

Island Sports



Frostbite sailors get ready to cross the start line in Sundays' race. There were several boats that went over the line early and had to restart the race.

Photo by Don Miller

Frostbiters enjoy close sailing in shifty winds

By John Horton

Eight sailors had a lively day of close racing under partly sunny skies and in shifty, puffy winds. Four different sailors won races. Three of the six races had boats over early at the start and they had to go back and restart. In four of the races, boats fouled each other requiring the at-fault boat to do a penalty 360-degree circle on the course.

One boat swamped and was bailed out just in time for the start and the finishes were close as boats overlapped crossing the line. The sailors concurred that it was one of the most fun days all season.

Dick Allphin, the race committee, had set up the course along

the Shoreby Hill Beach. Onboard the inflatable RC boat, which is generously provided by Bill and May Munger for the winter frost-biting season, was photographer Don Miller, who, between writing down scores and calling the start and finish, took pictures of the race. The fleet is appreciative of any photographer and this for this particular race there were three. Jeff McDonough was shooting from the beach and Nancy Logan from the Conanicut Pier. Race committee regular George Rice, was home pouring a concrete floor for a workshop, out of which will come another racing Shellback dinghy.

With a square-to-the wind start-

ing line, the winning start strategy was to reach along the start line for the last 20 seconds before the start whistle, and then, as the whistle blew, head up and go to windward. Unfortunately, on most races many of the eight boats ran out of start line before the whistle blew and had to circle back to start.

The winning windward leg strategy was not clear. Boats won by going along the beach, as well as heading off to the east. The great undoing of a good windward leg, poor mark roundings, happened often. Almost every sailor lost a few places in one race or another by hitting the calm spot at the windward mark.

In computing the scores for the day, the tie-breaker formula required using all six races to determine one tie because the results were so even. Martin Keen won the day with three firsts, two seconds, a fourth and a fifth for 16 points. John Horton was second with 22 points; John Quinn was third with 25; Henry Siegal was fourth with 26; Joe Logan was fifth with 29; Terry Jones was sixth with 39, (tiebreaker) and Gary Fischer was seventh with 39. Unfortunately, Doc Clarke had to drop out after the first race.



Ben and Jessica Rudman, left and center, and Teddy Roberts, right, proudly display a few of the swimming awards they won this season.

Photo by Adrienne Downing

Six days of hard work puts family in the swim

By Adrienne Downing

The Rudman-Roberts family spends a lot of time in their car. Teddy Roberts and Ben and Jessica Rudman keep their parents busy driving to two different pools, six days a week for practice, but parents and children alike say the sacrifice is worthwhile.

One look at their trophy case confirms that the nearly 12 hours a week the siblings devote to practice is paying off.

Teddy, age 9, returned from the recent Seekonk regional meet with seven first place and three second place finishes in the 8 and under division.

The Melrose school third grader said that his favorite thing about being on the Rams Swimming Club is that he likes to be active.

"I like to swim and it doesn't matter if it is at meets or during practice," he said.

His favorite stroke is the breast-stroke, an event which he dominated at regionals with a time of 23.62 in the 25-meter swim.

The pool is not the only place he shows his sports prowess.

"Baseball is actually my best sport, but I also play soccer and basketball," he explained.

He has made it to the Hit, Pitch and Run competition held at Foxboro Stadium three times.

Ben Roberts, age 10, learned to swim when he was two and his father Ken put him on the South County YMCA swim team when he was five. He was eligible to join the team a year earlier than normal

because he had a sibling on the team, and his dad said that he was definitely ready.

"My favorite stroke is the butterfly, but I am faster in freestyle," Ben explained. "I have been working on my butterfly because I used to have an illegal kick, but now it is getting much better."

He showed his determination at the Seekonk regionals when he moved from last place to first place in the final lap of his 200-meter free race.

"I just saved all of my energy and used it at the end," he said.

He is also a baseball player and isn't ashamed to admit that he is a Yankees fan, proudly displaying his Yankees poster for everyone to see.

Jessica Rudman is more soft-spoken than her brothers, and does not like to call attention to herself.

Although the 12 year old said that her favorite thing about swimming on a team is making friends, she is also a serious competitor. Some swimmers were hoping to qualify for the New England meet at regionals in February, but Jessica had already swum her qualifying times in her first meet of the season in October.

"She doesn't dwell in numbers. She is competitive with herself," her dad explained. "She never misses a practice and she is an exceptional student."

Jessica likes to run cross-country, something that has helped her when competing in the New England Youth Triathlon.

She is in her last eligible year for the youth series, but has been competing, along with Ben and Teddy, for the last four years.

"I am amazed at how hard these kids work, how disciplined they are," Ann Rudman said.

"I couldn't do what they do. I am so proud of them," she added.



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