



# The MainSHEET

Newsletter of Cave Run Sailing Association  
March/April 2024 Volume 40 #2

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## Lines from the Commodore

Our sailing time has finally arrived! Some of you have sailed Cave Run already this year! You are not the rehab sailor, not the racer; you are a sailor. Congratulations!

We had an awesome Trip Tales on March 14, thanks to hostess Liz Harris and program folks Rose Perkins, David Leddy, David Owens, and Sally Shafer. The event was well attended with great programs and lots of education about galley cooking, cruises and people experiences. Did you know that Al Lawton spent six months on a boat without ice?? Or that Luke's beer bread is now being offered at Whole foods?? Really, both of these are currently being fact checked!

We had an indoor capsizing drill on a Sunfish sailboat at the Y in Richmond on March 16. It was well organized and went off without a hitch. Two of our board members participated, several people went through the training, however, total attendance was a bit disappointing.



**COMING UP!!!**

(See page 2:

there are additional activities featured throughout the newsletter!)

**March 30 at 11AM**

**Committee Boat Safety and Race Training Plus Boat Tune Up Day**

We need volunteers to conduct racing duties, which includes running the races. However, more importantly, if an incident occurs on the water before, during, or after the races that may require your assistance, you need to know what is expected and how to respond.

So, if you want to volunteer, please plan on attending this day.

**Brad Leslie** will be conducting the training on these subjects.

Also, come and **get your boat tuned up and ready for sailing.**

**April 2**

**Sunfish sailing on Tuesday evening starts up again, weather permitting.**

**April 13**

**First Splash Sunfish Regatta**

**Jacobson Park**

We need volunteers and racers. This will be a day-long affair, with boats coming from out of town. Club members can use the youth sailing boats. However, you need to be a racer.

**April 16**

**CRSA Executive Board meeting**

All are invited

You may attend in person or by zoom

Need to RSVP to Graeme Wilson if attending

**April 30 at 10AM**

**Let's Go Sailing, For Women, by Women**

See more information on page 24

**April 30, May 2, and May 4**

**Beginning Sailing Class**

See more information on page 7

We are a busy, vibrant Sail club as you can see!

Get involved!

There are a wide array of activities for anyone interested!

You are encouraged to volunteer or come and participate.

**SAIL ON!**

Graeme Wilson  
CRSA Commodore

# Race Committee Boat Orientation

## Saturday March 30th at 11:00AM

### Scott Creek Marina

We will hold a short hands-on orientation for **all members** interested in working on the Margaret Mary II, our Race Committee Boat, this year. We will meet at the Scott Creek Marina at 11:00 AM on Saturday, March 30, on the dock opposite the fuel dock, adjacent to “C” dock. The Margaret Mary is a 30 ft long, 10 ft. beam, two story pontoon boat with a slide.

We will be offering hands-on experience for the following procedures:

- Starting and general operation of the boat
- Mooring the boat and departing from the mooring ball
- Setting up the recommended safety gear
- Docking the boat at the fuel dock
- Preparing and inflating the race marks
- Setting/anchoring and retrieving the race marks
- Setting and retrieving the boat’s anchor
- Operation of the Ollie (race timer/horn)
- Use and timing of the race flags
- Securing the boat and stowing the gear at the mooring ball.



In addition, we will discuss first aid and safety equipment, as well as rescue procedures available to us.

The purpose of the orientation is to get more people comfortable in the operation and responsibilities of the Race Committee and this boat. Race committee service is a great way to spend a Saturday on the water, even if you don’t own or race a sailboat. You don’t have to be a pro race officer to be able to do it or enjoy it! All club members are welcome and anyone interested is encouraged to attend. No one is going to be asked to run a race for the club that doesn’t feel qualified. Yet there is always help needed to operate the boat, set marks, help with flags or the timer and other related duties.

I expect that the orientation will last from 2 to 4 hours, depending on attendance.

**Bring lunch and drinks** and enjoy a spring day on the water.

Brad Leslie, CRSA Harbormaster

It's that time of the year!  
**MAST UP & SPLASH DAY**

For those looking for a helping hand or willing to lend one  
in stepping their mast and launching their boat,  
come join like-minded members:

Saturday, April 6, 2024  
10:00 (or later)  
Scott's Creek Boat Ramp

For more information, or any questions, contact  
Harbor Master Brad Leslie at [harbormaster@caverunsailing.org](mailto:harbormaster@caverunsailing.org)  
or Bob Rodak at [wesail@caverunsailing.org](mailto:wesail@caverunsailing.org)

**Important!!!!**

**SAFESPORT CRSA Training Requirements**

This is a reminder for all volunteers and other members to take Safesport  
classes in order to work with CRYSA youth!

We also recommend parents take their appropriate class at Safesport.

Please refer to the in-depth article in the February 2024 MainSHEET to  
see how to access your class.

Mark Breeden, Rear Commodore

# Racing Right Of Way Rules

**Thursday, April 18, 2024**

**Arrive at 6:30 for 7:00 PM meeting start time**

**Home of Fred & Charmaine Pfister**

**Join us on the evening of Thursday April 18 for an informative presentation on the Nautical Right of Way Rules in Racing.**

**The discussion will be led by**

**Mark Breeden, Chuck Emrich and Chris Bollinger.**

**Topics will include:**

**the rules regarding racing starts,**

**rounding marks**

**and general rules of the road when racing.**

**If you are intimidated by the start line, rounding a mark, or unsure of right of way when racing, this meeting is for you!!!**

**Everyone who sails can benefit from this information so, join us as we navigate through this interesting topic.**

**You must register for this meeting by emailing Charmaine at**

**[charpfister@gmail.com](mailto:charpfister@gmail.com)**



Please join us at Jacobson Park Reservoir for the  
**First Splash Sunfish Regatta!**

**April 13th 2024**

**Excess funds will be used for CRYSA Youth Sunfish repairs**  
**Registration opens March 20th!**

**<https://www.caverunsailing.org/first-splash-sunfish-regatta/>**

Jacobson Reservoir is located in suburban Lexington, surrounded by a beautiful park and golf course.

Though it may be small, we encourage you to try what has to be one of the most unique regattas in the Midwest. We host our weekly Sunfish racing there, and it has proved to be a very fun place to race. The racing is extremely tight, tactical, and exciting. In the spring, enough wind is usually not a problem. Come give it a try, you won't regret it!

If you don't want to race, please feel free to come and spectate! Set up our chairs on the shoreline, just like you would at a soccer game, and cheer on the racers as they sail by only a few yards away. This is "truly stadium sailing."

Races will start around 11am, with no race starting later than 3:30pm. After the racing concludes, we'll have refreshments and awards at the park pavilion.

**Schedule:**

**Registration: 9:00am**

**Skippers meeting: 10:30am**

**First warning signal: 11:00am**

**Multiple races will follow with no race starting after 3:30pm A total of 7 races are planned with a discard coming into play if more than 5 races have been sailed.**

**Refreshments and awards: 4:30 pm**

**For more information contact [dominic.v.keim@gmail.com](mailto:dominic.v.keim@gmail.com)**

**[Regatta directions/maps](#)**

# **SPRING BEGINNING SAILING CLASS**

**There is still time to register for the Spring Beginning Sailing Class!**

**We will meet for two fun learning sessions in Lexington to cover  
boat parts and rigging,  
how the sails work,  
sailing knots and  
“talking like a sailor”, to name just a few.**

**Those sessions will be held  
Tuesday and Thursday evening, April 30th & May 2nd.**

**Then on Saturday, May 4th,  
we will put what we learned to use at our water day  
on Cave Run Lake, Scott’s Creek Marina, Morehead, KY.**

**Cost for the class is \$35 and includes your book.  
Membership in the Club is also required (\$100 per family).  
Registration for both can be done on the website at  
[caverunsailing.org](http://caverunsailing.org).**

**If you have any questions or need further information,  
please contact Beverly Hale at  
[beginningsailing@caverunsailing.org](mailto:beginningsailing@caverunsailing.org)**

# 2024 Benefit Regatta for Youth Sailing

**When: May 18, 2024**

**What: Benefitting the Cave Run Youth Sailing Academy**

**Where: West Group Use Area – Twin Knobs Campground  
Cave Run Lake**

## **Schedule: Subject to minor adjustment**

- 9:30 am Registration at West Group Use Area - Twin Knobs Campground at Cave Run Lake: <https://www.recreation.gov/camping/campgrounds/>
- 10:00am Skippers Meeting (Single-handed first/ then crewed classes)
- 11:30am Races Begin
- 2:30pm Awards

Please consider donating or volunteering to help the 2024 Benefit Regatta for Youth Sailing. We have a record number of students pre-registered for summer camp this year. The program continues to grow!

We are just a little past halfway to our fundraising goal...and we need your help!

This Regatta is a fun, relaxed day and a great way to literally get your feet wet if you haven't raced before. ALL CRSA members are encouraged to support this event whether by sailing or cheering on racers.

There is NO FEE to register or participate in this event. Please contact Susan McLaughlin at [Vicecommodore@caverunsailing.org](mailto:Vicecommodore@caverunsailing.org) for further information.

## **Supporting this event is easy:**

- Solicit donations:
  - Upload the Info and links to your social media as a post for your friends
  - Do you know of a business that might be interested in sponsorship? We will make the contact if you are uncomfortable doing it.



## Want to skipper or crew? Register **HERE**:

<https://www.caverunsailing.org/benefit-ys-regatta/>

\*Only Captains need to register\*

- Lou Trost and Dominic Keim have worked hard to develop the sunfish/singlehanded fleet with 8 participants at the 2023 Grand Annual.

- Club boats are available for reservations, including sunfish **HERE**:

<https://www.caverunsailing.org/boat-reservations/>

## • **Willing to donate time, manual labor, or mental load?**

- Make, pack, and distribute lunches
- Help with race committee or spectator boat
- Share good ideas, jokes, and smart remarks
- Random tasks that pop up, including keeping me sane

Contact Susan McLaughlin at [vicecommodore@caverunsailing.org](mailto:vicecommodore@caverunsailing.org)



# CRSA Benefit Regatta for Youth Sailing Sponsorship Form

Thank you for sponsoring the CRSA Benefit Regatta for Youth Sailing, taking place on May 18, 2024!

The Cave Run Youth Sailing Academy, Ltd. is a 501(c)(3) established for the sole purpose of educating and training sailors and promoting sailing throughout Kentucky and the surrounding area. This event is their only fundraiser with 100% of the proceeds going to maintain the fleet, sails, and trailers to move them to the youth sailing location at Jacobson Park.

With so many sponsorship options this year we are aiming for 100% participation from everyone to support youth sailing—find one that works for you! If you have a sailboat, we'd love for you to participate in the Benefit Regatta at Cave Run Lake—it's free! If you don't, we will be happy to provide a sailboat and crew to represent you. We encourage you to join us as a crew member even if you have no sailing experience.

**Club Boat Branding Sponsor:** \$10,000 (only one available)– This is a huge opportunity to rename the new club Catalina 22, a Cave Run Sailing Association boat located at Cave Run Lake. We will use your name or your company's name for a 5- year period. This sponsorship includes free admission for two to all Club Events for 5 years and:

- Placing your banner at all of the Cave Run Sailing Association's events
- Having your logo on all our related social media and websites
- Having your name/logo recognized at the event, and 'story' featured in our newsletter

**Name The Event for 2024:** \$5,000 (only one available) – Brand your business in a big way by having your name as our lead sponsor, utilizing the entire year for promotions on all of our online and in-person locations. Includes free entry for two to all events for the balance of 2024 and the entire 2025 year.

**Name a Sunfish:** \$1000 (only 15 available) – Put your name on one of our Sunfish fleet making appearances at both Cave Run and Jacobson Park, for 5 years.

**Pirate Day:** \$750 (Only one available) Be the Pirate Pizza sponsor, a highlight of the sailing camp season.

**Commodore Sponsor:** \$500 (Only 5 available) – Display your banner & business materials at this event at Cave Run, be featured on all related online portals, have recognition at the Regatta and Annual Banquet, and be featured in our newsletter.

**Luncheon Sponsor:** \$400 – This donation will provide all the meals for the entire 2024 Regatta.

**New Sail Sponsor:** \$300 – This donation will allow us to replace a sail in our sunfish fleet for the youth classes.

**Opti Sponsor:** \$200 – Opti, short for optical, also sailors' language for The Optimist, our featured class boat.

**CRYSA Sign for Trailer Sponsor:** \$150 – You'll be helping promote to our next-generation of sailors.

**Location Sponsor:** \$115 – This donation will offset the entire use fee for the 2024 Regatta.

**Sponsor a Child:** \$70 – This donation will help us teach more children to learn to sail. Sailing Lesson Books/Materials, per child: \$35 – A season's worth of materials to teach a child to sail.

## **How to become a Sponsor**

Go to [www.caverunsailing.org](http://www.caverunsailing.org), click on the Red "Donate" button, choose Benefit Regatta Sponsor, and complete the sponsor form. You will be given the option of using a credit card or sending a check. Easy!

If using a check, make it out to Cave Run Youth Sailing Academy Tax ID 82-1736027 and mail your tax-deductible donation to Cave Run Youth Sailing, P.O. Box 256, Lexington, Ky 40588.

On the form, please fill in exactly how you'd like the recognition to be featured: your name/ business name or 'anonymous'.

**Our youth thank you for your support!!**

# **CRUISE NEWS**

## **French Riviera**

**September 28 to October 10**

**4 big monohulls**

**One cabin remains available for this cruise**

**Cost \$1972 per cabin**

**Contact Merritt Wade at  
[cruisedirector@caverunsailing.org](mailto:cruisedirector@caverunsailing.org)**

## **American Virgin Islands**

**January 4 -11, 2025**

**All Catamarans**

**Cost: \$1575.00 per person based on double occupancy of cabins**

**Bookings are on a first come, first served basis**

**Deposit of \$500 per person or \$1,000 per cabin**

**CRSA recommends trip insurance**

**To reserve a spot contact Merritt Wade at**

**[cruisedirector@caverunsailing.org](mailto:cruisedirector@caverunsailing.org)**

**or**

**859-619-4490**

# Ahoy Young Mateys

## Registration for Sailing Camp

### will open March 30!

Learn the basics of sailing including water safety, boat anatomy, rigging, knots, points of sail, and boat maintenance.

Small sailboats specifically designed for Teaching youth sailing will be used.

We like to have fun!

**Junior Ages 7-12**

**Teen Ages 13-18**

**Location: Jacobson Park**

**Tuesdays, July 9, 16, 23 - 6-8PM**

**Saturdays, July 13, 20, 27 - 1-4PM**

**Cost \$65 for class plus club membership:**

**\$35 for student or \$100 for a family**



For more information contact:

Chuck Emrich

[youthsailing@caverunsailing.org](mailto:youthsailing@caverunsailing.org)

859-270-2199

# Trip Tales

Trip Tales 2024 has gotten off to a great start!

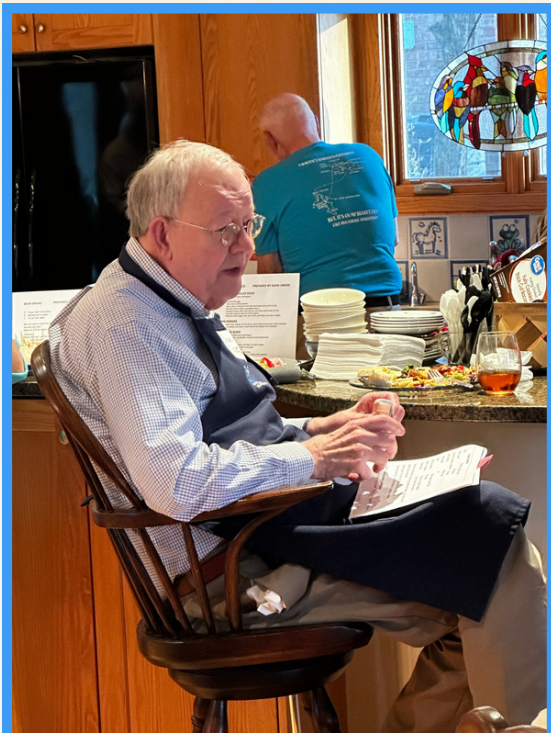
Our first event was held on January 30 at Roosters. Highly esteemed sailor Dan Geiger presented his slide show and a fascinating discussion of sailing the Great Loop with his wife Robin. This feat is of much interest to many sailors!

The Geigers sailed 11.5 months on their 2020 American Tug 395, Michael Jay, starting and ending in Annapolis, covering 5,000 nautical miles and passing through 150 locks.

There were approximately 40 to 50 club members in attendance and we had at least one new member sign up!



Our second Trip Tales was a “double feature” held on March 14 at the home of Liz Harris, who graciously welcomed over 50 club members to her beautiful space! Everyone enjoyed their happy hour, as well as a potluck meal, with everything from bruschetta to stuffed mushrooms to coconut pie! Sally Shafer organized part one of this Trip Tales. She and David Owens, longtime CRSA sailor and galley cook, shared secrets of successful galley cooking, covering topics from provisioning to cooking shortcuts, recipes and more. They provided hardcopies of recipes, some of which were prepared in advance by several club members. The beer bread, prepared by Luke Adams was especially popular and highly recommended for making French toast!



Vicki Sikora, who organized part two of the March Trip Tales, collected photos and along with David Leddy narrated a slide presentation on the club trip to the Seychelles in November 2023. Captains Molly Sutherland and Merritt Wade and sailors Jonathan Sikora and Gary White also had entertaining stories to tell.

All in all, both Trip Tale evenings were wonderful events to share memories with sailing friends!





# You are Invited!

Let's Go Sailing, for Women, by Women  
is hosting a Crabcake Fest

August 10, 2024

Home of Nicole and Mike Brocato

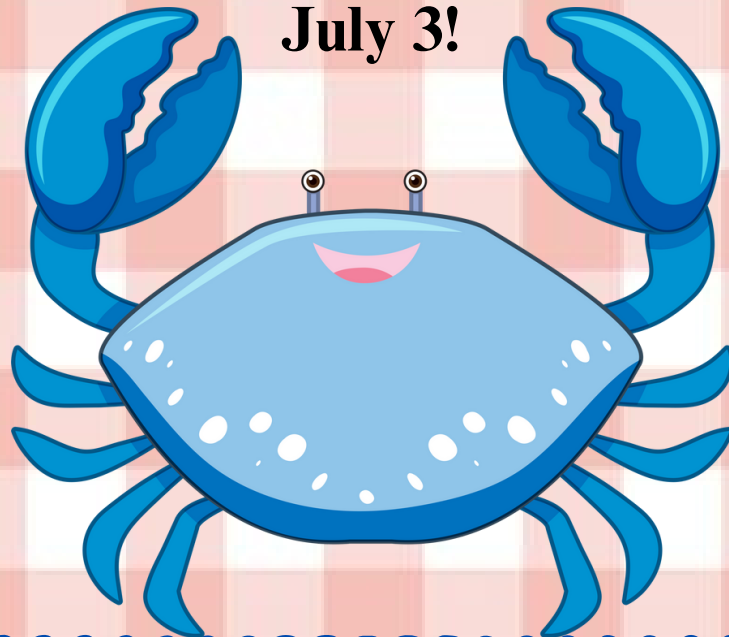
Versailles, KY

There will be a cost for this event which will be  
announced at a later date and  
will depend on the market price of crabmeat  
in August.

Please bring a dish to share and your beverage of  
choice.

RSVP to [brocatofamily5@yahoo.com](mailto:brocatofamily5@yahoo.com) by

July 3!



# ASA NEWS

**Our ASA instructional season is off to a strong start! Our instructors have fifteen students between them already! We are waiting for the good weather just around the corner.**

**We already have students registered for courses this year, so if this is your year to start your sailing certifications or advance to the next level, it's time to think about getting your registration in and start studying the ASA book for your course.**

**If your goal is to attain the ASA 104 Bareboat Cruising certification this year, please drop me an email as soon as possible (even before you register), so we can begin planning for a trip to the Chesapeake to conduct the course.**

**If all has gone as planned the weekend of March 16 through 19 we should have more instructors. Brad Leslie and Jon Ware will be qualified to teach the ASA 104 Bareboat Cruising Certification. Molly Southerland will be qualified to teach the ASA 103 Coastal Cruising Certification. Also in Virginia for the weekend were Jim Dinger, June Maynard and Jason Maynard to complete the ASA 114 Cruising Catamaran Certification. Congratulations to all for improving their sailing skills and ability to provide the ASA 101, 103, and 104 courses to the CRSA membership!**

**The Association now has two Catalina 22 keelboats for the ASA 101 course instruction. After successful completion of the course, you can reserve those boats for a \$100 donation to the Cave Run Youth Sailing Academy.**

**Times could not be better for our club members to obtain certifications that will allow them to captain their own bareboat cruise and to enhance CRSA's ability to charter boats for the many members that enjoy these incredible adventures - literally around the world. (Arranged by our incredibly hard-working cruise director, Merritt Wade!)**

**You can find information on the ASA courses on our webpage at [ASA Classes – Cave Run Sailing Association](#). For details on what is involved with each course you can scroll down to the detailed course information from ASA by clicking on the course title (ASA 101, ASA 103, etc).**

**Brad Leslie, Molly and Lee Sutherland  
at the recent Instructor Qualification Clinic**

**Fair Winds,  
David Leddy**



**Do you know the meaning of this sailing term?**

**“Marlin Spike”**

**A pointed metal tool used by sailors to separate strands of rope or wire, especially in splicing**



## **New Member Navigators**

If you are looking for a way to become more involved in CRSA, we have an opportunity for you!

Our **New Member Navigator program** is designed for current members to act as a mentor to new members during their first year of membership.

Our goal is that this program will help new members meet other sailors and feel a greater connection to our club.

Hopefully this will encourage them to maintain their membership and become more involved along the way.

There are so many opportunities for everyone, that we hope to help new members find their niche in our wonderful organization!!!

To obtain more information about this opportunity, please contact

**Charmaine Pfister at [mainsheet@caverunsailing.com](mailto:mainsheet@caverunsailing.com)**

**or**

**Luke Adams at [membership@caverunsailing.org](mailto:membership@caverunsailing.org)**



# That's My Boat

I grew up in southeastern New Mexico and have been sailing off and on for about 25 years. A combination of a friend and cub scouts introduced me to sailing...first on a Laser. Over the years I have sailed a variety of boats, including a 20 ft trimaran, a Catalina 16.5, Hobie Cats, and have crewed on a Shields 30 while in graduate school in Chicago.

Depending on how you define “boat”, we currently have 2 or 3 boats. We have a 2000 18ft Bayliner runabout for skiing and a 1982 Helms 24 for sailing. The other “boat” is the Dragon Force 65 RC sailboat...I encourage everyone to try a hand at RC sailing...it is a blast!



We purchased the Helms 24 from long-time CRSA member Ken Ruhl in 2023. It is a fin keel, masthead sloop with a beam of nearly 9ft and a draft of 4'2" that we keep in a slip. The boat's claim to fame is the 6 feet of cabin headroom! While the boat is in fairly good condition (especially for its age....I am the same “vintage”), I have been repairing and replacing items as needed: traveler lines, dock lines, sealing up leaks, etc. We replaced all of the cushions this year...it really spruced things up! I single-hand a lot, so I have recently added a headsail downhaul. Although the “to dos” list is always present, when I arrive at the marina to do projects, if there is \*some\* wind, I end up sailing instead!

As anyone who has joined the sailing group knows...I am quite competitive. However, I have not yet raced the Helms, but plan to do so this year. You'll find us out sailing when there is wind, and skiing when it's hot. The Ruhls named the boat "Dealer's Ship" and while we have not changed the decals, we call the boat "9/10ths".



**That's My Boat!**

**Paul Duffin**

# Prescribed Fire

## US Forest Service

<https://www.fs.usda.gov/detail/dbnf/fire/?cid=fseprd1012356>

“Prescribed fire refers to the controlled application of fire by a team of fire experts under specified weather conditions to reintroduce the beneficial effects of fire into an ecosystem and reduce the hazard of catastrophic wildfire caused by excessive fuel buildup.

Prescribed fire is a fire management tool that allows us to reintroduce the benefits of fire to the landscape in a safe and controlled way. Forest land managers prescribe fire to Forest areas as a way to better wildlife habitat, reduce forest fuels (like brush, dry leaves, and shrubs), and better the general health of the Forest. When conditions are just right, fire managers carry out the prescribed fire treatments essential to improving wildlife habitat and maintaining a healthy forest. Every year, fire managers successfully treat around 20,000 acres on the Daniel Boone National Forest through prescribed fire.” (Article taken from above website)

Below: photos taken at Cave Run Lake of Prescribed Fire March 2024



# R/C Sailing Fleet Update

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The R/C sailors are anxiously awaiting the start of the 2024 race series.

**May 1st** marks the opening day with a “Fun Sail”, giving everyone the opportunity to shake off the “winter rust” and remember the difference between close hauled and broad reach.

**May 8th** will be our first official scored races.

All events begin at 6:00 PM at behind the Lakeshore Village swimming pool.

CRSA owns a Dragon Force boat that is available to members to try out sailing by radio control.

It will be at all events and no reservation for its use is required.

We are investigating the purchase of GPS controlled racing marks. These would enable us to set up true windward/leeward racecourses and eliminate getting our keels hung up on fishing line from our current method of setting the marks with rod and reels.

Join us and see how you enjoy sailing right here in Lexington.



## Let's Go Sailing For Women, by Women

Happy spring! The Let's Go Sailing for women by women (LGS) group will be ready. We have kicked off 2024 with three months of prep. Beginning in January with a focus on safety and a fabulous presentation from Patti Breeden and her daughter Katherine Rodriguez Guerrant, followed by an interactive outboard motor clinic!

Wednesday, March 6, with the help and support of both Chuck Emrich and Fred Pfister, we started our journey to destress ourselves from the outboard motor experience. Fred hosted at his home and both Chuck and Fred were ready to go over outboard motors in detail. There were two gas outboard motors, a trolling motor and an electric Torqeedo set up for us to explore. The outboard motors included a 5hp Mercury and the Club's 5hp Tohatsu motor. Fred started with the basics, which was a very good place to start! And gave us a six-step process to approach and start the motor.

List the process:

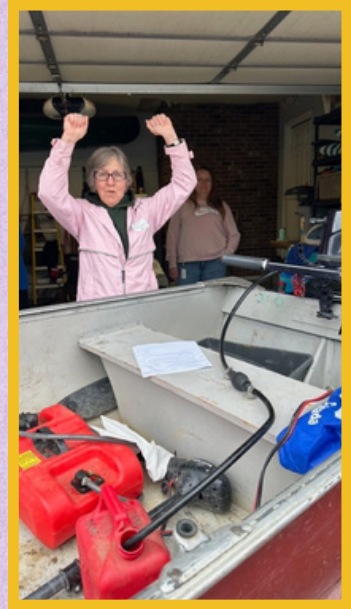
1. Make sure the fuel line is firmly attached to the motor, if not, connect it until it snaps.
2. Check that the fuel vent is open.
3. Pump the fuel bulb until somewhat firm.
4. Put the gear selector in the neutral position.
5. Pull the choke lever all the way out. (Check the CRSA boat checklist, as on a Club boat, the recommendation may be to pull the choke out 1/2 way.)
6. Adjust the throttle to start position.
7. Now you are ready to pull the start cord. Once the motor turns on, immediately start to push the choke lever in.

After going over the information, we each had the time and opportunity to check the spark plug and start the motors. As you can see it was a great day! Thank you to Fred & Chuck!!





Expressions of concentration, effort, and success!





**Our final prep for on the water will be backing, trailering, and parking our boats. We are partnering with KY Fish and Wildlife, and Officer Tim Brett will be our instructor. We will be working with trailers for both sunfish and 22' swing keel sailboats. This session is planned for Wednesday, March 27 at Scotts Creek Ramp in the Daniel Boone National Forest.**

**We plan to be on the water Tuesday, April 30 and RSVPs are required as we need to plan skippers, boats & crew. Please RSVP directly to me, at [LGS@caverunsailing.org](mailto:LGS@caverunsailing.org) or 859-509-2249. The final day for this RSVP is Thursday, April 25.**

**Until next time, Fair Winds, and Great Sailing!**

**Molly Sutherland  
859-509-2249  
[LGS@caverunsailing.org](mailto:LGS@caverunsailing.org)**



# Rolling Hitch | How to Tie a Rolling Hitch

## Rolling Hitch



Watch on  YouTube



## MainSHEET

The MainSHEET,  
newsletter of the Cave Run Sailing Association,  
is published about 6 times a year.

News and announcements included depend on the support  
of all of our members.

Please contact Charmaine Pfister if you have new ideas or  
information you would like to include for our members.

Photos of activities are always appreciated!

You may contact Charmaine at

[Mainsheet@caverunsailing.org](mailto:Mainsheet@caverunsailing.org)



**Cave Run Sailing Association**

**PO Box 256**

**Lexington, KY 40588**

**caverunsailing.org**

**859-810-CRSA**



**The MainSHEET is published 6 times per year and distributed to Cave Run Sailing Association members through email.**

**The Cave Run Sailing Association is an **all volunteer, non-profit** organization 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 ad social activities among those interested in sailing,**

**and**

**participating in charitable and community service activities.**

**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 photos and information for this publication.**



## **2024 CRSA Executive Committee**

<b>Commodore</b>	<b>Graeme Wilson</b>	<b>Commodore@caverunsailing.org</b>
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<b>Rear Commodore</b>	<b>Mark Breeden</b>	<b>Rear Commodore@caverunsailing.org</b>
<b>Co-Rear Commodore</b>	<b>Sam Moher</b>	
<b>Treasurer</b>	<b>Michael Jones</b>	<b>Treasurer@caverunsailing.org</b>
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