

Ms. Race Press Release

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The 19th Annual Ms. Race for women only sailors to be held on August 19th in Sandy Hook Bay to benefit 180 Turning Lives Around

Atlantic Highlands, NJ – The weather is getting warm, the days are getting longer, and boats are becoming restless in their winter homes. It is time to launch those boats, get out on the water, and sign up for the Ms. Race, a charity event hosted by the Atlantic Highlands Yacht Club to encourage women to sail and to support 180 Turning Lives Around. 180 (180nj.org) is a Monmouth County private non-profit organization committed to ending domestic violence and providing a safe haven for its victims, and helping rebuild shattered lives. Since its first race nineteen years ago, the Ms. Race has proudly given all proceeds from the race and associated events to 180.

This year's theme is 'Women Wind Warriors', with boats of different sizes welcome with all female crews. It will be a Pursuit Race, in which each boat will have its own start based on its PHRF-MA rating. No getting all tangled up with other boats at the starting line. Smaller boats generally will start first, followed by bigger, faster boats, and the first boat across the finish line is the winner. There will be two divisions again this year, Spinnaker and Non-Spinnaker.

The Ms. Race partners with the Atlantic Highlands Sailing Education Program (AHSEP) to include young women as crew members on participating boats. For women of all ages sailing can build confidence and self-reliance, and the goal of increasing participation of AHSEP students in the Ms. Race is an ongoing and rewarding endeavor.

On race day there will be a full schedule of events for racers and spectators, with a celebration in the evening and an awards ceremony. For more information about the race, registration forms and photos from past races, please visit **Ms Race** at ahyc.net or email the race committee at ahyc.ms.race@gmail.com. Take that cover off your boat and start sailing!

About AHYC

The Atlantic Highlands Yacht Club (<http://ahyc.net>) was founded in 1953 and has its clubhouse in the Atlantic Highlands Municipal Harbor. The club holds racing events throughout the season, and inquiries about membership are welcome.

About the AHYC Ms. Race

The Ms. Race was started in 2005 by a group of women sailors with the goal of supporting and promoting the participation of women in sailing and to benefit 180 Turning Lives Around. The New Jersey Yacht Racing Association has recognized the Ms. Race as the best women only race in New Jersey.