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Volume 13, Issue 4

Port Tacks

The Finger Lakes Yacht Club, Village Marina, Watkins Glen, NY

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Commodore's Comments

by Howard Cabezas

SV Ruthie

What an epic summer we are having! Our Saturday afternoon racing season is off to a titanic start! This past weekend was the Commodore's Cup and we had eleven boats race. It was a legendary race covering twenty-two miles on Seneca Lake with fifteen to twenty miles an hour winds. Tony, sailing *Lanakai*, took first place.



Mike and his crew, on *Seek Ye First*, came in second, and Frank and his crew, on *Lucky Lady*, finished third. So much fun!

A fabulous grilled steak dinner after the race was enjoyed by all the boaters under a pavilion at Smith Park where sailing strategies, sails, winds and tactics were shared and debated. A joyous good time! Thank you to everyone that has been helping with setup, clean up, and cooking for our club's dinners as well as to the Social Committee for planning and organizing this glorious event.

Our next event, the Hawaiian Beach party and Luau, has been postponed until August 12th at 5:00 pm. This dinner will be at The Village Marina, so join us at the flag pole with a dish to pass and a grass skirt! The main entrée and plenty of belly laughs will be provided! The sign-up sheet for this event is located by the marina bathrooms.

Happy sails!

-Howard

Vice Commodore's Comments

by Dawn Dowdle

SV Irish Wake



Hi all!

This summer has been a doozie! The rain – WOW – and how it has affected the lakes (plural). Seneca Lake had risen, fallen, and risen, this means we need to watch those lines so the boats aren't too tight, but then they aren't hitting the docks or the guy next to you. Even the great lakes, as you all know, have suffered

the rising waters, making boating a danger or non-existent all together.

Our boaters who planned to go to Lake Ontario had to reroute to Cayuga Lake. A good time was had by all and all were safe, but it just goes to show you "Life or Boating is all about how you handle PLAN B, and I think the three boats that took the Junior Sailors did just that.

We've had all kinds of weather. We've had rain, sun, hot, hot sunny days, wind and no wind, and today, we had weather like FALL. All I can say is, enjoy the good sailing weather while you can. Remember, we up north only get a few short months to sail, make the most of it, sail as often as you can, enjoy it. Remember to keep safe, keep an eye out for your fellow boaters, and always be prepared with a PLAN B or should I say for PLAN B?

Happy Sailing,

- Dawn

Secretary's Column

by Sue Morris

SV Sails Call



Ahoy to all!

We have had a great renewal of members for FLYC 2017! Especially appreciated all of the new members who have signed up and been able to attend the social functions!

Thanks to all!

- Sue, FLYC Secretary

Port Tacks

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From the Treasurer



by Denis Kingsley

All bills have been paid and there are still a few bucks left in the treasury.

- Denis, still cooking the books.

SV Tark

Socially Speaking

by Maggie Martin & Lynne McGinnis

Howdy y'all – Hope everyone is having a good season and doing some sailing, fishing or swimming, sunning or sipping...

It has been good seeing so many at the socials and around the docks, and we thank you for pitching in to help set up, take down, and cook for the picnics!



PLEASE NOTE: We have changed the date of the Hawaiian Beach Party & Luau from August 5th to Saturday to August 12th, at 17:00. The club will provide the entrée from the grill. Bring sides and desserts, and of course pull out your grass skirts, bikinis, and flowered shirts.

The plans are finalized now for the Fall Member Banquet and annual meeting. It will be at Montage Restaurant, at the Glen

SV Sacre Bleu & SV Brewster

Motor Inn, overlooking the lake on Sunday, October 29th. Get those Nautical themed/Halloween costumes going! It will start with cocktail hour at 4:00 pm. Payment is due in advance.

We would like to have everyone sign up on the sheet for yourselves and the number of guests for each event on the bulletin board at the marina – a headcount is needed when we shop for food! Guests are welcome, please pay \$5 at the event. If you need to call instead of signing up, Maggie is 607-621-7247. Lynne is 607-426-7914. Thanks!

- Maggie & Lynne

E-mail: Maggie social@flyc.us or 607-621-7247

Lynne social2@flyc.us or 607-426-7914

Race Committee Comments

by Steve Howard



Folks, it's been a strange start to our Summer Racing Series. I wasn't around for the first race of the season (the eldest daughter considered her wedding to be of a higher priority than my being at the lake), but the racing still went on with 6 boats on the line. It was an early season / short course shake down with Brewster taking line honors, but after corrections, Ginger

took first, followed by No Worries and then Brewster. Sacre Bleu, Ruthie and Tark rounded out the Fleet.

Race 2 was held on June 24th with 7 boats lining up for a Twice-Around-the-Triangle race. First across the finish line was No Worries followed by Ginger and Brewster, but handicaps turned it into a win by Ginger, a big jump to second by Lanikai and No Worries in third. Ruthie, Tark and Sacre Bleu also filled out the Fleet.

Race 3 and the New Skippers' Races unfortunately bumped into the Distance and Junior Sailors Cruise that had been planned for Lake Ontario and then (discretion being the better part of valor) adjusted to cruising Cayuga Lake, due to the not-inconsiderable extreme water-level issues in the Erie Canal System, Lake Ontario and the St. Lawrence River. In that all three of the boats making the trip (*Seek Ye 1st*, *Tomfoolery* and *Ruthie*) would've come from the Racing Fleet, racing was put off and we'll reschedule Race 3 for August 5th.

For folks who haven't been able to follow the situation up on the big lake, water levels continue to flood lower-lying areas all along the shoreline. Lake Ontario is down just the least bit due to the Canadian government cracking (just barely) the valves at the dam on the St. Lawrence, but Mother Nature has continued to refill the lake with day-after-day downpours. I have customers on the St. Lawrence and on Lake Ontario who STILL have water coming into the store and/or the shop, docks continue to be underwater and there are well over 1,000 boats still under shrinkwrap that should be tugging on their docklines and then out daysailing, cruising and/or racing. Scary to

consider, but I was listening to a representative of the government (don't remember whether it was the U.S or Canadian government) speaking on the situation and he used the phrase, "this could be the new normal". We may be confronting a whole new business and recreation situation as soon as this autumn's haul-out season.

The Commodore's Cup will have been held by the time this issue of Port Tacks is published. Results for the August and September racing will be in the next issue, but all results can be found in the FLYC website thanks to Tom Alley.

- Steve

Commodore's Cup Race Saturday, 2017 July 29

Course **SLK** Race Cycle Number 0
 Distance (nm) 21.56
 Start Time 09:30:00

| Boat | Jib | Spin? | Motor | Fin Time | Type | ASP | Adjustments | | | | | Corr | CET | S(avg) Scores/nm | Moss | | |
|---------------|-----|-------|----------|----------|---------------|-----|-------------|-----|------|-----|----------|----------|----------|------------------|------|-----|----|
| | | | | | | | Jib | NFS | Moss | LSP | ET | | | | Adj | Adj | |
| Lanakai | 115 | N | 00:00:00 | 15:01:47 | C&C 25 | 219 | 9 | 9 | 0 | 237 | 05:31:47 | 01:25:10 | 04:06:37 | 3.90 | 1 | 0 | -9 |
| Seek Ye First | 155 | N | 00:00:00 | 14:34:54 | Islander 36 | 147 | 0 | 0 | 0 | 147 | 05:04:54 | 00:52:50 | 04:12:04 | 4.24 | 2 | 15 | -9 |
| Lucky Lady | 150 | N | 00:00:00 | 15:05:17 | Columbia 26 | 228 | 0 | 0 | 0 | 228 | 05:35:17 | 01:21:56 | 04:13:21 | 3.86 | 3 | 19 | -9 |
| Midnight Star | 145 | N | 00:00:00 | 14:48:28 | Tartan 31 | 153 | 2 | 2 | 0 | 157 | 05:18:28 | 00:56:25 | 04:22:03 | 4.06 | 4 | 43 | -9 |
| Dry White | 140 | N | 00:00:00 | 15:14:05 | Pearson 28-2 | 186 | 2 | 2 | 0 | 190 | 05:44:05 | 01:08:17 | 04:35:48 | 3.76 | 5 | 81 | 0 |
| Ruthie | 150 | N | 00:00:00 | 15:31:26 | Catalina 25TR | 222 | 0 | 0 | 0 | 222 | 06:01:26 | 01:19:47 | 04:41:39 | 3.58 | 6 | 98 | 0 |
| Tomfoolery | 155 | Y | 00:00:00 | 15:26:57 | Alberg 35 | 201 | 0 | 0 | 0 | 201 | 05:56:57 | 01:12:14 | 04:44:43 | 3.62 | 7 | 106 | 0 |
| Obsession | 130 | N | 00:00:00 | 15:14:53 | Hunter 34 | 141 | 4 | 4 | 0 | 149 | 05:44:53 | 00:53:33 | 04:51:20 | 3.75 | 8 | 124 | 9 |
| Sails Call | 130 | N | 00:00:00 | 15:31:11 | Bavaria 34 | 135 | 4 | 4 | 0 | 143 | 06:01:11 | 00:51:23 | 05:09:48 | 3.58 | 9 | 176 | 9 |
| Tark | 100 | N | 00:00:00 | DNF | Hunter 33 | 192 | 11 | 11 | 0 | 214 | DNF | | | | | 11 | |
| Ryan R | 130 | N | 00:00:00 | DNF | O'Day 302 | 183 | 4 | 4 | 0 | 191 | DNF | | | | | 11 | |

Fitness for Sailors, Fitness for Life

by [Anna Tunnicliffe](#)

<http://ussailing.blog/sailing-fitness/>

As athletes, which is what we all are since we do participate in the sport of sailing regardless of our level of competition, we want and need to be fit and healthy. But in addition to being fit and healthy for our sport, we want to be fit and healthy for life.

The workout is not to build strength, but to build muscle endurance and stamina.

When we think of fitness, we think of what we do in the gym, yet fitness can be measured by strength and health. Therefore, you want to make fitness a lifestyle, not just a part of your day when you head to the gym and knock out some exercises.

As far as muscle groups that we need to work... it's all of them. But the big ones we think of as sailors are our legs, core, arms and upper back.

What's the easiest way to do this? We go to the gym and do what we need to do to get strong for our sport and we also make sure what we are eating is correct and going to serve us well for both fuel and recovery points of view.

Our legs are obviously very important, especially if we are sailing dinghies. Even though we may not be hiking, we use our legs to help pull in lines, or we stand in a semi-squatting position to gather the kite, or we climb uphill after a tack. Squats, back and front, strengthen the legs. Back squats are good for overall raw leg strength. Front squats focus a little more on the quads and require us to engage our core even more so we are serving a bit more of a double purpose.

Let's first talk about what we need to do in the gym. My husband and I run and coach through Bradletes, LLC (general and sport specific training programs) and at T2 CrossFit. One thing that we prioritize for all of our athletes, whether it is day one or several years, is safety and form over weight. You need to make sure that you and your trainer, if you are using one, are keeping this in mind at all times. There are many different ways to train. We are a big proponent for strength training and functional fitness training. We do the strength training to build strength. Strength training allows us to focus on building specific muscle groups. After a break, we then do our workout.

We use our arms for trimming, hoisting or sometimes even leveraging. As sailors, we need to be strong for pulling. We can train our arms with our upper back. Overhead presses, pullups, upright rows and bent over rows are all great exercises that allow us to train what we need. Another muscle group that generally gets neglected is our forearms. We need to train our grip strength. We can do this in many ways, but the easiest way is to get a pair of the old school grippers and start using them.

And our core. A common "injury" or pain complaint of sailors is lower back pain. Most of the time this comes from one of two

things, one being a weak core. When people think of core workouts they think of only abs. But our core is more than just the six-pack that we are trying to get; it's our whole midline section. We need to strengthen both the front and the back of our core. The stronger we can make this, the less back pain we will have. The second reason our back is tight is because we are tight and fail to stretch as much as we need to after both training and racing. Make stretching a big part of your program. It can be easily done while watching TV in the evenings.

We strength train to build strength. The reps are usually lower rep schemes and there should be a nice break between sets to allow you to recover before you head into your next set.

The workout, however, is faster paced. Most of the time the weights will be a lot less than what we do in our strength training but we are now focusing on muscle endurance. We move a lighter load but we move it for an extended period of time. Our muscles will start burning and hurt, just as they do when we are racing. The more we can get comfortable and stronger in this "pain cave" the better we will be able to handle it on the water and trust that we can push through to get the job done before we get a rest.

We put the work in at the gym and we start to get stronger, but the work doesn't stop there. Brad and I have a saying at our gym: *We get you for one hour a day, which leaves 23 hours for you to mess it up.* What we mean by this is that we help you start leading a healthier lifestyle in the gym and now it's up to you to continue outside of the gym. It is imperative that we look after ourselves outside the gym. What that involves is stretching, recovery and nutrition.

I understand and can appreciate that not everyone wants to be a World Champion, an Olympic Champion or even a club

champion; but what we all do want is a long and healthy life. Doing our part in the gym is a very important part of this plan, but what is almost more important is what we put in our body. I'm not saying don't have a good time; but good quality, healthy food is going to help us get healthier, which leads to us wanting to be fitter, which leads to us being stronger, which leads to us eating more healthy, and so the cycle continues. In doing this as well, we set great examples for the generations that follow us. If they see that we care about what we put in our bodies on a daily basis, then they will want to do so and will want to go to the gym. So we all become healthier people.

To get started, make a plan. Find a gym where you want to work out. Figure out a plan on how to work out, whether it is with a trainer, or contact Brad and me. Commit to a certain number of days at the gym a week and do it. Reward yourself with a "cheat day" once a week only if you made your goal at the gym. This is one way. There are many ways but find one for you that will work and get you motivated. The hardest part is walking through the door. Once you are there, it's easy.

Brad and I do fitness programs for athletes of all sports through Bradletes, LLC. For more information, contact us at bradletestraining@gmail.com.

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This article was posted on <http://ussailing.blog/sailing-fitness/> on July 24th, 2017 and is reprinted with permission.

Total Solar Eclipse

From NASA.GOV

Image Credit: Phil Hart



AUGUST 21, 2017

On August 21st, 2017, a total solar eclipse will cross the continental United States from Salem, Oregon to Charleston, South Carolina. The last time a total eclipse crossed the United States from sea to sea was June 8th, 1918. The 2017 eclipse in either total or partial phase can be seen by over 500 million

people in North and South America, Europe, and Africa. In the U.S., millions will gather along a tiny ribbon less than 100 miles wide to see totality, the complete blocking out of the sun by the Moon which will reveal the solar corona. The rest of entire country will be able to see a partial eclipse. It is also truly an



historic event and a wonderful opportunity to view one of nature's most stunning displays.

In the Finger Lakes region, eclipse activity will occur between 13:30 and 15:30 EDT, with maximum overlap around 14:35 EDT. While we will not experience totality, the sun will be about 70% obscured by the moon.

Eclipse Eyeglass Safety: Don't be Blindsided!

Plan ahead to decide if you're going to make use of an indirect viewing method – more information below – or to watch the eclipse directly by using eclipse glasses. If the latter, please check the safety authenticity of viewing glasses to ensure they meet basic proper safety viewing standards.

Eclipse viewing glasses and handheld solar viewers should meet all the following criteria:

- Have certification information with a designated ISO 12312-2 international standard
- Have the manufacturer's name and address printed somewhere on the product
- **Not** be used if they are older than three years, or have scratched or wrinkled lenses
- **Not** use homemade filters or be substituted for with ordinary sunglasses -- not even very dark ones -- because they are not safe for looking directly at the Sun

Our partner the American Astronomical Society has verified that these five manufacturers are making eclipse glasses and handheld solar viewers that meet the ISO 12312-2 international standard for such products: American Paper Optics, Baader Planetarium (AstroSolar Silver/Gold film only), Rainbow Symphony, Thousand Oaks Optical, and TSE 17.

How to View the 2017 Solar Eclipse Safely

A solar eclipse occurs when the moon blocks any part of the sun. On Monday, August 21, 2017, a solar eclipse will be visible (weather permitting) across all of North America. The whole continent will experience a partial eclipse lasting 2 to 3 hours. Halfway through the event, anyone within a roughly 70-mile-wide path from Oregon to South Carolina (<https://go.nasa.gov/2pC0lhc>) will experience a brief total eclipse, when the moon completely blocks the sun's bright face for up to 2 minutes 40 seconds, turning day into night and making visible the otherwise hidden solar corona – the sun's

outer atmosphere – one of nature's most awesome sights. Bright stars and planets will become visible as well.

Looking directly at the sun is unsafe except during the brief total phase of a solar eclipse ("totality"), when the moon entirely blocks the sun's bright face, which will happen only within the narrow path of totality.



The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as "eclipse glasses" (example shown at left) or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun. To date five manufacturers have certified that their eclipse glasses and handheld solar viewers meet the ISO 12312-2 international standard for such products: American Paper Optics, Baader Planetarium (AstroSolar Silver/Gold film only), Rainbow Symphony, Thousand Oaks Optical, and TSE 17.

- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions printed on or packaged with the filter. Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright sun. After glancing at the sun, turn away and remove your filter — do not remove it while looking at the sun.
- Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury. Seek expert advice from an astronomer before using a solar filter with a camera, a telescope, binoculars, or any other optical device.



- If you are within the path of totality (<https://go.nasa.gov/2pC0lhe> (link is external)), remove your solar filter only when the Moon completely covers the sun's bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright sun begins to reappear, replace your solar viewer to glance at the remaining partial phases.

An alternative method for safe viewing of the partially eclipsed sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the sun, look at your hands' shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the sun as a crescent during the partial phases of the eclipse.

A solar eclipse is one of nature's grandest spectacles. By following these simple rules, you can safely enjoy the view and be rewarded with memories to last a lifetime. More information: <http://eclipse2017.nasa.gov>

This document does not constitute medical advice. Readers with questions should contact a qualified eye-care professional.

Additional Safety Information

An eclipse is a rare and striking phenomenon you won't want to miss, but you must carefully follow safety procedures. Don't let the requisite warnings scare you away from witnessing this singular spectacle! You can experience the eclipse safely, but it is vital that you protect your eyes at all times with the proper solar filters. No matter what recommended technique you use, do not stare continuously at the sun. Take breaks and give your eyes a rest! Do not use sunglasses: they don't offer your eyes sufficient protection. One excellent resource for safe solar

eclipse viewing is here: <http://www.nasa.gov/content/eye-safety-during-a-total-solar-eclipse>

Viewing with Protection -- Experts suggests that one widely available filter for safe solar viewing is number 14 welder's glass. It is imperative that the welding hood houses a #14 or darker filter. Do not view through any welding glass if you do not know or cannot discern its shade number. Be advised that arc welders typically use glass with a shade much less than the necessary #14. A welding glass that permits you to see the landscape is not safe. Inexpensive eclipse glasses have special safety filters that appear similar to sunglasses, but these do permit safe viewing.

Telescopes with Solar Filters – Eclipses are best viewed directly when magnified, which means a telescope with a solar filter or solar telescopes. These will give you a magnified view that will clearly show the progress of an eclipse. Never look through a telescope without a solar filter on the large end of the scope. And never use small solar filters that attach to the eyepiece (as found in some older, cheaper telescopes.)

Pinhole projectors

Pinhole projectors and other projection techniques are a safe, indirect viewing technique for observing an image of the sun. These provide a popular way for viewing solar eclipses.

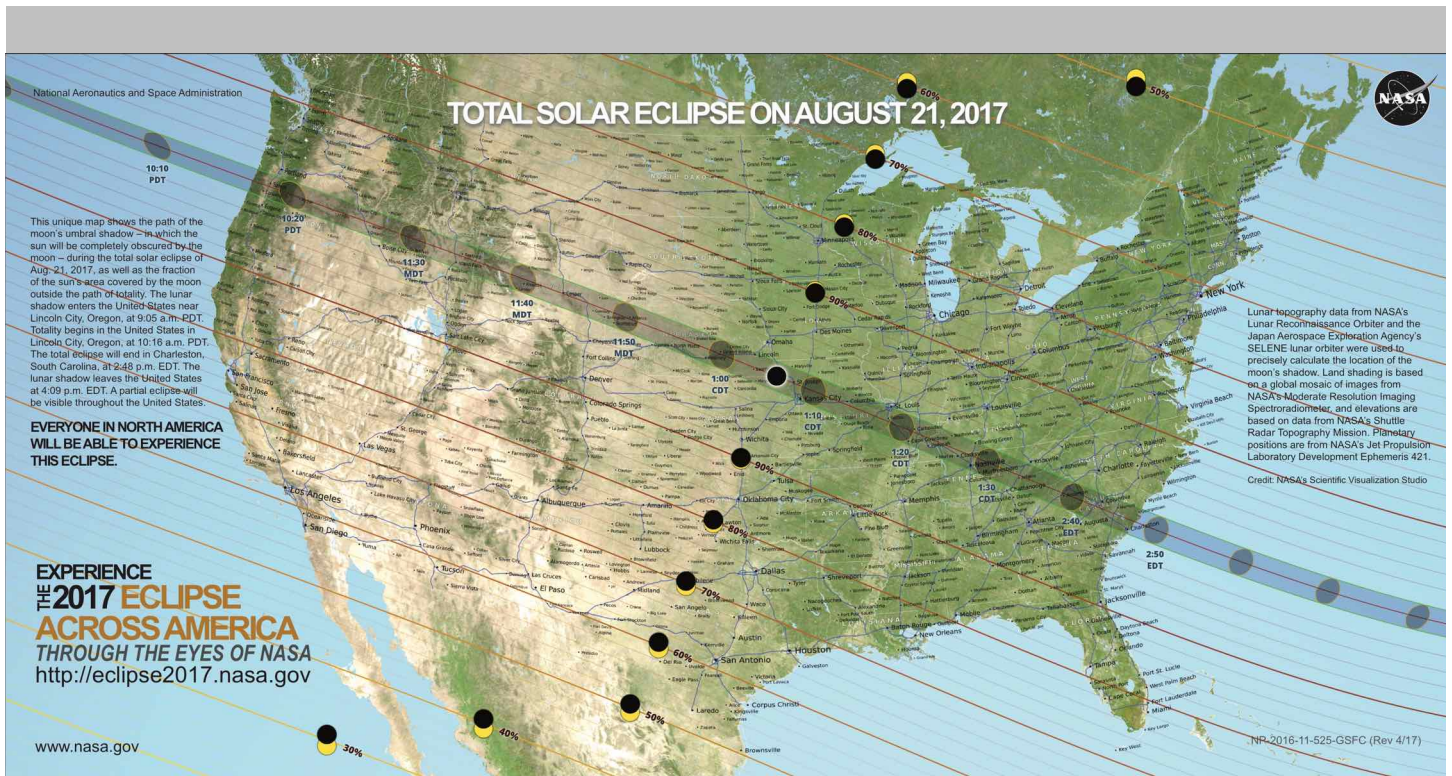
Related projection methods -- One viewing technique is to project an image of the sun onto a white surface with a projecting telescope. This is explained further here: http://www.astrosociety.org/education/publications/tnl/05/star_s2.html.

The Exploratorium demonstrates how to view a planet in transit or an eclipse safely by projecting the image with binoculars: <http://www.exploratorium.edu/transit/how.html>. There are commercially available projection telescopes as well.

Besides eye protection during solar eclipse viewing, one needs to pay attention to their personal needs and surrounding. Below are some additional safety tips for eclipse observers before, during and after the August 21, 2017 solar eclipse.

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To see maps, resources, community activities, live coverage and more, go to: <http://eclipse2017.nasa.gov/>



FLYC Scrapbook

Congratulations to the top finishers in the 2017 Commodore's Cup Race!



First Place: Tony Kutanya (*Lanakai*), center.
 Second Place: Mike Crouse (*Seek Ye 1st*), right.
 Third Place: Frank Rinker (*SV Lucky Lady*), left.

Editor's Corner

by Tom Alley



Every now and then, I can't help but get something right, just as a broken watch can show the correct time twice a day.

Last November, West Marine had a 50% off sale on its foul weather gear. Since my foulies were showing their age (I think they were over 15 years old), I decided to treat myself to a new set. Good thing I did. Who knew I'd be using them so much this summer?

Last year the complaints centered on "too hot and too dry." This year it's been the opposite with "too cold and too wet." I choose to remind myself of the adage: "Climate is what we expect and weather is what we get."

The point of all this is that we need a certain degree of flexibility. We need to be flexible both in our expectations as well as our execution. As boaters, we all know that wind and waves can change a sought-after destination from welcoming to treacherous. Likewise, equipment can fail and an easy passage can be a stressful adventure with an untested jury-rig.

SV Tomfoolery

Like most things in life, there must also be balance. For flexibility to be effective, there must also be rigid determination. To successfully adapt, one must have a firm foundation of discipline. Baseball players spend hours in a batting cage to prepare for that unexpected curve ball. As sailors, we spend hours studying and practicing the art of seamanship for the day that rogue wave surprises us or our anchor simply won't hold.

Mentally, the key is to remember that it's just "weather" when we had our hearts set on "climate". Machines break; people make mistakes; and some days it just won't stop raining. That's when it's time find joy in the quality of some good foul weather gear – be it the kind you wear or the kind you've learned.

So be flexible. Assess. Adapt. Trim your sails to the prevailing winds. Alter your course around the shoals. BUT – stay firm in your goal, don't abandon the principals of responsible seamanship, and never waver in the faith of your vessel and crew.

Gee, that sounds like a life-lesson for our kids!

See you on the water. I'll be the one in the red foulies. ☺

- Tom

Boat Show/Event Calendar

A listing of boat shows, seminars, and regattas (in locations with non-solidified water) to get you through the off-season! Compiled by Steve Howard.

Events & Boat Shows

October

- 05-09 **US Sailboat Show**, Annapolis, MD
- 12-15 **US Power Boat Show**, Annapolis, MD

Regattas

August

- 04-06 **J70 Corinthian National Championship**, S. Dartmouth, MA

September

- 14-18 **Beneteau 36.7 North American Championship**, Youngstown, NY
- 15-23 **J24 World Championship**, Port Credit, Ontario Canada
- 21-24 **Lightning North American Championship**, Wrightsville Beach, NC

October

- 09-15 **J70 North American Championship**, Rye, NY

2017 FLYC Calendar

This is the club calendar as discussed at the Board meeting in early February. Some dates are subject to change as plans firm up and get finalized. Please check the club web site (<http://www.FLYC.US>) to see the most current information.

Regular/Repeating Events

Saturday Morning Kaffee Klatch. Every Saturday at 0900 from Memorial Day Weekend through mid-September under the awning on Dock 5 at the Marina Bar & Grill.

Post-Mortem Racing Social. After every club race at 1700 on the lawn by the marina flagpole. BYOB/Snack to share. Open to racers and non-racers alike.

August

01 **August Newsletter Publication Date.**

03-06 **NASCAR at the Glen*

05 **Make-Up Race.** (1300)

12 **Hawaiian Beach Party & Luau.** (1700) Club will provide the entrée. Bring a dish to pass. Social mixer; 17:30 dinner.

11-13 **Watkins Glen Italian Festival*

12 **Summer Series Race #4.** (1300)

19 **Summer Series Race #5.** (1300)

26 **Summer Series Race #6.** (1300)

31-9/3 **Indy at the Glen.*

September

02 **Surprise Race.** (1300) Details to be announced at the Skippers' Meeting. (That's why it's a surprise!)

03 **Labor Day Weekend Picnic.** (1700) Hot dogs and hamburgers provided by the Club. Bring a dish to pass. Social mixer; 17:30 dinner.

07-10 **Glenora Wine Cellars Vintage Grand Prix.*

09 **Seneca Yacht Club Barge Race, Geneva, NY*

09 **Race Make-Up Date.** (1300)

16 **Summer Series Race #7.** (1300)

16 **Soup/Chili/Chocolate Festival.** (1700) Bring your best chili and chocolate dishes to win prizes! Social mixer; 17:30 dinner.

23 **Summer Series Race #8.** (1300)

25 **Deadline for newsletter articles.**

30 **Grape Harvest Race.** (1300) Special scoring. Details to be announced.

30 **Grape Harvest Festival.** (1700) Bring a "grape-themed" hot or cold dish to pass. Social mixer; 17:30 dinner.

October

01 **October Newsletter Publication Date.**

07-08 **FLYC Cruise #4** (Proposed)

14 **Gear Buster Race.** (1300) Special scoring.

29 **Member Banquet & Annual Meeting.** Costume themed due to proximity to Halloween. Details to be announce. Event includes awards and election of officers and directors.

31 **Marina Haulout Deadline** (per slip contract).

November

20 **Deadline for newsletter articles.**

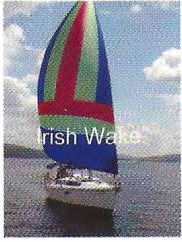
December

01 **December Newsletter Publication Date.**

* *Non-FLYC events.*

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For FLYC Members

Just a reminder that members can place free, non-commercial ads in our newsletter to buy, sell or trade boating-related "stuff".