

For yachts that travel at high speeds, the traditional rescue methods of using the Quick-Stop method, or a Lifesling, are no longer options. New methods are needed for these yachts. Stan Honey, Safety at Sea Committee member and Navigator for *ABN AMRO ONE* in the Volvo Ocean Race, recently wrote an article for the Cruising Club of America about his experiences during this grueling race. Cruising Club of America is courteous to provide US SAILING with this article, *Navigating, Stacking, Surfing, Snacking, Surviving*. This educational article assists the Safety at Sea Committee's continued effort to understand and study safety issues.