



FOR IMMEDIATE RELEASE

Organizers announce details about the fourth installment of the Annapolis-to-Newport Race seminar series

ANNAPOLIS, MD (April 27, 2015) – “Medical Emergencies at Sea” and “Provisioning for an Ocean Race” are the topics for A2N Seminar IV, being held Saturday, May 9 (4-6 p.m.) at Annapolis Yacht Club. These seminars are open to skippers and crew either currently entered in the 35th biennial Annapolis-to-Newport Race or those considering doing so.

Dr. Samuel Lyness and Dr. George Anderson will serve as panelists for the medical emergencies aspect of the seminar. Both are experienced offshore sailors in addition to having extensive experience in the field.

For the past six years, Dr. Lyness has conducted an all-day seminar for the Chesapeake Area Professional Captains Association titled “Medical Emergencies at Sea: Beyond First Aid.” This comprehensive course is aimed at boaters venturing offshore, where rescue may be two days away and communications are limited.

Dr. Lyness will begin with an informative Power Point presentation featuring color slides and participants will receive a well-crafted handout that will help them follow along. Dr. Lyness will then sit for a question-and-answer session with seminar attendees. Dr. Lyness is a noted neurosurgeon and avid sailor.

Dr. Anderson is a veteran offshore racer and also happens to be the current race committee chairman for the Annapolis Yacht Club. Dr. Anderson is the former executive director for the Association of Military Surgeons of the United States, a non-profit society for federal health professionals. Dr. Anderson began his professional career as an Air Force flight surgeon and his military service includes overseas duty in Korea and Germany.

Both doctors are well-acquainted with the type of ailments and injuries that can befall sailors during an offshore voyage and are well-versed in a wide variety of treatment methods. They will thoroughly review the absolute necessities of preparing an adequate onboard First Aid Kit while also suggesting additional medical supplies that could be necessary in the event of a serious emergency.

Nicole Weaver and Linda Ambrose will spearhead the provisioning element of the next seminar, which will be held in the Skipjack Lounge on the lower level of Annapolis Yacht Club. Weaver is a veteran of numerous point-to-point distance races as both a skipper and crew. She spent a decade successfully campaigning a J/120 named Euro Trash Girl and posted a slew of impressive results, including a first place finish in class for the 2005 Annapolis-to-Newport Race.

Weaver has also competed in the Newport-to-Bermuda Race, the Bayview-to-Mackinac Race, Fort Lauderdale-to-Key West Race and Fort Lauderdale-to-Nassau Race to name just a few. She is an expert on preparing for an extended offshore voyage in terms of stocking a boat with food, beverages, toiletries, cleaning products and other necessities. Weaver has a passion for cooking and that extends from her home kitchen to the galley as she has earned the title of “chief snacktician” from past crew members. Weaver is particularly knowledgeable with regard to meal planning, which is an essential element of offshore preparation. It has been said many times that a well-fed crew is a happy crew that performs well.

Ambrose, in her 10th year as Regatta Manager at AYC, has logged thousands of nautical miles as a delivery and charter crew before making her hobby a career. Ambrose was a member of the *Euro Trash Girl* crew for a decade, including their successful 2005 Annapolis-to-Newport race. She’s competed in distance races in the Caribbean and Mediterranean as well as Newport-Bermuda, Chicago-Mackinac and multiple Key West and Block Island Race Week regattas. Ambrose has helped to provision for distance races, race teams in port and was a professional charter chef for a brief period.

Skippers and crew members wishing to register for the A2N Seminar IV should call the AYC Front Desk, 410-263-9279.

The official A2N event website: annapolisnewportrace.com

###

For more information, please contact:

Margriet Mitchell
Media Chair, A2N
media@annapolisnewportrace.com

Linda Ambrose
AYC Regatta Manager
info@annapolisnewportrace.com