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NEWS & CLEWS
CAPE COD WINDSURFING ASSOCIATION.
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NEWS & CLEWS

To provide, and promote an environment for fun, learning, and community through windsurfing.

presidents message

Greetings fellow boardheads...

The season is off to a great start with the success of the WD-40 Downwind Classic and the King of the Cape Freestyle Pro-Am. I am also very proud to announce that the CCWA has acquired a wind meter at West Dennis Beach which we will be able to access as a part of our membership. You need to be a current member to access this FREE benefit and existing members are encouraged to NOT share the access instructions outside of this association. If you are on line you should have received information via e-mail on how to access this meter. If you have not received this please e-mail me as soon as you can. If you do not have internet access please call me.

There are many more cool events in store for you. In August we have a tail gate party planned with a short meeting



and then the fall race series starts up in September. We hope to see you guys at these events. Volunteers are also needed to help make each event run smoothly so please help when you can. We truly appreciate it. The meeting in August we hope to discuss plans for improvements to the Kalmus Beach launch and rigging area. Be sure to attend to give your feedback.

It has been a slow spring for winds but lately this seems to be changing. The south west winds have returned and hopefully we will have many more SW winds to shred and waves to play in.

See ya on the beach...

Marc Lefebvre, President



1999 Black Dog Windsurfing Pro-Am Results

Here are the results for the 1999 Black Dog Windsurfing Pro-Am, sponsored by Nantucket Nectars:

CCWA West Dennis Beach wind meter installed

West Dennis – The Cape Cod Windsurfing Association (CCWA) in conjunction with The Wind Hotline have setup a wind meter at West Dennis Beach. This wind meter will be accessed via the phone for FREE for current members of the CCWA. "Members will have an exclusive phone number to access this meter and get current wind reports and trend data any time of the day, for FREE", said Marc Lefebvre, CCWA President. As a side benefit, existing members of The Wind Hotline will now be able to access this meter as well through the phone, modem, and their beepers. "We are very excited about this added benefit to the CCWA", CCWA Vice-President, Skip Dennis said, "And it will be very interesting to compare the wind data generated by this meter and the one at Kalmus Beach. We may find out what we have all known all along and that is West Dennis Beach BLOWS!" To get instruction on how to access this meter please pay your 1999 dues as soon as you can and you will receive an e-mail with instructions.



1999 King of the Cape Freestyle Pro-Am Results

AMATEUR: Men

- | | |
|-------------------------|-----------------|
| 1 Christian Klubitschko | 4 Rachel Behnke |
| 2 Stephan Roussan | 5 Sherry Walle |
| 3 Platt Johnson | 6 Marta Downine |
| 4 Fred Vetterlein | 7 Judy Mann |

NOVICE:

- | |
|--------------------|
| 1 Jerry Evans |
| 2 Michael Burns |
| 3 Peter Kimball |
| 4 Sven Hopmann |
| 5 Will Johnson |
| 6 Charlie Reeves |
| 7 Jack Faller |
| 8 Nick Felcetta |
| 9 Mark Reynolds |
| 10 Richard Baker |
| 11 Jeremiah Malina |

AMATEUR: Women

- | |
|-----------------|
| 1 Dana Miedama |
| 2 Nancy Johnson |
| 3 Ellen Faller |

PRO:

- | | |
|-------------------|---------|
| 1 Josh Stone | \$1,500 |
| 2 Web Pedrick | \$1,250 |
| 3 Chip Winans | \$1,000 |
| 4 Ken Tiu | \$750 |
| 5 Alan McLaughlin | \$500 |
| 6 Jace Panebianco | |
| 7 Greg Waller | |

TEAM CHALLENGE:

- | | |
|--|-------|
| 1 Vulcan
Pedrick, Vetterlein, Mann, Burns | \$74 |
| 2 Dragon
Tiu, Roussan, Miedama, Hopmann | \$88 |
| 3 Island Sports
Panebianco, Johnson, Johnson, Johnson | \$100 |
| 4 InlandSea.com
Stone, Mann, Faller, Reeves | \$111 |
| 5 Boston Windsurfing
McLaughlin, Hanson, Downine, Kimball | \$133 |
| 6 Exit-30
Waller, Miedama, Waller, Faller | \$145 |

The carpal tunnel syndrome is a relatively common cause of hand weakness, numbness, and or pain. The problem results from encroachment upon a nerve as it goes through a tunnel in the wrist. This tunnel consists of several small bones in the wrist which form a groove, covered by a fibrous structure known as the flexor retinaculum. A nerve and other structures pass through this groove. The nerve is vulnerable to encroachment by any of several means.

When the nerve is irritated, the hand may become symptomatic with weakness, numbness, or pain. The condition can also cause symptoms in the upper arm, elbow, shoulder or neck. The answer to the problem is to find the reason for the encroachment on the nerve and correct it. Encroachment on the nerve bundle usually develops from injury to the wrist, such as the wrist being bent back forcefully ie. falling with the hands outstretched, or hitting a swinging door with the wrist bent backward.

The diagnosis of a carpal tunnel syndrome very often meant surgery to release the entrapped nerve. Fortunately, with newer methods in chiropractic, orthopedics and physical therapy, early diagnosis and treatment of this condition are favorable without surgery.

...some suggestions:

try all conservative methods before surgery. It may be necessary to support your wrist with an elastic or leather wrapping to prevent re-injury while the ligamentous structure repairs. During this period it is very important that you do not bend your wrist backward, as the condition may recur and need further treatment. As windsurfers, it is important to recognize the symptoms mentioned previously and to visit a chiropractor or orthopedist to begin conservative therapy.

Any or all of the previously mentioned symptoms may occur while windsurfing after therapy is complete and you are pain-free, an exercise program to build up the muscles in the forearm and upper arm may be recommended. However, my recommendation for building strength and endurance to the muscles used in windsurfing once you are symptom free is to GET BACK OUT THERE AND SAIL. Like any sport, start out slow and build up to where you left off. If you have any questions please don't hesitate to contact me through e-mail at WNSRFJAT@AOL.COM or call me at my office at 401-783-2937.

Good health and Good wind.....

Sport Fleet:

- 1) Ian Warren
- 2) Morgan Douglas
- 3) Andrew Wiener

Honorable Mentions:

- Patricia Calahan
Alan Lovewell
Tom LaPointe
Tyler Gibson

Team Relay Award:

- Mike Irving/Pat Calahan

Juniors:

- 1) Seth Besse
- 2) Tyler Gibson

Masters:

- 1) Nancy Johnson
- 2) Platt Johnson
- 3) Bruce Metzger

Amateur:

- 1) Doug Stryker
- 2) Gregg Healey
- 3) Tim Color

Pro:

- | | |
|------------------------------------|--------|
| 1 Jimmy Diaz (V-11), Maui, HI | \$1800 |
| 2 Fissu Barzizza (A-52), Argentina | \$1500 |
| 3 Nevin Sayre (US-L) | \$600 |

This event as in memory of Jacques Manonian.

Carpal tunnel
and windsurfing
Jerome A. Tartaro, Chiropractic Physician

West Dennis Beach – The King of the Cape Freestyle Pro-Am went off HUGE on June 5 and 6th. Willy Skipper, Sail Body 360, Forward Loop, Rail Ride, Lollipop, Back to Front, Vulcan, Front to Back, Spock, Jump Jibe, Wyamroo; these are just some of the moves that the competitors pulled out of their hat of tricks for this two day event. We could not have asked for a better competition. We had light wind freestyle on Day 1, and hi wind freestyle on Day 2, a real nice mix and gave all the competitors equal footing. The first day conditions ranged from 10

quick to climb the standings with some amazing arials. Ken "The Chubster" Tiu was solid the entire event with his proficient longboard and shortboard freestyle moves. Jace Panebianco and Greg Waller had a tough time on Day 1, but on Day 2 when the conditions really started to rage those guys went off. The second day of competition saw conditions that ranged from 15mph up to a high of 25mph and the arials got HUGE. Most competitors were trading move for move. On occasion Josh Stone would Willy Skipper right onto the beach and wave to the judges and ham it up with the watching crowd. Web Pedrick countered with a Wymaroo two feet from the beach. Everyone was just going crazy. After completing 7 pro rounds, 6 amateur, 6 novice, and 6 women's rounds for a total of 66 heats total over two days, we took the top 4 competitors and set up a semi final for each division, with top two advancing for the finals.



to 13 mph and at times peaked at 15. Just enough for a few arial type aerial but the longboard specialists ruled the day. Three time world freestyle champion, Chip Winans from Harwichport lead the event after 4 rounds on Saturday. The Maui and Gorge specialists had a tough time keeping up with the all the crazy moves Chip and fellow longboard specialist Alan McLaughlin pulled out. The most memorable heat would have to be when Alan was riding "Back to Back", meaning his back was to his sail, sailing back winded, no handed and he pulls out three balls and started to juggle. The judges almost fell out of the tower laughing. The longboards will making a killing of it. However, once the wind filled in at the end of the day, Josh Stone and Web Pedrick were

In the Pro Division we had Chip Winans, Web Pedrick, Ken Tiu, and Josh Stone advance into the semi finals. It was a close heat with each competitor try their best to top the others. In the end it was Josh Stone and Web Pedrick who advanced into the finals. It was a battle of the titans with Josh and Web pulling out all the stops, throwing moves with no regard to safety. It was one of the tightest heats in the contest with

Josh eventually coming out on top. It was a show that you just had to see to believe. In the Amateur Division we had local freestyle stand out, Fred Vetterlein, Platt Johnson from Island Sports, Stephan Roussan from Long Island, and Christian Klubitschko from Germany advance into the semi finals. An interesting fact to note is that Christian has actually competed in the King of the Lake, on Lake Garda, the event in which this contest was modeled after. It was a tough heat with a few arials and ALOT of sail manipulation tricks. There duck tacks, body-sail-360's and a host of other great moves. Eventually, Stephan and Christian advanced into the finals for the final battle. Christian with his smooth Euro style freestyle moves, and Stephan with his wild and flashy style, it was a tight heat in which Christian won out in the end. In the women's semi final, Ellen Faller, Rachel Behnke, Nancy Johnson, and Dana Miedama duked it out. Ellen and Rachel tried hard to best Nancy and Dana but eventually succumbed to their wrath. Nancy and Dana advanced into the finals where these ladies battled it out with such intensity. Dana throwing powerful Duck Jibes, and effortless body drags, she convinc-

1999 King of the Cape Freestyle Pro-Am

ingly took the heat for the win. In the novice semi finals, Sven Hopman, also from Germany, Peter Kimball, Michael Burns, and Jerry Evans took to the water to find out who was boss. These group of novices truly impressed the judges with their gung ho attitude to try new things. More forward loop attempts occurred in this division than the higher skilled amateur division. It was an amazing site with a few almost making them. This division also sported two of the youngest competitors of the event, Jeremiah Malina, age 9, and Will Johnson, age 11. They did an amazing job and should be congratulated for their efforts. They are the future of our sport. Jerry Evans and Michael Burns advanced to the finals. Michael tried very hard to best Jerry in the final by throwing as many forward attempts as he could muster. Jerry eventually won out with some super smooth sail handling tricks while on a plane. A very exciting heat to say the least.



When all was said and done, the event was wrapped up with a PWA style awards ceremony complete with Champaign dousing, pewter cups for the King's and Queen of the Cape, crowns for our winners, and big fat checks for the pros, totaling \$5000. Alan McLaughlin in 5th place walked away with \$500 in prize money, Ken "The Chubster" Tiu in 4th place walked away with \$750 in prize money, Chip Winans in 3rd place walked away with \$1000 in prize money, Web Pedrick in 2nd place walked away with \$1250 in prize money, and Josh Stone walked away with \$1500 in prize money. All well earned prize money for their efforts.

This event could not have happened with out the generous support of our sponsors. The prize money was donated in part by: Dunkin Donuts, Hyline Cruises, Cape Cod Windsurfing Association, Saturn of Hyannis, and O'Neill. The sunblock was brought to you by Nantucket Gold. Organizational support was provided by North Sails, F2, Can-Am Sailcraft, Caribbean Wind&Sun Vacations, and the Cape Cod Windsurfing Association. Advertising support was provided by New England Windsurfing Journal and Can-Am Sailcraft.

A big thanks to all those who volunteered their time to help make this event a huge success: Ann Phelan, Jack Quinn, Patty O'Connor, Jerry Tartaro, Dave Boynton, Steve Saunders, Roger Jackson, Trip Forman, Jim Desilva, and Marc Lefebvre.

The CCWA will be organizing trips to attend the events listed on the calendar of events. If you are interested in attending any of the events on our calendar, please get a hold of us as soon as you know. The more people that can go, the more fun, and the lower the cost.

- April 17-24
CCWA Cape Hatteras Trip, Avon, NC
- April 29-May 2
US Sailing Instructor Certification Course, Boston, MA
- May 1:
CCWA Swap Meet, Kalmus Beach, Hyannis, M
CCWA Membership Meeting, Hyannis, MA
- May 15, 16
WD40 Downwind Classic, West Dennis, MA
- May 15
WD-40 Fiberspar Fiesta Sundancers Caribbean Beach Bar & Grill, West Dennis, MA
- May 15
1998 CCWA Season Kick Off Party Sundancers Caribbean Beach Bar & Grill, West Dennis, MA
- May 20-23
Black Dog Windsurfing Pro-Am, Martha's Vineyard, MA
- May 27-31
US Open, Corpus, Tx
- June 5, 6
F2/North "King of the Cape" Freestyle Contest, Hyannis, MA
- June 13
Buzzards Bay Crossing, Falmouth, MA
- June 26, 27
17th Annual Lake George Championships, Hague, NY
- July 3, 4:
Petra Kanz Women's Windsurfing Clinic, Hyannis, MA
- July 10, 11:
Nevin Sayre FREE Kids Windsurfing Camp, Hyannis, MA
Cape Cod Kids Windsurfing Camp (Free), Hyannis, MA
- July 19-24
US Nationals, San Francisco, CA
- July 25-31
CCWA Maui Trip, Maui, HI
- August 7
CCWA Membership Meeting, Hyannis, MA
1999 CCWA Cook-Off Party, Hyannis, MA
- August 14, 15
Martha's Vineyard Crossing, Falmouth, MA
- Sep 4, 5
Cape Cod Windsurfing Series Race #1, Hyannis, MA
- Sep 11, 12
Cape Cod Windsurfing Series Race #2, Hyannis, MA
- Sep 18, 19
Martha's Vineyard Windsurfing Challenge, Martha's Vineyard, MA
- Sep 24-26
AWIA Trade Show, Miami, FL
- Oct 2, 3
Cape Cod Windsurfing Series Race #3, Hyannis, MA
- Oct 9, 10
Cape Cod Windsurfing Series Race #4, Hyannis, MA
- Oct 10
CCWA Reggae Party, The Moorings Restaurant, Hyannis, MA
- Oct 11-16
CCWA Hatteras Windsurfing Trip, Rodanthe, NC
- Oct 11-16
Hatteras Island Windsurfing Championships, Rodanthe, NC
- Dec 25- Jan 1
CCWA New Years Trip/Party, Caribbean

CCWA End of the Season Reggae Party
Sunday, October 10, 1999
6:00pm till 11:00pm

The Moorings Restaurant, Ocean Street, Hyannis. Across from Steamers. \$15.00 per head (children under 15 free) Full course meal, plus entertainment from national reggae recording artists, Third Coast. Awards for the Cape Cod Windsurfing Series will be presented. Door prizes and raffle will be held through out the night. Come celebrate with us the end of a wonderful windy season. For advanced ticket sales and more information please contact Ann Phelan at: phelana@ultranet.com, or (508)778-7105.

- 1 Bi-monthly New&Clews Newsletter from the CCWA.
- 2 Discounted subscriptions to the New England Windsurfing Journal.
- 3 Discounted clinics with national professional windsurfers.
- 4 Discounted sail repair from local sail repair shop.
- 5 Discounted registration for ALL CCWA events.
- 6 Travel discounts through Caribbean Wind&Sun Vacations.
- 7 Discounted memberships to the Wind Hotline.
- 8 10% Discount at Boston Windsurfing (Sailworld).
- 9 FREE wind meter access at West Dennis Beach.
- 10 Friendships that will last a lifetime!!

For more information about any of these benefits or how you can get the most out of your membership, give us a call or send us an e-mail.

Top 10 reasons to join the CCWA

name:					
address:					
home phone:					
work phone:					
e-mail:					
www:					
date of birth:					
sex		weight		height	
membership:		individual(\$40)		family(\$60)	
USWA sail number: <i>if you do not have one, please specify three choices:</i>					
1		2		3	
What is your home beach:					
What is your favorite sail manufacturer:					
What is your favorite board manufacturer:					
Please indicate your skill level and years of windsurfing:					
	beginner	intermediate	advanced	expert	# of years
Please check off what your interests are, either in participating in or helping out with:					
	newsletter	racing	travel	parties	swaps
	leadership	lessons	clinics	membership	teaching
Please use this space for listing any other interests and/or any question or comments you may have:					
In order for us to complete your application for membership please send a check or money order in the amount of \$40 for individual membership or \$60 for family membership to:				Cape Cod Windsurfing Association 500 Ocean Street, Suite 149 Hyannis, MA 02601	