

Disabled sailors to compete in Pointe Claire

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Imagine sailing a boat by using your breath to control the rudders and sails.

That's what some of the 25 athletes will be doing at the Pointe Claire Yacht Club on July 29-31 at the 11th annual Coupe du Québec, a sailing regatta for people with disabilities.

"Thanks to specially designed boats and technology developed in Canada, everyone can sail independently no matter what their level of disability," said Matt Palardy, spokesperson for the Association québécoise de voile adaptée/Quebec Adapted Sailing Association (AQVA), which hosts the event.

"Even people with full-body paralysis can enjoy the thrill of competition by using a straw system to control the rudder and sails with their breath."

The Coupe will see athletes from Montreal, Quebec City, Hamilton, Ottawa, Toronto and Kingston as well as New York, Vermont and Connecticut test their skills on Lake St. Louis.

New this season is the 2.4mR, a Paralympic class boat, a one-person keel boat that is ideal for integrated sailing since it requires little movement as everything is adjustable from in front of the sailor.

The event is open to the public.

*The Pointe Claire Yacht Club is at 1 Cartier Ave. For more information, go to the AQVA website at aqvaqc.com or call Palardy at 514-694-8021 *begin_of_the_skype_highlighting* 514-694-8021 *end_of_the_skype_highlighting*.*

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