

'They've got fantastic training . . .'

Healani paddles off with State title

By DALTON TANONAKA
Advertiser Sports Writer

Training became the byword for the Healani Canoe Club this past Hawaiian Canoe Racing Association season, and yesterday it paid off with handsome results.

With four regatta wins and the Oahu title already under its belt, coach Richard "Baby" Bell's club capped a successful season by taking the HCRA's State Championship crown in dominating fashion at Keehi Lagoon.

HEALANI TOTALED 68 points to far outdistance runnerup Outrigger, which finished with 43, and Lanikai with 40.

"They've got fantastic training . . . they follow a schedule," said an envious Luana Froiseth of the Waikiki Surf Club.

Besides the in-water practice sessions which include paddling with tires on the front of the canoe for added drag, the 150-plus member club takes to the land in building up endurance.

"We run a lot on the field and do sets of push-ups, flutter kicks and situps," said Bell's daughter, Kathy, who paddles in the 15-year-old division. "And a lot of the other clubs don't practice as much as we do . . . like Saturdays before a race."

THE PATTERN in yesterday's race was similar to the Oahu Champion-

ships three weeks ago at the same site. Healani, which prefers flat-water courses like Keehi, piled up an insurmountable lead in the early events—they took six out of the first eight events—and coasted to victory while the other clubs vainly played catch-up.

"We train hard. When you get to be winning club it gets easier," said a wet and lei-bedecked Bell. "Everybody works harder to win."

Bell's assistant coaches are Gary Murakami, Ed Dorenberger, Jim Kresky and Keith Keiler.

Outrigger's second-

place finish was a replay of the Oahu Championships when it edged out Lanikai in the final event of the day, the senior men's for the spot.

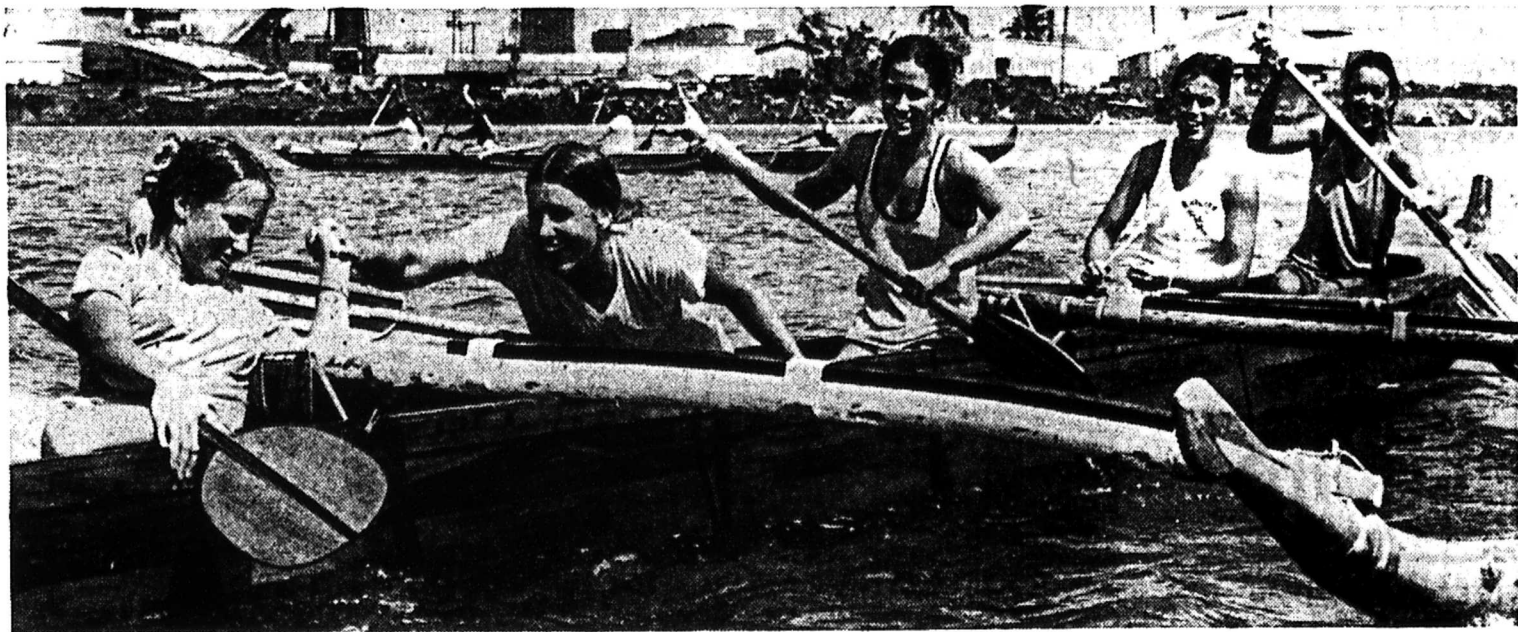
DISCIPLINED training also proved to be the key for the only unbeaten crew throughout the entire HCRA season, Kailua's junior women's squad. The crew, consisting of Arlene Coelho, Lynn Heen, Shannon Dunn, Gigi Coelho, Patti Howard and Carleen Ornellas, swept the six races they entered all year by following a special training schedule.

"They did different

things from the rest of the club and that included a special diet," said Kailua coach Jimmy Marciel. "It worked."

Boys "B" 12 Years—1. Healani. 2. Leeward Kai. 3. Lanikai. 4. Makaha. D—1/4 mile. T—2:59.3.
Boys "A" 12 Years—1. Healani. 2. Leeward Kai. 3. Makaha. 4. Outrigger. D—1/4 mile. T—2:31.0.
Women "B" Novice—1. Kailua. 2. Ewa Beach. 3. Healani. 4. Lanikai. D—1/4 mile. T—2:43.2.
Boys 13 Years—1. Healani. 2. Outrigger. 3. Kailua. 4. Lanikai. D—1/4 mile. T—2:18.4.
Women "A" Novice—1. Healani. 2. Hui Nalu. 3. Ewa Beach. 4. Outrigger. D—1/4 mile. T—2:11.6.
Men "B" Novice—1. Healani. 2. Kailua. 3. Lanikai. 4. Leeward Kai. D—1/2 mile. T—4:06.5.
Boys 14 Years—1. Healani. 2. Lanikai. 3. Kailua. 4. Kailua. D—1/4 mile. T—2:02.6 (course record).
Girls 15 Years—1. Outrigger. 2. Healani. 3. Lanikai. 4. Makaha. D—1/4 mile. T—2:26.5.
Men "A" Novice—1. Hui Nalu. 2. Lanikai. 3. Outrigger. 4. Kailua. D—1/2 mile. T—4:05.5.
Boys 16 Years—1. Leeward Kai. 2.

Healani. 3. Kailua. 4. Outrigger. D—1/2 mile. T—4:16.2.
Girls 17 Years—1. Outrigger. 2. Hui Nalu. 3. Lanikai. 4. Waikiki Surf. D—1/4 mile. T—2:33.2.
Boys 18 Years—1. Outrigger. 2. Hui Nalu. 3. Leeward Kai. 4. Lanikai. D—One mile. T—8:31.0.
Women Freshmen—1. Healani. 2. Hui Nalu. 3. Lanikai. 4. Makaha. D—1/2 mile. T—5:25.5.
Men Freshmen—1. Healani. 2. Lanikai. 3. Outrigger. 4. Kailua. D—One mile. T—8:48.0.
Women Sophomore—1. Healani. 2. Hui Nalu. 3. Outrigger. 4. Lanikai. D—1/2 mile. T—5:35.7.
Men Sophomore—1. Hui Nalu. 2. Makaha. 3. Lanikai. 4. Kailua. D—1/2 mile. T—13:07.2.
Women Junior—1. Kailua. 2. Outrigger. 3. Lanikai. 4. Waikiki Surf. D—1/2 mile. T—4:53.5.
Men Junior—1. Outrigger. 2. Healani. 3. Kailua. 4. Lanikai. D—Two miles. T—17:02.8.
Women Senior—1. Lanikai. 2. Healani. 3. Hui Nalu. 4. Kailua. D—One mile. T—9:26.8.
Men Senior—1. Outrigger. 2. Lanikai. 3. Hui Nalu. 4. Healani. D—2 1/2 miles. T—20:59.5.
Team Standings—Healani 68, Outrigger 43, Lanikai 40, Hui Nalu 31, Kailua 23, Leeward Kai 14, Makaha 8, Kailua 6, Ewa Beach 5, Waikiki Surf 2, Waimanalo 0, Prince David 0, Kauai 0.



Kailua's junior women's crew, the only unbeaten team of the canoe season: left to right, Lynn Heen, Shannon Dunn, Gigi Coelho, Patti Howard and Carleen Ornellas. Not pictured is Arlene Coelho.

**PROFESSIONAL
TENNIS**

**Tonight
7:30 PM
McKinley High
Hawaii Leis
vs.
New York Sets
featuring
Manuel Santana and
Fiorella Bonicelli
and**