



December 2009

The Layline

The Official Newsletter of the Stanford Sailing Program • #35

Stanford Finishes Fall Strong: Coed Ties For First, Women's And JV Teams Undefeated In PCCSC Competition!

Women's Fall PCC Championship

By Megan Grove '10

On the first weekend of Thanksgiving break, the Stanford Women's team and head coach John Vandemoer headed to San Diego for the Women's Fall Pacific Coast Championships. This is always an exciting event because as the last regatta of the Fall season, every team has worked hard and wants to end the season on a positive note. This weekend, we had a great group of girls representing each class year—in A division, we had junior Hannah Burroughs sailing with senior Megan Grove, and sailing in B Division were freshman Eliza Richartz with sophomore Alysha De Souza.

The entire weekend was beautiful and sunny in Mission Bay, and fortunately we saw enough breeze to sail 6 races in each division on Saturday, and 5 races in each on Sunday. In A division, Hannah and I had some ups and downs in the first several races and worked hard to figure out the light and challenging conditions. In the second half of the event, we were able to finish strong with a string of consistent top three finishes. In B division, Eliza and Alysha sailed solidly throughout the entire event, winning 7 of the 11 races and never finishing out of the top three! This is an especially exciting achievement because sophomore Alysha De Souza only walked onto the team earlier this fall; the significant improvements she has made really helped the duo to dominate and win their division this weekend. For the sixth year in a row, our Women's team won the Fall Championship which was an exciting and satisfying way to finish off the season.

In addition to exciting racing, we also had a few other highlights of the weekend including a visit on Sunday from recently graduated and former Stanford Sailing Co- Captain, Taylor Grimes. On Saturday, we had dinner with the Cal Women's Team, which was a good way to get to know each other and root for our respective teams in the Big Game! Unfortunately, Cal pulled out the win in the football game, but there were no hard feelings among the two sailing teams (especially since earlier in the week, we won the Big Sail) Thanks to the Stanford Women for making my last Fall Women's Championship a great one, I look forward to continuing our progress into the spring!

Coed Fall PCC Championship

By Cole Hatton '11

This fall's pacific coast championship was quite the regatta, and the Cardinal were in it to win it every race. When the team arrived on scene Saturday morning, a moderate breeze and decent chop already covered the race course right outside the breakwater protecting Santa Barbara harbor. The team started well on all fronts. After a lot of bouncing around in the reverberating chop from the breakwater and a few abandoned races towards the end of the day due to light winds, each varsity division had completed three races and the Cardinal stood on top by 12 points over second. Cole Hatton and Rebecca King, A division, Nick Dugdale and Hannah Burroughs, B division, and Justin Doane, C division, all sailed consistently. Both JV teams had punched out ahead of the JV competition after their two races in each division.

The breeze filled from the west on Sunday, and chop was minimal. The JV teams had their Cardinal Sunday, winning all but one race in both divisions, and going on to finish first (A: Eliza Richartz, Margaret Hayden, B: Wade Hatton, Iris Clayter) and second (A: Oliver Riihiluoma, Katie Riklin, B: Katie Lund, Alysha de Souza). After a few botched races in A division and B division, the points got close between the Cardinal and the UCSB Gauchos. In the last race, Justin Doane was able to beat the Santa Barbara C division by one place, putting us in a tie for first that we lost because their sailors beat ours more often race by race. The Cardinal put out an amazing effort and the competition at the top of the fleet was exciting. Doane never got worse than a fourth, and Hatton and King won their last three races, winning five races total. The team is hungry for spring champs where some unfinished business will be taken care of on the water.

Look for this and all future newsletters in electronic form on our website;

www.gostanford.com

We will also email a full link. Please email Asst. Coach Ustach, fustach@stanford.edu, with your email address if you are not already in our database.

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From the Coach Boat

Dear Stanford Sailing Alum's, Parents, Fans and Friends,

As I write to you, I think our whole team is taking a collective breath after an action packed Fall. We battled the top teams in the land by taking regular trips to the east as well as sailing the top events here on the west coast. We welcomed 5 new freshman recruits this fall and 8 new walk-on crews. All our new players got to see some immediate action on both coasts and built up valuable experience for the years to come. All that experience paid off with a strong finish to our Fall by winning the women's PCC's, Women's Single-handed PCC's, the Big Sail and finishing 2nd at the Men's Single-handed and at the Fall Coed PCCSC champs (tied for first and lost the tie breaker). Our Junior Varsity teams dominated their regattas by winning each won by at least 20 pts. We have a young but very deep team, which works together everyday to get better.

Our team now is ready for this spring. We believe that everything we do in the Fall is to get ready for the Spring Championship season. We have our sites set high looking at sweeping our conference championships and being competitive at the top of the country. We will be focusing more on ourselves this Spring by staying at home a little more to use all the experience we gained on the east coast this fall at practice each day. The team will be traveling east a few times this spring and mainly around Spring break where we will compete at Trux and St. Mary's Women's and then head to College of Charleston where we will train with the Cougars for a week and then head to Boston for the Boston Dinghy Cup and to Old Dominion for the Szambecki Team Race. The Spring PCC championships are spread throughout our conference this Spring. We will be in Hawaii for the Coed Dinghy, at USC for our Women's, and finally at home for our Team Racing Championship. These are three very different venues that we need to be prepared for. Then hopefully off to Wisconsin for Collegiate Nationals. Last time the CARD was in Wisconsin they came home with a second at Team Racing Nationals in 1996 we hope to build on that finish.

The last big news I have for all our fans is the announcement of a great recruiting class. We have 11 new recruits that were accepted to Stanford Early! This is not only a great number for us but these 11 sailors are some of the best in the country. This



makes the Team and coaches even more excited about the next five years of our program. More information will come soon as we finalize our class.

These are exciting times for Stanford Sailing! Building a Nationally competitive team, building an endowment and recruiting for the future. I am so proud to be part of this team and this great University, we all expect great things both on and off the water.

Happy Holidays!

Your Coach,

John Vandemoer

Stanford Sailing Alumni and Friends St. Francis Regatta Reception

Please join Head Coach Vandemoer and the sailors at the annual reception at the St. Francis Yacht Club following racing on Saturday, April 3 around 6 PM.

Layline

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**PLEASE WELCOME
TO THE STANFORD
FAMILY**

**NEW ASSISTANT
COACH
FRANK USTACH**

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THANK YOU TO OUR TEAM SPONSORS
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THANK YOU TO ALL WHO HAVE GIVEN TO BUCK/CARDINAL
AND LISTED SAILING AS YOUR PREFERRED SPORT;
WE TRULY APPRECIATE YOUR GENEROSITY NOW MORE THAN EVER.

THANK YOU FOR HOSTING US, FEEDING US, AND BEING
THERE FOR US.

The Ustachs - Housing and dinner at the Hatch Brown Trophy

The Groves - Dinner at PCCSC Singlehandeds

The Burroughs - Dinner at Yale Women's

The Lunds - Dinner at Schell and Urn Trophy

Jaren Leet - Big Sail

Stuart Taylor - Loaning us *Larikin* at Big Sail

(Spencer Allen Photo)

Another Big Sail Victory!

The Big Sail 2009 definitely lived up to its name this year with great competition and three very close intense races. The day started off with a questionable forecast as a cold front was meant to be passing through, to our luck, however, the clouds held off and a steady 10-12knt breeze filled in from the West.

Much to the St. Francis Member's chagrin the Stanford Band took over not only the terrace but the roof and rocks as well, and with them howling our fight song the gun fired for the start of our first race. After a good start we led up the first beat but unfortunately a miscommunication on board led to us acquiring a technical foul at the top mark. We led the rest of the race, all the time planning the best way to drag Cal into our spin right before the finish. We suckered Cal into an overlap on the last downwind and tried to get them to join us in completing our two-seventy but we didn't quite get it right and Cal took the first race.

The start of the second race looked great, beating the Cal boat off the line by a couple boat-lengths. Unfortunately, the jury boat was again flying a penalty flag for us after we drifted down into Cal's boat in a dial up. We had extended our lead enough by the windward mark to exonerate our penalty, and stay ahead. We led



*The Cardinal fighting to hold of Cal's downwind attack.
Photo by Dave Holland*

the rest of the race until the last downwind where after some close gybes Cal managed to roll over the top of us. Thankfully it came down to the last gybe and we squeaked out our best gybe of the downwind. We ended up finishing ahead by what must have only been a few feet.

After scaring everyone on-shore as well as ourselves, we decided that we had had enough excitement and would do our best to sail a clean final race. This tactic proved to be successful as we lead off the line and never looked back, winning the day 2-1!

All in all, it was another great Big Sail. The Crew: Cole Hatton- Skipper, Nick Dugdale- main/tactician, Megan Grove- pit, Justin Doane- Bow, Peter Stemler- Mast and myself kite/jib trim, all had a great day sailing, and would like to thank all the Alumni who trusted us enough to borrow their boats and organized the event as well as St. Francis Yacht Club for hosting another great Stanford winning day of sailing! Better luck next time Cal.



The Winning Team; (l to r) Tactician Nick Dugdale, Asst. Coach Frank Ustach, Pit Megan Grove, Mast Peter Stemler, Trimmer Oliver Riihiluoma, Bow Justin Doan, and Skipper Cole Hatton. Photo by Dave Holland.



Freshmen Richartz and Hatton Qualified for ICSA Singlehanded Nationals



Eliza Richartz, practicing for ICSA Singlehanded Nationals.

Women's Singlehanded PCCSC Championship

By Eliza Richartz '13

It could not have been a classic regatta if we did not have to sit on the water for 2 hours waiting for some breeze. Luckily, the weather was beautiful and made to be a glorious day on San Francisco Bay. The 2009 PCCSC Women's Singlehanded Pacific Coast Championship was sailed out of Richmond Yacht Club. As it was quite early in the season, California could only muster seven girl competitors for the regatta.

After just about all the sailors made friends with each other, we were all towed out and advised to tie up to an anchored motorboat because the current would otherwise sweep us out toward the Berkeley Circle. After some good conversation on the Bears' crash boat - yes, Stanford can be friends with Cal - the racing began in some light to medium breeze. The first and second races were the only ones where you could afford to go right. For the rest of the day, those who had to bail out on starboard after the start and then proceed to pray for a right shift, were left out to dry every time.

The key to victory was having a good start and then leading the fleet to the left. You could start to the left or to the right of the fleet and be fine. Speed was critical through the chop and current. Being in a position to tack in front of the fleet on or near the port layline to the windward mark was critical. Otherwise, you would find yourself in bad air, or just out of the shift. Everyone on the course suffered at least once from being stuck on or above the port layline and it was a pretty bad feeling. In the second race the breeze picked up and while Katie and Hannah may have been happy about this, I will tell you I was more than relieved when it came right back down the next race to a nice pseudo-summer New England like breeze-light and choppy.

After a while, the races became one and the same: start, drag race to the left, and then lead everyone back on port layline. Downwinds were interesting as those who tried to go low suffered from adverse current. On the last upwind toward the finish line, it was much like the first beat where you covered the fleet to the left and overstood the pin because by the time you got there, the current had pushed you down to the layline. It was a nice, mellow day that Stanford could be proud of; after winning the last four races, freshman Eliza Richartz took the title by ten points and earned a

spot at Nationals along with USC's Kelsey Rupp. Stanford's Hannah Burroughs and Katie Lund got third and fifth respectively.

ICSA Singlehanded National Championships

By Wade Hatton '13

The first day brought light breeze, warm gulf air and little expectations. This is my first college nationals of any sort. No less, it is in a boat, the laser, which is not exactly my specialty, although I'm getting better. The first couple of races are just pure frustration. I feel like my speed and angles are far inferior to the rest of the fleet. I finish towards the back in disappointment and self-doubt. After some upwind tuning, I discover that the center board hasn't been staying down properly and that this has probably been the cause of all my side slipping, at least that's what I knew I had to tell myself at the time. I decide I am going to keep a close eye on it upwind and, to my joy, I am able to finally keep pace with the rest of the fleet. But that was just the first of many steps I would have to take to compete in this ridiculously competitive fleet.

The second day of racing brought slightly better conditions than the first, lower-end hiking conditions with decent chop. My goal for the day was to crack the top ten. This, I would learn, would be harder than I thought. As the day went on and I started taking more and more risks on the starting line, more risky crosses, coming into lay line later, pushing for room on one extra boat at the leeward mark, I quickly came to the realization that this was the hardest, most aggressive fleet I had ever raced against, and I liked that. If I was going to finish in the top ten regularly, not only would I have to make that first good initial play off the line, but I would have to keep pushing and fighting for every inch during every leg of the race course just to stay up with the top players.

Ultimately, it took both a tremendous amount of courage, responsibility and will-power to get those top-ten finishes. And on the last day, during on and off pouring rain, I managed to score a 4th place finish. I held steady around 3rd and 4th place the whole race. It was quite a fight and quite an experience overall. I had a lot of fun competing against a fleet of top-notch college sailors, All-Americans, and former Olympians and can't wait to do it again next year.



Wade Hatton grinding it out at practice.

FALL 2009 REGATTA REPORTS



Nevins Trophy

By Nick Dugdale '12

The 2009 Nevins Trophy at the US Merchant Marine Academy in King's Point, NY on September 19-20 was the first event of the fall season for the Stanford team, although many schools had already had been practicing and competing since August. This 3-division event was a great way for us to get back into the college circuit after several months off, and gave us a chance to compete against the best teams on the east coast without the added stress of schoolwork. Peter Stemler ('10) and Eliza Richartz ('13) sailed A division, with Nick Dugdale ('12) and Hannah Burroughs ('11) in B and Cole Hatton ('11) sailing Lasers in C division. Dugdale, recently back from a month in Greece, and Hatton, literally just off the plane from a vacation in Italy, found themselves catapulted from the leisurely pace of a European summer to the cutthroat environment of a college starting line.

Strong current and variable breeze characterized the weekend, with only two races sailed on Sunday before the wind shut off completely. While there were some high and low points throughout the weekend, the team ended their first major event of the year in 9th place out of 20 teams. Hatton started his junior fall in style, finishing 5th in his division with only one finish out of the top 10. Dugdale and Burroughs found their groove on Saturday afternoon when the breeze picked up and finished 9th in their division, while Stemler and Richartz ended up 16th in A.

Hatch Brown Trophy

By Alexandra Dunlap '11

I have sailed numerous places around the country, but I have never had the opportunity to spend time in Boston, nor the privilege to sail on the infamous Charles River. So when the chance came for me to sail in the Hatch Brown Regatta at MIT in Boston, I was super excited. As I got ready to leave – packing all my warmest sailing gear: my beanies, drysuit, and gloves – I thought of the potential windy rainstorms and cloudy skies. However, when we got to the MIT sailing center on Saturday morning, I was amazed by the warm, sunny weather - there wasn't a cloud in the sky! For a while, there was even a really nice breeze coming through as well.

As a Southern Californian Girl, I thought this couldn't be what sailing is like on the East Coast; to me it seemed like a typical California day. However, when we got on the water, I realized why people say that the Charles River is the most difficult college sailing venue in the country, the wind shifts are so large and unpredictable that it immediately became clear which teams were used to this type of river sailing, and which were not. Since our team practices in a part of the San Francisco Bay, and not on a river, we had a lot to learn about river sailing. However, as the day continued and Sunday approached, we were able to quickly adapt to sailing on the Charles. By the end of the day on Saturday after 9 hours of straight sailing, we were exhausted, but we were in for a surprise.

Frank Ustach, our new assistant coach, was gracious enough to convince his parents to let our team stay at their house, which was just a few miles

away from downtown Boston. When we arrived at their house, we were greeted with a delicious home cooked dinner of steak and lobster, which Mr. and Mrs. Ustach had been preparing all day. This was truly one of the best meals of my life! By the next morning, we were all rested and ready to take on a new day of racing on the Charles.

Unfortunately, there was barely any wind on Sunday, and although we were all quite frustrated with the difficult conditions, we kept a positive attitude and realized that we could learn a lot more about this venue. At the end of the regatta, after 18 races in each of the 3 divisions, we didn't do as well as we had hoped, but we definitely learned a lot and placed as the top ranking West Coast team. During the long flight back to California, everyone reflected on what we had learned and what we could improve on, and how much fun we had at this regatta. My first regatta in Boston was definitely an exciting and memorable one, and although I don't expect the weather to be so nice the next time, I am excited to return once more and attempt to tackle the Charles River again.



Katie Lund showing how the Laser Radial should be sailed downwind.

Danmark Trophy

By Rebecca King '13

On the weekend of October 15/16, the team of Nick Dugdale and Alexandra Dunlap in A division and Cole Hatton and I in B division, made the trip to the Coast Guard Academy for the Danmark Trophy regatta. It was the second time we had been to the east coast and we were all very excited at the chance to again compete against the best.

We woke up Saturday morning to rainy skies and much lower temperatures than back home at Stanford. After breakfast and a quick grocery run, we headed to the Academy. When we arrived at the gates, the guard asks to see our ID's. Well Dunlap seemed to have forgot hers, so we had to wait. After a few minutes the cops came and told us we could proceed, but not to do it again. The humor in the situation is that John asks us whether we have drivers licenses or passport each time we pile into the car for the airport. This practice has expanded to include each time we get in the car on the way to Coast Guard or Navy.

The sailing conditions on Saturday were rain and winds between five and fifteen knots. We had to watch for current on the side of the course with the submarine channel. Cole and I had many strong finishes in B, leaving us in 4th after the first day of racing was complete. Nick and Alex struggled in the 420s but showed improvements throughout the day.

On Sunday we were greeted by clear skies and mild temperatures, however this meant that the wind would not be likely to cooperate. We got a few races done in the morning, in conditions very different than the day before. It was very light with large shifts. Around lunchtime the breeze shut off. As we ate, we waited for the sea breeze to fill. Eventually it did, and we headed out on the water. Nick and Alex now sailing FJ's, started putting up very promising top ten finishes. They had a great day, and so did we. The highlight perhaps being the last race; we won the start from the middle of the line, caught the first left shift and rode it to the next righty. We were first around the mark and never looked back. John aptly called the day a Cardinal Sunday.

Sloop PCC's

By Peter Stemler '10

Under clear skies, Northwest breeze, and a slight flood, we pulled up the sails to our J22 and headed just outside of the Richmond Yacht Club breakwater south of Angel Island to the race course. The Race committee, adjusting for the current, skewed the start by setting the race committee boat higher upwind than the pin end and moving the windward mark to left of directly upwind, heavily favoring starboard tack upwind. With the current coming across the course from the left of upwind, sailing the longer tack first, starboard, clearly was the best move. Once around, the downwind was a bit trickier, with boats vying for the inside but wary of being taken by the current too far past the starboard lay line. On the third race, just as soon as we crossed the line, the wind shut off completely. As we drifted windward of the line, we looked over our shoulders to the east, only to see a dark blue wind line, and every other sailboat out on the East bay quickly make their way down to RYC.

Then it hit us. In a matter of minutes the wind picked up from 12, to 15, to 18, to 22, to 25 knots plus gusts of 30. The Race Committee, with waves breaking over the bow, reset the line and the course, and started the sequence. Even with every possible control depowered, the



Some light air practice for Peter Stemler and Sierra Farber.

J22 was on its rail the entire time upwind. In addition the current, now stronger than before, switched to ebb matching the same direction as the wind. The race took an eternity going upwind, but only was a matter of minutes downwind. We finished two races in these conditions, but since we needed six races to finish the regatta, we

had to sail the last race on Sunday.

I will never forget sailing upwind, with the leeward rail completely underwater, the rudder out of the water, and the look on everyone's faces - by far one of the best moments of my college sailing career.

Stoney Burke Intersectional

By Liz Melton '13

"Wait, is this a jib sheet, right?" Though I pretended I was simply checking, it was obvious I had absolutely no clue—about anything to do with sailing. To put it lightly, as a figure skater of twelve years, "jib sheet" was far from what I considered customary vocabulary. However, jumping in to my first Regatta, Stoney Burke, after one week of practice, necessitated jib sheet becoming commonplace.

As we arrived, it became clear just how much I had to learn. I was completely ignorant of when we finished a race, let alone any general rules as to how regattas are conducted. But, armed with my new sailing language, I can provide an overview of Stoney Burke's conditions and races.

Our first day sailing proved to be quite windy. This forced everyone to hike more than usual, and to pay close attention to the direction of the wind. Needless to say, this also meant that tacking became regular. To me, it seemed as though we were doing well, so I asked what place we had gotten in the last several races. Evidently, it was another ridiculous question; we had won nearly every race. Almost the opposite of Day 1, Day 2's wind was nearly negligible. As a result, sailing in puffy areas was required in order to gain speed and coverage over other boats. Several interesting sidenotes to Day 2's racing, were that the Blue Angel jets were flying overhead (as part of the Air and Water Show that weekend), and we spotted three seals.

Despite my total lack of sailing expertise, Wade and I managed to sail extremely well in the JV co-ed division, and the rest of the team performed rather well. Our varsity co-ed team finished 7th overall, the JV team came away with first place, and the women's team finished respectably in 8th place. Regardless of my numerous mistakes at Stoney Burke, I realized that I have come to love sailing.

Navy Fall

By Justin Doane '12

The Stanford Sailing Team arrived in Annapolis to cold, blustery conditions; a stark contrast to our beautiful Palo Alto weather. Stanford and 19 other teams came prepared to do battle on the Severn River. We had our work cut out for us, but with persistence and determination, the Cardinal can accomplish anything.

The 4-division regatta was quite a spectacle; A division was led by Cole Hatton '11 and Rebecca King '13, B division by Nick Dugdale '12 and Margaret Hayden '13, freshman Wade "D-Wade" Hatton in the Laser Full Rig, and in the Laser Radial Justin Doane '12.

Saturday was cold with puffy winds from the North around 18 knots, which is a difficult direction for the Severn River. After a bumpy start for the Cardinal, we found our footing and started to claw our way to the front. Sunday was forecast to blow the doggie off the chain, but the front never made it. With the cold, dry air coming down the river, and the tide flowing against the wind, there were many general recalls, but Stanford was able to avoid any unnecessary mistakes on the line.

With a solid finish to the day, including 5 top ten's in the last 8 races, the Stanford Cardinal finished a close 11th overall. Hatton and King finished 11th in A, Dugdale and Hayden finished 16th in B, "D-Wade" Hatton 11th in C, and Doane finishing 8th in D. Overall, Navy Fall was a quality performance, with many lessons taken back to the West Coast in order to hone our skills for the next big regatta.

Yale Women's

By Hannah Burroughs '11

Upon our departure from sunny California for the Yale Women's Intersectional in Connecticut we braced ourselves for a vicious New England nor'easter. The forecast was calling for gale force winds and torrential rain. Dry suits were certainly on our packing list. However, upon our arrival we were pleasantly surprised to find that it wasn't even raining (yet). We were also amused to find that our rental car was a Ford Flex, which if you are unfamiliar with it (as we



Justin Doane practicing in the Laser before his C-Division victory at Fall Champs.

were) is a large boxy car sitting low to the ground like a sedan. The body of the car was fittingly Cardinal red but had the odd feature of a white roof. Weren't we excited to travel in style?

Stanford started the regatta with a bang, winning the first race (unfortunately not to be repeated). Racing on Saturday proved to be very challenging with a shifty northeast wind coming over the land and ranging from 5 to 15 knots. The shifty conditions made the racing tight, but consistent top finishes hard to achieve. To help combat the racecourse challenges we had a large parental cheering squad equipped with plenty of goodies including a thermos of hot soup and a five gallon jug of hot chocolate. Thanks to Lund, Burroughs and Richartz families for coming to support us at Yale!

On Sunday we saw a moderated version of the apocalyptic weather forecast with rain and a northeast breeze gusting into the 20's (not 40's as the forecast predicted). These conditions proved to be nearly as challenging as the day before with frequent wind shifts making auto-tacks prevalent. But the Stanford team was able to improve on their performance from Saturday and ended the event with a good set in both divisions to move up three places in the standings and finish 14th overall. Sailing for Stanford were

Megan Grove '10, Hannah Burroughs '11, Eliza Richartz '13 and Katie Lund '13.

Sherman Hoyt Trophy

By Alysha de Souza '12

Rhode Island and Boston are beautiful in the fall –the seasons, the crisp air, and the picturesque houses sitting on the shore of the lakes and bays. I have experienced fall on the East Coast before, and have loved it. I have never, on the other hand, sailed on the East Coast. I was warned by my teammates that East Coast sailing would not only be much more difficult than all the regattas on the west coast, but also that in the middle of the fall (for a Californian, like me) east coast sailing would be less than pleasant. As we packed our bags I braced myself for both the cold and the difficult competition.

We spent our first day in Boston, practicing with Boston College. Putting on a dry-suit for the first time was certainly an experience of itself. I could barely fit it mine- and it wasn't until some girls from Boston College came over to help Iris (another walk-on) and me out, that we finally managed to get them on. Sailing on the east coast for the first time was really fun, the beats were so much longer and there were so many people, it seemed like there were enough people for a full race just practicing. I was, unfortunately, freezing, even through my dry-suit. Fortunately however, we were graced with pleasant weather on the actual race-days.

Racing on the East Coast was

challenging, to say the least. It is a lot more competitive than the west coast. It felt good though, just to be competing. Unfortunately, we did have some dfls, but when we stuck with the fleet and showed goof boat handling we pulled through. I learned more about currents, and learned better boat balancing. All in all it was a great first experience. I enjoyed myself and look forward to improving at the next event!



Hannah Burroughs and Megan Grove searching for the next puff.

North Frosh/Soph

By Sierra Farber

At eight thirty in the morning on November fourth, some of the team and I met in the parking lot at Tressider Union, a campus eatery and venue for group conferences at Stanford. We then drove to the Stanford boathouse located at the Port of Redwood City for the North Freshman and Sophomore Regatta hosted by Stanford. When we arrived I looked out onto the water. The surface of the lake was smooth and glossy, just what we did not need for a regatta! Molly Vandemoer, Coach John Vandemoer's wife was in charge of the regatta due to the fact that the Coach and Assistant Coach, Frank Ustach, were with other members of the team competing at Harvard and MIT. Molly is currently training to win an Olympic medal with her skipper Anna Tunnacliffe and fellow crew Debby Capozzi in the Women's Match Race event at the 2012 Olympics, which I think is pretty admirable.

After breakfast and a skipper's meeting, Molly decided that there would probably not be any wind until after lunch. We passed the time from morning until lunch watching the movie "The Butterfly Effect" and eating peanut butter and jelly sandwiches. At about one thirty in the afternoon, we finally prepared all but one of the eighteen boats for the regatta that day. Everyone was excited to, finally, be out on the water. However, there still was not a constant wind and everyone had to wait, yet again, until a light northerly breeze finally came.

There were five races in all that day. Due to the windless conditions present that morning, both the A division (coed), and the B division (women), had to sail together. This meant that we would need quite a long starting line in order to prevent many collisions! I had a great time sailing in all five races and ended up winning the last race with Wade, who was my skipper. Our B division, Eliza and Alysha, also ended up winning the regatta! Overall, I really enjoyed the laidback and positive environment that was characteristic of this regatta. There was friendly competition, compliments

to those who sailed well, encouragement from coaches, and excitement when personal progress was made.

Since this has been my first time sailing this quarter at Stanford as well as my first time sailing ever, I have learned many new techniques and had great times with my fellow teammates. I have also realized that sailing is more than just skill, strength and teamwork—it is a medium through which all academic work and preoccupations are left behind at the dock and the one true goal of enjoying one's self to the fullest can be achieved.

Schell Trophy

By Katie Riklin '13

One of the several East Coast regattas that the Stanford sailors took part in this



Cole Hatton and Rebecca King showing good upwind form.

quarter was the Schell trophy hosted by MIT over Halloween weekend. Catching the red-eye over to Boston on Thursday night, we had Friday to get ourselves aquatinted with our new, somewhat chillier, surroundings and new boats. For several of us, it was the first time sailing MIT's class of "Techs"—essentially a one-man boat sailed by two people, leaving the crew with the main task of rolling and keeping the boat balanced.

Saturday's races took place under fairly extreme conditions with a very shifty and patchy southwesterly breeze rapidly building well into the 20s with puffs into the 30s. This brought some fairly heavy weather down the river, meaning most races involved at least a few boats having difficulties staying upright. Despite the tough conditions, it was a beautiful day on the Charles with the Boston skyline in the background and MIT's uniquely multi-colored FJs out on the water. Alternating between Tech and

FJ starts, races proceeded fairly quickly and after a quick lunch break and change into dry suits, we continued through the afternoon, B division completing 10 FJ races and managing to squeeze in a set on the Techs before the day was done. (A division did the opposite.)

We awoke on Sunday to continue in the Techs with significantly less breeze, this time about 5-10 knots of northerly wind, which was fairly streaky and unpredictable. The shifty venue inevitably led to a bit of frustration, as assessing different sides of the course tended to be hit and miss. Nevertheless we made it through the remaining sets, staying strong in both classes despite the usual fierce East Coast competition. Both divisions achieved several top ten finishes across the weekend, and the Stanford sailors finished 15th overall at the close of races on Sunday. We returned to campus with some good heavy and light air practice under our belts, ready to tackle our upcoming west coast regattas.

Urn Trophy

By Margaret Hayden

For me (and as it turned out a few others on the team) the Urn Regatta at Harvard was a bit of a homecoming. Coming from Maine, and having spent a significant amount of time in Cambridge, I was eager to return to New England.... even if I feared the cold weather and shifty winds of the Charles over Halloween.

Last spring, I lived in Cambridge and walked over the Charles River multiple times a week. I always looked out for sailboats practicing on the river. The thought never crossed my mind however, that I, in a couple of months, would be on one of those boats. I joined the Stanford Sailing team as a walk-on in late September, and thus, throughout the Urn, I was still slightly surprised that yes, I had flown across the country for a regatta, and yes, I was actually sailing on the Charles.

The Charles did turn out to be an especially demanding venue, with powerful puffs on Saturday and a light dying breeze on Sunday both posing challenges. However, the team morale was buoyed by delicious pumpkin bread, cookies, soup and hot chocolate brought by our large parent cheering section. Despite the harsh conditions, sailing on the Charles will definitely be a highlight for me this season.

Walk-on wonders...

By Iris Clayter

This fall, Stanford Sailing welcomed eight new walk-ons crews. Though many came with no prior sailing experience, we each came with athletic ability and enthusiasm for learning the sport. Thanks to the patience and talent of the team's skippers, we new crews have made strides in becoming a critical part of the team.

We first got the chance to show how far we've moved up the learning curve of sailing at Stoney Burke at Treasure Island, hosted by U.C. Berkeley. Since then, we've only improved, traveling to some of the more competitive East Coast venues, including Navy Fall, the Hoyt at Brown, MIT's Schell Regatta, Harvard's Women's Urn. Two walk-on crews also helped secure a victory over Cal at our own North Frosh/Soph Regatta Halloween weekend. More recently, we showed marked progress at PCC Championships, where four walk-on crews helped the JV team secure 1st and 2nd places in sunny Santa Barbara.

We come from a variety of athletic backgrounds, from field hockey, to track and cross country, to figure skating, but are developing a love for being on the water with the Stanford team. We look forward to being a part of the great things Stanford sailing will accomplish this year.

Gasher Alumni Regatta

By Kelly McKenna '09

The alums who traveled to Redwood City for this year's alumni regatta could not have asked for better conditions for a Sunday afternoon regatta - 70 degrees and sunny skies, breeze 5-8 knots from the northwest, flat and warm water, and incomparable company. Sixteen Stanford Sailing alums ranging from years '09 to the early '80s participated in 6 windward leeward races in the team's year-old Club 420s, and were awarded with great food and Stanford issued Nike gear for their participation.

The alumni regatta provides an opportunity for each alum to relive the glory days of Stanford Sailing in exchange for a small (or large) donation to our program, and this year's regatta raised enough money for an entire east coast regatta. Participating in this event for the first time as an alum (I graduated in June '09), I was reminded of how blessed the Stanford Sailing Team is, to have the opportunity to practice in such a beautiful setting with brand new boats and equipment, and with such great teammates, coaches, and support, every day - a blessing that is occasionally overlooked when it becomes so routine. Seeing the program from this new perspective encouraged me to keep taking action to assure that the team, and the alums, continue to enjoy and improve our program for years to come.

I will close by expressing my gratitude for



Oliver Riihiluoma and Liz Melton approaching starboard tack layline.

the special opportunity this regatta provided me to reminisce with some of my closest and lifelong friends that I have made through Stanford Sailing, and to meet friends of these friends who share a similar bond. I know that sentiment was shared in all age groups represented at the regatta, and I am already anxious for next year's event. I imagine this only gets more special with each year that passes. I hope to see more of you alums out there next year, and to battle with you out on the water for Nike gear and bragging rights, in reassurance that no matter how much time passes, as members of Stanford Sailing we will always have a passion for sailing fast and for being the best! Happy Holidays and hope to see you next year.



Nick Dugdale, sailing with Pailey Lau, comes up for a big flatten

SPRING 2010 SCHEDULE

Dates	Event	Location
1/2-3	Rose Bowl Regatta	USC/Alamitos Bay YC
1/16-17	PJ Wenner Rainbow Invite	Hawaii
2/7	North Series #1	Stanford
2/14	North Series #2	CAL
2/27-28	Bob Bavier Team Race	College of Charleston
3/6-7	Jeremy McIntyre Team Race	Stanford
3/20-21	Truxtun Umsted Intersectional	Navy
	St. Mary's Women's Intersectional	St. Mary's College of MD
	North Series #3-4	CSUMB
3/22-26	Spring Break Training Trip	College of Charleston
3/27-28	Boston Dinghy Cup	MIT/Harvard
	Aaron Szambecki Team Race	Old Dominion University
	South Series #5	USC
4/3-4	St. Francis Invitational/North #5	Stanford @ St. Francis YC
	Dellenbaugh Women's	Brown
4/10-11	Team Race PCCSC Champs(q)	Stanford
4/17-18	Coed Dinghy PCCSC Champs(q)	Hawaii
	Wick Shrew Women's	US Coast Guard
4/24-25	Women's PCCSC Championship(q)	USC
	Thompson Trophy	Conn College
5/2-3	ICSA National Semi Finals West**	Seattle, WA
	ICSA National Semi Finals East **	College of Charleston
5/25-28	ICSA Women's Championship*	University of Wisconsin
5/29-31	ICSA Team Racing Championship*	University of Wisconsin
6/1-3	ICSA Coed Dinghy Championship*	University of Wisconsin

q=Conference Championship; a qualifier for a National Championship or Semifinals

**=National Championship Semi Finals, top half moves on to finals

*=National Championship Finals, must qualify

Home regattas are in **bold**; please come out and support the team. We need your help in running these regattas.

Stanford Varsity Sailing Team Roster – Fall 2009

Seniors

Megan Grove - Capt
Peter Stemler

Lafayette, CA
Newport Beach, Ca

Laura Garvey
Oliver Riihiluoma

Portland, OR
Sandys, Bermuda

Juniors

Hannah Burroughs
Alexandra Dunlap
Cole Hatton - Capt
Katie Jewett*
Ale Lynberg*
Ben Pedrick*
Hayley Tobin*

Peace Dale, RI
Newport Beach, CA
Newport Beach, CA
Mill Valley, CA
Los Altos Hills, CA
Newport, RI
Rye, NY

Freshman

Iris Clayter
Sierra Farber
Wade Hatton
Margaret Hayden
Rebecca King
Peiley Lau
Katie Lund
Liz Melton
Eliza Richartz
Katie Riklin
Abby Soong

Pacifica, CA
Santa Ana, CA
Newport Beach, CA
Brunswick, ME
Santa Monica, CA
Sunnyvale, CA
Riverside, CT
Downer's Grove, IL
Old Lyme, CT
London, UK
Walnut Creek, CA

Sophomores

Alysha de Souza
Justin Doane
Nick Dugdale

Hillsborough, CA
Nokomis, FL
Corte Madera, CA

* Abroad for the fall



The team at Fall Champs in Santa Barbara, Fall 2009. (First Row: Iris Clayter, Katie Riklin, Rebecca King, Alysha de Souza, Hanna Burroughs, Alex Dunlap. Second Row: Eliza Richartz, Wade Hatton, Peter Stemler, Megan Grove, Margaret Hayden, Katie Lund, Justine Doane, Nick Dugdale. Third Row: Cole Hatton, Oliver Riihiluoma. Not Pictured: Ben Pedrick, Katie Jewett, Ale Lynberg, Hayley Tobin, Laura Garvey, Sierra Farber, Peiley Lau, Liz Melton, Abby Soong.)

*Happy Holidays from the
Stanford Sailing Team!*



Home of Champions
Arrillaga Family Sports Center
Stanford, CA 94305-6105

Address Correction Requested

