

CRUISING RALLY ASSOCIATION
2930 Chesapeake Avenue
Hampton, VA 23661

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CONTACT
Steve Black
(757) 788-8872

Twenty Years of Seminars Prepare Cruisers for Offshore Adventures

HAMPTON VA (January 1, 2009) – If you are planning (or even dreaming of) an offshore passage, consider attending one of the Cruising Rally Association’s Ocean Sailing Seminars. For twenty years, CRA instructors with specialties in communications, sail handling, heavy weather sailing, mechanical/electrical systems, and offshore safety have brought two-day seminars to future offshore sailors. The 2009 Ocean Sailing Seminar schedule includes three programs:

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| Newport RI | March 7-8 |
| Annapolis MD | March 14-15 |
| Hampton VA | September 19-10 |

“The instructors were awesome and the pace was fast with plenty of useful interaction. The knowledge base was supersaturated and yet stimulating and exciting....I came away ready to apply new ideas to the passion I have for sailing ... and with more confidence,” said Anne Newbern from Hampton VA who attended a 2008 Ocean Sailing Seminar.

The Symposium is an interactive workshop in a classroom setting. The speaker’s role is to present practical information derived from the 30 million offshore miles that Caribbean 1500 Rally participants have experienced over the last 20 years. The speakers will outline the “How-To’s” of passage planning and preparation and become personal advisors to the students.

“Our speakers, all currently active sailors, have sailed across oceans and around the world for decades. As a result, they are able to help you cut through

the massive amounts of information available on each subject and determine what is right for you, your boat, and your crew.” explained Steve Black, President and Founder of the Cruising Rally Association. “With planning, practice, and a bit of ingenuity, offshore passages can be a time of camaraderie and adventure for all aboard, independent of your personal budget,” said Steve.

The Ocean Sailing Seminar is open to all interested sailors and is highly recommended for future participants of The Caribbean 1500 Rally.

Other Cruising Rally Association events in 2009 include the Atlantic Cup and the Caribbean 1500 Rally. The Atlantic Cup will leave Tortola on May 3 and finish in Bermuda. The 2009 Caribbean 1500 Rally will be the 20th annual running of this event. Black anticipates a record entry of returning Ralliers for the reunion and anniversary activities. The Caribbean 1500 is slated to start November 2, 2009.

The Cruising Rally Association is widely supported by leading companies in the marine, tourism, and financial industries. . These include Davenport & Company LLC, West Marine, Blue Water Sailing, World Cruising Ltd., Island Packet Yachts, Switlik, ICOM, Quantum Sail Design, Gill, Hydrovane, OCENS, Bluewater Yachting Center, Hampton’s Towne Bank and Towne Mortgage, Hampton Roads Convention and Visitors Bureau, Village Cay Hotel and Marina, Virgin Gorda Yacht Harbor, Mount Gay Rum, and Reed’s Almanac.

For full information on future rallies and Ocean Sailing Seminars, visit www.carib1500.com.

About the Cruising Rally Association:

The Cruising Rally Association, founded in 1990 by Steve Black, manages a year-round calendar of offshore cruising rallies and seminars. Over 800 boats with 5000 ralliers aboard have met the challenge of the CRA sailing events in its 20 year history. That’s 30 million offshore miles! Tens of thousands of armchair sailors from over 50 countries come to the web site each year to watch each satellite-tracked event in progress. Black has sailed in all parts of the Atlantic, including three solo transatlantic races and more than 40 rallies. He served as executive director of the US Sailing Association before founding the Cruising Rally Association..