

Tri-Athlete Salute!

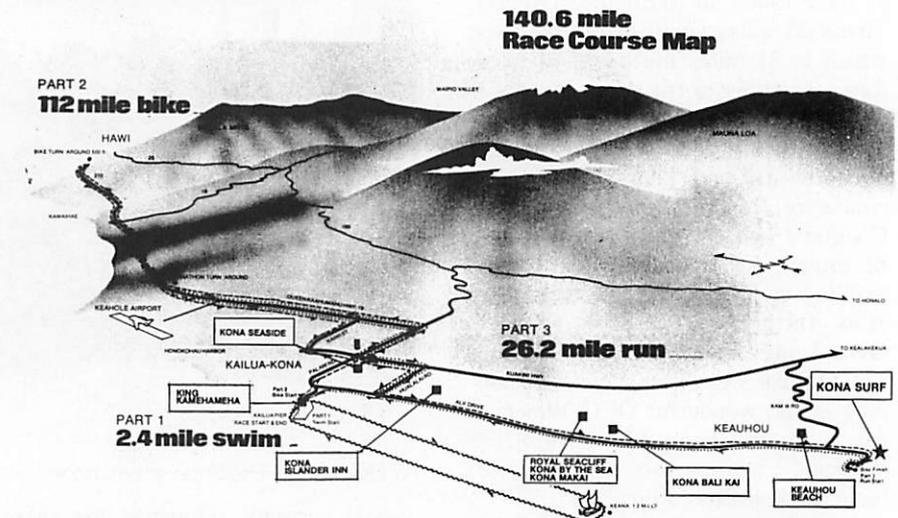
By Gerry DeBenedetti,

OCC salutes its members who have trained for a long, hard time for the Big Isle Triathlon held in Kona on October 22—Paul Manaut, Roger Cundall, John Finney and Patrick Bowlen. Because of press deadlines, we are unable to print their times until next month.

For those who like a little history, the Triathlon, which is now widely copied all over the United States, is a wonderful Hawaiian invention, with participation and encouragement coming from many of our OCC members.

Honolulu has held a Roughwater Swim for 14 years, an around-the-island bicycle race for many years, and the Honolulu marathon now going into its 11th year. Members of the Waikiki Swim Club, specifically Capt. John Collins and his wife Judy, who swam in local events and participated in Honolulu community sport activities, were instrumental in "dreaming up" the triathlete concept: Swim the Roughwater, Bike Oahu, Run the Marathon all in one day, one right after the other. If that were possible, you would be made of iron.

Several OCC people were at the 1978 Waikiki Club Christmas party when John casually announced that on the



following weekend "we are going to have a triathlon . . ." The rest was sporting growth beyond anyone's expectation. There is even now a national triathlon magazine, put out by Penny Little, editor of Swim Swim magazine. Penny has entered many Roughwaters and some of our OCC/WSC invitational summer swims.

The first triathlon in 1978 had OCC member Ian Emberson competing, one of the original 15. Ian participated for four years, three of which were on Oahu and one on the Big Island, and said, "It is a challenging event, it is a real accomplishment, and four times is enough."

The triathlon is now a copyrighted, world championship business, and by the fourth year the event had grown too big for Oahu in terms of a bike race. Honolulu traffic lights were too numerous, and the North Shore road was too narrow. It was then moved to Kona, where there still are some wide-open spaces, and enough hotels to accommodate the hordes.

The swim (2.4 miles) starts and ends at Kailua pier and is an out-and-back course around a marker boat. At that point, swimmers dry off, put on bike gear and begin the 112-mile bike ride from the pier, out the Queen Kaahumanu Highway to the turn-around point near Hawi, at the foot of the Kohala mountains. They return on the highway, through Kona, along Alii Drive to Keauhou Beach and the Kona Surf Hotel, which is race headquarters.

After another transformation from

bike gear to running shoes, the marathoners take off along Alii Drive, back into Kona, out Queen Kaahumanu Highway to the marathon turn point just past the Keahole airport. From there, back into town to the marathon finish at the Kailua Pier. By this time there are no swimmers left in the water, but most of the front runners are encountering late bike riders. To quote the immortals: "It's a real zoo out there!"

Roger Cundall, who probably trained about as much as anybody with a family of four children cheering him on, entered the 1982 triathlon and felt his training base for the 1983 event began at that point. In '82 he trained 3,500 miles on the bike, and in '83 logged 6,000 miles. He ran 900 miles in '82 and 1,300 in '83. He concentrated on building up a mileage base in biking and running even to the extent of putting a stationary bike in his garage for 5 a.m. trainings. In the September '83 Roughwater swim, Roger came in a respectable 40th overall in a field of 1,000. Despite the rough currents of the Roughwater this year, Roger was about in the same position overall with his known competitors.

Roger also said that in the recent 100-mile bike ride sponsored by the Advertiser, he competed in 5 hours, averaging 20 miles per hour, which is as fast as anybody can drive a car in parts of that route out to Hauula. The last 50 miles of the ride nobody passed him, and when he finished, he got off the bike and ran Diamond Head. Just a little training fanatic!

Hearty Praise

The following is a thank you received from the Great Fun skipper/owners Clay and Toni Bernard. The Club was host to their yacht in the July Transpac.

. . . A belated thanks for the most wonderful experience of our lives. Never had we met such wonderful people and we hope to see all of you out here (St. Francis Yacht Club, an OCC reciprocal) one of these days . . . You guys were so great, it'll be hard to ever top that race.

Love, Toni and Clay Bernard
The Sailing Committee wishes to add that the feeling was mutual. It was a pleasure to host a winning yacht.