



They now represent the State of Hawaii in the National Junior Triple-Handed Race in Marblehead, Mass. during the week of Aug. 9 - 13\*. This is the second year in a row that this team has achieved this remarkable feat.

So the next time you drive by Pearl Harbor and look out on the water and see little white sails moving across the water with bright sunshine beaming on rippled, wind-blown water, it just might be championship-caliber sailors training for upcoming races, or novice sailors simply out having a great time on the water with friends. If you are up for a fun challenge and are at least 10 years old, please call us at 473-0279 and let's get you out in these boats on the water.

\*Liberty Call went to press before this event took place, but go to [www.greatlifehawaii.com](http://www.greatlifehawaii.com) to see how the sailors did.

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## PEARL HARBOR'S TOP-NOTCH SAILORS

### 2009 U.S. Sailing Junior Olympics Pearl Harbor Yacht Club Medalists

**Ryan McDonald**

**GOLD IN THE EL TORO 'B' DIVISION**

**Mathew Butler**

**GOLD IN THE EL TORO 'C' DIVISION**

**Mitchell Woodrow**

**SILVER IN THE EL TORO 'B' DIVISION**

**Alan Sterling**

**SILVER IN THE LASER 'B' DIVISION**

**Gavin Moulton**

**SILVER IN THE EL TORO 'C3' DIVISION**

**Jessica Molina**

**BRONZE IN THE EL TORO 'C3' DIVISION**

## Sail Fast, Sail Safe, Sail Often!

BY SEAMUS MURPHY

Throughout the year the sailors at Rainbow Bay Marina enjoy the many benefits of sailing on Pearl Harbor. Whether they learn how to sail in the bathtub-sized El Toros in our beginning sailing class or advance their sailing skills on Lasers, Club 420s or Rhodes 19s in our intermediate class, one thing is certain - they always have lots of fun.

Our sailors learn to tie special knots, rig sailboats and sail in various wind conditions while increasing their personal confidence, leadership skills and physical fitness.

On days with very light wind or no wind at all, our sailors use kayaks and row boats to row around Pearl Harbor getting some physical exercise while enjoying the views on the water. However, more often when the wind is blowing hard, these same sailors can be seen blasting along in their sailboats cutting 'V'-shaped wakes through the water, while white water peels off the side of their boats and sprays them as they hike out, hanging off the side of the boat. Screams of excitement can be heard as they surf on the waves created by the wind using all of their physical strength and coordination just to stay on the boat. Sometimes it is like a water rodeo. The sailboat is doing everything it can to get

away, and the sailor is doing everything he or she can to stay on the boat. It is very exciting!

Some of our sailors take sailing to the next level and compete in sailboat races with yacht clubs around the island. Sailors compete throughout an eight-month season, with the pinnacle event of the year being the annual U.S. Sailing Junior Olympics, which is not only the longest event of the season, but also one of the most fun. This year it was held in Waikiki from July 6 - 10. Eight sailors from Rainbow Bay Marina competed under Pearl Harbor Yacht Club's flag and had an amazing time on the water off the coast of Waikiki. Six of them took home medals! Hosted by Waikiki and Hawaii Yacht Clubs, our sailors competed in Lasers and El Toros. This competition is an opportunity for the sailors to showcase their sailing skills and racing knowledge with Diamond Head and Waikiki as a backdrop.

A week after the Junior Olympics, the Sears Cup Qualifier race was held on Pearl Harbor using the Rhodes 19 sailboats. This was a two-day regatta with Hawaii, Waikiki and Pearl Harbor Yacht clubs competing. Pearl Harbor Yacht Club was represented by the team of Alan Sterling, Ryan McDonald and Richard Wollenbecker - who won this exceptionally exciting close race.