

OCC Does Well in Distance Races

Healani won the 31-mile OHCRA-sponsored E Lauhoe Na Wahine women's long distance race on September 15, from offshore the Outrigger Canoe Club to Pokai Bay in 4:24:02.

Outrigger was second overall in 4:28:35 and first in koa. Members of the crew were Nicole Wilcox, Kaili Chun, Kisi Haine, Katy Bourne, Malia Kamisugi, Paula Crabb, Mary Smolenski, Terri Pynchon, Cathy Ho, Sara Ackerman, Katie McCrary Thorndike, Tiare Finney.

In the Masters Division, Outrigger finished first in 5:00:08. They were eighth overall.

The crew was Pam Zak, Diane Stowell, Ann Cundall, Allene Richardson, Peggy Danford, Heidi Hemmings-Hall, Gerri Pedesky, Sharon Bintliff, Carol Wilcox, Ruby Ifversen, Sue May and Kathy Clifford.

The results:

E Lauhoe Na Wahine

September 15, 1991 Waikiki to Pokai Bay

| Overall | Club | Time | Place/Division |
|---------|--------------------|---------|----------------|
| 1. | Healani | 4:24:02 | 1st, Glass |
| 2. | Outrigger | 4:28:35 | 1st, Koa |
| 3. | Waikiki Yacht Club | 4:40:14 | 2nd, Glass |
| 4. | Lokahi I | 4:44:43 | 3rd, Glass |
| 5. | Kai Oni | 4:48:39 | 4th, Glass |
| 6. | Waikiki Surf Club | 4:50:25 | 5th, Glass |
| 7. | Hui Nalu | 4:51:46 | 6th, Glass |
| 8. | Outrigger Masters | 5:00:08 | 1st, Masters |
| 9. | Lanikai | 5:01:02 | 7th, Glass |
| 10. | Waikiki Yacht Club | 5:22:11 | 2nd, Masters |
| 11. | Koa Kai | 5:25:25 | 8th, Glass |
| 12. | Lokahi Masters | 5:34:35 | 3rd, Masters |
| 13. | Lokahi II | 5:40:39 | 9th, Glass |

Skippy Kamakawiwoole

Outrigger men won the 26-mile Skippy Kamakawiwoole long distance race from Hawaii Kai to Nanakuli on September 22 in 4:00:06.05. OCC sponsors the race.

Members of the men's crew were Kainoa Downing, Walter Guild, Robbie Harrison, Bruce Black, Wyatt Jones, Tom Conner, Chris Kincaid, Geoff Graf and Mark Sandvold.

Outrigger's second open crew finished four minutes later for second place but was assessed a 10-minute penalty for jumping the start. They wound up in sixth place overall and fourth in glass.

Members of the crew were Matt Rigg, Courtney Seto, Karl Heyer IV, Todd Bradley, Bruce Eliashof, Alan Pflueger,

Todd Payes, Tom McTigue, Todd Sandvold.

Outrigger's Masters crew was ninth overall in 4:21:71.31 and won the masters division.

The crew was Bill Bright, John Finney, Greg Rudin, Mark Buck, Mike Clifford, Brant Ackerman, Bob Riley, Bill Danford and Henry Ayau.

The Club's senior masters crew was 20th overall in 4:45:54.30 and second in the senior masters division.

The crew was Chris McKenzie, Tom Merrill, Ken Stehouwer, Hank Lass, Jody D'Enbeau, Tay Perry, Kent Giles, Jim Peterson and Scott May.

Skippy Kamakawiwoole Long Distance Race

September 22, 1991 Hawaii Kai to Nanakuli

| Overall | Club | Time | Place/Division |
|---------|-----------------|-------------|-----------------|
| 1. | Outrigger | 4:00:06.05 | 1st, Koa |
| 2. | Kai Opuia I | 4:09:03.47 | 1st, Glass |
| 3. | Lanikai I | 4:11:31.77 | 2nd, Koa |
| 4. | Anuenue | 4:13:32.25 | 2nd, Glass |
| 5. | Waikiki Surf | 4:14:36.42 | 3rd, Glass |
| 6. | Outrigger II | 4:14:38.08* | 4th, Glass |
| 7. | Lanikai II | 4:15:58.22 | 5th, Glass |
| 8. | Lokahi I | 4:17:10.75 | 6th, Glass |
| 9. | Outrigger III | 4:21:71.31 | 1st, Masters |
| 10. | Hui Lanakila | 4:22:07.47 | 7th, Glass |
| 11. | Kailua I | 4:28:54.69 | 8th, Glass |
| 12. | Kailua II | 4:30:15.34 | 2nd, Masters |
| 13. | Kai Opuia II | 4:30:52.72 | 9th, Glass |
| 14. | Hui Lanakila II | 4:35:34.17 | 3rd, Koa |
| 15. | Koa Kai I | 4:36:11.43 | 10th, Glass |
| 16. | Lanikai III | 4:37:21.63 | 11th, Glass |
| 17. | Waikiki Surf II | 4:39:27.39 | 4th, Koa |
| 18. | Kailua III | 4:41:54.25 | 12th, Glass |
| 19. | Kailua IV | 4:43:11.82 | 1st, Sr Masters |
| 20. | Outrigger IV | 4:45:54.30 | 2nd, Sr Masters |
| 21. | Koa Kai II | 4:48:05.92 | 3rd, Masters |
| 22. | Anuenue | 4:56:32.27 | 3rd, Sr Masters |
| 23. | Honolulu I | 4:58:35.40 | 13th, Glass |
| 24. | Lokahi II | 4:59:41.87 | 4th, Sr Masters |
| 25. | Koa Kai III | 5:02:17.53 | 14th, Glass |
| 26. | Honolulu II | 5:14:43.82 | 4th, Masters |
| 27. | Kalihi Kai | 5:15:35.16 | 15th, Glass |
| 28. | Makaha | 5:17:52.02* | 16th, Glass |

**Assessed 10-minute penalty for jumping start.*

OCC Best Recipes

By Gretchen Duplanty

If you love garlic bread, you'll enjoy this French Bread Spread.

French Bread Spread

*1 1/2 cup grated cheese
1 cup Ortega green peppers, chopped
2 cloves garlic, minced
2 green onions, chopped*

*1 can chopped olives
1 8-ounce can tomato sauce
1/2 cup olive oil*

Mix all ingredients together. Spread on sliced sour dough bread rounds. Bake for 5-10 minutes at 425 degrees. Mix can be frozen and used later. ☺

Swim Awards

Swimmers who log miles for mileage awards are reminded to get their miles posted on the women's wall chart or men's mileage binder before November 15.

Juniors are eligible to log miles also.

Mileage awards are given at the Castle Swim on December 1. Please come and receive the recognition of your fellow swimmers for completing 100, 250, 500, 1000, 2000, etc. miles. We have a few people working on their 3000 and 4000th mile. ☺