

**RCR Yachts**

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**From:** "RCR Yachts" <sail@rcryachts.com>  
**Sent:** Wednesday, July 07, 2010 1:46 PM  
**Subject:** Fw: RCR Yachts Racer's News

**RCR Yachts Racer's News #375, July 7, 2010****Contents:**

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**RCR**  
YACHTS

**What's New? By Don Finkle:** In this edition we have several very informative articles on a couple of topics of importance: heat stress and sunscreen. Please take the time to check them out.

This is a very busy weekend coming up, with regattas everywhere. Speaking of busy, I have been too occupied with various duties, work and volunteer, to be able to track down many results this week. So there are limited results this week but we'll revisit the results in a future issue. Gary Edelman read our comments about local handicapping and wrote us back with some ideas that he has seen in Wisconsin. You can read what Gary sent in the "Commentary" section below.

This weekend we are happy to offer our Buffalo marina location to host the parties for the Buffalo Harbor Sailing Club summer regatta. The action begins Friday night with a 6 PM Skippers' meeting, and social activities Friday, Saturday and Sunday as well.

We spend a lot of time promoting as many events in our region as we can find information for, now it is time to hype a few of our own. This Saturday the Niagara Cup & Hospice Regatta will be held jointly between NOLSC and Youngstown YC. The overall winner earns a berth in the Hospice National Championship next June at Rochester YC. You can sign up for this event here:  
<http://www.niagarasailing.on.ca/017/page1.html>

The next Big Thing is the 37th **Annual Youngstown Level Regatta** to be held at YYC July 24-25. While not as gigundous as it once was (some would say that is not a bad thing) "the Level" is still one of the largest weekend keelboat regattas in NA. A herculean effort by a large number of volunteers ensures that you will have good racing and a good time when you come to see us later this month. Please sign up here:  
[http://www.yachtscoring.com/event\\_registration\\_email.cfm?eID=311](http://www.yachtscoring.com/event_registration_email.cfm?eID=311)

**July 10, Niagara Cup & Jack Beatty Niagara Hospice Regatta:** One day regatta to benefit Niagara Hospice, Qualifier for Hospice Nationals.  
<http://www.niagarahospiceregatta.com/>

**July 12, 20th Annual Frolic on the Bay** to be hosted by the Erie Boating community and held at the Erie Yacht Club. Long time EYC sailor, Dan Dundon, is Frolic chairman. Call Dan 814-455-6672 to volunteer your boat, yourself or to make a tax-deductable donation. Monday, July 12, 11:30 AM til 5:00 PM

**July 23, Beneteau Sailors' Party at RCR Yachts Youngstown Showroom:** As always we will be hosting our party again on the evening before the Youngstown Level, more details to follow in future issues.

**2011 Rolex Women's International Keelboat Regatta returns to RYC (from Will Harris of Waterline Systems):** "US Sailing has recently made it official; The 2011 Rolex Women's International Keelboat Championship regatta will once again be hosted by the Rochester Yacht Club in J/22s! The RWIKC is an amazing event on a lot of different levels. The parties are great, the organization is great, the competitors range from high-schoolers to Olympic gold medalists and the racing is at a really high level.

There is a lot of "saving sailing" talk floating around. I'm not sure if having more wives, daughters and girlfriends actively racing and going to regattas is "saving sailing", but I do know that it's a whole lot more fun.

We should all do what we can to get behind this event. Waterline Systems is a long time supporter of the event, we sponsor the event, several teams and we help out with clinics and coaching. We are pretty limited in what we can do unless there are teams to support. Talk up the event at your club, or in your fleet. Encourage the women to at least check it out. We're happy to answer any questions your teams might have about the entire process of doing a 'Rolex'"

#### **This Week's Events:**

July 8-10 Eastern Yachting Circuit, Brockville (Ontario) YC  
 July 10 Niagara Hospice & Niagara Cup, NOLSC  
 July 10 LORC PHRF Series at PCYC  
 July 10-11 PCYC Open Regatta, IRC Canadians, J/22 Canadians  
 July 10-11 IRC Great Lakes Championship, Port Huron, MI  
 July 10-11 IRC Canadian Championship at the PCYC Open  
 July 10-11 CNYSA Centrals Regatta, Sodus Bay YC/SBJSA  
 July 10-11 BHSC Summer Regatta  
 July 10-11 Great Lakes Championship for Lightnings, North Cape YC  
 July 10-11 Great Lakes Championship for Thistles, North Cape YC  
 July 10-11 Sail Newport- Newport, RI

#### **Prior Events: results yet to come**

Cleveland Race Week Offshore  
 C&C Owners' Regatta, NYC  
 Sodus Bay YC Challenge Cup  
 Rock the Hammer Regatta, Royal Hamilton YC  
 Olcott Wiredown Regatta  
 LEIC  
 Soling North American Championship

**J/111 Ready to Fly:** "Preparations for the first sail of the J/111 are in their final stages. CCF Composites has done a wonderful job preparing the molds, tooling and finish work; some additional tools were made to

increase strength-to-weight ratios and improve production efficiencies. The end result will be a clean, lightweight, durable performance sailing machine. Additionally, sailmakers around the world have broken out their heavy artillery to ensure the first sails out of the bag are fast, strong and lightweight. To date the first boats will have Doyle/New Zealand, North, Quantum and Ullman Sails aboard, all designed by their latest "flow design" programs, with latest materials technologies and managed by their leading sail designers. Sail design concepts and specifications proposed by these leading sailmakers are pointing to a 111 class inventory of a main, two jibs and two asym spinnakers." (from Jboats News)

**Calling All LYRA Trophy Winners.** "If you won a LYRA perpetual trophy at last year's Annual LYRA Regatta at RCYC, you have some follow up obligations. Winners are obliged to secure, maintain, polish as needed, and return the trophies in time for the next regatta. You should also have the trophy engraved as appropriate. If you are planning to participate in this year's regatta, July 27-August 1, you can just bring the trophies with you. Otherwise, you should get them to Buffalo Yacht Club by July 19. Bob Elliot, LYRA President"

**Sept 25-26, J/22 Northeast Championship** at The Lake George Club. This regatta on picturesque Lake George-- the "Queen of American Lakes"-- in the southern Adirondack Mountains of New York State welcomes sailors, family and friends to enjoy a beautiful setting, competitive racing for all levels, usually favorable winds, and live Saturday night entertainment.

<http://www.thelakegeorgeclub.com/ActiveSeasonFolders/sailing/schedules/regattas-j22-NOR.asp>

**12' Bombardier 3.8 Meter 1984**, 2 Mainsails, Custom Removable Jib & Forestay, New Running Rigging, \$700. Optional Trailer Available. Located Buffalo, call Brian 716-799-4860 or [brian@rcryachts.com](mailto:brian@rcryachts.com)

**LYRA Skippers. Please pay attention and pass this on to your crew.** The LYRA Clothing store is now open at <http://shop.buffaloyachtclub.org/> There will be very limited clothing for sale on site as it is hard to predict the quantity when boats do not preregister. This is some good looking product so take a look and buy now while it's available. Tom Lewin 716-861-3700 Cell Phone.

**PLEASE sign up now for the events** you intend to sail this year. In most cases it costs you nothing when you sign up, you can pay later. The on-line systems in use, such as [www.yachtscoring.com](http://www.yachtscoring.com) take the hassle out of it, and there really is no good reason not to register now. It is really unfair to the organizers who do the work for your benefit but have no idea who is coming. This makes it much harder on them. So lets go!

**Buffalo Harbor Sailing Club Crew Bank Now Up and Running:** Looking for crew? Looking for a boat to crew on? E-mail [bhsccrewbank@gmail.com](mailto:bhsccrewbank@gmail.com)

**WE NEED MORE BOATS TO SELL!** Let us list your boat, or come see us about a trade-in. Call any of our sales staff for an idea of what your boat is worth.

**RCR staff cell phones, dial us as needed!**

Don Finkle 716-695-4328

Rick Lenard 716-472-4702

Corbo Corbishley 585-752-2530

Tracy Buczak 716-680-4554

Bruce Lort 716-998-7545

Darren Wright 716-572-2312

Brian Buczak 716-799-4860

Gerry Palmer 941-400-5241

**LORC website,** <http://www.lorc.org>

**PHOTOS of BENETEAU FIRST 30 BY JUAN K:** BENETEAU is launching the new FIRST 30, designed by the talented Juan Kouyoumdjian, well known for his contributions in the America's Cup and the Volvo Ocean Race. <http://www.teamfirst30.com/?p=482&lang=en>

**Heat Stress:** With warmer weather fast approaching, we would all be well served to remember that our body can suffer from overheating. Outdoor activities can intensify our natural body heat checks and balances and there are stress levels that cannot be ignored...

- Heat Cramps - these are simple muscle spasms that often happen after heat exposure. They generally occur in the arms, legs or stomach and are caused by a loss of sodium and potassium during the sweating phase, even if you have consumed water. They may be painful and/or uncomfortable but rarely will heat cramps cause permanent damage. Do not drink large quantities of sports drinks or electrolyte drinks high in sodium as they will create their own issues. Better yet, drink a lemon-lime soda (non-caffeinated) after 3 - 4 glasses of water. In hot weather, avoid alcohol as well. It may taste good but will accelerate dehydration.

- Heat Exhaustion - more serious than heat cramps, but your body's natural cooling system will still function. Symptoms of this are headache, heavy (profuse) sweating, intense thirst, fatigue, dizziness, loss of coordination, nausea, poor judgment, loss of appetite, anxiety, cool, moist skin, a rapid (120-200 bpm) pulse and low to normal blood pressure (don't these sound like fun?)

A person who shows signs of heat exhaustion must be immediately moved to a cool, shaded area. Use a fan or other means of cool air circulation as well as placing wet, cool cloths on them. Give them sips of water and keep them from any further strenuous activities for at least another 24 hours.

- Heat Stroke - this is the bad boy of the group. Heat stroke is a life threatening situation with a high death rate. In the medical service field, we refer to this as a TRUE EMERGENCY. Heat Stroke happens when the body has exhausted its internal supply of water and salt and the person's body temperature rises to unsafe levels. The patient may have experienced heat cramps and heat exhaustion, but that is not always the case. Be aware that heat stroke may sometimes be mistaken for a heat attack.

The easiest thing to remember about a heat stroke is - Red Hot, No Sweat. The patient's skin will be red in color, their skin will be hot to the touch and they will not be sweating...again, remember Red Hot, No Sweat. The body temperature will be 103° or higher, there will be an absence of sweating, they will have difficulty breathing, more severe signs than heat exhaustion. Left unchecked, the patient will have seizures, collapse, lose consciousness and death will occur as the body temperature may have reached 108° or higher.

What to do? The patient must have their body temperature IMMEDIATELY lowered by any means possible. Remove all clothing, pour cold water or ice water on them, and place cold packs on them. Call 911 and make sure the emergency services know that it is heat stroke - seconds count! Ice, ice and more ice. With the patient lying on their back, the ice will work best if placed under the arms, on the chest area and between the legs in the groin area. Do not give this patient anything to drink.

We can prevent these situations by following some simple guidelines:

1. Always consume adequate amounts of water for the heat conditions you are in - stay hydrated.
2. Avoid alcohol and caffeine if working in the heat.
3. Feel lightheaded or getting a headache? Take a break & get out of the sun for a few minutes.
4. Wear light colored clothing. Hats help as well.
5. Use fans or air conditioning if possible to prevent overheating.
6. Watch others working around you & help them out if needed.

Remember that our body heat must be regulated, just like the engine of your automobile. Ignore the signs of

a rising temperature and bad things may happen. Warm weather activities are fun...let's keep them that way!

Michael R. Babin  
Atlas Copco Comptec LLC

**SUNSCREEN FOR SAILING (from Scuttlebutt):** What is the best sunscreen for sailing? Scuttlebutt asked this question over a year ago, seeking the advice from some of the people who are regularly on the water. From America's Cup winner Russell Coutts to Olympic Gold Medalist

Anna Tunnicliffe, plus scores of elite sailors such as Kenny Read, Terry Hutchinson, and Greg Fisher, Scuttlebutt received countless tips on types of sunscreen and their application. With the Northern Hemisphere summer officially in season, it is time to revisit this valuable information along with a recent report published this week in the Los Angeles Times below:

Do you get significantly better sun protection from lotion with a SPF rating over 30? Something strange is happening in the sunscreen aisle. Shelves that had been stocked with bottles claiming an SPF, or a sun protection factor, of 30 now trumpet SPFs of 55, 70, even "110+." This not-so-subtle escalation often comes with corollary pricing. Higher SPFs frequently cost more, but are they worth it? Many dermatologists don't think so.

"Once you get to SPF 50, it's really getting silly," said Boston dermatologist, James Spencer. "SPF refers to multiples of how much longer it takes the skin to burn," but it isn't a linear progression. An SPF of 30 doesn't offer twice as much protection as an SPF of 15, for example. An SPF 15 blocks 94% of UVB rays, SPF 30 blocks 97%, and SPF 45 blocks 98%. Spencer recommends sunscreens with an SPF of 30, as does the American Academy of Dermatology, "because we know you're not going to put enough on."

In fact, the academy found that most sunscreen users put on only half as much sunscreen as they should to get the product's claimed SPF protection. Making matters worse is the fact that sunscreen doesn't last all day and needs to be reapplied every few hours.

The Food and Drug Administration began requiring SPF ratings on sunscreens sold in the U.S. in 1978. But SPF ratings only measure one type of sun protection. Sunlight consists of about 95% UVA, the ultraviolet light that contributes to skin cancer and wrinkles, and 5% UVB, which is responsible for sunburn. SPF only applies to UVB. It does not indicate UVA protection.

While many sunscreens claim to be broad spectrum - protecting the skin from both UVB and UVA - there's no way of knowing how much UVA protection is included in a sunscreen. Yet. This October, the Food and Drug Administration "intends to publish rules to address sunscreen formulation, labeling and testing requirements for both ultraviolet B and ultraviolet A protection," according to FDA spokeswoman Shelly Burgess.

Do you have any tips on sunscreen? Here is the original Scuttlebutt Forum thread from March 2009, where all the advice is posted and new information can be added:

<http://forum.sailingscuttlebutt.com/cgi-bin/gforum.cgi?post=7198>

## Commentary:

**From a Reader:** "Don, Always enjoy reading your weekly newsletter. I have raced under 2 systems that address your comment on handicapping very local fleets in order to encourage participation by newcomers and maybe the less serious racers, in this week's edition.

The first was devised a long time ago at Hooper's Sailing Club at the University of Wisconsin. In the days before personal computers, some enterprising math wiz's put together a system to help encourage people to get out and race, and to help them measure their progress.

We'd regularly get 25 to 30 Badger Tech Dinghies out for races 3 nights a week. The scoring system figured in an imaginary sailor we called Hooper. Hooper always finished in the middle of the fleet. One measured your Progress and score by how well you did against "Hooper". If you were a top notch sailor (read member of the racing team) and were getting beat by Hooper, or not beating Hooper by very many places, your score reflected this. On the other hand, if you were just starting out, and gaining on Hooper, or even beating Hooper, your score was better.

Unfortunately, I don't have all of the details, but I am sure you could contact Hoopers and get them.

The second is the system used at my yacht club (South Shore Yacht Club, Milwaukee, Wisconsin) for Wednesday night racing. All boats start off with their base PHRF handicap. Each week your handicap is adjusted, with a maximum adjustment of 9 seconds a mile.

If you finish in the first third of the fleet, your PHRF handicap is lowered by 3 seconds for the next week's race. If you finish in the middle third, it stays the same, and if you finish in the bottom third your PHRF handicap is raised 3 seconds.

This system seems to have encouraged participation, and back of the fleet finishers seem to stay interested and get better.

Hope these ideas are helpful. Best, Gary Edelman"

## Boat For Sale News:

***Let RCR Find Your Next Boat, or Sell Your Existing One!***

**Selected listings only, see [www.rcryachts.com](http://www.rcryachts.com) for full list:** The listings below are only part of what we have for sale, these are just the performance boats, there are plenty more cruising sailboats and power boats, available for sale with us. We can also find you a boat out of town, just let us know what you are looking for.

**33' X-102 1984 "Xenia"** has been **REDUCED** to \$24,900. This represents an excellent value in a well-made boat, built in Denmark.

**26' Tripp 26 1993** Jacksonville, \$19,900

[http://www.yachtworld.com/core/listing/pl\\_boat\\_detail.jsp?](http://www.yachtworld.com/core/listing/pl_boat_detail.jsp?)

[&units=Feet&id=2218345&lang=en&slim=broker&&hosturl=stbartsyachts&&ywo=stbartsyachts&](http://www.yachtworld.com/core/listing/pl_boat_detail.jsp?&units=Feet&id=2218345&lang=en&slim=broker&&hosturl=stbartsyachts&&ywo=stbartsyachts&)

**38' C&C 38-3 1986 "Montage"** Youngstown \$67,900

**38' C&C 38 1976 "Foxfire"** Rochester \$22,900

**35' J/35C 1991 "Jibe Talkin" Rochester, \$99,000**  
**35' C&C 35-3 1983 "Allegro" Rochester \$48,500**  
**35' Peterson One Ton 1975 "Kapoosh" *REDUCED* \$19,900**  
**35' J/35 1984, "Her Nibs", Sodus Point \$29,900**  
**34' Peterson 34 1978 "Arrow" *NEW LISTING* Rochester, \$29,500**  
**34' J/34 1984 "Soundwave" Olcott \$19,900**  
**33' X-102 1984 "Xenia" Youngstown *REDUCED* \$24,900**  
**32' C&C 32 1985 "Merlin" *REDUCED* \$32,500 Erie**  
**31' Niagara 31 1982 "Gandalf" *NEW LISTING* Buffalo \$29,900**  
**30' Redwing 30 1969 #101 "Daruma" *NEW LISTING* Rochester, \$16,500**  
**30' Cal 9.2 1981 "Al Steamer" Buffalo *REDUCED* \$6,900**  
**29' C&C 29-2 1983 "Komotion" Port Dover, \$22,900**  
**28' Islander 28 1985 "Chuckles" *UNDER CONTRACT***  
**28' Albin Cumulus 1980 "My Option" Buffalo *REDUCED* \$8,900**  
**27' CS 27 1979 "For Now" *REDUCED* Buffalo \$9,900**  
**26' C&C 26 1976 with Trailer *SOLD***  
**22' S2 Grand Slam 6.9 1984 w/Trailer *NEW LISTING* Rochester, \$7,900**

**RCR is a Beneteau Platinum Dealership!** Beneteau has created a program that ranks all of their dealerships on a variety of factors, one of the main components being customer satisfaction and service. RCR has attained the highest ranking, the Platinum level. This comes on top of winning the President's Service Award from Beneteau in October. Congratulations to our staff for a job well done, and thanks to our loyal customers for your support.

**Let RCR Find Your Next Boat, or Sell Your Existing One:** Once in awhile we need to remind our readers that we are actually in business. It is nice to provide a service to the sailing community and hopefully our readers will remember us when it comes time to buy or sell a boat. We do know what we are talking about!

## Regatta News:

**Cleveland Sailing Association, CSA:** [www.clevelandsails.com](http://www.clevelandsails.com)

**All US SAILING's Chubb U.S. Junior Championships (Sears/Bemis/Smythe) semi-finals are open events now, no quarter-final qualifiers.**

Area E Semis - July 25-27 at Crescent Sail YC Grosse Pointe Farms MI

Area B Semis - July 29-31 Stamford YC CT

Finals - August 14-19 San Diego

Centrals are at Sodus Bay, hosted by Sodus Bay Yacht Club and Sodus Bay

**July 17, WOMEN SKIPPER INVITATIONAL REGATTA at Genesee YC**

Sandra Sarbou-Wion at (585) 342-1788, [wions2000@hotmail.com](mailto:wions2000@hotmail.com)

or The Genesee Yacht Club website at [www.geneseeyc.org](http://www.geneseeyc.org)

**July 17-18, LYRA Stolze Cup Match racing to be held at RCYC in Toronto**

**July 24-25, Youngstown Level Regatta, our 37th Annual:** Registration is now open. We will have a prize drawing each month for early registrants, you can sign up now at <http://www.yachtscoring.com/emenu.cfm?eID=311>

**Big News for LYRA 2010, by Tom Lewin:** Gary Jobson will make a special guest appearance at Friday night's festivities for this year's LYRA regatta at The Buffalo Yacht Club. More LYRA news to follow as it becomes available. Maybe it's time to mark your calendar and rustle up the crew. Founders and Centennial

start 7/27/10; Freeman 7/28/10. 3 day Course racing 7/30-8/1 and 2 day course racing 7/31-8/1. Tom Lewin, 716-839-4212 office, 716-861-3700 cell

### **July 30-Aug 1, Special Events Included in the LYRA at Buffalo YC:**

Beneteau First 36.7 Great Lakes Championship  
Farr 30 Great Lakes Championship  
IRC Eastern Great Lakes Championship

### **Lake Ontario Short Handed Racing Series:**

August 21 Long Distance 100 Miler  
Sept 18-19 Dalhousie 2-Day Race Weekend  
July 17 Lake Ontario 300: [www.LOSHRs.com](http://www.LOSHRs.com)

**August 14: The Second Annual Oak Orchard Regatta**, is coming together nicely. Bob Elliott is returning as PRO, and another assortment of great trophies and prizes is being assembled. If you were there last year, you know what we mean. Come in on Friday for an old fashioned Oak Orchard Yacht Club pre-regatta party. There will be white sail, multihull, and spinnaker divisions so spread the word to ALL your sailing buddies. It is going to be a hoot! NOR and Registration at [www.ooyc.com](http://www.ooyc.com)

**Aug 19-21, MERCEDES BENZ J/22 North Americans:** The Buffalo Yacht Club and its sponsor, Mercedes-Benz, will be hosting the 2010 J/22 North American Championship. The J/22 NA's are going to feature not only the Gold Class (the fast guys and girls), but they'll present a Junior Division, a Ladies Division and a Masters Division. Plans are to have one start for all classes but separate awards for the aforementioned. A practice race will be run on Wednesday, August 18 and Sunday the 22nd can be a travel day. Help the Buffalo Yacht Club celebrate its 150th anniversary. Come join us in August! <http://www.j22.com/>

### **August 27 BHSC Full Moon Regatta Friday Aug 27**

**Aug 28-29, EYC Level & Open Regatta** is a great event with a lot of boats from various fleets including IRC. EYC will provide a start for any class if enough show up, minimum 5.

**Sept 3-6, Farr 30 North American Championship:** Will be held on the Chesapeake Bay in Annapolis MD at the 44th Annual Annapolis Race Week Sept 3-6 with 4 days of racing. This is an official Farr30 International One Design sanctioned event and all participants must be current class members. We expect to have the full support from the local Chesapeake Fleet in attendance with 10 boats and 10+ out of town boats bringing the total attendance close to 20 boats.

Event Details can be found at [www.farr30.org](http://www.farr30.org) and [www.cbyra.org](http://www.cbyra.org) under Annapolis Race Week.

New this year is a 4th day of racing. CBYRA will provide a race course and committee for the Farr 30 Fleet on Friday, September 3, 2010. Post-regatta parties will be held at the Annapolis Yacht Club annex with For additional information, please contact Brad Kauffman, the Chesapeake Fleet Captain. Cell: 410-279-6150 Email: [bkauffman@vocus.com](mailto:bkauffman@vocus.com)

### **Sept 10 Erie Waterfront Heritage Days**

**Sept 11-12, J24 Great Lakes** at Rochester Yacht Club

**Sept 20-26, Melges 24 North Americans** at Rochester YC. Site is up and under construction at <http://www.m24northamericans2010.com/>

### **LASER DISTRICT 9 REGATTAS**

Skippers Meeting 10:00 am for each regatta.

10-11 July Sodus Bay YC and SBJSA DISTRICT 9 GRAND PRIX CHAMPS  
 OK (Centrals Regatta) Mike Foley 585 748 7006  
 24-25 July Empire State Games - Buffalo (Details to be confirmed)  
 7-8 Aug Rochester YC - Junior Olympics Jon Faudree 585-314-9760  
 Sat 14 Aug Seneca YC Jim Gindling 315-521-6693  
 16-19 Aug C.O.R.K. Junior Regatta Kingston, Ont <http://www.cork.org/>  
 21-25 Aug C.O.R.K. OCR Regatta Kingston, Ont <http://www.cork.org/>  
 Sat 11 Sept Willowbank YC "Deathroll" Mike Mueller 443-465-2687  
 Sat 9 Oct Henderson Harbor Laser Regatta

## **Products, Services & Links:**

### **Great Sources for Vinyl Boat Names:**

[www.signdogs.com](http://www.signdogs.com) 585-748-7006  
[justyn@niagaragraphic.com](mailto:justyn@niagaragraphic.com)  
<http://www.huntgraphic.com/BOAT%20GRAPHICS.htm>

**Speed & Smarts:** Dave Dellenbaugh's writes an excellent newsletter for the racing sailor, you can subscribe at <http://www.speedandsmarts.com/>

**Looking for a half-hull model of your boat?** <http://www.tridentstudio.com/>

**Viking Trailers is offering a 10% discount** on all Trailer parts and service work. Just say "RCR Newsletter" and receive your discount. Viking also offers Sailboat Hull, Boot stripe and Topside painting, in house only.  
 Viking 724-789-9194

**The GLSS website** is [www.solosailor.org/](http://www.solosailor.org/)

**Post Your Dates:** [www.regattadates.com](http://www.regattadates.com) and [www.sailingscuttlebutt.com](http://www.sailingscuttlebutt.com)

**Destination One Design Website:** <http://www.destinationonedesign.com/>

**UK-Halsey Newsletters:** <http://www.ukhalsey.com/newsletter/index.asp>

**SORTING OUT THE NEW RACING RULES:** UK-Halsey's animated rules quizzes FREE. Just log on and get smart. <http://www.ukhalsey.com>

**PREDICTWIND - NEW FORECAST SITE** <http://www.PredictWind.com>

**Scuttlebutt Newsletter Link:** <http://www.sailingscuttlebutt.com/subscribe/>

**Lake Yacht Racing Association** <http://www.lyrawaters.org>

**Sodus Bay Jr. Sailing Association** <http://www.sbjsa.org/>

**Central New York Sailing Association** <http://www.centralssailing.org/>

**Quality Affordable Vinyl Boat Names:** [WWW.NIAGARAGRAPHIC.COM](http://WWW.NIAGARAGRAPHIC.COM)

**Racing Rules Quiz:** <http://www.ukhalsey.com/RulesQuiz/index.asp>

**THE LATEST IN BOAT EQUIPMENT:** <http://www.MyBoatsGear.com>

## **Flea Market & Small Boats:**

**For Sale Antique Outboard-** 1948 Evinrude Ranger 1.5 hp. In original condition. Turns over. Pictures available. Tim Booth [tbooth@k-100.com](mailto:tbooth@k-100.com)

**For Sale:**

Martec RH 12D x 5P-2, 1" shaft 2 blad folding prop - \$300 + shipping (OBO)

Propeller, 3 blade bronze, 17 x 14, \$200 + shipping ( OBO)

Teleflex fuel sender kit, new, never used, \$15 + shipping

Dahl Baldwin diesel fuel filter/water separators, model 65, have 2 of them, \$60 each + shipping (OB)

2 Lewmar hatch trim and screen kits for #60 hatch (20" x 20") - \$50 for each or best offer, photo available upon request

2 offshore orange PDF's, adult size, \$20 each or BO, photo on request

2 compass covers for bulkhead mounted compass - for up to 5 5/8" diameter - \$5 each + shipping

SeaRanger 6000 marine VHF with mic - \$20 (OBO) + shipping, works fine

contact [rwaller@twcnny.rr.com](mailto:rwaller@twcnny.rr.com) or call Bob at (607)387-5207 for more information on any of the above

**Cleaning out the Basement:**

28" diameter stainless wheel

40" diameter stainless wheel

[Tbooth@k-100.com](mailto:Tbooth@k-100.com)

**Tips & Hints:****Weather radar sites:**

<http://radar.weather.gov/radar.php?rid=buf&product=N0R&overlay=11101111&loop=no>

[http://www.weatheroffice.gc.ca/radar/index\\_e.html?id=WKR](http://www.weatheroffice.gc.ca/radar/index_e.html?id=WKR)

[http://radar.weather.gov/Conus/index\\_lite.php](http://radar.weather.gov/Conus/index_lite.php)

**A good place to look for racing tips is Destination One Design**, put out by Quantum Sails:

<http://www.destinationonedesign.com/index.aspx>

**Race Results:****2010 Youngstown Open Laser Regatta, July 3**

Pl Sail # Skipper Subg. From 1 2 3 4 5 Pts

1 173173 Chas Williamson Master Ithaca YC 1 1 2 2 2 8

2 171002 Rich Wait Master Webster, NY (ISO) 2 3 1 4 5 15

3 192057 John McNally Master Palm Beach Sail Club, FL 3 6 4 3 1 17

4 137090 Kevin Doyle Master YYC 5 9 3 1 4 22

5 777 Bobby Bryant Master RYC 4 5 8 5 3 25

6 176076 Chris Doyle Master YYC 6 2 7 7 10 32

7 110120 Jimmy Carminati Open YYC 8 4 9 6 8 35

8 123300 James Gardner Open NOLSC 10 7 5 8 6 36

9 16845 Guy Jones Master Toronto (RCYC) 9 8 6 9 7 39

10 86396 Jack Doyle Junior YYC 7 10 10 10 9 46

### **Erie YC INTERSTATE TROPHY RACE**

24 June WINDY 25-32 kts W to NW

SPINNAKER A Time on Distance / Dist.70.54 n

1 2 MAGIC 72 WILLIAM HERTEL J-35 08:06:12 06:41:33

2 4 HALCYON 78 JACK GORDON SABRE 426 WK 08:38:44 07:07:02

3 5 DREAMER 99 DAVID BERIG ALDEN 55' KATCH 09:05:10 07:08:47

4 6 MASEGO 78 CHRIS BLOOMSTINE BENETEAU 36.7 08:56:00 07:24:18

5 7 RAVEN 72 DAVE HEITZENRATER SCHOCK 35 09:07:56 07:43:17

DNF 7 12 LANADA II 78 DAVID HALLER BENETEAU 36.7

SPINNAKER B Time on Distance / Dist.70.54 n

1 1 ANDYCAPP 156 CHRISTIAN WOLFORD CAL-33-1 09:24:05 06:20:41

2 3 VENTURE 162 DAVE AMATANGELO TARTAN 33 SH RFJ 10:14:05 07:03:38

3 8 NEWS 138 RONALD RAGGHIANI OLSON 911 Erickson 10:39:01 07:56:46

4 9 SILVER WHEEL 168 BEN SCHAEVITZ ALLIED CHANCE 30 12:12:40 08:55:09

5 10 LADY JANE 174 MICHAEL O'NEALL TANZER 29 12:23:15 08:58:41

Dave Heitzenrater [dddd@neo.rr.com](mailto:dddd@neo.rr.com)

## **Race Calendar:**

**To add your event to the Calendar write to Don Finkle at [dbfinkle@aol.com](mailto:dbfinkle@aol.com)**

July 13, 20, 27 Founder's Series YYC/NOLSC

July 7, 14, 21, 28 Sheet Tailer's NOLSC/YYC

July 8-10 Eastern Yachting Circuit, Brockville (Ontario) YC

July 10 Niagara Hospice & Niagara Cup, NOLSC

July 10 LORC PHRF Series at PCYC

July 10-11 PCYC Open Regatta

July 10-11 IRC Great Lakes Championship, Port Huron, MI

July 10-11 IRC Canadian Championship at the PCYC Open

July 10-11 CNYSA Centrals Regatta, Sodus Bay YC/SBJSA

July 10-11 BHSC Summer Regatta

July 10-11 Great Lakes Championship for Lightnings, North Cape YC

July 10-11 Great Lakes Championship for Thistles, North Cape YC

July 10-11 Sail Newport- Newport, RI

July 15-16 Steerer's Youth Dinghy Regatta, PCYC

July 16 BHSC Single-Handed race

July 16-18 2.4mR Canadian Championship at National YC

July 17 Genesee YC 10th Annual Women Skippers Invitational

July 17 Bayview Port YC Huron to Mackinac Race

July 17 Lake Ontario 300, PCYC

July 17-18 4 Sisters Dinghy Regatta, PCYC

July 17-18 Stolze Cup Match Racing at RCYC

July 17-18 Eastern Great Lakes's J/22s Buffalo YC

July 17-19 Rolex NYYC Race Week- Newport, RI

July 18-20 Beneteau 36.7 Mid-Atlantic Champs & Screwpile Regatta

July 22-25 Marblehead NOOD

July 23-34 Sail Oswego

July 24 Chicago to Mackinac race

July 24-25 Youngstown Level Regatta

July 27 LYRA Founder's Race, Erie to Buffalo

July 27 LYRA Centennial Race, Port Colborne to Buffalo  
 July 28 LYRA Freeman Overnight Race, Buffalo YC  
 July 30-Aug 1 LYRA Course Racing Buffalo YC  
 July 30-Aug 1 Beneteau 36.7 Great Lakes Championships, Buffalo YC  
 July 30-Aug 1 Farr 30 Great Lakes Championship, Buffalo YC  
 July 30-Aug 1 IRC Eastern Great Lakes Championship, Buffalo YC  
 July 30-Aug 1, The National Regatta at National YC  
 July 30- Aug 1 Soling Canadian Championship, Bath, Ontario  
 July 30 Cleveland Deepwater Race to Put-in-Bay

Aug 2-6 Lightning Junior, Women, Masters NA's, Metedeconk, NJ  
 Aug 3, 10, 17, 24 Don Kress Series YYC/NOLSC  
 Aug 4, 11, 18, 25 Lincoln Trust Series NOLSC/YYC  
 Aug 6 BHSC Double-Handed Race  
 Aug 6-8 Junior Olympics Rochester YC  
 Aug 6-7 Buzzards Bay Regatta, Marion, Mass  
 Aug 6-8 Put-in-Bay Bay Week Senior Regatta  
 Aug 6-14 Thunderbird Internationals at ABYC  
 Aug 7-8 York Cup Match Racing at RCYC  
 Aug 8-13 Lightning North Americans, Tom's River, NJ  
 Aug 13 BHSC Single-handed Race  
 Aug 14 Duck Island Distance Race HHYC  
 Aug 14 Oak Orchard Invitational Regatta  
 Aug 14 73rd Falcon Cup, Rocky River to Mentor Harbor  
 Aug 14-15 J/24 District 7 Championship at Oswego YC  
 Aug 14-15, US Shark Championship Dunkirk Yacht Club  
 Aug 18-21 J/22 North American Championship, Buffalo YC  
 Aug 20 14th Trans-Erie Race, Erie to Gross Ile  
 Aug 20-22 Verve Cup, Chicago  
 Aug 21 Rochester Hospice Regatta, Hosted by GYC  
 Aug 21 LOSHRS Long Distance 100 Miler  
 Aug 20-21 Beneteau 36.7 Summer Regatta - Detroit  
 Aug 21-22 RCYC Royals Weekend  
 Aug 22 Governors Cup & Mayors Cup, Erie  
 Aug 22-28 Canadian Optimist Dinghy Championship, RHYC  
 Aug 27-29 Great Lakes Multihull Championship, Bay City YC  
 Aug 27 BHSC Full Moon Overnight Race  
 Aug 27 Double-Handed Race YYC/NOLSC  
 Aug 28 LORC PHRF Series at EYC  
 Aug 28-29 Etobico YC Level & Open Regatta  
 Aug 28 Fourth Lake Erie Solo Challenge  
 Aug 29 EYC Charity Regatta for the American Red Cross  
 August 31 Doug Hooper Series YYC/NOLSC

Sept 1, 8, 15 1812 Series NOLSC/YYC  
 Sept 3 Double-Handed Race YYC/NOLSC  
 Sept 3-5 Bronte Rocks Regatta, Oakville  
 Sept 3-6 Farr 30 North American Championship, Annapolis  
 Sept 7, 14, 21 Doug Hooper Series YYC/NOLSC  
 Sept 8-11 Qualifying Series for 2011 NYYC Invitational  
 Sept 11 C of the Walk Fun Race YYC/NOLSC  
 Sept 11 BHSC Last Chance Regatta

Sept 17 EYC JAM & Maxi Koehler Cup, Erie to Dover  
 Sept 18 Bluff Bar Race for Wolford trophy, Erie YC  
 Sept 18 EYC Koehler Cup 1, Erie to Port Dover  
 Sept 19 EYC Koehler Cup 2, Port Dover to Erie  
 Sept 11 LORC PHRF Series at QCYC  
 Sept 11-12 QCYC/NYC Open Regatta  
 Sept 11-12 Larchmont SW NOOD Regatta- Larchmont, NY  
 Sept 11-12 J24 Great Lakes at Rochester Yacht Club  
 Sept 12 Fall Series NOLSC/YYC  
 Sept 15-18 J/105 NA's Chicago  
 Sept 17-19 Ideal 18 Nationals, Larchmont YC  
 Sept 18 Argosy Rose Bowl NYC  
 Sept 18-19 J/22 East Coast Championship, Annapolis  
 Sept 18-19 LOSHRS Dalhousie 2-Day Race Weekend  
 Sept 19 October Cup NOLSC  
 Sept 20-26 Melges 24 North Americans at Rochester YC  
 Sept 25 Donald Summerville Memorial Race  
 Sept 25 Oswego Ricotta Regatta  
 Sept 25-26 J/22 Northeast Championship at The Lake George Club  
 Sept 25-26 Sandy Beach YC Haul Out Regatta  
 Sept 25-26 American Yacht Club Fall Series- Rye, NY  
 Sept 25-26 Shark-Homecomers NOLSC/YYC  
 Sept 26 EYC Thomas Carole Reverse Handicap race

Oct 2-3 American Yacht Club Fall Series- Rye, NY  
 Oct 3 Boswell Trophy Race, RCYC  
 Oct 3, 10, 17, 24 October Cup NOLSC/YYC  
 Oct 9 Oswego Great Pumpkin Race  
 Oct 15-17 Farr 40 North American Championship, Annapolis  
 Oct 16-17 Annapolis YC Fall Series for B36.7s  
 Oct 16 Tom Turkey NOLSC/YYC  
 Oct 21-24 B-36.7 North American Championship Annapolis YC  
 Oct 29-31 STC IRC East Coast Championship, Annapolis

Nov 13-14 Fall Regatta, Marco Island YC

Dec 3 Ft Lauderdale to Palm Beach Race

### **LASER DISTRICT 9 REGATTAS 2010 TENTATIVE CALENDAR**

Skippers Meeting 10:00 am for each regatta.

Sat 3 July Youngstown YC Paul Hays 716-745-1279  
 10-11 July Sodus Bay YC and SBJSA DISTRICT 9 GRAND PRIX CHAMPS  
 (Centrals Regatta) Mike Foley 585 748 7006  
 24-25 July Empire State Games - Buffalo (Details to be confirmed)  
 7-8 Aug Rochester YC - Junior Olympics Jon Faudree 339-309-9213  
 Sat 15 Aug Seneca YC Jim Gindling 315-521-6693  
 21-25 Aug CORK OCR Regatta Kingston, Ontario <http://www.cork.org/>  
 Sat 12 Sept Willowbank YC "Deathroll" Mike Mueller 443-465-2687  
 Sat 10 Oct Henderson Harbor YC Canaan Leonard [hhsa-sailing@hotmail.com](mailto:hhsa-sailing@hotmail.com)

**Scuttlebutt Calendar:** <http://www.sailingscuttlebutt.com/calendar>

If you want your event to be shown on the US Sailing event calendar, go to this link:

<http://www.ussailing.org/calendar/>

**Club/Fleet Contacts, compliments of Haartsick Sailmakers:**

[www.brockportyachtclub.org](http://www.brockportyachtclub.org)

[www.dunkiryachtclub.org](http://www.dunkiryachtclub.org)

[www.sailcyc.com](http://www.sailcyc.com) (Canandaigua)

[www.geneseeyc.org](http://www.geneseeyc.org)

[www.oswegoyachtclub.org](http://www.oswegoyachtclub.org)

[www.rochesteryc.com](http://www.rochesteryc.com)

[www.sodusbayyc.org](http://www.sodusbayyc.org)

[www.buffaloyachtclub.org](http://www.buffaloyachtclub.org)

[www.sailbhsc.org](http://www.sailbhsc.org) (Buffalo Harbor Sailing Club)

[www.j22buffalo.com](http://www.j22buffalo.com)

[www.olcottyachtclub.com](http://www.olcottyachtclub.com)

[www.buffalocanoecub.com](http://www.buffalocanoecub.com)

[www.yyc.org](http://www.yyc.org) (Youngstown YC)

Central NYSA, formerly CNYIRA [www.centralssailing.org/index.html](http://www.centralssailing.org/index.html)

**Local sail lofts include:**

Bierig in Erie, 814-459-8001 (David Bierig)

Dieball Sailing Cleveland, 216-361-1160 (Ernie Dieball)

Dieball Sailing Toledo, 419-726-2933 (Skip Dieball)

Doyle Detroit, 586-790-7500 (Al Declercq)

Doyle Buffalo, 716-435-5944 (Peter "Louis" Johnson)

Doyle Sarnia, 519-344-5236 (Spike Boston)

Doyle Toronto, 905-820-9169 (Ed Botterell)

Evolution Toronto 416-503-1931 (Greg Bratkiw)

Haarstick / Bay Sails Hamilton, ON 905-529-7245 (Keven Piper)

Haarstick in Rochester, 585-342-5200 (Doug Burtner)

Haarstick in Buffalo, 800-342-5033, (Eric Christensen)

Katlynn in Sodus, 315-483-9102 (Marcia Wait)

North in Toronto, 416-259-9644 (Geoff Moore)

Rahamer Designs Port Ontario 315-312-3079. David Raham

Sportech sails in St. Catharines, 905-688-1833 (Jamie Day)

Ullman Buffalo, 716-447-9766 (Brad Hollingsworth)

Ullman Cleveland, 216-486-5732 (Greg Koski)

Ullman Rochester, 1-877-sail-umg (877-724-5864) (Justin Damore)

Ullman Sails-Port Ontario, 315-298-3960 (David Raham) [rahamer@twcny.rr.com](mailto:rahamer@twcny.rr.com)

UK-Halsey Toronto, 416-915-9134 (Brian Chapman) [brian@ukhalsey.com](mailto:brian@ukhalsey.com)

**Address Change:** Please notify us if you change your e-mail address.

**CALENDARS OF MAJOR EVENTS**

- Events listed at <http://www.sailingscuttlebutt.com/calendar>
- For information on North Shore events on Lake Ontario, go to [www.lorc.org](http://www.lorc.org).
- Website for Ontario sailing events: [www.sailon.org](http://www.sailon.org).
- Cork: [www.cork.org](http://www.cork.org)
- [www.regattadates.com](http://www.regattadates.com) and check out the latest events, and sign up for our email updates. While you're there, make sure that all of your major, upcoming and future events are listed in our database. If they are not listed, feel free to include them by clicking on the "Submit an Event" link that can be found

on the menu and at the top right of your screen. from Luiz Kahl

**Disclaimer: We locate info and event dates from a wide variety of sources, and we won't be held responsible if dates change or info we obtain turns out to be inaccurate. Please double-check any event prior to heading off to it!**

**In the event that you don't want to receive future issues, please reply to this message, and type Remove in the subject line.**