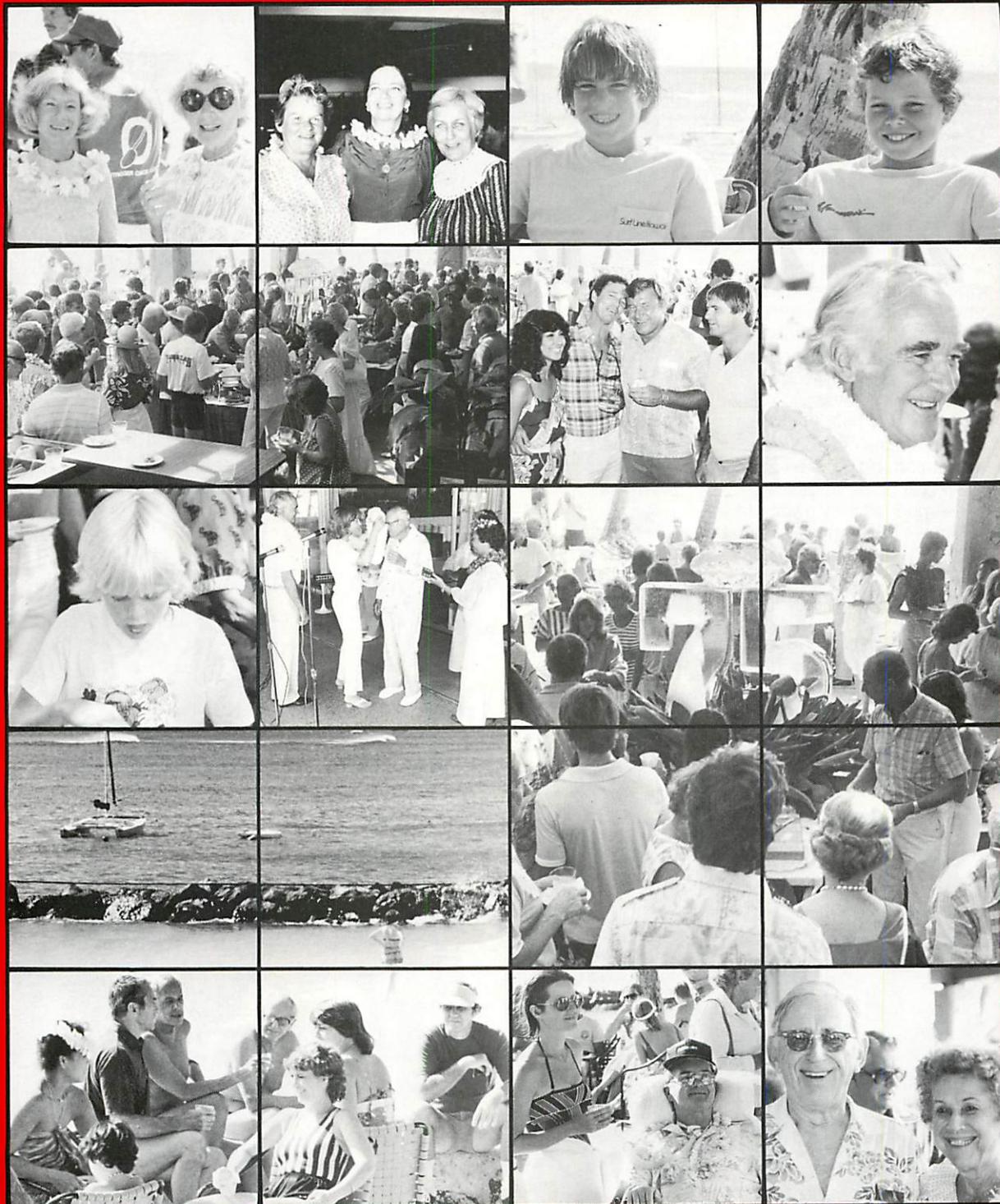


the Outrigger

June 1983



Published by the Outrigger Canoe Club for Members and Guests at Home and Abroad.

Club Day

Club Day was a day for everyone and it started out with perfect weather and lots of participants. **(1)** Organized by the Canoe Racing Committee, a table was set up with six large jars labeled Boys 12, 14, 16, 18; Girls 12, 14, 16, 18; Upper Division Men; Upper Division Women; Masters Men; Masters Women. Those who wished to participate in the canoe races placed their names in the appropriate jar and one name was picked from each jar to form a crew. All participants called this the most successful Club Day ever. **(2)** Participants eagerly waited to find out which team they paddled on. **(3)** Walter Guild and Tiare Finney called out the names of each crew. **(4)** Crews were made up of all ages and all sizes. **(5)** Some participants were very somber as they awaited their turn. **(6)** Michele St. John was a great cheerleader. **(7)** A bevy of OCC's finest watched from the wall. **(8)** And others watched from the beach. **(9)** Winners #1 (of 14 teams that participated). **(10)** President Ben Cassiday, Director Sid Snyder and Manager Ray Ludwig enjoyed the day. **(11)** Then came the foot races, again divided into 4 age groups. Shown here were the young girls in the first heat.



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Photos by Gerri Pedesky & Di Guild



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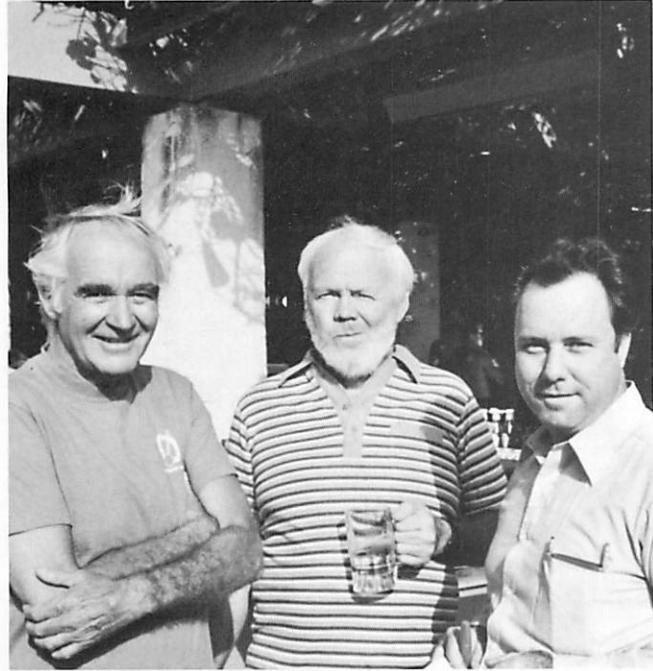
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Club Day

(12) Mark Haine was the winner of the men's race, seen here as he dives for the rubber stake in a preliminary heat. (13) Crowds watched and cheered the participants. (14) After a good shower, everyone gathered on the Terrace to watch the sun set and talk over the day's festivities before the steak fry. (15) Mama-to-be Tiare Finney learns some tips on parenting from Suzie & Drudie Johnston, Mary Mason and new papa Aaron Young.



12



13



14

15



4

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Board Briefs

Paddler's Sign-up Party, with 376 members going through the food line and many more in attendance, was deemed the best managed party to date . . . The Mardi Gras party drew 287 participants. The new format of assigned seating versus open seating worked so well it will be used for all future social events . . . 1,200 meals were served on Easter (800 brunches and 400 buffets) . . . 483 Non-Resident member accounts were opened in March; 261 affiliate clubs, 222 member-sponsored. This was 28% over March of 1982 . . . Manager's request for fund appropriation for the annual employee's picnic was approved . . . The Manager presented the Non-Resident "B" income analysis for the period ending March 31 totalling receipts of \$294,768.37. . .

Membership count as of March is

Pictures Please

For the past two months we have been listing names of members whose ID photos we need and asking them to bring in such a photo or stop in the Manager's office and have a Polaroid taken. Unfortunately, to date no one has complied with our request.

Here are the names beginning with C. If yours is listed, won't you see that we get the needed photo. And if you're one of those listed previously, this goes for you, too.

Dr. Kenyon Cardoza, Gwenneth E. Carey, Anita Carlisle, Carol Lewis Carlisle, Lloyd P. Carlos, Robert J. Carney, Margaret Carr, Benjamin Casiday III, Georgia Castendyk, Candace Charlot, David Cheever, Julia E. Child, Ivanella K. Choy, Jean Chung-Hoon, Henry G. Clark, Herbert A. Clark, C. Robert Clarke, Alice B. Clas, Michael P. Clifford, Teresa B. Coe, Gay Collins, Stewart Collins, Lynne Connable, James Connell III, Thomas R. Conner, Buzzy Cook, Vera Stone Cook, Dr. Jerry Coron, Harriet B Cost, Robert O. Costa, Winifred Coward, Jayne Crabb, Adele Craven, Merle Crow, Anita Cummins, Roger Cundall, Richard Cundy, and Chris Cusack.

3,629. Individuals who have their applications on hold will be allowed 60 days in which to make a decision as to whether they wish to have their application processed when the Admissions Committee informs them of their "candidate" interview appearance . . . Special Athletic Memberships will be granted for only the period of said athletic season with a credit ceiling of \$100 . . . Adrian Rosehill has been selected Director of the Club's 1983 Summer Fun Program . . . Appropriate funds were granted to send 16 players to the 9th Annual Molokai invitational Softball Tournament and to send 25 members (10 AA, 7 Masters and 8 Golden Masters) to the National Volleyball tournaments in Memphis in May.

The Board approved the following members to serve on the Athletic Committees: *Beach and Water Safety*: Norm Dunmire, Chairman . . . *Canoe Racing*: Jeff Kissel, Chairman; Brant Ackerman, Bruce Ames, John Beaumont, Bill Bright, Stewart Brissette, Mike Buck, Paula Carbone, Bill Cook, Brian Deer, Tiare Finney, Bob Fischer, Walter Guild, Karl Heyer IV, Joan Kaaua, Hank Lass, Mike Mason, Laura Sanburn, Linc Scafe, Doss Tannehill, Meade Wildrick, Jr. . . . *Canoe Surfing*: Tommy Holmes, Chairman; Walter Guild, Marc Haine, Karl Heyer IV, Joe Quigg . . . *Golf*: Jim Landrum, Chairman; Bill Capp, Vic Hawthorne, Hal Mehlberg, Frank Walton . . . *Motorcycle*: Steve Quinn, Chairman; John Beaumont, Mark Buck, Doss Tan-

nehill . . . *Paddleboard*: Dale Hope, Chairman; Baby Cross, Cline Mann, Aggie Quigg, Joe Teipel . . . *Running*: Carolyn Corrigan, Chairman; Darcy Ames, Ken Brown, Alike Burso, John Butler, Rudy Choy, Mike Givins, Gil Hicks, Stephanie Merrick; Coach: Max Telford; Physical Fitness Advisor: Robin Smith . . . *Sailing*: Graydon Woolaway, Chairman; Mike Apodaca, Steve Blackburn, Mike Buck, Gerry DeBenedetti, Ron Larsen, Cheryn Lippman, Mike Muller, Harold Reilly, John Shaw, Paige Vitousek.

Softball: Henry Ayau, Chairman . . . *Sports Conditioning*: Marilyn Haine, Chairman; Leslie Mattice . . . *Surfing*: Bill Foytick, Chairman; Susan McMahon, Adrian Rosehill . . . *Swimming*: Ian Emberson, Chairman; Gerry DeBenedetti . . . *Tennis*: John Michalski, Chairman; Tom Bowman, Marjorie Howe, Jeanne Lum . . . *Volleyball*: Peter Ehrman, Chairman; Jon Andersen, Hank Rigg, Randy Shaw . . . *Weight Lifting*: Hank Lass, Chairman; Waldo Bowman, Russ Quaintance, Bob Riley . . . *Winged "O"*: Bill Baird, Chairman.

The Board approved the purchase of 2 fiberglass amas and 2 sets of iakos to be used on training canoes . . . \$250 was appropriated to help defray Stephanie Marrack's expenses for her participation in the Boston Marathon, and \$800 was appropriated to send 3 teams of OCC Motorcycle Club members to the Mauna Kea Race. Tom Selleck will be thanked for his donation of \$500 to the Masters volleyball team.

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As the Terrace Turns

JET SETTERS: World traveler **Harry Newhart** piled up the mileage again, this time on a month-long trip to China. Harry's daughter **Tracy**, now studying in China, served as tour guide as father and daughter cruised up (or is it down?) the Yangtze River . . . **Bob Vieira** took a brief hiatus from his post as director of purchasing at HECO and flew to Snowbird, Utah, for a week's skiing with his son **Steve**, who's attending BYU . . . **Kiki Rolls** will soon be off to San Francisco to complete her studies in hotel management. Good luck, Kiki . . .

She's a living archive: 85-year-old **Jessie Matthias**, a member of the Club's Historical Committee, has been around longer than the Club. This active realtor (for Tropic Shores), busy though she is, wouldn't mind sharing stories about her friend Queen Liliuokalani, and we'll try to persuade her to do so in a future issue of *The Outrigger*. By the way, Jessie arrived in Hawaii aboard the "Falls of Clyde!" . . .

Patti Grosjean Law and her husband **Jim** became the proud parents of **Christopher James**, born in La Jolla, California, where the Laws now reside. Although she is now a non-resident member, Patti has great hopes of her son becoming a future paddler and surfer for the Club, as she spent most of

her youth enjoying OCC sports . . .

Clinical psychologist **Dr. Tom Merrill** was featured in a full-page article titled "Suddenly Single" in the April 27th *Honolulu Advertiser*. The article was full of good advice for the newly divorced . . .

Good news for members who don't like to dine alone! A no-host table is now available in the Main Dining Room. The table seats up to 10 people, and reservations are requested . . . **Bill Chamberlain** was the winner of our second Crossword Puzzle. Space limitations prevented our having a crossword in May, but puzzle No. 3 appears in this issue.

OCC's motorcycle racers **Walter Guild, John Beaumont, Billy Bright, Steve Quinn, Al Serafin, Dos Tannehill, Brant Ackerman, Mike Sheean, and Mike Haxton** participated in the two-day Mauna Kea motorcycle race. This is one of the most difficult but most satisfying races. Competing with Hawaii's top motorcyclists were some of the countries top racers . . . **Matt Kresser** is dividing his time between motocross and enduro racing. He shows strong promise for next year's Mauna Kea . . .

Seen on the Hau Terrace sloshing down American beer were the Lifesavers from the Surf Life Saving Club of

South Narrabeen, New South Wales, Australia. Hosting these thirsty "Roos" was our sailing commodore, **Graydon Woolaway**, former Water Safety Director/Lifeguard. The Aussies were competing in the 1983 World Inter-Club Surf Lifesaving Championships held here in April. OCC's **Marc Haine, Dennis Sallas, Levi Stanley, Henry Ayau, John Finney** and **Karl Heyer** also participated in the championships. Unfortunately our team lost by a narrow margin to the Aussies, who used surf boats while Outrigger used canoes . . .

At the Tamanaha 15K, a run in honor of Hawaii running pioneer **Norman K. Tamanaha**, non-resident member **Mary Jane Young** was first in her age group at 1:01:21 . . .

Stephany Sofos, general manager for Kuhio Mall, is the first woman in Hawaii to attain a Real Property Administrator designation, an international designation with only about 3,000 holders. Presently there are only 10 persons in Hawaii who hold this designation. You'll understand why there are so few when you contemplate the college-level courses Stephany had to successfully complete in order to qualify: courses in engineering and building structure, energy and maintenance, accounting and finance, legal and judicial aspects, risk management

Running committee members wish Stephanie Marrack good luck on her way to the Boston Marathon. Standing: John Butler, Carolyn Corrigan, Polly Burson, Mike Burson, Ken Brown, Bob Vieira, Gil Hicks. Seated: Marrack and Patsy Hicks.



Members of the Running Committee toasted each other at a wine-tasting party held to launch the running season. Bob Vieira, left, and Carolyn Corrigan with Tom Germain, 2nd from left, and Emary Lucas.



and insurance, property values and economics, and personnel administration. Whew! Congratulations, Stephany . . .

Joslin Snyder is home from USC for the summer. And **Clay Sutherland** will be leaving for Boston in August to attend law school. When asked why he chose Boston he said because he'd never been to the East Coast . . . Home from the University of Nevada where she completed her sophomore year is **Cassie Senner** in a full leg cast. The snow was good this year at Tahoe's Heavenly Valley and Cassie couldn't resist, but her left leg resisted and that's how it goes. And just in time for paddling season. Too bad! . . .

Mary Fox is very big on video games. The reason? She runs the Liberty House Ala Moana toy department . . . Nice going, **John Finney** and **Alice Guild** who helped Hawaii Public Radio with the May fund-raiser. They spent hours on the air exhorting listeners to be generous.

We Need Your Kokua

By Marty Kelly, Dining Room Manager

As a weekly occurrence, Sunday buffet is "sold out" by Wednesday or Thursday of the previous week. Most bookings are taken by phone and unless the Dining Room hears otherwise these reservations are honored. As a consequence, members who call after Thursday either have to be denied seating or be placed on a waiting list (pending cancellations).

What's been happening is that many members who have confirmed reservations are not keeping them and are not calling the Dining Room to cancel. Over the past months, each Sunday we have been averaging 40 to 70 last-minute "no shows."

This not only reveals great discourtesy towards other members but puts an inordinate strain on the economics of the kitchen, since prepared food is now lost revenue.

This is a last appeal to members to be cooperative in alleviating this serious concern. Please be considerate and call in cancellations.

P.S. By the way, the majority of these reservations are made by regular and not guest members, as is often presumed.

It's Surf Meet Time

By Adrian Rosehill

Well, all you surf rats, beach bunnies, boogy-board crazies, kooks, geeks, drop-in artists, off-the-lip aerialists, old veterans (this includes you, "Daddy") and young stars, it's time once again for the annual Outrigger Surf Meet. This year's meet begins June 11th, surf permitting, and continues consecutive weekends until completion. The event will be staged at Old Man's, fronting the Club.

Among the events to be included are Menhunes (11 and under), Boys (12-14), Junior Men (15-17), Men (18-30), Masters (30 and over), and a women's competition. There also will be a boogy-board competition for women, men 18 and under and men 18 and over, and a longboard event, open to all. A surf canoeing contest and a "Superheat," involving a surf-off between the winners of each division, may also be run, depending on the interest expressed. In the hope that more people will par-

ticipate, entrants may enter as many different events as desired. In past years there has been a decline in interest in the surf meet, but with better organization, a broad range of events, and of course, good surf, we look for resurgence in the popularity of the contest.

Prizes will include trophies in the respective divisions and T-shirts for all participants (and the lucky winner of the women's division will win a date with, you guessed it, resident stud Karl Heyer). Entry blanks are available at the Front Desk, and should be filled out and returned as soon as possible. For more information, please contact Adrian Rosehill, Billy Foytich or Susan McMahan.

So break out your surfboard, boogy-board, longboard or ironing board and start practicing. Who knows, you may get your picture in a future *Outrigger*, slashing and burning in the surf. Get psyched and get wet!



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Paddling Season Launched

OCC's first, and hopefully annual, paddler's sign-up party was held April 8th. It was a night for young and old and the air was full of excitement. Paddlers, boosters, friends and members arrived from all corners of the island to help celebrate the beginning of our yearly summer madness . . . the Regatta Season. The Club was bedecked, the buffet was a sumptuous feast and two bands contributed to the gaiety.

Head coach Brant Ackerman introduced and dedicated the 1983 canoe racing season to our very own Auntie Eva Pomroy. Paula Carbone and helpers manned the sign-up desk far into the evening with a record turn-out. The country-western band with a hot fiddle was an instant success and carried out the western theme. Jeff Kissell and his Canoe Racing Committee did a splendid job along with manager Ray Ludwig.



The paddlers registration desk did a brisk business.



Eva Pomroy was introduced by Brant Ackerman and Guy Harrison

Photos by Di Guild



Head Coach Brant Ackerman, Canoe Committee Chairman Jeff Kissell, OHCRA Rep. and Masters Women Coach Joan Kaaua, and Canoe Committee Activities coordinator Bruce Ames.

8



Young paddlers at the chicken-and-ribs buffet table.



Riki and Kim Roberts enjoy the feast.

Coaches' Corner

By Brant Ackerman, Head Coach

I would like to thank each and everyone who turned out for the paddling kickoff party. Whether you came to register for the upcoming season or just to join in the fun, I want you to know your support of the paddling program is greatly appreciated. I feel that the stage has been set for a most successful and enjoyable season.

Speaking of which, I'd like to list the paddling schedule for this summer's regattas.

As you can see, we have an exciting schedule in the next few months. I would like to call special attention to our own Walter MacFarlane regatta on July 4th at Waikiki Beach. Let's focus on this one and bring home the GOLD!

DATE	REGATTA	PLACE	SPONSORING CLUB
Jun 12 Sun	King Kamehameha	Kailua Beach	Kailua C.C.
Jun 19 Sun	Kai Aina O Hawaii	Nanakuli Beach	Leeward Kai C.C. & Kukini C.C.
Jun 26 Sun	Pop Waialeale	Waimanalo Beach	Waimanalo C.C.
Jul 4 Mon	Walter MacFarlane	Waikiki Beach Moana Hotel	O.C.C.
Jul 17 Sun	John D. Kaupiko	Waikiki Beach Moana Hotel	Hui Nalu C.C.
Jul 24 Sun	Kalanimoku	Waimea Bay*	Hawaiian Warriors C.C.
Jul 31 Sun	Oahu Championship	Keehi Lagoon	O.H.C.R.A.
Aug 13 Sat	State Championship	Keehi Lagoon	H.C.R.A.

*Double check for race site.

All regattas are scheduled to start at 8:30 a.m.

President's Aloha Party

Past and present officers and board members as well as retiring and new committee chairpersons and management gathered in the Board Room for their annual get-together. Seen here are some of those enjoying the festivities.

From left: standing, J. Ward Russell, William Eggers III, Robert L. Moore, Roy Kesner, Tom Haine, Tommy Thomas, Don Avery, C. "Bud" Ackerman. Seated, Ben Cassiday, Thad Ekstrand, "Wakie" Mist, J. Cline Mann.

Photos by Steve Riede



Ben Cassiday and Robert Moore with his Calabash.



Barbara Annis, Dr. Joe Miccio.



From left, Ben Cassiday, Tom and Marilyn Haine and Robert Vieira.



Tom Arnott and Roy Kesner.



From left, Neal Ifverson, Carol Ludwig and Mr. and Mrs. Tim Guard.



Mrs. Tom Arnott and Mrs. Roy Kesner.



Penney McCloud and Ron Sorrell.

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Body Mechanics

By Robin Smith RPT

Types of Exercise

Now that the major properties of muscle have been outlined (in the May *Outrigger*), it is important to examine the different types of exercise movements. There are two categories, static and dynamic.

In static movements, the muscle does not shorten or lengthen, it remains in one place. This is called an isometric exercise. An example of this would be pushing your arms out against a doorway. The harder you push, the more muscle tension or "torque" is developed, but the muscle does not change shape.

In dynamic movements, the muscle shortens (also called isotonic, or concentric, or positive contractions), or lengthens (eccentric or negative contractions).

Isometrics has received a lot of popular press. What are its advantages? The most significant is that it does not re-

quire specialized equipment or very much space. It can be performed even in confined areas, such as in an airplane seat. One example would be placing your palms together in front of your chest and pressing your hands together as hard as you can. This would be an isometric exercise for the pectoral or chest muscles. As a method of exercising, however, it has certain disadvantages: it strengthens only the muscle at the point in the range of motion it is being exercised; it does not increase the size or bulk of muscle; it does not burn fat; it is frustrating as there is no feedback as to how you are improving, and it is ineffective in improving performance.

There are many forms of dynamic exercise, and each has its advantages: there is (1) constant resistance (free weights), (2) variable resistance (Nautilus machines), and (3) accommodating resistance (isokinetics).

Constant resistance utilizes both concentric (positive) and eccentric (negative) contractions. When you lift a free weight up, that is concentric, when you lower it down that is eccentric. The benefits of this form of exercise are to increase muscle mass and bulk, decrease fat, improve strength, coordination and rhythm.

One disadvantage is safety; it is easier to incur an injury lifting free weights. Eccentric contractions develop the most tension in the muscle, and are the most efficient in energy consumption, but the relative value of negative vs positive exercise has not been adequately demonstrated.

Variable resistance (Nautilus) is similar in that both positive and negative resistance is utilized. The primary difference is that the machines are designed to give maximum resistance to the muscle throughout the entire range of movement. When you lift a free weight, you can only lift as much as your muscle can tolerate at its weakest point. Due to changing biomechanical advantage as your limbs change position, a muscle is usually strongest at about mid-point in the range of movement, and weakest at the beginning and end of a movement. Nautilus machines are designed to give maximum resis-

tance in mid-range where the muscle is strongest, and lighter resistance at the start and finish of movements; thus the name, variable resistance. Nautilus machines are safer than free weights but do not develop the coordination and balance factors as well as free weights. Hence there are advantages and disadvantages to both systems.

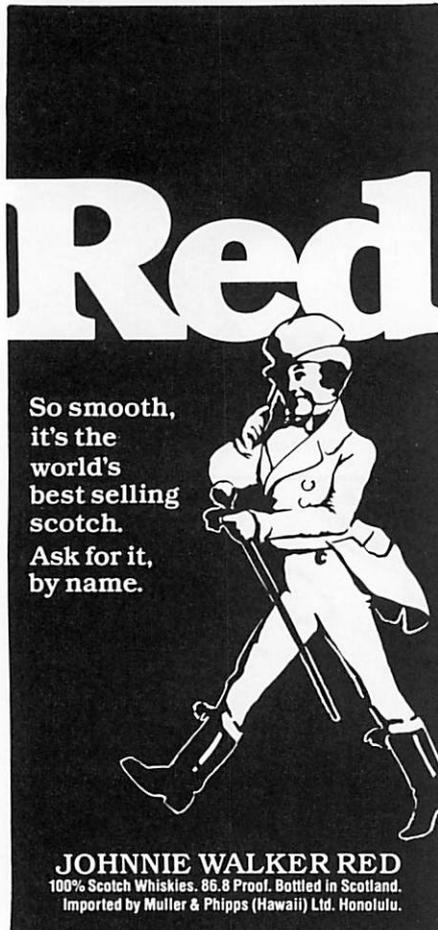
Isokinetic exercise is probably the most effective form of training to improve athletic performance. The principle of isokinetics is that the resistance is set at a certain rate of speed of movement, and all the resistance is isotonic or positive. The speed of movement at which muscles are exercised is the most important aspect of improving performance. Muscles should be trained at "slow" speeds for slow activities that require strength and endurance, "medium" speeds for activities such as distance running or canoe paddling, and "fast" speeds for explosive activities such as volleyball or racketball.

An example of an isokinetic movement would be an electric automobile lift. If you were to use your muscles to move it up or down, it would only move at a set rate of speed. No matter how hard you push, the speed does not change, but the torque or muscle tension will increase as more pressure is applied. A strong person will develop more torque than a weak person, but the lift would continue to move at its set rate of speed. If the lift is set at a slow rate of speed, high torques can be developed, if the lift is set to move at a very high rate of speed much smaller torques are developed.

Slow movements using high resistance will develop primarily Type I (endurance) muscle fibers. Fast movements using low resistance will develop primarily the Type II muscle fibers. Since Type II fibers increase in size, this is the best type of training to increase muscle mass.

Unfortunately there is not a lot of isokinetic equipment available for increasing muscle strength. Two examples are the Fitron bicycle and the Orthotron knee machine. Some fitness centers feature equipment such as the Hydragym and Minigym, which are also isokinetic.

To Be Continued



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Junior Riggers

By Malia Snyder



Boys 12 A & B teams.



Girls 12, 14, 16 practicing at the Ala Wai.

Photos by Di Guild



Catamaran sailor Bruce Blakely shows daughter Kiki the ropes.

Spring is here and summer is around the corner. With that, Outrigger junior members are all welcome to join the Summer Fun Program, which will be starting June 13 . . .

Nancy Neville participated in the Norman K. Tamanaha 15K race, taking second place for her age division with the time of 1:34:45 . . . And congratulations to **Michelle Larkin** for her good time in the Tamanaha race; **Chris Duplanty** went to the Junior Olympics in Milwaukee for the 100-meter breast stroke event. He placed 49th with the time of 1:01:93 . . . **Staci Larkin's** varsity basketball at Hawaii School for Girls has won some good games as a Sophomore. Good job, Staci! . . .

Our volleyball players have walked away with the gold. **Tiffani Bova** with Toyota's Na Hoku team won their novice division tournament . . . **Doug** and **Matt Rigg** also won their volleyball tournament in the open division for the Outrigger . . . Congratulations, again, to all.



Two Junior Riggers made a great showing in the Tamanaha 15K Run. Nancy Key Neville is shown holding her 2nd-place trophy while Michelle Larkin holds her 1st-place trophy from last year.



Summer Fun participants receive final instructions prior to last year's boogieboard contest held at Makapuu Beach State Park. The summer program is open to children of OCC members, ages 8 through 15, and will be held weekdays, 8:00 a.m. to 12 noon, starting June 14 and running to July 15.

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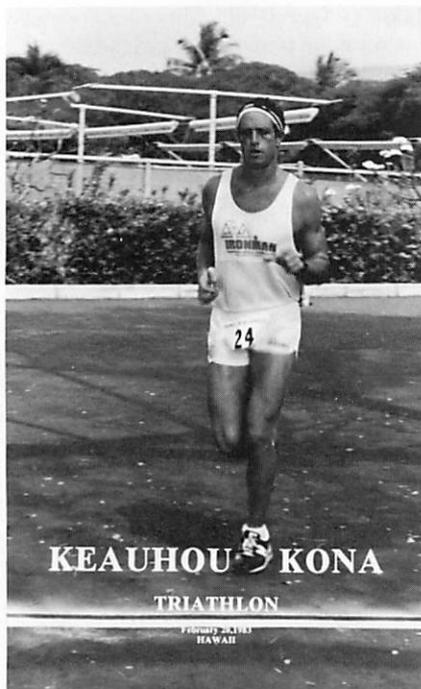
Saluting Our "Super Athletes"

The Outrigger Canoe Club has always taken pride in the high degree of athletic excellence displayed by its members who, down through the years, have made their mark as champions in volleyball, canoe racing, surfing, running and numerous other athletic endeavors. In this tradition, there now emerges a new breed of "super athletes." These are the Club members who are training for the Ironman Triathlon to be held next October.

You may assume that it is a little early to train for an event so far away, but this event is an "epic" so grueling that it demands a year or more of preparation. On October 22, Outrigger's super athletes—Roger Cundall, Bill Head, John Finney and Pat Bowlen—will, in quick succession, swim 2.4 miles, bike 112 miles and run a marathon.

Preparation for the event is tedious, time-consuming and torturing, to say the least. Pat Bowlen puts it succinctly: "The more pain I can endure during training will mean less pain to bear during the race." Each of these super athletes puts in 2 to 6 hours of training every day. You may notice that they appear almost gaunt. Roger Cundall is a shadow of his former self. Evidently

Roger Cundall crosses the finish line 23rd overall in the Kona Triathlon.



Bill Head, Masters Triathlete, in the Kona Triathlon in January.

part of the training includes ingesting enough calories to keep going. In short, these athletes are burning so many calories when working out that they have to make a special effort to eat. (There must be easier ways to lose weight.)

The "science" involved in the competition is also incredible. The techniques of three different sports, equipment and body dynamics are just a few factors that must be dealt with. Training events such as half triathlons provide the ath-

7th place finisher Pat Bolan as he sprints toward the finish of the Maui Triathlon.

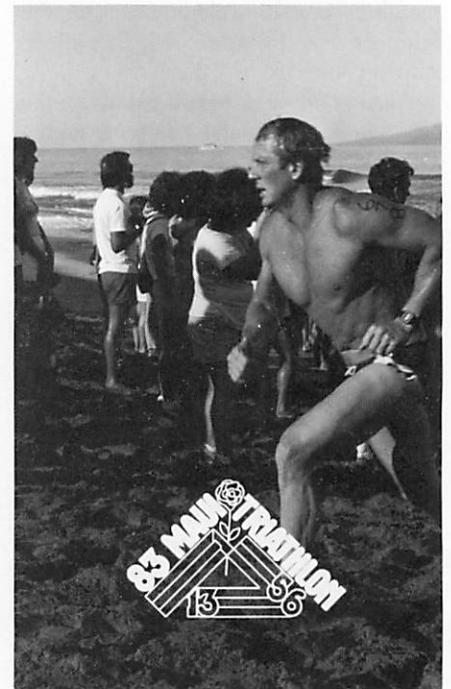


letes with opportunities to further perfect their competitive skills. The January Kona half triathlon (1.2-mile swim, 56-mile bike, 13.1-mile run) saw Pat Bowlen win his division and place seventh overall with a time of 5:22. John Finney finished in 5:42, Roger Cundall in 5:47, and Bill Head's time was 6:40. (Bill is the "senior citizen" of the Club's triathletes and a top performer in his division.) On April 10, another training triathlon was held on Maui. This event attracted some big name and "full time" triathletes. (Yes, there are pro triathletes.)

The determination it requires to compete successfully is illustrated by Pat Bowlen's performance. He had fallen from his bike earlier in the week, gouging some flesh from his arm. The wound was not sutured so that it could drain properly. Pat had it sewn up the night before the competition, raced, and bettered his Kona time by 16 minutes. He then had the wound reopened so it could continue to drain.

Each athlete ultimately is competing against himself. During training and short races, little rivalries are played out, but the Ironman Triathlon is a test of the human spirit.

John Finney finishes the swimming portion of the Maui Triathlon in March.



Volleyball: OCC Wins Again

By Kelly Hutchinson

Outrigger men swept the 25th annual Haile Easter Volleyball Tournament held in Hilo over Easter weekend. Three teams sponsored by OCC placed 1st, 2nd and 3rd. The Club has won this tournament 24 out of 25 times.

Battling among themselves, the OCC teams began the excitement Friday night when team 2 lost to team 1 in two out of three very close games. Scores were approximately 15-10, 7-15, 17-15.

When play resumed on Saturday,

team 2 defeated OCC Masters in three games. This set a rematch of team 1 and team 2 in the finals and left the Masters in third.

In the finals, team 2 defeated team 1 in two games, 15-7, 15-6. This placed both teams in a tie and forced a sudden death playoff for the championship, in which team 2 defeated team 1.

OCC team 2 placed 1st in the tournament. The team consisted of Jon Andersen,* Ralph Smith,* Marc Haine, Kinoa Downing, Kahea Chock, R. D.

Grey and Matt Rigg.

Team 1 placed 2nd. The team consisted of Elmar Tarikas,* Charlie Jenkins,* Randy Shaw, Scott Rigg,* Mike Cote, John McDermot and Doug Rigg.

Team 3 (Masters) placed 3rd. Jon Stanley, Tom Madison, Dave Shoji, Jon Hannenberg, Dennis Berg, Chris McLaughlin, Chris Crabbe and Tom Selleck.

The most outstanding player of the tournament was Jon Andersen.

**All tournament team*

Members It Pays to Know



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Spouse Cards

Some confusion still exists over the eligibility of a member's spouse (either husband or wife) to participate in Club activities and enjoy Club privileges.

Any member wishing his or her spouse to have such guest privileges should fill out and sign a Spouse Guest Card application which authorizes the spouse to sign on the member's number. A special guest card will then be issued to the spouse, and must be renewed after a 12-month period.

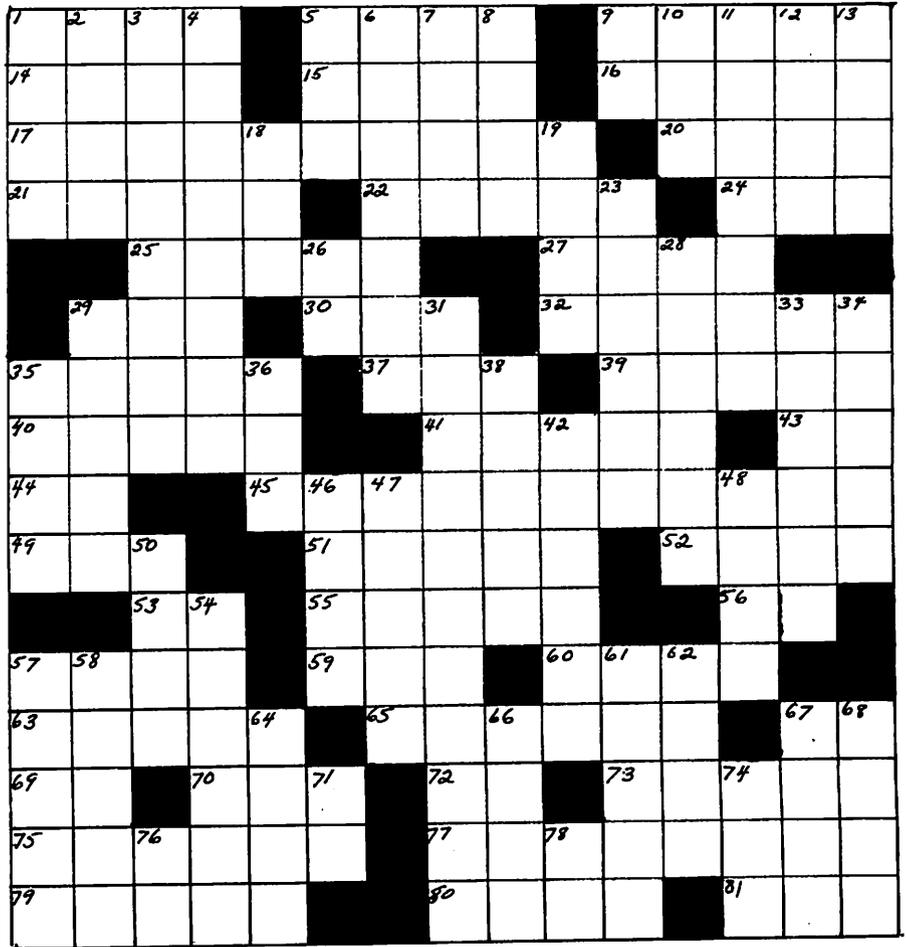
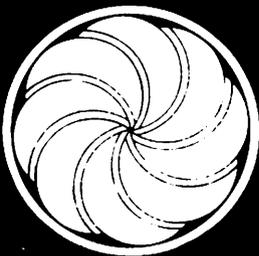
Contest Rules

Sign your completed puzzle and leave it at the front desk before April 15. All correct puzzles will be placed in a barrel and one will be drawn. The lucky winner will receive a buffet dinner for two.

It's June

We've sharpened our scissors to make you look sharp for summer.

*wm. rennie, stylist
kaimana beach hotel
2683 kalakaua avenue
honolulu, hawaii 96815
922-6503*



Crossword Puzzle

ACROSS

- | | | | |
|--|----------------------------|------------------------------|-------------------------------|
| 1 Ms. Stacker whose one-piece bathing suit scandalized Waikiki | 39 Noble title | 77 Activity of 73 | 29 Boggy |
| 5 What her outfit seemed to contemporaries | 40 Overdressed Lady | Across | 31 Lowdown condition (var) |
| 9 Author of the 1920 Hawaii Bathing Suit Law | 41 Fall flower | 79 Corset props | 33 Mr. Moore |
| 14 Brainstorm | 43 Degree | 80 Gabs | 34 Trap |
| 15 One---- | 44 Exists | 81 Resident | 35 Hit and run |
| 16 Not so many | 45 Man's best friend? | DOWN | 36 German tri |
| 17 Former OCC neighbor | 49 Color | 1 Frost | 38 Pale |
| 20 Stretchout slang | 51 Cosmetic name | 2 Japanese noodles | 42 African scourge |
| 21 Register | 52 Before | 3 Clips coupons | 46 Officials (abbr) |
| 22 Organic substance | 53 Record (abbr.) | 4 Sheraton showplace | 47 With Sandwich |
| 24 Walter J. to pals | 55 Michigan city | 5 Scrooge word | 48 Labor |
| 25 Luster | 56 The -- Girl | 6 Bedecked | 50 Successor to 17 |
| 27 SE Asian country, once | 57 Libertine | 7 Scale | Across |
| 29 Hawaiian chicken | 59 At our front doorstep | 8 Views | 9 Tree degree |
| 30 Society rookie | 60 Lateen | 9 Tree degree | 10 Nematode |
| 32 The bar bunch | 63 Automotive lemon (var) | 11 I Across was one | 12 Bloody prefix |
| 35 Multi-part song | 65 ZZZZZs | 13 One legendary bird | 18 Stout |
| 37 Superior being | 67 Ceaser's you | 19 Tilt | 23 Daughter of Tantalus (var) |
| | 69 Printer's measure | 26 Mr. Pickering, informally | 28 Throw----- |
| | 70 60 Across sometimes | 71 Rev. | |
| | 72 Pill substitute, with D | 74 102 | |
| | 73 Speed setter | 76 Lava | |
| | 75 Called | 78 After A | |

Open-Ocean Swim Scheduled

By Ian Emberson

The fifth annual Outrigger Canoe Club/Waikiki Swim Club open-ocean swim race will be held on June 25 starting at 9 a.m. at the Club. Register at 8:15 a.m.

There will be a short course and a long course. The long course is approximately 2 miles; the short course, for anyone 50 and over, is approximately 1 mile. (Swim course is posted

on bulletin board in tunnel)

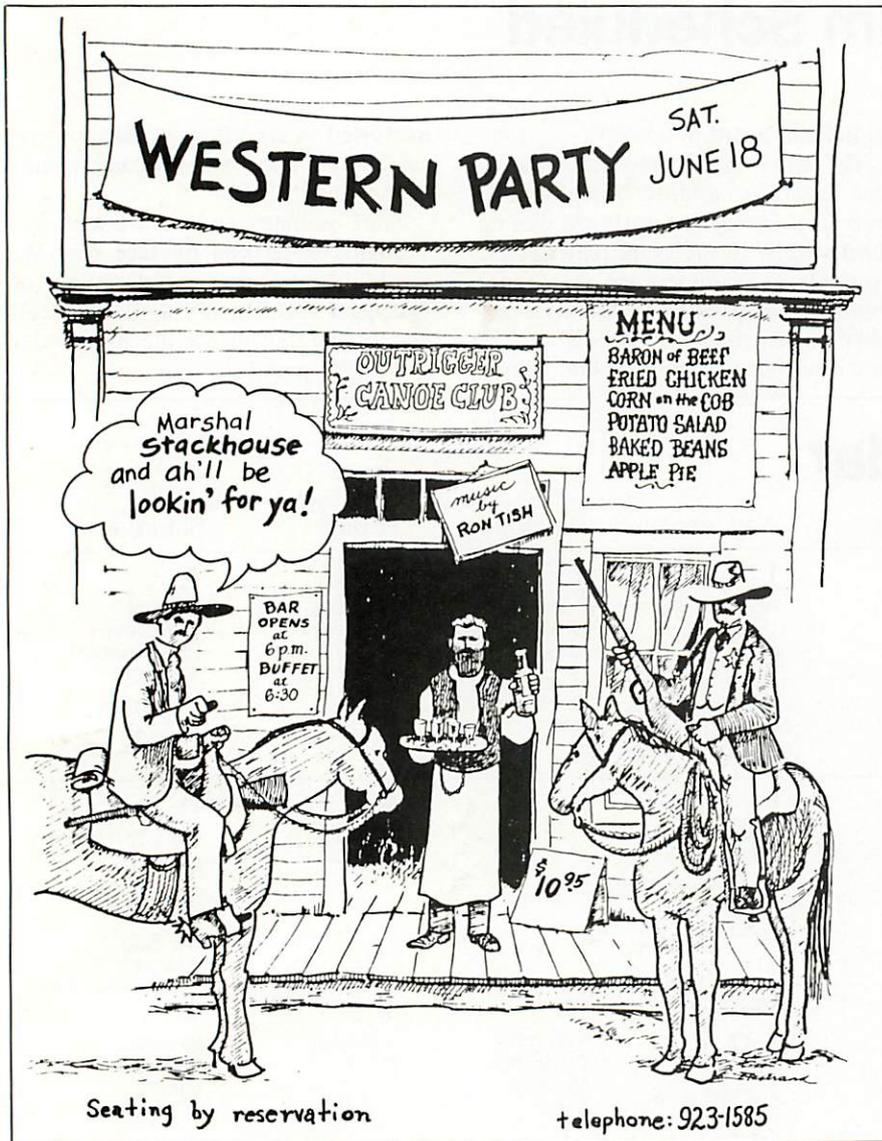
The entry of \$10 includes brunch, race T-shirt and awards. There is a late entry fee, so register early. A sign-up sheet will be in the swim folder at the Front Desk. Swimmers are encouraged to provide a friend or relative as a personal escort, either on a paddleboard or in an outrigger canoe. Anyone who is

interested in escorting is welcome and can enjoy a good brunch, compliments of the Club.

Start training now and we look forward to seeing you on race day. We would like to see a good turnout of Outrigger members. This is an excellent training swim for the roughwater swim in September.

June/July Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Aerobics 8 a.m. Admissions & Membership Mtg. 5 p.m. Entertainment Meeting 5 p.m.	2 Buildings & Grounds Mtg. 12 Noon Historical Committee Mtg. 5 p.m.	3 Aerobics 8 a.m.	4 Broil your own Steak (Hau Terrace) 6-9 p.m. Dancing 7-11 p.m.
5 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	6 Aerobics 8 a.m. Noon Bridge	7	8 Aerobics 8 a.m. House Committee Meeting 11:30 a.m.	9	10 Aerobics 8 a.m.	11 OCC Surf Meet Broil your own Steak 6-9 p.m. Dancing 7-11 p.m.
12 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m. King Kamehameha Regatta	13 Aerobics 8 a.m. Noon Bridge	14	15 Aerobics 8 a.m. Admissions & Membership Mtg. 5 p.m.	16 Executive Committee Meeting 5 p.m.	17 Aerobics 8 a.m.	18 Western Barbeque 6 p.m.
19 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m. Kai Aina O Hawaii Regatta	20 Aerobics 8 a.m. Noon Bridge	21 Public Relations Committee Mtg. 5:15 p.m.	22 Aerobics 8 a.m.	23	24 Aerobics 8 a.m. Seafood Buffet 6-9 p.m.	25 Open Ocean Swim Broil your own Steak (Hau Terrace) 6-9 p.m. Dancing 7-11 p.m.
26 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-8 p.m. Buffet Dinner 6-9:30 p.m. Pop Waialeale Regatta	27 Aerobics 8 a.m. Noon Bridge	28	29 Aerobics 8 a.m.	30 Board of Directors Mtg. 5 p.m.	1 Aerobics 8 a.m.	2 Broil your own Steak (Hau Terrace) 6-9 p.m. Dancing 7-11 p.m.



the Outrigger

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On the Cover: Some of the celebrants
at the Club's 75th anniversary party.
Photos by Gerri Pedesky and Steve
Riede.

The Outrigger Canoe Club

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