

September

2020

APSO SAIL FOR STEVE 2020

The Cruise for ALS is on for September 12th

Social Distancing and masks are required if you are in the pavilion.

The top 100 donations will receive a limited edition Sail for Steve license plate frame.

Your help is needed more than ever this year.

No Activities this year but please donate, sail, enjoy the lake and stay safe.

Windycrest
SAILING CLUB, INC.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Saturday August 29 BEACH PARTY</p> <p>6</p>	<p>Sunday 8/30 Fall KB/CB Race 1 & 2 PRO: Gil Greenwood</p> <p>7 Labor Day</p> <p>Annual Long Distance Race</p>	1	2 Full Moon	3	4	5
<p>13 Fall KB/CB Race 3 & 4 PRO: Sally & Darrell Daniels</p>	14 Board of Governors Virtual Meeting	15	16	17	18	19
<p>20</p> <p>Fall KB/CB Race 5 & 6 PRO: Stephen Gent</p> <p>Cat Fight!</p>	21	22	23	24	<p>I AM WARNING YOU SIR</p> <p>26</p> <p>Cat Fight! PRO: Steve Elliot</p> <p>I KNOW KUNG FU</p>	25
27	28	29	30			

**2020 Sail for ALS Charity Regatta aka Sail for Steve Regatta
S4ALS**

September 12, 2020

Windycrest Sailing Club

Because of COVID 19 things are a bit different this year.

NOTICE OF EVENT

1 RULES

- 1.1 The cruise will be governed by the rules as defined in *The Racing Rules of Sailing*. Meaning this is a Cruising Sail, so Starboard Boat has Right of Way, and avoid any contact with other boats. Practice Boat Social Distancing.
- 1.2 All funds raised benefit ALS Patient Services Outreach www.alspatientservices.com/ aka APSO. This is the Go To Organization in NE Oklahoma for ALS Patients to help with their condition as progresses. Teaching patients and caregivers what to expect, how to cope, contacts for equipment and help preparing homes for patient needs.

2 ADVERTISING

- 2.1 Competitor advertising will be restricted as follows: Anything promoting ALS Research or APSO Support.

3 ELIGIBILITY AND ENTRY

- 3.1 The regatta is open to all boats of the any class.
- 3.2 Eligible boats may enter by completing the attached form and sending it, together with the donation of their choice, see form for how and where to send donations.
- 3.3 Late entries will be accepted under the following conditions: Must be received by September 19th. Prizes will be awarded to the highest donations up to 100 donations.

4 QUALIFYING SERIES AND FINAL SERIES

The regatta will consist of a qualifying sail and donation to APSO. Or a donation to APSO. Form must be received to qualify for prize. Donations to APSO will be recorded and the top 100 donations will receive a prize.

5 SCHEDULE

- 5.1 Dates of racing: Saturday September 12, 2020 – In the event of weather conditions not fit for alternative sailing date will be Saturday September 19, 2020
- 5.2 Number of races: One Cruising Sail
- 5.3 The scheduled time of the Cruising Sail will be whenever you want to start. No starting sequence just go for a sail with your family.

6 SAILING INSTRUCTIONS

The sailing instructions will be your own plan. We strongly encourage participants on a boat to be from the same household.

7 THE COURSES

The course to be sailed will be as follows: All marks are to be rounded to Port. Start at the No Wake Buoy in Windycrest Cove. Sail to the No Wake Buoy at the Hwy 64-412 Bridge. Sail to the No Wake Buoy at Washington Irving North Boat Ramp. You may sail anywhere else you want on the lake before sailing to the No Wake Buoy at Windycrest Cove.

8 PRIZES

- 13.1 The scoring system is as follows: Donations to APSO will be recorded and the top 100 donations will receive a prize.

9 SUPPORT BOATS

Support boats shall be motoring around during the event from 11:30 – 2:30 to take photos, video, etc. They will be the WSC RC Signal Boat, and both Red and Silver SeaArks.

10 FURTHER INFORMATION

For further information please contact any of the following: Danny Ziegler, Larry Seacat, Steve & Mary Snider, Terry & Elaine Rainey, Richard Ferguson, Jo Ann Chandler, Rex & Allene Donley, Jim & Sherry Stinson, Gill Greenwood, Skeeter Chilton

**Print and mail or copy below and email to below.
2020 Sail for ALS Charity Regatta aka Sail for Steve Regatta
S4ALS**

**September 12, 2020
Windycrest Sailing Club
Because of COVID 19 things are a bit different this year.**

Name:

Address: _____ City _____ State _____ Zip Code _____

Phone: _____ Email _____

Amount of Donation: _____

Do you want more information about APSO: Yes No

Form must be received to qualify for prize. Donations to APSO will be recorded and the top 100 donations will receive a prize.

Mail this form with check to: APSO (ALS Patient Services Outreach) 12977 S. 200th East Ave., Broken Arrow, OK 74014 Phone 918-595-5758 www.alspatientservices.com/contact

If donating by APSO PayPal Link www.alspatientservices.com/sail-for-steve , or sending check via your Financial Institution Online Banking Bill Pay to address above, please email form to: Commodore@Windycrest.com by coping the form into an email.

Prize this year: A limited edition License Plate Frame see below.



Windycrest Sailing Club**Important People****Editor-Windword**

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I am happy to help do the layout for you.

There are new people coming into the club and other members that don't know everyone, you might have something they need.

Send me an email by the 15th of the month and I will get into the current edition.

At this point it is FREE for members.

I recently found out that there are actually people that read this thing.

Mark

Editor's Log

We keep getting closer and closer to being the old Windycrest, while we are becoming a new Windycrest.

We are seeing more boats on the lake every weekend and regattas are happening. All though we still are not having a club beer and cook outs, we are managing to have some fun. When and if the pandemic is ever over, will we remember how to sit next to each other?

As I am always looking for new things to for the Windword, the suggestion box is always open. I procrastinated this month on **Windycrest People** page. It won't happen again. We need to meet and know each other.

The Classified section is down to just one hoist. I know there are boats and other things for sell by club members. Don't think that if you sent to Carmen for the Web Site that I will see it and post it in the Windword. CC me! And if you sell something that is posted, lets us know so we don't leave it on there for 5 years.

SOMETHING DOES NOT HAVE TO BE NAUTICAL TO POST IN THE CLASSIFIEDS.

- Real Estate
- Services Offered—Services Needed
- Products you produce that we would like such as honey, or delicious jams and jellies.
- Handyman work or boat crafts.
- An Ad for your business.
- The page (s) are open and free to members.

Ahoy! scallywags o' Windycrest sailin' club, prepare yourself fer a one o' a kind race on th' Keystone Sea. Navigate t' either end o' th' course, race 'round both sea buoys 'n return t' port by 3:30pm. Capn's n' thar crews loot th' loot 'n th' prize at 4pm.

Study th' secret map o' th' Keystone Sea 'n consult th' oracles o' wind 'n weather t' decide when 'n how t' navigate th' course.

Listen me good scallywags! beware o' sea serpents 'n salty pirates lurkin' on th' Keystone high seas, sail fast 'n sail safe me hearties!

Sorry but there will be no Brunch

Labor Day Long Distance Corinthian Race



Windycrest Sailing Club
Board of Governors

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Treasure

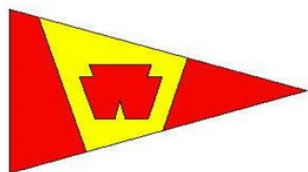
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**WSC Board Minutes of Meeting for August 2020**

August 3, 2020
(August) BOG Meeting

Call the Virtual On Line Meeting to order: Skeeter Chilton (Commodore), David Hyman- (Vice Commodore), Lisa Weatherholt (Rear Commodore), Dan Jarrett (Fleet Captain), Maurice Casad (Secretary), Gary Worley (Treasurer), Mark Hoagland (Activities Chairman), Jo Anne Chandler (Past Commodore), Carmen Skelton (Webmaster), Chris Fowler (Facilities Manager) – absent; members Danny Ziegler and Norman Jensen, and new member applicant Christopher Kovac.

Meeting was called to order at 7:06 pm on line via Zoom. All BOG members and guests participated remotely.

Christopher Kovac is applying for membership. Christopher does not have extensive sailing experience, but he has purchased a Snipe and is eager to learn. Please welcome Christopher to Windycrest.

Old Business:

Norman Jensen attended the meeting to discuss his repair work to the bathhouse roof, and the repair of the gangplank for C dock. Thanks to Norman for his work on these repairs.

The status of A dock was discussed. The outer five slips will need to be demolished soon before another storm hits, or we may lose the entire dock. There is still one more boat to remove. A plan will also need to be devised on how to safely remove the end slips and still keep the remainder intact and serviceable. This work should be completed in the next few weeks.

New Business:

Danny Ziegler participated in the meeting to discuss the possibility of having WSC host the SW MC Scow Regionals this year. The races would be on October 3rd and 4th, all necessary social distancing and health precautions would be taken and no food would be served. The BOG has tentatively approved this to go ahead, but if the situation changes and it appears the event cannot be held safely, the event will be canceled.

Dan Jarrett also discussed the Cat Fight Regatta for catamarans that is scheduled for the end of September. This event would not occur at WCS, but would utilize WSC RC and chase boats, and the race committee would be WSC members. The same rules will apply to the Cat Fight, it is tentatively approved with the necessary health precautions taken, but may be canceled if it appears the event cannot be held safely.

A thank you goes to Jeremy Kirby for his work in repairing the bathhouse plumbing and other bathhouse issues, and helping to prep the boats for Junior Camp.

The asphalt repair/overlay work from the gate into the club has been completed.

Secretary Report:

The July 2020 Minutes of Meeting were approved.
With no social activities, the club's finances are in good shape.

Treasurer Report:

A motion was proposed to accept the Treasurer's report; it was seconded and approved.

Activities Captains Report:

The 22nd annual Turkey Fry Dinner will now be the 22nd annual Thanksgiving Covered Dish Dinner. Options for providing turkey and food are being discussed.

The Annual Meeting, and how to handle it this year, was discussed. The meeting may take place remotely via Zoom, the Windycrest Zoom site can handle up to 100 participants. Officers for the board will need to be determined and votes cast, so a method will be identified and relayed to WSC membership prior to the meeting, however it happens.

Fleet Captain Report -

The WSC Summer series and Wednesday night series are complete with 8 races scored in each series. Wednesday night series wrapped up last Wednesday with a very nice evening of racing in fine weather. The MC fleet was well represented in both series and participation was good. Keelboats were much less represented this summer given current COVID restrictions and crew concerns.

The WSC Fall series begins Sunday, August 30 and will consist of 6 races.

Labor Day Long-Distance Race. Hoping to encourage a good fleet for this event. While we do want to encourage participation among Keelboats, we understand that there may be reluctance to assembling crews. Possible solutions would be to encourage family/household crews and a single-hand fleet for those keel-boaters who feel comfortable doing it all. Open to ideas and suggestions for how to make this a fun and safe event.

The Sail for Steve regatta will be renamed to the Sail for ALS regatta, to reinforce the goal of contributing to fighting ALS, not a specific benefit for Steve.

Vice Commodore Report:

Work parties are progressing without a hitch, so far. The back section of the pavilion has been cleaned of high water debris; trees have been trimmed, garden has been replanted; B dock railings have been painted (mostly); new garbage can corral built for Windyrest; bathhouse roof hole repaired; bathhouse plumbing upgraded; men's shower stalls upgraded; new light on post at turnaround; many picnic tables refurbished (more to be done); life ring stations added or upgraded (two more to be replaced yet); and legal services are being provided to deal with "orphan boats" that have been left at our docks. Major work party projects pending: front half of pavilion to be cleaned and painted as necessary (Fall project); weeds removed from slips; deck stain applied to walkways on B and C docks.

Small group projects have been very well performed and the members appeared to enjoy the experience more than the one-day large crowd work parties of the past. The work seems to be completed in less time and with greater efficiency and better outcomes when small groups are working together. Consideration should be given to approaching work parties this way in the future, regardless whether there is a pandemic or not.

B dock water system is being upgraded. A new feeder line will be run underground to the dock from the water line at the pavilion.

A dock is falling apart more than previously thought. Last weekend, the dock suffered further damage and appears to be failing at three different places. Dock Services Co. met with the V Commodore today and advised that two of the breaks could be repaired in a way that the dock should last the rest of 2020, but that it will not be suitable for long term. The third spot is where the dock was to be cut off due to earlier structural failure. Dock Services will attempt to stabilize that break so that we would not have to remove the outer five slips, after all. However, DS was uncertain if that could be done. The work will begin early next week. In the meantime, the dock walkways have many loose boards and people should use extreme caution there. The facilities manager should put a cautionary sign on the entrance to the dock.

New road surfacing is completed.

Membership applications are strong.

We have very few (i.e., 2) available slips at the moment. One or two more may be come open if the orphan boats are removed. However, if boats must be relocated from A dock, then we will not have any open slips.

C dock is being evaluated for decking replacement where needed. A committee of Jack Stewart, Mark Lobo and Dave Dolcater will soon provide recommended steps.

It is recommended that we begin evaluation of what to do with A dock, considering its condition and the short-term repairs now being performed. It appears that even with current repairs, the dock has no remaining useful life. Options are to remove the dock entirely, or replace it. If the latter, then a financial plan must be adopted to finance the construction.

A motion was made and seconded to spend up to a maximum of \$3,500 to repair A dock. The motion passed.

A motion was made and seconded to give notice to the remaining A dock members located at the end of the dock to remove their boats within two (2) weeks, and charge the owners for the labor to relocate their boats if they have not done so in the time limit. The motion passed.

Facility Manager:

No report this month.

Rear Commodore:

Mike Jones has been very helpful in adult training for the new members of the club who are interested in Sunfish sailing. These are known as WOW – Women of Windycrest. Lisa is struggling to find ways to keep the energy and excitement of the new sailors up in these trying times, with limited interaction possible. The members of WOW have been on the lake sailing, and are enjoying the training.

Past Commodore:

JoAnn will help coordinate the Sail for Steve, now called the Sail for ALS, regatta. The idea of brining back the KISS regatta, where all boats no matter the size are sailed single-handed, seemed like a safe and fun way to keep racing with minimal possible social contact. This idea will be further investigated.

Webmaster

Carmen has now installed, and demonstrated to the board, a video feed on the Windycrest header with boats sailing across the lake, and a Membership only section of the Windycrest website that members may use the gate code to access.

Stephen Gent has taken some very nice video action of WSC and the board will investigate ways to incorporate his video work into our website.

Commodore:

Skeeter met with the Osage County commissioner to discuss paving/repairing the road from New Prue road to the club gate. The cost to WSC is currently estimated at \$17,000. The idea of asking other landowners along the road to contribute to a repaving effort was discussed. It appears that at least some of the landowners do not have a legal obligation to contribute to a repaving fund, but the club will contact them to see if any are willing to contribute.

The next meeting will be on September 14th, probably again via Zoom in an on-line meeting. Any member that would like to participate is welcome to join.

Respectfully yours,

Maurice Casad, Windycrest Secretary

Editor's note: Skeeter sent this over to be included in the Windword.

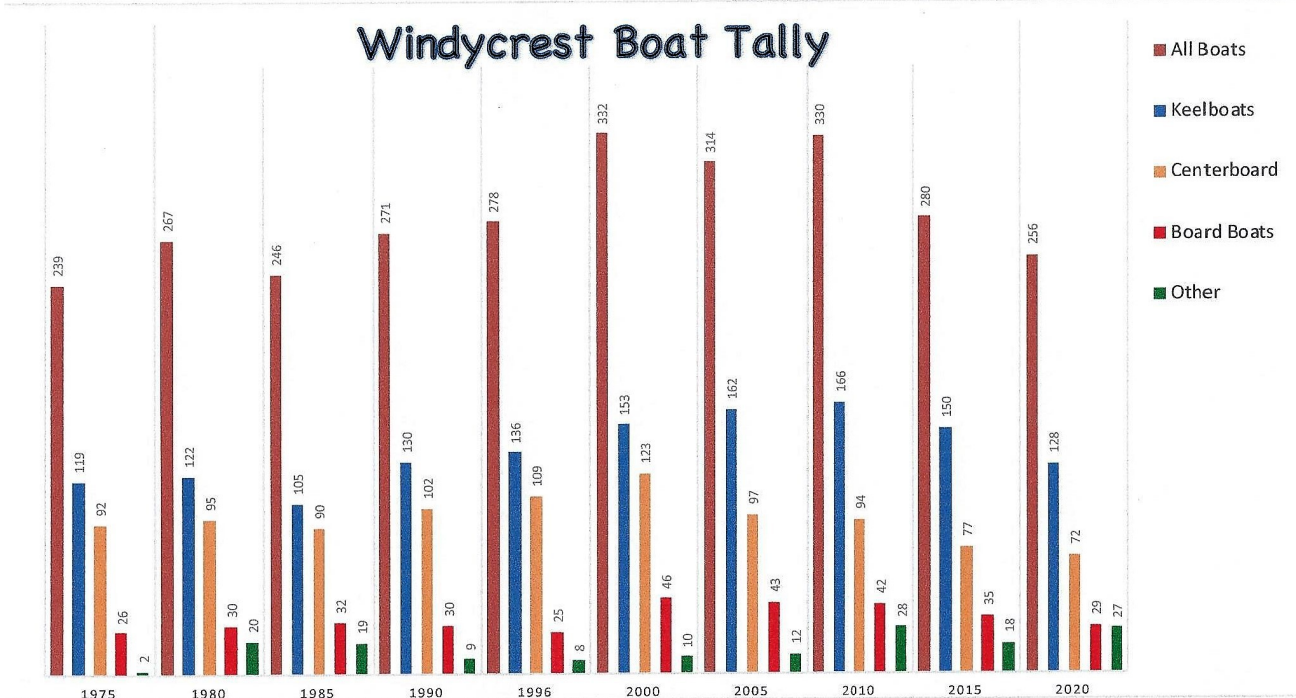
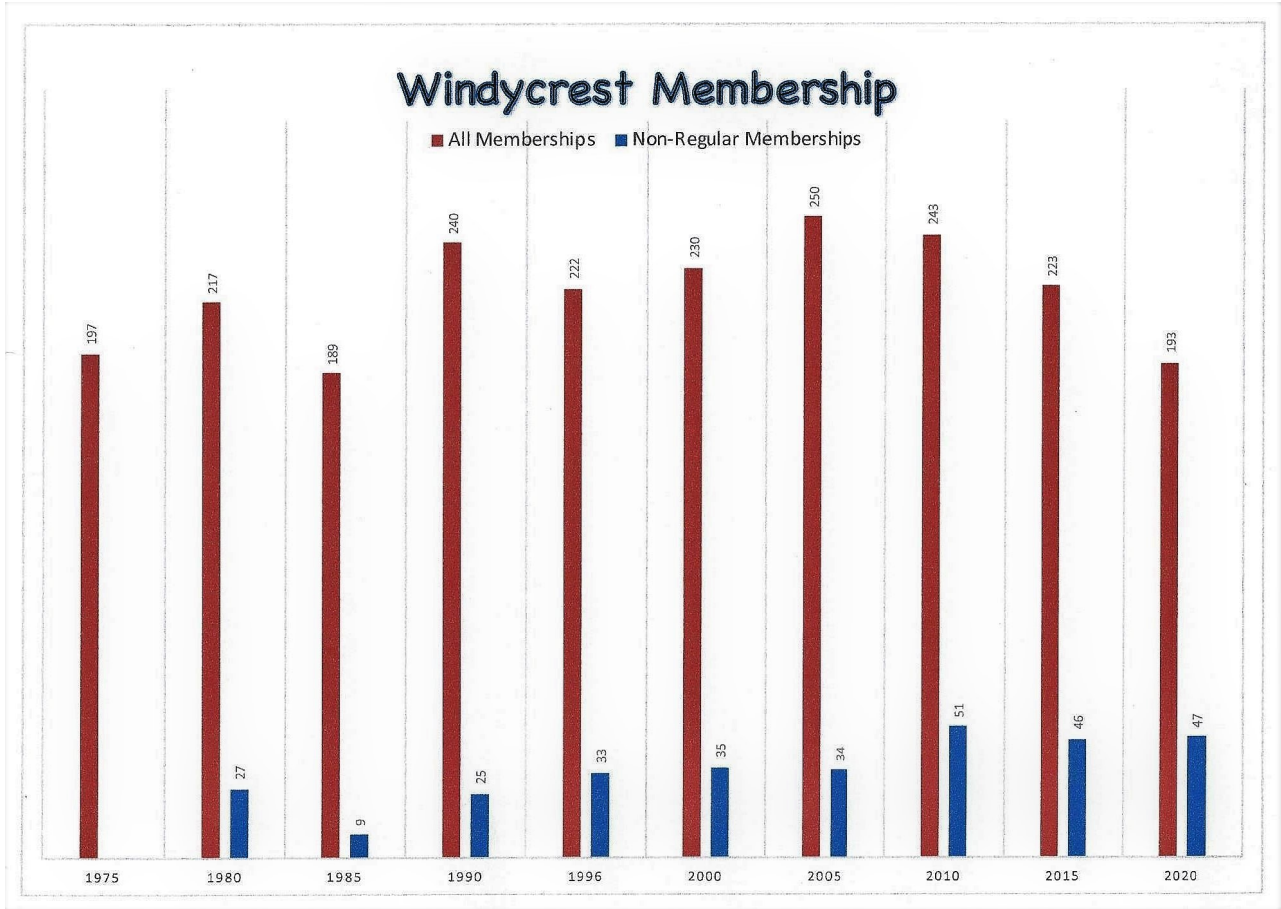
Windycrest Membership and Boat Tally Charts

A few notes regarding the enclosed charts:

- ◆ I couldn't find my 1995 directory, so I used the information in the 1996 directory.
- ◆ My 2005 directory did not have a listing for the Keelboat Cruising Fleet, so I used the 2004 directory numbers for that fleet.
- ◆ Non-Regular memberships include Associate, Sustaining, Special Racing, Life, etc.
- ◆ Over the last ten (10) years club membership has been declining, but the non-regular membership has remained fairly constant. Almost ¼ of the membership is now composed of non-regular members.
- ◆ The OTHER boats category includes multihull boats, sailboards and CR914, etc.
- ◆ Over the past twenty (20) years the number of centerboard boats has declined by 41%.
- ◆ Over the past ten (10) years the number of keelboats has declined by 23%.
- ◆ For many years we had a waiting list for slips; now, with declining memberships and declining numbers of Keelboats we have some empty slips.

Dave Dolcater.





I have been Activities Captain for two years and I have had floods and a pandemic. Not much to work with. I do see a light at the end of the tunnel. Danny Z. has put together a fun **Labor Day Long Distance Race/Sail**. **Sail for ALS** has a twist to it but it is still a great cause and the longest running Charity regatta. The Annual Club Meeting and Election for Board of Governors sounds like it may be a virtual event.

There is a rumor going around that we are going to start up the **KISS Regatta**, a single handed race from years past. I went out on a past Sunday to see if I could go a single handed sail, it went well. I am work on having a Social Distancing Beach Party (see calendar). Mainly this means no taxi's with 16 people in it, and sitting is larger circles of friends.

***Pre Full Moon Beach Party (Full Moon September 1)
August 29th***

Fires started at 6:00PM

2 shuttles from Club to beach 5:30 and 6:00PM

Taxis to Boat to Beach 6:30 - 7:30

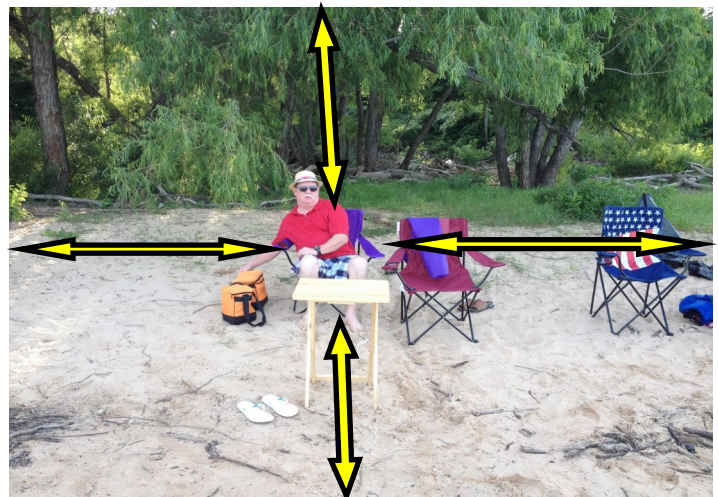
Cook your own food, drink your own drinks and have a good time.

DON'T FORGET YOUR COOKING UTENSILS, NO SHARING

9:00 Taxis to club

9:30 taxis to boats

11:00 GO HOME



MC REPORT FOR AUGUST



We have finished racing for the summer, but we still have some business to take care of. The Sail For ALS is coming up on September 12. I urge everyone to participate and make a nice contribution to a worthy cause. The APSO works with families effected by ALS, helping set up support services for those in need. Everything from giving a caregiver a break to arranging for a new roof or vehicle. It is a special organization that is very local. Your money goes directly to programs for those in the Tulsa area.

You might notice that this year the name has been changed to Sail For ALS. Steve understands that he won't be here forever (you will in our minds Snider) and wanted to make the change so that we can continue supporting the organization that he cares so much for. He's always thinking about others in his same shoes before he thinks of himself. Shows you the kind of man we support in this endeavor.

Due to the Covid, it will be donations only this year. We will be taking pictures of sailors enjoying the lake on the 12th to create a Sailing For ALS video. Sail between 12 and 2 and we'll get you in it having a good time. (Pray for a nice day.) One thing that we do know is that ALS continues unrelentingly and the APSO needs funds to help patients. Day in and day out. For APSO, they need us more than ever. The cost of everything goes up. Please, plan to support Sail For ALS this year. Maybe dig a little deeper in the pocket, they really need funds to continue the APSO mission. Do so for our friend Steve Snider.



Thank you,
Danny Ziegler

MC#2162 and Sail For ALS Committee



San Juan 7.7

Posted 7/1/18

**For Sale
6000 pound Hydro
Hoist**

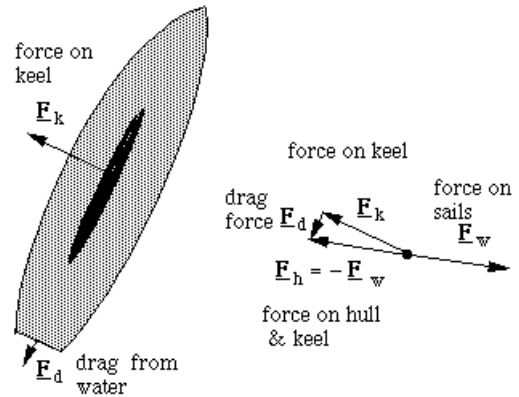
in excellent condition!

For a great price of:

\$1900

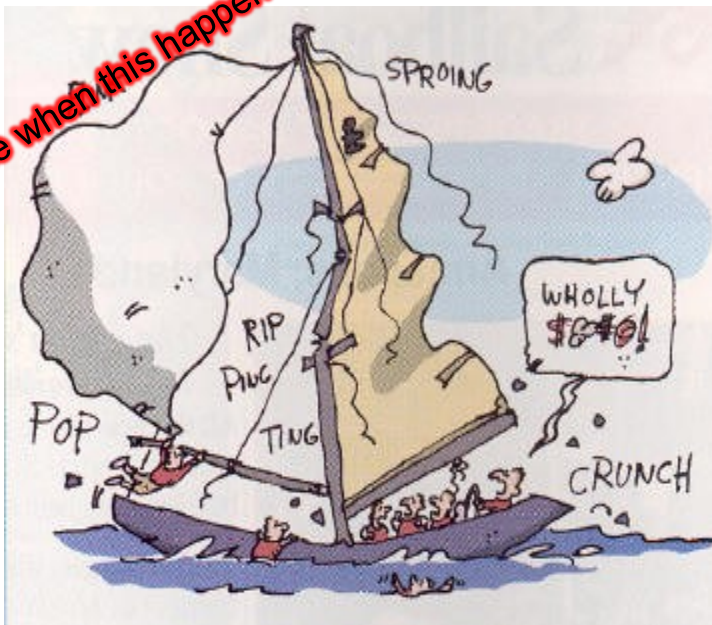
Located at Windycrest Sailing Club

**Price included install in
any slip**



I knew I should have paid attention in "All ge bra"! I just try to go fast!

I hate when this happens!!



"If he feels he's boating, he's happier and more productive. So, I had that desk specifically built for him."

Not all news is sailing news. Some is just fun information.

monkey around



Hello people of Sailing Anarchy! I'm Sydney Steenland, I am 15 years old and the founder The Sea Monkey Project. Let me tell you what The Sea Monkey Project is and how we started it! Mum (Sarah Steenland), Dad, my brother and I have lived on our sailboat "Sea Monkey" since 2011. Sailing from Australia and through South East Asia, we saw first-hand that the ocean plastic pollution issue is a global and vast problem.

Spanning to every corner of the earth and affecting both human's and nature's health in ways you never even new existed. So once we reached Malaysia we created The Sea Monkey Project because we just couldn't sit by and look at it anymore. We had to try and do something about the problem.

The Sea Monkey Project is a social enterprise that focuses on plastic pollution solutions and education. To list all the different things we do to help the environment whilst benefiting underprivileged communities would takes ages, if you want to learn more check out our website [Sea Monkey Project](#).

But for now, let me tell you about our latest Earth-saver!! As sailors, I know you want to protect our oceans, therefore I think you'll be interested in this!

A large portion of what we do is up-cycling discarded materials. Check out our newest and snazziest up-cycled items that are our biggest triumph and keep a great deal of pollution out of our ocean.

I'm talking about backpacks, totes, and hip bags. These bags are truly bags for the Earth. My family and I have collected-by-hand items of pollution from all over South East Asia, such as:

- Boat sails and kite sails (donated from fellow cruisers)
- Fishing (ghost) nets
- Rope
- Seatbelts
- Plastic pollution

We take all these materials and breathe new life into them as these bags. Handcrafted by refugees from Pakistan and with every bag sold, we will plant one mangrove in Myanmar with Earth Restoration to make these a climate positive bag. So you can feel 100% awesome that you're helping make an impact!

Find out more about the differences we are making in South East Asia, or if you'd like to support or buy one of our up cycled bags, then [check out our Kickstarter campaign](#).

I LOVE THIS!
"Editor"

Not all news is sailing news. Some is just fun information.

Reprinted from www.backyardsumo.com



A home backyard (editor: Beach Party, on your boat, etc.) is a place to relax in the lazy evenings, host parties or a playground for your kids. This is where you can enjoy your free time, gulp down drinks or just sit by watching the stars.

However, these blissful moments could be ruined with fireflies, ants, mosquitoes and the stinging insects that will turn your leisure into a horror with stings and bites.

Besides being troublesome, these pesky insects could cause diseases and allergic reactions. It is prudent to get rid of them at all costs, and this article outlines with six methods that can accord you an effective backyard pest control.

Organic sprays and plants

Several organic sprays have been developed from plants to keep away insects. The sprays are often made of strongly scented ingredients like hot pepper and garlic. A mixture of the two can go a long way in suffocating the stubborn insects to death. You can also plant the repellent plants in your backyard. The lavender, marigold, and rosemary have repellent properties that will keep off mosquitoes. Besides, these plants have bright and attractive colors that spice up your backyard flair. To keep away ants, plant mint around the backyard or even station garlic cloves in their pathways.

Invite the bird-eating insects

Backyard birds feed on insects such as the beetles and caterpillars. At the beginning of summer most people think of spending most of their time outdoors, and luckily this is the period when birds feed their hatchlings with insects. This is a good period to invite them to your backyard and relieve you the stress of fighting away insects. There are various ways of bringing the birds closer to your backyard. They need places to hide and form nests; you can, therefore, leave a small shrubby section near your backyard to develop. They also like areas with water from where they can drink or bathe and so consider having an outdoor fountain.

Candles

Candles produce smoke that works great in repelling flies and mosquitoes. Purchase several of them and position in different sections of the backyard to keep insects off dinner. Moreover, candles are assets of outdoor entertainment through their lighting and ambiance. The kinds of candles that will provide your guests with the welcoming mood are the citronella and geraniol candles. Add on the glamor with trendy candle holders. In place of the candles, you can get citronella torches from the hardware stores.

Mosquito lamp

A mosquito lamp will save you from the mosquito bites throughout the night. This is a perfect item for outdoor use. The lamp is a combination of a candle and a diffuser; the candle is lit to activate the diffuser that in turn releases the repellent. Strategically place the lamp for a 6 to 7-hour protection from the unwanted guests. These are lovely lamps that will decorate your backyard in addition to keeping it mosquito-free.

Destroying the Insects Attractions

This is a backyard pest control technique that completely eliminates the insects. Mosquitoes are attracted by stagnant water and bushy areas. To keep them away, drain any area where water is standing and slash down the bushes and thickets. Destroying their breeding and hiding places near the backyard will give you a peaceful time in your yard. Weeds and grass also attract bugs. Employ a lawnmower for trimming and maintain the backyard short and dry.

Use insect repellent balms

Apart from attacking the insects, a backyard pest control can be achieved by preventing them from contacting the skin using balms. You can buy a badger balm that is a natural product made from a blend of cedar, lemon grass, and citronella. None of its ingredients is toxic and therefore safe for children too. You can also rub a lemon balm on the skin or even put in the fire to produce a scent that will repel the bugs. Apply the balm 2 to 3 times a week to repel aphids and the squash bugs.

In conclusion, you no longer have to worry about insects interfering with your dinner or party at your backyard. These six methods will grant you an effective backyard pest control to guide you against the harmful insects as well as giving you a backyard idyll.

Some pointers for Single-handed sailing I got from:

Thoughts, Tips, Techniques and Tactics for Singlehanded Sailing

Andrew Evans on Foolish Muse

Shock Cord sailing –for every single-hander: I put this first because it is vital for every single-hander, and if I left it until last most readers would just skim over it and not learn these techniques. These techniques work perfectly well, are virtually idiot proof and only require five dollars' worth of materials. Beating into the wind is the easiest. Simply by lashing the tiller in place and making some minor adjustments to sail trim, the boat will continue its course with only slight variation. It is amusing that in most races, the single-hander will be eating on upwind legs when the boat can steer itself, while crewed boats eat on downwind legs when the boat is flat.

Tacking - Keeping in mind that we are sheeting to the high side of the boat, the steps to a perfect singlehanded tack are:

1. Ensure that the lazy sheet is laying $\frac{1}{2}$ wrap around the unused winch.
2. Remove the active sheet from the cleat of the winch but leave two wraps on the winch.
3. Start the turn.
4. Just as the jib is back winded, remove the wraps from the winch and release the sail.
5. Pause the turn just 20° past head to wind. Use a knee to control the tiller. This pause should only last a few seconds and not long enough to lose speed.
6. Moving across the cockpit, grab the lazy sheet and pull fast and hard. The plan is to ensure the sail is inside the lifelines. That is the only measurement of success, if the sail is completely inside the lifelines.
7. Using the knee, control the tiller to drop the boat down to close hauled.
8. Sit down with the tiller in the leeward hand.
9. With the winch handle in the windward hand, winch the remainder of the sheet. It may be necessary to steer with the tiller under the knee and use both arms to drive the winch.
10. Get the boat under control and at best possible speed on the new tack.
11. If unsuccessful at keeping the sail inside the lifelines, ease the jib sheet and turn head to wind. Winch in the sail as it flops inside the lifeline, then bear away to fill the sail.

The Start - Take a good look at the line and figure out where all the other boats are going to be at the start. Most often in club races all the boats will be crowding the committee boat end or the pin end, depending on the wind. So, the first tactic will be to avoid that end of the line completely. So, a single-hander who avoids the crowd has, with this one tactic, put himself into clear air and probably into second place 100 yards after the start. I can't say how many times I've used this tactic with success. I'm all alone, in clear air and sailing a full speed at the gun on the so called "unfavored end" of the line while I watch 10 boats shouting at each other and sucking bad wind at the favored end of the line. Another tactic that I've use well is to follow the others at the committee boat end, but just slightly behind, and then tack immediately after the start. All the other boats on the line can't tack onto port until the lead boat tacks, and he might not want to. Once again, I'm in clear air at full speed just moments after the start