

MURRAY'S CATAMARAN HARNESSES

MURRAY RACE HALF & FULL HARNESSES

- Battens provide significant back support!
- Contoured and adjustable fit: Our most comfortable harnesses.
- Padded with 3/8" closed-cell foam: Does not retain water.
- 500 denier Cordura outer layer is more durable than pack cloth.
- 1000 denier Cordura seat is super durable at point of most wear.
- Cordura seat is padded with 1/4" neoprene.
- Non-skid patches reduce slipping on deck and tramp.
- Padded leg straps offer support and comfort advantages.
- Race Harness is compatible with all trapeze buckles sold by Murrays.
- Weight of Race Full size L: 1 lb. 13 oz. (2 lb. 5 oz. with Murray 10" spreader)
- Color: blue.
- Order trapeze buckle separately.



Murrays harnesses do not come with trapeze buckles. See page 46 for a complete selection.

RACE HALF HARNESS

Order spreader separately.

\$105.00

- 30-0243BL Medium Blue
- 30-0244BL Large Blue
- 30-0245BL X-Large Blue



RACE FULL HARNESS

Order spreader separately.

\$140.00

- 30-0342BL Small Blue
- 30-0343BL Medium Blue
- 30-0344BL Large Blue
- 30-0345BL X-Large Blue



Skamokawa Regatta 2006 Photo: Alan Aplin

TRAPEZE COMFORT & SAFETY

- Wear a wetsuit under your trapeze harness to protect yourself from abrasion and to help hold the harness in its proper position.
- Be sure side-release buckles are completely closed before hiking out!
- Check trapeze control lines for proper height (dogbone should pull down to within 9" of sidebar), for wear (replace frayed or sun-damaged lines), and be sure that knots are securely tied.
- Wear non-slip footwear and/or prepare hulls or sidebars with a non-slip surface.

RELATED ITEMS

Gul Harnesses	pg 47
Spreader & Buckles	46
Trapeze Adjustment Kits	49
Wetsuits	10-11

HARNESS FITTING HINTS

The primary determinant of fit is waist (or hip) size. You need to be able to wrap the harness "wings" around your sides far enough that they protect you from the buckle straps, but not too far. If you start with the buckle at the height of your belly button and proceed to secure the leg loops and then the buckle hold-down straps, the harness will be in its proper position. Be sure that the buckle does not move north when the shoulder straps are tightened. A wetsuit (short or long john) is very helpful to prevent the harness from sliding out of position. Excess strap can be cut and/or laced neatly back through the buckle.

MURRAY HARNESS WAIST SIZES

Small	22" - 30"
Medium	28" - 34"
Large	32" - 38"
X-Large*	36" - 44"

*Race Harness only

MURRAY'S CATAMARAN HARNESSSES

HARNESS CONSTRUCTION DETAILS

All Murrays harnesses are made in Santa Barbara, California. The materials are selected for their function and durability. All harnesses are padded with 3/8" closed-cell foam and are lined with 8-oz. nylon pack cloth. Extra-long polyethylene straps facilitate fitting skippers and crews of many sizes and shapes. The outside shell materials include 8-oz. pack cloth or heavier-duty 500 or 1000 denier Cordura®.

MURRAY FREEDOM HALF HARNESSSES

- Contoured and adjustable to fit your shape: More comfortable than the Classic harness for longer periods of trapezing and for heavier sailors.
- Padded with 3/8" closed-cell foam: Does not retain water.
- 500 denier Cordura outer layer is more durable than pack cloth.
- Padded leg straps offer support and comfort advantages.
- Non-skid patches reduce slipping on deck and tramp.
- Freedom Harness is compatible with all trapeze buckles sold by Murrays.
- Color: blue.
- Order trapeze buckle separately.

\$95.00

30-0332BL *Small*
30-0333BL *Medium*
30-0334BL *Large*



Murray's harnesses do not come with trapeze buckles. See page 46 for a complete selection.

MURRAY HARNESS WAIST SIZES	
Small	22" - 30"
Medium	28" - 34"
Large	32" - 38"
X-Large*	36" - 44"
*Race Harness only	

MURRAY CLASSIC HALF HARNESS

- Contoured and adjustable to fit your shape: Good comfort for recreational (shorter) sailing.
- Padded with 3/8" closed-cell foam: Does not retain water.
- Fits wide size range and is quick and easy to adjust: Ideal for sharing!
- 8-oz. nylon pack cloth is durable and easy-care.
- Adjustable diaper-style harness is compatible with all trapeze buckles sold by Murrays.
- Color: blue.
- Order trapeze buckle separately.

\$69.00

30-0212BL *Youth/Small*
30-0213BL *Medium*
30-0214BL *Large*
30-0212 *Replacement Dowel* \$5.00



Piñata Regatta 2007 Photo: Ellie Martin

CHOOSING A HARNESS

For Recreation

The basics: Murrays half harnesses are well made, easy to adjust and fit a wide range of sizes. Beyond the basics: Less is more; the simpler, the better for recreational sailing.

- Classic half harness provides a nice, padded, tailored fit with a "beaver tail." It is simple and economical.
- Freedom half harness uses leg loops instead of "beaver tail" which adds two more straps, but is more comfortable for longer sailing sessions "on the wire."
- Race half harness provides outstanding comfort, durability and support. It is used by many racing skippers who do not feel the need for the shoulder support of a full harness, even for a full weekend of racing.

For Distance Sailing and Racing

More support equals more comfort which requires more adjustments. Most adjustments on all Murrays harnesses have a "memory," so once the harness is adjusted, it stays adjusted from one day to the next.

- The Murrays Race FULL harness has been proven again and again by weekend racers and by long distance racers. The Race harnesses are built to last and the back support (batten system) is the most emulated feature in top end trapeze harnesses today. (If racing started on the beach and included dressing, all harnesses would use the Murray SR buckle and strap system because it is SO much faster and easier to put on than the others!)

Catamaran vs. Dinghy Harnesses

Catamaran harnesses by Murrays are generally more user friendly; they are faster and easier to put on and adjust, and many adjustments have a "memory." To avoid loose strap ends, simply trim the adjustment straps and pass the loose ends back through the buckles where they will be contained and restrained.

Dinghy harnesses by Gul (and others) may appear to be simpler. This "simplicity" is an attempt to avoid "snagging" rigging while maneuvering in the close quarters and complex rigging environments of the new high performance dinghies. The cost of simplicity is extra time and effort to properly adjust the harness.

Safety Issues

- Trapeze hook can snag on rigging or anything else: This IS serious, but avoidable.
Solution: See Key Hole and Quick Release Trapeze Hook Systems on page 46.
- "Slippery when wet" connection between harness seat and cat deck (fiberglass hull or poly mesh trampoline).
Solution: Apply non-skid tape or EVA foam pads to slippery decks or side bars.
Solution: Murray Freedom and Race harnesses have "non-skid" patches on the seat areas that really work!
- Quick release adjustment buckles pre-release: Not much of an issue, but it has happened.
Solution: Double check the buckles to see that they are properly closed before you hike out!
- Strap adjustment buckles "snag" on rigging: Murphy knows that it can happen!
Solution: Wear a close fitting Lycra jersey over everything! (see page 10)
Solution: Gul and Da Kine harnesses have neoprene covers over most strap adjustment buckles.