

# INDEX

Please note that index links point to page beginnings from the print edition. Locations are approximate in e-readers, and you may need to page down one or more times after clicking a link to get to the indexed material.

Numbers in **bold** indicate pages with illustrations

## A

- Abbott, Dave, [112](#)–[13](#)
- Abdu Dhabi Ocean Racing, [168](#)
- absorbed glass mat (AGM) batteries, [94](#), [95](#), [96](#), [97](#), [104](#)
- accidents. *See* injuries and accidents
- active radar reflectors, [141](#)–[42](#), [147](#)
- Adams, David, [157](#)
- Aeppli, Michael, [70](#)–[71](#)
- Aggressive*, [156](#)
- Alaskan stock, [179](#)
- Allen, Skip, [149](#)–[153](#), [159](#), [160](#), [171](#), [195](#)
- Allianz Yachting and Boating policy, [182](#)
- Alonso, Dan, [153](#)–[57](#)
- alternators, [102](#)–[5](#)
- anchoring, [109](#)
- Around Alone race, [4](#), [17](#), [59](#), [112](#), [196](#), [212](#)
- Artemis Offshore Academy, [41](#), [123](#), [205](#)
- ascender, [110](#)–[12](#), [111](#)
- Atlantic Cup race, [100](#)
- audio books and books, [12](#)–[13](#), [188](#)
- Australian Transportation Safety Bureau (ATSB), [144](#)–[48](#)
- Automatic Identification System (AIS): Class A and Class B systems, [143](#), [144](#)
  - collision avoidance and use of, [146](#)–[47](#)
  - operation of, [142](#)–[43](#)
  - power consumption by, [92](#)
  - racing and use of, [44](#)
  - requirement to carry, [143](#)
  - sleep and alarm settings on, [16](#), [21](#)
  - turning off between use, [91](#)
  - usefulness of, [143](#)–[44](#)
- automotive batteries, [94](#)
- autopilots: active sailing performance compared to use of, [212](#)–[18](#), [226](#)–[27](#)
  - adjustments and setting, [51](#)–[52](#)
  - advantages and limitations, [79](#), [82](#)–[83](#), [87](#)–[88](#)
  - boat weight and, [79](#)
  - carrying both a windvane and, [80](#), [83](#)
  - choosing what to buy, [88](#)
  - failure of and damage to, [73](#), [75](#), [87](#), [90](#), [153](#)–[54](#), [159](#), [171](#), [172](#), [226](#)–[27](#)
  - hand steering compared to, [51](#)
  - heavy weather and use of, [150](#), [151](#), [152](#)
  - interference from other electronic systems, [87](#)–[88](#)
  - positioning of, [36](#)
  - power consumption by, [91](#), [92](#), [94](#)
  - remote controls, [88](#)
  - rudder design and, [23](#)
  - sail trim and, [88](#)
  - setting to true wind direction, [51](#), [54](#)
  - tacking and gybing and use of, [88](#), [119](#)
  - tiller steering and pressure on tiller, [114](#)

wind-shift alarms, [16](#)  
windvanes compared to, [79](#)–[83](#)

## **B**

backstays: design for singlehanding, [23](#), [42](#)  
tightening, [115](#)

ballast: stability and, [60](#)  
stacking, [43](#), [44](#), [47](#), [57](#)–[58](#)  
water ballast tanks, [41](#)–[42](#), [45](#), [47](#), [53](#), [58](#)–[60](#), [59](#)

Balmar alternators, [102](#), [104](#), [105](#)

Barcelona World Race, [50](#)

batteries: battery life, [95](#), [97](#)  
charging and discharge rates, [93](#)–[94](#), [95](#)–[97](#), [102](#)–[5](#)  
running electronics from, [91](#)  
shore power, charging with, [94](#), [103](#)  
types of, [94](#)–[97](#), [104](#)  
usable capacities, [94](#), [96](#)

battery management systems (BMSs), [97](#)

*BÃ©la BartÃ©k*, [193](#)–[94](#)

belts and pulleys, [104](#)

Bennet, Glin, [7](#), [10](#)–[11](#)

*Bent*, [153](#), [154](#), [156](#)–[57](#)

Bermuda 1-2 race, [153](#)–[57](#), [173](#)

bilge pump, [176](#)

*Black Feathers*, [22](#)

Blake’s hitch, [112](#)

*BluQube*, [171](#)

boat design and setup: high-performance boats, [22](#), [40](#)–[54](#)  
key features, [22](#)–[23](#)  
looking for singlehanding sailboats, [22](#)  
setup for singlehanding, [23](#)–[39](#)

boat handling: anchoring, [109](#)  
leaving the dock and returning, [106](#)–[9](#)  
low-speed maneuvering, [106](#)  
mooring buoy pickup, [109](#)–[10](#)  
running a boat into other boats, [108](#)  
running boat into a dock, [108](#), [175](#)

boathook, [107](#)

boat washing, [113](#)

BOC Challenge, [4](#), [157](#)

books and audio books, [12](#)–[13](#), [188](#), [233](#)

boom, broken, [158](#), [159](#)

boredom, [12](#)–[13](#), [218](#)–[221](#)

bowel movements, [193](#)

Bray, Andrew, [26](#)

Breymaier, Ryan, [49](#)–[54](#), [62](#)

broadband radar, [139](#)–[141](#), [142](#)

Bruce, Peter, [149](#)

Bruce Schwab Energy Systems, [96](#)

Buck, Joe, [151](#), [152](#), [153](#)

bucket for bailing water, [176](#)

Buddhism, [230](#), [231](#)

Budel, Nico, [181](#)

## **C**

cabin: flooding risks, [150](#)–[51](#), [157](#)–[58](#)  
securing everything in, [158](#)–[59](#)  
setup for singlehanding, [23](#)

Caldwell, John, [17](#)

canting keels, [51](#), [52](#), [53](#), [61](#), [67](#), [69](#), [71](#), [100](#)

carnitine, [221](#)

- centerboard sonar, [148](#)
- change blindness, [145](#)
- chartplotters and chartplotter apps, [136](#)
- Cheetah Power Surge, [221](#)
- Chiles, Webb, [230](#)
- Chinese gybe, [14](#), [52](#)
- circumnavigation, westward, [164](#), [166](#)
- Class 40 yachts: design for singlehanding, [40](#), [45](#)–[49](#), [46](#), [54](#)
  - helm, [22](#)
  - insurance for, [181](#), [183](#)–[84](#)
  - reefing system, [119](#)
  - stacking, [47](#), [57](#)
  - water ballast tanks, [45](#), [60](#)
  - water generator use on, [100](#)
- clean, keeping, [193](#)
- cleats, [32](#)
- Close to the Wind* (Goss), [14](#)
- clothing, [187](#)
- clutches, rope, [32](#)
- Coast Claims, [184](#)
- Coast Guard: communication with, [151](#), [152](#), [194](#), [195](#)
  - purpose of, [184](#)
  - Search and Rescue (SAR) protocol, [151](#)–[52](#)
  - treatment of equipment by, [184](#)
- cockpit: comfort in, [227](#)–[28](#)
  - design for singlehanding, [23](#)
  - setup for singlehanding, [39](#)
  - sleeping hammock, [16](#), [159](#)
- cold cranking amps (CCA), [94](#)
- Coles, Adlard, [149](#)
- Collision-Avoidance Radar Detector (CARD), [91](#), [142](#)
- collisions: case study on collision avoidance, [144](#)–[48](#)
  - lookouts and collision avoidance, [136](#)–[38](#)
  - running a boat into other boats, [108](#)
  - running boat into a dock, [108](#), [175](#)
  - technology for collision avoidance, [16](#), [21](#), [138](#)–[144](#)
- COLREGs (International Regulations for Preventing Collisions at Sea), [136](#)–[38](#)
- communication: living singlehanded, [187](#), [189](#)–[190](#)
  - ship-to-ship communications, [143](#), [152](#)
  - signal flag use by Moitessier, [90](#), [105](#)
- competition, [205](#), [223](#)–[26](#), [224](#)
- confidence, [211](#)
- coping and stress, [7](#)–[14](#)
- Crawford, Thomas, [194](#)
- Creighton, Emma, [46](#)
- Crowhurst, Donald, [10](#)–[11](#)
- cup holders, [39](#)

## **D**

- daggerboards: concept behind and purpose of, [63](#)–[65](#)
  - IMOCA [60](#), [51](#), [53](#), [62](#)
  - lift, leeway, and, [62](#), [63](#)–[65](#)
  - SpeedDream project, [71](#)
- Daisy*, [151](#)
- damage: dismastings, [165](#)–[171](#), [167](#), [169](#), [170](#), [184](#)
  - examples of, [171](#)–[73](#)
  - heavy weather and, [157](#)–[59](#)
  - mental approach to, [169](#)–[171](#)
  - potential for things to break, [173](#)
  - preparing for, [173](#)–[76](#), [174](#)
  - puncture damage, [174](#)–[76](#), [175](#)

rocks, hitting submerged, [177](#)  
rudder failure and damage, [171](#), [173](#), [178](#)â€“79  
Danforth, Murray, [41](#), [42](#)  
danger, watching for, [123](#)  
Darbyshire, Charles, [41](#), [42](#)â€“43, [123](#)  
Dashew, Linda, [149](#), [159](#)â€“160  
Dashew, Steve, [149](#), [159](#)â€“160  
deep-cycle batteries, [94](#)  
*De Franchsman*, [171](#)  
Dennis, John, [6](#)â€“7  
dental care and teeth, [187](#)  
Deppe, Mark, [9](#)  
Desjoyeaux, Michel, [52](#)  
diaper rash, [193](#)  
docking lines, [106](#)â€“7  
docks: leaving from and returning to, [106](#)â€“9  
    running boat into, [108](#), [175](#)  
door handles, [39](#)  
Doublehanded Farallones Race, [25](#)  
downwind sailing with poled-out headsails, [131](#)â€“33, [133](#)  
drag: DSS and, [67](#)â€“71  
    water generators and, [99](#)â€“101  
*Drag Device Data Base* (Shane), [163](#)  
*Dream Chaser*, [142](#)  
drogues, [150](#), [159](#)â€“164, [160](#), [162](#)  
Du Moulin, Richard, [38](#)  
Dynamic Stability System (DSS): concept behind and purpose of, [65](#)â€“67  
    experience of using, [70](#)â€“71  
    lift, drag, and righting moment, [67](#)â€“71  
    SpeedDream project, [71](#)

## E

Echomax active radar reflector, [141](#)â€“42, [147](#)  
eggs, [186](#)  
electricity. *See* power systems and electricity  
electronic systems: communication between components, [87](#)  
    downflooding and damage to, [158](#)  
    failure of, [90](#), [174](#)  
    frustration and problems associated with, [89](#)â€“91  
    interference from and operation of systems and instruments, [87](#)â€“88  
    mixing instruments from different manufacturers, [87](#)  
    power consumption by, [90](#)â€“91, [92](#)  
    power requirements, [91](#); 3:00 A.M. effect and, [21](#)  
    turning off between use, [91](#)  
*Ella*â€“*TM*s *Pink Lady*, [144](#)â€“48, [163](#)â€“64  
*Elmarleen*, [172](#)â€“73  
emotional challenges. *See* mental and emotional challenges  
emotional inertia, [13](#)â€“14  
energy and lethargy, [218](#)â€“221, [219](#), [228](#)n13  
engines, generating power with, [102](#)â€“5  
enlightenment, [230](#)  
exercise, [220](#)  
*Exit Only*, [112](#)â€“13

## F

Fastnet Marine Insurance, [181](#), [183](#)â€“84  
Fastnet Race storm, [151](#)  
fenders, [106](#)  
Figaro Beneteau II: design for singlehanding, [40](#)â€“43  
    insurance for, [182](#)  
    spinnakers for singlehanding, [37](#)â€“38, [42](#)â€“43

- water ballast tanks, [41](#)–[42](#)
- Figaro racing series, [40](#)
- Fike, Matthew, [9](#)–[10](#)
- first aid, [193](#)–[98](#)
- fixed water generators, [99](#)
- flashlights, [143](#)
- flooded batteries, [94](#)–[95](#), [96](#), [97](#)
- flooding: damage from, [171](#)
  - hatchboards and downflooding, [150](#)–[51](#), [157](#)–[58](#), [171](#)
  - methods to stop, [175](#)–[76](#)
  - pumping out water, [176](#)
- food and meals: cooking during heavy weather, [159](#), [186](#)
  - freeze-dried foods, [44](#)–[45](#), [185](#)
  - improving energy, [220](#)
  - planning for voyages, [185](#)–[86](#)
- œFoolish 50 Miles, Theœ (Evans), [20](#)–[21](#)
- Foolish Laughter* (Tanzer 22), [20](#)–[21](#), [126](#), [148](#), [174](#)
- Foolish Muse* (Olson 30): autopilot use (or failure) on, [79](#), [126](#)
  - boat of author, [3](#)
  - dismasting, [167](#), [168](#), [184](#)
  - DSS use on, [68](#), [69](#)
  - emergency rudder for, [179](#)–[181](#), [180](#)
  - gybing a spinnaker, [126](#)–[27](#)
  - performance of, [55](#)
  - solar panel use on, [97](#)–[98](#)
  - spinnaker problems and solutions, [129](#)
  - wash day, [113](#)
  - whale sighting while sailing, [188](#)
- foresails. See headsails
- forestays, [172](#)
- Freeman, Jerry, [4](#)–[5](#), [171](#)–[72](#)
- fuel cells (power cells), [100](#), [101](#)

## **G**

- Gabriel, Ruben, [165](#)–[66](#), [169](#)–[171](#), [184](#)
- Gallman, Phil, [141](#)
- garbage, [187](#)
- gel batteries, [94](#), [95](#), [96](#), [97](#)
- Genasun batteries, [96](#)–[97](#)
- generators, [101](#), [105](#)
- genoas: changing sails, [117](#)–[18](#)
  - folding and storing, [109](#)
  - reef points and reefing, [35](#)
  - setup for singlehanding, [35](#)
  - trimming, [115](#)
- genset, [100](#)
- ginseng root, [220](#)–[21](#)
- Global Ocean Race (GOR), [46](#), [48](#), [181](#), [183](#)–[84](#)
- Godforsaken Sea* (Lundy), [157](#)
- Golden Globe Race, [90](#), [105](#)
- Golding, Mike, [17](#), [186](#)
- golf cart batteries, [94](#), [95](#)
- Gooch, Coryn, [80](#)
- Gooch, Tony, [80](#)–[83](#), [132](#)
- Goss, Pete, [14](#)
- Grigri, [110](#)–[12](#), [111](#)
- gybes and gybing: autopilot use and, [88](#)
  - main and jib in extreme wind, [131](#)
  - performance and, [72](#)
  - singlehanded sailing and, [72](#)
  - speed of, [72](#)

spinnaker gybing and main-first method, [123](#)–[27](#)  
spinnaker gybing without an autopilot, [126](#)–[27](#)  
spinnakers, [42](#)–[43](#), [128](#)

## H

Hadland, Roy, [103](#)  
*Halcyon*, [153](#)–[57](#)  
Hall, Josh, [48](#)  
Hall, Ron, [10](#)–[11](#)  
hallucinations, [9](#)–[10](#), [16](#)  
halyard locks, [29](#)  
halyards, [28](#)–[29](#)  
hammock in cockpit, [16](#), [159](#)  
Hancock, Brian, [71](#)  
handrails, [27](#)–[28](#)  
hankee yankee sail, [164](#)  
harnesses, [27](#)  
Harris, Joe, [45](#)–[49](#), [90](#), [173](#)  
Hart, Allan, [184](#)  
hatchboards and downflooding, [150](#)–[51](#), [157](#)–[58](#), [171](#)  
Hatfield, Derek, [13](#)–[14](#), [15](#), [90](#), [158](#), [218](#)  
*Hayai!* [181](#)  
Hayman, Bernard, [136](#)–[37](#)  
Hayward, John, [142](#)  
heads, [23](#), [193](#)  
headsails: changing sails, [49](#)–[50](#), [117](#)–[18](#)  
    folding and storing, [109](#)  
    furling systems, [35](#), [132](#)  
    poled-out headsails, [131](#)–[33](#), [133](#)  
    reef points and reefing, [35](#), [119](#)  
    setup for singlehanding, [34](#)–[36](#)  
    size of sails and singlehanding, [35](#)  
    trimming, [115](#)  
hearing voices, [10](#)  
heaving-to, [133](#)–[35](#)  
*Heavy Weather Sailing* (Bruce and Coles), [149](#)  
heel and heeling: degree of heel, optimal, [58](#), [69](#)  
    Dynamic Stability System, [65](#)–[71](#)  
    forces on keel and, [56](#)–[57](#), [116](#)  
    forces on rudder and, [57](#)  
    leeway and, [55](#)–[56](#)  
    mast and, [71](#)  
    stacking and, [43](#), [44](#), [47](#), [57](#)–[58](#)  
    upwind sailing, [55](#)–[57](#), [56](#), [115](#)–[17](#)  
    water ballast and, [41](#)–[42](#), [45](#), [47](#), [53](#), [58](#)–[60](#), [59](#). *See also* daggerboards

helm, [22](#)–[23](#)  
Hennessey, Mike, [100](#)  
heroes, [3](#)–[4](#)  
Hogg, Peter, [178](#)  
Horsfield, Craig, [24](#)–[25](#), [27](#), [31](#), [43](#)–[45](#), [101](#), [143](#), [223](#)  
Hruza, Ivo, [153](#)  
Hughes, John, [4](#), [6](#), [166](#)–[67](#), [168](#)–[69](#)  
hulls: puncture damage, [174](#)–[76](#), [175](#)  
    strength of, [108](#), [175](#)  
Husick, Chuck, [138](#)–[39](#)  
hybrid water generators, [100](#)–[101](#)

## I

Iditarod Trail Sled Dog Race, [205](#), [209](#)–[10](#), [228](#)  
IMOCA 60: canting keels, [51](#), [52](#), [53](#), [100](#)  
    daggerboards, [51](#), [53](#), [62](#)–[65](#), [64](#)

design for singlehanding, [40](#), [49](#)–[54](#)  
stacking, [57](#)  
water ballast tanks, [53](#), [60](#)  
water generator use on, [100](#)  
weather helm on, lack of, [51](#), [62](#)

*IMP*, [151](#)

inattention blindness, [145](#)

injuries and accidents: avoiding, [190](#)–[93](#)

first aid, [193](#)–[98](#)

insurance, [181](#)–[84](#)

International Convention for the Safety of Life at Sea (SOLAS), International Maritime Organization, [143](#)

International Maritime Organization, International Convention for the Safety of Life at Sea (SOLAS), [143](#)

International Regulations for Preventing Collisions at Sea (COLREGs), [136](#)–[38](#)

iron, [220](#)

ISAF Offshore Racing Rules, [143](#)

## **J**

J/80, [120](#), [131](#)

J/105, [120](#), [131](#)

jacklines, [23](#)–[26](#)

*Jbellino*, [171](#)

jibs: changing sails, [117](#)–[18](#)

downhauls, [36](#)

folding and storing, [109](#)

furling systems, [35](#), [47](#)

gybing in extreme wind, [131](#)

poled-out jib steering system, [77](#)–[79](#), [78](#)

reefing, [119](#)

retrieving from water, [50](#)

self-tacking, [36](#), [119](#)

setup for singlehanding, [34](#)–[36](#)

storm jib as patch for puncture damage, [175](#), [176](#)

storm jib steering system, [75](#)–[77](#), [76](#), [79](#)

trimming, [115](#)

twisting, [116](#)

jibsheet: continuous sheet, [30](#)

setup for singlehanding, [29](#)–[30](#)

Jordan, Don, [161](#)

Jordan Series drogue, [160](#)–[63](#)

*Joseph Young*, [166](#)–[67](#), [168](#)–[69](#)

Jourdain, Roland, [54](#)

Jung, Carl, [9](#), [231](#)

## **K**

Kamen, Paul, [180](#), [181](#)

keels: angle of attack, [55](#)–[56](#)

canting keels, [51](#), [52](#), [53](#), [61](#), [67](#), [69](#), [71](#), [100](#)

heeling and forces on, [56](#)–[57](#), [116](#)

line caught on, [173](#)

SpeedDream project and canting keel, [71](#)

upwind sailing, [116](#)

kilowatts, kilowatt-hours, and watts, [94](#)

*Kim Chow*, [164](#)

King, Nigel, [123](#), [124](#), [125](#)

*King of Shaves*, [171](#)–[72](#)

*Kiwi Spirit*, [174](#)

Klingler, Kerry, [131](#)

knives, [45](#), [130](#)

knockdowns, [158](#)–[59](#)

knotmeter, [115](#)

Knox-Johnston, Robin, [3](#), [4](#)

## **L**

lazyjacks, 33â€“34  
Le Cam, Jean, 52  
lee helm: concept of, 114  
    IMOCA 60, 51  
    sail trim and, 115  
    ways to reduce, 115  
leeway, 55â€“56  
Leitch and McBride Custom Sailmakers, 37  
lethargy and energy, 218â€“221, 219, 228n13  
Lett, Richard, 102â€“5  
Lewis, H.E., 11  
lifelines, 27, 184  
lift: angle of attack and, 55â€“56;  
    DSS and, 67â€“71  
    heeling and, 56â€“57  
    lift produced as square of speed, 56  
    speed is your friend philosophy, 56, 70  
lighting, 91, 92  
Lightship Race, 151  
line handling: coiling lines, 31  
    setup for singlehanding, 28â€“32, 30, 31  
    tangled lines and safety, 28; 3:00 A.M. effect and, 21  
lithium batteries, 94, 96â€“97  
Lombard, Marc, 40, 41â€“42, 48  
*Long Way, The* (Moitessier), 11  
lookout, requirement to maintain, 136â€“38  
Lundy, Derek, 157

## **M**

MacArthur, Ellen, 3, 6, 16â€“17, 19, 57, 90â€“91, 186, 212  
MacFarlane, Rob, 176â€“79  
Madding, Andrew, 128â€“29  
mainsails: gybing in extreme wind, 131  
    jiffy reefing systems, 118â€“19  
    lazyjacks, 33â€“34  
    raising, 50â€“51  
    reef points and reefing, 33, 117, 118â€“19  
    spinnaker gybing and main-first method, 123â€“27  
    trimming, 115  
    twisting, 116  
mainsheet, 32  
Maister, David, 12  
Manuard, Sam, 48  
marine batteries, 94  
marine cranking amps (MCA), 94  
mast: breaking and cutting loose, 158  
    climbing, 110â€“13  
    design for singlehanding, 23  
    dismastings, 165â€“171, 167, 169, 170, 184  
    failure of fittings and potential loss of, 172â€“73  
    heeling and weight of, 71  
Mastclimber, 110, 111  
mast steps, 112â€“13  
Mayers, Adam, 6â€“7, 13â€“14, 17  
McBride, Rick, 37â€“38  
Mead, Oscar, 171â€“72  
meals. *See* food and meals  
medical references, 196â€“97



mental and emotional challenges: boredom, energy, and lethargy, [12](#)–[13](#), [218](#)–[221](#), [219](#), [228](#)–[231](#)  
calms and light winds and, [11](#)–[12](#)  
coping and stress, [7](#)–[14](#)  
damage, response to, [169](#)–[171](#)  
emotional inertia, [13](#)–[14](#)  
hallucinations, [9](#)–[10](#), [16](#)  
hearing voices, [10](#)  
heavy weather, [149](#)–[157](#)  
mindfulness and, [11](#), [221](#)–[23](#)  
positive and negative emotions, [11](#)  
singlehanded sailing and, [6](#)–[7](#)  
sleep, [8](#)–[9](#), [14](#)–[19](#); 3:00 A.M. effect, [19](#), [21](#), [145](#)–[46](#)  
visual disturbances, [8](#)–[9](#)  
waiting and, [12](#). *See also* winning-attitude study during Singlehanded Transpac

Miller, Katie, [171](#)

mindfulness, [11](#), [221](#)–[23](#)

Mini 6.50 yachts: AIS use on, [143](#)

box rule, [67](#)

Class 40 compared to, [47](#)

design for singlehanding, [40](#), [43](#)–[45](#)

DSS testing on, [67](#)

insurance for, [184](#)

power cells (fuel cells) use on, [101](#)

stacking, [43](#), [44](#), [57](#)

water ballast tanks, [41](#), [60](#)

Mini Transat races, [43](#), [44](#)–[45](#), [101](#), [223](#)

Mirabel, Michel, [48](#)

Moitessier, Bernard, [11](#), [90](#), [105](#), [190](#)

*Mokihana*, [194](#)

mooring buoy pickup, [109](#)–[10](#)

motors: reliability of, [107](#)–[8](#)

sails on and ready to go as backup to, [107](#)–[9](#)

turning the boat with, [106](#)

Mount Gay [30](#) class, [58](#), [60](#)

multihulls, [24](#)

Murray, Walt, [86](#)

## **N**

*Na Na*, [150](#)

National Championship, [174](#)

navigation, [136](#)–[38](#)

navigation station, [23](#)

Navigators & General Yacht & Motorboat policy, [182](#)

needs, hierarchy of, [230](#), [231](#)

*Nereida*, [112](#), [113](#), [158](#)–[59](#), [164](#), [189](#), [190](#)

Newport [33](#), [176](#)–[79](#)

North Sails, [115](#)

nuts, [220](#)

## **O**

Observer Transatlantic race, [7](#), [11](#)

Odom, Dwight, [150](#)

Olson, Gary, [176](#)

Olson 30. *See Foolish Muse* (Olson 30)

*One Mind* (Fike), [9](#)–[10](#)

Open 30 yachts, [61](#)

Open 50 yachts, [46](#), [47](#)

Open 60 yachts, [22](#), [47](#), [48](#), [49](#), [59](#). *See also* IMOCA [60](#)

OSTAR races, [7](#), [25](#)–[26](#)

overboard experiences, jacklines, and tethers, [24](#)–[27](#)

Owen, Merfyn, [51](#), [61](#)–[62](#), [63](#)–[65](#)

## **P**

Paris, Stanley, 36, 174

passive radar reflectors, 142, 147

performance: active sailing, speed, and performance, 212–18, 213, 215, 216, 217, 224, 228

gybing and, 71

heeling and upwind performance, 55–57, 56

leeway and, 55–56

polar diagrams, 53, 212–14, 213, 224, 228n11

sail trim and, 53–54

software to track and manage, 53

stacking and, 43, 44, 47, 57–58

tacking and, 71

*Performance Racing Trim* (North Sails), 115

Petroka, Synthia, 184

Peyron, Loick, 52

Pike, Dag, 137, 148

pitchpole, 158, 218

pockets in cockpit, 39

polar diagrams, 53, 212–14, 213, 224, 228n11

poled-out jib steering system, 77–79, 78

Pornichet Select, 24–25

Power, Richard, 181, 182–84

power cells (fuel cells), 100, 101

power systems and electricity: AC-to-DC converters, 91

creating power, 90, 93, 97–105, 98, 99, 100, 101

DC power, 91

failure of and damage to, 90, 172, 173, 189–190

frustration and problems associated with, 89–91, 189–190

power budget, 91–95, 97

reducing power requirements, 90–91, 105

watts, kilowatts, and kilowatt-hours, 94. *See also* batteries

problems and mistakes: learning from, 3

preventing, 1

stressing out about, 52

propellers: line wrapped around, 154, 155

prop walk, 106

pulleys and belts, 104

puncture damage, 174–76, 175

## **Q**

*QII*, 171

## **R**

racing: acknowledging port/starboard and windward/leeward rules, 204

cost of, 212

crewed boats, racing against, 199–202, 201

distance races, 199

full participation and winning attitude, 53

handicap adjustments, 199–200

learning to sail well, 199

leeward mark, rounding, 203–4

opportunities for, 199

professional racers, 52–53

round-the-buoys races, 199–200

sailing around the world quickly and safely, 52

school for singlehanded racing, 41, 123, 205

starting line, 200–203, 201

windward mark, rounding, 203

winning compared to finishing, 205. *See also* winning-attitude study during Singlehanded Transpac

radar: antenna for, 139