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The Return of the Ms. Race: **A DIFFERENT TYPE OF SAILING REGATTA**



For the past dozen years, the Ms. Race Committee has partnered with 180 Turning Lives Around to raise vital funds and show support, comradery, and friendship through the sport of sailing. Sponsored by AT&T and in partnership with the Atlantic Highlands Yacht Club (AHYC), the annual Ms. Race event is an all-women's sailing race; that's right, ALL women! From the novice to the experienced, the captain and crews of various sailing vessels take to the water to represent what women can do in this highly physical and competitive sport in the name of charity. A multitude of racing and cruising vessels, ranging from 24 feet to 45 feet, are expected to compete.

2017 marks the 13th annual Ms. Race event, to be held on August 19. This year's theme is "Women on the Wind" and these women racers can't wait to put their passion into the sport they love, while raising vital funds along with awareness of the sport. This isn't about brute strength; instead, it's about endurance, willpower, teamwork, and ingenuity. It's an extremely demanding sport that requires communication, respect, commitment, and drive. It takes more than an understanding of how a boat uses wind to move through the water. You have to have an appreciation for your surroundings and environment, all while trusting in your captain and crewmates. This race allows these ladies to build confidence in their sailing skills, learn from their competitors, and find support through their captain and crew; lessons which are very similar to the mission of 180 Turning Lives Around.

As Journal readers learned through our 2016 year-end campaign, 180 Turning Loves Around is dedicated to ending domestic and sexual violence and helping victims find safety and solutions in their lives. Since its inception in 1976, they have been committed to discreetly helping victims and to mobilizing concerned individuals, organizations, and civic and religious groups to work to ending violence and abuse through public education, public policy reforms, and training of allied professionals. "180 appreciates the dedication of the Ms. Race volunteers, who work tirelessly every year to raise funds in support of our lifesaving and life-changing programs. With the support of our friends at the Atlantic Highlands Yacht Club, we are able to provide the resources our survivor-victims need to turn their life around and live in safety, free from abuse and trauma," said Lynn Lucarelli, Director of Development for 180 Turning Lives Around.

Additionally, the Ms. Race committee is dedicated to bringing more sailors into the sport. They are proud to partner with AHSEP, the Atlantic Highlands Sailing Education Program, a non-profit school open to all area children and teens through age 17 who want to learn to sail. (It is rumored that this year's race will include a vessel with only young female sailors). The disciplines of the sport have a beneficial effect of education. Sailing teaches critical thinking skills like problem solving, as well as how to understand weather, test physical endurance, enhance individual responsibility, promote teamwork through being a crew member, accept leadership roles, and, most importantly, push their limits.

The Ms. Race invites all women sailors to participate with their boats and crew. Also, if you are interested in joining a crew or team, the Ms. Race committee will be happy to place you. Contact ahyc.ms.race@gmail.com. For more information about the race, registration information or to donate, sponsor, or volunteer, please contact the Ms. Race planning committee at ahyc.ms.race@gmail.com. Spectators, too, are welcome to watch this thrilling event, so come out and cheer on the bold "Women on the Wind."