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# The Ms. Race “Stays the Course”

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Ms. Race Co-Chairs

In sailing, Stay the Course is a common refrain used to convey forward momentum to reach either the next mark or destination. Amidst these unprecedented times, it is only apropos that the theme of this year’s Ms. Race is “Stay the Course.”

The Atlantic Highlands Yacht Club in Atlantic Highlands, NJ is planning for the 16th Annual Ms. Race charity sailboat race on Saturday, August 22 on Sandy Hook Bay with the support of the membership and the local community. This all-women event supports 180 Turning Lives Around (180nj.org), an organization dedicated to supporting victims of domestic violence in the community. Learn more about the connection between the Ms. Race and 180 by viewing the video on YouTube “Ms. Race Charity Regatta - A Story of Empowerment” about seasoned sailor Karen Harris and her emboldening Ms. Race story.

Last year’s Ms. Race included ten sailboats and over 80 participants from surrounding yacht clubs on the Sandy Hook and Raritan Bays. Although this year’s race will be more subdued than previous years, we hope to match the passion and team



*Karen Harris and her crew on the J/120 Cygni raced to an inspiring third place finish in last year’s Ms. Race.*

Photo by Jeff Smith/jeffsmithphoto.net

spirit of previous years. Since its establishment, the race has raised over \$155,000 for 180 and we are looking for innovative approaches to keep the tradition alive during these difficult times including a Ms. Race Online Fundraiser in June with marine and nautical items for sale to club members.

In preparation for racing this season, the club’s leadership is closely monitoring the safety protocols issued by Governor Murphy for Covid-19. Atlantic Highlands YC will adhere to any on-water protocols that are in place at the time of the regatta. This may impact the number of crew members allowed on each boat and the format of our event. We will update the Notice of Race and Sailing Instructions for the event accordingly to comply with any set protocols for safety.

For more information about this year’s race, please contact the Ms. Race planning committee at [ahyc.ms.race@gmail.com](mailto:ahyc.ms.race@gmail.com) and visit [facebook.com/MsRaceAHYC](https://facebook.com/MsRaceAHYC) or [ahyc.net](http://ahyc.net). ■



*Last year’s Ms. Race winner, Kim Sinatra, with her crew on the J/29 Smokin’ J.*

Photo by Jeff Smith/jeffsmithphoto.net