

The Outrigger

OUTRIGGER CANOE CLUB

OUTRIGGER BEACH AT DIAMOND HEAD, HONOLULU, HAWAII

NOVEMBER 1977

Outrigger Canoe Club Paddlers win the Big One!

by Tim Guard

Sorry, Teiki Tamari, there's no tomorrow, no next week, no next month. Come back to Hawaii next October, however, if you want another shot at winning the Molokai-to-Oahu canoe race.

Teiki Tamari is a Tahitian paddler and the official apologist for the Maire Nui entry in the annual 42-mile Aloha Week marathon paddle. According to Tamari, the second place Tahitians were beset by problems from the outset of the fall classic from Hale O Lono on Molokai to Magic Island. That was the basis, he said, for challenging the Outrigger to a rematch, presumably a week or two after the official running of the October 16th event.

Obviously the Outrigger declined Teiki Tamari's challenge.

As OCC paddler Mark Buck put it: "You run what you bring, brother, and if you aren't ready on the day of the big race, you have a year to think about getting ready for the next one."

Outrigger's veteran-laden crew obviously had it all together as the starter's flag dropped to signal the commencement of the 1977 Aloha Week classic. When 49 crews surged

away from the starting line at 7:00 a.m., Outrigger's red-and-yellow *Manu 'Ula* (Red Bird) picked up a small, feathering swell and immediately gained a two boat length advantage over its closest pursuers. And as the crews sprinted down Molokai's southeastern shore towards Laau Point and the Molokai Channel itself, Outrigger's lead increased first to a hundred yards, then two hundred, finally a quarter mile of open water at the point. Already the outcome of the race had been determined, though five and one half hours of hard paddling were left and the Tahitians were not yet aware they had met their match.

In fact, some seven miles out from Hale O Lono, the Maire Nui team mounted a furious challenge, and by raising their stroke to 60 beats a minute, the onrushing Tahitians ate away at Outrigger's lead until only four or five boat lengths separated the two canoes. A re-run of a 1975 encounter with the very same Tahitian crew was uppermost in coach Tom Conner's mind.

"We paddled side-by-side with Maire Nui for over 20 miles in the 1975 race," Conner reflected. "It was

mentally and physically exhausting, and it was simply a matter of time before one of us cracked. Luckily the Tahitians cracked first. At all costs I wanted to avoid another long duel with them. I figured our best strategy, then, was to throw a few more coals on the fire to see if we could bury them early in the race."

Conner's strategy proved to be flawless. By calling on his paddlers to up their pace to a virtual sprint, and by exhorting them to draw upon their reservoirs of "carbohydrate" energy, Conner led the charge that moved the *Manu 'Ula* into a clear lead, by a margin that grew by a hundred yards with each passing mile.

Now Maire Nui was in disarray. Relief paddlers tore holes in the boat's nylon splash cover as they hastily tried to board the canoe. Maire Nui's steersman, obviously unaccustomed to the rough, open-ocean conditions prevailing in the channel, was hard-pressed to keep his canoe from sliding erratically down the sides of the wind driven swells. But the greatest error of all occurred when Maire Nui turned

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Victorious OCC crew finishing.
Crew members (bow to stern): Tom Conner,
Marshall Rosa, John Finney, Tim Guard,
Mark Buck, Brant Ackerman
Star-Bulletin photo, John Titchen





Lei-bedecked Outrigger crew at Magic Island. Front row, l/r: Brant Ackerman; Aaron Young; Marshall Rosa; Mark Buck; Don Mailer. Back row, l/r: Tom Conner; Colin Perry; Ed Pickering; Jay West; Tim Guard; John Finney. Photo Scoop

towards the north in hopes of finding a favorable current inshore along the Koko Head cliffs. Instead, Maire Nui found itself caught in a strong current running towards Makapuu which only served to compound the lengthening disadvantage.

As the Outrigger made landfall off Black Point, a growing armada of pleasure boats joined up to escort the leader towards the finish line. By now OCC's lead had grown to nearly three miles. The margin was so convincing that the final few miles of the race had no more urgency than one of the innumerable Sunday workouts that had preceded the race. Bouyed by the shouts and cheers from hundreds of wellwishers on the spectator boats, and then by an enormous roar of welcome from 8,000 people gathered at Magic Island, Manu 'Ula surged across the finish line at 12:55 p.m.

Maire Nui was a distant second, with two Hawaiian crews - Hui Nalu and Kailua Canoe Club - finishing third and fourth respectively.

For Brant Ackerman, OCC's super steersman, who gave an ironman performance throughout the race, the win was sweet revenge. "We waited and prepared all year long to redeem last year's loss," Ackerman said. "Everything our crew did this year focused on one goal: beating the Tahitians."

John Finney was the success story of the season. Paddling the summer season as a Novice "B", Finney went on to become one of the strongest

members of OCC's premier distance crew. In Finney's opinion the Molokai race is a vast undertaking and winning is an overwhelming accomplishment enjoyed by a select few paddlers. "It's my first Molokai race and, naturally, my first win, and I just might quit while I'm ahead," Finney mused.

This year's race was the 16th time Mark Buck has crossed the Molokai Channel in a canoe. He's been in the winning boat five times. For Buck, though, winning the 1977 race was the most satisfying experience in all his years as a paddler. "Our crew this year was better trained and better disciplined than any other I've ever paddled with. I know we could not have achieved our win without those qualities, either," Buck said. "The Tahitians are awesome, so when you finally beat them, you really know you've reached the summit."

For Tom Conner, OCC's coach and builder of the Manu 'Ula, Outrigger's win was the culmination of competition against the Tahitians which began in 1975. "We 'surprised' Tahiti in 1975," Conner said, "and they simply annihilated us last year. This year's race was a third and decisive meeting. We wanted to prove we were worthy to be called champions."

Other members of the crew were Colin Perry, Ed Pickering, Jay West, Marshall Rosa, and Tim Guard.

OCC Wins Surveyors League

by Colin Chock

Outrigger Canoe Club is again Surveyors Mountainball League Champion. The awards banquet was held at Paradise Park and a perpetual and championship trophy was presented to the Outrigger Canoe Club team.

Mahalo to all the club members who supported the team on its way to victory. It was nice having you at the games.

On September 17, the OCC mountainball team participated in the 4th Annual Kauai Tournament, a slowpitch competition on the Garden Isle. Outrigger met the Waialeale Towing Service for the Championship and was subdued 9 - 5 by this local powerhouse.

The Waialeale players hit four home runs, putting four balls over the leftfield fence (approximately 300 feet), and Bill Head for Outrigger cleared the same fence once. The OCC team played great defensively but was unable to match the batting strength of the opponents.

Tennis Love-Ins

by John Michalski

The Club Championships are scheduled for Saturday, November 12 and Saturday, November 19 at the Windward Tennis Club, Enchanted Lakes. Competition will be held in Men's Singles, Women's Singles, Men's Doubles and Women's Doubles. Entry forms are available at the OCC Front Desk. There is an entry fee of \$3.00 per event. Absolute deadline for entries is November 3 at 4:00 P.M. Draws will be posted on November 4. Spectators are welcome!

While Sparky Petre, Captain of OCC's City League Team, is on safari in Africa, Co-Captain Jane Affleck has been leading the team in fine form. Winners for OCC in competition have included Sparky Petre, Jane Affleck, Dennis Berg, John Michalski, Jon Haig, Mike Muller, Niall Scully, Barbara Norfleet, and Chuck Swanson. We expect to finish with a winning season.





Cline Mann

OCC to operate Honolulu Marathon Aid Station

For the third year, OCC will operate an aid station for runners in the 5th Annual Honolulu Marathon Sunday, December 11. The station, one of at least seven, will be located on Kahala Avenue at Pueo Street.

More than 60 Club members turned out last year to dispense water, coke, and sponges to approximately 1500 runners as they passed the station on their outward and returning legs. Cline Mann, aid station coordinator, says the Honolulu Marathon is getting to be the biggest in the United States and a turnout of around 3,000 runners is expected this year.

Close to 100 volunteers are needed from the membership to dispense liquid refreshments and offer encouragement to the runners. All ages are invited to assist, including children down to six or seven years to run sponges. The Marathon starts at 6:00 A.M. The bulk of the runners pass the station going and coming between 7:00 and 9:00 A.M. Some helpers stay on duty at the station until 1:00 P.M. There's lots of camaraderie and fun while this vital function is performed under the OCC banner.

Sign up at the front desk to assist with the '77 Marathon.



You are cordially invited to attend a
Dinner Dance
at the Outrigger Canoe Club
on Saturday, November 12, 1977

Elegant Dining and Dancing
to the Big Band Sound

Dinner at 8:00 p.m.
Complimentary Cocktails

Black Tie Optional
\$30.00 Per Person

Early Reservations Advisable
Limited Seating

Get set for the Annual Castle Swim

by Gary Senner

Sunday, November 27, the OCC will hold its grand finale to the summer swim season, the annual Castle Swim. The open ocean distance swim of one and a half miles from the Royal Hawaiian Hotel to the Club is open to swimmers of all ages.

Starting time is 8:30 A.M. at the Club. The time is chosen by an oceanographer to take advantage of favorable tides, and if it is delayed, swimmers will have a harder time getting in to the Club channel. PLEASE be on time.

There are men's and women's divisions in seven different age groups: 10 years to 17; 18 - 24; 25 - 34; 35 - 44; 45 - 54; 55 - 64; and 65 - 74. **Junior members especially are welcome.** There are awards in each class as well as trophies for the overall winners.

The Castle Swim was originally sponsored by Harold Castle. It began at his home, site of the present Elks Club, and ended at the old OCC in Waikiki. In 1920 the race was won in 28 minutes, 31 seconds. Last year's winner, Jimmy Dean, won the event — now swum in the opposite direction — in 38 minutes, 58 seconds.

Transportation to the start, as well as paddle and canoe escorts are provided. Safety is paramount. Following the race, the Club provides a brunch on the Hau Terrace for swimmers and escorts.

Both canoe paddlers and surfboard paddlers are needed as escorts.

Our Reciprocal Clubs:

ASPEN ATHLETIC CLUB
Aspen, Colorado

Newly affiliated with the OCC is the Aspen Athletic Club located in downtown Aspen, a scant three blocks from the main ski lifts. Aspen is the summer home of the world famous Aspen Institute and the Aspen Music Festival. An old mining town, it offers some of the world's best ski slopes right next to the village in winter.

The club is open 365 days a year from 7:00 a.m. to 10:00 p.m. and has a membership of 250. An introductory card is required for guest privileges.

Overnight accommodations are available through Aspen Chateaux for singles, couples, and families if children are 15 or over. Rates are seasonal.

Athletic facilities include: two handball/racquetball courts, squash court, lap swimming pool, completely equipped conditioning and weight room, exercise room, steam bath, sauna, and an extra large therapy pool, cold plunge pool, solar rooms, massage room, pro shop, and men's and women's locker rooms. There is a glass enclosed lounge for viewing play on the handball courts.

Handball, racquetball, and squash lessons can be taken from a resident pro. The club offers special conditioning and exercise classes and has a masseur. Ping pong and paddle tennis are also available.

Food is served at a snack bar open from 10:00 a.m. to 9:00 p.m.

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THANKSGIVING DINNER
at your own
OUTRIGGER CANOE CLUB**
Traditional turkey
with all the trimmings.
Congenial surroundings.
Dinner Served from 5:30 P.M.
**MAKE YOUR
RESERVATIONS EARLY,
PLEASE!**

OCC Sailing Regatta Off to Great Start

OCC's Fall Sailing Regatta got off to a good start last month with two of four scheduled "race Sundays" blessed with fair to better-than-good race conditions, Oct. 9 & 23.

Next race days are Nov. 6 & 13. The grand awards banquet will be held the final Sunday.

At press time, results of the second race in the series were not available. Here is what happened on Oct. 9:

Lasers — A tie between Hal Hutchings and Don Machado; each took a first and second.

Scorpions — Well, Cline Mann won the day; 15-year-old Ray Heitzman had a little trouble with his craft, missed a mark on the first race, missed the start of the second.

Hobie 14s — Dale Hope and Mike Holmes traded 1st & 2nd places for two races; Robby Muller took 3rd for the day. Tom Vesey and Al Nicol were there too.

Hobie 16s — Youngsters Todd Bradley and P.G. Wheelon were 1st in race number one, 3rd in the second race. Seniors Gordo Bradley and Pete Wheelon took 2nd in the first race and 1st in the second. Tom Reiner was 3rd in the first, 2nd in the second. Senior Wheelon and Bradley came in first overall, the junior family members second and Tom Reiner third for the day. The second race, by the way, had a hair-raiser finish with all Hobies finishing within a boat-length of each other.

George McPheeters, handling his great Boston Whaler with TLC, and with Tom McDonald, Ken Brown and Sid Snyder aboard helped set markers for the morning races. In the afternoon, the Club Whaler, having returned from duty with the Canoe paddlers in a distance-training session from the Windward Side, was offshore for start-finish chores — manned by the Club's able and willing beach captain's assistant, Fred Frissell.

As others see us. . .

HONOLULU Magazine, in its October issue, has taken an objective and detailed "...look at life in the (Honolulu) Private Clubs." In the lengthy article, filling nearly six pages of the 90-page issue, freelance writer Tom Horton thoroughly scrutinizes every aspect of what he calls Honolulu's "Big Four Private Clubs": Pacific Club; Oahu Country Club; Waialae Country Club, and Outrigger Canoe Club. He starts a summarization of his observations by stating that "The best club buy in Hawaii and one of the best in the U.S. may be the Outrigger Canoe Club, which was founded 'for men and boys only' in 1908 by a man named Alexander Hume Ford."

Horton's flattering conclusions are based on comparisons with the other "Big Four" clubs. Outrigger's relatively reasonable initiation fee (the new \$2,000 -fee for the over-thirty-fives had not gone into effect when he was researching his article); our reasonable monthly dues; our fine beach; our "prime" location across from Kapiolani Park; our easy parking; our "finely designed and maintained clubhouse"; our "good bar"; our "salubrious indoor and outdoor dining"; our "excellent water sports and volleyball teams...."; and "the best food served at any private club in Hawaii...." all add up in Horton's opinion to something very special in the way of a private club.

In conclusion, Horton quotes OCC's President Robert Anderson as follows: "This is a changed world now, with lots of changed, new people. There are fewer and fewer places where people can get away from the hectic life of downtown or wherever (so) we've got a continuing interest in what generally has the reputation of being a, quote, **good club**.... We want to get good members and we are in a position where we can take a little more time and screen them (the applicants) more thoroughly." (Applause from the Admissions and Membership Committee!). Horton also notes that "Only at Outrigger can (women) join on their own and be voting members."

Thank you, Tom Horton. And thank you, HONOLULU Magazine, for featuring the article in your October issue. **Ye Ed**

Keep Posted!
For current news
about Club doings
watch the bulletin
boards, main lobby
and locker room level.

**ENJOY
THANKSGIVING DINNER
at your own
OUTRIGGER CANOE CLUB**
Traditional turkey
with all the trimmings.
Congenial surroundings.
Dinner Served from 5:30 P.M.
**MAKE YOUR
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PLEASE!**

Volleyball Trophy Missing

Several members have noticed that a volleyball trophy, shaped like a silver volleyball, is missing from the trophy case. Any information on the whereabouts of this trophy should be directed to Charles Bond, Chairman, Historical Committee.

SPECIAL MONDAY FEATURE on the HAU TERRACE

To improve service and upgrade our Monday lunches on the Hau Terrace, we are now serving Hot Carved Sandwiches including Roast Prime Top Sirloin Beef.

Board Room Available for Private Parties

Members who would like to entertain their friends at private dinners or cocktail parties in the Outrigger's handsome Board Room are invited to do so. Please make your plans with the help of Manager Norman Riede and Dining Room Manager Chris Dunkel.





Wilford Godbold

Wilford Godbold Dies

Wilford D. Godbold, former Outrigger Canoe Club president and Honolulu Circuit Court Judge, died October 5 at the age of 66.

In a recent citation to him on behalf of the Board of Directors and the OCC membership, Club President Robert A. Anderson, Jr. said, "Your distinguished service and guidance through seven years as President of the Outrigger Canoe Club stands above comparison. Your foresight and persistence in the introduction of the 'anchor to windward' proposal in 1956 to enter into lease negotiations with the Elks Lodge is, in the opinion of many, the single most significant event in the Club's history; and largely the reason for the Club's survival and success today."

Born in Alabama, Godbold came to Hawaii in 1919. He attended Punahou School and the University of Hawaii before getting a law degree from the University of Alabama Law School.

A District Court judge, City attorney and U.S. Commissioner for Oahu, he was appointed Honolulu Circuit judge by President Harry Truman in 1952. Over the years, he held a number of positions as a lawyer with the Territory of Hawaii as well as entering private law practice. He represented both the City and County of Honolulu on many official occasions. In addition, he was extremely active in civic and community affairs.

Godbold is survived by his wife Virginia Ehlert Godbold, a son, Wilford, Jr. of California, and a daughter, Evelyn Huffman of Colorado.

Memories of Gay Harris

Gay Harris, who died October 6, 1977, was a Life member of OCC, an Outrigger Canoe Club Manager, and for 67 years one of the Club's most devoted members.

Gay was born in Honolulu in 1901 and first joined the Club in 1910 as a Junior member. A Punahou graduate, he was a swimmer who competed in the 100-meter backstroke at the 1924 Paris Olympics. He was a contemporary of Duke and Sam Kahanamoku; Dad Center, coach of the American Olympic Swimming Team; David Kahanamoku; Mariechen Wehseleau Jackson, and Aileen Riggan Soule. He was also a member of several OCC canoe racing crews over the years.

In addition to his athletic activities, Gay contributed much to Club life. When the Outrigger was in financial difficulties in the '20's and



Gay Harris at Kamaaina Hui dinner

'30's, he was an active fund-raiser. More recently, he and Joe Akana were chief organizers of the annual Kamaaina Hui dinners so well-attended by old-timer Hui Nalu and OCC members.

He is survived by his wife, Lurline Buchanan Harris.



Sue Shimabukuro

Sue Shimabukuro Named Employee of the Month

Sue Shimabukuro has been named Employee of the Month. She is the OCC's Snack Bar supervisor in charge of staff, scheduling, inventories, and the entire food operation.

Her skill as head of one of the busiest parts of the Club is well-known. She is courteous and able, well-liked by her customers of all ages and by her fellow-workers.

Sue, the mother of four, has been an Outrigger staff member since 1968. Congratulations from all to her for this honor and best wishes for many more years of success as part of the Outrigger staff.

From the B&G Committee

The Building and Grounds Committee is undertaking a number of projects in its continuing effort to keep the Club functioning smoothly. On the agenda are these: new partitions, sink tops and tile for the rest rooms near the bar; maintenance of exhaust fans in the locker rooms for better ventilation; Snack Bar renovation and expansion; and installation of twelve new shower heads and restrictors for the men's locker room showers which, it is estimated, will cut water consumption in half. If this estimate proves true, the same type of shower head will be installed in all showers. New sand is being procured for the beach. Your suggestions for improvements around the Club are welcome. Please address them to Robert L. Moore, Chairman, B&G Committee.

Please Give Us Your Change of Address

PLEASE NOTIFY THE BUSINESS OFFICE IF YOU CHANGE YOUR ADDRESS. Many Club members fail to do this, and our staff must then spend many hours trying to reach missing members by telephone after their mail is returned to the Club marked "Undeliverable."

Correction on Initiation Fees

The new initiation fee of \$2,000 applies to Regular and Non-Resident members who are 35 years and older. The \$1,500 initiation fee remains for applicants 30 through 34 years, not 30 through 35 as stated in the October OUTRIGGER.

RIGGERS

by Frances Pearson

Coach **Dave Shoji's** University of Hawaii wahines came through with flying colors in a series of three inter-island matches with UCLA, one of the nations top-ranked volleyball teams. First the U of H women took a drubbing from UCLA in Hilo, then bounced back on Maui for a win. The third action-packed match before a full house at Blaisdell Memorial Center Saturday, the 8th of October, went to five games and victory for Shoji's girls. . . For those who haven't seen **Tom Horton's** October **Honolulu Magazine** article, "A Look at Life in the Private Clubs," here are a few tidbits. If it's raw excitement you're after, you're in the right place. At least among the "Big Four"—Oahu, Waialae, Pacific Club, and OCC. Outrigger topped them all with a score of five on a scale of 10. Pacific Club, incidentally, got a zero. For sex appeal Outrigger scored again with a solid eight points. Low rating again went to the Pacific Club—a measly two. For stimulating conversation, best you head for the Kuhio Grill: Pacific, OCC, Waialae, and Oahu all rated an unexciting, middle-of-the-spectrum five. But in that vital area, food, Outrigger again ranked highest with an eight. And total points given in what Horton calls an unscientific, opinionated, and debatable analysis were: 115 Outrigger; Waialae CC second, with 107. . . Congratulations to **Bob Fischer**, recipient of a special award from Kailua Canoe Club for



Bob Fischer

Photo Scoop

his many years of outstanding contributions to the sport of outrigger canoe racing. Presentation was made to a totally surprised Bob at the conclusion of the Keihei Hoe Ikaika (Iron Man) Paddlers Canoe Race from Kahana Bay to Kailua

Beach Park. OCC paddlers have been benefitting from Bob's help for years. Among many other credits, one you may not know is this: As Club Captain in '43, he revived an interest in canoeing, which had dropped during the war, by promoting a July 4 race between Hui Nalu and OCC. The six races held on Independence Day that year were dedicated to Walter Macfarlane who had died unexpectedly, and evolved into the enormously successful annual event known as the Macfarlane Day Regatta. . . World champion surfer **Fred Hemmings, Jr.** is making his debut as author. "Surfing, Hawaii's Gift to the World of Sports" is a



Fred Hemmings, Jr.

handsome, 120-page book with text covering techniques of surfing, its history and science plus interesting info on contemporary professional surfing. The volume includes an illustrated glossary of surfing maneuvers and 52 stunning color plates. Preface is by **Governor George Ariyoshi**. "Surfing" will be available in the OCC Beach Shop around mid-November. Fred will be glad to autograph any gift copies. . . Now is the time to head for the Beach Shop and place your special orders for Christmas. Don't delay, so your gifts will arrive for the holidays. And there's a SALE on right now. Men's elasticized, lined swimming trunks in navy and white, OCC blue and OCC gold in small only are HALF PRICE. Exciting new items in the shop include: a V-neck style Pickering shirt for women, in blue white, yellow, and navy; button down Pickering sweaters for ladies and men in all colors, all sizes; and a new concept in beach bags. You can

"Design Your Own Bag." Canvas, washable beach bags can be made to order. Customers select their favorite three colors for individualized gros-grain ribbon trim from 27 colors in stock. . . From **Dave and Sandy Pierson** in Iran—a note: Sandy is teaching English to Imperial Iranian helicopter pilots and is also studying for a helicopter ground-school license. Dave is Family Services Coordinator with Bell Helicopter International, handling recreation for 300 Americans in Esfahran. His new volleyball program has 100 participants. Men play international rules and the women and mixed team leagues are called—with apologies to OCC—"The Nooner Boomers."

Marathon May Top 4,000 Runners

A large contingent of OCC runners will compete in the 5th Annual Honolulu Marathon Sunday, December 11, an event some sources say will draw 4,000 runners, more than double the number in last year's race.

The race starts at 6:30 a.m. at Aloha Tower. The course extends to Hawaii Kai and around the Hawaii Kai loop. Finish is at Kapiolani Bandstand. On the outward leg runners pass Kapiolani Park on Pali Drive; on the returning leg they pass right in front of the Club on Kalakaua Avenue and turn on Monsarrat toward the finish. Last year's winning time of 2:20:37 was posted by Duncan Macdonald.

Entries must be postmarked by November 20. Uniforms are on order for all OCC runners. Thirty-seven Outrigger runners competed in '76. The fastest time belongs to Howard Keller who finished the 26 miles in 3:09:15.

Runners are cautioned to be sure to drink their liquids during the race. Several recent cases of heat stroke in long-distance races are the result of insufficient consumption of liquids.

The December OUTRIGGER will contain a list of OCC members expected to be in the race. Give them your encouragement and support on the 11th.

COMING EVENTS — NOVEMBER, 1977

SPECIAL EVENTS

SAT., NOV. 12 — DINNER DANCE. Black tie optional. Featuring the Big Band sound. Reservations a must. See advertisement, this issue.

SUN., NOV. 13 — OCC SAILING REGATTA AWARDS BANQUET AND DINNER.

SAILING

OCC REGATTAS. Nov. 6 and 13.

SUN., NOV. 6 — HHCA REGATTA. Pearl Harbor.

NOV. 12 - 13 — HAWAII STATE CHAMPIONSHIP REGATTA.

TENNIS

SAT., NOV. 12 — OCC TENNIS CHAMPIONSHIPS. Windward Tennis Club. Enchanted Lakes.

SAT., NOV. 19 — OCC TENNIS CHAMPIONSHIPS. Windward Tennis Club. Enchanted Lakes.

SWIMMING

SUN., NOV. 27 — CASTLE SWIM. See article, this issue.

RUNNING

FRI., NOV. 11 — VETERAN'S DAY RUN. 5.45 miles. 8:00 a.m. Assemble at Tripler.

THURS., NOV. 24 — THANKSGIVING DAY "TURKEY TROT." 10 miles. 8:00 a.m. Assemble Kapiolani Park.

SUN., NOV. 27 — KAILUA BEACH RUN. 4.8 miles. 8:00 a.m. Assemble Kailua Beach Park.

COMING EVENTS

HULA BOWL TAILGATE PARTY. Bus, champagne, beer, wine, lunch, 40 to 50-yard line seats included. Limited number of tickets and space.

Tips for Runners

The Honolulu Marathon is 5 weeks away on December 11. Now is the time to set up a training schedule to follow for your mileage build up and tapering before the Marathon, so your training decisions are basically set.

If your goal is to finish the Marathon, recognize at what level you are currently running and to what level you can realistically build your weekly mileage.

Your mileage is increased through a series of step-ups from, say, 30 miles per week to a maximum of 60 miles by adding five miles to a week and holding that new mileage for 2 to 3 weeks as your body adapts to the new stress. Then add another five miles and repeat the process.

Set up your training schedule by making a chart for all the weeks before the Marathon and fill in your mileage goals for each week. Your Sunday runs should gradually be increased to a long run of 18 - 20 miles approximately three weeks before the Marathon. Remember, you are building up a solid base of endurance with long slow running toward a goal of finishing comfortably.

Be watchful for signs of stress, such as tiredness, leg soreness, depression, a tendency toward colds etc. Be willing to back off and take extra rest. Training for a marathon is a stress-adaptation-recovery build up that takes time. The result is very satisfying and personally rewarding.

For more training information call Sue Stricklin at 737-2422 between 10:00 and 5:00.



Belated Echoes from the "States": First place Men Freshmen Crew: (l/r) Mike Fox; Jay West; Willie Hawthorne; Mike Mason; Kenny Morrow; Jay Pmchon; Alan Rosehill



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THE OUTRIGGER - Classified Ad

Wish house or apartment from December 28 - January 25
Please call collect: Pat Hays 913 831-1386 I am a
member of a reciprocal club, **The Carriage Club, Inc.**,
Kansas City, Missouri.

MISSING PERSONS BUREAU

The Business Office has no current address for the following members. If you know their whereabouts please notify us.

INACTIVE MEMBERS

Heather A. Furmidge
Mrs. Joanne Hazur
Mrs. Lani J. Houck
Billy Parker

NON-RESIDENT

Mary S. Chote

INTERMEDIATE

Thomas A. Davidson

Aloha

NEW MEMBERS

The following applicants were elected to membership by the Board of Directors on October 20, 1977.

REGULAR:

RICHARD A. COONS
MARK P. BLEUNSTEIN
LEWIS HOWARD CARPENTER
JAMES PATMOR MC GUIRE
MARJORIE M. GUY
MARIE W. CASE
BARRISTER ALLEN RICHARDSON
MARIE JOSEPHINE GOPEZ

JUNIOR:

CATHY LYNN HOOGS
ROBERT SHAWN NEVILLE
MARY-MICHAEL PATRICIA NEVILLE
MONTGOMERY PAGE COSTA
JOLIE CARTIER
RICHARD BROOKS ANDERSON
HEIDI LEI FRIESE
SHARON LOVE HOOGS
LOCH ERICH EGGERS
DAVID KAAUMOANA MC KENNEY
CHRISTOPHER DAVID DUPLANTY
SAMUEL SWAIM FLOWERS
ROBERT SCOTT FLOWERS
LAURA LOUISE DOLMAN
ELIZABETH REED MAHONEY
CLIVETTE KEHAUNANI MARLA WON
CAREY KIELE STEHOUWER
MARK MAHIKOA TANNEHILL
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SPECIAL MONDAY FEATURE on the HAU TERRACE

To improve service and upgrade our Monday lunches on the Hau Terrace, we are now serving Hot Carved Sandwiches including Roast Prime Top Sirloin Beef.

IN MEMORIAM

Wilford D. Godbold
Deceased October 5, 1977
Past President
Outrigger Canoe Club

Gay Harris
Deceased October 6, 1977
Club Member and
Past OCC Manager

The Outrigger

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