

# Sailing

Sailing is the art of controlling a sailing vessel where the mental power and physical activity of the sailor are pitted against the forces of nature.

**This sport is adrenaline boosting! Many sailors claim they enjoy the mental payback that comes as a result of putting in the hard work to achieve success.**

Sailboat racing ranges from a single person dinghy to large boats with 10 or 20 crew members.

**With regards to endurance, ocean races such as the Volvo Ocean Race and the solo VELUX 5 Oceans Race rate as some of the most extreme events.**

**When sailing, the sailor uses his skills and intelligence to guide the direction and speed of the boat.**

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