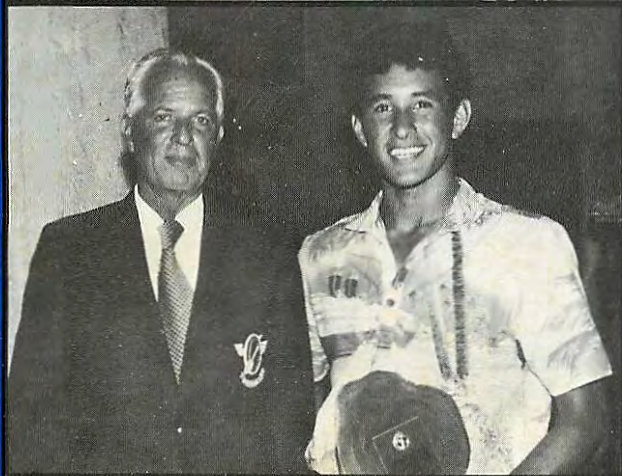


the Outrigger

October 1982



1982 Athletic Awards

The Awards Ceremony and banquet was held on Friday, August 20, at the Club. The Winged O was in charge of the event. The following people received awards in the specified categories:

Running

Honolulu Marathon, 1st OCC Woman Finisher: Mary Jane Young
Tin Person, 1st OCC Woman Finisher: Diane Stowell
1st OCC Man Finisher: Tom Merrill
Haleakala Run to the Sun, 1st OCC Woman Finisher: Mary Jane Young
Most Improved: Carol Wilbur, Mike Givens
Top OCC Runners: Jan Newhart, Jack Scaff
1981 OCC Honolulu Marathon Finishers (Alphabetically): Bruce Ames, Alika Burso, John Butler, Ben Cassidy, Jr., Carolyn Corrigan, Darnell Davidson, Hugh Foster, Mike Givens, Jon Haig, Fred Lowery, Tom Merrill, Jan Newhart, Jack Pedesky, Grant Senner, Bill Starbuck, Dennis Torres, Bob Vieira, Carole Wilbur
OCC Triathlon: Norman Dunmire
Distance Running Plaques: Bill Bolman, Alika Burso, John Butler, Rudy Choy, George Crandlemire, Don Dezonier, Robert Dodge, Mitch D'olier, Tim Dougherty, Peter Dudgeon, Norman Dunmire, Thad Ekstrand, Ted Gaines, John Gesser, Mike Givens, Tim Guard, Jon Haig, Fred Hemmings, Jr., Gil Hicks, John Keller, Bill Kilcoyne, John Marrach,

ON THE COVER: Some of the athletic award winners, clockwise from top right: Keiki Surfing Champion Heath Hemmings with Eugenia McMahon; Wahine 13's Maria Hemmings with her daughter, Malia Boyd's, award, Sheila Stehouwer, Heather Moore, Katie McCrary, Stacy Stackhouse; Fred Hemmings, Jr. and Jack Scaff; Golden Masters Volleyball Team, Bob Kashare, Dan Oredson, Bill Baird, John Beaumont, Ron Sorrell, Colin Chock; Cline Mann with Pua Rocklin, Paddleboard winner; Wahine Distance Paddlers, Anne Hogan, Connie Young, Anita Minter, Jeanne Jenkins, Paula Carbone. Cover photos by Tommy Thomas

Chris McKenzie, Hal Mehlberg, Tom Merrill, Joseph Miccio, Don Moore, Hugh Murray, Bill Starbuck, Bill Stricklin, Stephen Tenby, Dennis Torres, Bob Vieira

Tennis

Men's Singles Champion: Rick Fried
Women's Singles Champion: Jenny Staats
Men's Doubles Champions: Rick Fried, Cal Lui
Women's Doubles Champions: Jenny Staats, Billie Baird
Mixed Doubles Champions: Susan Rose, Gulab Watumull

Golf

OCC Golfer of the Year: Vic Hawthorne

Swimming

Castle Swim: Chris Duplanty, Pat Caldwell, Joe Teipel, Ian Emberson, Kathy Merrill, Richard Sylva, Kimo Austin, Diane Stowell, George Crandlemier, Jake Updegrove, Joan Osborne, Lloyd Osborne

SPECIAL AWARDS—1981-82

1981 Short Course National Championships—Irvine, CA: Diane Stowell, Joan D. Osborne, Lloyd B. Osborne
1981 Long Course National Championships—Canton, OH: Joan D. Osborne, Lloyd B. Osborne
1982 Short Course National Championships—Houston, TX: Joan D. Osborne, Lloyd B. Osborne, Diane M. Stowell



Bill Capp presents special awards for achievement in swimming to Joan and Lloyd Osborne.



Colleen Kelly, who set a girls' record for paddleboard racing, with Cline Mann.



Open Ocean Swim Race—June 26, 1982: Ian Emberson

Mileage Swimmer's Plates: Ian Emberson, Jay Hardin, Jake Updegrove, Frank Walton, Jim Anderson, Tom Henke, Jim Beardmore, Jon Haig, Elizabeth Lacey, Cassie Senner, Ruth Updegrove, Carin Rapson

Canoe Racing

Outstanding Achievement, State Champions—Hilo Bay

Girls 13: Katie McCrary, Heather Moore, Stacy Stackhouse, Sheila Stehouwer, Malia Boyd, Kimmy Merrick

Men—Open 4: Marshall Rosa, Mark Buck, Murray Hixson, Mike Lemes

Women's Molokai-Oahu Race: Tom Conner, Coach

Anne Hogan, Evie Black, Paula Carbone, Lesline Connor, Kailulu Downing, Muffer Scully, Tiare Finney, Mary Franco, Jeanne Jenkins, Donna Kahakui, Anita Minter, Connie Young

Haleiwa-Makaha Race: Ed Pickering, Bill Bright, Bob Riley, Murray Hixson, Tom Conner, Gib Bintliff, Alan Rosehill, Jack Feher, Keahi Farden

Kualoa-Hawaii Kai Race: Ed Pickering, Bill Bright, Bob Riley, Murray Hixson, Gib Bintliff, Alan Rosehill, Kainoa Downing, Walter Guild, John Finney

Duke Kahanamoku Race: Alan Rosehill, Walter Guild, John Finney, Karl Heyer, Hank Lass, Steve Quinn, Bill Foytich

Paddleboard Racing

Winter Race, Girls: Colleen Kelley

Masters Men: Joey Cabel

Summer Race, Girls: Colleen Kelley

Masters Men: Kimo Austin

Masters Women: Robin Smith

Men: Pua Rochlin

Surfing

Outstanding Achievement

Keiki Champion: Heath Hemmings

Summer Surf Meet, Keiki (11 & Under): Heath Hemmings

14 & Under: Bobby Keith

18 & Under: Walter Cerny

Senior Men (18-35): Gordon Quigg

Men (35-45): Fred Hemmings, Jr.

Men (45 & Over): Ricky Grigg

Women: Melissa Wheelless

John McMahon Perpetual Award
Surfing 1982 Outstanding Junior
Champion: Heath Hemmings

Mountainball

Henry Ayau, Coach
Bill Breeden, Colin Chock, Mike Ciacci, Rick Conroy, Bill Erickson, Bill Head, Archie Kaaua, Bill Kilcoyne, Jay Pease, Nolan Ramirez, Bob Riley, Kim Roberts, Mike Rodrigues, Levi Stanley, Dan West, Darnel Pease-bat boy
Mountainball MVP: Dan West

Volleyball

US National Volleyball

Championships—Hilo, Hawaii

Champions-Golden Masters: Fred Noa, William Baird, Tom Haine, Colin Chock, Bob Kashare, John Beaumont, Ron Sorrell, Dan Oredson
Golden Masters-All American: Tom Haine, William Baird, Dan Oredson
Champions-Masters: Jon Haneberg, Bill Johnson, Chris Crabb, Tony Crabb, Dave Shoji, Dennis Berg, Tom Madison, Rob Durand, Jon Stanley, Chris McLachlin

Masters All American Team: Jon Stanley, Tony Crabb, Dave Shoji

Sand Club 1982 Doubles: Peter

Erman, Marc Haine
Sand Club (A) Doubles: Ilmar Tarikas, Kahea Chock

US Junior Volleyball Championships—Santa Barbara, CA

Champions-Junior Nationals: Matt Rigg, Douglas Rigg, John McDermott, Owen McKibben, Arne Lamberg, Jeff Davis, Todd Harrison, Chip Benham, Scott Rigg

Junior All Stars: Matt Rigg, John McDermott, Owen McKibben

Sports Festival MVP: Matt Rigg
Haile Invitational: Dean Nowack, Coach

Scott Rigg, Mike Cote, Jim Iams, Ralph Smith, Randy Shaw, Jon Anderson, Ken Morrow

All Star Team: Scott Rigg, Jim Iams, Ralph Smith, Jon Anderson-MVP

Hawaii State Champions: Dean Nowack, Coach

Jon Anderson, Ralph Smith, Matt Rigg, Scott Rigg, Jim Iams, Randy Shaw, Mike Cote

State All Stars: Scott Rigg, Matt Rigg, Jon Anderson

Parker Award: Matt Rigg



A proud and happy Bob Fischer is welcomed into the ranks of the Winged "O" by Ron Sorrell. Bob's appointment to the prestigious group was a well-kept secret until the night of the Awards banquet.

Photo by Tommy Thomas

Bob Fischer New Winged "O"

At the conclusion of the Awards banquet, the Winged "O" announced the newest member to receive the Honor award, Bob Fischer.

Part of this recognition is because Bob has helped to build a bridge between other canoe clubs and OCC. More than any other individual, he is responsible for the long-term good relationship that exists between Outrigger and those who make up the leadership of our canoe racing association.

Bob has been a stalwart supporter of our own programs in addition to these outside activities, never failing in an undertaking, never considering a job too demeaning. He has been a swimming coach, a surfing coach, an organizer of countless other club events as well as the first president of the Hawaii Surf and Lifesaving Association. Congratulations Bob, Winged "O" 1982.

Beach Wear

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Fred Hemmings, Jr. and Coach Joan Ka au'a explaining race rules.



First Place Team with perpetual trophies of bottled Ala Wai water.

Photos by Gerri & Jack Pedesky



Masters Women pause to pose for picture at picnic after races.



First and second place winners crossing the finish line in the championship heat.



OCC Masters Women Coach Joan Ka au'a (center) lining up teams after the draw for seats.

noon.

Patty Mowat of OCC Masters Women received the "It's the Pits" award. You'll have to ask Patty what that was for. Bernie Gay of Lanikai was selected "Mrs. Na Wahine O Ala Wai '82." The crew from Kailua received large juicy lemons, for it took them two hours to try to find the library end of the Ala Wai. Ellen Tabilona of Healani won a trophy for being the winning steerswoman.

Fred Hemmings, Jr. was our Racing Chairman for the afternoon. He once described the Women's Masters division with OHCRA as being "a bunch of ladies who really know what paddling is all about."

This is quite true, for although we are very competitive, we have formed tight bonds of friendship with each other and if you have attended wave races at Waikiki, you have heard us loud in song at the Moana Hotel, where we gather to share pupus, laughter and song.

Since the Masters event started in 1978, the OCC women have won three of the five State Championships, with Kailua and Healani taking the other two. This event was meant to bring back some wahine paddlers from the past and also give women a little older a chance to compete in a wonderful sport. This year's ages were from 35 to 57. . . and that's pretty wonderful.

One wahine from Healani, having paddled in the winning crew at the regatta that Sunday, was overheard saying, "The best thing about this was paddling with Outrigger and beating my own crew."

Suprisingly enough, no one flipped, probably terror followed them throughout the race that they might. The timing with different paddlers together for the first time was perfect and each heat saw women determined to win.

Next year, the regatta will have at least 48 paddlers from different clubs ready to paddle, have some fun and share their aloha for this honored Hawaiian sport.

Our thanks to Donny Mailer and his committee for their assistance and to Bob and Mahi Riley, Heidi Schumann, Di Guild, Jeanie Jenkins. To Aunty Eva Pomroy for her love for us all. To Fred Hemmings, Jr., the best race starter we've seen. OHCRA officials should come see how you do it.

Na Wahine O Ala Wai

By Joan Ka au'a

"I can't believe this . . . you mean wahines from different clubs paddling together?" Yes, that is what happened Sunday, August 15th on the fragrant Ala Wai. OCC Master Women's crew held their 1st annual "Na Wahine O Ala Wai" regatta for all Master Women's crews from seven OHCRA clubs. With the first Sunday free after the State Championship in Hilo, your Masters Women thought it would be fun to get crews together to paddle together for some laughs and, as we found out that afternoon, some serious competition.

Crews were selected and a double elimination regatta began. The winning crew was comprised of: Stroke—Mary E. Ciacci-Hui Nalu; 2 seat—Gerri

Pedesky-OCC; 3 seat—Betty June Yap-Lanikai; 4 seat—Evelyn Arakaki-Healani; 5 seat—Norma Landberg-Lanikai; and Steerswoman—Ellen Tabilona-Healani.

Placing second: Stroke—J. J. Miller-Healani; 2 seat—Carroll Robinson-Lanikai; 3 seat—Nancy Mednick-Hui Nalu; 4 seat—Marilyn Haine-OCC; 5 seat—Gerry DeBenedetti-OCC; and Steerswoman—Kehau Kea-Hui Nalu.

After the regatta, the wahines met in Kapiolani Park, across from the Outrigger, for a picnic and the awards ceremony. The food brought to the picnic was superb and singing and laughter could be heard throughout the after-

Terror of the Deep

The roar splits the air, white gaseous fumes float over the oil slime covering the water, and people flee.

No it is not a shark. Worse—Our own members bringing big power boats in the Outrigger Lagoon literally drive the swimmers from the water fearing for life and limb.

Again the Board of Directors requests that members not bring their power craft here.

Mountainball

By Emary Lucas

Coach "Hammering Hank" Ayau's OCC mountainball team did it again. They took "Champs" in the Surveyors League, playing their games in Kapiolani Park directly across the street from the Club. This is the ninth consecutive season that Coach Ayau's team has taken the "Gold."

One reason the team did so well was due to the leadership of Ayau as both chairman and coach. Under his guidance, direction and leadership playing ball was as easy as stealing bases.

The players were all good. Colin Chock, for instance was solid at 3rd base and a consistent hitter who was one of four OCC players selected to play in the All-Star game in August.

Dan West subbed for Bill Head as pitcher and became known for his pitching ability in the last five games, enabling the Club to win the league championship. Coach Ayau selected Dan as the most valuable player. Dan was also selected for the All-Star Team.

Nolan Ramirez at short-stop was instrumental in the team victories due to his exceptional "hot glove" and good hitting. Nolan was another player selected to play in the All-Star game. Outfielder Rick Conroy was known for his "shotgun arm", throwing out many a base-runner. He is also a fine hitter.

Other consistently good players were Levi Stanley, Mike Rodrigues, Kim Roberts, Bill Erickson, Bill Kilcoyne, Bill Breeden and Bob Riley.

Castle Swim Training

By Gerry DeBenedetti

The Castle Swim is scheduled for Sunday, November 28, the Sunday after Thanksgiving, and this is the first call for swim enthusiasts.

Named for Alfred Castle, whose old homesite is now the site of the Elks Club, the original Castle swim was a forerunner of the Waikiki Swim Club and Parks and Recreation's long-distance Rough Water Swim, which is now held every Labor Day. Mr. Castle used to donate the trophies for the Castle Swim which started near his home and ended at Waikiki, near the old Outrigger Canoe Club.

Since the Outrigger is now next door to the start point of the original Castle home, when the Castle swim was revived in 1973 by Fred Hemmings and Cline Mann, the decision was made to run the 1½-mile course in reverse and start the swim in Waikiki and end at the Outrigger.

The winner of the 1973 was Bruce Ames, whose time, unfortunately, was not recorded for posterity. There were only six entrants that year and they all sat around the Hau Terrace wondering if the Club would pay for the post-race refreshments and forgot to mark the times. Those original six were Ames, Roger Cundall, Gerry DeBenedetti, Dale Hope, Karl Heyer and Cline Mann. Fred Hemmings was the course marshal.

The Castle Swim now has approximately 35 entrants and as many escorts, and is a well-organized effort

complete with the incomparable OCC brunch for the swimmers and escorts.

Age groups for the event are as follows: Boys, Girls, Men and Women in ages 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 plus. This is a swim for all ages; we usually have a swimmer or two in the Mens 70-74. In fact, in 1981, we had only one entry in the Boys category, no entries in the Girls category but Lloyd Osborne and Rodney West both turned out for the Men 70-74. We definitely want to encourage young people to participate. Swimming is healthy, makes you strong and gorgeous and you definitely get the sense of nature. It's all around you!

The Castle Swimmers invite you to join them Sunday, November 28 at 8 a.m. on the Hau Terrace for registration, instruction and transportation to the start. There will be no starters allowed who have not registered at the Hau Terrace. Sorry, but we cannot be liable for people who do not officially enter and receive course instructions.

Sign up now at the Front Desk so we are prepared for you. There is no charge for the swim and you do get breakfast.

We encourage all swimmers to provide a personal escort. You may not receive physical assistance from your escort but if you have a friend or family member who will be on a paddle board or in a canoe and escort you and others who are entered, we do need the help. It's deep out there!

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As the Terrace Turns

At the First Annual Makaha/San Miguel 5.2 mile run, OCC runners **Mike Givens, Alika Burso** and **Malia Givens** went for the "gusto" and came home with a trophy. Mike was 1st OCC male to finish and daughter Malia won Junior Women 3rd Place over-all. Women's Division winner of the 30-kilometer run of Sunday, August 29, was **Jan Newhart**, in 2:33:45—age group 50 years . . .

Bill Kea, Jr. and wife "**Sunshine**" visited Outrigger for two weeks, then on to Wailea for some relaxation. They're back home now in Northridge, California . . . Another globetrotter seen on the terrace was **Gini Tibbetts Pullman**. She was in town for her 35th class reunion at Punahou School. Gini still lives in London but has added a flat in Paris. Now she and husband, **Burke**,

travel back and forth. Burke invents and manufactures electronic games . . .

The Board of Directors received a glowing letter from **Bill Ostermiller, Jr.** The Club hosted Bill's Clipper Cup entry "Celebrity." Bill writes that he particularly enjoyed the fine food at the Club . . . **Dr. Norm Goldstein** and his wife **Ramsay** have been enjoying their stay at the Plaza Hotel in New York. Ramsay's pen and ink drawings have been commissioned by the hotel to commemorate it's 75th anniversary . . .

Bob Williams, formerly of the 69th Battalion in WW I, remembers when he and **Bill Capp** flew together back in the 1930s. Bill was one of the Army flyers who bombed the lava flow that threatened Hilo back in 1934. They flew over at 200 feet and then scrambled

. . . **Bill Capp** was inducted into the USC Trojan 50-year Club. Says Bill, "Auwe! Kealoha Nui" . . . Another Trojan, **Bob Erskine**, surprised wife **Betty** on their 45th wedding anniversary with a dinner party at the Club.

Cassie Senner returns to the University of Nevada, Reno for her second year of college . . . **Gerry DeBenedetti** off to Washington, D.C. in October to attend a semiannual liaison officers' meeting for the Federal Child Abuse Neglect Prevention and Treatment program. She's also attending the American Humane's meeting on the Quality of Child Protection Practice and Legal Liability in Denver. Gerry is the State program administrator for Child Protective Services . . .

The photo contest continues to be popular with many members (particularly those who win) and the Public Relations Committee encourages you to search your old photos for suitable entries. You may not enter the contest if your photo is used (and please don't set up your friends), but if you have a photo, at least 8 years old, and think it would be suitable, leave it with identifying information for the PR Committee at the front desk . . .

Mort and **Honey Mandel** are back from Boston where Mort was a visiting professor at Harvard Medical School for three months, which also gave them a wonderful summer of seeing relatives and old friends . . . **Jim Stackhouse** is off to Pasadena to compete in the Far Western District Competition of Barbershop Choruses . . . **Nat** and **Kathy Norfleet** and daughter, **Nellie**, send alohas from Laguna Beach where Nat heads up Norfleet Hawaii . . . **Kristen** and **Eric Finney** escaped the winter of Australia to visit dad **John Finney** on their way to Colorado . . . Did you know that our very own **Jimmy Dean** swam from Alcatraz Island to the base of High Street in San Francisco just to see if he could do it! The flood tide was so high it took him 50 minutes in 50° water, escorted by the Dolphin Club dory.



Photo by Gerrit Pedesky

To make all paddlers feel at home while in Hilo for the State Championships, Tiare & John Finney arrived in "Son of Camovan," a mini-version of their now famous Camovan.



Mike Givens (left) and Alika Burso.

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Call or drop by our office and inquire about our special Austrian Ski presentation on October 21st, Thursday, 7:30 p.m., at the Club



A CLASS ACT

Summer Golf Tournament

By Frank E. Walton

Visitors were the winners in both Men's and Women's flights at the Outrigger summer golf tournament which was held on Tuesday, August 17, at Navy-Marine Golf Course.

Young Mike Cinelli, a guest member from our reciprocal affiliate, the Olympic Club of San Francisco, demonstrated that his one handicap is no fluke when he shot a neat 72 to annex the Championship Flight prize. Jim Tannehill was second with a 77 while Rab Guild and Sam Saaua tied at 79 for third.

Lois Gordon, a guest of Eve Anderson, showed no respect by shooting an 82 to beat both Eve and Pam Anderson to win the Ladies' prize. The Andersons had 94 and 84 respectively. Lois also won the Closest to the Pin prize and tied with Pam for the Longest Drive.

Mike annexed the Men's Longest Drive prize while Bill Wilson salvaged something for the Club by winning the Closest to the Pin prize for the men.

Art Todd graciously donated three Banjo Albums which were given as door prizes. Rab Guild headed his Gang of Four with their sand bags well-filled and clobbered all opposition to take the Low Net Foursome prizes with a 280 total, leaving such well-known and adroit sand baggers as Vic Hawthorne, Nick McDaniels and Jim Tannehill amazed at their chutzpah. Jim Ramstead, Ken Taylor and Dick Millard were Rab's accessories.

Eighty-five players participated (in-

cluding 20 wahines) and shot scores ranging from Mike's 72 to a high of 139.

The Navy-Marine course was in excellent shape, having recently been the scene of the All-Navy tourney. The

weather was marginal all day with threats to close the course held off only by virtue of a dozen joss sticks burned by your hard-working Golf Committee which includes Jim Landrum, Hal Mehlberg, Bill Capp and Gene Long.



How to buy liquor at wholesale prices.

Introducing the Liquor & Wine Imports Discount Club.

Outrigger Canoe Club member Gene Sontag, the founder of Liquor and Wine Imports, now makes it possible for you to save 25% to 60% on your liquor, wine and beer purchases all year long when you join the Liquor & Wine Imports Discount Club. For just \$149.50 annual dues, you can be a member of this exclusive club and never pay retail prices again.

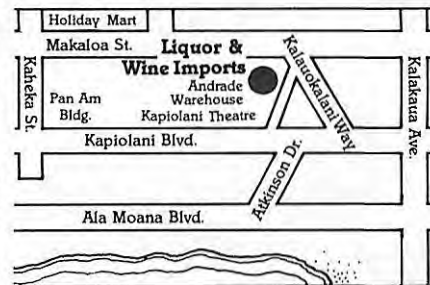
The proof that you're buying at wholesale is published in the Hawaii Beverage Guide, a listing of all wholesale liquor prices in Hawaii. We always have the latest issue for you to check and compare our prices.

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I HAVE ENCLOSED MY CHECK FOR \$149.50 MONEY ORDER

Please make check payable to: Liquor & Wine Imports Discount Club

PLEASE CHARGE MY MEMBERSHIP TO MY:

MasterCard Visa



Expiration Date

Number _____

SIGNATURE _____ DATE _____



Pam Anderson, Bill Capp and Suzie Case at the Outrigger's highly successful Golf tourney on August 17 at the Navy-Marine Course.

Photo Contest No. 9



Here's your chance to win a buffet dinner for two. Just be the first to identify these women and tell where, when and why the photo was taken. Mark your entry with the date and time you leave it at the front desk in an envelope addressed to the Public Relations Committee.

Don Mailer won the Photo Contest No. 8. He was the first to identify the three men in the photo that was taken in June, 1976. They were Joe Kane, John Michelson and Wayne Faulkner.



Photo by Gerni Pedesky

Paddlers' Ball Queen and King Tiare Finney and Bob Riley.

Paddlers' Ball

By Joan Ka au'a

Picture a beautiful setting, with soft breezes, swaying palms and the lovely fragrance of Hawaii's blossoms . . . That should get you up—now picture the craziest gathering of extroverts ever to assemble, OCC paddlers, for this first Paddlers' Ball. Cameras flashed all evening long, laughter never ceased and thanks to Laura and Tina, our creative Sophomore women, the evening was a great success. The invitations stated "formal swimsuit attire." FORMAL SWIMSUIT ATTIRE?? Well, that's what people wore . . . though I'm sure some "outsiders" would never have understood.

The King and Queen of this Paddlers' Ball were Tiare Finney and Bob Riley. There was a Prince and Princess for each division although the Open Four contributed their own Princess, Mark Buck. Selective awards went to: **Senior Men**, Remember the Ala Wai; **Mr. & Miss Aloha**, Henry Ayau and Jeanie Jenking; **Sexiest Paddlers**, Liz Perry and Bobby Linn; **Coach of the Year**, Joan Ka au'a; **Best Shaka Buns**, Marshall Rosa; **"Hey Right On" Crew**, Freshman (now Sophomore Women).

In all, there were 21 awards given and Rod Muller spent quite a bit of time describing them . . . never give that man a mike if you want to have things move with a swiftness, the actor in him never stops . . . nah, Rod, you were great. Each wahine division was assigned things to bring for us to munch on. The men and boys were charged a slight fee. Everything went on as planned and Laura and Tina, thanks to you, this will be an annual event. Our thanks to the Sanburns for graciously allowing us the use of their lovely home for the Ball.

8

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Running Clinic a Success

The Running Committee recently sponsored a series of five sessions on running techniques and skills under the direction of Max Telford, world renowned long-distance runner. Although many in the clinic are planning to run this year's marathon, there were also beginners, guest members and others who wanted to know a little more.

Sessions were held in the Board Room for "show and tell" presentations about nutrition, shoes, clothes and chamois socks, which are now available in the beach shop. Then the group moved out into the park for a series of training that left a few with some soreness in places they didn't know they had.

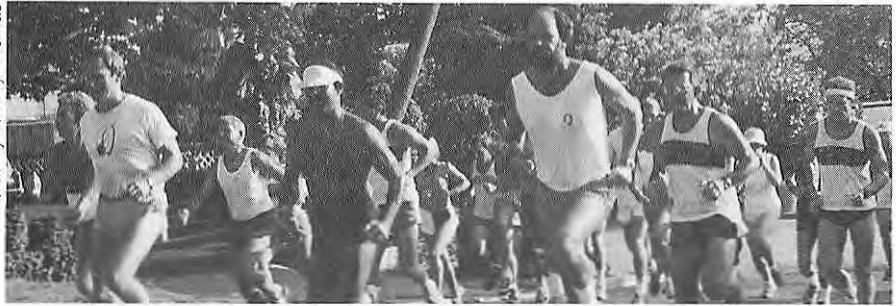
The first session was a general introduction to the clinic. Max stressed the importance of his three essential principles: stamina, strength and speed. Then a training film was shown demonstrating these three principles.

The principles of stretching both before and after running were discussed in session two. Max favors stretching afterwards because muscles are loose and are less prone to injury. Each running session began and ended with stretching.

In session three Max took the group "hill springing," an activity new to most and held on our local hill, Makalei Place. Runners were taught how to "spring uphill," run up-and-downhill and watched each other huff and puff.

Session four started with a park warm-up run. Participants were then

Photos by Tommy Thomas



'Riggers practice "hill springing" to gain strength for running.

Max Telford demonstrates a stretching exercise to Club members

video taped in various types of exaggerated running styles, to teach muscle work necessary for speed training.

The final session, held in the Board Room, focused on Health and Diet. Max believes that runners have to discover which foods work for them and that if someone is going to change his diet for a race that he first experiment two or three weeks before the event.

Max is in business under the name of Max Telford International and he is available for personal consultation and individual programs. Those wishing to know more about his services can leave a message for Carolyn Corrigan at the Front Desk or give her a call at either 735-4200 (9-5) or 533-6563.

Due to the favorable response from the participants in the clinic, Max will lead a Thursday night running group. The group will meet in the park across from the Club at 5:00 p.m. every Thursday and each session should last about an hour. The cost is \$80 for 6 months and it is open to everyone who wants to learn more about running.



Junior Running Clinic

By Mike Givens

Now that paddling is over, keep in shape by signing up and participating in our OCC Max Telford Junior Running Clinic, which will be held every Saturday morning, 10 a.m. to 12 noon, across from the Club in the park. Sign up now at the Front Desk; there will be a cut-off, first-come basis.

World Champion ultra-marathoner Max Telford will design a clinic especially suited for junior runners and jog-

gers. He will coach each runner according to his or her ability. Max says, "There is no reason why the Club's fine young athletes cannot dominate many of the races and relays which are held almost every weekend throughout the year." Our Running Committee agrees with Max. OCC colors should be seen in force and out front in the running community as we are seen in other sports.

*Someone new has been added!
Mary, formerly of the Colony
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hair magic at*

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Paddleboard Championship

By Joe Teipel

Saturday, August 14th saw a unique situation in the history of local paddleboard racing—the sport's current king sat it out and a relative darkhorse walked away with top honors.

The skies were mostly clear and sunny, the southeast swell off Hurricane Kristy was building at 2-5', and the tradewinds were moderate offshore. About three dozen stalwarts launched off from the OCC beach about 11 a.m. to go the 6.2 miles (10,000 m) distance.

Usual winner Bret Goodfriend was conspicuously absent from the lineup (although glimpsed aboard the escort boat) and, after dropping out of the sport for five years, Pua Rochlen reappeared to clock an excellent time. Congratulations to Pua and to all those receiving awards.

Mahalo to all race assistants—Cline Mann, Dale Hope, Aggie Quigg, Baby Cross and Wayne Faulkner.

RESULTS

Name	Time	Div./Finish
Pua Rochlen	1:18:19	M/1
Aaron Napoleon	1:18:38	B/1
John Scully	1:18:43	B/2
Joey Napoleon	1:21:10	B/3
Charlie Walker	1:21:12	M/2
Dawson Jones	1:23:21	B/4
Ed Pestana	1:25:45	M/3
Darryn Napoleon	1:28:36	B/5
Kimo Austin	1:28:42	MM/1
Rick Williams	1:29:16	M/4
Martial Crum	1:30:36	M/5
Patrick Kekoa	1:31:24	B/6
Mark Sandvold	1:32:17	B/7
Kevin Cross	1:37:10	M/6
Loch Eggers	1:38:01	B/8
Bryan Toguchi	1:39:33	M/7
Keoni Kino	1:40:04	M/8
Kekoa Burgess	1:40:08	M/9
Dean Otagaki	1:40:46	M/10
Tony Price	1:41:31	B/9
Todd Pages	1:42:04	B/10
Bobby Keith	1:43:16	B/11
Hugh B. Foster	1:43:38	B/12
Jeff Dolan	1:50:14	B/13
Chris Wright	1:51:29	M/11



Race official Dale Hope (far left) and Cline Mann (far right) with overall winner Pua Rochlen and Women's winner Robin Smith.

Joe Teipel	1:56:44	M/12
Bucky Logan	1:58:40	MM/2
Robin Smith	2:00:38	MW/1
Colleen Kelley	2:23:14	G/1
Gary Kewley	2:28:00	M/13

NOTE: Listed in order of overall standing
 Division: M—Mens MM—Masters Men
 B—Boys MW—Masters Women
 G—Girls

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October Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday


					1 Aerobics 9 a.m.	2 Steak Fry 6-9 p.m. Dancing 7-11 p.m.
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3 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	4 Aerobics 9 a.m. Noon Bridge Monday Night Football Bar Lanai	5 Entertainment Committee Mtg. 5 p.m. Canoe Racing Meeting 7:30 p.m.	6 Aerobics 9 a.m. Admissions & Membership Mtg. 5 p.m.	7 Historical Committee Mtg. 5 p.m.	8 Aerobics 9 a.m. Buildings & Grounds Committee Mtg. 12 Noon	9 Dancing 7-11 p.m.
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10 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m. Men's Molokai Race	11 Aerobics 9 a.m. Noon Bridge Monday Night Football Bar Lanai	12 Canoe Racing Meeting 7:30 p.m.	13 Aerobics 9 a.m. House Committee Meeting 11:30 a.m.	14 Executive Committee Mtg. 5 p.m.	15 Aerobics 9 a.m.	16 Dancing 7-11 p.m.
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17 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m. Val Nolasco Run	18 Aerobics 9 a.m. Noon Bridge Monday Night Football Bar Lanai Public Relations Mtg. 5:15 p.m.	19 Canoe Racing Meeting 7:30 p.m.	20 Aerobics 9 a.m. Admissions & Membership Meeting 5 p.m.	21	22 Aerobics 9 a.m.	23 Dancing 7-11 p.m.
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24/31 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	25 Aerobics 9 a.m. Noon Bridge	26 Canoe Racing Meeting 7:30 p.m.	27 Aerobics 9 a.m.	28 Board of Directors Meeting 5 p.m.	29 Aerobics 9 a.m.	30 Oktoberfest 6 p.m.
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Elegant Dining and Dancing
No Host Cocktails at 6:00 p.m., Dinner at 7:00 p.m.

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the Outrigger

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