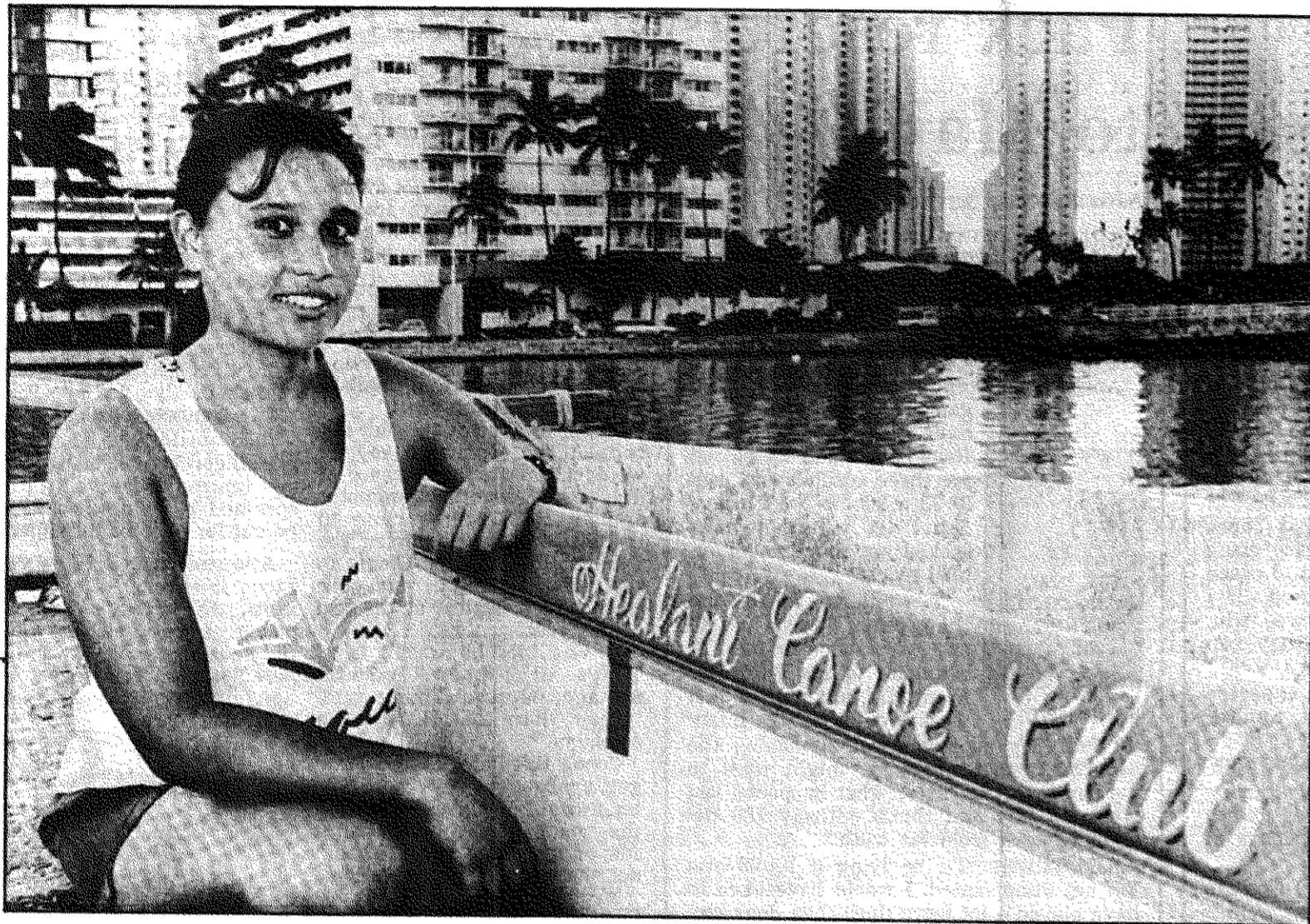


SEP 20 1990



Paddling is in the blood of Malissa Tongg, a member of the Healani Canoe Club.

Advertiser photo by Greg Yamamoto

## Tongg follows her heart

### Paddling is a successful family tradition

By Paul Giblin  
Special to The Advertiser

Paddler Malissa Tongg will have more on her mind than just the 30 or so competing outrigger canoe teams when she churns the water between Molokai and Oahu later this month.

Tongg and her Honolulu-based Healani Canoe Club teammates will face crews from at least three other islands and three other countries Sept. 30 in the race that's billed as the world championship.

But for the 19-year-old Kapoli Community College student, the 40.8-mile Bankoh Na Wahine O Ke Kai race is more personal.

It has become a matter of family pride. She'll be trying to measure up to the lofty reputations of both her father, Michael Tongg, and her grandfather, Wallace Froiseth.

Both were top local paddlers in their day. "Sometimes it's kind of tough, but sometimes it's good because they give me a lot of tips," she said.

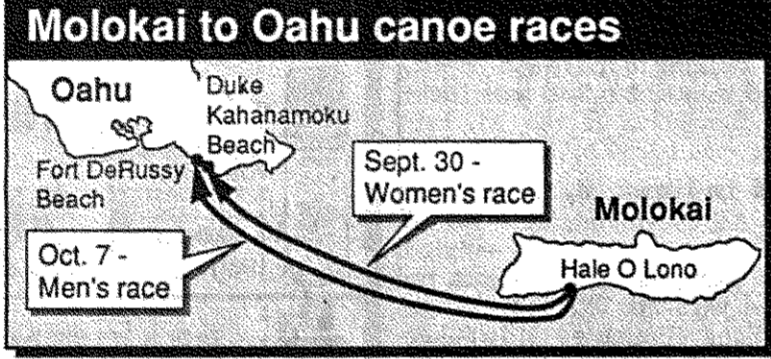
Both her father and grandfather certainly have a wealth of experience to draw from.

According to stories Malissa has heard over the years, her grandfather and some of the other beachboys who founded Waikiki Surf Club battled in a heated contest during the first Molokai-to-Oahu race in 1952.

Froiseth's team kept the lead nearly the entire way, but the boat swamped just before the finish, and his team ended up second in a two-boat race. Froiseth more than redeemed himself in a number of other championship races though.

Later, Michael Tongg notched his name in local ca-

**WHAT:** Molokai-to-Oahu outrigger canoe race  
**Women:** 12th annual Bankoh Na Wahine O Ke Kai  
**Men:** 39th annual Bankoh Hoe Canoe Race  
**WHEN/WHERE:**  
**Women:** 7 a.m. Sept. 30, starting at Hale O Lono Harbor on Molokai, with top crews finishing between 1 p.m. and 1:30 p.m. at Fort DeRussy Beach on Oahu.  
**Men:** 7:30 a.m. Oct. 7, starting at Hale O Lono Harbor on Molokai, with top crews finishing between 12:30 p.m. and 1 p.m. at Fort DeRussy Beach on Oahu.  
**RECORDS:**  
**Women:** 5 hours, 59 minutes, 36 seconds, by Offshore Canoe Club of California (1989)  
**Men:** 5 hours, 6 minutes, 19 seconds, by Offshore Canoe Club of California (1989)



Advertiser graphic by Greg Taylor

found a different path through the waves, but couldn't catch up.

She said that at the finish line, she expected congratulations from her father, but instead, he demanded to know why Healani allowed the other team to slip ahead.

"I couldn't believe it," Malissa recalled. "He could have said, 'Good race.' No. It was, 'How could you let them pass you?'"

In another recent long-distance race, Healani moved to another seemingly insurmountable lead. "We were totally far ahead," Tongg said.

Then in the race's final moments, she spoke with the steersman about the finish line. It was in the next cove to the left, Tongg reminded her.

The steersman thought it was in the second cove to the left and steered the canoe past the finish. Healani quickly doubled back, but another boat had already taken the glory.

"We've had a lot of bumper races," Tongg said. She feels things have improved since. Her grandfather hopes so, but isn't so sure.

"My grandfather gives us a lot of encouragement," Tongg says, "but he doesn't think we're as competitive as they were back then in his day. But I think we're getting

back into that competitive state."

Tongg's teams showed that spirit with two victories in the past three weeks: the 19-mile Queen Liliuokalani race in Kona, and the 28-mile Waikiki-to-Pokai Bay race.

After paddling for Waikiki Surf Club since she was 8, Tongg left the team early this year in search of a more competitive crew. The number of paddlers her age had grown too thin at Waikiki Surf Club, she said.

"It's hard to get six girls to come to practice all at the same time. They want to make money and they have part-time jobs. I thought, if I'm going to paddle, I want to win. And Healani had a good program.

"It was really hard going away from Waikiki Surf Club to another, because Surf Club is in the family blood."

Healani coach Marshall Rosa said he hasn't yet determined if Tongg will paddle with Healani's first boat or second boat, or whether she'll be with the first crew or backup crew in either boat.

"There's six people in the boats. There's no hero, at least not in my boats," Rosa said. "If there were supposed to be superstars, the boats would only have one seat and we'd take the other five out."

Tongg's team eventually

## Na Wahine O Ke Kai: Women paddlers ready for strokes during the Oahu grind

By HUGH BRENNER  
For The Maui News

Canoe racing has some important ratios. One is strength to weight. Another is 80-20 (80 percent is weather, mental strength, and logistics, 20 percent is talent). For the 11th annual Na Wahine O Ke Kai Sunday, Maui's important ratio is quality to quantity.

Four top quality 12-woman crews join a field of over 30, the most ever for this 40.2 miles open-ocean outrigger canoe race from Molokai to Oahu. Hawaiian has entries in the Koa and Masters (35 and over) divisions. Kihei and Napili are in Open division.

Napili's intense training and dedication have won a lot of gold medals this summer, including first in Iron-woman (no relief paddlers) division at the Queen Liliuokalani in Kona Sept. 1. Several transfers during long distance have bolstered their strength. Although their original "18-wheeler" is down to 14 wheels, they're still rolling smoothly. Molokai-Oahu champion Lesline Connor joined the Yellow and Black recently, and husband Tom of Outrigger-Oahu adds his talents to Napili coaches Tim Medeiros and Ann Perry. "Tim and I are really looking forward to the learning experience of working with one of the best women's long-distance coaches," said

Ann. Napili is unofficially seeded third in Hawaii for Na Wahine.

Healani-Oahu, seeded first, parallels Napili's development, and also has an Outrigger-trained coach, Marshall Rosa. Perhaps the Outrigger Ratio (80-20), can break Offshore-California's four year stranglehold on the Na Wahine title.

"We practice everything," says steerswoman Perry, "including hulis, bailing, water changes, even zipping and unzipping the canvas cover. We're trying to leave nothing to chance."

Hawaiian's crews are coached by Ron Williams (Open) and Ruby Hamili (Masters). "We should do well in both Koa and Masters, said logistics chief Diane Ho. "We're much stronger this year. Our Masters crew had six from Kai-E-Hitu (Big Island) and six from Hawaiian, we'll water-change all six at a time because we couldn't train all together."

Kihei's 12 women, coached by Steve Hogin, are raring to go. "It's going to be a blast," smiled Pam Monahan. "This is the toughest competition I've seen (she's been racing Na Wahine since 1981). That will raise everyone's performance level. Kihei's attitude is great, these ladies are really cohesive. Our motto is paddle your best race and enjoy it."

Enjoyment has been part of Na

'We should do well in both Koa and Masters... We're much stronger this year.'

— Diane Ho  
Logistics chief

Wahine O Ke Kai since the first (albeit unofficial) women's Molokai-Oahu race in 1975 proved the feasibility of such a race. Four years later, the inaugural Na Wahine O Ke Kai, dedicated to the memory of Leinani Faria, attracted 17 crews, sponsored by Hawaiian Airlines, and in later years Steinlager. This year for the first time, Bank of Hawaii bankrolls Na Wahine, as it has the men's Molokai Hoe the past eight years. Race Director (since 1979) Hannie Anderson announced the sponsorship, starting it as "consistent with BankOH's continuing commitment to, and support of Hawaiian ocean sports."

This unique international race was conceived by, and is organized and run entirely by women, for women. Many of the individual club's coaches are men, so "Men don't refuse to help us, rather they encourage us to independently develop the skills and

talents necessary to do this for ourselves," according to one Kihei lady.

Entries come from Australia, Canada, and the U.S. Mainland, including '86-'89 champ Offshore-California. What benefits Hawaii's crews most? "Rough water," stated Ann Perry. "We like it. We do well when we've a chance for a little wave riding."

All of Maui's crews agreed about that, and added, "We need sponsors to help defray individual club's expenses for travel etc." At one time, it was all kokuu, but the times have changed somewhat, so some financial help would be greatly appreciated. Community-spirited donors can contact one, two, or all three (yeah!) through: Ann Perry (Napili) 879-7008 (work phone), Diane Ho (Hawaiian) 244-1580 (work phone), Steve Hogin (Kihei) 879-1511 (work phone).

Each crew's best asset? "Our mental strength" (Napili); "Our ohana" (Hawaiian); "Our dedication and enthusiasm" (Kihei). Toughest problem? "Injuries" (Kihei); "Picking 12 racers from 14. All 14 will still go however." (Napili).

These are Maui's best, and they're all top quality. Follow their progress on race day on KAOI-95 FM (AM 1110) here on Maui. KHON-TV 2 will be filming a documentary for later presentation.

## HAWAII BEAT

### Thirty canoes entered in Na Wahine O Ke Kai

Star-Bulletin staff

Thirty canoes, representing four Hawaii islands, California, Canada, Australia and New Zealand will compete in tomorrow's Na Wahine O Ke Kai, the 12th annual women's Molokai to Oahu outrigger canoe race.

Among the favorites are four-time defending champ Off Shore of California and Oahu's Healani and Outrigger canoe clubs. The race begins at 7 a.m. at Hale O Lono Harbor with the first canoes expected to finish at Waikiki's Duke Kahanamoku Beach around 1 p.m.

Competing for the first time is Kai Oni of Oahu; False Creek of Vancouver, Canada; Surfer's Paradise of Australia and a team from New Zealand. Four masters crews (35-and-older) are also entered.

**Curren wins again:** Former two-time world champion Tom Curren has won his sixth event of the professional surfing tour and vaulted back into first place for the season.

Curren, originally from California but now living in France, has won three events in the European leg of the Association of Surfing Professionals tour, the latest a victory over Florida's Todd Holland in Ericeira, Portugal.

Curren narrowly squeaked past

Hawaii's Marty Thomas in round 3 of the Buondi Pro in Ericeira, and clings to a slim lead over Australia Rob Bain in the ratings as the tour heads to Japan for the Marui Pro. Hawaiians Derek Ho and Sunny Garcia shared ninth place in the contest, allowing Garcia to maintain his rating as fifth in the world.

**Ultimate oce tournament:** The Eagle Aloha Bowl Ultimate Hole-in-One Tournament, a benefit for the Multiple Sclerosis Society of Hawaii, is scheduled for Nov. 23-26 at the Navy-Marine Golf Course.

Some 10,000 entrants are expected to try their luck at making an ace that could be worth \$2 million, \$1 million or a new car.

Golfers will pay \$1 per ball to shoot at a special green from 100 yards. Each golfer who makes a hole-in-one and others who are closest to the pin will qualify for 40 finalist spots.

For more information, call the MSSH at 531-4127 or the Eagle Aloha Bowl office at 947-4141.

**Pro Bowl tickets:** The National Football League has announced that over-the-counter tickets sales for the AFC-NFC Pro Bowl Game, Feb. 3, 1991, at Aloha Stadium, will begin at 10 a.m. on Oct. 15.

Tickets can be purchased at Aloha Stadium and by voucher system at all Hawaii Sears outlets. Mail order requests also are being ac-

cepted at the stadium box office. Ticket prices are \$18 for available sideline seats and \$15 for all end zone seats. High school students and children can purchase north end zone tickets for \$8.

**Oshiro running for George Fox:** James Oshiro, a Pearl City High graduate, is competing in cross-country for George Fox College at Newberg, Ore.

Oshiro, who transferred from Leeward Community College, finished 40th in last weekend's Lewis & Clark Invitational in Portland, Ore. The fifth-ranked Bears were to host the Bear Fete Invitational meet today.

**Waikoloa Open:** A flight is closed but entries are still being accepted for the other flights in the 17th annual Waikoloa Open, Oct. 18-21, at the Waikoloa Village Golf Club on the Big Island.

For information call the pro shop at 883-9621.

**Sodetani Fun Run:** There are two weeks left to beat the Oct. 15 deadline to enter the Tom Sodetani Fun Run, a 3.1-mile run/walk event to be held Oct. 28 at Ala Moana Beach Park.

Entry forms are available at running stores and the Kuakini Medical Center.

The run starts at 7 a.m. and the entry fee is \$14.