

Save the Date!
Racing Seminar Workshop
February 16th

MRSA, Chesapeake Multihull Association (CMA), Maryland Yacht Club (MYC) and Rock Creek Racing Association (RCRA), are presenting an all-day Racing Seminar Workshop to be presented by David Dellenbaugh, editor of the Speed&Smarts Newsletter. A professional racing sailor, David is a veteran tactician of several America's Cup Campaigns, a rules expert, and has coached for the US Olympic Team and numerous private clients.



2019 Seminar A: STARTING

This *Speed & Smarts* seminar examines the tactics and strategies of Starting. Topics include pre-start planning, first-leg strategizing, picking the favored end, the importance of line bias, using a line sight, defending your hole, making your final approach, evaluating risk, key racing rules at the start, starting philosophy and more! (3 hours)

so please register early if interested.

Register and pay [here](#).

If you have any questions about the seminar please contact Jon Anthony at race_committee@magothysailing.com

The work shop, on Saturday, February 16th, from 8 AM to 4 PM, at the Maryland Yacht Club, will focus on the many aspects of starting and the upwind leg. The \$66.00 (\$33.00 for high school racers) registration fee includes coffee, tea, sodas, Danish, break refreshments and lunch.

Participants will be capped at 80 (56 adult racers divided among MRSA, CMA, and RCRA/MYC, and 24 high school racers, and only two individual per boat),



2019 Seminar B: UPWIND

This *Speed & Smarts* seminar explains the strategy and tactics of racing Upwind. Topics include how to pick the favored side of the beat, windshift strategy, risk versus reward, laylines, current, strategic rules of thumb, light versus heavy air, tactical principles, boat-on-boat positioning, covering, wind shadows, fleet management, key rules and more! (3 hours)