# WINDWORD



Volume 26, Issue 1

January, 2020

Mark Hoagland, Editor



# **Windycrest Calendar 2020**



# **February**

2/2 Dues Are Due 2/3 BOG Meeting 2/8 Full Moon 2/14 Valentines Day

# March

3/2 BOG Meeting
3/8 Daylight Savings Begins
3/9 Full Moon
3/14 St Patrick's Day Race
3/19 1st Day of Spring
3/29 All Club Tune up Race



Editorial Section Page 1

Windycrest Sailing Club
Important People

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## **Editor's Notes**

Beginning with this issue, we are adding the following sections to the Winword:

## Letter to the Editor

Let your voice get heard!

# **Member and Fleet Articles**

What is your fleet doing? Recent Sailing Trip, etc.

## <u>Classified</u>

Connection boxes for Crew and Skippers to meet.

## windword@windycrest.com.

The editor reserves the right not to publish due to content

# **Editor's Log**

It is a new decade and an editor for the Winword. One hundred years ago, we would be beginning the "Roaring Twenties." A decade that people threw off the shackles of the past, dressed differently, had to sneak around to get a drink, and the world war was over. (for the time being)

Women began a new place in society; the flapper drank and smoked. Meanwhile, the 19<sup>th</sup> Amendment gave women a new power in the vote.

Mass manufacturing and mass marketing were born. One of the things that would come out of this would be the radio. Pretty soon, we were a nation that was connected from coast to coast by sound waves, much like the railroad did a century before with rails.

Now, what that has to do with a sailing club at Lake Keystone in Oklahoma? Nothing, except we have now entered a new "Roaring Twenties." We shall be seeing a resurgence of the Women of Windycrest, a modern revival of our club, and the growth of new people wanting to know about the wonders of sailing. We don't have to sneak around to get a drink.

One thing I believe is that if we could get people out on the water and maybe even on the racecourse. I think that for a couple of hours they would forget the petty disagreements of this world, remember the old saying, "Winning isn't everything, it is how you play the game." We would then get back to sharing the precious resources and privileges we sometimes forget or abuse.

That's just my opinion, what the hell do I know.

Mark Hoagland, editor

# Letters to the Editor

Dear Editor,

I am one of the newer members. Many of you have helped build this club over many years, and for that I thank you. I distinctly had the feeling that the club focused on our racers from the beginning. So much to the point, I feel the Cruisers are considered less important to Windycrest. I've heard many times that the club would not exist without racing.

It doesn't take much to run the numbers and see that the bulk of our revenue is a result of the people that don't race. Certainly, the race committee boats, maintenance, fuel, manpower, and rehash are some of our greater expenditures. I feel maintenance of the facility and safety have taken a back seat. You can see deterioration all around the docks. I think our appearance is important in attracting new members.

I have addressed the safety issues, i.e., dock ladders, with the Board and understand it was tabled. However, when the keg needs replacing its' replaced. I was also told that if I were concerned about our safety equipment, there were other marinas on the lake. I love my spot and enjoy my friends, but it is disappointing how things have are being handled.

Cindy Gowing

Dear Editor and BOG (edited from an original message to the Board of Governors)

After our 22nd Annual Turkey Fry, we were discussing the future of this event. It is very laborintensive, we have to search several grocery stores for turkey availability. Once found, we purchase, thaw, clean, inject, fry, carve, and serve. This process takes many man-hours before we can serve. Of course, once served, we must wash and clean turkey pots and all roasters, etc. used for the event.

We discussed canceling this event. However, it has been a well attended Windcrest event for 22 years. The side dishes attendees bring has become one of the main attractions if not THE main attraction This event is also the last social function held at Windycrest Sailing Club that we didn't want to abandon.

What we propose/suggest for the year 2020 is to have a "Thanksgiving Feast At Windycrest" event on Saturday, November 7, 2020. This new titled event would be styled along the same lines as the Cajun Turkey Fry has been. The cost would be \$5 per person, with each family bringing a dish to share. We would furnish ham as a substitute for the fried turkey plus have the wine and beer available.

# **Continued on Page 3**

Editor's Reply: Windycrest should be a club for all. It is "Windycrest Sailing Club" not "Windycrest Racing Club". Your concerns are heard here and I offer this forum for anyone who agrees or disagrees.

Sailing News Page 3

From around the world and your own backyard.

# Continued from Letter to Editors Pg 2

Sliced ham is available every day of the year and is easy to purchase and serve. The Catalina/KBRF Fleets could again be the hosts, and we would only need a minimum number of Fleet members to help set up and put on this event.

We want to try this modified turkey fry event this year and see what the response will be.

If this sounds like something the BOG would like to support, please put it on the official calendar, and we will plan on this new/modified event to again celebrate an early Thanksgiving at Windycrest.

Thank you for your consideration. Rex and Allene

Editor's Reply: After reading your email, I spoke with Activities Captain (that is me). He and I agree to your plans and want to support them. As a good Methodist, I love cover dish functions.

I am sure your Activity Captain and the BOG can come up with \$\$ for Turkeys and get some good members to take one home to smoke it, fry it or old fashion baked in the oven.

# This Race Week sounds like a Fun Week

## **Published**

**on** January 14th, 2020

St. Augustine is a city on the northeast coast of Florida, about 40 miles south of Jacksonville, and lays claim to being the oldest city in the U.S. But beyond its Spanish colonial architecture and outstretched beaches is a race week that sounds like a fun week.

much fun that 2020 St. ing scholarships, which in Augustine Race Week 2019 enabled them to has expanded its sched- send nearly 40 underpriviule to now be an eight- leged kids to various sumday regional sailing regat- mer sailing camps around ta featuring three days of the area free of charge. offshore races, two days That's their mission... to of inshore races, and a give less fortunate chiltwo-day youth regatta.

the variety of handicap classes will used PHRF Sailing World News while the youth regatta and demonstration Dragon Boat races will be held in full view of spectators along the downtown St. Augustine Bayfront.

Racers, spectators, and the general public are invited to two nights of downtown after-race parties featuring live music, food and adult beverages, and awards presentations. Even if you are not much of a racer, you can still party like a sailor!

The event purposely includes the public, as pro-The locals were having so ceeds support youth saildren a great summer experience and training the To be held March 14-21, next generation of sailors.

Windycrest Sailing Club Board of Governors

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MINUTES from January Meeting January 6, 2020 WSC Board of Governors

Present: Skeeter Chilton (Commodore), Lisa Weatherholt (Rear Commodore),

David Hyman (Vice Commander), Mark Hoagland (Activities

Capitan and Editor Windword), Richard Ferguson

(Webmaster), Jo Ann Chandler (Past Commodore), Dan Jar-

rett (Fleet Capitan), Gary Worley (Treasure),

Carmen Skelton (new Webmaster)

Absent Maurice Casad (Secretary), Christian Supernaw (Facilities

Manager)

Guest: Chelsea Kester, an applicant for membership

The meeting was called to order at 6:42 pm.

## **Old Business:**

 The breakwater is repaired, but there is some additional work to be completed. During the inspection, the Chain Gang found that many of the chains are corroded and need to be replaced. They are evaluating the scope of the work and how to best accomplish it.

# **Secretary Report**

 A motion was made Mark Hoagland to accept the December 2019 Minutes, it was seconded and approved.

## Treasurer Report

 A motion was made by David Hyman to accept the Treasurer's report; it was seconded and approved.

## **Activities Captain Report**

- Everything is ready for the 1/11/2020 party.
- WINDWORD Editor (Mark Hoagland, new Editor) There was a discussion about bringing back printed copies. There is a consensus that it would be a positive force for member engagement and feasible every quarter. Mark will try to get some feed back on mailing out the Windword Deadline for Articles is January 15.

Continued on Page 5



## Continued from Page 4

# Fleet Captain Report

- Dan talked about tentative plans for the 2020 club racing schedule; there will be a meeting before the allclub party on January 11<sup>th</sup>.
- The starting horn needs to replacing; Dan Jarrett showed the possible choices of automated systems to purchase.
- David Hyman moved to authorize the Fleet Captain to purchase a new automated starting horn of his choice. It was seconded and approved.

## Vice Commodore

 David Hyman has formed a Facilities Committee (each BOG member has this authority, as described in the Bylaws). There will be a meeting in January, and a comprehensive review of maintenance needs will be reviewed. This meeting should facilitate prioritizing the potential projects needing to be done

## **Facilities Manager**

No Report

# Rear Commodore report

• Lisa Weatherholt has been searching for locations to hold meetings or seminars during the winter months. Possibilities are First Aid/CPR, organizing a new Women of Windycrest group, sailing skills such as knots, proper attire & equipment, Windycrest orientation, junior sailors' meeting.

# Past Commodore

No Report

# Commodore

- Skeeter started a discussion concerning how many years a person could potentially spend on the Board of Governors in various capacities. There are also a couple of other non-Board positions such as Webmaster and Windword editor that are often held several consecutive years by other members. A discussion began due to the amount of time involved by these members discussed; the amendment was to waive Part A membership fees for individual members of the Board of Governors and other key people.
- Draft of Motion: Articles: III, Membership VII, Officers XIII, Collection of Dues and Fees. As no one was sure where motion was to be placed. Articles were added to be a reference point
  - Mark Hoagland proposed that Part A Membership dues will be waived for all Board of Governor Members while serving on the board. Additionally, Part A Membership dues will be waived for the Webmaster and Editor of the Windword, as long as they continue to serve these duties. David Hyman seconded.
  - Before notifying the General Membership per the By-Laws, Skeeter will verify wording and which Article is correct. This amendment was tabled until February meeting to for final vote.

## **New Business**

### New Member

Chelsea Kester, an applicant for full membership, was approved by the BOG.

## <u>Webmaster</u>

A new member, Carmen Skelton, will become the next Webmaster. Richard Ferguson will be working with her to make this transition over the coming weeks.

The next meeting will be February 3<sup>rd</sup> at the Case Community Center at 6:30 pm

No further business, the meeting was adjourned at 8:35 pm.

Respectfully yours,

Lisa Weatherholt filling in for Maurice Casad, Windycrest Secretary





# Windycrest New Commandments

hou shall pick up after thou self. Cans, paper, pieces of rope and wire. Trash should not be just left where it lays. Even if thou was not responsible for placing it there.

If upon viewing **your** slip and thou sees a loose board or something simple to repair. Do it, fix it; we are sailors, we can use a nail driving device.

It is your Club, be proud of it.





I don't need to tell anyone that there are issues with our aging club, Docks, Club House and breakwaters, the list goes on. I am developing a committee (chain gang), and we are looking into and coming up with a plan to address every issue and find a solution.

Christian, our Facilities Manager, has a lot on his plate. If you have a problem you think needs to be addressed, don't call Christian. The Facilities Manager is just that, facilities. Any club problem you come across is most likely on the list. The correct procedure is to contact me, Vice Commodore or Skeeter, Commodore.

I remind my old friends and new friends you get to work on your boat or trailer all by yourself.

Spring is coming,

See you at the Club

# Prayer for Safe Docking

Yea, though I glide through the valley of the shadow of disaster, I will fear no problem: for thou art with me; my fenders and my docklines, they comfort me.

Thou preparest a plan before me in the presence of mine smirking neighbors: a plan that will guide me miraculously into my dock as a finger squeezes into a glove. My cup of joy runneth over.

Surely envy and wonderment shall follow my neighbors all the days of their lives: and I will dwell in the house of Fabulous Boat handlers for ever.

Amen.

Again, I have *no* concrete plans to announce in a big way in this publication! However, my head is spinning with possibilities. After the very difficult and frustrating year we had last year, now is the time to kick it into high gear.

We had a wonderful party and awards ceremony last Saturday night; Tom and I had a great time, schmoozing with old friends and making new friends. As a Sunfish sailor, I am especially excited to see a surge of interest in Sunfish sailing! There are several new members who are women AND they want to sail a Sunfish. It's time to reawaken the Sunfish Fleet 208 AND to bring back the WOWs—Women of Windycrest. The next step will be to send an email outlining the opportunities.

I need everyone's help. We need places to meet and communicate with you to me. As Eric Burkhardt and I plan the instructional programs, your input is so important.

I will be contacting as many of the families with junior sailors as possible, and definitely finding a time and place for a WOW meeting. Another idea is to offer one or more First Aid/CPR classes. Suggestions for other content is very welcome—please send an email or call/text me—contact information for Board members is found elsewhere in the *Windword*.

If you are reading this, THANK YOU from all of us who dutifully write articles every month. Read on! We hope it is worth your while. Last month the treasurer, Gary Worley, submitted a great article about sailing in the Caribbean and the Mediterranean. Don't miss it!

# Lisa Weatherholt Rear Commodore





I was so lost in the sight, I forgot the presence of the man who came out with me, until he said, half to himself, still looking at the marble sails—'How quietly they do their work!'

-Richard Henry Dana,

Two Years Before the Mast

2019 was a challenging year with both weather and high-water issues. Now it is time to look forward to the 2020 sailing season. Social events are being planned, training programs organized, and club races scheduled. Just dust off those aging, dirty bottom boats and join me on the water and in the club races.

This month will see Richard Ferguson (Webmaster) and Julie Stilwell (Windword Editor) pass their responsibilities on. Both Richard and Julie have worked long and hard to keep us informed and up to date on the club news. Thank you, Richard and Julie.

See you on the water
Jo Ann Chandler
Past Commodore



# Fleet Captain News

The New Year, Post Holiday, and 2019 Awards Party was a huge success. The award winners, participants, and support were recognized, and another season of racing at Windycrest has wrapped up. It's now January, and planning is underway for the 2020 racing season. The schedule is set, and this year we will be combining the Keelboat and Centerboard fleets to more efficiently utilize race committees and support personnel.

A new automatic race start system has been ordered to replace the old defunct system, and a call for race PRO's will go out soon.

Now, you've joined the club, you have a boat (or not), so let's get out there and participate! All past racers, time to start putting those crews together, time to strategize on a successful campaign, and to prep your first mate, tactician, and critically important snack-tician. If you haven't participated in racing but are interested, this is your opportunity to get off the couch and get involved!

Let's all get out and enjoy some fun competition and camaraderie, the wind, waves, and sunshine are free.

Fleet Captain Dan

# 2019 Awards and Trophies

\*Jack Marsee Sportsman Trophy

\*\*\*\*

Richard Burdyn

\*Most Improved Sailor

\*

\*

 $\stackrel{\wedge}{\swarrow}$ 

Stephen Gent

\*Most Congenial Sailor

Steve Snider

\*Fleet Capitan Trophy

Richard Ferguson

\*Chief Mate Trophy

Bob McGinnis

\*Keelboat Racing Fleet

Roger Kerr

\*MC Fleet Championship

Harvey Baker

\*Kevin Meehan Outstanding Crew

Maria Ferguson

\*First Keel Boat—Labor Day

Roger Kerr

\*Windy Cup

## 2019 Frost Bite

1st Harvey Baker, MC 2nd Roger Kerr, J24 3rd John Kerr, J24

### No Wednesday Nights

Due to High Water

# 2019 Spring Keel Boat A Fleet

1st Roger Kerr 2nd Harvey Baker 3rd David Hyman

## **B** Fleet

1st Randy Bell 2nd Victor Wandres

# **Center Board**

MC

1st Harvey Baker 2nd Steven Gent 3rd Randy Bell

# Sunfish

1st Lisa Weatherholt 2nd Cathy Cassad

# 2019 Summer Keel Boat

No Races High Water

## Center Board MC

1st Harvey Baker 2nd Randy Bell 3rd Danny Ziegler

**No Other Fleets** 

# 2019 Fall/Winter

# Keel Boat

A Fleet

\* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \*

1st Roger Kerr 2nd Harvey Baker 3rd John Kerr

# B Fleet

No Qualifiers

# Center Board

MC

1st Danny Ziegler 2nd Harvey Baker 3rd Randy Bell

No Other Fleets

Happy New Year! 2020 – WOW, who would have believed it If you go back through some TV shows and movies, things were supposed to look different by now. Everything from <u>Solvent Green</u>, the overpopulated world, feeding on a new food product. If you don't like hormones injected into your chicken, rent this movie. Others show a dead planet or ones devastated due to WWIII. None of which has happened.

*\$* \$\frac{1}{2}\$ \$\frac{1}{2}

On a whole other than the Americas Cup boats, we are still sailing boats that the design has been here forever. New materials and electronics but again a pointy box with a pole and some fabric.

I am your Activity Captain, and I should be talking about fun and parties. I am counting on Mother Nature to give a great sailing as well as a great party year.

We started with a New Year, Post Holiday, Awards Party, and I believe it went pretty well. Catherine, my niece, shared some thoughts on wine, I was overwhelmed, and Bob McGinnis was a great help.

We have nothing planned for February, but you never know what may come up. Valentine's day is on a Friday this year, so maybe we should have a fire, smores, and lovers get together at the club that Saturday, weather permitting.

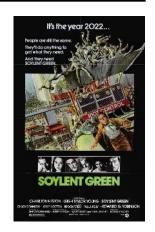
We have several Fleets at Windycrest, and those fleets support a lot of our activities. If your fleet has an acting Captain, meets regularly, and supports an event at the club, let me know. Please don't assume I have this information. I am not trying to meddle. I am here to help. If you are part of a fleet and you don't meet or involved in a club activity, let me know, and we will make it something happen.

I look forward to some great times, good weather and good sailing.

Mark Hoagland

Life is short, break the rules. Forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that makes you smile.

Mark Twain



# New Year, Post Holiday and Awards Party

11 January, 2020





















# Winners From Our Past

















Fleet News Page 12

# fleet<sup>1</sup>

/flēt/

noun

a group of ships sailing together, engaged in the same activity, or under the same ownership.

Windycrest Sailing Club is made of several fleets. These fleets are grouped by a similar type of boat, not necessarily about racing but as a way to May - Work Party Host: Vice Commodore organize people by similar interests. My understanding of the rules it takes 3 boats to race as a fleet, and if you are not a fleet, then you are grouped into a handicap group.

The Fleets listed in the WSC Directory:

Catalina 22 Catalina 25/27 J-Boats **KB** Handicap

MC Scows CB Handicap Multihulls +95 Sunfish Thistle CR 914 - RC Boats Associates KB Cruising

My question is are:

Anyone of the fleets meeting regularly, monthly, quarterly, yearly? Do you have a Fleet Captain? Do you support an event at Windycrest?

And if you have answers to these questions, let me or the webmaster know, this info should be on the web page.

As the Activities Captain, I want to be able to support the fleets in the traditional activities they host. If they don't host one, let us find an event they can get behind. This serves two purposes, one we are getting together for the common good and two, and we will have better and more organized parties, regattas, cookouts, and so much more. After all, we are not here to have somewhere to park our boats.

Here is a list of Events on WSC calendar so far for the year.

February – Nothing

March - St. Patrick's Day Race Host- Fleet Captain

April – Chili Cook-off – Host:???

May – Memorial Day Brunch and L.D. Race Host??

June – Beach Party – Needs a Host!!

June - Cheeseburger in Paradise Host: Sunfish and North Lot

July – Independence Day L.D. Race and Cookout Host???

July – Beach Party – Host???

August - Beach Party?? Host?

September – Labor Day Brunch and LD Race

Host: Catalina Keelboat Fleet September – Sail for Steve Host: ??

October - All Club BBQ and Annual Meeting

Host: BOG

November – Annual Thanksgiving Feast Replacing Turkey Fry (see letter to Editor)

Host: Catalina and KB Handicap

I sure that some Fleets/Members are traditionally hosting some event, but they are not listed on the calendar as the host. Let's get this updated so the hard workers can get their pat on the back for a job well done.

Plus, we have new members looking to connect to something, and your event might be just the place. Host, be receptive to people who want to help, do give the old brush off, "We have been doing this for so long, we got it down." Just to go home and think how tired you are, and if you had one more helper, it would have been so much better. (I am speaking for experience, mth)

Last thing, Next month, this page is for Fleet News. So send me some or next month this page will be blank.

Mark Hoagland

Classifieds

# Please update your ads. Are the still active?

Page 13

# You can call, email, message in a bottle, no update no listing

# **BOATS**





Posted 02/14/2019

1971 Flying Scott #2002 - \$5,000

Repainted top and bottom, all new lines, spinnaker sheets run under deck, spinnaker halyard runs to cockpit. Jib sheet cleats and fairleads run to the seats for easy release. One set of racing sails along with a set of working sails. Boat under cover and on trailer, all in good shape. All decking is firm and has been re-

built with repositioned flotation.

Contact Terry Rainey - (918) 851- 1292

Posted 02/10/2019

2013 J-70 #239 w/trailer. \$34,000

Never campaigned.

Never trailered after delivery.

Never kept in the water.

Sailed only in club races.

Located in Tulsa, OK





Posted 6/28/18

1985 Santana 20 #700 - \$1,400 or best offer

**Includes**: original sails (mainsail, jib, 150% genoa, and spinnaker) plus a North Sails 150% genoa and a second spinnaker(One Ton Tomato) Also includes trailer.



Located in the upper dry-sail keel-boat lot.

Contact Skip Chandler at (918) 237-0060

Posted 09/23/17

1989 One Design 14 - Make an Offer

Grand Prix and Standard Rigs w/ sails for both All necessary parts, cover, and trailer





Contact Steven Gent at 918-260-5344





Classifies Cont. Page 14

# **Equipment**



Posted 9/1/19 **Boat Trailer - \$4,000**2 x 3500 lb. axels, lo-boy, inertia brakes, spare tire, tongue extension and the lights all work.

**Contact: Gary Worley 918-261-4074** 

Posted 1/26/15

**APS Sunfish race training sail**, white with window (\$160 brand new) never taken out of the bag - \$100.

Dagger Board - Almost new (new price \$357), not even a scratch - **\$2**00.

Contact Peggy Dailey at (918) 798-

Posted 7/1/18 6000 pound Hydro. \$1,900 Located at Windycrest Sailing Club Contact Bob McGinnis (918) 629-9308



# **Crews Needing Skippers**

Posted 06/26/19

Island Hopper Motor - Firm at \$300 (Paid \$670).



Type: extendable shaft, air cooled, 2HP, easy carry (16 lbs),

2 cycle, less than 2 hrs total use.

Perfect for small boats on wind failing days.

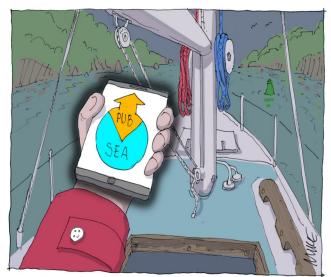
Contact: Bob Wandres 918-813-1052

# Wanting to Buy

# **Skippers Needing Crew**

Mark Hoagland, SJ 7.7 Class B, anyone want to learn with me how to race. 3 crew needed

Funny Papers Page 15



Brian was very pleased that he could now navigate.

# Joke of the Month:

What did the blown out, ripped jib say? - "I haven't a clew."



# **Question for Captain Bob**



Dear Captain Bob,

Q: Last week while running the starting line just before the gun we had a J24 to leeward heading us up and a J24 to our stern in very light air. The wind came up from behind. The J24 behind us was going to hit us in the stern. The skipper of our boat let go of the tiller to push the J24 off. Our boat started to tack with no one on the helm. The boat behind us protested us for tacking right in front of him. Would it be DSQ?

A: What the hell are you talking about. The only time I ever ran before the gun, the Harbor Waster caught me with his wife. I am not sure how you tack without some one the helm, but just throw the J24 a beer and everything will be OK.

# Dear Captain Bob:

Q: When you sail around the world do you drop sails at night?

A: It is not that easy. First thing you have to do is find a parking space. I don't drop my sails because keeping them up will allow the really big boats to see me. Most skippers will get the wife to set up at night while they get their rest.

Of course, the real question why would anybody sail at night.

Questions for Captain Bob? Send them to windword@windycrest.com

No question too stupid and all will be answered!

Editor's Note: I found this article and thought it had some excellent information. Although some will find it basic, maybe others (like me) will pick up on something that will maybe move them up a better racer. I will publish one an edition, and so by racing season, we will be ready to go.

# Three easy-to-follow rules will never steer you wrong.

By Steve Hunt

Updated: April 22, 2019

# Sailing World

It's easy to overcomplicate sailing because it can be a pretty complex sport if you want it to be. Buying fast sailboats is obviously a fool proof method for increasing your speed, but what if you don't have the budget and need to rely on your skills to gain an advantage? That's why come race day, I stick to three rules that keep me focused on the things that matter. These rules have never failed me, and I continually drill them into the young minds of the Point Loma High School sailing team. And if the rules can work for a bunch of fast-sailing teenagers, then they ought to work for you, too, right? Let's review them one at a time.

# Sail in More Wind

If you ask someone who has never been on a sailboat, what makes a sailboat fast, they could probably tell you without much thought, "sail in more wind." That's true, and it amazes me how many racing sailors do not give this one fact of utmost priority. If you gain nothing else from this article, please make "sailing in more wind" your top priority this year.

How do you do it? Remember this basic tenet: dark patches on the water represent more wind. Wearing polarized sunglasses helps you see the distinction between puffs and lulls on the water. Before a race, I like to stand on the boom and scan the course for the most wind—if you're dinghy sailing, stand up to get a higher vantage point. Ben Ainslie looks for wind when he's at his highest point during a roll tack in his Finn. Just as he hits the hiking straps and is fully extended in the air, he gives the course a quick scan.

The key here is to be constantly asking your self, "Am I sailing in the most wind available?" If not, make a change.

Having an open lane (with no other boats disturbing the wind in which you're sailing) gives you more wind as well, probably more than you can imagine. The wind follows the path of least resistance; it will flow over and around groups of boats, just as it does around a building or a mountain. The key point to remember is: the bigger the group, the greater the effect, so avoid packs of boats, and you'll have more wind. That's pretty simple, right?

If someone tacks or jibes on you and closes down your lane, don't sit there going slow; do something about it and find a better lane. Often, people sailing in open lanes appear faster, and you wonder whether it's their sail trim or sailing technique that's giving the edge. It's not—they have more speed because of their lane. (Think of it like driving on the freeway: when you're stuck in a cluster of cars, you can only go so fast, while the guy in the open passing lane is blazing past.) The only time I consider sailing in a bad lane is when the wind is very shifty, and the potential gain from the next shift outweighs the loss of speed from sailing in bad air. A 20- to 30-degree shift with pressure may justify sailing in bad air briefly. The other 98 percent of the time, make sure you're sailing in a big lane.