





# **SCOWLINES**

Publication of Inland Lake Yachting Association

Volume 12, Issue 41 July 15, 2017

#### 2017 ILYA REGATTAS



**ILYA Championships Lake Geneva** Volunteer Sign Up

Social Event Sign Up (without boat registration)

# Subscribe to **Scowlines Here**

Join Our Mailing List!

#### **ILYA MC Invite**

#### **Three Beautiful Races**

Cool summer weather after storms with flooding in SE WI led to a chilly but steady 8-10MPH day on Lake Beulah. Forty-four sailors competed from MN, IA, IL and WI; youth to Mega Master. At the end of the day the new Melges MC (sure it had nothing to do with the skipper) led the leaderboard. Andy Burdick sits on top. Ryan Grosch and Dan Quiram had a marvelous day. The youngster Grosch sails the boat like a collegian although he is a few years past college; Quiram is just a steady master at the helm.



Andy Burdick leads the way



Roble Shea - Donate here
Visit us on Facebook
Visit our website



Melges Rowe - Donate here



BowersSailing Donate Here







The event had a couple on injured reserve - Vicki Clayton of Beulah (and sailing at the top of its fleet) fell serving as an instructor at the ILYA Women's and Girls' Clinic breaking her wrist. Jeff deTarnowsky had a tennis injury and is limping looking at his sailboat.



Youngest - Gabe DiBiase with Annie Berg



Oldest? - Tim Fredman still wows the fleet with great finishes





#### <u>Harken</u>





# Donate to ILYA or Support your Olympic Contenders



Join the ILYA **Register for Dues** 

#### 2017 Regattas

### July

Nagawicka

14-16 ILYA MC Invitational -Lake Beulah YC 14-16 ILYA E Invitational -Pewaukee YC 17-18 Xtreme X - Oshkosh YC 18-21 US Sailing Chubb Junior Champs - Area K Qual -Minnetonka 20-23 MC Masters Nationals -Cedar, WI 21 TCYS - Calhoun Opti only 21-23 Michigan E Invitional -Crystal Lake YC, MI 22-23 - City of Lakes Regatta -C, MC-Team, M-16, Laser -Lake Calhoun 22-23 ILYA C Invitational -LaBelle YC 22-23 WYA X - Pine Lake YC 24 ILYA No Tears Opti -



Kelly and Ellie Hirn - Girl Power\_

4	2005	Amalus Dunalials/	laka sanaval	1	0	1	10
1	2685	Andy Burdick/	lake geneva/	1	8	1	10
Finn							
Burdick	2460	B 0 1		_	_	_	44-
2	2169	Ryan Grosch	Harriet	3	6	2	11T
3	2621	Daniel Quiram [Master]/	Pewaukee/	5	2	4	11T
Rani							
Quiram							
4	1987	Noel Neuman [Master]	Upper Minnetonka	2	1	10	13
5	2462	Kent Haeger	lbyc	8	12	5	25
6	2015	Al Haeger [Grand Master]	Beulah	4	15	9	28
7	2381	Mike Gehl	Pine Lake	23	3	7	33
8	2585	John Porter	Beulah	10	4	, 25	39
9	2686	Kelly Hirn/	Geneva/	19	14	8	41
Ellie Hirn							
10	2439	Bill Bischoff [Master]	Pine	11	28	3	42T
11	2040	Henry Chesnutt [Junior]	Harriet/	6	9	27	42T
/							
/							
12	2052	dan fink [Master]	la belle	13	10	19	42T
13	2456	Timothy Fredman [Grand Master]	Pine Lake	17	5	21	43
14	2178	Mark Tesar [Master]	Clear	9	24	12	45
15	2229	Stefan Schmidt [Grand Master]	Mendota	12	18	16	46T
16	2134	Rob Hudson de Tarnowsky	Beulah	18	13	15	46T
47	2600	[Master]		22		4.4	47
17	2688	jay hiller [Grand Master]	beulah	22	11	14	47
18	2484	Chris Kubicek [Master]	Beulah	15	7	26	48

26-29 ILYA X Champs -	19	2401	Todd Tesar [Master]	Clear Lake	7	32	20	59T
Delavan YC 28 TCYS- Wayzata 420 only	20	2661	Vincent Driessen [Master]	Gull Lake	25	17	17	59T
30-31 ILYA Opti Champs - Delavan YC	21	2154	Keith Morical [Master]	Upper Minnetonka	21	21	18	60
August	22	2149	Peter Dobbeck [Master]	Cedar	20	35	6	61
1 cont. ILYA Opti Champs -	23	2633	Jeff Lippert [Grand Master]	Beulah	16	26	22	64
Delavan YC	24	2451	Milton Haeger [Grand Master]	Lake beulah	26	30	11	67
3 Pram Power - North Lake 3-5 ECESA - Little Egg Harbor,	25	1904	Bill Biersach [Grand Master]	Pine Lake	41	16	13	70
NJ	26	2073	Rich Lorenz [Master]	Powers	14	29	28	71T
2-5 Western MI Champs	27	2668	Steve Barth [Grand Master]	Beulah	24	23	24	71T
E/C/MC - Crystal Lake 4 TCYS - Wayzata	28	2588	Robert Klement [Master]/	Beulah/	29	22	30	81
4-6 WYA C - Nagawicka YC 11-12 X Blue Chip - Cedar, WI	Kate Klement	2500	reservicement [Hester]	Dealary			30	01
16-20 ILYA Championships - C/MC/A/E - Lake Geneva YC	29	2622	Christopher Gannon [Master]	Geneva	30	31	23	84
September	30	1307	Keith Beren	Beulah	43	20	29	92T
8-10 Max C/MC Fall -	31	2108	Ron Clayton	Beulah	28	33	31	92T
Maxinkuckee YC	32	2497	Victor Schultz [Master]	Pine Lake	39	19	35	93
8-10 E Nationals - Carolina YC 9-10 George Dorn MC - Beulah	33	2335	Ron Hull	Monona	31	25	41	97T
9-10 Big Waters C - South	34	2522	Steve Rotier [Grand Master]	Beulah	37	27	33	97T
Shore YC	35	2209	Greg Sutter [Grand Master]	Pewaukee	33	40	32	105
16-17 C Blue Chip - Pistakee YC			5 1	Upper				
16-17 Fenton Fall C - Lake	36	2118	John Grzybek [Grand Master]	Minnetonka	34	38	34	106
Fenton YC	37	1843	Rachel Beers [Junior]	Delavan Lake	27	34	46/DNC	107T
22-24 E Blue Chip - Pewaukee 23-24 NNN Beulah C Challenge	38	1983	David Abbott [Grand Master]	Beulah	32	37	38	107T
- Lake Beulah YC	39	1849	RIchard Beers [Grand Master]	Delavan	35	39	39	113T
23-24 Lotawana C - Missouri	40	2669	Katie Arvesen [Master]	Gull Lake	36	41	36	113T
YC 30 - Oct 1 - Polar Bear C/MC -	41	2602	Rod Anliker [Master]	Delavan	42	36	40	118
Lake Davenport Sailing Club	42	1891	Gabe DiBiase [Junior]/	Beulah/	38	46/DNF	37	121
October	Anne Berg							
7-8 C Worlds - Delavan YC	43	2501	Hardy Will [Grand Master]	Beulah	40	46/DNC	46/DNC	132
	44	2554	Randall Schmidt [Grand Master]	Beulah	46/DNC	46/DNC	46/DNC	138T
	44	2060	Wm Jeffery HUDSON DE TARNOWSKY [Master]	Beulah	•		46/DNC	

# **ILYA E Invitational - Pewaukee**

# **Tom Burton - TRIFECTA**

1	M-9	Tom Burton/	Minnetonka/	1	1	1	3
Harrison Burton	/						
Bruce Martinson	/						
Terry Kerber							
2	V-37	August Barkow/	Pewaukee/	5	2	3	10
Jeff Niedziela	/						
AJ Schweda	/						
Heidi Schweda							
3	M-20	Tim Krech/	Minnetonka/	2	5	9	16
Ben Burgum	/						
Matt Resch	/						
Bre Krech							

4	I-49	RJ Porter/	Lake Geneva,	<i>'</i> 6	8	11	25
Will Huerth	/						
Kyle Navin							
5	I-9	Peter Strothman/	Geneva/	9	17	2	28T
Bri Porter Grady Strothman	ı /						
Corbett Porter							
6	M-53	David Chute/	Minnetonka/	18	6	4	28T
Nick Chute	/						
Chris Thompson	/						
Sam Chute							
7	W-66	Eddie Cox/	White Bear/	12	4	12	28T
Will Crary	/						
Kate Cox	/						
Ed Cox							
8	M12	Jeff Solum/	Minnetonka/	21	3	8	32
Hal Roberts	/	•	-				
David Wier	/						
Jenna Galegher	•						
9	H - 13	Patrick Heaney/	Mendota/	13	10	10	33
RV Dubs	/						
Scott Walker	/						
Pam	,						
10	H-7	Lon Schoor/	Mendota/	10	19	7	36T
Heidi Rosenbaum	/	Lon School,	ricitaota,	10		•	501
Soren Huges	/						
Kelsea Kierstead	,						
11	M-87	Derek Packard/	Minnetonka/	Ω	13	15	36T
Gavin Potts		Delek Fackalu/	Millinetorika/	O	13	13	301
	/						
Matt Hanson	/						
Paige Begeman	V000	Davis Milla/	Davis des /	1.0	7	1.4	27
12	V800	Doug Mills/	Pewaukee/	16	7	14	3/
Ty Gutenkunst	/						
Glen Ackley	/						
Glen Ackley		Dill Co /	5	2		20	20
13	V955	Bill Goggins/	Pewaukee/	3	16	20	39
Bill Lieber	/						
Dave Decker	/						
Jack Schweda							
14	V-511	Tobin Tornehl/	Pewaukee/	15	12	13	40
Max Schieble	/						
Red Tornehl	/						
Peter Friend	/						
Ella Schieble							
15	X-20	Peter Maas	Pine/	7	14	24	45
/							
/							
/							
/							
/							
/							
16	V-220	Joe Biwer/	Pewaukee/	4	15	31	50

Andy Biwer	/						
Sam Kultgen							
17	V11	JP Friend/	Pewaukee/	11	22	19	52
Gavin Burkhart	/						
Alec Bischoff	/						
Lizzy Friend							
18	J80	Jon Schloesser/	Oshkosh/	17	20	17	54
Ed Hansen Jack Sherer	/						
Korbin Kierstad							
19	V-27	Matt Peterson/	Pewaukee/	28	24	5	57
Charlotte Peterson	/						
Miles Clark							
20	V-7	David Driscoll/	Pewaukee/	42/DSQ	11	6	59
Tom Driscoll	/						
JP Burkwald							
21	V-736	Matt Schmidt/	Pewaukee/	24	9	29	62
Beccah Schmidt	/						
Eric Price	/						
Christine Malcolm							
22	W-25	Lee Alnes/	White Bear/	23	18	22	63
Andy Kruse	/	,	·				
, Mark Dunsworth	,						
Olivia Staruck	•						
23	V-61	Nicholas Clemence/	Pewaukee/	20	23	26	69
Susie Sternkopf	/	,	,				
Charlie Allen	,						
Meredith Allen	,						
24	W99	Charlie Igo/	White Bear/	26	32	18	76T
Chad Carson	/	2.10.112 1907	77		-		,
Jack Zweber	,						
25	V-36	Mitch Moylan/	Pewaukee/	19	30	27	76T
David Perrigo	/	r neerr rioyian,	. evidance,	10	50	_,	,
Craig Heinze	1						
Ethan Heinze	,						
26	V-15	Eric Good/	Pewaukee/	29	27	21	77
Mike Boland	/	Life Good,	i ewadkee,	23	۷,		,,
Fritz Good	/						
Lindsay Good	,						
27	M-16	Danielle Lindeman/	Minnetonka/	22	40	16	78
Pete Kulenkamp	/	Danielle Lindernan,	riiriiretorikaj	22	10	10	70
Annika Ekholm	/						
Sara Affias	/						
28	V66	Christian Spencer/	Pewaukee/	30	26	23	70
Sam Spencer	/	Christian Spencery	i cwaukce,	30	20	23	15
Carl Spencer	/						
Sarah Spencer	/						
29	D-1	Leslie Poole/	Delavan/	33	21	32	86
Greg Gifford		ECSITE FUUIE/	DCIavail/	JJ	<b>Z</b> I	JZ	50
Ed Kearns	/						
Ron Poole	/						
	X4	Marek Valacek/	I CVC/	14	35	30	QQ
30	<b>7</b> 4	Marek Valasek/	LGYC/	14	33	39	88

Ollie Luebker Ellie Harned Kit Harned	/ /						
Stella Marban 31 Dave Haugerud Stuart Oltrogge	Z-23 / /	Emily Oltrogge/	Clear Lake/	34	33	25	92
Deb Tesar							
32	H8	Tim Sugar/	Mendota/	31	28	36	95
Darby Sugar	/						
Annie Sugar	/						
Hugh Sugar	D 44	CI CI /	D. I /	25	24	40	0.0
33	D-44	Shaun Sherry/	Delavan/	25	31	40	96
Jay Goethel	/						
Chusten Guye	/						
Kyla Sherry	11.00	Dhil Zalas/	Mandata/	25	25	20	00
34 Emma 7alag	H-88	Phil Zalog/	Mendota/	35	25	38	98
Emma Zalog	/						
Alex Campbell Carolyn Keck	/						
35	V23	PJ Feichtmeier/	Pewaukee/	32	2/	33	99
Jordan Fritz	/	rs reichanieler/	rewaukee/	32	74	33	99
Alex Deguire							
Molly Gden	/						
36	J-8	Will Wyman/	Oshkosh/	27	38	35	100
Max Wyman	/	vviii vvyiiidii,	OSHROSH	21	50	33	100
Rex Whealon	,						
37	I - 0	John Lyon/	Geneva/	38	39	28	105T
James Lyon	/	John Lyon,	Geneva	50	33	20	1051
Mark Lyon	/						
Kate Lyon	,						
38	V-102	Mark Isabell/	Pewaukee/	42/DNF	29	34	105T
Peter Ogden	/	,	,	,			
Steven Boemer							
39	TO-50	Sherman Thompson/	Torch Lake/	42/DNF	37	30	109T
Mitchell Thompson	/						
Eley Thompson	/						
Michael Phlamn							
40	Z-9	Bradley Price/	Clear Lake/	36	36	37	109T
Will Price	/						
Stuart Schurtz	/						
Kelly Purviance							
41	I-5	Paul Lyon/	Geneva/	37	41	41	119
Jesica Lyon	/						
Thomas Lyon	/						
Steven Lyon							

# **ILYA Women's and Girls' Clinic**

# SAIL STRONG SAIL PINK

ILYA CLINIC FOR WOMEN AND GIRLS









Thanks to Cedar, WI for hosting a lot of pink on both the sailors, event helpers and boat help. Lesa Gutenkunst begins each day with fitness, Steph Roble and Maggie Shea skyped in early in the morning, Sally Barkow spoke at the banquet. For the X fleet, instructor to student ratio makes this nearly a private lesson. For the adults, 1:1 on the boats is confidence-building. Race Committee instructor Lynn Barkow is teaching all aspects of the course. ---- Thanks, Cedar.

# GLSS Dinghyfest O'pen Bic, Melges 14 and Opti

#### **Kaisers take O'pen Bic by Force**

Two Pewaukee brothers topped the fleet. Congrats to Quinn and Kamron Kaiser.

1	145	Quinn Kaiser	Pewaukee Yacht Club	1	2	1	1	1	10	16
2	2885	Kamron Kaiser	Pewaukee Yacht	5	6	3	2	4	1	21T

3	6037	Henry Ackley	North Lake	2	7	2	5	2	3	21T
4	6162	Cole Schweda	Pewaukee Yacht Club	3	11	5	3	3	2	27
5	5289	Suzanne Ackley	Pine	18	1	4	4	8	7	42
6	blank	Charlie Allen	Pewaukee	4	3	6	8	7	16	44
7	7642	Reid Hirn	LGYC	7	8	7	7	14	12	55
8	5141	Connor Jewett	LGYC	6	5	9	12	16	15	63
9	6052	John Lieber	Pewaukee	8	18	10	16	11	9	72
10	6055	Austin Steiner	PYC	16	13	19	15	6	5	74
11	4086	Sailor Whowell	LGYC	24	12	15	9	9	6	75
12	8986	Caroline Holland	Lake Geneva	21	4	12	31/DNF	5	4	77
13	45	Finn Burdick	LGYC	10	10	31/DNF	6	15	11	83
14	2758	henry ogden	рус	9	20	13	10	13	19	84
15	6116	Johnny Dempsey	Pewaukee Yacht Club	17	24	8	11	17	8	85
16	5315	Jack Goggins	PYC	20	14	11	13	22	14	94
17	8328	Thomas Lyon	LGYC	11	15	16	14	21	23	100T
18	5677	Ava Novak	LGYC	13	19	17	22	12	17	100T
19	9	Grady Strothman	LGYC	12	17	18	21	19	13	100T
20	7431	Stella Marban	Pine lake	19	21	14	18	18	18	108
21	5056	Ellie Hirn	LGYC	15	16	20	20	20	22	113
22	7325	John Lynch	LGYC	14	9	21	19	31/DNF	31/DNF	125
23	3169	Finnian Gerard	LGYC	22	25	22	23	24	24	140
24	5305	Evan Langelund	LGYC	31/DNF	31/DNF	31/DNF	17	10	21	141
25	5186	Jack Plummer	Lake Geneva Yatch Club	31/DNF	31/DNF	31/DNF	24	23	20	160
26	3966	Tripp Hillier	Lake Geneva	23	22	31/DNF	31/DNF	31/DNF	31/DNF	169
27	7429	Morgan Deger	LGYC	31/DNF	23	31/DNF	31/DNF	31/DNF	31/DNF	178
28	4933	Finn Hillier	Lake Geneva Yacht Club	25	-	-	-	-	31/DNF	
29	9073	Will Michels	North Lake Yacht Club	31/DNF	31/DNF	31/DNF	31/DNF	31/DNF	31/DNF	186T
	6051	Trip Hirn	LGYC	31/DNF	31/DNF	31/DNF	31/DNF	31/DNF	31/DNF	186T
Opt	i Greer	າ In He Go	es Reid Hirn							



1	21797	Reid Hirn	LGYC	3	1	3	7
2	12522	Connor Jewett	Minnetonka Yacht Club	1	4	5	10
3	17949	Grady Strothman	Geneva	2	14	1	17
4	20	Nissana Berman	Chicago Yacht Club	4	7	8	19
5	12214	John Lynch	Lake Geneva	6	5	10	21
6	17	Asher Berman	Chicago Yacht Club	7	2	14	23
7	18	Aden Martin	Madison	14	8	2	24
8	7377	Jack Plummer	Lake Geneva Yatch Club	12	3	11	26T
9	2777	Adam Lyon	lake Geneva	10	9	7	26T
10	22419	Trip Hirn	LGYC	8	16	6	30
11	10395	Ava Segersten	Mednota YC	11	6	16	33
12	16065	Bo Strothman	Geneva	5	12	18	35
13	1003	Garrity Morris	Delavan Lake Yacht Club	13	10	13	36
14	15406	Owen Kohut	DLYC	16	20	4	40
15	18387	Clayton Flies	Lake Genevea Yacht Club	22	13	12	47
16	9643	Jac Clark	LGYC	18	15	15	48
17	20712	Grace Renz	Chicago yacht club	32/DNF	11	9	52
18	8	Sawyer Herbst	Madison	20	17	17	54
19	6	Elizabeth Silvay	Chicago Yacht Club	9	23	24	56
20	10188	Lachlen Heaney	Madison	17	19	23	59

21	1252	Michael Avakian	LGYC		21	21	22	64
22	1	Finnian Gerard	LGYC		15	32/DNF	21	68
23	none	Milo Herbst	Madisor	1	32/DNF	18	20	70
24	22390	Jackson Hirn	LGYC		19	24	32/DNF	75T
25	12162	Chloe Bishop	Lake Ge	eneva Yacht Club	23	25/RDG	27	75T
26	18872	George Holland	Lake Ge	eneva	32/DNF	25	19	76
27	6798	Adler Johnston	glss		32/DNF	22	25	79
28	21960	Kai Suh	Lake Ge	eneva	32/DNF	26	26	84
29	4	Alexandra Fedulova	Chicago	Yacht Club	32/DNF	32/DNF	28	92
30	19	cate baldwin	chicago	yacht club	32/DNF	32/DNF	29	93
31	_	Alec Harned	madisor		32/DNF	32/DNF	32/DNF	96
		Blue Opti - One Ra						
1		Chapman Petersen [	_	Lake Geneva Yach		1		
2		Peter Barnard [Blue]		Chicago Yacht Clu	ıb	2		
3		Charlie Allen [Blue]		Pewaukee	SI I	3		
4		Meta Simon [Red]		Pewaukee Yacht (	LIUD	4		
5		Ellie Harned [Red]		Pine Lake		5		
6		Jacob Zils [Blue]	-1	LGYC/MYC	.L	6		
7		Deana Fedulova [Blu Henry Seum [Blue]	eJ	Chicago Yacht Clu		7		
8		Henry Ackley [Blue]		White Bear Sailing Pine	y SC(100)	8 9		
9 10	16986	, ,	1	Lake Geneva Yato	h Club	10		
11	20905	Christian Prendergas		Chicago Yacht Clu		11		
12		Austin Steiner [White		PYC	iD	12		
13		Charlie Bruss [Blue]	-1	Pewaukee Yacht (	Club	13		
14	8014	Jack Chvojka [Red]		SYC	SIGD	14		
15		Ian Mcclenathan [Blu	ıel	Delavan Lake Yac	ht Club	15		
16		Ashley Mueller [Red]	_	LBYC		16		
17		avery baldwin [White		chicago yacht clul	b	17		
18	13491	Kamron Kaiser [Blue]	]	Pewaukee		18		
19	19233	KJ Avakian [Red]		LGYC		19		
20	19901	Annie Samis [White]		Chicago Yacht Clu	ıb	20		
21	21850	Madeline Torrey [Blu	e]	CYC		21		
22	19229	Anders Beckes [Red]		PYC		22		
23	2215	Stella Marban [Blue]		Pine Lake Yacht C	lub	23		
24	22436	Will Michels [Red]		North Lake Yacht	Club	24		
25	21861	Nick Lovell [Blue]		SYC		25		
26	20366	Matthew Childers [W	hite]	Chicago Yacht Clu	ıb	26		
27	17330	Kit Harned [Blue]		Pine Lake		27		
28	22408	Victor Larimer [Blue]		Lake Geneva Yach	nt Club	28		
29	1760	Wyatt Chvojka [Red]		LGYC		29		
30		Joseph Plummer [Blu	_	Lake Geneva Yato	h Club	30		
31		Caroline Holland [Wh	nite]	Lake Geneva		31		
32		Jack Steiner [Blue]	_	PYC		32		
33		Grayson Bruss [White	eJ	Pewaukee Yacht (	Club	33		
34	21805	Alex Mueller [White]		LBYC	~	34		

Pewaukee Yacht Club

LGYC

рус

Pine

Geneva Lake

35

36

37

38

39

35 8698

36 9772

37 2478

Fritz Simon [Blue]

Connor Pecht [Blue]

Henry ogden [Red]

38 12687 Evan Langelund [Blue]

39 21255 Suzanne Ackley [Red]

40	16938	Izzy Rietz [Blue]	Lake Beulah Yacht Club	40
41	2131	Will Segersten	Waunakee	41
42	7	Grayson Morris [Red]	Delavan Lake Yacht Club	42
43	11	Reed Alness [Red]	DLYC	43
44	14421	Graham Hetzler [Blue]	Delavan Lake Yacht Club	44
45	13335	Emmett Clair [Blue]	DLYC	45
46	21029	Ellie Hirn [White]	Lgyc	46
47	14885	Ava Novak [Blue]	LGYC	47
48	17657	Matthew Sexton [Blue]	Geneva	48
49	10885	Kate Lyon [Blue]	lake Geneva	49
50	15607	Calistoga Frerker [White]	Chicago Yacht Club	50
51	20703	Savannah Evans [White]	PYC	51
52	11606	Michael Fiducci	North Lake	54/DNF
52	14596	Janelle Simons	Delavan Lake Yacht Club	54/DNF

#### **Bowers Update**

Hey There,

I'm currently in the middle of our first Worlds training camp in Long Beach with Coach Chris Dold, Chris Barnard, and several other sailors, including 2 time Olympian Bruno Fontes from Brazil. I'll return to the camp later in the flash.

In early May, after returning from Sailing World Cup Hyeres, I got on a rowing erg program for better cardio and recovery. Now 7 weeks into the program, it's clearly helping as I've got clearer thinking and better skill execution while going hard on the water. Nice.

May also marked the first training that I've done with the new carbon top section. It has more uniform bend overall and less side bend than the aluminum top, making for a narrower groove in hiking breeze. Small adjustments to the sail controls seem to have a bigger impact than before. The feel of the section will require more getting used to.

After some training in late May and early June, the schedule had a blank spot for a couple weeks. I went back home to the Midwest Coast as I've taken to calling Minnesota, Wisconsin, and Iowa. My time included some coaching at Lake Okoboji in Iowa as well as some good old Minnetonka E Scow racing with my father and all star crew mates Mike Woldum and Maclean Potts. We've made a few positive changes to our game that we are excited to put into play at the annual ILYA Championship in August.

There is also no place like Lake Minnetonka on the 4th of July. E Scow club race in the morning, followed by getting together with friends and family, and finally fireworks at the end of the evening. This year was extra spectacular as there was a lightning display from a slow moving thunderstorm to the west during the fireworks show. Simply incredible and great ending to my time at home.

July 5th, alarm goes off at 4am. Time to catch the early Spirit Flight to LA. Back to serious training in Long Beach. This two week July camp is the first one in our preparation for the 2017 Worlds in Split, Croatia this September. The morning of Day 1 consisted of fitness testing, including a 2k row test on the rowing ergometer. Managed a time of 6:56, just beating my goal time of 7:00 flat. Decent time and definitely one that I can improve upon. After 6 days of training, we've had 3 breezy days, 1 medium day, and 2 light air days. Coach Dold makes every day demanding though with 3.5-4 hour sessions. Even when the wind is light, he has drills such as "maximum number of tacks in 1 minute" to see how our skills hold up under physical duress. With full effort tacking, the heart rate gets jacked to 180 by the end of 1 minute. Other areas of emphasis have included starting work, upwind speed, downwind speed, and buoy roundings. I'm excited for the remaining 10 days of the camp. Looking to continue to make the small improvements that add up to a big difference.

Don't forget to check out the social media pages. Some new content will be up very soon on the Bowers

Sailing Youtube and Instagram pages.

The Bowers Sailing website is up and live now! Includes campaign updates, photos, videos, and more!

Lastly, I want to let you all know about the August 6th Bowers Sailing fundraiser at Cast & Cru/Old Log theater in Excelsior, MN.

More information coming soon!

#### **Western Michigans**



#### **Register NOW!**

Registration for this year's WMYA Regatta, August 2 - August 5 is being handled online only.

Commodore's Ball tickets are limited to the first 250 people that sign up and all food and social pricing increases on 7/23/17, so please register early.

Questions? Contact Mike Terry MTERRY@mhc.net

No Tears on Nagawicka

#### **Late Deadline Extended**

<u>Click here</u> for the Notice of Race for the No Tears. The late fee deadline has been extended to next Monday, July 17th. Please send your entry to the address listed on the NoR.

**ILYA Championship Regatta Sponsors** 



Inland Lake Yaching Association, PO Box 662, East Troy, WI 53120-0662

SafeUnsubscribe™ {recipient's email}

Forward email | Update Profile | Customer Contact Data Notice

Sent by candaceporter@wi.rr.com powered by

