

Membership Kit

Individual \$20	Sustaining \$50
Family \$30	Corporate \$100



**Sherman Island
TIDE CHART
And
AREA GUIDE**

May 2003 to April 2004

**Brought To You By The
Rio Vista Windsurfing
Association**

www.rvwa.com

Rio Vista Windsurfing Association

Is a California Non-Profit Corporation
Contributions are not tax deductible

Association Contacts

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Important Resources

Emergency	911
Sherman Island Windtalker	(916) 777-7007
Candlestick Windtalker	(415) 467-7287
Berkeley Windtalker	(510) 843-3446
Mount Tamalpais (north coast)	(415) 381-9463
Brannan Island (camping reservations)	(800) 444-7275
RVWA Website	http://www.rvwa.com
SFBA Website	http://www.sfba.org

Windsurfing / Kiteboarding Quick Quiz

1. When your left hand is forward on the boom/bar as you head away from the lee, you are on a port tack and you:
 - a) Must bear off and give right of way to any sailor on a starboard tack.
 - b) Have right of way over any other sailor on the water.
 - c) Have right of way over any sailor on a starboard tack
- 2) When a windsurfer encounters a powerboat while sailing:
 - a) The powerboat has right of way.
 - b) The windsurfer has right of way.
 - c) It doesn't matter.
- 3) When sailors are on the same tack:
 - a) Leeward board has right of way.
 - b) Windward board has right of way
 - c) No one has right of way.
- 4) If you are on a starboard tack and a sailor on a port tack fails to give right of way, you should:
 - a) Bear off slightly and yell any desired obscenities.
 - b) Hold your ground, knowing that the other sailor will chicken out and bear off eventually.
 - c) Bear off early and bear off dramatically to emphasize your decision to relinquish right of way.

1) a - Remember, Left hand forward, give right of way.
2) c - Although technically the windsurfer has right of way, in the real world
Might Has Right. Mess with a boat and you lose. Keep an eye to windward.
3) a - But let common courtesy be your guide.
4) c - If you decide to give up your right of way for any reason, make your
intentions obvious. Two boards plating along in opposite directions close the
gap surprisingly quick. The cost of confusion could be great.

Booklet and Area Guide Design by Brian Geasa
Tide Chart Data provide by Walt White
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Sailing In The Rio Vista Area

The Sacramento River Delta offers some of the best sailing conditions in the world - warm fresh water, strong consistent winds, plenty of sunshine, a variety of sailing sights and conditions, and some of the nicest people around.

Rio Vista's sailing season is generally from May thru August, although some sail the Delta year round. The consistent summer conditions are generated by the thermal winds caused by the meteorological differences between the coast and the inland valleys. Simply put, if it is foggy on the San Francisco coast and hot in Sacramento Valley, it will blow in the Delta. The greater the disparity between the two, the better the wind.

During the high wind season, sailors can usually count on two sessions daily - Dawn Patrol from sunrise to around 10am, followed by an afternoon session running from around 3pm to sunset. Occasionally it blows all day but usually lightens up in the late morning to early afternoon. These are good times for siestas and teaching friends.

The tides run strong in the Delta and so be sure to consult your tide chart and talk with other sailors before going out. The prevailing wind is from the southwest. This causes chop and swell during the ebb tides - perfect for catching air and staying upwind. The flood tide provides flat water - great for ego jibes and, if you can't point well, the walk of shame (or keep going and tell your friends you planned the down wind river run).

The Delta has had many uses over the years, and man has left behind his spoils - including many just below the surface - just waiting to relieve the unsuspecting sailor of his fin and fin box. A quick talk with the locals in any unfamiliar sailing site is a must.

A wide variety of equipment is used. There are sailing sites for everyone from the confident beginner to the most advanced sailors. The majority of sailing is done on short boards up to slalom boards. For an average sailor (180 lbs), a quiver of sails goes from 4.0 to 6.0 (or 8.0 to 16.0 for kites) - but most sailing will be on a 4.5 or 5.0 (10.0 to 12.0 for kites). Many use a shortie wetsuit for the warm afternoon and a full length 3/2 or better for the Dawn Patrol.

For those wishing to stay a night or two, several options are available. There are houses for rent which sport a river front view, hot tubs, and grass rigging areas. Camping is available at many locations including Brannan Island State Park. And overnight camping is tolerated just about anywhere along the river that isn't posted. If you wish to stay for an extended period of time, several trailer parks are available with reasonable rents. Don't leave trucks or trailers on the levy road for extended periods of time or our privileges may be lost.

Be sure to remember that we are guests in the Delta and as often than not, we are on private property. Many people who are not involved in windsurfing live in the Delta and are happy to continue to allow us the privilege to use their land, as long as we use courtesy and common sense. Try to minimize our impact. Properly dispose of all garbage, both yours and that of others who were less considerate. Don't rearrange the levy rocks, erosion is the enemy. Park your vehicle and equipment well off of the road. Most of all, have fun and keep it fun for everyone.

Where To Sail

1) **Sherman Island - Sacramento County Park**

Comprised of a small parking area in front and a larger parking area in the rear, this area is rightfully one of the most popular sailing sites. There is a small daily charge for entry into the park. If you plan to use the area often, ask the ticket booth attendant for an annual pass that will save you some money and also provide access to other Sacramento County Parks.

The front parking area access includes an easy shallow beach entry area known as "The Playpen". The shallows provide the perfect place for learning to waterstart, while just beyond lies some of the best winds and swell on the river. Just downwind from the launch is a row of submerged rocks that form a break for the beach. These rocks are usually marked by broken masts, but it's best to talk to other sailors so that you don't lose your fin or dignity

The rear area provides much more parking and a larger rigging area, but also requires a longer walk down a sandy path to a sandy beach entry. This secluded access, known as "Team Rio Beach, was one of RVWA's first projects. A quick sail upwind will find you alone on large rolling swell.

2) **The Access**

Located just before the county park at the end of the road leading to Sherman Lake Marina. A wide sandbag launch is provided by RVWA volunteers. Additional launches, both upwind and downwind, make this a safe area for those still working on staying upwind. The parking and rigging areas are leased by RVWA to provide this access point. (The lease agreement does not allow kites to launch here - please use Baja). Be careful not to park in front of any of the rigging areas marked with paint on the pavement.

3) **Señorita Beach**

Named for a Caribbean Princess - this wide gravel parking area has several sandbag launches just a few hundred feet downwind from "The Access" and provides a favorite location to set up the beach chairs and sip a few cervezas while watching the action. There is not an actual beach at these launch sites and booties are recommended. Come early as the water front parking goes quick.

4) **Baja Road Kite Launch**

As Sherman Island Road dips down off the levee look for a large rigging area to the right, and a parking area to the left. This is the best area to launch kites, as there is a large carpeted rigging area, many helpful kites, few windsurfers, and no powerlines or other obstructions.

5) The Sign - RVWA Parking and Rigging area

Marked by a large sign warning ships of an underwater cable, this site offers huge ramps and challenging conditions for the "big air" sailors. This site has been continuously leased and developed by RVWA since Spring 1998.

6) Power Lines

Abundant parking, easy sandbagged access, RVWA sponsored port-a-potties, and tolerated overnight camping make these launches popular on the river. Traffic moves quickly along this section of the levee, so be sure to keep your body and equipment well clear of the road. This is a popular exit point for downwind river runs from "The Access". There is no easy exit downwind from the Power Lines, so be careful when sailing on a flood tide

7) Pump House

No longer used as a launch site, but is a last chance exit if you get carried by the flood tide.

8) Windy Cove - State Park

One of RVWA's proudest accomplishments. A large grass rigging area, parking for over 130 cars, toilets, picnic facilities, excellent viewing areas, and a beautiful sandy launch awaits you. Directly across from Brannan Island State Park and part of the State Park system, there is a fee for parking, but the park is well maintained. If you choose to camp at Brannan Island, your fee also allows you access to Windy Cove. Due to the currents, swell, and somewhat isolated access, this is considered an intermediate location.

9) Glass Beach

So named because of all of the broken glass that was once on the beach and in the water. There is much less glass now, due in part to annual RVWA clean-ups. Located about 1/2 mile south of Highway 12 on Highway 160. It is a large roadside turnout and can accommodate about 50 cars. There is a large sandy beach, but don't be deceived. Just a few yards off shore are submerged pilings and rocks that will bust the shins and fins of the unwary. Glass beach is the preferred launch site in the spring north wind conditions, but is seldom used anymore during the regular season.

10) Sandy Beach - Solano County Park

Located in Rio Vista on the north side of the Sacramento river directly across from glass beach. A clean park with bathrooms, parking area, and a sandy beach. Being on the north side, it has a wind shadow that will require some swimming to get to the windline. This location has been used as the starting point for pro-am racing events.

11) The Sand Bar - Sacramento County Park

A good beginner to intermediate launch site. Located about 1/2 mile north of Highway 12 on Highway 160. There is a small parking lot and a couple of outhouses in front of a sandy beach. About 100 feet from shore is a large sand bar that is visible at low tide and is submerged at high tide. The "bowl" formed between the beach and sand bar offers an ideal location for learning to uphaul and sail without getting out into the main river current. Generally the wind is much lighter at the sand bar than it is at other sailing sites. If a sailor gets out in the main channel it is reasonably easy to get back to the sand bar, but beginners should stay within the safety of the sand bar. This beach gets crowded with a variety of users in the summer time and parking is limited, so be sure to get there early.

12) Secret Spots

Over the years, many locations have come and gone. The most popular and accessible spots have been developed and maintained by RVWA. Often it will be tempting to create your own "Secret Spot", but what will most likely be created is not so appealing. We sail in a fragile ecosystem and forging a new trail to the water will destroy vegetation and hasten erosion of the levies. In addition, most of the delta is privately owned, and your actions may endanger our already threatened privileges. If you really wish to sail in solitude, it is easy to sail up or down wind from an established launch into your "Secret Spot".



RVWA Membership

Membership runs from April 1st to March 31st of the following year.

Benefits of membership include this tide chart, our annual party, our tri-annual newsletter, and the best sailing sites in the world.

Your dollars are spent on sand bagging, port-a-potties, newsletter, beach clean-ups, site development and maintenance, and other activities deemed necessary to protect and enhance our sailing privileges.

Check out the RVWA website at <http://www.rvwa.com> for the latest on all RVWA activities.

Volunteers are always needed. Feedback is welcome. If you wish to become more involved or have any suggestions, give any one of the officers a call. Numbers are listed inside the front cover.

Again, thank you for your support!

Membership Request Form

First Name _____ Last Name _____

Company (Corporate & Sustaining Members Only) _____

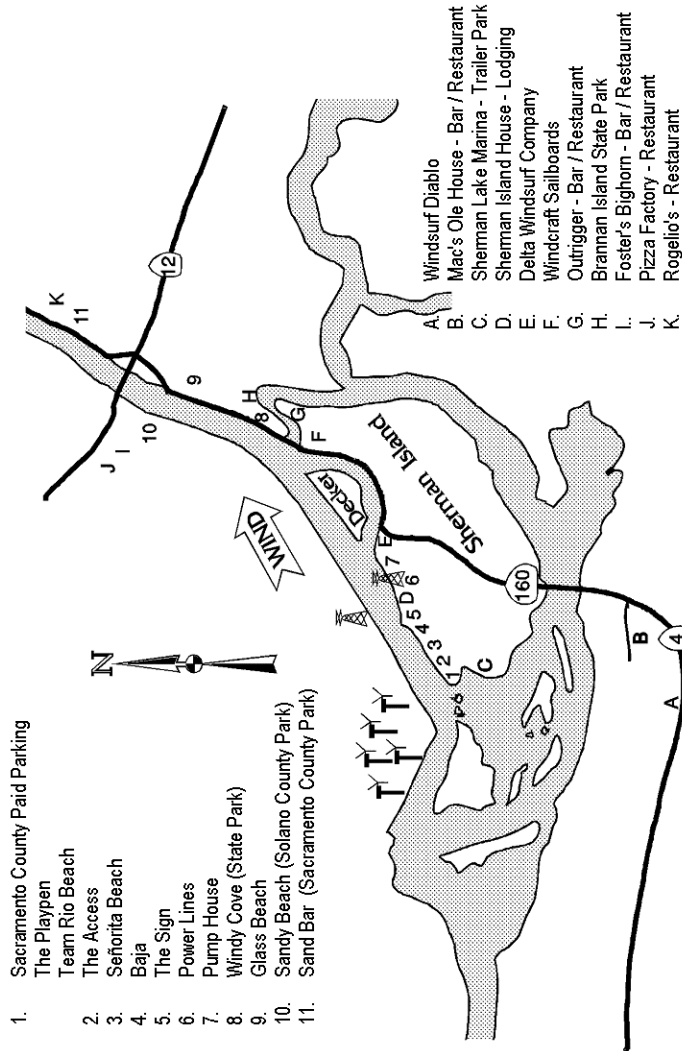
Street Address or P.O. Box _____

City _____ State _____ Zip Code _____

E-Mail Address _____

Memberships (April 1 to March 31)
 Individual - \$20 or more
 Family - \$30 or more
 Sustaining - \$50 or more
 Corporate - \$100 or more

Mail To:
 R.V.W.A.
 P.O. Box 547
 Rio Vista, CA 94571





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Northern California is blessed with many unique and exciting sailing spots - some of the best in the world ... But Paradise is threatened! Not only by the many entities with conflicting interests, but also by our own impact upon our sailing sites.

Who is R.V.W.A ?

The association consists primarily of windsurfers, like you, who want to give to the sport as freely as they take from it. RVWA is represented by volunteer officers and direction is provided by a volunteer steering committee. RVWA is a non-profit organization which relies on contributions from area businesses and windsurfing enthusiasts like you.

We Need Your Support !!

Our goals for this season are more ambitious than ever. Even if you only sail the Delta infrequently, you are aware that the closure of even one of our already overcrowded sailing sites would adversely impact every other site in Northern California including your favorite launch.

Together We Can Continue To Improve Paradise...

Spread the word and encourage others to join RVWA . The stronger our membership, the louder our voice. Be a part of it - **Sign up today !**