

ABOUT US

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. About 135 member families, couples or individuals currently belong to CRSA. The Association has a number of activities each year.

Cave Run Lake is located about 55 miles east of Lexington KY off of I-64 near Morehead. The lake is very clean and picturesque, just about 10,000 acres and is in the Daniel Boone National Forest. It was chosen as one of the 15 best inland places to sail for trailersailers by Sail Magazine in 2004. Shores are gentle hills covered with trees.

Boat Slips, Moorings and Storage are available at the Scott Creek Marina on the lake, or at Mrs. Hooks Boatyard next to the Twin Knobs area on KY 801. The National Park Service charges a fee to use the launch ramp at the Twin Knobs site. Fees are \$3/day, \$5/weekend or \$35/week.

Sailboat Racing is casual, serious, or beginning.

A **regular race series** of races are scheduled around a triangular course on dates spread evenly over the late spring, summer and early fall. Informal meal socials are held after each day of racing.

CRSA sponsors **longer** casual races of about 7 miles down the lake on a Saturday, a cook-out social, an overnight raft-up on Saturday night, and a Sunday return race.

A **Charity Regatta** is held every year in combination with the Psi Iota Xi philanthropic sorority usually the third Sunday in September with funds going to support the Bluegrass Speech and Hearing Center. Racing is casual.

A **Grand Annual Regatta** is held the first weekend in October. This Saturday-Sunday regatta attracts sailors from 5-7 states, often has 35-45 boats racing and consists mostly of serious racers with a good mix of casual racers as well.

A **Beginning Race Series** allows new racers to learn the course and the rules, practice techniques, and sail with an experienced racer who will go on your boat, or take you in theirs.

Youth Sailing instructions usually begin in June and teach 7 to 14 year olds how to sail safely in small boats. Classes are free to children of CRSA members and include both classroom and on the water instruction.

Sailing Lessons are offered every year by CRSA. Both beginning and intermediate sailing courses are taught, usually the second and third week in May. Each course consists of two hour classroom sessions in Lexington on a Tuesday and Thursday evening followed by a Saturday of on the water instructions at Cave Run Lake where you actually sail boats with experienced captain instructors. Beginning and Intermediate courses cost about \$95 each and includes the textbook.

Socials and Member Sailing Events are a large part of CRSA. Meal socials are scheduled after every race, after the Charity and Grand Annual Regattas, at

special events like the 4th of July fireworks viewing on the lake, after moonlight lake cruises and intermittent weekend overnight raft-ups. In addition several on the land socials are scheduled every year including a New Member's Social in March, a racing rules social in April, a mid-season dinner social in July and an end of year Awards Banquet Social and Party in November.

Sailing Cruises off of Cave Run Lake are arranged every year on bigger boats (35-45 ft) and in more open waters than Cave Run Lake. Cruises last from 3 to 7 days, plus time for transportation, and have been to venues like Key West, the Chesapeake Bay, Hawaii, the BVIs, and the Great Lakes. Expenses vary, but the boat costs for the trips have ranged from \$325 to \$650/person. Provisioning and travel are extra but many times involve car pooling.

If You Do Not Have a Boat CRSA sailors often look for crew members for races and CRSA keeps a Sunfish at Cave Run for use by members. Members interested in crewing should check the CRSA website, www.caverunsailing.org, (click club racing, then the crew button) and list themselves. Alternately race organization meetings are at the Twin Knobs Ramp parking lot the day of races at 11:00 AM. Just show up, indicate you want to crew, and the race committee chair will put you on a boat.