

## FIVE to SIX WEEKS OUT

- ❑ **Commit now:** [Register](#) now so you and your crew can focus on effective preparations
- ❑ **Vacation time:** Get sufficient vacation time from your boss (at least August 14-18)
- ❑ **Accommodation:** Secure [accommodation](#) in the Chester/South Shore area
- ❑ **Mooring/berthing:** Secure a [mooring](#) in Chester
- ❑ **Valid handicap:** Confirm you have a valid PHRF handicap from your local governing body
- ❑ **Confirm crew:** Recruit and confirm crew and alternates for boat tuning, delivery and regatta
- ❑ **Crew uniform:** Consider ordering team shirts, hats or other identifying uniform
- ❑ **Crew comms:** Set up a crew group-text to stay coordinated and on time, all the time
- ❑ **Inspect sails:** Have North Sails in Halifax or Lunenburg inspect/repair your sails
- ❑ **Wash spinnakers:** Fresh water wash and dry all spinnakers
- ❑ **Inspect halyards:** Inspect all halyards and, if necessary, make repairs
- ❑ **Safety tune the rig:** Record all turnbuckle settings with caliper measurements
- ❑ **Know the rig's performance tunings:** Most modern rigs have specific settings for optimal performance at each wind speed, so learn yours and record the caliper settings for quick and accurate pre-race turnbuckle adjustments as conditions change

## TWO to THREE WEEKS OUT

- ❑ **Avoid late fee:** [Register](#) by August 6 to avoid a \$115 late fee (incl. tax)
- ❑ **Launch & haul:** Organize launch and haul if you are trailering to Chester (check out deep discount offered at Shore South Marine)
- ❑ **Update charts:** Update your chart plotter software and/or paper charts
- ❑ **Locate marks:** Locate all relevant navigational marks physically, enter marks in chart plotter
- ❑ **Repair kit:** Stock emergency repair supplies appropriate to your boat and its condition
- ❑ **Practice:** Practice boat handling a few evenings before you leave for Chester
- ❑ **Safety equipment:** Make sure your boat and crew are equipped and ready to comply with relevant federal or class safety equipment requirements - get it all onboard

## PRO TUNE-UP TIPS *for your* BEST RACE WEEK EVER

*The pros from Helly Hansen Chester Race Week 2019 have curated three timed checklists to help put boats, skippers and crews in winning form.*



## ONE WEEK OUT

- ❑ **Late registration:** Register until 1600 hours on August 14, pay \$115 late fee (incl. tax) after August 5
- ❑ **Lose weight:** Remove all unnecessary stuff to lighten the boat - be ruthless but safe
- ❑ **Warm up locally:** Warm up with the race that's right for you (detail on [CYC calendar](#))  
⇒ *August 11: Chester Yacht Club's Outer Islands Race*  
⇒ *August 9-11: Chester Classics Series, August 9-11*
- ❑ **Practice locally:** Practice boat handling and boat speed work off Chester
- ❑ **Shuttle driver:** Identify a dedicated driver if commuting from Halifax
- ❑ **Clean your bottom:** Clean the bottom of your boat to go faster
- ❑ **Follow a daily regimen:** pre-race crew meeting, post-race debrief, crews attend 9 am "The Morning After" coaching sessions
- ❑ **Mid-regatta bottom wash:** Bring your diving/bottom wash gear for the Thursday mid-regatta (at least) hull wash to stay as fast as possible
- ❑ **Build playlists:** Refresh your music selection for the boat's music system
- ❑ **Learn from Andreas, others:** Come to Andreas Josenhans' famous "The Morning After" coaching seminars, August 15-17, 09:00—09:45

**Special thanks to special advisor Andreas Josenhans and Principal/One Design Race Officer, Brian Todd for curating this list.**

