



Positioning: The Logic of Sailboat Racing

By Stuart H. Walker M.D.

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Stuart Walker, a world champion celebrated for his books and columns on racing in *Sailing World* magazine, here takes his readers step by step through the elements that determine racing factors: wind direction, velocity, temperature, stability, current strength, and direction.

These racing factors, Dr. Walker explains, translate into boat speed, psychology, and tactics. Wind strength and wave formation, in turn, determine sail rig and fin trim, as well as the psychological approach needed to win. He demonstrates for both the new racer and the seasoned expert precisely how to collect and understand these elements, how to use them in the formulation of strategy, and, finally, how to formulate moment-by-moment tactics. This is a masterful guide to winning.

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Positioning: The Logic of Sailboat Racing By Stuart H. Walker M.D. Bibliography

- Sales Rank: #257883 in Books
- Published on: 1992-01-17
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.10" w x 6.50" l, .90 pounds
- Binding: Hardcover
- 320 pages

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Editorial Review

From the Back Cover

Every racing sailor is involved in strategic decision making. The author will take you through the elements that determine racing factors: wind direction, velocity, temperature, stability, current strength, and direction. This is a masterful guide to winning.

About the Author

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.

Users Review

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