

Ice Boating with Coach Dave



Dave Elsmo ripping across the ice in his DN

When the lake freezes over and the temperature drops, most sailors pack away their gear and bide time until the ice melts and they're able to get back on the water. Coach Dave Elsmo, however, is a member of small group that trades their lifejackets for helmets and spends the winter months speeding across lakes in ice boats. Elsmo got his start in ice boating in 2009, when his uncle invited him to come to an event and participate. At the time, he knew nothing about the sport. When he traveled to the event, taking place two hours north of Minneapolis, he encountered a group of exceptionally friendly, welcoming, and helpful individuals who launched him into the early years of his ice boating career. Ice boating is primarily done in boats called DN's, or Detroit News. It's a 1-design developmental class, and it was originally built as part of a design competition in Detroit for "fun things to do in the winter," but has since taken off as the premier ice boat across the world. An interesting thing about the class is that essentially everyone builds their boat at home, which allows them to tweak things like how big the cockpit is and where the mast step is. Ice boats are very similar to the standard wet water dinghy in a physics sense, except instead of a centerboard providing lateral resistance in water, the "runners," or skates, provide it on ice. These runners are the only part of the boat making contact with the ice, which greatly reduces friction and allows the boats to travel at incredible speeds – sometimes five times the speed of the wind! As one can imagine, this extreme speed can lead to injury, but according to Elsmo, "most people are pretty conscious of the risk, and take every precaution to avoid a trip to the hospital." Despite these precautions, ice boating is significantly more dangerous than regular sailing because there are sharp blades involved, the surface you're on isn't soft, and you're going significantly faster. Elsmo elaborated on the fastest he's ever traveled in a DN, saying he's peaked at 50 mph, but in larger ice boats he has surpassed 90 mph – an experience he describes as "terrifying." This speed and adrenaline has peaked the interests of many Madison locals, however, and as a whole, Elsmo describes the group as super receptive to newcomers. To get involved, all one has to do is reach out to local ice boaters and come prepared with a helmet, goggles, and a positive attitude. It's an excellent way to avoid the winter blues while maintaining your sailing skills for when the lake thaws.



Alumna Jen Burke graduated in 2016 with a degree in Food Science, and recently moved to New Hampshire to work at the Lindt & Sprüngli (USA) headquarters in Stratham. At Lindt & Sprüngli, she is a research and development intern, and according to Burke, her job “definitely varies from day to day.” You can either find her in the R&D lab making samples of potential new products, participating in sensory panels, or on the factory floor overseeing trials and production. Outside of work, Burke has been enjoying all the things New Hampshire has to offer, like skiing, snowshoeing, and taking weekend trips to Boston with friends. Best of luck in all your endeavors Jen!

Spring 2017 Schedule

Name	Host School	Dates
ODU Women's	Old Dominion University	3/4 - 3/5
Charleston Coed	Charleston	3/11 - 3/19
St. Mary's Women's	St. Mary's	3/18 - 3/19
Spring Training	Eckerd College	3/17 - 3/25
Friis Team Race	Coast Guard Academy	3/25 - 3/26
Northwestern Spring	Northwestern	4/1 - 4/2
Laker Showdown	Hope/Grand Valley State	4/1 - 4/2
Women's Quals	Michigan	4/8 - 4/9
3-Division Regatta	Wisconsin	4/8 - 4/9
Coed Quals	Northwestern	4/22 - 4/23
Team Race Quals	Wisconsin	4/29 - 4/30

Q & A With February Sailor of the Month: Olivia Staruck

Wisco Sailor Newsletter: What year are you and what are you studying?

Olivia Staruck: I'm a freshman and I'm studying political science and community non-profit leadership.

WSN: How long have you been sailing?

OS: I've been sailing five years.

WSN: What were you most looking forward to about coming to the Wisconsin Sailing Team this year?

OS: I was most looking forward to improving my skills and sailing against competitive schools across the country.

WSN: You're going to the Friis Team Race this spring after spring break, and you've been working closely with Coach Claire to brush up on your team racing knowledge - what are you most excited about for team racing this season?

OS: I'm most excited about honing my team racing skills to match those of my teammates and collaborating with them to succeed in regattas this spring. I am ready to work hard on and off the water to prepare for Friis and the other team race regattas. Team racing interests me because it is a great way to improve communication with your teammates and helps to improve your boat handling

abilities.

WSN: How do you feel about team racing as opposed to fleet racing?

OS: I am excited to team race this spring because I don't have as much team racing experience. I'm looking forward to applying my fleet racing knowledge to team racing regattas. I'm up for the challenge of learning the new plays and improving my skills on the water.

WSN: Winter workouts are an integral part of staying in shape in preparation for the spring season - have you been doing anything fun to get fit?

OS: Yeah! I've been going to a lot of the group fitness classes at the SERF with other members of the team, like Zumba, and Pound, which is a drumming-inspired cardio class. Other than that I go to the team workouts on Tuesdays and Thursdays then usually bike or run on the weekends.

WSN: What's your favorite part of being on the team?

OS: My favorite part of being on the team is the fact that I get to sail competitively with great people who have become life-long friends.



Congrats Olivia!