



Team Upwith Bud House

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PACIFIC PADDLER

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Connor Foti gets serious at the BOP

APRIL COVER ID

The April 2011 cover photo was of Tyson Poppler. He is currently paddling for Dana Outrigger out of Dana Point, California and is part of the elite paddlers here in So Cal. Yea, it was a nasty day outside of Redondo Beach with 4-8 foot swells, sometimes hitting back to back with only seconds between waves. Brian Vestyck, Hamsterworks.com

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Summertime and regatta season go hand-in-hand. Paddlers of all ages are training and working towards a spot at the HCRA State Champs which, this year, will be held on Maui. While cover-



ing 12th Annual Kala'iomalulani race hosted by Keahiakahoe Canoe Club in Kaneohe Bay, I was introduced to Otis Anslow of Nakoalani Canoe Club, which is located on Kaneohe Marine Base. The club was formed with help from Kai Oni Canoe Club and Wink Arnott because there was a lot of military who wanted to paddle but didn't know how to get into it.

"We found a couple of malia canoes on the Marine base, refurbished them and started a club," said Otis. Nakoalani has about 30 members, and their goal is to hold the state race next year on the Marine base. "We have got the perfect location, flat water; it's clean and it's a great way to get the paddling community and military to get to know each other."

More and more I notice that paddling is becoming a vehicle to join people together from different walks of life. Yes, we have the very competitive aspect, we have our champs, the rock stars of paddling, but there is so much more. As you go through the magazine, there is one theme that keeps reoccurring - We're all having fun and getting to know each other, and that's the real gold at the end of your race.

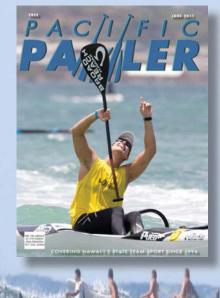


Nakoalani club members relax after their race



"Weylin (Foo) didn't want to get his pants wet. First the tsunami and now this flood," said Ian Foo, Chief Eternal Optimist for Hypr. It was the second time this year they had to dry out the store in Kailua-Kona.

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On the cover

Taking first place is sweet. Jimmy Austin takes top honors at the 3rd Annual OluKai Ho'olaule'a. Photo provided by OluKai

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Mission Statement: to bring the excitement of outrigger paddling to a larger audience. We feel that Pacific Paddler's hui of supporters, contributors, subscribers and advertisers is helping the sport grow, not only here in Hawaii, but around the world. Thanks for your contribution to the sport.

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Lively Seas at 9th Annual Kauai World



PHOTOS BY KATHLEEN HO PHOTOGRAPHY, KATHO@HAWAII.RR.COM





The 9th Annual Kauai World Challenge hosted visitors and paddlers from around the world for a fun-filled, adventurous weekend on the water. Paddlers were greeted on Saturday morning with east and south swells along with gusty trades blowing over 25 knots. Challenging conditions throughout the 34-mile coastal relay race created a perfect setting for some thrilling experiences for paddlers.

At 8:30 am the relay race started at Wailua Beach Park. Paddlers on OC1, OC2 and Surfski paddled from Wailua Beach to Salt Pond Beach Park with paddler exchanges at Hanamaulu Beach Park, then Kalapaki Bay in front of the Kauai Marriott Resort & Beach Club and performed their final exchange at Waiohai Bay in Poipu. The Stand Up Paddlers raced from Waiohai Bay to Salt Pond Beach Park.

Race Director Aaron Labuguen and Race Coordinator Margie Goodno had their hands full prior to the race as escort boat drivers could not get the buoys to stay put in the crazy seas. They questioned even running the race as they knew they had to ensure the safety of all paddlers.

Labuguen stated, "Normally during the regular season I would have definitely changed the race course to a more mellow and safe course, but I could not see how that would be possible for the Kauai World Challenge. I knew that my escort and safety boats were top notch, and I had no doubt that we could pull the race off safely. Big Mahalo to Buddy Wilson, Jon Rosario, Joe Lakona, Gabe Larocca, Dexter Jacinto, Koa Fuller, Justin Tabalno, Kauai County Lifeguards, and Marvin Otsuji (film boat) for helping the paddlers throughout the race."

Other than a couple of boats being damaged in the surf, all paddlers made it to shore in one piece. Check out the thread on ocpaddler.com for a few of the paddler's harrowing tales.

Over \$7,000 in cash prizes was awarded to the elite division as well as specific age divisions. The OC1 men's elite division winner was Team





Kai Wa'a, comprised of Kai Bartlett of Maui and Aaron Napoleon of Oahu, with a time of 3:31:15. They narrowly beat Team Kamanu, Jimmy Austin and Manny Kulukulualani of Oahu by 14 seconds. Third place went to Kauai's Kelly Foster and Oahu's Mael Carey with a time of 3:34:47. The top male team from Kauai was Kia Kaha Kauai, Maui Kjeldsen and Tyrus Siale who finished in 6th place with a time of 3:36:27.

The Kai Wa'a Wahine team of Lauren Bartlett of Maui and Lori Nakamura of Oahu won the OC1 women's elite division with a time of 4:07:40. Second place went to Team Kamanu Wahines, Jane McKee and Emili Janchevis of Oahu with a time of 4:14:23. Third place went to Kauai's Noe Auger and Oahu's Rachel Burnst with a time of 4:19:23. Auger stated, "This year's Kauai World Challenge was definitely the most exciting and exhilarating race of the season. The ocean was alive with a stormy trade wind swell that made the course as challenging as it gets. Every participant had a story to tell and a day to remember."

Other notable winners were the OC2 mixed division champions Sanoe Hookano, Tiffany Palama, Chris Acoba, and Peter Chow who finished with a time of 4:13:44. The OC1 mixed division winners were Jody Simpson and Kristen Foster with a time of 4:16:09. Surfskiers Dylan Thomas and Wes DaSilva finished a respectable 7th overall with a time of 3:36:54. Stand up paddler Dave Parmenter won the stock division with a time of 1:29:07 while Kawika Carvalho won the open division with a time of 1:35:17.

Kauai Production Company Hawaii Stream filmed the event by air, land and sea accumulating several hours of footage. Extreme weather and high sea conditions made filming exceptionally difficult and risky. Tine Howard, cameraman in the helicopter said, "The conditions were ripe for excitement for the racers. Coverage, on the other hand, was a bit tricky with the 12-foot swells and 30-knot winds. We were at the mercy of Mother Nature. Mauna

















Loa Helicopter pilot Dave did an excellent job of getting me into position to get some great aerials."

The Kauai Hoe Wa'a Board, which includes Margie Goodno, Aaron Labuguen, Dana Miyake, Jon Kegle, Mike Pemberton and Beth Kauwe, put in countless hours since October planning this event. Margie's vision was to put on a world-class race that nobody would forget, and I think we all agree that her goal was attained.

Mahalo to all of our sponsors that helped make this event such a success: Grand Hyatt Kauai, Kauai Hand Therapy, Da Life, Holo Holo Boat Tours, Kalapaki Joes, Poipu Beach Resort Association, Kauai Festivals, Kamanu Composites, Island Pacific Mortgage, KONG Radio Group, Steinlager, Makana Ali'i and Kia Kaha.

Complete results and information is at kauaiworldchallenge.org.









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Eighty-seven canoes took part in the Steinlager Kaiwi Channel Solo OC1 World Championships. Kai Bartlett took top honors finishing in 4:15.35, about 35 minutes off the record set in 2008 by Karel Tresnak. Kai's wife Lauren Bartlett also placed first in 4:43.57 finishing 33rd overall. She currently holds the record also set in 2008 of 4:20.47. Taking second amongst the men was Danny Ching of California in 4:17.42 followed by Jimmy Austin with 4:19.05. Mike Mills-Thom from New South Wales, Australia placed 13th overall winning the 40-49 Masters in his time of 4:29.43. Tyson Kubo took second, 4:39.16 and Tim Twigg-Smith third, 4:43.40. The 50-60 division went to Kawika Williams, 4:58.05, second Kevin Long, 5:01.54 and third Grant Kojima, 5:03.14. The 60's-plus had two entrants, Biggle Lara, 5:13.56 and Christian Klump, 5:34.59.

Following Lauren Bartlett's lead amongst the women, second place went to Rachel Bruntsch, 4:54.25 and third Claire Townsend, 4:58.27. Only one women entered the 40s division, Nicola Koyama finished in 5:22.39. There were a few young paddlers taking part in the race. Jessie Mills-Thorn won the girls 15-18, finishing 68th overall, in 5:16.58 and Alex Look, junior men, placed 78th overall with his time of 5:31.10.

After the last paddler was accounted for, the awards party was held at the finish line at the Shack in Hawaii Kai. Full results can be found at the Pa'a website, paahawaii.com.





少さらり

We would like to thank our extended Kai Wa'a family for another fun filled season; Aaron Napoleon, Mike Mills-Tom, Scott Gamble, Matt Debrule, Aaron Creps, Kekoa Cramer, Tyson Kubo, Felipe Gomes, Kekoa Kau, Tim Twiggsmith, Riggs Napoleon, Kea Paiaina, Biggy Lara, Lou Dionese, and Patrick Dolan, Lori Nakamura, Rachael Bruntsch, Noelani Auger, Jessie Mills-Tom, Andrea Moller, Kelly Fey and Nicole Spalding.

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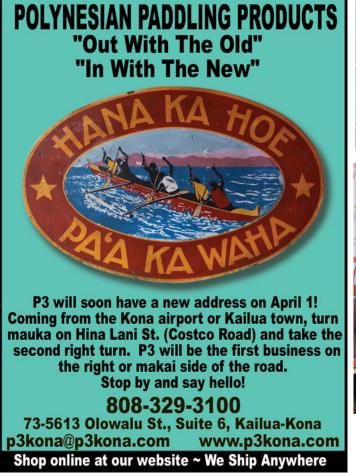














After their race across the Kaiwi Channel, Danny Ching, Kai Bartlett, Mael Carey and Jimmy Austin relax in the shade and swap stories of a tough Steinlager Kaiwi Channel Solo.



Andrea Moller knows what it takes to be the Best.

She pushes herself to the limits in some of the most demanding conditions imaginable. Multiple Molokai Channel victories and Ocean Sport titles are testament to her passion, commitment, and love of sport. Andrea lives every day to the fullest, and inspires us to be the best.

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Will Reichensteir



Andrea Moller



PHOTOS BY ROPATI





Will and Danny, first to finish



Aaron Creps





'It was on fire!' That was what a lot of the paddlers said about the Kaiwi Channel as they got out of their canoes at Magic Island. The first team blazing to the finish was Danny Ching and Will Reichensteir from California.

Danny Ching - Killer conditions out there, we were pleasantly surprised. It was good to surf the whole way. Jimmy and Manny, Kai and Aaron were there the whole time, pretty much until Hawaii Kai, then we got a little and managed to hold it the rest of the way.

Will Reichensteir - Racing with Danny (Ching) was an honor. He never let me sit on any waves. 'Keep paddling, keep paddling', he kept telling me. Any time I was in the boat against Kai it was an achievement. Anytime you can paddle side by side with the world champ, it's a pretty humbling experience.

Kai Bartlett - It was pretty much a dog fight which kept you going the whole way, kept you on your toes (teammate Aaron Creps).

Lauren Bartlett - It was 100 times better than the solo. We (Andrea Moller) had a good push with some of the guys around us. We gave them a good run for their money. They were running scared. The ocean was moving in the right direction today. It was better than the 'Solo' which was better than bad.

Andrea Moller - She (Lauren Bartlett) is awesome. We battled with some guys out there and tried to keep up with them. We had all the girls from team Bradley doing the channel, so we were all competing against each other in a healthy way. It was really fun, lots of bumps, really good surfing.

Jimmy Austin - The bumps were fantastic. It was pretty much a three-way race most of the way, a lot of catch-up, fallback, it was entertaining. There was a lot of strategy going on (teammate Manny Kulukululani).

Bill Pratt - We (Raven Aipa, Evan Rhodes & Heath Hemmings) brought a knife to a gunfight. We were in a flat water boat that we won the race in last year. Fortunately for everybody, the 'wind guru' was wrong. It was one of those rare times when we got to Waikiki and were excited to get into the flat water.

Raven Aipa - I was just happy to paddle with Billy, Evan and Heath. When you have friends paddling together the whole race is good.

Dave Loui - We (Matt Dubrule) cranked all the bumps out there but ran out of steam at the end. The main thing is nobody got hurt.

Donna Kahakui - There were bumps, there were waves, there was wind. I thought it would be flat, and we (Shien-lu Stokesbary) would be at the back of the pack, but, thank God, it was a great day. We had good people

Alex Look and Makana Darval-Chang said the best part was coming down some of the 'Big Bombers'. Both were 14 years old on race day. Congratulation to everyone who took part in the race. Full results can be found at paahawaii.com.



Jimmy Austin



















www.tigercanoe.com

Q&A with Kai Bartlett

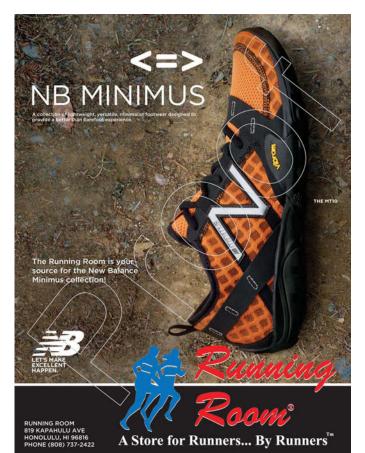
WHEN WAS YOUR FIRST CANOE EXPERIENCE?

The first time I got into a canoe was back in the early eighties when my parents paddled for Hanalei Canoe Club. My sister and I would go out with them or play in the river at the club site. The last time for us in the 6-man was when Gaylord and Nick Beck took us through the surf and swamped. We were over it for a while after that. The club had a couple of makeshift one-mans that my mom and I would cruise around in in the river. I was quite excited about it back then, but too young.

WHAT KIND OF COMMITMENT DOES IT TAKE TO BE AT THE FRONT OF THE PACK?

In a non-professional sport, it takes a lot of commitment to keep in top shape. Not only do you have to train hard, but you have to go to work and

figure out how to juggle the family between all of this. Some have it easier, but sometimes I feel the juggle educates you a bit on how to deal with intensity. For me, because of my schedule, I hate to waste my time when training so I'm usually in and out. I also feel you have to commit to yourself as well, not just by training hard, but by finding time to do some things that you really enjoy. I see so many paddlers just paddle and paddle. Guys, we only have one life to live... Live a little, go have some fun doing something different. I see too many of the up and comers just consuming themselves with paddling, paddling, paddling; it's great if that's a blast, but to me, you have to have balance. Maybe I say this because I've been going at for some years now. I also say this to give these younger guys a better understanding of maintaining the stoke of it for years to come.



WHAT'S THE TOUGHEST PART OF THE RACE?

The toughest part of the race is the lead up to the race. Not over doing it and hoping that you've done enough. For the race itself, the toughest part comes at three and a half hours or so when you need to start digging harder because you're getting tired, and the race is coming to an end. You have that one race that matters and it's almost over, all that hard work, and you don't want to waste it. That's a pretty tough part of the race.

WHAT TRENDS HAVE YOU NOTICED IN TRAINING **TECHNIQUES?**

I have noticed lately that people are starting to come up with all kinds of different stuff these days. You have all these different cross fit classes and core strength things going on along with guys from

other sports giving their two cents. It's all bogus. Yea, these things will get you fit, but they won't be the answer. Let me ask you this, "What do swimmers do to train for their swims, what do bikers do to train for their races, what do runners do to train for their races???" They train for their race in the discipline that they are racing. If you want to go fast in a canoe, you need to learn how to move the canoe fast. Running won't teach you that, cross fit won't teach you that, biking.. no, paddling your canoe and learning your stroke and how your canoe reacts with your body language may help though.

HAWAITS ORIGINAL BEER

It is good to keep your body and core strong to prevent injury and increase speed, but until you have the speed, I don't think that all that other stuff is much of a concern. For me, I do enjoy a little bit of cross training to break up the paddling, but paddling is 90% of my training.

I have also noticed lately that there is a trend of novice guys trying to be instructors in outrigger and some coaches that are beginning to take themselves too seriously. I personally don't agree with any of it. It's been happening in Maui now for several years. Guys are proclaiming to be something they are not and charging people a mint for their knowledge, which really isn't much knowledge at all. I look at that and feel it gives us a bad rap in a sense, like they are ripping people off, but I'm looking at it from my perspective. I'm not going to sell you a log and tell you it's a light weight canoe, I'm going to sell you the best canoe I can make no matter if you have an idea or not.

Coaching in our sport has been pretty backyard for a long time, and in a big way, it still is. I love seeing some guys take it so serious when they don't have the answers either, they are doing the same thing we are.. guessing and doing what works for us. If they had the answers, they would be coaching at a Olympic level or coaching college football or something. What we are doing is unique, no need to think we are Phil Jackson or something, although his salary would be

WHAT OTHER ACTIVITIES DO YOU LIKE TO DO?

Growing up here in the islands, we are lucky to have the ocean right here for our playground. My favorite activities are surfing, fishing and diving. Lately Lauren and I have really been enjoying free diving. It's a great Zen for me, quiet and weightless, something I don't get when on land. Surfing comes and goes for me due to what part of the season it is. Usually early winter when we get more north swells because our shop is within 5 minutes of some great waves with that direction swell.

To me it's important to have these other activities to balance out your life and your training to a degree. We don't get paid for what we are doing, so I need to keep a good level of fun involved in it. It's a big part of my program.

Island Fadaller

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...it was <u>like</u> victory at sea"





The 'Windward Side' of Oahu was all of that and more. Hundreds gathered to race and pa'ina (party) at the 12th Annual Kala'iomalulani race hosted by Keahiakahoe Canoe Club in Kaneohe Bay. Stormy, wet, windy weather didn't keep paddlers away from an opportunity to compete against each other and 'mother nature'.

"The night before, there was thunder and lightning. I couldn't sleep, it was pretty sketchy," said Stan Dickson, head coach for Keahiakahoe. Just up the coast, lightning strikes at Haleiwa Beach Park cancelled a race hosted by North Shore Canoe Club. In Kaneohe Bay, other elements were at play

PHOTOS BY ROPATI

to make for a most memorable race.

"The race threw at you everything you could imagine, horizontal rain, wind. When we made the turn to go out to Coconut Island, it was pretty nasty; condition-wise, it presented everything you could imagine," said seasoned paddler Kenny Baily.

"We knew with a low tide this morning, it was going to be rugged. I paddled the course yesterday, and it was nasty," said race director Wayne German, so he adjusted the course. "I put the buoy out by our little sandbar so it made that part of the course steep, so you had to go through it but not turn on it. I'm really stoked everybody had a good time. To hear that some of the novice guys were terrified... that's what you want. You want them to go 'I remember when I was a novice and they put on this stupid race'. So they had to go into the wind but they got the benefit on the return with the waves and the tide. The main thing is, it was a safe race in the bay," he said.

"There were big waves, there was rain, wind, there was everything. We were scared and we made it," said Heather Murphy, a Kailua Canoe Club novice A paddler.

"It was a little bit rough going out, but the ride in was a lot of fun," said Wink Arnott who paddles with Nakoalani Canoe Club on Kaneohe Marine Base. The club is affiliated with Kai Oni Canoe Club.

"It was a lot more challenging than we thought it would be. I thought the race was over when we made the turn around Coconut Island, but we ended up going out a quarteror half-mile more into the chop, into the wind, into the waves... but coming back was lots of fun," Mike Tosakki, a Kamamalahoe Senior Master crew member said.

Kala'i Miller, host of Ocean paddler TV and safety assistant for Wayne German, said it was good to see a race that was only an hour and a half long but had almost every





Arlene Holzman "It's nice to be out paddling on this side of the island. I'm in heaven looking at the desserts to choose from."



Everything a sweet tooth could desire



Kai Chong was surprised to see he was in the mag





Otis Anslow (light blue shirt) and members of Na Koalani from Kaneohe Marine Base













type of condition imaginable. "At one point it was raining so hard you couldn't see 20 yards in front of the boat, and when the rain passed it calmed down and it was flat water, and then you had an uphill section, and you had a mean surf run with the tide — It was a fun roller coaster."

Ryan Makau, of Keahiakahoe, said they ran into every type of condition you could experience out there, "except water spouts."



Wayne German, Race Director and his safety helper, Kala'i Miller of Ocean Paddler TV can now relax after a successful, safe day of racing



The Kawelo and Ka-ne family with paddlers Gary, Keane and Lehua from Keahiakahoe

Indar Lang credits her steersman, Makenna Fernandez, for making this such an unforgettable race. "The rain was coming down so hard all you could see was the paddle in front of you. It's such great race with the atmosphere afterwards, the partying and the food, the music; it's one of the best races of the year."

Thirty-three crews took part in the long course and 41 in the short. Some paddlers like Arlene Holzman raced in both. "It's nice to be out paddling on this side of the island," she said, adding, " I'm in heaven looking at the desserts to choose from." (photo facing page) A lot of paddlers who return each year do so because they know they're going to get some 'good grindz' and entertainment.

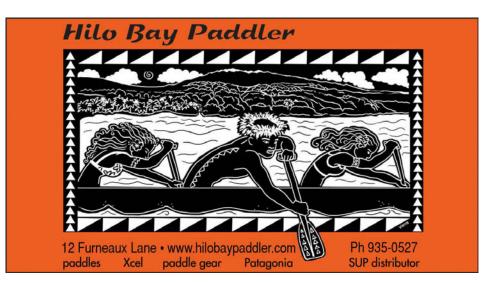
"We had Gilbert (Silva) and his brother prepare the pig, squid luau and lomi salmon. The Hope family made the chicken long rice, my sister got the poi from the Waihole Poi Factory and all the desserts came from the upper division women," said



Jennifer Romano, race secretary for OHCRA up-loads the results to the OHCRA web site

Stan. Also on the menu was rice, fried fish, and live entertainment.

The race was created as a memorial for Stan Dickson's mom and niece. "The long course was for my niece Evon Hookele and the short for my mom Verna Dickson. We started this race about 14 years ago to expose other canoe clubs to Kaneohe Bay. I think today was a good experience for the paddlers.





Maui, Hawaii was the place to be as hundreds of people from around the world converged on the North Shore on May 14-15th. The popular, 3rd Annual Ho'olaule'a attracted elite Stand Up Paddle (SUP) and one-man Outrigger Canoe (OC1) competitors to experience the exciting eight-mile downwind course, the Maliko Run, for a gender equal prize purse totaling \$15,000.

This event was presented by OluKai Premium Footwear to capture the spirit of the Hawaiian culture and demonstrate the strength and vitality of both sports. In addition to the races, OluKai provided a full weekend of ancient Hawaiian games, sailing canoe rides, live performances by Paula Fuga and Ekolu Kalama, authentic Hawaiian food and the beautiful dance of hula. A portion of the entry fee monies were donated to the OluKai 'Ohana Giveback Program; beneficiaries include Maui Cultural Lands and Hawaii's Junior Lifeguard Program.

This year OluKai offered a new paddle division called the 'Ohana Fun Paddle, a non-competitive, non-timed 3-mile downwinder for those who wanted a more leisurely, accessible paddle. With over 100 participants; kids, families and friends made this an event of and in itself. They enjoyed the energy and music and a pre-paddle warm up with yours truly (Suzie Cooney), to shake away the jitters and prepare for their adventure.

The Fun Paddle kicked off at Pa'ia

PHOTOS PROVIDED BY OLUKAI



Youth and Cultural Center and ended at the lifeguard tower at Kanaha Beach Park. Anything humanly paddle-powered was eligible for entry. Prone paddlers, SUP paddlers and OC1s set out together along with the beautiful champion OluKai sailing canoe, Kamakakoa, to make the three-mile journey.

Meanwhile, up at Maliko Gulch, just past Ho'okipa, a famous surf spot, the SUP race was getting under way. Over 200 racers and hundreds of spectators awaited the exciting start. The conditions were perfect with trades blowing 15-25 knots and the wind swell made it great for big glides and rides.

The paddlers paused and gathered for a "pule" or Hawaiian blessing. What makes this event so special to many is the feeling that's shared before, during and after the race. As one paddler describes it, "I always get chicken skin when we're holding hands in the circle before the start of the race. To me, it's what makes the OluKai

Ho'olaule'a so memorable, not how I finish the race."

After the pule for the SUP race, a helicopter hovered above getting into position at the start, and the lead boat headed out for the pre-race line up. Photographers perched in the helicopter, on the cliffs and on jet skis, as the 14, 16, and 17-foot race boards entered the water.

The SUP start itself was intense as the sea of competitors, in their bright yellow race jerseys headed up and into the swell with strong head winds to get into their critical start position. Some were on their knees in order to conserve energy.

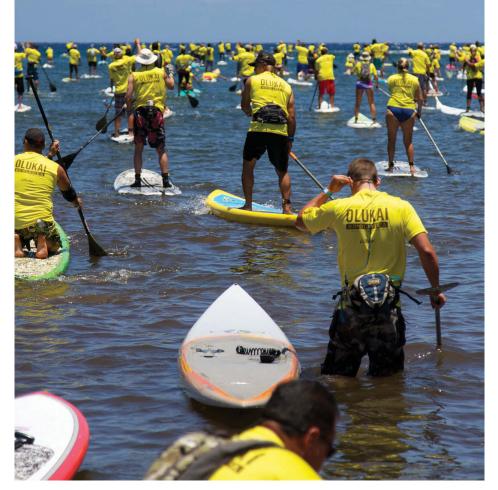
The green flag went down and the paddlers were off. Local favorites Livio Menelau, Mark Raaphorst and Jeremy Riggs, and last year's woman dual event winner, Andrea Moller, were all paddling strong from the start. Other paddlers to mention, Michi Schweiger, Randy Royse, Eddie Ogata, Theresa Felgate and many more showed their backyard Maliko experience and skill.

After eight miles of intense, non-stop paddling to the finish at the lifeguard tower, the competitors hopped off their boards and ran a grueling sand sprint to the OluKai finish line. It was a close race with extremely tight times in all race categories.

Kai Bartlett won the men's Elite SUP race with a record-breaking time of 49:02, Livio Menelau was a close 2nd with a time of 49:19 and Ekolu Kalama took 3rd place with the time of 51:39.

Defending champion, Andrea Moller won the women's Elite SUP race and broke her own course record with a time of 55:42, Talia Gangini finished 2nd with a time of 59:25 and at 59:40, Devin Blish took the 3rd place finish.

At 2pm, the luau and live entertainment began at the Lae 'Ula O Kai Canoe Club. Competitors, families and visitors also enjoyed hula performances and live music from musicians Paula Fuga and Molokai's Ekolu Kalama while munching on traditional Hawaiian dishes. At one point of the festival, the crowd was showered with thousands of Orchid flowers dropped from a hovering helicopter. The first day drew to a happy conclusion with the SUP award ceremony.







On day two, Sunday, an exciting OC1 race topped off the weekend's festivities. Once again, the conditions were ideal with clear skies and 15-knot trade winds. Over 100 paddlers exited the gulch and held their line before the flag dropped. Hull to hull and ama to ama, they were focused and ready. Tom Wright, 70 years young and a local OC1 competitor, said it best, "Maliko is like skiing black diamond moguls and is one of the best down-winders in the world."

Jimmy Austin took first place in the men's Elite OC1 race with a time of 47:37, Manny Kulukulualani finished second in 48:07, and Karel Tresnak took third with his time of 48:31.

Andrea Moller defended her 2009 and 2010 OluKai Ho'olaule'a title and won the women's Elite OC1 race with a time of 53:16. Dane Ward finished a close second with a time of 54:32, and Emili Janchevis took third place with a time of 54:43.

This event brings new meaning to ocean sports and the word 'ohana. Over \$100,000 in money, product donations and volunteer time went to the OluKai 'Ohana Giveback Program benefiting local causes in Hawaii. Beneficiaries include the Hawaiian Lifeguard Association/Junior Lifeguard Program, Maui Cultural Lands, Lae 'Ula O Kai Canoe Club, sailing canoe cham-

























pions - Team Kamakakoa and women's OC6 champions - Team Bradley. Congratulations to everyone. The buzz has already begun for next year. A big mahalo to OluKai and to all of the volunteers. See you next year!

By Suzie Cooney, 1st place winner of OluKai SUP/age group, owner of Suzie Trains Maui





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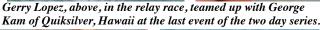








The kids warm-up before their race. Below, the first girl and first boy to the finish.

















The second annual Rainbow Sandals Gerry Lopez Battle of the Paddle stand-up paddle board (SUP) races and SUP lifestyle exposition was held at Waikiki Beach. There were divisions for every one. Danny Ching won the Elite race from Hawaii Kai to Waikiki that attracted 168 entrants. Cash prizes of \$25,000 were awarded to the winners. There were also relay races off of Duke Kahanamoku Beach for paddlers of all ages and abilities.





The twisting, in-and-out race course of The Rainbow Sandals Gerry Lopez Battle of the Paddle, always makes for great action at the buoy turns. Though the competition is fierce, there are surprisingly few conflicts between the racers. Duke Kahanamoku, Ambassador of Aloha, would be proud of the conduct on his beach.

PHOTO BY DAVE CHUN



The surf zone is my favorite place to take photos. Part of it is the "make or break" nature of catching a wave by the racers. Part of it is the adrenalin rush I get dodging the boards as they whiz past my head.



SCORA's safety net

This year we opened at Marina Del Ray with anticipation and baited breath as we kept a keen eye on the flag-pole. Will we have to race with "mandatory" spray skirts so stipulated by the race committee or not? As it turned out- it was an or not race day, beautiful slightly overcast skies, and typical Marina weather. Just the right amount of wind and wave to make the race an enjoyable and safe way to start a season.

May is a back to back weekend starter, with barely enough time to unload and practice, we made our way to San Diego and the Hanohano Crystal Pier Race. Againthe weather was in our favor, and while it was recommended that skirts be used, it was not mandated... why all the mention of spray skirts all of a sudden? SCORA has made several rule amendments brought forward by the race and safety committee and then voted on and either passed or made evident of enforceability that centers on the safety of the paddler. If you subscribe to outrigger@yahoogroups.com, you may have read some of our family discussing the pros and cons of our decisions. Years of experience, conversations and scenarios are played out before the committee makes a recommendation to the board. Ultimately the board makes the final decision based on our suggestion, but in each case the consideration always comes back to the safety and well-being of the paddler.

That said, we have also passed into rule













that each canoe racing in a SCORA sanctioned event will be equipped with a 100 foot tow line attached to the front jako. ready for deployment should the need arise.

All that aside, we are looking forward to another successful racing season. This year, in addition to the remainder of the Iron distance races (right now is Ka Nai'a in Santa Barbars, Hokuloa in Ventura, the Pale Kai Pineapple Express in Avila Beach and culminating at the Kai Elua Championships in San

Diego), we will have the 9-man sprint relay in Long Beach and introduce a NEW event combining a sprint race for keiki and novices, with a distance race for open paddlers which will bring prize money to the top finishers. After that, we move into 9-man, with Oceanside, Dana, Anacapa (12-man), and new and improved Catalina Champs (much more on that this year- a destination you won't want to miss!).

Cheance Adair







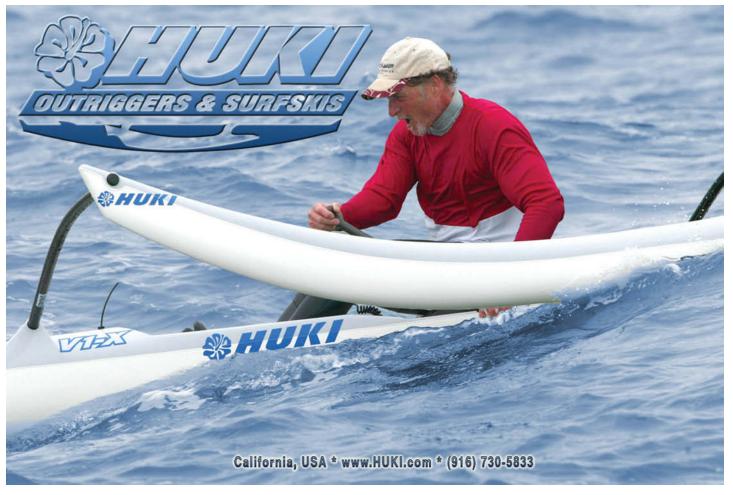














the O'ahu championships and Big Island's Keokea race. Being that the 1-man season was in full swing and the trade winds were finally here and pushing at good rate, the excitement was high. Some of us were pondering going off-island for one of the races and a couple of the guys were feeling good on the idea of an on island adventure here on Maui. By Thursday we were all on the same page.

Nu'u! Nu'u Landing is located on the southeast coast of Maui in a area called Kaupo. The coastline is rugged and has access for a 16 mile stretch. The water outside Kaupo is the famed Alenuihana Channel, notorious for it's large water and high winds. All the settings for a great disaster or the downhill run of your life.

Mael and Kekoa had done the run before, but Tyson, Felipe, and myself were still virgins to the idea. Wind was on and we were going! The excitement was in full swing on the drive out. From the road, 1,500 feet above sea level, you could see monster white caps and large lines pushing down the channel. "Ho Bu!" was all we could say. To be honest, I think we were just trying to stay on a positive mind set being that we were witnessing the looks of angry beauty.

We check the launch site at Kaupo Church, but it was too hairy, so we back stepped about two miles to Nu'u Landing. Nu'u has a point that runs a couple hundred yards out so the launching is very

protected from the elements that lay

I can't tell you how windy it was, mph wise, but I can say it was nuking! We had made a plan, on the way out, to start easy and work into the run, stay together for an hour and then push it to the end. Well, this system worked for about 15 minutes or so, and then we were slowly drifting apart. Once I knew it, I was on my own and wondering if the rest of the guys were in the same shoes, later come to find out that they had actually paired up; Kekoa and Felipe grouped together and Mael and Tyson paired up. The water was so crazy that you had about 100 yards of visibility of the other guys. Beyond that, there was too much going on. Me, I was on my own having an extreme Zen Big Bumps. As we got 30 minutes into the run, it was on and there was no room for error. I kept thinking of pairing up with one of the guys as well, but figured it would be more dangerous to stop, so I just kept chasing stuff. Rain and higher winds came through and turned the ocean more angry, but the distraction of a large Mahi Mahi settled my spirits.

As we approached the area of Kanaio, the first place in 16 miles where we could land in case of emergency, we all felt more secure about ourselves out there. Land was close enough, and the danger was gone from our thoughts to some degree. At this point of the run, the wind was starting to blow at impressive speeds. From the south end of Kanaio to the Makena side of La Perouse Bay, the wind was blowing so hard that the ocean was white. I've never seen anything like this before. There weren't even white caps, the wind was blowing the top foot off the waves... Impressive to see.

Carey, Tyson Kubo and Felipe Gomes

We finished our run at Big Beach (Makena Beach). We waited for everyone to show up before heading in to the beach. We were all so pumped on what we just went through that we went off for 10 minutes about the run, just sitting there in the water and then for another 15 minutes once we were on the beach. People were looking at us with strange faces. We were so fired up, we had to go celebrate! We went off to a friend's restaurant, Pita Paradise in Wailea, to have some beers and great Greek food to maintain our Spartan feeling.

This, by far, was one of the heaviest runs and ocean that I've been in, and by far the fastest. We did 20.4 miles in just about two hours. Kekoa's average speed. with four minutes of standstill, was over 10mph... She Boogie!!

Kai Bartlett

Sorry we don't have pictures of the actual run for people to see, but all the captains we knew would take their boat up that coast that day. They said it was too crazy.



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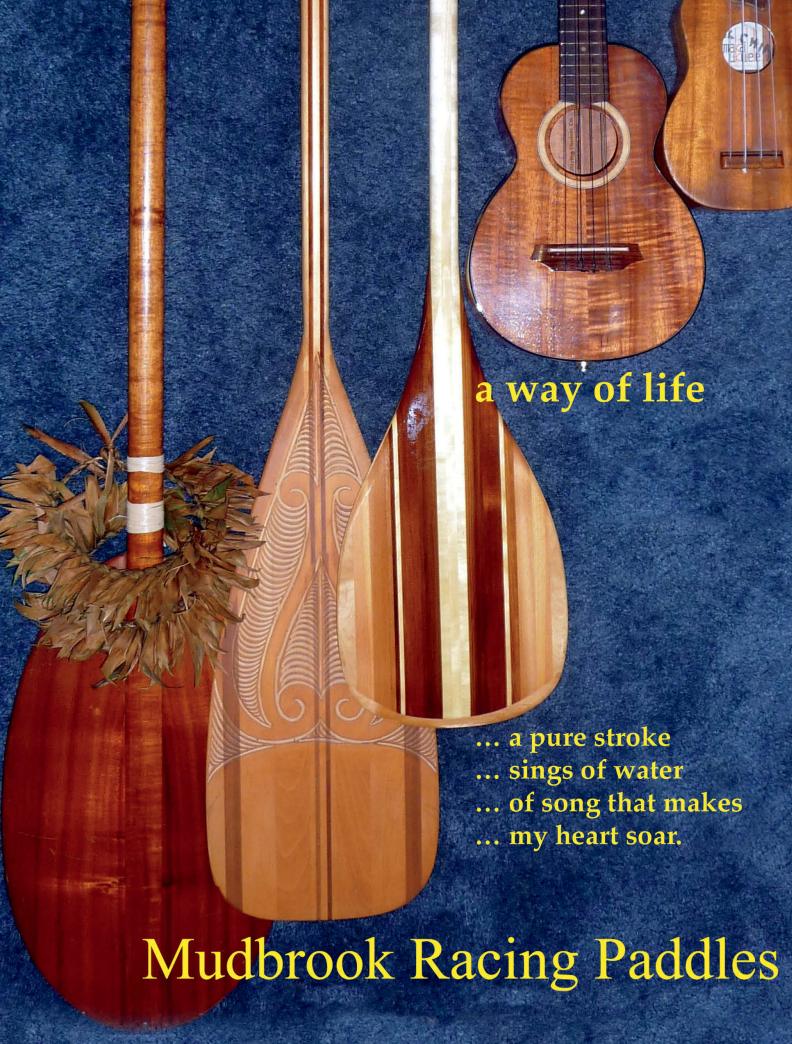


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Suncare and UV Protection

This time of year the UV Index levels are on the rise. We would like to discuss precautions and practices, starting with

For paddling and other performance water sports, use a sunscreen that is a minimum of SPF 15, ideally an SPF 30, is rated at 'very water resistant' and 'very sweat resistant', has zinc or titanium dioxide, and ideally has a combination of organic and inorganic 'active ingredients'. Use a face specific sunscreen for your face; apply approximately 1 ounce of sunscreen, 15-30 minutes before sun exposure, and reapply every 2 hours.

SUNSCREEN INGREDIENTS: **ACTIVE AND INACTIVE**

There are currently 17 'active' ingredients (the ones that protect you) approved by the FDA for use in sunscreen. Only two,

zinc oxide and titanium dioxide, are natural. These ingredients fall into two broad categories: organic sunscreens, also referred to as 'chemical', work by absorbing UV radiation before it penetrates the skin. Inorganic sunscreens, commonly referred to as 'mineral' or 'physical', typically work by reflecting or scattering UV radiation.

Inorganic sunscreens, namely zinc oxide and titanium dioxide. are insoluble in water, thus making them a good choice for water sports. Selecting a sunscreen with a mix of organic and inorganic ingredients is highly recommended. Combined in the same product, they provide a two-pronged approach to broad UV spectrum protection. Chart 1 lists the 17 active ingredients for use in sunscreens in the US, as well as the UV range they cover. The other, inactive ingredients, typically found in sunscreen are emollients, emulsifiers, thickeners, preserva-

tives and those added for nutritional value such as vitamins, minerals, essential oils, etc.

SPF (Sun Protection Factor) is a measure of how well a sunscreen can protect skin from UVB rays. In theory, SPF indicates how much longer it will take your skin to burn, compared to if you were not wearing sunscreen at all. For example, if you skin starts to redden or burn within 10 minutes of exposure, in theory, an SPF 15 product should protect you for about 150 minutes. However the accuracy of SPF to determine a sunscreen's effectiveness is

highly dependent on variables including skin type and the environment. Case in point, if you are in the water swimming or sweating excessively, and the sunscreen you are using does not have a water/sweat resistance factor, that theoretical 150 minutes can be reduced significantly.

THE TRUTH IN NUMBERS

There has been a lot of buzz in the industry about producing sunscreens with SPFs up to 100. In all actuality, SPF 30 is about as good as it gets. Beyond SPF 30, the amount of protection is minute. SPF 15 provides about 93 percent protection from UVB Rays, SPF 30 approximately 97 percent protection, SPF 50 approximately 98 percent protection. Also, the SPF scale is not linear, so an SPF 80 does not provide twice as much protection as an SPF 40. We recommend selecting an SPF 30, and

FDA-Approved Sunscreens		
	UV Range Covered UVA1: 340-400 nm	
Active Ingredient/UV Filter Name		
Active Ingredient/ OV Filter Name	UVA2: 320-340 nm	
	UVB: 290-320 nm	
Chemical Absorbers:		
Aminobenzoic acid (PABA)	UVB	
Avobenzone	UVA1	
Cinoxate	UVB	
Dioxybenzone	UVB, UVA2	
Ecamsule (Mexoryl SX)	UVA2	
Ensulizole (Phenylbenzimiazole Sulfonic Acid)	UVB	
Homosalate	UVB	
Meradimate (Menthyl Anthranilate)	UVA2	
Octocrylene	UVB	
Octinoxate (Octyl Methoxycinnamate)	UVB	
Octisalate (Octyl Salicylate)	UVB	
Oxybenzone	UVB, UVA2	
Padimate O	UVB	
Sulisobenzone	UVB, UVA2	
Trolamine Salicylate	UVB	
Physical Filters:		
Titanium Dioxide	UVB, UVA2	
Zinc Oxide	UVB,UVA2, UVA1	

spending more attention on factors such as water resistance, and added nutritional value of ingredients.

It is important to note that SPF is only a UVB rating, and does not address effectiveness against UVA rays. At this time, no criteria exist in the U.S. for measuring and labeling the UVA protection a sunscreen provides. The FDA has been working on such standards and plans to introduce UVA standards within the next few years. The FDA's intent is to use a 'star rating' system with a 1-4 star rating to identify

the amount of UVA protection provided. In light of this, know which active ingredients provide UVA protection, and ensure at least one or more are in your sunscreen.

WATER AND SWEAT RESISTANCE

Gotta have it. The only two claims achievable and allowed for labeling by FDA standards are 'water and sweat resistant'. and 'very water and sweat resistant'. In a nut shell, these claims are achieved by testing sunscreens on subjects immersed in water (typically hot tubs, or Jacuzzis) performing moderate activity for 20 minute intervals. A water and 'sweat resistant' rating can be obtained after 40 minutes of immersion, and 'very water' and 'very sweat resistant' after 80 minutes, as long as the claimed SPFs are maintained during and at conclusion of testing. So in theory, a 'very water resistant' sunscreen should protect you for at least 80 minutes in the water swimming, paddling, etc.

GET IT ON ENOUGH AND FREQUENTLY

One of the biggest issues related to sunscreen's effectiveness is applying too little, too late and not frequently enough. Here are your application guidelines. Apply approximately one ounce of sunscreen, enough for the whole body including the face, 15-30 minutes prior to going in the sun. Reapply every two-hours. One note on dosage amount, use the one ounce as a good start point, as some sunscreens that are cream or a wax based, require less application amounts compared to a lotion or liquid. About Face? Have you ever had sunscreen run in your eyes? Well that is because you should be wearing a face specific sunscreen on your face. Most body sunscreens, in liquid or lotion form, will run in your eyes once you start sweating or are in the water. On the other hand, most face specific sunscreens typically have a natural or petroleum wax base, and are formulated to not migrate into your eyes.

NUTRITIONAL VALUE

One last thing to consider is the amount of 'good stuff' inside the product that will nourish you skin This is important for people like you who are exposed to the wind, salt water, and other elements for prolonged periods of time. Many sunscreens on the market contain some aloe vera and some vitamin E, but others go well beyond the call.

John O'Malley, President, Chief Motivator and Inspirator, Planet Sun Comprehensive Sun care and UV **Protection**

Got lactate?

Exercise frequency, intensity, type, and time are all important factors in your training protocol. However, the most important variable is exercise intensity. How do you measure exercise intensity? How can you make sure you are working out intensely enough? Should you work out at the same intensity every day? Before we get too intense, let's review a few important concepts.

There are many ways to determine exercise intensity, but the easiest to monitor while training out on the water is your heart rate. You can either measure your heart rate by using a polar heart rate monitor, GPS system, or by taking your pulse immediately following a bout of exercise at the beginning of a rest break. Count the number of beats you feel in 15 seconds and multiply by 4.

Now how high should your heart rate be in order to improve your fitness level? One of the most proven ways is to determine your lactate threshold (LT) and the heart rate that corresponds to this value. The LT is the point during all-out, exhaustive exercise where lactate accumulates in your blood faster than your body can remove it. Having a high LT means you will be able to continue at a high-intensity for a longer period of time before exhaustion.

LT training is accomplished by increasing your exercise intensity so you train at or just

Zono 1	e Name RECOVERY	Heart Rate <125	RPE 6-9	Description: Very light effort=<50% of maximal exertion. Goal is to move blood without any big effort.
2	EASY ENDURANCE	135-145	10-12	Light effort=60-65% of maximal exertion. You can stay in this zone for extended periods without fatigue and can maintain conversation.
3	MEDIUM ENDURANCE	145-155	13-15	Strong, hard effort=70-80% of maximal exertion. You can sustain this effort for extended periods without becoming breathless. You could run a half marathon in this zone.
4	THRESHOLD	158-167	16-18	Very hard effort=Your maximal steady state. You can hold this effort for several minutes (up to an hour for elite athletes), it's not comfortable.
5	POWER	>167	19-20	Extremely hard effort=maximal effort that you can maintain only for a few seconds up to a minute.

above your LT heart rate a few times a week. LT is easy to measure in the clinic by measuring blood lactate during an exhaustive, graded exercise test. These tests are typically performed on a treadmill, but can be adapted for outrigger canoe paddlers by using a simulated paddling ergometer. The table is an example of lactate threshold data collected for an endurance athlete in the Jaco Rehab clinic.

An example of a weekly training schedule based off of the data is:

3 days between Zones 2 and 3. These are longer/endurance work-outs.

2 days a week at Zone 4. These are interval training or longer sprint workouts.

1 day a week at Zone 5. This is an allout sprint. And of course, recovery is just as

important as high intensity training, so make sure at least one day of the week is dedicated to Zone 1 to avoid burnout.

It is important to train in these high intensity zones to increase your body's use and removal of lactate at higher levels of physical activity. This will pay off on race day when your body has been trained to push through those last seconds and cross the finish line one-step ahead of your competitors. Good luck, and hope to see you in the water.

Looking to find out your own personalized lactate threshold/heart rate values? Lactate Threshold Testing is coming soon to Jaco Rehab, (808) 381-8947.

By Catherine Cullison, DPT at Jaco Rehab



Maui to Molokai

Maui Canoe and Kavak Club's (MCKC) signature event, Maui to Molokai, was held Saturday, April 23, 2011 from DT Flemings Beach, West Maui to South Shore Kaunakakai Harbor, Molokai,

Eleven years ago, a small group of Maui paddlers, the MCKC board, was sitting around the tables in a small office in Lahaina contemplating Mike Goblin's idea to have a race from Flemings. Maui to Kaunakakai, Molokai. He felt it was one of the best downwind runs, and he often did it as part of his training. This year marks our 10th anniversary and our largest event of the year. This year over 250 paddlers registered, the largest field ever from Hana to Lahaina, from 'Upcountry' to Kihei, Hawaii to Kauai, North America to New Zealand, and from Australia to Molokai.

We kicked off the race Friday night with a pre-registration party, sponsored by Outrigger Pizza Company. With tasty pizza and beverages, to gift bags and givea-ways and socializing with new and old friends, the night was festive.

Out of all the paddlers, half were wahines and among them, an OC-2 relay team of Ellen Federoff, Donna Abdill, Colleen Ford and Carla Fadriquela paddled to promote

OUEEN LILIUOKALANI OUTRIGGER CANOE RACES SEPT. 3, 4 & 5 • 2011 Join us for celebrating, racing, cultural events, parties and more. Every registered race # in Saturday's race is in our lottery for a new OC6! STAY TUNED...OUR NEW RACE WEBSITE WILL LAUNCH SOON

the annual voyage to Lanai in October for the Pacific Cancer Foundation Paddler for Life. The gals finished second in their division with a time of 3:51:38. From relay to solo, five wahines, Margie Kawaiaea, Trz Harrisson, Torrey Goodman, Faith Mori, and Marian Zajac paddled solo in the OC-1 50-plus division.

Although we would like to think wahines rule, we must remember our vouth, Juniors' (under 17) race fees were waived, and we congratulate the next generation who came out to race with us like Rilty Ritchie and Jessie Mills-Thom on a OC-1. Others on SUPs and OC1s were inspiring to see racing competitively against us 'mature' folks.

Men over 60+ rock. Congratulations to Biggie Lara, Peter Martin, Greg 'doc' Davis, Pia Aluli and Al Ching for an outstanding finish.

Divisions are formed when at least three paddlers race against one another. This year we were shy one team for the '3 Dudes and a Wahine' division. This year team Rick Herrera/Noah Herrera/ J.R. Rios/Nikki Rios raced against team Paul Donovan/Christine Donovan/Jason Humphries/Norman Mallory so they raced OC-2 Relay Unofficial — while enjoying the experience. We must remember it is all about paddling verses the hardware and bragging rights.

Congratulations to our Kiwi paddler from New Zealand. He was the first paddler to cross the finish line. Zsolt Szadovski on a surfski completed the course in 2:46:01.

, Stacie Thorlakson For more 2011 results, go to www.mauicanoeandkayak.org.

Internally, we are working at making it an easy event as far as logistics, affordable, fair, safe and memorable for all. The course is awesome, and we are so grateful for the beautiful conditions this year. We don't think we could have asked for much better. There was no huge shore break, which allowed for an easy start in the bay, and the conveyer-belt of possible rides was running in overdrive. The rides were insane; Big drops, fast, hold on to your seat drops, long rides, and lots of connections... so much fun all the way to the Kaunakakai buov.

Mahalo to our Molokai `ohana, the Kimball's, Kalama's, Waakapaemua Canoe Club and Kana Wallace, our sponsors: Nalu Koa, Olukai, Son'z, Sarento's, `Oiwi, Nicks Fishmarket, Hammer Nutrition and Tri Paddle. Race Directors Ricky and Sharon Balidoy new race system, plus their team of volunteers put together a one-of-a-kind race.

Stacie Thorlakson



photos by Stacie Thorlakson.















Eono Hoe, a 2 day race

An Open class canoe from Kamanu Composites took first place on day one from Maui to Molokai and day two, Molokai to Oahu. The crew of Scott Gamble, Manny Kulukulualani, Bill Pratt, Travis Grant, Scott Hendricks and Jimmy Austin finished day one in 2:34.23 and day two in 3:44.55. Team Primo, who paddled an Open class Bradley, finished fourth on day one and 2nd on day two. Their times were 2:40.56 and 4:01.59. Team Livestrong from Kailua-Kona took second in the unlimited division on day one and third on day two. Outrigger Connection M2 took third on day one and 6th on day two, placing third overall. Waikiki Beach Boys finished 4th on both days and placed 4th overall. Lanikai Canoe Club placed 5th overall in the Open class division. Other teams taking part were Hui Lanakila of California, Lae Ula O Kai (Maui), Hui Nalu (Oahu 50+), Hui Makule O Nappy (Oahu 60+), Team Lovell Taylor on a 200 pound Mirage, and 30K Strokes, a group of women out of Kailua on a Bradley Lighting.











ew Product



After being in production in California for a number of years, Tiger is back in Hala'ula, North Kohala and is again building water sports equipment including canoes and Standup Boards.

Amongst his newest products is the Teva I Tai V-1 which is a contemporary Tahitian hull first built by Phillipe Bernadino of Tahiti. It is suited for all ocean conditions. V-1 canoes are excellent training tools for paddlers to develop proper stroke technique. For steersmen, the V-1 is a critical tool in developing one's ability to master corrective strokes.

Tiger canoes is also in the process of developing and building a new V-3. It is optimally suited for open ocean, rough water conditions and will also be able to be configured for double hull and sailing applications. Lamination and weight specifications will be available later.

For more information visit tigercanoe.com.





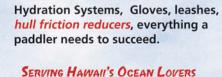
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HUI WAA CHAMPIONSHIPS - JUL 23

OHCRA CHAMPS - JUL 25

HCRA STATE CHAMPIONSHIPS - AUG 6

KAENA CHALLENGE OAHU - AUG TBD

NA PALI CHALLENGE, KAUAI - AUG 13

DUKE KAHANAMOKU RACE, OAHU - AUG 21

KAILUA BAY CHALLENGE, OAHU - AUG 27

DAD'S CENTER RACE, OAHU - AUG 28

E LAU HOE, OAHU - SEP 11

HENRY AYAU MEMORIAL RACE, OAHU - SEP 18

40TH ANNUAL QUEEN LILI'UOKALANI OUTRIGGER CANOE RACES, HAWAII - SEPT. 3-5

RACE AROUND THE HAT SEP 10

CATALINA CHANNEL CROSSING, CALIFORNIA - SEP 10-11

PAILOLO CHALLENGE, SEP 17

NA WAHINE O KE KAI. MOLOKAI - SEP 25

MOLOKAI HOE, MOLOKAI - OCT 9

VAKA EIVA, COOK ISLANDS - NOV 18-25

RIO VA´A BRAZIL DEC 10

CHECK OUT OUR WEBSITE FOR UPDATES

KAHALA CHALLENGE

June 18th at Kailua Beach Park. 800m swim, 2.5 mile beach run, then either a 2 mile paddleboard, 2 mile SUP or 2.5 mile OC1. Awards follow for individual and team division. Brunch provided by Kalapawai Market. A portion of the proceeds will benefit Kailua Canoe Club. For more information, call (808) 285-6667. Entry forms at www. kahalachallenge.com.

THIRD ANNUAL RACE AROUND THE HAT

Sep 10 at Kualoa Beach Park. Event to include TWO race formats this ear! A sprint knock out race as well as the traditional race around Mokoli'i Island.

fleet of canoes heads for Kualoa

Te Mana o Te Moana has started. The voyage of the seven wa'a from the South Pacific is finally making its way towards Hawaii. I am a crew member of Tahiti's Canoe Faafaite. We left Papeete and estimated arriving in Hawaiian waters in mid-June, and Oahu around the 25th at Kualoa.

Since 1976, there have been voyaging canoe projects, with Hokulea leading the way along with the family of Hawaiian

Canoes including Hawai'i Loa and Makali'i. Last year with the support of a German ecologist, Dieter

This marks the first time a Tahitian canoe will visit its cousins up north since the days of the Department of voyaging canoe

Pullmann and his foundation Okeanos, a fleet of voyaging canoes set sail between the Polynesian islands of Aotearoa (New Zealand), Fiji, Samoa, the Cook Islands and Tahiti. The project known as "Tavaru" means in Tahitian, a fleet of canoes. The purpose is to bring awareness of issues including climate change, sea level rising, acidification, noise pollution, and globalism that is changing the social fabric of ocean cultures, traditions and customs. The voyagers of Tavaru are from all over the Pacific Ocean: Kiribati, Papua New Guinea, Solomon Islands, Vanuatu, Aotearoa, Samoa, Tonga, Fiji, the Cook Islands, Tahiti and Hawaii. I have had the opportunity over this past year to prepare for the next voyage with the Tahitian canoe, Faafaite. I have never sailed before, and this project seemed like a great way to get in touch with the culture of my Tahitian ancestors. We took part in many cultural activities while engaging communities, and reaching out to the next generations of Polynesians. This year the Tahiti Voyaging Society

> established a with the Tahiti Education, to offer an educa-

tional program centered on the science and culture of ancestral navigation and about living a sustainable lifestyle. Faafaite along with its canoe cousins of the Pacific Voyagers fleet are already models of sustainability, having acquired electric engines powered by photovoltaic solar panels, consuming biodegradable products and eating local foods from organic farms. Faafaite installed a satellite communication platform in order to talk directly to school children all over Tahiti during the entire voyage. The program is directed towards children in primary and secondary levels. This year's voyage is called Te Mana o Te Moana, the

'Spirit of the Ocean'.

Talk about a traditional voyaging canoe with high technology, one of the fleet's captains said, "Hey, if our ancestors had this technology, they would use it." True, but we must not forget that one of the main purposes of these voyages is to reconnect with nature, and at the same time, understand the importance of respecting it just like our ancestors did.

We left the port of Papeete along with fellow Cook Islands' canoe Marumaru Atua to join five other canoes of the Pacific Vovagers fleet: Haunui with crew members from Aotearoa, Papua New Guinea, Solomon Islands and Hawaii; Gaualofa from Samoa; Hinemoana with crew from Aotearoa, Tonga, Vanuatu, Tahiti; Te Matau o Maui from Aotearoa; and Uto Ni Yalo from Fiii.

Our first destination is the Tahitian atoll of Fakarava and then onward to the Marguesas island of Nuku Hiva before heading for Hilo, Hawaii. This marks the first time a Tahitian canoe will visit its cousins up north since the days of the voyaging canoe. I am honored to sail in the footsteps of our ancestors.

For more check out www.pacificnetwork.tv.

Johann Hironui Bouit



Restaurant: Open Daily 7am-midnight (Located on the lobby level of the OHANA Waikiki Beachcomber) Retail Store: Open Daily 9am-10pm (Located on the street level)

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