

APRIL 2021

FROM THE FRONT

FROM THE REAR

RACE REPORT

MATCH RACING

MEMBERSHIP

STAY TUNED

CHAIR REPORT

FOR . . .



SMALL YACHT SAILING CLUB OF OREGON

STARTING LINE



PYC Opening Day Regatta April 11- Photo by Rick Samuels

FROM THE FRONT

GREGG BRYDEN – COMMODORE

Match Racing

SYSCO will be hosting its first Match Racing events in July. Match Racing is a condensed and intensified version of fleet racing and is focused racing between only two boats, on a shorter course. The racecourse is usually two laps that last less than 15 minutes. You will get lots of chances to race, learn, watch others, and improve in just one afternoon. There will be two Zoom seminars, on May 19 and 26, to introduce what Match Racing is all about. Zoom Information TBA.

Member Pictures

Have you checked out the new [Member Pictures on our membership page](#)? Thanks to Carisa and Kevin for keeping the page fresh!

COVID News

Regrettably, as of this write-up, Multnomah County has moved back to High Risk. There has been no change to Outdoor Recreation Guidance or Oregon State Marine Board requirements for keeping six-foot separation. Here are the pertinent excerpts from the 24 March 2021 state Guidance:

Outdoor recreation and outdoor fitness establishments, and operators of public outdoor areas are required to:

... Ensure all individuals are complying with Statewide Mask, Face Covering, Face Shield Guidance.

...Ensure that physical distancing of at least six (6) feet between individuals is maintained at all times...

And per Oregon State Marine Board's COVID webpage:

Space out (6-feet or more)...

Marine law enforcement officers are actively patrolling looking for compliance with existing laws ...

At the moment, officers are educating the public about physical distancing measures but have the authority to write citations. Given the state of the law, at the 5 April 2021 SYSCO Board meeting, SYSCO has decided to continue to follow the OCSA COVID guidance, including Crew Limits, for the spring series. On a brighter note, vaccines are rolling out for everyone and

FROM THE FRONT

GREGG BRYDEN – COMMODORE

with luck, we can relax these restrictions as the law allows for the Summer Series. SYSCO is even proceeding with end of Summer Series Barbeques.

Auto Horn Naming Contest

The response to the Name SYSCO's New Auto Horn Contest has been, well, underwhelming. We can do better than Horney Mc Hornface! Send me your suggestions!

Commodore@syscosailing.org.

OWSA Women's Race Clinic May 17th - June 28th, 2021

OWSA is putting on a multi-week series class is for beginning racers with intermediate sailing skills. Learn how to register for races, understand different race courses, how to read the course board, what do the flags mean and more. There will be on the water crew and boat assignments. For More info and the signup link [go here](#).

Dock Talk!

Check out the live sail race show April 25th 7-8pm: ***Which Way is the Wind Blowing?*** Sponsored by OWSA. Produced and directed by Carisa Bohus.

Ready to learn more about racing on the Columbia River? This is the next best thing to being on the docks after the races! Tune in to the Live Show about SYSCO's Spring Series races.

Get all the [details from OWSA here](#).

Your Faithful Commodore

Gregg Bryden

FROM THE REAR

ANNA CAMPAGNA — VICE COMMODORE

Stay tuned for another profile next month.



Anna Campagna
Rear Commodore

S.O.S. March 7 - Photo by Shirley Sanders

RACING REPORT

DENNY DAMORE— RACE CAPTAIN

Timing (and Distance) is Everything

When I first started racing, I raced with a former collegiate sailor who told me that one of his warmups on race days was to drive to the regatta without using his brakes. Yep. He told me that, irrespective of how well he did in the process given that he didn't want to have an accident, the mental shift of being in a moving vehicle with cars moving around him without means to control pace by using the brake got him in the right mental mode for sailing in tight quarters during a start because, well, sailboats also don't have brakes. I never confirmed that he actually drove this way to a race for obvious reasons, but even 30 years later I do actually



S.O.S. March 7 - Photo by Shirley Sanders

think about this process when I'm driving down to the marina. I'm not recommending it to any of you, however, it does raise the question of how we learn and keep sharp on all the time and distance, moment-by-moment mental calculations that we make on our boats most notably in the starting sequence. And yet, also, time and distance mental gymnastics plays a key role every time we have port/starboard interaction, at mark

roundings, and any time the question is, "Are we clear to tack?"

Yes, so much of our racing performance is all about time and distance. Velocity, momentum, wind speed, wind shadow, current, and a host of other small and large issues that affect where you will be relative to other boats, now, and then in the next now, and then in the next now throughout the race. We all know it's important. How important? Well, this past weekend at the PYC regatta the breeze was generally out of the west, but in one of the starts the

RACING REPORT

DENNY DAMORE— RACE CAPTAIN

committee boat was favored for a port tack start not by a ton, but enough that two of the Melges 24 racers chose that approach. On Apex we decided to do a more standard starboard approach down the line. It was a relatively short line, and as we ran down the line with the committee boat staring us in the face, Myst came through on port just crossing us with A Demain right on his heels. For just a split second it was one of those, uh oh, what's gonna happen here kind of things, but we hardened up, crossed behind the committee and, unfortunately (for them) A Demain learned a hard lesson in how much scope is often let out by the committee on the river to deal with current.

The simple point here being that a few seconds either way for us, or Myst, or A Demain made all the difference in the start for all three boats. Those few seconds put Myst on the favored board with us playing catchup for the rest of the race. And even if A Demain hadn't snagged the anchor rode, they would have likely had to duck us and then been in the bad air of Myst for at least a few boat lengths off the line with the only option to tack away for clean air on to the unfavored board.

So, back to time and distance. Yeah, I know, you're probably saying, "Well, it's obvious, get a good start." But the real question here is not whether you want to get a good start, but rather do you think of the start in terms of time and distance, of mental and crew calibration? That's the key. Specifically, how do you consciously calibrate your brain when you are out there in the pre-start to drive with no brakes? Do you actually have a plan? One common way to calibrate is to do practice starts from a specific point on the river timing the starboard run to the line. We've all probably done it. But is that enough for you and your team? What happens if the breeze drops or builds? Are you assuming that there will be a clear air run to the line? What happens if a big boat blankets you? What will you do if you're early? Do you know how long it takes you to run the line on starboard and on port? What about your turn to run to the line? How many seconds do you need to make that turn? Can you slow down as you approach, and I mean does your crew know what commands you'll be calling out and then what to actually do with the sails to slow down? If you slow down, how long does it take to get back up to speed? These are questions to not only ask yourself, but also your crewmates. A running dialog between key crew members and the skipper as well as continuous practice during pre-start is critical to that mental re-calibration that we need as skipper and crew to be a time and distance expert on the course. Time and distance excellence wins races. Just ask Myst.

See you on the river.

Denny Damore

Race Captain

SYSKO MATCH RACING 2021

SYSKO RACING COMMITTEE

Why you should give SYSKO Match Racing a try.

The SYSKO Racing Committee and Board have scheduled two online Match Racing seminars in May and three on the water events in July. The entire intent is for these to be informal and educational in nature. We have gathered some great materials for the seminars and have plans to run some fun events during Saturdays in July.



London 2012 Olympic Women's Keelboat Match Racing in small Elliot 6m keelboats with crew of three.

What is it?

Match Racing is a condensed and intensified version of fleet racing. MR is focused racing between only two boats, on a shorter course, with an umpire to watch the racing and make any rules calls needed in less than a minute. The racecourse is two laps that last less than 15 minutes. A tournament competition normally has a round robin and then final pairing sail-off. So, if you lose you get lots of chances to learn, watch others and improve. You may do 8 races in afternoon if the event is organized well.

What skills are emphasized?

GOOD BOAT HANDLING - Teams that are good at tacking, jibing, rounding marks, (spinnaker up and down), also wiggling before the start to kill time. Everyone needs to know their job.

JUDGING TIME & DISTANCE - Knowing when to turn back and how much time to kill you have and how much to zigzag to hit the line during the final approach become critical.

TEAM COMMUNICATION - Being able to compartmentalize different tasks on different parts of the racecourse. Who is watching the other boat before the start, who is watching the time and distance and who is watching for puffs and wind shifts up the course.

PRE-START HOMEWORK - Finding the lay lines to the start, checking the current, getting line sights, doing practice approaches, checking the lay lines at the upwind and downwind marks.

KNOWING THE RULES - MR rules are a bit different than regular rules. They are more open to allow greater interaction between the boats. Collisions are always avoided at all costs. Instead of protesting, you raise your flag and "Ask the

Online Zoom Seminars:

Wed, May 19, 7:00-8:30 PM

Wed, May 26, 7:00-8:30 PM

On-Water Drills & Racing:

Sat, Jul 10, 11:00-3:00

Sat, Jul 17, 11:00-3:00

Sat, Jul 24, 11:00-3:00

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Question". You don't need to be right or even know the rule. Each match has an umpire boat that makes the call. At the end of the day if you don't understand your situation the two boats can ask the umpires to explain the call in a low key meeting with a few beers.

MR Zoom Seminars

Two Zoom Seminars are scheduled for May 19 AND 26 with Craig Daniels and Dierk Polzin to go over the basics of Match Racing and discuss and answer questions about how the on-the-water sessions/races will be run. We have an experienced Match Racing Umpire and an experienced MR Participant/Organizer to lead these sessions. Anyone of any skill level can participate and listen and ask questions. We have a magnetic whiteboard with large colored boats to diagram with. We have videos and notes from US Sailing to cut into. YouTube has lots of this available. Dave Perry has been generating both written and video material that is excellent but sometimes a bit long. We hope to keep it shorter and sweeter.

MR On-The-Water

Three Saturday sessions are scheduled in July. How these are run is up to the participants. Mr. Perry has run a format called a "**Clini-Gatta**" where you would start out doing a few drills of the starting. Then an upwind drill with two boats always getting even starts. Then finishing off the day with regular match races in a round robin. Sounds like fun? You bet. Come join us on the water.

Resources for learning

Everyone learns in different ways. Here are few spots you may want to check out sooner or later.

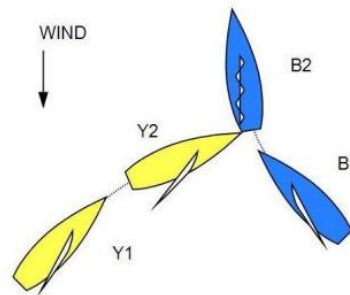
YouTube - There is a ton of videos of actual events as well as tutorials and discussions. For actual races the World Match Racing Tour did an excellent job until 5 years ago when they

MR CALL D2

Rule 10 **On Opposite Tacks**
Rule 16.1 **Changing Course**

Question

Blue and Yellow approach one another on a leg of the course to a windward mark. As Yellow bears away to pass Blue's stern, Blue luffs. Yellow attempts to bear away more but there is contact between the port quarter of Blue and the bow of Yellow. Flag Y is displayed. What should the call be?



Answer

Provided the umpires are satisfied that Yellow was keeping clear before Blue luffed, Blue broke rule 16.1 by changing course without giving Yellow room. Penalize Blue.

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switched to catamarans. My favorite is [linked here](#). If you search on “WMRT - Play of the Day” you can find a lot of videos. For educational you could search on “Dave Perry” and find lots of his commentary, with this [search link](#). RYA - has a recent video that explains Match Racing, along with the new 2021 Rules, [link here](#).

US Sailing - For the past 12 years, Dave Perry has collaborated with North U to host clinics and build the US Sailing Match Racing Program. The **North U Match Racing Playbook** by Dave Perry, updated for the current rules, is now available for free online, thanks to the generosity of the David Storrs family and support from North U. [Here is the link](#) to the free playbook pdf. On the same website they have the videos from the “Welcome to Match Racing DVD that he created 10 years ago embedded on YouTube, [linked here](#). The full US Sailing MR website url is <https://www.ussailing.org/competition/small-boat-racing/match-racing/>

World Sailing - WS published the new four-year rule book this past January for 2021-2024. The PDF to the rules is [linked here](#). Appendix C, includes all the changes to the regular rules starts on page 77 for MR. For instance, the definition of *Zone* is changed to two hull lengths. You may also want to page through the MR Call Book at some point, [here is the link](#)



S.O.S. February 28 - Photo by Sloan Kimball

MEMBERSHIP CHAIR REPORT

CARISA BOHUS – MEMBERSHIP CHAIR

SYSCO Boat Maintenance Page

Check out the SYSCO Boat Maintenance Page! See pictures of what people are cleaning and repacking! Go to

<https://syscosailing.org/membership.php>

Consider submitting a picture of your maintenance project to connect with your sailing friends! Email submissions to membership@syscosailing.org

Planning for End of Summer Series Barbeque May 3, Zoom at 7pm

People are getting their shots and it is clearing the way for the end of Summer Series Barbeque! I need your help to make these two parties happen! Barbee Planning meeting May 3rd, 7pm. We have the Activities Director- Michelle Matraw will help us mix up the

community at this outdoor event after the last Summer Series Races. Write me at membership@syscosailing.org and tell me what you can do. Maybe you have done this before? Watch for the invite to the zoom Party Planning Meeting May 3rd at 7pm.

Carisa Bohus

Carisa Bohus
Membership Chair



SYSCO Pancho Engineer Bruce Newton patching up the dings and getting everything ready for a great 2021 sailing Season.

SYSCO BOARD MEETING MINUTES

APRIL 5, 2021

Attendees: Gregg Bryden, Denny Damore, Carisa Bohus, Sloan Kimball, Bruce Newton, Phillip Martindale, Rick Samuels, Michael Morrissey, Anna Campagna, Jacqueline Pitter, Stephanie Walker, Cheryl Watson, Don Schultz, Jody Schultz, and Mark Salholm.

Absent: Scott Stevenson, Jan Burkhart, Craig Daniels, Darren Posey, and Thomas MacMenemy

Call to Order: This meeting was called to order electronically via Zoom at 5:30 pm.

1. Commodore's Opening Remarks

- a. Regular email blast being done – if you have things you want included – just let Gregg know.
- b. Send pics too.
- c. Nice work on minutes and newsletter out on time.
- d. COB race is coming up.
- e. Race Clinic is coming up.
- f. Spring series - we are going to stick with the covid restrictions as guided by OCSA. Once we set the rules for the series, those rules will be held throughout the series. This included a lengthy discussion.

2. Membership Report

- a. New members to approve:
 - i. Associate Members:
 1. Kathryn Elsessar,
 2. Laura Gadley,
 - ii. Full Members:
 1. Dylan McCann with sailing vessel Leeloo an O'Day 28,
 - iii. Gregg made motion, Anna 2nd - **Approved - unanimous.**
- b. Renewed memberships since 3-1-2021 are 12 members.
Total current memberships is 89.
- c. Social Engagement
 - i. Boat Maintenance Picture Log started! Check it out!
<https://syscosailing.org/membership.php>
 - ii. Party Planning Meeting happening 4-5-2021, 7pm. Will post notes.

SYSCO BOARD MEETING MINUTES

APRIL 5, 2021

- iii. SYSCO Tiktok #1 is complete now. Some saw Beta editions. Will be posted by April 15 to tiktok and in theory, facebook.
- iv. Have abandoned finding SYSCO members that twitter, instagram, snapchat, or pintarest. Will post and try again later.
- v. By March 15. Appreciation Gift to our great members Planning. Status: Delayed. Hoping to roll this into the party planning meeting. Might work well to plan party and sweeten the pot of having a prize to show up for at the barbee.
- vi. We will be planning an actual party – assuming covid restrictions will allow it.

3. Treasurer's Report

- a. Checking Balance \$. Reserve Balance \$. Total Cash \$

4. Racing report:

- a. Plan for Race Clinic –
 - i. link on sailpdx website sends email to Dennis.
 - ii. 15 participants at this point

- b. COB on 4/17 has 8 boats registered needs a RC.

- c. Registration for Spring Series, 19 boats for Tuesday and 25 boats for Thursday.

- d. Gregg has the new Auto Horn.

- e. Trying to set up some



S.O.S. February 8 - Photo by Sloan Kimball

SYSCO BOARD MEETING MINUTES

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seminars on match racing in July. There is an article in the upcoming newsletter (probably this one).

- f. CYC wants to sell their marks to us for \$300. Motion to approve the purchase of up to 2 of these at Gregg and Bruce's discretion – Sloan made motion, someone seconded – **Approved - unanimous.**

5. Fleet Reports

- Fleet 1 – J-105, Melges 24 – Doug Schenk
 - no report
- Fleet 2 – PHRF A & B – Open
 - no report
- Fleet 3 – FPHRF C, D and Level – Tom MacMenemy
 - no report
- Fleet 4 – Martin 24 – David Paul
 - 5 in the water – only 3 registered
- Fleet 5 – Merit 25 –Tomas Morrissey
 - All good – expecting 5 boats – but might see 8.
- Fleet 6 – J24 – Anna Campagna
 - Colton sold boat and moved away – Anna volunteered to be fleet captain.
- Fleet 7 – Cal 20 – Cheryl Watson
 - 5 registered
- Fleet 8 – Ranger 20 – Darren Posey
 - No report – 2 registered
- Fleet 9 – Catalina 22, Venture 21 – Jody Schultz
 - Making sure they have a master for race committee day.
- Fleet 10 Tuesday No Fly – David Long
 - No report
- Fleet 11 – Cruising Smaller Boats – Mark Shalom –
 - First night covered for RC – 12 boats registered, but some may shift to Tuesday.

6. Other Business –

SYSCO BOARD MEETING MINUTES

APRIL 5, 2021

- a. Membership Appreciation award – bottle opener. Anna is going to produce a graphic.
- b. Mailchimp for newsletter shows good penetration. 167 emails and 60+% clicked.

7. Adjourned at 6:40

Respectfully submitted –

Sloan Kimball

SYSCO Secretary



S.O.S. February 1 - Photo by Tom Keffer