

# Canoe Racing Summer Fun Paddling

By Genie Kincaid

Summer time on the south shore for most Outrigger members means surfing Old Man's, and red and white canoes crowding the Club's beach. It's longer days and canoe paddles in the hands of kids and Makule alike. It's Club BBQ's on Saturday nights and local kine grinds at regattas on Sundays.

To ensure this summer of canoe racing is fun—which for most Outrigger members means winning every race Outrigger enters—coaches are coming aboard and practice schedules are being developed.

The Canoe Racing Committee is focusing its efforts on providing an environment that will encourage participation among the Club's members and maximize the potential for competitive success.

Here's a list of members who have come aboard:

Regatta Coordinators: Steve Van Lier Ribbink and Kehau Kali

Youth Coordinators: Keoni Kino and Steve Van Lier Ribbink

Age Group Coaches: Mike Town, Scott Rolles, Ikaika Kincaid, Jaren

Hancock, Katy Bourne

Women's Upper Division Coordinators:

Logistics - Liz Perry, Tom McTigue

Training & Technique - Mike Beyer

Macfarlane Regatta: Courtney Seto, Scrappy Lipton

Registration is set for Saturday, March 3 from 9 a.m. to Noon. The regatta registration fee is \$55. Registration fee after May 1 will be \$70. The Club's policy is that only members who have registered may practice in the Club's canoes.

[Note: Any member who is not a registered paddler, but would like to use a canoe, must submit a written request to the Canoe Racing Committee.]

It is also the policy of the Canoe Racing Committee that transfers will be given by July 4th, before the start of the distance season. After July 4th, transfers to race for another canoe club during the distance season will not be awarded unless a hardship is established.

Coaches will contact their crews the week of March 12. March 10 from 11 a.m. to 2 p.m. is the weighing of Club's racing canoes and Rigging Day. This is planned to be a Club effort of the various crews and their coaches.

Further updates and information will be posted in the Tunnel.

Coaching positions are still available, particularly for the men's upper division and men's masters programs. If you are interested, please contact Paula Crabb.

New member, Michael Beyer, will help coach the upper division women's program along with Liz Perry and Tom McTigue. He will be specializing in teaching proper technique, something he feels is essential to a winning outrigger team. He has competed in international outrigger events, and wants to share his knowledge with anyone who wants to be more competitive.

So start training, eat healthy, lift the weights, run the miles. Get in the water: swim, surf, paddleboard, kayak, one-man canoe. Just make sure your summer is fun. Win with Outrigger.

