


# Fast Track to Sailing: Learn to Sail in Three Days (International Marine-RMP)

*By Steve Colgate, Doris Colgate*

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**The learn-to-sail book for when you are in a hurry to gain your sea legs**

At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods available to you so you can fulfill your sailing dreams in little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. You can master the fundamentals in three days--or over a summer of leisurely sailing.

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## Editorial Review

About the Author

**Steve Colgate** founded the Offshore Sailing School in 1964. He has participated in two America's Cup trials, 17 Newport-Bermuda races, seven Fastnet Races, the Pan American Games, the Olympics, and six transatlantic races.

**Doris Colgate** is president and CEO of the Offshore Sailing School and founder of the National Women's Sailing Association. In 2003, US SAILING awarded the Colgates the Timothea Larr Trophy in recognition of their outstanding leadership and excellence in sailing education.

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