The Ms. Race Story
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What makes a woman want to get onto a sailboat? Sailing looks like it might be difficult, it might be wet, it might be cold, there might be injuries, hairdos and makeup are useless, and oh no, the boat might tilt over and be scary. These are all reasons women use to not get on a sailboat. So then, why have a sailboat race just for women?

The Ms. Race Committee has been tackling the issue of getting women on boats for six years now, and we have been pretty successful in changing women's approach to sailing through this race. What we have seen so many times is the incredible empowerment our racers experience through doing the Ms. Race. We've seen many women overcome their reluctance to get on board, to look for authority outside their own experience (that is to say, no men on board to yell out orders) and trust themselves. What a confidence builder this can be!

180, Turning Lives Around, is the charity the Ms. Race works hard to benefit with money through the hard work of the Ms. Race Committee and all of the racers. 180 is an organization that changes the lives of abused women by teaching them the skills they need to become confident and contributing members of society, to break the cycle of abuse. We see a parallel there for the Ms. Race in that the race itself builds confidence in the racers, and the potential clearly exists for that new-found confidence to contribute untold benefits to each racer's family, friends, and of course all of society.

This writer had the good fortune to be part of a press junket in San Diego to watch America3, a team of all women, practice for the Americas Cup trials back in 1994. They worked very hard. They focused on sailing Mighty Mary as fast as possible. They were trained by women. They worked in sync, with incredible choreography. Those women *sailed* the boat. As our Ms. Racers sail theirs, surely with the same spirit and perhaps even greater sense of adventure.

For all women, America3 and the Ms. Race make a difference. We *can* do it!