



What the Sea Teaches Us: The Crew of the Morning Light

Jeff Kurtti

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“There are many lessons in sailing,” Roy E. Disney believes. “Not just about competition, but the importance of teamwork, good communication, reliance in self, trust in others, and what the sea teaches us all about patience, perseverance, and just plain luck.” This idea is brought to vivid life in *What the Sea Teaches Us: The Crew of the Morning Light*, a beautiful companion book to Roy E. Disney’s remarkable sailing documentary, *Morning Light*.

Every other year, ambitious and adventure-hungry sailors embark on an ocean race that starts in Los Angeles, California and finishes in Hawaii—the Transpacific Yacht Race. The race is one of the most challenging and competitive sporting events in the world, and has been drawing in generations of sailors for over a hundred years with its beguiling siren’s song.

This book chronicles the recruitment, training, and performance of one of the youngest crews ever to compete in the race. With an average age of 21.2 years, these fifteen fearless young sailors battled the elements and the odds as, on their own, they sailed a Transpac 52 called *Morning Light* across the Pacific Ocean. None were actors. There was no script, and no preconceived outcome.

More than an account of the competition, *What the Sea Teaches Us* gives readers unique insight into the individual personalities and defining characteristics that brought these young people to the *Morning Light* project, and accompanies them on their emotional, educational, and spiritual journeys, from the selection process and a strenuous, improvisational training program, through sea trials and on to the completion of the 2007 Transpac race.

Lavishly illustrated throughout in color and black and white—and featuring spectacular photography by award-winning photographer Sharon Green—*What the Sea Teaches Us* is a moving and compelling record not only of a journey on the sea but in the hearts and minds of a one-of-a-kind group of dedicated young sailors.

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