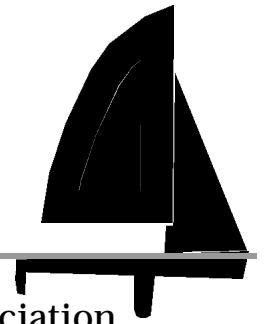


BOWDOWN



The Official Newsletter of the Vanguard 15 Class Association

Lessons Observed

Like all of you, I am always far more excited about sailing in a regatta than watching one. However, some of the biggest lessons I have learned in the past few years were the result of being forced to sit and watch others race. Here are three of those lessons:

1. **Lars is a machine: 1997 Hyannis Regatta**

A few years back (when one of my brothers somehow talked me into lending him my V-15), I watched a 60 to 70 boat fleet be absolutely dominated by Lars Guck (skipper) and Victoria Wadsworth Guck (crew) in 15 to 25 knots of breeze. What was really interesting was how easy it was to see the differences between their boat and everyone else. Upwind, Lars was constantly easing and trimming his mainsheet 2 or 3 feet more than everyone else. At the top of every wave and at the beginning of every puff, Lars would ease the main way out, keeping the boat with 3 to 7 degrees of heel. He would then, in one movement, trim the main back in, and the boat would jump forward in the bottom of the wave. Part of his success at this technique was attributable to the fact that he was stronger than everyone else, but part of this problem is easy for the rest of us to solve. Lars was using quite a bit of vang and aggressively adjusting his vang both before puffs arrived and after they passed. This technique requires a multi-purchase vang rig with the cleat at the bottom of the mast (check out any Laser tuning/rigging guides if you don't know how to rig such a vang), but once perfected, it is much faster than trying to tighten the leech and bend the mast with mainsheet alone. While you may slow a little bit while you are adjusting the vang, make the adjustment short, sweet, and rough, and the benefit will far outweigh the harm.

In addition, every time their boat crested a wave going upwind, Victoria would throw her body forward and down, forcing the bow down the backside of the wave. This aggressive body action kept the boat from stalling out. The combination of these two techniques kept their boat flat and fast, and by being extremely responsive to the conditions around them, they absolutely dominated the regatta.

2. **When a duck is not a duck**

In any competitive fleet you're going to have trouble finding clear air. The trick is to maximize your opportunities when you have better air than those around you. For example, I often see a boat (let's call this boat "Rob") sail out to the hip of a leader and then tack on that boat's hip. That move in itself is not a problem. The problem occurs when "Rob" sees a third boat that is not crossing him and he decides to let that boat cross. All too many times, I have seen Rob get so excit-

ed about the fact that he is not getting tacked on, that he will bear off, speed up to mach 3, scream "Yahoo" (and tell everyone about how fast he was going when they get in), and duck the crossing boat, only to end up directly behind (or even to leeward) of the leader. What Rob should have done is put the boat into pinch mode as soon as he saw the potential crosser and aggressively act to gain height. That way, Rob can bear off, gain speed and duck the crosser, but remain in clear air to weather of the leader. This "tactical duck" is a crucial tool to be used to keep a lane of clear air in a large fleet.

3. **Tim's big pre-race pleasure cruise**

At most V-15 regattas, if you look directly upwind five minutes before the start, you'll see one boat about four minutes away from the starting line. While most of us are finishing up our Gatorade and tweaking our outhauls, Tim Fallon is constantly checking out the wind well upwind of the starting line. Now, I'm not sure that he can see that much farther into the future (or upwind) from up there, and I know for a fact that every once in a while he is still sailing down to the starting line when the gun goes, but at a minimum Tim always knows better than everyone else what phase the wind is in right before the gun goes. As a result, he is always set up for the first shift after the start, and that is often all the advantage he needs. As a starting plan, at a minimum the rest of us should split the difference between what Tim does and what we do. First, check the line. Then go upwind and check out the breeze for the rest of the sequence. If there is a shift big enough to change the favored end of the line, you'll know because you are already looking for windshifts.

In the next regatta you sail, sometime when you are on starboard tack (and have already let me cross because I'm such a nice guy), take a look around and try to notice both the good and bad things your competitors do...I think you'll learn something.
—Senet Bischoff

In his former life, before he got a real job and started wearing a tie to work, Senet was a two-time college All-American at Tufts and 1996 College Sailor of the Year. He presently resides in New York City.

Index to this issue

Letter from the president	2
2000 Calendar	3
Fleet contacts	4
Reaching speed	5
Midwinters results	6-7
Classified ads	7

News From The President

Hey V15 Sailors:

Good news from the Vanguard 15 Class. Polly Gibbons-Neff, our vice president, has secured sponsorship from Gill N.A. for the Grand Prix Trophy. Gill will fund the perpetual and all keeper trophies.

Speaking of the grand prix circuit, we would like crews to be able to accumulate points along with their skippers. Before we finalize a system for tracking crews, the officers would like to know what the class thinks. Unfortunately most crews are not class members so they do not receive this newsletter, or subscribe to the list-serve—so talk to your crews, and persuade them to join the class and become part of the discussion.

On another note, the class is still growing with new boats in Annapolis, Maryland, Charleston, South Carolina, Texas, and San Francisco, California, not to mention all the college sailors who are buying boats. As a result, the schedule this year is jam packed with regattas all over the country. I think it's important to support these new fleets and sail in their events. With that in mind, start planning now for North Americans in San Francisco and Nationals in Texas.

Just a quick reminder: the new spreader-length rule went into effect over New Year's. For more information about the rule change, please refer to the 1999 rule changes and interpretations posted on www.teamvanguard.com/vanguard15

This year should be a great one for V15 sailing. I look forward to seeing you all out on the water.

—Martha Carleton, Class President

V15 CLASS OFFICERS

Martha Carleton, President

marthacarleton@hotmail.com, tel. 617-739-1029

Polly Gibbons-Neff, Vice President

tscannapolis@worldnet.att, tel. 410-268-0094

Tim Fallon, Secretary/Treasurer

tfallon@imagertherm.com, tel. 617-625-9789

Gaelen Phyfe, Newsletter Editor

gaelen_phyfe@post.harvard.edu, tel. 617-720-8602

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2000 Calendar

FEBRUARY

- 12 **Winter Fleet Regatta**, Davis Island YC, Tampa, FL; Bill Icely, 713-520-0364
- 26-27 **Gator V15 Invitational**, Gainesville YC, Gainesville, FL; Bill Icely, 713-520-0364
- 27 **Pacific Coast Sunday Series**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

MARCH

- 5 **Pacific Coast MidWinters #3**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- 11-12 **Spring Dinghy Highpoint Regatta**, St Francis YC, CA; Kara Forman, kforman@pirnie.com

18-19 **Multiclass Midwinters**, Sarasota Sailing Squadron, Sarasota, FL; Scott Liebel, 941-359-8689

26 **Pacific Coast Sunday Series**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

APRIL

1-2 **Atlantic Coasts Champs**, Oriental, NC; Roger Mays, 252-222-0434

1-2 **SDYC Team Race Invite**, San Diego YC, San Diego, CA; Kara Forman, kforman@pirnie.com

8-9 **Florida State Champs**, Coconut Grove YC, Coconut Grove, FL; Mark Powell, powell@aoml.noaa.gov

15-16 **Elissa Grand Prix Regatta**, Houston YC, Houston, TX; Jon Goddard, jongoddard@inetmail.att.net

22-23 **Ski/Sail Champs**, Lake Tahoe YC, Lake Tahoe, CA/NV; Kara Forman, kforman@pirnie.com

29-30 **Sail Expo**, Alameda Estuary, Alameda, CA; Kara Forman, kforman@pirnie.com

MAY

6-7 **Mid Atlantic Coast Champs**, Severn Sailing Association, Annapolis, MD; Polly Gibbons-Neff, tscannapolis@worldnet.att.net

6-7 **Sarasota Sailfest**, Sarasota Sailing Squadron, Sarasota, FL; Scott Liebel, 941-359-8689

13-14 **Vlad Cup Regatta**, Chicago Yacht Club at Belmont, Chicago, IL; Art Kessler, Aekessler@starbelly.com

14 **Pacific Coast Sunday Series**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

20 **Blackbear d Festival Regatta**, MBC, Morehead City, NC; Peter Crumley, 252-247-4400, peter.crumley@noaa.gov

21-22 **Pacific Coast Team Racing**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

29 **Shanghai Regatta**, MBC, Morehead City, NC; Peter Crumley, 252-247-4400, peter.crumley@noaa.gov

JUNE

3-4 **Clark Cup**, BBSC, New Bern, NC; Ken Gurganus, 252-355-6974

10-11 **RIISA**, Barrington YC, Barrington, RI

15 **Summer Fleet Racing**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

17-18 **Pacific Coast Champs**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com

22 **Summer Team Racing**, Treasure Island YC, CA; Forman, kforman@pirnie.com

24-25 **Buzzards Bay Bash—BBB2k**, Wild Harbor, YC, Falmouth, MA; Tim Fallon, tfallon@imagetherm.com

JULY

1-2 **HYC Annual One Design Regatta**, Hampton YC, Hampton, VA; Tina Hazard, thazard@worldnet.att.net

1-2 **4th of July Pacific Coast Regatta**, Lake Tahoe YC, Lake Tahoe, CA/NV; Kara Forman, kforman@pirnie.com

4 **D.G. Bell Regatta**, MBC, Morehead City, NC; Peter Crumley, 252-247-4400

8-9 **Super Sail**, Winnetka YC, Winnetka, IL; Andrew Yeager,

- andrew.yeager@ctw.org
- 15-16 **Lipton Cup**, Squantum YC; Dick Casey, 617-472-0502
- 15-16 **Oriental Sailing School**, ODC, Oriental, NC; tel. 252-249-2512, www.pamilco-nc.com/odc/index.htm
- 20 **Summer Fleet Racing**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- 22-23 **USTRA Midsummas Bash**, Falmouth YC, Falmouth, MA; Robbie Richards rrichards@amica.com
- 22-23 **High Sierra Regatta**, Huntington Lake, CA; Kara Forman, kforman@pirnie.com
- 29-30 **Hyannis V15 Regatta**, Hyannis YC, Hyannis, MA

AUGUST

- 3 **Summer Team Racing**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- 4-6 **Buzzards Bay Regatta**, Beverly YC, Marion, MA; tel. 508-748-0540 Buzzardsbayregatta.com
- 5-6 **Bay Champs**, Stanford YC, Stanford, CA; Kara Forman, kforman@pirnie.com
- 12-13 **SAYRA Invitational**, CCYC, Wrightsville Beach, NC; www.sayra-sailing.org/index.html
- 12-13 **Verve Race Week**, Chicago YC at Belmont Harbor, Chicago, IL; Mel Levy, breezemel@aol.com
- 17 **Summer Fleet Racing**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- 18-20 **North Americans**, Treasure Island, San Francisco, CA; Sean Svendsen, 510-864-8403
- 19-20 **Hoop Pole Regatta**, MBYC, Beaufort, NC; Brent Creelman, 252-728-3196

SEPTEMBER

- 4 **Gibb Arthur Regatta**, MBC, Morehead City, NC; Peter Crumley, 252-247-4400, peter.crumley@noaa.gov
- 9-10 **Blackbear d Invitational**, BBSC, New Bern, NC; Ken Gurganus, 252-355-6974
- 9-10 **Team Race Regatta**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- 23-24 **RYC Fall Dinghy Invite**, Richmond YC, California; Kara Forman, kforman@pirnie.com
- 24 **Mullet Blow**, MBC, Morehead City, NC; Peter Crumley, 252-247-4400, peter.crumley@noaa.gov
- 30-Oct. 1 **V15 National Championship**, Larchmont YC, Larchmont, NY; Peter Kelly, 4monroe@email.msn.com
- 30-Oct 1 **Jimmy Talbot Regatta**, Chicago YC at Belmont Harbor, Chicago, IL; Ben Marden, bmarden@lucent.com

OCTOBER

- 7 **NC Seafood Festival**, Morehead City, NC; Roger Mays, 252-222-0434
- 7-8 **Long Island Sound Champs**, Cedar Point YC, Westport, CT; Michael Colnes, 203-454-0070
- 14 **NYRA One Design Regatta**, NYRA, New Bern, NC; Mike Harrison, 252-638-1803, mkharrison@cconnect.com
- 14-15 **Stoneyburke Regatta**, Cal Sailing Club, California; Kara Forman, kforman@pirnie.com
- 28 **Hairy Scary Team Race**, Chicago YC at Belmont Harbor, Chicago, IL; Ben Marden, bmarden@lucent.com
- 28-29 **St. Francis YC Fall Dinghy**, St Francis YC, San Francisco, CA; Kara Forman, kforman@pirnie.com

NOVEMBER

- 4 **HYC One Design Regatta**, Hampton YC, Hampton, VA; Tina Hazard, thazard@worldnet.att.net
- 4-5 **Jean Schenke Invite**, Newport Harbor YC, California; Kara Forman, kforman@pirnie.com

DECEMBER

- 9 **Christmas Classic Regatta**, Treasure Island YC, CA; Kara Forman, kforman@pirnie.com
- * Denotes a grand-prix event

Fleet Contacts

If you are still the rep and have changed telephone numbers or are interested in taking over the fleet, please email Martha Carleton at marthacarleton@hotmail.com or call 617-739-1029

- Fleet 1** Buzzards Bay, MA Chip Johns 401-683-0960, chip@teamvanguard.com
Fleet 3 Bristol, RI PJ Schaffer 401-254-8959
Fleet 8 Miami, FL Mark Powell 305-856-0039, powell@aoml.noaa.gov
Fleet 11 Morehead City, NC Roger Mays 252-222-0434, roger.mays@noaa.gov
Fleet 13 Cleveland, OH Doug Shilladay 330-929-1887
Fleet 18 Manhasset Bay, NY Jerry Morea 516-944-9760
Fleet 19 Noroton, CT Gavin Watson 203-866-4581
Fleet 20 Cedar Point, CT Michael Colnes 203-531-8731 mcolnes@optonline.net
Fleet 39 West Yarmouth, MA Barry Sturgis 508-778-9187
Fleet 43 Chicago, IL Mel Levy, 312-860-1710 breezemel@aol.com
Fleet 45 Boston, MA Francis Blesso 617-787-8793 blesso@ix.netcom.com
Fleet 47 Falmouth, MA Rob Richards rrichards@polyfoamcorp.com
Fleet 48 Hampton/Virginia Beach, VA Tina Hazard 757-728-9739, thazard@sy.ssny.navy.mil
Fleet 49 Houston, TX John Goddard 281-471-3103 jongoddard@worldnet.att.net
Fleet 50 Larchmont, NY Peter Kelly 914-834-6590, 4monroe@email.msn.com
Fleet 51 Oyster Bay, NY Peter Johnson 516-922-4829

- Fleet 52** Winnetka, IL Andrew Yeager 847-251-8021, andrew.yeager@ctw.org
Fleet 53 San Francisco, CA Kara Forman 510-808-3018, kforman@pirinie.com
Fleet 55 Columbia YC, IL Allan Teske 773-233-1336 ateske821@aol.com
Fleet 56 Lake Geneva, WI Ed Libby 708-544-7970 osp83@aol.com
Fleet 57 Sarasota, FL Doug Fisher ullfl@mindspring.com
Fleet 58 Tampa, FL Bill Edgar 813-286-7767 RacinSailr@aol.com
Fleet 59 Annapolis, MD Polly Gibbons-Neff 410-263-2484 tscannapolis@worldnet.att.net



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1. Give it some heat! Most of us learned that we should sail higher in lulls, and lower in the puffs. Of course, when you have a chance to plane, this is completely wrong. A boat needs lots of power to jump up on a plane. The best way to get power is to head up. Once your up and planning, then you can bring it back down, but now your going much faster.

2. Get the *&#@ jib in! I can't tell you how many of the best crews don't trim the jib hard enough on the reaches. Most boats, in planning conditions, sail with the jib trimmed through the ratchet, and the bottom windward telltale flipping up. What neither skipper or crew can see is that when the bottom set of telltales is flipping, the whole top third of the jib is luffing! Luckily, this problem is easy to cure and will give you lots of speed. Simply watch the middle set of telltales, and NEVER let the windward telltale flip.

3. Get out of quarter wakes! The set of waves made by another boat travel at exactly the speed of that boat. This means, that if the guy in front of you isn't planning, then his waves are going slow. The only way you are going to get on a plane is to get away from his waves. You have two options. You can head up, get, above his waves, and then try and plane. The other option is to get on a plane directly behind

him, and then jump his waves. I prefer the first option, but it only works when you are sure you can actually get on a plane once you get above his waves.



4. Balance, Balance, Balance! As we all know, the less you use the rudder, the faster you go. Paying attention to the feel of the rudder, and letting it dictate the balance of the boat is critical. Most of us do a good job of this upwind, but as soon as we turn the corner in breeze we are holding the tiller extension with a death grip! Try holding the tiller with only your thumb and index finger the next time your on a planning reach. If your like most people, you will find that the first puff or lull will rip the extension out of your hand. If you can learn to balance through theses transitions, you will find you can jump on a plane sooner in the puffs, and stay on a plane longer in lulls.—Tim Wadlow

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Regatta Results

Vanguard 15/USTRA Midwinters

December 28, 1999–January 1, 2000,
Miami Yacht Club, Florida

Fifty-nine boats made the trip from around the country to Miami this year, with a lot of new faces. The fleet included sailors from California, New England, Chicago, the Mid-Atlantic, the Mid-West and Florida. The draw of ICYRA Nationals being held in V-15s this spring drew more than the usual number of college sailors to the event this year. When the usual college veteran crowd returns, this looks to be on its way to being HUGE next year!

Many thanks to the Miami Yacht Club for being gracious hosts to us once again. Several competitors took advantage of the waterfront property and camped on the club grounds, and saved on hotel costs. The club also provided safety boats and marks for the courses, as well as making the bar and snack bar available to everyone.

Vanguard 15 Fleet Racing Midwinters, proved to be a great regatta yet again. The regatta was held on December 28-29, 1999 at the Miami Yacht club. Kudos also to Jeff Bresnahan for running a stellar race committee. There were very few general recalls, and very little time wasted on the water.

Great breeze on the first day, great breeze and we completed 5 races. The second day was slightly less breezy, giving the competitors an opportunity to show their abilities in variable wind conditions, and four more races were com-

pleted. Brian Stanford and crew Rich Bell were the winners, with 48 points after 9 races (one throw out). The top 3 finishers were awarded prizes donated by Boatscape.com.

Team racing began on December 30th, with 14 teams. The racing was fast and furious and Jeff Bresnahan did an awesome job running over 150 races over 3 days. Winds ranged from 0 to 10 MPH and all racing was conducted on two courses in the inner harbor. The format was a full round robin, then the teams were split into gold and silver fleets and another round robin was completed in each fleet with each race counting double. Some teams sailed more races than others to keep the rotation moving. All ties were broken by who beat who head to head. The winning team was Dead Sexy, undefeated in 20 races, comprised of Charlie Siegal, Heather Melanson, Ryan Costello, Annie Siegal, Colin Merrick and John Cline.

Results:

1) 190 Brian Stanford/Rich Bell 48; 2) 8 Brad Funk/Allison Calderbank 62; 3) 552 Colin Merrick/John Cline 68; 4) 843 Stu Colie/Jared Leigh 71; 5) 491 Justin Morel/Ginna Thompson 83; 6) 298 Chris Gaffney/Erin Sheridan 88; 7) 261 Adam Deermont/Sean Greely 91; 8) 322 Jason Carroll/Gabe Dorfman 94; 9) 436 John Edenbach/Meghan Aleardi 99; 10) 761 Alan Uram/Kippy Chamberlain 100; 11) 7 Brian Zimmerman/Duffy Markham 104; 12) 503 Mike Richards/Matt Cohen 112; 13) 164 Ryan Costello/Jessica Lappin 113; 14) 589 Joel Hanne-man/Ali Sharp 114; 15) 280 Reed 118; 16) 672 Mark Teborek/Kelly Reese 120; 17) 21 Sean Doyle/Susan Bonney 151; 18) 764 Sam Lester/Becky Saunders 151; 19) 239 Charlie Siegal/Heather Melanson 152; 20) 502 Carloz Lenz/Matt Mulock 158; 21) 498 Holt Condon/Lisa



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With fourteen teams sailing Jeff Bresnahan did an awesome job running over 150 races with less than desirable safety boats. Winds ranged from 0 to 10 MPH and all racing was conducted on two courses in the inner harbor. The format was a full round robin, then the teams were split into gold and silver fleets and another round robin was completed in each fleet with each race counting double. Some teams sailed more races than others to keep the rotation moving. All ties were broken by who beat who head to head.

Results:

Gold Fleet:

1. Dead Sexy 27-0: Charlie Siegal/Heather Melanson; Ryan Costello/Annie Siegal; Colin Merrick/John Cline
2. Cheetos 18-9: Mike Richards/Matt Cohen; Adam Deermount/Sean Greely; Alan Uram /Kippy Chamberlain
3. Shots, Tequilla, Dancing 19-9: Joel Hanneman/Ali Shar; Ty Reed/Leah Williams; Danny Pletsch/Jen Spark
4. Urban Trkys 17-11: Justin Morel/Ginna Thomson; Brain Stanford/Rich Bell; Brendan Dwyer-McNally/Christine Retlev
5. My Dixie Wrecked 16-11: Stu Colie /Jared Leigh; Chris Gaffney/Erin Sheritan; Tim Herzog/Tom Latrell
6. Fevered Pitch 16-12: Mike Zani/Aaron Kuriloff; Ezra Smith/Karl Seibert; Mark Bellermann/Tracy Hayley
7. Ghetto Superstars 13-14: Ryan Dunn/Liz Biondi; Brad Funk/Allison Calderbank; Dan Lawrence/Jeanne Cochran
8. Peaches 12-17: John Edenbach/Meg Aleardi; Joe Fava/Ellise Mazareas; Chip Baskerville/Christian Penotti

Silver Fleet:

9. The Naboo People 16-8: Jason Carroll/Gabe Dorfman; Clay Bischoff/Stephanie Doyle; Sean Doyle/Susan Bonney
10. Old School Funk 10-16: Michael and Jane O'Connor; Peter Kirk/Ilse Teeters-Trumpy; Shane Wells/Kara Forman
11. Its All Goods 8-16: Fletcher Perkins/Suzi Duncan; Wes McMichael/Mary Beth Belford; Trevor Perkins/P. Evans
12. Holt's Titanic 7-18: Carlos Lenz/Jenny Provan; Holt Condon/Lisa Keith; Hans Pusch/Mandy McDonald
13. Camels 8-17: Sam Lester / Becky Saunders; Kippy Bolz/Whitney Besse; Brain Zimmerman/Duffy Markham
14. Grey Poupon 4-21: Rory Lewis/Dan Burns; Pete Horsch/Erika Seaman; Liam Cavanaugh/Tania Ruiz Deluzuriaga

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Cambridge, MA 02142-0012

TO: