



Sail the Gorge this summer with Olympic Gold Medal winner Anna Tunnicliffe Tobias! Anna's resumé as a sailor and a coach is long and impressive: 4-time collegiate National Champion and All-American, 2-time Olympic competitor (and gold medalist in the ILCA 6 class in 2008), and 2022 coach for the US Sailing Team ILCA 6 squad. In recent years, Anna has gained further acclaim as a fitness guru, claiming the title of "Fittest on Earth" at the 2018 CrossFit Masters Games.

A fierce competitor on the racecourse, Anna brings a warm and accessible approach to her coaching clinics, as well as a wealth of knowledge on how to achieve championship-level performance in ILCA sailing. This clinic is a rare opportunity for west coast sailors to work with one of the world's top coaches, and a great warm-up for the [Columbia Gorge One-Design Regatta](#) the following weekend!

The Gorge ILCA Training Camp with Anna Tunnicliffe Tobias is open to all ages and designed for experienced ILCA sailors comfortable in winds up to 25 knots. Attendance is limited to 8 sailors (first come, first served). The clinic fee of **\$750** covers three days of on-the-water coaching with Anna, daily video de-brief, and personal performance assessment and training tips.

To register and make payment go to the [Support CGRA](#) web page and click on **Donate**. Your \$750 donation is your registration (due to limited attendance, clinic fees are non-refundable).

For more information and to confirm your registration in the clinic, please send a message to: bill@cgra.org.