

SEP 29 1987

### California girls win again in distance race

HONOLULU — The Off Shore Canoe Club of California won the Na Wahine O Ke Kai women's Molokai-to-Oahu canoe race for the second year in a row yesterday, beating Outrigger Canoe Club by less than five minutes.

The Off Shore crew, which boasts two world champion kayakers, covered the 40.8-mile distance from Hale O Lono Harbor to Magic Island in 6 hours, 26 minutes, 25 seconds.

Outrigger crossed the finish line with a time of 6 hours, 31 minutes, 1 second.

Healani came in third in 6:55 while Hui Nalu was fourth, Hanalei was fifth, and Lahaina was seventh.

Hui Lanakila won the koa division and came in sixth overall with a time of 7:09. Kai Opua was second in the koa division with a time of 7:21.55. Kaihua won the masters division in 7:35.46.

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### Corrections

Total renovation costs for the Kalakaua Center, formerly known as the Mitsukoshi Building, will be about \$34.2 million, not \$18.4 million, as incorrectly stated in the Sept. 14 issue of Pacific Business News.

The correct name of the contractor for the Outrigger Canoe Club parking structure project, mentioned in the Aug. 24 issue of Pacific Business News, is Teval Corp., and the correct name of the architect is Ossipoff Snyder & Rowland.

Also, the value of the project is \$1.3 million, not \$2.5 million; planning for the project began in 1985, not 1977; and total parking area after construction will be about 60,000 square feet, not 18,942 square feet.

Also, it was in 1983, not 1975, that the club spent less than \$150,000, not \$250,000, to add two employee locker rooms and a new board room.

OCT 8 1987

# Different strokes set for Molokai Hoe



Hank Lass, 61, the second-oldest paddler in this Sunday's Molokai Hoe, holds his 4 1/2-month-old son, Canon. Lass will compete for the Outrigger Masters in the 40.8-mile race.

By Stephen Tsai  
Advertiser Staff Writer

Which comes first: the canoe lesson or the canoe race?

The former is the answer — barely — in regards to Sunday's Bankoh Molokai Hoe, the 40.8-mile Molokai-to-Oahu men's outrigger canoe race.

Of the 49 crews entered, at least five will be racing for the first time in outrigger canoes.

One of those rookie crews, the Royal Canoe Club of England, held its first full practice last weekend. The Atlantic Division, with eight of its nine members from the East Coast, paddled together for the first time yesterday. There also are two teams from Canada.

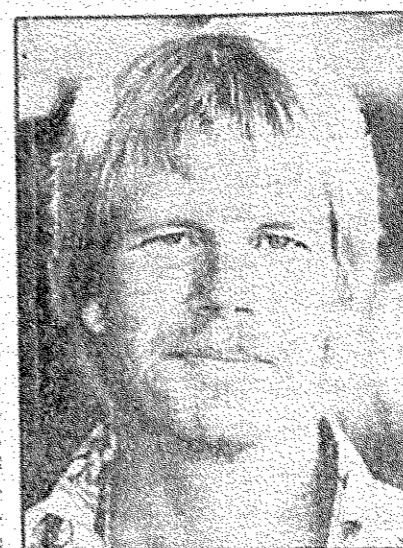
Of the newcomers, the Arkansas Outrigger Club appears to have the most experience. The crew bought a boat from Oahu's Outrigger Canoe Club in April, and has been practicing weekly on the Arkansas River.

But team member Bill Sowell said, "It's not like we have an opportunity to go out and race against other outrigger canoes in Arkansas."

England? East Coast? Arkansas? What is this, scab paddling?

"Actually, it shows how popular Polynesian canoe racing has become," said State Rep. Fred Hemmings, an Outrigger Canoe Club member. "The sport has gained in popularity for a number of years in Hawaii. The next logical step is for it to go international."

Perhaps the biggest boost to



Bob Bennett  
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Bill Sowell  
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the sport came two years ago when the Illinois Brigade earned an astonishing victory in the Molokai race.

"Those are the guys we have competed against in national marathon canoe races," Sowell said. "We felt if they could come over here and do well, we'd stand a pretty good chance of doing well."

Illinois Brigade also influenced Atlantic Division. Three of Atlantic Division's paddlers were on the Illinois Brigade team a year ago and, this year, they decided to form their own crew. Progress has been rapid.

"This team is coming together," coach Bob Bennett said.

noe racing. But the difference between racing small boats and six-seat outrigger canoes is noticeable.

"Our problem was getting six people who are not used to paddling together on a six-man team to work together," Sowell said. "Canoeing is the type of sport where timing is everything. You have to have everybody paddling at the same pace. That's the difference between winning and losing."

Said Bennett: "Balance is a problem. We were playing with the boat (in practice), learning how to bring the ama out of the water. We were getting pretty good at it, but then we bounced too far and learned how to huli."

The biggest adjustment is substituting paddlers. When done correctly, the changes are poetry in slow motion. A substitute jumps from the escort boat into the water ahead of the canoe. The substitute then dives into the boat while the paddler he replaces jumps out — the sequence taking a matter of seconds.

"We've still got bruises on our legs from learning how to do it," Arkansas' Steve Lynn said.

Said Bennett: "Getting in and out of the boat is a unique experience. We told the guys to practice by going to their local swimming pools and try to get out without the ladder. And to pretend the pool is going 8 mph. That's the experience they've gotten, jumping in and out of a pool."

OCT. 8 1987



## Bankoh Molokai Hoe

'Superbowl' of outrigger canoe races to be held Sunday

By STEVE MEDWID  
For Holiday on Maui

THE BANKOH Molokai Hoe is the world's most prestigious outrigger canoe race. And one of the most dangerous.

Swells as high as 15 feet have shattered canoes during the gruelling 40.8-mile inter-island crossing from Molokai to Oahu.

This Sunday's 36th running has attracted over 50 crews from Hawaii, Tahiti, England, Canada, California, Illinois, Virginia, Arkansas and New York. Representing Maui will be five crews from Lahaina, Hawaiian, Napili and Kihei Canoe Clubs.

They will start from Molokai's Hale O Lono Harbor at 7:30 a.m. and the first canoe is expected to touch beach at Fort deRussy in Waikiki around 1 p.m. Live television updates of the action will be shown throughout the morning on KHON.

The paddlers gather on the beach at dawn for last-minute preparations to be followed by the ceremonial blessing. Tradition, as well as sportsmanship, is observed as they hold hands in prayer and sing the Hawaiian anthem, "Hawaii Pono I."

Brightly painted canoes soon fill the harbor as crews make their way out to the starting line. Although wooden canoes carved from Hawaii's native koa trees are still used, most paddlers will compete in sleek, fiberglass racing models weighing 400 pounds and approximately 40 feet in length.

There are nine paddlers per crew. Six occupy the canoe while the other three follow aboard a power boat.

At the start, the canoes resemble a pack of thoroughbreds as they see-saw up the coastline. Paddlers average 60 to 80 strokes a minute and maintain that pace the entire race.

Ahead is the unpredictable Kaiwi Channel. The treacherous journey begins as the canoes spread out across the open ocean.

Substitutions or "water changes" occur at 15-20 minute intervals. As many as three relief paddlers jump in the ocean, where they arrange themselves in single-file, well ahead in the path of the oncoming canoe.

As the canoe approaches at speeds up to 8 mph, the relief paddlers avoid churning paddles, duck under the two arched, wooden cross booms that extend from the hull, and then hoist themselves in on the left side as the exhausted paddler bails out on the right.

A full-length spray cover that keeps the inside dry compounds the difficulty of this maneuver. The openings at each seat must be entered swiftly and gracefully or the canoe can stop or even capsizes, wasting valuable time.

Midway across the channel, dehydration and fatigue from the hot sun become problems. Fluids are constantly replenished during changes on the escort boat. But stamina is the key factor.

Months of rigorous training are required for this endurance classic. Serious crews devote hundreds of hours to paddling, running, and calisthenics — not an easy regimen when you're holding down a full-time job.

In Hawaii, preparation starts in April for the shorter regatta races held throughout the summer. Long distance season follows in August with weekend races as long as 30 miles.

By today's competitive standards, the first Molokai-Oahu race in 1952 was primitive.

Two of the three crews entered borrowed small and bulky canoes that were better equipped for fishing and surfing than for racing. There were no spray covers and the men bailed from start to finish.

Relief paddlers were available but almost none opted to paddle the entire distance without

them. A group of "stout-hearted" men from Molokai, who had practiced for just a few weeks, took nearly nine hours to win the inaugural crossing. Remarkably, all three crews finished within 18 minutes of each other.

The final leg of the race takes the crews around Diamond Head and turns into an all-out sprint along the shoreline of Waikiki Beach.

Thousands of cheering spectators welcome the tired paddlers at the finish line. Outrigger Canoe Club set the Course record in 1984 with a time of 5:18:19.

For their efforts, each paddler receives only a lei and commemorative medal. Awards, however, are presented to the top crews in the koa, non-koa and masters (35-years and older) divisions.

The Bankoh Molokai Hoe has become an international event with crews competing from as far away as Japan and West Germany.

In recent years, the era of Hawaiian dominance has slowly come to an end. Since 1978, four mainland crews have captured the Bankoh Hoe. Last year, however, Outrigger scored a convincing victory.

But the balance of competition has shifted to non-Hawaiian all-star crews consisting of world-class kayak paddlers and marathon canoe paddlers. They have the advantage of selecting the top paddlers available, including Olympic athletes, whereas local crews must select from within their own club.

It is a serious problem that the Hawaii Canoe Racing Association is now addressing.

Regardless of if the situation is remedied, paddlers from around the world will continue to compete in the Molokai Hoe out of love for the sport and the chance to experience the "Super Bowl" of outrigger canoe racing.

OCT 6 1987

## Kai O Pua, Kamehameha among 55 entrants in 36th Molokai Hoe

HONOLULU — A total of 55 teams are expected to be on the starting line for the 36th annual Bankoh Molokai Hoe, Molokai-to-Oahu outrigger canoe race starting at 7:30 a.m. off Hale O Lono harbor, Molokai, according to race director Mary Serrao.

Big Island clubs entered in the race are Kamehameha of Hilo, Kai O Pua, and a Kai O Pua master's squad.

The Oahu Hawaiian Canoe Racing Association owns and produces the Molokai Hoe, a 40.8-mile paddle across the Kaiwi channel with a finish on the beach at Fort deRussy, Waikiki.

Outrigger Canoe Club's senior men's team set the race record of five hours, 18 minutes, 19 seconds — approximately eight miles per hour — in 1984. They will be defending their 1986 title against 36 Hawaii clubs from the OHCRA, Oahu's Na Ohana O Na Hui Wa'a, the Maui County Hawaiian Canoe Association, Garden Island Canoe Racing Association and Moku O Hawaii from the Big Island.

Foreign and Mainland entries include Imua, Offshore and Newport. Outrigger from California, Team Ontario and False Creek from Canada, the Royal Canoe Club from England, the Illinois Brigade,

the Tahitian teams of Faaa, Tahiti, Tahiti Nui and F.F.P.P. (French Federation Pitougue Polynesia).

Other new entries include Arkansas Outrigger from Arkansas, Atlantic Division, a team from New York and Vienna Virginia from Virginia.

All will be competing for trophies in the koa, non-koa and master division. For the first time this year, special awards are planned for the last-to-finish crew, the crew that came the longest distance to participate, the Master of Master's winner (oldest participant in the master division), and other categories. (Entries in the Master of Master's category must show proof of their age before they can qualify.)

Four koa canoes are entered. They are Anuene Canoe Club's "Ho'ola," Kailua's "Lanikili Mau O Ka Lokahi," Hui Lanikili's "Kai Holokai," and Imua's "Naia."

All Oahu, Kauai and Big Island canoes are shipped from Oahu to Molokai by barge. Most Maui clubs tow their canoes to Molokai and Mainland entries generally borrow canoes from local clubs. Each vessel must weigh 400 pounds and meet other specifications set forth by the Hawaiian Canoe Racing Association.

Upon arrival at Molokai, the canoes are transported nine miles from Kaunakakai to the beach at Hale O Lono, a deep draft barge harbor approximately three miles from Laau Point, the westernmost tip of Molokai. Between Laau Point and Diamond Head is the often treacherous Kaiwi (Molokai) Channel.

The canoes are rigged the day before the race. On race morning at 6:15 a.m. there will be a blessing, opening ceremonies and hula entertainment on the beach by the Rachel Kamakani Halau. The crews will paddle to the offshore starting line where they will be greeted at 7 a.m. with Hawaiian chants by Manu Boyd.

The eventual 55-canoe line-up should extend over a half mile offshore. Each canoe has an identifying number of its bow. Flag-flying escort and official boats wait behind the canoe fleet and once the competition has begun, race to pick up their teams before entering the Molokai Channel.

A canoe team consists of nine men with six in the boat at one time and other three aboard that team's escort boat waiting for the signal for open-ocean exchanges. Also on board the escort boat are coaches and an official representing OHCRA.