

Outrigger Canoe Club Holiday Schedule

DATE	FUNCTION	EVENT	PLACE AND TIMES			
SAT DEC	KEIKI PARTY Children under 12 and 2 adults per family are free. Additional people are \$5 Permanent Members only No guest or reciprocal members Reservations required: Give name and how many children and adults. We encourage the children to bring a gift to Santa for the less fortunate.	Lunch - Koa Lanai, Hau Terrace	KL/HT- Closed for Lunch			
3		Lunch - Lounge	Lounge- 11:30 - 2:00 PM			
		Keiki Buffet	Koa Lanai / HT - 11:00 AM			
		Santa Claus arrives on the beach in a canoe with gifts for the keiki	12:30 PM			
SAT	CHRISTMAS EVE	Lunch - Koa Lanai	KL - Closed for Lunch			
DEC		Lunch - Hau Terrace	HT - 11:30 AM - 2:00 PM			
24		Dinner - Koa Lanai Holiday Buffet \$31.00	KL - 5:30, 6:00, 7:30, 8:00, 9:00, and 9:30 PM Reservations at the Koa Lanai.			
		Dinner - Hau Terrace limited menu	HT - 5:30 - 9:30 PM			
SUN DEC	CHRISTMAS DAY					
25	OPEN HOUSE	FREEOpen House	HT - 2:00 - 5:00 PM			
	For Permanent Members and their spouse or significant other	Cocktail Party				
	only!! Guests, children or other	Dinner - Koa Lanai	KL - 5:30, 6:00, 7:30, 8:00,			
	family who are not members,	Holiday Buffet \$31.00	9:00, and 9:30 PM			
	reciprocal members and guest		Reservations at the Koa Lanai.			
	members are not invited.	Dinner - Hau Terrace limited menu	HT - 5:30 - 9:30 PM			
SAT	NEW YEAR'S EVE	Lunch - Koa Lanai	KL - Closed for Lunch			
DEC 31		Lunch - Hau Terrace Dinner - Koa Lanai	HT - 11:30 AM - 2:00 PM KL - 8:00 PM - 1:00 AM			
		Dinner - Hau Terrace limited menu	Reservations at the Koa Lanai. HT - 5:30 PM - 9:30 PM			
SUN	NEW YEAR'S DAY	Lunch - Koa Lanai	KL - Closed for Lunch			
JAN 1		Lunch - Hau Terrace Lite Lunch - Hau Terrace	HT - 11:30 AM - 2:00 PM HT - 2:00 PM - 5:00 PM			
		Dinner - Koa Lanai	KL - 6:00, 6:30,			
		Holiday Buffet \$31.00	8:00, 8:30, and 9:00 PM Reservations at the Koa Lanai.			
		Dinner - Hau Terrace limited menu	HT - 5:30 - 9:30 PM			

Page 2 December 2005

Three OCC Crews Finish the 2005 MOLOKAI HOE

By Jon Bryan

The 2005 canoe racing season brought many new, positive changes to the men's program that generated many "first" experiences and results.

Coach John Puakea, who has coached our women's program for two of the past three years, coached the men's team for the first time.

There were three open men's crews participating in this year's Molokai Hoe on October 9, a first since 1996 with six paddlers competing in this prestigious race for the first time. Furthermore, Outrigger finished first place twice during the 2005 distance season winning the Duke Kahanamoku and Henry Ayau long distance races.

All of this momentum brought renewed confidence and enthusiasm to our men's paddling program with optimism of mounting a challenge to defending champion Lanikai Canoe Club.

Off the starting line at Hale O'Lono at least a dozen canoes battled for the lead, however, by La'au point the advantage clearly belonged to Lanikai, having a 300 yard lead over the rest of the field.

Outrigger's first crew (OCC-1), paddling the *Henry Ayau* under the guidance of Karel Tresnak Jr. followed Lanikai into the channel on a relatively similar course. The battle ensued for hours during difficult conditions with the tide dropping (tide going against the paddlers) accompanied with 10–15 mile an hour winds and channel swells reaching 10 feet.

OCC-1 closed the distance only to again lose ground on the push into

Portlock. Once into Maunalua Bay, Tresnak and the boys had a smoking Hawaii Kai run, but Lanikai's lead was insurmountable.

Believing they were a solid second place, OCC-1 pushed towards Black Point only to notice two canoes far south of them. Converging on the Club's familiar home waters, it appeared that the advantage would be with them due to strong outgoing currents.

However, as luck would have it, the outside line actually ran faster and the Tui Tonga team from Kona was able to slide in front of OCC-1 to take second place. OCC-1 was able to hang on to third place, their strongest showing in six years, over Ra'i Ra'i of Tahiti and Team New Zealand/Hawaii (4th and 5th respectively).

Congratulations to Karel, Kapono Brown, Kevin Allen, Bret Chuckovich, Rob Harrison, Byron Ho, Jimmy Austin, Mike Kane and Evan Rhodes.

Outrigger-2 crossed the channel racing in the koa canoe the *Kakina* winning the Koa division. OCC-2, guided by "up and coming" steersman Zak Payne, consisted of veteran and younger paddlers.

Team members of OCC-2 were Payne, Scott Gamble, Jon Bryan, Ben Komer, David Buck, Bobby Hastings, Mike Nakano, Brady Jencks and Paul Friese.

OCC-2 battled with Lanikai's Koa canoe for the first part of the crossing but at the 1-1/2 hour point, Lanikai decided to take a more northern route hoping to have an advantage over Outrigger by the time they reached Portlock with the dumping tide. OCC-2 kept its course which proved to be the right choice never relinquishing its lead to Lanikai throughout the race and beating them by over six minutes.

Paddling the Kainalu, were a crew comprised of paddlers born in the 60's to 80's with varying degrees of experience. For Joey Nakaya, Kulani Jones, Tucker Siegfried, and David Fan, it was their first crossing. They relied on experienced crew members Chris Eldridge, Chris Siegfried, Mark Eliashof, Paki Vaughan, and Scott Stevenson for guidance and leadership which they unexpectedly would need.

Twenty minutes prior to the start of the race, OCC-3 learned that their hired escort boat had not showed up. Fortunately, they were successful in obtaining a replacement escort boat, however, fluids needed to be rationed between OCC-2 and OCC-3 crews which would prove costly for OCC-3.

About one hour outside of Portlock, OCC-3's fluid supply had diminished to six bottles of Gatorade and no water. They pushed forward, limiting each paddler to rationed portions of the remaining fluid supply for the duration of the race.

After entering Maunalua Bay, melted ice water in the cooler and left over tonic water from the previous evening were all that was left. OCC-3 paddled hard despite dehydration and finished the race through perseverance and determination. For many crew members, it was a crossing they would never forget.

OCC-2 included Bobby Hastings, Paul Friese, Scott Gamble, Jon Bryan, Ben Komer, Mike Nakano, Zak Payne, David Buck and Brady Jencks.



rollog Fridge of the Molokai Hoe and Na Wahine O Ke Kai long distance canoe races, including the one on the cover, were taken by veteran photographer Mark Roberts. The photos are available for purchase on line at rebelshots.com. We thank Mark for sharing the photos with Outrigger members.

2005 Molokai Hoe October 9, 2005 Results

OCC 1

3rd, Overall, 5:28:26 Henry Keawe Ayau Kevin Allen, Jimmy Austin, Kapono Brown, Bret Chuckovich, Rob Harrison, Byron Ho, Mike Kane, Evan Rhodes, Karen Tresnak Jr.

OCC 2

32nd, Overall, 6:23:20 1st, Koa *Kakina*Jon Bryan, David Buck, Paul Friese, Scott Gamble,
Bobby Hastings, Brady Jencks, Ben Komer, Mike
Nakano, Zak Payne.

OCC 3

49th, Overall, 6:40:20 Kainalu Chris Eldridge, Mark Eliashof, David Fan, Kulani Jones, Joey Nakaya, Chris Siegfried, Tucker Siegfried, Scott Stevenson, Paki Vaughan

As the Terrace Turns



Bob and Judy Maguire and Sue and John Cavanah are shown on a recent trip to Egypt and Jordan. They are pictured in front of the great temple of Abu Simbel with the statutes of Ramses II.





Gerry DeBenedetti, second from right, and her Habitat for Humanity crew building a fale in Independent Samoa.



Attending the Governor's Ball with Linda Lingle were Barron and Dede Guss and friends Shari and Bruce Bucky.

Raquel Guss crowns the new Miss Hawaii Jr. Teen.



Doug Oliver

Hilo member Joan Kaaua hosted 28 members of the Hawaiian Canoe Racing Association October 16th on the Koa Lanai for brunch, followed by an HCRA Board meeting. This was a celebration of the founding of HCRA, 55 years ago, when Outrigger called a meeting to organize the sport of canoe racing. Interesting to note, the founding clubs were: Outrigger, Hui Nalu, and Waikiki Surf Club, all three quite active today

Mary Philpotts McGrath is creating quite a sensation with her new book (out in time for Christmas) Hawai'i a Sense of Place. She has been giving talks around town, has a display at the Bishop Museum, appeared at the November Stew N Rice, and at a recent appearance at Macy's. She had some Macy's table settings and furnishings so you could get a "sense" of the book's message. Very nice.

Gerry DeBenedetti back from Independent Samoa (islands of Upolu & Savai`i) where she spent two weeks with Habitat for Humanity. She was on a team that built two Samoan fales for two different families.

She got to experience life in Apia (the capital) while working in a nearby village, and a very rural, rustic village in a valley near the ocean. Compare it with Halawa Valley on Molokai. The ocean and the breeze are a constant presence, the pigs, dogs, cats, chickens and children also a constant.

There was no hot water in this village; the outdoor

showers were piped in from the local stream. Rustic is right, says Gerry.

Alan Lloyd was a guest lecturer on a recent Serenade of the Seas cruise from Aloha Tower to Ensenada where he met Ron Haworth and wife Dee after his lecture and slide presentation "Battle of Midway- U.S. Navy's Greatest Victory and the Impact It Had on World War II."

Turns out wife Betty Lou and Ron both attended Thomas Jefferson Elementary when Pearl Harbor was attacked but met for the first time on the cruise. None of the group knew the others were OCC members.

Longtime member **Doug Oliver**, 92, has always enjoyed rowing on the Ala Wai. He has been sidelined since July after suffering a stroke. He enjoys receiving cards and letters. You may write him in care of Sue Gulledge, 920 Ward Avenue #12E, Honolulu HI 96814.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk, email to occmag@aol.com or fax to (808) 833-1591. Be sure to include your name and phone number in case additional information is needed. Items received by December 25 will be included in the February magazine. Items received after December 25 will appear in the March issue.

What's In Your Christmas Stocking?

OCC Members Want to Know By Jim Gaddis



Christmas stockings come in all sizes. Just ask Santa. He's seen them all. Santa fills more red stockings than any other. I know there are lots of multi-colored socks out there but I'm quite sure that "red" rules.

I've got the traditional bold red stocking with a white-fringed top. My name, JIMMER, is printed with a solid glow of rainbow glitter. I've also got a nice green backup sock that fellow Club member Dean Nowack gave me a few years ago in case Santa's payload was too much for my fragile 53-year-old classic carrier of goodies.

Sizes vary from extremely small to as large as you can imagine. I'd love to have a rhino-sized sock some day. I wonder if Santa could fit a 10-foot nose-rider or some new golf clubs into a sock that big.

I'd ache inside if I ever got one of those two-inch stockings, unless of course, I discovered a new set of car keys. Those dinky little Christmas stockings are nice around the office or class-room for season decorations. We used to have them hanging at the bar at the old Kahala Hilton. One year, a guest of the hotel filled our miniature socks with silver dollars. Nice!

I can't complain about size. My Christmas stocking isn't gigantic but it is big. It's been in the shop for repairs a few times. Nothing major. . . New stitching, glitter, some touchups with a felt pen. . . Stuff like that.

I've done most of the work myself. My stocking used to read JIMMY. When the name began to fade, my Aunt Madolyn wrote JIMMER in white glue then sprinkled green glitter on the glue. I was still a 27-year-old kid when that change was made.

The most important thing is that my Christmas stocking does its job. . . Carry the payload and make me smile. A ton of good fun stuff has been crammed into my sock over the years. I could always count on Santa tossing in a tangerine, walnuts, silly putty, pens, pencils, bubble gum, comic books, jawbreakers, balsa airplane gliders, crayons, underwear, balloons, toothbrushes, yoyos, See's suckers, a two-dollar bill and a bottle of Horlick's malt tablets.

In later years, Santa added marbles, baseball cards, M&M's, Sweet Tarts, swim trunks, surf wax, dental floss, crossword puzzles, cuff links, key rings, Chapstick, Rubick's Cubes, fishing lures, and Baskin-Robins gift certificates.

When my kids, Courtney (16) and Kainoa (14) entered the picture with new local tastes and desires, Santa came to the res-

cue. We soon discovered additions that include mochi crunch, mango seed, rubber slippers, Li Hing Mui, macadamia nut brittle, Kauai cookies, sweet-sour plum, dried squid, Brother IZ CD's, gummy worms, California Pizza Kitchen gift certificates, and Jamba Juice gift cards.

Santa never ceases to amaze me.

The following Outrigger Canoe Club members consented to share their all-time favorite stocking stuffers they have received from Santa at one time or another.

Alan Lau: He was still thinking at press time so ask him when you see him.

Sarah Field: Her Christmas stocking was wrapped around a kayak paddle when she was in the 9th grade.

Bonnie Eyre: Loved to find a bag full of chocolate gold coins. These were gold foil wrapped chocolate dollars in a knit sack with a gold string.

Fred Noa Sr.: Freddy got a kitten in his sock when he was a

young boy growing up in Chicago.

Mark Osmun: When Mark got his first bar of surf wax in his stocking in 1964, he knew there must be a new surfboard hiding in the garage.

Marilyn Kali: Marilyn wanted a new red MG sports car. Instead of keys, Santa obliged by giving her a brand new shiny red two-inch matchbox MG racer.

Norm Dunmire: Norm loved his Palaka stocking, especially when Santa filled it with fruit and nuts.

Marcie Nowack: Marcie always looked forward to her yearly SLINKY.

Jeff Davis: Keys to a retired old rusty Dole Cannery pickup truck his dad bought for \$100 in 1978.

Pat O'Connor: Soap-on-a-rope and oranges.

Jim Gaddis: A bottle of Horlick's malted milk tablets.

Dean Nowack: The Endless Summer video.

Walter Guild: A card telling him there was a new dirt bike waiting for him with his name on it.

Marc Haine: A gift certificate for a new surfboard.

Jay Dowsett: In the mid-60s he got an exact replica metal six-inch Texaco Tanker Truck (gas) that still thrills him 40 years later. Later that morning he got the same Texaco Gas Tanker which was about 3-foot long.



Lots of Oompapas at Oktoberfest



Toasting Oktoberfest were Dan Gorden, Joe Teipel and Jonathan McManus.



Enjoying the event were Bill and Betty Fiddler.



Ron Baker, Verna Jamieson, Janite and Paul Casey and Margaret Baker were part of the celebration.



The Finney family, Thomas, Tiare, Elizabeth and John attended Oktoberfest.



Mary Keegan and Bill Lum enjoy the buffet.



Having a good time were, front, Emma Kaawakauo, Aggie Quigg and Nohea Rochlen; back: Keanuenue Rochlen, Joe Quigg and Mike Coleman.

> Trudy and Elston Wyatt hosted their son, Sandy, and grandchildren Maile and Alana Blume.





A German band played Oktoberfest music for listening and dancing.

Happa Holidays



Kick off the holiday season with an evening of carols (English and Hawaiian), hula and fun on Friday, December 2 at 6:30 p.m.

Song sheets will be provided.

Bring your best voice and Aloha.

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WIZARDS INVADE KOA LANAI

Photos by Marilyn Kali

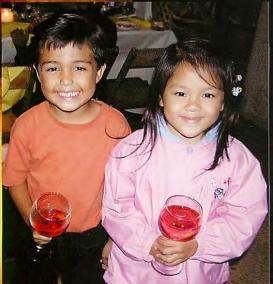
It was a night of fun for Mini 'Riggers on October 29, when the Koa Lanai was transformed into a magical world for Hogwarts and Harry Potter fans. The young wizards dined on Giant Maggot Eggs, Billywig Salad, Crispy Owl Wings, Azkaban Fries, Green Gryfindor Peas, Hogflobber Worms with Hippogriff Eggs and Hagrid Delights, and watched the Harry Potter movie. A great time was had by all.

Kuulei Baird, Daniel Williams, Rebecca Williams and Kealani Baird sat at the Ravenclaw table.



Zac Hedemann was a Ninja among Hogwarts.

Noah, Elijah and Luke Chang and Wyatt Hiyane had a great time.



Cameron Kalaukoa and Taylor Miyashiro drink goblets of "dragon blood".

Maile and Kelley Heyer wear their best witch hats.



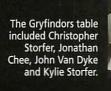




Taimane and Mahina Ellis.



Jamie and Caitlin Arce watched the movie.

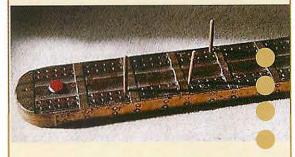






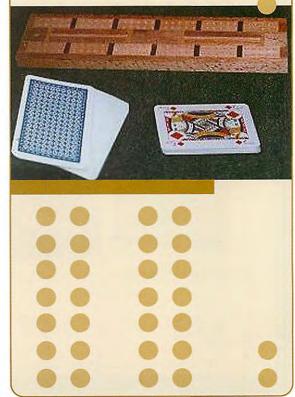


Calling all Scoundrels and/or Cribbage Players



The invention of Cribbage, Crib for short, was attributed to the poet Sir John Suckling (1609 - 1642) by his biographer, John Aubrey. Suckling was something of a scoundrel by all accounts, "the greatest gallant of his time, the greatest gamester both for bowling and cards, so that no shopkeeper would trust him for sixpence". He was an expert at cards, dice and bowls as well as being a womaniser and notorious wit on top of his poetry day-job!

Sir John has been reincarnated in the guise of our own Gordon Smith. Gordon is organizing a doubles cribbage tournament to be held on Saturday December 10th in the Koa Lanai at 1 pm. Prizes for the winners! Fun for all! Sign up at the Front Desk or on the Club website!



Carissa Moore Awarded John McMahon Junior Surfer Trophy By Mark Jackola

For the first time in 10 years the OCC Surfing Subcommittee has awarded the John McMahon Outstanding Junior Surfer Trophy. The perpetual trophy was awarded to Carissa Moore in a special ceremony at the Club in October. The Trophy was presented by John McMahon's son, Jimmy. The trophy has not been awarded since 1995.

Carissa just returned from California where she participated in the International Surfing Association World Surfing Championship as part of Team Hawaii. Because of Hawaii's strong surfing history, Hawaii was allowed to field its own team, separate from the USA team.

Team Hawaii held true to its billing and won this year's event for the first time in over 40 years. The ISA is recognized by the IOC as the association responsible for bringing surfing to the Olympic Games in the near future.

Carissa had an amazing career as an amateur surfer in her pre and early teens, and at age 15, is now a pro and surfing on the professional circuit.

Outstanding performance in surfing and academics were the selection criteria for the John McMahon Outstanding Junior Surfer trophy.

Our Club was founded to perpetuate surfing and it is important to remember all of the achievements that our surfing athletes have attained over the years and will continue in the future.

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The trophy is only awarded when the Club has an outstanding junior surfer. Previous winners of the John McMahon Surfing Trophy are:

1976 Traci Phillips
1983 Heath Hemmings
1977 Todd Bradley
1978 Kisi Haine
1979 Blair Norris
1980 Mark Norfleet
1981 Heath Hemmings
1982 Heath Hemmings
1982 Heath Hemmings



Jimmy McMahon, son of the late John McMahon, presents the John McMahon Trophy to Carissa Moore.

OCC Surf Team

Our OCC Surf team continues to compete in HASA events. On December 10-11 we will enter event number five at Makaha. We expect a great turn out to surf this classic break on the west side.

The HASA Event #3 had the largest surf so far of the season with some double over head sets. Our team is competing and gaining experience.

Results

HASA Event #2
Tennis Courts
September 24-25, 2005
Hana Harrison, 6th, Girls under 18
Keegan Wada, 6th, Jr. Men's Longboard
Hana Harrison, 4th, Girls Longboard

HASA Event #3 at Kewalo's October 8-9, 2005 Hana Harrison, 6th, Girls Hana Harrison, 1st, Girls Longboard



Historical Photo of the Month

Who the heck are these people? Here's another photo from the archives of the Historical Committee just waiting for someone to identify the subjects. Do you recognize one or all? Any help you can give will be greatly appreciated. So much so that General Manager Bill Comstock will give a free lunch on the Koa Lanai to the first person to come up with the correct name or names. See JoAnne in the Executive Office.

AVOID THE SHOPPING HASSIE

the OCC Logo Shop has **Everything You Need for** HOLIDAY GIFTING Apparel, Beach Merchandise, **OCC Logo items**

Shop Early for Best Selection

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OCCSocial Calendar

December

- Lobster Night
- Princess Kajulani Fashion Show,
- Hapa Folk, Ka Moi Lounge, 6:30 p.m.
- 3 Keiki Xmas Party, 11 a.m.
- Monday Night Football Party
- 10 Cribbage Tournament, 1 p.m.
- Musical Group Manoa DNA, 6:30 p.m.
- 12 Bridge, Noon

- Monday Night Football Party
- International Buffet, 6 p.m. 13
- Bridge, Noon
- Monday Night Football Party
- Christmas Eve Buffet, 6 p.m.
- Open House for Members, 2-4 p.m.
- Christmas Buffet, 6 p.m.
- Bridge, Noon
- Monday Night Football Party
- New Year's Eve Party

January 2006

- New Year's Day Buffet, 6 p.m.
- 2 Bridge, Noon
- Lobster Night, 6 p.m.
- Bridge, Noon
- International Buffet, Polynesian Style with Tahitian Dancers, 6 p.m.
- 16 Bridge, Noon
- Family Buffet, 6 p.m.
- Bridge, Noon
- Club BBQ, Tailgate Style with a presentation of Duke TV Special, 6 p.m.
- Bridge, Noon
- Stew 'N Rice

February 2006

- Lobster Night, 6 p.m.
- Super Bowl Party, Ka Moi Lounge
- Special Family Night Buffet, 6 p.m.
- Bridge, Noon
- Bridge, Noon

- Valentine's Day
- 20 Bridge, Noon
- 20 Chinese New Year Party, Feed the Lion Dance for luck in 2006, 6 p.m.
- 25 Club BBQ, 6 p.m.
- Bridge, Noon

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OCC TIDE CALENDAR

> FEET 24 Keiki Christmas Party, 3 Vew Year's Party 8:30 pm 3 SATURDAY 6AM NOON 6PM Hau Terrace Dinner Cribbage Tourney Hau Terrace Lunch & Dinner Hau Terrace Lunch & Dinner Lunch & Dinner unch & Dinner Dinner Service Dinner Service Dinner Service Christmas Eve Manoa DNA Hau Terrace KOA LANAI Buffet KOA LANAI Hau Terrace KOA LANAI KOA LANAI KOA LANAI 9 2 0 Lunch & Dinner 23 Service Lunch & Dinner 30 Service FRIDAY 6AM NOON 6PM HAPA FOLK 6:30 pm Lunch & Dinner Service Princess Kaiulani Lunch & Dinner Service unch & Dinner Fashion Show Service ∞ 5 Lunch & Dinner 22 Service 8 R THURSDAY LIVE MAINE LOBSTER Lunch & Dinner Service Lunch & Dinner Service Lunch & Dinner Service Lunch & Dinner Service Koa Lanai 6 pm Lunch & Dinner 14 Lunch & Dinner 21 Lunch & Dinner 28 Service WEDNESDAY Lunch & Dinner Service 9 Lunch & Dinner 13 Lunch & Dinner 20 Lunch & Dinner 27 Koa Lanai Lunch Service **NTERNATIONAL BUFFET** 23-24-25-26 Jellyfish Window 25 Christmas HOLIDAY 25 Club Open House for Meml 31 New Year's Eve TUESDAY Lunch & Dinner Service 2 <u>ග</u> 26 5 MONDAY Hau Terrace Lunch & Dinner Hau Terrace Lunch & Dinner Lunch & Dinner Lunch & Dinner Noon Bridge Noon Bridge Noon Bridge Noon Bridge Hau Terrace Princess Kaiulani Fashion Show BRUNCH 8:30 am 18 HOLIDAY BRUNCH 8:30 am 25 **EVENING BUFFET 6 pm** EVENING BUFFET 6 pm **EVENING BUFFET 6 pm** SUNDAY SAM NOON 6PM Club Open House for permanent members BRUNCH 8:30 am BRUNCH 8:30 am EVENING BUFFET HONOLULU only 2-5 N FEET

Enjoy ice cold Hinano Beer. Available at OCC

HINAMO

Club Open House for Members New Year's Eve

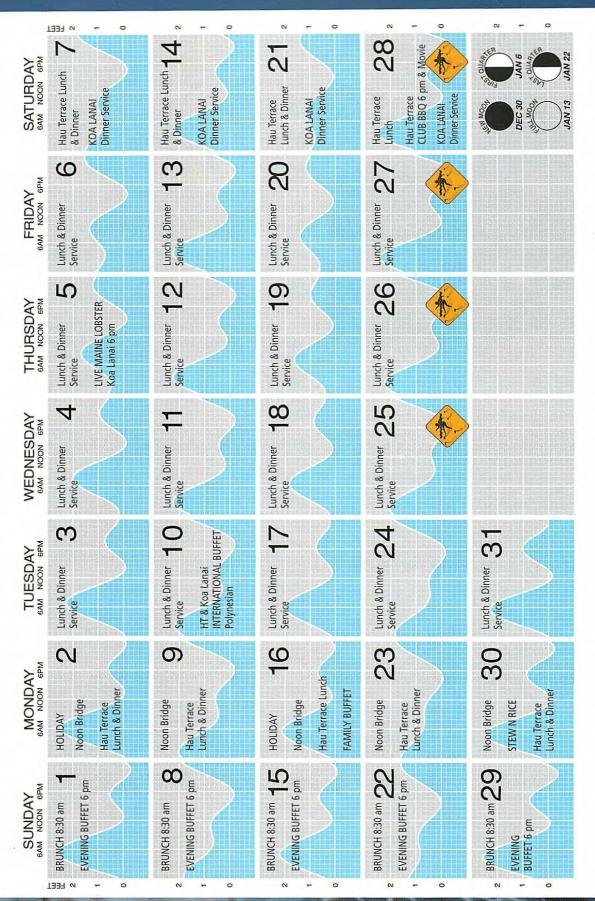
HONOLULU MARATHON Keiki Christmas Party

Full Moon

TRAFFIC WARNING -

December 2005

January 2006





Enjoy ice cold Hinano Beer. Available at OCC

Wil Yamamoto Is Hawaii's First Finisher

IRONMAN TRIATHALON WORLD CHAMPIONSHIP

BY KARI VASEY AND WIL YAMAMOTO



Wil during the grueling 112 mile bike ride.

"Wil Yamamoto you are an Ironman'

"Pain is Temporary, Pride is Forever."

It is to triathletes what Everest is to mountain climbers. The Ironman Triathlon World Championship in Kailua-Kona, Hawaii, considered the toughest one-day endurance race in the world, is what every serious triathlete and endurance athlete one day aspires to.

On October 15 OCC member Wil Yamamoto, 31, became the first Hawaii finisher to complete the grueling 2.4 mile swim, 112 mile bike, and 26.2 mile marathon run in an amazing 9 hrs, 30 min, 4 sec, finishing ahead of approximately half the professional field and local Ironman veter-

Perhaps more amazing is Wil's quiet entry into Hawaii's increasingly popular triathlon scene. Born in Honolulu, he shared most of his years growing up between Hawaii and Guam. He was on the swim team in high school and participated in a few local triathlons for fun.

This led to his interest in cycling and landed him a spot in Guam's 1992 Olympic cycling team at age 18, making him the youngest cyclist at the Olympic Games in Barcelona, Spain. Wil admits he was young and inexperienced as an athlete at the time, but that the Olympic experience opened his eyes to a much larger world and taught him basic life values such as hard work, discipline, and the desire to succeed.

Fast forward 13 years...

Over the years, during college in the mainland, law school, and his professional life, Wil got caught up in his work and stopped working-out altogether. He recalls spending long hours in the office, eating fast food, and becoming 30 lbs overweight. His only exercise came from recreational longboard surfing and he admits that its difficult to break a sweat laying on a longboard.

In search of a healthier lifestyle, he joined OCC in 2003 at the encouragement of Judges Chris McKenzie and Mike

Town. Like most of us, he made a few attempts at using the gym and getting in some exercise, but it never became routine. Then in April 2004, Wil suddenly had a wake-up

He found himself in a hospital bed for two days due to stress-related symptoms and shared a room with a man who had terminal lung cancer. At that moment, Wil decided something had to change; that he needed a healthier lifestyle.

At the encouragement of his law firm boss and mentor, Terry O'Toole, who also did triathlons, he decided to do the Tinman triathlon in July 2004 without any training. He bought a pair of swim goggles and running shoes and rented a bike all in the same day, the day before the race.

"It was miserable- I had to walk five times during the run course around Diamond Head and felt like throwing up the entire time" he recalls. Still, he managed to finish 27th

out of approximately 70 in his age group.

That experience motivated him to sign up for Boca Hawaii's triathlon training clinic headed by Raul Boca, an expert triathlon coach and one of Hawaii's most experienced triathletes. In three months, Wil was "whipped into shape" by the training, lost 15 lbs, and ended up finishing 1st in his age group at the Ko'olina Triathlon in October 2004.

In January 2005, with the help and support of his coaches and training group at Boca Hawaii, he had embarked on an intense six-month training program focused on improving his long-distance cycling and running.

By June 2005 he surprised himself by earning a slot to compete in the Hawaii Ironman by finishing in the top five of his age group at the Honu-Half Ironman on the Big Island. In fact, he was so surprised that he was unsure whether he wanted to accept the chance to do the Hawaii Ironman so soon. After all, doing the Ironman typically takes years, not months.

His training friends told him he was crazy not to accept the slot, so he found himself signing up to do the Hawaii Ironman- to be held four months later. The following month, he did the Tinman Triathlon again, this time however, he finished first in his age group and among the elite triathletes in the race.

At that point, training became even more intense. Wil trained 30 hours weekly (three hours each weekday and seven-eight hours/day on the weekends) while maintaining a 60-70 hour work week.

His weekly workouts included 10 miles of swimming, 250 miles of biking, and 40 miles of running. In addition to his strict work and training schedules, he paid meticulous attention to his nutrition, eating Subway sandwiches daily, the perfect blend of proteins and carbohydrates and eliminated all junk food and alcohol from his diet.

He also researched the race and read numerous "horror accounts" of participants suffering and not being able to complete the race because their digestive systems fail or are forced to walk because of exhaustion from the hot and humid conditions in Kona. He wanted to be "prepared for the worst," so he often trained at noon using long sleeve shirts on the bike and run to simulate the hot conditions of

Kona.

Wil's goal was to finish under 10 hours (a rare feat for anyone doing their first Ironman), and become Hawaii's first finisher.

During the Ironman race, Wil faced several challenges beginning with the 2.4 mile swim. Accustomed to being near the front in most swimming races on Oahu, he was "bunched in with hundreds of other very fast swimmers, brushed shoulder to shoulder with hands and elbows hitting" him almost the entire swim.

He had his goggles knocked off and thought he had a broken nose as he reached the swim turn around. The best endurance athletes in the world were racing and Wil came out of the water somewhat discouraged. He was five minutes behind his expected pace, thinking "this is

going to be a tough day."

As he started the 112 mile bike portion, he heard his friends and family cheering his name. It helped him "clear his mind" and he "got focused." He "felt strong on the bike". All those months of training and the last two weeks of complete rest and tapering helped him attain his best performance on the bike ever.

He finished the bike leg in 4:49:57, some 30 minutes ahead of pace. As he got off the bike, he felt the fatigue of pushing so hard on the bike for five hours and the increasing weight of his legs. At that moment, he wasn't sure if he would make it. It was 1 p.m. in Kona and he

had a long, hot marathon ahead.

During the first 10 miles of the marathon, he was able to stay on pace with the help of cheers coming from friends, family, and local residents. His strategy was to "stay as cool as possible" by putting ice in his hat and dousing himself with sponges of cold water at every mile.

By mile two, however, his shoes were "completely soaked with water" and he was forced to run the remain-

ing 24 miles with soggy and heavy shoes.

Wil described the last 16 miles on the Queen K Highway as the "hardest part of the entire race". Not only is it the hottest part of the course (lava fields flanked on both sides of the road), but there are no spectators allowed on the highway so "it's just you and silence - you feel very alone and there isn't much around to distract you from the pain and exhaustion."

He "had to dig deep" and repeated a phrase he learned from his training friends who have done previous ironman races; "Pain is Temporary, Pride is Forever" in his head over and over in order to keep on pace and to finish his first full marathon without walking in 3:25:21.

That's right, he never ran a full marathon prior to the Ironman event. He described the experience running down the final stretch to the finish line as one of the most emotional and amazing feelings he's ever had. The memories of all those months, weeks, days, hours spent training and preparing had come together at that very moment and "it was all worth it."

As he crossed the finish line, the announcer yelled "Wil Yamamoto – You are an Ironman!" and acknowledged him as "Hawaii's first finisher." "It was, by far, the toughest race of my life, but also the most gratifying."

He is grateful to his coach, Raul Boca, for being so inspiring and helping him to find his fitness and his boss for encouraging him to start triathlons in the first place. He is also grateful to the Outrigger Canoe Club for its facilities and its members who promote an active and healthy lifestyle.

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Outriager

David Kerr 291

David runs the final leg of the Ironman, a marathon.

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Swims, Bikes and Runs the "DOUBLE"

By David Kerr



David Kerr you are an Ironman!

Doing the "Double" is the relatively obscure feat of doing the Ironman World Championship race in Kona on one weekend and then doing the Xterra World Championship race the very next weekend.

This is not something I

aspired to. I simply drifted into it gradually.

The journey started in June 2005. For years I had tried for a "lottery slot" to get into the Ironman World Championship in Kona. It never happened. How I envied those guys who were actually fast enough to get in the race. Then, as luck would have it, I actually qualified for Kona at the Honu Half Ironman on June 5th. Wow!! Kona here I come!!!

So I ordered a new bike and new race wheels and promised myself that I would lose some weight. Then I called my coach and promised to do all the workouts if he would look after me.

I then made a major commitment... I asked my wife to come over from California for the race. This was a big deal as she never was too excited about me racing the Ironman distance. She agreed to be my main rooting section leader and the "real training" started for Kona.

Along the way one of my training buddies started talking up the "Double". NOT ME was my initial reaction! Then it was explained to me that it might be my only chance since I am "getting up there in years" and I might not make it back to Kona.

When that didn't work, my buddy says she will just have to nickname me the "wimp" if I passed on the "Double". She could pull off that type of comment since she is only one year younger than me and she had done the "Double" already.

Then the training REALLY did get serious and I REAL-LY did stop missing workouts. The pressure was on! Training ramped up to about 25 hours a week and not too much got done at the office. (A big Mahalo goes out to my partners for covering for me!).

Well now both races are in the record books. I finished both within my goal range (Kona 14 hours 41 minutes and Xterra 5 hours and 25 minutes) AND I got the "Double SURVIVOR" T-shirt to boot. It was a great couple weeks.

My current training goals are to kick back and get my exercise by walking the dogs every now and then...until Ironman Arizona in April 2006!

For the Record



Kainoa Gaddis makes a one-hand catch for the Punahou Intermediate football team. The official at left is OCC member Bryan Hoernig.

Running

Niketown 5K 10/2/2005 Jim McAluney, 3rd, M40-44, 16:58

Swimming

Hawaii Age Group Swimming 10/8/05 Kona Aquatics Center Kip Hustace, 1st, 100 Breast Kip Hustace, 2nd, 200 Breast Kip Hustace, 3rd, 200 Back Kip Hustace, 4th 100 Free

St. Norbert's Sprint Meet Appleton, Wisconsin 10/29/2005 James Hustace, 1st, 100 Free Relay James Hustace, 1st, 500 Free Relay

Triathlon

ITU Age Group World Championship Triathlon 10/9/2005 1.5K swim/ 40K bike/ 10K run Rachel Shapland Ross 2:18:05 Jennifer McTigue: 2:19:43 Candes Meijide Gentry 2:20:05

Haleiwa Triathlon 400 yd swim, 12-mile bike, 3-mile run 11/1/2005 Don Eovino, 2nd, 55-59, 1:12:12 Candes Gentry, 2nd, Overall Women, :57:58 Katherine Nichols, 3rd, Overall Women, :58:39 Laurie Sloan, 3rd, 50-54, 1:19:02

Contributions to For the Record are always welcome. Please leave items at the Front Desk, email to occmag@aol.com or fax to (808) 833-1591.

Athletic Calendar

December

Canoe Rides*

Honolulu 11 Marathon

Canoe Rides*

Canoe Rides* 18

January

Canoe Rides* 8

Canoe Rides* 15

Canoe Rides* 22

Canoe Rides* 29

February

5 Canoe Rides*

12 Canoe Rides*

Canoe Rides* 19

Canoe Rides* 26

*Canoe Rides weather permitting

Visit us at outriggercanoeclub.com for the latest information about our Club.





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The Mystery of the Hitchcock Painting

According to an article in the *Pacific Commercial Advertiser* of February 19, 1910, a fish chowder luncheon was held at the Club for the House Committee. While the chowder was cooking, committee members strolled around the grounds, admiring the picturesque ambience created by the grass houses and tropical lagoon.

Someone suggested that Howard Hitchcock be commissioned to paint a picture of the premises. Hitchcock was a well known artist, perhaps Hawaii's most famous; his paintings are worth a fortune today.

Did he actually paint the old Club? If so, what happened to the painting? If anyone has information on the subject, General Manager Bill Comstock would love to hear about it. Who knows, he might even spring for a free lunch.



Oceanfront at Haiku, Maui



Located on a dramatic cliff above the turquoise sea, this piece of old Hawaii on the North Shore of Maui offers magnificent ocean and Haleakala views. The approximately two and one-half acre property is ideal for constructing a dream home. Listed at \$2,295,000 FS

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dec.2005

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Backward Glances

By Moana McGlaughlin Tregaskis

December 1948 57 Years Ago Wilford D. Godbold, President

The re-initiation fee was reduced to \$100. This offer was good for the month of December plus tax to accommodate former members. This offer for reinstatement was good only for the month of December.

The Wednesday night soda fountain was closed for lack of business.

Senior doubles volleyball tournament winners were Bobby Dolan and Jim Beardmore.

Distinguished visitors to the Club recently were His Royal Highness Prince Axel of Denmark, and Johnny Weismuller, Hollywood.

Parking is free for all members on weekdays, not on weekends or holidays unless the member pays a monthly fee of \$2.

December 1990 15 Years Ago Harwood D. Williamson, President

The Outrigger wins the Molokai Hoe Race. With the level of competition from international and select crews, this was a substantial accomplishment. After last year's disappointing seventh place finish, winners bounced back with even more determination. The OCC had won the 40.8 mile race in 5:19:38, and the exclamation point to our victory came with OCC's second crew finishing fifth overall in 5:37:07.

Outrigger members who plan to run in the Honolulu Marathon Sunday, December 9, sign up at the Front Desk and you'll get a shirt and a ride to the race, and a buffet breakfast after the race.

Hana Relays: For the fourth consecutive year, OCC competed in these races on September 22. A total of 70 teams and 420 runners competed, running from Kahului Airport, along the scenic Hana Highway, to Hana. Outrigger's second place finish was a personal team best.

Meet Your Committee



Finance Committee

Gregg Robertson, Michael Hicks, Brad Wagenaar, Gordon Smith, Joan Shibuya, J. Gordon Beaton, Matthew Haley, Brad Totherow, Harold Henderson, Kalani Schrader, Peter Ehrman.



Historical Committee

Seated: Ruth Hakuole, Carol Remillard, Mazeppa Costa, Corinne Shulman, Beth Madinger, Coordinating Director Stephany Sofos. Standing: Dr. Mike McCabe, Paul Dolan, Bill Barnhart, Joan Pratt, Tay Perry, Chair. Not pictured: Ja-ne de Abreu, Moana McGlaughlin-Tregaskik, Barbara Del Piano



Outrigger Page 21



Employee of the

MONTH

Lang Huynh

You've seen Lang Huynh's name before. She's been the Employee of the Month at least four times, and was once the Employee of the Year. And she is still looking good, admitting her age at 59.

Lang is a REAL treasure. Former Chef Teruya first hired her as a dishwasher helper where she "soaked up" English, became trained as a kitchen helper and then Chef taught her all his secrets.

Now she is chief cook when Chef Pirscher and Sous Chef Arnaud are not around, and she is literally the "heart of the kitchen." According to Chef Arnaud, she just doesn't stop, she comes early, she stays late, she just learned the old way to have a passion for your job, and all of these things make her valuable to our kitchen.

Her major responsibility is the Sunday Night Buffet, so you all have eaten dishes prepared under her supervision.

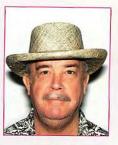
She lives in Makiki, and maintains close contact with her mother who remains in Viet Nam.

Denying any sports, hobbies, or interest in home cooking, she says she just "goes home and watches TV." Well, Lang, as long as you keep cooking for us, you can do whatever you want at home!

newmembers



Daniel Cole Nonresident



Robert Easton Nonresident



Jean Pierre Fourcade Nonresident



Bruce C. Lindstrom Nonresident



RADM Van Alford Service

Junior
Nicholas G. Castello
Emily M.S. Hawkins
Micah Baclig
Kelsey Kuroda
Jason Kuroda
Daniel C. Olson
Malia Patterson
Timothy Harrison
Morgan Kaui Robello
Dane Mi Teves

Non Resident
Thomas E. Middleton Jr.
David Wegmann
Jack R. Taylor

"You are the bows..."

And a woman who held a babe against her bosom said, "Speak to us of Children."

And he said:

Your children are not your children. They are the sons and daughters of Life's longing for itself.

They come through you but are not from you. And though they are with you, yet they belong not to you.

You may give them your love but not your thoughts. For they have their own thoughts.

You may house their bodies but not their souls, For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday. You are the bows from which your children as living

arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the archer's hand be for gladness; For even as He loves the arrow that flies, so He loves also the bow that is stable.

Kahlil Gibran



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In Memoriam

Dr. Stanley J. Beardmore Deceased:

September 29, 2005 Member: 58 Years

Ileiana Papapaupu Amanda Bintliff

Deceased: October 16, 2005

Member: 16 Days

Mr. & Mrs. William Farinon Deceased: August 25, 2005 Member: 41 Years

Board Briefs

Board Briefs is taken from the minutes of the Board of Directors meeting of October 27, 2005.

Membership Count

The membership count was 4,852 as of September 30, 2005.

Executive Committee

The Board approved the establishment of the previously discussed Family Committee as an ad hoc committee for 2006/2007.

House Report

The Board unanimously approved the House Committee's recommendation that the Club increase the cost of a two day guest card from \$10 to \$15 and the cost of a one-week card from \$20 to \$30. The Board unanimously approved the House Committee's recommendation that the Club enter into a Reciprocal arrangement with the Princeton Club in NYC.

Treasurer

The Board reviewed the 2006 Budget. The Board will finalize/approve at November's meeting.

Manager's Report

Net income for September of \$3,679 (\$48,879 better that budget) was realized. October revenues are expected to fall short due to revenue lost to the Triathlon and poor weather. The Board urged Mr. Comstock to continue his efforts to lobby the City for relief from the constant road closures.

Projects in Progress

Construction on the ramp continues. The volleyball fencing will be the next project addressed. These repairs will cost less than replacement and should give us five years of life on the fencing. The Board instructed management to seek Lien Releases for all major projects.

Canoe Alley Committee

Mr. Comstock reported that the ad hoc committee met with interested members. He reported that the meeting was very positive and that he hopes to have a recommendation before the Board meeting in November.

Aloha Party

Mr. Comstock requested that the Board designate the first Monday of March as the date for the Annual Aloha Party. The motion was made and carried.

T-Shirt Design

The Board approved the t-shirt design for the Castle Swim.



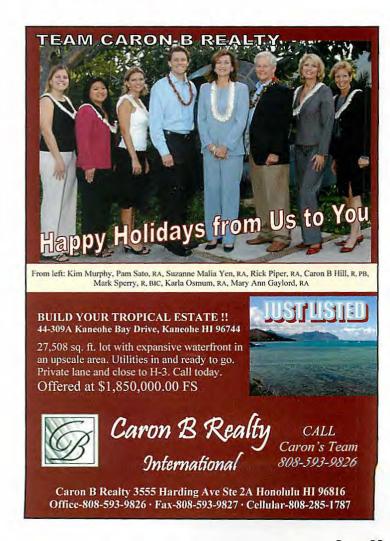
2006 JELLY FISH SCHEDULE

Jelly Fish Window

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January 21-22-23-24 January 13 February 12 February 20-21-22-23 March 14 March 22-23-24-25 April 13 April 21-22-23-24 May 12 May 20-21-22-23 June 11 June 19-20-21-22 July 10 July 18-19-20-21 August 9 August 27-28-29-30 September 7 September 25-26-27-28 October 6 October 24-25-26-27 November 5 November 23-24-25-26 December 4 December 22-23-24-25

^{*} Bishop Museum Planetarium









On the Cover: Outrigger Canoe Club finished third in the Molokai Hoe. Seat 1 to 6: Kevin Allen, Rob Harrison, Evan Rhodes, Byron Ho, Jimmy Austin, Karel Tresnak Jr. See story and photos on page 3. Photo by Rebelshots.com.

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John A Lacy 4233 Puu Panini Ave Honolulu Hl 96816-4738

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Secretary/ODKF
Wendell Brooks, Building & Grounds
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Stephany Sofos, Historical
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