

GORGE 29ER CLINIC

Because We All Need A Little Help Sometimes...

2014



Bring your game up to Gorge Speed!

Join the best 29er Sailors and Coaches on the West Coast for a two day clinic guaranteed to bring you up to speed in Gorge conditions!! Great Breeze, Fresh Water, Gorgeous Scenery and lot's of hands on coaching will make this an amazing experience!



Come Early for the Clinic and Stay the Weekend! The Gorge 29er Regatta is Round 4 of the 29er PCC Championships!

Visit CGRA.ORG to sign up!

June 19-20, 2014 Clinic

June 21-22, 2014 Regatta

29ER

G O R G E C L I N I C

Daily Schedule

Two full days of sailing in classic Gorge conditions with hands on coaching and support! GoPro Highlights Nightly!

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What to Bring

Bring your boat and gear or charter from our friends at West Coast Sailing. Either way we have all your gear needs covered!

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Where to Stay

Camp onsite, Local affordable hotels, Luxury resorts, Sleep in your boat....

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Sign up Here

*More teams=Better Clinic
Come for the Clinic, Stay for the Regatta, Prepare for the Worlds!*

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THE GORGE IS 29ER HEAVEN!

There is no doubt the 29er is a cool boat in most conditions, but when the breeze is up and the sun is shining in the Gorge and you are setting new boat speed records...

it changes your perspective of a “windy day” forever and redefines your concept of “sailing in control”. Yet, with the advice and support of some of the best coaches in the 29er class, teams will learn tips to “tame the beast” and come away with a new level of skill and confidence that will prepare them for the Gorge 29er Regatta and the future. Join the fun and make the trip to the Columbia River Gorge, one of the most beautiful and epic sailing small boat sailing venues in the World. We guarantee you will leave with plans to return for more, because for sailing a 29er at full tilt, it doesn’t get a lot better than

The Gorge!



PARENTAL WARNING:

Be advised that 29er sailing in the Gorge can be addicting and lead to lifelong compulsion to sail at high speed, preferably in fully planing conditions both upwind and down with the occasional spectacular wipeout, swimming, and online posting of the epic GoPro footage, which can only lead to more of the same.....



SAILING

Gorge 29er Clinic Staff and Highlights

The Gorge 29er Clinic will focus on boat handling, boat speed, and self reliance in strong wind conditions. Head coach **Willie McBride** will be assisted by his sailing partner and accomplished 29er sailer **Dane Wilson**. Experienced coaches from the SoCal, Seattle, San Francisco, and Vancouver fleets will be on hand to help. All participants will be fully supported on the water and will receive copies of all presentations and video analysis.

Daily Schedule

Each day will start off with a morning session on shore, followed by rigging and launching off the beach. Sailing will include a morning and afternoon session. Lunch will be onshore accompanied by a debrief of the morning session. The afternoon session will be followed by a snack break and a video presentation. The Friday night dinner will include a lecture from Head Coach Willie McBride.

Thursday, June 19, 2014

Day One

- 9:00-10:00 Introduction and Goals
- 10:00-11:00 Rigging and Setup Review on Beach
- 11:00-12:30 Morning Sailing Session
- 12:30-1:30 Lunch and Debrief
- 1:30- 4:00 Afternoon Sailing Session
- 4:00- 5:00 Unrig and Debrief
- 5:00-6:00 Beach BBQ



GoPro Video Analysis is not just cool, it's FAST!

All participants are encouraged to bring their GoPro's and any mounts. A limited number of GoPro's and mounts will be available onsite. Video is a great way to share the excitement of sailing a 29er in the Gorge and a special prize will be given for the best video from the clinic which will be posted on the CGRA site! Video analysis is also a great tool sailors can learn to use to help them improve boat handling techniques. Coach McBride will teach sailors how to do their own self analysis, a key to achieving long term goals.

<https://sites.google.com/site/sailcoachbook/gopro-coaching>



Friday, June 20, 2014

Day Two

- 9:00-10:00 Morning Stretching and Goals
- 10:00-11:00 Rigging and Individual Team Setup Tips
- 11:00-12:30 Morning Sailing Session
- 12:30-1:30 Lunch and Debrief
- 1:30- 4:00 Afternoon Sailing Session
- 4:00- 4:30 Unrig and Change
- 4:30- 5:30 Snack and Closing Lecture

SAILING

West Coast SAILING

THE DINGHY SAILOR'S CHOICE

<http://www.westcoastsailing.net>



Need a Charter Boat or 29er Gear?

Visit our friends at West Coast Sailing for the latest info on charters and equipment for the Gorge 29er Clinic and Regatta.

What to Bring?

The Gorge 29er Clinic will be held in the beautiful Columbia River Gorge in typical summer breezes averaging 18-20, but certainly capable of bringing upper 20's in the afternoons (and sometimes mornings!). Because of the relatively remote location and challenging conditions, teams should be prepared for a variety of temperatures and possible equipment needs. The fresh water of the Columbia can be cool in June and coupled with wind chill and the typical multiple capsize conditions, teams should expect to wear wetsuits and spray tops even if shore temperatures are warm. Gear support from our friends at West Coast Sailing will be available, but onsite supplies will be limited and teams should expect to be relatively self sufficient and prepared for the events.



West Coast SAILING

THE DINGHY SAILOR'S CHOICE

SAILING

Welcome to Cascade Locks, Oregon, home to CGRA,

...the Columbia Gorge Racing Association and the 29er Gorge Clinic 2014. We are located in the middle of the Columbia Gorge National Scenic Area, approximately 40 minutes east of Portland International Airport and 20 minutes west of the windsurfing and kiteboarding mecca of Hood River. The beautiful Cascade Locks Marine Park serves as the meeting and launching point for the Gorge 29er Clinic and Regatta.



Lodging and Recreation

Lodging options are plentiful, ranging from budget campsites to four star resorts (see below). And there's no lack of things to do after sailing. You're just a short drive from historic Bonneville Dam and fish hatchery, the famous waterfalls and hiking trails of the western Gorge, and dozens of tempting wineries, brew pubs, shops, and restaurants. Recreational options include world-class white water rafting, mountain biking, sail and kite boarding, and year round skiing on the slopes of Mt. Hood. We even have our own historic sternwheeler, the Columbia Gorge, departing daily from the Marine Park for tours of the river.

Come to experience the great sailing. Stay and enjoy a memorable vacation for the whole family!



Camping, Hotels, Resorts, Food and Recreational Options

The Gorge offers families much more than sailing and we encourage clinic participants to come early and stay after the events to enjoy the region and support our many friends and sponsors.

Please visit <http://www.cgra.org/visitorinfo.htm> to learn more.

