

Breaking the Distance Record

Tasmania's Dave Morehead Sails 511 km in One Day

I sailed for 10 hours straight – from 6:30 a.m. to 4:30 p.m. The entire sail took 14 hours, but that was the longest I sailed continuously. I went out at 5:20 a.m. and stopped at 6:30 a.m. to pee. My next stop



- Age:** 42
- Home:** Tasmania, Australia
- Favorite board:** Starboard iSonic 94
- Favorite sail:** Severne Code Red 6.5
- Favorite spot:** Henty River Mouth
- Years windsurfing:** 27

« Dave out for a blast on his favorite gear.

The first five minutes were the worst. I was so pumped to sail and make 500 kilometers, but when I got on the water, the reality of 25-knot winds, pouring rain and large seas really hit home.

was around 4:30 p.m. I'd only had a bowl of cereal for breakfast, so I scarfed down three energy bars, drank half a bottle of Gatorade, changed boards and had another toilet break. I finished at 7:45 p.m. with 511 kilometers.

The GPS Team Challenge was my key motivation for the sail. Not only was I keen to break the record, but my team, the Tassie Speed Seekers, was also doing really well, and we needed a good distance and one-hour score for first place.

All of my gear worked flawlessly. The Severne Code Red 6.5, mast and race boom never felt overpowered and stayed in total control. I ran an adjustable outhaul and used it a lot as I worked my way upwind and downwind. The iSonic 94 with Venom 36 cm fin felt great. My average speed on this gear during my best hour was 25 knots, and that included 18 jibes (and falling off once). After a break, it seemed risky to head back out on a small board in case the wind dropped, so I changed to the iSonic 122 and 40 cm Venom. I'd already sailed 380 kilometers, so it was another hour to break the old record, and then a few more to pass 500 kilometers.

The best part of the trip was passing 500 kilometers. But since I was pretty weary and still had to unrig, drive home and post my scores, it was more a feeling of relief than elation when I finally made it.

Interestingly, I didn't get any cramps or blisters. I did get tendinitis in one wrist, which caused swelling and a grinding sensation in my wrist when I flexed it. But my very next sailing session was 208 kilometers, so I didn't have any lasting injuries.



GPS WATCH

We like knowing how fast we're going – and we hate wearing big, bulky GPS units encased in waterproof bags on our upper arm. So we checked out the Garmin Fore-runner 310XT, a wristwatch-size, waterproof GPS unit. It boasts 20 hours of use per charge, and the high-sensitivity HotFix GPS receiver is sure to pick up a signal even on cloudy days. The best part? It's wireless-enabled. Download your session – no cords needed. garmin.com

SESSION STATS:



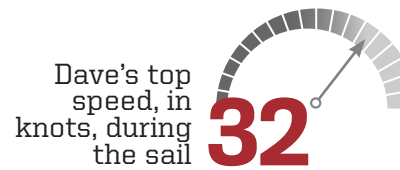
Total hours Dave's record-setting sail took to complete

Total miles Dave covered during his one-day sail

317



10 Longest time, in hours, Dave sailed without a break



Dave's top speed, in knots, during the sail

32

PHOTOS: JODI STEVENSON, WHITECAPS PHOTOGRAPHY

