racing starts about 6 pm; there are many short races that you can join in any time you get there. For the more serious the Club has a 5-tiered ranking system based on your results and regularity — you

win too often in your rank, you get bumped up to the expert rank — by Master sailor Peter Coy's ingenious (computerized) system.

Then there's burgers and refreshments on the beach afterwards, perhaps along with an "educational" protest hearing or two to deal with the few unkind bumps and dunkings that are bound to happen and which we need to know the rules about.

Many a Master has honed his skills on Wednesday Nights at TWC, a real fun time matching your wits against your peers, and against those hot Olympic Class kids.



**M**asters and youngsters are more than welcome to hit the road and travel to Sudbury, a place known for its sunshine, wind and

yes, tourism. The courses are technical and you have to be on the line on time but it's the best social event at the Sudbury Yacht Club. Plan to be

there July 22-23, 1995. Cost is usually \$25-30 which includes the races, Saturday evening dinner & social. For information call: Stephanie at (705) 969-2013.

Cook's Bay, Keswick, Sibbald Point, Willow Beach, Roches Point

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# HATTERAS SPRING '96

by SUSAN THOMAS

**Fourth Annual  
Spring Trip to  
Hatteras**  
**Sat. April 13- Sat.  
April 20, 1996**  
**Third week of April**

Sail and relax with fifteen other masters in two side by side luxury waterfront cottages (called Windy Station and Elf's Roost) on Pamlico Sound. Each cottage has four bed-

rooms, three bathrooms, microwave, dishwasher, washer, dryer, VCR. Rig once and sail all week. Meet other masters from all over eastern Canada who gather to shred the Sound.

There's generally a Pot Luck dinner gathering. Also lots of free advice and tips on equipment, technique, spots to sail in

Canada, the Caribbean, tips on low wind activities (you can always drive the 50 minutes to Nag's Head for a movie but Hey! you can see movies at home. You can't bodysurf the ocean in south central Canada).

Non-windsurfing friends and family are welcome. There's miles of beach to walk,

seabirds to watch.

Price will be known in December after the realty company sets '96 rates but you can be sure it won't go down from the fall rate. This trip was mentioned in Windsports article on Cape Hatteras. Spaces may fill up more quickly than usual.

Contact: Sandy Gow (416) 360-1003 or Sue Thomas (416) 323-9661

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## REPORT FROM MANITOBA

by IAN BAKER



I am unable to contact local boardsailors in regards to their plans. I suspect that they are taking advantage of our hot and windy weather and are windsurfing!

Gimli Yacht Club is hosting the Western Women's Sailing Championship, July 22-23 including Mistral One-

Desing Class. Also GYC hosts the Centennial Cup August 12-13 will include windsurfers.

I am leaving for two weeks on my "big board" a C&C 29 for seven days of racing on lake Winnipeg and an additional seven days of cruising.

Regards

*Jan Baker*

## 1995 SCHEDULE



- July 22-23 Northshore Regatta  
Lake Ramsay,  
Sudbury, Ontario  
(705) 969-2013
- August 5-7 Canadian Masters  
National  
Championships,  
Club Nautique-Deux-  
Montagnes,  
Vaudreuil, Québec  
(514) 769-6369
- August 12-13 OSA Circuit Race,  
Brittania Yacht Club,  
Ottawa, Ont.,  
(613) 820-6783
- August 19 Toronto Windsurfing  
Club Mammoth  
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Beach, Toronto, Ont.,  
(416) 461-7078
- Aug. 24-27 CORK, Canadian  
IMCO Champs,  
Kingston, Ont.,  
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- Sept. 21-24 Masters IMCO  
Championships,  
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- Sept. 30, Oct. 1 CMWA Wrap Up  
Party, Lake Simcoe,  
Ont. (905) 274-6423
- Oct. 14-21 CMWA Hatteras Trip,  
Avon, NC  
(416) 323-9661
- April 13-20/96 CMWA Hatteras Trip,  
Avon, NC  
(416) 360-1003
- July 96 CMWA National  
Championships,  
Alberta  
(403) 284-2372
- Aug. 97 CMWA 10th National  
Championships,  
Pembroke, Ont.  
(613) 735-5779
- Summer 98 Tentative CMWA  
National  
Championships,  
Vancouver, B.C.  
(604) 652-0416

# HATTERAS SPRING '95

by SUSAN THOMAS CAN 195 S

*Picture this. The third week of April '95. Bright clear blue cloudless sky. Miles of beach. Record high temperatures in the eighties.*

**H**ot even under the beach umbrellas as masters share boogie boards and swim fins to bodysurf on the ocean waves at the lighthouse (the famous black and white barber pole, tallest on the east coast). Bodyboarding is best when there's no wind.

Boogie boards, about one third the length of a surf board are made of thick closed cell foam with a smooth bottom, a blunt front end, a curved back end and a leash attachment with a velcro cuff for your wrist so when you get tumbled off the board in the surf you don't have to head all the way back to shore to catch the board.

You wear swim fins and lie on the board from your hips up gripping the board over the front or on the sides just near the front supporting yourself on your elbows so you can keep an eye out for the next big wave as you power out through the surf all the time ready to turn back toward shore and thrust hard with both feet and one hand so you've got some speed up by the time the wave catches up to you. If you've timed it right you can get a good tide in to shore and even better you can carve the board



#### WHO SAYS YOU HAVE TO BE BORED WHEN THERE IS NO WIND?

- Bodyboarding the cosmic waves can be a lot of fun! Right Steph? The lighthouse is always a good spot to surf.
- Chef Clark Hill (below left) woking a great meal again!
- The evening dinner parties seem to go on much longer when you know you don't have to get-up for wind at the break of dawn.

along the side of the wave and prolong the ride.

Sue and André introduce Stephanie to boogieboarding on the first low wind day. Jon and Joyce watch us and the dolphins out beyond the surf (those are the fins that break water and make a curving arc back down below the surface to reappear somewhere else). The next day Stephanie buys her own boogie board, Dave Johnson rents one for the day (while Ann Johnson

goes birdwatching) and Claude who surfed when living in Florida gets the best rides. Lauri (sidelined with a back injury) captures the action with a 200 mm lens.

Meanwhile Sandy, Werner and Lionel are rollerblading. Ann, Grant and Kelby Carter are off golfing. Clark visits the Wright Memorial in Kill Devil Hills, an hour's drive north. Ivan's catching up on some reading. Derek's out for a spin on his bike and Jan's wondering where all




the famous Cape Hatteras wind is on this "Beautiful calm day after that terrible windy night last night".

Oh yes we did shred the Sound from morning til night gradually rigging down to 4.0's but only for 2 days. Friday after Ivan and Werner head home is the best day for wind. Jan and Claude sail til 4.2 m2 are needed. John Darling sails the sound til lunch spends most of the afternoon on a 5.7m2 on the ocean side with Phil Ng then arrives back around dinner while most of us are packing for a few more jibes soundside. Derek is sidelined early by a foot injury.

Clark, Lauri, Stephanie, Jon and Joyce, Andre and Sue lunch up on the deck relaxing and watching the action on the sound. There's a big crowd making the most of their last day. With so many people it's hard to keep at least two mast lengths away from everyone else. (In theory at that distance if both sailors fall neither you or your equipment get hurt.)

Ann Carter on her way in for lunch is involved in a port starboard head on collision. Grant Carter estimates that Ann is probably travelling 25 mph and the other board about 20 mph which adds up to a lot of force on impact, causing compression to Ann's neck and temporary numbness to one side. Its taken months for her to resume her normal activities. She still can't move her neck normally.

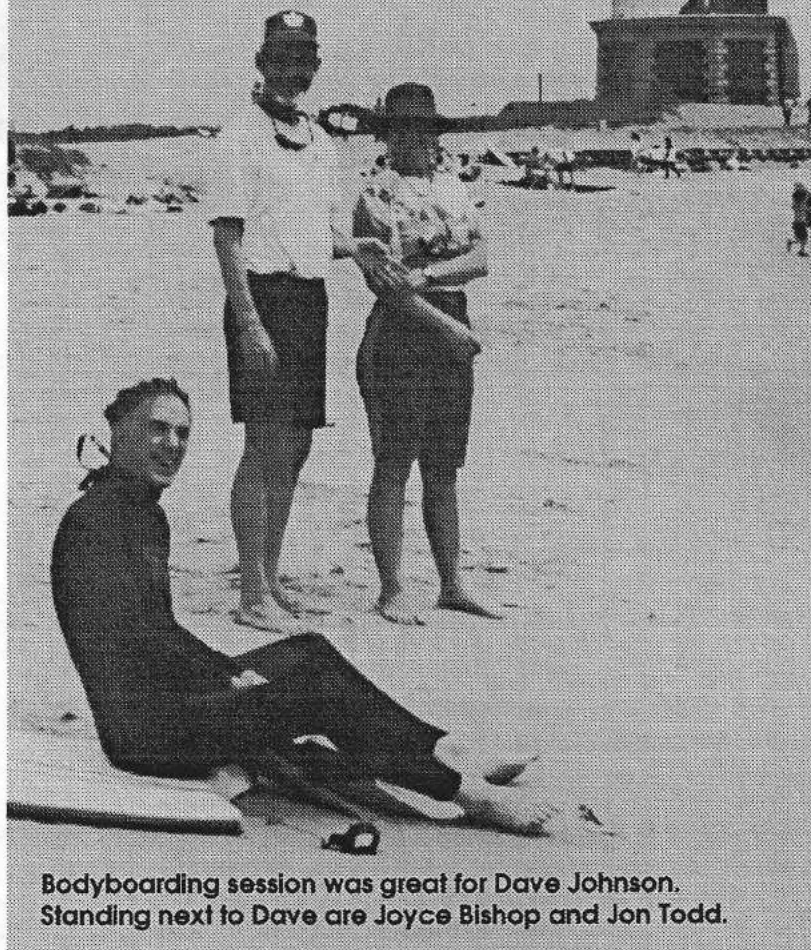
Ann is an experienced savvy sailor. An accomplished shortboarder Ann routinely handles sails larger than many bigger sailors, always wears her helmet and through years of racing is very aware of other sailors on the water. If someone as accomplished and experienced as Ann has a collision it could happen to any of us. MastersMatters wishes to join in with the many other sailors who have wished Ann a speedy recovery. 

## MEMORIES

by Stephanie Todd

**A**fter years of hearing about how wonderful it is to sail in Hatteras, on the chance that here there would be warm balmy days vs cold, rain or hurricanes, Lauri & I opted to join the migration south. Little did we know how tiring the drive would be on two young geezers like us! We arrived at Windy Station to sunshine and wind. Too tired to rig we opted to watch the sunset over Pamlico Sound as we devoured a gourmet dinner. We quickly learned in Hatteras that there are non wind days too! Not to despair as Sue & Andre introduced me to Boogie boarding on the ocean side at Buxton. What a ride! Claude, Jan and Dave joined us on day two at the beach. The wind when it finally filled in was enervating! Sailing on the short boards from 6.5 down to 4.3's was a blast. Between the great company, sailing and plain R & R, we shall return!

Thanks a million for convincing us to try Hatteras, Sue!



Bodyboarding session was great for Dave Johnson. Standing next to Dave are Joyce Bishop and Jon Todd.

# SPRING CLINIC '95

## FREESTYLE FUN

by SUSAN THOMAS CAN 195 S

*Formerly called The Race Training Camp and then Training Camp the name was changed to Spring Clinic this year to more accurately reflect the casual fun and comradery of a weekend devoted to increasing your windsurfing skill and enjoyment whatever your level.*

**S**o what did you do the first weekend in June? There wasn't much wind. I bet you were out mowing the lawn. Picture this. There's only a little wind. Twenty six masters are out on the water close to shore with three coaches in a very ragged line following Jens Knof's instructions which are easily heard in the light breeze. Ryan our video-grapher records everything.

Jens "Get onto star-board tack in a line. Good. Now take one hand off the boom. Hold your hand up high over your head. Good. Now your other hand off. High up. O.K. Now take one foot off the board. Raise it up high. Other foot off. Now one hand and one foot. Clap your hands. Clap twice. Now clap behind your back and in front." At this point you drop your sail and fall onto the sandy bottom in the shallow water. Jens continues "Now tack onto port." Now do your sail flip. O.K. Good work. I think that's enough. Let's head back to shore for lunch."

A remarkable thing happens. This group that has been



An impressive contingent of twenty-five people attended this annual event at the Burgess's enclave on beautiful Lake Simcoe, Ontario.

avidly following instructions just ignores that one. There's only a bit of wind but most of the group stays out on the water practicing balancing skills.

Noel Lomer sails back to sail while laughingly warning nearby boards to stay clear. John Darling an old hand at freestyle sails backwards standing in front of the mast with half his skeg out of water. Stephanie Todd has mastered the sail flip with a 7.5m<sup>2</sup> sail with a very low clew and long booms. Joyce rigged a wave sail. Much easier to get under the clew. We have freestyle fun for another hour.

This year's clinic attracted a diverse group with two sixty-four year olds and a sixty-seven year old as well as two newly minted masters who turned 30 and 35 this year plus the highest number of women ever, eight.

Plus more coaches than ever led by Jens Knof with help from Ian Brown, Rob Cameron Andree Gauthier Stephanie Todd and John Darling.

Friday night Dave Nunn kicked things off with an equipment review. Jens polled the group on the skills they wanted to work on, handed out an outline full of tips for shortboarding technique and topped off with an excellent British video on racing.

Saturday: rigging technique, how to tie a bowline (the rabbit comes up out of the hole around the tree and back down into the hole) Ian demo'd the sail handling in a longboard jibe on shore then we headed out for on the water practice. Both coaches were on the water demoing jibes and giving advice while Andree and Ryan coached and filmed from the boat.



After lunch (how about fruit salad served out of a watermelon) and comparing our technique captured in vivid detail on the video, we gathered for pumping practice on shore. Then out on the water for some practice races and pumping practice.

Buffet dinner was followed by a review of afternoon video. Jens finished around 10 p.m. asking if this was when the wild masters party starts.

*Other highlights:*

**Most photogenic:**

Bob Shuttleworth's jibes.

**Best advice:** Jim Blasko "If I were you Bob, I'd buy this video."


**Best finish on a trailer:**

Bernie Samulowski's varnished marine ply which has survived three winters of road salt to icesurf the lake in front of Ralph Kreb's house.

**Best sports:** Lauri Gregg and Christine Zold both sidelined by injuries.

**Supreme grace under**

**pressure:** Bob Shuttleworth as he smilingly watched the whole clinic practice pumping with his brand new race sail.

**Best fun:** Above and beyond picking up tips on making your sailing more fun, I heard time and again that people enjoyed the friendly atmosphere and the pleasure of meeting other masters from diverse backgrounds and sharing windsurfing experiences. Jens freestyle coaching was a hit. 



Ian Brown showing techniques



Chris Zold's getting the sail flip sequence in step.



Bob Shuttleworth's got pumping down pat.



Sandy Head getting the fine points from Jens.

## M A N Y   T H A N K S

**D**espite light winds this was a clinic for all levels from hot shortboard tips from Les Rebanks "Turning Point" video to board-handling skills such as the key to using the sail to get you around a long board jibe is to get your hands back on the boom, way back. Seeing is believing. A video can show you what you think is back may not be!

Thanks to **Our coaches:** Jens Knof, World Freestyle Champion, Gimli, Manitoba, Ontario Coach of the Canadian Windsurfing Team. Ian Brown, member Canadian Windsurfing Team who is currently mounting an Olympic campaign. Rob Cameron, up and coming windsurfer, Andrée Gauthier for manning the video boat and coaching.

**Our videographer:** Ryan Baxter who besides devoting a weekend to filming also edits and copies it for everyone.

**Dave Nunn from Wind Promotions,** Toronto who brought up a Mistral Echo and a racey SLE (Special Limited Edition) to demonstrate aspects

of board design (rails, rocker, no nose).

**Silent Sports,** Thornhill sent some very nice shirts and hats as draw prizes. Scott McQueen arrived a day early to help take the shutters down from the cottages. André Jubinville designed all the forms from registration to completion certificate.

**The extended Burgess family** graciously allowed the masters access to their two waterfront cottages and boat houses. Thanks also to the late registrants who stayed in the Port Bolster Inn down the road.

Last and most important **thanks to Norm Burgess** for running the clinic; organizing the coaches, caterers, video, boat, family cottages.

In preparing this article I polled some of the newer masters for their impressions and got compliments on the excellent quality food, the instruction was amazing; enough to work on for the whole summer, what a friendly welcome, how the coaches made it fun and kept us busy despite little wind.

# MARGARITA ISLAND VENEZUELA

by NOEL LOMER CAN 98

*From Margarita I wrote home  
"I'm sorry to advise I have died  
and gone to heaven".*

I visited Margarita Jan 22 to Feb 5/95. In that 14 days I sailed 13 days, and the one day off was because I was too tired to go out that day. Every day the morning wind started lighter 6M or rarely 6.5M, and increased till about 4 pm when I was on 4.5M. Locals say wind increases in March, April; so I had arrived about 2-3 weeks after the winds had started.

I flew Royal Airlines charter Ottawa-Portlamar-Ottawa for \$396 including taxes.

Hotels were easily available this year. There are about 8 hotels within about 200 Meters competing for the windsurfer and none is full. They are looking for business and you could bargain

prices down from \$50 to maybe \$40/night. Rather than book in advance, next time I would get a room and rent equipment on arrival. Examples are:

Surfhotel Jump'n Jibe  
Fax 0058 016 950013 \$45US/night  
incl breakfast.

Windsurfer's Oasis Tel/Fax  
0058-2-2429069 \$50US/night incl  
breakfast

Windsurf Paradise  
\$50US/night incl breakfast. 2 persons  
\$60/night Tel/Fax 016.818708

I wanted to have a room arranged for my arrival; so I booked my first week at Punta Carnero, a new resort about 2 km west of El Yaque along the coast. It was quite new, in fact there were only 5 other people on my arrival, and we were the first guests. Punta Carnero is on a point of land and has stronger sideshore winds and lots more

waves than El Yaque. It is ideal for learning to wave jump, and is suited for intermediate to advanced boardsailors. New bungalows are adobe walls, with thatched roofs, private bath, and are attractively decorated.

There is a large circular building with a tall cone-shaped thatched roof, that is the restaurant. PC is off on its own, surrounded by desert and cactus, and the wind howls day and night. The owner, Gary Smith says its always like that. I paid \$649US/week for my room and board rental but my reservation was made thru Excursions Extraordinaires from Ottawa. Boards were not fantastic, Bic boards and UP sails, serviceable but not new. Gary assured me they are getting newer equipment.

They also are going to manage a hotel on El Coche Island, about 3 km offshore of PC;

## MASTER RACER A BELEIVER . . .



**H**I, my name is Noel Lomer, and this is a review of racing tips I received at the World Masters Championships in Gimli, Manitoba in August 1994 — at the "Masters Camp" just before racing.

On the first Saturday we heard Fiona Taylor (Australia's pre-qualified team member) talk on One-Design racing techniques. For **LIGHT WIND** reaching and running, your mast track should be forward, and your mast vertical or forward of vertical. To pump in light wind pull the mast back to vertical.

**MYER BASIC STARTS:** first do a transit (line up objects on shore if possible with the start line, so if you're in the middle or far, pin end as the start gun is about to go off, you can check with the shore reference point to see if you are over, or under, or where you should be — right on — the start line.) Second, work out which end is favoured (it will be crowded). Third, check wind direction: is it shifting persistently in one direction? Is it gusting? Is it steady? Fourth most important, get clear air! Fifth, don't do a PMS (premature start); sixth, get speed up crossing the line (Ed.: Pump, dudel!); seventh, know your rules — who has right-of-way, who can luff you up; eighth, start racing once you get clear air; ninth, practice how long it takes to get to the start line with different winds.



so in future guests will be able to book a week including 3 days at El Coche and 4 days at Punta Carnero for the same price. Tel Gary Smith at PC 016 818 780 or 800 678 2252.

El Coche Island is an amazing sailing location and a world class speed sailing site. We took a boat from PC, but better and more ambitious sailors sailed the distance. There is a low sand bar about 1-2 km long, and maybe .5M high, completely bare of tree. This blocks the waves but allows an unimpeded flow of wind.

The result is completely flat water and winds of 20-25+ knots. I have never sailed so fast in my life!!! It's also a perfect location to practice gybes. There are now two hotels on El Coche, one of which can be booked through Punta Carnero. The other is Coche Speed Paradise Hotel, 014 952726.

El Yaque has flat water, side shore winds, and shallow water. It's perfect for gybe practice and out and out speed sailing!

Board rental is easily available, with just about every major maker represented. I rented from Happy Surfpool Board Rental at the front of the Windsurf Paradise Hotel, for \$215US/week, including insurance. Brand new 1995 F2 boards, and new North sails. I started in the morning on a 118L

board with 6.5M, and continued on a 95L board with 6M. It was windy every day, and the locals waited till it was really blasting and they went out on their 4.5 or 4.2M sails.

What was most interesting was the comparisons with other windsurf locations. There were sailors from the US, UK, France, s o m e Canadians, people from the Caribbean. Conversations were sprinkled with references to international destinations. The Red Sea often has no wind. The Gorge is great but is only a summer location. Maui can have no wind for lengths of time and is seasonal. Aruba has offshore winds and there is wind shadow from the huge hotels along the shore. Tarife, the Canary Islands, Hatteras, Baja, etc were compared and all found wanting in comparison to Margarita.

Margarita has wind all the time from January to May. (I'm not clear about the rest of the year) It's dependable and strong. It's also reasonably cheap. I spent a total

of \$2600 Canadian including air, hotel single occupancy, board rental, meals, shared car rental, everything, for 2 weeks, and next year I could do it cheaper. Exchange is about \$1US=170 Bolivars. I was careful but had no problems with theft. I occasionally took some Pepto Bismal or



Second & third from right is Yvon Lefebvre and Edwina visiting Margarita at about the same time as Noel Lomer.

Immodium for upset stomach, but this was a very minor problem.

For non-sailors there are not many things to do- there are good beaches, small rain forest reserves, a large undeveloped western part of the island to explore, and a night life in Porlamar with a remarkable number of beautiful women. Tour operators will arrange side trips to sky-high Angel Falls, and eco-tours to the Orinoco Delta. But Margarita for windsurfers is, plain and simply Heaven!!!

## ... IN IYRU WORLD COACHING

**FIRST WINDWARD LEG UPWIND:** look for that clear air! Look to consolidate your position, by tacking out and getting clear air and watching to see if you are going the right way (on the tack closest to the upwind mark.) The approach to the top mark (here the notes stop, so the Editors in their collective wisdom presume to add: beware the dangers of sailing to the "lay-line" as wind shifts may put you above it, or still below it by the time you reach that windward buoy; alternately do not tack too often as you can lose up to eight board lengths each time you do. If you plan to approach on the port tack but sure to arrive at the top buoy well outside the two-board-length circle, because if you tack inside this circle you have no buoy room rights (see the new Rules).

**REACHING:** If there are boards behind you, don't go too low (or they'll try to pass you to windward and give you their dirty air). Put yourself between the other boards and the next mark.

**DOWNWIND LEGS:** Sail away from the wind at first, then sail toward the wind to the leeward mark. If you are sailing downwind and feel yourself lifting, jibe. Repeat jibe on a lift. Keep upwind of other boards. (Ed. to dirty their air; likewise avoid sailing just below boards behind you; jibe to clear air.) Sail toward the wind on the latter half of the downwind leg. Look back and see where the wind is and who is sailing in the wind, and go sail there. (I)

**Next issue:** Mike Gebhardt on conditioning, stretching, dieting.

# MAGDALEN ISLANDS WAVES

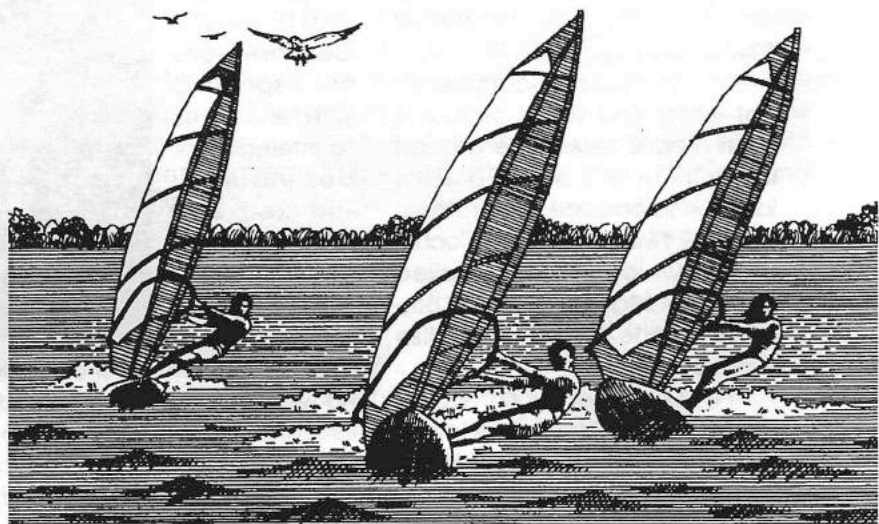
by JOHN DARLING CAN 180 (in interview with RICK BEDARD FRCP(C))

*Rick Bedard, MD is made of stern Cape Breton stuff, but he writes about his early September '94 joyrides in Les Iles winds like a kid.*

I had phoned him last Fall about some troublesome Windsurfing Canada matter but he couldn't stop chattering about his "best-ever windsurfing holiday," and how he'd become an even more hopeless boardhead MD as a result. He succeeded in changing the subject, and made us both feel real good.

"Basically, sailing conditions for the time we were there were absolutely unbelievable. The Cape Breton contingent arrived around August 20th and joined fellow boardsailors from the rest of Nova Scotia, New Brunswick, P.E.I. as well as Quebec and Ontario." (Ed. note: sounds like the Canadian Masters Wavesailing Championships...)

"...the 25th of August provided southwest winds from 12 to 15 knots with most sailors out in the Baie de Plaisance. (Next day the same thing) with 17-18 knots and again a fleet launched from the beach on Chien de Chalet. Back on the Baie again on the 27th. The 28th was calm. The 29th saw southwest 18-20 knot winds again, and many sailors opted for moderate seas and starboard jumping at L'Etang du Nord." (Ed. note: for



the uninitiated, this is the great sandy bay where Madeliville ran its classic Pro-Am wave events the previous 4 years).

To continue: the 20th brought "west winds over 20 knots and ideal wave conditions with port jumping at L'Hopital Beach." (Again, for those of you who've never been there, this beach is on a dazzlingly beautiful sandbar you drive out for miles onto, picking your launch wherever...nobody around for miles but seals.)

"On the 31st August (how many windy days are there in this month, anyway?) the winds changed slightly to northwest but had increased to 20-25 knots. Launching was easy back at L'Etang du Nord, near Le Gros Cap (an rock island) where the rock dampens the waves close to shore and allows an easy launch

before you venture out into the 30-foot plus swells and the most unbelievable sailing day that I have ever personally enjoyed."

(Ed. note: M. Bedard likes that word, unbelievable; and yes, myself and Andre Jubinville know whereof Rick speaks; those huge smooth ocean waves are indeed delectable.)

By now I'd forgotten what I'd called about; Rick went on: "September 1st was thankfully a calm day, and our trip was capped off with a northwest 20-knot day, launching again at L'Etang."

"...as you can see we chose and sailed ocean conditions only, but there was excellent flat water and small chop sailing on the lagoon, and many of us preferred the flat water setting. There were easily 40 or 50 sailors on the island at this time."




"It was disappointing to see that the Pro-Am will not be returning this year. In discussions with some locals, we got the impression that they might try to host it again soon. We certainly plan to spend at least a week or ten days back on Les Iles next year — it would be nice to have some kind of competition over here at that time, perhaps something less ambitious, either strictly amateur or a subset of the conditions, perhaps ocean sailing with waves and course slalom or something along that line if a full program would not be supported."

(Ed. note: Rick was one of those hot Masters from Nova Scotia and P.E.I. who showed us Central Canada types what slalom is all about in the Masters Pro-Am; wouldn't be great to have a Canadian Masters Championships out there to let us see whether they're still so quick! ...or quicker.)

"I also meant to show you the video that the boys made while we were over there" Rick continues, adding "you might invite letters from any sailors who were at Etang du Nord on the 31st of August, to provide their own estimate as to the magnitude of the waves but in my opinion they were BIG MOTHERS." (Ed. note: Rick, we believe you, we've been there and we'd give our third left toe to be back.)

"As always there are other things to do on the Island, and as for the hospitality, atmosphere and scenery..." what can you say? (You could mention the gourmet restaurants, for one -Ed.)

I look forward to hearing from you... we are not on the water as yet but I would think that within the next two weeks we should be able to venture out ... most of the ice has gone (in Sydney harbour) and we are just waiting for that first warm wind day..." 

# BULLETIN BOARD

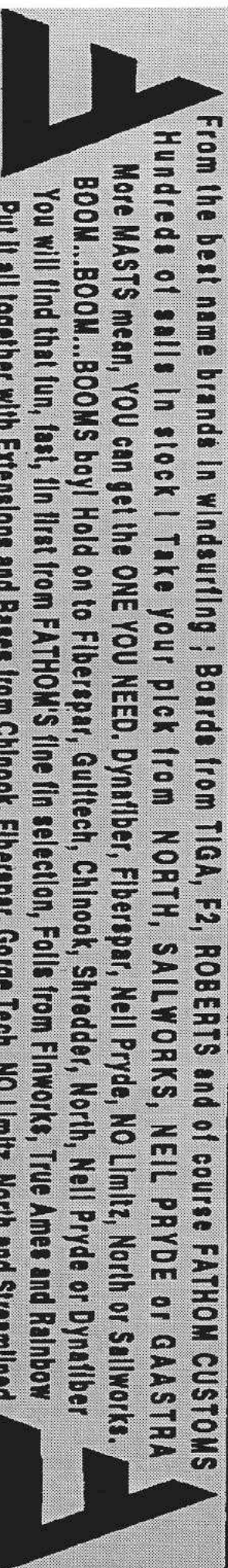
## 1996 CMWA Championships - Alberta

Plan to attend the CMWA Championships in Alberta in July, 1997. Make your summer vacation a trip to remember. Bob Edmonds promises a site either at Old Man Dam or on Columbia Lake in the foothills of the Rockies. Either way it will be a regatta of a lifetime. Bob and his friendly band of masters have hosted many fun regattas over the years. To volunteer your help or for information call Bob at (403) 277-3538.

## 1997 CMWA 10th Annual Championships - Ontario

Pembroke, where it all began 10 years ago. Bob Legault has completed his deck and will recreate the beer barrel bash. Bob & Lucille have plans for events which will include windsurfers and non-windsurfers alike. Don't miss this one!!!

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