



# NEWSLETTER

[www.sbocc.org](http://www.sbocc.org) 6 Harbor Way #217 Santa Barbara CA 93109

## '08 Season Wraps Up



*SBOCC's Men's Masters crew launches through the beach surf at Pali Kai's Pineapple Express Race in Avila Beach.*

Wow, where to start to sum up a great and ever-changing season! First of all, Mahalos to Cate Hirsch & Steve Brokaski (and State & A) for our hugely successful recruitment in Spring that brought us so many new and wonderful members. The women's novice, under coach Carol, were just unstoppable in attitude, enthusiasm and talent. They not only placed top 3 in every race, but also placed each canoe in two divisions culminating with First Place wins at Iron Champs and State Sprint Champs – Congratulations women!

Our Novice men got off to an exciting start as well. Placing top 10 in nearly every race with a 3<sup>rd</sup> place finish in both Pale Kai and Iron Champs! Susan was right there at every race to support and coach them through their first season.

Our club strength this year was at Pali Kai's Pineapple Express, a very hot and successful race for all our crews. Way to go SBOCC kane bringing home the gold – 1<sup>st</sup> Masters Men.

Our very own race, State Sprint Champs brought more gold for the women's novice and open crews as well as a huge team effort to host such a large and successful event.

Finally the change season. Our newbies stepped up to paddle in the change races and take the "plunge" over and over each race. The California season finale, Catalina, was a long, hard yet rewarding race for our Open women's crew placing 7<sup>th</sup> Open Spec and a learning experience for our 2 Co-ed crews as well.

For international racing this season our men traveled to Kona to race two separate iron crews in the long and hot Queen Liliuokalani Race on the Big Island. Next year we hope to be sending women's crews as well.



*Carol steers her co-ed crew through Newport Harbor to the start of the Catalina Race.*

Season Wrap Up *continued from page 1*



*Open Women head for the finish near the casino in Avalon.*

Mahalo Nui Loa to our coaches: Carol, René, Susan, Danette, Juanie, Laurel, & Michelle for helping throughout the season. While we're giving thanks (appropriately timed in November) here is a start (my apologies for those I know I am missing): Michelle Rainville (OCI&2 committee, newsletter, board, asst. coach); Sabrina Kranz (Secretary, club lifeline, website); Cate Hirsch (recruitment, keikis, board); Stephen Brokaski (recruitment, Ohana, Company Challenge, Sponsorship, VP); Laurel Johnson (coaching, board, catch-all ☺); OCI&2 committee members (Holly Sherwin, Tim Rogers, Atsuko Tabata); Queenie (a.k.a. Heather Race – board, equipment, tent-toter); Kirk Concepción (SCORA rep, Safety); Stacy Manske (club party hostess); Marina

*by Annette Gilkeson.*

## Canoe Blessings

Club members Atsuko, Annette, Tim and Holly had their personal outrigger canoes named and blessed in the Hawaiian tradition on West Beach by Cheri Topper. The Chumash were blessing their tomol (canoe) on the same day and invited everyone to join their ceremony. The Chumash joined our ceremony, as well.

Adamson (Treasurer) and Juanie (a.k.a. John Storrer – we wouldn't be racin' without you!).

We embrace our new paddlers and club Ohana, as well as all of you 'veterans' and look forward to getting back in the canoes with you soon. Member support of the club and it's mission through State Sprints, Fog Chaser, Company Challenge, Return to the Pier, boat maintenance, parties, board meetings, and much more is key. Mahalo for all your Kokua (help).

Now get out there and train... on the OC-1's and 2's, surf-skis, swimming, running, lifting, hiking, and biking. Work hard, play hard and bring your passion back for the new season.

A Hui Hou,  
Debbie



*Novice Men demonstrate their awesome timing in the team slipper race and their agility in other initiation events*



OHANA PROGRAM *by Stephen Brokaski*

## SBOCC Welcomes New Ohana (family)

SBOCC would like to welcome our new Ohana:

Amiee Buell  
Melanie Donat  
Mila Doerner  
Tom Doerner  
Donald J. Flanigan, M.D.  
Kathy Hirsch  
Liz Knode  
Patricia Marr  
Debra Marr-Leisy  
Dale & Mary Alice Miles  
Steve Nance  
Matthew Olson  
Linda Sanders, One on One Fitness  
Mr. & Mrs. Tony Papa  
Santa Barbara Yacht Club  
Kathryn McNeal Pfeifer  
Stone & Earth Landscapes  
Tom Storrer  
Benny & Geraldine Valdiviezo  
Andrew Witherspoon  
Shera Wu

Mahalo (thank you) for your continued support!  
Please keep an eye out for information on our  
planned 2008 Ohana Day event both on our website  
and via e-mail.

**SBOCC's**

### **Return to the Pier Race**

**OC-1's & 2's, surf-skis, paddle-boards and  
stand-up**

**Saturday, January 17**

**Please mark your calendars to save this  
date. Member volunteers are needed to help  
us host this important club fundraiser!**

WEBSITE COMMITTEE *by Sabrina Kranz*

## SBOCC Shirts Now Available Online



SBOCC shirts are now online on our website  
at <http://www.sbocc.org/tshirtsales.html>

Club members—pass the word on to your  
family and friends who support your love for  
outrigger paddling to buy these beautifully  
designed shirts from our website. They include  
our 2008 State Sprint shirts and a few previous  
years' items as well. The shirts that are still  
available include short and long sleeve t-shirts,  
Capilenes and hooded sweatshirts. It is easy to  
shop by using the shopping cart provided online  
and payments are made safely through PayPal.

By Sarah Quady

## World Sprints — 2008

This year, the International Va'a Federation (IVF) Outrigger Canoe World Championships were held in the United States. In California! The short hand name for this event is "The World Sprints." The competition is: You are provided with a 6-man outrigger specially designed for these races, and you paddle this outrigger as fast as you can in distances ranging from 500 meters to 1500 meters. Your boat has to stay within lane lines, and any distance over 500 meters has a turn. You race with people who have traveled across the World, who not only bring with them their skills, but also their culture (and music!). The spectators consist of athletes and their coaches and families who cheer and/or chant to fire up their competitors. To add to the international flavor, all announcements and race line-ups are in both French and English.



*Sarah with Team California Senior Master Women-teammates receiving 2nd place medals.*

Sacramento's Lake Natoma is well equipped for handling such a big event as this arena is used for national rowing competitions. A long line of tents was supplied for the athletes and a large central officiating tent. When outrigger World records were being set, special holding docks were brought in the lake to control the start and reduce the questionability of these world records.

One may ask why aren't these sprints held in the Olympics? In the book *Ka'nu Culture 1997*, Steve

West writes "A Pacific island sport introduced to the world via the Olympics and those cultures who really want to stand up to be counted for prowess in a sport that is fundamentally their own, will be outgunned by the players with more money, better facilities and bigger gene pools...Outrigger canoe racing today is quite technological yet it is rooted in cultures of the peoples of the Pacific."



Paddlers and Adaptive Paddlers came from: Tahiti, Canada, Hawaii, New Zealand, France, Italy, England, Germany, Tonga (!), American Samoa, Fiji, New Caledonia, Rapa Nui, Bora Bora, Pacific Northwest, Australia, East Coast USA, and California. Team California consisted of a united Northern California and Southern California. In registering for my first race, I had to work really hard to stay focused because I was so excited to be lining up with women who have traveled so far to be here. I just wanted to just say, "Hiya! How's your trip? What's your paddling environment like?" I wanted to ask a Canadian, "How do you keep paddling during the dark winter?" Eventually I was able to ask this question, and she answered that they do paddle all year round and use lights on their boat during winter.

The World Sprints provides lots of opportunity for racing with the potential for racing to last all week. Each crew or individual has preliminaries, repechages (maybe), semi-finals, and then finals. Repechages and semi-finals could be on the same day. This all depends on the number of entries and heats for your race.

My Sr. Master Women's individual (rudderless) started with 6 heats, 8 paddlers per heat. My heat (little did I know) included the current World Record holder and her teammate who was New Zealand's

sprint champion. Sprinting in New Zealand is very popular. For this race setup, one had to finish 1<sup>st</sup> or 2<sup>nd</sup> in order to go directly to the semi finals. With these high caliber sprinters and ideal conditions, this was fastest heat and fastest race of this division for the entire week! A new World Record was set in this race. I finished third in this heat and now have a time that is 1.5 seconds off the new World record. In finishing third, I had to perform more races (repechages and semi-finals) to earn a position in the finals. I finished 6<sup>th</sup> in the finals. The woman who set the new World record finished third in the finals, her NZ team mate took 4<sup>th</sup>. A woman from the state of Maine won the race.

Coach Mindy Clark organized the Southern California folks into crews. Mindy decided on crews on the first morning of the first race day. Crews don't change once they're set. This worked well for folks like Mia who decided to compete at the last minute, and was able to compete in several races. One of Mindy's goals was to optimize crews for medals. The OC-12 (double hull) competition was a crew she could optimize to send the most people home with a medal. Another fun aspect is that Mindy put the SB folks into crews with people we normally compete against. We had to compete as a team without ever having practiced together!

Mindy is so knowledgeable about the sport. She sees and can make adjustments based on the various paddler styles. After watching a race, I asked her how a crew was a boat length ahead at the start of the race? She said because they started with their paddles in the water. Do you want to do that? Heck ya!

Annette, ET, Mia, Tim, Tiger, and I parked together under the tent for the week. We could not always watch each others race because of having to check in while the other was in a race. Tim got food poisoning one day, but still made it to his races and to compete in the finals. Atsuko, Maura, and Kerry came up to watch the semi-finals and finals. Mike took a lot of pictures and videos, and made sure I did not miss any of my races.

SBOCC's five paddlers were entered in 24 races; 11 of these crews made it to the semi-finals, 6 races in the finals. We took home five World Sprint medals, and had tons of fun!



*SBOCC competitors Mia, Annette and Elizabeth*

The Tahitians were and still are the World Champions, "Champion de Munde." During my training, I kept thinking how the Tahitians were the paddlers to beat. For the women, I think the New Zealanders and Canadians were the ones to beat this time. Yet, the Tahitians came in large numbers, and they made it to the finals in large numbers. On race days, they kept their focus. After the finals, they sat with folks in music and in shirt/hat exchanges. Their domination and respect to the sport made getting a Tahitian shirt or hat something of high honor and lasting memory.

The next World Sprints will be held in New Caledonia, 2010.



*SBOCC Women – Atsuko, Sarah, Elizabeth, and Maura*

MEN'S TEAM by *Fardad Chamran*

## Memories of Kona

There are only a few moments in everyone's life that will live with them for ever. For an outrigger canoe paddler, racing in Hawaii is one of them, no doubt! Among the friends who encouraged me to do the Kona race (and I owe them all for doing that), Kris Martelli told me that if you paddle Kona, you will paddle for the rest of your life! I didn't believe him at the time of course, and I thought it's just beer talk next to our favorite truck. Now that I think of it, he was right; I am not going put my paddle down, ever!

### *The Beginning*

Our memorable one-week Kona journey started on an early Wednesday morning of August 27<sup>th</sup> when we almost took off on a wrong plane to Los Angeles instead of San Francisco, where our connection was supposed to be (thanks to Reid!). We were welcomed to the Big Island by Julie and the lei's she bought us. The first flavor of Hawaii and Ohana!

We rented two vans, separated in two groups, but followed and caught up with each other almost everywhere during the whole trip, just like we do in our practices. René, being the one that knows the island like the back of his hand, was the steersman of the first van and the guide for the food and fun. Susan was in charge of the second van, and was one of the most experienced drivers that I have ever seen. Driving south along the coast toward Kailua-

Kona, on your left you can see nothing but the black lava rocks, and on the right, nothing but the total opposite: pure deep blue water, as pure, deep and blue as it gets. We stopped at the Harbor House for poki and lunch, P3 store for paddle and paddling gear, had a glance at our race site, King Kamehameha Hotel, in downtown Kona, and finally landed at our condos, "Kona by the Sea" with the very nice ocean view. Susan, Mario, Danny, Kris and I in one of the condos, René, Juanie, Steve, Wesley and Nick in the other one. Kirk and Eric stayed with relatives and timeshares and of course missed all the fun that we had in our condos. Although Erik had a chance and gave us the honor of visiting once, leaving something behind for all. Speaking of that, no one ever figured out how to change our sofa bed to an actual bed. Mario ended up sleeping on it for the first night, since he showed up late. He had saved \$55 by flying out of LAX and not SB. The rest of the nights, Danny was the one who sacrificed and slept on the mysterious sofa bed.

To cut the long story short, and get down to the paddling business, early Thursday morning we got a chance to borrow some canoes and paddle outside the harbor. It was a short and fun practice in the warm and crystal clear water. While paddling, you could see deep down in the water, water that you will never find in California. After the practice and a little shopping, we headed to the north of the island for a very scenic and refreshing hike in Polulu Valley. On Friday morning we rigged our two racing canoes that we had borrowed from Auntie Sammy (Waikoloa Canoe Club). We spent the rest of the Friday going to the beaches, relaxing, trying different flavors of shave ice and, of course, shopping at the local market as well as the giant WAL\*MART.

### *The Race*

Saturday was the day that we were all waiting for. Early morning we gathered at the race site for canoe blessings. An amazing view of some 140 beautiful canoes waiting for the "world's largest long distance canoe race". Hundreds of paddlers from all around the world, hand in hand, listened to the mesmerizing and mystic voice of the Hawaiian singer. The women started the 18 mile



MEN'S TEAM continued from page 4



race south along the coast, and the men were going to race the opposite course and bring the canoes back. The women's finish line was located at Honaunau, a sacred and historic park. We got on the road and drove down to catch up with the canoes. We watched them along the way and were listening to the commentator broadcasting the event on the local radio, live! We watched the women finishing their race, found our two canoes which Canadians had raced with, and switched our crews by jumping in the water and swimming to the canoes.

The outrigger starting line was stretched way out into the blue ocean. René guided both the canoes toward the left side of the start line. Looking to the right, we could see almost all the colorful canoes in the most beautiful water. Some view, the feeling and energy way beyond the words to describe, something that simply blows my mind. After waiting at the starting line for about an hour, the flair finally went off. The silence was broken. The race had started. With all the yelling and energy burst of hundreds of paddlers, it was not just a race, it was like a war! We knew that for the next couple of hours we had no friends but the five other people in the canoe, the only people who you can trust and get energy from, friends who you can never let down.

After paddling for 2+ hours, the long and rewarding race was over (+ could be anywhere from 0 to 1, depending on who you ask!). An accomplishment to be proud of, especially if you did it for the first time. Speaking of that and considering having four novices in the crew (okay guys, not novice, first

year paddlers!), who had never raced beyond 5 miles, we did very well (no matter who you ask!).

Right after taking the canoes out of the water, with no energy left, Mario and I looked at each other, telling at the same time: "Why did we commit to the Catalina race next weekend?!"

### *The End*

Saturday night was the last paddling related event: "The Torch Light Parade". All the paddlers got to celebrate by marching with the torches around the race site. A mobile Hawaiian music band on truck was leading the way. Probably everyone in Kona could hear the deep and loud sound of the Hawaiian drums.

From Sunday and for the rest of the stay, it was all about fun. Our vacation time had just started! Everyday we visited a different beach resort on the west side of the island. Hanging out with fun and energetic friends, nice weather, great food, tasty shaved ice and you name it! Some or all of us did some fishing, snorkeling, standup paddling and canoe sailing. Visiting one of the most beautiful resorts in the island, Kukio, we got a chance to meet Mike



Field, the famous artist and paddler and also Thibert Lussia'a the famous and very humble paddler whose canoe finished first on Saturday's race. Mike took us out on his sailing canoe which he had built himself. It was definitely a memorable hour of canoeing, not just because of being on a sailing and fun canoe, but also the energy and impression that I got from him. He was all about passion for paddling, sailing, adventures and LIFE. The true spirit of Hawaii!

by Stephen Brokaski

# The 11th Annual Company Challenge

SBOCC presented the 11th Annual Company Challenge on September 27th. Seven teams participated in the challenge this year, which created the opportunity for more racing by each team. The morning fog hung on until the very end, but it finally cleared just enough to see the wharf. Carol and Juanie showed everyone how to hold the paddles and paddle together in sync, as well as going over safety within the boats. After the first round of racing, things got a little more complicated with



the sail team also sharing our race course! Our awesome steers-persons took it all in stride as the competition continued. Patagonia edged out VEECO at the very end to take home the perpetual trophy this year, but all the other



teams including Raytheon, VEECO's 2 teams, Impulse, UCSB, and Innovative Micro Technology had a great time racing.

VEECO's Waikiki team won the costume contest and looked like authentic island paddlers dressed up Hawaiian style! Thanks to everyone for your help at this event – see you next year!



KEIKI PROGRAM *by Cate Hirsch*

## SBOCC Keiki race in State Sprints



For the first time in a few years SBOCC keiki participated in the Santa Barbara Sprint Championships on July 26 and though they didn't win, the three canoes of kids had an awesome time paddling. This season, with the help of Debbie-Miles Dutton, SBOCC partnered up with the UCSB Junior Guards, and provided them a two-day paddling workshop. SBOCC members volunteered their time to teach the kids, ages eleven to eighteen, some of the basics of paddling out on the open ocean. Most of the kids squealed loudly as we pushed them off the sand and through the surf at Goleta Beach, but they were all smiles when they returned, many expressing the excitement that paddling can create.

Following the two days at Goleta Beach, SBOCC members invited any interested kids to join our SBOCC keiki team for the summer with the goal to race in the State Sprints. On the first day of race practice, I found myself with eighteen excited new paddlers ranging in age from eight to sixteen. Fortunately, other SBOCC members volunteered to help. John (Juanie) Storrer, Annette Gilkeson, Danette Wolf, Jen Ellison, and Victor Di Novi, along with others, helped steer the three canoes of kids and taught them the skills. Juanie became the much loved steersman for the younger under 14 year old boys, and although he couldn't ever get all five of them to paddle together, or keep their eyes off the sailboats passing by, we've heard from several of the boys' parents that the

experience was the best they've ever had during the summer.

Our three teams, one sixteen and under girls team, one sixteen and under boys team, and Juanie's team, practiced twice a week for two hours. Along with learning the stroke, they learned how to right the canoe, (their favorite part of this exercise was purposely tipping the canoe over while they were in it), how to work as a team and the importance of good sportsmanship. Although they didn't have a lot of time to practice, on the day of the race they worked hard as a team and they had a blast. One of the sixteen and under boys, after coming in second to last, excitedly ran up to me and said, "If we did this well after practicing for only three weeks, imagine what we can do next year after practicing for a couple of months!" Now, that's what I call good sportsmanship!

I plan to form a keiki team again next year and I hope to begin practices as soon as school ends. The parents were thrilled with our program and most said their kids absolutely plan to return next season. It has been quite exciting to see so many young people fall in love with this sport. If you have a child or know of a child who would like to paddle, keep your eyes open for recruiting dates in June. After experiencing first hand the energy and excitement displayed by these kids, I look forward to many more years of paddling with the keiki.

by Stephen Brokaski

## Mahalo to Our Supporters...

SBOCC would like to recognize and thank businesses and business owners which support us. Your continued patronage makes their support possible.



HAWAII Magazine generously helped SBOCC raise money this year by donating \$10 to the club for each magazine subscription sold. Thank you HAWAII Magazine for your continued support of our club!



Ralphs is continuing to provide SBOCC a rebate on a quarterly basis for money spent by registered SBOCC supporters for eligible groceries. This is a great way to channel money back to the club just by buying your groceries at Ralphs.

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United Way  
of Santa Barbara County



## Donate to SBOCC through United Way

Do you give to United Way? If you do, it's easy to earmark part or all of your donation to go to SBOCC. When filling out your donor card, simply indicate that you would like your donation to go to Santa Barbara Outrigger Canoe Club, and list our Tax ID# 73164850. United Way will notify SBOCC that you have directed part of your gift to us.

—Wanted—

*Used Xylo blade 50.5" or longer*

Contact: [paddlergirlsrip@cox.net](mailto:paddlergirlsrip@cox.net)

### *The 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.