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## **SAILING/BOATING/TRIATHLON RESUME/VITA**

### **I. EXPERIENCE**

1965 to present    Logged over 5,100 hours of Powerboat Operation 10ft to 85ft

1965 to present    Logged over 15,700 hours of Sailboat Operation 8ft to 130ft

1965 to present    Logged over 4,400 hours Water-ski Instruction and Paddleboard Instruction

1969 to 1971        President of Watkins Lake Water Ski Association

1970 to 1973        Professional Water Skier (Winter Park, FL)

1971 to 1988        American Water-Ski Association Towboat Certification

1973 to 1975        Sailing and Boating Head Instructor, Great Lakes Yacht Club, MI

1975 to present    American Red Cross Water Safety Instructor (swimming)

1975 to 1984        Director of Sailing and Boating, Grosse Pointe Yacht Club, MI

1975 to 1988        American Red Cross Water Safety Consultant

1979 to present    Logged/Operated 550 hours of Personal Water Craft Operation

1984 to present    US Sailing Level I Instructor

1985 to present    US Sailing Safety Boat Instructor Trainer

1986 to 2007        US Sailing Master Instructor Trainer for Sail & Safety Boats

1987 to 1998        US Coast Guard Boating Basics Facilitator

1994 to 1998        Boating and Yachting Consultant for America3 and Chevrolet Motor Div.

1998 to 2004        National Association of State Boating Law Administrators: US Sailing Liaison

1999 to present    Michigan Safe Boating Safety Certification (DNR Issued)

2000 to present    Orchard Lake Country Club Ladies Sailing/Boating/Paddleboard Director

2002 to present US Sailing National Faculty Senior Member  
2006 to present Swim Expert and Expert Defense Witness for US Triathlon Association (Swim)  
2006 to present 417 Triathlons including 3 Full Ironman Events (2.4 mile open water swim)

#### **A. National Boating/Sailing Employment**

1988 to present  
Position: **US SAILING Master Instructor Trainer** (avg. one class per yr.)

Responsible for certifying Instructor Trainer staff throughout the United States. As the sole Master Instructor Trainer in the United States, I am responsible for sailing education/ boating education certification and staff development of certified Instructor Trainers. Training includes the use of safety boat operation (power) and PWC operation.

## **II. BOATING AND TECHNICAL PERIODICAL PUBLICATIONS**

- “Perform Your Best in All Phases of a Regatta.” *Sailing World*, October 1998 vol.37 no 8.
- “Motivate Yourself to Improve.” *Sailing World*, May 1998 vol. 37 no.5
- “The Shape of Puffs.” *Sailing World* September 1995 vol.34 no.9
- “Danger Area and Source Wind Areas.” *Sailing World* August 1995 vol.34 no.8
- “The Nature of Puffs.” *Sailing World* July 1995 vol.34 no.7
- “Meeting the Needs of All Students.” Co-authored with Helene Mills. *NASSP* February 1995:
- “Computer Education in Sailing.” *Windward Leg Magazine* Fall 1994.
- “Learning from the Small Boat Advantage” *Soundings* May 1991: 21-22.
- “The Dying Jens.” *Windward Leg Magazine* Fall/Winter 1991: 12-13.
- “The Mechanics of Steering.” *Sail Magazine* February 1990: 21-23.
- “Stick to the Basics.” *Sail Magazine* February 1990:27-28.
- “Racing With Your New North Sail.” *Windward Leg Magazine* Spring 1990:20-22.
- “Beat the Crowd at the Leeward Mark.” *Sail Magazine* April 1990: 22-25.
- “Playing By the Rules.” *Sail Magazine* May 1990: 41-44.
- “Rule 54 and the Sunfish Class.” *Windward Leg Magazine* 1989/90: 10-11.
- “Try Specific Skill Training” *Sail Magazine* September 1988: 31-33.

- “Reading the Wind on the Water.” *Sail Magazine* October 1988:37-39.
- “Mastering the Downwind Leg.” *Sail Magazine* January 1987:19-21.
- “Put Your Weight Where It Counts.” *Sail Magazine* March 1987: 19-21.
- ”How to Sail Faster Downwind.” *Sail Magazine* September 1987:27.
- “Plan Now For Next Season.” *Sail Magazine* December 1987:25-27.
- “Justifying the Jens.” *Windward Leg Magazine* Winter/Spring 1986:10-11.
- “Seven Ways to Win.” *Sail Magazine* April 1986:21-30.
- “Catching the First Shift.” *Sail Magazine* June 1986:43-48.
- “Importance of Drills.” *Sail Magazine* September 1986:53-55.
- “Discovering the Perfect Cover.” *Sail Magazine* October 1986:19-24.
- “Sprinting the Start.” *Windward Leg Magazine* Summer/Fall 1985:8-9.
- “The Ends of the Line” *Sail Magazine* June 1985: 25-27.
- “Crossing the Line.” *Sail Magazine* August 1985:23-27.
- “Smooth Sheeting for Smooth Sailing.” *Sail Magazine* September 1985: 35-37.
- “High Tech Tacks for Small Boats.” *Sail Magazine* October 1985: 35-36.
- “The Butterflyer.” *Blue Chip Review* November 1985: 1-3.
- “Planning Ahead.” *Sail Magazine* December 1985: 25-28.
- “Learn to Deliver Winning Ways.” *Sail Magazine* October 1984: 55-57.
- “Racing Psychology.” *Sail Magazine* November 1984:51-54.
- “Water Reading.” *Yacht Racing/Cruising* April 1978:23-26
- “From the Expert: Force 5.” *Yacht Racing/Cruising* August 1978:28-31.

### **III. MAJOR RECOGNITIONS AND HONORS**

2003	Nominated to the Sailing World International Hall of Fame*
1996	Co-founder of the Chevrolet Motor Division Indoor Sailing Tour (16 cities)
1992	US SAILING Appointment to National Faculty, Newport, RI

- 1991 United States Sunfish Association, Sailing Hall of Fame Inductee.  
Newport, RI: 1970-1990
- 2011 US Triathlon Association Swimmer Safety Award

**A. SAILING WORLD CHAMPIONSHIPS**

- 1984 1<sup>st</sup> Place Force 5 World Championship, Lorain, OH
- 1985 1<sup>st</sup> Place Force 5 World Championship, Shady Side, MD
- 1980 1<sup>st</sup> Place Force 5 World Championship, Naples, FL
- 1979 1<sup>st</sup> Place Force 5 World Championship, Miami, FL
- 1978 1<sup>st</sup> Place Sunfish World Championship, Ponce Puerto
- 1975 1<sup>st</sup> Place Sunfish World Championship, Miami, FL.

**B. SAILING/NORTH AMERICAN & NATIONAL CHAMPIONSHIPS**

- 2001 1<sup>st</sup> Place Sunfish North American Championship, Highland Park, IL
- 1996 1<sup>st</sup> Place Laser Master Nationals, Boyne City, MI
- 1989 1<sup>st</sup> Place Sunfish North American Championship, Tames Bay, MI
- 1985 1<sup>st</sup> Place Sunfish North American Championship, Brant Beach, NJ
- 1983 1<sup>st</sup> Place Sunfish North American Championship, Wilmette, IL
- 1983 1<sup>st</sup> Place Sunfish Canadian National, Clinton, Ontario
- 1981 2<sup>nd</sup> Place U.S. Sailing Champion of Champions, Heath, TX
- 1978 1<sup>st</sup> Place Buccaneer National Champion, Nashville, TN
- 1977 2<sup>nd</sup> Place Sunfish North American Championship, Barrington, RI
- 1977 1<sup>st</sup> Place Force 5 North American Championship, Lake Geneva, WI
- 1975 1<sup>st</sup> Place Sunfish Champion, Lima, Peru

**C. COLLEGIATE**

- 1975 Collegiate All American Sailor M.S.U.
- 1974 Collegiate All American Sailor M.S.U.
- 1971-75 Michigan State University Sailing Team

**IV. PERSONAL BOATING BOOKS**

- 1993 *Practice Manual for Sailboat Racing*. Windstar Productions, Clarkston MI
- 1993 *Powerboat/Safety Boat Level I Instruction Manual* US Sailing/NASBLA
- 1988 *Start Sailing Right*, US Sailing/American Red Cross, Washington, D.C.  
(5 editions, 1.4 million sold world wide)
- 1986 *Single-Handed Racing: High Performance Sailing Techniques*,  
Contemporary Books, Chicago, IL
- 1984 *Successful Sunfish Racing*, John DeGraff, Clinton Corners, NY

**V. EXPERT WITNESS MARITIME (see google: [sailingexpert.com](http://sailingexpert.com) or [boatingexpert.com](http://boatingexpert.com))**

1976-present Expert Witness in Sailing Cases

1984-present Expert Witness in Boating Cases

2000-present Expert Witness in Swimming Cases

**VI. PERSONAL**

Date of Birth: 7/16/53

Marital Status: Married /Katie

Children: Drew 31, Liam 23 & Aidan 22

Health: Excellent

## Appendix A (Top 25 Finishers Only)

Page 1

SANDFORD & SUN  
TRIATHLON, DUATHLON, SPRINT TRIATHLON  
AUGUST 16, 2008

\*\*\* SPRINT TRIATHLON SPLITS \*\*\*  
\*\*\* 500M S / 20K B / 5K R \*\*\*

Place	Sex/Tot	No.	Name	Ag	Sex	City/state	Rank	Swim	Pace	T1	Rank	Bike	Rate	T2	Rank	Run	Pace	Finish
1	1/143	486	Derrick Fries	55	M	Clarkston MI	4	7:03	1:25	1:13	1	32:04	23.2	0:29	11	20:03	6:28	1:00:50
2	2/143	74	Stephen Gonzalez	25	M	Traverse City MI	6	7:19	1:28	1:28	2	33:19	22.3	0:40	39	22:05	7:07	1:04:49
3	3/143	30	Alex Carney	18	M	Midland MI	64	10:04	2:01	1:44	13	35:57	20.7	0:20	1	17:16	5:34	1:05:19
4	4/143	170	Joshua Partridge	15	M	Brighton MI	115	10:55	2:11	2:11	9	35:18	21.1	0:46	2	17:19	5:35	1:06:26
5	5/143	146	Mike Matulis	33	M	east Lansing MI	3	6:58	1:24	1:51	25	36:43	20.3	1:14	12	20:04	6:28	1:06:48
6	6/143	487	Blake Bergeon	45	M	Midland MI	9	7:34	1:31	1:25	8	35:15	21.1	1:00	43	22:08	7:08	1:07:20
7	7/143	159	Chris Monville	36	M	TRAVERSE CITY MI	11	7:49	1:34	1:38	4	34:45	21.4	0:49	48	22:31	7:15	1:07:31
8	8/143	264	Marc Weatherill	33	M	Ann Arbor MI	31	9:20	1:52	1:32	7	35:14	21.1	0:52	16	20:44	6:41	1:07:39
9	1/126	103	Cadia Humpala	24	F	Essexville MI	98	10:44	2:09	2:40	5	35:02	21.2	0:55	15	20:40	6:39	1:09:59
10	9/143	8	Myles Barlow	18	M	Midland MI	7	7:24	1:29	3:07	29	36:58	20.1	0:44	34	21:57	7:04	1:10:07
11	10/143	118	Rick Kelly	39	M	Whitmore Lake MI	42	9:35	1:55	2:40	3	34:28	21.6	1:01	55	22:47	7:20	1:10:29
12	11/143	116	Jason Karenbauer	31	M	Freeland MI	57	9:55	1:59	1:29	21	36:27	20.4	0:37	41	22:07	7:07	1:10:33
13	2/126	188	Jill Putt	30	F	Mount Pleasant MI	59	9:59	2:00	1:38	32	37:02	20.1	1:12	20	20:58	6:45	1:10:47
14	12/143	278	Jacob Wyse	25	M	Midland MI	20	8:51	1:47	2:03	18	36:19	20.5	0:45	61	23:04	7:26	1:10:59
15	13/143	58	Gregory Feinauer	38	M	Auburn MI	38	9:30	1:54	2:31	40	37:48	19.7	0:54	18	20:53	6:44	1:11:33
16	14/143	238	Spenser Swanton	14	M	Saginaw MI	2	6:53	1:23	2:54	105	41:08	18.1	0:34	13	20:20	6:33	1:11:47
17	15/143	36	Jon Chaprnka	24	M	Bay City MI	176	12:24	2:29	3:41	10	35:35	20.9	0:24	8	19:45	6:22	1:11:47
18	16/143	241	Casey Tafoya	33	M	Flushing MI	22	9:03	1:49	2:30	12	35:56	20.7	1:44	62	23:04	7:26	1:12:15
19	17/143	197	Greg Roan	24	M	Midland MI	37	9:28	1:54	1:35	17	36:16	20.5	0:59	89	24:24	7:51	1:12:40
20	18/143	9	Brenton Barnhart	33	M	Freeland MI	120	11:01	2:13	2:03	22	36:27	20.4	0:37	51	22:36	7:17	1:12:42
21	19/143	138	Ted Lind	23	M	Bay City MI	144	11:31	2:19	2:18	11	35:53	20.7	1:14	29	21:53	7:03	1:12:46
22	20/143	194	Stephen Richard	24	M	Midland MI	92	10:34	2:07	2:40	48	38:07	19.5	0:34	19	20:54	6:44	1:12:47
23	21/143	172	Brian Pelkey	32	M	Saginaw MI	141	11:23	2:17	4:08	23	36:33	20.4	1:52	5	19:01	6:08	1:12:55
24	22/143	32	Phillip Carney	15	M	Midland MI	8	7:28	1:30	2:46	159	43:07	17.3	0:29	6	19:11	6:11	1:12:59
25	23/143	249	Keith Tippman	17	M	Bay City MI	5	7:09	1:26	3:24	35	37:17	20.0	0:37	102	24:45	7:58	1:13:09

Results are compiled by 3 disciplines racing.  
Please direct any questions or corrections to  
annmarie@3disciplines.com. Thank you.

AUTUMN COLORS  
TRIATHLON, SPRINT TRIATHLON, DUATHLON  
SEPTEMBER 19, 2009 \* 9:00AM  
mmss RACE #7 \*\* CHAMPIONSHIP \*\*

\*\*\* SPRINT TRIATHLON SPLITS \*\*\*  
\*\*\* 500M SWIM / 12MI BIKE / 2.8MI RUN \*\*\*

Place	Sex/Tot	No.	Name	Ag	Sex	City/state	Dq	Rank	Swim	Pace	T1	Rank	Bike	Rate	T2	Rank	Run	Pace	Finish
1	1/43	126	Derrick Fries	56	M	Clarkston MI		1	7:59	1:36	1:09	1	36:07	19.9	0:30	3	19:57	7:08	1:05:39
2	2/43	117	Ken Booth	42	M	Wixom MI		9	10:10	2:02	1:57	2	37:55	19.0	0:44	1	19:17	6:54	1:10:02
3	3/43	163	Tim Sherrow	35	M	Fenton MI		8	9:55	1:59	1:46	6	39:32	18.2	0:23	4	19:58	7:08	1:11:33
4	4/43	169	James Studinger	37	M	Troy MI		31	11:48	2:22	2:30	3	38:53	18.5	0:54	5	20:05	7:11	1:14:09
5	5/43	166	Timothy Smith	46	M	Bloomfield Hills MI		5	9:43	1:57	2:07	7	40:03	18.0	1:13	13	21:42	7:45	1:14:46
6	6/43	153	Jeff Milham	41	M	Saline MI		32	11:51	2:23	2:12	4	38:59	18.5	1:08	14	21:45	7:47	1:15:54
7	7/43	165	Steve Smith	44	M	Franklin MI		22	11:08	2:14	1:58	11	41:14	17.5	0:42	8	21:08	7:33	1:16:08
8	8/43	35	Michael Halsband	44	M	Bloomfield Hills MI		13	10:20	2:04	1:28	8	40:30	17.8	0:51	24	23:17	8:19	1:16:25
9	1/25	135	Kristin Hope	31	F	Rochester MI		16	10:29	2:06	1:49	9	41:03	17.5	0:37	22	22:49	8:09	1:16:46
10	9/43	158	Michael Reich	39	M	Grand Blanc MI		6	9:44	1:57	3:00	14	42:03	17.1	0:39	19	22:08	7:55	1:17:32
11	10/43	141	Ted Kolp	41	M	Grosse Pointe Wood		15	10:26	2:06	1:52	19	44:00	16.4	0:50	7	20:45	7:25	1:17:50
12	11/43	75	Paul Rivera	45	M	Southfield MI		7	9:45	1:57	4:09	5	39:26	18.3	1:02	28	24:24	8:43	1:18:44
13	12/43	161	Gregg Schwab	46	M	Royal Oak MI		2	8:03	1:37	2:59	29	46:23	15.5	0:32	9	21:08	7:33	1:19:03
14	2/25	143	Sarah Langhorst	24	F	Ann Arbor MI		33	11:54	2:23	3:02	16	42:49	16.8	1:01	10	21:16	7:36	1:19:59
15	13/43	119	Alan Brooks	43	M	Berkley MI		27	11:28	2:18	4:34	12	41:24	17.4	2:12	6	20:24	7:17	1:20:00
16	14/43	148	Ioan Manea	31	M	Southgate MI		53	13:55	2:47	2:45	18	43:47	16.4	0:38	2	19:39	7:01	1:20:42
17	15/43	147	Michael Makin	34	M	Waterford MI		48	13:24	2:41	2:28	15	42:45	16.8	0:33	12	21:41	7:45	1:20:48
18	16/43	49	Gary Lawson	25	M	Waterford MI		4	9:38	1:56	1:33	28	46:11	15.6	0:43	23	23:14	8:18	1:21:17
19	17/43	162	Ian Shearing	60	M	Brighton MI		20	10:47	2:10	2:53	10	41:14	17.5	1:09	46	26:50	9:35	1:22:51
20	18/43	140	Keith Kaulsky	36	M	Roseville MI		14	10:24	2:05	2:17	17	42:57	16.8	1:38	40	26:06	9:19	1:23:20
21	19/43	146	Tim Mahoney	52	M	Birmingham MI		11	10:16	2:04	3:27	33	47:03	15.3	0:45	15	21:56	7:50	1:23:25
22	3/25	118	Melissa Brandon	42	F	Rochester MI		39	12:42	2:33	3:48	22	44:53	16.0	1:09	17	22:01	7:52	1:24:31
23	20/43	122	Jonathan D'Angelo	27	M	Grand Blanc MI		40	12:47	2:34	3:00	13	41:36	17.3	1:24	37	25:59	9:17	1:24:44
24	21/43	174	Paul Whitfield	46	M	Ann Arbor MI		38	12:10	2:26	3:34	32	46:53	15.4	0:42	21	22:14	7:57	1:25:31
25	22/43	207	Matt Crushaw	39	M	Redford MI		30	11:36	2:20	5:44	27	46:09	15.6	1:19	11	21:29	7:41	1:26:15