

Newsletter of the CAVE RUN SAILING ASSOCIATION

Updates on Upcoming CRSA Activities

**July 21-22nd Around the Lake Rally and Raft-Up
CANCELLED due to scheduling conflicts.**

August 26th CRSA Summer Social at Bob Woods' home, Lexington

KY. Food will be provided by Bob. Bring your own beverage and if you have a favorite dessert or salad you would like to bring please let Bob know rdwoodsmd@gx.net. Plan to come and share your latest sailing adventures or misadventures. Potential CRSA members are welcome. Dress is strictly casual. Bring your bathing suit if you want to cool off in the pool. Sunday August 26th, 2012, 4:00 PM with dinner served at 5:00 PM. An e-invite with Bob's address and requesting an RSVP will go out to all CRSA members a couple of weeks before the event.

September 8-9th West Va. Charity Mountain Mama Regatta

Summersville Lake, West Virginia.

CRSA is partnering with the Sewell Mountain Sailing Association for a charity regatta planned entirely by SMSA. Although the race begins on the 8th there will be a welcoming BBQ on the Friday the 7th for early arrivals. All activities will begin at the beach/picnic area on Summersville Lake Battle Run Park adjacent to the boat ramps.

A separate registration for this race is required.

On Saturday the 8th registration begins at 8:00 AM, Skippers Meeting is at 9:30 and racing begins at 11:00 AM. More information, places to stay and some descriptions of the area are available by clicking on the Mountain Mama Regatta on the bottom of the CRSA homepage and through soapysails.m.webs.com. Each will give you different information. For more information contact Bob Richards at soapysails@gmail.com or Commodore Dave Davison at davidD2407@aol.com.

September 16th CRSA-Psi Iota Psi Charity Regatta

This is a FUN regatta with all the proceeds going to the Lexington Speech and Hearing Center. It is a chance for casual racing and especially beginners to learn a little more about racing. The day begins with a breakfast from 8:30 AM to 10 AM, and a skippers meeting at 9:30. An after race meal is also provided. The important thing is that the women of Psi Iota Psi do most of the fundraising by obtaining boat sponsors and CRSA provides the sponsored boats and captains. If you would like to sponsor a boat, you are most welcome, but what is needed as well are boats and captains. Watch the website for more information.

RENEW YOUR CRSA MEMBERSHIP TODAY!

You can renew with paper (form enclosed), include a paper check and mail to CRSA, P.O. Box 256, Lexington KY 40588.

You can also download the membership form and pay on-line through a link at www.caverunsailing.org (secure

payment, no password needed, but you do need to use a check).

Please submit (mail, or scan and email) a completed membership form to Sally Shafer. Don't miss this year with CRSA, there is a lot happening!

Upcoming CRSA Events:

6 th Series Race	8/18
7 th Series Race Mountain Mama Regatta	9/7-9
Charity Regatta	9/16
8 th Series Race	9/22
Grand Annual Regatta	10/6 & 7
Annual Awards Banquet	11/10
Read Sailing Books	All Winter Long

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New Member Profiles



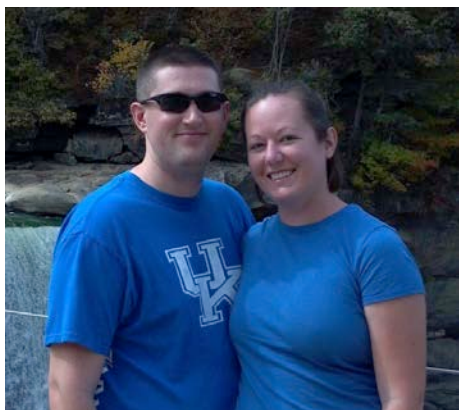
Ed. Note: We asked individuals who took the 2012 CRSA Beginning Sailing Class about themselves, what they thought about the class and what were their major interests. Here are some of the responses. For anyone who was not an adult, we asked the parents for a response.

Name: David Lucky, originally from Eubank, KY and currently living in Lexington, KY

Family: Victoria Lucky (wife)

What did you enjoy most about the class: I really enjoyed learning all the correct terminology for all the various parts of the boat and the knot tying from the classroom and I loved everything about the water lab (especially relaxing and cruising around during the later half of the day).

Future Sailing Interests: I am very interested in doing more pleasure sailing on Cave Run and doing some crewing to get more experience.
Suggestions for improving the class: None. It was excellent!



Dave and Victoria Lucky

Name: Robert and Debra Powell, Georgetown, Kentucky.

Family: Three (3) grown children and ten (10) grandchildren.

What did you enjoy most about the class: We enjoyed both the class and lab. The information was presented well and the hands on experience was also great. I think the exposure to the beginning sailing class has increased our desire to learn more about sailing. All the nice people we met were interesting and we look forward to meeting and



Robert and Debra Powell

getting to know other Cave Run Club members.

Future Sailing Interests: At this point we are interested in doing as much sailing as possible. Debra probably prefers cruising on the lake but Robert is crazy enough to try racing. She won't let him buy a sailboat until he gets rid some of the other watercraft.

Suggestions for improving the class: No suggestions for improving the class. We think it was great.

Name: Kayla Duncan, age 12, Lexington. 7th grade at Seton Catholic School.

Family: Daughter of Captain David and Anna Duncan, The Blue Pearl, Cave Run Lake.

What did you enjoy most about the class: Her experience in class and lab was to broaden her understanding of sailing fundamentals, allow additional supervised hands on experience, and meet new people.

Future Sailing Interests: Kayla is now close in handling her dad's Hunter 27 in and out of the marina. She routinely



Kayla Duncan

sets up the boat for pleasure sailing and prepares the boat before leaving the marina afterwards. She's looking forward to overnights on the lake, a SCUBA-sailing trip

out of Nassau in July, and a possible Caribbean charter next year.
Suggestions for improving the class: Classes were great! No suggestions.

Where to "show up" if you want to "crew" for a race

We have heard several new members were not sure where to show up to "crew" for a race. Therefore we put together a little map (back page) showing exactly where. The meeting spot is in the parking lot of the Scott Creek Boat Ramp - not the marina. This is the parking lot that is clearly visible from Hwy 801 and directly across the street from Mrs. Hook's boat yard and motel. The Captains' Meeting begins at 11:00 AM on the day of a race. Look for sailboats being rigged and people standing around, and just walk up and join them. Introduce yourself and indicate you would like to crew. The "Principal Race Officer" or PRO for that day will assign you to a boat, and often it is someone that needs some extra crew - so you are doing that captain a favor by wanting to sail. Be sure to bring along for yourself, some drinks and lunch and/or snacks, a hat, sunglasses and sunscreen. Most days there is a casual optional "social" after the race with sandwiches and drinks. When the weather is very hot, the social is cancelled so everyone can get back to their air-conditioned cars as soon as possible. At the Captains' Meeting the PRO will also indicate whether there will be an after race social and where it will be held.

The schedule on a race day usually goes something like this:

11:00 AM Captains Meeting followed by launching boats and setting the course, plus a little practice sailing.

1:00 PM Races begin.

4-5 PM Races end. Sailors put boats away.

5-6:30 PM Social usually held on the Race Committee Boat tied up at the end of "C" dock by the Marina

2012 Chesapeake Cruise

The "Commodore's Cruise" for 2012 was on the Chesapeake Bay. Twenty some CRSA members on four boats made the cruise that included stops in Annapolis, Rock Hall and Baltimore's Inner Harbor. Dave Davison taught an ASA course while on the trip. Everyone had an excellent time. Several "cruisers" reportedly overdosed on crab, and unfortunately are all too ready to do so again.

The cruise planning was begun by Al Lawton and Dave Davison. Al chartered the boats, held an organizational meeting at his house, and he and Dave went over the details of the trip.



Al Lawton and Dave Davison preview trip details.



Misty and Bob Hagan talk over ASA class details with Dave.

The trip began at Annapolis Bay Charters where everyone picked up their boats. CRSA members left the KY-WV area at various times but met up at the charter company, stowed their gear, went out for provisions and slept on their boat on the Friday evening before Memorial Day. Bill and Charlotte Lubawy passed out fluorescent lime green "Peek'n At The Chesapeake" cruise t-shirts kindly obtained by Al Lawton.

Bright and early on Saturday morning (well sort of early but probably not bright) boats headed out for Rock Hall. That day there were several regattas out on the Bay and it was quite a treat to see sailboats flying by in all directions doing practice runs as the CRSA Fleet sailed for the William P. Lane Jr. Memorial Bridge. Quite a site - sailing under a large bridge with traffic moving overhead. Boats were

everywhere again, but not as concentrated and all seeming to be out for a grand weekend on the water.



Julie Mitchell was on the wheel of "Time 4 Us" as a pleasure cruiser crossed the stern.

The sail to Rock Hall was only about 20 miles and the breezes were good so the entire fleet took the liberty of doing some pleasure sailing, learning to use the auto-pilots and taking turns on the helm.

The anchorage at Rock Hall was at the end of a small maze of boats and in fairly shallow water. Toward the end of the day as the fleet sailed in the wind picked up. Bill Lubawy and Brad Leslie came in in about a 15 mph cross wind - that actually seemed like 51 mph. Bill took about six shots at backing up the boat into a slip. Brad only needed two, and thanks to a lot of hands on the dock both landed without having to call the insurance company. Some crews lounged, some took a swim in a nice pool, some prepared for boat hopping and some went for a walk "down town". One boat had fresh seafood to prepare for dinner while the other three boat crews ended up at the marina in a second floor outdoor restaurant, many eating delicious crab-cake sandwiches.





Snacks in the cockpit are the dockside pickups.



The Inner Harbor was full of people, street performers and tourists.



Diana Morris, Sally Shafer and Donna Leslie do a little "wine testing".

Bright and early the following morning (talk about a well worn and inaccurate phrase) the fleet headed out for Baltimore's Inner Harbor. Another nice day for sailing allowed more time for ASA skill testing and leisurely sailing around the Bay. Several boats headed in early to take time for the crews to see some of the sights before nightfall. The crew of "Time 4 Us" was slow to get in due to singing the Star-Spangled Banner while sailing past Fort McHenry. Well what else do you do 15 minutes after sailing past the actual spot where Frances Scott Key wrote the lyrics.



The CRSA Fleet ties up at the Inner Harbor in Baltimore.



Rented paddle boats on the Inner Harbor certainly had some unique shapes.



The view of Baltimore from the Harbor at dusk was absolutely stunning.

Dinner Sunday evening was interesting. Cruisers broke up into at least three separate groups to do different kinds of sight seeing. The weather was lovely, but parts of the harbor could use an air freshener. Late in the evening one group found its way into a highly recommended restaurant called "Mo's" only to find the other two groups already there getting ready to eat. We all ended up at the same place. Food was great. crab dishes plentiful. but the seafood salad was

gigantic - and only \$16. If you go to Mo's, consider splitting one, maybe with all the other people on your boat.



Time for some on the boat nourishment. Partaking in mostly health foods are Charlotte Lubawy, Mike and Kathy Love, and Julie Mitchell.



Brad Leslie models some very stylish "jamies" as Steve Morris looks on in amazement.

Monday brought sailing back to Annapolis. One last spectacular day of sailing before checking in the boats.



Dan Geiger and crew head back to Annapolis.

Memorial day weekend was also graduation at Annapolis. The Navy had a large destroyer in the bay decked with flags from stem to stern. Transport boats could be seen taking visitors back and forth from the Naval Academy to the boat. It was quite a site. "Time 4 Us" thought they were having equipment problems as they sailed near the destroyer, only to find out later that the Navy apparently jams GPS signals for nearby boats. Not hard to understand.

Since the boats had to be in their berths and fueled before 5:00, there was time to walk around the marina and spend some time in their pool before retiring. And if you were up to it, a chance to get one more meal of crab.



A view of the docks from the Annapolis Bay Marina. It is always nice to sit where you can look over sailboats.



Since it was warm Monday evening some of the CRSA members took advantage of the pool at the Annapolis Bay Marina before looking for dinner.

Everyone seemed to have a great time on the cruise. Fortunately nothing too dangerously exciting happened, although just outside of Rock Hall the sandy ground reached up and grabbed one of our keels for a little while. Many of the group who like very very casual sailing learned to appreciate the magic of the "auto-pilot". Julie Mitchell picked up the boat electronics and navigation like it was second nature. The \$10-15 iPhone or iPad app by Navionics covering North American Lakes and Rivers worked flawlessly. The t-shirts Al Lawton secured were a special treat. A big thank you to Al Lawton and Dave Davison for doing pre-trip planning and organizing. Thanks to the captains Brad Leslie, Dave Davison, Don Geiger and Bill Lubawy. Give some thought to the CRSA Chesapeake Cruise next time it is offered. You will really enjoy it.

Summer 2012 Sailstice Raft Up

In honor of the Summer Solstice sailors all over the world celebrate with a "Sailstice". In order to insure no bad luck generated by disgruntled Druids will befall us, CRSA participates with its annual "Summer Sailstice" at Cave Run Lake. This year the event was held on June 23 and 24th. CRSA members sailed in, walked in and were ferried in to Beth Jett's houseboat, the Jett Sett III. CRSA Social Chairs Bob and Misty Hagan, arranged for everyone to bring a salad or a side dish and drinks. Beth Jett picked up some delicious pork tenderloin steaks. Saturday evening Bob and Misty did the grilling to perfection and there was more than enough good food to go around.

The next morning everyone gathered in the houseboat again and Charlotte and Bill Lubawy cooked their "secret recipe" French toast complete with real maple syrup they brought down from a recent trip to Ontario Canada. The French toast was as spectacular as the pork steaks the night before. Rumor has it that Bill might reveal the secret of the recipe if you catch him in a moment of weakness, but most likely you will just have to attend the next CRSA outing on the Jett Sett III to taste them for yourself. You will not be disappointed.

A very special thanks to Beth Jett for hosting the Sailstice and letting us all share the Jett Sett III. It was really a nice event that should satisfy any disgruntled Druids for at least another year.



When we said people sailed into the Sailstice dinner we were not kidding.



Bob and Misty Hagan take a break on the roof after grilling the pork tenderloin steaks.



Sailstice groupies enjoy the evening.



Gerard Howell has everyone interested in Solstice stories.



The back of Beth Jett's houseboat held a tiny nest with baby hummingbirds that had not yet flown.



Several people were "spotted" at the Sailstice.

Balsamic Vinegars to Balsamico

By Jane Howell

Ed Note: Jane Howell put together this article on Italian Balsamico from information learned on a CRSA sailing tour of Italy. We found this description of something we do not often enjoy and of how it is made fascinating.

Only two Italian consortia produce true traditional balsamic vinegar, Reggio Emilia and neighboring Modena. It is made



from a reduction of pressed Trebbiano and Lambrusco grapes. The resulting thick syrup, called *mosto cotto* in Italian, is subsequently aged for a *minimum* of 12 years in a battery of seven barrels of successively smaller sizes. The barrels are made of different woods like chestnut, acacia, cherry, oak, mulberry, ash, and in the past, juniper.

"Young" Balsamico aging.

True balsamic vinegar is rich, glossy, deep brown in color and has a complex flavor that balances the natural sweet and sour elements of the cooked grape juice with hints of wood from the casks.

The flavor intensifies over the years, with the vinegar being stored in wooden casks, becoming *sweet, viscous and very concentrated*, thus becoming balsamico. During this period, a portion evaporates: it is said that this is the "angels' share," a term also used in the production of whisky, wine and other alcoholic beverages.

Until the 1970's Balsamico was never sold and was virtually never seen outside of its home - or if it did appear, it was in the guise of an imposter that bore no resemblance to the real thing. Even today, few Americans - including many among our culinary elite - have ever experienced the pleasures of real Balsamico.

Balsamico Tradizionale, as this nectar is now officially known, is luxuriously sweet and thick in texture, with a color that approaches ebony black. Its bouquet is one of the most intense imaginable, rivaling white truffles in its sybaritic power. And its concentration is so intense that just a few drops can transform a dish.



Balsamico is transferred to progressively smaller barrels as it ages over 12-25 years. The hole in the barrel is covered with simple cheesecloth to allow slow evaporation.

Balsamica Tradizionale is produced in and around two cities of Emilia-romagna: Modena and Reggio-Emilia. It differs from nearly all other vinegars in that it is not made from wine or another fermented juice: it is made according to

an ancient local recipe, from the juice of fresh, crushed grapes—cooked down to a fraction of its original volume. It is then aged in small casks for at least 12 years—and often for 25 to 30 years or more - under the eaves of local houses, in rooms called *acetaie*. It is an incredibly costly process, requiring a half ton of grapes to produce a gallon of 25 year old Balsamico.

Reggio Emilia designates the different ages of their balsamic vinegar by label color. A red label means the vinegar has been aged for at least 12 years, a silver label that the vinegar has aged for at least 18 years and a gold label that designates the vinegar has aged for 25 years or more.



Twelve, eighteen and twenty-five year old balsamico differentiated by the label color.

At the birth of a daughter a cask is started for her so that at her marriage her dowry will include the aged balsamico.

CRSA Racing Clinic

On May 19th about twenty sailors participated in the 2012 Racing Clinic at Cave Run Lake. Chris Bollinger and Bob Summerfeldt did most of the teaching of boat handling techniques, starting tactics, introductory rules etc. at a morning meeting held at the Boat Gunnel Shelter. Bill Lubawy and Mark Breeden added a few comments. Bob brought reprints of some of his articles on "Sailing Under Speed" for the participants. The half-inch packets were filled with tips and tricks for maximizing boat speed and getting good positions at the start.

After putting boats in the water the rest of the morning was spent on practice starts. Lunch was served on the Margaret Mary II. Although the water was still a little cool, several brave people jumped in to balance their fluid levels. No head on the Margaret Mary II remember.

The afternoon consisted of starts and racing short courses. In the evening the group returned to the boat gunnel for some "wrap-up" and dinner. Bill Lubawy grilled and succeeded in producing hamburgers with charcoal edges

Beginning Sailing Classes

CRSA Offered its popular Beginning Sailing Classes at the end of April. Classroom sessions were taught by Bill Lubawy with a lot of assistance from Julie Mitchell and Cliff Hynniman. Students had two 2 hour classroom sessions followed by an all day on the water lab. Topics included everything from parts of a boat to knots to points of sail to boat rigging to safe boat handling. The on the water lab consisted of going out with our own CRSA captains for a sail, returning for lunch, changing boats, and heading out again. Students did not just serve as movable ballast, they were required to take the helm, tack and jibe, and do sail trimming.

A special thanks to the CRSA captains who took students on their boats for the water lab. They are: Chuck Emrich, Chris Bollinger, Cliff Hynniman, Bob and Misty Hagan, Steve Morris, Terry Clark and David Duncan.

The following are pictures from the classroom sessions.



Robert and Debra Powell make sure they can both tie square knots.



Graduates from the 2012 Beginning Sailing Class give a loud cheer after learning everyone passed the final exam.



Shayne Ison has this knot thing figured out.



Cliff Hynniman and Julie Mitchell were showing students the proper way to tie off a line on a cleat.



Students helped out each other in learning the "twists" involved in putting a line on a cleat.

Don't forget to keep CRSA informed of any changes in your home address or your email address. Notices of activities are posted on the web, but reminders and RSVP requests are through email or snail mail. Contact Membership Chair Sally Shafer at 859-299-4569 or through shafer.sally@gmail.com.

Youth Sailing Update

The first session of Youth Sailing concluded at the end of June. The second session began on July 11th. Ben Askren organized the program with a lot of assistance from Julie Mitchell, Charlotte Lubawy, Chuck Emrich, Prince Dinger and Sally Shafer. Most classes are taught at Jacobson Park in Lexington, but the first get acquainted session is taught at Cave Run. In that first session every student learns how to let a boat tip over, then right it.



Lessons always begin by letting the youth sailors rig their boats. They are remarkably proficient, with a little practice.



If needed an adult accompanies the student on the first ride to show them some of the basics first hand. Here Sally Shafer is adjusting sail trim.



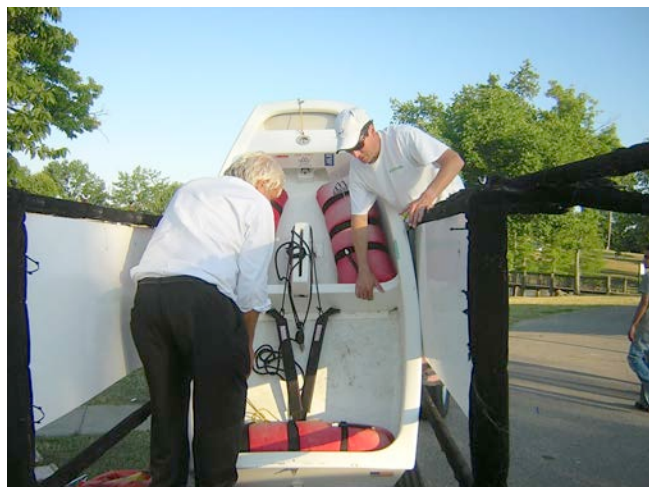
Light wind coming into the dock sometimes creates those calendar pictures.



Julie Mitchell and Charlotte Lubawy ran the "coaching boat" with a motor donated to CRSA by Julie's father. A big thanks to Julie's dad.



The trailer made for the Optis has a great ad for CRSA and Youth Sailing.



Ben Askren and Chuck Emrich begin loading the Optis on the trailer after a youth sailing class.

Youth Sailing is a great way to introduce youngsters to sailing and is open to children of CRSA members.

Membership Chair Report

From Sally Shafer

As of July 1, 2012 we have 101 member households (approx. 240 individuals, counting children) on the roster. This surpasses the number we had at the end of 2011, and the year is only half over. 25% of these are new memberships! Welcome to all new CRSA folks! Some joined for sailing school, and continue to learn by being involved in our racing program. Some joined for the cruises, and we have already spotted some potential racers in that bunch. Some joined because they want to be involved in a variety of things that we do. We do our best to offer something for everyone who is interested in sailing. All members please try all parts of CRSA. If you have never raced, volunteer as crew or maybe offer to help on the race committee boat. Either way, you will see what racing is about and you might just like it. If you have never cruised, come to Trip Tales to learn something about it, and perhaps try a Chesapeake cruise with us. You might get hooked on cruising. And our socials are more than just fun parties; they are a great way to collect a lot of sailors in one place to talk about boats and sailing. If you are wondering how to fix or improve something on your boat, or find a boat to buy, you can make the valuable connections at our socials. Remember to volunteer. Whether it's setting up the race course or helping barbecue dinner for a regatta, or helping kids learn to sail in youth sailing, or ... we always need help staging our many varied CRSA events. And volunteering is a fun way to get to know other members. If you want to get involved with anything, and don't know how to start, just email membership@caverunsailing.org.

Especially important is the upcoming Charity Regatta on Sept 16. We need as many boats and crew as possible for this important annual fund raising event. Last year we raised about \$3500 in partnership with Psi Iota Xi (a national philanthropic organization) for our long-term beneficiary, the Lexington Hearing and Speech Center. We need to get all sailboats out of storage or off the trailer for this one, and sail for charity!

A directory showing membership through June 28 is now on the website. Remember, you have to be logged in to see it. The membership chair is still working on the binder and membership cards. Thanks for your patience.

Doing Some Neat Sailing Stuff?

The MainSHEET is produced to serve the members of the Cave Run Sailing Association. Send any ideas for changes to Bill Lubawy, 859-257-5891, Lubawy@uky.edu or to Bev Merten, bjmerten@gmail.com.

We would also like to include information on sailing activities of members i.e other regattas, individual races, general sailing experiences, vacations with sailing activities, cruises etc. If you have anything involving sailing and you would like to have it considered for the Main Sheet please send it in or just give us a call. We would welcome digital images to accompany whatever you write. If you do not feel comfortable writing an article just give us a call and we will put one together from the phone conversation.

Bill Lubawy and Bev Merten, Mainsheet Co-Editors

Reminder: You need a Park Service Pass to use or park at Cave Run Lake boat ramps.

For Sail / Want to Sail

Ed. Note: The MainSHEET will print ads for members who have sailboats or sailing related equipment they would like to sell, or who are looking for equipment or boats they want to buy. Send information to Bill Lubawy at Lubawy@uky.edu.

1984 Helms 27ft (Mimosa)

CRSA Charter member Jack Brown's Helms is for sale, taken care of as only Jack could. Has newer sails, running rigging, hull repainted, interior in excellent condition, ice chest, port a potty that hasn't had much use if any, and custom seats on the stern rail. Sleeps two in V berth, one beside a huge storage area under the cockpit and two on a pull out couch. Four stroke Mercury 9.9 hp motor is fairly new. Displacement 6200 lbs, beam 9'8", sail area 347 sq ft, and sails like a dream. Located on Watts Bar Lake just outside of Chattanooga, 697 Clearwater Dr., Spring City, TN. Call 423-605-5434 to arrange a visit. Call Ruthie Brown at 727-867-3046 with any questions.



Vacation and sail in Maine summer or fall.

Family cabin offered for rent on crystal clear lake in Enfield, Maine. Lake and dock at your doorstep. Great sailing, swimming and fishing. Cabin has 2 bedrooms, 1 bathroom, kitchen, open living/dining area with wood burning stove, deck. Weekly rentals through September. Ideal for up to 4 adults or a family with children. 2-day drive from Lexington, or 1 hour from Bangor airport. \$900/week with a special rate of \$750 per week for CRSA members. Includes use of sunfish and kayak. Contact Sally Shafer 859-333-8886; email shafer.sally@gmail.com.

Miscellaneous used boats

Laser II

Very fast boat. Best for the fearless and the quick. Comes with trailer. \$1600.

Sunfish

Ready to sail. Needs only wind. \$600.

Catalina 22

A bit of a "fixer-upper". New brakes, lights, bearing on trailer. \$1600 as is, but later in summer will spruce up and raise price. For sale only to individuals who will sail and preferably race on Cave Run. Not for sail to anyone who wants to take it off the lake.

All available from Chuck Emrich, 859-270-2199.

CRSA Ship's Store - CRSA Ship's Store

Cave Run LOGO items look great on everyone!

A few years ago Coral Reef Sailing Apparel (also called CRSA; it can be confusing) became our on-line vendor for Cave Run logo apparel and other items. Stocked largely by this on-line source, we revived the CRSA SHIP'S STORE at the spring social, and sold more than 50% of our limited initial CRSA logo sample stock. That day we sold Cave Run aprons (\$23, red or navy, adjustable so they look good on petite galley slaves as well as Al Lawton), long sleeve white T-shirts (\$23), caps (\$25), and polo shirts (\$40 range). We also stock fleece blankets (\$27, red and navy), canvas tote bags (\$39), hooded sweatshirts (\$43) and more.

You can buy through us (with a limited selection of items, size, and color, and pick it up in person) or buy directly from Coral Reef (at their prices plus shipping). Their web link is on our Cave Run homepage (click on "CRSA apparel") or type in http://www.coralreefsailing.net/cave_run_sailing_association1.

Our club gets a small rebate on each item you purchase. This link will take you directly to a Cave Run list of custom items. But you are not confined to this list; you can order just about anything that you find on any of the Coral Reef pages (under any of the many yacht clubs shown) with our logo applied to it instead of theirs. Any questions about on-line ordering, give the folks at Coral Reef a call 888.224.0641. They are helpful and agreeable.

Note that all purchases are final because of the customized logo they apply.

We'll continue to have our SHIP'S STORE set up at larger CRSA events. Take a look at our stock to get an idea of quality and sizing and then order from the vendor if you want more choices, or buy from us and walk away with it.

We also sell burgees (\$25), pennants for your boat, or office, or den. Burgees are not available through Coral Reef. They are stitched not printed; excellent quality. Buy one, it will make your boat seem to sail faster. Contact Sally Shafer for additional information shafer.sally@gmail.com.

It's Time to Show Your Club Pride!

www.coralreefsailing.net Click on ship stores!

Take 10% off orders of \$50 or more!

Code: CRSA10

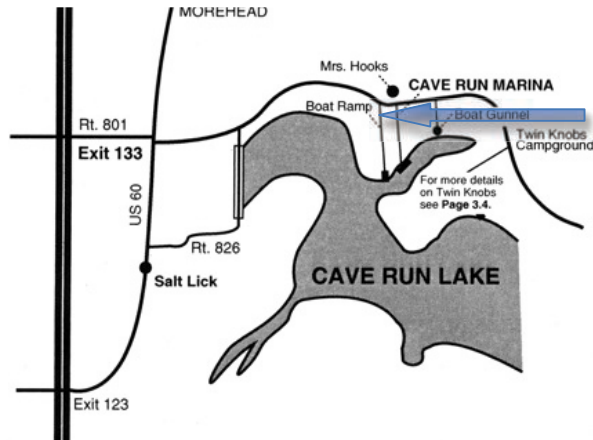
A PORTION OF ALL SALES GO BACK TO THE CLUB!

Promotion ends 4-28-12

Please Note: T-shirt alone (\$23).

With Derek and Coffee Mug (Priceless).





Meet here to crew.

LEARN A LITTLE ABOUT RACING BY BEING ON THE RACE COMMITTEE BOAT. If you do not want to actually be on a boat racing, but want to learn what racing is like and/or spend the afternoon lounging around on the water, you can join the PRO for that day on the committee pontoon boat and be in the SHADE. You can help raise and lower flags, record times etc. Nothing very complicated and everything is with some simple directions from the PRO. Watching a race from the committee boat is a different way of seeing what is going on. Meet in the Scott Creek Boat Ramp parking lot to pick up a boat and crew for a race. REMEMBER you must have a park service sticker to park in the parking lot. If you do not have one, park in the marina parking lot, and just walk over.

CAVE RUN SAILING ASSOCIATION
P.O. Box 256, Lexington, KY

The MainSHEET



WWW.CAVERUNSAILING.ORG