JUL 18 1980

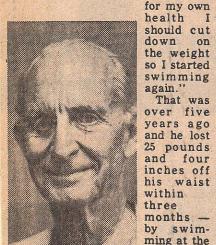
## Just what the doctor ordered

Dr. Harold Sexton retired six Straub Clinic and "then I really started working," said the 65-year old, Hilo-born physician.

Sexton talks modestly about the one bronze and four gold medals he won at the Masters National AAU Championship Short Course Swimming Meet in Fort Lauderdale, Florida last May, and the three gold and two silver medals he brought home a month later from the Second World Medical Games in Cannes,

"I swam competitively all my life through high school and college," said Sexton, who was 1933 captain of the Punahou Interscholastic Championship team, then later attended Menlo Junior College and the

University of Oregon. Then I did absolutely nothing after that until a few years ago when I talked to Lloyd and Joan Osborne, who are both world class swimmers. Osborne told me about masters swimming and about that time I felt



eating lunch and Dr. Sexton playing cribbage. started with two lengths of the pool and worked up." Then when he was 65 he retired from the practice of

YMCA''in-

stead

'After I retired I had time to really go out and see what I could do," he continued, and what he did was train — swimming 2000 meters twice a day; mornings at the Kaneohe Parks and Recreation pool, and afternoons at the University of Ha-

"From January on I was able to do well," and he and five other masters swimmers, all members of the Waikiki Swim Club, traveled to Florida to see what they could do. Their official competition team name was Humuhumunukunukuapua'a, but the announcers simply shortened it to Humu. Team mem-Judy Collins, Karen Vanderbush and Sydney Hendrickson. They all did well. "One of my main goals for Fort Lauderdale was to qualify for 1980 All-American status, that's why

He did well indeed. He set a new national record in the 1650-yard freestyle, was first in the 65-69 age group in the 100-yard freestyle, set a national record in the 200-yard freestyle, took first in the 500-yard free- and the gun goes off at 9 a.m.

HAWAII CLIPPING SERVICE

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Victoria Custer Elaine Stroup

HONOLULU STAR BULLETIN

JUL 2 4 1980

hogan Advertiser **Outdoor Columnist** 

carol

style, then "I blew it!," he said. 'My goggles went all over my face in the 50-yard freestyle and I came

in seventh. But a month later he was in Cannes, France, competing in the Medical Games which were open to all athletes interested in health, during a symposium on sports medi-

There were 3000 registered participants in all phases of sports. Sexton swam in the 55-year old and above category as one of only two Americans in the competition. Out of six events there he came home with four gold and two silver medals hanging around his neck.

According to Sexton the hardest event was an open ocean swim in the Mediterranean because "the temperature of the water was 16-degrees centigrade, about 59-60 degrees, and it was too cold for a Hawaiian! I shook violently for an hour after-

Now, since his triumphant return from competition, Sexton says he's been "taking it easy. I'm not about to work as hard as this - I've got other interests that I put aside for six months, like fishing and playing tennis" — so he ONLY swims 2,000 meters once a day for health.

"I've got to put a plug in for swimming," he said. "Before I started I couldn't pass a treadmill test, and now I can pass one with ease. (He looks more like 40 than 65.) "But I will continue to compete."

The 1980 Long Course (Olympic size 50-meter pool) AAU Masters Meet is at the end of August in Santa Clara and he's tuning up for that. "Unfortunately," he laments, "I'll miss the Waikiki Rough Water Swim, which I've competed in for the past five years.'

Since national interest in fitness and health has reached astronomical proportions and everyone, it seems, is looking for their sport, Sexton recommends swimming. "I think swimming is one of the very best exercises for anybody of any age for safety, lack of injuries, use of all the muscles and good cardiovascular exercise," he said. "Many people, who can't run, have the buoyancy of the water and can get the benefit of regular exercise.

'Like any sport," he added, "one should work up to their full capacity, but not try to compete in even short races without working up to it.

"It's very dangerous for a person who's not in condition to attempt an all out effort in any sport. Anyone should have their health evaluated before starting, but statistics all over the United States show swimming is becoming more popular for individual exercise. There's no rea-

son I know of why one can't swim." And on Sunday, the All-American doctor will be swimming, along with a number of other contestants, in the second annual Outrigger Canoe Club vs. Waikiki Swim Club Rough Water Swim. Registration is at 8:30 a.m.

Victoria Custer Elaine Stroup GARDEN ISLAND

### Henry Tai Hook regatta

# Hanalei, Wailua paddlers victorious

Men of the Hanalei Civic Canoe Club and women of the Kaumuali'i (Wailua) Canoe Club were the outstanding paddlers in the Henry Tai Hook distance races Saturday in Hanalei.

Hanalei men in first place were Rex Burrell, Togo Hermosura, Peter Cornwall, Sean Hicky, Earl Simpson and Nick Beck.

Coach Dave Goodale's Kaumuali'i women, split in two teams for the distance race, placed one and two. In first place were Heidi Goodale, Linda Becker, Keani Kruse, Bonnie Brown, Laola Lake and Keli

In the second place canoe were Lei Englehard, Nina Anderson, Mary Romo, Debby Enoka, Nancy Budd and Sue Selbach

The men paddled from Hanalei Bay to Wainiha Bay and back, a distance of about six miles. Women stroked from Hanalei Bay to Makahoa Point on the west side of the bay and back, for about three miles. Coming in second in the men's competition was the

## **Sports**

Outrigger Canoe Club from Honolulu, the only offisland club in the race.

Other Hanalei teams placed third and fourth in the men's race, followed by Kaumuali'i and Waimea. Behind the top two Kaumuali'i women's teams were Hanalei, Outrigger, Waimea and a second Hanalei

women's team. Other results of the regatta follow: Boys 12A - 1st, Hanalei. Boys 12 B - 1st, Wailua; 2nd, Hanalei

Boy 13 - 1st, Hanalei. Boys 14 - 1st, Waimea Boys 16 - 1st, Waimea; 2nd, Hanalei.

Boys 18 - 1st, Hanalei.

Mixed boys and girls - 1st, Hanalei; 2nd, Waimea Girls 12 - 1st, Hanalei. Girls 14 - 1st, Waimea. Novice Women A - 1st, Wailua.

Novice women B - 1st, Waimea; 2nd Hanalei.

Freshman women - 1st, Wailua; 2nd, Outrigger; 3rd, Mixed men and women - 1st, Outrigger; 2nd, Hanalei, 3rd, Wailua.

Freshman men 1st, Hanalei; 2nd - Outrigger; 3rd,

Novice men A - 1st, Wailua; 2nd, Hanalei. Novice men B - 1st, Hanalei; 2nd, Waimea. Men - open 4 - 1st, Outrigger, 2nd, Hanalei.

HAWAII CLIPPING SERVICE P.O. Box 2033 - Honolulu, Hawaii PHONE: 734-8124 Victoria Custer Elaine Stroup HONOLULU ADVERTISER

JUL 26 1980

#### Hui Nalu, Outrigger in canoe showdown

Hui Nalu and Outrig-ger Canoe Club hope to settle once and for all which is the better team tomorrow when they and 10 other clubs get together at Keehi Lagoon for the Oahu Hawaiian Canoe Racing Association championship regatta.

The meet begins at 9 a.m. and runs all day. Hui Nalu and Outrigsix OHCRA regattas this season, Outrigger winning the first three and Hui Nalu taking the next three, including a one-point victory regattas.

over OCC last week at Makaha.

And besides momen-

tum, Hui Nalu has tradition on its side. having won the last three OHCRA titles. All clubs will be fighting for spots in the HCRA state championships, Aug. 9 at Kane-ohe. The OHCRA champ automatically gets one of the associager have split the first tion's seven berths to state. The other six will go to the next best teams determined by a

point system kept at

the four flat-water

THE KAUMUALI'I Canoe Club: (front, I to r) Coach Dave Goodale, Sue Selbach; 2nd row, Lei Englehard, Bonnie Brown, Linda Becker, Mary Romo; 3rd row, Nancy Budd, Heidi Goodale, Debby Enoka, Nina Anderson, Laola Lake; back Keani Kruse.

Missing is Keli Rice.



PADDLES HIT WATER as the women's distance race begins from the Hanalei pier. Women paddled three miles in the Henry Tai Hook race. (photos by Mark Feldman)



NUMBER ONE in the Men's race were Hanalei paddlers (I to r) Rex Burrell, Togo Hermosura, Peter Cornwall, Sean Hicky, Earl Simpson and Nick Beck



HONOLULU STAR BULLETIN JUL 28 1980

5:51.3. 6. Kamehameha, 5:52.7. 7. Kal Koo, 5:53.6.8. Hawaii Kal, 6:00.8. Men Novice A.—1. Waikiki Beach Boys, 6:46.2. 2. Lauhoe, 6:49.9. 3. Windward Kal, 6:56.9. 4. Kaneohe, 6:59.9. 5. Kamehameha, 7:01.1. 6. Ka Moi, 7:14.8. 7. Halawa, 7:41.5. 8. Sons & Daughters, 7:44.3.9. Eleu, 8:21.6. Boys 16—1. Loa'a, 4:34.3.2. Windward Kai, 4:37.5. 3. Waikiki Beach Boys, 4:38.9. 4. Kai Koo, 4:44.9. 5. Kaneohe, 4:47.8. Boys 18—1. Lokahi, 9:28.6. 2. Kamehameha, 9:43.8.3. Loa'a, 9:56.8.4. Kaneohe, 9:56.9. 5. Windward Kai, 10:38.2.6. Hawaii Kai, 12:28.1. Men's Masters—1. Waikiki Beach Boys, 2:00.6. 2. Hawaii Kai, 12:09.9. 3. Koa Kai, 2:06.6.4. Kai Koo, 2:21.4. Wormen's Masters—1. Ka Moi, 2:39.6. 2. Loa'a, 2:58.8. Wormen Freshmen—1. Waikiki Beach Boys, 8:11.1.2. Windward Kai, 8:17.8.3. Luhoe, 8:43.1.4. Kai Koo, 8:49.5. 5. Lakahi, 9:12.4.6. Eleu, 10:04.8. Men Freshmen—1. Lauhoe, 9:27.2. 2. Loa'a, 9:29.2. 3. Waikiki Beach Boys, 9:29.4. 4. Koo Kai, 9:39.3. 5. Kaneohe, 9:24.1. 6. Lokahi, 9:44.8. 7. Hawaii Kai, 9:50.2. 8. Kamehameha, 10:08.6. 9. Ka Moi, 10:18.1. 10. Halawa, 11:04.2. Women Sophomore—1. Kaneohe, 11:24.9. 2. Kai Koo, 12:09.9. 3. Ka Moi, 10:18.1. 10. Halawa, 11:04.2. Kaneohe, 11:24.9. 2. Kai Koo, 12:09.9. 3. Ka Moi, 10:09.4. Men Sophomore—1. Koa Kai, 14:13.5.

11:24.9. 2. Kai Koo. 12:08.9. 3. Ka Moi, 13:09.4. Men Sophomore—1. Koa Kai, 14:13.5. 2. Waikiki Beach Boys, 14:36.2. 3. Kamehameha, 14:53.2. 4. Ka Moi, 15:182.5. Windward Kai, 15:28.5. 6. Kai Koo, 15:31.2.7. Lokahi, 16:02.4. Women Junior—1. Waikiki Beach Boys, 14:05.5. 2. Loa\*a, 14:23.6. 3. Lokahi, 14:26.8.4. Ka Moi, 14:21.5. Kai Koo, 14:42.8. 6. Windward Kai, 15:46.7. Men Junior—1. Lokahi, 18:47.4. 2. Waikiki Beach Boys, 19:17.6. 3. Kaneohe, 19:59.3. 4. Windward Kai, 20:04.3.5. Loa\*a, 20:34.2.6. Ka Moi, 20:58.9. Women Senior—1. Waikiki Beach Boys, 14:13.5. 2. Kamehameha, 15:04.4. Men Senior—1. Waikiki Beach Boys, 14:13.5. 2. Kamehameha, 15:04.4. Kai Koo, 26:13.4. 4. Kamehameha, 26:18.3.

**Auto Racing** 

Pocono 500

Af Long Pond, Pa.

1. Neil Bonnett, Mercurv, 200, 124.395,
2. Buddy Baker, Buick, 200, 3. Cale Yarboroush, Chevrolet, 200, 4. Dale Earnhardt, Chevrolet, 200, 5. Harry Gant,
Chevrolet, 200.
6. Terry Labonte, Chevrolet, 200, 7.
Kyle Petty, Chevrolet, 199, 8. Dave Marcis, Chevrolet, 198, 9. Richard Childress,
Childress, 197, 10. Ricky Rudd, Chevroiet, 196.



Canoe Racing OHCRA Oahu Championships

Eggers, Mike Sterling, Tim Kelley, Tom Iverson) 2:34.4; 2. Kařilua 2:31.8; 3. Healani 2:35.2.
Boys and Girls mixed (¼-mile): 1. Lanikai (Carolyn Lewis, Jamie Clapp, Trevor Schirman, Math Chun, Cathy Parrish, Dani Gay) 2:46.6; 2. Hui Nalu 2:33.5; 3. Healani 2:56.2.
Women's Novice "B" (¼-mile): 1. Hui Nalu (Lesile Kissner, Kelley Fey, Naialie Middleton, Valerie Brown, June Johnson, Nohea Rochlini 2:25.0; 2. Koolau?:26.1; 3. Lanikai 2:28.3.
Boys 13 under (¼-mile): 1. Walikiki Surf Club (Kalana Heine, David Kalai, Robbie Bower, Rayton Kahalepuuoh, Chuck Spencer, Adam Kau) 2:17.9; 2. Lanikai 2:19.4; 3. Healani 2:22.9.
Girls 13 and under (¼-mile): 1. Outrigger (Reeny Dorsey, Gail Stringer, Beth Mahoney, Malia Snyder, Caroline Sterling, Jonna Lemes) 2:36.2; 2. Koolau?:38.3; 3. Hui Lanakia 2:39.4.
Women Novice "A" (¼-mile): 1. Hawaiian Warriors (Marv Clare', Patty Kim, Mary Firth, Shula Ward, Doris Oliveria, Merlynethe Castro) 2:24.0; 2. Hui Nalu 2:26.4; 3. Outrigger 2:27.6.
Boys 14 (¼-mile): 1. Outrigger (Alika Kaaua, Matt Kresser, Tony Price, Kekoa Kealoha, Jeff Doland, Juan Segovia) 2:17.0; 2. Leeward Kai 2:20.4; 3. Kailua:2:10.
Girls 15 (¼-mile): 1. Walikiki Surf (Rhoda Irvine, Niulu Heine, Cathy Low, Gail Cullen, Cheryl Mizamoto, Michelle Lum) 2:38.9; 2. Lanikai 2:39; 3. Outrig-Boxing WEEKEND RESULTS
OMAHA, Neb.—Sean O'Grady, Oklahoma City, outpointed Gonzalo Monteliano, Los Angeles, 12, to retain hi
United States Boxing Association light weightfille.

LOS ANGELES—Rodolfo Gonzalez

Mexico City, 135, and Herman Montes

Pico Rivera, Calif., 134/2, drew, 3.

ger 2: 44.0.

Women masters (1/6-mile): 1. Hui
Nalu (Mary Ciacci, Lorraine Williams,
Monique Carlmark, Laura Thompson,
Keaniunue Rochien, Kehau (Kap. 2: 28.2;
2. Kailus 2: 31.7; 3. E-mikal 2: 33.3.

Men's Novice "B" (1/2-mile): 1. Lanikal (Mike Nash, Dennis Ago, Don Naccari, Herb Sharb, Rick Swanson, Barry,
Medinal 3: 10.3; 2. Hui Lanakkila 4:11.6;
Men's Novice "A" (1/2-mile): 1. Hui
Nalu (Dave Dingman, Marshall Fergerstrom, Dan Maboney, Larry Rhinaldo,
Bob Cooper, Ted Coons) 4: 05.6; 2. Lanikal
16.6; 4; 3; Koolau 4:07.8.
Boys 16 (1/2-mile): 1. Hui Nalu (Kurt
Tamashirq, Brenton Block, George
Wile, Vincent Olds, Arnold McLane
Isaac Raphall) 3:59:1; 2. Lanikal 4:05.3;
3. Healani 4:07.5.
Girls 17 (1/2-mile): 1. Kailua (Kim
Lawrence, Tammy West), Lisa Silverio,
Angela Pelekal, Lori Jackson, Lelanne
Kaneakuaj 5:03.5; 2. Lanikal 5:06.6; 3.
Healani 5:15.4.

Boys 18 (1-mile): 1. Kailua (Charles
Cates, Peter Blaha, Kevin Perry, Lou
Puialet, Chris Kam, Eric Heilbron)
8:18.4.

Women Freshmen (1/2-mile): 1. Kailua (Janikal 4:05.3;
Healani 4:53.5; 3. Hawaiian Warrlors
5:03.3.

Freshmen men (1-mile): 1. Uoufrigger
Bill Forvlich, Gib Bintiliff, Walter Guild,

5:03.3.
Freshmen men (1-mile): 1. Outrigger (Bill Foytich, Gib Bintliff, Walter Guild, Mare Haine, Karl Heyer, Keone Downing) 8:06.4; 2. Hui Nalu 8:17.3; 3. Hui Lanakila 8:25.8.
Women sophomore (½-mile): 1. Kailua (Jody Scafe, Kathy Erwin, Sandy Scafe, Tracy Silva, Jean Marie Morse, Lynn Kaita) 4:53.7; 2. Healani 4:58.7; 3. Outrigger 5:00.2.
Men sophomore (1-mile): 1. Hui Lanakila (Kriss Cockett; Brian Bentley, Edmond Copp. Barney Hansen, Art Tamkuri, Leighton Loop) 7:56.7 New Record; 2. Outrigger 7:59.3; 3. Makaha 8:03.7. Tamkuri, Leighton Loop) 7:56.7 New Record: 2. Outrigger 7:59.3; 3. Makaha 8:03.7.

Men Open-4 (1/2-mile): 1. Waikiki Surf Club (Kainoa Downing, Mike Tongg, David Kalohi, Paul Gay) 4:31.4; 2. Hui Nalu4:33.1; 3. Outrigger 4:33.9.

Wemen Junier (1/2-mile): 1. Hui Nalu4 (Mary Franco, Trish Gallacher, Malia Scully, Ruth Fugünega, Lindsey Styan, Denise Darwal) 4:39.4; 2. Healani 4:44.2; 3. Kailua 4:482.

Men Junior (1/2-mile): 1. Hui Nalu (Mary Franco, Trish Gallacher, Malia 4:44.2; 3. Kailua 4:482.

Men Junior (1/2-mile): 1. Hui Nalu (Steve Wood, Barry McKeown, John West, Rob Burnis, Ray Lum, James Kodama) 12:27.6 New Record; 2. Koolau (12:38.6; 3. Outrigger 12:43.3.

Men's Masters-40 and over (1/2-mile): 1. Kailua (John Cavaco, Kappy Vickery, Walfer Makaula, Spence Springer, Joe Keneakua, Bob Cates) 4:12.5; 2. Healani 4:16.7; 3. Lanikal 4:18.4.

Senior Masters-40 and over (1/2-mile): 1. Healani (Al Lemes, Scoth May, Jim Riley, Al Price, Sonny Gray, Dickie Loveli) 4:13.2; 2. Outrigger 4:18.2; 3. Lanikal:4:24.3.

Open mixed men and wemen (1/2-mile): 1. Kailua (Michael Lewis, J. Akau, Gary Yuen, Gay Cobb-Adams, L. Malama, Carleen Ornellas) 4:22.7 New record; 2. Honiolulu 4:29.0; 3. Hui Nalu (Lanaklia Spencer, Nalani Spencer,

4:29.5.
Senior women (1-mile): 1. Hui Nalu (Lanakila Spencer, Nalani Spencer, Christle Gilson, Ann Schumaker, Carol Kukea, Lita Blankenfeld) 10:00.4; 2. Outrigger 10:01.6; 3. Walkiki Surf Club

10:12.2.
Sealor men (2-mite): 1, Hui Natu (Nalnoa Thompson, Bruce Blankenfeld, George Kissner, Kala Kukea, Myron Thompson, Brant Ackermen) 16:56-4; 2. Outrigger 17:05.3; 3. Kalluah: 17:13.5.
Team Standings: 1. Hui Natu 75 points; 2. Outrigger 54 points; 3. Kallua 43 points; 4. Healani 38 points; 5. Lenikai 33 points; 6. Waikiki Surf 22 points; 7. Hui Lanakila 15 points; 8. Koolau 11 points; 9. Hawaiian Warriors 10 points; 10 (fie) Honolulu, Leeward Kal and Makaha 5 points.

#### Hui Wa'a

WINDWARD KAI R EGATTA
At Waimanalo Beach
Team Standings—I. Waikiki Beach
Boys, 55. 2. Kaneohe, 32. 3. Loa'e, 31. 4.
(fie) Ka Moi and Windward Kaj, 18. 6.
Lokahi, 16. 7. Kamehameha, 15. 8. Lau-hoe, 12. 9. Kai Koo, 11. 10. Sons & Daughters, 7. 11. Koa Kai, 6. 12. Hawaii Kai, 3.
13. (fie) Eleu & Halawa I.
Boys 12—I. Kaneohe, 2:11. 2. Loa'e,
2:11. 4. 3. Sons & Daughters, 2:25.4. 4.
Lauhoe, 2:26.5. 5. Waikiki Beach Boys,
2:39.5.6. Ka Moi, 2:55.3.
Boys 13-1. Ka Moi, 2:01.9. 2. Kaneohe,
2:04.2. 3. Loa'a, 2:14.5. 4. Hawaii Kai,
2:39.0.5. Eleu, 2:34.9.
Wermen Novice B.-1. Waikiki Beach
Boys, 2:16.6. 2. Lauhoe, 2:20.1. 3. Loa'a,
2:21.5. 4. Halawa, 2:24.4. 5. Windward
Kaj, 2:25.4. 6. Kamehameta, 2:25.6. 7.
Hawaii Kaj, 2:28.8. 8. Kaneohe, 2:27.1,
Kai Koo, 2:27.8. 10. Lokahi, 3:04.2. 11.
Sons & Daughters, 3:34.2.
Girls 15—1. Loa'a, 2:11.7. 2.
Kamehameha, 2:18.0. 3. Waikiki Beach
Boys, 2:19.8. 4. Lokahi, 2:21.6.5. Kaneohe, 2:27.9. 6. Windward Kaj, 2:31.5. 7.
Kai Koo, 2:346.8. Ka Moi, 2:34.8. 9. Koa
Kaj, 2:34.8. 1. Windward Kaj, 2:34.9. Koa
Kaj, 2:34.8. Windward Kaj, 2:34.9. Koa
Kaj, 2:34.8. Windward Kaj, 2:34.9. Koa
Kaj, 2:34.8. Windward Kaj, 1:58.8. 2. Kai Koo; 2:34.6.8. Ka Moi, 2:34.8, 9. Koa Kal, 2:34.2. Bays 14—1. Windward Kai, 1:58.8. 2. Ka Moi, 2:00.1. 3. Hawaii Kai, 2:00.4. 4. Sons & Daughters, 2:06.5. 5. Kaneohe, 2:09.1.6. Kai Koo, 2:14.6. Girls 17—1. Kaneohe, 2:08.9. 2. Kamehameha, 2:09.9. 3. Loa'a, 2:13.6. 4. Lokahi, 2:14.0. 5. Kai Koo, 2:22.2. 6. Ka Moi, 2:24.6. 7. Hallewa, 7:25.8. Men Novice B—1. Walkiki Beach Boys, 4:33.3. 2. Windward Kai, 4:40.4. 3. Kaneohe, 4:40.8. 4. Loa'a, 4:42.7. 5. Ka Moi, 4:45.8.6. Hawaii Kai, 4:51.6. 7. Lau-hoe, 4:56.5. 8. Kamehameha, 4:59.2. 9. Halawa, 5:01.8. 10. Haleiwa, 5:03.1. 11. Kao Koo, 5:09.6. 12. Lokahi, 5:11.8. 13. Sons & Daughters, 5:35.6. Wermen Novice A—1. Kaneohe, 5:21.8. 2. Walkiki Beach Boys, 5:35.0. 3. Ka Moi, 5:39.9. 4. Loa'a, 5:41.9. 5. Koa Kai,

# Showdown for Hui Nalu, OCC

No more shuffling of crews, no more dreary workouts. The fun and games are over. The Island's outrigger canoe racing season comes down to Sunday morning when the Oahu Hawaiian Canoe Racing Association holds its annual championship beginning at 9 at Keehi Lagoon.

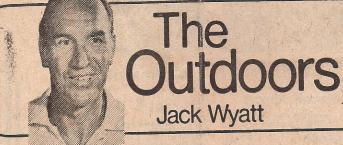
'With 217 crews (six paddlers to a crew) competing in 27 events in 12 fast lanes, this regatta should be as competitive as we'll ever see," said Mel Kalahiki, OHCRA's race direc-

"And to make things even more contested is that the winning crew in each event automatically becomes seeded into next month's State championship regatta at Kaneohe Bay. The clubs will all be fighting for first place on Sunday, to be su-

OAHU'S CHAMPIONSHIP is particularly important to Hui Nalu and Outrigger canoe clubs as this regatta represents the season's first-place

ing Oahu champion while Outrigger

"If enthusiasm is an indication, Hui Nalu paddlers are up for this regatta," said Hui Nalu President



Laura Thompson, whose 240-paddler Outrigger Canoe Club Coach Walter club has won the last three OHCRA

When asked who from her seafaring family will be paddling on Sunday, Thompson began counting.

"Let's see," she sighed, "there's my seven-month pregnant daughter Lita, paddling on Hui Nalu's undefeated senior women's crew; my two sons, Myron and Nainoa, plus my son-in-law, Bruce Blankenfeld, pad-In OHCRA's six official point dling on Hui Nalu's senior men's regattas held this year, the two team. And if all else fails, my huspowerful clubs have won three events each. Hui Nalu is the defend-stroke on Sunday." Hui Nalu holds the men's senior two-mile record at is last year's State and All-State tit- 16 minutes and 13.8 seconds set last

"BOTH HUI NALU and Outrigger appear stronger than ever," said ship event? This regatta just kind of

Guild, as diplomatically as possible. 'Without question, in competing against Hui Nalu we've got our work cut out for us. Our crews have been practicing hard all week and they're

programmed to peak on Sunday. Outrigger Canoe Club's senior men's crew includes Mark Buck, Marshall Rosa, Tim Kelly, Billy Mowett, stroker Tom Conner and steersman Mike Lemes.

clubs are anxiously awaiting Sunday's regatta, sponsoring Healani Canoe Club's officers are moaning over their club's depleted treasury. 'We weren't budgeted to sponsor

this regatta," said Carolyn Jacques,

a Healani official. "Do you know

what it costs to put on a champion-

(According to Kalahiki, average regatta expenses, including awards, the setting of lanes, committee boat fees, plus other expenses, runs from \$1,500 to \$1,800.)

we caught it."

fell into our lap and unfortunately

HEALANI, KAILUA, Lanikai and Waikiki Surf canoe clubs are expected to battle it out for third place in the final standings behind co-favorites Outrigger and Hui Nalu.

To be certain that all clubs have a chance at winning, OHCRA officials inspected the koa canoes used by participating clubs to see that they meet the association's standards.

"Checking the canoe's waterline is a key," Kalahiki explained. "The longer the waterline, the faster the canoe is thought to be. That's why we measured each 40-foot canoe in the water after it was loaded with 1,100 pounds (representing six crew-While OHCRA's 12 participating men's weight) in sand bags." Incidentally, all the canoes passed in-

Competition will be held at Keehi Lagoon Park beginning with quarter-mile age-group heats at 9 a.m. Upper division crews will compete later in the day in distances from one-half to two miles. Admission is free.