



The MainSHEET

RACING SEASON

LINES FROM THE COMMODORE

Spring is here and with it a new sailing season!!!

We have many activities planned for racing, education, and fellowship!

In anticipation for a great 2023 sailing season, Roosters opened their private dining area to a packed house for Trip Tales on Thursday, March 23rd. **Merritt Wade**, Cruise Director, along with **Liz Harris** and others shared their stories from the club's BVI cruise. There were lots of laughs and a good time was had by all. Thank you, **Fresca Leddy**, Social Director, for making the arrangements!

We kicked off the 2023 sailing season with 12 boats in our long distance race regatta on Saturday, April 29. A special thanks to **Brad and Donna Leslie** and **Sam Moher** for setting the course and being Race Committee. Also thanks to **Dana Overall and Rose Perkins** for motoring around the lake taking spectacular pictures, **Sam Moher** for his drone photography, and **Mark Breeden**, Rear Commodore, for ensuring a safe and fun race! Congratulations to Val & Ben Askren (1st place) Dominic Keim (2nd place) and Chuck Emrich (3rd place).



Mark your calendars for **Saturday, May 13**, for the CRSA 2023 Benefit Regatta for Youth Sailing. Everyone is encouraged to support and sponsor at a level that works best for you. More information is on pages 4-8. Please reach out to our Vice Commodore **David Leddy** at vicecommodore@caverunsailing.org if you have any questions. You can go online and register to sail and sponsor. There is no charge to participate in this regatta. All sponsorship proceeds go directly to Cave Run Youth Sailing Academy. This is a fun regatta and, more importantly, it gives us the opportunity to support and grow our Youth Sailing Academy programs, making room for more youth to participate.

New to our club fleet is a Catalina 22, which was donated to CRSA to replace the Miss Kelly (Hunter 23) after a wind shear hit the dock at Scott Creek Marina and damaged her. The Catalina 22 along with the Margaret Mary II were launched and readied for the 2023 season with the help of harbormaster **Brad Leslie**, **Steve Morris**, **Lee Sutherland**, **Luke Adams**, and **Dallas Hodge**. **Bill Gallagher**, **Dallas Hodge**, **Beverly Hale**, and **Nichole Broccato** have tested the Catalina 22 and she is ready for you! Keep in mind that you have the opportunity to sail the Catalina 22 and the Rhodes 22 anytime they are available. You must be a current CRSA member and complete ASA 101 or equivalent sailing experience to do so. You can check availability from the club's website.

Beginning Sailing classes are full, although a wait list has been started. **Chris Bollinger** will be overseeing the classroom sessions on Tuesday, May 16 and Thursday, May 18 from 7-9 PM. Chris is recruiting skippers and boats for the on-the-water lab scheduled for Saturday May 20. If you can help out, please reach out to Chris at beginningsailing@caverunsailing.org.

CRSA membership is strong and we encourage everyone to get engaged and enjoy as many of this year's sailing activities as your calendar permits! A complete list of all activities can be found on our website at caverunsailing@caverunsailing.org.

Happy sailing and fair winds to all! I look forward to seeing you at the lake—or someplace else!

Molly Sutherland

Commodore

NEW MEMBER NAVIGATION

We continue to progress on the New Member Navigation initiative to support **new CRSA members**.

The initiative thus far has developed two goals:

- Create a physical handbook to be given to all new members as described in our March MainSHEET
- Develop a team of member Navigators to provide support to new members during their first year of affiliation with CRSA.

The Handbook design and production are under way. If you have updates to your club profile, please go to the membership list on our website and make changes. We would like for the information in our handbook to be as current as possible.

We are now searching for members who would be willing to serve as a Navigator. If you are interested in helping with this program, please contact our Membership Chair Luke Adams at membership@caverunsailing.org.

REMINDER !!!

Annual Passes can be purchased at:

Cave Run Lakemart (Farmers BP)

2350 KY 801 N | Morehead, KY | 606-768-4111

Monday through Friday 5:00 a.m. to 11:00 p.m.; Saturday and Sunday 6:00 a.m. to 11:00 p.m.

Hook Outdoors

4300 KY 801 South | Morehead, KY | 606-784-1600

Monday through Wednesday 6:30 a.m. to 5:00 p.m.;

Thursday through Sunday 6:00 a.m. to 9:00 p.m.

Crash's Landing

1170 KY 801 South | Morehead, KY | 606-780-4260

Daily 6:00 a.m. to 9:00 p.m. Off Season: Call for hours

Double J Kwik Stop

4414 KY 519 | West Liberty, KY | 606-743-7226

Monday through Friday 4:00 a.m. to 9:00 p.m.; Saturday

5:00 a.m. to 9:00 p.m.; Sunday 6:00 a.m. to 8:00 p.m.

555 Express Gas & Food Mart, Inc (Fin, Fur & Feather of Cave Run)

6460 US 60 West | Morehead, KY | 606-780-0478

Monday through Saturday 6:00 a.m. to 9:00 p.m.; Sunday

7:00 a.m. to 8:00 p.m.

Texaco Eagle Travel Plaza

3333 KY 801 N | Morehead, KY | 606-783-1828

Daily 24 hours

Twin Knobs Campground

5195 KY 801 South | Morehead, KY | 606-780-7818

Mid March to early November

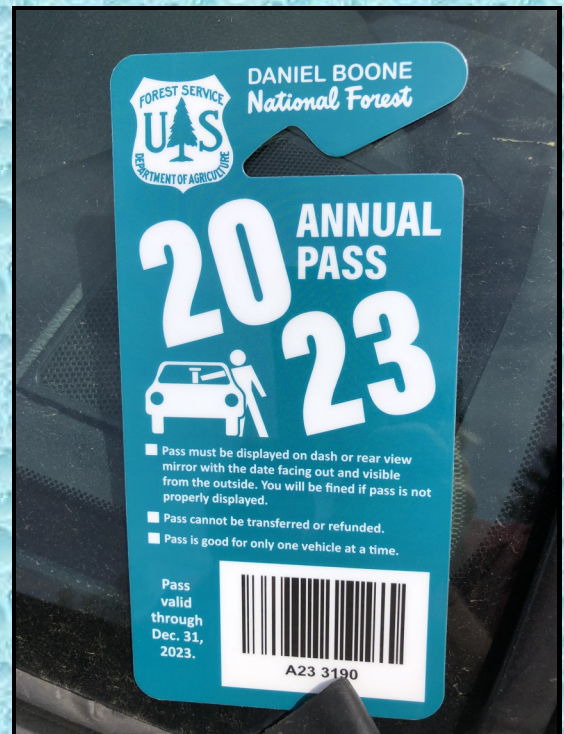
Cave Run Marina (Scotts Creek Marina)

4325 KY 801 S. | Morehead, KY | 606-784-9666

Daily 8:00 a.m. to 10:00 p.m.

Morehead Tourism

East 1st Street | Morehead, KY | 606-780-4342



Benefit Regatta for Youth Sailing

Spring is upon us and with it the Benefit Regatta for Youth Sailing is right around the corner. Our fund raising working group of Liz Harris, Chuck Emrich, Tony Stansbury, and Fred Pfister have reworked our Sponsor form for this year and it is definitely worth a read later in this newsletter. There is a wide (very wide!) range of sponsorship levels, please consider supporting this very worthwhile effort, not only to provide sailing opportunities for young people, but to help provide all the other learning and character-building benefits that go along with it.

Please come out and support this event as a skipper of a boat or crew. Club boats are available, including Sunfish. We really want to get a Sunfish class on the water for this race, and again for our Grand Annual this fall. Maybe you'll get the racing bug and jump into the Summer Race Series.

If you don't have your own boat, and maybe have little to no racing experience, this is your chance to come out and give it a try. All fun, no pressure. Well, maybe some self-imposed pressure, but that's up to your own nature. Just to participate is a great day on the water.

We also need help with other aspects of the event. Please let me know if you could help assemble the lunches the morning of the event. For the past several years we have purchased boxed lunches, but we can do this more economically ourselves if we only have a few volunteers. Please contact me or respond affirmatively if I contact you!

The Race Committee is another volunteer opportunity. Please let me know your interest. You don't have to know anything about it before the Regatta, but you will when it's over!

Our spectator boat at the 2022 Grand Annual that was a hit, so we will do that again for the Benefit Regatta. Once chores are over you can come out on the lake and watch the races!

I look forward to a great event supporting the Youth Sailing Academy and seeing you there!

David Leddy, Vice Commodore

Contact: David Leddy at ViceCommodore@CaveRunSailing.org



2023 Benefit Regatta for Youth Sailing

What: 2023 Benefit Regatta for Youth Sailing

When: May 13, 2023 (Agenda Below)

Who: Benefitting the Cave Run Youth Sailing Academy

Where: West Group Use Area – Twin Knobs Campground [HYPERLINK](#)

["https://goo.gl/maps/UnW65ES5zcdYRVZh9"](https://goo.gl/maps/UnW65ES5zcdYRVZh9) [HYPERLINK](#)

["https://goo.gl/maps/UnW65ES5zcdYRVZh9"](https://goo.gl/maps/UnW65ES5zcdYRVZh9) – Cave Run Lake

Sponsored by *Cave Run Sailing Association* at Cave Run Lake, Morehead, Kentucky.

The Cave Run Sailing Association invites you to our annual Spring Regatta to Benefit Youth Sailing, supporting the Cave Run Youth Sailing Academy. Proceeds will help with boat acquisition and maintenance expenses for the Academy's sailboats and trailers. CRSA enlists the boats, skippers, race committee, crew, and volunteers and provides the awards and lunch. The Youth Sailing Academy and CRSA seek donations and sponsorships for this event.

9:30am	Registration
10:00am	Skippers Meeting
11:30am	Races Begin
2:30pm	Awards

This year we are encouraging members to sponsor a boat (even your own!).

Do you personally know a business that would be interested in sponsorship?

If you are uncomfortable asking, please let us know and we will contact them.

[Donations](#) may be made at any time.

There is **NO FEE** to register or participate in this event. We encourage ALL CRSA members to come out, have some fun, and help with this event by sailing, crewing, or helping with the race committee or lunch.

Please contact David Leddy (vicecommodore@caverunsailing.org) for further information.

** Only Captains need to fill out the registration form. **

*** To become a sponsor in this year's Spring Regatta fill out the [Sponsor Form](#) ***

CRSA Benefit Regatta for Youth Sailing

Sponsorship Form

Thank you for sponsoring the CRSA Benefit Regatta for Youth Sailing, taking place on May 13, 2023! The Cave Run Youth Sailing Academy, Ltd. is a 501(c)(3) established for the sole purpose of educating and training sailors and promoting sailing throughout Kentucky and the surrounding area. This event is their only fundraiser with 100% of the proceeds going to maintain the fleet, sails, and trailers to move them to the youth sailing location at Jacobson Park.

With so many sponsorship options this year we are aiming for 100% participation from everyone to support youth sailing—find one that works for you! If you have a sailboat, we'd love for you to participate in the Benefit Regatta at Cave Run Lake—it's free! If you don't, we will be happy to provide a sailboat and crew to represent you. We encourage you to join us as a crew member even if you have no sailing experience.

Club Boat Branding Sponsor: \$10,000 (only one available)— This is a huge opportunity to rename The Rhodes (a Cave Run Sailing Association Boat located at Cave Run) to your name or your company's name for 5 years. This sponsorship includes free admission for two to all Club Events for 5 years and:

- Placing your banner at all of the Cave Run Sailing Association's events
- Having your logo on all our related social media and websites
- Having your name/logo recognized at the event, and 'story' featured in our newsletter

Name The Event for 2024: \$5,000 (only one available) – Brand your business in a big way by having your name as our lead sponsor, utilizing the entire year for promotions on all of our online and in-person locations. Includes free entry for two to all events for the balance of 2023 and the entire 2024 year.

Name a Sunfish: \$1000 (only 15 available) – Put your name on one of our Sunfish fleet making appearances at both Cave Run and Jacobson Park, for 5 years.

Pirate Day: \$750 (Only one available) Be the Pirate Pizza sponsor, a highlight of the sailing camp season.

Commodore Sponsor: \$500 (Only 5 available) – Display your banner & business materials at this event at Cave Run, be featured on all related online portals, have recognition at the Regatta and Annual Banquet, and be featured in our newsletter.

Luncheon Sponsor: \$400 – This donation will provide all the meals for the entire 2023 Regatta.

New Sail Sponsor: \$300 – This donation will allow us to replace a sail in our sunfish fleet for the youth classes.

Opti Sponsor: \$200 – Opti, short for optical, also sailors' language for The Optimist, our featured class boat.

Cont'd page 7

CRYSA Sign for Trailer Sponsor: \$150 – You'll be helping promote to our next-generation of sailors.

Location Sponsor: \$115 – This donation will offset the entire use fee for the 2023 Regatta.

Sponsor a Child: \$70 – This donation will help us teach more children to learn to sail.

Sailing Lesson Books/Materials, per child: \$35 – A season's worth of materials to teach a child to sail.

How to become a Sponsor

Go to www.caverunsailing.org, click on the Red "Donate" button, choose Benefit Regatta Sponsor, and complete the sponsor form. You will be given the option of using a credit card or sending a check. Easy!

If using a check, make it out to Cave Run Youth Sailing Academy Tax ID 82-1736027 and mail your tax-deductible donation to Cave Run Youth Sailing, P.O. Box 256, Lexington, Ky 40588.

On the form, please fill in exactly how you'd like the recognition to be featured: your name/business name or 'anonymous'.

Our youth thank you for your support!!!



LONG DISTANCE RACE MEMORIES

April 29, 2023

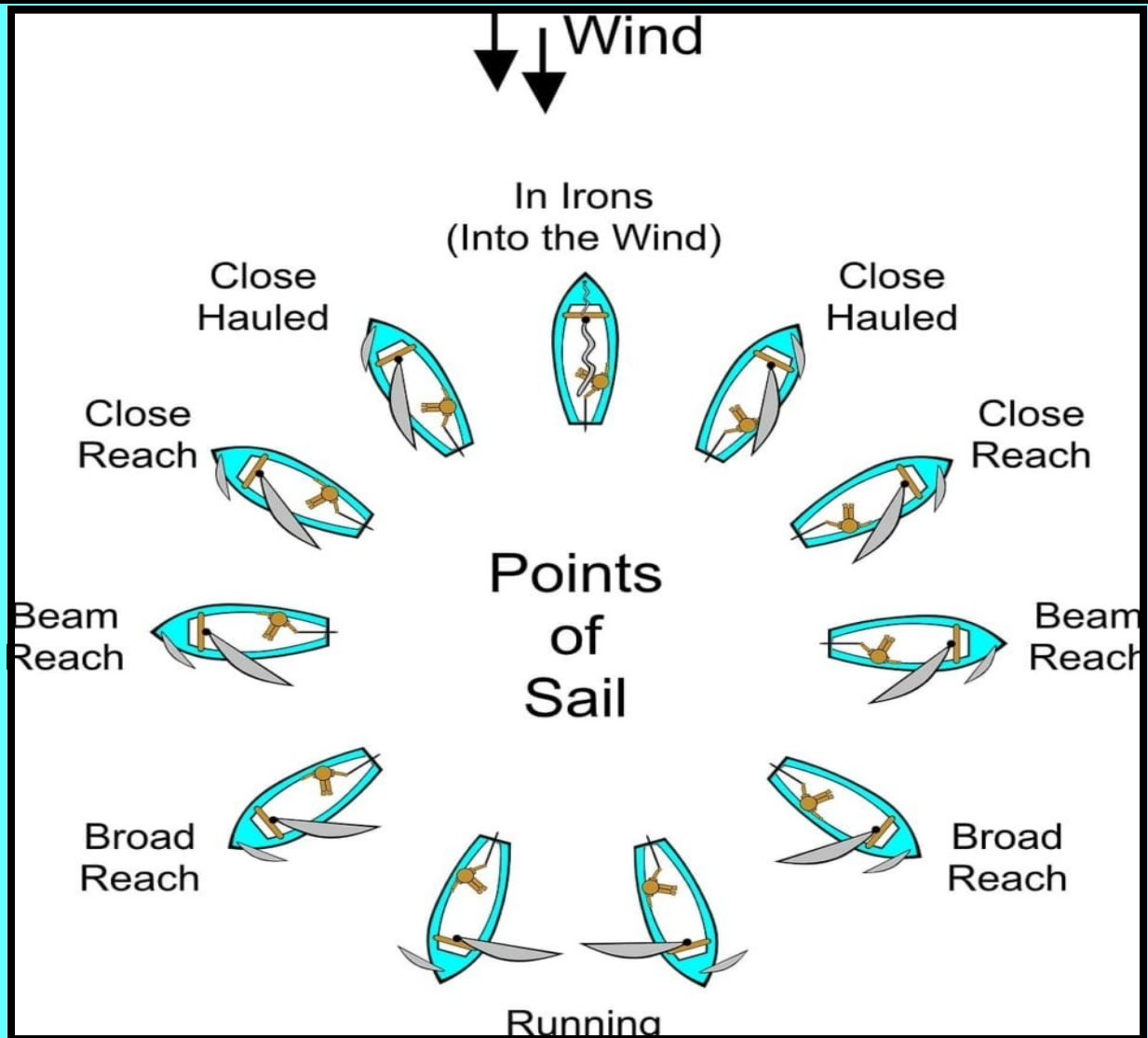




DO YOU KNOW THE MEANING OF THIS SAILING TERM?

"Cringle"

An eye formed by sewing a rope or metal ring into, e.g., a sail.



Why should YOU race at Cave Run Lake? (And What Stops You?)



First, let me begin by asking “Do you like Sailing”?

If you answer no, please skip this article and save your time. But if you love sailing, why not improve your skills? In my opinion, racing will enhance and strengthen your appreciation of sailing. You will grow in understanding and appreciate the awe and wonder of this sport of wind and water. Also, this knowledge will lead to an awareness of just how much you don't know about sailing and how you can improve.

Racing is the fastest way to improve your skills!

When you have a target or a mark and other sailors on the water to gauge how well you are doing, you can experience a direct truth of your understanding of the forces involved. When you race, the satisfaction of a good showing is reward enough. Notice that I did not say “winning”. Knowing that you *and* your crew did your best leads to the celebration of a job well done.

So what's your excuse?

If racing will add to your skills as a sailor and increase your enjoyment of sailing, then why do you not race as often as you can?

Do you think racing is intimidating?

Does rain or lack of wind discourage you from getting on the lake?

Are you concerned that you will interfere with other boats because you don't know the rules?

You don't have a crew or your boat is inadequate or needs work?

You don't think you have the time because of family commitments?

The list goes on and these are all understandable reasons to skip a club race or regatta. I have to admit, I use them too often myself. But I ask, “What about the pursuit of excellence in sailing?” Does racing have any place in your life? I hope you can see that it does have a place. Often we deny or lower racing as a priority in our lives.

Here is how we can help!

This year, as in the past, several of the routine racers are willing to help you race.

If it means seminars on rules then let's schedule a time.

If you want someone on your boat to get you started let's make that happen.

If you need advice on how to make your boat faster or suggestions on improving your speed, let's work together to improve.

If you are intimidated by the chaos of the start of a race, let us know what we can do to help you get up to the starting line to begin your first race.

If your ego gets damaged by making a mistake, simply understand we all make mistakes!

Growth does not happen without errors. One usually learns best from mistakes. I trust you can see, we are seriously asking you to be more involved in improving your skills and we are here to support you.

Let me and others know how we can help you.

Helping other sailors means a lot to us in growing the fun of racing and we are sure you can benefit this year!

I hope to see you on the water this season!

Chuck Emrich

emrich@aol.com or cell 859-270-2199



“Naughty” (Knotty) Video



<https://www.youtube.com/watch?v=zEEYkfINomY>

Ahoy Young Mateys!

Registration for Sailing Camp is OPEN

Learn the basics of sailing including water safety, boat anatomy, rigging, knots, points of sail, and boat maintenance.

Small sailboats specifically designed for Teaching youth sailing will be used.

We like to have fun!



Junior Ages 7 to 12 Teen Ages 13 to 18

Location & Times:

- Tuesdays July 11, 18, 25 @ Jacobson Park 6-8 PM
- Saturdays July 15, 22, 29 @ Jacobson Park 1-4 PM

\$35 for CRSA Members

**\$35 + CRSA Family Membership (\$100) or
Student Membership (\$35)**

SPACE IS LIMITED: REGISTER NOW

caverunyouthsailingacademy.org/classes/SUMMERCAMP

For more information contact:

Chuck Emrich

youthsailing@caverunsailing.org

Presented by:



CAVE RUN
YOUTH SAILING ACADEMY

A 501c3 nonprofit organization

Youth Sailing Needs Your Help!

Please consider giving and volunteering!!!

If we are to grow and serve more children, we need a budget to add boats, trailers, repairs and equipment. We need to offer more scholarships to youths whose families do not have money for summertime activities. As you know, 100% of gifts go to our mission (no salaries or marketing expenses) and are now tax deductible (check with your accountant).

GIVING OPTIONS:

- **USE THE KROGER COMMUNITY REWARDS PROGRAM:**

Simply encourage your participants to visit <http://www.kroger.com>.

Once logged into their Kroger account they can search for Cave Run Youth Sailing Academy either by name or JA573. Then click Enroll.

New users will need to create an account which requires some basic information, a valid email address and a *rewards* card.*

*Customers must have a registered Kroger *rewards* card account to link to our organization.

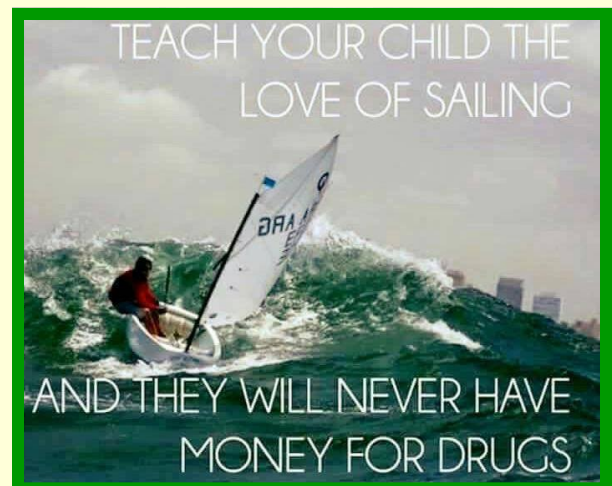
*If a member does not yet have a Kroger *rewards* card, they are available at the customer service desk at any Kroger.

- **GIFTING BOATS TO SELL OR EQUIPMENT FOR AUCTIONS**
- **PLANNED GIVING THROUGH WILLS, INSURANCE, OR STOCK TRANSFERS**
- **FUND RAISING ACTIVITIES**
- **MEMORIALS OR TRIBUTES – HONORING A LOVED ONE**

As you can tell there are many ways to help.
Please consider one or all and let's make our program one that can help in perpetuity!

Chuck Emrich

On behalf of Cave Run Youth Sailing Academy
Board



SOCIAL NEWS

Thanks to **Liz Harris** for an awesome presentation of our **Cruise to the BVI** at our last **Trip Tales** on March 23rd at Roosters.

We had a great attendance and everyone seemed to have a fun evening!



Upcoming Events!

COMMODORE'S TEA

(with manly beer)

June 4

2PM

3605 Timberwood Lane, Lexington, KY

Bring an outdoor chair and an appetite.

The past Commodores are especially invited!

RSVP: Socialdirector@caverunsailing.com

SUMMER SAILSTICE COOK-OUT AND RAFT UP

June 24

Meet at the Margaret Mary at 5PM for dinner.
Please bring a dish to share and your beverage of choice. We will supply the burgers, dogs, buns and paper products.

Breakfast will be at 8ish the next morning.

RSVP: Socialdirector@caverunsailing.org

NEWCOMER'S SOCIAL

August 13

4PM-8PM

Potluck and Silent Auction

Sawstone Brewing Company (upstairs)

175 E. Main Street

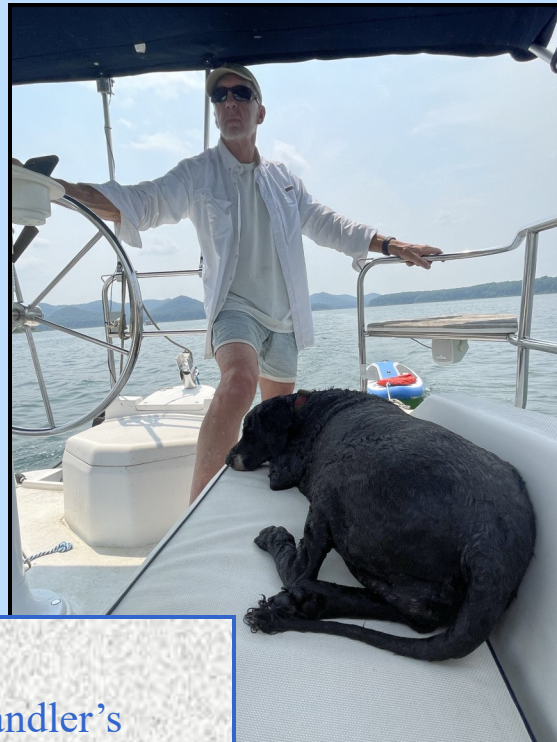
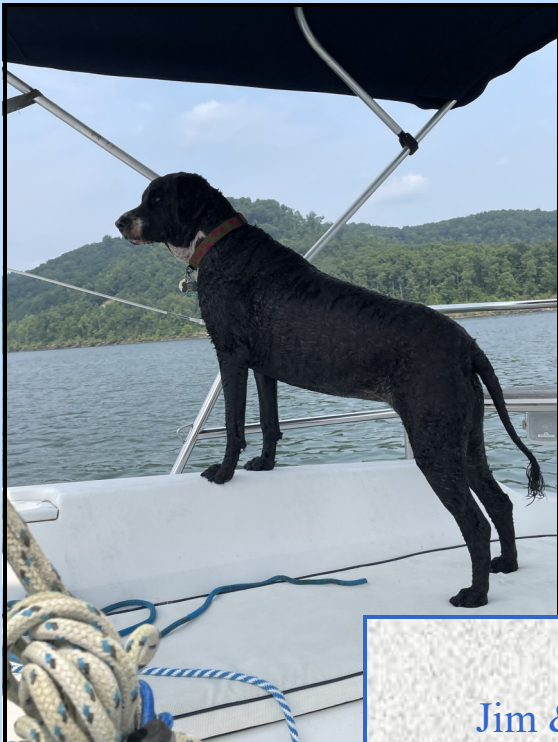
Morehead, KY

ANNUAL BANQUET

November 3

Lexington Country Club

SAVE THE DATE!!!



KARMA
 Jim & Sharon Chandler's
Sea Dog
 enjoying the sail!



“SEA DOG”
 Do you have a photo of your dog
 on your sailboat?
 If so, please send it to fred@fredpfister.com,
 so we can feature it in our newsletter!

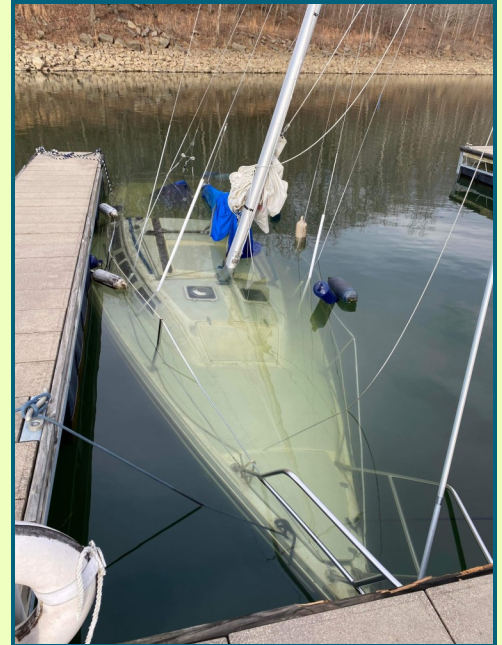
Don't Let This Happen To Your Boat!

Submitted by Steve Morris

With the long cold winter coming to an end and sailing season upon us now, most of our thoughts are probably centered around getting our boats cleaned, rigged, and ready for our first sail of the year. You might think that it's an odd time to be talking about winterizing your boat, but over this past winter two beautiful sailboats sank in their slips at Scott Creek because they were not properly winterized last fall.

It appears that the culprit in both of these sinkings was the failure of through hull fittings. Through hull fittings are passageways through the hull of the boat, usually below the waterline, that allow for the intake of lake water or the discharge of various drain waters from the boat. If any of these fittings fail while the boat is in the water, especially during the cold winter months, the results can be catastrophic. By the time someone would realize that a through hull is broken or leaking, it may be too late to save the boat from sinking.

To decrease the probability of a through hull failure, it is important that several steps be taken every fall as you winterize the boat for the season.



- Carefully inspect your boat to be sure that you have identified all through hull fittings. Some of these fittings may be located in difficult to find places.
- Inspect the fitting where it goes through the hull to be sure that there is no leaking around the seal. If any leaking is found, make sure that you take whatever steps are necessary to stop it.
- Operate the shut off valve to be sure that it is fully opening and closing without leaking through. If a problem with a valve is found, then it must be repaired or replaced. Once that has been done, then close the valve tightly.
- Either fully drain the lines above the shut off valve or fill them with an environmentally accepted antifreeze that will protect them down to -20 degrees F. Be especially careful to fill any glass or plastic strainers to prevent them from rupturing.
- Even though these steps have been taken, it is important to visually inspect your boat periodically during the winter months. You may find a small leak that can be easily repaired before a disaster occurs. You must accept the responsibility that no one else is going to check on your boat.

While the main point of this article is to deal with leaks and failures of through hull fittings, there are many other systems in your boat that need to be addressed during winterization. These would include such things as inboard engine maintenance and freeze protection, water system drainage, battery maintenance, sail storage, etc. We usually find ourselves winterizing our boats at the very last minute when the weather may be bad. In order that we not forget any of the important steps, I would suggest that you have a physical boat winterization checklist that you follow to assure that everything gets done. You can find many excellent checklists on line and an internet search may help you find one that is just right for the needs of your individual boat.

I would hate to see anyone end up losing their boat because these simple steps weren't taken. Additionally you may find that if your boat sinks, your insurance company may refuse to pay a claim if you can't prove that you did the necessary maintenance to prevent this occurrence.

Be prepared! Don't let your boat end up like the two pictured here.



Cruise News

CRSA currently has three trips in the works:

- **The Seychelles trip, October 7th thru 14th 2023.**

This cruise is currently full. Cancellations are not unusual, and we make every effort to fill those spots. If you are interested, let Merritt Wade know and you can be put on a waiting list.



- **Exumas Cruise, January 20th thru 27th 2024.** We will be using monohull boats for this cruise. There are currently three full boats, and we are working on a fourth. The boats are three to four cabins each. We will fly into Nassau and pick up the boats there and then head over 33 nautical miles to the Exumas island chain.

There are many islands in the chain, some with towns and marinas and some remote and uninhabited. Included is the Exuma Cays Land and Sea Park - a special place. The Island chain is 100 miles long, but we will only cover part of it.



The cost to CRSA members is \$1,116.00 per person based on double occupancy per cabin. This will cover all boat related expenses, not including food. A deposit of \$500.00 per person is needed to book your spot on this trip, first come first served. An up-to-date CRSA membership is required. Make checks payable to CRSA.

- **Barcelona Spain for Americas Cup races, October 2024.** This trip is in the planning stages and no reservations are being taken yet. The goal of the trip is to include sailing and a close-up view of the races. There will be a village set up at the docks with entertainment, dining, and trade shows. Stay tuned for more information.

Remote Control Sailing

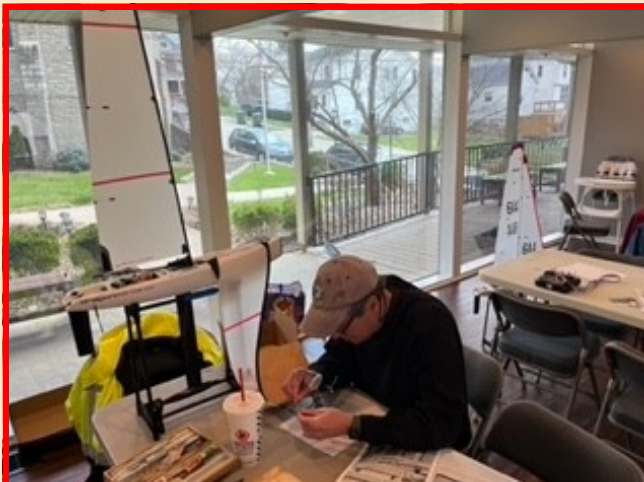
On Saturday, March 18th, the remote control sailors convened at Holy Trinity Church, Georgetown, to have a day to prepare the boats for the upcoming race season and make schedule decisions. Nine members participated: Luke Adams, Ben Askren, Mark Breeden, Jim Dinger, Paul Duffin, Dave Harris, Liz Hillard, Bill Jones, and Merritt Wade.

A lot of work was accomplished and assistance given when needed to get the most out of our time together. Many boat issues were addressed. A special thanks goes to Paul Duffin and Merritt Wade for their expertise in putting the Dragon Force 65 in proper sailing condition.

We conducted two “fun days” of racing on April 19th and 26th. Because the lake at Jacobson Park was very low due to ramp work, we held our races at other locations those days. These races were not scored in the official race series.

Our official race series begins May 3rd at 6:00 at Jacobson Park. No race will begin before 6:00.

Several of our RC sailors also have boats they sail at Cave Run Lake, so it doesn't have to be either/or—you can sail both types of vessels. RC sailing is a great way to sail on Wednesday evenings without driving out of Lexington.



CRSA Let's Go Sailing, for women, by women

Let's Go Sailing for women by women continues to grow our sailing confidence and we welcome you to join us anytime!

Congratulations to **Nichole Brocato** and **Beverly Hale** for completing their ASA 101 certification! Both are fairly new to sailing and joined the Let's Go Sailing group to learn and practice sailing. Nichole is originally from Maryland and when she moved to Versailles in 2015 she never thought she would be able to sail on a regular basis again. Joining our group has changed that reality! According to Nichole, "It's nice to sail with women, because it's not intimidating, especially as a beginner, and it's lots of fun!" Beverly Hale recently retired and has always been interested in sailing. After a visit to Kentucky Lake and seeing the sailboats, she decided to take action. She found our initiative while searching "sailing in Kentucky" via Google, discovering Cave Run Lake and CRSA and on to the Let's Go Sailing for women by women initiative. Nichole and Beverly met each other through the let's go sailing group and decided to team up and study, practice and test out together. Harbormaster **Brad Leslie**, one of our ASA 101 instructors, lead them through the test and the on water check out on a cold and blustery day... According to Brad, "these are two salty women!"



Nichole and **Beverly** join **Liz Harris, Elise Reed, Donna Leslie, Sally Shafer, and me** as skippers in the group. LGS continues to meet monthly - specific dates vary to accommodate as many people as possible. Please check the website for dates caverunsailing.org.

Wednesday, May 31 is our next session. Rear Commodore **Mark Breeden**, who is responsible for club races, will be going over the basics of racing with us. Whether you are a skipper or crew, racing is a fun and fast way to practice and improve your sailing skills.

Tuesday, June 6 will be a fun sale day open to as many people as we can accommodate. We are planning sunfish days for Wednesday, July 19 and Thursday, August 24. We will need some extra muscle for these days. If you or someone you know are available to help out, please let me know at commodore@caverunsailing.org.

For planning purposes, you must contact me at commodore@caverunsailing.org if you plan to participate in any of the LGS sail days.

We are planning a fun Saturday lunch get together somewhere on August 5 in order to spend some on-the-land time and to encourage those who cannot make weekdays to get to know us and what we do. More on that event as we get closer.

Please check out the article on pages 24-25 about Kristin Neuschafer who is the first female to win the Golden Globe race! Also learn about the details required to sail the Golden Glove race.



Let's Go Sailing!
Molly Sutherland



Kristen Neuschafer from South Africa wins the Golden Globe Race 2022 in 233d 18h 43m 47s!

Who is Kristen Neuschafer And what is the Golden Globe Race?

Kirsten has been a sailor since childhood, but turned it into a profession in 2006. From boat deliveries to crewing she built a diverse set of skills in the sailing arena. Before the Golden Globe Race in 2018, Kirsten's longest solo sailing trip was a delivery from Portugal to South Africa on an old and maintenance-intensive 32-foot ferro-cement sloop, using only a wind-vane for self-steering.

Kirsten becomes the first woman to win an around the world race via the three great capes!

At 19:43:47 on Thursday the 27th, Minnehaha crossed the GGR finish line before going up a channel lit in red, where the people of Les Sables gave her the warm welcome she deserved for coming first in the grueling GGR 2022-2022. She had spent 235 days at sea, with an official time of 233 days, 18 hours, 43 minutes and 47 seconds after her 35 hours of compensation awarded for Taplo's rescue were discounted, and no fuel penalty since she only consumed 30.7 litres of fuel in her round-the-world voyage.

For the complete article pleaser go to:

<https://goldengloberace.com/day-236-kirsten-makes-history-simon-first-boat-home-les-sables-gearing-up-for-abhilashs-tomy-bayanat-welcome/>



WHAT IS THE GOLDEN GLOBE RACE (ASA.COM)

The Golden Globe Race is a solo, nonstop yacht race around the world with no assistance and without the use of modern technology. The original Golden Globe Race was the first race around the world solo without stops or any outside assistance. The race was organized by the Sunday Times newspaper in Great Britain and was held in 1968. The race was inspired by Sir Francis Chichester's successful single-handed circumnavigation of the globe in his yacht Gipsy Moth !V.

A Few Facts About The Golden Globe Race:

- Entrants are limited to sailing similar yachts and equipment to what was available to Sir Robin in that first race.
- Competitors must sail in production boats between 32 ft and 36 ft overall (9.75-10.97m) designed prior to 1988 that have a full-length keel with a rudder attached to their trailing edge.
- The challenge is pure and very raw, placing adventure ahead of winning at all costs.
- Competitors will be navigating with sextant only.

The 1968 Golden Globe Race was won by Sir Robin Knox-Johnston, who completed the race in just over 312 days. The race has been reborn with a round-the-world race held in 2018, attempting to capture the nature of those early intrepid sailors. The 2018 event was a success, inspiring the current edition in September 2022.

The Golden Globe Race is one of the most challenging sailing races in the world. The sailors must navigate their way around the world without any outside assistance and without using modern technology such as GPS or satellite phones. They must rely on traditional navigation methods such as sextants and paper charts. The sailors must also deal with extreme weather conditions such as storms and high seas. They must be self-sufficient for months at a time, carrying all their food and supplies on board their yachts.

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promoting both leisure and race sailing,
conducting sailing education classes,
providing a forum for good will and social activities among those interested in sailing
and
participating in charitable and community service activities.

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