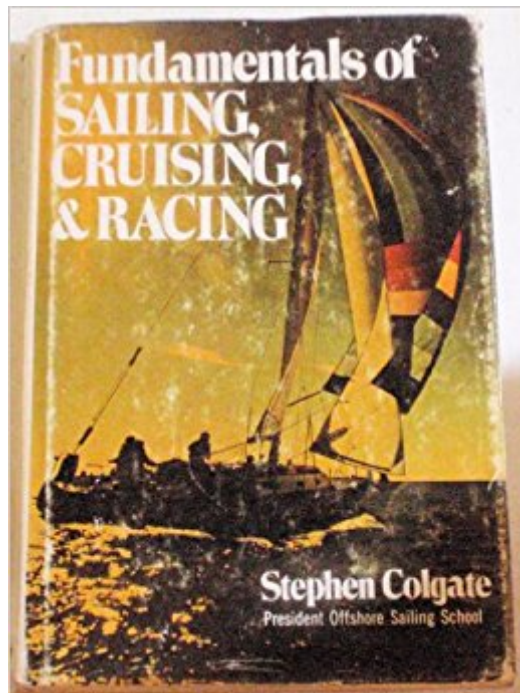




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Fundamentals Of Sailing, Cruising, And Racing



Synopsis

For all sailors – novices and experienced racers alike – the acclaimed primer on sailing, cruising, and racing. Stephen Colgate, the founder and president of the Offshore Sailing School, removes the mystery of sailing and reduces the techniques to basic, simple principles. He instructs the reader on all matters from how sails work under various conditions to night sailing and piloting, tactical problems and heavy-weather racing, emergencies, safety, boat control, and all other fundamentals. This edition contains the latest technological advances in equipment, and the newest rules, regulations, and strategies that are critical to safe and pleasurable time on the water. The result is a superior resource that is an absolute must for all sailors. --This text refers to an alternate Hardcover edition.

Book Information

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Customer Reviews

For all sailors - novices and experienced hands alike Steve Colgate has prepared a revised and updated edition of his acclaimed primer on sailing, cruising, and racing. Founder and CEO of the most prestigious sailing school in the United States, Colgate has distilled from his years of teaching what must be the perfect text, removing the mystery of sailing and reducing the techniques to basic, simple principles. The sport - or way of life, as it is to many - of sailing is no longer restricted to the few (anyone who can afford a small outboard motorboat can afford a richly rewarding sailboat). Here, Colgate instructs the reader on all matters from how sails work under various conditions to night sailing and piloting, tactical problems and heavy-weather racing, emergencies, safety, boat control, and all other fundamentals. His progression from the very beginning - demystifying yachting

terminology - is a masterpiece of simplicity and logic. Part I, "Sailing", is organized precisely like a day on the water: getting under way, dropping the mooring, controlling the boat on all points of sail, even stopping; how sails work, their trimming, the forces involved, heeling, dealing with wind shifts, emergencies, safety, boat control, and other fundamentals. Part II, "Cruising", moves from basics like special equipment through distance cruising, night sailing, piloting, electronic aids, medicine at sea, storage, and the galley and its needs. Part III, "Racing", covers preparation, the crew and its duties, the start and its timing, sail control, tactical problems, the rules, wind shifts, the spinnaker and its problems, heavy-weather racing: everything a sailor needs to know to survive and succeed in the world of racing. This edition also contains information about the latest technical advances in equipment, and the new rules, regulations, and strategies that are critical to a safe and pleasurable time on the water. The result is a superior resource that is a must for all sailors. --This text refers to an alternate Hardcover edition.

Stephen Colgate lives in Sanibel, Florida. He is the author of several books and contributes regularly to Sail, Yachting, and Boating magazines. --This text refers to an alternate Hardcover edition.

Colgate provides ample detail and dramatic anecdotes about sailing to illuminate the intricacies and dynamics of sailing a sailboat. I am a beginner and only came to sailing last October at the age of 51 and he made such a difference in my confidence and ability to ask the right questions and articulate. He clarifies how the forces work together, the water and wind. He does so with professionalism and a sense of objectivity without glorifying himself, telling stories of things that went wrong and how he overcame the problem. His little graphs and simple stick-man type drawings make it simple although some of the concepts with trapezoids seem a bit hazy to me, going back to geometry in the early 1970s!

I have several books on sailing and also video on basic sailing which are great helps. When I got this it was more for the racing information but found that the rest of the book was very well done and a great compliment to my other materials. Can recommend for anyone wanting a basic reference book or even an introduction to sailing.

My textbook for my Advance Sailing Group at my Sailing Club. Sailing is pretty much the same for the last 30 years. Rules might change but techniques and skills are still the same. Enjoy the trip.

Forget about the destination.

This is one of the best books on general sailing that I have ever read. It comes in second only to 'Sailing For Dummies' and that is just by a very slim margin. I have both books in my sailing library and between them, I have more than enough reference material to cover almost any sailing situation. This book should satisfy both beginning and experienced sailors alike. Good job...

This was the first time I bought a used book. It worked out very well because I originally took out the book from the local public library and now I have a reference copy of my own. The condition was advertised as good and the book had some notes in the margins but provides me with the information I need and expected. I will use this again and saves some cash.

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