



# ILYA Scowlines

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**OPTI Inland Championships Underway**

## **A Day of Contrasts**

Ninety-four Optis in the cutest town with a huge lake and welcoming beach --- Clear Lake, IA. Add another 150 parents and grandparents and it's quite an event for Margaret Osmundson to organize. But Clear Lake Yacht Club looks at ease with all of us here.

The sailing day was full of surprises. The high wind of the morning provided excitement on both the Green and Red/White/Blue course. With wind gusts on the Green Fleet to 22mph and a steady 12-15, it was quite a day. Two races were completed with no mishaps and then Race three of the morning began. With seven coach boats and two mobile RC boats, the thirty-seven sailors had a safety net which allowed the high wind sailing. Then race three struck - or more aptly the wind. We had five tipovers before the start but managed to get everyone upright and bailed to begin the race. What brave little sailors! They sailed capably, albeit nervously, upwind to successfully manage the upwind mark. Then the fleet turned upwind. It was readily apparent this would not be successful. Race committee abandoned the race, everyone made it safely to lunch. The scores indicate some DNF sailors but those were a matter of courage rather than tipovers.

The RWB fleet was farther out in the lake with the same or better



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conditions. They tried a new trapezoid course which was set to perfection by PRO Charlie MacNider. The course met with mixed reviews at the fleet meeting so will be revisited for use at clubs where it is applicable. But those sailors also were hanging on by their toenails but what a great morning for many and others will be most thankful to have a throwout today with the sixth completed race. It certainly will shake up the results in a few cases. The racing was a victory lap for many as they successfully managed the high winds. The RWB fleet completed three races in the AM to the Green's two.

After a long lunch to wait out conditions, both fleets returned to the water at 2:00 ish to find a surprise. What was still nice wind on shore at lunch developed into low velocity of 2-5mph and a direction that was gnarly for RC. From readings of 70 to 170, it was impossible to get going. Green fleet seemed to settle a bit earlier so they got a race started essentially back at the morning's direction of south at 4:00. RWB followed perhaps under a half hour later as they began to settle in terms of wind direction.

The conclusion was a great day of racing with nice wind in a more moderate velocity promised for today.

## Interview with Ryan Grosch - ILYA MC Invite Champs

### Eric Hood Talks with the Champ

EH - Ryan I really enjoyed sailing against you last year in the ILYA Championships where you were right in the hunt with myself and eventual champ Malcolm Lamphere. Looks like you are off to fast and strong start this year as we prepare for the two biggest events of the summer in the MC class the ILYA Championship and the National Championship on consecutive weeks this August. Can you share with the sailing audience reading today a little bit about yourself, when you started sailing and also share about some of your mentors that helped you get going in sailing?

RG - Yeah, ILYA Champs was a blast last year. Can't wait for this year's event! I started racing Prams at age 6 on Nagawicka lake in Scow Country. After that, I saw boatloads of competition in Xs, scows, and college racing as a Golden Gopher. Great competition was a key ingredient in improving my racing. Many times that means you got to go to the competition, which is at regattas.

*I never had a single Jedi Master that taught me how to use the Force. It has been a learning process by picking up bits of knowledge along the way from multiple experiences, coaches, competitors, and racing articles. I do remember a few opportunities where I have been taken out by a fellow competitor who showed me how to go fast in a straight line. Those one on ones were super helpful. If you can pass on your wisdom like that, you can build a great fleet.*

EH - Like most sports and sailing is no different we see those who finish



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## July

31- 8/2 Opti Champs - Clear

## August

4 Pram Power - North Lake  
5-7 WYA C Pewaukee  
10-13 WMYA - Spring Lake, MI  
12-13 X Blue Chip - Cedar, WI  
17-21 ILYA Champs - Geneva

## September

10-11 Maxinkuckee Fall  
Big Waters C- South Shore  
George Dorn MC - Beulah  
10-11 USODA Midwest Champs  
- Pewaukee  
17-18 C Blue Chip - Okauchee  
North Lake MC Fall  
Lake Fenton C Scow Event  
22-25 E Blue Chip - Pewaukee  
24-25 Lotawana C  
Beulah C Challenge

## October

1-2 Polar Bear - Davenport, IA  
8-9 C Worlds - Delavan

well in big events have some routines with regards to preparation . Can you give us some gold nuggets on how you prepare both in season and even out of sailing season? I know I have always been a firm believer that half of your successes on the course happened before you even get to the starting line. We would love to hear about your routines and prep work.

*RG- Off-season prep involves staying fit and keeping the racing juices flowing in the brain. Before the ice melts at Lake Harriet, the top racers and I put on free racing seminars. Teaching racing is an important aspect of logically organizing racing thoughts in my brain.*

*As a result of these seminars, I wrote up an outline summarizing the most important things to think about during any race. As I improve my racing, I am always adding and subtracting ideas from the outline. If I have free time or want to review before a race, I can pull it up on the phone in a second.*

EH - So the MC Class for me all these years has been so great because of how close all the boats are in speed when things are right with tune and care. What are your thoughts and feelings about the boat, tuning the boat and maximizing your opportunities with your gear?

*RG - My philosophy is "don't be faster...or slower". That means I stick pretty close to the Melges tuning guide. On the race course, I try to beat people with smarter decisions and better boat handling.*

EH - So the racing looks like it was pretty close the top four boats through the nine races. 41-49 points. Tell us a bit about the conditions over the event and the courses on this smaller tight circular lake . Also , you had a good series going but then you turned it on the last three races with 1,2,3 which flipped things around at the front. Give us some detail about how you felt after 6 races (not being in the lead) and then just bringing it the last three races to win the series. Some snapshots of the situations on the course would be fun to hear about.

*RG- I got that win in the last Saturday race. That race was the 4th race of the day. By then, I had learned that the left side of the course had more breeze due to a shorter shoreline there. I played left more that race, and I found myself in the 1.*

*The 2 and 3 happened on Sunday. Earlier that week, the NOAA predicted a light wind regatta. Because of that, a well-respect sailor, I will call him Crewless Guy, told me that I wouldn't need crew. I told him "never trust the weatherman". Sunday's breeze built from 10 mph and climbed upwards all morning. I took my crew, Sarah, both races. We went 2, 3 in those races.*

*The 1, 2, 3 was a great comeback victory. I do have a comeback recipe. When I am chasing leaders, I expect them to sail perfect races. Then there's no pressure, so I can stick to my racing principles.*

EH - You certainly have a bright future ahead of you with your sailing. What are your short-term sailing plans and do you have any long-term goals for sailing?

*RG- Short-term plans are Inlands and Nationals. Since these are back-to-back weekends this year, can we call this MC Race Week? Inlands is probably the best possible "practice races" for Nationals. Expect the top*

**2017**

TBD WI MC Champs -  
Nagawicka

**July**

20-23 MC Masters Nationals -  
Cedar, WI

*teams at Nationals to have tuned up at Inlands.*

*Long-term goal is to make my competitors (and me) better sailors. I plan to do this at Harriet and wherever I am racing. Tougher competition means that I have to hold my racing to a higher standard. But more importantly, better competition is more fun.*

EH - Well Ryan we certainly appreciate your time. We honor you for the solid victory against a tough group of sailors getting ready for the big ILYA Championship at Lake Geneva. You're the CHAMP, you have the floor . Any last thoughts you would like to share with the sailing community?

RG - Thanks Eric and thanks to everyone that raced MC Invite on our flat water nirvana at Lake Harriet. I want to invite everyone to come race in Harriet's annual regatta in September, which is the best month of sailing in Minnesota. Also, I want to shout out to sailors that live in Minneapolis or may move here. Come race with us! We have MCs for you to see which articles create the most interest for your readers.

## Pram Power - Optimist Most Fun Ever Regatta

### Thursday

This one is a must for your first-year sailor. Sailing School is over, your child has the skills to go around a course, everyone loves crafts and games and North Lake has been doing this for 20+ years. Parents, this one is the ONE to attend with your young sailor.

## Coaches - Fun Still Continues



Inland Instructors have fun going to regattas too. Below is a photo taken this afternoon going from Okoboji to Clear Lake. Coaches had fun communicating with each other with marine radios. In this photo instructors from Okauchee, Pine, Nagawicka, Pewaukee and Beulah are present. Friendships developed in youth sailing are still going strong

## Want to Sail on an M32

### From Sally Barkow

The chance to race a high performance M32 catamaran!

What makes a better sailor? More time on the water is often the simple answer. I would challenge that answer and add more time on the water, in DIFFERENT boats, as the key to becoming a better sailor. Let's look at our youth sailors; we often see a drastic increase in skill level amongst those x-boaters who have recently had the opportunity to crew on an E-scow!

I wanted to bring your attention to a great opportunity to race a new and exciting boat, the M32 catamaran in Chicago during the Verve cup. It will be short "Americas Cup" style racing in front of Navy Pier on Aug 13-14. [www.m32series.com](http://www.m32series.com)

After the Volvo Ocean Race I was truly burned out from sailing and had thoughts of taking a real break. Then I stepped on a M32 catamaran, and my eyes lit up again! For those of you thinking "I've never sailed a Cat before" don't worry, neither had I. You will be shocked to realize how similar M32s are to our very own Scows, especially E-Scows! I still loving coming back home to race the E-Scow but there is no doubt in my mind racing the M32 has made me a better sailor.

The M32 is a boat designed to for all skill levels. A challenge for those who want one, a fast exhilarating ride for those looking for a short adventure. On top of racing in Chicago, this winter will be a racing series in Miami, FL starting Jan 2017, the best excuse to take a break from winters in the Mid-West!

So grab your team and friends and get on board a M32 in Chicago in a few weeks and revive your racing hunger before the Big Inland gets underway!

For more information email [sally@team7sailing.com](mailto:sally@team7sailing.com) or Call me 414-581-6797

I can wait to see the Inland sailors show their skill on the new catamaran circuit!

## 2016 Inland Lake Yachting Association Championships



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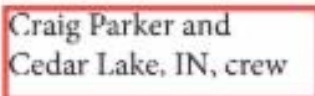
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