

# Summer Sailing News



## The MainsHEET

### Lines from the Commodore

Welcome to summer sailing! It's time to get your super soakers out and plan to spend some fun time in the water. This is a great way to enjoy the hot weather and mostly light winds, although be careful and think safety first! Cave Run Lake may seem welcoming, but do not be deceived. There is a current in the lake and mooring field. Be aware and be prepared. Use your life jacket and the lines if swimming around. Enjoy the water, enjoy sailing as much as you can, and think safety first!

As usual, CRSA has been busy. Vice Commodore **David Leddy** organized the 2023 Benefit Regatta for Youth Sailing held Saturday, March 13. With his work group, \$4,150 was raised to support our Youth Sailing Academy! More information can be found on pages 4-9.



**Chris Bollinger** lead the Beginning Sailing class with a full house in mid-May. Unfortunately, the water lab was challenging due to the weather conditions and not everyone was able to complete their water lab experience. Chris is working with people individually to schedule the final experience!

Your Social Director **Fresca Leddy** hosted the 3rd Annual Commodore Tea on Sunday, June 4th. There were more than 40 members attending, along with 9 CRSA Commodores. Please see more in Fresca's article on pages 10-12. Fresca also organized the Summer Sailstice cookout and raft-up following the June 24 club buoy race. Mark your calendars for Saturday, August 13 for the CRSA Newcomer Social. This year the Social is being held at Sawstone Brewing Company in Morehead, Kentucky. Check the website for the most current information.

Rear Commodore **Mark Breeden** has listed the 2023 race series on the website. Due to light summer winds, no races are planned for July. August kicks back up with races on August 12 at Cave Run Lake, August 19 for the Mountain Mama Regatta at Summersville Lake in West Virginia, and August 26 back at Cave Run Lake.

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**Chuck Emrich**, Youth Sailing Director, is ready for our annual Youth Sailing Camp scheduled for Tuesday evenings beginning July 11 and Saturdays beginning July 15, with Pirate Day scheduled for Saturday, July 29. If you would like to volunteer please contact Chuck at [youthsailing@caverunsailing.org](mailto:youthsailing@caverunsailing.org) or 859-270-2199. This is such a fun and rewarding experience! If possible, you may want to drop by Jacobson Park and watch these future sailors discover the fun of sailing and, more importantly, see their personal accomplishments!

**Let's Go Sailing, for women by women** continues to grow. Currently there are over 60 women on the "interest group" email list. Not everyone attends or is expected to attend all of the sessions. We typically have about 10-12 attendees each month. The dates are on the website and more information is on pages 20-21.

**Bill Jones** and the Remote Control (RC) Sailing group is also growing and building their expertise and experience. They meet every Wednesday at 6PM at Jacobson Park. Even if you do not have a remote control boat, you will enjoy the fun and many times there is an extra boat for you to use if you would like. Please reach out to Bill Jones directly at [kywmjones@gmail.com](mailto:kywmjones@gmail.com) or 859-421-4247 for more information.

As we move forward, we are putting together a "sailing skills building" initiative for all members. We are recruiting volunteers to be on a work group to help organize and kick it off. This is a new initiative and no major decisions have been made at this time. Please contact me at [Commodore@caverunsailing.org](mailto:Commodore@caverunsailing.org) or 859-509-2249 if you would like to be a part of this initiative.

As always, fair winds be with you!

Molly Sutherland

## ***NEW MEMBER NAVIGATOR***

We continue to progress on the New Member Navigation initiative to support **new CRSA members**.

The initiative thus far has developed two goals:

- Create a physical handbook to be given to all new members.
- Develop a team of member Navigators to provide support to new members during their first year of affiliation with CRSA.

The Handbook design and production are under way. If you have **updates to your club profile**, please go to the membership list on our website and make changes. We would like for the information in our handbook to be as current as possible.

We are now searching for **members who would be willing to serve as a Navigator**. If you are interested in helping with this program, please contact our Membership Chair Luke Adams at [membership@caverunsailing.org](mailto:membership@caverunsailing.org).



WE NEED YOU TO VOLUNTEER DURING OUR  
YOUTH SAILING CAMP!

The signature event hosted by the Cave Run Youth Sailing Academy is our annual Youth Sailing Camp, which is held at Jacobson Park each July. During the camp classes we introduce basic sailing skills to youth and teens ages 6 to 18. Our Youth Sailing Camp typically welcomes between 20 and 30 youths from the region who experience on-water training while sailing our 5 Opti and 12 Sunfish sail boats.

This 2023 season we have a record number (45) of students and our human resources are understandably stretched to the limit. **THAT IS WHY WE NEED YOU, TO VOLUNTEER TO COME TO THE LAKE AND HELP US CREATE A WONDERFUL EXPERIENCE FOR THESE ADVENTUROUS FUTURE SAILORS.**

The class dates are:

Tuesday July 11 from 6PM TO 8PM  
Saturday July 15 from 1PM to 4PM  
Tuesday July 18 from 6PM to 8PM  
Saturday July 22 from 1PM to 4PM  
Tuesday July 25 from 6PM to 8PM  
Saturday July 29 from 1PM to 4PM

If you think that you may be able to help us with these classes, please call **Chuck Emrich** (859-270-2199) and he can share with you the exact needs that we have for any particular day.

The work load is light and the reward is seeing the **fun** that the youth have during these 6 days in July - 6 days that may be life changing for them in a very positive way!

# CRSA Benefit Regatta for Youth Sailing

The CRSA Benefit Regatta for Youth sailing was held on Saturday, May 13 to promote awareness and raise funds for the Cave Run Youth Sailing Academy (CRYSA). We had eight boats participate in the racing and 29 members participate at various levels of sponsorship. Thanks to all our members that contributed during this effort for CRYSA and who continue to support the CRYSA with donations throughout the year. Please patronize our business sponsors listed below, most notably our one Commodore Sponsor, Bank of the Bluegrass. Just over \$4,000 was raised to support the Youth Sailing Academy activities and equipment.

Kudos to the fund-raising efforts of Liz Harris, who re-invented the sponsorship levels and wrote an appeal to the membership. Liz along with Molly Sutherland and Sam Moher spent considerable time visiting local businesses enlisting financial support for the CRYSA.

Thanks to Mark Breeden and the race committee for running the Regatta. Our captains racing this year were **Chuck Emrich, Fred Pfister, Molly Sutherland, Sam Moher, Liz Harris, Bob Rodak, and Chris Bollinger.**

“What a great benefit regatta we just had!” said Chuck Emrich, the CRYSA Director. Chuck added his thanks to all who participated as captains, crew, sponsors, in preparing lunches, in fund raising and on the race committee.

He went on to say that this is “what makes youth sailing happen. When I see the smiles on the children’s faces this year, I’ll be thinking of our Benefit Regatta contributors”.

**Regatta Racing Awards: Third Place went to Brad Leslie, Second Place to Chuck Emrich, and First Place to Chris Bollinger.**



***Save the Date for 2024: May 18, 2024, 10:00 AM  
Skippers Meeting at the West Group area, Twin Knobs Campground.***

# 2023 Benefit Regatta for Youth Sailing Sponsors

**Commodore Sponsor:** Bank of the Bluegrass & Trust Co.

**BANK OF THE  
BLUEGRASS  
& T R U S T C O.**

**Luncheon Sponsor:** Kelly & Chuck Emrich

**New Sail Sponsors:** Molly & Lee Sutherland, Terry Clark, Donna & Brad Leslie

**Opti Sponsors:** David & Fresca Leddy, Ruth & Al Lawton, Charlotte & Bill Lubawy,  
John & Judy Shropshire, Steve & Diana Morris, Michael Maginnis

**CRYSA Sign for the Trailer Sponsor:** 42<sup>nd</sup> Parallel--Valerie & Ben Askren,  
Fred & Charmaine Pfister

**Location Sponsor:** Mel Burch

**Sponsor a Child Sponsor:** Liz Harris, Jim McFarlane, Crashes Landing--Matt Blackburn

**Sailing Lesson Materials Sponsor:** Beverly Hale, Jane Sarr, Jonathan Sikora, Ken Ruhl,  
Studio 60

**General Donations:** Regina Heiser, Michael Maginnis, Frosty Freeze (Gift Certificate),  
Stokley's Marine (Gift Certificate). The Frosty Freeze \$50 gift certificate was raffled after  
the Regatta and brought in \$120, the Stokley's gift certification will be raffled at a future  
CRSA event.







2023 BENEFIT REGATTA  
to benefit  
CRYSA  
Youth Sailing Academy



Fred & Charmaine Pfister



Chuck Emrich & Tom



Brad & Donna Leslie; Nancy Stephens





Bob Rodak, Igor Kappel, & Nathan



Liz Harris, Nicole Brocata, Beverly Hale



Chris Bollinger & MartinHerbener



Molly & Lee Sutherland  
& Bill Lubawy

## *SOCIAL NEWS*

The Commodore's Tea (and manly beer)  
welcomed 47 sailors with 9 past (and present) Commodores.  
It was lovely to get together with old and new friends!



Commodores L to R: Jim Dinger, Valerie Askren, Bill Jones, Molly Sutherland,  
Ralph Merten, Beverly Merten, Ruth Lawton, Bill Lubawy, Al Lawton

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### Newcomers Social

**August 13th**

**4PM—8PM**

**Sawstone Brewery (upstairs)**

**175 E. Main Street**

**Morehead, KY.**

**Potluck with a Silent Auction.**

**Look around now for anything you might be able to donate!**

**Don't forget to look at the calendar on the CRSA website Home Page  
for other events as well!**



*Commodore's Tea*





*June 10  
Buoy Race*





## Radio Sailing Race Series Underway

The radio sailing fleet is into its second month of the 2023 race series. The Dragon Force 65 sailors meet every Wednesday evening at 6:00PM at Jacobson Park Lake. Typically, there will be 7-10 races each Wednesday with 5-7 boats competing.

Weekly results are published to the fleet, with a simple scoring system in place: 1 point for first place, 2 points for second, etc. At the end of the race series (October), any racer that has competed in 60% of the races will be eligible for trophy presentations. An average score for the entire season will be computed to determine the order of finish.

Thus far, nine CRSA members have participated in the series, with six having won at least one race. The competition is improving every week. One of our newest club members, Paul Duffin, is currently leading the fleet with solid weekly finishes.

I have had the thrill of owning a Hunter 23.5 at Cave Run Lake and a 40.5 Hunter on Chesapeake Bay. Sailing the Dragon Force 65 brings a similar joy without the expense of insurance, slip fees, and maintenance. It isn't either a big boat or a radio/controlled—you can do both!

Check out [radiosailing.net](https://radiosailing.net) and consider joining the largest one design fleet in CRSA. For most of our members, it means sailing every week without leaving Lexington!



By Bill Jones



## 2023 CRSA Grand Annual Regatta

The CRSA 44<sup>th</sup> Grand Annual Regatta is coming up this **September 23 & 24!** Registration is available on the website, so please don't delay in getting your boat, crew, or guest registrations in. It does seriously help with the planning to know about how many are expected!

Further information about the Grand Annual can be found in the Notice of Race to follow.

If you are able to help with some of the many tasks it takes to hold the Regatta, such as meals, race committee, safety boat, set-up, clean up etc., please contact me at [vicecommodore@caverunsailing.org](mailto:vicecommodore@caverunsailing.org). I will be sure to find a place for you.



The Guest registration last year was popular, so we will once again have a spectator boat for guests. If you want to crew and do not yet have a spot, please email and I will put you on a list available to the skippers.

We will be at the Boat Gunnel Campground again this year. For those of you that enjoy camping, we have reserved this campground starting from Thursday afternoon through Monday morning. Availability is "first come, first served" on the tent sites and RV spaces. Should we run out of room, camping would still be available at the Twin Knobs Campground, but with the standard Forest Service fees.

The Sailing Instructions will be posted about mid-August, and I will keep you posted on plans and needs for this event in future newsletters.

For those of you with long-range calendars, I have the dates for the 2024 Grand Annual. If you email me, I'll be glad to let you know the dates.



Happy Sailing,

David Leddy, CRSA Vice Commodore



**NOTICE OF RACE**  
**44th Grand Annual Regatta**  
**September 23-24, 2023**  
**Organizing Authority and Host –**  
**Cave Run Sailing Association Cave Run Lake, Morehead, Kentucky**

The Cave Run Sailing Association invites you to join us for our 44th Grand Annual Regatta. Located in the heart of the Daniel Boone National Forest, the Autumn colors make Cave Run Lake an exceptionally beautiful place to sail.

**Location:** The Boat Gunnel Camp Area at the Twin Knobs Campground has been reserved by CRSA for the weekend and will serve as the Regatta Headquarters. A limited number of tent and RV camping sites are available in the Boat Gunnel and additional camping is available in the nearby Twin Knobs Campground for a separate fee. Participants desiring the Twin Knobs Camping Area should reserve sites on their own. This year there will be a limited number of campsites available starting on Thursday night. For details contact [vicecommandore@caverunsailing.org](mailto:vicecommandore@caverunsailing.org).

**Rules:** This regatta will be governed by the rules as defined by the current edition of the Racing Rules of Sailing (RRS), the prescriptions of US Sailing, except as any of these are altered by this NOR or the Sailing Instructions. RRS 32.2 is changed to: When Code Flag S is flown at a mark or gate, it is the beginning of the last leg of the race, ending at the RC Boat, from the direction of the S Flag. RRS 62.2 and 62.4 will not apply. RRS Appendix V applies.

**Fleets and Scoring:** A minimum of five boats constitutes a one-design fleet (i.e., Catalina 22, Flying Scot, National One Design, Sunfish, etc.) with a separate start. All other boats will compete in the day-sailor or cruiser fleets based on Portsmouth handicaps. Scoring will be RRS Appendix A, as amended by the Sailing Instructions. The number of races is dependent on weather conditions, starting as many races as possible before a cutoff time to be specified in the sailing instructions. A minimum of one race constitutes a regatta and all races shall be scored. Trophies will be awarded to the top three finishers in each class.

**Registration:** On-line Registration will be available beginning June 1, 2023. On-site registration will begin Saturday, September 23, at 9:00AM. On-line registration is encouraged!

**Entry fee:** Each boat \$70 on-line until Sept. 22. Day-of-race registration will be \$85. Junior registration for skippers aged 19 and under will be \$40. This includes entry, breakfast (2), lunch (2), Saturday dinner, and one (1) shirt.

**Crew or guests (each):** Fees are \$25 and include breakfast (2), lunch (2), Saturday dinner.

**Additional shirts** are available for \$20.

**Sailing Instructions:** Sailing Instructions will be posted on the CRSA web page and will be available at the registration site to all registered boats. Changes to the sailing instructions will be posted at the Regatta Headquarters registration site.

**Schedule:**

**Saturday, September 23**

0900-1030	Registration and Brunch—Boat Gunnel Camp
1030	Skippers Meeting
1200	Warning signal for Race 1, with Race 2 and Race 3 back-to-back
1730	Attitude Adjustment—Boat Gunnel Camp
1800	Dinner—Boat Gunnel Camp

**Sunday, September 24**

0800	Skippers update & breakfast—Boat Gunnel Camp
1000	Warning signal for Race 4 with Race 5 back-to-back
1330	Awards Presentation—Boat Gunnel Camp

**Launching Facilities:**

Boat Launching facilities are available at the Scott Creek Boat Ramp (fee), the Stoney Cove Boat Ramp or through the Twin Knobs Campground Facility. Passes for the Twin Knobs Campground launch area are included and, as of this writing, the Forest Service does not list a fee for the Stoney Cove Boat Ramp, which is near the western end of the Cave Run Lake Dam.

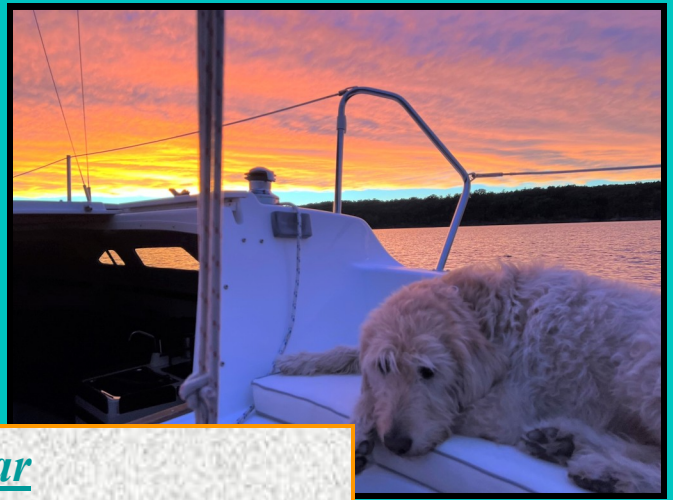
**Lodging:**

Several motels are located close to the lake and in nearby Morehead:

Comfort Inn & Suites 606-780-7378 / I-64 at KY 802 (9miles from lake)  
Lakeview Motel 606-784-1600 / [www.caverunlodging.com](http://www.caverunlodging.com)  
Holiday Inn Express 606-78405796 / in Morehead (14 miles from lake)  
Days Inn 606-783-1484 / in Morehead (14 miles from lake)  
Ramada 606-784-7591 / in Morehead (14 miles from lake)

**Camping:** The Twin Knobs Campground (National Forest) is available for a separate fee (through the campground management).

Further questions can be directed to the CRSA Vice Commodore, David Leddy, at: [vicecommodore@caverunsailing.org](mailto:vicecommodore@caverunsailing.org).



*Bear*  
Ben and Valerie Askren's  
*Sea Dog*  
Relaxing on Deck



## *CRSA Let's Go Sailing, for women, by women*

Congratulations to **Charmaine Pfister** and **Shelby Bryant** for earning their ASA 101 certification! Per **Brad Leslie**, their instructor, both passed with “flying colors”.

Last winter, the LGS group created an outline of educational goals for 2023 and May was selected as our “racing basics session.” A special thanks to our Rear

Commodore **Mark Breeden**, Harbormaster **Brad Leslie**, and **Jim Chandler** for their help in making this happen. We had ten women attend the morning “classroom” session on the MMII, lead by Mark Breeden. Mark reviewed racing basics, specifically the starting sequence, starting strategies and tips, as well as rounding the marks. Following the overview session, Mark and Jim laid out a practice start line and windward mark. Mark and Patti Breeden served as a Race Committee and off-boat coaches, while Brad added real time on-boat coaching. What a great way to learn and practice racing techniques! The major takeaway was...we need more racing, coaching, and experience! We are looking forward to learning and practicing more.



June 6 was a fun sail day with a lot more fellowship.

Wednesday, July 19 and Thursday, August 24 have been set aside for small boat sailing, mainly sunfish. Both of these sessions will be held at Cave Run Lake. We had one small boat sailing session last year, which we enjoyed so much, that we decided to take the sunfish out two times this year! If you are interested in participating, you must register with me, [commodore@caverunsailing.org](mailto:commodore@caverunsailing.org).



Saturday, August 5 is our summer luncheon planned for Merrick Inn in Lexington from 11:30AM to 2:00PM. This is a great time to meet, greet, and enjoy the many women interested in sailing. Space is limited and you must contact me no later than Thursday, July 27 to register—which is on a first come basis.

All dates and information are listed on CRSA's website: [caverunsailing.org](http://caverunsailing.org). If you have any questions, please reach out to me at [commodore@caverunsailing.org](mailto:commodore@caverunsailing.org) or 859-509-2249. We would love to have you join us!  
Molly Sutherland



*LGS*  
*May 31 & June 6*



# CONGRATULATIONS TO CRSA REAR COMMODORE

## MARK BREEDEN!

Congratulations to Captain Mark Breeden, CRSA Rear Commodore, who took second place in the silver class at the 2023 Catalina 22 National competition!

Competitive racing at its finest!

Mark Breeden, CRSA Rear Commodore and Captain of "Poppi", invited Lee and Molly Sutherland to crew for him at the 2023 Catalina 22 Nationals hosted by Iron Mountain Yacht Club in Arkadelphia, Arkansas May 20-25.

Keep in mind, none of this would have happened without the incredible planning and logistics from Patti Breeden. Patti planned and prepared breakfast, lunch and dinner for all of us for nine days. Thank you Patti!

There were three classes over four days: gold, silver, and spinnaker. Mark and his crew competed in both the silver and spinnaker classes and came in second in the silver class.

Winds were light and variable on Monday and Tuesday allowing for one spinnaker and two gold and silver class races to be completed. Winds picked up significantly on Wednesday, allowing 4 gold and silver class races and one spinnaker race. What a fabulous day! Thursday's wind continued strong, allowing us to have an incredible spinnaker, gold, & silver race, finishing the regatta strong.

Against all odds, Captain Breeden navigated the waters and the winds to a solid second place win! Mark & crew came into Arkadelphia on the Thursday before to set up Poppi and rig her for a spinnaker. Friday Captain Breeden coached the Sutherlands on how to run a spinnaker. It was the first time the Sutherlands had ever seen a spinnaker operate on a sailboat! The next challenge for Captain Breeden was Poppi's motor. After having to be towed back into the slip, Captain Breeden, along with crew and the wonderful people from Iron Mountain Yacht Club, took apart the carburetor, cleaned it, and then disassembled the lower

unit to check the impeller. Meanwhile crew Sutherland ran to Hot Springs and back for an impeller- about a two hour round-trip parts run. As the sunlight went down, and the iPhone flash light went dim, local folks offered lucy lights and a flashlight. Fortunately, other people in the regatta had tools, but no ratchet extension, making removing and reassembling the lower unit much more challenging.



Captain Breeden and crew stayed calm and had the engine back up and running Wednesday night. Captain Breeden and crew Sutherland were ready for a big day Thursday!

After a good rest, the winds were great and our spirits were high! As we boarded Poppi, preparing for the final gold, silver and spinnaker races of the 2023 Catalina 22 Nationals, we found Poppi's motor now had a bad fuel line. Again, the incredible people of Iron Mountain Yacht Club, specifically Captain George Yerger and Captain and Commodore Chuck Atkinson, came to our rescue! Captain George towed us out to the course and crew Sutherland along with Captain Breeden were ready to have another exciting day sailing with over 25 Catalina 22's from all over the United States!

And sail we did! We got the spinnaker up and we sailed our last race of the regatta, focusing on precision and making CRSA proud!

It was a fabulous regatta - the largest Catalina 22 National regatta in over 10 years. The caliber of competition was incredible and it was an honor for crew Sutherland to be included.



This was a true motivation for Commodore Sutherland and her racing expectations for CRSA. Captain Breeden volunteered to help CRSA establish a Catalina 22 fleet and position to host a Catalina 22 regional regatta at Cave Run Lake moving forward.

Congratulations again to Captain Breeden and crew Sutherland!!

You may want to participate in the 2024 Catalina 22 Nationals, planned for June at Saint Clair Lake, just outside Detroit. You will love it!!!



All members are invited to join the

## Dinghies

A group of well-seasoned (and not so well-seasoned) sailors who gather to share sailing yarns and other subjects

**Fridays** (every week that has a Friday)

**12:00 noon—for lunch**

**The Cellar on Lansdowne Drive**

Uniforms not required



### PERSON OVERBOARD RECOVERY VIDEO

<https://www.youtube.com/watch?v=KE4aWTtL8K4>

### “Naughty” (Knotty) Video



<https://www.youtube.com/watch?v=8N6blmw006U>



# DO YOU KNOW THE MEANING OF THESE SAILING TERMS?

## "Gudgeon and Pintle"

Pintles and Gudgeons **comprise the hinging mechanism on outboard-mounted Rudders.**

Pintles always incorporate a Pin; Gudgeons always have a hole for a Pin.



In standard configuration, Pintles are attached to the Rudder and Gudgeons are attached to the Transom.

## Mast Raising & Boat Prep Day April 2, 2023

Six members gathered at Cave Run Lake to help raise masts on several boats.

Present were Brad Leslie, Steve Morris, Lee Sutherland, Luke Adams, Dallas Hodge, and Fred Pfister.



**Cave Run Sailing Association**  
**PO Box 256**  
**Lexington, KY 40588**  
**caverunsailing.org**  
**859-810-CRSA**



**This Issue of the**  
**MainSHEET is**  
**VOLUME 39 #4**  
**July 2023**

**The MainSHEET is published 4-8 times a year and distributed to members through email, 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 the Spirit of Sailing with goals of:**

**promoting both leisure and race sailing,**  
**conducting sailing education classes,**  
**providing a forum for good will and social activities among those interested in sailing**  
**and**  
**participating in charitable and community service activities.**

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**Membership Information can be obtained from Luke Adams at**  
[Membership@caverunsailing.org](mailto:Membership@caverunsailing.org).

**The MainSHEET is edited by Charmaine Pfister. Please contact Charmaine for article ideas and or suggestions at [Mainsheet@caverunsailing.org](mailto:Mainsheet@caverunsailing.org).**

**Special thanks to all those who contribute pictures and information.**

### **CRSA 2023 Executive Officers**

Commodore	Molly Sutherland	<a href="mailto:Commodore@caverunsailing.org">Commodore@caverunsailing.org</a>
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Membership	Luke Adams	<a href="mailto:Membership@caverunsailing.org">Membership@caverunsailing.org</a>
Newsletter	Charmaine Pfister	<a href="mailto:Mainsheet@caverunsailing.org">Mainsheet@caverunsailing.org</a>
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