

The
Intercom

Official Newsletter of the Interlake Sailing Class Association



www.interlakesailing.org

April 2014



ISCA Nationals

1st - 2006

1st - 2007

1st - 2008

1st - 2009

1st - 2013

INSPIRED SAILING

419-726-2933

www.dieballsailing.com

www.dieballstore.com



DIEBALL

SAILING

From the President

By Steve Aspery, Interlake #1402



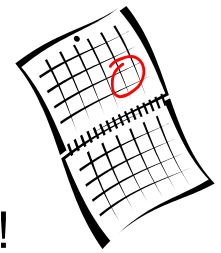
Spring is finally here! We just returned from Midwinters at the Cherry Blossom Regatta in Washington DC. Aside from some great sailing we enjoyed spectacular weather in the 80's and the peak bloom of the cherry blossoms. Bob and Betsy Bradley won the championship with wicked speed but the entire fleet sailed well and in the first race Sunday

morning, first and last were separated by only 15 seconds. Next up is the Chief's at Leatherlips. Dig out your boat, find some crew and come sail with us!

In this issue of the Intercom you'll find an article on fitness and sailing. For me, the beginning of the season is the toughest but also the best motivation to get moving and work on overall fitness. Hopefully you will find some helpful tips, ideas, or motivation that you can use. Get moving, let's sail.

Last, I'll repeat the reminder to find some new folks to take sailing this summer. If you start taking them now you may have some experienced crew by mid-season. If you are bothering to read this article then you clearly have enthusiasm for sailing and the Interlake. Don't you owe it to your friends and neighbors to at least introduce them to an activity that we enjoy so much? Don't hog all the fun, share!

See you on the water!



Save the Dates!

Interlake National Championships
July 16 – 19, 2014
Portage Yacht Club
Pinckney, MI

See page 10 for all of the
2014 Travelers' Series dates



What's Inside

3 From the President

Feature

4 - 5 Fitness for Sailing

Class News

- 6 Midwinters – Cherry Blossom Regatta
- 7 - 8 2014 Nationals – Notice of Race
- 9 2014 Nationals – Schedule
- 10 2014 Travelers' Series Dates
- 11 ISCA Officers and Fleet Captains
- 11 Classifieds

Cover photo: *Sailing and sailors on the Potomac River at Midwinters.*

Cover photos by Greg Colley
Cherry blossom photos from NBCWashington.com

Fitness for Sailing What works for you?

Compiled by Steve Aspery, Interlake #1402

There are countless studies and articles that show the benefits of exercise for our health. We all know that more exercise is “good” for us but we also all face the challenges of motivation, of finding time, of getting off the couch. Sailing is, of course, a great source of exercise in itself. Not only do we get to enjoy exertion but we get to do it on the water with the fresh air and sunshine. But for any of us who race or for any of us over the age of 50, we also know that the physical demands of sailing require us to maintain a higher level of fitness in order to continue enjoying our sport.

In backpacking or hiking, there is an adage that says “you can either enjoy or endure it” based on your level of fitness or preparation for a trip. The same holds true for sailing. Most of us can go for a sail or spend an afternoon racing without any preparation. But the amount of soreness we experience or our ability to compete at a high level will be determined in part by our preparation and fitness.

We reached out to several well-known Interlaketers to learn more about what they do to stay in shape and prepare for sailing. One interesting note is that I thought I was choosing younger people for the article and several turned out to be older than I had thought. Perhaps this is because they stay in such good shape or maybe lots of sailing and libations preserves them better.



Jim Boucher, Interlake 1178

How old am I? 11/11/1926 Born on Armistice Day. My mother said I was born on the day to celebrate the ending of the war (WW 1) and she and I started another one. To save your math brain cells, that is 87.

For me fitness means--- Having the strength to pull the main sheet all the way in and not have Mark tell me to trim. Now that I am crewing, it means having the leg strength to get across the boat during a tack. I have built the strength in my arms and shoulders but my legs seem to be a lost cause. Most of the other sports say the legs are the first thing to go and it is certainly true for me. Actually it has been the brain cells that gave out first, which is the reason I switched from skipper to crew.

When I realized that I was becoming weaker I decided to join a fitness facility, McConnell Heart and Health, which is run by a local hospital. They; the

hospital, ask a jillion questions, among them being “why are you doing this and do you think you will stay with the program?” They built a program for me which takes me about one hour to complete and I go at 7:30 AM. M-W-F. Four of the machines exercise the arms and shoulder. The other four machines exercise the legs and hips. The machines are attached to a computer which records how much weight you are lifting and keeps a running score forever. It also tells you what the settings are that you are using on each machine. Each machine has a small screen to show these readings and in my case I compete with the machine to increase my weights. I also lift 5lb weights and hold them at shoulder height at arm’s length for 5 seconds. Drop them to my side and then do it again for a count of 10. In Boot camp I used to complain bitterly when the DI made us hold the M1 at arm’s length with one hand. Now I pay for the privilege. There are days when my muscles hurt and I don’t want to go to the gym. That is when you need to force yourself to get up and go. A sailing friend told me he went 5 days a week, but the last couple of years he dropped to 3 days. He was 92 when he died. Studies have shown that a day’s rest allows muscle to recoup and is better for you than day after day exercise. I do this all year long, whether it is sailing season or winter. In the winter I remove snow for our house and the neighbor’s walks on either side of us. Otherwise, I sit around and vegetate while reading, which is a good excuse for not doing anything.

The real question is, does it help? In my case yes. Five years ago I was at the point of giving up sailing because I could not do the physical part of it. I have not found anything which helps the brain cells.



Jim Ward, Interlake 1425, age 40

Why does fitness matter to you for sailing? I feel that fitness is very important. I can tell by mid-summer after doing a number of regattas, that it is easier to not only hike the last beat when the breeze is on, but pick up on a possible shift or change of course. Things that I feel are easier to miss earlier in the year.

What do you do to stay fit? What is your routine? I try to sail as often as possible. I haven't found an exercise that emulates hiking well. I also find that trying to sail over the winter helps. Not only is it a good escape from the cold, it helps to keep you sharp. I try to do at least one winter regatta a winter. This year we did the Lightning Midwinters in Miami, and I am planning to crew on a T-10 at Charleston Race Week.

Do you do anything in particular to prepare for sailing? My wife and I have been running around the house nonstop over the last few months, as our baby has begun to crawl!

Skip Dieball, Interlake 1428, age 43

Why does fitness matter to you for sailing? Aside from the obvious of making sure that your muscles can handle the strain of pulling lines and hiking, fitness also plays a huge role in how you "think" on a sailboat. Fatigue forces you into bad decisions. If you are physically fit, you often stay sharp mentally.

What do you do to stay fit? What is your routine? For years in campaigning the Finn, I had to work hard to stay at a bigger weight. I did weight training and knew what to eat in order to stay up in weight. After Finn sailing, I did the opposite. I stayed away from the "bulk" weight training and focused more on core strength and cardio. I follow a fairly strict diet and typically switch between a rowing machine and elliptical machine on M,W,F and then low weight/high rep on Tu, Th. Weekends are off, and I'm careful to take a day off here/there.

Do you do anything in particular to prepare for sailing? Rowing, Elliptical, Yoga-type stretching, Core Exercises (with a focus on keeping my back healthy).



Betsy Bradley, Interlake 1332, age 53

Why does fitness matter to you for sailing? It is important for hiking more and hiking harder.

What do you do to stay fit? I am a fitness instructor teaching water aerobics and chair yoga. I also cycle one hour 4 times a week and I am training for a half marathon in October.

Do you do any particular exercises for sailing? Nothing special but I do recommend core and abdominals work. Water aerobics is an excellent exercise for this.

Anything you recommend to other sailors? Everyone could benefit from stretching more before and during racing.

Class News

Midwinters – Cherry Blossom Regatta

Dangerfield Island Sailing Club, Alexandria, VA

By Mike McClinchie, Interlake #1424

The Cherry Blossom Regatta is in the books, and as always the competition was great. For those in attendance, you know it was great to get together and hang out with good friends. The cherry blossom trees were in full bloom this weekend and with light air on Saturday, many of us had plenty of time to admire the trees and beautiful scenery along the Potomac River.

Saturday Summary

After the first day at Midwinters in DC, first place was Bradley, second was Aspery, and third, Sanderson. Light winds with lots of challenging current made it difficult to make headway in the light and spotty breeze. Lots of fun, however, at the after-party and dinner at King Street Blues in Old Town Alexandria.

The competitors were looking forward to new day on Sunday with a strong breeze expected.

Sunday Summary

This day had a lot more breeze. The wind was right out of the south between 10-15mph. Bradley won the first race in which all boats finished within about 15 seconds. Aspery won the next race and McClinchie won the last two races. When all was said and done, Bradley and Aspery tied for first and Bradley won on the tie breaker.



Hull #	Skipper	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total
1332	Bob & Betsy Bradley	1	1	1	3	3	(3)	9
1402	Steve & Lisa Aspery, Jamie Jones	2	2	2	1	2	(2)	9
1424	Mike McClinchie, Tim Lohner	3	5	(6)	2	1	1	12
1433	Bill Sanderson, Cara Bown, Dick Sanderson	4	3	3	5	4	(6)	19
1248	Kevin Bracy, Carrie Snyder	5	6	4	4	(6)	4	23
1417	Tom Humphrey, Bruce Tran	7	(7)	5	6	5	5	28
1395	Martin Howell, Brian Deming, Brian & Pragathi Katta	6	4	7	DNF	DNS	(DNS)	LOTS



Trophies with Martin, Tim, Mike, and Kevin



Sharing the river with the Georgetown Regatta

photos by Cara Bown



Notice of Race

Interlake Sailing Class Assn.

2014 National Championship Series

July 16-19, 2014
Portage Yacht Club, Pinckney, MI



Portage Yacht Club

1. RULES

- 1.1 This regatta will be governed by the rules as defined in The Racing Rules of Sailing as well as the ISCA rules for Sanctioned Events.
- 1.2 Racing rule 61.1 (a)(2) is deleted and protest flags are required for a boat intending to protest. This change will appear in full in the sailing instructions. The sailing instructions may change other racing rules.
- 1.3 As allowed in § 14 of Article III Hulls and Spars of the ISCA Specifications, the Race Committee intends to use VHF radios on the race course to communicate with competitors.
- 1.4 Other rules will be changed as well and will be fully described in the Sailing Instructions.

2. ADVERTISING

This event governed by ISAF Regulation 20 and the additional restrictions of Article IX of the ISCA Specifications.

3. ELIGIBILITY AND ENTRY

- 3.1 Registration is open to all Interlakes.
- 3.2 **Championship and Challenger Divisions:** § 2 of Article VI Sailing Instructions of the ISCA rules requires that only an Active Member, or their spouse, or their minor children may skipper in a sanctioned event. The Championship and Challenger Divisions are “sanctioned events”.
- 3.3 **Masters Division:** Masters Division entrants must be at least 60 years old on 16-Jul-14 and may register in either the Championship or Challenger Divisions.
- 3.4 **Women’s Division:** The helmsperson must be female.
- 3.5 **Junior Division:** The helmsperson must be eighteen years old or younger on Wed 16-Jul-14.
- 3.6 Eligible boats may enter by completing the entry form at <http://www.ms-pyc.com/ilncc> and paying the required fee on line or sending it to Portage Yacht Club by 3-Jul-14.

- 3.7 Late entries will be accepted until the close of final registration on 16-Jul by payment of the late fee.

4. FEES

The entry fees are shown below, along with the discount for US Sailing members:

Division	Fee	US Sailing Member Discount
Championship	\$120	\$10
Challenger	\$100	\$10
Women’s	\$55	\$5
Juniors	\$55	\$5

For the Championship and Challenger Divisions, there is a \$50 late fee for entries that are postmarked or otherwise submitted later than 3-Jul-14.

5. SCHEDULE

- 5.1 The schedule is shown in Attachment 1.
- 5.2 Championship Division: A total of eight races are scheduled.
- 5.3 Challenger Division: A total of five races are scheduled.
- 5.4 Women’s and Junior Divisions: A total of three races are scheduled

6. MEASUREMENT

Each boat must complete and sign valid ISCA Boat and Sail Measurement Forms by the close of final registration.

7. SAILING INSTRUCTIONS

The Sailing Instructions will be available at final registration at the regatta site.

8. VENUE AND COURSES

The races will be sailed on Portage Lake near Pinckney, Michigan using windward-leeward and triangular courses and drop marks. A map is shown on the following page with approximate distances for reference.

2014 ISCA National Championship Notice of Race (cont.)

9. SCORING

- 9.1 **Championship Division:** Five races are required to be completed to constitute a series.
- 9.2 **Challenger Division:** Three races are required to be completed to constitute a series.
- 9.3 **Women's and Junior Divisions:** One race is required to be completed to constitute a series.
- 9.4 When fewer than five races have been completed, a boat's series score will be the total of her race scores.

10. RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications except as described in § 0 above. This restriction also applies to mobile telephones.

11. PRIZES

Prizes will be given as follows:

11.1 Individual Trophies:

Championship Division 1st-10th Place

Challenger Division 1-3rd Place

Women's Division 1-3rd Place

Junior Division 1-3rd Place.

Masters Division Best Championship and

Challenger

Best First Nationals (Outside the Top Ten)

11.2 Perpetual Trophies:

National Championship

National Championship Crew

Junior Championship

Junior Championship Crew

Challenger Championship

Women's Championship

Masters Championship

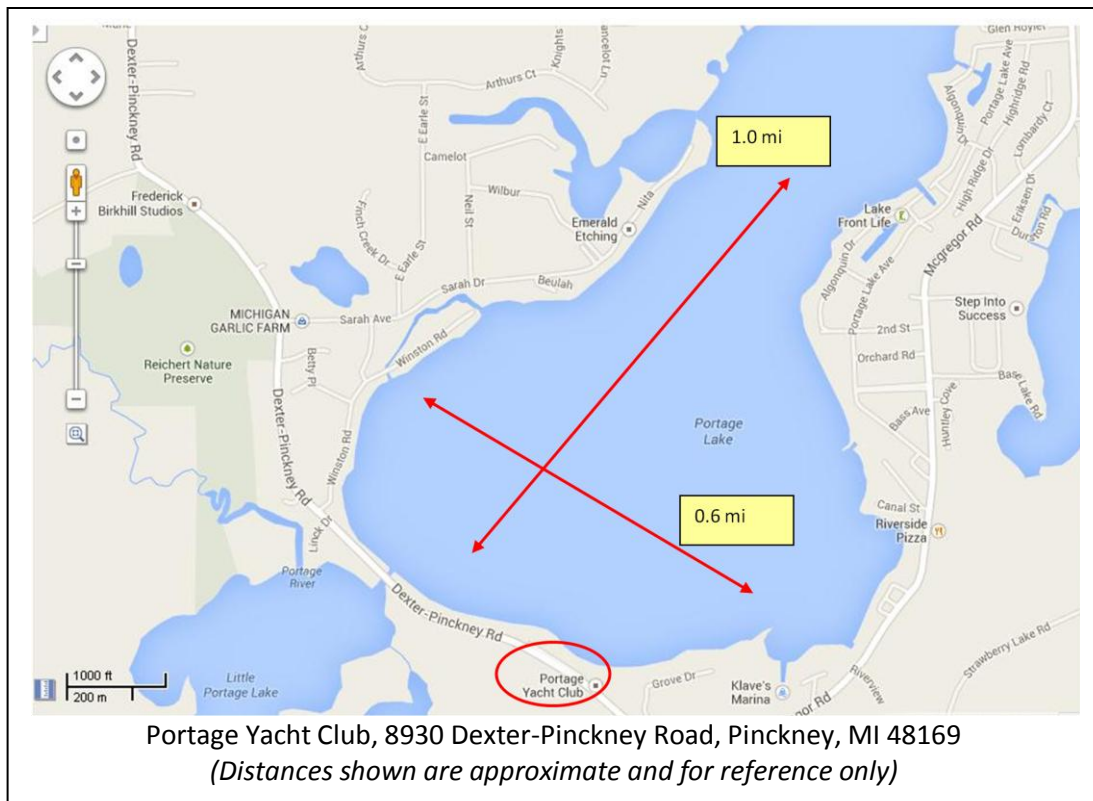
F.K. Holtzman Award (Best Fleet Participation)

12. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4 Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

13. FURTHER INFORMATION

For further information, please contact Portage Yacht Club, 8930 Dexter-Pinckney Road, Pinckney, MI 48169-2154, Phone (734) 426-4155 or Sail@CharterMI.net.





**ISCA 2014 National Championship Series
Notice of Race
Attachment 1 – Schedule**



Portage Yacht Club

Date	Time	Event
Wed 16-Jul	9:00 AM	Registration Opens, priority for Women and Juniors
	10 AM	Women and Juniors Competitors Meeting (Women & Junior registration and measurement closed)
	11 AM	Warning Signal, Women and Juniors. <u>No Warning Signal on this date after 4:30 PM. Races may be postponed to Thursday or Friday</u>
	12:30 PM	Lunch on shore
	6:00 PM	Pizza Party. Registration and Measurement Closes
	7:30 PM	Championship and Challengers Competitors Meeting
	8:00 PM	America's Cup 34 Recap and AC35 Update
Thu 17-Jul	10:30 AM	Warning Signal, Championship Division Race 1, Challenger following
	Noon	Lunch on shore
	1:30 PM	Warning Signal, Championship Division Race 2, Challenger following. Championship Race 3 follows.
	6:30 PM	Dinner Cruise
Fri 18-Jul	10:30 AM	Warning Signal, Championship Division Race 4, Challenger following
	Noon	Lunch on shore
	1:30 PM	Warning Signal, Championship Division Race 5, Challenger following. Championship Race 6 follows
	4:00 PM	<u>No Women's or Juniors Warning Signal after this time.</u>
	6:30 PM	Spaghetti Dinner
	7:30 PM	ISCA Annual Meeting
Sat 19-Jul	10:30 AM	Warning Signal, Championship Division Race 7, Challenger following. Championship Race 8 follows. <u>No Warning Signal after 1:00 PM.</u>
	1:00 PM	Lunch on shore
	5:00 PM	Cocktails, Dinner, and Awards. Estimated end at 7:30 PM.

2014 ISCA Travelers' Series

April 12-13	Midwinters	Dangerfield Island YC, Alexandria VA
May 3-4	Chief's Regatta and Spring Meeting	Leatherlips YC, Powell OH
May 31	Cattail Regatta	Jolly Roger SC, Toledo OH
June 7-8	One Design Regatta	Sandusky SC, Sandusky OH
June 14-15	George Fisher Memorial	Hoover SC, Westerville OH
July 12-13	Indian Lake Regatta	Indian Lake YC, Russells Point OH
July 16-19	ISCA National Championships	Portage YC, Pinckney MI
July 26	One Design Regatta	Lorain S&YC, Lorain OH
August 1-3	ILYA Bay Week	Put-in-Bay YC, Put-in-Bay OH
August 2-3	Great White Northern	Grand Traverse YC, Traverse City MI
August 23	Regatta formerly known as Hot-to-Trot	Portage YC, Pinckney MI
September 6	Haphazard Regatta	Mohican SC, Lucas OH
September 20-21	Clark Lake Regatta	Clark Lake YC, Clark Lake MI
October 4-5	Poltergeist Regatta and Fall Meeting	Indianapolis SC, Indianapolis IN
October 11	George Fisher Snowball Regatta	Buckeye Lake YC, Buckeye Lake OH
October 11	Fall Blowout	North Cape YC, LaSalle, MI



Only a DC driver could pull this off in bumper-to-bumper traffic!

You write it, we share it.

Intercom deadlines for 2014:

<i>Deadline:</i>	<i>Publish:</i>
June 1	June 15
August 15	Sept 1
Oct 15	Nov 1

Please send articles and photos to
LAspery@columbus.rr.com



Enjoying pre-midwinters seafood at the Boathouse in Annapolis. Definitely worth the trip!

ISCA OFFICERS

President

Steve Aspery 614-841-1846
Worthington, OH
saspery@darifill.com

Vice President

Mark Presley 614-783-7091
Pickerington, OH
mpresley@yahoo.com

Secretary/Treasurer

Tom Humphrey 513-884-6441
Glendale, OH
interlakesailing@gmail.com

Chief Measurer

Mike McClinchie 614-330-1033
Westerville, OH
mike1424@me.com

Intercom Editor

Lisa Aspery 614-841-1846
Worthington, OH
LAspery@columbus.rr.com

Past President

Brad Huntley 440-967-9170
Vermilion, OH
brad.huntley@rocketmail.com

VP Marketing

Bob Sagan 231-929-3555
Traverse City, MI
BSagan1411@charter.net

VP Northern Ohio

Jim Ward 440-669-8712
Bay Village, OH
jimward7@hotmail.com

VP Southern Ohio

Bill Sanderson 330-666-7771
Wadsworth, OH
wsanderson@yourifg.com

VP Indiana / East Coast

Don Wilson 317-272-6801
Avon, IN
jaws1374@sbcglobal.net

VP Michigan

Jeff Bodie 231-421-1120
Traverse City, MI
jbodie@crewfs.com

Interlake Class Historian

Mike Muhn 419-626-2615
Sandusky, OH
mjmgoskins@yahoo.com

FLEET CAPTAINS

Fleet #1 Sandusky SC

Bernie Ashyk 419-433-6387
Huron, OH
BernsterA@aol.com

Fleet #4 Jolly Roger SC

Ron Gall 419-450-6972
Toledo, OH
ron.gall@yahoo.com

Fleet #5 Mohican SC

Tom Wills 419-747-9645
Ontario, OH
THWills@earthlink.net

Fleet #6 Portage Lakes YC

Darwin Steele 330-633-3848
Tallmadge, OH
DarwinSteele@att.net

Fleet #7 Clark Lake YC

Paul Gies 517-392-0149
Jackson, MI

Fleet #10 Indian Lake YC

Ron Seiter 937-898-9056
Dayton, OH
RSeiter@woh.rr.com

Fleet #13 American Sailing Inst.

Michael Golden 248-549-3030
Royal Oak, MI
mgolden6@mac.com

Fleet #14 North Cape YC

Denny Dieball 419-729-1758
Toledo, OH

Fleet #17 Lorain Sailing & YC

Tim Parker 440-734-6121
North Olmstead, OH
timdparker1@yahoo.com

Fleet #22 Portage YC

Tom Kimball 734-576-6000
Dexter, MI
kimballs.geo@yahoo.com

Fleet #23 Leatherlips YC

Steve Nearing 703-919-1342
Worthington, OH
steve.nearing@gmail.com

Fleet #24 Hoover SC

Charlie Vasulka 614-309-8760
Westerville, OH
cvasulka@yahoo.com

Fleet #28 Indianapolis SC

Brian Smiler 317-566-9257
Carmel, IN
brian.smiler@gmail.com

Fleet #38 Grand Traverse YC

Bob Sagan 231-929-3555
Traverse City, MI
BSagan1411@charter.net

Fleet #39 Mid-Atlantic

Martin Howell 703-660-6255
Alexandria, VA
interlake1395@gmail.com

Fleet #40 Buckeye Lake

Tracey Davis 614-446-0131
Avon Lake, OH
mtmdavis@gmail.com

Builder

Terry Kilpatrick 419-875-5106
Whitehouse, OH
Customflex@yahoo.com

Webmaster

Mike McClinchie 614-330-1033
mike1424@me.com

Classified Ads:

Interlake 1257 – Good condition, used sails, seated deck with built in flotation, spinnaker rig and pole, with trailer, located in Toledo, Ohio, e-mail if interested. Asking Price: \$3,500.00 Contact Renata DeLaney at or via email at renata_delaney@owens.edu

Interlake 979 – Good condition. 3 sets of North sails with 2009 set lightly used. 4 spinnakers. Seated deck. Cut-down trunk. Fiberglass rudder. Rolling furler. Through-deck halyards and spinnaker lines. Modern sheet rigging. Bailers. Under race weight. Full flotation. Low-riding galvanized Customflex trailer in excellent condition. Trailer dolly. Full custom cover. Can be viewed at Leatherlips YC in Shawnee Hills Ohio. Asking \$3,250. Contact Ken at 740-591-2027 or kendreejames@ymail.com

Interlake 608 – Race rigged (completely re-rigged in 2013), 2 sets of sails, cut down trunk, kick up rudder, cockpit cover, medium blue, seated deck. Available for viewing at Hoover Sailing Club (Columbus, OH). Pictures on request. Asking Price: \$2750 Contact Jamie Jones at (614) 216-2679 or via email at jjone45@columbus.rr.com

Interlake 473 – Completely restored with modern Dieball rigging and layout. Raced and trophyed in every event sailed. Ocean Blue with White bottom. Many pricing options and pics available. Asking Price: \$3800 Contact Ernie Dieball at (419) 392-6862 or via email at edieball@yahoo.com

Used Sails – Lightly used (pun intended) Quantum Main and Jib — at 2011 Nationals, at Hoover for 2nd place and Indian Lake 2nd. Asking \$1,000 or best offer. Get it while the getting's good. Fast stuff! Not to be separated, but sold as suit. Feel free to call Craig Tovell (614)783-4383 and/or email c4tovell@aol.com

Keep up-to-date on the latest boats for sale at interlakesailing.org/category/classifieds/



Win with North!

Five of the top six at the 2013 Nationals used North Sails

- ✓ Interlake VII Radial Mainsail #1 2013 MIDWINTERS #1 2012 NATIONALS
- ✓ Interlake All-Purpose Mainsail 1,2,3 2011 NATIONALS
- ✓ Interlake VII Radial Jib #1 2013 MIDWINTERS #1 2012 NATIONALS
- ✓ Interlake All-Purpose Jib 1,2,3 2011 NATIONALS
- ✓ Interlake II Maxo Full Radial Spinnaker #1 2012 & 2011 NATIONALS



One Design

Faster by Design

NORTH SAILS EAST (203) 877-7627

Brian Hayes / Jay Mueller

NORTH SAILS CLEVELAND

Nick Turney (216) 361-2594

ON THE CIRCUIT

Scott Savage (614) 505-6363

Brad Balmert (440) 670-5065



onedesign.com

The Intercom c/o Tom Humphrey
8 Little Creek Lane
Glendale, OH 45246