

Head Coach John Puakea has been asking the same question of Outrigger's paddlers since 2004. Who is ready to take it to the next level?

"It's taken four years to get guys to buy into what it takes to win. Four years!" Puakea recently exclaimed. The big ticket item of course is winning the Molokai to Oahu championship race, which Outrigger has not done since 1992 for the women and 1999 for the men.

"Every year at the end of the regatta season, I have a meeting (with paddlers) in the Board Room and lay out what it takes to win. I think I have a pretty good idea." After nearly 20 years of coaching and training canoe paddlers and kayakers at the local and national levels, he would. He has coached Team Bradley, a team of elite female paddlers from Oahu, Maui and Kauai, to the last four Na Wahine O Ke Kai championships.

The OCC men who have bought into Puakea's vision have been training hard year round, competing in the solo season and during the six-man season, doing double work outs. "It's so hard on family, relationships, work, the body. Thursday is our only day off."

However, the return on the men's investment is paying off big. They have won all distance races they have entered this season: the 21-mile Kaena Challenge, which the men raced iron (no changes); the 26-mile Duke Kahanamoku Race, where the men held off Team Primo, an elite crew of paddlers; and the 14-mile Kailua Bay Challenge iron race, where the men placed first, second, ninth and tenth of the 55 crews entered.

This year, Puakea agreed to take on the added challenge of coaching both the men and women's programs. (He was head coach for the women's program from 2003-2004.) He is closely assisted by the redoubtable Liz Perry. On practice days, the south shore is invaded by a dozen or so red and white canoes herded by two Whalers buzzing in and around the canoes. The scene resembles controlled chaos especially when conditions are rough. "We really do have ONE program now," quips Puakea.

Puakea has started the same "buy in" mantra with the women, who have an influx of much needed younger talent this year. The women finished one-two at the Kaena Challenge, and entered four crews of 10 paddlers each (three open, one masters) for the Dad Center Race on August 23. OCC Red finished a very respectable fourth overall, and the Masters crew took third.

On Labor Day weekend, Puakea took his program to Kona for the popular 18-mile iron Queen Liliuokalani race. Three women's crews raced from Kona to Honau-nau, and three men's crews raced back from Honau-nau to Kona.

The final race of the season will be the Molokai Hoe on Sunday, October 11. Come on down to cheer our crew as they pass the Club or at the Hilton Hawaiian Village Beach where they finish.



OCC women raced 23 miles in some of the roughest conditions for the Dad Center Race on August 23. Front: Kim Darling, Kisi Haine. Standing: Aloha Yoza, Hilary Denison, Jane Stevens, Angie Giancaterino, Lindsay Chang, Natalie Sokol, Lisa Livingston, Julia Fiedler, Kristin Lee, Paula Crabb, Mary Smolenski, Debi Ing. Photo by Al Darling

Dad Center Long Distance Race 8/23/2009 Kailua to OCC Beach Results Overall

1. Team Bradley, 3:17:36.
2. Hui Lanakila 1, 3:23:55.
3. Waikiki Beachboys 1, 3:25:02.
4. Outrigger White (Monica Salter, Jane Stevens, Mary Smolenski, Traci Phillips, Angie Giancaterino, Cathi Goldsmith, Lindsay Chang, Karin Del Rey, Rachel Ross), 3:29:12.
5. Keahiakahoe Masters, 3:29:22.
6. Kailua 1, 3:32:17.
7. Hui Lanakila 2, 3:33:03.
8. Kaiola 1, 3:33:25.
9. Hui Nalu 1, 3:35:49.
10. Lanakila (California), 3:37:57.
11. Laeula O Kai 1, 3:39:24.
12. Waikiki Beachboys 2, 3:40:58.
13. Niumalu, 3:41:35.
14. Lanikai 1, 3:47:33.
15. Kaiola 2, 3:47:46.
16. Outrigger Red, 3:48:28.
17. Hawaiian, 3:49:11.
18. Kailua 50s, 3:50:02.
19. Healani Blue, 3:51:46.
20. Outrigger Masters, 3:53:25.
21. Hui Nalu 2, 3:53:34.
22. Laeula O Kai-2, 3:53:36.
23. Waikiki Beachboys 3, 3:56:51.
24. Hanalei, 3:56:54.
25. Keahiakahoe Red, 3:59:02.
26. Kailua 2, 4:00:15.
27. Kaiola 3, 4:01:09.
28. North Shore, 4:01:41.
29. Hui Lanakila 3, 4:04:26.
30. Lanikai 2, 4:04:32.
31. Lokahi 1, 4:05:43.
32. Keahiakahoe White, 4:11:38.
33. Kailua 3, 4:13:15.
34. Kailua Youth, 4:13:51.
35. Niumalu 50s, 4:14:50.
36. Hui Nalu 3, 4:15:03.
37. Waikiki Yacht Club 2, 4:16:40.
38. Waikiki Surf Club, 4:16:47.
39. Keahiakahoe Black, 4:20:14.
40. Manu O Ke Kai, 4:21:46.
41. Ka Mamalahoe, 4:23:10.
42. Lanikai 50s, 4:24:15.
43. Waikiki Beachboys 4, 4:25:34.
44. Leeward Kai, 4:27:46.
45. Manu O Ke Kai 2, 4:29:16.
46. Healani White, 4:29:53.
47. Outrigger Blue, 4:31:28.
48. Waikiki Yacht Club 1, 4:33:50.
49. Lanikai 3, 4:34:18.
50. Kailua 4, 4:40:03.

Masters 40-Older

1. Keahiakahoe, 3:29:22.
2. Kaiola 1, 3:33:25.
3. Outrigger, 3:53:25.
4. Kaiola 3, 4:01:09.
5. Manu O Ke Kai, 4:21:46.

Masters 50-Older

1. Kailua, 3:50:02.



FAR LEFT: Enjoying themselves after the Dad Center race were Anna Grune, Flo Gacutan, Ann Marie Mizuno, Katie Greenwell, Alice Lunt and Aimee Aguilor.

LEFT: Pa'ahana Kincaid steers her crew to 2nd place in the Kaena Challenge race on August 9. Photo by Diana Allen.



ABOVE: Kekoa Beaupre (middle) mentors a couple Junior 'Riggers through the Duke Race on August 16. For their first distance race, Jimmy Field (L) and Chris Tucker (R) had excellent racing conditions from Lanikai to Waikiki - strong trades, favorable tide. They had a blast! Photo by Chris Sunoo.



LEFT: Scott Gamble, Tapa Worthington, Billy Lawson, Noah Gibson, Craig Gamble and Jimmy Austin on their way to winning the Kaena Challenge.



LEFT: Tapa Worthington, Scott Gamble and Noah Gibson wait for a change into the canoe.

- 2. Niualu, 4:14:50.
- 3. Lanikai, 4:24:15.

Youth 18-Younger

- 1. Kailua, 4:13:51.

Kaena Challenge 8/9/09 Sunset Beach to Yokohama 21 miles

Outrigger Canoe Club
Men Red (Kapono Brown,
Craig Gamble, Michael Kane,
Billy Lawson, Tapa Worthington,
Jimmy Austin), 1st,
Overall, 2:27:40

Outrigger Canoe Club
Men White, 10th, 2:55:58
Outrigger Canoe Club
Women Red (Mary Smolenski,
Karin Del Rey, Jane Stevens,
Monica Salter, Traci Phillips,
Kristin Lee, Lindsay Chang,
Hilary Denison, Lisa Livingston,
Julia Fiedler), 1st,
Overall Women, 3:11:20

Outrigger Canoe Club
Women White, 2nd, Overall,
Women, 3:16:16

Duke Race 8/16/2009 Kailua-Duke Kahanamoku Beach 26 miles

Outrigger Canoe Club
(Craig Gamble, Scott Gamble,
Billy Lawson, Noah Gibson,
Kapono Brown, Mike Kane,
Will Estes, Tapa Worthington,
Jimmy Austin), 1st,
Overall, 2:48:50.

Kailua Bay Men's Iron Challenge 8/22/09 Kailua-Mokapu and Back 14 miles

Outrigger Canoe Club
Red (Scott Gamble, Craig Gamble,
Mike Kane, Deane Salter,
Kapono Brown, Jimmy Austin),
1st Overall, 2:01:12

Outrigger Canoe Club
White (Simeon Ke Paloma,
Will Estes, Noah Gibson,
Kealakai Hussey, Kulani Jones,
Billy Lawson), 2nd
Overall, 2:04:08

REHAB RIGHT, PLAY HARD™



JACO

PHYSICAL THERAPY AT ITS BEST | JACOREHAB.COM