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**BRAGGING RIGHTS & \$1K PRIZE UP FOR GRABS  
IN OCT. 18-19 ALL-WOMEN LEMWOD REGATTA**

LONG BEACH, CA – August 8, 2008 – The Linda Elias Memorial Women’s One Design Challenge (LEMWOD) has taken on new life as the yacht club challenge for all-women teams. Indeed, if the guys have the Lipton Cup, the ladies have the LEMWOD: a highly competitive two-day regatta raced in a one-design fleet of Catalina 37s – now, with a \$1,000 prize.

California Yacht Club has already committed to support their entry, defending champions of 2007. “We get a great deal of support from CYC each year for this event,” said Team Captain Kellie Fennessy. “I am fortunate that we have a wide talent pool to pull from and this year’s team will be 100 percent CYC members, as it was last year.”

In the 2007 regatta, CYC was neck-in-neck with the Nauti Chicas from Dana Point Yacht Club (DPYC) after Day One. “I really wanted to go get ‘em on Day Two and we had planned out our attack,” said Nauti Chica skipper Sue Senescu. But they never got the chance: races were cancelled Sunday after Santa Ana winds kicked up to 40knots, and the CYC team won on the tie-breaker. So now Senescu is back for the rematch Saturday and Sunday, October 18 and 19.

Senescu, a Rear Commodore at DPYC, also relies on support from her home club, and urges other organizations to get behind their women’s sailing programs. “Invest in your team – men, women, juniors. It’s what yacht clubs are all about.”

Adds DPYC Commodore Sal Pestrutto, a long-time proponent of their instructional women’s sailing program and the Dana Belles regatta, “The yacht clubs have to put their money where their mouth is and make a commitment to support women’s sailing too.”

In its’ 17<sup>th</sup> year, the LEMWOD is governed by the “rules” as defined in the 2005-2008 Racing Rules of Sailing (RRS), including the Catalina 37 Class Rules. Four windward/leeward races are slated for Saturday, three Sunday; sailed inside the Long Beach breakwater adjacent Belmont Pier, starting at 11:55 am each day.

Entry fees for the regatta are \$200 prior to September 15; \$250 afterwards, until the registration cut-off date October 6. Charter fees are an additional \$700, with an optional practice day October 17 for \$250 more.

Included are parties and entertainment, take-home trophies, raffle prizes and camaraderie. In addition, this year's winner will be awarded the \$1,000 Linda Elias Memorial Sailing Scholarship and an engraving on the LEMWOD perpetual trophy, which remains on display at Long Beach Yacht Club.

Linda Elias, who would have celebrated her 58th birthday today [Aug. 8, 2008], was a well-known sailor in both the offshore and buoy racing circles. She sailed in four Transpacs, one Pacific Cup, and numerous races to Mexico, on boats such as *Joss*, *Ragtime* and *Baywolf*.

Elias is remembered as a talented skipper, sailor and helmsperson; and celebrated for an enduring sense of humor, yet serious commitment to excellent seamanship and the promotion of women's sailing.

"I doubt that there is a trophy case in any Southern California yacht club that sponsors women's regattas, that does not have Linda's name on their trophies," said longtime friend Camille Daniels.

After her passing January 3, 2003, the one-design regatta – which Elias had won in 1992; and again, even as she was battling ovarian cancer, in 1994 and 1996 – was rededicated in her memory.

The LEMWOD is open to all-women teams with a minimum crew of seven; no maximum nor weight restriction. The skipper must be a member of a SCYA or USSA club. Teams are expected from as far as Puerto Vallarta and San Francisco Bay.

Spots are still available and organizers have challenged western yacht clubs to put up a campaign for this distinguished trophy.

"The first time I competed in this was in 1992 as a total greenhorn," adds Senescu. "We lost and I was absolutely crushed. Then I realized the experience and inspiration I had with the women I was sailing with. It's nothing like the Olympics or Worlds but it's not like club racing either. It builds character – a classic cliché – but it's what you make of it, and how you prepare and learn and improve."

For additional information visit the website at <http://lemwod.blogspot.com> or contact Race Chair Judy-Rae Karlsen at 562-355-8500 or [shesails00@yahoo.com](mailto:shesails00@yahoo.com)