Important DATE CHANGE
Spring Social Now March 24, 2019
at Al and Ruth Lawton’s, 15:00 – 18:00, 3236 Tates Creek Rd. Bring an hors d’oeuvre and any alcoholic beverage you like. Watch UK play if on.

Renew Your CRSA Membership
Please renew your membership on the CRSA homepage at caverunsailing.org as soon as you can. Memberships renewed in February/March are $5 less than renewals in May. If you need more information or have any problems email Membership Chair Kelly Glines Emrich at membership@gmail.com, or at CRSAKelly@gmail.com. At both Trip Tales #2 and the Spring Social you will also be able to PAY YOUR 2019 CRSA DUES either by cash, check or credit card.

Trip Tales #2, 18:00 Feb 28, 2019
The second Trip Tales for 2019 will be held February 28th and again at Rooster’s, 124 Market Place Drive, Lexington. This program will feature Merritt Wade reviewing the CRSA 2018 Cruise from the picturesque San Juan Islands. This program promises to be an interesting evening and will begin at 18:00. Please order your food and drinks before 18:30. These programs are always a really good time. Come and enjoy yourself.
CRSA Member Bob Woods gave a spectacular presentation on his circumnavigation of the world and 15 months at sea at the first Trip Tales of 2019. It was standing room only to hear about the trip aboard SV Lexington. Bob held the audience’s attention the whole night and rolling in the aisles on occasion. Special thanks to Bob for a great evening.
Want to Learn to Sail This Summer Right Here in Lexington?  
CRSA Announces Junior Sailors (7-12) and Teen Sailors (13-18) Sailing Education Programs. Ready to go this July!!

If you are between the ages of 7 and 18, or have children in this age group, this is your opportunity! Sailing lessons are scheduled from Tuesday July 9 to Saturday July 27 at Jacobson Park Lake. Tuesday evenings begin at 6:00 pm; Saturdays at 1:00 pm and usually last about 1 ½ to 2 hours. If you love the water and want to have something different in your life this is for you.

The Junior Sailors program is run by Chuck Emrich using CRSA Opti sailboats. The Teen Sailors program is run by Lou Trost and involves slightly larger boats like those in the CRSA Sunfish fleet. Both programs are taught during the same time period on the lake at Jacobson Park.

Please register online at Caverunsailing.org. For more information email youthsailing@caverunsailing.org or call 859-270-2199 to get on the list. Cost is $35 for the lessons and $35 for student membership in CRSA. Junior and Teen sailors who are children of CRSA member families do not need their own CRSA membership.

CRSA Schedules Girl Scout Sailing Education Days June 1 and 2
Volunteers Needed
Youth Sailing Director Chuck Emrich has been working closely with the Girl Scouts to develop an educational program on sailing. The program involves assigning girl scouts to sail on boats racing in Spring Series Race #3 on Saturday June 1. The girl scouts will then camp out at the Twin Knobs campground.

On Sunday June 2 CRSA will launch some of the Association boats at the Alfry Ramp in the campground at 9:00 am and sail until about 1:00 pm.

Volunteers are needed to take girl scouts on their boat during the Saturday June 1 race and to help with the Sunday program by (1) serving on the Margaret Mary II, (2) running chase boats, and (3) serving as sailing coaches.

Please Contact Chuck Emrich, Youth Sailing Director, directly at phone 859-270-2199 or email emrich@aol.com if you can help in any way.

CRSA on Facebook
If you are on Facebook, please consider joining Cave Run Sailing’s Friends Group. Find out when other members will be at the Lake, and tell them when you will be at the Lake. Share tips. Ask questions. It’s easy. Just go to “Find Friends”, type in Cave Run Sailing Association, and request Friends status. Then enjoy.
The 32nd Annual Bluegrass Charity Regatta And Beginning Sailing Water Lab Saturday May 18, 2019

Great Cause, Fun Sailing, Good Food. Captains Needed. SAVE THE DATE

Join CRSA in its collaboration with the Theta Nu Chapter of the philanthropic sorority Psi Iota Xi to help raise money for the Lexington Hearing and Speech Center by sailing in this one-day regatta.

This is a FUN REGATTA. A great way to experience sailboat racing in a casual manner or just to spend part of the day sailing around the course marks with other CRSA members. For inexperienced racers a brief meeting will be held at the breakfast on Saturday explaining what is involved in racing that day and describing the course. Or, like many of us, you can just follow Chuck and Mark around the course. This is also a great social time both before the races, on the water, and at the late lunch and awards ceremony afterwards.

The LEXINGTON HEARING AND SPEECH CENTER (LHSC) does literally life-changing work for hearing and speech-impaired children from across Kentucky. LHSC is a private non-profit agency with over 50 years of experience working with children with hearing loss and/or speech/language impairments. It provides services for children and their parents from infancy to age 18, as well as for adults with programs in the Early Learning Center, the Audiology Clinic and the Speech-Language Pathology Clinic. Over the years the Bluegrass Charity Regatta has resulted in donations of over $100,000 to the LHSC.

The women of the THETA NU CHAPTER OF THE philanthropic sorority PSI IOTA XI promote the regatta, solicit sponsors, and help at the event.

CRSA provides the food and site, conducts the regatta itself, and this year will be recruiting sponsors.

2019 is the 32nd year of this 3-way partnership - LHSC, CRSA and Theta Nu began the regatta in 1988 at the suggestion and leadership of Al Lawton, the CRSA Commodore at that time.

The BEGINNING SAILING WATER LAB is an opportunity for new sailing students to learn how to apply what they learned in classroom sessions, and directly participate in sailboat racing. Captains in the Bluegrass Charity Regatta will be asked to take students on their boats and “show them some ropes.”

Come to the TWIN KNOBS WEST END GROUP USE AREA about 8:30 am on Saturday May 18th. Enter from the Twin Knobs campground and tell them you are coming to the Bluegrass Charity Regatta. You can enter at no charge. Help yourself to a casual continental breakfast.

PRE-REGISTRATION CAPTAINS who bring their boats are needed MOST to make this regatta a success. The Pre-Registration Captains Form will be on the website soon and will also be sent to all members in an email blast. Look for registration forms on our caverunsailing.org website or in upcoming email blast, OR register on site (not as good as pre-registering, but certainly OK).

There is NO CHARGE for sailing in this regatta. CRSA and the women of Theta Nu find supporting sponsors for every boat pre-registered. However, if you as captain would like to also be a sponsor, you can.

The SPONSOR FORM is also being re-done, but will be available about the middle of March. Look for it on the website and in an email blast about that time. This year there will be more sponsor categories than in previous years.

The APPROXIMATE SCHEDULE is:
8:30 – 9:30 am Continental Breakfast and Captain’s Meeting at the Camp Ground West End Group Use Area with a description for new sailors/racers of what racing involves.
11:00/11:30 – 1:30/2:30 racing on the lake
2:30/3:00 – 4:30 cookout and award ceremony at the West End Group Use Area. Food and soft drinks provided.

Racing and cookout times are approximate depending on the wind and the number of races.

GENERAL INFO: Please bring a water bottle for use while racing and a PFD (personal flotation device-life jacket) if you have one.

Sailors with little or no racing experience are encouraged and welcome to join in. This is a CASUAL FUN RACE DAY.

VICE-COMMODORE LOU TROST is assembling a list of captains who plan to sail in the Bluegrass Charity Regatta to help plan the day. Please let Lou know if you can sail and what type of boat you will sail by emailing him at: vicecommodore@caverunsailing.org.
CRSA Offers
American Sailing Association (ASA) Courses and Certificates

ASA (American Sailing Association) courses are a great way to learn more about sailboats and coastal cruising. The classes progress from basic sailboat skills to coastal cruising and navigation skills. Courses provide certifications recognized by the majority of world-wide charter companies and are a good way to start bare boat cruising. In order to take an ASA course through CRSA you must be a member of CRSA.

ASA courses include small group and individual instruction, and on-the-water skill development. Certification is through a written test of the course’s “body of knowledge” and demonstration of sailing skills. The courses progress from ASA 101 to 103 to 104, with 105 and 106 being among other advanced options. The water portion of ASA-101 and 103 can be taken at Cave Run Lake, Kentucky Lake, or other suitable navigable waterways. Students are assigned instructors and will typically spend two days on the water. Week days and week-ends are available.

Bareboat Chartering (ASA-104) may be taught during a CRSA-sponsored cruise or when instructor time is available on coastal waters.

The Coastal Navigation course (ASA-105) is a classroom course. There is no on-the-water component or prerequisites for this course.

Other advanced courses e.g. Advanced Coastal Cruising (ASA-106) have been arranged based on interest and again typically in conjunction with a CRSA cruise.

CRSA membership is a prerequisite for all ASA courses. ASA courses are offered to benefit the membership as part of the CRSA commitment to sailing education. The association is careful to keep fees as low as possible. Additional information about each of the ASA courses is available at www.americansailing.com. If you have questions about current ASA course offerings please email asasailing@caverunsailing.org.

ASA Registration

The number of students that can be accommodated in ASA classes is limited so please act early. Send an email to: asasailing@caverunsailing.org indicating your interest in a specific course. If you are already an ASA member, provide your ASA membership number so that our experience can be evaluated. Once your CRSA membership and prerequisites are verified you will be notified by email so you can send the appropriate course fee. Classes will be filled on a first-paid basis. Your registration will not be recorded until your fees have been received by the association. Note: (1) a free membership in CRSA for that year is provided for those registering for ASA 101, (2) courses given as part of a CRSA-sponsored cruise require separate ASA registration in addition to the cruise registration.

ASA courses are popular among beginner sailors as well as more experienced sailors who want to fine-tune and expand their sailing skills. These courses are also a great way to meet other CRSA members! Finally, ASA 101 is required in order to use the Ms. Kelly, CRSA’s 23’ Hunter sailboat. Enrolling in the CRSA ASA courses has all kinds of advantages.

Want to Spend Some Really Enjoyable Time on the Water?
Sign Up For Race Committee

CRSA Rear Commodore Mark Breeden asks all sailors (racers and non-racers) to sign up to be the Race Committee for one or more of the races in the spring and summer race series. This is a REALLY fun thing to do. Spending the afternoon aboard the Margaret Mary and watching sailboats on the water while keeping times is a great experience for water sport junkies. Dates for the races are on the calendar toward the end of this newsletter and on the CRSA website – caverunsailing.org. For questions or more information contact Mark Breeden at rearcommodore@caverunsailing.org. You can also check one of the following links: https://www.caverunsailing.org/club-racing/race-committee/race-committee-assignments/ or https://www.caverunsailing.org/club-racing/race-committee/racecommittee-assignments/race-committees-instrctions-and-information/
CRSA Beginning Sailing Lessons
May 14, 16 & 18, 2019

The CRSA Beginning Sailing course is designed for individuals who want to determine if they like sailing and want to continue learning how to sail. Students with no sailing experience who wish to have an introduction, or those with limited or long-ago experience, are encouraged to take this course rather than starting with the American Sailing Association (ASA) 101 class which is also offered by CRSA. Beginning Sailing provides classroom and on the water learning experiences, and a textbook, for $35. Membership in CRSA is required for insurance purposes (complete the membership application found on the website, www.caverunsailing.org).

The course consists of two evenings of class work in Lexington (May 14 and 16, 18:30 – 20:30 at Central Christian Church in Lexington) and one Saturday (May 18, 8:30 – 15:30) at Cave Run Lake where you will sail with experienced captains during the Bluegrass Charity Regatta. Meet at the West End Group Use area of the campground at 8:30 AM. This will also give you some experience with casual sailboat racing. If you have a sailboat, a CRSA volunteer captain can teach you on your boat. This course is offered only once during each sailing season, usually the second or third week in May.

Topics covered include: types of sailboats, boat parts and rigging, knots you will use, sails and what they do, sailing terminology, steering, turning, sailing upwind and downwind, safe sailing procedures, coast guard boating requirements, adjusting sails, safe boarding, handling different wind conditions, rules of the road, leaving the dock, returning to the dock, storing/folding sails, sailing etiquette, trailering a sailboat, backing up a trailer, and staying safe on the water.

If interested or if you have questions . . . send an email to beginningsailing@caverunsailing.org. Complete your registration and payment on line at caverunsailing.org, or by sending your name, email address, phone number and check payable to CRSA to William Lubawy, 4893 Wyndhurst Road, Lexington KY 40515-1250 at least one week prior to the first-class period. Enrollment is limited and provided on a first-come first-served basis when the online payment or the tuition check is received.

Updates from
The MainSHEET Editor

The MainSHEET editor strives to include lots of pictures from and updates on CRSA activities. If you have any suggestions for more content or different types of articles, please let me know. I am always looking for articles and pictures from members on sailing related activities either on or off of Cave Run Lake.

You do not have to write an article. Just contact me 859-619-7942 and give me some details and I will write the article if you would like. Pictures are always good. Just email them in to me, Bill Lubawy, mainsheet@caverunsailing.org.

Also we are looking for a new format for the MainSHEET for 2020. If you are a designer, or even an “arty” member and have some ideas, please let me know. We are always looking for ideas to make the MainSHEET more attractive and helpful to our members. The editor is an old dog, but loves to learn new tricks. Thanks.
Commodore Valerie Askren, in conjunction with a little help from members of the CRSA Executive Committee, developed a great tri-fold color promotional brochure. A business card with the dates listed for some of the major CRSA events for 2019 was also printed. These are handy items to use for recruiting potential CRSA members. If you would like some of each to distribute please contact Commodore Askren at commodore@caverunsailing.org.

CRSA Dinghies Meet Fridays for Lunch at Signature Club “Cellar”
CRSA Dinghies is a group of sophisticated 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 noon at the Signature Club of Lansdowne Cellar Bar and Grille, 3256 Lansdowne Drive. Drop in, no reservations required. For last minute information check with Al Lawton 859-293-2793.
CRSA Brochure at Three Booths During the Kentucky Sport Boat and Recreation Show in Lexington

The new CRSA Brochure developed by CRSA Commodore Valerie Askren was on display in three different booths at the Kentucky Sport Boat and Recreation Show during the second week in February. In the pictures below if you look closely you can see the new brochures on the tables.

Bluegrass Chapter of America’s Boating Club

The America’s Boating Club-Bluegrass Chapter chartered in 1971, is one of 350 America’s Boating Clubs across the country. America’s Boating Club is the world’s largest private, non-profit boating organization.

The America’s Boating Club-Bluegrass Chapter is made up of experienced sailors and power boaters who enjoy both inland boating and coastal cruising. We offer trips for both sail and power boaters to Chesapeake Bay, the British Virgin Islands, the Bahamas and boating activities on local lakes. In addition to our trips Bluegrass offers a wide variety of seminars for the public, courses for our members as well as monthly meetings, summer boating events and opportunities for public service. We also have monthly events for members and guests.

Go to bluegrassboating.org or contact Tom Woods at tdwoods49@twc.com for additional information. Follow us on Facebook at America's Boating Club Bluegrass Chapter.

The Bluegrass Chapter of America’s Boating Club sponsors programs with CRSA to improve on the water safety and general boating skills.

Special thanks to the Bluegrass Chapter of Americas Boating Club for displaying the new CRSA Brochure and passing them out to interested attendees of the Kentucky Sport Boat and Recreating show in February.

CRSA on Facebook

If you are on Facebook, please consider joining Cave Run Sailing’s Friends Group. Find out when other members will be at the Lake, and tell them when you will be at the Lake. Share tips. Ask questions. It’s easy. Just go to “Find Friends”, type in Cave Run Sailing Association, and request Friends status. Then enjoy.

Forward Copies of The MainSHEET To Friends Interested in Sailing

If you have friends who may be interested in sailing please forward issues of The MainSHEET on to them and invite them to socials and races, and tell them about the sailing classes, from Beginning Sailing through a complete line of advanced American Sailing Association (ASA) courses offered by CRSA.
For Sail/Want To Sail
The MainSHEET will publish information about boats/stuff that members have for sale, or boats they wish someone else would have for sale. Send descriptions and pictures to MainSHEET@Caverunsailing.org.

Cruise N Carry 6600 Motor, Stand and Tank
Runs great, air cooled, 12 pounds. $275

Antique Navigation Lights converted to run on 120 V power. $35 each.

Contact Thom or Carol Saygers at carolsaygers4494@att.net or 859-626-97

CRSA Executive Committee Approves Free Racing for 2019

At its February Executive Committee meeting the officers of CRSA voted to make racing one of the free member services for all association members. Racing is a fun way of sailing with other members. Join in on the day of any of the Race Series listed in the enclosed Calendar and on the website. If you are a complete beginner you can follow other sailors around the course, or even pass them on the last lap. Come to the Scott Creek Ramp Parking Lot at 11:00 am for information. Have Fun!

CRSA Burgees On Sale $35

CRSA Dues Categories for 2019

CRSA dues for adults and families are $95. Special student rates of $35 are available for student individuals under 24 who are not part of a family membership. For any questions please contact Steve Morris, CRSA Membership Chair at membership@caverunsailing.org.

Get Your New Parking Pass
Don’t forget to pick up a new parking pass if you use the Scott Creek Boat Ramp. The passes are available at the Ranger Station, at Hook’s Line and Sinker, and at various sport shops. The picture on the left is the mirror image of a pass. Not because it is supposed to be, but it flipped and the MainSHEET editor can’t flip it back.

UK Basketball Will Be on TV
At the Spring Social on March 24
15:00 – 18:00 Ruth and Al Lawton’s

If UK is still playing basketball during the NCAA tournament on March 24, the game will be on TV at the social. Don’t worry about missing the game by attending the social, rather come and cheer for the CATS with friends.

Bring Friends Interested in Sailing to the Spring Social

If you know of anyone who might be interested in sailing please invite them to the Spring Social. Members are asked to bring an hors d’ouvre and any alcoholic beverages you want to drink. For any questions or more information please contact CRSA Social Director at social@caverunsailing.org.
<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>CONTACT</th>
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</thead>
<tbody>
<tr>
<td>Jan 31</td>
<td>Thurs</td>
<td>Trip Tales - Bob Woods Circumnavigation 18:00</td>
<td>Rooster’s 1234 Marketplace Drive</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Feb 28</td>
<td>Thurs</td>
<td>Trip Tales - Wade Metz CRSA Cruises on San Juan Islands</td>
<td>Roosters 125 Marketplace Drive</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Mar 13</td>
<td>Sun</td>
<td>Warm Up Race for Spring Series 11:00 - 17:30</td>
<td>Scott Creek Launch Parking Lot</td>
<td><a href="mailto:Rearcommodore@caverunsailing.org">Rearcommodore@caverunsailing.org</a></td>
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<tr>
<td>Mar 24</td>
<td>Sat</td>
<td>Spring Race Series Race 1 1:10:00 - 17:30</td>
<td>Scott Creek Launch Parking Lot</td>
<td><a href="mailto:Rearcommodore@caverunsailing.org">Rearcommodore@caverunsailing.org</a></td>
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<tr>
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<td>Sat</td>
<td>Spring Race Series Race 2 1:10:00 - 17:30</td>
<td>Scott Creek Launch Parking Lot</td>
<td><a href="mailto:Rearcommodore@caverunsailing.org">Rearcommodore@caverunsailing.org</a></td>
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<td>Sat</td>
<td>Spring Race Series Race 3 1:10:00 - 17:30</td>
<td>Jacobson Park Boathouse Parking Lot</td>
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<td>Sat</td>
<td>Spring Race Series Race 4 1:10:00 - 17:30</td>
<td>Jacobson Park Boathouse Parking Lot</td>
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<tr>
<td>May 11</td>
<td>Sat</td>
<td>After Race Raft Up Social sometime around 17:00</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>Sun - Sun</td>
<td>Spring Race Series Race 5 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>Sun</td>
<td>Spring Race Series Race 6 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Jun 1</td>
<td>Sat</td>
<td>Summer Social Raft Up - Begins about 17:00</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
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<td>Sat</td>
<td>Summer Race Series Race 7 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Jun 5-7</td>
<td>Wed-Thurs</td>
<td>Teenage Sailing Tues 18:00, Sat 13:00 (13-19 yrs)</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Rearcommodore@caverunsailing.org">Rearcommodore@caverunsailing.org</a></td>
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<tr>
<td>Jun 22 &amp; 23</td>
<td>Sat &amp; Sun</td>
<td>Summer Race Series Race 8 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Jul 6-7</td>
<td>Fri-Sat</td>
<td>Summer Race Series Race 9 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Jul 27</td>
<td>Sat</td>
<td>Summer Race Series Race 10 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
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<td>Aug 3-4</td>
<td>Wed-Thurs</td>
<td>Summer Race Series Race 11 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
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<td>Aug 8-9</td>
<td>Fri-Sat</td>
<td>Summer Race Series Race 12 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
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<td>Tue-Wed</td>
<td>Summer Race Series Race 13 1:10:00 - 17:30</td>
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<td>Sat</td>
<td>Summer Race Series Race 14 1:10:00 - 17:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Rearcommodore@caverunsailing.org">Rearcommodore@caverunsailing.org</a></td>
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<tr>
<td>Aug 21</td>
<td>Sat</td>
<td>Grand Annual Regatta</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
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<td>Sept 7</td>
<td>Sat</td>
<td>Fall Raft Up Overnighter</td>
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<tr>
<td>Sept 18-30</td>
<td>Sat</td>
<td>Fall Raft Up Overnighter</td>
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<tr>
<td>Nov 9</td>
<td>Sat</td>
<td>Awards Banquet 17:30 - 21:30</td>
<td>Cave Run Lake Mooring Field Ball 27</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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ABC Bluegrass Chapter Invites CRSA Members to Two Events

ABC Bluegrass invites all CRSA member to two activities. The first is a group tour of the Buffalo Tracer Distillery in Frankfort at 3:00 PM on March 10 followed by an early dinner at Jim’s Seafood on Wilkinson Blvd in Frankfort. The second is described below. Contact Tom Woods at tdwoods@twc.com for information and reservations.

Bluegrass Chapter

2019 FRANKFORT FLOAT
Canoe the Kentucky River in Downtown Frankfort on July 27
Launch at 10am

Join us for a relaxing paddle through scenic downtown Frankfort. We will launch at the Old Lawrenceburg Road Ramp upriver from downtown on Rt 420 (Old Lawrenceburg Rd) off the East-West Connector and paddle to the boat ramp at Benson Creek, a 2.8 mile trip. An additional trip up Benson Creek is also available for those who want a little more paddling. The launch site is easily accessed by taking the 127 exit (second Frankfort exit coming from Lexington on I-64) turning toward Frankfort, turning right on 676, the East-West Connector, and left on to Rt 420 just before you cross the Kentucky River. Signs will mark the launch site.

Canoe rental is available from Canoe Kentucky or you can bring your own canoe or kayak. Contact Canoe Kentucky directly at 502-227-4492. They will deliver you canoe or kayak to the launch site and pick it up at takeout. Shuttle service will be provided to take your vehicle to the Benson Creek boat ramp prior to our departure.

If you are bringing your own canoe or kayak, please be at the launch site by 9:30am to unload and transport your car to Benson Creek. If you are renting a canoe, please be there no later than 9:30am so we can transport your car to Benson Creek.

After the paddle we will gather at the Benson Creek ramp for food, fun and fellowship. Please bring a chair, a dish or appetizer to share and your favorite beverage. There will be a $7.00 charge per person to offset the cost of the cookout. Please register for this event with Tom Woods at tdwoods49@twc.com.
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:
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 and community service activities.

Membership Information can be obtained from Steve Morris at membership@caverunsailing.org. If you have trouble joining on the website contact Kelly Glines Emrich at membership@gmail.com, or at CRSAKelly@gmail.com.

The MainSHEET is edited, sometimes carefully and sometimes not, by Bill Lubawy. Please contact Bill for article ideas and or suggestions at Mainsheet@caverunsailing.org.

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