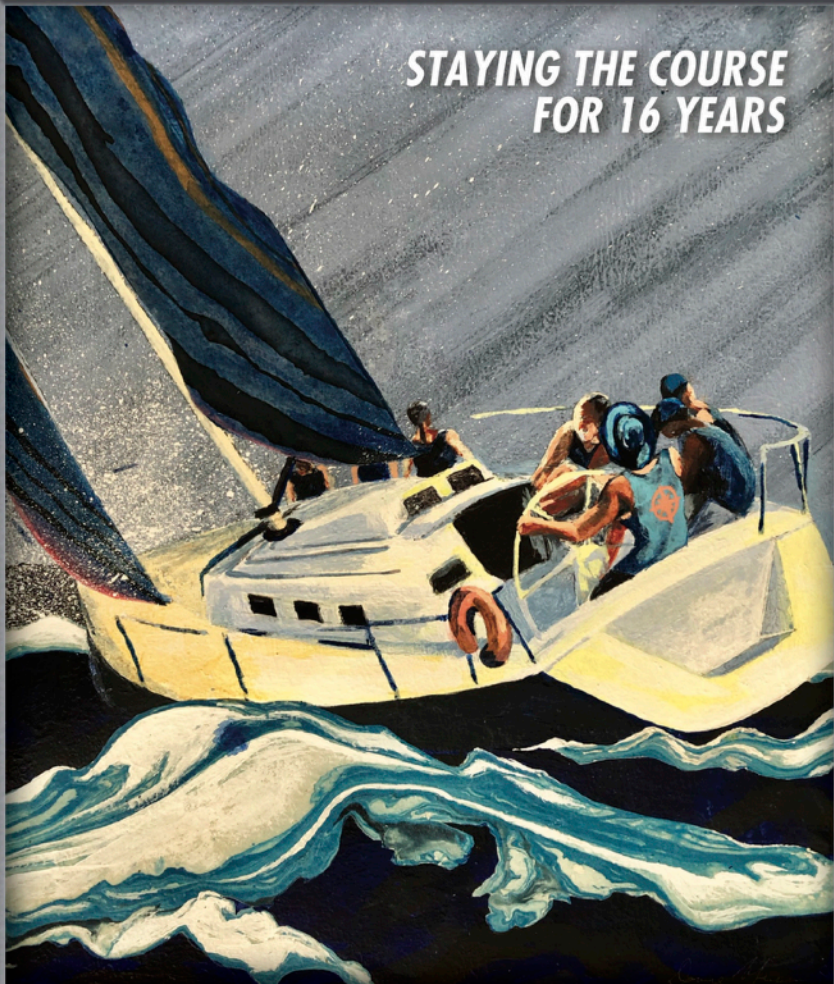


# Ms. RACE 2020



STAYING THE COURSE  
FOR 16 YEARS



Artwork created by Denise Mumm

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## Commodore's Greeting



The Atlantic Highlands Yacht Club would like to welcome you to this year's *Ms. Race* aptly named "*Stay the Course*".

Whether you are participating as a captain, racer, club member, community supporter, donor, sponsor or possibly all of these roles, we'd like to thank you for supporting this outstanding women's charity sailboat race on behalf of *180 Turning Lives Around*.

Best of luck to all the racers and we hope you appreciate the unique format of this year's Ms. Race event which includes a virtual Awards Ceremony for your safety and enjoyment.

***Jack Glass, Commodore 2020***





# Visionary leadership

AT&T salutes the women who lead the way by seeing beyond tomorrow - in leadership and in life.

**We're proud to support 180 Turning Lives Around and the 16th Annual Ms. Race.**

**Stay the Course.**

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## Welcome to the 2020 Ms. Race *Stay the Course*



We are honored to host the 16th Annual **AHYC Ms. Race Charity Regatta** on the majestic Sandy Hook Bay and we offer our heartfelt thanks to everyone who has joined us in support of this special event during these unprecedented times.

Over the past 16 years, the Ms. Race has brought together female sailors across multiple generations to bond over a love of sailing and a respect for the sea. Our theme this year is **Stay the Course** in appreciation of this common sailing refrain used to convey forward momentum to reach the next mark or final destination. To Stay the Course for this year's Ms. Race, we have made substantive changes with a virtual Captain's meeting and Awards Ceremony for the health and safety of participants while ensuring a positive experience for all.

The Ms. Race has provided a setting where women and girls new to sailing can enjoy the experience with seasoned captains and crew in a supportive environment. We'd like to thank all of the sailors, our families and friends and the generous sponsors, donors, and supporters who have contributed to the success of this regatta and have helped us raise funds for 180 Turning Lives Around.

**Diane Kropfl & Eileen Campbell**  
**Co-Chairs AHYC Ms. Race Committee**



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**2019 Ms. Race Winner**  
**Smokin' J**



**Smokin' J Captain & Crew**  
**awarded 2019 Ms. Race Trophy**





## Atlantic Highlands Yacht Club

### NOTICE OF RACE



- Name of Race:** AHYC MS. RACE  
*Charity Race to Benefit  
180 Turning Lives Around*
- Host Club:** Atlantic Highlands Yacht Club
- Location:** AHYC Olympic Circle on Sandy Hook Bay
- Eligibility:** The **AHYC Ms. Race** is open to sailing yachts with a valid 2020 PHRF-MA rating certificate and to yachts that race one design. Skipper and all crew must be female.
- Type of Race:** **Pursuit start** (boats start in order based on PHRF ratings – slower boats start earlier than faster boats).
- Divisions:** All PHRF yachts will race NON-Spinnaker. The race must have at least 3 boats registered to count. One design fleets will be accommodated with a 3-boat minimum. Class rules apply.
- Date/Time:** Saturday, August 22, 2020  
1300 hrs – START for first boat  
1900 hrs – 2000 hrs – Virtual Awards Ceremony & Presentation of Trophy via zoom  
Virtual Fundraiser Aug 15 to Aug 22 17:00 hrs  
Virtual Captain's Meeting & Sailing Seminar via zoom Friday, Aug 21 19:00 hrs
- Entry Due:** August 20, 2020 19:00 hrs  
Via RegattaNetwork: <https://www.regattanetwork.com/event/21057>  
Yachts will be officially entered upon completion of entry and waiver liability form.
- Fee:** \$25.00 to AHYC Race Committee via Regatta Network **PLUS**  
\$50.00 Suggested Minimum donation.  
Make donation to 180 online at [180nj.org/get-info/special-events/ahyc-ms-race/](https://180nj.org/get-info/special-events/ahyc-ms-race/)  
and email a screenshot of your donation to [ahyc.ms.race@gmail.com](mailto:ahyc.ms.race@gmail.com).  
Extra donations/sponsorships are encouraged.
- Registration:** Online only at: <https://www.regattanetwork.com/event/21057>
- Safety Sailing Instructions:** Racing will be governed by the following:
- The rules, as defined in **The Racing Rules of Sailing For 2017-2020**, including the US Sailing Prescriptions thereto.
  - PHRF-MA crew limitations will be in effect for this regatta.
  - The Ms. Race will adhere to safety practices and water protocols that are in place for the State of NJ at the time of the race and follow AHYC Race Committee safety guidelines in place at the time of the race.
  - Masks are required to be worn on Atlantic Highlands marina docks and on the AHYC launches.
- VHF Communication:** VHF channel 69 will be used by the Race Committee for communication.

For more information about  
**180 Turning Lives Around**, visit  
[www.180nj.org](https://www.180nj.org)

For more information about  
**AHYC Ms. Race**, visit  
[www.ahyc.clubexpress.com](https://www.ahyc.clubexpress.com)





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2020 AHYC Ms. Race  
"Stay the Course"

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*Wishing all the Ms Race Sailors the Best  
- The Fortiers on Fortitude -*





# Thank you! The Atlantic Highlands Yacht Club



for your generous support of  
*The 2020 Ms. Race*  
and  
*180 Turning Lives Around*



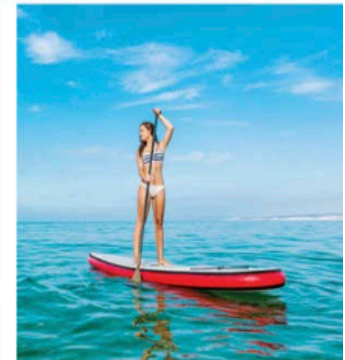
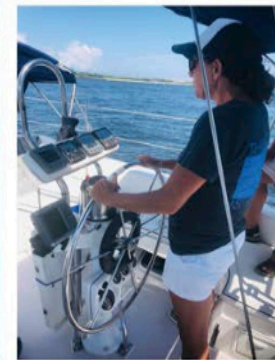
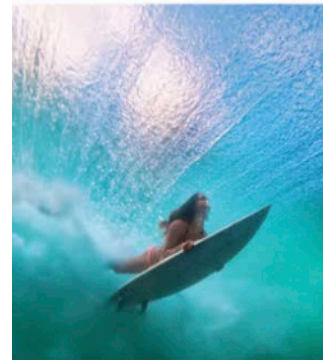
**2019 Ms. Race Captains & Crew**






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The Ocean is Balanced, yet Free.  
The Ocean is Female.*

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**FOUNDATION:** In support of The OisF's mission and in furtherance of our broader goal to support survivors of abuse and connect them to the ocean, The OisF has formed "The OisF Foundation" to serve as the non-profit arm of The OisF coastal brand. A portion of all proceeds from The OisF goes to The OisF Foundation. An approved 501(c)(3) charitable organization, The OisF Foundation is focused on:

-  Sponsoring events that introduce women and children, including survivors and their families, to the restorative energy of the ocean;
-  Supporting local and national organizations focused on the prevention of abuse of women and children; and
-  Encouraging conversation about abuse in an effort to elevate the awareness of the prevalence of abuse in our communities.

Please visit [TheOisF.com](http://TheOisF.com) to learn more about abuse, to find resources for those experiencing abuse, or to discover more about the healing powers of the ocean.



[www.TheOisF.com](http://www.TheOisF.com)



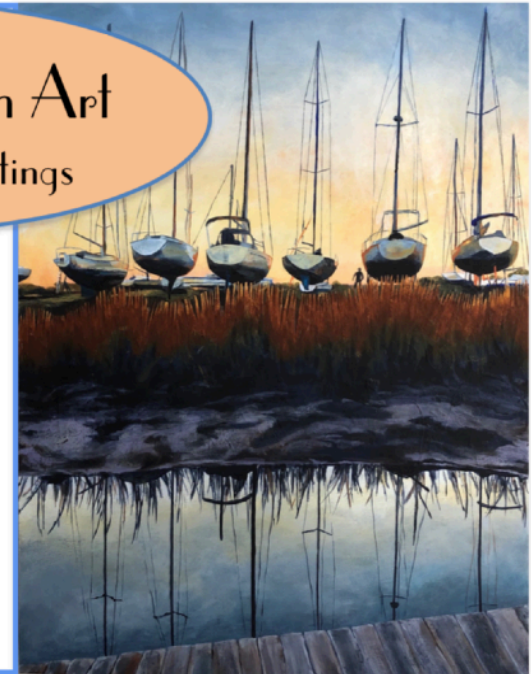
Thank-you  
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*for her most generous support of the*  
**2020 Ms. Race**  
*and*  
**180 turning lives around**



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All proceeds from the *Ms. Race* event  
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180 Turning Lives Around



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*Community Education*  
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[www.180nj.org](http://www.180nj.org)





*Women Racing for Women*



## Stay the Course

by Eileen Campbell



### *A tribute to her niece on a milestone birthday inspired this year's Ms. Race*

It began as a haiku, ***Stay the Course***, written to my niece on her birthday: "You must stay the course, Challenges will line your path, Stay strong and focused". It was my message to her as she enters the tumultuous teen years, when things can go off course. The term signifies staying on track for your goals or destination regardless of the obstacles, but it has become more of a daily call during these challenging times.

This year the unprecedented changes to our daily lives forced us to step back and reassess how we would continue as individuals and as a society. We have seen both the negative and positive sides of radical change happening in a short period of time. There have been terrible stories of loss and suffering that break our hearts, but then there are the people who continue to do amazing things to help their communities in the face of adversity that give us hope. Amidst the flood of news stories we read about a nurse who sailed up from Virginia with other medical staff to live onboard and volunteer at NYU. If you are a sailor you can appreciate the logistics of the journey they had to make, but it was the selflessness of that group of people to help out at the epicenter of the crisis that was so moving.

After considering the logistics and new safety protocols, the Ms. Race Committee decided that regardless of the obstacles, we would work to raise funds for 180 Turning Lives Around. Initially we were not sure if we would be able to host a regatta event and we soon realized that most of our campaign would be virtual events. Many of us have had our fill of video chats and calls, but on the flip side we have seen such a wave of creativity flow from people that previously were not using these platforms for communication. The stream of humorous, beautiful and artistic expressions from people everywhere has given us hope, relief and sometimes much needed laughter.

We felt "Stay the Course" was the appropriate theme for this year's campaign and we decided to try new events to help raise funds for 180 because the current crisis presented even greater challenges in raising funds and helping victims of domestic violence and rape in our community. Recently we hosted a virtual Ladies Night with an exceptional panel of women from the sailing community on a national, regional and local level. Difficult topics of Racism, Bias, Inclusion and Domestic Violence were discussed and the women relayed how these topics affected their personal and sailing lives. We gained greater insight into these issues because these speakers were willing to share their stories. Without the online platform, we may never have had the chance to gather all of the panelists in one evening for discussion.

We look forward to hosting all of the teams for our 16th Annual Ms. Race Charity Regatta and we thank them for returning year after year to support this event. We will continue to work hard to reach our goals for 180, to support our sailing community, and keep the lines of communication open at a time when people really need to reach out to each other. Stay strong, stay focused, stay the course.



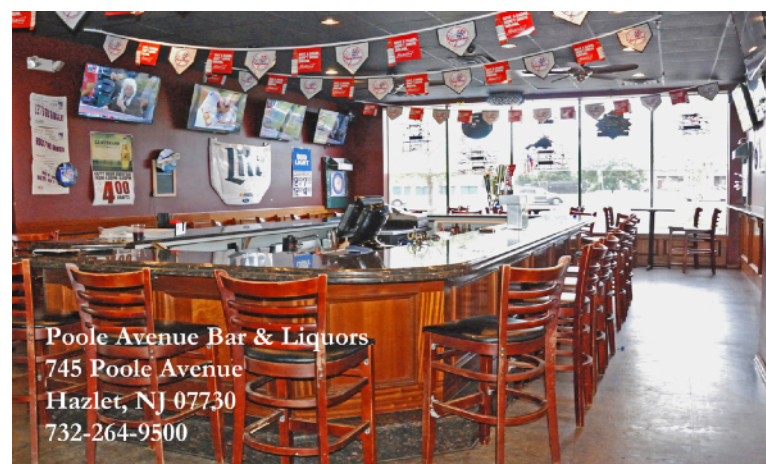
Thank you to  
*Aleen and Steve Colitz*  
for their ongoing support & generosity

*2020 Ms. Race*  
*and*  
*180 Turning Lives Around*



*Thank you to all of our  
Ms. Race Volunteers*

AHYC Race Committee - Peter Chirlian  
Ms. Race Committee Boat - Jack Flannery &  
the Crew from Overlap  
Ms. Race Photographer - Pete Buoy  
Ms. Race Seminar - Elaine Maher



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***Good luck to all the racers!***

***Sail fast ladies 😊***

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**Elaine Maher**

**Karen Harris**

**Beverly Holcomb**

**Lynn Lucarelli, 180**

**Janice Miller**

**Liz Moss**

**Helen Parker**

**LuAnn Rathemacher**

**Bill Sabanski**

**Emily Smith**

**Diane Kropfl**

## **BEST OF LUCK TO ALL THE MS. RACE CREWS**

**We hope you have as much fun as we do!**

From your future crew members of the  
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[www.ahsep.org](http://www.ahsep.org)



## A Special Thanks to our 2020 Ms. Race Supporters

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Stay the Course  
2020 Ms. Race  
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would like to thank our generous donors:*



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Joan Penniman & Walter Krzastek	



*The Sciortino Family  
congratulates  
the Ms. Race on  
"Staying the Course"  
for 16 years.*

*Good luck to this year's  
participants sailing  
for a great cause.*

In Memory of our  
Mom who we lost  
on Dec. 30, 2019.



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