

---



# PaddleBlade

Lanikai Canoe Club Newsletter Vol. 2, No. 2, September 2005

---

## Aloha Lanikai Canoe Club Members,

Here we are once again, concluding our regatta season and what a great season it was.

Our membership enrollment was at about 430 and I'm happy to say that the decision of not going to the State Race did not affect the success and size of our club. We won 3 regattas (Kailua, Nanakuli and MacFarlane), came in 2nd in two regattas (Waimanalo, Oahu Championship) and 4th place at the Kaupiko regatta. Our youth crews continued to dominate the morning races; our open mens and open womens crews continued to score of points throughout the day; and our masters men and women did a great job finishing the day with a bang! This is very exciting and we are very proud of all of our paddlers and coaches.

Our Awards Banquet on Monday, August 1, 2005, at Ocean Club was a huge success! There were about 200 people in attendance and we had the whole restaurant to ourselves. Thanks to Ocean Club for doing such a fabulous job in making it so enjoyable. The food was great and it looked as though everyone had fun mingling and checking out the Silent Auction items. Thanks to Connie Sizemore and all our volunteers who organized the Silent Auction; and to all of those who donated so generously. We made \$1677 for the refurbishing of our koa canoes. We will be engaging in a variety of fundraising efforts to raise the necessary funds to complete the refurbishing of our koa canoes, the Mokulua and the Hokulele. We hope to accomplish this by 2006 and



*The season ending banquet at Ocean Club*

### *In this issue...*

Regatta Wrap Up .....	1
Macfarlane Regatta Memories .....	2
Youth OC1 Program .....	2
From OC Paddling to Kayaking .....	3
Lanikai CC Golden Master Men .....	4
Keiki Race .....	6
Long Distance Calendar .....	7
The Novice Bs .....	8

would appreciate any support you could give us towards this project. We have enclosed the donor envelope for your convenience.

We are very sad that we did not get to participate in the State Race this year. In this regard, we are already starting to prepare for next year. In particular, we are being proactive and getting involved with the decision making process and possible rule change regarding the direction of the design of our koa canoes at this year's HCRA annual meeting. For those of you who may not know, some of the clubs who went to the State Race in Maui received \$250 fines from HCRA for having fiberglass in the hulls of their koa canoes.

Coming up on November 13, 2005, we are planning our Annual Meeting. Mollie Foti is planning an Ice Cream Social at Lanikai Park. At the Annual Meeting we will have a chance to mingle after distance season and have our election for our 2006 board of directors. If you are interested in sitting on the board, please call or email me. We look forward to seeing you there and bring your spoon!

For those of you who are paddling distance, have a safe and fun season. And once again, thanks to all for making Lanikai Canoe Club what it is today.

Aloha,  
 Judy Sangiuliano,  
 LCC president

## 2005 MACFARLANE REGATTA



### Youth OC1 Program by Pete Roney

This summer the LCC's Youth OC1 program finished its first one man season. For the youth paddlers, coaches and parents involved it was a very rewarding and educational season. Several paddlers culminated their one man canoe experience by paddling in the State Championship race, the Molokai Relay and even the Solo Molokai race. The coaches would like to thank John King and sponsors (Buzz's, All Pool and Spa, Kalapawai Market, Foti Brothers, Tiger Canoe and Kayak, and

Kai Wa'a), the upper division men who gave generously of their time and talents, and the parents who gave both moral and monetary support. The program will begin the upcoming season with a call for applications (available on the LCC website), and a plan to begin training by the first of December. Lanikai male and female paddles ages 13-18 are eligible and encouraged to apply. Finally, all the youth paddlers are to be congratulated for their dedication, courage (!) and accomplishment.

## FROM OC PADDLING TO KAYAKING

by Will Rich



*Pat Dolan on OC1*

Pat Dolan and Ben Creps, long time Lanikai Canoe Club paddlers, did extremely well at the USACK Sprint Nationals held August 9-13 in Seattle, and they contributed significantly to the first place finish in junior competition by their team, Hawaii Canoe and Kayak Team. In particular, Patrick won eight gold medals: six in the junior division, ages 18 and younger (K1 500m, K1 1000m, K2 500m, K2 1000m, K4 500m and K4 200m) and two in the senior division, open to all ages (K1 1000m and K2 1000m). Meanwhile, Ben won three gold medals in the junior division (K2 200m, K4 200m and K4 1000m). LCC can be justly proud of these two young men.

As Patrick's grandfather, I must take this opportunity to brag about his kayaking accomplishments over this summer. First he went to Lake Placid in New York where he qualified for Team USA. Next he traveled to Quebec for the Pan Am Games and then to Georgia for training. While in Georgia he took one week from training to attend the Summer Orientation Program at the US Coast Guard Academy in New London, CT, then returned to Georgia. After training in Georgia, the Team USA (Juniors) traveled to Venice, Italy for more training and then on to Szeged, Hungary for the Junior World Championships where Patrick competed in the K4 1000m event. He and his three teammates made the semifinals, but did not advance to the finals. One day after the competition in Hungary, Patrick and his HCKT teammates traveled to Seattle for the Nationals.

Patrick's accomplishments in kayaking competition are remarkable in that he was introduced

to kayaking only eight months ago. Of course, he has been no slouch in OC1 competition, having finished 30<sup>th</sup> in the solo Molokai as a 15 year old in 2004. In that same year he teamed with Aaron Napoleon to finish 7<sup>th</sup> in the Molokai relay. In 2005, he finished 7<sup>th</sup> in the solo Molokai and 1<sup>st</sup> in the Molokai relay partnered with his mentor and coach, Kai Bartlet.

Patrick has told me that he owes a great debt to those who coached him at LCC. For regatta training, his first coach was Maui Asperlund, then Ricky Bermudez and most recently Corey Meahau and Pete Roney. For distance competition his coach has been Pat Erwin. These coaches trained him with professionalism and motivated him in the finest spirit of Hawaiian outrigger canoe paddling. He is also deeply indebted to Kai Bartlet for OC1 training and general mentoring and to Kalani Young for his physical training regimen.

Patrick is sincerely thankful for the sponsorship by Dale Madden's company, "Island Heritage" and Ken Bailey and his "Hekili" company, and other individuals who provided financial support for his OC1 efforts. For support in his kayak training and competition Patrick owes a great debt to Lanikai Canoe Club and many club members and other friends who have helped to cover the expenses of his travels to New York state, Georgia, Italy, Hungary and Washington state. He looks forward to continued support for the coming years leading to the 2008 Olympics in China.



*Ben Creps on kayak*

## **The Lanikai Golden Master Men - "The Season of Adversity"** **by George Medeiros**

After a great season in 2004 we were brought down to earth very abruptly. First we find out that we weren't going to "States" in August, then we find out that we'd lost two thirds(four) of our Golden Master Men's Crew from 2004. This resulted in the Golden Master Men reassessing their goals for the 2005 season.

We decided along with the club to focus on winning the Walter MacFarlane Regatta and the Oahu Championships. We looked at our positives. Number one, we had two paddlers from the 2004 Golden Master Men's crew back from last year, Jerome Cox and Mike Gibson. Number two we had all three paddlers back from the 2004 Golden Masters Mixed crew, Rob Milne, Bill Tibbetts and Billy Watson. All of these paddlers had been work-

ing hard during the off season on their OC1s (O.K. working & playing). Number three we had some paddlers who hadn't been with us in 2004, Tay Perry (his father started Lanikai canoe club), Jack Laufer (back from Guantanamo Bay as a drafted Navy Reservist), and Clint Mathews, from California, Kimo Moncrief (back from sailing to the Galapagos islands), and Bill Henderson, Cancer Radiation Treatment, all of these paddlers were experienced OC-1 paddlers, thus were either in racing shape during the off-season or getting there quickly. Number Four, most of our other paddlers had embraced the idea of OC-1 paddling during the off season (which we stressed last year) and had gone out and gotten their own OC-1's, thus making them stronger for the upcoming season.



*Golden Masters in Pre-Regatta season Distance Race*

## Golden Master Men...cont.

With these positives we knew we had something to work with and a better starting point. We worked hard and long on both OC6 and OC1 practices before and during the season. The OC1 allowed us to have more practices than most.

The OC-6 for practices to work at blending together and practicing pulling a 400# canoe in rhythm.

The OC-1 practices were for fitness improvement, swing repetition, and learning how to pull water to make oneself go thru the water faster. The paddler is the only one in the canoe, and thus realizes how his and only his paddling is generating forward momentum, whether fast or slow. Going up against one another made us realize as individuals what we needed to do to get better. Some of us that had more than one OC-1 loaned canoes to those that didn't, so that everyone that wanted to could join in the OC-1 workouts. The OC-1 practices were also necessary for the reason that there are not enough OC-6 canoes to allow for practicing more than 3 times a week, also we didn't have to concern ourselves with having the right amount of paddlers to fill a canoe ie:six in a canoe. Paddling a 6-man canoe with only 4 or 5 paddlers absolutely "SUCKS". We thus were able to stick by our mantra of " If you want to beat the next guy, practice more than he does".

When the season started we found that the Senior Master crew (50+) for one reason or another had been decimated leaving only two paddlers, Dave Dunham and Dave Lipps. Thus we "The Old Guys" were tasked with qualifying the Senior Master Crew (along with Dave & Dave) for the Walter MacFarlane regatta, when by then they would hopefully get the rest of their paddlers back. Dave & Dave joined us in our workouts and we spread out our "Old Guys" to include manning the Senior Master Crew for their race

We worked hard and we worked long at both OC-6 and OC-1 practices.

The result of all this was:

- The Senior Master crew qualified for the Walter MacFarlane with Dave & Dave and the "Old Guys"

- The Senior Master crew won the Gold medal in the Walter MacFarlane with the rest of the "real" senior masters showing up at last.

- The Golden Master Men won the Gold medal in the Walter MacFarlane.

- The Golden Master Mixed won the Gold medal in the Walter MacFarlane

While we (the Golden Masters) didn't do as well in some of our other races, we did medal and would have qualified for States.

My thanks to Rob Milne for taking over the coaching of this group after the MacFarlane Regatta when I realized this old body of mine would not let me coach anymore.

What this season taught us was that things don't always go as planned and we have to prepare ourselves as well as possible during the offseason to race where asked and be able to do our best.

It also pointed out the value of the OC-1 in improving ourselves and ultimately our crew in the off season. Just having an OC-1 doesn't make a paddler better. Getting On it and paddling it does. By encouraging more of the paddlers in our Ohana to paddle together (and have fun together) in the off season and during the season we have gotten better as individuals and as a team.

**10th Annual George Perry Memorial  
Na Keiki O Na Wa'a Race  
by Mollie Foti**



Not even buckets of rain could dampen the enthusiasm of some 600 keiki paddlers at this year's George Perry Memorial Race, our tenth annual.

Where did the time go?

At the kick off event in 1996 we had 44 entries in 18 categories: 12-13-14-15-16-18 boys, girls and mixed crews. This year it grew to 117 entries in 21 events, with the addition (2 years ago) of a 10 and under category, boys girls and mixed. Kids just love this race, the only opportunity for most of them to participate in a "long distance" event. The 10 year olds only do a 1/2 mile race, but the 12-14's race a 2 mile loop from just past Flat Island to the end of Kailua beach park and back, and the 15's-18's do the loop twice. They get to experience the excitement of managing the waves that roll around Flat as well as learning how to line up and jockey for position with 15 or 20 other boats on the starting line, and then the mass confusion of coming around a turn buoy with those same boats.

All great fun. And when their race is over we serve them lunch, give them t-shirts, and the first 3 finishers in every category get medals.

This year's race was held on May 21, surely the wettest Saturday of the month. All our loyal club volunteers, too numerous to mention, showed up despite periodic bouts of heavy rain, and worked overtime to help make things run smoothly. We thank you all. You know who you are!

We would like to thank Pinky's Puppu Bar and Grill for their outstanding support in providing lunch for all these hungry keiki. This is the third year in a row that Pinky's has pitched in and donated the food, delivered by owner Gene Gunn himself to Kailua Beach Park. Gene has been a great supporter of many youth sporting events. We are grateful for his assistance to our club. Just as a reminder, Pinky's is once again serving Sunday breakfasts. Now that regatta season is pau, we can do these things again!

Schuler Homes provided us with a cash donation to help with many of the other expenses and the perpetual trophies were spruced up like new by Marian and Curtis Hawkins of Danbarry Designs.

# Lanikai Canoe Club 2005

## Distance Calendar

Annual Meeting at Lanikai Park

Sunday, 11/13/05 @ 3 pm (icecream social)  
(elect Board members)

### 2005 Distance Season Race Schedule

<u>Date</u>	<u>Race</u>	<u>Race Host</u>	<u>Location</u>
8/14	Kaena Challenge(iron race)	Makaha CC	Haleiwa Beach Park
<b>8/21</b>	<b>Duke Kahanamoku Race</b>	<b>Lanikai CC</b>	<b>Kailua Beach Park to Bird Rock and back to Kailua BeaPark Kailua Beach Park to Waikiki</b>
8/27	Kailua Iron Man Challenge	Kailua CC	Kailua Bay
8/28	Dad Center Race (Women)	Outrigger CC	Kailua Beach Park to Outrigger CC
9/11	E Lau Hoe (Women)	OHCRA	Magic Island to Pokai Bay
9/18	Henry Ayau Memorial Race	Ko Olina Resort	Moanalua Bay to Ko Olina Resort
9/25	Na Wahine O Ke Kai	Na Wahine O Ke Kai	Hale O Lono, Molokai Waikiki
10/9	Molokai Hoe	OHCRA	Hale O Lono, Molokai Waikiki



*The Lanikai Mens Crew will be defending it's 2004 title!*

## The Novice Bs by Sean Spillane



Mahalo to Lanikai Canoe Club, coaches Carl Woehrle and Kern Rogerson, and the Novice B crew for making the 2005 Regatta Season a great experience. Coaches Carl and Kern provided our crew with top-notch technical knowledge, guidance and conditioning to build a winning season. Under their direction, the members of the Novice B crew quickly became a cohesive and competitive group with whom it was a pleasure to paddle. Contributing to a great experience were the dedication of the paddlers and coaches of the Lanikai Canoe Club which is evidenced by the enthusiasm with which the club paddles.

Our season began with a pre-season race in Kaneohe Bay. We quickly learned that paddling is a competitive sport when another crew purposely lifted our ama resulting in our huli and subsequent struggle to catch the canoes ahead of us for the entire race. After that we were determined not to finish in the back of the pack.

Our first regatta got us off to a great start, placing first in both the Novice B Men and Mixed races. Coaches Carl and Kern were quick to congratulate us and even quicker to point out that we now had very big “targets” on our backs as the other clubs would look to beat us in the next regatta! Making those targets just a little bigger, or maybe just our egos, were the photos of the crew posted in the Midweek Islander. I never knew so many people read the Midweek Islander!

With the exception of an unfortunate and ill timed huli at Waimanalo (20 feet from the finish line!) we finished strong in the next three regattas and qualified for the Walter J. MacFarlane Regatta in Waikiki. What an exciting race - both as a participant and as a spectator. Our canoes only added to the festive Waikiki scene with its surfers, tourists, sunbathers, and swimmers. We were fortunate to have Jim Foti as our steersman and with his help we caught a much needed and well timed wave and placed first among the Novice B Men.

While we didn't finish as strong as we would have liked in the O.H.C.R.A. finals, we did, based upon State qualifier points, manage to tie for first in the Novice B Men division and placed first in the Novice B Mixed division for the season.

I will remember the 2005 Regatta season as a great introduction into the sport of outrigger canoe paddling. I now understand why paddlers are so enthusiastic about the sport of paddling and I very much look forward to returning next year for the 2006 Regatta Season!

Sean Spillane

Lanikai Canoe Club Novice B Crew Member