



The Offshore Race Crew's Manual

Stuart Quarrie

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Success in any yacht race depends to a large degree on the ability of the crew to perform any boat-handling manoeuvre faultlessly and speedily. This book explains the evolution of just about every situation that is likely to be encountered during a race at sea. Each one is presented with an overview of the sequence that should take place and its objective, then the task of each crew member is explained for its preparation, operation and completion. Photographs and illustrations clarify what are often complex situations.

The position of every crew member, from bowman to helmsman, is examined and the area of responsibility for each clearly laid out. Desirable physical and mental attributes are discussed along with practical advice on improvements to technique.

Other chapters cover watch-keeping systems, heavy weather, sail trim and set-up for racing. It is a book written for either sex, at any age and at any level of experience wishing to perfect the complexities of creating and being part of an offshore race-winning team.

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