

SPREADERS



STAINLESS SPREADER BAR

Strongest, most comfortable trapeze hook system! This 10" spreader is recommended for all Murray harnesses. Wide hook system greatly enhances comfort by reducing hip squeeze. Shoulder straps move freely with your movements through smooth stainless attachment loops. No trapeze ring retaining mechanism to fail or foul. Stainless steel with black powder coating. Hook is welded at two points for superior strength. 8 oz.

01-0137 \$30.00

FASTEX BUCKLES

A plastic, two-part side release buckle. Size indicates width of the webbing; 1-1/2" is used on Murray harnesses.

01-0148 3/4" \$2.00

01-0145 1" \$1.50

01-0146 1-1/2" \$2.25

01-0147 2" \$2.50



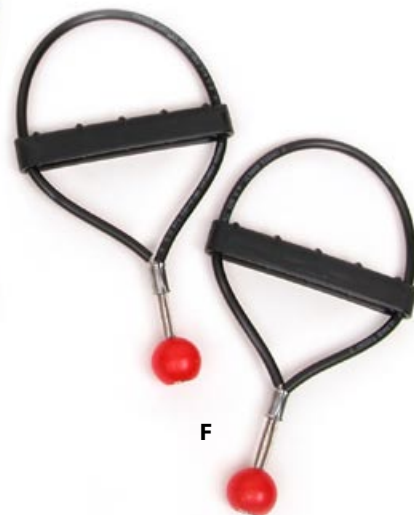
C



D



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F

RELATED ITEMS

Murrays Harnesses.....	pg 44-45
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Photos courtesy of Craig Schiffers

C-F. "KEY-HOLE" SYSTEM

The safety-minded Key-Hole system offers many advantages over the traditional hook design. Its low profile design is less likely to get hooked unintentionally and the system will stay hooked until purposefully removed. A low profile means much easier reboarding and less likelihood of scratching gel coat, point loading or damaging a hull. Ball-end trapeze rings are lighter and less dangerous than stainless dogbones or trapeze rings. The 10" Key-Hole buckle fits Murray harnesses except Classic (unless you sew it on), all Gul, Magic and most Hobie harnesses. The super-strong carbon buckle weighs only 7.5 oz. Order buckle and connectors (sold by the pair) separately.

Key-Hole Buckle

C. 01-0311 Carbon Key-Hole Buckle Only \$99.00

Key-Hole Connectors

D. 01-1212 Key-Ball "Original" Connectors—pair \$28.00

E. 01-1213 Key-Ball Can't Hurt Connectors—pair \$26.00

F. 01-0142 Key-Ball Can't Miss Connectors—pair \$28.00



Spreader and connectors are sold separately

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THE BASICS OF TRAPEZING

1. Start by sitting on the hull or sidebar with the trapeze ring hooked to the harness. The trapeze system should be adjusted so that the rope lock is snug to the turning block.
2. Using one hand to steady yourself, slowly ease your weight over the side by pushing out on the deck or trampoline with your feet. Your other hand should be holding onto the trapeze handle for balance. Stand on the side of the hull or sidebar with your weight hanging from the wire.
3. When pushing out, try to keep more weight on your forward foot with your feet spread about two feet apart, keeping your aft leg slightly bent. For coming in, reverse the entire process.
4. The correct trapeze setting is to have your body resting nearly parallel to the trampoline. Beginners can set it a little bit higher, and experts a little bit lower. To adjust trapeze height while sailing, use an adjustable trapeze kit (see page 49).

GUL & GILL CATAMARAN & DINGHY HARNESSSES

D. GUL "STOKES" HARNESS WITH SPREADER

- Padded sides.
- Adjustable back pads.
- Adjustable buckle fastening.
- Full personalized adjustments.
- Ladder lock adjuster covers.
- Universal spreader bar attachments.
- Wide load-bearing spreader bar is included.

\$119.00

- 34-2032 Junior Large
- 34-2035 Small/Medium
- 34-2037 Large/X-Large



GUL HARNESS WAIST SIZES

Junior Large/Adult Small	26" - 30"
Small/Medium	29" - 35"
Large/X-Large	35" - 40"

GUL harnesses include spreader bars.



E. GILL SPREADER BAR CATAMARAN HARNESS

- Incorporates the RWO "QRH" push-button Quick-Release Hook for safer trapezing.
- Integrated kidney belt.
- Multi-adjustment options for optimum fit.
- Kevlar reinforced seat area.
- Aluminum back plate for maximum support.
- Low bulk for greater freedom.

\$199.00

- 42-4901-2 Small
- 42-4901-4 Medium
- 42-4901-7 Large

GILL HARNESS WAIST SIZES

Small	27" - 29"
Medium	30" - 33"
Large	34" - 37"



Gill harnesses include spreader bars.



GILL UV AERO VEST

Gill's new Aero Vest is designed to stretch over layers such as wetsuits, trapeze harnesses and buoyancy aids to reduce wind drag and the chance of snagging. The opening on the front stretches to fit around the trapeze harness hook and allows easy access to the quick-release button of the Gill Harness. The white 4-way stretch fabric offers excellent UV protection (UPF50+).

\$65.00

- 42-4408-7 Large
- 42-4408-8 X-Large

Last update Dec. 2009: Click here to go to the Murrays Online Store for current information