

Sally Barkow

Winner of the prestigious Rolex Yachtswoman of the Year award in 2005, Sally Barkow is the skipper of Team 7 Sailing. As the selection panel's unanimous choice for Rolex Yachtswoman of the Year, Sally was recognized for her "versatility and consistency, both abroad and at home" after winning a string of noteworthy international events — including two world championships — in four different keelboat classes.

She is a three time collegiate All-American who graduated from Old Dominion University '02 with a BS in Psychology. Growing up in a family that counts five generations of sailors, Barkow was exposed to the sport from a young age. After considering whether to ski or play basketball in college, Barkow traded the inland lakes of Wisconsin for the waters of Norfolk, Virginia. While at Old Dominion she twice earned ICSA (Inter-Collegiate Sailing Association) All-American honors (2001 and 2002), and helped ODU win the 2002 ICSA North American Women's Championship for the third time in the school's history.

After college and her early successes in sailing, Sally made the decision to pursue her Olympic dream and became a full time sailor. Sally and her current team went onto win the 2003 Women's Rolex Championships, and the 2004 Women's Match Race World Championship. She is currently racing full time in the Yngling Class and on the Women's Match Race circuit as she and her team concentrate on improving their sailing technique and tactics and on developing the setup and tuning of their Yngling keelboat.

Sally enjoys the opportunity to travel the country and the world as she works to pack in the most sailing experience she possibly can. When she is not traveling she resides at home in Nashotah, Wisconsin where she practices massage therapy, coaches sailing clinics and enjoys time on her road bike or making pottery.