



New Jersey Windsurfing and Watersports Association Newsletter

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Socially Distanced Windsurfers at Seaside (see pages 2 and 7)

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From the President



Jeff Bauer, President
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Well, 2020 is off to a crazy and difficult start for many of us. In thinking about what to write about this time around, I felt that "SAFETY" was the most important and appropriate theme (see related articles on this theme throughout this issue). As Steven Adler said, "You can have all the riches and success in the world, but if you don't have your health, you have nothing."

As we all are painfully aware, the pandemic is all around us and has hit New Jersey especially hard. Please follow the guidelines of social distancing and wearing a face mask to protect yourself as well as others. To anyone who has contacted Covid-19, I hope you have, or are in the process of being, fully recovered and that you are feeling much better. As more and more of us show up to our various sailing sites, please give one another plenty of space and keep your distance from each other during any parking lot, or beach, socializing.

The other area that we need to continue to be vigilant is on the water. We have had a few incidents recently where equipment failures and/or very strong winds have created scary situations, lost equipment and unfortunately one death of a windsurfer in nearby New York. Here are a few key points to help keep you safe on the water:

1. Never Sail Alone

An equally important aspect of this point is to keep a watchful eye out for one another. If you see another sailor out on the water and notice that they have been down in the water for a longer than normal amount of time, go check on them. If there is just one windsurfer's car left in the parking lot, before heading off, check the water to make sure they are still sailing and not in any need of assistance.

2. Double Check Your Equipment

The area that is known to fail the most is the connection between the mast and the board. Double check to make sure the mast base is securely fastened to the board and also make sure that the universal joint is in good condition. Also check your downhaul line, outhaul line and even your inhaul line (the one that fastens the boom to the mast) to make sure they are not fraying.

3. Carry A Communication Device

Many of our members sail with a cell phone, iWatch or VHF radio in case of emergency. There are also special whistles that can be used to signal that you need help.

So best wishes to all NJWWA members and friends on staying safe and healthy through this very unusual time. On a positive note, windsurfing is one of the best ways to exercise while being socially distant. It's also the most fun and exhilarating sport in the world!

See you on the water!

Club Announcements

2020 Club Schedule:

As of now, all club funfests and social events are temporarily on hold until directives from the State Governors allow for such activities and gatherings. Once changes in the directives permit us to plan for future NJWWA events, email blasts will be sent out to the membership announcing dates and places.

2020 ABK Schedule East Coast and Bonaire:



Due to changing State regulations dictated by the COVID-19 outbreak, and Bonaire currently being closed to all commercial air traffic, please check the ABK website at the link below for updated information regarding the current status of the ABK 2020 camp schedule.
<https://www.abkboardsports.com/>

Custom Ink T-Shirt fundraiser

The NJWWA has revived our old tie-dye t-shirt design to reflect the current situation with the Coronavirus: *"Social Distancing since 2009"* 2009 is when the current iteration of NJWWA was started.

We need a minimum order of 15 T-shirts to get them at the price offered. This fundraiser will be opened for approximately 3 weeks, and home shipping will commence at the end of this period. Thank you for your support of the New Jersey Windsurfing & Watersports Association.
https://www.customink.com/fundraising/njwwasocialdistancingtshirt?pc=TXN-167780&utm_campaign=fr_org_live&utm_source=fr_organizer_txn&utm_medium=email&utm_content=campaign

Dynomite 100% Cotton Tonal Tie-Dye T-shirt – Columbia Blue



Port & Company Tie-Dye Long Sleeve T-shirt – Turquoise



2021 NJWWA Calender



For all those amateur (or even pro) photographers out there, please consider submitting some shots for inclusion in our **2021** calendar. If you have any action photographs (taken in NJ or other windsurfing location) that you would like to be considered, please forward them to ancwsurf@gmail.com under the subject "2021 NJWWA calendar". You still have until September 12th to get the photographs submitted so take your camera with you next time you go out windsurfing.

- Photographs should be in JPEG format and at least 300 DPI resolution (roughly 1mB or greater) to be considered for inclusion.
- **n.b.** photographs taken on smart phones (unless of the above size) are generally not of sufficient quality or resolution to be expanded to calendar dimensions.

Election of new NJWWA President and Vice President

Jeff Bauer's term as club president is up, presenting an opportunity for someone else to step up and take a leadership position in the club. We are seeking volunteers who are interested in becoming President or Vice President. Once we have viable candidates, then voting can take place, ideally, in the November timeframe. It would be great to get some of the newer members to step up and take a turn and become more involved in the club decisions and activities. Look for an email in November with more details

Update on Windsurfing Instructors and Programs Association (WIPA)

By Tom Latham and Ned Crossley

Learning to windsurf can be a life-changing event, if done properly. My first time on a sailboard, I struggled just trying to balance in "light & variable" winds. The challenge to conquer something new kept me intrigued. I then purchased a windsurfer, got a 2 hour land lesson, and I've never looked back.

The original Instructor Certification program seems to have been through the Boardsailers Instructors Group, or through Learn Windsurfing Right! US Sailing. Both of these systems are the basis for instruction, even 30 years later, as is evident by the grandfathering of instructors into today's WIPA program. With time come changes in disciplines, changes in equipment, and changes in teaching methods.

Introducing "Coach" Ned Crossley: famed gymnastics coach of West Point, Master Ski Instructor, formidable rock-climber, and coordinator of the new WIPA Windsurfing Instructors and Programs Association. (Windsurfing Is Pretty Awesome).

The best windsurfers from North America have all contributed to bring us detailed standards of advanced levels of instruction. If you fancy yourself an expert windsurfer, consider kicking it up a notch and become certified in specialty instruction. Share your windsurfing skills with others, whether it be beginner, or expert, and help grow the sport we all love.

In the meantime, SUBSCRIBE to the new WIPA YouTube Channel, WIPA Windsurfing Instructors and Programs Ass'n

From Ned:

Hello, it's a crazy period in our windsurfing lives. Be safe and get some wind in your sails.

I have edited the 12 Windsurfing Instructor and Programs Association You Tube videos improving the subtitles color, placement, and length of time appearing on the screen.

https://www.youtube.com/channel/UCIH_peHDcuMtKL39sEUxzhw/videos?view_as=subscriber

I added a 13th video, a small very basic fin first windsurfing.

Hopefully, these videos will help you to understand the non-planing light wind maneuvers listed for Level 1 and 2.

Get your windsurfing friends to join WIPA (<https://www.windsurfingipa.org/about>), please - Ned

Club News

Annual NJWWA 2019 Fall trip to OBX: Jibing and jiving in the Outer Banks: Nov 2nd - 9th 2019

By Henry Anderson

Windsurfing has to be one of the most impractical loves of my life. It requires maintaining an arsenal of gear, the ability to transport it, access to a location to use said gear, the free time to commit to a session... oh and the wind ultimately has to show up too. On the occasions the stars align - all of the ingredients are present - creating the most wonderful and exhilarating feelings that drain your adrenaline supplies and leave lasting memories.

For us New Jersey sailors who crave a few great sessions at the end of the season, the annual Fall Hatteras trip that Jeff and Barb Bauer organize offers a chance for a "last blast" before storing the gear and getting out the skis. Having gone in 2017, and sorely missing 2018, I made sure to go again this year and was flattered to be asked to recap the trip, so here goes:

The house: Jeff pulled a rabbit out of the hat this year on a last minute house change due to hurricane damage on the original reservation. The pictures at the realty website show the scale and amenities well, needless to say having an elevator, hot tub, home theater, and a spacious under house parking area to leave your sails rigged were all perks, but we honestly spent the most time on the top floor in the great room together cooking, chatting and enjoying the sunsets over the sound. <https://www.hatterasrealty.com/vacation-rentals/blown-away-6-22>



The NJWWA enjoying the house at OBX

The wind: We managed about 4 days of sailable conditions from the house, with generally sideshore conditions. Two of the days were "ideal 20+/-knots" conditions and the last day went nuclear at 40knots+ testing the strength and ability of all who went out. Calm days were spent on the bike, drooling

over gear at the local shops, doing SUP sessions at the ocean, and making sacrifices to the wind gods.



Ilia Malykin Taking Flight

The company: Of all the aggravating ingredients mentioned earlier about what makes windsurfing so frustratingly fun, none are worth mentioning more than the people you share it with – and this year was no exception. We were treated to extravagant and international meals each night as all took turns making dinner for the group. After dinner entertainment highlights included mandolin/banjo/guitar/cajone sing-alongs with Brian, Jeff, Ilia and Bill, sharing stories of our battles in the wind and waves as our bodies tired and trying to outwit each other's inappropriateness in the Game of Things.



Lavish feasting at OBX

In the morning we'd study the wind forecast like hawks and eye each other's rig selection when it came time to gear-up. We argued over music selection and DJ rights, eventually relinquishing to Barb. The divorced men's club even tried driving around town one night foolishly thinking we'd run into the Swedish women's swim team at some dive bar...in November. I'm sure that was either Tibor or Bill Ambruster's idea.



Jeff Bauer Ripping on a 3.7m

For one week - all of the ingredients fell into place: the launch, the house, the wind, the gear, and most of all the company. This is the joy of windsurfing, the sport itself is fun, but it's even more of a wonderful thing to enjoy with like-minded, eccentric, salt-of-the-earth sailors. Huge thanks to Jeff and Barb who make this annual pilgrimage happen - can't wait until 2020. Cheers, Henry



The sun setting on the NJWWA OBX trip

9th Annual NJWWA Gala: October 14th 2019

By Tom Latham



The Annual 2019 NJWWA Gala was hosted and decorated by our very own Marah Gaudiano Shiels at her beautiful warm home, capturing our passion for water sports! Windsurfers and Kitesurfers united in celebration of another fabulous year on the water!



Attendees enjoying the event

We were treated to the musical rock star talents of the group "More Downhaul" resulting in many happy feet. Delicious catered food was complemented by the bonding camaraderie, fun and laughter through the night. A huge sincere thanks to Marah for her generous hospitality and being such a gracious host and those who helped behind the scenes! We all had an AWESOME TIME!



"More Downhaul"



Even "More Downhaul"



Thermal Bob with "The Thermal Blues"



Fun and games at the gala



Jimmy, Elaine, Diane, Carole and Ken
enjoying the gala



Enjoying the food at the gala

Special Features

Windsurfing 2020

By Tom Latham

Cop: Why aren't you quarantined?

Me:



Disclaimer: The NJWWA does not advocate for windsurfing during government lockdowns. We encourage you to obey emergency orders as the climate dictates.

It started with a virus in China, and soon snowballed into the quarantine of the entire planet. Covid-19 has affected all of us in one way or another. As we begin to "Flatten the Curve", access to many of our launch sites is now returning. Keeping this access is going to be the problem as the shore region tackles how to plan the summer.

Coming off a record-warm winter, we've since been getting punished with below average temperatures, prompting many frost advisories. These cold 45 degree water temps, and stay at home orders, have kept many of us high & dry for now. Governor Murphy's directives have given us many challenges to hitting the water. Many shore towns are finally lifting the "residents only" requirements for their beaches, but parks, boardwalks and playground areas are more of a challenge. Please take this opportunity to follow protocol, and show off how we "social distance".

For those in isolation, you may be finding yourself with extra time on your hands. It may be hard to justify leaving your home when the governor is asking you to stay home & avoid travel. Cabin fever set in a month ago. You're down to binge watching Tiger King on Netflix, and you've had enough. Your

social media presence has brought you more memes and TikTok videos than you'd care to admit. InstaCart, GrubHub, and Amazon delivery drivers all know your address. College is out, Google Meetings are over, and destination vacations are cancelled. Or maybe, after working essentially non-stop, with a mask on for the past 2 months, you need a break. The weather is slowly warming up and windsurfers are chomping at the bit to get some exercise while social distancing. There's no place like your home turf.

Those who live on or near the water are golden. They know that the bay has remained open throughout this pandemic. It is the access to this water that has been restricted. The best chance at poaching a session has been to remain under the radar. Rig fast, Sail safe, Return rejuvenated. The last time the barrier islands of both New Jersey and North Carolina restricted access to only residential placard holders was superstorm sandy in 2012.

Pre-season windsurfers have been lucky to find an assortment of local boat ramps and lookouts to launch from. Unfortunately this has also brought us some bad publicity as well.

A kite-surfer off Normandy Beach was rescued 50 yards off shore and charged with violating the lockdown orders.

A well-established windsurfer, in a 5/3 wetsuit & helmet, got overpowered and overwhelmed in the deeper waters of Barnegat Bay, north of The Flats. After taking a hit to the jaw, she was finally able to control her drift towards houses on the barrier island, but suffered hypothermia from 1.5 hours in the unseasonably COLD water. Another 30 minutes, and she would not have made it in.

We just got word that a 58-year-old windsurfer on Long Island NY recently lost his life struggling to self-rescue in Napeague Harbor, East Hampton.

Inherent risk is inevitable in whatever you do. It has become pretty common for windsurfers to try to lower this risk by wearing helmets, high hook flotation vests, and implore VHF radios to stay connected. Use the buddy system, make a float plan, and stay connected with social and private media. There is never the intention to enact a rescue, especially when first responders are spread thin.

By early May, **Island Beach State Park Marina on 24th Ave.** has re-opened for car-top watersports. At this time, NJ State Parks are limited to 50% capacity, so for now, SPREAD OUT, and respect each other's personal space. We are social distance innovators. If you are finished sailing, and it's crowded, then consider leaving to make room for others.

Trailers still have to launch from the **14th Ave. Recreation Park** a half-mile up the road in Seaside Park which, by the way, remained open during the entire Pandemic. It's worth it to purchase season beach badges and a trailer pass if you plan to launch here throughout the summer season. Badges usually start on Father's Day weekend.

Sandy Hook re-opened for passive recreational activities on May 9, with social distancing and face masks are recommended. People pretty much stay away from us anyway, so we are not the problem. Just be mindful to spread out and keep 6 feet from each other.

Berkeley Island County Park has re-opened, which can be associated with the Trixies Landing site. We've never had a problem with social distancing there before.

Sunset Park in Harvey Cedars, and Bayview Park in Brant Beach, Long Beach Island, each can potentially be operating soon under new guidelines. Seasonal Beach Badge sales are beginning in their respective towns. In Long Beach Township, we understand that beach badges will be required from June 1st and that they will limit the beach badges to only seasonal and weekly passes. It appears that they will not selling daily passes.

Lakes Bay is now open for business. The Lakes Bay Recreation Association, which maintains the Lakes Bay Preserve a ½ mile east of Extreme Windsurfing, has been used as an alternate launch.

Brigantine/ Seaside Rd. has seen both SUP & Windsurfing ocean/inlet action throughout the pandemic.

We remind you to not gather closely in groups, No Loitering. Respect each other's personal space. We're not looking for full parking lots, so Spread Out. If you're finished windsurfing and it's crowded, consider leaving & making room for the next guy. Before hitting the water, leave a Float Plan, and practice the Buddy System. Consider using flotation assistance jackets, helmets, waterproof VHF Radio, or waterproof bags for your cell phone.

Our WhatsApp Windsurfing NJ group is representative of a large diverse contingent of windsurfers in the Barnegat Bay Region.

Facebook has a large windsurfing presence with our own New Jersey Windsurfing page. Facebook Groups offer interaction with windsurfers in various locations, including NJ, NYC, Hudson River, Long Island, Lakes Bay, LBRA, W.E.T., B.A.B.A., Windsurf Classified (USA), Tampa Bay, ABK, Cape Cod.

Keep windsurfing at your fingertips by actively partaking in social media.

Safety:

- There can be a fine line between holding a water-start position to control drift towards land, or abandoning your sail and paddling the board towards safety. Ditch the rig.
- Friends that are sailing 3/4 mile upwind may not see you in the rolling swell & chop without binoculars.
- A cell phone in a waterproof bag can lose its power quickly in cold conditions.
- A flare is certainly an option that mariners might see.
- A windsurfing Flotation Vest, while NOT USCG approved, can provide added flotation.

PFD's can trap you under a sail, and are not required by law.

- Make A Plan & Share It. If you don't see me in 30 minutes, come look for me.
- Dress Appropriately. 45 degrees= drysuit? 55 degrees = 5/3 wetsuit? Socks, Gloves, hood?
- Carry a waterproof VHF marine radio. Turn on and call for help when needed.
- Know your Limits.
- Sail in onshore winds only.
- Resources are spread thin during this coronavirus lockdown. One unnecessary or reckless sailor in distress can create a temporary ban "until further notice". Lets keep an eye on each other.
- Many of us are experts, many are intermediate, others still are novices. While we can acknowledge the inherent risks of windsurfing and weigh the pros and cons, please fault on the side of sanity when the going gets tough.

Whether you find yourself an essential worker,

or you're secluded at home;

Compromised immune system,

or vacation blown.

We got your windsurfing back.

We may not want to fill every parking space in the lot, so Spread out!

The 3 Most Common Mistakes in Windsurfing

By Jeff Bauer

I was surfing around the web recently, as I often do, and I came across this windsurfing video from Nico Prien. Nico Prien is a professional windsurfer from Germany who has a number of good windsurfing videos on YouTube.

While I am nowhere near the caliber of windsurfing as Nico, I must say that I share his view of common mistakes that I see out on the water and thought that it was worth sharing in an effort to help you improve your windsurfing skills.

1. Not enough downhaul

Most sails are designed to have a fairly floppy leach (the upper portion of the sail away from the mast). More downhaul on the sail allows the sail to more efficiently spill gusts and makes the sail much more controllable and comfortable in your hands.

2. Ass too low

The preferred and most efficient sailing stance is the "7" position. The 7 symbolizes your body with the lower portion of the 7 being your body and the horizontal portion being your arms. When you lower your ass towards the water it tends to result in increased tail pressure and reduces the upright position of the sail both of which decreases speed.

3. Heading too far downwind

This is more of a safety thing and I must admit that it is a mistake that I have made way too many times over the years. Basically, when you go out on the water you should make a conscious effort to make your way upwind so that if the wind dies and/or changes direction, you are in a better position to make your way safely back to your launch site.

If you're interested in seeing the full video you can find it at:

https://www.youtube.com/watch?v=4a9_cWIRN34

It's well worth the 8 minute investment!!!

Tips and Tricks for novices

By Mark Vizer

Down-hauling

Correct down-hauling is the key to sail performance and tuning. Newer sails come with varying types of guides built in, but understand basic principles works for most sails made within the past (fifteen?, twenty?) years. When all else fails, read the directions. HOWEVER, this only work if sail is on the right mast. Beware of all sorts of mismatched components you've picked up at swap meets and yard sales. Using the wrong mast stiffness and bend characteristics can be like putting truck wheels on a Porsche. Performance will be compromised or non-existent. If the mast is too long and sticking two feet out of the head of the sail, it will probably be too stiff. The sail won't twist off in gusts and you'll be wrestling with it all the time. If the bend curve is wrong, the sail won't rotate correctly. Every sail maker has a preferred mast, but you're not obligated to use it. Your best source of advice is the sail maker or a real windsurfing shop. Photos of the rigged sail can often answer basic questions and can help you see if you're at least close.

As for tuning, generally, too little downhaul and the sail will pull hard and go nowhere. More downhaul means more twist, more ability to handle gusts and lower center of effort. Adjusting this, even a half inch, makes a huge difference in most sail's performance and will save you from re-rigging as the wind changes.

Down-hauling improved

Before you start, you have a huge advantage if you replace the standard line that came with your base with better lines. Either 4mm Spectra or Dyneema single braid. Both are stronger, more flexible and slide easier. Many windsurfing shops will sell you a nice 6' length of Spectra for under \$10.00, or you can get Dyneema online from West-marine. (FSE ROBLINE Ocean 3000 Dyneema Single Braid Line).

So when you rig, the first thing is to learn the correct threading sequence. There are countless videos and web pages on this for contemporary Chinook bases, but the basic simple principle is that you need a six to one system and the line should not cross over itself. Occasionally you get lucky and the sail and base pulleys are parallel. Most of the time your sail has pulleys stacked fore and aft and base has pulleys stack along the beam. Generally, if your first four lines make a box, you're on your way. One particularly nice set of photos is on www.redsurfbus.com.

If you have an older Chinook base with a CL-250 pulley and cleat, then the sequence is different. Step 1 going from the cleat to the center pulley on same (port) side, 2: starboard pulley of the cleat from aft to front. 3: to the sail, close to base, starboard to port, 4: back to base, forward to aft, 5: sail port to starboard, 6: back to cleat.

Second, throw away any plastic tug cleats before they break and hurt you. As a matter of fact throw away any of these and get yourself a piece of broom stick or 10" x 1/2" pvc pipe nipple. Do not drill any holes! Learn a "Marlinspike knot", and, after attaching boom and loosely attaching outhaul, sit down, and downhaul using your leg muscles, not your arms. While you're down there pay attention to your sail shape.

Re-tuning on the beach or water

I don't like to tuck the extra line into the base. Wrap it around the base or tuck it into pocket some sail have built into mast base pad. That way you can readjust easily on the beach, or sometimes, even on a convenient sand-bar. The key trick is to learn how to tie a bowline, the sailor's friend, and make a loop in the downhaul. On the sandbar, as long as water is less than waist deep, with the rig on the opposite side of the board, hook the loop over your harness hook, and use your abdominal muscles to retune your sail. This can save you a long slog to shore if you're sailing in shallow bays and sounds like we have on the east coast.

Old line tip

Take your retired old downhaul line and wrap it around your boom toward the tail. You never know when a piece of line will be really handy.

Broken boom drill (this is worth rehearsing, at least mentally)

Bang! Your boom broke. With luck, it's on your way out from shore. Tack or jibe and sail back gently and slowly. If you are already on your way home when this happens, then, if you're a good swimmer in a safe area, sometimes you can remove the boom, and reattach it upside down. Now you have a second chance.

Best \$10.00 I spent

The "volcano" pad around your mast base will save your toes when you're trying to learn maneuvers.

Center stripe

If you're trying to teach other beginners or, good luck with this, your partner or spouse, tape a center line on the board. If I had the method I'd also put stickers there that say "Look Up!"

Buzzers

It might look sloppy, but put a twist in the straps that hold your board on a bar rack to stop that buzzing racket.

Beware of the "Hatteras Hook"

If you sail in shallow sandy water using weed fins, eventually you'll develop a sharp point on the lower aft end of the fin. Round it off before it stabs you in the leg. Or carry a suture kit with you because you're going to need it sooner or later.

Rigging on sand - "Sock it to me!"

Rigging on the beach is actually pretty nice. Easy on your equipment and on your butt. But, sand jams things up. Take an old sock and stuff it with something and tie it off. Then stuff it into the bottom of your mast. If you have skinny masts, use kiddy socks. Also, get some cheap electric tape and tape your mast sections together. Every time! If you have the room on top of your vehicle, just tape them with packing tape and keep them in one piece for the entire season. The only problem with this is that black masts get hot in the sun.

Stuck mast sections

I have seen sailors go out with partially assembled masts. Don't do this unless you are a really good swimmer.

When your mast section are stuck together and the "everyone on the beach" strategy and two boom strategy have failed, it's time to get serious. A single strap wrench is better than several people and two strap wrenches are better. When there are only a few of you, take that extra downhaul line and tie it to a railing or post. Then wrap it around mast tightly and turn against the wrap with your pipe wrench. Another trick is to suspend mast between chairs and bounce on it. If that doesn't work, then keep on bouncing and put a thin, dull blade like a putty knife into any gap you can create while bouncing. Then rotate mast and repeat. Then start replacing knife with coins. This could take a while, but it's worked for me before I learned to tape my masts every time.

Finding Balance

By Ken and Eileen Hoff
from H2 Windsurfing
Photos: Marki Beck



Eileen and Ken sailing at Sandy Hook

As we all know, we need to have balance in our lives – balance between work, family, friends, responsibilities, and all else vital in our lives. When one aspect of our lives starts to take over, other areas suffer. When we discover that balance, that equilibrium in our lives, life becomes that much more enjoyable. Life's challenges are easier to deal with. Daily tasks are done more efficiently. Our transitions and managing of daily stresses become smooth and effortless.

It is at this point when our mind becomes open to new ideas. Since it is no longer cluttered with all of the stressors of an imbalanced life, there is now ample room for self-discovery. When we feel good about ourselves, that ensuing positive mindset yields other positive growth. While we yearn for more, new and exciting challenges, the positive benefits of a sound mind in a sound body all become synchronized. The sky's the limit!



Ken, perfectly balanced on his foil

It is in this way that windsurfing is very similar to life. Things need to be balanced so that we can sail efficiently and without struggle. Sailing hooked in the harness lines, performing a sail flip, and tack/jibe footwork in the correct position is harmony on the water. We feel stable – ready and able to take on new challenges. Progress prevails and ultimately we have more fun. However, when we are imbalanced while windsurfing, we are not efficient. Our transitions are not smooth or effortless. We struggle and our bodies suffer causing us to lose precious time on the water.

Obviously, this is not a technique article. Yes, you can learn windsurfing skills from a magazine, book, or newsletter. You can also improve by watching videos which include WIPA instructional videos by Ned Crossley. However, the best way to improve is by taking a lesson with a qualified instructor.

The instructor can help you adjust those harness lines to make them feel just right, improve your sail flip so that you plane effortlessly out of jibes, or improve your footwork to complete the infamous tack. A lesson is a valuable tool for us to find the balance – not only in windsurfing – but also in our daily lives. As Euripides once said, "The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man."

Progression to Racing By Tom Latham

If you didn't know it, the NJWWA is a member club of US Windsurfing, which is the windsurfing authority under US Sailing. Things have come a long way since the mid-90's Tudor/Mistral Race Tour at Sandy Hook- oceanside. The IMCO was the Olympic board, and you could actually afford one. The old NJWA ran a good 5 site race tour back in the day. Things have changed in 25 years. I believe the NP RSX is still the hybrid Raceboard of the Olympics, but foil-boarding is in contention. Beginning in 2020, US Windsurfing scheduled 3 separate championships for 3 disciplines: Freestyle, Course Racing and Slalom.

I've been competing on and off since the mid-90's, getting my cue from my first board, an '89 Fanatic 340 Fun/Race. Timid at the start line, I brought up the rear, but still came home with plenty of 3rd place trophies, which coincidentally, most were also last place.

Just as I peaked in the sport fleet, the race committee bumped me up to open class, but the original NJWA didn't last much longer after that. The Highland Lakes Windsurfing Fleet soon filled my void for the next ten years or so, with Saturday races and Wednesday clinics. Fleet members have competed up and down the east coast, bringing home many USWA mid-atlantic race series' awards.

The NJWWA has been running Fun Races since 2009 in LBI, Lakes Bay, and Sandy Hook. We pretty much drop a buoy out in the bay, and sail out & back. What I like to call a figure 8 course is essentially the BAF (back & forth) windsurfing that we all love.

So, the next time you see us gathered at the beach, blowing up a buoy, you may join us as we practice our starts, jibe around a buoy way out there, and return, figure 8 style, to prepare us for racing.

"Once-A-Month Windsurfing"

By Brian Rauch

The East Coast arm of the US Windsurfing 2020 National Race Tour begins with the:

- Clearwater Midwinters (FL), and works its way up to
- OBX-Wind (NC), (Postponed until Fall)
- WET Spring Regatta (VA), (Postponed) and the
- Annapolis Windsurfing Festival (MD) on Memorial Day Weekend.
- Youth Championships in Pensacola (FL),
- Techno Championships in Vineyard Haven (MA), then back down to the
- East Coast Championships (MD), and the
- Gulf Coast Championships in Clearwater (FL).

The Severn Sailing Association is kicking off their new windsurfing program by hosting the Annapolis Windsurfing Festival on Memorial Day Weekend. "SSA runs a year-round program to develop skills and a lifelong love of sailing in our younger sailors. A summer program and fall and spring high school sailing programs are just the "tip of the iceberg". This is a great opportunity for both adults and juniors to see what one-design racing is about, and for the windsurfing community to come together to promote this great sport. Sponsors take note.

I gotta say- most windsurfers that I encounter are capable of racing, but may think they need specialized equipment. A windy event with slalom races is exactly what you're doing at home: Back and forth (BAF) figure 8 windsurfing that has been perfected so well on our home turf.

Course racing is another story. I've sailed boards with a daggerboard quite often and know how well they can point upwind. I just love touring and exploring around islands and such. Those without a Raceboard may be able to charter a complete Kona One Design or Windsurfer LT.

Every day on the water is good, and any board that you have can be made to bring you out and around a buoy or three.

The 4 closest US Windsurfing events are:

Freestyle Nationals in OBX during OBX-Wind:

Freestyle, Long Distance & Slalom

WET Spring Regatta:

Foil, Open, Raceboard, Slalom, Long Distance

Course Racing Nationals at the Annapolis Windsurfing Festival (BABA/Severn Sailing Assn.):

Kona, Open, Windsurfer LT, Foil, RSX, Techno?

East Coast Championships: (Baltimore Area Boardsailing Association) Foil, Open, Raceboard, Longboard 7.5, Kona, Windsurfer LT, Novice, Junior, Slalom, Long Distance.



I have been tracking my windsurfing sessions with the goal of going at least once per month. Currently I am on a bona fide streak - just nailed my 39th month in a row! But let me start at the beginning...

I have been windsurfing since 1980, at least technically. Truth is that my first time, while on a low budget trip to Aruba consisted of a single unpleasant incident of being blown offshore and needing to be rescued as I was quickly drifting into the many waiting oil tankers moored well off the coast...but that is another story. Since my first unsuccessful attempt at this sport I was determined to get at it again, and did so over the subsequent years, eventually getting my own rig and gaining sufficient proficiency that I could actually get back to the starting point on shore where I launched.

There were many milestones along my learning process: first time in steady winds, first planning, first time in foot straps, first water start – btw, still looking for my first decent jibe ☺. Eventually I realized that I was getting at this sport fairly regularly throughout the year and after extending my season via my first wetsuit allowing me to windsurf in colder water, after many tries I eventually made it through a single 12-month period where I was able to get out on the water at least one time per month. This was its own milestone but inevitably not reproducible for consecutive years. The scenario would look something like this, able to finally get out for one 12-month stretch but fall short before completing another cycle and resetting back to month-zero. The problem, in a word is February.

Ah, the month of February, perhaps the cruelest month when contemplating year-round watersports, always lurking there on the calendar, just waiting as one crosses off November, then scoring a warm December session, barely squeezing in a day in January and then...boom...the shortest month, the coldest month, the darkest month and deep into the heart of winter. Tripped up again by the month of February and reset time. The easy February sessions are those wonderful warm weather get-away to the Caribbean

but that is not always an option and not always happening within that short and cold month, February.

I have actually been tripped up also with the month of August, hot, sticky, and windless. During other months, sometimes you just lose track of where you are and too late realize you have let another streak end through sheer negligence caused through preoccupation with your life outside windsurfing – how dare it interfere like that!

OK, as mentioned, as of May 2020 I have successfully hit the water 39 months in a row (and counting) - woo-hoo! My current streak began March of 2017. I had recently recovered from a serious medical condition from the preceding December - my recovery road eventually moving me towards regaining my normal life back and thus my first windsurfing session. This also synchronized with me getting a gopro waterproof camera as a medical-get-well-Christmas-present to myself. At the time, I did not realize the symbolic meaning of this March outing – which, actually included losing my new gopro somewhere along the shallow bay waters at Seaside, never to be retrieved...but that is, again, another story. In fact, I really did not realize I was into a streak until the Fall of that year, and at the time was using my gopro regularly so I began to document those milestone monthly sessions and uploaded for posterity. If you type into your YouTube search box these two words “consecutive windsurfing” you will see, although not quite a full listing quite a few of my – sometimes epic – videos. I do virtually zero editing so the videos are somewhat derivative of each other, although getting the 360 swivel mount added significantly to the viewing quality, I still receive lots of feedback from one person in particular to get more professional editing. Maybe, but not for now.

My most challenging session was February 2019. Winter winds are squirrely and unpredictable. That day, my only window to keep my record alive called for mild winds so I packed the car accordingly. Once I got to the launch it was a totally different scene, instead of winds 15-20 the winds were 35-40+. The smallest stuff I had was a 5.6 meter sail and 106 liter board. Faced with grab-it or lose-it, I chose the former and the resulting video is likely the most entertaining of the group. On that cold February day, you can see my board and rig cartwheeling across the water and then completely onto the shore as I pull on my gloves. For that survival-white-knuckle-session it was only a single run but enough to keep my record alive.

So, here are my rules for the once-a-month-club:

- (1) You have to actually rig and get on the water during the month in question
- (2) No restrictions on where you go, any location is valid
- (3) The “Sean” proviso is optional but something to aspire towards, namely that you must have 5 minutes where you are planning

Here are some tips:

- (1) Always safety first ☺, be very wary of sailing alone. For example, on the crazy day in February if you look at the video there was another sailor standing in the water towards the parking lot, I knew he was keeping an eye on me or I would not have attempted that run – good rule is discretion is always the better part of valor
- (2) Similar to above, always head to launches where most likely there will be others there, keep your eyes on them and hope they reciprocate towards you
- (3) Wearing proper gear, and maintain/eyeball equipment that it is in good condition – you are most likely going to face extreme cold conditions, hypothermia is no joke, winter sailing is dangerous, albeit quite a lot of fun
- (4) If you film, maybe get to know an editing program, I’ve still to meet up with that acquaintance, also be aware that the camera lens gets fogged or droplets adhere, rub it off regularly

Think that covers it, see you on the water!

NJWWA Classifieds

Windsurfer 2003 HiFly Free 259 \$175

Nice light 98 L bump and jump board good for free riding or playing in waves. 258 x 59 cm. Great board for 4.0 to 5.0 M conditions.





Please respond though Craigslist.
<https://jerseyshore.craigslist.org/spo/d/colmar-windsurfer-2003-hifly-free-259/7119480019.html>

Those that wish to submit a classified ad must include a title for their ad, details, prices and full contact information to info@windsurf.org. NJWWA will choose to select ads appropriate for publishing.

The Club (NJWWA) assumes no obligation for the ads that get posted.

Interesting Web Links

Occasionally our club members and newsletter readers come across websites that would be of interest to our members. If you find any that you think would be relevant for inclusion in the newsletter please forward to ancwsurf@gmail.com.

The following were provided by Mark and Sue Vizer for those stuck at home during the pandemic:

Get Windsurfing has some new videos for at home practice:

<https://www.youtube.com/watch?v=fMETvBNGFL0&list=PLuhVJohU-IT1r2Pimdwz7CSypPF0VBkl>

So does Peter Hart:

<https://www.youtube.com/watch?v=kE5qHAZ1Wd0>

Nico Prien has a nice new series saying the same things different ways:

https://www.youtube.com/watch?v=zepVEO_zMW0

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Future Issues

If anyone is interested in submitting an article for future issues, please contact:

ancwsurf@gmail.com.

Past Issues

Previous issues of the NJWWA newsletter can be found at:

<http://www.windsurfnj.org/news/news.htm>.

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