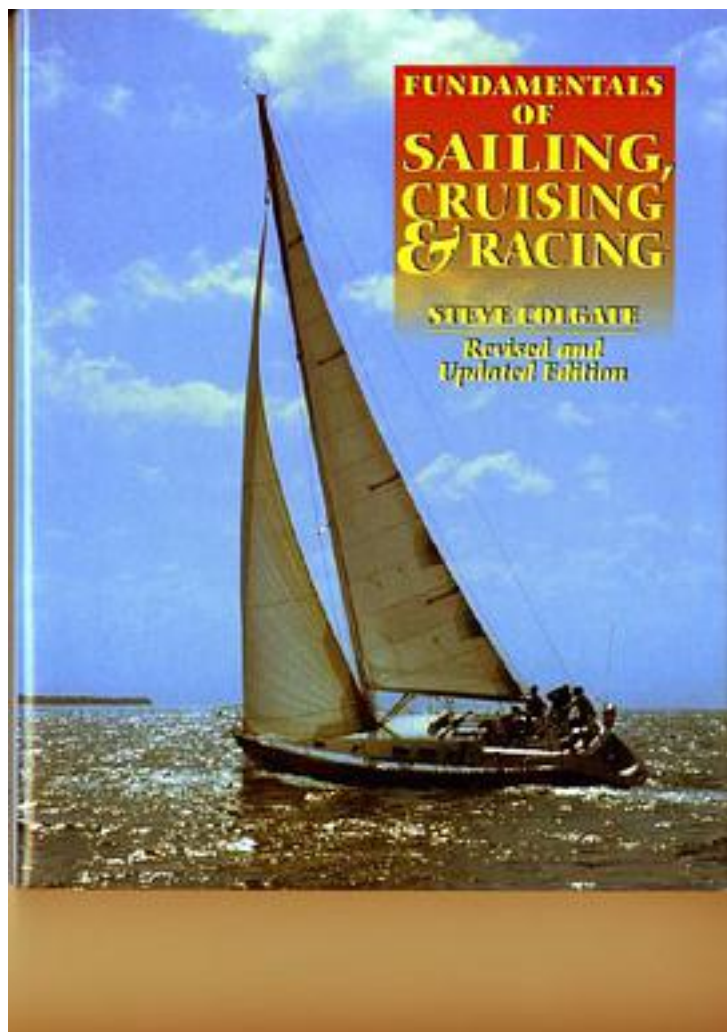


# Fundamentals of Sailing, Cruising, and Racing



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著者:Steve Colgate

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Stephen Colgate, the founder and president of the Offshore Sailing School, removes

the mystery of sailing and reduces the techniques to basic, simple principles. He instructs the reader on all matters from how sails work under various conditions to night sailing and piloting, tactical problems and heavy-weather racing, emergencies, safety, boat control, and all other fundamentals. This edition contains the latest technological advances in equipment, and the newest rules, regulations, and strategies that are critical to safe and pleasurable time on the water. The result is a superior resource that is an absolute must for all sailors.

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