

**Arnstein Mustad**  
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**Sail or Power**  
**U.S. Citizen**  
**English/Icelandic**  
**Non-smoker**  
**Good Health**  
**Single**  
**DOB 28-5-1961**

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**Highlights:**

- Formally trained professional sailor with over 80,000 offshore miles and thousands more on inshore waters on over ninety different makes and models of power and sailing vessels ranging from dinghies to mega yachts and fishing trawlers.
- Sailed the waters off China, Hong Kong, Taiwan, Philippines, Japan, Iceland, Florida, Bahamas, Mexico, Canada, Hawaii and US west coast. Longest passage of 45-days across the Pacific Ocean aboard a 48ft cutter.
- Experienced in most boat systems from electronics to outboards (excellent overall engineering skills).
- College educated, experienced and organized professional manager of complex technical systems, computer/telephone networks, budgets, and business accounting practices with excellent interpersonal skills.
- Founded San Francisco Sailing web based discussion group with over 1,100-members and regularly participate in the world of boater education and safety.

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2007 to  
Present

**J World, Alameda, CA**

Part-time sailing instructor for advanced courses and private lessons.

2006 to  
Present

**Maritime Institute, San Diego, CA**

Part time USCG certified instructor and examiner for two-week duration 100-ton USCG license exam training courses. I currently teach five or more captain license training courses a year. Qualified as an International Yachtmaster examiner.

2002 to  
Present:

**Mustad Marine / Delivery Captain, San Rafael, CA**

Marine business owner and self-employed contract captain for hire, performing skippered charters for corporate and private clients on un-inspected sailing and power vessels of less than 65ft, and on inspected vessels of not more than 100 tons. Delivery captain since 2002 averaging 7,000 to 10,000 miles a year on waters between Hawaii, Mexico and Canada.

1999 to  
Present:

**Club Nautique, Alameda, CA**

Part time Senior Instructor for US Sailing's number-one offshore sailing school - US Sailing Certified Sailing Instructor for Basic Keelboat through Coastal Passage Making with more than 500-days of on the water instruction experience. Instruction also includes specialized courses on performance sail trim, big boat motoring, anchoring, navigation, twin and single-screw motor boat handling, etc.

Developed new Coastal Navigation course curriculum. Assisted with writing exam questions for US Sailing's Basic Cruising Instructor certification. Assisted in the draft development of US Sailing's Offshore Passage Making textbook. Invited to present on specialized training techniques at US Sailing's National Symposium held in Oakland, January 2004.

2004 -  
Summer:

**San Francisco State University, San Francisco, CA**

Faculty Teacher/Instructor – Developed and taught a new curriculum for college level beginner sailing courses.

1991 to  
2002:

**US Voice Telemanagement, Mill Valley, CA**

Vice President of Operations for start-up communications company responsible for all operations including customer service, quality assurance, initial accounting, network services, product marketing and sales support. Company grew into a publicly traded corporation and was later merged with an internet services company.

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**Education and Marine Certifications:**

- USCG Master Near Coastal 100 ton with Unlimited Radar Observer, 200-ton STCW 95, Sailing and Towing Endorsements
- Yachtmaster Offshore and Ocean certification
- FCC Marine Radio Operator Permit and Ham Radio General License (K16HUO)
- So Cal. Merchant Marine Training Institute License Certificate
- US Sailing Certified Passage Making and Power Boat Instructor
- Red Cross First Aid and CPR/AED certifications current
- Chapman University / Santa Monica Jr. College / Pacific Palisades High School