<u>Dave and Dan's Basic Laser Racing Tips</u> - Just about everything on one page

Boat setup: *goal is ease of use, repeatable settings*

- <u>Use a wind pennant</u> – always
- Mark vang and make a rope handle
- Mark outhaul, some mark cunningham
- Keep outhaul and cunningham tails short
- Knot in mainsheet with boom @ 90-95 degrees
- Tie mainsheet tail to hiking strap line
- Tell tales in right places & on top batten
- Mark board with Sharpie to show ½ and ¼ up
- Adjustable hiking strap held up by shock cord
- No-slip traveler knot and bowline handle

Upwind

- Sheet tension = mast bend = control the power
- Vang: about = main tension, more in breeze. If overpowered, boom should go out - not up
- Outhaul – "hang loose" to "fist" deep or tighter
- Power-up/depower with lots of vang and cunningham. Overpowered? Add more V & C
- Sail the boat <u>flat</u>: **Ease/Hike/Trim** in puffs and don't get caught pinching
- Weight forward unless waves are really big
- Hold hiking stick like a microphone across chest
- <u>Hike harder to go faster</u>. Feet together

Tacking

- Back foot out of strap and ease vang a little if very windy and a lot of vang is on
- Turn slowly initially while trimming main to almost two-blocked. Boat stays flat
- <u>Don't roll until sail luffs</u> - roll until butt is wet
- Push hiking stick hand forward and through near the forward main boom block. Ease main about a foot or so while crossing cockpit
- Grab rail on new high side with hiking stick hand and pull yourself up and through
- Lean forward and switch hands while landing
- Smoothly roll boat flat
- Trim/pump mainsheet after flat (vang back on)

Rounding the top mark

- Ease vang to mid-mark **<u>before</u>** rounding
- Overhead mainsheet "reach" to make sure main is ready to ease
- <u>Turn down with weight</u> (roll boat a little to windward) while easing lots of sheet
- Catch the first wave if surfing conditions!
- Ease outhaul. Cunningham off completely
- Board up about 1/3
- Fine tune the vang tension

Reach

- Vang tighter than you'd think. Get the top batten telltale to just fly. Ease if stalled…
- Make sure the main telltales are streaming. Don't over trim
- Cunningham off and outhaul to "fist+" depth
- Board about 1/3 to 1/2 up
- Slide back in cockpit if really planing in breeze, slide forward in lulls. <u>Keep boat flat</u>
- If overpowered: vang looser, board higher

Run

- Ease outhaul to "hang loose" depth
- Board up only about 1/3 or less (2/3s down)
- Sail **<u>only</u>** on a:
  - <u>Broad reach</u> with tell tales flying **<u>or</u>**
  - <u>By-the-lee</u> with reverse flow. Main out beyond 90 degrees only in very light air
- By-the-lee, have an "active" leech. Adjust vang until leech "flicks", more in puffs, less in lulls
- Waves – stay pointing downhill. One pump per
- S-Turns and transitions
  - "Turn up" from by-the-lee to reaching by rolling to leeward and 2 or 3 big main trims. Flatten on windward side
  - "Turn down" by easing main and rolling to windward. Flatten on leeward rail

Jibing

- Start from by-the-lee if on a run
- Trim in two big pumps of mainsheet
- Initiate jibe by rolling the boat to windward. Grab either the handrail or hiking strap with sheet hand
- As boom starts to cross, give the sheet a quick flick to avoid catching sheet on the quarter
- Switch hands as you cross the boat
- Flatten and trim main

Rounding bottom mark

- Cunningham, then outhaul on (adjust to same marked settings as last windward leg?)
- Some vang on
- Board down
- <u>Turn boat with heel</u> to leeward and flatten
- Trim hand-over- hand – both hands, big reaches