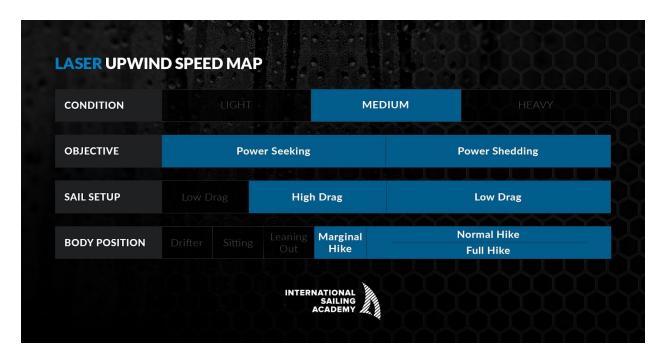


Lesson Title: Medium Wind Condition Summary & Objectives

Medium Wind

- ☐ Begins at marginal hiking when butt is over the side
- ☐ Ends when significant vang sheeting begins



Key Objectives

- ☐ Identify whether condition is **Power Seeking** or **Power Shedding**
 - ☐ **Match** sail setup and body position accordingly
 - ☐ Always **maximize hiking** when possible and setup rig to suit
- ☐ Hike early in transition to medium wind
- ☐ Steer well
- ☐ Change gears efficiently
- ☐ Handle fast/slow relative speed well
- ☐ Hold lane