

Tracking Tom

Part Three: The hero

By ED SHAWLINSKY
Of the Beach Press

Tom Selleck sweats. I'm not talking about perspiring, I'm talking dripping from the nose, under-arm stain sweat.

The star put his image on the line recently in a benefit volleyball game for the U.S. Olympic men's volleyball team.

And, although he did a lot of the aforementioned water-letting, awkwardly fell a few times and missed a few easy chances, he managed to show the 4,000-plus admirers on hand why he is a star.

Declaring that he was out of shape to a TV sports reporter the night before the "big game," he went out to prove it in the first game of a five-game set.

His early errors could have been explained by the distractions of the small circus that surrounded him.

First there was the onslaught of the local media

from the dressing room to the arena floor. Then there was the stir he caused by his stretching exercises.

He must have also been wondering whether the circle of security around the arena would succeed in keeping any rabid fan from ripping

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his shirt off as he waited for the other side to serve the first ball.

And it must have been unsettling to look to his left and see a camera pointed at him with a lens that looked like it could take a portrait of an astronaut's face on the moon from earth. Turning to the right he would face the direct of perky Sarah Purcell directing a harried-looking man with a Sony port-a-pak.

This would explain the first two flubs.

Now the star, having cost his team the lead at this point, had to prove he was on the floor because he was a volleyball player, not the star of Magnum, P.I.

Looking around the arena for the last time, you could see him shut the onlookers out.

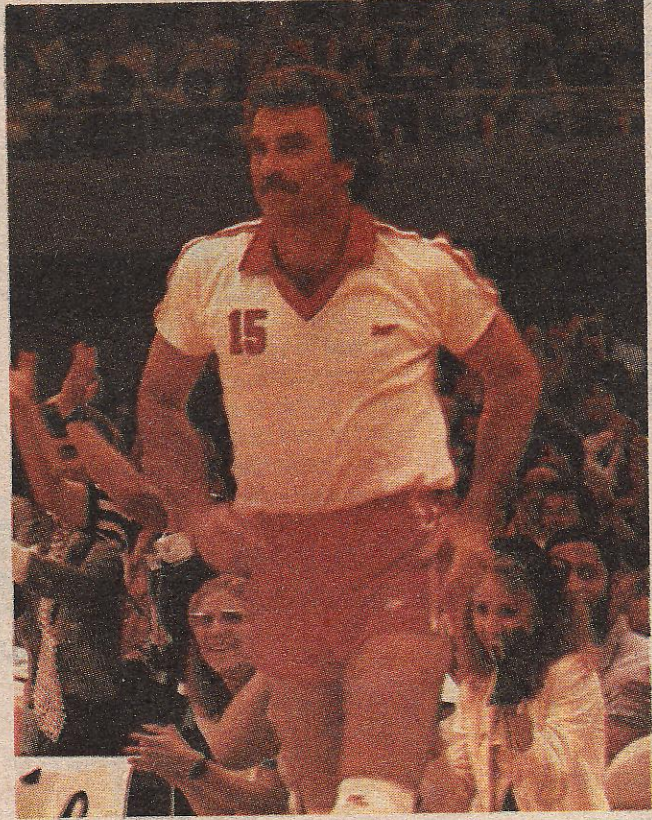
Now he was just one of six volleyballers fighting an uphill battle for pride.

It would have been easy to make a joke of the whole thing, laugh it off Hollywood-style.

He would have gotten away with it at this point in the match. After all, when the official scorers are Marx Brothers look-alikes, no one would have taken what went on too seriously.

It could have turned into the fun fundraiser it was billed as and none of the predominantly woman audience would have really cared.

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No. 15... Tom Selleck

Chai Kim photo

MAY 7 1984

Ex-paddler now author

Frank Addleman, a member of the O.C.C. in the early fifties has turned author. His new release entitled, "The Winning Edge: Nutrition for Athletic Fitness and Performance," Prentice-Hall Inc. came on the market in April of this year.

Frank came to Hawaii in 1952 with his family when his father, Frank C. Addleman, became the Director of Advertising for the Honolulu Advertiser. He enrolled at Punahou and joined the Outrigger Club to pursue his first love, surfing. He took lessons from Beach Boy, Willie Whittle at the old club. He soon became interested in distance paddle boarding after watching champions such as Tom Zaun and George Downing

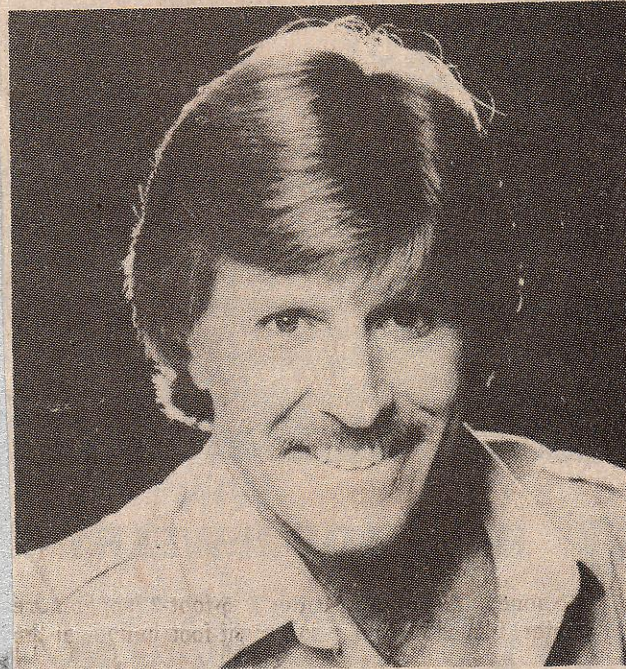
paddle the Molokai Channel. When he returned to the mainland for college he represented the O.C.C. in the International Paddleboard Race from Catalina Island to Manhattan Beach, California. A distance of some 40 miles. Tom Zaun won that race but Downing had to drop out due to injuries. Frank was able to finish a respectable 5th place.

It was that race that first got Frank interested in Nutrition. "Tom Zaun first made me aware of nutrition when we used to sit on the beach at Makaha during the winter surf. At the time I was into wrestling at college and between college, surfing and paddling I knew I needed a good diet for energy." Tom Zaun impressed me. He was so healthy and had such great endurance that I wanted to know more about what he ate. As my diet changed, my endurance and fitness improved. I was hooked.

Frank carried his interest in nutrition and fitness with him after graduating from college and now teaches a nutrition and fitness class at Santa Ana College in California. Besides teaching, Frank was a successful wrestling coach for 20 years. He produced 36 All Americans, 10 State Champions, and a State Team Title in 1974 as well as being selected Coach of the Year in 1974 (in California).

The book, "The Winning Edge" is an outgrowth of his teaching and coaching. Rather than a technical, boring text on nutrition, it is an informative, easy to read book designed for the active individual interested in optimum fitness and health.

Frank still comes to Hawaii on a regular basis. He has a summer home in Hanalei, Kauai and still stays fit by paddling with the Hanalei Canoe Club. He was on the State Championship Masters team for Hanalei in 1979. He still drops into the club when he visits his sister, Valerie Siggers, an O.C.C. member. His niece, Lisa Siggers, also paddles for O.C.C., so it will make for good family competition when the state finals are held this year in Hanalei.



Frank Addleman

MAY 24 1984

'Fun Race' Launches Oahu Canoe Paddling Season

Saturday's Double Hull Regatta at Magic Island is a race without pressures. And that suits Michael Tongg just fine. Because if there is one thing that Tongg, who wears three important canoe administrative hats already, can do without, it's additional pressures and problems.

"The Double Hull is enjoyable—a fun race before the grind of Oahu's outrigger canoe racing season begins," he said.

Tongg, a Honolulu attorney, serves as president of both the Isle-Wide Hawaiian Canoe Racing Association and the Oahu HCRA. And, as Waikiki Surf Club's paddling coach, Tongg explained that the Double Hull race is his first

chance to scout the competition—to see how far the other crews have come in training. "Most of Oahu's clubs will be represented," Tongg said, switching to his OH CRA hat.

DOUBLE HULL CANOES are simply two standard six-person outrigger canoes with their iakos (outriggers) removed and the hulls lashed together by two long planks. Twelve paddlers are assigned each craft.

The races are scheduled to start and finish in Ala Wai Channel fronting Magic Island and vary in distance from quarter-mile heats for youngsters to five- or six-mile marathons for seniors.

Jack Wyatt

The regatta begins at 9 a.m. and spectators are welcome.

Wearing the HCRA brim, Tongg said that he's optimistic about the coming season, which begins with serious regatta racing on June 10 in the King Kamehameha Regatta at Kailua Beach and ends on Oct. 7 with the Molokai Ho'e—the men's race from Molokai to Oahu.

"We have more clubs and more paddlers on all islands than ever before," Tongg said, with pride. He added, however, that some clubs may have trouble fielding crews for all 30 OH CRA events. The HCRA State Championships will be held at Kauai's Hanalei Bay on Aug. 4. "You'll see a lot of new crews winning races this year," Tongg said.

ONE PROBLEM THAT could turn Tongg's black hair to shades of gray is canoe paddling's ambitious plans to make the sport an Olympic event. That presents pressures for Tongg no matter which hat he wears.

"Our objective this summer was

to demonstrate outrigger canoe racing to Olympic officials by staging an international regatta in California during the Games," Tongg said. "But we've suffered some setbacks—particularly in the securing of dates."

Tongg explained that paddlers wanted the regatta held Aug. 11-12—at the closing of the Olympics—but were pushed back one week (Aug. 18-19). "The later dates do not meet our objective—that was to stage the regatta so the Olympic people could watch us perform," he said. He feels that no one will be around after the Olympics are over.

"The regatta will go on," he

said, "but Hawaii might not have as many crews participating as we would have liked."

The later date caused other hardships. "The Duke Kahanamoku Classic (from Magic Island to Lanikai) is set for Aug. 19," said Tongg, "and some Oahu paddlers wouldn't want to miss it."

And then there's the financial burden of transporting crews to California. "This whole (Olympic) thing has become distasteful to some island paddlers," Tongg said. Although few OH CRA clubs are expected to race in California this summer, Tongg assures that most of them will be Double-Hulling off Magic Island Saturday.