

# Canoe-Racing Training

By Emary Lucas

At recent meetings, many potential paddlers were introduced to their coach or coaches as the Club gears up for the upcoming canoe-racing season. Already, paddlers of various crews are "hitting the water" either early in the morning or in the evening hours, with the quality of the crews looking good.

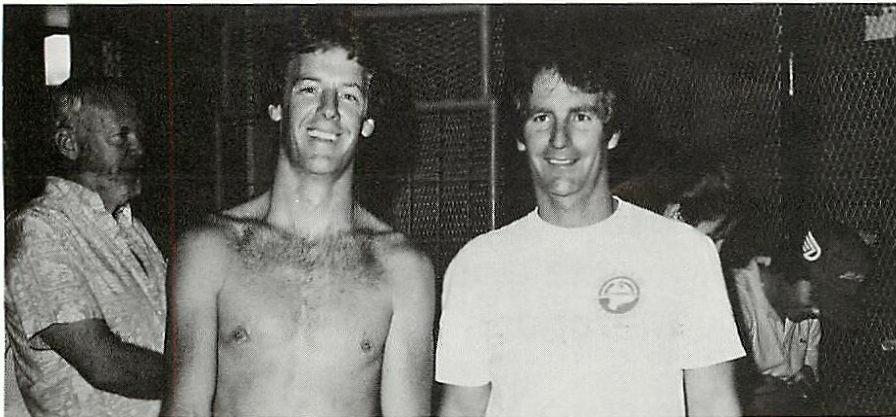
At one recent meeting, Don Mailer, racing committee chairman, met with upper division girls' coaches Mark Buck and Mike Lemes. The girls' crews should do well, especially with two handsome coaches to motivate them. Lemes and Buck, like many of the other OCC paddling coaches, have years of canoe-racing experience, both having paddled in the senior men's crew.

Technique in paddling is stressed by the coaches. Involved are the type of stroke, the RPM speed, and the concentration of power while paddling.

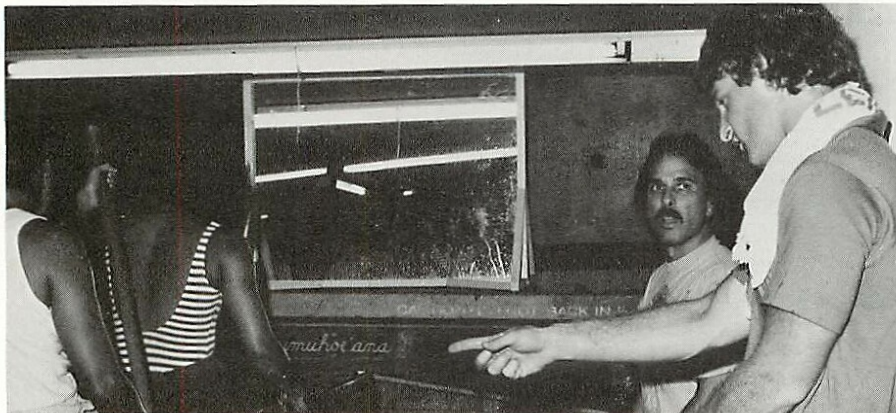
They believe in the bend of the modified "Hawaiian-style" stroke—accelerating on the entry with an early release. A definite rhythm to the stroke will be stressed during practices.

Like some of the boys' and men's crews, the girls will be training on the Ala Wai. The coaches will use various types of workouts in order to get the most out of their new charges, turning those kittens into winning tigers! Three days of quality workouts will be achieved and, as the saying goes: "If you're late, find another sport."

Mike and Mark look forward to a very successful season with their team and will be watching each girl's daily as well as weekly improvement. Their fellow Club members wish these ladies the best and look forward to new records and many wins.



Photos by Emary Lucas



Top: Don Mailer, left, canoe racing committee chairman and Mark Buck, co-coach of women's upper division.

Bill Bright, left, discusses paddling technique of the women's upper division crew with co-coach Mike Lemes. Crew members are practicing in the trainer located in the lower garage area.

## Race Schedule

### REGATTAS

#### SUNDAY

- June 6 King Kamehameha Regatta  
Kailua Beach
- June 13 John Kaupiko (Surf) Regatta  
Waikiki Beach
- June 20 Leeward Kai Regatta  
Nanakuli Beach
- June 27 Pop Waialeale Regatta  
Waimanalo Beach
- July 4 Walter MacFarlane (Surf) Regatta  
Waikiki Beach
- July 11 Healani Regatta  
Keehi Lagoon
- July 18 Hawaiian Warriors Regatta  
Waimea Bay
- July 25 Ohana O Ke Kai Regatta  
Makaha Beach
- Aug. 1 Oahu Championship Regatta  
Keehi Lagoon

### LONG DISTANCE RACES

- Aug. 22 Duke Kahanamoku Races  
Magic Isle-Lanakai
- Aug. 29 Dad Center (Women Race)  
Lanikai-OCC
- Sept. 5 Waikiki Surf Race  
Lanikai-Ala Moana
- Sept. 12 Kualoa Distance Race  
Kualoa-Hawaii Kai
- Sept. 19 Kaena Challenge  
Haleiwa-Pokai Bay
- Oct. 10 Molokai Hoe  
Molokai-Oahu

### OTHER RACES

- Aug. 7 State Championship Regatta  
Hilo Bay, Hawaii
- Sept. 26 Na Wahine O Ke Kai (Women's  
Molokai Race)  
Molokai-Oahu

## Racquetball Time!

A racquetball tournament is being planned for late July for OCC members only. There will be men's and women's divisions and mixed doubles teams will be picked by drawing. A minimal entry fee will include special T-shirts for all.

Look for a sign-up sheet on the tennis bulletin board or contact Tom Merrill or Jaren Hancock. More details will be given in the July issue of The Outrigger.