

# Get fast... *fast!*

## North U.

2010 RACING SEMINARS

**TRIM** The fastest way to improve your boatspeed *and results* is to attend the **2010 North U. TRIM Seminar.**

Using a dynamic multi-media presentation, North U. seminars will improve your team's boatspeed and boathandling... *FAST!* Register online or call today, and make your 2010 season one to remember!



TRIM CD set included for home study and review!

For registration and seminar schedule updates log on to...

**[www.northu.com](http://www.northu.com)**  
or call 1-800-347-2457

Hosted by  
**MIT Sailing Team at MIT  
Boston, MA**

**Sunday, March 21, 2010  
9 am - 5 pm**

***Instructor: Bill Gladstone***

**Pricing:**

Skipper - \$115

Each additional crew - \$85

Lunch - \$10 per person



US Sailing discounts available.



Visit [www.northu.com](http://www.northu.com) for the latest schedule updates. 1-day TRIM seminar covers boatspeed *and* boathandling...upwind in the morning and downwind in afternoon. *Bring your crew!*