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The US Sailing Center Sheboygan is a not-for-profit organization dedicated to the advancement of the sport of sailing. Its mission is to help people discover sailing and thrive at the sport regardless of their age, income, ability or disability. We believe that those who come to understand the fundamentals of sailing, teamwork and seamanship understand more about themselves, others and the world around them.

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FOR IMMEDIATE RELEASE

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**USSC-Sheboygan Hosts Area K Quarterfinal
To the US Match Racing Championship**

SHEBOYGAN, Wisconsin (February 17, 2010) The US Sailing Center of Sheboygan will host the 3rd annual Northern Lights Cup Women's Match Racing Clinic and Regatta May 27 to 31, 2010. Liz Baylis, WIMRA Executive Director and past Rolex Yachtswoman of the Year and two-time US Women's Match Racing Champion, will begin the event with a two-day comprehensive clinic. A complete ISAF Grade 3 regatta will follow.

Baylis will combine classroom instruction with on-the-water drills, practice races, and detailed video debriefings to help sailors master match racing tactics and techniques. The three-day regatta will provide a great opportunity for participants to put their newly learned skills and tactics to the test in close racing competition.

Juliana Senfft and her team from Brazil have won this event since its inception in 2008, but competition is expected to be tight this year as teams from all over the nation vie for the top spot and an invite to the US Sailing Women's Match Racing Championship being held at the Sheboygan Center July 7 to 11.

The venue is Sheboygan, Wisconsin and the adjacent waters of Lake Michigan. Teams of 4 women meeting the 598 pound weight limit will train and compete in the Sailing Center's fleet of identical 23-foot Sonars.

Space is limited. Visit the USSC Sheboygan website at www.ussailingcentersheboygan.org to request your invite today!