

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

24 HOUR EMERGENCY SERVICE

Compassionate Health Care for Your Animal Friends

Geoff Bailey, DVM

Medicine • Surgery • Dentistry
Radiology, Endoscopy and Laboratory Diagnostics
Microchip ID • Kitten Adoption
Boarding • Grooming • Drop-Offs
~ House Calls Available ~
Appointments 6 Days a Week

Office hours: Monday—Friday 8-5; Saturday 8-1

305 453-0044
MM100.6 Bayside • Key Largo

Tropical Styles Hair Salon

Now offering Gels & Acrylics. Full Service Salon.

New! SolarStorm Tanning Bed

Rita, Sylvia & Tina

Weddings - in the Salon or at Your Venue

Tues-Sat 9-4 **305.451.4181**

Full Service - Walk-ins Welcome

100650 Overseas Hwy, Key Largo (NEXT TO KEYS KRITTERS)
TIGI • MATRIX • NIOXIN • REDKEN COLORS

Key Largo Conch House
MM 100.2 Oceanside • Key Largo

Featured on the Food Network

Breakfast • Lunch • Dinner
7 am - 10 pm Daily

Local Seafood
Vegetarian Entrees
Cook Your Catch
Pet Friendly
Childrens Menu

Award Winning Lobster Bisque and Conch Fritters

Award Winning Food & Coffee

Wine • Beer • Espresso
Homemade Desserts

305-453-4844

Marilee Free Rock'n Karaoke

Wednesday 7-10pm
Smuggler's Cove, MM 85.5, Bayside
Bring the Whole Gang for Dinner - It's Family Night!

Wednesday 11pm-2 am
Hog Heaven, MM 85.5, Oceanside
Late Night Live - Sing Your Song on the Floating Stage!

Thursday & Sunday 9:30pm-close
Coconuts, MM 100 (Behind Holiday Inn) Key Largo
*2 Nights of Karaoke Fun...
Be the Star You Are on Club Coconuts Center Stage.*

Friday 8-11 pm
Elks Lodge, MM 92.6, Tavernier
Be Our Guest For Fish Dinner & Karaoke.

Over 100,000 songs!

"The President of Karaoke Fun"

For More Show Info:
Marilee - 305-517-9279
marileefree@bellsouth.net

Pirates Corner *Guaranteed lowest prices on genuine Atocha Coins & Jewelry!*

Mention this ad & get 10% off

Genuine Atocha Coins and beautiful jewelry made from genuine Atocha silver bars

See us at Gilberts: Sat. and Sun.
Visit PIRATES CORNER, an eBay Store

Pirate Man 954-474-3068

Green Resolutions

...continued from page 3.

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

The Conch Republic Coconut Telegraph
WE HAVE ISSUES