



Island Yacht Club

Sadie Hawkins Skipper's Meeting

Janet Frankel & Nathan de Vries

April 19, 2021

Skipper's Meeting



Race Documents

See Notice of Race & Sailing Instructions:
jibeset.net/IYC000.php?RG=T001174099

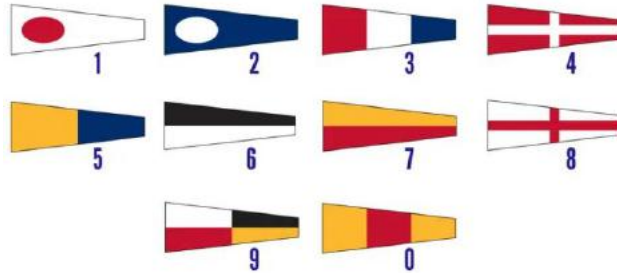
Saturday - Apr 24, 2021

CURRENTS

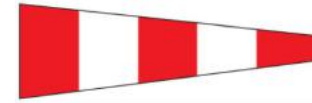
Ebb	1:12 AM	-0.9 kts
Slack	4:30 AM	≠
Flood	7:30 AM	1 kts
Slack	10:24 AM	≠
Ebb	1:06 PM	-1.1 kts
Slack	4:48 PM	≠
Flood	8:18 PM	1.1 kts
Slack	11:06 PM	≠

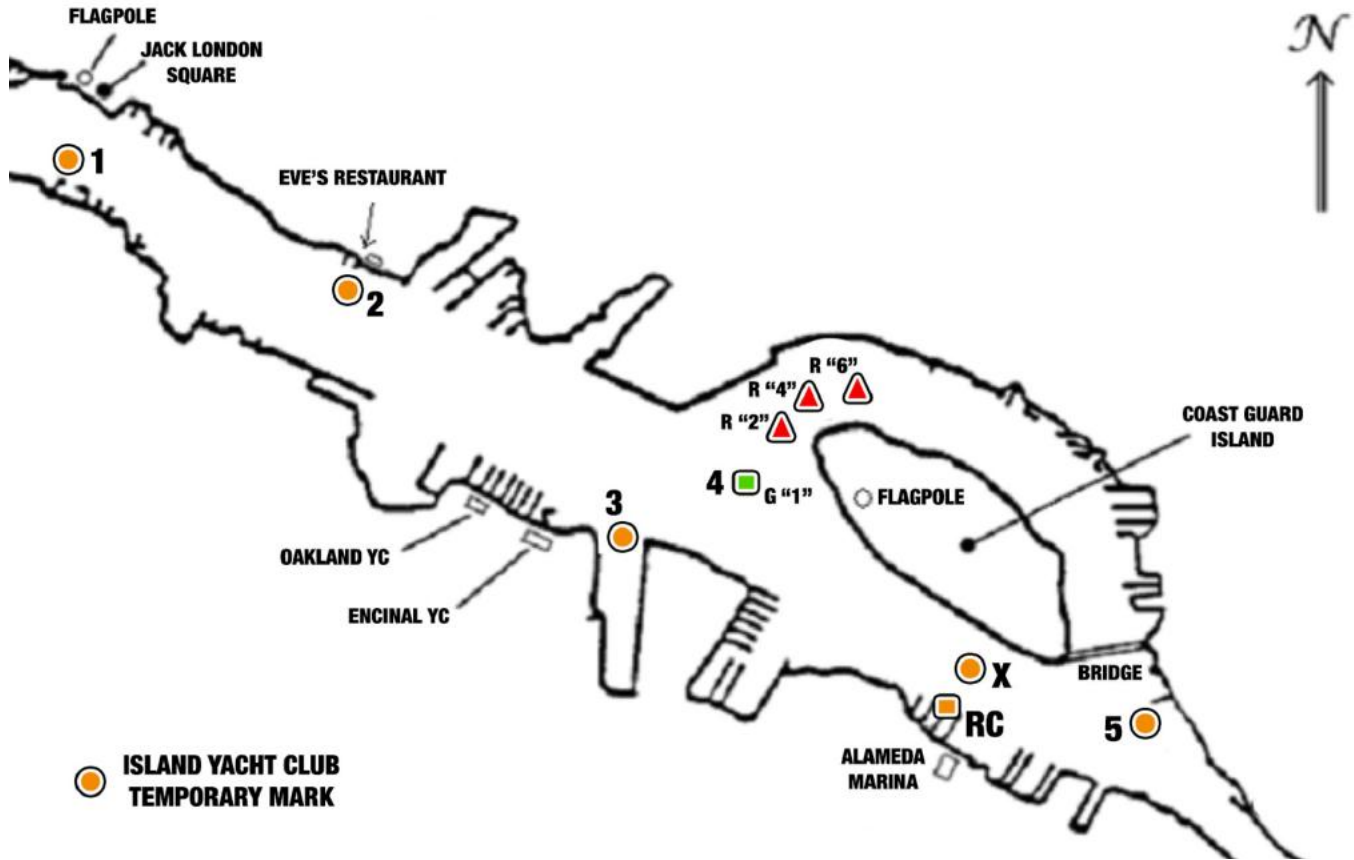
Title	Visual Signal	Sound Signal	Time to Start
Warning	Division Flag(s) Displayed  Alpha  Bravo  Charlie  Delta	1	5 minutes
Preparatory		1	4 minutes
	Preparatory Flag(s) Removed	1 long	1 minute
Start	Division Flag(s) Removed	1	0

Course Flags

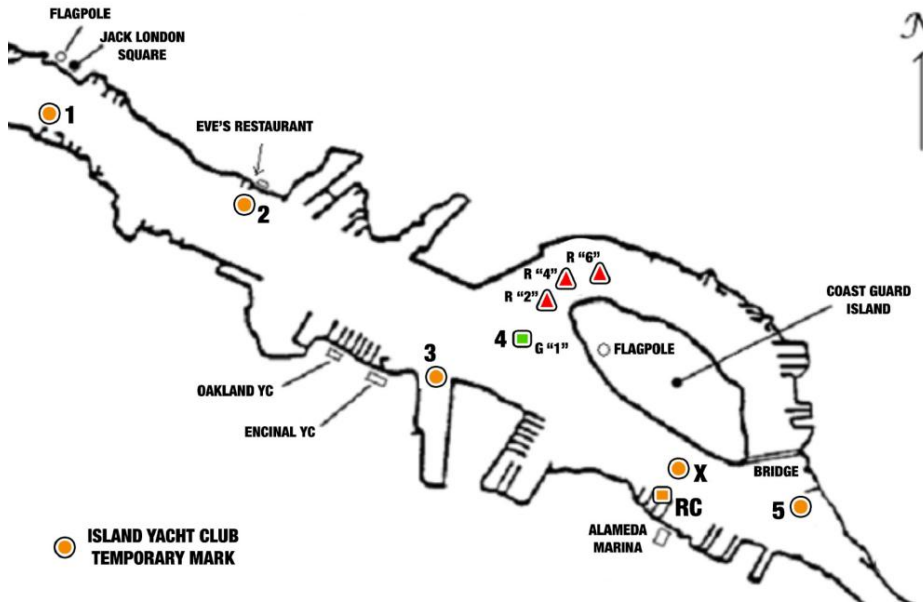


AP - Postponement





The Courses & Marks



- RC.** Orange signal ashore on docks at Alameda Marina
- X.** Orange buoy north of Alameda Marina
- 1.** Orange buoy south of Jack London Square
- 2.** Orange buoy south of Eve's Restaurant
- 3.** Orange buoy near the mouth of Encinal Basin, east of EYC
- 4.** Green over red daymark "S" west of Coast Guard Island
- 5.** Orange buoy east of Coast Guard Island off Union Pt. Basin



The Courses & Marks: X (Start / Finish)



The Courses & Marks: Mark 1



The Courses & Marks: Marks 2, 3 & 4



The Courses & Marks: Mark 5 - past the USCG clipper ships...



The Courses & Marks: Mark 5 - towards Union Point Marina.

A word about
obstructions...





Island Yacht Club

Race to Win on the Alameda Estuary

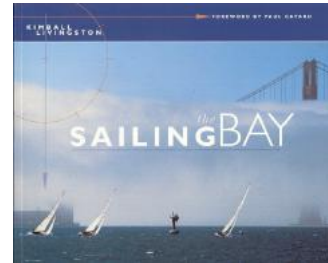
Rosanne de Vries

April 19, 2021

With thanks to...



Kame Richards at Pineapple Sails



Book: *Sailing the Bay*,
by Kimball Livingston

... plus, a few insights from Dave Perry!

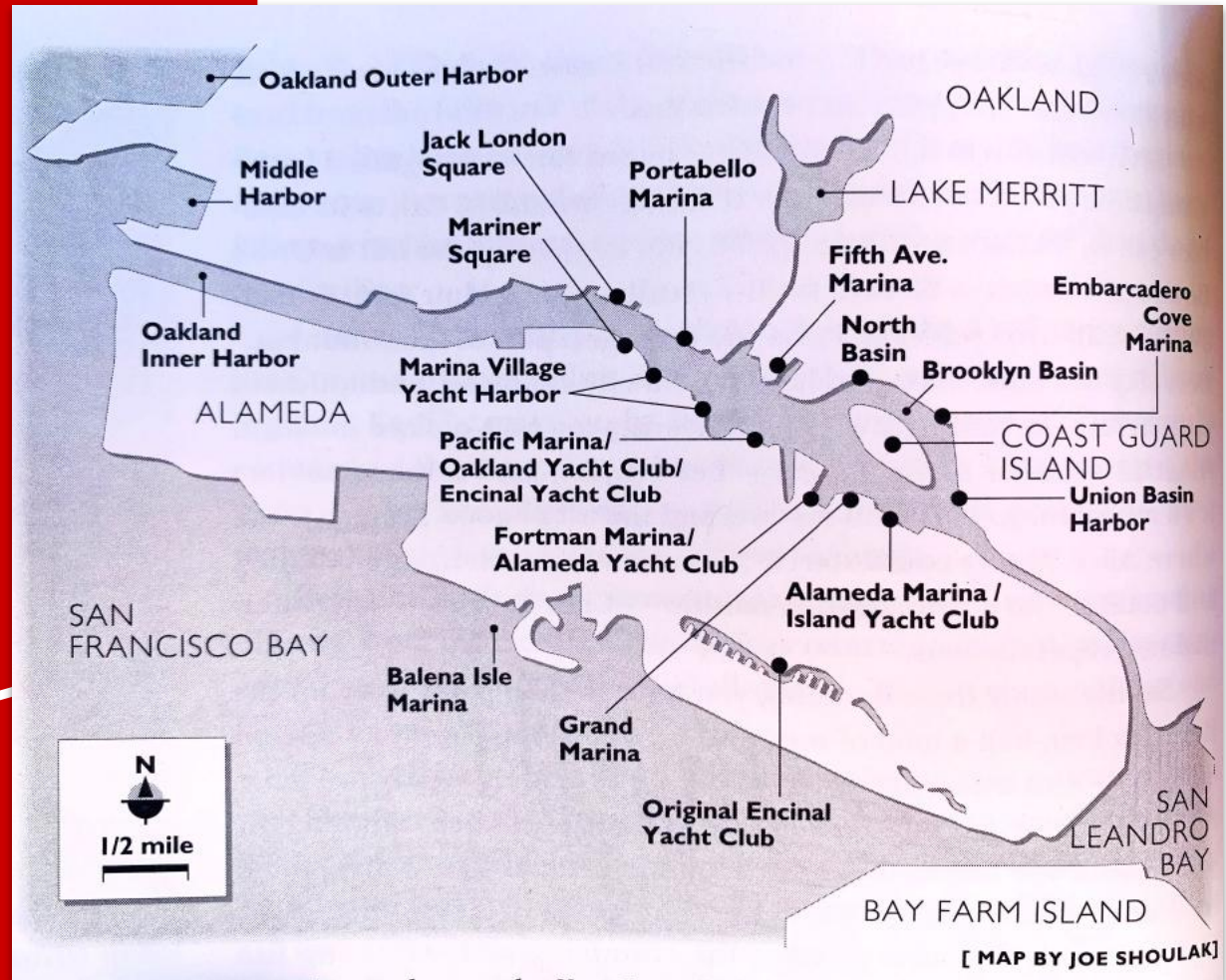
Welcome to the **Estuary.**

(actually, Oakland Inner Harbor...)



Welcome to the Estuary.

(actually, Oakland Inner Harbor...)





What makes Estuary race courses unique?

- Fixed courses; not windward / leeward buoy racing.
- Flat water, protected from the Bay's strong winds and currents.
- Turbulence, big wind shifts and puffy air. Keeps you awake!
- Some semi-regular lifts & holes.
- Commercial & recreational boat traffic galore - and rowers!

Race preparation: While you walk down the gangway



Tide check

- Slope of the ramp
- Rocks at water level: Dry or wet? Now you now know which way the water is moving.

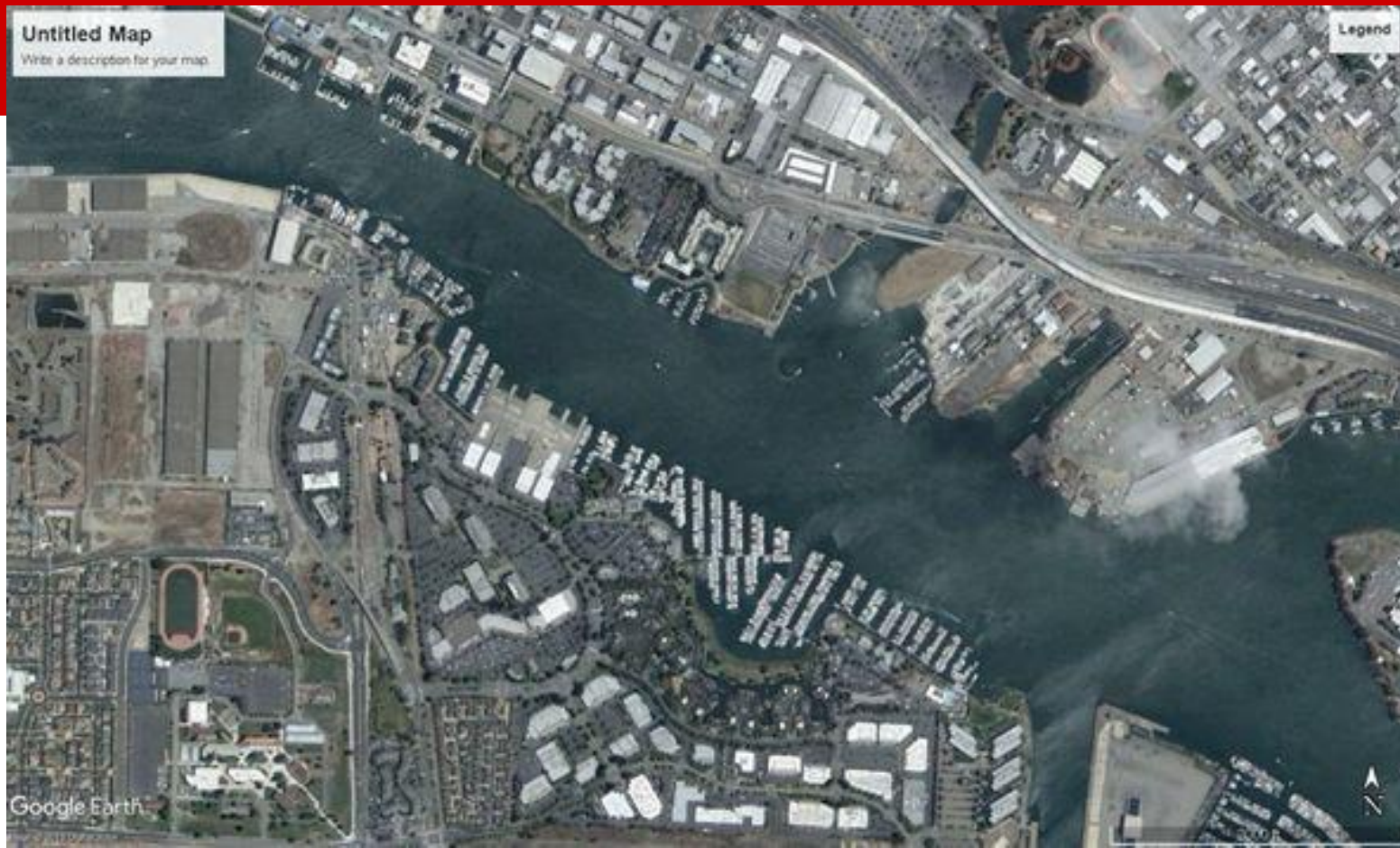
Wind check

- Look at every windex you can see. Now you know what side the spinnaker pole is likely to go on.

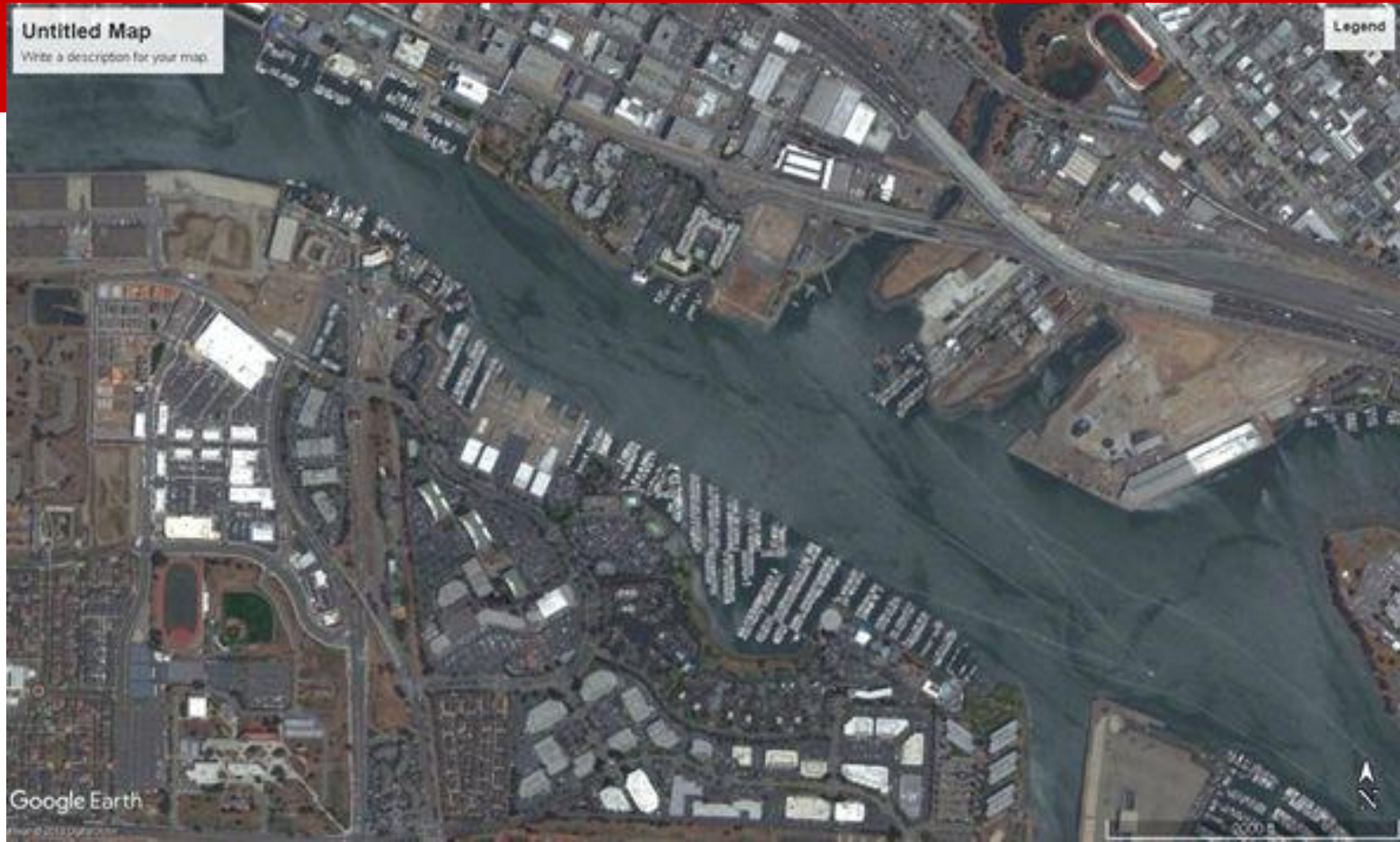
Westerly (Square) breeze



Left breeze



Right breeze



Start



- In Square breeze: Generally leg out on a long port tack to Oakland side; punctual start at the right hand end, tacking when prudent.
- In Left Breeze: *Cautiously* start on Port tack.
- In Right Breeze (*pictured*): Start on Starboard tack.
 - Anticipate the logjam when the leeward boats reach the Alameda side before you and have to tack.

The Course: Upwind

- Upwind leg: Watch the starts before yours, they will show you which way the wind is blowing (and how hard it is blowing) on their section of the race course.
- Windward mark: Anticipate a header by Pasta Pelican, avoid the hole commonly by the houseboats and work for/look for:
 - Clear air
 - Collapsing spinnakers ahead
 - Passing lanes



The Course: Downwind

Before the leeward mark, work for/look for:

- Passing lanes
- Inside overlap at the leeward mark

These may be in conflict with each other.

At the leeward mark: Aim to the left of the course for the best approach to the next mark (XS, finish).

Watch out for opponents on your port side – *and their dirty air!*



Common Estuary wind events

- Lifts are common on both the Oakland and Alameda side of the Estuary, but you often need to get scary close to the shore.
- There is often a hole close to the houseboats on the Alameda side.
- When the wind is a little left, there can be a good port tack lift near Wind River and Encinal YC (see Left Breeze photo).

Final 3 tips...



1. Coast through the lulls. Is it a header, or has the wind speed dropped?
2. Know your holes! Houseboats and lots of masts in the marina can create wind shadows and light conditions.
3. Enjoy the ride!

We'll have time for questions after our panel.



Thank you!

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