

# Racing to Ensenada

## Tips & Observations



# The Challenge

- 125.5 miles
- Varying Winds
- Unfamiliar surroundings
- 1-2 nights at sea
- Not a typical “club race”



# Be Prepared

CREW



RACE PLAN



EQUIPMENT



PRACTICE



# Crew

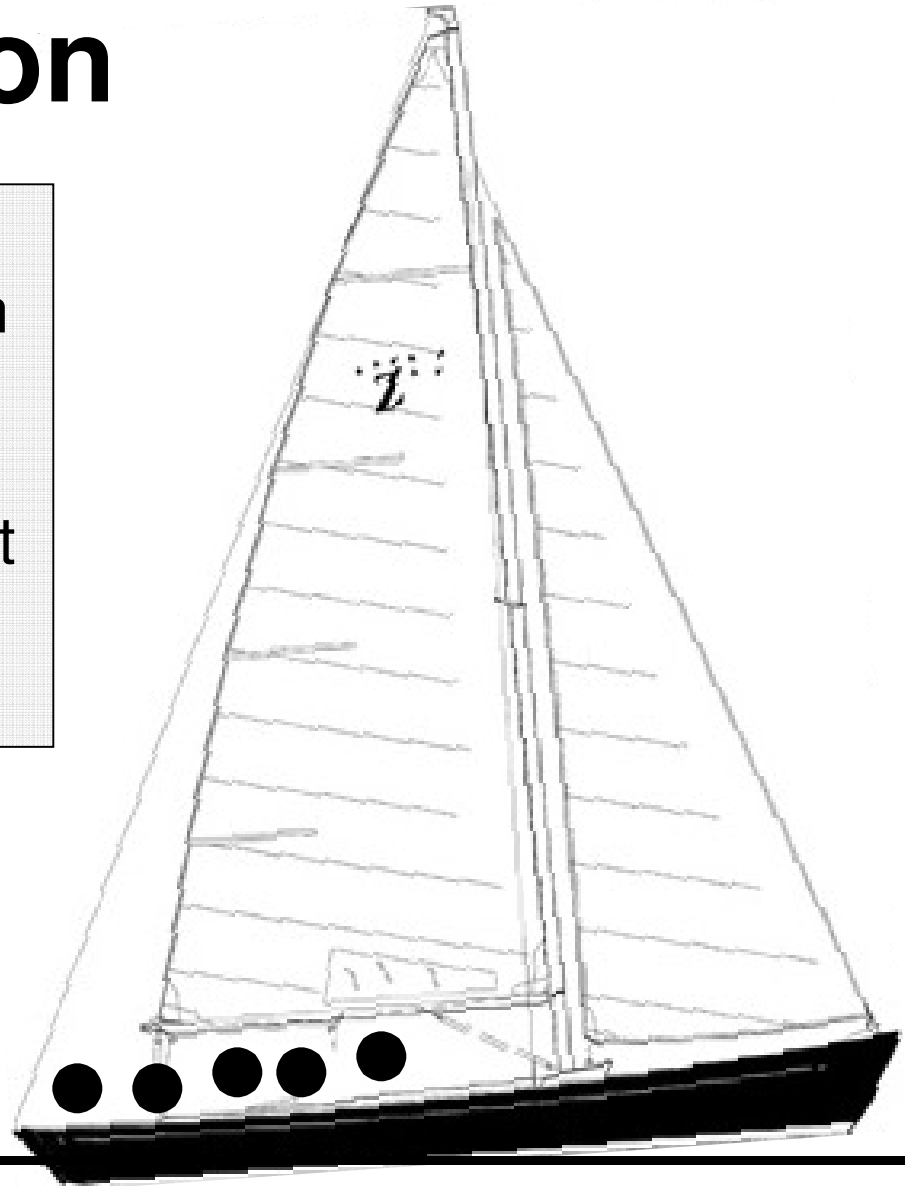
- Divide your crew....to have equal skills on each watch
  - Sailing and Navigation
    - More than one helmsman
  - Social Style
- Many types of watch schedules
  - Google “watch schedule” for more info
- Assign “Most Committed” to 12-6 Watches
  - When most concentration is needed

# Crew Position

Too many crew in the cockpit will cause the stern to drag (SLOW)

Balance fore and aft weight

Where is crew sleeping ?



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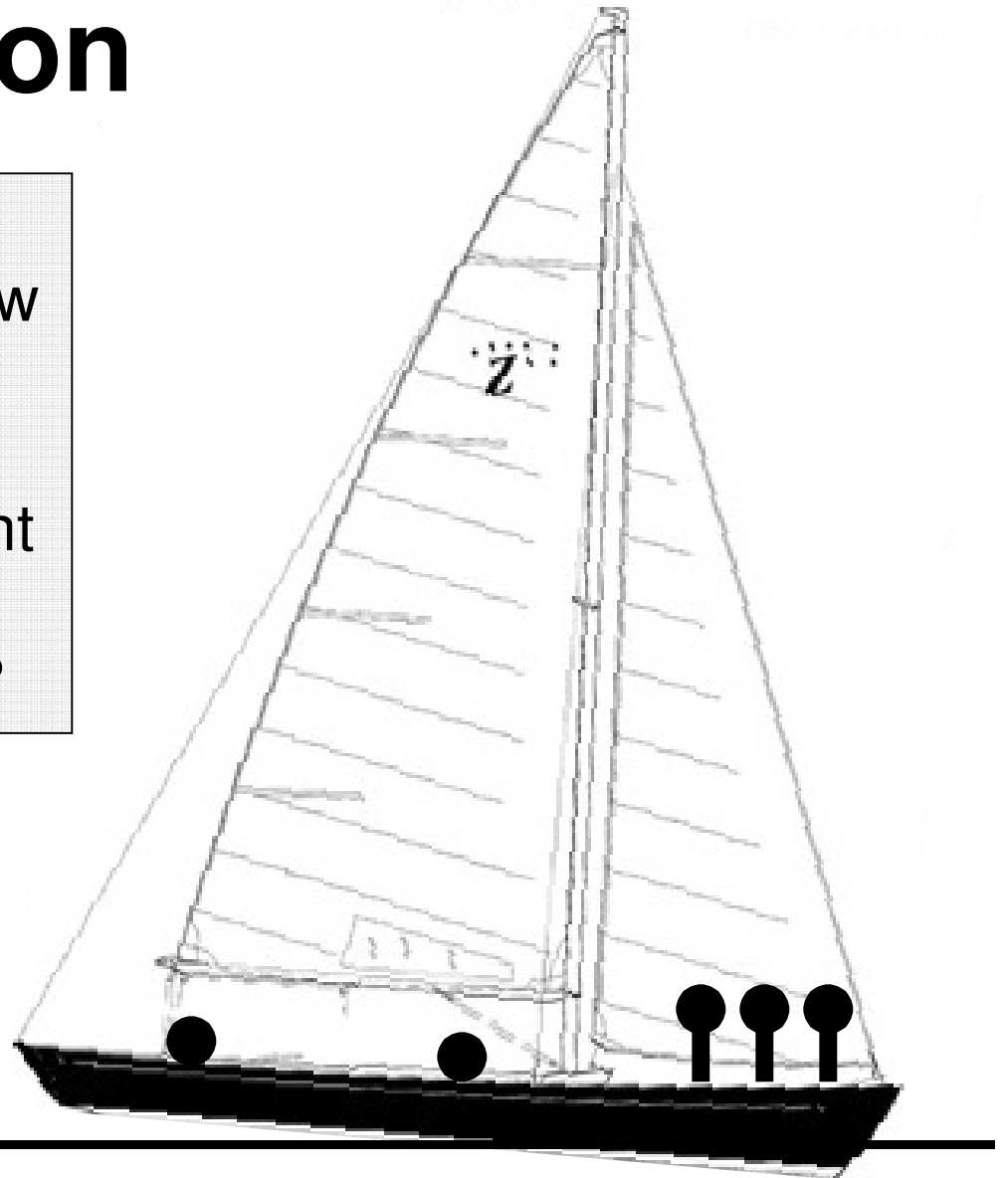
1000 lb of crew weight

# Crew Position

Too many crew on the foredeck will cause the bow to dip (SLOW)

Balance fore and aft weight

Where is crew sleeping ?



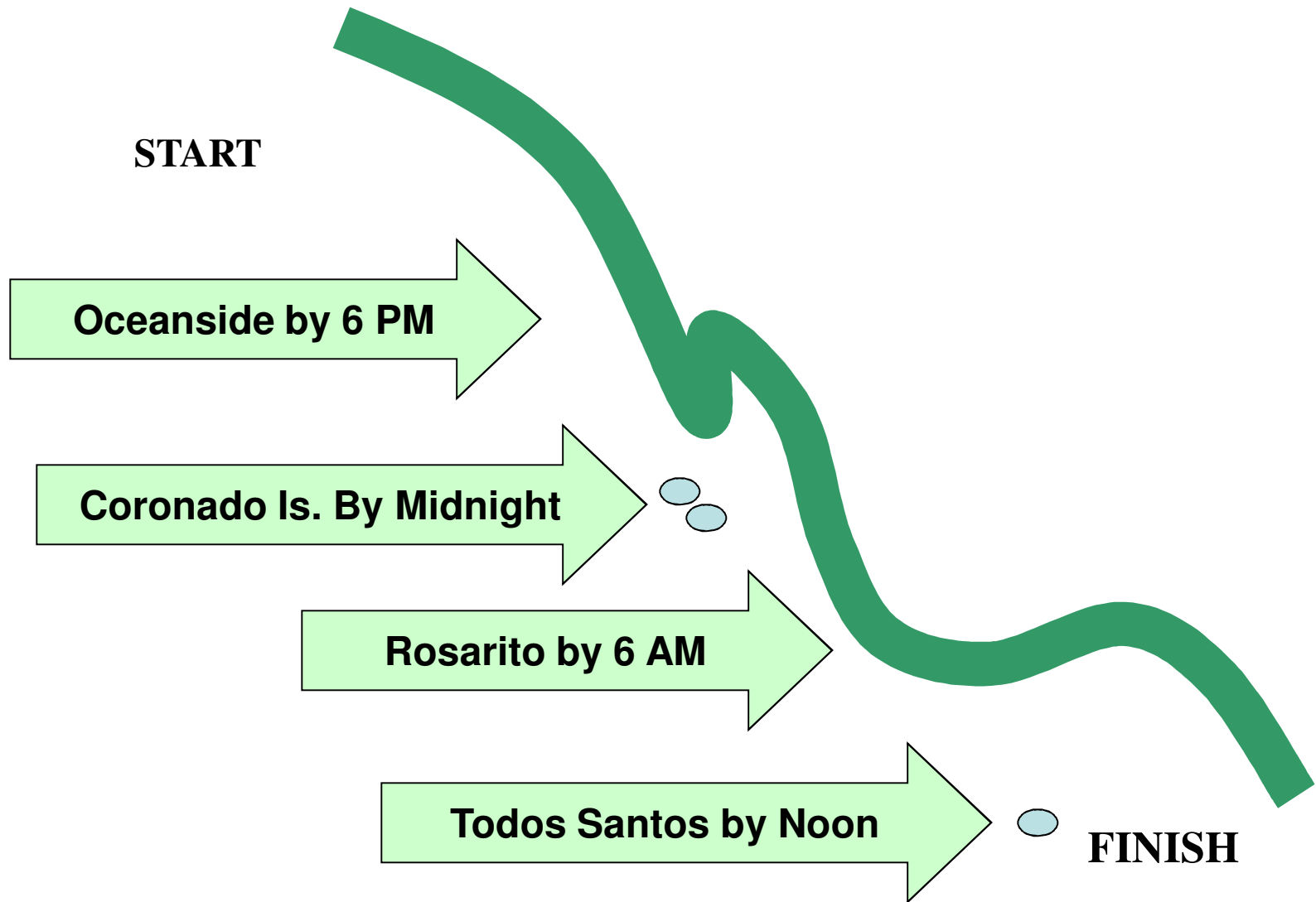
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500 lb of crew weight

# Race Plan

- Decide on which course you will take
  - Based on anticipated wind conditions, your boat's speed potential, your crew's experience, etc.
  - Inside, rhumbline, outside
- Share the Plan with all members of the crew
  - Watch Captains agree not to deviate unless the skipper approves.
- Establish your "Targets" (goals)

# Your Targets ?





# Equipment

- All equipment required by your Fleet and by the US Coast Guard
- Show every member of your crew where every item of equipment is kept
  - Safety while underway
  - NOSA inspection in Ensenada
- Each Watch must know how to use the GPS

# Prepare your GPS

Where am I ?

Track progress

SOG

COG

VMG

Enter Waypoints



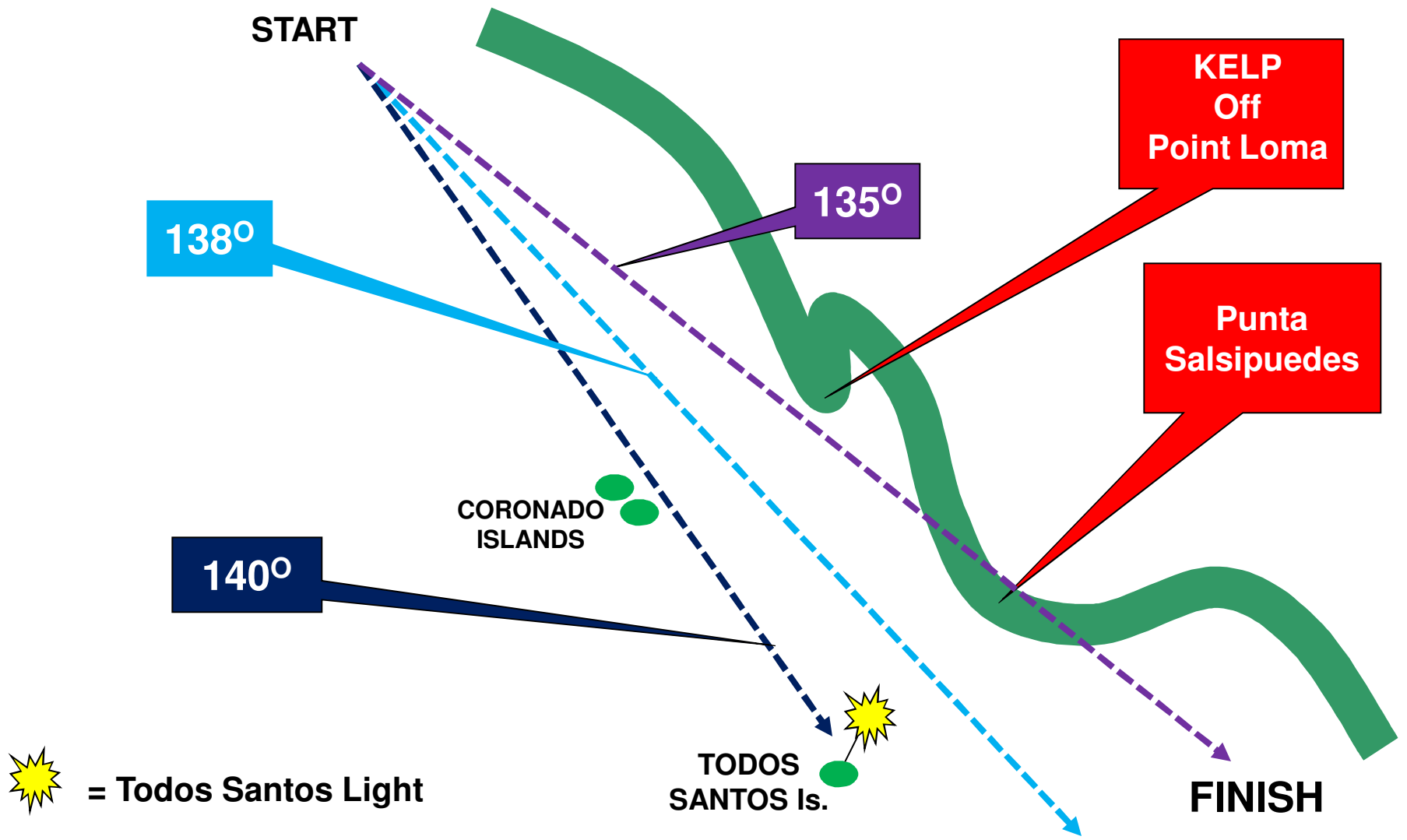
**BIG HELP**

Downwind

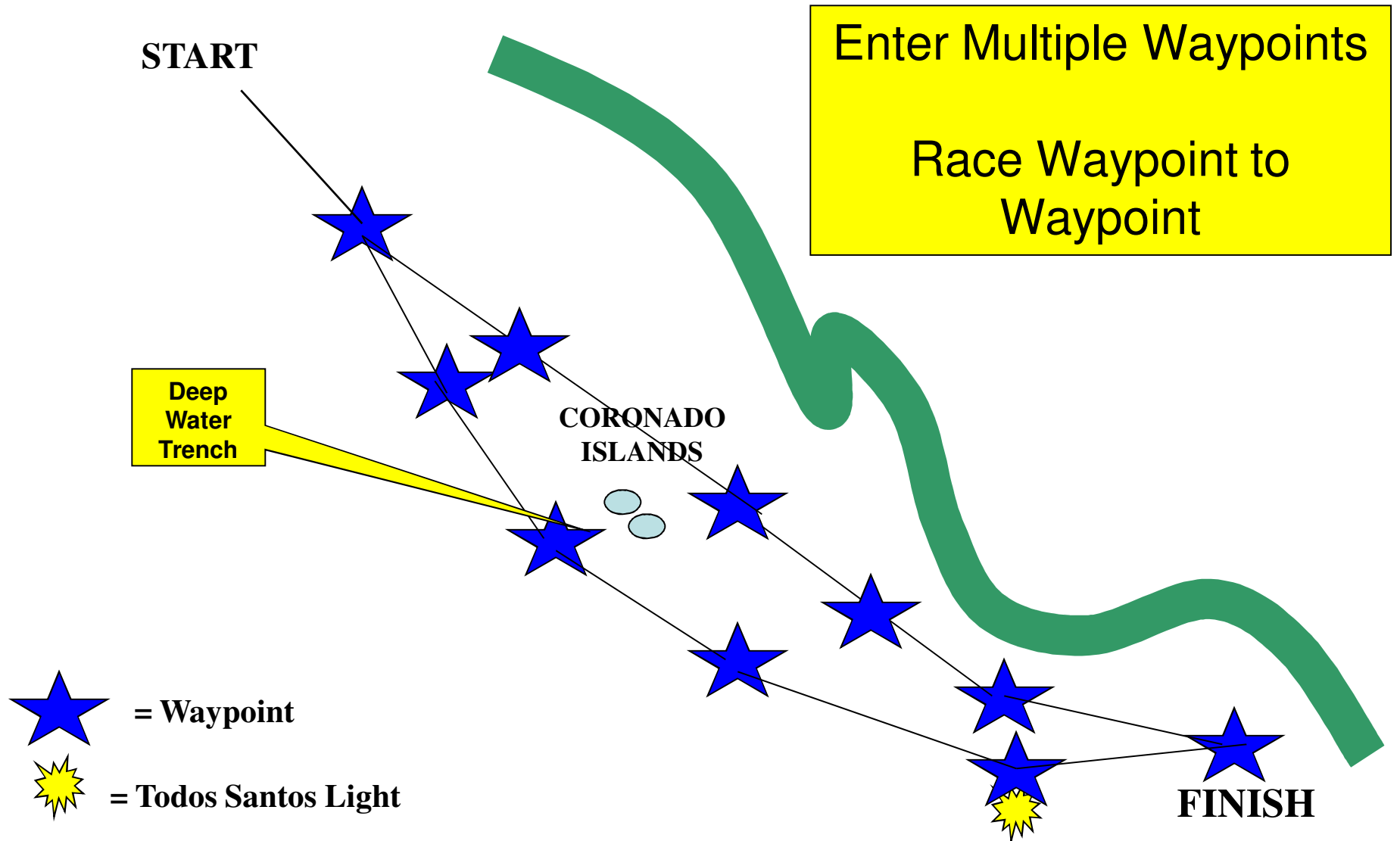
Swells

Light Air

# A Hint...



# Waypoints



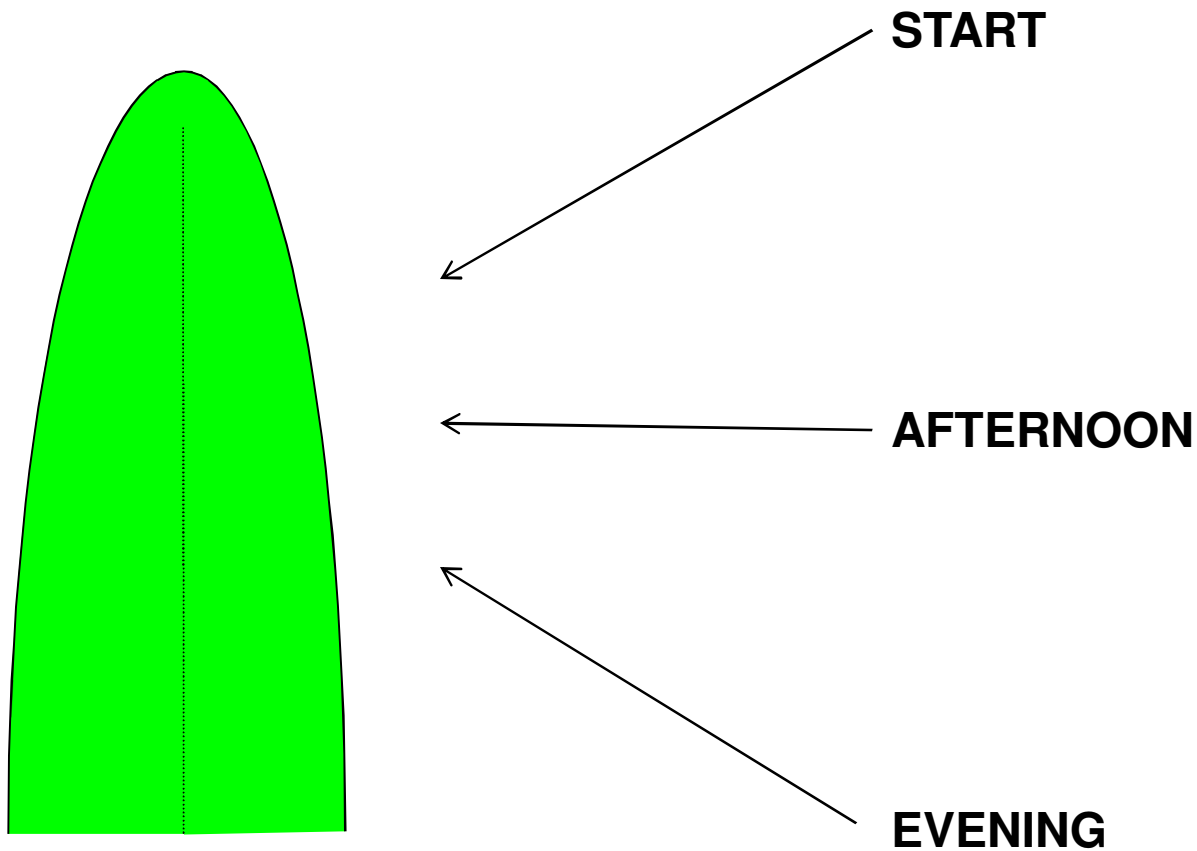
# Practice At Night

- Sail once or twice at night...for at least 4 hours
- Change sails 2-3 times at night
- Find bell buoys at night via GPS
- Have more than one person steer to a compass heading at night
- Crew Overboard Drill

# A Few More Tips

- Spinnaker can get set sideways
  - Mark the “TOP” with a laundry pen
- Most boats (like their skipper) are over-weight
  - Remove all but the essentials and required equipment
- Move anchors/rode to center-line – over the keel
  - Get weight out of the ends
- There is no such thing as “normal”...only “average”

# “Average” Wind Direction ?



# “Average” Wind Speed ?

START

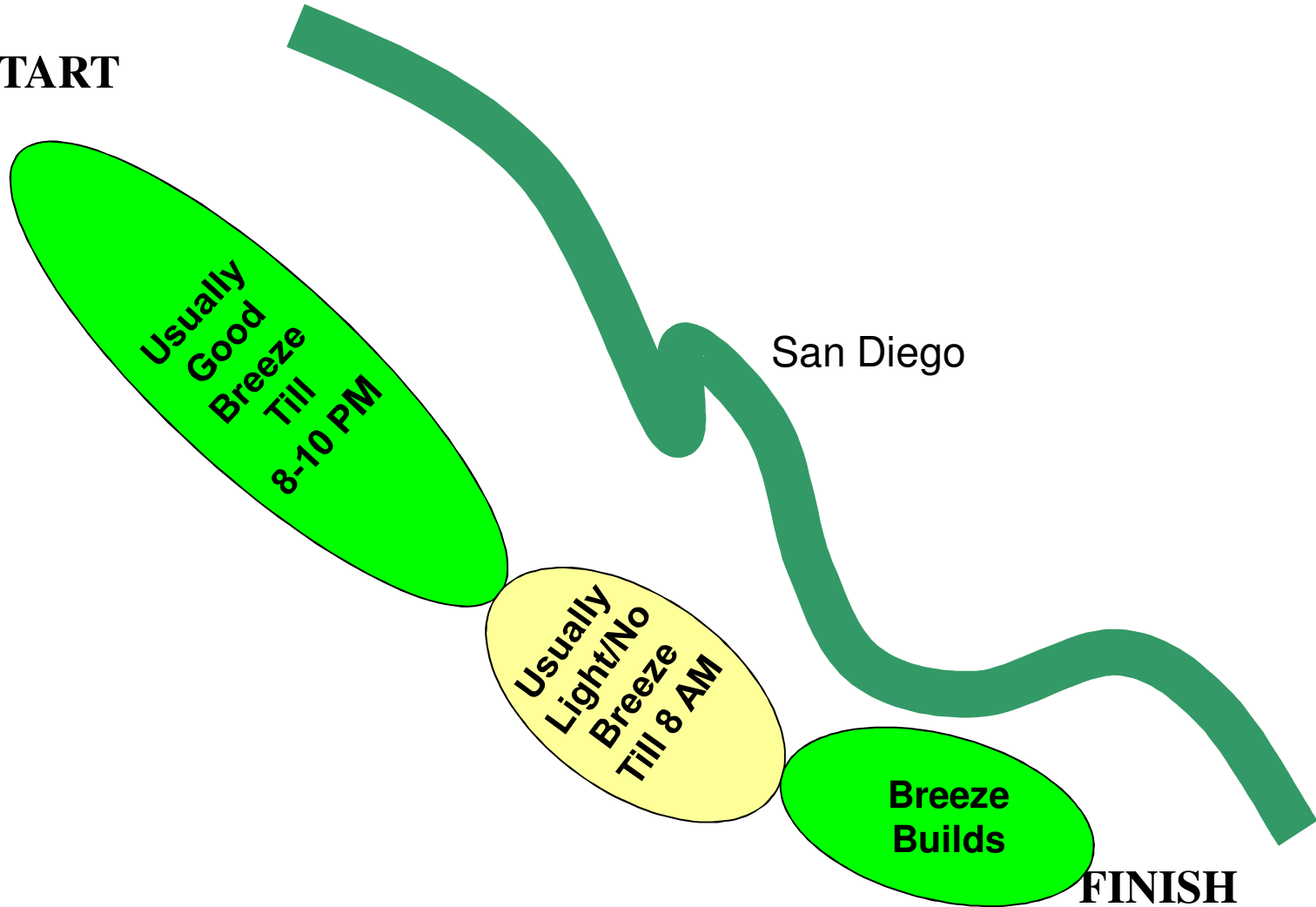
Usually  
Good  
Breeze  
Till  
8-10 PM

Usually  
Light/No  
Breeze  
Till 8 AM

San Diego

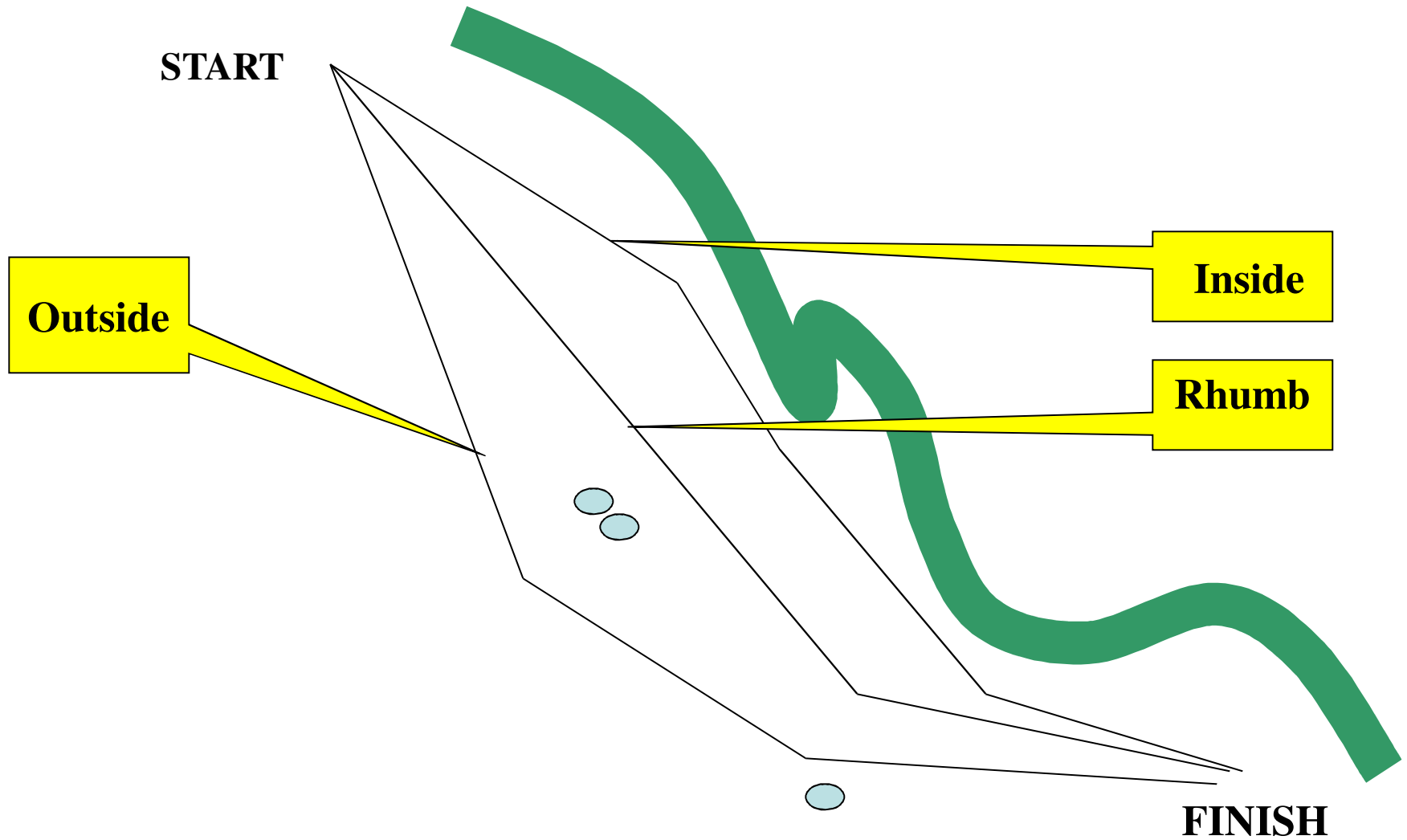
Breeze  
Builds

FINISH





# Inside or Outside ?



# 60 Year Average

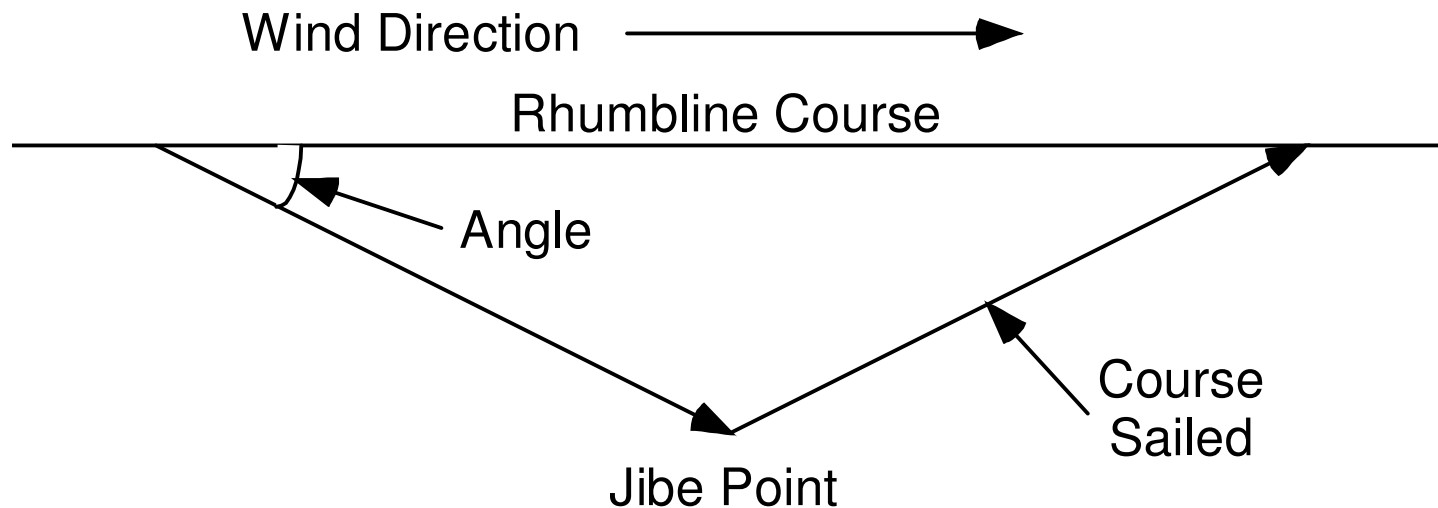
- RHUMB-LINE is faster than INSIDE most of the time
- OUTSIDE THE RHUMB-LINE (within reasonable limits) is often FASTER than on the rhumb-line
- Optimum boat speed is more important than sailing the exact course (within reasonable limits).

# It's Called VMG

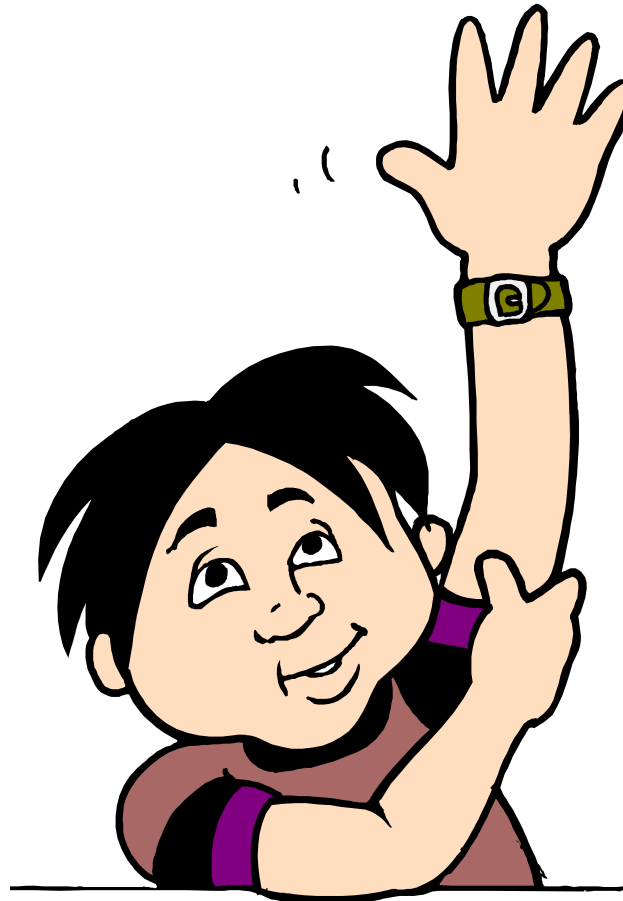
(Velocity Made Good)

How fast am I going towards my destination ?

Freeway or side streets ?



**How do I know which course to take ?**



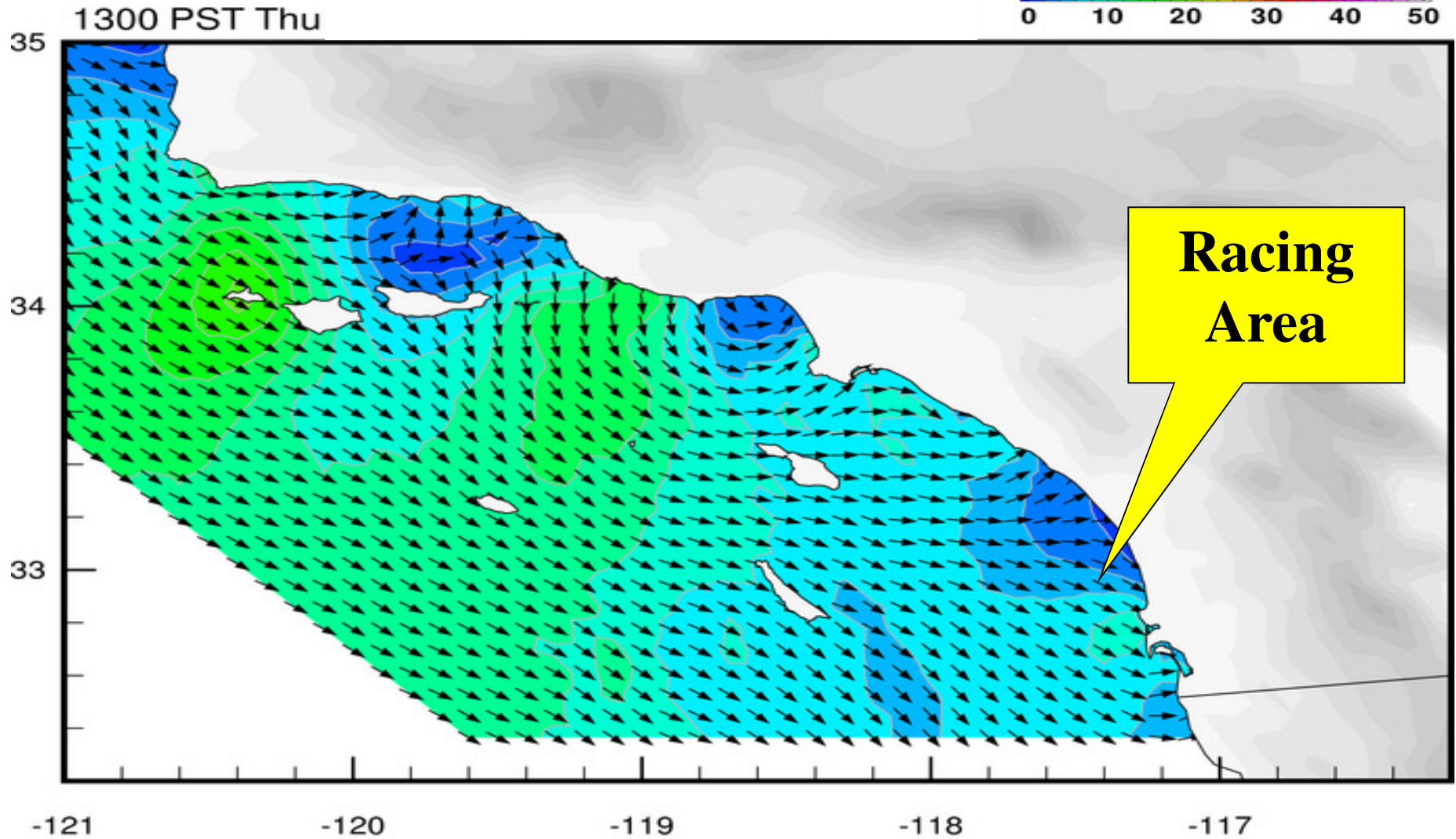
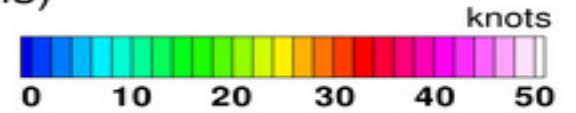
# Sail Where the Wind Is

- For a few days and nights before the start, study what the wind is doing
- Listen to NOAA radio
- Visit “weather” sites on the Internet



# OFFSHORE SURFACE WINDS

(interpolated from observations)



METOC/Geophysics Branch, Naval Air Systems Command Weapons Division  
(<http://www.nawcwpns.navy.mil/~weather/>)

# National Weather Service

## A “Great” Forecast

COASTAL WATERS FROM SAN MATEO POINT TO THE MEXICAN BORDER AND OUT 30 NM-3:15 PM PDT

**TONIGHT...WIND W 10 TO 15 KT...**BECOMING NW AFTER MIDNIGHT. WIND WAVES 2 FT OR LESS. SWELL W 4 TO 6 FT AT 11 SECONDS.

**THU...**WIND VARIABLE LESS THAN 10 KT...**BECOMING W 10 KT IN THE AFTERNOON.** WIND WAVES 2 FT OR LESS. SWELL W 3 TO 4 FT AT 10 SECONDS.

**THU NIGHT...WIND NW 10 KT IN THE EVENING...** BECOMING VARIABLE LESS THAN 10 KT. WIND WAVES 2 FT OR LESS. SWELL W 2 TO 3 FT AT 10 SECONDS.

**FRI...**WIND VARIABLE LESS THAN 10 KT...**BECOMING W 10 KT IN THE AFTERNOON.** WIND WAVES 2 FT OR LESS. SWELL W 2 TO 3 FT.

**FRI NIGHT...WIND NW 10 KT IN THE EVENING...**BECOMING VARIABLE LESS THAN 10 KT. WIND WAVES 2 FT OR LESS. SWELL W 2 TO 3 FT.

**SAT...WIND NW 10 KT...BECOMING E.** WIND WAVES 2 FT OR LESS. SWELL W 2 TO 3 FT. PATCHY FOG. VISIBILITY 1 NM OR LESS IN THE EVENING.

**SUN...WIND SW 10 KT.** WIND WAVES 2 FT OR LESS. MIXED SWELL W 2 TO 3 FT AND S 3 FT.

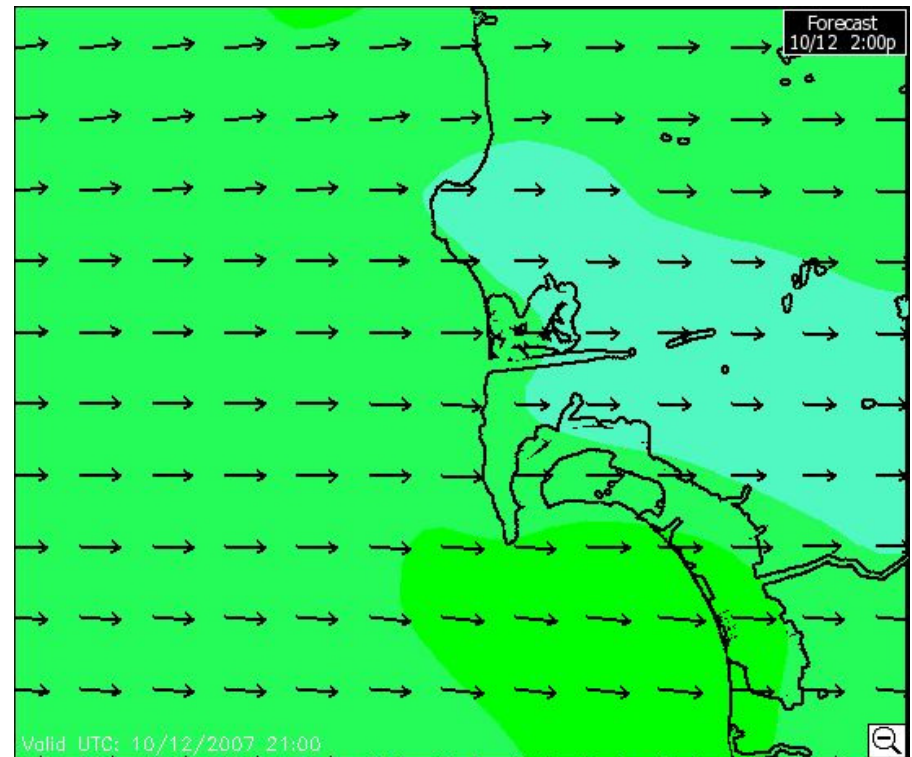
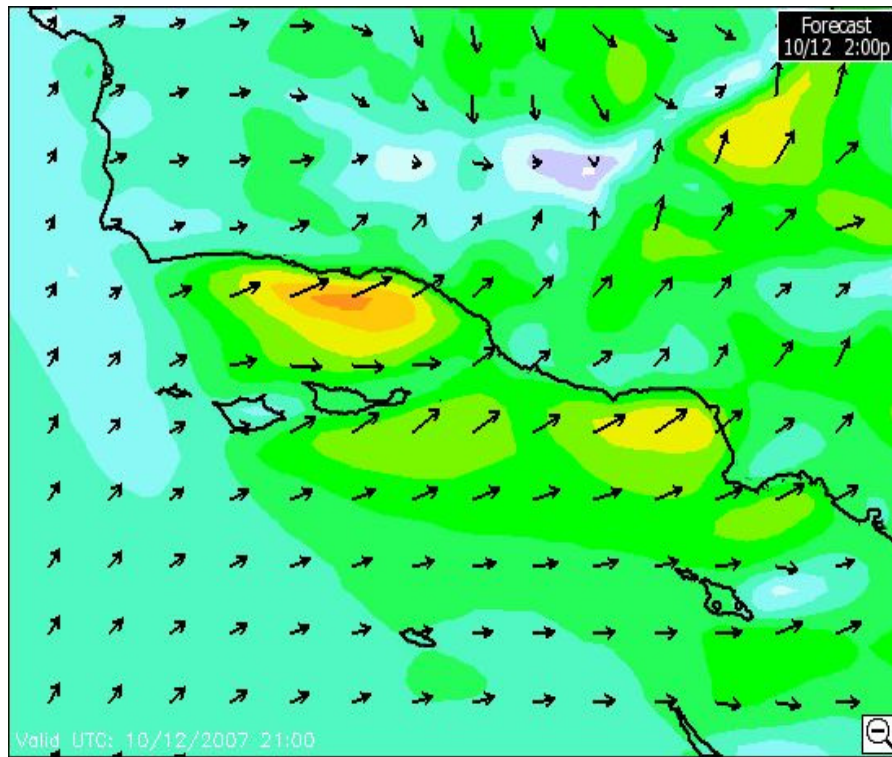
**MON...WIND S 10 KT.** WIND WAVES 2 FT OR LESS. MIXED SWELL W 2 TO 3 FT AND S 4 FT.



# SailFlow.com

Long Beach to Newport Beach

San Diego



Where would you sail ?



# Ensenada Weather

<http://www.wunderground.com/global/stations/76050.html>



Thursday - Clear. High: 66° F. / 19° C. Wind WNW 15 mph



Thursday Night - Clear. Low: 57° F. / 14° C. Wind NNE 8 mph



Friday - Clear. High: 68° F. / 20° C. Wind WNW 15 mph



Friday Night - Clear. Low: 57° F. / 14° C. Wind NNW 6 mph



Saturday - Clear. High: 68° F. / 20° C. Wind WNW 13 mph



Saturday Night - Clear. Low: 57° F. / 14° C. Wind NW 8 mph



Sunday - Scattered Clouds. High: 68° F. / 20° C. Wind WNW 13 mph



Sunday Night - Clear. Low: 57° F. / 14° C. Wind NW 8 mph



Monday - Clear. High: 68° F. / 20° C. Wind WNW 15 mph



# Ready !

- Crew Plan – done
- Weather – have studied
- Race Plan – done
- Equipment – ready
- GPS – waypoints in