

Sally Lindsay Honey Biography (aka: Sarah Lindsay Honey)

Sally Lindsay Honey, 827 Lytton Avenue, Palo Alto, CA 94301, 650-863-3428

Husband: Stanley K. Honey, professional sailor, navigator, technical innovator

Child: Tamsin Breck Lindsay, b. 4-28-72

Born: 31 March 1944, Urbana, Illinois

Education: BA, Anthropology, University of Pennsylvania, 1967

MA, Literature, Stanford University, 1997

Post-graduate Creative Writing classes at Stanford University

Advanced Meteorology course at Maritime Institute of Technology, Seattle, WA

Current Positions:

Director: SailMail Association, providing worldwide email to offshore vessels

Chair, World Sailing Offshore Special Regulations Sub-committee,

Member: US Sailing, Safety At Sea Committee;

Member: Cruising Club of America, Safety And Seamanship Committee

Employment:

1998 – present: Director, SailMail Association, email service for yachts via Iridium, Inmarsat, or SSB
(www.sailmail.com)

1979 – 2007: Owner/president, Precision Technical Sewing, Inc. and Spinnaker Shop, Palo Alto, CA
Sailmaking, marine canvas, and industrial sewing for the aerospace, electronics, medical,
and exhibit industries. (www.techsewing.com, www.spinnakershop.com)

1975 – 1979: Sail designer and production manager, One-Design Department, North Sails East,
Stratford, CT

1972 – 1975: owner, Sally Lindsay Sailmakers, Swampscott, MA

Fall, 1971: seamstress, Cressy and Curtis Sailmakers, Marblehead, MA

January - June 1970: Transatlantic crossing, Canary Islands to Antigua, then boat maintenance
person on 45' sloop, English Harbor, Antigua.

1969: Sail cutter, Dyson Sails, Marblehead, Massachusetts.

1969: Sail cutter/layout, Hood Sails, Marblehead, Massachusetts.

1968: Research Assistant, Laboratory of Community Psychiatry, Community Mental Health Study,
Harvard University, Cambridge, MA.

1967: Research Assistant, Boston College, Chestnut Hill, MA.

Jan - Mar 1963: office assistant, Earle Reynolds, anti-war activist, Hiroshima, Japan

Summer, 1962: sailing assistant, Clews Boat Centre, Sailfish/Sunfish rentals and instruction,
Shipbottom, NJ.

Sailing History:

International 505:

1972, 73, and 74: New England Seasonal 5-0-5 Championship, 1st

1973,74,76,77: Bermuda International Race Week, 5-0-5, 1st, skipper

1973: East Coast 5-0-5 Champion

1974: Canadian Olympic Regatta at Kingston, 5-0-5, 1st skipper

1978: North American 5-0-5-Championships, 1st, skipper

1970-90: Campaigned 5-0-5's in numerous international championships, including (7) World
Championships (Santa Cruz, Bermuda, France, Denmark, Australia, San Francisco, France) generally
finishing in the top 20 and always the top woman; and including (2) Pacific Championships, in Hong Kong and
Japan, finishing 3rd.

Other Small Boat Racing:

1972: Adams Cup, Women's North American Sailing Champion, 1st, skipper

1975: Memorial Adams Cup, 1st, skipper

1979: Memorial Adams Cup, 1st, crew

1970 - 90: Many additional regional, national, and international regattas in Thistles (1st crew Nationals
and Mid-winters), Fireballs (2nd skipper Nationals), 470s, Dragons, Melges 24 as skipper and crew.

Off-shore Big Boat Racing:

1962,64: Annapolis-Newport Race, NY 32, "Proton", crew

1969: Block Island Race Week, NY 32, "Proton", foredeck boss

1970: Newport-Bermuda Race, NY 32, "Proton"

1990: Double-handed Pacific Cup, San Francisco-Hawaii, Cal 40 "Illusion", co-skipper
 1992: Pacific Cup, fully crewed, Schumacher 50, "Heart of Gold", crew, 2nd
 1993: Double-handed Ocean Series, San Francisco Bay, Cal 40 "Illusion", 1st
 1993: Long Beach-Cabo Race, "Heart of Gold", watch captain
 1994: Pacific Cup, fully crewed, Express 37, "Mélange", crew, 2nd in class
 1996: Pacific Cup, double-handed Cal 40 "Illusion", First Overall, First Double-handed, Fastest Corrected Time any race
 1990-98: Double-handed Farallones, SF Lightship, Vallejo races, etc., Cal 40 "Illusion" many 1st, 2^{nds}
 1998: Antigua Race Week, Sayonara, crew
 2002: Antigua Race Week, Pyewacket, crew
 2003: TransPac, Cal 40 Illusion, co-skipper, 1st in class, 3rd overall
 2005: TransPac, Cal 40 Illusion, skipper-navigator, 2nd in class
 2010: Newport-Bermuda Race, Cal 40 "Gone with the Wind", navigator, 3rd in class, 8th overall
 2013: Double-handed Farallones race, Cal 40 "Illusion", 1st overall

In-shore Big Boat Racing:

2001: San Francisco OYRA (ocean series) Season Championship, Cal 40, Illusion, co-skipper
 2002: San Francisco HDA (Handicap) Season Championship, Cal 40, Illusion, co-skipper
 2007: Big Boat Series, Santa Cruz 52, Winnetou, crew 2nd
 2008: Big Boat Series, Schumacher 46, Surprise, crew
 2008: Chicago – Mac, Beneteau 44.7, Indecision, watch captain
 2009: Big Boat series, Express 37, Golden Moon, crew

Off-shore Delivery/Cruising History:

1956: Ten days cruising Cape Cod on the 48' eight meter, "Proton"
 1954-68: Many weekend cruises on the Chesapeake Bay, "Proton"
 1966: July and August, charter crew, 48' Alden schooner, "Olad", St Thomas, V.I.
 1968: Delivery, Bermuda to Annapolis, 45' New York 32, "Proton"
 1970: December, Transatlantic crossing, Canary Islands to Antigua, "Proton", watch captain
 1971: Jan - June, Live aboard & maintain the 45' NY 32, "Proton", English Harbor, Antigua
 1970-74: multiple week-long cruises, Maine coast, Amphibicon 26
 1973: two-week cruise, Camden to Rocque Island, 36' catamaran
 1991: delivery, Hawaii to San Francisco, Cal 40, "Illusion", co-skipper
 1993: week-long instructional cruise, Maine coast, C & C 40, instructor
 1996: July-October, Hawaii - Vancouver Island, British Columbia, 2-handed, Cal 40, "Illusion"
 1997: July-October, Cruise Anacortes to Glacier Bay to San Francisco, Cal 40, "Illusion"
 2001: PlayStation, Morrelli-Melvin Catamaran, delivery Philadelphia to New York City, crew
 2003: double-handed delivery, Hawaii to San Francisco, Cal 40, "Illusion", co-skipper
 2014: double-handed cruise from San Francisco to Los Angeles, Cal 40 Illusion
 2015,16: double-handed cruising in the Sea of Cortez, Cal 40 Illusion
 2016-19: double-handed cruising, Mexico-Panama Canal-Newport RI, Cal 40 Illusion
 2020: double-handed cruising, Maine Coast

Sailing Awards and Service:

1972: 5-0-5 Fleet 6, fleet captain
 1973: Martini and Rossi (now Rolex) Yachtswoman of the Year
 1974: Martini and Rossi (now Rolex) Yachtswoman of the Year
 1981: American Section President, International 505 Class
 1994: Pacific Cup Board of Directors, Seminar organization, including SAS seminars
 1994,95 and 96-97: Sailing World Boat of the Year Panelist
 1995 to 2005: coach for various women's sailing clinics
 2002-2004: Pacific Cup Board of Directors for 2004 race, SAS seminars
 2011-12: Pacific Cup Offshore Academy, organizer, moderator
 2011- present: US Sailing, Safety At Sea Committee, current chair
 2012: US Sailing Full Crew Farallones Independent Investigation, committee chair
 2012- 14: Cruising Club of America, local station safety officer, Safety at Sea committee
 2013: America's Cup Safety Review Panel following the Artemis tragedy
 2016: Safety at Sea Core Topics Handbook, editor, written for US Sailing
 2016-17: US Sailing's Safety at Sea Handbook, editor

Memberships - current:

Pacific Cup Yacht Club, St Francis Yacht Club (spouse), US Sailing, TransPac Yacht Club, South Beach Yacht Club, Cruising Club of America, New York YC (spouse), Storm Trysail Club.

Contributions: Pacific Cup YC Board of Directors and seminar organizer, including several Safety-At-Sea Seminars; Cruising Club of America local station safety officer and program organizer; multiple lectures on sailing and sailmaking to various organizations; instruction in dinghy and big boat sailing. Chair, US Sailing Farallones Investigation. Chair, US Sailing Safety At Sea Committee. Board Member, Call of the Sea Tall Ship Educational Tall Ships, Co-writer, US Sailing's Safety at Sea, A Guide to Safety Under Sail and Personal Survival

SLH Off-shore Miles sailed (approximate)

Miles

Off-shore Big Boat Racing:	
1100	1962, 64 Annapolis-Newport Race, NY 32, "Proton", crew
100	1969 Block Island Race Week, NY 32, "Proton", foredeck boss
630	1970 Bermuda Race, NY 32, "Proton"
2300	1990 Double-handed Pacific Cup, San Francisco-Hawaii, Cal 40, co-skipper
2300	1992 Pacific Cup, fully crewed, Schumacher 50, "Heart of Gold", crew, 2nd
4000	1993 Double-handed Ocean Series, San Francisco Bay, 1st
930	1993 Long Beach-Cabo Race, "Heart of Gold", watch captain
2300	1994 Pacific Cup, fully crewed, Express 37, "Mélange", crew, 2nd in class
2300	1996 Pacific Cup, double-handed, Cal 40, Illusion, 1st over-all
1200	1990-98 Double-handed Farallones, SF Lightship, Vallejo races, etc., many 1st, 2nds
100	1998 Antigua Race Week, Sayonara
100	2002 Antigua Race Week, Pyewacket
2400	2003 TransPac, Cal 40 Illusion, co-skipper, 1st in class, 3rd overall
2400	2005 TransPac, Cal 40 Illusion, skipper-navigator, 2nd in class
350	2008 Chicago-Mac, Beneteau 44.7, Indecision, watch captain
630	2010 Bermuda Race, Cal 40 Gone with the Wind, navigator, 3rd in class, 8th overall
Off-shore Deliveries/Cruises	
600	1956 ten days cruising Cape Cod on the 48' eight meter, "Proton"
900	1954-68: weekend cruises on the Chesapeake Bay, "Proton"
200	1966 July and August, charter crew, , 48' Alden schooner, "Olad", St Thomas, V.I.
850	1968 delivery, Bermuda to Annapolis, 45' New York 32, "Proton"
3200	1969 December, Transatlantic crossing, Canary Islands to Antigua, "Proton", watch captain
500	1970 Jan - June, Live aboard & maintain NY 32, "Proton", English Harbor, Antigua
500	1970-74: week-long cruises, Maine coast, Amphibicon 26
300	1973 two-week cruise, Camden to Roque Island, 36' catamaran
2800	1991 delivery, Hawaii to San Francisco, Cal 40, "Illusion", co-skipper
200	1993 week-long instructional cruise, Maine coast, C & C 40, instructor
2800	1996 July-October, Passage: Hawaii to British Columbia, cruise inside Vancouver Island
3000	1997 July-October, Cruise Anacortes to Glacier Bay to San Francisco
150	2001 PlayStation, delivery Philadelphia to New York
2800	2003 double-handed delivery, Hawaii-San Francisco, Illusion
10000	2014-2020 Cruise from San Francisco to Maine, via Panama Canal