

# Something for Every Sports Fan This Weekend

## What's Happening This Weekend

**TOMORROW**

**Outrigger Canoe Club's MacFarlane Regatta:** 9 a.m., Waikiki Beach (fronting Moana Hotel).

**Hui Wa'a Independence Day Canoe Regatta:** 9 a.m., Kahana Bay.

**Keo Nakama Swim Meet:** First of three days, 9 a.m., Manoa Recreation Center pool.

**Hawaiian Open Arm Wrestling Championships:** 10 a.m. (Lighter weight classes), Pearlridge Shopping Center.

**Independence Day Paddleboard Race:** From Sunset Beach to Waimea Bay, 11 a.m.

**Physical Fitness Festival:** 11 a.m., Kapiolani Park bandstand.

**PCL Baseball:** 7 p.m., Islanders vs. Ogden A's at Aloha Stadium (fireworks show to follow).

**SATURDAY**

**Keo Nakama Swim Meet:** Second day, 9 a.m., Manoa Recreation Center pool.

**Hawaiian Amateur Surfing Championships:** 10 a.m., trials (finals on July 12-13).

**Ala Moana (Magic Island):**

**Hawaiian Open Arm Wrestling Championships:** 10 a.m. (heavier weight classes), Pearlridge Shopping Center.

**Sports Week '80 Pentathlon:** First four events at Punahou's Alexander field, 10 a.m., and final event/awards at UH's Cooke Field, 2 p.m.

**Hershey Youth Track and Field Program:** 1 p.m., UH's Cooke Field.

**PCL Baseball:** 6 p.m., Islanders vs. Ogden A's, doubleheader, at Aloha Stadium.

**SUNDAY**

**Keo Nakama Swim Meet:** Third day, 9 a.m., swimming competition at Manoa Recreation Center pool; Diving events at Mid-Pacific Institute pool, 9:30 a.m.

**Hawaiian Amateur Surfing Championships:** 10 a.m., trials (finals on July 12-13).

**Ala Moana (Magic Island):**

**Sports Week Canoe Relay Race:** 11 a.m., Honolulu Harbor.

**Polo:** 2 p.m., Mokuieia Polo Farm.

**PCL Baseball:** 6 p.m., Islanders vs. Ogden A's, at Aloha Stadium.

By Jack Wyatt  
Special to Star-Bulletin

Hawaii's outdoor buffs will be happy to know that there is more to do this Fourth of July weekend than savor the sun and watch a parade; annoy the neighbor's dog with fireworks, or suffer through the boredom of household chores.

This weekend has it all—from arm wrestling at Pearlridge Shopping Center to the selection of Miss Fourth of July at Kapiolani Park's bandstand. Take tomorrow for an example.

The annual Independence Day Paddleboard Race, from Sunset Beach to Waimea Bay, will be held at Oahu's North Shore; at Waikiki Beach, Outrigger Canoe Club hosts its annual Walter J. MacFarlane canoe racing regatta, and at Kapiolani Park, the City's Department of Parks and Recreation presents its 8th annual Physical Fitness Festival.

AND IF THESE ACTIVITIES don't spark your interest, take in Sunday's 26.2-mile Big Island Marathon at Hilo; race a yacht off Waikiki; go water skiing in Kaneohe Bay; or attend the Keo Nakama swim meet at Manoa Recreation Center's pool starting today and running through Sunday.

Although Mike Rossell's Sports Week-80 doesn't officially begin at the Neal Blaisdell Center until next week, Rossell's promotion does have several outdoor attractions scheduled for this weekend, including the preliminary heats of Hawaiian AIF's Amateur Surfing Championships at Ala Moana Park on Saturday and Sunday; a pentathlon competition at Punahou School and at the University of Hawaii on Saturday, and the big Sports Week Canoe Relay Race at Honolulu Harbor on

Sunday, where the first prize is a new 40-foot fiberglass racing canoe. And if these activities aren't for you, there must be an escorted hike, a bird walk, a tennis tournament, a golfing contest, or a bike race that will get your outdoor adrenaline flowing.

"With 52 entries in our first Independence Day Paddleboard Race last year, our Fourth of July race became the largest paddleboard contest in the State," said Marc Cunningham of the hosting Hui O' He'e Nalu Surf Club.

"MOST OF OAHU'S TOP PADDLERS have entered," he said, "including last year's surfboard division winner Chuck Kelly, Brett Goodfriend and brothers John and Pau Scully."

"Last year I was concerned about staging a paddleboard contest on the same day as a big canoe race at Waikiki. But with our large turnout, I'm no longer worried."

Kiki Spangler, last year's overall winner, is expected to defend his title tomorrow.

The annual race begins at Sunset Beach at 11 a.m. and will finish at Waimea Bay. Spangler's winning time last year was 29 minutes and 51 seconds. Entries will be accepted up to race time at the Sunset Beach lifeguard tower.

IN TOMORROW'S MACFARLANE Regatta off Waikiki, host Outrigger Canoe Club hopes to avenge last week's upset loss to Hui Nalu Canoe Club of Hawaii Kai.

"Our loss was a combination of several things," explained Walter Guild, OCC's head coach. "Hui Nalu had the right lanes at the right times; their steersman, Fred Hemmings Jr., had a phenomenal day, plus, Hui Nalu was up for the regatta and Outrigger was down."

"Because the MacFarlane is our regatta," Guild said, "you'll see a whole different canoe race on Friday. That I promise you."

While Hui Nalu will go with Hemmings, plus other experienced steersmen, Outrigger has a few good men of their own, including Mike Holmes, Alan Rosehill, Koomi Downing, Tom Conner and Mike Lemes. The 27-event Oahu Hawaiian Canoe Racing Association Regatta begins at 9 a.m. fronting Waikiki's Moana Hotel.

HAWAII'S HUI WA'A & Surfing Association also will stage its Independence Day Canoe Racing Regatta at Kahana Bay tomorrow. Racing begins at 9 a.m.

For fitness buffs, it's Tommy Kono's Physical Fitness Festival at the Kapiolani Park bandstand tomorrow.

Beginning with a three-hour gymfest, starting at 9:30 a.m., the fitness festivities run the gamut—from Olympic weightlifting, handstand competition, to the crowning of Mr. Waikiki and Miss Fourth of July.

"We'll have five State weightlifting champions competing," said Kono, himself a former Olympic weightlifting medalist. "That included Brian Miyamoto, in the 123-pound class; Gary Kawamura, in the 132-pound division; Robert Rasmussen and Russell Ogata, in the 165-pound group, and Keku Akana, in the 250-pound division."

And if we still haven't tingled your sporting nerve, take in a Hawaii Islander baseball game and fireworks show at Aloha Stadium tomorrow, night or pack a picnic lunch and go to the polo matches at Mokuieia on Sunday.

Hawaii's great outdoors are great.

*sports tab*  
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## Outrigger canoe regatta planned July 6

By FRED HEMMINGS

Long before Captain Cook and famous Europeans who allegedly discovered "the new world," the outrigger canoe undertook ocean odysseys that would have certainly rivaled

not emphasize it, the outrigger canoe had a profound impact on the evolution of Pacific cultures.

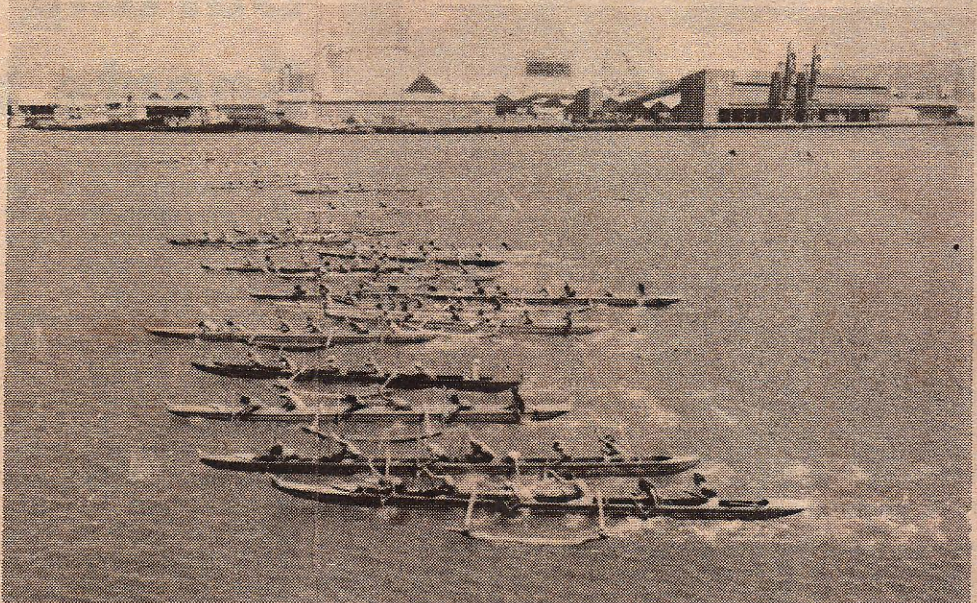
The canoe in ancient Hawaii was an intricate part of the Hawaiian lifestyle. It was used economically for fishing, trading, and transportation.

Great naval battles such as Kamehameha's battle off Hawaii in the late 18th century were fought in canoes. Canoes were also a source of sport and recreation to the Hawaiians.

The modern sport of outrigger canoe racing as we know it today got its start with the formation of Hui Nalu and the Outrigger Canoe Club at Waikiki Beach in 1908.

Today there are close to a hundred canoe clubs on all the major islands of the state. Two associations, the Hui Wa'a Canoe and Surfing Association and the Hawaiian Canoe Racing Association govern the sport.

The attraction of canoe racing as a sport is unique. Children as young as 8 or 9 years old race in age group



Outrigger canoes compete during Sports Week '79.

competition. And as a typical outrigger canoe regatta progresses through a day of racing, everyone has an opportunity to participate including the grand-prizes.

Competition is fierce at a typical regatta. During the summer months there are "closed course" races held on each of the islands. These races include all the different divisions of participants. Early in the morning trailers bearing the

canoes arrive at the site of competition. The canoes are expertly rigged and readied for the day's events. All canoes are well taken care of, but there is a special reverence for the koa canoe.

The traditional koa canoe represents the very essence of the sport. Some racing canoes such as Hui Nalu's Leo Keo Keo or Makaha's Hana-keo have been racing for well over 50 years.

One of the biggest

boons to the surge in popularity of canoe racing was the development of the fiberglass canoe. The "glass" canoes are relatively inexpensive and easy to maintain. The source of these canoes promoted the formation of new clubs.

The entire Hui Wa'a association is the managing body of the fiberglass class of canoes. Many clubs have a half dozen or more glass canoes they use in

their programs. Distance racing is open ocean competition that requires quite a bit of different conditioning and strategy. At a typical distance race there may be over 50 canoes, both koa and fiberglass, at the starting line.

The distance season is made up of a series of races and is climaxed by the most prestigious competition, the Molokai to Oahu race. Both men and women compete on separate occasions in the grueling channel crossing.

Canoe paddling in some ways has become a way of life, an appreciation for the ancient and simple pleasure of paddling. Modern outrigger canoe racing is preserving a segment of Hawaiiana.

One of the most popular regattas is the giant Sports Week Relay Race where teams from all islands compete for the top prize of a new fiberglass canoe. Having made an extremely successful debut in 1979, the second annual Sports Week Regatta will take place on July 6 at Piers 8 and 9, Honolulu Harbor.

## Holiday Canoe Race

For visitors one of the most interesting, and certainly most accessible, of the islands' holiday events will be the outrigger canoe regatta at Waikiki Beach.

The Walter J. MacFarlane Canoe Regatta will be held in front of the Moana Hotel Friday, July 4, at 9 a.m.

Here visitors can get a view of how the ancient

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Hawaiians traveled from island to island in their sturdy koa craft stabilized by an outrigger.

The event is named for the late Walter "Mac" MacFarlane, president of the Outrigger Canoe Club, which in earlier years occupied the beach area adjacent to the Moana Hotel.

The qualifying clubs of the Oahu Hawaiian Canoe Racing Association will be participating in age groups ranging from 12-year-old crews up to senior men and senior women.

The MacFarlane Regatta course, divided



Outrigger canoes race at Waikiki. The next racing season event here will be the Walter MacFarlane Canoe Regatta July 4.

## Outrigger Club Kitchen Project Is Approved by Zoning Board

The city Zoning Board of Appeals yesterday approved the Outrigger Canoe Club's application for a variance to expand its kitchen, despite objections from the neighboring Elks Club lodge, which owns the land the Outrigger is built on.

The commissioners approved the application after a city attorney advised them that the Outrigger's lease on the Waikiki beachfront property gives it legal standing to make the addition without approval from the Elks.

The canoe club was built in 1962. Its lease from the Elks Club has 75 years to go. At a public hearing yesterday, Elks Club attorney Alfred H.H. Hee said he

opposes granting of the variance because the canoe club has not submitted plans for the kitchen addition to the Elks Club architect for review.

In other action, the board approved an application from Salt Lake Shopping Center Co. allowing it to construct a new two-story building at the Ala Ilima end of the property.

The board also denied an application from Michael and Frances Jones to permit commercial use of a building in an industrial-residential zone on Kamehameha Highway in Kahaluu.

The board also elected Commissioner Jerry Hess as its chairman and Norman E. Akahuelo as its vice chairman for the next fiscal year.

into seven lanes, starts at the beach fronting the Moana Hotel and extends seaward through the surf for one quarter mile, then returns to the finish at the beach.

Only koa canoes will be used in the regatta, keeping the event as authentically "old" Hawaiian as possible. In fact, the OHORA only uses koa canoes constructed from a single log, and some members have canoes that are 100 years old.

To the winning senior men's team goes the Matson Navigation Company's perpetual trophy containing the names of winning teams since 1943. The entire program lasts from five to seven hours depending on surf conditions. Sometimes the ocean is as flat as a mill pond and other times rough surf causes overturned canoes. Since the lanes extend through the regular canoe and board surf, the winning teams usually manage to catch a wave to assist their paddling.