

Preparing for a Long Race

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A Little History

- 1979 First Port Huron Solo Mac – 230 NM
- 1981 First Super Mac – Port Huron to Chicago - 517 NM
- 1997 First Chicago Solo Mac – 287 NM
- 2002 First Super Mac – Chicago to Port Huron – 517 NM
- 2008 First Super Mac and Back – Port Huron to Chicago to Port Huron & Chicago to Port Huron to Chicago 1034 NM
- The Super Mac & Back is the Longest Race in the Great Lakes

How many days to plan for?

- What is different than the Solo Mac? It's Longer!
- GL3 – Beneteau First 30 – 1979
- Assume about 100 NM per day (based on experience)
- For planning add 30%
- For SM&B – 1034 NM – $10 \frac{1}{2} + 3 = 14$ days
- Actual:
 - 2008 – $11 \frac{1}{2}$ days
 - 2011 – 10 days 7 hr

Areas to Consider

- Navigation
- Auto Pilots
- Food
- Battery Charging / Fuel
- Sleeping
- Water
- Holding Tank

Navigation

- Used Chart Plotter w/ waypoints programmed
- NOAA charts for lake and key areas & harbors
- Chart books for Lake Michigan & Huron
- Logged position, speed, course, wind, etc. every 3 hours

Self-Steering

- You can never have enough Auto Pilots
- Carried 4 ½ Auto Pilots & Navick Plastimo Windvane
- Primary Auto Pilot – Raymarine S-1
 - Steer a course to wind
 - Has rate gyro – helps steer in following seas
- Spend time tuning and learning how to adjust for different conditions before the race

Food

- Wrote out a schedule for 15 days on Excel spread sheet
- Carried food for good and bad weather
 - Good weather food mostly cans
 - Bad weather food cup of soup & granola bars
- Carry some milk, salad materials, cheese in ice box
 - Ice will be gone in 3 to 5 days depending on weather
 - Carry some drinks in bilge area under cabin seats – “luke cool”

Battery Charging & Fuel

- Will charge more often on long race because use initial full charge on first day or so
- Assumed 3 hr / day at 2000 rpm or .2 gal / hr. – 9 gal
- But started with 25 gal tank full
- In 2008 averaged 1.9 gal / day – 4.4 gal

Sleep / Watch Keeping

- Used Watch Commander
- Identified pinch points and traffic lanes & planned to stay awake
- Electronics
 - Have a good radar reflector (some do not do well when boat is heeling)
 - AIS – active system, integrated with my Raymarine Chart Plotter
 - CARD – similar to fuzz buster
 - Sirius Satellite Weather
 - VHF – Ch 16, 9, 72 - radio turned on and volume up

Water & Holding Tank

- Onboard Supply
 - 30 gallon tank
 - 4 gallon drinking water w/ice
 - 4 x 2.5 gallon water jugs
- Installed and use lake water pump – washing hands, dishes, tea pot
- Occasional bucket shower in cockpit
- Holding tank is marginal
 - Don't use flushing water
 - Air freshener in head & use Lysol spray freshener