SPEAKER BIO FOR PAT & CAROLE MCINTOSH

Pat and Carole McIntosh have roughly 50 years of sailing under their belts. Their sailing resumes include having sailed thousands of miles of "blue water" cruising in addition to spending many years developing an indepth knowledge of The California Delta and the west coast of North America. In the process, they have made multiple trips up and down the coasts of California and Mexico, including several Baja Ha Ha's and Baja Bashes and a few years of "commuter-cruising" in Mexico. These sailors will not only guide you down the Pacific coast, but can answer any land-based questions you may have – roads, airport connections, shopping – to ensure you get the most out of your trips south of the border, for either extended cruising or commuter cruising.

The primary focus of their seminar is to help prepare you for cruising, and take you safely and comfortably through towns and villages heading south from San Francisco to the coastal waters of the Baja peninsula, up into the of the Sea of Cortez and south along the coastal waters of Mexico. They can also introduce you to voyaging as far south as Panama.

The McIntoshes have conducted cruising seminars at the Pacific Sail & Power Boat shows at Jack London Square and at Richmond for many years, helping thousands of other sailors prepare for cruising. Their cruising logs, seminar notes, information on recent regulation changes, and constant input from active cruisers, have led to the creation of their two cruising books, *CRUISING NOTES - Things to know before you go*, and *CRUISING NOTES - Under way to Mexico*. Their books contain an invaluable collection of cruising tips, data, and useful information that is not readily available anywhere else with this particular blend of first-hand knowledge and zest for the cruising life style. Download your complimentary free copy of their 300+ page book, *CRUISING NOTES - Things to know before you go (10th edition)* from Latitude 38 and bring it with you to their seminar at this year's SVENDSEN'S SPRING FLING boat show. Pat & Carole invite you to join-in, ask questions, and participate with them as they help you prepare for your sail of a lifetime, to wherever the wind blows!

