

Technical Soaring



The Technical and Scientific Journal of The Soaring Society of America and
 Organization Scientifique et Technique Internationale du Vol a Voile

MANAGING EDITOR
 Rob Sjostedt
OSTIV EDITOR
 Cedric O. Vernon

SSA TECHNICAL PANEL

**CHAIRMAN,
 SSA TECHNICAL BOARD**
 Stephen Northcraft
DESIGN AND CONFIGURATION
 Mark Maughmer
AERODYNAMICS
 Dan Somers
METEOROLOGY
 Harry Senn
STRUCTURES AND MATERIALS
 Ed Crawley
**INSTRUMENTATION
 AND EQUIPMENT**
 John Hansman
FLIGHT TESTING
 Einer Enevoldson
**TOWPLANES AND
 LAUNCH SYSTEMS**
 E.J. Indrebo
OSTIV REPRESENTATIVE
 Bernald S. Smith
**AIRWORTHINESS TECHNICAL
 STANDARDS**
 Al Blackburn

OSTIV

PRESIDENT,
 Dr. Manfred E. Reinhardt
**CHAIRMAN,
 TECHNICAL SECTION**
 Dipl. Ing. Winfried M. Feifel
**CHAIRMAN,
 SCIENTIFIC SECTION**
METEOROLOGICAL PANEL
 Dr. H. Trimmel
**CHAIRMAN,
 SAILPLANE DEVELOPMENT
 PANEL**
 Prof. Dr. Ing. Piero Morelli
**CHAIRMAN,
 TRAINING AND SAFETY PANEL**
 Bill Scull

©1995 The Soaring Society of America
 All Rights Reserved
 ISSN# 0744-8996

OSTIV SECTION

Brief Report On The XXIV Congress At Omarama, New Zealand, 1995	by L. M. Boermans	34
Fatigue Life Assessment of the IS28B2 Sailplane	by James M. Ritchie, A.O. Payne and Prof. N. Mileskin	35
Seasonal Variation Analysis of Some Meteorological Parameters for Soaring	by Z. Aslan, F. Türksoy, and S. Öney	41
Design and Optimization of Glider Components 	by D.P. Coiro and F. Nicolosi	45
Restraint System in Gliders Under Biomechanical Aspect	by Martin Sperber	52
Sleep And Recovery During a Sustained Training Session 	by Gerard Gillot and Damien Daverme	58
Evaluation of Psychomotor Capacities During a Sustained Training Session	by Gerard Gillot and Annick Durny	62

The objective of *Technical Soaring* is to document recent advances in the science and technology of motorless aviation.

Technical Soaring is published quarterly by the Soaring Society of America, Inc., P.O. Box E, Hobbs, NM 88241 (505) 392-1177. Subscription price for SSA members is \$24.00 (four issues per year) in the U.S., Canada and Mexico; for other foreign countries—\$27.00 per year. Subscription for non-members of the SSA is \$30.00 per year.

First class or airmail can be arranged for an extra fee. Subscribers should send change of address notices to the above Hobbs box number, being sure to mention *Technical Soaring*.

Submitted papers will be subjected to a technical review before being accepted for publication. Manuscripts should be sent complete with illustrations and cover letter to: *Rob Sjostedt, 1544 Blue Heron Way, Oregon, WI 53575.*

Papers submitted for consideration by OSTIV should be sent to: *Cedric O. Vernon, 15 The Piccards, Chestnut Ave., Guildford/Surrey GU2 5DW.*