



Lake Townsend Yacht Club
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Tell Tales

Issue 07 July 2010

Schedule of LTYC Events

Board Meeting	Aug 5	5:45 PM	Greensboro College Campus in Room 226 of Proctor Hall West
Dog Days Races	Aug 14-15	Sat 10:30 Sun 10:00	Lake Townsend
Board Meeting	Sep 2	5:45 PM	Greensboro College Campus in Room 226 of Proctor Hall West
Harvest Moon Races	Sep 11-12	Sat 10:30 Sun 10:00	Lake Townsend

Flying Scot Regional – OCT 23-24 at LAKE TOWNSEND... stay tuned

USA DAYS – JULY Racing.



August is the JR sailing Championship.

Here is Alex Gundlach and crew, in the July Race series. There was a large turnout including several junior racers on Saturday. It was a good day with a nice

breeze – better than the typical summer drifting conditions, winds were in the 5-10 range and it was nicely overcast so we were spared the brutal heat that we have been experiencing in Greensboro lately.



Joleen has a fair amount of junior sailors as race committee to get in the spirit for next month's race.

There was some tough competition out on the course. While some of the Scots were in Edenton, there were still 6 out racing. There were some "new-to-us" sailors - a windmill and a wayfarer. Portsmouth numbers on

these boats are markedly similar and a great match with the rest of the fleet.

Driftin 'n driftin - Sunday's race was one of those where what wind was there burned off as the sun moved higher in the sky and not long after the boats were on the water. The start was one where you didn't want to move more than 100 feet from the start for fear the 8 minute start time would pass and you still hadn't made it over the starting line. After drifting around the course once, joleen the PRO sent everyone further in toward the marina, suggestion something about racing to the marina. We hovered around in the little patches of wind until they raised the (races are finished for the day) flag. Race committee towed a duck line convoy of the drifting boats into the marina, except us. Uwe told the race committee on the Scat boat that it would be "*nobody's fault but mine*" if he didn't make it in. Uwe had spotted a small amount of wind – as usual the breeze picks up when you have committed to going in! . (& I am still singing Led Zeppelin.) We caught the breeze and blew in and even were on a slight heel.



-(on water) Follow me within hail – or follow me On land – notice to competitors has been posted.



- all races are abandoned. No more racing today.

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 ~~ don't forget on those days with just the right amount of wind and not someone to sail with... there are people just itching to get out. Check out the available to crew list.  
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Memoirs on the Mayor's Cup 2010

- Phil Andrews, Laser.

I could have finally beat John in one race, except that I forgot about the downwind finish so John finished as I went upwind. Another race he was over the horizon as I flipped, but what else is new. I was proud of Gavin and Chris in the El Toro for not being intimidated by the big boats and the awards they were given were incredible. The Water folk were lifesavers. It was a pleasure to see the great Scot turnout. The guy in the boat with the "W" was a really good sailor. I'd not seen that type of boat

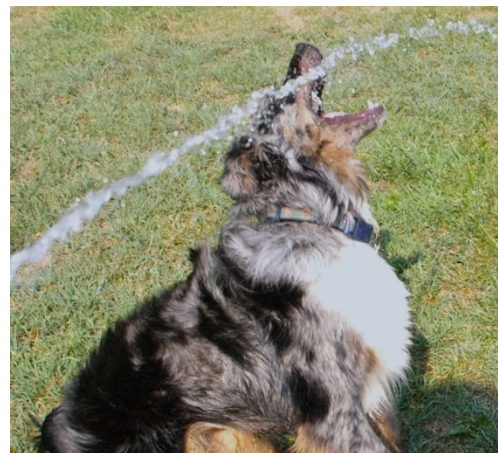
before then. The food people should be given special recognition. I'd say more, but memory fades with advancing age. Mayor's Cup is an event to not pass up.

Mark your calendars now for 2011, June 2-4.



Chris on the El Toro.

Got water?



Lessons from our trip to New Bern

Frustration was high on Sunday as we sailed back into the marina. The day was fairly hot and humid, but not

excessively so. We had water, and were drinking water in between the races. There are times that I will restrict the intake of water due to certain limitations of some sail boats. It was clear when we were at the marina that we both were dehydrated and probably because of being dehydrated suffering some affects from heat exhaustion.

What is dehydration? What does salt have to do with anything, and is there anything to the buzz word that the sports drinks people are pushing - electrolytes.

Dehydration: I associate dehydration as loss of body fluids through sweating, and on an average race there could be some of that, but it could also come from respiratory water loss and from the voluntary restriction of intake of water.

Thirst is not a good indicator for when to replace water. Dehydration occurs when the body has lost too much fluid and electrolytes (the salts potassium and sodium) Dehydration occurs when the body has lost only 1-2% of it's ideal water content.

Signs of dehydration - One of the first signs of dehydration is a short temper. Other signs that might be dry mouth, flushed face, profuse sweating or lack of, weakness and nausea. (extreme dehydration signs are dizziness, disorientation, headaches and muscle cramps) Dehydration decreases the ability to stay alert, it decreases your performance.

Why Salt? There have always been advertisements promoting salt tablets, or sports drinks with electrolytes. My question what are electrolytes? - The term is used for salts, specifically ions. These were atoms that were either positively or negatively charged. Things that are positively or negatively charged had a tendency to cling to one another, sort of like magnets, or like the 2 chemicals that make up salt. (sodium the positive and chloride the negative.)

Which is where my question started, Why Salt?

So - it isn't really "salt" or just salt that the body is looking to replenish that it lost from sweat, but "salts" or ions, some of the main electrolytes that the body loses with sweat and through dehydration are Well salt or sodium chloride and potassium.

Always wondered about the salt deal with hydration. Salts are lost through sweat, esp. on hot and humid days or dry days or just out in the baking sun. Our body fluids, blood, plasma and intestinal fluids are like seawater and have a high concentration of sodium chloride. The balance of salt and water is critical for your vital organs to function. Salt ions also hydrate the brain which if it wasn't hydrated leads to confusion and the inability to concentrate, or facilitating the brain functions.

There is a condition of having too much water and not enough of the salts, (Hyponatremia) depending on the amount of dehydration, rehydration from just water can dilute the concentration of salt in the body's fluids.

Rehydration - As I write this I have dried beans boiling in water on the stove. An extreme example of rehydrating! We aren't a bean! We do need to maintain proper hydration. Drink by your watch, drink between races. We have found that bringing the water bags in an insulated cooler make the water easier to drink. Ice water is not as readily absorbed, though it does help cool the body. Have water on hand, one site recommended 1 glass of water every 15 minutes!

To complete the rehydration you will need a certain amount of these electrolyte/ salts. As for the electrolytes, the salts, you don't have to have these from just the sports drinks, where maybe you don't want to get your calories from these. Though you could dilute the drinks with water. You can also get these from salty foods.

Why not beer? That is a can of worms.... But the consensus is that because alcohol takes water to metabolize in the liver and depending on the percent of alcohol in whatever you are drinking it might take more liquid then the drink has to offer.

Way better to not get dehydrated so you can really enjoy that cold beer!

So one way to improve our racing performance is to stay hydrated.

<http://health.howstuffworks.com/question565.htm>

<http://www.organicfacts.net/health-benefits/minerals/health-benefits-of-sodium.html>

<http://www.rice.edu/~jenky/sports/salt.html>

<http://www.yachtingpartner.com/editorial/water1.html>

Saleboats for Sail -

(miss this boat??? Would be a good boat to buy)

1981 Isotope - \$2500 with sails and a galvanized trailer. Crossbar, dolphin striker, and trampoline have been replaced and an extension added to the righting bar. Good boat for a beginning racer or someone looking to get back into racing. She won the 2005 Governor's Cup and continues to give challenge to the fleet leaders. Eric and I have owned this boat since 1998. She's gotten us hooked on Isotopes, so much so that we have upgraded to a 2006 model.

Boat specifications at

<http://www.intl-fiberglass.com/isotope.html>.

Fleet Activities -

<http://www.intl-fiberglass.com/Isotope%20Nationals%202006.html>

Call or email if interested: 919-732-5410;

joleen.rasmussen@bowebellhowell.com

Lake Townsend Yacht Club Help Lines

Commodore:	Uwe Heine 336 585-0951 R heineu@bellsouth.net	Social:	Rachel Skvarch rkskvarch@yahoo.com
Races: (Vice Commodore)	Adam Zahand 336 288-3762 R adam_zahand@yahoo.com		Gloria Thornton glorthorgso@yahoo.com
Education: (Rear Commodore)	David Duff 336 282-7773 R David.Duff@analog.com	Junior Sailing:	John Hemphill (336) 632-0864 R jmhemphill@greensborocollege.edu
Finance: (Treasurer)	Hudson Barker (336) 644-1060 R hudsonbarker@att.net	Mayor's Cup Regatta:	Joleen Rasmussen 919 732-5410 R joleenrasmussen@embarqmail.com
Publicity/History: (Secretary)	David Young 336 545-1655 R dwyoung@triad.rr.com	Newsletter/Directory:	Nancy Collins-Heine 336 585-0951 R heineu@bellsouth.net
Cruising:	Starling Gunn 336 939-2508 R justbgunbell@bellsouth.net	Webmaster:	Steve Raper Steve.raper@greensboro-nc.gov
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Call People. Go Sailing

***** REACH OUT AND CALL SOMEONE *****

In an effort to involve more sailors in the Club's Sailing Events and Racing Programs, this "Available to Crew" list is published in each newsletter. The people listed have taken our Learn to Sail class or have other previous sailing experience and are looking to get more time on the water. So, if you have a boat and would like to participate in the Summer or Frostbite Race Series, why don't you call one of these folks for your crew? Alternatively, if you need a cruising partner on your boat or would like to team with someone on one of the city sailboats for a day sail or a race, contact someone on this list. If you would like to add your name to the list, contact Nancy Heine, Newsletter Editor (See the Help Lines box located in this newsletter).

Available To Crew

Name	Home Phone	Work Phone	E-mail
Bill Byrd	336-635-1926	N/A	
Chip Cromartie	336-601-0464	336-274-3559	cromartie@triad.rr.com
Cynthia & Sam Reichelson	336-540-1279	336-273-2511	reichelson@cs.com
Catherine Clark	336-315-0414		
Mike Bianco	336-299-4461		mfbyanko@aol.com
Keith and Kelly Francies	336-292-9042	336-362-5335	keith.francies@davey.com
Valerie Nieman	336-908-3976		valnieman@yahoo.com
Chris Maginnis	336-760-9811		cmaginnis@triad.rr.com
Hudson Barker	336-644-1060		hudsonbarker@att.net

**** Attention**** – Can't remember the password for the login required for the Members Cove area on the website?? There is now a ([Need password?](#)) link. Click on this & it will bring up an email form addressed to our WebMaster with the subject line 'LTYC Members Cove login: - Send me your name and email address to receive login name and passwd

Lake Townsend Yacht Club

Series: **Saturday Series, 2010**

Note: Series still in progress - Ties not broken

Scoring System: **LTYC High Point**

FSCT	Designation	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Average	Total	Rank
		April	April	May	May	July	July									
Gundlach, Wendel	FSCT-4416	13	13											13.00	52.00	1
Morris, Steve	FSCT-3500	12	14	RC	RC									13.00	52.00	1
Hemphill, John	FSCT-4043	11	10	RC	RC	5	8							8.50	51.00	3
Heine, Uwe	FSCT-3801	7	7	RC	RC	3	6							5.75	34.50	4
Bews, Tom	FSCT-2680	10	5	2/DNS	0/DNC	8	5							6.00	30.00	5
Connelly, Rick	FSCT-1939	5	11			6	4							6.50	26.00	6
Gunn, Starling	FSCT-1104	14	12											13.00	26.00	6
Raper, Steve	FSCT-4051	6	8			4	7							6.25	25.00	8
Moats, Bob	FSCT-2595	3	9			RC	RC							6.00	24.00	9
Luptin, Fred	FSCT-3638	8	3			7	3							5.25	21.00	10
Cesar, Scott	FSCT-2110	9	6											7.50	15.00	11
Morton, Patrick	FSCT-5220	4	4											4.00	8.00	12
Evans, Mark	FSCT-4842			2/DNS	0/DNC									2.00	2.00	13

Mono	Designation	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Average	Total	Rank
		April	April	May	May	July	July									
Warren, Ken	LI-10386	5	4			6	5							5.00	20.00	1
Heffernan, Jim	WF-2458					9	8							8.50	17.00	2
Taylor, Allen	WM-5051					8	7							7.50	15.00	3
Andrews, Phil	LASE-185542	2/DNS	5	3	3									3.25	13.00	4
Swartz, Jim	LI-12705					7	6							6.50	13.00	4
Duff, Ellen	CAT142-					5	4							4.50	9.00	6
VonFriecken, Kris	ELTO-2960			RC	RC	3	0/DNC							3.00	9.00	6
Fragakis, John	LASEM-187322			4	4									4.00	8.00	8
Andrews, Gavin	SF-79118	4	3											3.50	7.00	9
Deuterman, Ash/Cas	CAT142-					4	3							3.50	7.00	9

ISTP	Designation	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Average	Total	Rank
		April	April	May	May	July	July									
Duff, David	ISTP-2450	RC	RC	5	4									4.50	18.00	1
Rasmussen, Eric	ISTP-235			6	5	3	3							4.25	17.00	2
Rasmussen, Joleen	ISTP-199			4	3	RC	RC							3.50	14.00	3
Zahand, Adam	ISTP-1027	RC	RC	2/DNS	0/DNC									2.00	6.00	4

Multi	Designation	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Average	Total	Rank
		April	April	May	May	July	July									
Armstrong, Tom	H185X-670			3	3									3.00	6.00	1

