

O KALANI

Bulletin

Happy **August** O Kalani!

Our hearts go out to the people of Lahaina and Maui.
O Kalani will be donating \$350 raised through T-Shirt sales to the
[Ama Olukai Foundation Maui Fire Relief Fund](#)
We encourage you to make a direct personal donation if you are
so moved. Olukai will match up to 200k.



**All three Sprints
Happened!**

2023 OC6 Paddling Season

Hard to believe we are nearing the end of our

Thank you to everyone who participated in Sprints this year. Sprints are a great way to get on the water and get to know members of other teams. While our overall turnout (cough cough, wahine...) was on the low side, we did well in the events overall.

For both our first and third sprint, O Kalani received second place overall (Big Club), and for sprint two, we got First (Small Club)!!

Check out the "awards shelf" above the bar.

local Outrigger Season (but not the end of paddling)! We have one more local event to go.

[Susea Grant's Kula Anela - Distance Race](#)

Sat, August 26, 2023 7:30 AM

Ft. Baker - Murray Cir,
Sausalito, CA 94965

Please sign up on [TeamSnap](#) today!

Over labor day weekend, O Kalani women will participate in the [Queen Liliu'okalani](#), the world's largest outrigger canoe race. The event is from August 31st through September 4th, and it's the 50th anniversary! [Live tracking available here.](#)

Unfortunately the Oahu Hawaiian Canoe Racing Association, in Solidarity with Maui County, has announced the cancellation of the 2023 Molokai Hoe Canoe Race <http://www.ohcra.com/news-detail.asp?wo=72>.

End of the season at O Kalani

We relaxed schedule and spending time on our OC1s. And to kick off the OC1 season will be the O Kalani's Wicked Fun Race – October 28th.

The end of the O Kalani 2023 season will also include:

- **End of season party & site clean up** - Saturday October 21
- **Holiday party** - December - date TBD

If you are still needing to log your community service hours to the club, please come out for the end of season site day. We also need volunteers to coordinate the club-provided feed afterward.

Ditto for organizing the holiday party venue and food.

Races! Races! Races!

This year O Kalani participated in the Gorge Downwind Races, the Monterey Bay Sanctuary Challenge by Pu Pu O Hawaii in Santa Cruz, and 'Round the Rock in San Francisco. O Kalani did well!

You can look up how everyone did on [Webscorer](#).

Gorge Fun!



Heading out. New OC1 Trailer fully loaded!



Senior Master Women!





Priscilla Gets Second 60+ Womens, Congrats!



Congratulations to Lynn and Joy - 2nd in OC2!

Santa Cruz!

Super fun and surfy conditions this year!







Friday Beginner OC1!

... with Huy. Sign up for Friday sessions on TeamSnap if interested!



In other news...

Food, Garbage, Clothes: Please pick up at the site... **every time you are there clean something.** Garbage bins go out Thursday evening for Friday pickup. Use the bins, fill them up and roll them out if you're around!

Insure your OC1! It is highly recommended that you insure your boat, particularly if you trailer it anywhere. Most insurers can add your boat to homeowners or renters insurance at a reasonably low rate. Personal canoes are not covered by any club insurance.

O Kalani purchased a new Ama for Ikaka → ooh pretty. No Scratches! This is a new design with better connection. The old Makalapua ama will be kept in reserve.



Nerding out on paddling etc..

Here is an interesting read [on power vs rate in SUP](#). But applies to Outrigger too! Food for thought anyway.

The truth is that neither a fast, light stroke nor a slower, more powerful stroke is necessarily better. What you might call the optimal stroke rate depends on a combination of factors such as the individual, the race distance and the conditions you're paddling in. There is no quick and simple answer to which stroke rate is optimal. [Read more...](#)

[On Being Coachable...](#)

[OC6 Huli Recovery...](#)

Last question... Why do we carry our OC1s into the yard, turn them, set them down to wash, pick them up, turn a second time, head to the end of the yard and turn a third time to set them down before we re-rack them? Why?

IMPORTANT: [Use this short form to give me feedback on this bulletin.](#)

Lost and Found: The lost and found gets cleared out on the first of every month. The bin is clearly marked and lives on the table right next to the container.

Parking Reminder: Do not park in front of the Kayak Gates
The Kayak group will call and have your car towed.

O Kalani SWAG: Don't wait for the last minute!
Get O Kalani Hats, race jerseys, hoodies and more!
Here is the link: [O Kalani Collection](#)



♥ Rest in peace Kiko ♥

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