
'Life is good' says Paris

Bermuda's round-the-world solo sailor, Alan Paris, was enjoying favourable conditions this week as he headed towards the Canary Islands.

In the latest despatch from his yacht, *BTC Velocity*, Paris said "life is good" as he continued on the second leg of the Around Alone Race.

"Some good news," reported the Bermudian. "The wind is 7.5 knots and I have the Code Zero up (a massive hybrid sail between a headsail and a spinnaker) for only the second time in the race.

"*BTC Velocity* is powering along on flat seas at 8.5 knots of boat speed towards the Canary Islands. Life is good.

"My good friend Derek Hatfield, on *Spirit of Canada* – the one who no matter what I do always seems to be ahead of me – tells me sometimes in jest to stay focused when sailing 24 hours a day seven days a week. That's normally after I digress into a topic that shows I am perhaps not totally zeroed in on the task at hand.

"It's difficult to keep up the discipline. Derek is an ex Canadian Mountie. I guess they might be tougher than those of us who

come from a paradise like Bermuda.

"To the outside reader this focus manifests itself in a series of complaints from all the skippers like 'too much wind from the wrong direction', 'no wind', 'seas choppy and confused', 'shipping everywhere, no time to sleep', 'too rough to eat', 'broken this and that'.

"Does this sound like a group of people having fun and following their dreams? Well really it is. We are all trying to get the best out of our awesome racing machines and sometimes we lose track that this is really meant to be fun whilst trying to gain that ever elusive extra half knot of boat speed.

"So today, no matter what happens to the wind, I am having fun."