Two Upcoming Socials
CRSA has two upcoming socials. Mark your calendar.

1. TRIP TALES: Thursday February 23rd 18:30 at Roosters 124 Marketplace Drive. The program will feature Ben Askren describing sailing in the San Juan Islands. This is the area where the 2017 CRSA Cruise is scheduled. Come get a preview of a lovely area for sailing and have buffet dinner as well. Cost is $10 plus your drinks. Please RSVP on the website caverunsailing.org.

2. MEMBERS AND FRIENDS SOCIAL: Sunday March 26th 15:00-17:00 and Al and Ruth Lawton’s. This is a great spring outing to reacquaint yourself with fellow CRSA members and friends. Bring potential members and some hors d’oeuvres to share. Non-alcoholic drinks provided. BYOB for anything else. PLEASE RSVP on the website, caverunsailing.org. Directions to Al’s will be provided when you register.

For questions on both socials contact CRSA Social Chair Ted Brandewie at social@caverunsailing.org or 859-699-6666.

Want To Make a Difference in a Young Sailors Life?
Consider being a CRSA volunteer to help with youth sailing! We need lots of volunteers to make this a magical experience and pass along the feeling of a life long love of the wind and the water. Commit for a day or the whole time if you can. Times are Tuesdays 6-8 PM and Saturdays 1-4 starting July 8th. Call Chuck Emrich youth sailing director at 859-270-2199 or email emrich@aol.com and start the Summer Activities and the Summer Fun!

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.

Renew Your Membership Today
If you have not already, please renew your membership on the CRSA homepage. Go to caverunsailing.org > renew membership > forgot password (if you did). Your email address is your User ID. If you have any problems email Steve Morris, Membership Chair at: membership@caverunsailing.org

In this issue:
The Calendar of Events for 2017
List of officers and meet some new officers
Information on Beginning Sailing Classes
How to register for ASA Certified Sailing Classes
Pictures from the 2016 Awards Banquet
Call for volunteers for our Youth Sailing Programs
And more
Introducing New 2017 Officers

(Editor’s Note: Each year the MainSHEET introduces the new officers with a little bio information. Here is some on the Commodore, the Cruise Director and the Secretary. Other new officers will be profiled in upcoming issues. Thanks to each for volunteering.)

Commodore: Valerie Askren, Lexington, KY
My family: My husband, Ben, four kids (two of which still live at home, Walt and Emma); two grandchildren; and one scruffy labradoodle, Bear.
What kind of boat(s) do you have: We have a Catalina 250, Airbender, which we keep at Cave Run Lake. In the garage we keep a whitewater canoe and two whitewater kayaks, which all gather more dust than water droplets these days.
What kind of sailing do you like? All of it! We really like to race, although my days as a human whisker pole are over. We also love cruising and have sailed the Apostle Islands, San Juan Islands, the Gulf Islands off Vancouver Island, the south of France, the Grenadines, and the BVIs.
What do you enjoy most about CRSA? That’s easy--the people. And through the club we have learned more about sailing than if we had just gone out on our own from courses in coastal navigation to racing strategies to how to grill a steak off the stern.
What are your goals for CRSA this year? To build on the successes and long traditions of the club. And to bring more young people and families to the beauty of sailing.

Cruise Director:
 Dan Geiger,
 Lexington, KY
My family: Wife Robin (does not sail) and son Stuart and his wife Toni.
How did you hear about CRSA? A cycling friend and sailor recommended I look into CRSA for the cruising. I completed ASA 101, 103, and 104 in the BVI and was anxious to sail. I joined for the cruising.
Do you own a boat? What kind of sailing do you enjoy? I do not own a boat. I enjoy extended salt water cruising and hope to do more since I retired.
What do you enjoy most about CRSA? The people. I have made a number of great friends who share my love of sailing. I enjoy the social events, Board meetings and especially the cruising. The Club is very well managed and I have enjoyed working with the dedicated volunteers who make things happen for the Club.
(Editor’s Note: Dan is a really friendly and nice guy. Don’t let this more serious posed picture fool you. He served as Cruise Director in the past and has done an excellent job.)

Secretary: Ken Ruhl, Nicholasville KY
My family: My wife Jill, married Daughter Kelly, son in law Ryan and Grand Dog Sperry (for Sperry Topsiders).
How did you hear about CRSA? Bought my boat from Tom Saygers about six years ago. Tom is an avid sailor and was an active member of CRSA. Tom recommended I join.
Do you own a boat? I own a Helms 24. The boat was built in 1986 and via a few owners she has been on Cave Run Lake most of her life. Although she has a few years on her, it’s really the perfect boat for me and my family. I Grew up in New Jersey and learned to sail on a sailfish. Moved to Virginia Beach and bought a Laser which is an exhilarating boat. In 1984 I moved to San Diego and was fortunate enough to hook up on a Santana 35.
What kind of sailing do you enjoy? While I love, and try to sail at least once a week from March thru November on Cave Run Lake, I think my most memorable sailing experiences come from bareboating in the British Virgin Islands, St. Lucia, Antigua and southward down to Grenada.
What do I enjoy most? Probably the entire boating/sailing atmosphere. I’ve had the opportunity to meet a lot of different people in a lot of different venues. Participating in beginning sailing, racing, and youth sailing has been a lot of fun.
Want to Learn to Sail This Summer In Lexington and 7-12 yrs old?

Youth Sailing starts July 8th at Jacobson park and runs Tuesday evenings at 6:00 pm and Saturday afternoons at 1:00 pm (weather permitting). If you are less than 120 lbs (since we have small boats), love the water, and want to have something different in your life this is for you. For more information and registration email youthsailing@caverunsailing.org, check the website caverunsailing.org, or call 859-270-2199. Cost for the lessons is $30 and $15 for CRSA Youth membership. Please contact Chuck Emrich at the above email or phone as soon as possible to get on the list of possible participants.

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.

Here is a little history for you. Pictured are Clemente Conde, Al Lawton and Chuck Morgan. These three formed the “Dinghies” about 35 years ago and were together for the Feb 17th 2017 Dinghies Meeting.

CRSA CRUISE 2017: VICTORIA, BRITISH COLUMBIA AND SAN JUAN ISLANDS FLOTILLA

June 23-30, 2017

CRSA will join an American Sailing Association (ASA) flotilla cruising off the west coast of Washington and Canada. The flotilla will consist of 12 boats charted from San Juan Sailing and leaving from Bellingham, Washington. There will be several group dinners as well as plenty of time to explore on your own.

Departing from Bellingham, we sail to Lopez Island, Victoria on Vancouver Island (2 nights), San Juan Island, Orcas Island, Lummi Island, and return to Bellingham. Two nights will be a raft up with the remainder at marina slips. Total sailing, 107 nautical miles. The area is known for stunning scenery and wild life while Victoria is famous for European charm. A current passport is required as we will go through Canadian and US Customs.

We will be challenged as sailors with tidal currents, fog and shipping lanes. This cruise is suitable for experienced and new sailors. CRSA Commodore Valerie Askren and husband Ben have sailed here several times chartering from San Juan Sailing and recommend both.

We have chartered two 41’ monohull sloops with 3 cabins and 2 heads each, WIND SONG and ARDENT. More information on the flotilla and the boats is available at https://asa.com/flotillas/.

COST and Schedule: The estimated cost of the cruise is $1120 per person, based on two per cabin and six per boat. If we do not fill the boats, the cost will increase. Captains have first cabin pick followed by crew in order of receipt of the deposit check. To reserve a cabin, a deposit of $400 per person is required and Due March 15th. Final Payment due April 1. Deposits and final payments can be refunded after the deadlines if a substitute crew member can be found.

Sleep aboard at Bellingham- Friday, June 23. Set Sail- June 24. Return to Bellingham- June 30

WHAT IS NOT INCLUDED: Travel to Bellingham, food and drinks, dock fees (included at Bellingham)

TO RESERVE A BERTH

Mail a check for $400 per person made out to CRSA and a completed Cruise Application (available on the CRSA web site) to: Dan Geiger, 1880 Ft. Harrods Dr., Lexington, KY 40503. For more information, contact Dan Geiger, Cruise Director, Trip Leader, and Captain at dangeiger17@gmail.com or 859-797-4212.

Deposit Due by March 15th.
New Officers were either elected or appointed at the 2016 CRSA Awards Banquet. Special thanks to these special CRSA members who are volunteering to lead the association this year. Officers who were able to attend the banquet are pictured above.

The new officers and their contact emails are:

**Commodore: Valerie Askren**
commodore@caverunsailing.org

**Rear Commodore: Mark Breeden**
rearcommodore@caverunsailing.org

**Vice Commodore: Steve Morris**
vicecommodore@caverunsailing.org

**Membership Chair: Steve Morris**
membership@caverunsailing.org

**Secretary: Ken Ruhl**
secretary@caverunsailing.org

**Treasurer: Michael Jones**
treasurer@caverunsailing.org

**Webmaster: Chris Bollinger**
webmaster@caverunsailing.org

**Social Chair: Ted Brandewie**
social@caverunsailing.org

**Harbor Master: Louis Trost**
harbormaster@caverunsailing.org

**Youth Sailing: Chuck Emrich**
youthsailing@caverunsailing.org

**Certified Sailing Director: David Duncan**
DMMDMD56@aol.com

**Cruise Director: Dan Geiger**
dangeiger17@gmail.com

**MainSHEET Editor: Bill Lubawy**
mainsheet@caverunsailing.org

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**Students Complete ASA 101/103**

Pictured above (l-r) are Tom Hay, Jim Bugay, Cliff Hynniman, Dawn Biggs and Vinay Malhotra.

Each student was certified for ASA 101 and 103 in the CRSA Certified Sailing Class program in September 2016 class on Kentucky Lake/ Lake Barkley. They were all outstanding students report the instructors. The picture above was on the Finnish Line, a Catalina 36 mkii. Instructors were Jim Bugay and Cliff Hynniman.

**More Students Complete ASA 105**

In the middle of February David Duncan, Cliff Hynniman and Jim Bugay taught the 3 day ASA 105 Coastal Navigation course at the Lakes Edge Clubhouse in Lexington. Pics are below.

Ten students competed the 105 course successfully.

ASA 105 involves lots of chart work and learning materials.
 Completing the course requires lots of attention.

Certified Sailing Classes – ASA

Want to get certified in ASA classes like the students pictured above and on the facing page? Members are requested/reminded to contact David M. Duncan, MD by email DMDMD56@aol.com or telephone 859-489-1325 to discuss their interest in our ASA curriculum. The school's instructors are Dave Davison, Brad Leslie, Cliff Hynniman, Jim Bugay, Jim Dinger, Mark Arnold, Jeff Lagrew, David Duncan and Sam Moore.

Students are paired up with an Instructor for ASA 101 (Basic Keelboat Sailing) at Cave Run Lake and ASA 103 (Basic Coastal Cruising) at Kentucky Lake as schedules permit. ASA 101-103 is also offered at Kentucky Lake. ASA 104 (Bareboat Cruising) and ASA 106 (Advanced Coastal Cruising) are offered based upon sufficient member interest. These Certifications require scheduling an Instruction Cruise or the use of Instructor Brad Leslie's boat on the Chesapeake.

Student registrations are processed and paid after instruction dates are agreed to between students and instructors.

Members are encouraged to review the CRSA web site for Cave Run Sailing School's curriculum of American Sailing Association Certifications and for the 2017 tuition schedule.

Detailed descriptions of ASA Certification requirements are available at the American Sailing Association's website https://asa.com/certifications/.

To enroll in the CRSA Certified Courses individuals must be members of the Cave Run Sailing Association. Although ASA 101: Basic Keelboat Sailing is the introductory course, CRSA recommends that the enrolling students have some sailing experience or have completed the CRSA Beginning Sailing Classes May 9 – 13 described elsewhere in this newsletter in order to take the best advantage of the information in ASA 101.

For Sail / Want to Sail

San Juan 21, hull # 445, brought to Kentucky from Virginia 23 years ago. It has remained on the trailer for the past ten. It is complete with sails, electric motor, self steering, and ground tackle. It needs new cushions, teak, running lines, and the interior cabin overhead refurbished. The topside gel coat is depleted and crazed, though the structure is sound throughout. Asking $750. Contact: Phillip Haug, 859-582-9541 or prhaug@aol.com.

Boat Captains! Great Opportunity to Introduce Sailing to Sea Cadets

This summer CRSA will introduce approximately 25 teenagers to sailing and on the water safety! Eight boats and their captains are needed to make this happen. The experience is a great way of promoting sailing to youth who will be on a ship in the navy later in life! An exact date is still being determined. If you can help please call Chuck Emrich at 859-270-2199. Without you this may not happen! Call today and don't delay!
CRSA held its Annual Awards Banquet in November at the Lexington Country Club. It was a truly GRAND AFFAIR and the food was ABSOLUTELY DELICIOUS.

Arrangements were made by Social Chair Ted Brandewie and Commodore Bill Lubawy. SMOOTH electronic registrations were arranged by Webmaster Chris Bollinger, and LOVELY table flower decorations were done by Sally Shafer. Molly Sutherland did the FIRST CLASS NAME BADGES. The Lexington SCAPA Show Chorus provided INCREDIBLY MOVING singing entertainment. Slides of the 2016 activities of CRSA were put together by Bill Lubawy and slides of the 2016 Wine and Cheese Flotilla Cruise were put together by Molly Sutherland and Dan Geiger, and all were shown during the reception before the meal. Commodore Bill Lubawy was not only MASTERFUL at serving as MC, but he was (and is) also HANDSOME, CHARMING, and above all MODEST.

Awards were presented to:
Mark Breeden – the Charlie Jett Award
Louis Trost – the Commodore’s Award
Emily Muntz – the Outstanding Crew Award
Michael and Hope Goodwin – the Most Active New Members for 2014
Molly and Lee Sutherland – the Most Active New Members for 2015.
Season racing trophies were also presented to Mark Breeden, Raymond Muntz, Chuck Emrich, and Chris Bollinger.
Finally the incoming Commodore Valerie Askren and the 2017 Officers were installed. The banquet was a very nice and incredibly enjoyable evening for all. If you did not attend you missed an exceptionally good time with lots of good fellowship, really good food and just superb musical entertainment.
More 2016 Awards Banquet Pictures
Even More Banquet Pics
Some More Banquet Pictures
2017 CRSA Beginning Sailing Course

May 9 & 11 (6:30 - 8:30 pm) Central Christian Church
May 13 at Cave Run Lake from 10 am to 4 pm

The Beginning Sailing course is a good way to determine if you like sailing and wish to continue learning how to sail. Students with no sailing experience who wish to have an introduction, or those with limited or time Warren experience are encouraged to take this course rather than starting with ASA 101 which is also offered by CRSA. The course is economical as it provides class-work and on water learning experiences, a textbook for $25 per person. Must be an registered CRSA member.

The course consists of two evenings of class work in Lexington and one Saturday on the water at Cave Run Lake where you will sail in two different types of boats with experienced captains. If you have a sailboat, a captain will teach you on your boat if you wish. This course is offered only once during each sailing season usually in May.

Topics covered include: types of sailboats, boat parts and rigging, knots you will use, sail and what they do, sailing terminology, steering, turning, sailing upwind and downwind, safe sailing procedures and coast guard 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 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.

Doing Anything Related to Sailing?
Tell Us About It

The editor of the MainSHEET is always looking for things that may be of interest to CRSA members. If you have anything contact Bill directly at: Mainsheet@caverunsailing.org.

CRSA Members Mark Your Calendar for the Beginning Sailing Water Lab, Saturday May 13, 10-4.

CRSA Captains please mark your calendars now for the Beginning Sailing Water Lab on Saturday May 13 from 10-4. We will meet at the Marina to take Beginning Sailing Students out on the water for two sets of practice sails. We need both cruiser captains and day sailor captains. This is a valuable source of new CRSA members and is an enjoyable afternoon as well. A Water Lab Guide will be provided to each captain so you will know what to do.

Interested in a Flotilla Cruise? Check the 2017 CRSA Cruise to the San Juan Islands. Details Appear in the First Few Pages of This Issue of The MainSHEET.

CRSA Burgees On Sale Soon

Proudly display your membership in CRSA with a new Burgee. Burgees have been ordered and will be available soon from the CRSA Membership Chair Steve Morris. Look for an announcement about their availability soon. You can contact Steve at: membership@caverunsailing.org.

Renew Your Membership Now

This is the time to renew your membership to be included in the listing of members for club notices, newsletters, special events etc. Go to the CRSA webpage caverunsailing.org to find out how. If you have any trouble send an email to membership@caverunsailing.org.
<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td>Feb 23</td>
<td>Thurs</td>
<td>Trip Takes Ben Askren - San Juan Islands</td>
<td>Roosters</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Mar 11</td>
<td>Sat</td>
<td>Brass Monkey Race 1 11:00</td>
<td>Scott Creek Launch Parking Lot</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>Mar 25</td>
<td>Sun</td>
<td>Spring and New Member Social 3:00-5:00</td>
<td>Al and Ruth Lawton's</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>Sat</td>
<td>Brass Monkey Race 2 11:00</td>
<td>Scott Creek Launch Parking Lot</td>
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<td>Sat</td>
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<td>Sat</td>
<td>Beginning Sailing Classwork 9:00-1:00</td>
<td>Roosters</td>
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<td>April 27</td>
<td>Sun</td>
<td>Trip Takes 2016 Wine/Dinner Flotilla</td>
<td>Scott Creek Launch Parking Lot</td>
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<td>May 6</td>
<td>Sat</td>
<td>Summer Race Series 1 11:00</td>
<td>Roosters</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>May 9, 11 &amp; 13</td>
<td>Sat, T, S</td>
<td>Beginning Sailing T.R.6:30-8:30 pm, S 10-4</td>
<td>TBA Morehead</td>
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<td>May 20</td>
<td>Sat</td>
<td>Summer Race Series 2 11:00</td>
<td>Scott Creek Launch Parking Lot</td>
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<td>June 3</td>
<td>Sat</td>
<td>Summer Race Series 3 11:00</td>
<td>Scott Creek Launch Parking Lot</td>
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<td>June 17</td>
<td>Sat</td>
<td>Summer Race Series 4 11:00</td>
<td>Scott Creek Launch Parking Lot</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>June 17-18</td>
<td>Sat - Sun</td>
<td>Sailstice Raft Up 5:00 and Super Social</td>
<td>Mooring Field</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>June 23-30</td>
<td>Sat - Fri</td>
<td>Summer Race Series 1 11:00</td>
<td>Victoria BC &amp; San Juan Islands Flotilla</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>July 2-14</td>
<td>Sun - Thurs</td>
<td>Girl Scout Sailing</td>
<td>Jacobson Park</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<td>July 8-29*</td>
<td>Sat</td>
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<td>Sewell Lake West VA</td>
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<td>Aug 19 and 20</td>
<td>Sun-Sat</td>
<td>Mount Mama Regatta</td>
<td>Cave Run Lake</td>
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<td>Sept 9</td>
<td>Sat</td>
<td>Charity Regatta</td>
<td>Sewell Lake West VA</td>
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<td>Sept 10</td>
<td>Sun</td>
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<td>Sat</td>
<td>Summer Race Series 8 11:00</td>
<td>Shelter at Cave Run</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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<tr>
<td>Sept 25-26</td>
<td>Sat-Oct 1</td>
<td>Grand Annual Regatta</td>
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<tr>
<td>Nov 11</td>
<td>Sat</td>
<td>Awards Banquet 6:00</td>
<td>Lexington Country Club</td>
<td><a href="mailto:Social@caverunsailing.org">Social@caverunsailing.org</a></td>
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*Youth Sailing Dates: July 8, 11, 15, 18, 22, 25 (Make up day if needed), 29 (Pirate Celebration Day)
The MainSHEET is published 4-8 times a year, 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.

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 from the MainSHEET Editor
This issue of the MainSHEET has pictures, information and/or text from a variety of individuals. Special thanks to David Duncan, Cliff Hynniman, Dan Geiger and Chuck Emrich. Thanks to all for the help.