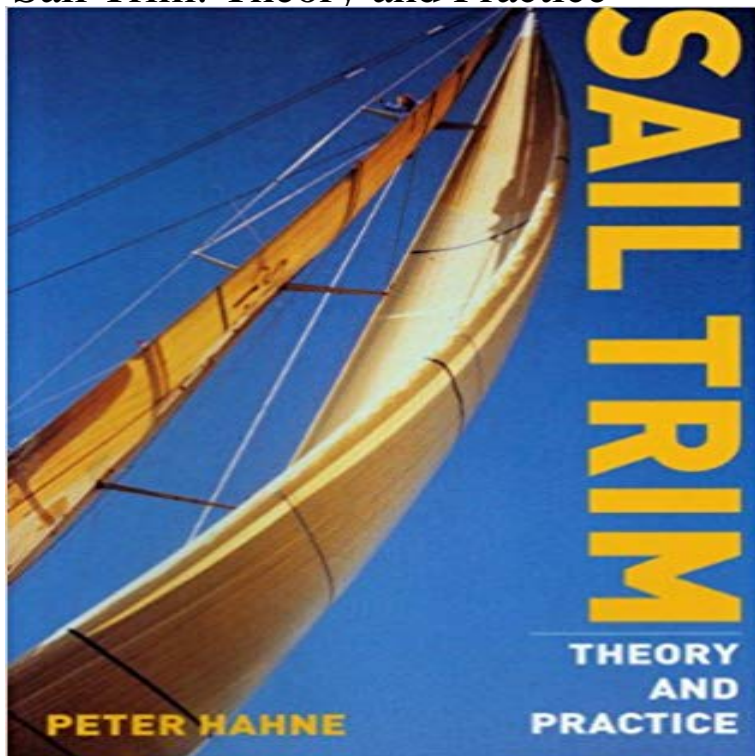


## Sail Trim: Theory and Practice



Good sail trim can mean the difference between winning and losing a race or reaching harbor before the tide turns. This book demystifies the skill of good sail trim with the aid of superb color diagrams and photograph, to enable racers and cruisers alike to sail efficiently and get the most out of their boats. Taking account of all types of wind condition the author explains: aero and hydrodynamics, rig types, the best way to rig a vessel, sail cloth and cut, the right trim for the mainsail and smaller sails, and sailing before the wind. There is really only one way to set your sails for maximum efficiency; this book explains how.

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