



# Fundamentals of Sailing, Cruising, and Racing

*Steve Colgate*

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# Fundamentals of Sailing, Cruising, and Racing

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**Fundamentals of Sailing, Cruising, and Racing** Steve Colgate

**For all sailors?novices and experienced racers alike?the acclaimed primer on sailing, cruising, and racing.**

Stephen Colgate, the founder and president of the Offshore Sailing School, removes the mystery of sailing and reduces the techniques to basic, simple principles. He instructs the reader on all matters from how sails work under various conditions to night sailing and piloting, tactical problems and heavy-weather racing, emergencies, safety, boat control, and all other fundamentals. This edition contains the latest technological advances in equipment, and the newest rules, regulations, and strategies that are critical to safe and pleasurable time on the water. The result is a superior resource that is an absolute must for all sailors.

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