



Above: Mark Breeden, Charlotte Lubawy and David Duncan demonstrate how to tie off a cleat and how to tie a stopper knot during the first Beginning Sailing class. CRSA has 9 practice cleats and 25 sections of line for students to utilize during this section of the course.

CRSA Welcomes Beginning Sailing Students as New Members

Bill Lubawy, David Duncan, Mark Breeden and Charlotte Lubawy taught the classroom portion of the popular Beginning Sailing classes on May 5th and May 7th. About 25 students (see picture below), all enthusiastic future sailors, enrolled in the course that covers sailing nomenclature, points of sail, tying some knots and attaching lines to horn cleats, safety hints, rules of the road, handling gusts and high wind, seeing the wind, sail trim, the physics of sail boats and how to successfully back up a trailer. Sometime near the end of May or the beginning of June the lake will hopefully be down to begin scheduling the water labs. Tentatively the labs will start on Saturday June 6th.



Ruth and Al Lawton Host 2015 Spring Social

The 2015 Spring Social was generously hosted by Ruth and Al Lawton at their lovely home on Sunday April 12th. CRSA members and guests enjoyed lovely weather, delicious food, and most importantly lots of friendly conversation about sailing. Members brought delicious dishes that took most of the afternoon to eat. Everyone left very full and very happy. Special thanks to Ruth and Al for their wonderful hospitality, and Ted Brandewei, Social Chair, for making the arrangements.



2015 CRSA Officers (Here are some more. Other officer bios will be spread throughout future issues.)

Secretary: Sally Shafer, Lexington, KY

My family: I started sailing as a kid with my family, mostly coastal cruising and puttering around lakes in all sorts of boats. I've continued ever since. My adult children are also experienced sailors and we all love being on the water. My 4-year old granddaughter is just about ready for sailing; she already loves kayaking and being around and in the water.

How did you hear about CRSA? Al and Ruth

Lawton were my neighbors for many years. Al's polite but persistent persuasion to join the club finally worked. I should have joined sooner. I've been a CRSA member for about 15 years. I've served as social chair and membership chair in the recent past.



I have a sunfish now, based at a lake in Maine where we spend lots of time. The Maine coast is my favorite cruising territory but I'll sail just about anywhere on anything.

What do you enjoy most about CRSA? The opportunities! I've met so many great people who sail, and have been on amazing sailing trips that never would have happened without my CRSA friends. I keep learning! The club has a huge amount of expertise so no matter what sort of sailing skills I want to learn, I can always find someone to teach me.

I have found that the more I do with the club, the more I get out of it. As a newcomer I wish I had gotten more involved earlier. When I eventually started volunteering to help out with races and social events, and started taking courses offered, I found these are great ways to meet people and learn a lot about boating and sailing.

Youth Sailing: Chuck Emrich, Lexington, KY

My family. My adult children and son-in-law Tiffany, Barret, Autumn, Sierra and Jacob Hamm

How did you hear about CRSA? Saw sails on the water at Cave Run. I've been a CRSA member since around 1990.

Do you own a boat?

What type of sailing do you enjoy? I own a Sunfish, Laser II, CATALINA 22 and Caliber 38. I enjoy all types of sailing for every condition and level of challenge. I like racing both on and off lake. The better the competition, the better the racing! I also enjoy off shore cruising and exploring the islands.



What do you enjoy most about CRSA? Being with a group of sailing friends who want to share sailing with others both older and younger. CRSA provides us with an opportunity to fall in love with the wind waves and the water - it keeps sailing alive in KY! I talk sailing all the time and would enjoy a conversation with you! Be it races or navigation or repair of the boat. Email me at youthsailing@caverunsailing.org if you like to talk sailing.

Record High Water at Cave Run Lake Down to 20 Feet Above Summer Pool

The record high water (30 ft above summer pool) that hit Cave Run Lake about the middle of April is down to about 20 feet above the summer pool as of May 12th. The Cave Run Marina was still having to shuttle people in on a pontoon boat but thought the walkways would be clear in the next 2-5 days.



Left: High water nearly covered the wall around the refuse bins. Center: The dock next to the Scott Creek Boat Ramp is in deep water. Right: The walkway from the parking lot to the marina is at water's edge.

For Sail/Want To Sail

The MainSHEET will publish information about boats that members have for sale, or boats they wish someone else would have for sale. Send descriptions and pictures to MainSHEET@Caverunsailing.org.

MacGregor, "Spirit of '76" 25 foot Venture



It's been called the prettiest boat on the lake, the red shiny one! Nissan 8hp electric start, like new motor, recently been serviced and ready to go.



Sleeps five, lights and fan in cabin, porta potty, pop top with screen for summer nights. Sailboat has been painted, made safe with completely refurbished electrical system, reupholstered all cushions, new sails, spinnaker, and has solar charger for dual batteries. Been covered between sailings, covered all winter, and winterized each year since we owned it.

Having to sell because a broken leg prevents Captain from safely operating it.

Location, Captain Hooks boat yard, across from Scott Creek Marina. Easy to launch, just drive across the road! Asking: \$4500. Call 859-223-5080 or email Jane.Howell@uky.edu.

Changed Email Address? Send an Email Note to the Membership Chair

If you have changed your email address and want to stay in contact with CRSA send your new address to membership@caverunsailing.org.

Flying Scot: #4348



Comes with trailer, bottom cover for trailering, factory updated running rigging, main and jib sails used only 5 times, spinnaker useable, bow floatation and stern port installed for sanctioned racing, extra wheels for trailer; \$4000. Call 859-338-7939 or email drjamesdinger@gmail.com.

CRSA Dinghies Continue to Meet Fridays for Lunch at Signature Club of Lansdowne in the "Cellar"



CRSA Dinghies is a group of CRSA members and guests devoted to sitting around and chatting about sailing and anything else that comes up in the course of lunch. Dinghies meet almost every Friday at 11:45 am at the Signature Club of Lansdowne Cellar Bar and Grille, 3256 Lansdowne Drive. Drop in, no reservations are required, and look for a table with sophisticated looking CRSA Dinghies representatives sitting around. For last minute information check with Al Lawton 859-293-2793.

High Water Still Makes Racing "iffy"

Watch the CRSA website for the latest information on the summer series races. The lake is being lowered as rapidly as possible but when racing will start is still anyone's guess. For questions contact Mark Breeden at rearcommodore@caverunsailing.org.

From The Youth Sailing Chair Share the passion for the water and the wind!

We're going to have a great year with youth sailing! Many new interested groups are asking how to make something happen for them! Boy Scouts, Brownies, 4Hers and Sea Cadets to name a few. We now see this could be big! So there are two things for you to do:

1. If you have some young person in mind who wants to sail, get them registered for youth sailing on our web-site Caverunsailing.org. If older than 12 we may offer Day Sailing for older kids if we get enough registrants. If you have a boat call me and let's get you on a list for helping older kids or send an email to me emrich@aol.com.
2. We are going to need lots of volunteers to share the passion. We'll make a position for you and your talents. We need sailors to teach, individuals to help with snacks, maintainers of boats, and transportation. As you know to make Youth Sailing grow, you are just who we need to create magic on the water. So do it today. Send an email to emrich@aol.com and volunteer as much time as you can, even one day helps! By giving this to others you will re

All classes will be at Jacobson Park, Lexington, KY.
Tuesday July 7, 6-8 pm
ignite your passion! I'll be there with a fan for the flames!
Saturday July 11, 1-4 pm
Tuesday July 14, 6-8 pm
Saturday July 18, 1-4 pm
Tuesday July 21, 6-8 pm
Saturday July 25, 1-6 Skills and Pirate Fun Day.
Cost \$30

Children will learn the basics of sailing including water safety, boat anatomy, rigging, knots, points of sail and boat maintenance. CRSA owned Optis which are small boats specifically designed for teaching youth sailing will be used.

Sailing Demonstration (Great Experience for New Sailors) Jacobson Park – in the Back Saturday May 23, 9 am – 2 pm Weather Permitting

Rear Commodore Mark Breeden will have a sailing demonstration at the back of Jacobson Park on Saturday May 23rd. He will have a full size Laser and fans to make sure there is wind. This demo will help new sailors experience how boats handle in the wind. Come out for some sailing fun without high water.

CRSA 2015 Calendar (See caverunsailing.org for updates) Socials Classes Races

Date	Day	Event	Location	Contact
May 16	Sat	Summer Race Series - Race 2 11:00 am	L2	rearcommodore@caverunsailing.org
May 19	Tues	ASA 101/103 Introduction - see website	TBA	asasailing@caverunsailing.org
May 23	Sat	Sailboat Handling Demonstration	L4	rearcommodore@caverunsailing.org
May 30	Sat	Summer Race Series - Race 3 11:00 am	L2	rearcommodore@caverunsailing.org
Jun 13	Sat	Summer Race Series - Race 4 11:00 am	L2	rearcommodore@caverunsailing.org
Jun 20/21	Sat/Sun	Sailstice Race and Raft Up Social	L5	social@caverunsailing.org
Jun 27	Sat	Summer Race Series - Race 5 11:00 am	L2	rearcommodore@caverunsailing.org
July 7th-25th	Tues/Sat	Youth Sailing Classes 6:30 pm	L8	youthsailing@caverunsailing.org
July 12-16	Sun - Thurs	Girl Scout Sailing Classes	L6	youthsailing@caverunsailing.org
July/Aug	Sun	Commodore's Summer Social	TBA	social@caverunsailing.org
Aug 15	Sat	Summer Race Series - Race 6 11:00 am	L2	rearcommodore@caverunsailing.org
Aug 29	Sat	Summer Race Series - Race 7 11:00 am	L2	rearcommodore@caverunsailing.org
Sep 12	Sat	Summer Race Series - Race 8 11:00 am	L2	rearcommodore@caverunsailing.org
Sep 20	Sun	Charity Regatta Casual Racing 9:00 am	L7	vicecommodore@caverunsailing.org
Oct 3 & 4	Sat/Sun	Grand Annual Regatta/Reg 4 Cat 22	L2	vicecommodore@caverunsailing.org
Nov 7 or 14	Sat	Annual Banquet & Mtg 6:00 pm	TBA	social@caverunsailing.org

Locations

- L2 Captains Mtg at Scott Creek Boat Ramp 11:00 am, Races at 1:00 pm
- L4 Jacobson Park Amphitheater 9 am - 2 pm
- L5 Race beginning at 1:00 pm Sat, Raft up in Mooring Field
- L6 Clay Lick Launch Ramp
- L7 Breakfast and Captains Mtg 9:00 am, Camp Ground Group Use Area
- L8 Jacobson Park Lake



The MainSHEET is published 4-8 times a year, by The Cave Run Sailing Association, PO Box 256, Lexington, Kentucky 40588.

The Cave Run Sailing Association is an all volunteer, nonprofit association dedicated to:

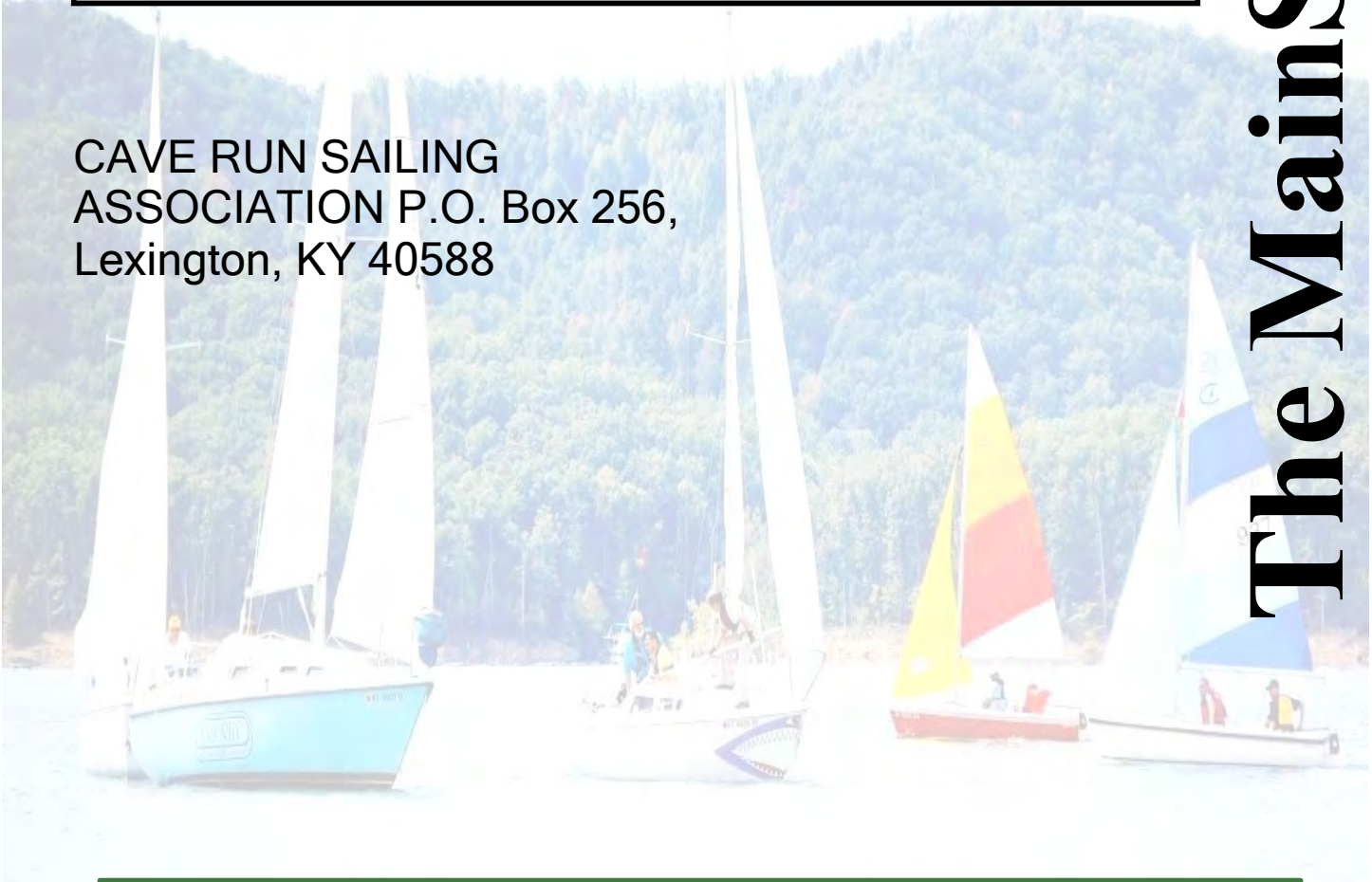
1. promoting both leisure and race sailing,
2. conducting sailing education classes,
3. providing a forum for good will and social activities among those interested in sailing and
4. participating in charitable activities.

Membership Information can be obtained from David Duncan at membership@caverunsailing.org.

The MainSHEET is edited, sometimes carefully, by Bill Lubawy. Please contact Bill for article ideas and or suggestions at Mainsheet@caverunsailing.org.

TO RENEW YOUR MEMBERSHIP: An electronic membership form is now available at the website caverunsailing.org. Go to the website > renew membership tab > forgot password (if you did). Your email address is your User ID. Also, you can send in a paper check and a paper form to CRSA, PO Box 256, Lexington, KY 40588. Contact CRSA Membership Chair David Duncan if you have any questions – membership@caverunsailing.org

CAVE RUN SAILING
ASSOCIATION P.O. Box 256,
Lexington, KY 40588



The MainSHEET

WWW.CAVERUNSAILING.ORG