

Thought About Paddling? **Just Do It!**

By Kim Darling

Great Way to Meet People

"I have been paddling for 30 years and some of my best friends were my teammates from my Novice B season"- Liz Perry

Fun Way to Get in Shape

"There is no better way to get in shape than paddling at sunset and getting a workout at the same time" - Mary McGowan

Adventure

"Paddling is about stretching, growing, friendships and the great stories you will share forever about your first huli, your first race, learning to steer as you write your name up and down the Ala Wai and the times your crew mates did something totally inane" - Brandon

There is No Better Way to Understand the Club and It's History Than to be Part of the Paddling Program

"Until I paddled I didn't get it - ..It's hard to put into words, but climbing into a Koa canoe that Duke

paddled is chicken skin" -Lisa Livingston

Thought About Crossing the Molokai Channel? This is the Beginning to That Dream

"There's quite a difference between 1/4 mile and 41 miles. Throughout the regatta season, a Novice B crew will participate in eight quarter-mile races. In September and October in the Women's and Men's Molokai race, the equivalent of 164 Novice B races will be paddled. What an honor it was to be able to cross the finish line in a Koa boat, and what an honor is was to paddle with the people I was able to paddle with this season. I can't wait until next year, when the distance from Molokai to Oahu will be only 82 Novice A races, instead of 164 Novice B's. I might as well admit it: I'm hooked on this sport! (And obsessive count- ing.)" - Julia Fiedler

Contact Liz Perry - 384-7623

Liz Perry
Novice Coach



On-Line Paddle Registration

By Melissa Totherow

OCC paddler's can register on-line this year. Go to the OCC website, outriggercanooclub.com. Log in with your user name and password and click on Canoe Racing Registration.

During the online process you will be prompted to print the OH CRA racing waiver. This OH CRA racing waiver is required in hard copy for all paddlers. The CRC will be collecting these printed and signed waivers and updating any needed photos at its final group registration date on Saturday, April 13.

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