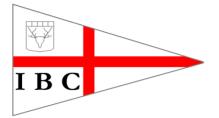
Established 1901



## Invergordon Boating Club

# Newsletter AUGUST

#### August message

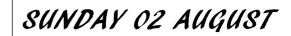
#### A TRIBUTE – A HERO

Just over a year ago we lost Paul Elvstrom aged 88. He won 4 Olympic gold medals and 13 world titles. Surely the greatest sailor ever. He lived and sailed with the belief that .....



"You haven't won the race, if in winning the race you have lost the respect of your competitors."





Carole proves training makes better. Practice makes perfect

Ronnie – back in the thick of it .....





The Penns – showing us all how to perfect our mark rounding technique.



The crowds -- the crowds

### Want to go sailing?

The plan is to sail **all** the Sundays in August with plans for rescue laid on Safety Cover. The club is seeking volunteers to man one of the rescue boats on future Sundays – starting 5<sup>th</sup> July. Contact Rob on 07824 519067 or John on 07854 763412

