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Sailor's

2nd edition

Start-Up:

*A Beginner's Guide
to Sailing*

Doug Werner

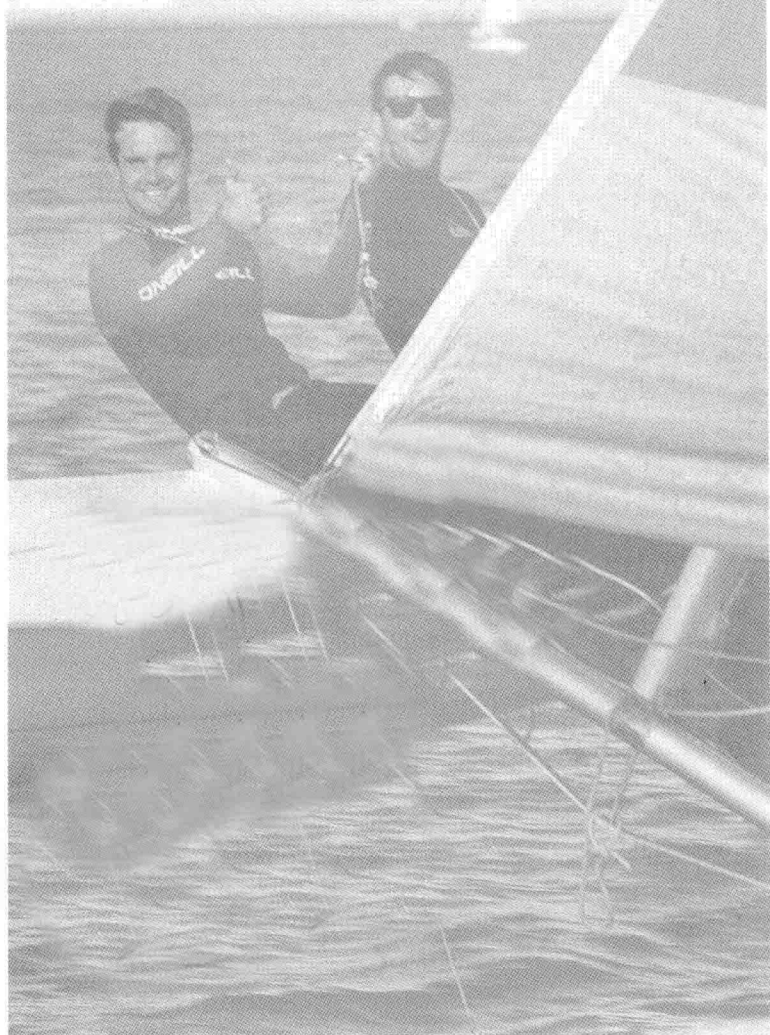
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Chuck Nichols, President America's Cup

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Photography by Craig McClain

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**To
Mom and Dad**

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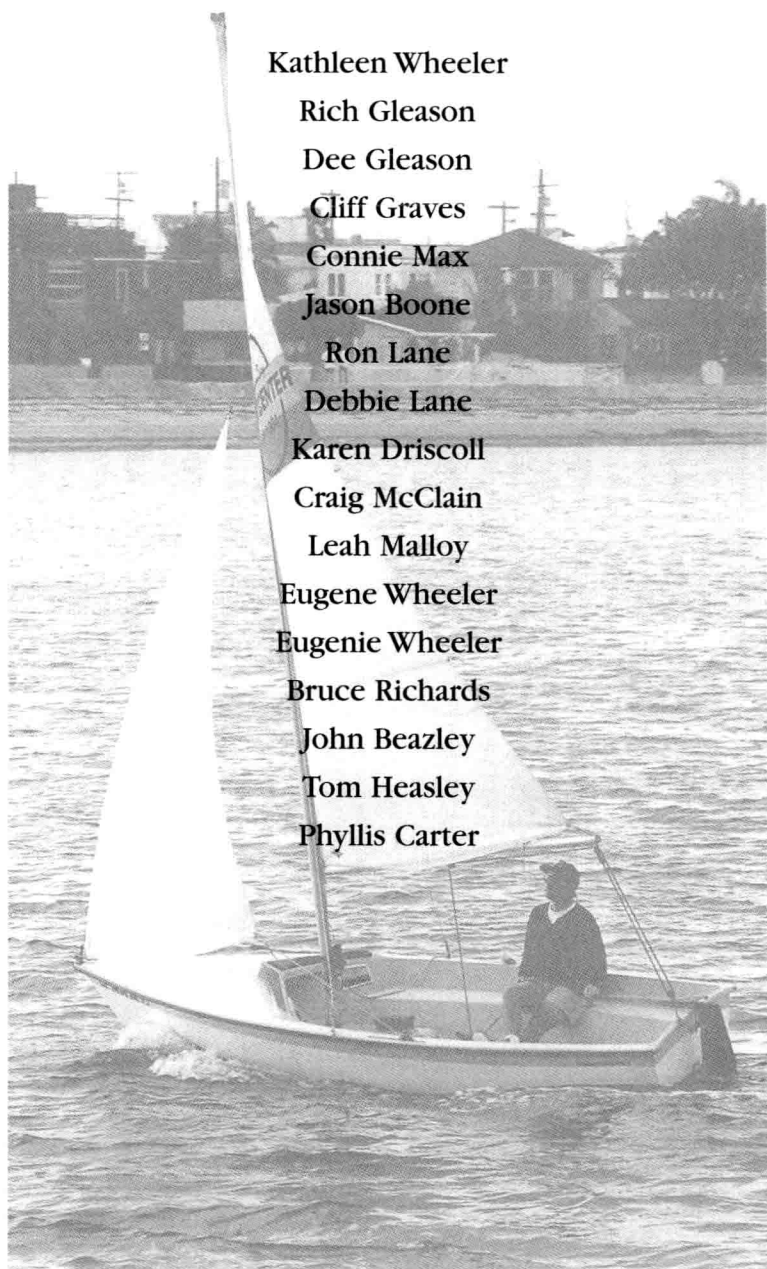
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Preface:

Joy

I moved to San Diego in 1980 and among the first things I did after securing a job was to buy a sailboat. It was a nifty little thing that could barely be roped atop my 1965 VW Squareback. Trips to the water were frequent and frightful but we made it without a hitch every time.

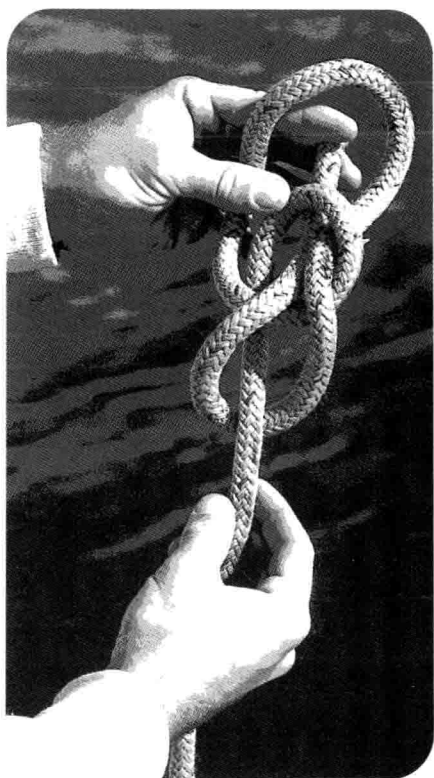
Off Fiesta Island I taught myself how to sail and had the time of my life. That summer and fall I sailed Mission Bay, San Diego Bay (chased from the carriers parked at North Island Naval Base), and even made gusty runs into open ocean.

I took a friend sometimes but I best remember sailing by myself — relieved to be out there and exhilarated to be able to expertly tear along with the wind. I'd look at the busy world on shore and feel so very removed from it all.

A special place, the open waters. And sailing is a special thing to do upon them — riding the wind without a care in the world. This book is written in the spirit of joy and freedom that sailing is.

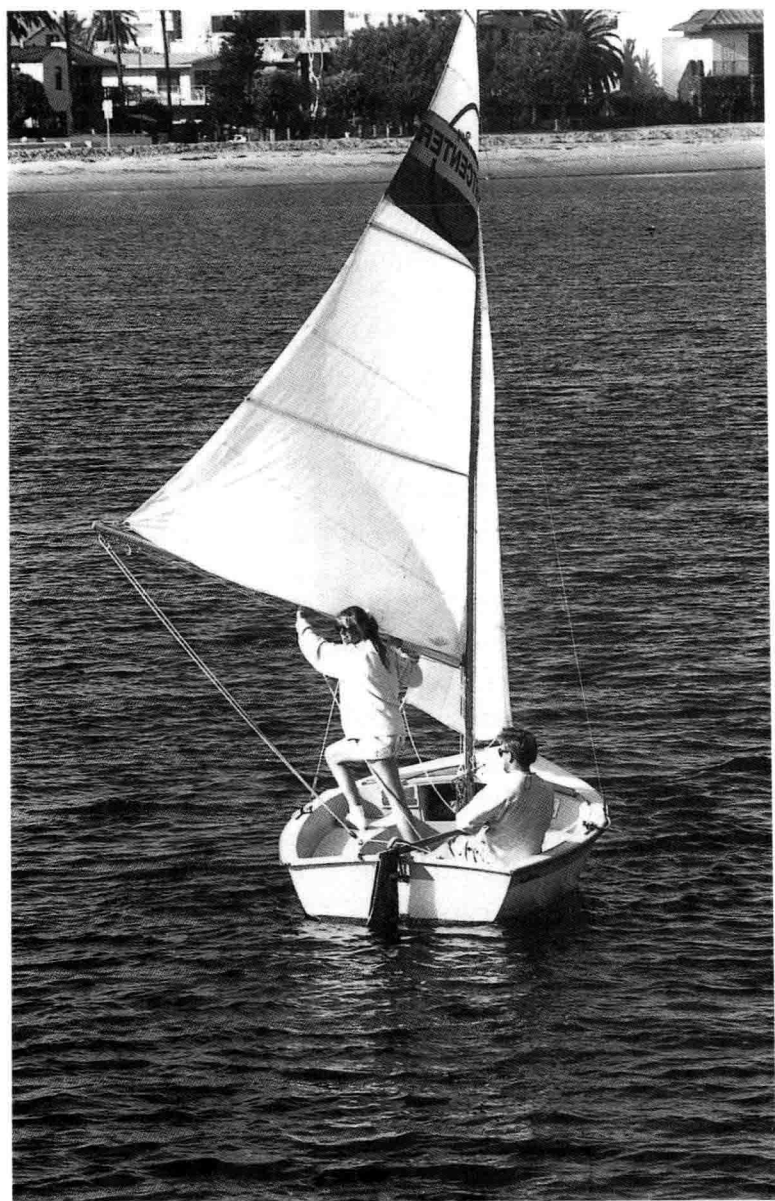
Sail safe and sail fun. Get out there!

Doug Werner



Contents:

Preface	7	
Introduction	11	
Chapter 1	What to wear	15
Chapter 2	The right boat	17
Chapter 3	Parts	21
Chapter 4	Conditions	29
Chapter 5	Classwork	33
Chapter 6	Launch!	37
Chapter 7	On a reach	43
Chapter 8	Downwind sailing	51
Chapter 9	Upwind sailing	57
Chapter 10	Docking	63
Chapter 11	Rules of the road	69
Chapter 12	Physics	77
Chapter 13	Rigging and knots	81
Chapter 14	Safety	95
Chapter 15	Bligh syndrome	97
Chapter 16	Catamarans	101
Chapter 17	Tacking in a cat	111
Chapter 18	How cats go	117
Glossary	123	
Resources	127	
Bibliography	135	
Index	137	



Introduction:

A place to begin

If you have never sailed, these questions are popping in your head, or should be:

1. What do I wear?
2. What do I sail in?
3. What are the parts of the boat?
4. Where do I sail?
5. How do I set up the boat?
6. How do I leave the dock?
7. How do I make it go the way I want?
8. Where are the brakes?

Simple questions deserve simple answers. If the philosophy is to have fun, and the goal is to get out in the water right away — the method had better be simple or you'll get hung up in the classroom. Or worse, reading a book like this!

Instruction

This book will get you started and become a resource as you fumble about during your first days. But real-live instruction is practically irreplaceable. A good teacher has a much better chance to impart knowledge, inspire confidence and imprint the sailing experience than mere words on paper.

You can learn from a friend or relative but that's not always a great idea. Strange things happen between intimate folks when one or the other becomes *Coach*. Just because someone's a great mom or dad or chum or mate as well as a good sailor does not mean he will be a good instructor.

Learn from a professional. They've done it before a thousand times. They know how to do it right and they know how to deal with yearlings like you. Any place that has sailing has instruction somewhere. Ask around and shop around. It'll be a good investment (although it shouldn't cost much), and an education (one in which you'll actually learn something).

It's an opportunity to rub shoulders with authentic sailing people in their natural habitat and to learn with others like you. Take a class. They're cheaper than private lessons and there's bound to be someone just as inept as you.

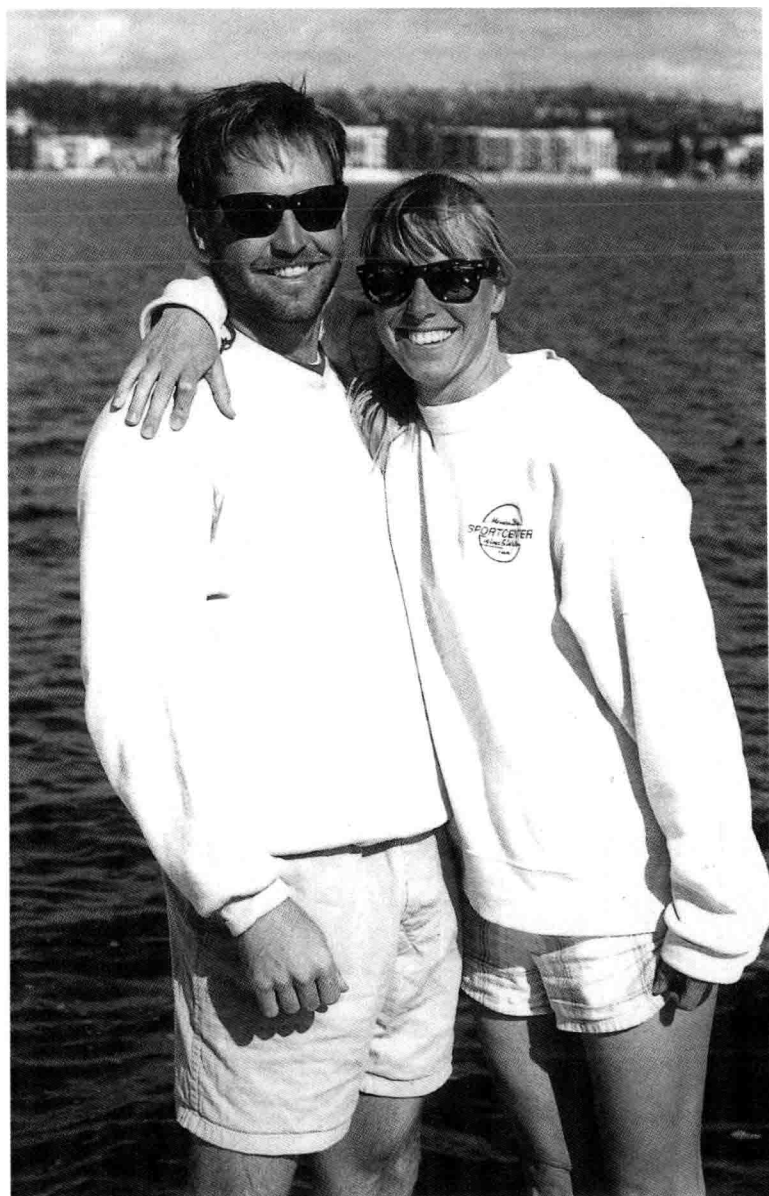
So why the book? Even the best instruction may not cover things adequately for you. You'll forget things or remain confused about this or that. Instruction also comes and goes. The book is a reference that'll stick around for a while and makes an excellent coaster when you're through with it.

Get out there!

Sailing is many, many things. It's a hobby. It's a sport. It's an intellectual pursuit. It's a passion. It's a social thing. It's an individual thing. It's complicated. It's simple. It's relaxing. It's exciting. It's a labor. It's a labor of love. It's poetic, popular, yet vaguely elitist. It's ancient, eternal

and silly in some ways. But front page, futuristic and hip as well.

This book is about getting started and getting out there. Simple, straightforward. No long diatribes about theory. No baffling passages of nautical jargon and strategies. No long-winded explanations of why, what, and how. Just what you need to know.



Ready to go!

Chapter 1:

What to wear



The boat you *should* be in will not tip over easily so you needn't worry about getting wet. Dress like you would if you were just strolling the water's edge — warm or cool enough so that you're comfortable.

Hat with visor or brim

The sun is bad news. If you're thinning on top, caps are a must.

Sunglasses

Unless you enjoy viewing the waterscape in a white-out with a headache, wear eye protection — with a strap.

Sunscreen

The water magnifies sunny conditions.

Sneakers

You'll be scrambling so something with a grip is required.

Life preservers

This is the law. One for each sailor. Not necessarily worn but in the boat.

What to wear

As you progress and try tippier boats you will capsize. You'll need to consider wet suits or dry suits in cooler water and weather — but that's later.