



SANTA BARBARA Newsletter

April 2007

www.sbocc.net

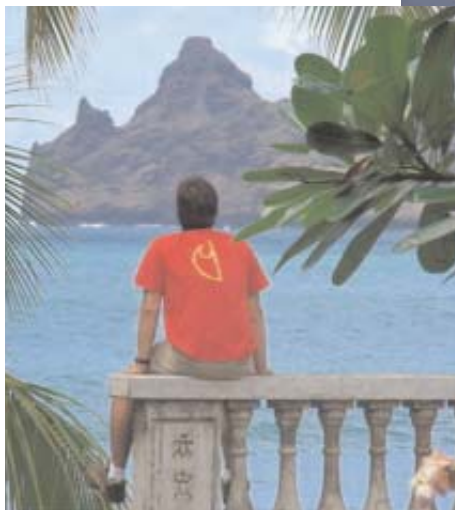
6 Harbor Way #217, Santa Barbara CA 93109

Aloha Paddlers and Ohana!

By René Saragosa, SBOCC President

Aloha and welcome to Santa Barbara Outrigger Canoe Club. For some of you it is the first time you have ever experienced outrigger canoe racing, and, for some of us old timers this season comes with some new challenges and adventures. I recently traveled with John Storrer to the remote islands of the Marquesas. Lying northeast of Tahiti, we traveled on a working freighter and got to meet a lot of local people and paddlers. Many a morning we were greeted by outriggers as we entered these deep volcanic harbors. I found a common bond because of our passion for paddling and I hope this year I can bring the same passion to our canoe club and bring back our Ohana flavor. Once again welcome or welcome back.

Maruru (thank you)
Rene Saragosa



Photographs from Men's Assistant Coach John Storrer and Men's Coach René Saragosa's recent trip to the Marquesas Islands in the South Pacific.

SBOCC Members: How Can We Help You?

To notify the club of changes to your contact information e-mail SBOCC Secretary Sabrina Kranz at skranz1@cox.net

Need Other Information?

Are you looking for information about the club, but don't know who to ask?

E-mail SBOCC Secretary Sabrina Kranz at skranz1@cox.net or Carol Shick at kaiwahine03@yahoo.com

Canoe Hale Update

Eric Freidman

Earlier this month, club members attended a City Redevelopment Agency meeting that unveiled the new conceptual design for West Beach improvements.

The good news is that the plans actually included the hale, so hailes are now part of the historical record. The not so good news is that they are a

Hale Update continues on page 3

MISSION OF SBOCC:

The purpose of this organization is to foster national and international amateur outrigger canoe competition and to generate public interest and support for these activities. To achieve that end, SBOCC is dedicated to providing outrigger canoe training & instruction to prepare athletes to achieve excellence at both the regional and international level of outrigger racing events. SBOCC actively organizes and promotes athletic and educational events in this traditional Hawaiian ocean sport for the benefit of the organization's members and the local community.

For more membership information contact for Marina Adamson by e-mail at minesm@wellsfargo.com.

Meet Head Coach Debbie Miles-Dutton

Where did you grow up?

Shingle Springs, CA (A little town in No. Cal. where folks stop to eat and get gas on their way to Tahoe!)

Did you go to college, and if so where?

UCSB Grad

Did you participate in sports as a youth and in college?

Played Vollyball, BB, ran cross country thru Jr. High and high school, but mostly swam. Was on a competitive swim team in Sacramento since 10 year old, swam first 2 years in college then found paddling!!

How did you become involved in outrigger?

Mo (Maureen) Bakey, we swam together at UCSB! She got me hooked.

When you did you become involved in outrigger?

1985

How has outrigger changed?

There are more teams locally and worldwide—very exciting growth. There is more sophisticated equipment (boat length, shape, seat comfort) and better paddle ergonomics. My first blade was a 55" T-top Grey Owl and it weighed a ton! Also teams are beginning more sophisticated training programs, integrating more core conditioning, injury prevention and “smart paddling”. Also the huge growth of OC-1 & OC-2 makes it

accessible for many more people throughout the year.

Where have you paddled?

I began here with SBOCC in '85, we had 2 canoes: Nakolo & Kai Koa both Malias. I moved to San Diego for work and paddled with SDOCC 1988-91 then right back to SBOCC in 91/92 and brought my husband John back with me.



Do you have a favorite paddling memory or an accomplishment of which you are most proud?

There are so many great paddling moments and memories but highlights include:

- My first Catalina race seeing the Casino from the water for the first time.
- My first Kona race—jumping into the warm tropical water for changes (when all divisions used to be 9-man, late 1980's - we took 4th open women)
- Paddling the first OC-1 relay from

Catalina - Newport with Elise McConnel and a woman from Lake Tahoe, we raced back with the men. It was an “exhibition” paddle as we were the only boat.

– Taking 10th place open women in Molokai with SBOCC—what an amazing race to be in the front of the pack—for the intensity and synchronicity in the boat was incredible.

Do you have a favorite seat to paddle in, if so why?

I really do love all the seats because they all have unique rewards and challenges but my favorite would have to be seat one so I can find a reach and pace that the crew likes and then dig my teeth in.

What is in your paddling bag?

Too much! Must have been a boyscout in another life. Does a change of clothes for a 4 year old count?

Tell us about your family...

I'm married to John Dutton (rabid waterman). We met his novice year while we were paddling in San Diego (1989). He introduced me to Catamaran racing and surfing San Onofre. We have a little daughter, Kailani (Heavenly Ocean) who loves the water and all her paddling ohana.

What do you do for a living?

Aquatic Director for UCSB and teach step, Jazzercise and water fitness classes.

Favorite food?

My Mom's Chicken & homemade Noodles and anything Chocolate

Favorite place?

Hanalei Bay, Kauai

Useful links:

The National Weather Service, including marine forecasts

<http://www.wrh.noaa.gov/lox/>

Daily Sunrise & Sunset Data for timing your paddling workouts

http://aa.usno.navy.mil/data/docs/RS_OneDay.html



Coaches Corner

Welcome to our 2007 season! Our club coaching staff recently met to discuss outrigger workout and race terminology. We all quickly realized how much we “assume”, take for granted and even have differing interpretations of the same terms/words. A big Mahalo to our coaching staff, René, Juannie, Susan, Danette, Carol, Laurel and Tim.

For you seasoned paddlers many of these terms may be all too familiar, to newcomers this will be the introduction into our “language of paddling.” Included are just a sampling of many verbal cues you will hear on and off the water.

Equipment

Boat:	Outrigger Canoe/ Wa'a
Blade:	Outrigger Canoe Paddle
Steering Blade:	Outrigger Canoe Paddle only used in steering seat #6
Safety/Gear Bag:	Waterproof yellow bag that contains basic safety items for paddling open ocean
PFD's/life jackets:	Personal Floatation Device. The yellow and/or orange life jackets that we are required to take in the canoe with us for safety. There should be 6 in each canoe.
Bail Bucket:	Large 3-5 gallon plastic bucket strapped behind #4 seat
Bailer:	Small cut out plastic “scoop” kept inside Bail Bucket - used for bailing water out of canoe.

Stroke Terms

A-frame/	
Power Triangle:	Used to help visualize a strong link to bridge the power from the torso through the arms to the blade into the water.
Loose Fingers:	A reminder to hold the paddle just firm enough not to drop it. Don't death-grip the paddle shaft.
Rotate/Twist:	Use the torso muscles to rotate the spine to help recover the blade to the catch position and to drive down, across & back through the water with power and control.
Open Up:	Lift up tall through the spine, don't hunch forward at the waist & shoulders, drop and extend bottom shoulder forward.
Place the Blade/	
Quiet Entry:	Being focused and mindful of a smooth, efficient entry when the tip of the blade contacts the water. We don't want to punch, slap, chop at the water on entry.
Bury & Drive:	To quickly & efficiently get the main surface area of the blade under water and almost simultaneously power down & back.

Hale Update continued from page 1

part of phase 3... there is no phase 3. The hale's are considered conceptual in the design that was presented at the meeting and were basically being used to block the view of the dredge from Cabrillo Blvd. However, not being included as part of the official city plan will benefit us in the long term since we will have more autonomy to design a project and select a site that fits our needs. According to the presentation that was given, our area of the beach is part of potential future projects and any project applicant (us) would need to work on their own with the Water Front Department.

As for the next steps, club members Eric Friedman, Carol Schick, Rene Saragosa, Pat Marr and Tim Rodgers are working with representatives of the Chumash to form a proposal that we can jointly bring to other waterfront recreation users and eventually the Water Front Department. We will of course maintain our separate identities with individual hailes, but together we can come up with a plan that makes the best use of the space at the far end of West Beach.

I am optimistic that we will have a hale on the beach for the '08 season. However, there are many issues we must still address in order to achieve this goal. Chief among them are cost for construction and approval from the California Coastal Commission.

So for now, we will continue to work within the planning process outlined by the city and develop a design that will put the best possible project before decision makers.

Coaches Corner continues on page 4

Coaches Corner continued from page 3

Skateboard: Visualize a skateboard effect with your stroke—powering down and back quick and smooth, then releasing and recovering the blade relaxed for the next “push”.

Commands/Direction On water from Steersperson

Paddles Across/

On the Gunwales: Holding the paddle relaxed but focused across both gunwales

Paddles Set: Lift and rotate to the set position ready to take a stroke

Paddle/Paddle Easy/Hit It: Depending on whether it is a warm-up or race piece, start paddling, easy or hard.

Race Start: Typically 4 deep strokes off the line (some skip these), after which the rate increases quickly and stays high for approximately 4 sides. Caller may call the first few sides “shorter”.

Out of the Hole: Usually after a race turn, a “rolling race start” to pump up focus and boat speed

Up 1 (2, 3 etc.): Stroker needs to bring the stroke rate up the given number per minute.

At a 60 (62 etc.) The crew is paddling at 60 strokes per minute, etc.

Grab It/Push/

Deep Water/ On It: All surfing terms used to get more power out of the crew and forward energy out of the canoe to “catch” surf.

Bump: When surfing means to give 4 quick strokes and keep a slightly faster “shallower” stoke to help reduce drag.

Hook/Crab/Draw: Seat 6 may ask seat 1, 2, 3 to reach out (left or right) away from canoe almost perpendicular angle and pull canoe towards blade.

Timing: One or more paddlers in the crew are not synchronized. All paddlers need to focus on the blades in front of them and get back in-sync.

Our coaches are here to assist you so feel free to ask for help. Remember that just as timing is important in a canoe, so it is with a question or two.

Hydration

You will paddle hard, you will sweat, you will lose water, you will not become dehydrated because you will carry water! Lot’s of water! Please bring a “self-contained” water system to every workout and race. This can be a fanny-pack or back-pack (camelback) style hydration system or a way to place water bottles

on you (pack or stick’em in ya shorts).

Research varies slightly on athletic hydration recommendations but in general plan on enough water and/or isotonic sports drink to sip 6-8 oz. approx. every 20 minutes for 2-3 hours or length of workout/race. Experts all agree that you need sodium and carbohydrate replacement if high intensity training/race lasts more than 45 - 60 minutes. Please don’t hesitate to contact me for more information.

Practice Cancellation

Please remember that practice is cancelled “on the beach”. Don’t assume weather conditions are prohibitive at our workout site.



For Sale

Kialoa Axel 49" (used, in good shape)
\$125, contact Ray at sbocc@cox.net

Comments, suggestions and submissions regarding your club newsletter are welcomed.

Ad space may be purchased and free outrigger related classified ads may be placed in the July issue. Please send to:

SBOCC Newsletter
Santa Barbara Outrigger
6 Harbor Way #217
Santa Barbara, CA 93109

Or to Michelle Rainville at
paddlergirlsrip@cox.net.



Equipment Committee members Carol Shick and Atsuko Tabata apply six coats of varnish during the pre-season.

SBOCC COMMITTEES

Membership & Ohana Committee

Marina Adamson
minesm@wellsfargo.com

Recruitment Committee

Heather Race
forcootiebug@yahoo.com

Ways & Means Committee

(Sponsorship & Fundraising)
Ray Wallenthin sbocc@cox.net

States Committee*

Kristen Madler
kristen.a.madler@gmail.com

Website Committee

Mia Rodgers
miarodgers@yahoo.com

Equipment Committee

Atsuko Tabata
atsukoatsukot@yahoo.com

OC-1 & OC-2 Committee

Danette Wolf
outrigger4u@yahoo.com

SBOCC Membership & Volunteering

As a non-profit organization, everything that SBOCC accomplishes is due to it's members volunteering their time, expertise and energy.

There are many sub-committees of the board of directors that help make the club and the season a success. Please look over the following committees to see where you may help and contact the appropriate board representative to join a committee.



Equipment Manager John Storrer applies varnish to the iakos with style.

PR & Marketing Committee

Michelle Rainville
paddlergirlsrip@cox.net

Safety Committee

Kirk Concepcion
hawaiianbuilt1972@yahoo.com

*All members are expected to participate on the States Committee because the State Championship Sprint Race that we host every July is our primary fundraiser.

Recipes for Maximum Energy

By Mia Rodgers

When looking at recipes for sports nutrition, it's hard to ignore the wisdom of Chris Carmichael, so here are two recipes following his training nutrition advice. These recipes are designed to deliver high-energy with high-quality ingredients and tasty fuel to stand up to the demands of an endurance athlete, like the outrigger paddler.

Salmon is one of the best foods for active individuals. It's packed with high-quality protein for recovery and muscle maintenance, as well as heart-healthy omega-3 fatty acids. Not only have these fats been associated with reduced risk of heart attack and stroke, they may also play a protective role for brain cells. Some experts suggest that omega-3 fatty acids may be able to slow the age-related degeneration of brain cells, and may even be able to delay the onset of Alzheimer's.

With that said, here are two recipes from Chris Carmichael's books using Salmon as the core ingredient and provider of energy. Both recipes can be made vegan by substituting 4 bricks of fresh tofu. Enjoy!

Roasted Salmon with Spinach and Figs

Serves: 4 Prep time start to finish: 25 minutes

SALMON:

4 six oz. boneless and skinless salmon filets
1 Tablespoon olive oil
Salt and pepper to taste

SPINACH AND FIGS:

1 lb. fresh spinach: Rinsed, dried, and torn into smaller pieces (remove the large stems).

1/2 medium onion: Peeled, root and tip discarded, and cut into ten even sections.

3 Tablespoons olive oil (substituting 4 oz / 1 stick unsalted butter will make it richer)

6 oz. (3/4 cup) dried figs, chopped into pieces

1/2 tsp ground nutmeg

Salt and pepper to taste

Preheat the oven to 450 degrees F. Arrange the salmon on a baking sheet. Sprinkle with olive oil, salt and pepper. Cook for 15 minutes. Turn the broiler setting on high. Place under the broiler for four minutes.

Note: It's good to have the salmon golden brown to the top; it is important to cook salmon through as it will be more tender.

SPINACH AND FIGS:

Place a large four-quart saucepan over medium heat. When hot add the butter and onion at the same time and stir constantly for 30 seconds. Turn heat down slightly then cook, stirring occasionally, for two minutes. Add the rest of the ingredients and stir until spinach begins to soften. Remove from heat and season.

TO SERVE: Arrange plate with the spinach as base and salmon on top.

Calories (kcal): 424

Carbohydrates (g): 31

Protein (g): 39

Fat (g): 16

Total Dietary Fiber (g): 8



Broiled Salmon on Buckwheat Noodles with Ginger and Soy

Serves 4

Prep time start to finish: 45 Minutes

SALMON:

4 boneless, skinless salmon filets (6 ounces each)
1 tablespoon olive oil
Salt and pepper to taste

NOODLES:

8 ounces buckwheat noodles
1 teaspoon of salt
1 bunch green onions, root ends and 1/2 of the green tips removed, sliced into thin 1/4-inch rounds
1/4 cup low-sodium soy sauce
1/4 cup mirin (Japanese cooking wine)
3 tablespoons canola oil
2 tablespoons chopped ginger, or 2 teaspoons ground ginger
1 tablespoon fresh-squeezed lemon juice
1 garlic clove, minced
Salt and pepper to taste

PREPARATION

SALMON:

Preheat oven to 450 degrees F. Arrange salmon on baking sheet and sprinkle with the olive oil, salt, and pepper. Bake for 15 minutes. Turn the broiler on High. Place under broiler for 4 min. until salmon is golden brown and cooked through.

NOODLES:

Place a 3-quart saucepan 2/3 filled with water over high heat. Add 1 teaspoon salt and bring to a boil. Add noodles, return water to a boil, then reduce to a low boil and cook for 8 minutes, until the noodles still have firmness but aren't dry and don't taste like raw flour.

While noodles are cooking, place the rest of the ingredients in a mixing bowl and stir.

When noodles are done, drain and toss immediately into the large mixing bowl of sauce.

TO SERVE: Place the noodles and sauce in a shallow bowl. Arrange the salmon on top.

Calories (kcal): 648

Carbohydrates (g): 47

Protein (g): 43

Fat (g): 32

Total Dietary Fiber (g): 8

Hawaiian Canoe Blessing Ceremony held at West Beach



Rene, Ray, Carol and Juanie work together to apply the new name appliques on the manus.



Many hands make light work to bring the new canoe to the shore where the ceremony took place..



Cherie Topper lead the beautiful ceremony in the Hawaiian language.

SBOCC's new Mirage, Kukuna, was blessed in the Hawaiian tradition on Saturday morning April 28. Kanapalapala, was renamed and blessed Kahua Kai and two solo outrigger canoes belonging to club members were also blessed.



The canoes return to shore at the conclusion of the ceremony. It was an honor for club members to participate in Kukuna's maiden voyage. Juanie had the honor of steering her.

SBOCC Board Members

President	Rene Saragosa	rapanui1@cox.net
Vice President	Laurel Johnson	laurelj@enerpro-inc.com
Treasurer	Mike Day	mjday@cox.net
Secretary	Sabrina Kranz	skranz1@cox.net
Head Coach	Debbie Miles-Dutton	dolfin@essr.ucsb.edu
SCORA Rep	Marina Adamson	minesm@wellsfargo.com
Member	Kirk Concepcion	hawaiianbuilt1972@yahoo.com
Member	Laurel Johnson	laurelj@enerpro-inc.com
Member	Kristen Madler	kristen.a.madler@gmail.com
Member	Heather Race	forcootiebug@yahoo.com
Member	Michelle Rainville	paddlergirlsrip@cox.net
Member	Mia Rodgers	miarodgers@yahoo.com
Member	Atsuko Tabata	atsukoatsukot@yahoo.com
Member	Ray Wallenthin	sbocc@cox.net
Member	Danette Wolf	outrigger4u@yahoo.com

Coaching Staff

Head Coach	Debbie Miles-Dutton	dolfin@essr.ucsb.edu
Women's Coach	Danette Wolf	outrigger4u@yahoo.com
Men's Coach	Rene Saragosa	rapanui1@cox.net
Assistant Men's Coach	John Storrer	storrer.john@verizon.net
Novice Men's Coach	Susan Blizzard	susan.blizard@gmail.com
Novice Women's Coach	Tim Rodgers	timothy.rodgers@gmail.com

There are three divisions of races in the season. The season begins with ironman races which are typically 8 to 12 miles for open paddlers, and 2 to 4 miles long for Novice. The Ironman Championship is at the end of the iron series. Next are sprint races which are 500 meters to 2000 meters in length for Open and Novice. SBOCC hosts the championship sprint race. The last part of the season is called nine-man or change races. As the names imply, nine team members paddle the canoe taking turns changing into the canoes from the water. Many people enjoy this type of race the most because one gets a closer look at the race in progress and can cheer their fellow paddlers from the support boat while they take their rest. This year's schedule is below.

SCORA 2007 RACE SCHEDULE

Date	Race	Type	Location	Host Club
May 12	Crystal Pier	Ironman	San Diego	Hanohano
May 19	Rig Run	Ironman	Santa Barbara, East Beach	Ka Nai'A
June 2	Kahanamoku Klassic	Ironman	Marina Del Rey	Marina Del Rey
June 9	Ventura	Ironman	Ventura	Hokuloa
June 16	Pineapple Express - NEW	Ironman	Avila Beach	Pale Kai
June 23	Ironman Champs	Ironman	San Diego	Kai Elua
July 7	NAC Sprints	Sprint	Long Beach	NAC
July 14	Kahakai Sprints	Sprint	Long Beach	Kahakai
July 21	State Sprint Champs	Sprint	Santa Barbara	Santa Barbara
Aug 4	Whitey Harrison	Nine Man	Dana Point	Dana Point
Aug 18	Paopao 9-man	Nine Man	Oceanside	Paopao
Sept 8/9	US Champs - Catalina Crossing	Nine Man	Newport Beach & Avalon	Offshore, SCORA

SCORA Website: <http://www.socaloutrigger.org/>