

# TIME TO ROCK THE BOAT

# GALE FORCE GIRLS

Featuring an  
exclusive  
article by  
Paige  
Railey

By,  
Kelsey  
Tostenson



Paige Railey (USA) © US Sailing <http://www.ussailing.org>

Read about  
how being  
coachable put  
Helena Scutt  
on the fast  
track to the  
Olympics!



Picture From: [Henkenscuttsailing.com](http://Henkenscuttsailing.com)

## FEATURING GIRLS WHO DARE

*Julia Paxton*

*Jocelyn Nash*

*Cinde Lou Delmas*

*Ashley Perrin*

*Kristen Lane*

*Helena Scutt*

*Paige Railey*

**KEEP  
CALM  
AND  
SAIL ON!**



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## Letter From The Editor

Dear Readers,

In the 1800's women would sneak on merchant vessels to get a taste of the wonderful and salty world of sailing. Now women are going to the olympics and dominating jobs in maritime fields. It is clear to see that sailing has endured a long evolution and we have come along way from tall ships in the age of exploration, to the high performance race boats that we all awwed over in the America's cup. And while technology has been progressing and the boats have been becoming faster, lighter, and more addicting than ever, womens sailing has been growing and evolving right alongside.

Sailing is a special sport. It is a compilation of bruised legs and rope-burned hands, competition and camaraderie. I am super excited about this newsletter, and hope that everyone enjoys it. When I began this project, I reached out to top female sailors that I admire, thinking it was a long shot that they would even respond, but I am so happy to be able to say that everyone from sailors like U.S. Olympian Paige Railey and accomplished ocean sailor Ashley Perrin to local sailing heroines like Cinde Lou Delmas and Jocelyn Nash all came together and wrote articles for one shared cause: GIRL SAILING. I also want to thank Bay Marine Boatworks for funding this project. I hope you enjoy reading about all these wonderful sailors!

Kelsey Tostenson





In Memory of,  
**GRACE MURPHY  
CHENEY**

*A True Gale Force Girl who  
took the sailing community by  
storm and showed us all it is  
never to late to start sailing!*

Amazing Grace

By, Kelsey Tostenson

The first time I met Grace I had just moved out of Opti's. I was doing my first regatta in a laser and I had sailed the boat maybe five times. The first day was perfect conditions, light wind and small chop. The second day got a little more interesting. It was probably around 18 knots in the afternoon, but seeing that I was new to pointy, fast boats, it might as well have been a hurricane. Needless to say on the second downwind of the day I ended up turtled in cozy cove, with a mouthful of salt water and a slightly injured ego. Grace and Merrick were still very new to the sailing community at this point, but they dove full force ahead into the sailing world. They bought a boat, immersed themselves in the yacht club culture, signed up for classes to sail on any boat they could get there hands on, and had most recently begun volunteering.

So on this windy weekend in June our paths crossed for the first time. I treading water next to my capsized laser, and Grace and Merrick looming overhead from the safety of the whaler, trying to figure out how to help. The thing you need to understand is that coming from my Opti, I had only capsized maybe five times in my entire 5 year Opti career. The sting of being in the water as other boats sailed passed you was new and brutal. I had always been one of the boats sailing past, slightly happy that my competitor had wiped out just in time for me to slide up a position in the standings, but when the shoe was on the other foot, it was not a fun feeling.

Grace and Merrick were trying there best, struggling to come up with a solution, but somewhere in between the chorus of incomprehensible screaming and head scratching, someone had forgotten to put the engine in neutral and the boat inched slowly closer towards me. Luckily someone raced to the throttle and the boat jolted backwards. We all shared in a sigh of relief, crisis had been averted, and now all that was left to do was right the boat.

At the time I was fourteen and the mixture of chaos, stress, and face-fulls of water had created the perfect recipe for me to find my salty sailor vocabulary. I let my mouth run away and another coach boat came to help me. My boat was righted and I went in for the day.

Fast - forward a few months, and Grace and Merrick are at my house for thanksgiving dinner and are now good family friends. That boat that they had bought turned out to be a Wylie Wabbit, the same type of boat that my dad owned and I grew up sailing on. They had integrated themselves so nicely into the Wabbit sailing family that we all forgot what the fleet was like without them.

Grace sailed almost every weekend, it seemed like every time I was at the club, so was Grace. She was on the fast track to becoming a great sailor and everyone respected her dedication and admired her spirit. Grace will always be remembered as a wabbit sailor and I will always admire her passion for sailing and the way she approached life. Grace was, at her core, the truest essence of a Gale Force Girl.

*Jocelyn Nash*



**LEARNING TO SAIL**

**For a Lifetime**

# Learning to Sail for a Lifetime

BY, JOCELYN NASH



The hardest way to learn to sail is by going out with your parents on the family sailboat. That's because you're not in charge.....you're still someone's child and you usually have to behave as they require..

The best way to learn to sail is in a Junior Program like is offered by most bay area yacht clubs. That's because you'll be on your own ...Junior programs typically start you out in a little boat like an El Toro or an Opti and it's all up to you. Although age 8 is usually the youngest age for beginners, if you're an old teenager it's not too late. However, you'll be a faster learner and are likely to become a better sailor if you get started long before adulthood. No matter what your age, starting in a small boat is essential because once you master a little boat you can sail anything! In fact, you're likely to become a better sailor than your parent in a very short time! As you become more proficient there are plenty of more challenging and more expensive boats to move up into. Get into racing for the steepest learning curve.

One of the best ways to assure a lifetime of fun on the water is to make sailing friends. Sure, you'll be competitors but your adventures on the water will become bonds that keep you both out there trying to become better sailors.

There are lots of sports for boys but sailing is a particularly good choice for a female. That's because it isn't all about muscle and aggressiveness.....it takes brains to become really good and competitive....and girls are smart. They are patient and fastidious in their sail trim and boat handling and have excellent powers of concentration, all qualities that can provide a real edge, particularly in light and or shifty air.

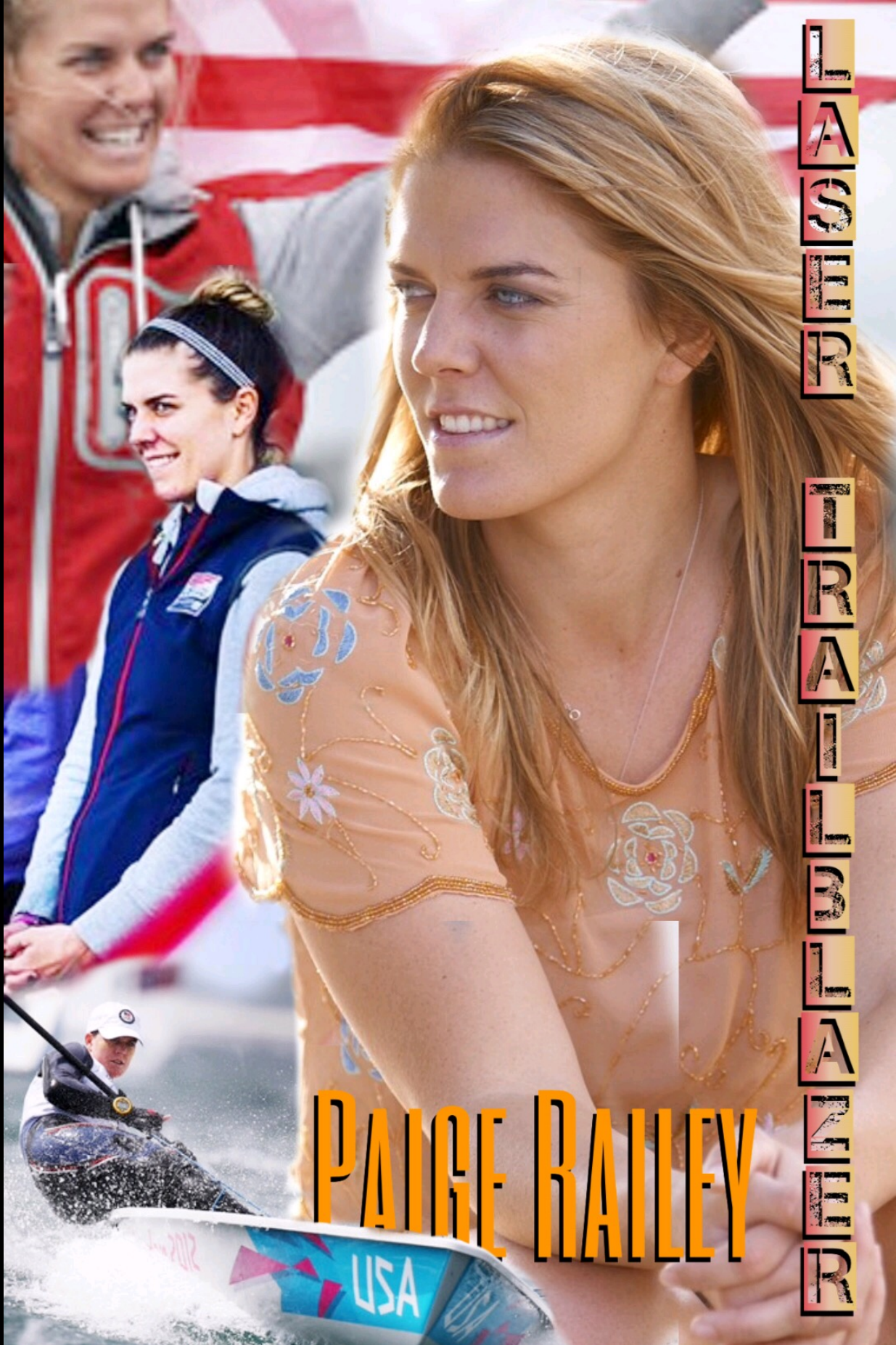
Most of all, when you're learning to sail be sure to have fun.....that's really what it's all about!

Good luck, from Jocelyn Nash



Jocelyn and her family at Richmond Yacht Club receiving the award for sailing family of the year.





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PAIGE RAILLEY

## LASER TRAILBLAZER - A PAIGE RAILEY EXCLUSIVE

By, Paige Railey

First off, one of my major goals with my sailing is to make a pathway for all girls and women in the sport. I want to show our gender that yes we are females, yes we are strong and yes we can compete just as or even more intensely compared to males. I am a female, I am strong in my mind and heart and I can do everything that you can do.

This path has never been easy...so let me give you an insight of what I've faced and currently battle...I've been told that I'm only a girl, I won't be good enough, girls are weaker in every aspect, my fleet is easy etc. I never let these comments put me down. Instead I take negativity and use it as motivation.

Another good example was the life altering accident I had in 2014. I thought my career was over. Physically I hit rock bottom. Fractured spine, hurt tendons, killed nerves, terrible concussion etc. I could of let it break me but instead I chose to pick myself up and begin the road to recovery.

Coming back from an accident and facing a male dominated world is not easy. It takes a deep amount of inner strength to pull your shoulders back, put your head high and walk forward into the unknown. Of course there will be times that are hard, times where you cry, fail, and you'll have many setbacks. When this happens it will knock you off your path and knock you down. So do you know what you do?? You get right back up, pull those shoulders back, put that head back up again, display your scars and wounds with pride and get walking forward again.

I started sailing at the age of 8 and I've had many ups and downs....The USA has watched me through my whole journey. So let's talk about some successes! Here's some things I've accomplished...a girl from a small town who failed her learn to sail test:

2 gold medals ISAF youth worlds

2 gold medals (1 world games, 1 laser worlds)

3 bronze medals laser worlds

1 bronze medal youth worlds

2 Pan American golds

1 Pan American bronze

2006 ISAF female Rolex world sailor of the year and US sailings female Rolex sailor of the year

2012/2016 Olympic Games

I've won almost every world World Cup event and many national titles

And yes I used to destroy the boys when I sailed against them! And still do : )

I will keep walking this path and making an example for all women out there because we can do this. It takes strong girls like you to keep this path alive. Remember times will be tough, but they will be overshadowed by the successes and fun that you will experience. Don't let anything hold you back and whatever you do, keep that head high, shoulders back, display your battle wounds with pride, remember who you are, what you're doing and walk forward to your dreams and goals.

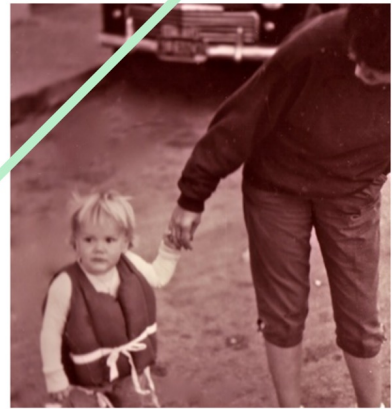


Cinde - eight - drives to Tinsley. Taken from a page in a third grade autobiography.

Here you should know  
that I like to sail

## *From One Girl to Another*

CINDE LOU DELMAS



## FROM ONE GIRL TO ANOTHER

By, Cinde Lou Delmas

No way to remember my first sail, 1953 and I was six months in my Mommy's tummy! 14 months old when they took me out on their Spaulding Clipper. The pictures tell the story! Mom said I loved it! By two I was tied to the mast below on the Golden Gate, racing. Mom said I was sopping wet, cold salt water dripping on me and she expected me to be crying or screaming, but when she looked I was happy. Big smile! The baby loved it!

Grew up at SFYC and my sister Mickey and I were honored to be the first girls "allowed" in the Junior Sailing program. Dad had to go to the Board to pitch the idea and he used his grammar school friend, Jocelyn Nash's name as an example of what other Yacht Clubs were doing for girl sailors.



I had the sailing bug, my sisters never got it. In the early days I wore weight belts, wet clothes and no life jacket on an El Toro? 4046 named Buttercup was a fast boat, back then I thought it was me! One 'round robin' - it was the boat! Dad said it was me!

Back then the winner of the Junior competitions for each Club got to go to Tinsley for two weeks and learn from great sailors. I won from SFYC, StFYC, SYC and MYC; three to four years in a row. Girls were not allowed so second place went. Names we all know; Cayard, Jesberg, Madro and Kennedy. Never bothered me, gave me more reason to beat them again, such fun, competition!

Shelly Miller took me under his tutelage at 11 or 12 years of age. He was "the dancer"! Talented foredeck for the 'Snake', Jake Wossor was "Gawd" in the IC fleet. At 61 today, I can still dance on the foredeck thanks to him.

At 15 my parents let me take their Cal 34 out without them. I never abused the honor. I ventured out to race on other boats and against my Dad but found that people screamed and yelled, not fun. I thought my Dad was really old and might die like my Grandparents, so I decided to race with him forever. He was so much fun, didn't scream. Little did I know that he was only 40 and that wasn't "old".

Did foredeck for my Dad on all kinds of boats ... We were in 'sync', dropped at the pin! Eleven years in the Etchell's class, he sold her in 1988. Dad had the same crew for most of the years racing. Occasionally we were asked to report as witness for RC but if the girl was witness, no way. Old days! Sat outside the Grill Room @ StFYC after races but honestly it did not bother me. Guys came out to talk race but sitting out there waiting was ok as long as we beat um. My Mom said, "who cares where you sit if you win Cinde?" They will come talk to you, they did, Mom was right.

I represented StFYC in the Adam's Cup twice and never got funding, no boat, nada. It was the time when Sea Magazine tag line read, "For the Active Boatman". Later experience had me hiking out on a coffee table while head Judge Bill Ficker decided if I was over "mid thigh rule". Like he would have a man do that? My old buddy Bill Munster was a co-Judge and he told me to just do it; hike out on the coffee table!

Growing up I wanted to beat the boys, it motivated me to be a better sailor. If I grew up today I would feel the same; got to beat the girls and the boys! It's all competition! I do not have my Dad's photographic memory for racing rules but I do have an innate gift; I can drive with my eyes shut, feel a puff on my face move an inch and no one believes me but I can feel the tide.

I was seven years old and knew Jocelyn Nash's name. I told my Mom I wanted to be like her and she said, "that's fine but don't wear lipstick until you're older". Four ladies racing on the Bay back then, amazing! Today I get to race with her on Wednesday night Beer Cans at RYC. Such a privilege.

So thankful to be born to Patti and Len Delmas and be the 'boy' they never had! I love my sport and have my parents to thank for it! Dad and I had a combined 116 years on the Bay when we lost him, November 2015

# HELENA SCUTT

**BEING  
COACHABLE**



## BEING COACHABLE

By, Helena Scutt

As a member of the 2016 US Olympic Sailing Team, most people are surprised when I say that I learned to race only eight years ago. I'm turning 24 this summer, and I started to learn to race when I was 15 or 16. I totally missed the Opti phase because I was soccer-obsessed. So partly I'm here to tell you that it's totally fine if you don't have as many sailing years as some of your sailing friends! Don't be intimidated. What matters for your progress is not the past, but the attitude and energy you bring to each day on the water.

I attribute my accelerated path in sailing mostly to being coachable. While this helped me learn fast in sailing, the best part is that it can be applied to almost anything in life that you want to improve at. So, what does it mean to be coachable?

I see two equally important parts that can influence each other: your actions and your mindset. I'll start with the actions, since they are more concrete. Imagine the difference in the impression you make on your coach between these two scenarios. In the first, you are 20 minutes late to the start of the clinic on Saturday morning because you forgot your trapeze harness, and then you launch 15 minutes later than the group because you had to fix some rigging problems. Everything during the debriefs made sense at the time but two weeks later you can't remember what you worked on because you didn't take notes. In the second scenario, you spent a few minutes after practice during the week to make sure your boat was ready for the weekend, and you put all your stuff in one place ready to grab and go on Saturday morning. During the clinic debrief, you jot some notes down and a month later when a guest coach comes with some fresh perspective, you can refer to your notes and ask them the questions you thought of right after the debrief.

Clearly the second situation is much less stressful and more productive than the first. Imagine how much happier your coach and your teammates would be, and how much more focused you could be on sailing. Being on time, being prepared, taking notes, and asking questions are all actions that you need *zero* sailing knowledge to do, but can have an immense impact on your ability to improve rapidly. It sounds simple, but mastering these skills now will pay off a ton when you're traveling across the country for college sailing regattas and balancing college classes, or traveling around the world for an Olympic campaign that involves owning 3 boats on 3 different continents!

Second, work on your coachable mindset. This means seeking feedback from your coaches and teammates, and putting your ego aside for a second to absorb their input. Try your best to not be defensive and deflect the feedback. Ninety-nine percent of the time, by giving constructive feedback they are genuinely trying to help you, not make you feel inferior or bad. When I was newer to sailing I remember thinking that when I was one of the best in the world, no one would be able to tell me I was doing anything wrong in the boat or on the racecourse, because I would be doing it so well. That idea is laughable to me now, because I know that the best sailors in the world are constantly looking for ways to improve. They know they aren't perfect, they are always striving to be better, and they seek feedback to achieve more. Sometimes the vibe between you and your coach or teammate gets tense. Again, set aside your pride and make sure your desire to improve is stronger than your desire to be right. This is really hard, and it is something I am still working on. But I promise you, that when you listen, understand, and then implement the feedback, it will be worth it when you see better results!

My final suggestion for being a more coachable sailor is to express gratitude. It's as easy as saying "thank you" to your coach at the end of practice, and to the race committee and volunteers at regattas. Make your skipper or crew feel appreciated. Being thankful always makes me feel happier, and when you're happier, you're more energetic and willing to learn.

# Ashley Perrin



© Meredith Block

## *Meet Ashley Perrin*

By Ashley Perrin

Sailing as a sport is extremely diverse in its disciplines and as 71% of the planet earth is covered in water obviously it is a sport that one can participate in globally. As it is so diverse you can start in a dinghy as a 5 year old and still be on the water into your old age. For me sailing is a lifestyle it is my career as well as my pastime it has taken me all over the world, in all different size vessels both racing and on expeditions/cruising. The sport has given me my network of friends and indeed my partner in life. Since my first race offshore at 13 I have sailed over 120,000 miles in many different countries, conditions and boats.

My primary participation in the sport has been offshore racing and now leading expeditions in the Polar Regions in particular the south. I started racing at 13 from the UK to France at the weekends and did my first Trans ocean doublehanded delivery at 18 from Newport RI to Southampton in the UK a few weeks after graduating high school. After getting a double major in Geography and Physical Oceanography I spent a year attempting to raise money for a Coed Youth Team in the Volvo Ocean Race – we managed to secure sponsorship and a boat however, when the recession required the sponsor to lay off 15,000 people the sponsorship disappeared.

I started my business Racing Yacht Management and recently another business Antarctic Ice Pilot. Racing and cruising offshore is more than just sailing it is about being able to manage resources and it is necessary to have diverse skills to keep the boat and people in one piece. Over my career I have learnt how to make and repair sails, maintain and troubleshoot boat systems, administer first aid including a few head lacerations, navigate in ice covered water with unreliable charts, rig large boats and provision for foreseen and unforeseen circumstances and read weather charts and real time conditions.

The great thing about my career in sailing is that I am learning something new almost every day and despite the long hours and the huge amounts of travel I love what I do. In 2009 I took a break from sailing and went to Antarctica and South Georgia (in the southern ocean) to live and work as senior boating officer for the British Antarctic Survey. My job was to maintain and manage RIBs as well as dive in support of the terrestrial and marine science I also drove a 30 foot aluminum hull pilot launch to transfer government officers aboard fishing trawlers for fisheries inspections. Living and working south for 3 years gave me a love of the continent which I am luckily now able to combine with my sailing as I now provide guiding, logistics, planning and ice pilot services to mega yachts wishing to go to these remote cruising locations.

In February I went from racing a class 40 from Miami to Havana – we won the race overall to picking up a Nordhavn 63 powerboat in the Falklands (islands off south America) and taking the boat 850 miles across open ocean to the glaciated island of South Georgia. This is my final blog posting from that expedition.

## END OF 2015/2016 SOUTHERN CRUISING SEASON

By, Ashley Perrin

The cruising season south has come to an end and Ashley Perrin of Antarctic Ice Pilot has arrived back in the Falklands after a month long cruise to South Georgia. Ithaka a Nordhavn 63 will head for Valdivia for the winter via the Straits of Magellan and the Chilean Canals.

The focus of the trip to South Georgia was for the clients to explore one of the world's most spectacular wildlife destinations. South Georgia is a glaciated island 850 miles WSW of the Falkland Islands in the Scotia Sea and is the breeding ground for many of the southern ocean species. With more than 3 million Antarctic fur seals (98% of the global population) and 400,000 southern elephant seals (over 50% of the global population) breeding and molting the beaches can be overwhelming at peak breeding season. The island is home to four species of penguins – more than 450,000 pairs of King penguins, 105,000 pairs Gentoo's, 13,400 pairs of chinstraps and more than million pairs of Macaroni's. The Wandering, Black Browed, Grey -headed and Light- mantled Albatross breed on the island and visitors have the unique experience of being able to land on Prion Island where the Wandering albatross sit atop their nests within arm's length of visitors. Since 1984 their population has declined by 30% to only 1,553 pairs nesting each year.

The non-native Norwegian rats brought by whaling ships have hopefully been eradicated after a record breaking effort by South Georgia Heritage Trust. The rats and reindeer had a devastating effect on the islands ecosystem. The rats feed on bird eggs and chicks and the 20 reindeer introduced between 1911 and 1925 became over 3,000. The reindeer over grazed and trampled spreading non-native meadow grass they were hunted and eradicated by the Sami tribesman brought from Norway in 2014. The results of the rat and reindeer eradication are patently obvious with burnet and tussac thriving in what was previously overgrazed areas. The endemic South Georgia Pipit (3000 pairs) are also doing very well in their new rat free environment. When Ashley lived at South Georgia she never saw a Pipit but on this visit 8 were spotted over the course of the cruise in the different baited areas.

The transit to Grytviken South Georgia from Stanley Falklands took five days with the prevailing wind and circumpolar current. Ithaka enjoyed sites from St Andrews Bay to Elsehul over two weeks before taking six days to return to Stanley while avoiding two deep depressions. The williwaws were recorded at 74 knots while at anchor in Right Whale Bay and both Right Whale and St Andrews Bay delivered a constant 50 knots of offshore winds.

South Georgia did not disappoint the owners of Ithaka and provided a challenging cruising ground that at times required some self-sufficiency when dealing with limited system failures. The morning of departure from Elsehul to Stanley the hills around the anchorage had a dusting of snow signaling a change in the seasons and a gentle reminder that it was time to head north to warmer climates.

Sailing is a sport young and old can participate in it is as much a physical as cerebral sport and has enough disciplines to keep you interested and learning for the rest of your life.

## *Kelsey Tostenson and the Creation of Gale Force Girls*

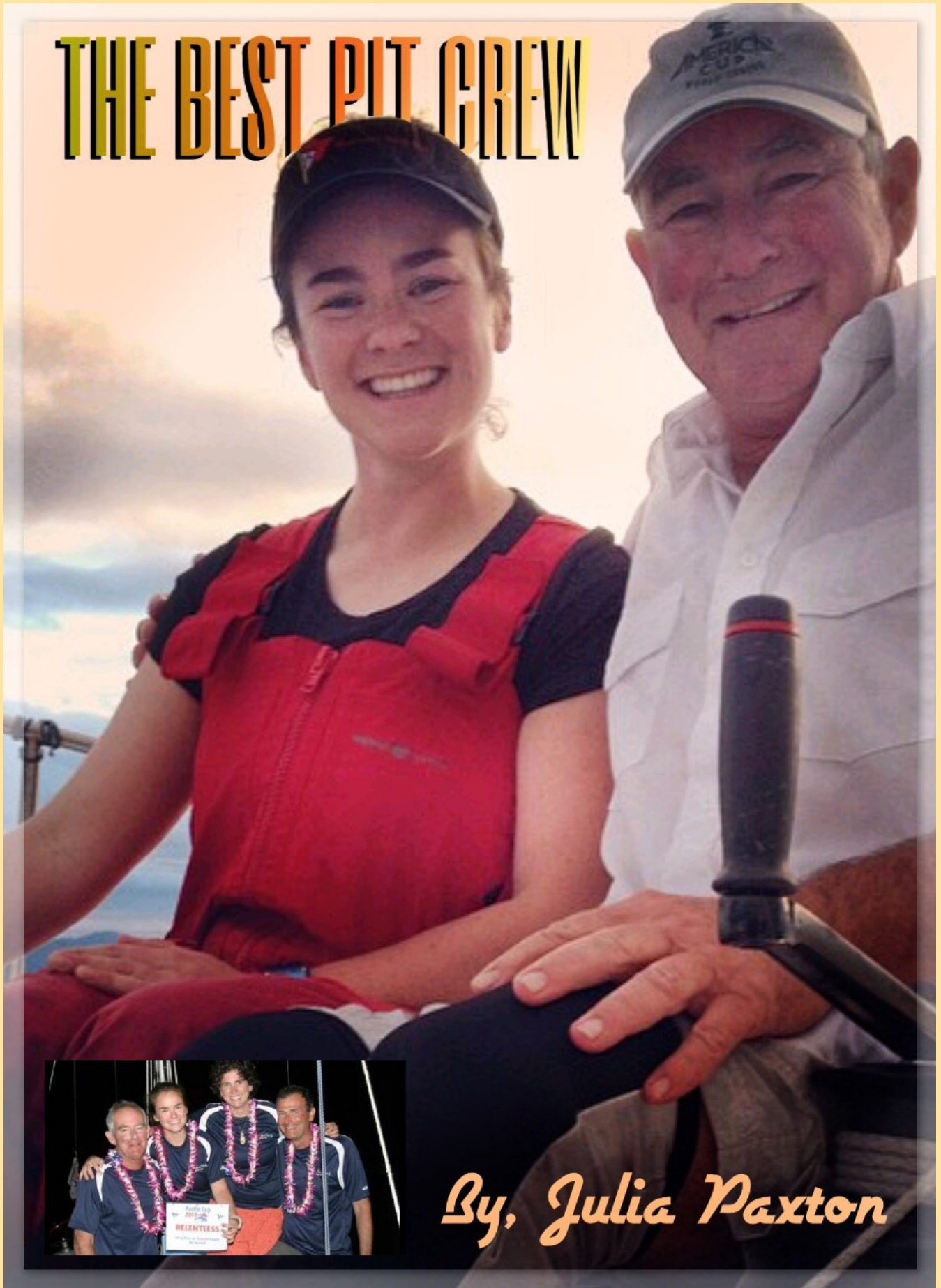
Sailing has been the one constant in my life, always claiming my weekends and emptying my wallet for new boat parts - and I wouldn't have it any other way. For high school I went to an art school where I majored in writing and was an active member of the school newspaper. I realized that I liked journalism and that it was something that could be applied to my love of sailing, thus was the beginning of a sailing newsletter. Initially Gale Force Girls was just an idea that I had to develop for a school project, but I became attached to my project and decided to bring it to life.

Gale Force Girls is aimed to encourage young girls to stick with the sport because the unequal gender distribution within the sport is something I am very passionate about changing. Many girls will start to take beginner classes, but of the girls who started, only a handful will stick with the sport. I remember the days of being stuck in irons, boom hitting my head, soaking wet, cold, scared, and wishing I could just go home. I remember when my yacht club hosted the Leiter Cup and our family held a dinner for about 15 of the girls, it was surprising to hear that almost all of them hated sailing when they first started. Despite the initial hatred of the sport there was a universal appreciation amongst the girls that their families pushed them through that initial scary stage and now couldn't imagine life without sailing. They were truly hooked. Now I feel I have come full circle. I am currently coaching little girls just starting their sailing careers who need a little extra encouragement.

I have been sailing for eight years, so at my age of 16 I have been sailing 50% of my life. I sailed my Opti until I was 14 and competed all over the US. Now I sail 29ers and keelboats. I have sailed in USODA Team Trials, 3 Big Boat Series, 29er Nationals and various other sailing events. I am excited to start college this fall at California Maritime Academy and hopefully join the sailing team. Sailing has provided me with a community of support that is so unique and special, I couldn't imagine my life without it. Sailing also has given me a career direction, and as I start college as a marine transportation major, I know that I would not be who I am today without sailing. This is why I created Gale Force Girls.

I don't expect for little girls to read this and then all of the sudden there is an equal number of girls and boys in the sport, but if this newsletter helps convince 1 little girl to keep sailing I feel like all my work will be worth it. I hope you are enjoying reading this newsletter! Keep Sailing!

# THE BEST PIT CREW



*By, Julia Paxton*



## THE BEST PIT CREW

By, Julia Paxton

It's a little-known fact that my family dabbles in the sport of sailing...just kidding, it's kind of our thing. Like most sailing kids, I don't remember my first sail because I was a few weeks old, soundly asleep in a portable bed wedged in the floorboards. Since then I have a seemingly endless list of family sailing outings that I actually remember, beginning with cruises to the Delta and Angel Island, and continuing through the Three Bridge Fiasco with my dad this year.

One chapter in my sailing thus far was racing 29ers in high school. Late July, 2008, I'd just returned home from the ISAF Youth Worlds in Denmark. 29er U.S. Nationals in the Gorge began the next week, and I couldn't imagine missing them. Several small issues: I'd just returned from an exhausting trip, my crew, Karoline, remained in Sweden after Worlds to visit her family for the rest of the summer, and I only had a learner's permit to drive. Luckily my folks are the greatest backup team a kid could ask for, and with their help, before long the car and boat were packed. Nina confirmed she was flying to Portland to race the regatta, and my dad and I were pulling out of the driveway on yet another regatta road trip.

My dad and I were among the last people I know to get smart phones, so we definitely did not have one in 2008. Armed with a paper map and combined semi-local knowledge, we only made several minor detours down the less direct routes to Oregon. Then it was just my dad, my boat and me for hours and hours. I remember looking ahead at the map (which is so much easier than scrolling through the state of California on a smart phone screen) and reading a town name I thought must be a typo. I joked with my dad and asked if we could plan a gas stop there. Hours later, I was snoozing in the passenger seat when my dad woke me up saying, "Hey, we're in Weed, CA!" The jokes kept us entertained for the next five hours (Can you imagine graduating from Weed High School?), and I still have a postcard from the gas station.

Some kids would have hated being stuck in the car with their parents for hours on end, but in hindsight those moments were some of the more irreplaceable of my formative years. (Except for that one time I still had my permit, missed an exit on the way to Long Beach, and ended up in rush hour traffic in LA with the trailer...sorry Mom, that wasn't funny at the time!)

Fast-forward eight years. I'm recalling this story and a whole mess of others sitting in my stateroom on the 629' oil tanker I call home for six months of the year. Some things have changed. I have a driver's license (and a Coast Guard one), I don't beg my parents for help with road trips quite as often, and I can now ask my phone for directions if I get lost. What hasn't changed is the strong friendship my parents and I forged during those years campaigning the 29er. They're my support team while I'm at sea, and they are they have my back in every endeavor. I know growing up sailing I wasn't always the easiest to help, but I wouldn't be where I am today without them.

Hopefully in reading this little trip down memory lane the current generation can take a moment to appreciate the time and effort our parents and mentors put into making our sailing possible. I know I can't thank my folks enough for all those years and memories.



# KRISTEN LANE



## SAILING FOR LIFE



## SAILING FOR LIFE

By, Kristen Lane

SAILING is a metaphor for Life and all of the challenges that Life presents over the course of our time on Earth.

SAILING is an opportunity to be a part of a team. Racing is an opportunity to measure your abilities and provides instantaneous and measurable results.... your daily score line tells you what you did. If you care, you look at those results and figure out how to come together as a team and move forward. That's also an attribute necessary to succeed in Life!

My personal story with SAILING is that I began as an adult, and I'm so happy that I did.

I didn't have the strongest voice. In fact, I had very little or even no voice at all. I rarely spoke up for myself. I did not rise up to take control of situations and opportunities that I was fully capable of leading. I sat back and let life happen.

At age 26 I went for my first sail. After my first regatta, I was hooked. I was crew on J/24s for six years before I decided to take the helm. Once I did I jumped into a big keelboat on San Francisco Bay and every weekend it was me in 20 or so other J105's getting around the race track. Every mark rounding and start line was a spike in adrenaline and tension - This was the beginning of many of the gifts that racing sailboats brought to me. The only scary conditions in a sail boat are the ones you have not yet sailed in. Quickly realized that sailing was expanding my comfort zone and I was better for the experience of discovering that "limitations" are a self-created concept.

I wanted more challenge so I began to transition from boat to boat, looking for ways to improve or be challenged:

From J/105 to Melges 24

Melges 24 to 29er

29er to 29erXX

29erXX to 49erFX

49erFX to Nacra17

Nacra17 to Windsurfing

Windsurfing to Kiteboarding

Kiteboarding to...?

So here I am today and I don't resemble the woman who went for a sail at age 26. I have found my own voice and enjoy a passion for being on the water surrounded by nature, sailing as fast as possible, and beating my competitors to the line! I will enjoy this amazing sport for the rest of my life.



KEEP  
CALM  
AND  
SAIL ON



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Photo from Helena's instagram