

CASCADE ADJUSTABLE FORESTAY

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Here are a few ideas regarding the adjustable forestay. I have 3 things that I think are worth sharing here, none of them improve performance but I think they are helpful.

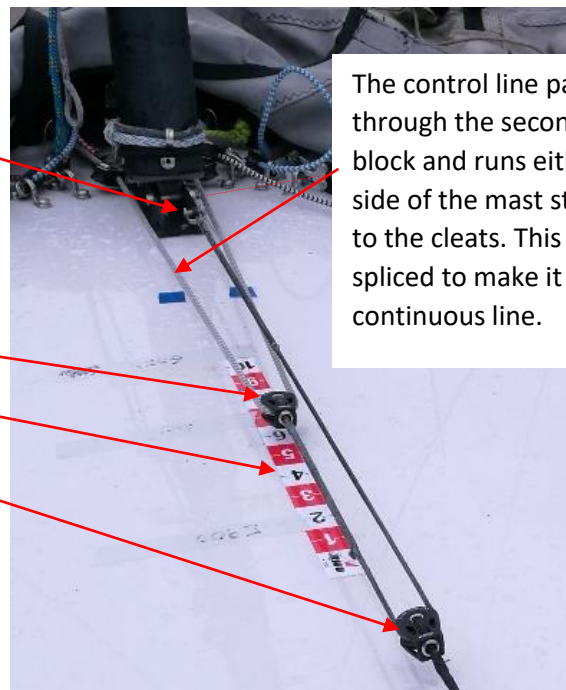
1) For my adjustable forestay, instead of the double block arrangement I prefer to use a 2 block cascade system, it is really simple, it's much smoother to operate and the last block moves further giving you a more accurate reading against your calibration/setting marks on the foredeck. Also if you are adding an adjustable forestay to a MK1 2 single blocks are a lower cost option. See the pictures and notes below.

The cascade line attaches to the front of the mast step, I have tied it to a small shackle attached to the front hole. This line then goes through the first block and has the second block tied to it.

Second Block

Calibration Marks

Second Block



The control line passes through the second block and runs either side of the mast step to the cleats. This is spliced to make it a continuous line.

2) When looking at the forestay block that attaches to the hull fitting, I noticed that the block sheave was cutting through the sides of the dyneema loop that passes through the centre of the block. It is worth taking a look at yours, if you have a short loop it is likely that the inside of the rope loop is touching the block sheave and allowing the outside edges of the sheave to rub and start cutting the rope. I have done 2 things to prevent this from happening, firstly I have made the dyneema loop longer so the rope is not held tight against the edges of the block sheave. Secondly I have added an outer protective braid so that it protects the dyneema from getting cut/rubbed.

3) The last item that I think is worth thinking about is the safety line. I have revised the length so that when the forestay control line is fully released (or breaks), the mast rake can only go to my most raked position. This means that I can just release the control line when I want maximum rake, it also means that if the adjustable forestay breaks the mast is held at my most raked position but no looser meaning I could comfortably carry on sailing. Most safety lines are far too long, if the adjustable forestay breaks the mast won't fall down but the rig would be so raked back it would be difficult to sail it let alone finish the race.

2) If this spliced loop is too short the block sides can cut into the rope on the inside of the loop. To prevent this from happening I have made sure the loop is longer, so it is not tight against the moving part of the block. I have also locally added a protective braided outer cover, this was a blue control line which I cut a short piece from then pulled the inner core out before threading the dyneema through it.

3) Forestay safety line length is revised to give my most raked setting but no more.

