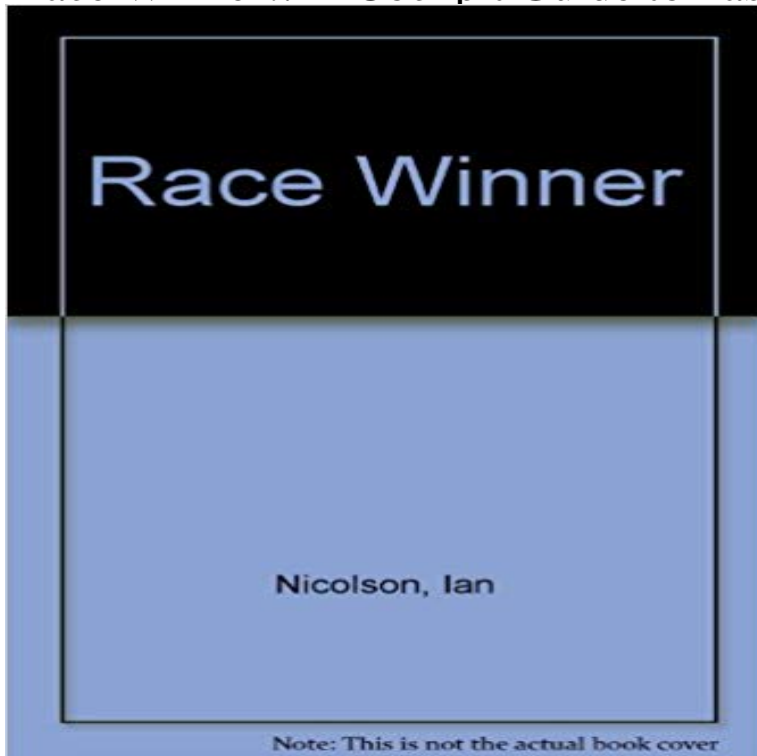


# Race Winner!: A Cockpit Guide to Faster Sailing



An on-board guide to race winning for dinghy, offshore, ocean and cruiser racers, for the novice and expert alike, this manual gives advice on sail and rigging preparation for the wind direction and speed, sail setting, trim, handling, halyard tensioning and tactics. It is intended to be used for mugging up before a race, during the race or after a race to analyse and improve performance. Each core page deals with a specific wind speed and point of sail. The authors are experienced sailors and have written many books on the subject. Ian Nicolson is a partner in the worlds oldest yachting design firm and worked for Yachts and Yachting for three years.

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