

# All You Need to Know about...Sailing

An introduction to get you on board and on deck.

BY JACKIE LEAVITT

## ANATOMY OF A SAILBOAT



### LOCAL DAY TRIPS

From sailing up the Piscataqua to overnighting in the islands off Portland, take to the water with the wind in your sails to explore some of the Seacoast's best water-bound destinations.

#### CLOSE TO HOME

##### *Little and Great bays, Newington*

The key to making this a fun day sail is riding the ripping tide in and then riding it back out when the tide retreats, taking in the waterfront homes along the narrow channels and open bays along the way.

**Anchoring tip:** Check your depth and tide charts – when the tide goes out, there are many areas where you can be left in the muddy bottom.

#### CLASSIC DAY TRIP

##### *Gosport Harbor, Isles of Shoals*

Sailing out to this necklace of islands nearly 10 miles off the coast is a Seacoast classic, offering sights of Star Island's late-1800s Oceanic Hotel, White Island's lighthouse, and Duck Island's resident seal population.

**Anchoring tip:** Most of the harbor has a rock bottom, except for a sandy ledge 25 feet down off the northwest side of Cedar Island.

#### OVERNIGHT ADVENTURE

##### *Cape Porpoise Harbor, Kennebunkport, ME*

Thirty miles north of Portsmouth, this harbor protected by a ring of islands provides an excellent overnight anchoring location. At low tide, you can stretch your legs on the long spit of sand revealed between the mainland beach and Stage Island.

**Anchoring tip:** This mostly rock-bottom harbor features a patch of sand 12 feet down on the north side when coming into the harbor.

### THE CIRCUMNAVIGATION ITCH

Ferdinand Magellan gets all the glory for being the first to sail around the world, but his expedition – comprising some 265 crew on five ships – was fraught with starvation, scurvy, and mutiny and ended in the Philippines when he was killed by natives. His 18 surviving crew aboard the *Victoria* completed the trip back to Spain in 1522, securing their captain his place in history. Today, like climbing Everest, the challenge isn't just to sail around the world, but to see what records you can break along the way. From the

fastest solo circumnavigation (by Francis Joyon in 57 days in 2007 to 2008) to sailor's age (both oldest and youngest), and number of circumnavigations, completing the circle has truly become a frenzy of firsts. Turns out, though, breaking a record has another layer of difficulty, too. Each attempt must be certified by various sailing organizations, like the American Sailing Association, and unless a voyage is monitored by the World Speed Sailing Record Council, the claims aren't official.



### THE SPECTRUM: DREAM TO OWN

#### 1. Presto 30

\$92,500 [Designer: Roger Martin Design; Builder: Ryder Boats]

Based loosely on a vintage 1885 design, this classic camper/cruiser with a pair of freestanding carbon-fiber masts serves up 12-knot speeds for a day sail or family-of-four overnight adventure with the V-berth and two settees.

#### 2. C.W. Hood 32

\$96,675 [Designer & Builder: C.W. Hood Yachts]

Solo sailors can easily manage this long, lean day-sailor with a lightweight carbon-fiber rig, self-tacking jib, and fingertip steering.

#### 3. Southerly 57RS

\$1,300,000 [Designer: Dubois Naval Architecture & Yacht Design; Builder: Northshore Yachts Ltd.]

Despite several spacious cabins, you only need two people to sail this blue-water luxury cruiser designed for easy handling and capable of heading to the Caribbean and back.

#### 4. Gunboat 66

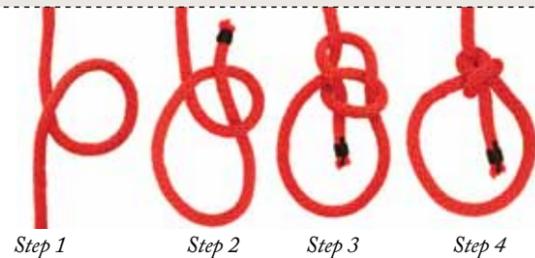
\$4,500,000 [Designer: Nigel Irens Designs; Builder: Gunboat]

This customizable, feather-weight carbon-fiber mega-cat can double as a second family home (good thing, given the price tag) with the numerous sprawling quarters and 25-knot speed potential.

### TECHNO-SEA

You may think of techies spending their time in dark rooms with the hum of servers reverberating from floor to ceiling, but the open water is equally a spot for embracing digi-gear, particularly in the sport's most competitive races. Take, for example, the gadgets on the BMW Oracle Racing trimaran, *USA*, the winner of the 2010 America's Cup, which was loaded with 250 pressure and angle sensors strung from wing to mast, delivering data on everything from wind pressure to the strain on the mast. What's more, the helmsman's sunglasses displayed graphical and numerical data in the polarized lenses to help him adjust the boat's course while keeping both hands on the wheel.

These days, even sails have gone high-tech. North Sails's 3DL is molded into a three-dimensional shape so the fibers stretch less and it holds shape over a wider wind range. What's next? The 34th America's Cup in 2013 will showcase the fastest boat in the world: the AC72 wingsail America's Cup catamaran, which is capable of regularly topping 30 knots. The crucial change is the boat's ability to handle both light and strong winds well – a development that will help with racing's frustrating delays when less-than-a-puff and gale-force conditions prevail.



### HOW TO TIE A BOWLINE

Ask a true old salt, and he'll tell you: When in doubt, use a bowline. It's quick to tie (and learn), has several uses, and doesn't slip.

1. Take the standing line and form a loop with the working end laying on top.
2. Form a second open-ended loop.
3. Put the working end through the first loop, then bring the line around the back of the standing line and through the first hole.
4. Pull tight.

### OTHER KNOTS TO LEARN

#### Figure Eight

A simple knot that doesn't bind and can be undone easily; generally used as a stopper knot through a block or cleat.

#### Anchor Hitch

Excellent knot for attaching an anchor to its line.

#### Sheet Bend

Used to attach two lines of unequal sizes together.

#### Carrick Bend (or Sailor's Knot)

Similar to the sheet bend, this knot is much stronger and will not jam even when wet.