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restoration is advised to read this book beforehand so you know what is ahead and to follow its guidance if you to decide to proceed *The North U. Fast Course* North Sails Group Inc,1981 *The New Book of Sail Trim* Ken Textor,1995 Editor Ken Textor is a writer and sailing enthusiast *Race Training with Jim Saltonstall* Jim Saltonstall,2016-07-21 Race Training with Jim Saltonstall is for all those who wish to improve their personal performance within the most challenging sport in the world It is aimed at racers at all levels of the sport from club right through to international level It aims to improve every aspect of a racer s personal performance from the most important self preparation to boat preparation boat handling boat tuning race strategy starting tactics racing rules compass work and meteorology The book is aimed at all classes dinghies keelboats catamarans and windsurfers as well as coaches at all levels providing training programmes and exercises Jim Saltonstall s method of coaching and race training is acclaimed worldwide This book is certain to be welcomed by his devotees as well as newcomers to the sport of racing If there is one person responsible for the success of the current

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