

## MC Scow Clinic – July 17, 2020 – Shore Acres YC

### 1. Tuning Tips/Numbers

- a. Spreaders – I am at 4.5” on 2721 and forward position on 2132. More than that I feel like I lose punch in light air.
  - i. Mad Sails – 4”-4.5”
  - ii. Draheim/Gus/Quantum - 3 ½” at base case. If you use a lot of vang try spreaders closer to 2”
  - iii. UK – Back position on old style brackets
- b. Mast Rake – 28’ 3” to 28’ 4” for most sails. I sail at 28’4”.
  - i. Mad Sails – Over 185lbs – 28’4”. Under 185lbs – 28’3”-28’3.5”
  - ii. Draheim/Gus/Quantum – 28’ 4”
  - iii. North – 28’ 3”
  - iv. UK – 28’ 3.5”
- c. Shroud Tension – AFTER THE RAKE IS SET PROPERLY. “Hand tight”. This is the biggest variable when you speak to people across the fleets. With my rake set I read about a 6 on the black Loos gauge. In “Inland Terms”, when you pull the stay in a circle I can get it around a grapefruit.
  - i. North – “Sidestays hand tight. Do not over tighten.”
  - ii. Draheim/Gus/Quantum – In winds under 16kts, tighten so the leeward stay dangles slightly upwind. Over 16kts, tighten so little to no dangle.
  - iii. Mad Sails – Hand tight. Snug up the rig. Don’t use tools to tighten.
- d. Boards – Maximum depth without hitting front of board well. About 0.5-1.0” away from front of board well when down. This should equate to about 85-87 degree range.

### 2. Sail Controls

- a. Mainsheet – Most important control. Gas pedal. Controls leech curve upwind.
- b. Vang – Great tool to depower the main and control sail and boat roll downwind. Think of it as a backstay. Only use if overpowered. Don’t leave on in the lulls. Power up!
- c. Traveler – Drop 6-9” in heavy air. Make sure to pull back to center in lulls. I do play the traveler in flat water when puffs that are not crazy.
- d. Outhaul – Most sails are built with shelves on the foot of the sail. Snug up to create the shelf upwind and ease slightly downwind so the shelf just falls out.
- e. Cunningham – None in light air. Snug in the puffs in medium breeze and full on in the heavy stuff. Always off downwind.

### 3. Tips and Tricks

- a. Don’t overheel the boat. 10-15 degree heel is ideal. Flat is slow, but so is overheeling.
- b. Shroud telltales! Get them and use them. Extremely helpful especially downwind. Essential for shifty conditions on lakes.
- c. Breezy days, bring your board up about 2” to free up the helm and lessen any over heeling.
- d. Speed over everything. Keep boat as powered up as you can handle.
- e. Upwind look at mast below the spreaders to make sure it is bending to leeward. Top leech tell-tale breaking about half the time.
- f. Downwind – Whenever possible, sit to windward and sail low or by the lee especially in puffs. In light air, sit to leeward to use gravity to keep the sail out and the boat tracking.