



The MainSHEET

Newsletter of Cave Run Sailing Association
October 2024 Volume 40 #5

Lines from the Commodore

September 21-22, 2024 Grand annual: another one is in the books, and a good one it was! Saturday we were able to get in 5 races, in spite of the rain, thunder and a little lightning. Sunday on the other hand, was a bust for sailing. Although we had no races, we had plenty of food and good fellowship.

Saturday night dinner was a clam bake, burgers, brats, and several really good homemade sides. Breakfast both days was served with very good coffee.

A big thank you to the following folks, and I hope I didn't miss anyone!

Susan McLaughlin: breakfasts, lunch and dinner, racing Pro procurement, NOR and racing instructions, and T-shirts.

Food prep, cooking, coffee, serving and cleanup,
registration: Charmaine Pfister, Joni Trost, Jim Dinger,
Kelly Emrich, Tracy Burton, Nicloe Brocato,
Nancy Wilson, Chuck Emrich, Dale Hamblin, and
Terry Clark.

Brad Leslie: trophies, water taxi, and committee and safety boat training.

Cliff Hynniman, Steve Morris and Terry Clark: Captaining the committee boat and two safety boats.

Helpers on boats: Liz Harris, Jen and Mark Adler (and daughter), Will Jones, Geof Spencer, and Brad Kidney.

Chris Bollinger: tallying up the race results.

Charlotte and Bill Lubawy: firewood.



Now onto the **Annual banquet!** We have a change of venue this year to Carson's new location on Todds Road. The **deadline for registration is October 26!**

Please see more information in this newsletter, on our website, and an email blast coming to all members.

Graeme Wilson
Commodore CRSA

CRSA ANNUAL BANQUET

Saturday, November 9, 2024

Carson's

3450 Todds Road Suite 100

Lexington, KY 40509

5:30-8:00PM

Enjoy a complimentary champagne welcome

Meal choices:

Beef Medallions, Herb Roasted Chicken, or Vegetarian Plate

Included are non-alcoholic beverages and desserts

Cash Bar

Tickets are \$55 per person

Space is limited, so register early!!!

Cocktail Attire

Get ready to celebrate our memorable year of sailing!!!

Register on the CRSA Website at

<http://www.caverunsailing.org>

Deadline for Registration is October 26!

The CRSA 2024 Grand Annual Regatta was one to remember!

With weather and life working against us, CRSA hosted 15 vessels, 18 additional crew and even more guests for the 45th Grand Annual Regatta. Many of our club members were on a conflicting trip, taking with them many of our dependable “workhorses” and members who have experience organizing and planning for our annual regatta. The weather was predicted to be flat calm and break records for heat and humidity, causing some to cancel their registrations.



Saturday morning breakfast





Despite Saturday's weather delay due to a nasty storm passing through, we managed to complete 5 races, thanks to the masterful organization of race-pro William Lasher from Erie, PA. The first race started cool and rainy and less than auspicious, but the hearty pancake and bacon breakfast kept us warm and energized. The end of the first race was marred by a long lull in the wind. As the storm passed, a strong but changeable wind kicked up keeping the now sunny day cool and allowing for some feisty heeling not often experienced for extended periods on Cave Run. The Race Committee boat captained by Cliff Hynniman kept the course as square as possible, meaning Mark-boats captained by Terry Clark and Steve Morris were constantly on the move. Willam Jones, Liz Harris, Susan McLaughlin, and Jen & Mark Adler were kept hopping with moving weather marks due to the changeable wind. Liz and William were both happy to get some time on the helm.









Camping was quiet this year with Jim Dinger entertaining mostly himself on the guitar for whoever wandered into the pavilion after dinner and with Bill Lubawy keeping a fire going. Nicole Brocato, Charmaine Pfister, and Joni Trost were invaluable help by keeping food rotating with each meal.

The decision was made after breakfast on Sunday to avoid the predicting “bob & bake” weather and be satisfied with the amazing five races completed on Saturday. Congratulations are extended to:

PLACE	DAYSAILOR CLASS	CRUISER CLASS
1ST	Bryan Hunt (3617)	Chuck Emrich (532)
2ND	Lou Trost	Ben Askren (778)
3RD	Tony Stansbury (1888)	Brad Leslie (251)



A special thanks to Jim Moan and Graeme Wilson for carting supplies between Lexington and the lake, Lou Trost and Fred Pfister for always stepping into the heavy lifting positions; Jake Brocato for jumping in on-site without being asked... or when volun-told. Thanks to Brad Lesie for his willingness to run water-taxi to the campground and for working the grill, with help from Dale Hamblin, and others who picked up tongs or lighter fluid.

The weekend made for some great racing and good times reconnecting with friends. Thanks to everyone who volunteered, skippered, crewed, attended or advised. The weekend would not have been successful without the contribution of all our members!

For your Calendars and planning, our 2025 Benefit Regatta is scheduled for May 17, 2025 and the 46th Grand Annual Regatta is scheduled to be held October 4th and 5th.

Looking forward to more great racing!
Susan McLaughlin, Vice Commodore

That's My Boat

Each edition of the MainSHEET will feature a boat profile of a CRSA member.

Valerie and Ben Askren, tell us about your boat!

We began sailing in 2008 when we first bought our boat. We got into sailing by what I have come to think of as “the gateway drug” ... i.e., sailing the BVIs with good friends. After sailing the Grenadines the following year, we seriously began to consider purchasing our own boat. By that time, we had twin 4-year-olds and were looking for a hobby that was more family friendly. Sailing met our desire to be outdoors, learn new skills, challenge ourselves both mentally and physically, and yet still have family time. A small cruiser seemed to fit those needs.

The name of our boat is *Airbender*, which was bestowed upon her by the previous owners after the movie *Avatar: The Last Airbender*. She is a 2004 Catalina 250. In the film, the world is divided into four nations: Water Tribe, Earth Kingdom, Fire Nation, and Air Nomads. The benders of each nation have the ability to control and manipulate the element from their own nation. While we weren't particularly huge fans of the movie, we really liked the name *Airbender* and did not want to go through the long and controversial process of renaming our boat.

We primarily sail our boat on Cave Run Lake, keeping her on the hard at Mrs. Hook's. However, since the boat is trailerable, we have also taken her to the Apostle Islands in Lake Superior, Cape Coral of the Gulf Coast of Florida, and Luddington in Lake Michigan. Next summer we hope to take her to the Georgian Bay of Lake Huron, up in Canada.



We bought the boat in 2008 when it was 4 years old. After nailing down what model we were looking for, Ben did several on-line searches and in-person inspections of available boats for sale. This particular boat came out of Lyons, Colorado just north of Boulder. We liked the fact that she had only been sailed in fresh, cold water and only for 3 months at a time, due to the short season. The boat was in near-perfect condition when we bought it. Ben flew out to inspect the boat and then drove back to Colorado to trailer her home.



Airbender is a 25' water ballast, swing keel with centerboard; has an 8.5' beam; a hull speed of 6.18 knots and a draft of 5 feet. We sail with a main and a 150% furling Genoa. The keel holds 1,200 pounds of water (that is refilled and drained every time you take the boat in and out of the water, allowing us to power-wash at the Scott Creek boat ramp). By reducing the dry weight of the keel and having a swing keel (as opposed to a fixed keel), the boat is trailerable using our half-ton truck.

The cabin sleeps four with a galley kitchen and a separate head with a bathroom sink. Coming from a camping/backpacking background, we thought it was luxurious to have a propane burner inside, a grill outside, and a pop top enclosure with screens and a zippered door. We also like having tiller steering (rather than a wheel) as we think it has really improved our sailing skills. The boat came with a very nice trailer and an 8 hp Yamaha outboard with electric tilt. Ben added a multi-function gauge (depth finder, speed gauge, etc.) soon after we bought the boat. And we finally bought a whisker pole so we could keep up with Brad Leslie while sailing down-wind wing-on-wing!

I have done very little maintenance other than general cleaning, infrequent oiling of the interior teak trim, and making new cushion covers for the rear birth and pillow for the v-birth. On the other hand, Ben has done a tremendous amount of maintenance!!!! We own a boat! In addition to basic engine and trailer maintenance, he typically washes, waxes, and polishes the boat every few years. You will not find a cleaner boat at Cave Run! He has also done some minor fiberglass/epoxy repair and re-bedded all the thru-holes. We replaced the Genoa two years ago. Also, two years ago, we ordered our second custom-made canvas boat cover – which we still have not yet received! Finally, since we do not keep the boat in the water, we do not use anti-fouling paint. Ben works diligently to keep the hull clean, allowing us to occasionally out-sail our handicap.

Although it does not fall into a strict nightmare category, our first day out racing we suffered a weather helm while rounding the mark and ended up being hit mid-ship by another racer. However, we only suffered some relatively small fiberglass damage to the boat, and everyone (including our screaming twins on-board) was safe. Until we learned to handle weather helm that first year, we had a few adrenaline-filled moments on the boat.

As for memories, it has to be sleeping out on the boat after a dinner of grilled salmon or steak, a glass of red wine in hand, and gazing up at the stars. Finish that with a quick skinny dip in the lake or ocean and I'm golden.



We lean toward cruisers given the type of boat that we have and the unpredictable winds at Cave Run. But we do love racing, as we enjoy the camaraderie and competition. We are fully convinced that racing in our early days of boat ownership really taught us a lot about sailing in general and sailing our boat in particular. With that said, every now and then I consider buying a smaller boat, such as a laser, that I can more easily launch and sail by myself. I would love to be able to do that, but I am not sure that I need another distraction. I also have two whitewater kayaks and Ben has his whitewater canoe, so we have other options to be out on the water.

That's my boat!



Let's Go Sailing Activities

On July 24, LGS had an awesome Single-handed Sailing Day which Molly Sutherland organized... 11 women sailed. Multiple volunteers enabled this wonderful day on mostly Sunfish by driving the trailers and the safety chase boat. Sailing by yourself in a small boat like a Sunfish, which is very responsive to tiller and wind, teaches you a specific skill set on getting “one-with-your-boat”.

Extreme heat delayed our next LGS to September 23. This day was organized by Liz Harris with Molly on the Camino de Santiago Walk. We took the bigger boats out from Cave Run Marina with Liz skippering on the Miss Liberty with Tracy Burton and Kayla Mitchell as crew, and Beverly Hale and Nicole Brocato skippering on their Miss Adventure with Kara Hill as crew.

The next LGS is Wed. Oct. 23 at 10 a.m. from Cave Run Marina with the bigger boats. Liz will be e-mailing to the LGS database for RSVPs about a week ahead. Or you may RSVP now at: Liz.Harris.Consulting@gmail.com.



Radio Sailing Fleet

October 9th marks the final night of racing and brings season number two to a close for the radio control sailing fleet. We've had a great race series and our new location at Lakeshore Village has been an improvement for our fleet. Thanks to CRSA member Lewis Gardner for arranging this location for us.

We have added a remote control windward mark and an r/c committee boat. Perhaps next season we will add a remote control leeward mark.

As of September 11th, we have had 101 races. Eleven CRSA members have participated in the 2024 race series. In order for the races to count in the overall scoring process, there must be at least four sailors competing and a minimum of four races completed. We've never had less than four participants and lack of wind has only negated one race night.

If you enjoy "rounding the marks", then consider adding r/c sailing to your racing agenda. Boats are now available at radiosailing.net. The cost of the boat is \$315.00 and includes both "A" and "A+" sailing rigs. The "A" rig is a fractional jib and the "A+" is a masthead jib.

We're looking forward to presenting well earned trophies to our top three sailors at the November banquet. Hope to see you there!

Bill Jones
RC Sailing Fleet Chair



Fall Beginning Sailing

CRSA now has 9 new sailors! Our fall class was held two nights in October and capped off with a spectacular water day Saturday, the 5th. The day was sunny, warm and with just the right amount of wind! Students were able to practice hands-on the skills they learned in the classroom.

A big thank you to our skippers: Graeme Wilson, Brad Leslie, Liz Harris/Sally Shafer, Charmaine Pfister/Tracy Burton, and Beverly Hale/Nicole Brocato.

Congratulations to Kara Hill, Andy McDonald, Orloff Miller, Doug & Crissy Winford, Bradley & Alicia Kidney, and Kevin & Jean Mulloney . We look forward to seeing all of you on the water and at club events!



**Fall Beginning
Sailing
Students -
all smiles!**





ASA News

It sure has been a great instructional season for the CRSA. There is still time to get a few more students through their desired course before the snow flies.

However, I will be out of the country on the club's cruise in France until October 22, so please excuse some delays in communication on my part during that time.

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 drill down to the detailed course information from ASA by clicking on the course title (ASA 101, ASA 103, etc).

Fair Winds,
David Leddy
ASA Director



Harbormaster News

The CRSA Catalina 22 on the Mooring and the MMII will be pulled out of the water until next spring.

The Miss Liberty will remain in service until early December.

**Brad Leslie
Harbormaster**

Do you know the meaning of this sailing term?

“Pan Pan”

(pronounced pahn pahn)

Pan Pan prefaces an urgent transmission regarding the safety of a vessel or person when there is no imminent threat of loss of life or of the vessel.

MainSHEET News

We are always looking for educational information and fun sailing tales to include in the MainSHEET.

Please let me know if you have something to share by contacting

Charmaine Pfister at

MainSHEET@caverunsailing.org

The next newsletter will be published in November.

Guess who this sailor is!



**The first person to guess correctly by emailing
MainSHEET@caverunsailing.org
(include your name in the email)
wins this handmade leather key fob
made by Al Lawton!**



Reminder!!!!

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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
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Special thanks to all those who contribute photos and information for this publication.



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