

The Ms. Race: 20 Years on Course



This year the Ms. Race, to be held on August 17, the annual sailboat regatta for women held in Sandy Hook Bay, celebrates its twentieth year on the water! Sponsored by the Atlantic Highlands Yacht Club, the race benefits 180 Turning Lives Around, a Monmouth County non-profit that offers support to survivors of domestic violence and sexual assault. Any woman skipper with a sailboat that has a PHRF rating and an all female crew can participate in either the non-spinnaker or spinnaker class. The race format will be a Pursuit Race, in which each boat has its own starting time based on its rating. The slowest rated starts first, the fastest last. The race course will be approximately 5.5 nautical miles, all in Sandy Hook Bay.

This year's Ms. Race is aiming to exceed last year's proceeds for 180 through donations, special events the day of the race, and increased participation. In addition, the Ms. Race partners with the Atlantic Highlands Sailing Education Program (AHSEP) to include its female students in racing crews. Emily Smith, the Ms. Race Co-Chairwoman, reports that 'Every year we've seen more participation in the Ms. Race, and every year the participants, especially new participants, tell us how much more confidence they gained both in their sailing ability and, best of all, themselves, from being in the Ms. Race.'

All women skippers with their boats and crew are invited to participate in the Ms. Race. Women who would like to be part of a crew or would like more information can visit Ms. Race at ahyc.net or facebook.com/ahyc.msrace, or contact by email at ahyc.ms.race@gmail.com. The Ms. Race committee welcomes your participation and support!

180 Turning Lives Around

A Monmouth County 501(c)(3) non-profit that empowers women and families affected by domestic violence and sexual assault
www.180.org