

Pre-race Prep by Troy Bethel

Self Prep

Fitness

Cardio Vascular fitness: running, cycling, swimming more important than strength
Also just sailing your boat (you become more efficient)

Nutrition

Figure what you will be eating on the race and start supplementing before the race so the body is used to that type of food.

Problems (digestive tract blockage, allergies,)

Snack between meals on race (granola bars, trail mix, nuts)

Hydrate !!!!! (Cycling water bottles, thermal mugs, Camel Back)

Post race (no greasy Hamburgers, alcohol)

Healthy nutritious food to feed glycogen window

Long uninterrupted sleep

<http://theepicenter.com/>

<http://www.mountainhouse.com/index.cfm>

<http://www.freezedryguy.com/>

<http://www.alpineaire.com/>

Mental

Get your head into the race (visualize competing and completing)

Go over boat and convince yourself that there is nothing more you can do after the prep is complete

Go over race strategy (when this happens this is what we do)

Know your competitors and what they are capable of

Stick to your game plan (races are often lost by last minute decisions)

Always stay between the wind and your competitors

Boat Prep

Bottom

Is everything just right? (Haul out, get a good diver and make check list)

Clean the morning before

Nothing unusual? (Rudder in the right place?)

Rig

Is it tuned to the sails and conditions expected?

Check sheaves, spreaders, spreader roots, Standing rigging, Running rigging

Do the new halyards fit? (Long enough, right material and size)

Sails

Are the sails in good shape?

Do they fit the rig?

Have you used the new sail?
Are they the right sails for the race?
Can you repair minor damage (sail repair kit)?
No gaps in the inventory
Check NOR/RR do you need to carry Storm Jib and Trysail?

Power

Are the batteries good? (1 bad battery in the bank can pull all down)
Hydrated (wet cell)
Solar panels/Alternator working correctly
Have enough fuel to charge /make water
Enough capacity to run autopilots? (Maybe a second bank)
Engine serviced and checked for leaks
Gearbox checked

Electronics

Does the electronics work (951 GPS not working)
Are the instruments calibrated correctly (BS in BS out)
Waypoints in GPS (bailout)
Redundancy (spare handheld vhf/gps)
Possibility to hook up spare electronics (data cables/coax adapters)
Autopilot brackets secure and autopilot working as it should
<http://www.skymate.com/index.html>

Race Prep

Safety

Personal safety (PFD,stroke,whistle, harness)
Jackline good and strops run freely (no unclipping to get round something)
Epirb registered and working (update contact details)
Liferaft serviced and attached to boat (not down below)
Flares in date
<http://www.lrse.com/index.cfm>
<http://www.sarsat.noaa.gov/beacon.html> Register Epirb

Charts

Charts for race /bailout
Tide table
Sight reduction tables/sextant
Plan course with generic waypoints/bailout points (electronic and paper)
Write down course /distance
<http://www.tidesend.com/main.htm> Bellingham Chart Printers
http://www.setsail.com/store/catalog.taf?function=detail&product_id=503
Navigator's Library

NOR/RR

Have a copy of NOR/RR make sure you understand the course and which way around markers/landmasses

Check that you are rule compliant

Make sure you have all the right check in info

Chat with other competitors about the course to verify you are on the right page

<http://www.sailing.org/> ISAF

Other boat ratings

This is handy to have so you can check your corrected position on the racecourse after a check in sced.

Weather

Get as many resources as possible

Get sceds if you have a fax

Download wide area gribb before you leave the dock

Start checking weather trends for the course as far in advance as possible

Use a routing service/software

Get updated polars for your boat

<http://www.grib.us/>

<http://www.windfinder.com/>

<http://www.weather4sailors.com/>

<http://www.sailflow.com/>

<http://www.ocens.com/index.htm>

<http://www.sailmail.com/>

<http://www.yachtdynamics.com>