

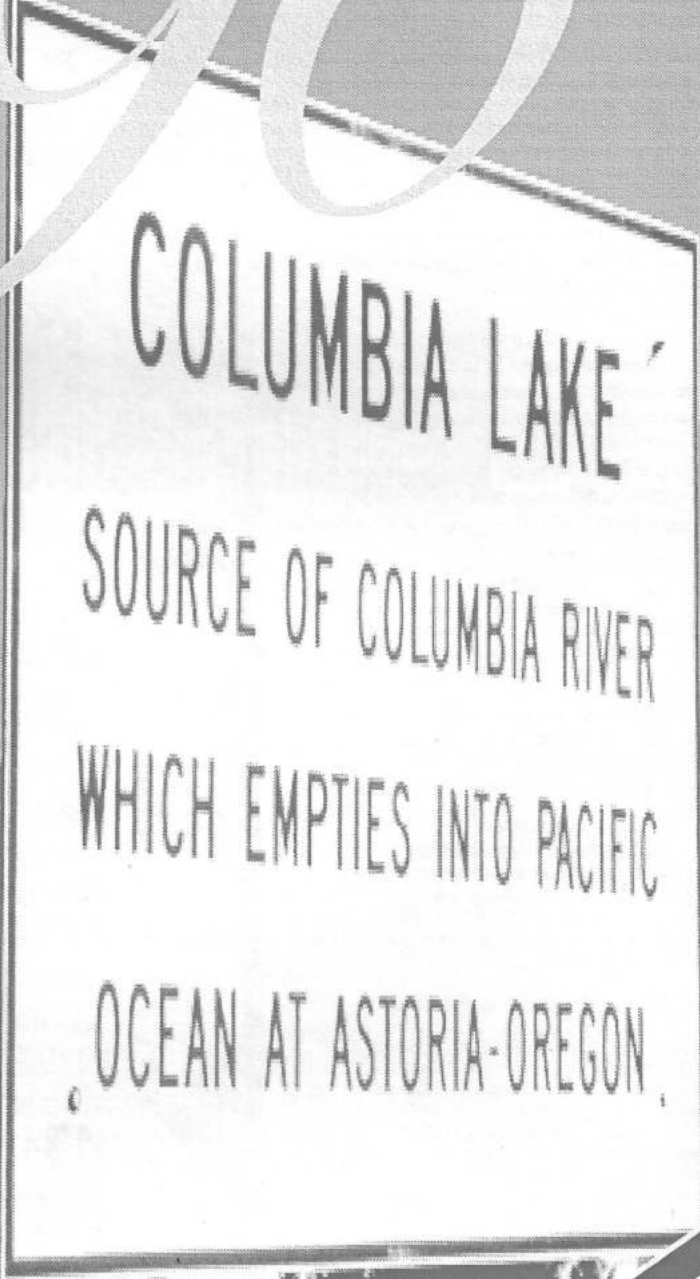
SUMMER '96

The Canadian Masters Windsurfing Association Newsletter


MASTERS/MATTERS

CANADIAN MASTERS WINDSURFING CHAMPIONSHIPS

COLUMBIA LAKE B.C. • JULY 13-15



COLUMBIA LAKE
SOURCE OF COLUMBIA RIVER
WHICH EMPTIES INTO PACIFIC
OCEAN AT ASTORIA-OREGON



Highlights

- COLUMBIA LAKE '96
- PRESIDENT'S LETTER
- LETTERS TO THE EDITOR
- SHIPPING YOUR BOARD
- IYRU COACHING PART II
- FLORIDA MIDWINTERS
- NORTH AM MASTERS
- CYA - REENGINEERING
- EAST COAST EVENTS
- HATTERAS SPRING TRIP
- CABARETE DUDE
- PRES AND HER SPORT
- '96 SCHEDULE UPDATE

**WIN a free trip to ARUBA with
Sailboard Vacations!**
See details inside!



**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Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributing material for publication of the Newsletter and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.

EDITORS

John Darling, Susan Thomas

DESIGN & PRODUCTION

André Jubinville

EDITORIAL CONTRIBUTIONS

Stephanie Todd, John Darling,
Susan Thomas, Norm Burgess,
Bob Edmunds, Noel Lomer

PHOTOGRAPHY

Susan Thomas, John Darling,
André Jubinville, Bob Edmunds,
Stephanie Todd

CMWA BOARD OF DIRECTORS

President:	Stephanie Todd (705) 969-2013
Past-President:	John Darling (416) 928-3086
Vice-President:	Andrew Hope (613) 820-6783
Treasurer:	Sandy Gow (416) 733-2773
Public Relations:	Laird Roe (613) 820-2197
Women Masters:	Nancy Cameron (905) 836-4916
Technical Advisor:	Jens Knoff
Secretary & Clinics:	Norm Burgess (905) 274-6423
Social Events:	Tony Burns (416) 421-3827
Newsletter Editor:	John Darling (416) 928-3086
Newsletter Design:	André Jubinville (416) 323-9661
Membership:	Sue Thomas (416) 323-9661
Director Maritimes:	Dick Vine (902) 434-1573
Director Québec:	Claude Leduc (514) 769-6361
Director Ontario:	Peter Geering (416) 494-4529
Director Manitoba:	Ian Baker (204) 757-9925
Director Alberta:	Dave Ross (403) 276-2447
Director B.C.:	Les Spearing (604) 652-0416
Director U.S.A.:	Maggie Taylor (207) 247-5629
Nationals '96:	Bob Edmunds (403) 277-3538
Nationals '97:	Bob Legault (613) 735-5779
Nationals '98:	Les Spearing (604) 652-0416

WIND PROMOTIONS



2493 QUEEN ST. EAST • TORONTO • ONTARIO M4E 1H9
694-6881 • 1-800-665-WIND

THE BIGGEST INVENTORY THE BEST DEALS

25th Anniversary Year

Call for our expert advice
and our free catalogue.

June 15th
Instore clinic with
Peter Gilbert of North & F2.
See the 1st '97 "IQ+3"
North Race Sail

New items in stock

- "No-slip" Dakine '96
Reactive harness lines \$49.
- Dakine Adjustable Outhauls \$15.
- Aerotech "TwinCam"
5.0 => 6.5M2 \$339. => \$429.
- F2 '96 Sputnik 290, 130L. \$1,799.
- Mistral "Explosion" 2CGI, 120L.
\$1,449. AND MORE....

WEBSITE EMAIL ADDRESS CORRECTION:
EMAIL: sales@windpro.com
WEBSITE: www.windpro.com

**WE SHIP ANYWHERE,
NO WORRIES**

1-800-665-WIND

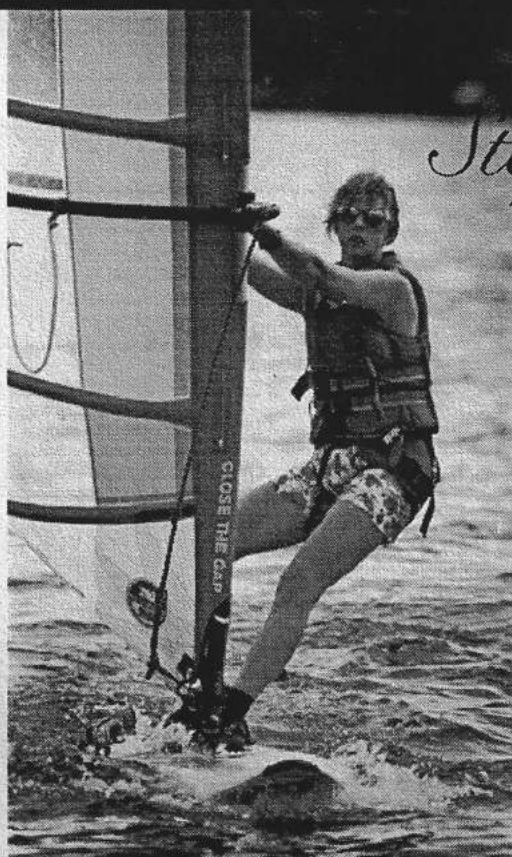


BULLETIN BOARD

The CMWA continues to make waves as another term comes to a close. Sue Thomas & Sandy Gow have been very successful in organizing trips to Hatteras, Norm for the Spring Clinic and Wrap-ups, Tony with his events at Sibbald's Point and Claude Leduc's CMWA Championships at Vaudreuil.

I have been very fortunate to have a very dedicated and supportive group to serve with me on the Board. Without people like Andre Jubinville, John Darling, Andrew Hope and Peter Geering, Claude Leduc, Emerson Mills, Dave Ross, Ian Baker, Les Spearing, Sue Thomas, Norm Burgess, Laird Rowe, Sandy Gow, Nancy Cameron, Tony Burns, Bob Edmunds, Bob Legault and Jens Knof the CMWA could not have possibly accomplished all that it did over the past year.

It has been a wonderful experience these past two years working together via various modes of communication from the North, i.e. dog sled mail (thanks to Canada Post), ancient fax equipment (beggars can't be choosers at Cambrian College and trusty ol' Ma Bell.) I look forward to continuing to



Stephanie Todd

cannot volunteer your time to be a board member you may be called upon to help your Association for other duties, like those who worked the Wind & Surf Show, stuffed labelled and mailed envelopes or made phone calls. Thank you for your time.

Masters are still the largest fleet sailing in the OSA races. With the government cut-backs the OSA has asked the CMWA to continue our support of their events.

serve this board as Past President next year from my new home in Holland Landing (what can I say — "I'm a Northerner at heart.")

I would like to say a special thanks to those board members who have indicated to me they are stepping down this year: Tony Burns, Social Director extra-ordinaire, Peter Gilbert, Technical Director, who moved before we were able to tap into his expertise, John Darling, Past President and Grant Carter US Director and the first president of the organization. Your help over the years has been invaluable and you will be missed in those capacities (but don't think for a minute that you still won't get calls for help by the new board!)

On that note, I would like to remind you to nominate or participate as a board member for the 1996-97 or 1996-98 year. By adding new blood to the board or executive we will grow as an organization. Even if you

As your President, I too ask that you participate in some way in the OSA whether it be volunteering at events, offering to a host site, participating as a competitor or all of the above. It is through our support and promotion of the OSA that windsurfing will remain in the limelight as a true sport. The CMWA will continue to be recognised as the driving force in windsurfing.

Finally, since we are moving to the "windsurfing Mecca of the South," I will see many of you on the water in Barrie, Kingston and Toronto. It is with regret that I will no longer be a force to contend with in the North but I look forward to the increased competition in the South. It will provide an excellent training ground for the CMWA Championships at Columbia Lake, B.C. July 13-15 — see you there!!

CHAMPIONSHIPS UPDATE

by BOB EDMUNDS AB 1

André has been asking me for an update article to put into the spring/summer CMWA newsletter, so last weekend (late March) I started going through my very sketchy archives dealing with previous FAH Cups.

I was wondering "what more is there to say about the FAH Cup's checkered past and its upcoming one night stand with the CMWA Championships in 1996?"

I re-read the promo article that appeared in the winter newsletter and came to the conclusion that there have been enough words bandied about concerning this event. I figure that between the newsletter article and the Notice of Race that should have made its way to a mailbox near you by now, you are either going to make the 1996 CMWA Championships an integral part of your Gorge summer vacation, or ya just ain't goin' to the Gorge this year.

Of course, this doesn't mean that there is nothing left to say about the 1996 CMWA Championships at Columbia Lake, it just means that you won't have to read it, we'll let the pictures tell the story.

We have lined up so many sponsors for this event that we have only barely retained our amateur status.....yeah, right! Our sponsors include Sailboard Vacations (Aruba room & board), Bare (steamers & stuff), The Windsurfing Shop in Calgary, Wind Promotions in Toronto, Bow Valley Brewing Company, Coy's Dutch Creek Par 3, Vicom Multimedia Inc. and ESSO. You don't have to be fast to win one of the draw prizes, but you do have to come out and race!

See y'all at
Columbia Lake!

Aloha
Bob Edmunds



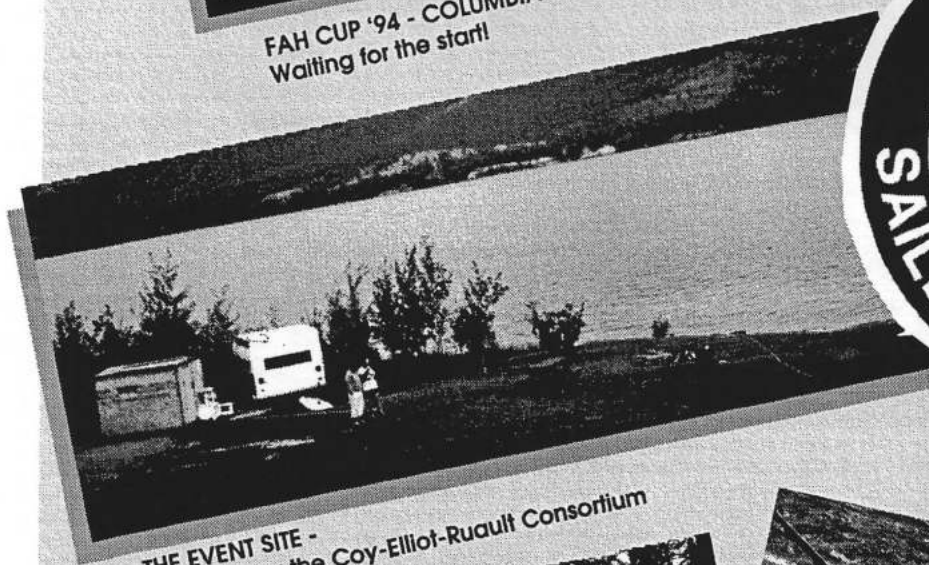
Kevin Hughes regretting that he won his class - FAH Cup '94....really wishing that Vanna White was giving out the prizes!



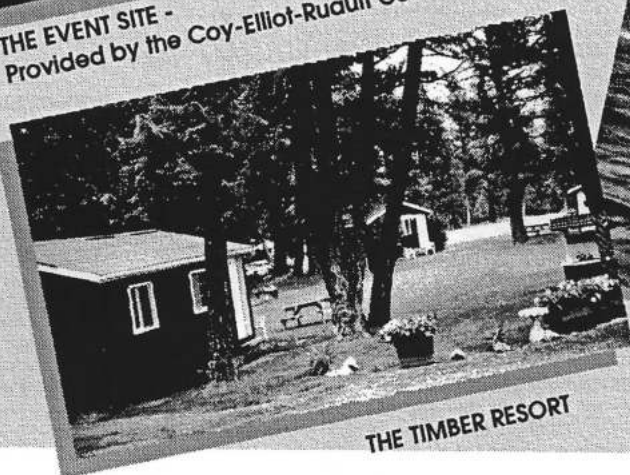
FAH CUP '94 - COLUMBIA LAKE
Waiting for the start!

REGISTER NOW FOR THE CANADIAN MASTERS CHAMPIONSHIPS

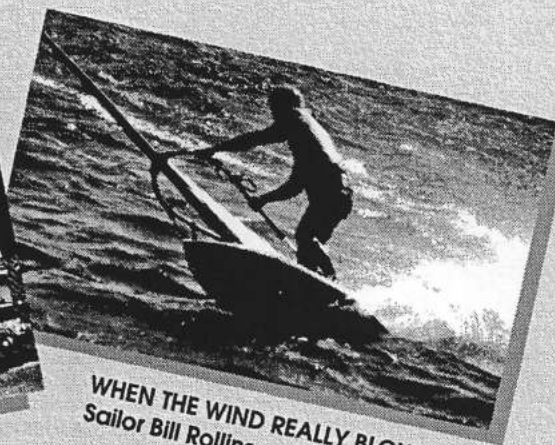
and you could win a one week's vacation at the Windsurf Village in Aruba for two. Included in this vacation package is seven days lodging, windsurfing equipment for two, continental breakfast, taxes and service charges compliments of SAILBOARD VACATIONS!



THE EVENT SITE -
Provided by the Coy-Elliott-Ruault Consortium



THE TIMBER RESORT



WHEN THE WIND REALLY BLOWS! -
Sailor Bill Rollins



LETTER FROM SEAVETS

Senior and Veteran Windsurfers
Assn., Jan 19, 1996
34 Nash Grove Lane
Wokingham, Berks UK

Dear CMWA Editors:

Thank you for sending your Newsletter. It is very interesting for me both for its content and to see how well you produce your Newsletters.

We work on a very small budget, sending out 6 newsletters a year all paid for out of the annual suscription of 12 Pounds (\$25 approx.) which also covers the club overheads, so I am amazed and honoured that you can pay a postage cost of \$5 to send us yours. Regrettably our finances would not stretch to sending you every edition of ours, but I will send one when I think it might be of interest.

Our last newsletter was a good one, so I enclose that instead of waiting for the next which will be boring, since it will be concerned with renewals of subs, motions for the AGM, etc. & nothing much on windsurfing!

CMWA and Seavets have a common age group structure apart from a constant 5 years difference: our Seavets Senior Women are age 35-49 (CMWA Women Masters 30+).

Seavets Senior men are 40-49 (CMWA Men Masters 35-44); Seavets Veterans are 50-59 (CMWA Grand-masters 45-54); Seavets Supervets are 60+ (CMWA Olympians 55+).

I am enjoying reading your newsletter and hope you will not mind if I lift some bits for our Newsletter? With attributes of course. I think John's article regarding pumping (page 30) is of particular interest.

Yours sincerely,
Dennis Heywood



Dear Sue:

Thanks for your letter. Forgive the WordPerfect, but my writing is atrocious. To answer your questions, I heard about the CMWA from Stephanie Todd at a squash tournament in New Liskeard. I have been sailing for about 6 years BUT sad to say, due to all of my studies I have only been able to get out 4-6 times per year (ARGH!)

I am currently working as a family doctor up here in the "boonies" and my husband (Alan) works as a Medevac pilot. We usually sail on Lake Temiskaming which has some pretty good wind but a fair amount of chop. I am a beginner-interediate. I can use my harness but not my footstraps and I cannot jibe and my waterstarts are pretty inconsistent. The other drag is I ripped my shoulder apart in a horse-riding accident one and half years ago and I have had three surgeries for that.

I now have a fair amount of metal in my shoulder. I asked my surgeon if she could have attached a hook so I wouldn't need a harness for sailing — she

wasn't impressed! My range of motion is about 75% and after a frustrating summer of '95 watching my husband out on Lake Temiskaming, I am ready to get back into it. I am trying to do some weights when I am not so damn busy. Sadly I won't be able to make the Hatteras trip as we are short-staffed at the moment and my arm needs some strength.

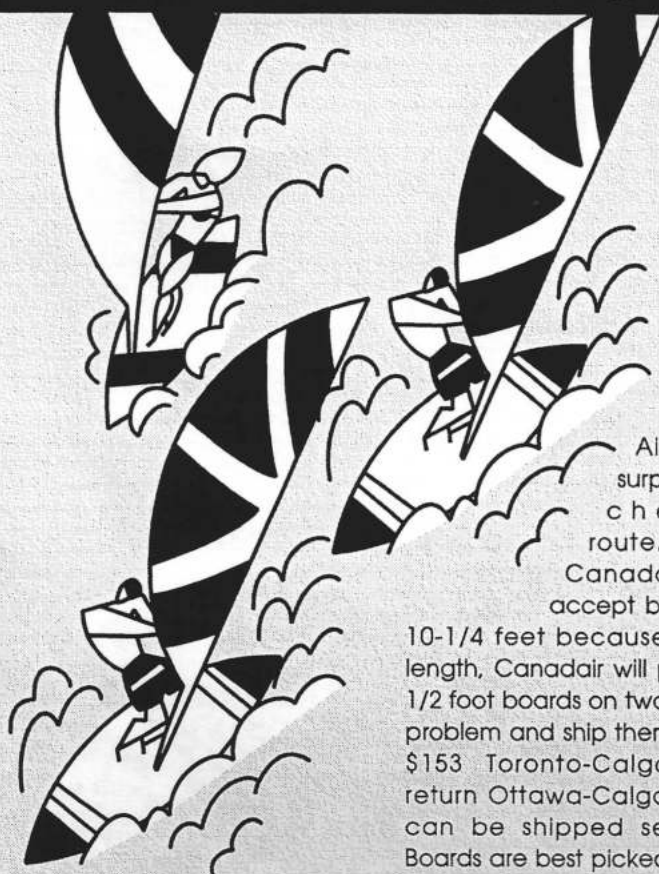
I am hoping to make the Simcoe clinic however as I really need some advice re rigging etc. I am self-taught and I am sure I am doing a lot of things incorrectly. As well, I have an old used Alpha 160 I board and it would be interesting to see what other people at my level are sailing as I am in the market for a new (and lighter) board. Besides, it sounds like a good time!

I was inspired to finally sit down and write to you as my brother just called from Ottawa — he wants us to join him for some sailing in Maui in the first two weeks of August. Sounds great — especially as we currently are in the middle of a snowstorm up here and the last time I saw the tarmac was in November (ARGH AGAIN!) I will have to count up those air miles! So that's the story. Hopefully Alan and I will be able to make it to Lake Simcoe and meet you in June. Thanks for taking the time to write. (P.S.: are there any members in B.C.?)

Best regards,
Susan Norton

(ED: her accompanying map shows Englehart about 60 km north of North Bay, right next to Lake Temiskaming and the Ottawa River. It has a population of 1600 souls and a liquor store, a library, a pub, and 10,000 snowmobiles.)

GETTING YOUR BOARD TO B.C.



by JOHN DARLING CAN 130

In order to get central and Eastern Canadian Masters out to compete this year, it seems that renting a cube or step van for transport of boards to B.C. is too expensive (unless we were to transport a dozen boards or more, and even then surface cartage/piggyback rate to Calgary would be cheaper if not so convenient.) The mileage charge on 7500 km or so kills us. The cost of transporting 6 boards by van for instance would be in the range of \$450 each return.

Trailer/rail piggyback would be a lot cheaper (between \$185 to \$225 each) for two boards strapped together, Toronto to Calgary, delivered to terminus in Toronto and pick up at terminus in Calgary. (One board shipped alone would cost \$260-\$300).

Air freight is surprisingly the cheapest route. While Air Canada will not accept boards over

10-1/4 feet because of pallet length, Canadair will put our 12-1/2 foot boards on two pallets no problem and ship them return for \$153 Toronto-Calgary (\$163 return Ottawa-Calgary.) They can be shipped separately. Boards are best picked up at the Calgary airport and delivered there again on the return trip (local cartage could be expensive).

When boards are well packed in bubble-pack and cardboard, they may measure more than 12-1/2 feet by 2 feet wide by 6 inches deep = 13 cubic feet (and weigh more than 40 lbs.) which the above price is based upon. However, the air freight cost should still be pretty reasonable. Canadian Air Freight in Toronto can be reached at 905-612-2746.

We hope this helps you to land your race equipment in the Rockies! (You may need a shortboard too if wind rumours are true). See you at Columbia Lake!

STORM

CUSTOM

Nature took eons to evolve the perfect Storm

Experience Storm perfection!

Boards • Rigs Accessories

Purchase a trip or a new hull shaped by Lee Brittan and you will receive 100 \$ off your next trip or hull.

Storm Custom, 8'4"-10'0"
Prices 1399\$-1699 \$

• • • • •
Praywind
International
Ultimate Windsurfing
Vacations

519-858-0591

MASTER RACER A BELIEVER

by NOEL LOMER CAN 98

The first part of the coaching report on tips received from US Olympic medalist Mike Gebhardt was published in this newsletter in 1995. Well, here is the promised "sequel."

Part One was Mike's tips on rig set-up for racing, and some basic tactics and strategy on the race course. In this issue, we'll review Mike's advice on conditioning and dieting to reach top windsurfing competition performance. First of all, you'll always see Mike with a litre bottle of drinking water handy.

In Mike's view, you can avoid repetitive injuries from windsurfing by doing a lot of cross-training (some of us like in-line skating or biking in the summer, while skiing, snowboarding or playing badminton all winter.) While doing these sports, drink a ton of water, Mike advises.

To toughen up your hands rig up a boom, hang on it and do pull-ups. If you work hard enough to get blisters, apply rubbing alcohol to dehydrate them (wearing gloves destroys your forearms by forcing you to grip harder). Be sure to drink lots of water when doing this exercise.

Develop a stretching routine to avoid cramps and pains in the arms, shoulders and back. Eating bananas (a source of potassium) helps. Stretch your lower back and hamstrings by sitting down and holding your feet.



Two time Olympian Windsurfer Mike Gebhardt finds room between his teeth for a fine TWC hamburger (veggie of course).

Focus on your breathing rhythm, exhaling and relaxing at the same time, then stretching and inhaling. Breathe in through your nose and out through your mouth. When you are running, exhale on each left foot step or right foot step. Drink a litre of water to remove toxins from your body.

Again, sitting stretches: draw the knee to the chest, place the foot on the other knee, bend it to one side keeping the opposite shoulder down.

Bending one knee, place the other knee across with the foot on the ground, twisting the upper body to the opposite side (a classic yoga stretch.) Be sure to empty your water bottle while doing this.

Before actual sailing, warm up with repetitive exercise like rowing, and shoulder shrugs, rotating the hips. After sailing, you need another 20 minutes of aerobics like jogging. Mike advises at this point to drink A LOT more water.

When doing repetitive weights, use a light weight with high repetitions (at least 25) rather than heavy weights with 10 or fewer reps. Stretch and strengthen the shoulders using a 10-lb. weight as follows: lift the weights straight out; side lateral raises; straight up; bend the knees, bend forward, then lift weights up with bent arms. During this time, drink another litre bottle of water.

Recovering from physical stress: a hot shower makes the blood acidic, while a cold shower makes it alkaline; always use a cold shower or at least finish with a minimum 2 minutes cold water. Lumps in muscles result from toxins collecting in one spot; what you need to recover from physical stress is food, rest and (you guessed it) drinking a tub of water.

Sail as cool as possible as keeping the body cool drastically

increases performance. One degree cooler means better performance. Lots of water will keep you cool.

Food as fuel: eat pasta, grains like barley, cous-cous, tabouli, brown rice and beans, making sure they are alkaline and not acidic like orange juice or tomatoes. Eat lots of potatoes as a good alkaline food; study up on your alkaline power-source foods. Avoid fried foods. And above all, Mike adds, drink 2 to 3 gallons of water per day (and not an alternative like Gatorade.)

At breakfast, eat fruit and grains and potatoes (avoid Musili which contains a lot of fat and sugar.) Before events, concentrate on rice, pasta, gains and breads with cereal and nuts. And don't forget your intake of water!

Mike commented: "If I had known that what I ate at 20 would affect me at 80, I would

never have done many of the things I did or ate many of the things I did." (And he undoubtedly would have started drinking a lot more water earlier.)

If injured, or in pain: concentrate on hydration, stretching, with massage if possible, and lots of warm-ups. Tiger Balm increases circulation in the sore area. Arneka Jel (available in health food stores) affects the pain receptors. Use Arneka tablets and you won't get muscle burn in a race. Applying ice makes the blood leave an area and takes the toxins with it. It acts like a massage, and allows quick recovery for the next day's performance.

Oh, and by the way, did we mention drinking your litre of water? The final installment, next issue: US Olympic team member Alf Imperato (aka. Spiderman) on Jibing, Tacking and General Board-handling.



Join the Toronto Windsurfing Club
your downtown learning and racing resort!

416 461 7078

Many world champions —and Masters— sailors have cut their teeth on the sport right in downtown Toronto! Friendly windsurfers launching on a sandy beach with groomed grass for rigging up and plenty of on-site hassle-free parking — all this with quiet and shady trees within sight of the metropolis, is yours with an \$80 season's membership (add \$110 per board securely stored from May to October.)

The club has its own free instruction program with membership (boards and wetsuits provided) and there are always plenty of boardmates available to give you help and advice. One piece of advice you'll hear is to join Canada's biggest weeknight racing fleet on Wednesdays.

It's a "fun" series starting at 6pm every week, a great friendly way to get into competition and learn those tacks, gibes and go-fast tips quickly!

TWC plans weekend surfaris, and is the site of the Mammoth Marathon around-Toronto-Island race every August, with big prizes! But you can also just loaf around with your friends on the beach too to get away from the summer heat. While you're waiting for higher winds, you'll see some state-of-the-art equipment (and sailors) spring into action — a great opportunity to upgrade your skills for those trips with club members to Lake Simcoe, Lake Erie, Georgian Bay and Bay of Quinte. Sample Newsletters mailed on request.

FLORIDA SAILING IN THE DEAD OF WINTER

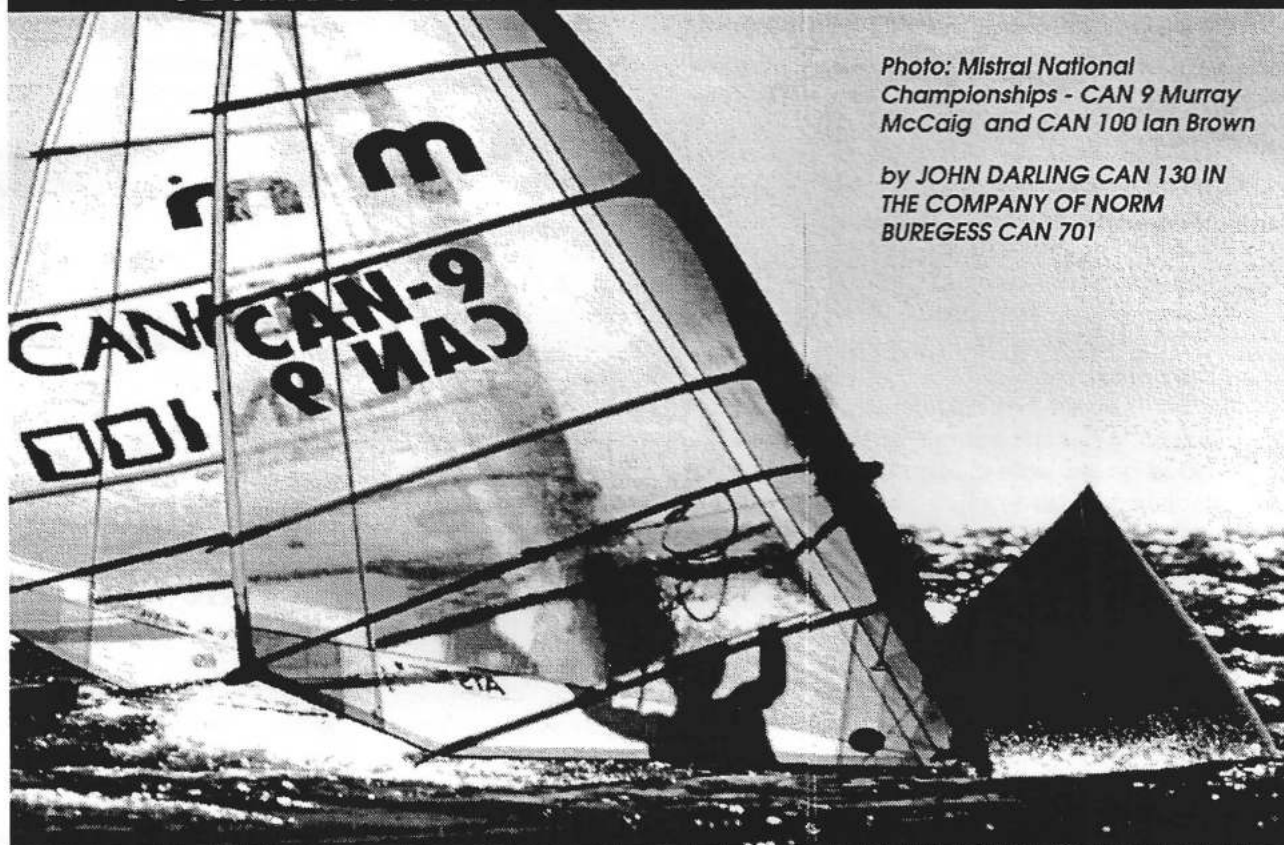


Photo: Mistral National Championships - CAN 9 Murray McCaig and CAN 100 Ian Brown

by JOHN DARLING CAN 130 IN THE COMPANY OF NORM BUREGESS CAN 701

Heymon, it can get chilly in Florida, too, in the dead of winter. But in Miami, it's mostly a "cool" 80 degrees on the Fahrenheit scale (they don't have any of that really cold Celcius weather down south you know.)

After checking out the chilly, flat scene on the Gulf Coast (St. Petersburg Beach, Fort DeSoto oceanside park, the Venice Jetty and Captiva Island off Fort Myers-Sanibel Island), I high-tailed it to the cuddlier conditions of Miami's Coconut Grove and nearby Rickenbacker Causeway. Zut alors, warm whitecaps!

We hurried over to Virginia Key, a mile down the palmtree-studded boulevard, a Caribbean-like bay sideshore to the very best Northeast wind, complete with a mile-long sandbar and nice wee Masterly waves! Needless to say that night we were both basket-cas-

es, not having sailed for 3 months and after 3 hours of non-stop 6.9m2 zoosting in 20 knots (Cherry Beach, ON style, I did not dare rig down). I screwed a Tuttle wavefin on my slalom Prior and we played in the waves (chest-deep, all sand, user-friend as all getup!)

Thrice did I and surfbuddy Norm Burgess sail here in 8 days, and twice more on longboards off the causeway. On the final Sunday, I sailed my 8'8" waveboard, riding small breakers right and left (nice wee troughs, a perfect place to learn all about waves); then as Canadian team members Ian Brown, John Bryja, Jeremy Willard and Greg Fenton joined us after a final day's Pre-Olympic racing, I switched to my race-Prior just to keep up to these shameful junior showoffs! (All steaming in at once doing lay-down jibes 5 feet from shore, high jumping, etc., etc.)

Moral of this story: it's Miami Nice in the dead of winter at Virginia Key in prevailing NE winds. Wait 'till March or April for the best breezes in mid- and North Florida though (all kinds of flat-water and wave-sailing at Cocoa Beach for instance, check out the laid-back Banana River resort where Canadian surf team members train.) Then, there's the promising Florida panhandle to investigate. Some day...

New Orleans: Norm and I next sashayed over to the Big Easy to listen to some trad jazz and Creole music (Zydeco) in the French Quarter. Music they got — many, many jazz clubs, not the least of which is the famous Preservation Hall where you can hear all the classic tunes, played with a fresh tricky zest just to let you know it's old masters dishing it out. Where else can you request "Sweet Georgia Brown" from two bands in one day and hear two original, renditions?

ONTARIO MASTER HOLDS ON IN 25-KNOT REGATTA!

by **NORM BURGESS CAN 701**

Norm Burgess, our Toronto-area Spring and Fall Clinics host at Lake Simcoe every year, attended his second annual North American Masters/Seniors Windsurfing Championships early this March.

Last year, it was light and medium winds — this year winds on the second day of racing hit 25-plus knots, a bit of a challenge with an Open Class 7.5m2 race sail!

The annual event, held on the Banana River at Cocoa Beach, Florida, attracted 47 Masters including seven Seniors over age 65 (many in their 70's). It was organized again by local hotshot (and Grandmaster) Dick Tillman (who won his "Sport" — Open — Division again) with handsome banquet at the nearby Eaux Gallie Yacht Club, and general great Masters' ambience. Friday started off with a racing clinic, and the first 3 races on Saturday were held in light air.

On Sunday... Norm reports: "I arrived with winds stronger than forecast. I cranked down the 7.5m2 sail at the beach

since winds were already about 12 knots. By the time I got to the start line a few minutes later, the wind has picked up to 22-25 knots! In order not to miss the start, I chose to race and hang on. I made it to the second mark without falling in, but with the melee of 10 other sailors already in the water as we turned down wind, I also fell in. The remaining challenge," he adds "was simply to get back to shore, to rig up my 6.0 sail for more manageable sailing."

Winner of the "A" Fleet (Mistral One-Design boards) was Beth Powell with Al Simmons second; and Sam Mellen (aged 70) won the Senior Fleet ("Sport" or Open) with Dick Blackner second.

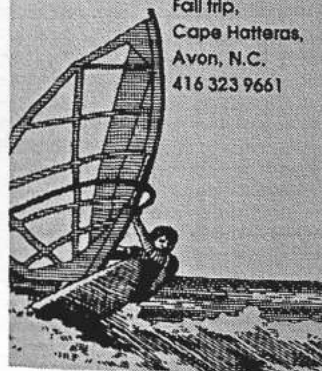
After the event, Norm stayed over a couple of extra sunny days to freesail and get a shortboard lesson at the nearby Calema boardsailing shop (co-sponsors of the Masters' event as well as the annual big Midwinter regatta (scheduled for Feb. 11-13 in 1997.) The two events would make a great racing and sailing holiday for Canadian sailors next Spring! Plan to attend in '97 see Norm Burgess for the details.

Mistral North American Masters Championships 1997

Dick and Linda Tillman invite Canadian Masters to Cocoa Beach, Florida for this fun event (which attracts a lot of Olympians in their 70's!) Feb. 28 is the Clinic with racing March 1-2. Contact CMWA for details, or e-mail at: LTILL75358@aol.com

1996 SCHEDULE

July 6	CMWA Windsurfari Sibbald Point, Lake Simcoe, Ont. 416 421 3827
July 13 -15	Canadian Masters Championships, Columbia Lake, B.C. 403 277 3538 403 276 2447
July 27	Circuit Event #5 (One day) Toronto Windsurfing Club 416 461 7078
Aug. 6-11	Cdn Windsurfing Championships (Shortboard) Squamish, B.C. 604 266 9427
Aug. 17-18	U.S. Seniors Champs Portland, Maine Maggie Taylor 207 247 5629
Aug. 22-25	Cdn Windsurfing Champ (Longboard) CORK, Kingston 613 545 1322
Aug. 24	Mammoth Marathon around Toronto Island, TWC 416 461 7078
Sept. 5-8	National Senior Windsurfing Champs Hilton Head S.C.
Sept. 7 - 8	Canadian Masters Fall Get-together, Port Bolster, Ont. 905 274 6423
Sept. 14	Women's Clinic, Minets Point, Lake Simcoe, Ont. 905 836 4916 705 739 1485
Sept. 21 or 29	Fathom Shortboard Championships, Collingwood, 800 563 1252
Oct. 5 - 6	Canadian Masters Fall Wrap-up, Port Bolster, Ont. 905 274 6423
Oct. 5 - 12	Canadian Masters Fall trip, Cape Hatteras, Avon, N.C. 416 323 9661



RE-ENGINEERING THE RACING DIVISION

by CHIPS CAMPBELL, PRESIDENT CYA

The restructuring and strategic planning process of the CYA have resulted in a 'leaner and meaner' organization focused on delivering better services to sailors across the country.

Racing, one of the new three 'pillars' of the organization, has been reorganized to reflect such a plan.

The focus of the new Racing pillar, formerly the One Design Division, is two fold. First is the Canadian Sailing Team and the development of elite sailors to represent our country at the Olympics and bring home "Gold." This group orients its activities around the

four year quadrennial leading up to the Olympics. This group is under the guidance of vice-president Tam Matthews.

The other focus of Racing is to represent the interests of all sailboat racers across the country. Led by Fiona Kidd, vp racing, this pillar will represent youth sailors, windsurfers, women sailors, match racers, club racers and intercollegiate sailors. The main priority of this part of the Division remains the same. To deliver the best possible CYA sanctioned National Championships and racing development programs as possible. The Canadian Youth Championships continues to be a main focus as

these sailors are the future to our sport. Our youth development program produces top sailors that go to compete successfully at the international level. The YOTS program is a main priority, as well, as the continued participation in the Canada Games. The other priorities are national multiclass regattas such as CORK, Sail East and Sail West, racing rules and appeals, and our representation at the IYRU.

As part of the restructuring of CYA programs both the Offshore/Cruising and Windsurfing Divisions have been dropped and windsurfing racing and keelboat match racing programs have come under the "wing" of the Racing Division. The national championships and racing development programs related to these two disciplines will be covered by the Racing Division.

The restructuring of the CYA into the three main pillars of the sport, racing, training and recreation better reflects the natural structure of the sport as it is today. More realignment will take place over the short term while as the CYA learns to live with this new structure.

Ed. note: This article is reprinted from a story published in the April issue of Canadian Sailing. Masters sailors are invited to comment and critique on the direction the CYA is taking vis-a-vis the windsurfing community.

IF YOU'RE GOING EAST THIS SUMMER CHECK THIS OUT AND DON'T FORGET YOUR EQUIPMENT!

- Nova Scotia Fun Regattas(Around Halifax area)
Contact Dick Vine 902 434 1573
- June 22-23 Fun Rally at Crescent Beach near Bridgewater, N.S. Beginners welcome. Short and long boards. Two day event. Camp at Rissers Beach Prov. Park.
- July 21 Fun racing at Hubbard's Beach. \$2 to enter the Shoreclub Beach. Long and short board.
- Aug 17-18 New England Masters/Senior Windsurfing Champ Portland Area Maine. Lake Sebago. Camping available. Contact Maggie Taylor 207 247 5629
- Aug. 24-25 Nova Scotia Championship at Porter's Lake
- Sept. 22 Grand Dessert Beach (The Range) High wind 'Crash and Burn Event' A giant driftwood fire on the beach. High tide 14:10 (Best time for speed sailing)



MASTERS SPRING TRIP • AVON N.C.



Clockwise: John Darling, Larry Tadman and Rick Lees, Laurie and Gordon Cameron and Norrm Brugges.

by SUSAN THOMAS CAN 195 S

Larry Tadman and Rick Lees unbelievable feat of driving all night, sailing all day Sat. then cooking a huge pot of spaghetti and home-made sauce for Windy Station.

Gabriela 's keen camera work had her standing chest deep in water by the breakwall in front of the cottage to get action shots of Ed's jibes.

Barbara and George Knowles stopped by on their way home to Maine and brought grapefruit fresh off their tree in Florida. They reminded us of the date change for the Lake Sebago regatta to Aug. 17,18/96.

Maureen and Dick Vine from Dartmouth, N.S. dropped by and gave us the down east update. Four regattas this summer(see the calendar for exact locations and dates). Dick's trailering his glider (with a wingspan of 59 feet, the kind you tow up into the air behind an airplane) to Calgary this summer. We're trying to persuade him Columbia Lake's not that much farther along.

Dick's host in Hatteras, Keith who's Dad owns a Hatteras cottage was a welcome Wed. night guest giving us the local insiders perspective.

Werner Becker got a taste of boogie boarding with Lionel Conacher's board and swim fins. The wave sets were few and far between but good riding when they came. I recommend boogie boarding as a good no wind alternative. My rides have been longer and more frequent since I got these technique tips: Swim to pick up speed before the wave reaches you and as it gets to you tip the front of the board downward hard so the wave pushes you forward. Equipment tip: You get what you pay for. Stiffer, "hard" bottom boards with higher volume give a better ride than the bottom of the line smaller foam boards.

Thanks—Sandy Gow for trip preparation and planning. Sorry work prevented you from joining us. Ivan Richardson enjoyed your spot. Larry and Laurie Letheren for chowder and salad for the Wednesday night

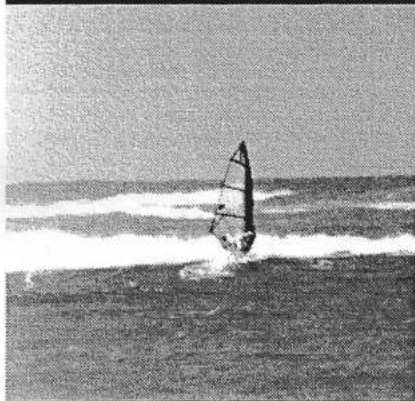
"social". Gordon Cameron and Laurie for sharing their house the week prior to the Masters trip and Braveheart was way cool as well as way late.

John Darling for bringing and setting marks. Most useful for jibe and tacking practice. Thanks also for M.C. duties at the Wed. "social". Ann Johnson and Larry our keen recyclers. Without you the garbage bins would have overflowed. Jack Langmaid we tried Down Under at the Rodanthe Pier, Jack's favourite Hatteras restaurant. Excellent choice. Good food. Fun staff. Jack couldn't make Hatteras this spring (some excuse like a trip to Maui).

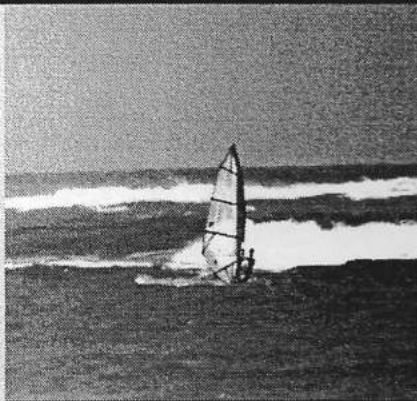
Clark Hill deserves thanks. Though not with us this spring he sent his equipment with Bill Attwell who made good use of it. I understand Bill got coaching from Dave Johnson and Lionel Conacher among others.

Thanks to all trip participants for making it so much fun. I hope to see you and your friends on future trips. Windy Station and Elf's Roost the same two cottages are booked for April 12-19/97.

ARE YA DUDE ENUF FOR CABARETE?



Looks like flat chop to me!



Suddenly a wave rises up....



Yikes! Now it's logo high!

by JOHN DARLING CAN 130

Want easy sailing that's smooth and makes you look great? — head to Aruba or Margarita Island, Cool Masters Dude. But if you want to learn something new and challenge yourself in tough conditions —head to Cabarete in the Spring, with its rough inside chop and multi-face reef!

Learn to jibe in the D.R.'s chop, and anywhere else will seem tame by comparison (you'll look good at home, Dude, instead of floundering after your easy Aruba experience.) A few days' runs on the D.R. reef with its irregular surging breakers all over Hell's Half-acre will tune you in for those smooth easy little swells you'll find anywhere else.

Yours truly and Philip Ng spent two weeks in the "new" Cabarete this March: "new" and improved with its army of (mostly German) tourists, but also great restaurants and hotels, and night-life (it's happening at Las Brisas and New Wave cafes plus a local disco, if you can manage to stay up that late!)

Canada 300 charters will take your board and rig free, and you can store your gear at Vela or F2's Spin-out, where the pros will make you welcome and

you can join in on the seminars every day at noon (storage \$30US per week). Call ahead to reserve gear here at \$200US or so — great slalom gear, a few wave boards (also available at the other five rentals down the beach without reservations.)

The wind can blow anytime but usually does so after Noon; 20 knots thermal-assisted tradewinds after April in Summer, mostly Atlantic fronts in Spring, with a likely 50% blowing record —but, like Maui, with much bigger ocean swells and possible humungous breakers on the reef! (The swells originate from North Atlantic storms off Greenland, so they're hard to predict.)

Wouldn't ya know it, J.D. arrived early to be greeted by mast-high breakers on the reef and 5.5m2 conditions he could hardly handle — a case of inadequate conditioning (youngsters were surfing part of the logo-high beach-break!) Another feature of Cabarete is its charming chop: steep, close together, bone-rattling! You search in vain (almost) for a decent spot to attempt a jibe — more likely near the reef which is smoother but look out for that fast-rising white-water! Hey, if you can learn to handle these conditions, the very

worst conditions you can find at home will be a tabby cat.

Eight (8, ocho, huit) days of no wind including rain for four of 'em (read 5 books). The mountain-biking is magnificent; there are hundreds of one-day or multi-day tours available around this beautiful island. The highest mountains in the Caribbean, the lushest rain forests and the most crocodile-filled lakes are to be found in the D.R. (as well as the most amazing amber jewellery, local art, carving etc. etc.)

After the calm, we're back to sailing finally in flatter water and 5.0m2 wind, manageable chop and a still challenging set of reef breaks in the diminished but ever-present winter ocean swell. Here's a challenge: try to match the local pros' slalom downwind-upwind speed: emulate Pablo's, Jon's and Sylvaine's careening down a broad reach over nasty chop, jibbing and speeding back upwind, getting air or plowing through breaking whitewater! Hey, you need a couple of months in Cabarete just to get tuned in!

Like the original Quebecois boardheads who pioneered this spot say, "Cabarete, no problem" (if you're Dude enuf, that is.)

NEWSPAPER FOCUSES ON CMWA PRESIDENT AND HER SPORT

Masters' Elle Presidente
Stephanie Todd regularly makes it into the local press and keeps windsurfing in the news in Northern Ontario.

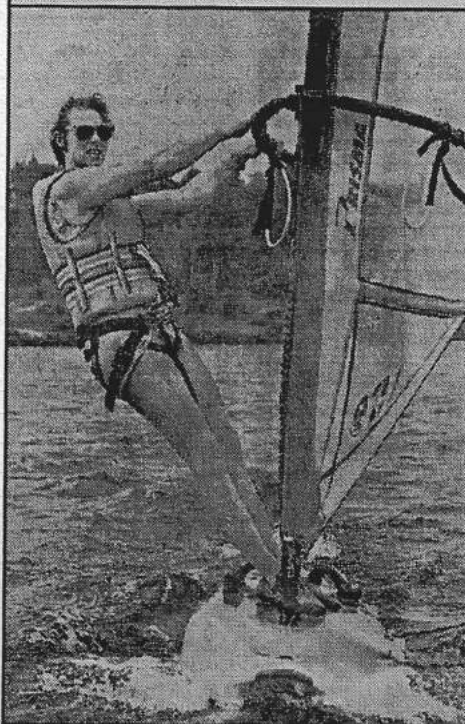
A few years back our National Championships were held on Silver City's Lake Ramsay, and a great regatta it was with gusty NW winds propelling us on a course around a wooded island, and warnings to be on the lookout for bears gybing around the windward buoy. This lake is where Steph was spied by Star columnist Laura Young recently.

"Windsurfing is the way Todd wants to travel" she reported, noting the pained expression on Steph's and partner Dan Landry's faces as they puffed their way to a 4th overall finish in the local Beaton Classic bike-canoe-run endurance test. Catching her breath and composure, she said "Windsurfing is environmentally friendly. There's a sense of peace with just you out there with the water and the wind."

It's a sport she's been doing for 15 years, and competing for 13, reported Young, and she finally made her breakthrough last year at the IYRU World Masters Championships in Gimli, Manitoba finishing fifth in the Women's Division; then finishing second in the Canadian Masters Championships women's fleet and 6th overall. "That was a really big jump for me" (Stephanie used to finish in the middle of the pack, like the rest of us.)

Todd's dedication to the sport, Laura Young goes on, has led her to this achievement, as well as becoming a certified coach and instructor (she works as coordinator at the Cambrian Fitness

The Sudbury Star **SPORTS**



Centre, also playing "a mean game of squash" (good thing she's not too mean on the race-course with those new IYRU rules.)

The Star also published a feature on Stephanie and the sport last June entitled "Small following: but windsurfer leading effort to re-populate lakes" written by Stephen Bucic. The Sudbury Yacht Club still holds joint board and dinghy races, but participation is far below the 1980s level, Bucic reports. The reason may be that back then the sport was simple and cheap, with boards and rigs available for \$400 (against a price tag of \$2400 for a new Equipe II today — and that's for the high-tech hull; add the price of it's high-tech rig.)

Dealerships are scarce too, with no local

parts and accessories supplier in the North. But, for our Masters' leader, "windsurfing is the ultimate contest between humans and the elements... it doesn't get any better." Stephanie says that it takes about three to nine hours to get your bearings in the sport, and for those interested in lessons, she will be providing the equipment.

"If you're worried your arms might not be strong enough or your body may not look good in a bathing suit or you're too old, you shouldn't. Windsurfing is for people of all ages and it takes more balance than it does muscle. Control of your body is the key. You have to be patient at first, she says, but before you know it, you'll be windsurfing. It's quite a rush once you get going!"

Hey, don't you know it, Masters dudes! Thank you for this, Steph.

ESSO PERFORMANCE PRODUCTS





ARUBA • BONAIRE • BARBADOS

DOMINICAN REPUBLIC • MARGARITA

Sailboard Vacations now offers sailing at these exciting destinations and more. All locations are stocked with 1995 top-of-the-line equipment. For more information about these exotic sailing sites, or to receive our travel catalog or video, just give us a call.

The Windsurf Village Aruba
1996 Clinic Schedule

Aruba Windsurf Academy

April 13-20

April 20-27

Aruba Windsurf Academy

August 10-17

August 17-24

Destination Clinic Schedule

Rhonda Smith Clinics (Margarita)

March 16-23, 1996

Rhonda Smith Clinics (Gorge)

June 22-29, 1996



1-800-252-1070

1-617-829-8915

1-617-829-8809 (fax)

Email sbv@ix.netcom.com

DESIGN: GRAPHO INC.