



IN THE BREEZE

August/September 2007

Let's Scare Up Some Fun At The Pumpkin Cup!

It's time again for one of the most fun events of the year—the much awaited and enjoyed Pumpkin Cup! That's right, windy fall weather is expected and will be perfect for camping!

Oh yeah, did I mention it's once again going to be held at the beautiful Dallas Corinthian Yacht Club Facility? We have been able to enjoy this facility for the last several years (and hope to do so for many years to come).

Besides the joy of sailing, we will enjoy a great BBQ dinner from Rudy's and a movie night (movie to be determined) but I'm sure it will be scary.

Barbara Marino has also offered to host a scavenger hunt for the kids on Saturday. She will be aided by Pam McCord. They will be searching for all kinds of goodies throughout the park.

Did I forget to mention the Custom Event T-

Shirts, Trophies & Give-aways—dang I shouldn't have forgotten those.

This is one of the most fun and casual events of the year. It's our way of relaxing and having wind-surfing fun at the same time.

We'll have youth sailors as well as old timers, hot showers for the campers and a beautiful facility in case of good weather or bad.

Details of this event are as follows:

Dallas Corinthian Yacht Club on Lake Lewisville, October 13th and 14th. This is my favorite event of the year. It is a fun, laid back regatta with good food and a good vibe. Camping is encouraged and is free. We will have plenty of prize give-aways for our drawing on Sunday afternoon. Look for more information on the website soon, including registration information. Please note that

early registration is the only way to ensure you receive a Custom T-Shirt.

Pumpkin carving normally tops off the evening, before the movie night. If you are a dedicated carver, bring your own pumpkin, we may have a few extras lying around—but don't count that as a given.

All kids are encouraged to test out their costumes ahead of time. Rumor has it that there may be treats for any kids dressed up.

Happy Sailing and Racing to All!

Bruce Moore, Aris Tsami and Barbara Marino



Upcoming Events

"GET ACTIVE IN YOUR CLUB TODAY"

UPCOMING EVENTS:

September 15—**Summer Fun Race, Tickey Creek Park**

September 18 **Club Meeting, 7:00 P.M., Mariner Sails**

October 13 -14 **Pumpkin Cup DCYC**

November 13 **Club Meeting 7:00 P.M., Mariner Sails**

Jan—**Date TBA**
January Wine & Cheese Club Meeting at Mariner Sails

Stay tuned for further information!

Club Website:
<http://www.ntwr.org>

SPEED AND CONTROL

By Ken Merten

It has been said, “What should be obvious, sometimes isn’t”. What I am referring to is the overpowering sensation when the wind speed picks up and you begin to lose control of your rig. The sail twists out of your hands (extreme pull on the back hand), and you are slammed into the water. This is sometimes call “back winded”. The phenomenon occurs because the center of force in the sail moves back toward the clue because the shape of the sail is distorted by the increasing wind speed.

So what does one do when confronted with overpowering wind? One choice and probably the most common is to head in and change to a smaller sail. Another may be to stay out and totally waste your forearms during the next 15 minutes and call it a day. Little did you know that you have at least three other options

This is where the “should be obvious” comes in. If the sail is changing shape and the center of force has moved back in the sail (towards the clue), moving your harness lines back a bit and rebalancing the rig puts you back in control. Well, duh! Of course you will now be traveling at a higher rate of speed in increasing chop or waves, so this creates another dilemma for those that don’t like pushing the limits. Do you rig down, or do you step up to the challenge and become a better sailor by going beyond the comfort zone? This situation is applicable to increasing winds, not up and down gusty conditions.

The second option when the wind picks up is to head in and down haul your sail some more, taking some of the depth out of the sail, making it flatter and less powerful. If you have a newer sail, increasing the downhaul will also loosen the leach at the top of the sail, allowing the top part of the sail to “twist off”, dumping some air and de-powering the rig. However, now that you have some control back, plus a flatter sail with less drag, you will be sailing faster and faster. Back to the previous dilemma again. Remember that when you increase downhaul, you may need to increase the length of the boom too, because with more bend in the mast, the clue length of the sail becomes a little longer.

The third option when overpowered is to head in to shore, pack up, drive over to Mariner Sails and buy an adjustable outhaul kit. With this on your boom, all you need to do is give the outhaul rope a tug, flatten the sail a bit, moving the center of power back up to the forward part of the sail. Your harness lines are now balanced again and you are sailing faster and faster. When the wind backs off, let off the outhaul and you are back in balance again. No extra trips to shore to make adjustments or to re-rig!

The back winded phenomenon is more prevalent with the larger sails (the center of force will move greater distances in a large sail), but it happens with all sails. Camber induced sails are a little more stable in puffy conditions because the center of force doesn’t move around as much as non cambered sails, plus the newer designs have very loose leaches and twist off nicely in the gusts. This is generally true for most cambered sails made in the last 5 years, but older cambered sails may not have any twist at all.

However you choose to deal with too much wind is your choice, but if you decide to push the limits and increase your ability to stay in control at higher and higher speeds, you will become a better and more confident windsurfer. The down side is that a few trips over the handlebars are inevitable. With a little luck your gear & body will survive, with only your ego suffering damage.

Shoulders? Yes Shoulders!

By Roberta Stavelly

I have been windsurfing for three or four years now. I love the sport and expect to pay for my fun in the form of at least one bruise per outing and an occasional sore lower back. I know that I have to be careful about using my back and remember to tuck my toosh in. If I forget, I can always rely on Ken Merten to remind me of the importance of it. But no one ever mentioned anything about taking care of my shoulders.

Shoulders, you say? Yes. Shoulders. I am finding out that shoulders injuries are going to be my Achilles heel of windsurfing. At first I thought this must be because I am a weenie girl. But According to The Stone Clinic in San Francisco, the two most acute injuries in Windsurfing are rotator cuff tears and dislocations. Shoulder impingement is another common chronic injury. See http://www.stoneclinic.com/windsurf_shldr.htm .

I never thought much about my shoulder before my first experience with shoulder pain. It happened 2 years ago after a spring race on Lake Grapevine that Bob McCord held. I don't remember anything in particular other than that the winds were close 20mph. Strong for me, but manageable. The next day my shoulder was sore and I couldn't raise my arm above my shoulder. Swimming, one of my weight control activities, became impossible. Getting dressed, brushing my hair and driving required extra care. It was no fun.

Of course I am way too cheap and stingy with my time to go to a doctor. I was pretty sure he would just give me his standard remedy anyway. Pills. So I read my sports injury book (by James G. Garrick) and surfed the net for "shoulder pain" to self diagnose my problem.

After a while I settled on a few sets of exercises that were mentioned in the book and on the web. The following sites show the basic exercises I performed.

<http://familydoctor.org/online/famdocen/home/healthy/physical/injuries/268.html>

<http://www.orthoassociates.com/shoulder1.htm> They are simple exercises that don't require any sweating and don't take long. I really felt that they helped. But the expectation is that you will do them every day, and whenever I felt a little better I would let up on the exercises.

Needless to say, recovery was slow. I gave up swimming until I was completely pain free. Thankfully, windsurfing brought me no pain. At least not enough to count. But it took NINE months to be completely pain free. I convinced myself that because I am right handed, it was weakness in my left shoulder that caused my injury. I was determined to continue exercises designed to strengthen my shoulder and prevent future injury.

But how long did that last? Not long enough to even remember. And what happened at the last Texas State Champs? I don't know but the 2 days after I returned my RIGHT shoulder was sore. Before long it hurt much more than I remember my left shoulder hurting. I don't know what caused it. Was it practicing jibes in 7mph winds gusting up to 10mph? Surely not. Was it loading a vintage long board onto the top of my car? Maybe.

I am now, again, avoiding swimming and doing those exercises again. It has been two months. Seven months to go. Should I go to a doctor this time? No.. Too much time ... too much money. But maybe a newer lighter weight windsurfer would help. I bet I could get one for less than 1K. And this time I'll do those exercises regularly. At least as often as I floss. Seriously guys. I highly recommend doing exercises to strengthen your shoulder muscles. There are many web sites that show how to strengthen your shoulders. Here are a few.

http://www.boardseekermag.com/windsurfing_fitness/index_005.htm

<http://www.teammpg.com/coachingdisplay?id=2>

http://www.limmatsharks.com/files/shoulder_strengthening.pdf

http://www.orthop.washington.edu/uw/weakshoulder/tabID_3376/ItemID_190/PageID_370/Articles/Default.aspx

And if you do hurt your shoulder, do what the book said... see a doctor about what exercises would be best for your particular injury.

NORTH TEXAS WINDRIDERS
c/o Mariner Sails
10903 INDIAN TRAIL NO 100
DALLAS, TX 75229



Pumpkin Cup October 13th & 14th

YES I AM INTERESTED!!

in joining the North Texas Wind Riders

Sign up for club membership today and make sure you aren't missing out on any valuable information!

\$25.00 Individual Membership Enclosed

Racing is important
Clinics are important

\$30.00 Family Membership Enclosed

Social Events are important
Other: _____

Name: _____

Address: _____

Work Phone: _____

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E-mail Address: _____

Please Send replies to:

North Texas Wind Riders
c/o Mariner Sails
10903 Indian Trail
Suite 100
Dallas, TX 75229
<http://www.ntwr.org>

How would you like to be reminded about upcoming events?

work phone home phone e-mail

Please e-mail my newsletter Please mail my newsletter

I will access the Newsletter on the Web

Please include my Information in the Club Roster

Thanks!