

Greetings Belmont Yacht Club Members,

As your newly appointed Fleet Captain, I thought I would pass along some training tips to prepare for the racing season. Running through this program once per week should have you completely ready to go by mid-May

1. Buy a case of beer, sit with it in a very warm place for a few hours, then drink it.
2. Apply sunscreen to your face in streaks and sit in front of a sun lamp for 2 hours.
3. Sit on a bench with large metal ribs cutting into your legs & stare straight up into the sun for two hours – for a more robust workout: invite 4 friends to come over and yell at you the whole time.
4. Go out and get very drunk, sleep 4 hours, then stand on a rocking chair for 6 hours.
5. Go to your bank and withdraw \$1,000 – then light it on fire.
6. Sit in front of a commercial fan and have someone throw large buckets of water on you.
7. Repeat number 6 in jeans and a sweatshirt and /or repeat number 6 with head turned sideways to ensure water lodging fully into ear drum.
8. Cut limb off nearby tree, tie ropes to it, stand on rocking chair with tree limb and ropes – hold them over your head for 3 hours... at 5 minute intervals drop on your head – more robust version: have friends yell at you in 6 minute intervals.
9. Set your wrist watch to 5-minute repeating counts ... let it go off all day long.
10. Pour cold water in your lap and give yourself a wedgie, now alternate between sitting and running around bent over.
11. Tie ropes between 2 trees – push your body against them as hard as you can for 6 consecutive hours – don't stop for pain or bruising.
12. Place sandpaper on your stairs, crawl up and down on your knees for several hours.
13. Tie ropes to rear bumper of friend's car, hold on tightly, but allow rope to slip through fingers as car drives away – TIP: works best with nylon fiber ropes, lengths in excess of 50'.
14. Upon completion of previous 14 drills – sit down and drink 14 Mount Gay Rum drinks, any flavor.

I look forward to seeing you on the water or our club ship!

Dan