

Subj: **ZAP FLASH - Southern Bay Racing News You Can Use January 27, 2010**
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Southern Bay Racing News You Can Use ZAP FLASH

SBRNYCU is an independent weekly publication of southern Chesapeake Bay racing happenings. Founded in April, 2000.

This concerns one of the finest in our southern Bay racing community - **Alan Bomar**. Many of us know Alan and his family, wife Jan, son William and daughter Abbey, through racing, be it J/24's, high school sailing, or any other vessel with a sail. Alan is currently at the Medical College of Virginia, undergoing treatment for an dire illness. He is required to be at MCV for extensive periods of time.

As you can imagine, hearing about what is going on in our and his sailing world would bring a welcome relief from his current day to day schedule. Here's what you can do: go to www.caringbridge.org/visit/alanbomar, follow the prompts, and leave him a message. While you are at CaringBridge you can read Alan's and Jan's postings, too. It's all there.

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SOUTHERN BAY RACING NEWS YOU CAN USE, Lin McCarthy, Editor