



Fleet 5 Newsletter

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March 2016

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GREETINGS FROM THE PREZ



March already! Where has the winter gone? I barely broke in the new snow shovel and Spring Series is just 12 weeks away. Two weeks ago, I was on an email string debating the best line for spin sheets, and of course, that quickly got everybody inventorying their lines to figure out what they needed to order. The spirit of the exchange was best expressed by **Jim Raisides** who, said, "I love that it is February and we are already talking boat!" *Talking boat!* Right on, Brother Jim. Believe it or not, it's time to start getting our acts together - winning starts now. If you don't, you're losing this 'first race' of the season. Consider this your courtesy horns on the season.

Thanks to hostess **Christina Pandapas** and social director **Elise Mazareas Nash** for their efforts in making the 2016 winter party outstanding. What a great time! Maybe the sub-par skiing played a part but clearly we've tapped into a little pent up demand for mid-winter jocularly. Huge thanks to Elise for getting the bar out of here before my two teens got any ideas. Thanks also to the cleanup crew **Peter Sorlien** and **Mike & Kathleen Lane**, who stayed late to help us put the place back together. Also a shout out to whoever spilled the wine on the white chair. *Just kidding* - no worries, good as new.

So, next up will be the clinic on May 5th, which I'm thinking of as part clinic, part spring meeting (if we need it) and part social. Specifics are included below, but all you need to know is *cash bar* and *talking boat* (to use 'Brother Jim' speak).

Lots of activity on the recruiting front. Our new boat count for this season is up to four (see below), but hopefully, that's just the beginning. Your leadership team is working hard to get the word out, reaching out to folks who seem poised to come play with us. It's important to remember that leadership doesn't have a corner on the recruiting market. If you know someone who would make a great crew or even a potential new skipper, reach out. Or let me know and I'll reach out. There is, by the way, an outstanding boat for sale right now. **Chris Hutchinson** has finally given in to the demands of a family of lacrosse players and is selling 1790. While we're sorry to see him go, his decision hopefully will result in this very fast boat getting back on the line. The specifics are below, and I suggest you act quickly because it won't be around long.

Finally, I'm excited to report the arrival of Fleet 5's newest member, **Charles William Shoreman**, who introduced himself to parents **Lynn & Jeff Shoreman** on the morning of Friday February 26th. Charlie weighed in at 7lbs 14oz., and both Mom and son are doing well. Keeping perspective, Jeff quipped that he has Charlie penciled in as their 3rd for the 2026 nationals.



Remember, spring series is just 12 short weeks away.

UPCOMING EVENTS

Spring Clinic – Thursday May 5th at 7:00 PM Fleet 5 will host a clinic in the Fantail at CYC. The format will be a moderated panel of four of Fleet 5's faster sailors, who will share tips on going fast.

Mast Measurement Day- May 7th Class measurer **Josh Wheeler** will measure masts. Circle May 7th from 1-4 pm.

Spring Series – May 28th–29th The Spring Series, just three months away, constitutes the first of the season's regattas included in the season championship, and hence kicks-off our "Road to the Cup."

Twilights Commence – June 2nd As it does every year, the Twilight Series is expected to start on the first Thursday after Memorial day. First gun is at 6:30PM.

MRA Series 1-Day 1 MRA racing will commence on Saturday June 4th.

Post-Race Cocktails – Saturday June 4th at 6PM The fleet will hold its first summer cocktail party on Saturday evening June 4th, to be held at the home of **Sarah Sheldon**. The event will commence after racing and feature the fleet bar.

East Coasts – June 17th–19th The 2016 East Coasts will be held in Rockport, hosted by Sandy Bay Yacht Club.

Marblehead Race Week – Thursday July 28th - Sunday July 31st. *The big enchilada.*

Race Week Party – Thursday July 28th Our Race Week party will be hosted again this year by **Jennifer & Steve Uhl**.

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**SHORT TACKS**

New Boat Count up to Four! As of this writing, Fleet 5 has grown by four boats so far this winter. First is **Jeremy & Katie Bloxham**, who swear they will be out by Race Week. I know, it's been a long time coming, but the boat is almost done and looking ready to rumble. Second is old friend **Rick Saunders**, who crewed last year with **Steve Uhl** before going on IR with a broken leg. He purchased 1686 last fall so will be back steering his own boat this season. Steve's loss is our gain as it adds yet another boat to our line. Rick is excited - spring can't come fast enough for him. Welcome back Rick. Third is old friend **JP Zonnenberg** who after a year-off plans to race this season with son **Hunter Zonnenberg**. Great to have have them back. And fourth is **Peter Sorlien**, who after several years of working to restore #41 – that's right #41, plans to hit the race course this season. When he does, he will immediately assume bragging rights for oldest boat in our fleet. How awesome is that? He expects to sail mostly Twilights this season. Peter has written a short piece about his restoration odyssey which will be included in these pages next month.

Spring Frostbite Series Delays a Week – Hearts were surely broken this past Valentines Day when the series kickoff was scrubbed and delayed a week. The BYC took the responsible step of canceling based on a forecast of sub-zero temps and a 15 knot northwesterly. Turns out Boston set a record that morning with a low of 9 below. Wonder how many would have shown up?

Spring Clinic Reminder Fleet 5 will host an off-the-water spring clinic at 7PM on Thursday evening May 5th in the Fantail at the CYC. This year's event will focus exclusively on boat speed – how to consistently squeeze max speed out of these old buckets we sail. No strategy, no tactics – just speed. The format will be a moderated panel. The panel will include **Charlie Pendleton**, **Peter Frisch**, **Jim Taylor** and **Jeff Shoreman**, and **Kim Pandapas** will moderate. The CYC will provide a cash bar. This is a must-do! The event will provide an opportunity to reconnect with fleet friends and get your motors started three weeks before Spring Series.

Mast Measurement Day Just a reminder that class measurer **Josh Wheeler** will measure masts May 7th from 1-4 pm. If you have a new mast or have made modifications to your existing one, rules require you measure it, and Josh is making

that easy for you. This will likely happen in the EYC dry sail lot, and we'll confirm as soon as we can.

Laser Season Not Far Off Several Fleet 5 members, including **Tom Daily**, **Steve Uhl**, **Charlie Pendleton** and others, plan to get an early start on the racing season by racing in the Laser Spring series, which kicks off on Sunday April 17 and runs every Sunday from 1-3PM through May 22. The fleet races all summer and fall too and virtually none of it conflicts with Fleet 5's schedule. Summer sailing starts the Tuesday after Memorial day, with the first race at 6 PM, and the Fall schedule returns to Sunday afternoons and runs through November 13th. The fleet is anticipating its biggest season ever. **Patrick Andreasen** secured the laser US Master Nationals at EYC September 30 through October 2 (age 35 years and older), which could be the attraction that pushes this 20 boat fleet over the top to compete with the large Newport and Cedar Point fleets (or even the R19 fleet). For details, contact **Tom Daily** at tmd15@cornell.edu, and the NOR is at <https://sites.google.com/site/marbleheadlaserfleet/>.

Return of The Chowder Race Rumor has it that the CYC plans to close out the one design season this year with a chowder race on Saturday October 1st. Sounds like fun. We'll let you know more when the schedule comes out.

Relive America's Cup The CYC Sailing Committee is hosting an America's Cup presentation by **Tucker Thompson** on Thursday evening, May 19. Tucker is the official public host of AC 35 and will help us re-live Oracle's comeback and update us on what lies ahead in Bermuda. For more info, contact **Joe Fava** at joseph.c.fava@gmail.com.

Expected Nationals Schedule As you know, the 2016 Nationals will be in Chicago this summer. We also have heard that old friend (and **Pete Kaznoski** look-alike) **Rocky Sanchez** of Southern Yacht Club is bidding to bring the 2017 Nationals back to New Orleans, which while interrupting our usual east coast-non-east coast cycle, promises to be a hell of fun road trip. As an added inducement to make the trek, **Jim Raisides** said (and this is a verbatim quote), "I promise to show my boobs when we go." If that doesn't get you to hook up your trailer, what will? Finally, we have it on good authority that a large mid-harbor Marblehead yacht club is working on a bid for 2018. So there you have it - Chicago in 2016, New Orleans in 2017 and Marblehead in 2018.



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FLEET PROFILE – MEET CHRISTINA PANDAPAS by *Christina Pandapas*

Unfortunately, our profile subject for this month went M.I.A., so the almighty editor and I figured, what the heck, punt. We'll hopefully run the original profile in an upcoming edition.

What was the first boat you ever sailed?

A Cal 39 my dad bought when I was seven or eight. I grew up blue water sailing and racing and even did a Bermuda race delivery when I was 10. I have a lot of fond memories from off-shore sailing. There's nothing like sailing at night through sea of glowing phosphorescence, and the crew camaraderie that comes from sharing tight, smelly spaces for several days.

How long have you been sailing Rhodes?

Kim and I bought the Rhodes on a whim about 17 or 18 years ago. We were in the Eastern Yacht Club parking lot sanding bubbles out of the fiberglass on our 110 when **Kevin Lane** stopped by and said something like, "What the hell are you doing that for? Just buy a Rhodes!" We owned #982 about 6 hours later and never looked back.

What do you like most about sailing Rhodes?

It's what everyone says – really competitive racing against really wonderful people. I'd never raced one-design before we bought the Rhodes and the learning curve was steep (and sometimes painful), but from day one, everyone was helpful and encouraging and their passion was contagious. Our closest friends have come from sailing that boat.

Where did the name "Mo Hotta Mo Betta" come from?

It's the name of a hot sauce catalog. We really love spicy food and have a kitchen cabinet full of stuff from them. One night right after we bought the Rhodes we had a friend over for dinner and were discussing possible names. I took one bite of the Caribbean chicken my husband made, gasped from the heat and said "Jeeze-- Mo Hotta Mo Betta, much?" and that was it.

What's the secret to racing with your spouse?

Vodka.

What is your favorite non-sailing activity?

Skiing the Bubblecuffer trail on Sugarloaf in fresh powder – hands down.

What do you do for work?

I'm a freelance public relations consultant. My clients include

banks, technology companies, business-to-business providers, and really anyone who'll pay me.

What is your most memorable sailing moment?

The first time Kim and I won Marblehead Race Week. We came across the finish line with a big lead, got the gun. The race committee told us that was the final race and said "Congratulations!" I'll never forget it.

What is the biggest bonehead thing your skipper has done during a race?

We were sailing in one of our first Race Weeks when the air got really light going downwind. The spinnaker collapsed and wrapped around the headstay. I went up to free it and as the wrap

started to come out, Kim pulled back hard on the pole and hit me hard right in the face. It broke my nose and I actually blacked out for a few seconds. There was blood everywhere! We finished the race though.

What is the biggest bonehead thing you've done during a race?

There are so many, I'm sure. Missing the hiking straps on a race and falling overboard, so Kim had to hold me with one hand and steer with the other while I struggled to get myself back up into the boat. I didn't go completely into the drink, but half of me was dragging. That's not fast.

What's the best tip you could give someone who is sailing a Rhodes for the first time?

Talk to everyone, crawl all over different boats to see how they are set up, and sail as much as you can because it takes time to get the feel and figure out how to get a Rhodes going.

What book are you reading?

"The Danish Girl" by David Ebershoff and I have "Room" by Emma Donoghue up next. It's an Oscar movie trend for me right now.

Name one thing about yourself that fellow Fleet 5 members might be surprised to know about you.

I'm a pretty good artist.





RACER'S RESOURCE BOARD

Dave Whittier of **Stuart Marine** in Rockland Maine is the exclusive builder of Rhodes 19s. Call Dave at 207-594-5515 for pricing on new boats, used boats, repairs and parts.

Doyle Sails at (978) 740-5950 for new sails and repairs.

Chris Small – Full restorations and glass work- csmall9021@yahoo.com, (978) 500-9021.

Neal Lewanda – Repairs, fiberglass/gel coat, rudders, keel work, etc. - neal@lewandamarine.com, 978-525-2700

Benjamin Parker of Aequoris Yachts and does glass work and boat repair. Contact Ben at 58 Gregory Street, Marblehead (207) 319-3583 or benjamin.parker@aequorisyachts.com.

Kenny Harvey – Rigging kenny@harveyrigging.com or (781) 631-6644

Waterline Systems provides a complete range of services. Call at (401) 682-1661.

Cape Cod Shipbuilding makes Zephyr extrusions and a full range of mast and boom hardware and fittings. Call **Dick Landis** at (508) 295-2240.

"**Phil's Foils**" builds Rhodes 19 rudders under the "Phil's Foils" brand name. Go to www.fastcomposites.ca or contact Phil Locker at (613) 599-6951.

The Trailer Shop – Located on 87 High St. in Danvers for any trailer repairs. Call **Dan Sullivan** at (978) 750-6799

Sailor's Tailor www.sailortailors.com for boat covers, rudder bags and marine stitching.

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FLEET 5 TRIVIA

(Answers on Page 6)

1. Who was the youngest skipper to compete in our 2015 Race Week?
2. Which active member of Fleet 5 coaches sailing in a Division One School?
3. Who is the youngest skipper to win nationals in the last 25 years?
4. What active member of Fleet 5 serves as president of a cutting edge enterprise software provider?

NOTICE BOARD

Please mail postings and updates to kpandapas@comcast.net.

Missing a Trophy? We still have some of last year's trophies. If you won or placed in a series last season but don't have a trophy to show for it, email **Christina Pandapas** at cpandapas@comcast.net.

For Sale #1790 "Pastiche". Turn-key racing boat located in Marblehead. Raced competitively for 18 years in Fleet 5. Fully rigged. Top 10 finisher in multiple Race Weeks. At class minimum weight with 15-20 lbs. lead in it; measurement certificate on file with class. Been dry stored for last three years. Keel faired by **Butch Roth** in 2009. Trailer with new wheels, tires, paint. Zephyr-tapered mast added 2004. Comes with set of Doyle race sails, two spinnakers, recently retired race sails for cruising and light racing. Light and heavy-air jib sheets. Two spinnaker poles, Harken midship windward sheeting traveler, continuous jib fine tune, internal manual bilge pump (for heavy air racing!), royal blue canvas deck cover in great condition. \$8500. Contact **Chris Hutchinson** 617-733-2348 or hutchmarblehead@me.com.

For Sale #1925 - The ribs were professionally replaced. The bottom was faired and barrier coated. I was using bottom paint on it, which is sanded and ready for re-coat. I have the paint, but didn't want to put it on in case someone had a different idea. At least 2 sets of Doyle sails, Lindsay rudder, spare rudder and other parts. Brand new trailer with six lifts for easy bottom painting. Make an offer!
<http://boston.craigslist.org/sob/boa/5428606039.html>

For Sale #2609 – 1977 O'Day with trailer. Hull is in great shape, ribs are solid and fiberglassed over. New fiberglass rudder, 2 sets of floorboards, tapered mast. Sails are in good shape for day sailing - still crispy. Includes Evinrude long shaft 4HP motor. Boat has never been raced. \$5300. Located in Dartmouth, MA. Please call 617-803-9761 and leave a message. – 1/15/2015

For Sale – Opti #8997 - Bottom and blades refurbished by **Chris Small** during winter 2015. Includes new North Racing sail (6 race days), practice sail, top & bottom covers, blades, blade bag, fairly new airbags and extra mainsheet system. \$1500 kpandapas@comcast.net.

Clear Out Those Old Sails – Reclaim all that space in your garage, attic or sail locker. Please consider donating your old sails to either Sail Salem at www.sailsalem.org or Courageous at www.courageoussailing.org.



LETTING IT GO by Kim Pandapas

They say a bad day on the water is better than a good day at the office. I disagree. When things go bad on the water, there is just nothing worse. And you know what, no one is immune - things go bad now and then for everyone. One of the reasons we all love watching the Pats is because they are so good at playing through opposition, and there is an important lesson there. You can't dwell on mistakes. You can't fix the start you just poached. You can't catch the shift you already missed. You can't duck the boat you just fouled. You have to let it go and move on, but that's easier said than done, and some of us are better at that than others (and I put myself in the crappy camp). So how do you do that? How do you let go and get your head back in the game? Here are some thoughts from a couple of our most successful skippers.

Charlie Pendleton



I'll start by saying, we make plenty of mistakes - some bone-headed, some calculated and some good, honest, slip-ups. The one thing they all have in common is that they cost time and distance, resulting in competitors catching up, passing us or getting further ahead. None of those things

are particularly fun and it's hard to not let it rattle you. When they happen Jim and I try to do two things: 1) get past the mistake as quickly as possible, and 2) talk about it after the race is over - either in-between races or once we're off the water.

I particularly struggle with the first, getting past the mistake. The longer it takes to let it go and move on, the slower you're going and the more likely you are to compound the mistake. You can't compete in the present if you're dwelling on the past. Our biggest challenge is breaking the cycle of negativity. One thing that really helps us is to shift into "next boat" mode - getting past the next boat and starting to climb the ladder again. Equally important, we don't stop talking. It's easy to shut down and sail off to a corner. If it's quiet, you're going slow - shift the conversation away from the negative. Start focusing on how to pass the next boat and it's easier to let go and start competing again.

Talking through what happened is key. Jim and I *hate* mistakes, and when they happen, we tend to dissect them, break it down, talk about how we could have avoided the mistake and what we'll do next time. We usually do this in-between races. If it was a particularly big error and it still smarts, we may leave it until we're off the water and have a beer in our hand. But we always, always acknowledge it and talk about it. It starts out something like this - "So what happened at that mark rounding?", "let's talk through that start again," "wow did I screw that up, what the hell happened there?"

Every mistake is an opportunity to get better.

Nat Taylor



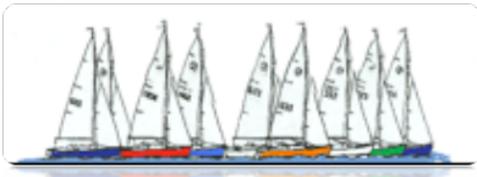
To "let it go" I channel memories of when a nearby boat was OCS, yet beat me to the top mark (a clear sign that they managed to let it go), and then I emulate them. As you pass boats, all of us naturally let it go, so the key is getting straight to the business of passing boats!

The sailors who can let it go seem to sail for speed over height, seize all opportunities for clean air, communicate excessively and clinch small gains. Here are some ideas on how to accomplish that.

The best way to park a R19 is tight-leeching and/or pinching without clear air, or in other words (as a doobie-smoking Olympic caliber 470 sailor often put it to me), "It's all about the flow man." So step one is to sail for speed, not height; get twisty, trav-down, bow down and haul ass, ignoring the gauge you give up.

Another way to park is sailing in bad air. While it's painful to tack, you have to be proactive about establishing a lane. It's far worse to sit in bad air hoping boat(s) in your lane will tack than just to eat the cost of tacking to clear your air. Next is to maintain communication, since mistakes tend to clam people up at the most critical time. Communication is crucial to the final and most rewarding step: clinching small gains (plus-minus).

The plus-minus formula is exactly like it sounds: you start at zero; when you pass a boat, that's plus one; when you lose a boat, minus one. Keeping track after a mistake is what allows you to let it go. Once you've gone "lots of plus" (as Team Taylor says) and you're counting up points at the end of a day, add on your plus and see how much you would have dropped. Overcoming a mistake with focus on plus-minus is often the difference between being on or off the podium. At 2015 Race Week, the difference between 3rd and 7th was 4 points. I'd bet that each of those boats had a moment where they failed to let it go and missed their chance to turn an upper-teens into a lower-teens and thus a spot on the podium!



SCUTTLEBUTT

Got News? Let's hear from you. Send your gossip, rumors and embarrassing tidbits to kpandapas@comcast.net.

It Ain't Easy Being Green There are certain things in life you count on – the sun rising in the east, taxes, the Patriots winning the division and Charlie picking your pocket downwind. But today our world is on less solid ground as we hear rumblings that Adams Rib may be changing color. That's right, the green boat may no longer be green. How on earth do we process that? Many of us are still struggling with Sweep no longer being red. Now this! Next thing I suppose someone is going to tell us that **Peyton Manning** took GHG or that **Donald Trump** is the GOP frontrunner.

Remember Mark Lindsay? Everyone has heard of the Lindsay rudder, in fact some of you own one. What you may not know is that those rudders were manufactured back in the day by boat builder **Mark Lindsay** before he moved on to building 50 footers. Word is that these days, Mark sails Rhodes regularly at Courageous, where he happens also to be chair of their board. Rumor has it that Mark might be interested in doing some sailing with us this season. So if you find yourself in need of a really good crew, you might consider giving him a call.



Honeymoon Bullets Some people just know how to honeymoon. **Elise & Mike Nash**, while decompressing at Bitter End in the BVI on their honeymoon, took a little time out to go beat up on the local competition. They won the weekly regatta at Bitter End in a jibless hobie cat - *with 5 bullets!* Married life obviously agrees with them. Elise commented that their dominance was less a testament to her

skills as a driver, and more to the lack of true competition. Yea, sure!

Speaking of Elise People may think this social director stuff is all roses and honey, but they'd be wrong. Just take a look at some of the stuff she has to lug around from party to party. She wins MVP on the month, if you ask us.



So Long Tusker The long storied association of 2568 with Fleet 5 has come to an end. **Justin Scott** started campaigning Tusker Jamin in Fleet 5 more than 20 years ago, and eventually went on to win Nationals at Cottage Park in 1998, sailing with **Frank Hart & Mike Steele**. Justin later migrated, both to vipers and then to Connecticut, leaving Tusker to sit idle for a decade in his barn until finally rescued by **Eric Cressy**, who restored it in 2015 so brother **Jon Cressy** could sail it in Nationals. Last week, Eric sold it to a buyer in Edgartown who plans to race it there.

So That's a Gunboat Old friend **Seamus Hourihan** remains confident he'll be sailing his gunboat by mid-summer. That's great news considering the issues he's faced getting this boat done. But it's looking pretty good, don't you think? Great color.



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TRIVIA ANSWERS

1. After taking 3rd in the Opti Greens at JRW, **Ashley Hoguet** climbed into her dad's R19 at the tender age of 11 and steered the first day of 2015 Race Week. That would have to make her, not just the youngest skipper in Race Week that year, but I'd wager the youngest ever.
2. **Evan Cooke** (aka the Kid) is an assistant sailing coach at Boston College, where he works with Head Coach **Greg Wilkenson**, who you may recall moonlights as EYC sailing coach.
3. **Nat Taylor** put on a dominant performance, winning the 2014 Nationals at the ripe old age of 27.
4. **Jeff Shoreman** is president of Eze Software, where he has worked for more than 15 years. Eze provides a broad range of software solutions to the investing industry, and in fact, just won honors for two of its products at HFM's U.S. Technology Awards. The systems were named Best OMS and Best Fund Accounting Software, respectively, at a ceremony on Feb. 22 in New York. Who knew Jeff was such a hot shot?

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The next Fleet 5 Newsletter will be published on April 1st. Newsletters are distributed by email. To request being added to Fleet 5's distribution list, please contact **Jeff Shoreman** at jshoreman@gmail.com.