

The 40th Grand Annual Regatta
Sponsored by CRSA
Saturday/Sunday Sept 28/29, 2019
Fun Sailing, Good Food,
Great Times
Lovely Fall Scenery

CRSA invites all members and non-member sailing friends to the 40th Grand Annual Regatta at Cave Run Lake. All "On-Land" activities are at the Boat Gunnel Shelter/Campground, 4615 KY 801, 0.4 mi south of the marina on KY 801.

Complete information and registration forms are available on the CRSA Website caverunsailing.org. Questions can be directed to vicecommodore@caverunsailing.org.

More GA Regatta Information

Boat launching facilities are available at either The Scott Creek Marina Boat Ramp or through the Twin Knobs Campground facility. Passes for the former may be purchased at the Cave Run Ranger Station, the store across from boat ramp or from the marina office.

Tent camping is included with registration at the Boat Gunnel Shelter/Campground Fri & Sat.

Registration Fee is \$45/adult captain, \$30/junior sailor -19 and under. Crew or guests are \$30 each.

All registrations include **two** breakfasts, **two** lunches, Saturday dinner and one shirt. Additional shirts are \$15 each. Additional Saturday evening dinners are \$15 for adults and \$10 for juniors.



Register Now.

This is a REALLY FUN WEEKEND

REGATTA. For inexperienced racers a brief meeting will be held at the Breakfast-Brunch on Saturday explaining what is involved in racing and describing the course.

The APPROXIMATE SCHEDULE is:

Saturday September 28

0900 – 1030 Registration/Breakfast
1030 Skippers Meeting
1230 Warning signal for first race followed by other races
1730 Attitude Adjustment and Dinner

Sunday September 29

0800 Skippers Update/Breakfast
1000 Warning signal for remaining races
1330 Awards Presentation

SAVE THE DATE

SATURDAY NOVEMBER 9, 2019
CRSA ANNUAL MEETING
AND AWARDS BANQUET
LEXINGTON COUNTRY CLUB

The APPROXIMATE SCHEDULE is:

1800 Happy Hour
1830 Dinner
1930 Program
2030 Musical Entertainment, Socializing

This is a really fun and entertaining evening with opportunities to meet fellow CRSA members, sailors and renew friendships. Registration information will be listed on the website, caverunsailing.org and in a future edition of the MainSHEET.



2019 CRSA Grand Annual Regatta

September 27 – 29, 2019

Sponsored by the Cave Run Sailing Association

Cave Run Lake, Morehead KY

Captain's Name _____
Street Address _____
City _____ State _____ Zip Code _____
Phone _____ Email address _____
Type of boat _____ Model _____ Sail number _____

Captain's Racing fee

(includes breakfast and lunch both Saturday and Sunday; dinner Saturday; one shirt)

_____ @ \$45 Adult _____ @ \$30 Under 19 = \$ _____

(Add \$10 per entrant if paid after Sept 1, 2019)

Crew or Additional Guests Fee (per person)

(includes breakfast and lunch both Saturday and Sunday; dinner Saturday; one shirt)

_____ @ \$30 = \$ _____

Saturday night dinner only

_____ @ \$15 Adult = \$ _____

_____ @ \$10 Under 19 = \$ _____

Additional shirts _____ @ \$15 _____ = \$ _____

Please make checks out to CRSA and mail to Box 256, Lexington, KY 40588 TOTAL \$ _____

Participation Agreement

By my signature below, I agree to accept and abide by the rules of this race and to accept all responsibility for my participation. I realize the sport of sailing can be hazardous and that it shall be my responsibility to decide whether to start or continue a race or practice session. I agree to hold harmless and indemnify against any and all losses, and/or claims thereto, the organizations of personnel sponsoring or conducting this race including, but not limited to, the official race committee of the Cave Run Sailing Association, the CRSA itself and its officers and the Forest Service of the United States Department of Agriculture at Daniel Boone National Forest. Participants are reminded that Rule 69 in the Racing Rules of Sailing was recently rewritten and will be enforced. Paraphrased, Rule 69 now indicates a competitor, boat owner or support person shall not commit an act of misconduct defined as a break of good manners, good sportsmanship or unethical behavior, or conduct that may bring the sport into disrepute. Penalties imposed by a protest committee may include a warning, a change in the boat's score including a DSQ, or exclusion of the person from the event or venue.

Agreed and acknowledged by these signatures:

Captain's signature _____ Date _____

Crew signature _____ Crew signature _____

Crew signature _____ Crew signature _____

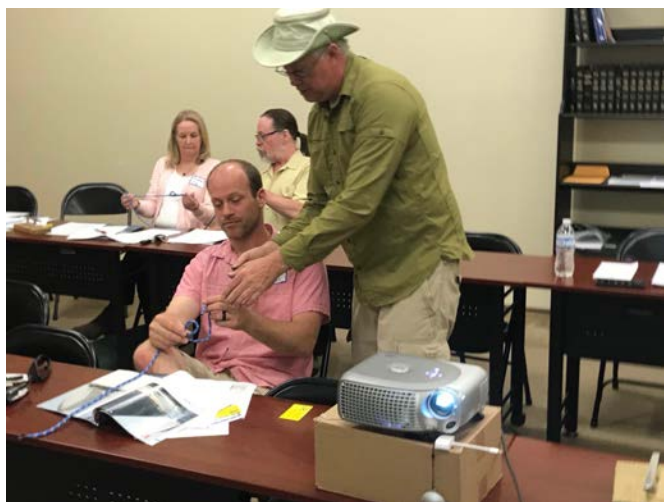
Twelve Students Complete CRSA Beginning Sailing

Earlier this summer 12 students completed the CRSA Beginning Sailing class. The course consisted of two evenings of classroom work followed by a weekend “on the water lab.”



Beginning Sailing Students pose for a group picture.

Special thanks to **Lou Trost** and **Charlotte Lubawy** who functioned as teaching faculty and **Bill Lubawy** who functioned as course director.



Lou Trost helps with the fine points of tying a bowline.

The “on the water lab” was run in conjunction with the Bluegrass Charity Regatta. Captains who took students on their boats and taught students about racing and boat handling included **Lou Trost, Chuck Emrich, Mel Burch, Steve Morris, Dale Sturm, Bill Lubawy, David Duncan and Jason Futch**. All students graduated with honors hearing *Pomp and Circumstance*.



Concentration was required to learn to tie sailing knots.



Charlotte Lubawy explains some of the uses for lines on a boat.



Students proudly show off their mastery tying a bowline.

Attention All Sailors. On the previous page is a registration form for the 40th Grand Annual Regatta. Please use it, or preferably, register on line at caverunsailing.org as soon as you can. Vice Commodore Lou Trost is trying to get a better idea of the number of registrants. Registering on line, or sending in the form on the previous page and a check **before September 2**, will help planning a LOT. Thanks for your help.

Bluegrass Charity Regatta Raises Over \$4,500 For Lexington Hearing and Speech Center



On May 18th CRSA again partnered with the Theta Nu chapter of Psi Iota Xi to sponsor the annual Bluegrass Charity Regatta. Lots of CRSA members and friends sailed in the regatta. The overall coordinator for the event was **CRSA Vice Commodore Lou Trost** who did a fabulous job.

Sally Shafer from CRSA led efforts to find sponsors in conjunction with **Deanna Blankenship** from the Hearing and Speech Center. This year's regatta added over \$4,500 to bring the total raised in this joint effort since 1988 to over \$134,000. The Charity Regatta was initiated by then CRSA Commodore **Al Lawton** and the women of Psi Iota Xi.

The day began with a delicious breakfast, a welcome from **Carol Bailey and Judy Lopez** of Psi Iota Xi, and a Captain's Meeting run by **Bill Jones** who was the Principal Race Officer for the regatta.

After the races, attendees enjoyed a delicious lunch organized by CRSA Vice Commodore **Lou Trost and lovely wife Joni**. After lunch awards were presented in the various classes to the winning captains. These included for the Cruiser Fleet: **1 Brad Leslie, 2 David Harris, 3 Chuck Emrich and Bill Lubawy**. For the Daysailer Fleet: **1 Lou Trost, 2 Kaye Arnold, 3 Dale Sturm**. Pictures of winning groups are on the last page of Bluegrass Charity pics.

Now you may ask why this report is just now appearing in the August MainSHEET when the Regatta was held in May. Well the answer is the MainSHEET editor just has a disturbing habit of procrastinating, and it does not appear to be getting better. So – if you would like to see articles come out in a more timely manner PLEASE volunteer to help with the MainSHEET as a co-editor and prodder. Just send an email to MainSHEET@caverunsailing.org. Resumes and references are not required.

Special thanks to **Bill Jones** for serving as PRO, **Lou and Joni** for delicious food, the women of Psi Iota Xi, and all the sailors and sponsors who participated in the Regatta.

More Pictures From the 2019 Bluegrass Charity Regatta



The Last of the Pictures from the Bluegrass Charity Regatta



REGATTA 2019 SPONSORS

Sailing Team is represented by number next to sponsor

- 9 The Moorings
- 15/17 Plumbers & Steamfitters Local 452
- 5 Traditional Bank
- 2 Bailey, Carol and Rick
- 16 Gillespie, Juanice/Dennis Hacker
- 6 Lexington Investment
- 10 Lubawy, Bill and Charlotte
- 14 Sewell Mountain Sailing Assoc of WV
- 13 Shafer, Sally
- 1 Sutherland and Associates
- 7 Beasley Plumbing
- 8 Case, Carol and Bob
- 3 Williams, Brad and Donna
- 2 Architectural Planning & Design
- 14 Geiger, Dan
- 19 Harbour, Susan
- 9 Leslie, Brad and Donna
- 12 Meers, Malcolm and Debbie
- 10 Stokley Marine (Ralph)
- 4 Strictly Sail, Inc.
- 3 Adkins Property Mgmt.
- 6 Ferguson, Natalie
- 18 Lopez, Judy
- 13 Bank of the Bluegrass
- 5 Marshall, Sarah
- 16 Pop's BBQ
- 1 White Castle
- 19 Anonymous

Regatta 2019 Sailing Teams

- 1. Adams, Luke
- 2. Arnold, Kaye
- 3. Browning, S.
- 4. Duncan, David
- 5. Emrich, Chuck
- 6. Futch, Jason
- 7. Harris, David
- 8. Leddy, David
- 9. Leslie, Brad
- 10. Lubawy, Bill
- 12. Moore, Bill
- 13. Morris, Steve
- 14. Radak, Bob
- 15. Sturm, Dale
- 16. Tijou, Dominique
- 17. Trost, Lou
- 18. Twardy, Seth
- 19. Ware, Jon
- 22. _____
- 23. _____

CRSA Racers Show the Way in Port Oliver Huddleston Cup

By Lou Trost

It was a sailors day at Port Oliver. The Huddleston Cup Regatta is a two day event with multiple races and fun for all. The wind was up with white caps at times and would absolutely make the rules. The race was on Barron River near the dam. A lap around the island would be the race course. The island was to be rounded on the port side or starboard side as per the instructions of Lee Huddleston PRO and the race committee. This added a strong dynamic as wind shifts and shadows would challenge the skippers.

A shoal area was addressed at the skippers meeting along with additional advice about how the island can shadow or funnel the wind. The smallest dingy in the fleet was put down by the wind and had to be retired. The gusting wind conditions claiming the rudder. The boat was replaced on Sunday.

All the skippers and RC agreed if the skipper is willing to race, replace the boat with one that will carry him. Always be a good sport and keep a sailor out on the water! Rob Hatcher is a sailboat man for sure - too bad the first boat was not ready for that kind of wind.

All true sailors want everyone to be able to come out have some fun and gain some knowledge. They share what works. It takes time and patience to keep building skills but the skippers that are on a race course want to keep passing on experience. I can remember when I was not able to make the starting line. Things have changed and I found myself over the line early more than once. A good skipper needs to develop a feel for his boat and time his starts.

Dale Strum in an MC Scow and Joe Brownfield and crew in a Y- Flyer provided a demonstration of how to use the wind in the first race. They finished One -Two and far ahead of the pack. Kevin Klarer in his Hunter 240 was also able to do quite a job. In subsequent races other skippers made adjustments. Troy Monroe was single handing in a hobby cat and making a good show in the wind.

Most of the races were finished around the 30 to 40 minute mark with the committee boat just slightly north of the Port Oliver docks. Dale Strum of Port Oliver/Cave Run was first in class Day sailor on an MC Scow. Mark Breeden with a Catalina 22 from Cave Run was first in class Cruiser.

We have several good stories about the Regatta but a number of unnamed personal made it all happen. A great breakfast, lunch and dinner were available. It was a great experience for all.

The real questions are will Cave Run Sailing keep the Huddleston Cup in 2020 or will Port Oliver have a clear vision and see fit to reclaimed it? In late September on Saturday, 28th and Sunday the 29th Cave Run Sailing has the Grand Annual Regatta on Cave Run Lake. Can Cave Run Sailing stand tall and own the Grand Annual or will others sail off with the loot?



Part of the sailors and crew at the Port Oliver Regatta.

One More Bluegrass Charity Regatta Pic

Just when you thought you had seen it all there is one more picture from the Bluegrass Charity Regatta. **Lou Trost** arranged for "Thomas" to play a variety of string instruments. Below he is pictured playing his banjo. Thomas was excellent. Everyone enjoyed the music Thomas played before dinner and around the award presentations.



CRSA Racers brought home lots of honors. Left is Dale Sturm. To his left is Mark Breeden. On the right end is Lou Trost. Great Racing Guys!

CRSA Sailors Sailed Well in the Leukemia Cup on the Chesapeake Bay

By Brad Leslie

CRSA Sailors were racing off the lake on the Chesapeake Bay over the July 4th holiday weekend. The event was the 2019 Leukemias Cup Regatta out of Deltaville, VA.

Molly and Lee Sutherland sailed with **Donna and Brad Leslie** to two first place finishes and one second in a class of 6 similar rated cruising boats. The air was really light on the second day and that kept the CRSA Team from finishing stronger. Most of the fleet of 16 boats did not even finish the race the wind was so light. Being Cave Run Racers the team was very experienced in racing with no wind.....

The course had 3 legs of about a mile each and racers have to contend with current/tides, not being able to see the marks from the starting line because of the distance, and shifty winds.

It was a lot of fun and the CRSA Team enjoyed defending their title from last year! Team Gripfast (the official name for the CRSA racers) raised \$1,100 for the Leukemia & Lymphoma Society and was 13th in total fundraising efforts by sailors in the event. A total of \$143,000 was raised for the charity.



The CRSA Team racing in GripFast for the Leukemia Cup Regatta on the Chesapeake Bay. Pictured above are helmsman Brad Leslie with crew (l to r) Molly Sutherland, Lee Sutherland and Donna Leslie.



Left GripFast sails away from the fleet in pretty light air. Many boats did not even finish the race the wind that day was so light.

Lou Trost Arranges for Boy Scouts to Participate in Summer Race Series

Twelve Boy Scouts participated in a CRSA Summer Race as part of their Sailing Merit Badge requirements. Special thanks to **Lou Trost, Dale Sturm and Chuck Emrich** for working out all the logistics. **Bill Lubawy and Mel Burch** served as the Race Committee.



Less experienced scouts were following the fleet.



In some races scouts sailed close together.



Kaye Arnold (l) and Dale Sturm (r) on a second lap.



Lou Trost completes his second lap.

CRSA Has New Boat for Member Use

CRSA has a new boat for use by CRSA members who have an ASA 101 certification or equivalent. A donation to use the boat is \$100/day with reservations available soon through the CRSA website, caverunsailing.org. Click on the appropriate boat (Miss Kelley), fill in the application, pay on line, wait for confirmation in an email hopefully within 24 hours.



The boat is a Rhodes 23 and is significant improvement over our former boat. The boat was donated to CRSA by a very charitable individual. Storing the boat until it was ship-shape and repairs, refurbishing and launching were done by Chuck Emrich, Luke Adams, Jonathan Ware, Brad Leslie

and Steve Morris. Special thanks to these CRSA members who secured the donation, made arrangements for the transfer to CRSA and did the work on the boat.



For Sail/Want to Sail

Flying Scot 4967, 1994, like new, lightly used, garage stored. Offered by a former CRSA member. Nearly new sails, lightly used 4 HP Tohatsu motor that has not been run for 10 years, trailer in excellent condition, Flying Scot cover. Would prefer to sell to a CRSA member. Asking \$7,000 or best offer.

Contact Steve Calvert, 606-362-9249 (c), 606-668-3802 (o) or at aquabriar@gmail.com.



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.

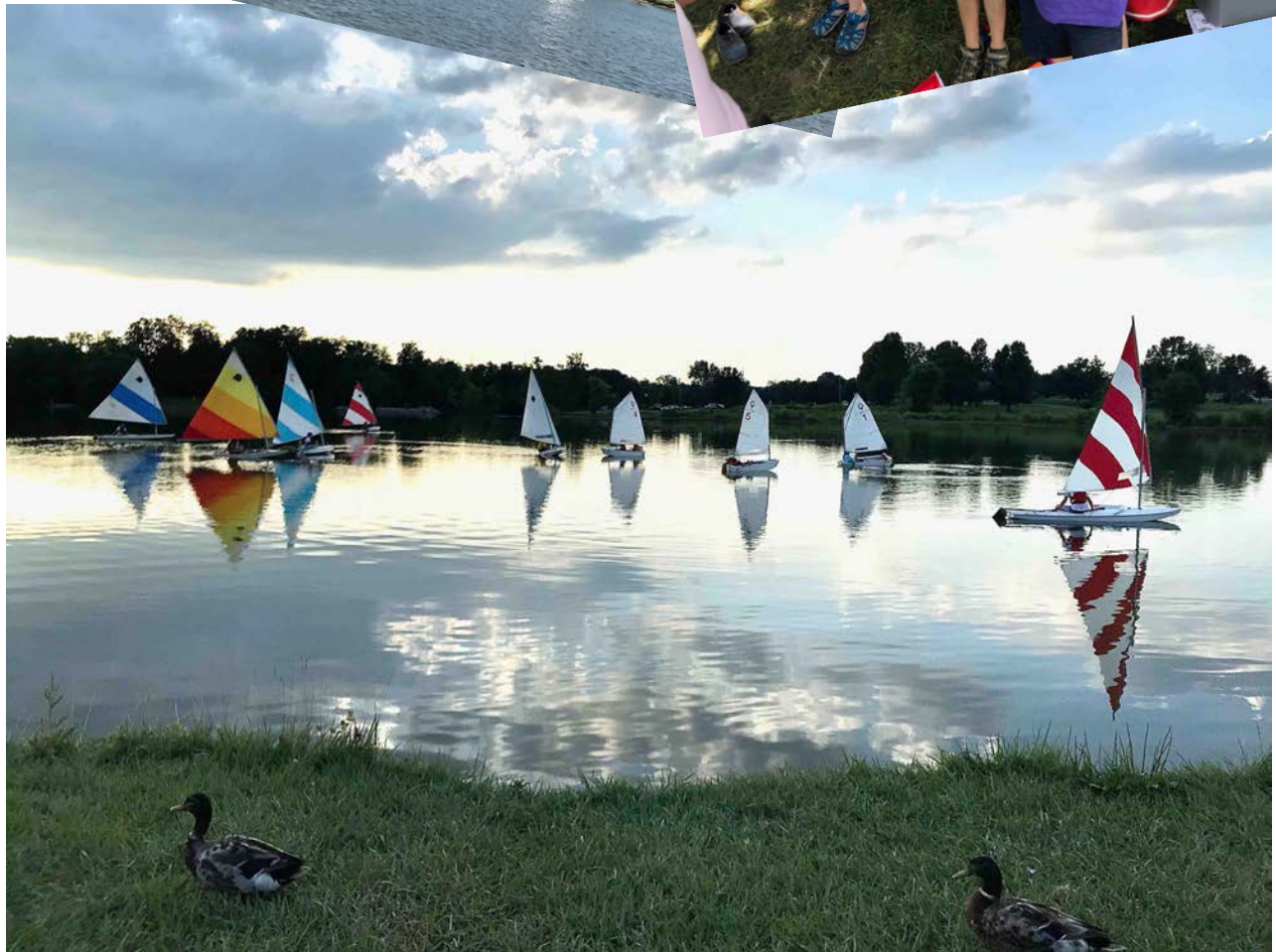
Chuck Emrich Organizes Another Successful Youth Sailing Class for 2019

This last July CRSA again offered its Youth Sailing Class under the direction of **Chuck Emrich**. Classes were held Tuesday evenings and Saturday afternoons at Jacobson Park for 9 sessions. This year students consisted of Teen Sailors (under 19) and Junior Sailors (7-11). The former sailed some newly donated Sunfish boats and the latter used the CRSA Optis. Lots of people helped including **Lou Trost, Dale Sturm, Bill and Charlotte Lubawy, Kelly Emrich, Graeme Wilson and Ken Ruhl** and many of the parents.

On the last day Chuck organized a "Pirate Day" complete with him wearing a fancy outfit and hats, jewelry, dubloons, and water pistols for the students. Pizza and cupcakes with water and other drinks were all incredibly popular.

Many thanks to all the CRSA members who helped with the classes and the parents who helped set up and tear down the boats. Special thanks to **Chuck and Kelly Emrich** for doing all the organizing and most of the teaching. Pictures follow. Some are close to being suitable for enlarging.





2019 Sailstice Lots of Fun Despite Not So Nice Weather

Over the 2019 Summer Solstice in June sailors around the world celebrated the "Sailstice." CRSA joined in the fun again this year beginning with a regular season race in the afternoon. Members and friends then rafted up alongside the Margaret Mary II for a cookout and sleep-over, followed by breakfast the following morning. Arrangements were organized by **CRSA Social Chair Graeme Wilson** with lots of help from other CRSA members. The cookout was well attended but potential rain and other commitments kept the number of sleep-over and breakfast attendees a little thin. Everyone had a great time though. Special thanks to **Graeme** for all his efforts. He did his usual really nice job!



More Sailstice Pictures



Cave Run Sailing Association
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Lexington, KY 40588



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WWW.CAVERUNSAILING.ORG

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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.

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. Special thanks to Lou Trost, Brad Leslie, Sally Shafer and others for articles and/or pictures.

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The MainSHEET