

AMERICAN YACHT CLUB

SCOTCH CAPS

AUTUMN EDITION



40° 56.448N – 73° 41.938W

Paddle for a Cure



On September 23rd, AYC made history by hosting its First Annual Stand Up Paddleboard (SUP) race and significantly the first Leukemia Cup Regatta Paddleboard event held in the Northeast. It was an extremely well-run event, with 44 registered participants split between a long course (5-mile) and a short course (2-mile). The event stood to further legitimize the sport of stand up paddleboarding as the perfect compliment to sailing, and to solidify AYC's commitment to sailors and non-sailors who paddle.

As a racer, I can personally attest to the 5-mile course being beautifully set. Nearly 20 of us paddled across the start line alongside Jim Bishop's **COASTAL QUEEN**, then made our way out of the harbor to round the first mark. We then shot across toward Long Island to Bell 42, before enjoying a strong down-winder (with nice rolling waves that gave it a surfing feel) west toward Larchmont.

Meanwhile, I was trying to acclimate

to a brand new pink paddleboard I'd bought the night before in Babylon, in honor of the event. All racers then wove behind Hen Island, which proved tranquil, then cut back into Milton Harbor, to round down past Nun 10, before finishing off with a fantastic down-winder back past the JAYC dock, with all racers crossing the finish line around 10am.

The course was challenging and

exhilarating with warm temps, moderate wind gusts from the northwest, blue skies, and excellent overall conditions. I certainly nursed some sore shoulders, tired legs, and finger blisters afterwards while loving the Noosa yogurt at the breakfast awards ceremony. There was a fun raffle followed by the awards ceremony with Kevin Broome announcing the winners.

For the Men's 5-mile race, 1st place went to Jack Egan, 2nd place to Leann Franco, and 3rd place to Paul Griffin. Then for the Women's 5-mile race results, 1st place went to Linda Cirigliano, 2nd place to AYC's Yvonne Bibas, and 3rd place to Kassandra Soupy.

For the Men's results in the 2-mile race, 1st place was awarded to Mark Carlson, 2nd place to Justin Boxford, and 3rd place to Todd Conklin. For the Female results, 1st place went to Libby Alexander, 2nd place to Molly Wilson, and 3rd place to Andrea Kostanecki.

Committee lead, Libby Alexander, worked tirelessly for months to create this epic event. Committee members included Jim and Judy Wilson, Tom Blackwell, Andrea Kostanecki of Noroton Yacht





Club, Yvonne Bibas, and myself. Andrea's brother has been running a Leukemia Cup that includes a paddle race in San Francisco for a long time and is a big supporter of the cause nationally.

After Libby secured her first place prize in the 2-mile course, she jumped aboard a sailboat to race in the Leukemia Cup Regatta that followed immediately after the paddleboard race. As Libby put it, "for a few people this was a warm up before racing in the other regatta. Unfortunately I couldn't stick around for socializing and awards, but it was a great way to get some morning cardio exercise in before going off sailboat racing."

Paddleboarding is most definitely a great early morning sport, and it was nice to be out on the water before the wind picked up in the early afternoon to go sail. Libby commented "at the start of the 2-mile race, you could see sailors going out on the launch, and the dock house was jammed with people. The paddling definitely added some excitement to the regatta and another dimension." She added "it's also just another

avenue for members to get out on the water." Just so everyone is aware, AYC owns 12 paddleboards that are easy to access for time out on the water.

Kevin Broome, acting as Principal Race Officer (PRO), did a stupendous job creating a course that kept all participants highly engaged and safe out on the water. Additionally, several AYC Safety and Rescue volunteers were on the water to further ensure that all the paddlers were safe. There were many volunteers helping with initial unloading of the paddleboards, at check-in, and at the finish line. And the event was a true team effort between the Paddle for a Cure Committee and the LLS Regatta Staff members Dana Robbin, Frank Longinotti and Tanya Popolizio.

All in all, the Leukemia Cup Regatta raised over \$200,000 to benefit the Leukemia & Lymphoma Society (LLS), of which nearly \$8,000, to date, came from A Paddle for a Cure.

Race sponsors for this event were Noosa yogurt, who donated cases of amazing yogurt, HIHO, which

provided Suntek shirts for all participants, SUP Westchester and DownUnder, whose support was greatly appreciated.

Race participants were all adult paddleboarders, (no kayakers or kids this year, but most likely next year) hailing from as far away as New Jersey, Long Island and Connecticut. This event was a definite success and will certainly be held again next year in conjunction with the Leukemia Cup Regatta; and according to Libby, "for next year we will also have a short course, probably a sprint, around a mile long."

On a final note, one of the paddle participants in the 5-mile race, Gail Kotowski, lost her husband exactly one week before the race to CNS Lymphoma and she wrote a short note of gratitude after the race. "My husband had to go through hell to get to heaven...it is a horrific process. Thanks, it was a fun, yet very challenging race." And as Libby so perfectly responded, "this is why we did what we did and why the fight needs to carry on."

Submitted by Lisa duBosc Miller