

# Richmond Match Racing Clinic

## Friday, July 10 – Sunday, July 12, 2009

### Intro to Match Racing

As part of a world wide promotion of match racing, North U is organizing a series of match racing clinics. This domestic series parallels the WIMRA's (WIMRA.org) world wide schedule of clinics. Since 2007 clinics have been held on five continents.

### Friday – Sunday

The clinic is sponsored by Richmond Yacht Club and the California Maritime Academy (CMA). The clinic will commence at 9 AM on Friday, July 10 at Richmond YC through Sunday, July 12.

### Why Match Racing?

You'll learn all about dial-ups, circling, lead/push, the hook, shift left, and a slew of other match racing tactics and techniques. When you try it you will find Match Racing to be a captivating form of sailboat racing – fully engaging, relentlessly exciting, and great fun. Not only that, but it will improve your fleet racing skills.

### Curriculum

The Match Racing Clinic Curriculum was created by Dave Perry and Liz Baylis with assistance from North U. The course combines shoreside sessions with on the water drills and races. The 2nd edition Match Racing Clinic workbook is included with the class.

The clinic is targeted to racing sailors. Prior match racing experience is not required. The clinic will be non-spinnaker and will use J/22s provided by CMA.

Participants: 12 minimum (20 Maximum) - Preference will be given to women.

### Instructor

The Lead Instructor at the Richmond clinic will be course creator and Women's National and World Champion Liz Baylis.

### Registration & Information

The Registration Fee is \$200/person. The fee includes the full course, course materials, use of boats, borrowed boat insurance and snacks and lunches each day. Enrollment is limited.

For local information contact Liz Baylis:  
ExecDir@wimra.org or call: 415 691 6202

To get more information and to sign up visit: [www.northu.com](http://www.northu.com)  
Or call North U: 800 347 2457 203 245 0727



*Brazil Clinic Participants*



*Racing at the New York Clinic*



*Snapshot from Curriculum Video*

