

Local Team Wins Sailing Distance Race



Steve Lohmayer and Jay Sonnenklar, flying a hull across the finish line.

The 25th Annual Key Largo Steeplechase was held in Key Largo December 12-13 with 20 teams of catamaran sailboats from around North America competing, including a two-time Olympic Silver Medalist. The race is a 110-mile trek around the islands with the first leg a relative drag race down the ocean side of the islands. The second leg up the Florida Bay side requires a lot of navigation skills and water reading for the sailors.

Steve Lohmayer of Tavernier and Jay Sonnenklar of Miami, took top honors both on first to finish and on handicap. After 110-miles of grueling sailing in winds near 25 mph, they won by a mere five second.

The annual race was sponsored by Catamaran Sailor Magazine of Key Largo, and Rick White's Sailing Seminars of Key Largo. The headquarters for the race, as well as the start and finish was at the Caribbean Club in Key Largo. The History and Trophies

It all started 19 years ago when a group of CABB

(Catamaran Assn. Of Biscayne Bay) members decided to try a race around Key Largo - no entry, no frills, no award. The total distance was 110 miles—the course starts at Jewfish Creek and goes clockwise around the Keys, through Angelfish Creek, down Hawk Channel, through Channel 5 Bridge and back to Blackwater Sound.

The first race was won by Rick White, Key Largo author and Sailing Hall of Famer. Meanwhile, one of the ladies on ground crew had meandered into the woods and found an old dilapidated lawn chair. As a joke she presented this old lawn chair to White at the finish. After sailing all that distance, White didn't take it as a joke. He rather proclaimed, "Great! This 'Olde Lawn Chair' will be the Annual Perpetual Trophy for the race."

The race is always the second weekend of December yearly, with next years dates being December 11-12, 2010.

For more information see www.Catsailor.com

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Green Resolutions

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Vegetarian meals offer many choices. Once a week, eat raw foods, like a wonderful salad, for the highest level of nutrients. Black beans and rice, pasta and cheese, pizza are all classic no-meat dishes.

Take showers more often than baths, saving even more water with an efficient showerhead.

Clothes get clean in cold water just as well as hot, especially when using a biodegradable detergent. When was the last time you hung clothes out to dry?

Use a filter for your tap water to avoid buying bottled water. Take a reusable thermos with you on the road. Raise the thermostat a bit and stay comfortable under a ceiling fan.

Make sure the insulation between your roof and your ceiling is doing the best job

possible. Consider painting your roof white - you could save 20% on your summer electric bill. Really!

Replace light bulbs with energy and dollar saving LED or CFL bulbs. You won't have to climb the ladder as often to change them also.

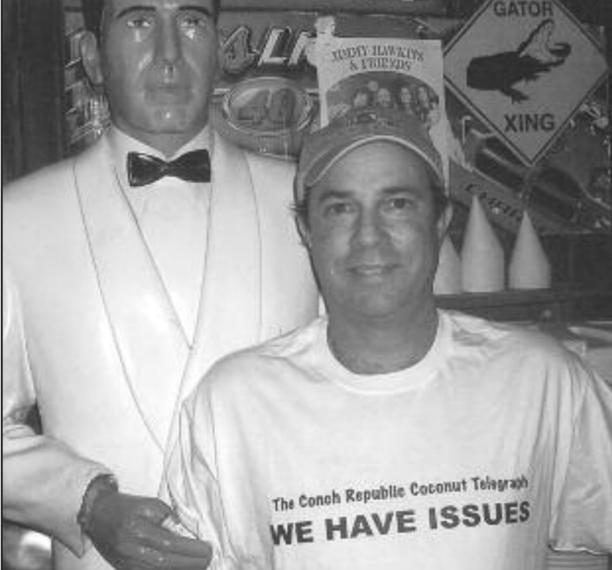
Use re-chargeable batteries for toys, gadgets and tools. Better yet, look for toys like kites, board games and outdoor sports that don't need any batteries.

Walk, bike, use public transit or car-share when you can. The emissions and money saved will be immense.

Put your water heater on a timer - or simply flip the breaker when not needed - you will be surprised how much energy and money you will save.

Here's hoping 2010 is a healthy, happy and greener year for us all.

Hunk of the Month



Ricky Cortina