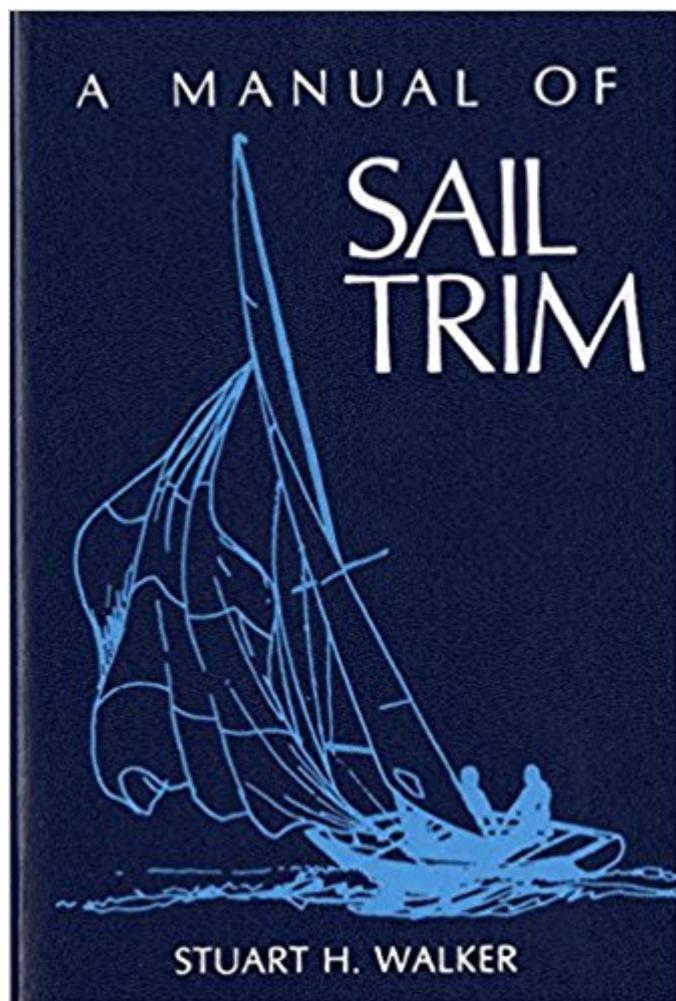


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# A Manual Of Sail Trim



## Synopsis

A guide for racing covers the principles of sail trim, crew movement techniques, maneuvers, and control systems, and gives advice on adjusting to special conditions. Illustrated throughout

## Book Information

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## Customer Reviews

Stuart H. Walker is professor of pediatrics emeritus at the University of Maryland Medical School and an international dinghy champion. He was a member of the 1968 U.S. Olympic team and the 1979 U.S. Pan-American Team.

I would be hugely pleased to have the author of this book on my sailboat at any time... partly because he clearly knows a lot of things I want to know and partly because it's sometimes hard getting it out of the book. There are little supporting statements missing here and there that can pose knock-out obstacles to your average sailor reader (including me, a 50 year amateur). I read and re-read and infer and glean and hypothesize and maybe I get it. But afterward it's clear that a simple sentence stating the basic connection would have saved me much grief. I cannot throw this book out, because some day it will summarize all the things I have eventually come to know through some other route. Welcome aboard, Stuart!

It has been a couple years since I purchased this book and I have yet to completely read it. Okay, I am a slow reader, I must admit. And maybe my reading comprehension level is lower than average. So I make the best with what I have and try to wade through this intensely informative book. The

book does make you want to try different setups, to approach sailing differently. But I get bogged down in some of the rhetoric, or what I consider rhetoric. Maybe its just a further explanation I fail to grasp. I find myself jumping back and forth between chapters or pages or even paragraphs in attempt to find SOMETHING more enlivening. The author is obviously a brilliant sailor but sometimes I find brilliance to be boring.

A very good description of practices with fantastic but limited graphics. I have understood a lot of things reading and re-reading it in parallel with sailing. My regrets are 1/ limitations concerning principle description, 2/ that it covers only sloop keel boats

This book bases its instructions on the expectation that you are using of a day sailor for racing. If you want to improve your sail trim on cruising boats, this is less helpful. Also, since I am not mathematically inclined much of it was too technical for my taste. Save the formulas and give me the empirical observations to go by.

Good information; however a bit wordy.

Very thorough but somewhat difficult to read if english is not your native language. I learn a lot about the faults I made earlier...

This is not a book to read once and then go sailing and win. At least for me, I had to read a chapter or two, go out and try it, the read and repeat. The bit that helped me the most was the theory of the vang. I've used it for downwind legs to hold the boom down but not for upwind. With a bendy mast you can open up the leach by using the vang on the upwind legs too. It pushes the mast forward and induces a bend. With a stiff mast it closes off the leach. It's just one more control that I wasn't using well. The terms "power up" and "vector" and used all over the place, and honestly if I knew what would "power up" the boat while keeping my boat pointing all the time I wouldn't need this book, but there are clues as to what will help drive the boat. The text on the spinaker is also great. You really do need to keep the leading edge just at a curl and Stuart explains why. It does help, I pass boats going downwind all the time who have stalled their spinakers. If you are a serious single design racer you need this book. You PHRF'ers will rarely know if what you are doing helped other than to watch the knot meter. If you beat another boat, was it just sail area and hull length? Or did you really get the maximum performance out of your sails. And yes those tell-tails are key to seeing

the air flow on the sail.

Walker's book has withstood the test of time. First published over 20 years ago, it remains an active seller on for good reason. The Manual of Sail Trim is detailed and thorough. In fact, its strength is also its weakness. Walker presents the physics and science of sail trim in a very prescriptive manner. Problems are described and solutions prescribed. The writing is precise and technical. Walker approaches sailing and sail trim as a scientific problem; describe the problem, collect data, analyze, and prescribe solutions. He provides sample charts to record data on sail trim, sail controls, and boat speed; the kind of information that helps top competitors remain at the top. However, for many of us, especially novice sailors, the information and its presentation is a bit daunting. If you are new to sailing, this is probably not the best introduction to the sport. The information and presentation can be overwhelming to the neophyte sailor, contributing to the notion that sailing is a complicated proposition. There are better books for those learning to sail. However, if you have gone beyond the basics and wish a more thorough understanding of sail trim and prescriptions for the varied conditions sailors encounter, then this is the book to have in the book locker. A Manual of Sail Trim is best thought of as a reference book, a book to review when boat speed has been elusive. For the racer, Walker's book is a must have; for the rest of us it is a useful but not essential volume in our library.

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