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## Harness Line positioning.

Posted by bobapcoed - 2009/06/27 21:07

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Hi, this may seem a bit fundamental, but what method does everyone use re harness line positioning. There's the hands per size of sail, third of the way down the boom, finding the balance point on a windless day (2 fingers lifting a rigged sail). Any others?

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## Re:Harness Line positioning.

Posted by kenmorton - 2009/06/27 23:10

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I try to go out in the same conditions as the last session so everything should still be set up o.k. If I have to rig a different size sail then I just move the lines after the first run and maybe a small tweak after the second run and if I'm happy enough then just forget about them.

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## Re:Harness Line positioning.

Posted by Shawn - 2009/06/28 09:48

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Harness lines... hmmm, yes... i remember those! ;)

I don't think the windless day thing would help cos your C of Effort would probably move a bit when it blows. I always use about 5 hand widths down the boom & then plonk my front line there for my 5.0, and move it a bit forward for my 4.0 (and if I had a bigger sail would move it further back for that), and have them a small handwidth apart.

Guy Cribb seems to swear by putting them 1/3rd way down your boom - see this article:  
Cribb sheets

I try to go out in the same conditions as the last session so everything should still be set up o.k. Hehe - this made me chuckle Ken - we all know you only have a 3.8m sail & only go out when it's Force 9 or above and over mast high!!

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## Re:Harness Line positioning.

Posted by Ernie - 2009/06/28 10:21

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Shawn wrote:

Harness lines... hmmm, yes... i remember those! ;)

Hey Shawn how ya doin!!!

Last Friday evening was epic at Leasowe. 5.0 weather, wave board...onshore..but you could jump in both directions off small/medium ramps!!! About 15 people out too.

I've read all the articles on harness line positioning over the years, but I suspect in the end I (still) just do a rough positioning and then go out and sail and adjust them over the first 15 mins on the water...

On the water I prefer my front hand to have less pressure. i.e. I can more easily take my front hand off the boom. However taking both hands off is more difficult in strong winds when the CoE moves back. In lighter winds it becomes easier to take both hands off as the CoE moves forward.

Where you want to feel pressure - back hand, front hand, neutral - is a matter of preference - although in real terms there are only slight differences between the options..

So as per usual, I offer no meaningful advice at all...I'll get me coat.....

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## Re:Harness Line positioning.

Posted by bobapcoed - 2009/06/28 10:36

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Thanks for the advice chaps. I think I've got a mental block in thinking my lines are always too far forward despite my front arm screaming. I'm just going to go with the feel, as advised. Cheers.

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## Re:Harness Line positioning.

Posted by kenmorton - 2009/06/29 23:03

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I always prefer lines (very) slightly forward, just seems to give a bit more control.

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## Re:Harness Line positioning.

Posted by Shawn - 2009/06/30 09:49

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And just to confuse matters still further, I prefer mine a little bit further back so I can ride along with front hand off easily for maximum cool, and keep power on with the minimum amount of effort.;

But that just goes to show that its horses for courses really, mess around with them for the 1st 20 mins when u go out until they feel comfy for your style.

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