

## Carrie Howe

Position: Spinnaker trimmer, tactician

Birth Date: 5/13/1981

Height: 5'6"

Favorite Food: Oysters

Home Town: Grosse Pointe, MI

Boats Sailed: Yngling, Lightning, J22, J24, 420, Formula 18

Carrie began sailing at age eight on Lake St. Clair in Grosse Pointe, Mich., at the local yacht club. Gifted with a competitive spirit, she sought out to dominate any sport she could. By the time college rolled around, Carrie had moved away from soccer, among other sports, and on to sailing as her main pursuit.

She decided to attend Boston College due to its reputation for structure, guidance and top notch facilities. The Boston College sailing team became a main focus along with studying in the Business School. Carrie was selected as Sailing Team Captain which helped her develop her focus, leadership and sailing talent. Throughout her four years, she won various titles in the 420, Laser II, team racing, Lightning classes and was awarded the team's most valuable women's sailor. Carrie received All-American honors and helped her team reach nationals all four years. She graduated cum laude with a degree in finance.

Outside of the college sailing scene, Carrie reached the forefront of competitive sailing. It is said that you can always fit little people on a sailboat, but she takes this to a new level by utilizing her skills from various classes of sailboats to bring success to as many teams as possible.

Sailing with Team 7, Carrie trims the spinnaker and calls tactics on the Yngling. When match racing, Carrie is found in every position from the front to the back of the boat. Her versatility is a strong asset that will continue to advance the growing success of Team 7. This is quite the same as in her recent successes in team racing and a new found interest in catamarans. Carrie won the 2006 ISAF World Sailing Games in Austria sailing with competitors from her college sailing days.

In Carrie's off time, she loves to adventure anywhere possible. Hiking, backpacking, skiing, kiteboarding, waterskiing, coaching are usually top on the list when Team 7 is not training. Skiing is probably #1 on the list, but that is not always easy to find considering sailors follow the sun!!