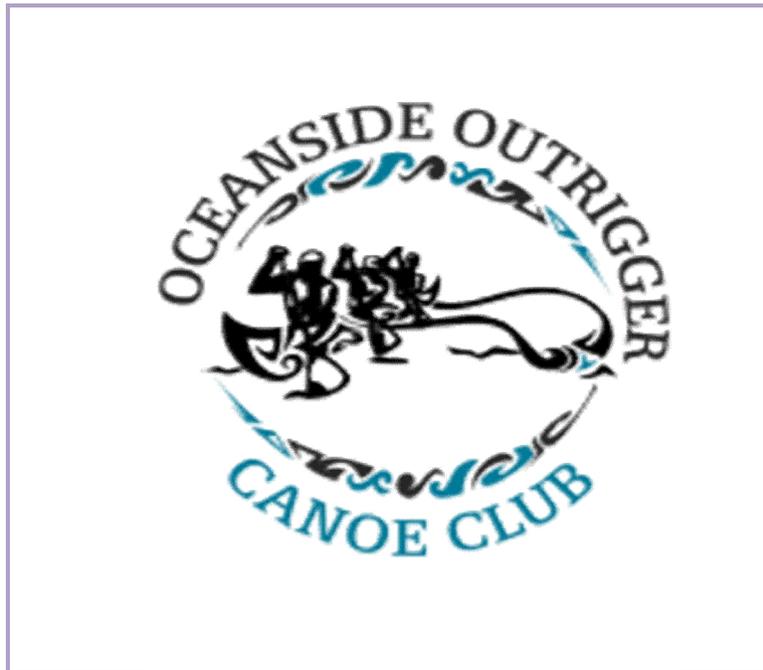


OCEANSIDE OUTRIGGER CANOE CLUB

MEMBER HANDBOOK



KOMO MAI KAU MAPUAN HOE

DIP YOUR PADDLE IN - JOIN IN THE EFFORT

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Oceanside Outrigger Canoe Club Member Handbook

Introduction

This Handbook was developed by the members of Oceanside Outrigger Canoe Club (OOCC) for the benefit of its members and others interested in learning about outrigger canoe paddling, and the racing and recreational programs offered by OOCC. The goal of this Handbook is to document information about OOCC and provide introductory material for use by newcomers, novices, and prospective racers. For more information, please refer to the Oceanside Outrigger Canoe Club website (oceansideoutrigger.org).

Purpose

The purpose of OOCC is to promote the sport of outrigger canoe paddling through programs that include racing and recreational paddling for adults and youth. OOCC promotes respect for the ocean, community, and family, and encourages teamwork using the outrigger canoe and the culture it embodies to accomplish these objectives.

Membership is open to anyone regardless of age or sex and is valid after payment of dues and completion of a waiver of liability form. Members are eligible to participate in coached workouts, races, and recreational paddles.

Mission

The mission of Oceanside Outrigger Ohana (family) is to perpetuate and enhance the culture and lifestyle of outrigger canoe paddling with integrity and respect for the community, traditions and evolution of the sport. Key tenets of our mission include the following:

1. Maintain and perpetuate outrigger canoe culture and competitive paddling;
2. Teach, train, instruct, and expose, children, men and women to the ancient art, craft, and history of outrigger canoe paddling;
3. Provide the means and facilities for activities which foster the development and maintenance of strong and healthy minds, bodies and spirits among all people;
4. Provide opportunities for the interaction and communion of people in the interest of mental and social well-being; and
5. Perpetuate and sustain outrigger canoe paddling as a true expression of Aloha to the friends and family of Oceanside Outrigger Canoe Club and the community and visitors of Southern California, North San Diego County, and Oceanside, California.

History and Background

Oceanside outrigger canoe club was founded in 2007 through the merger of two local outrigger clubs: Pao Pao Outrigger Association and Makana Ke Kai Outrigger Canoe Club.

Pao Pao

Prior to 1990, in spite of the beautiful white sand beaches and perfect recreational harbor with easy access to the open ocean, Oceanside had no outrigger canoe club. Noah Kalama, long-time ambassador of outrigger paddling, had visited Oceanside twenty years earlier and saw the great potential for outrigger paddling.

Not until Dan Avina opened a small kayak shop in Oceanside Harbor in 1992 did outrigger paddling gain some traction. That year, the Oceanside Harbor Days Committee asked Dan to put together a small paddling event for the benefit of the tourists. Having lived in Hawaii, Dan had paddled for Haliewa Canoe Club and loved the idea.

Dan bought an old *Keone* canoe from Peter Wilson at *Kumulani* Outrigger Club on Mission Bay, and started restoring it below his shop in the harbor. During the restoration, numerous passersby would stop and inquire if Dan was starting an outrigger club. Many remarked, "I use to paddle and those were some of the happiest days of my life!"

With many ties in the local community Dan engendered much support to start an outrigger club and many paddlers. The club chose a prominent family name from the Oceanside Samoan community with the permission of the family matriarch to respect the Polynesian heritage. The name *Pao Pao* means "little canoe" in Samoan. The aunties of *Hui O' Hawaii* in San Diego guided the group through the rituals of the first canoe blessing and travelled to Oceanside to help "correctly" prepare the *Kalu* pig, *lomi lomi*, and sticky rice.

200 to 300 people attended the first blessing of the "*Obediah*" (affectionately called the "oh-we-be-dying" because it weighed 500 lbs). Father Ben from Mission San Luis Rey and Kapuna Dave from San Diego blessed the canoe at Harbor Beach. To christen the canoe, the first crew paddled it into the surf and promptly hulled it! Back on the beach, Dan admitted he had no experience steering-especially in the surf. This immediately called down the ire of the girls who now looked like wet puppies after their inadvertent swim.

After a beautiful luau, with lots of food, Te Tahita O Tea dancers, fire dancers, speeches by the mayor and council members, PaoPao outrigger was off to a good start. The club used the one canoe for recreational paddles from the fishing pier dock in Oceanside Harbor, paddling it around the harbor and out to the outer jetty.

Dan was joined by his wife, Dee, Terry and Don Emerick, Steve and Becky Stuart, Jeannette and Randy Houke, Bill Porter, Tamara and Ben Pedro, Susie Nemeth, Phil Auchter, and Junior PaoPao.

Makana Ke Kai

Makana Ke Kai Outrigger Canoe Club (MKK) was founded in 1997 by six surfers with a love for the ocean, an appreciation of the Polynesian outrigger canoe, and a firm desire to paddle together. In November 1997, Buddy Adams, Dan Avina, Bob Bones, John Corning, Ed Duval and Dave Hanson began paddling a borrowed *malia* canoe and soon after purchased the first MKK canoe, the *Manowale'a*.

MKK founders had friendships and knew many of the pioneers of the Southern California and Hawaiian surfing and outrigger canoe paddling communities. One important and

revered friend of the founding members was Rell Sunn (1950 – 1998), a world-class surfer, free diver, spear-fisher, and outrigger paddler. She was an all-around ocean woman that embodied the heart and soul of Hawaiian aloha. Rell was known throughout California and the Hawaiian Islands as the “Queen of Makaha” with a deep commitment to aloha and the children of her community. It was the spirit of Rell Sunn that touched the hearts of the founding members of MKK and was ultimately responsible for naming the club, *Makana Ke Kai*.

Rell Sunn was a close friend of Dave Hanson and his wife Liz at the time when they were blessed with the birth of their two children. Rell suggested their beautiful girl Josie be named, “*Makana*,” which means “Precious Gift” in the Hawaiian language. When Rell learned of Dave and Liz’s second child’s birth, she suggested the boy Adam be named, “*Ke Kai*” which means “The Sea.”

When the ocean lifted the six founders and their canoe up on a large wave offshore of Oceanside Harbor, they felt the exhilaration of the slide down the face and became committed to paddling together. At the suggestion of Dan Avina, they started their own outrigger canoe club. Buddy Adams suggested they name the club after Dave’s two children and call it, “*Makana Ke Kai*,” meaning “Precious Gift the Sea.”

The colors blue and green were determined to reflect their collective values and preferences of the founders of MKK. Delores “Dee” Avina was one of the most active early contributors in setting up the club and she recommended blue to represent the ocean and green for the Earth. Buddy Adams agreed that blue and green were appropriate for *Makana Ke Kai* as he recalled the subtle and gorgeous blue/green tones in the sky of the early morning Hawaiian sunrise. Dave Hanson also liked these colors. For Dave, blue represented the ocean and green the center color of the chromatic spectrum representing the “healing heart,” the fourth chakra where the love center of our human energy system brings healing.

Aloha

Oceanside Outrigger Canoe Club strives to create an atmosphere during paddling, training, and socializing that is inspired by the Spirit of Aloha. Aloha means mutual regard and affection and extends warmth in caring with no obligation in return. It is the essence of relationships in which each person is important to every other person for collective existence. Aloha means to hear what is not said, to see what cannot be seen and to know the unknowable.

It is this concept, more than any other, which distinguishes the Hawaiian culture. It also allows an outrigger canoe club and its members to grow and thrive. OOCOC embraces the Spirit of Aloha to connect the cultural history and spirit of outrigger canoeing with today’s club members. We believe that by embracing, living, training with, and respecting the Spirit of Aloha, members of OOCOC and their families are guaranteed a welcome and comfortable community to be a part, paddle, race, and socialize.

Aloha Spirit: In the beginning A (pronounced "ahh"), the eternal light giver, created *Namaka O Kahai* (the great power of the sea). A saw the seas were alone, so he freed *Pele*.

Pele created the lands and, even now, constantly renews them. The people who found the islands of Hawai'i hailed it as a place of blessed "*alo*" or "*aloha*" meaning "in the presence of *A*". Life in old Hawai'i was a spiritual experience. There was aloha everywhere; in the people, plants, animals, rocks and reefs. Even in the canoes and paddles, and the tools used to make them.

Aloha is more than a cordial greeting, farewell, and salutation. Aloha is a way of life. "Live Aloha" is an expression of a deep sense of belonging to a community and caring for each other. Each of us can improve our community by our individual and collective actions. Each of us has that responsibility. If we act with courtesy and caring, the community we value will be strengthened.

Status

Oceanside Outrigger Canoe Club is a non-sectarian, non-partisan organization with non-profit status under Section 501(c)(3) of the Federal Internal Revenue Code. OOCC is one of approximately 30 member clubs of the Southern California Outrigger Association (SCORA), an organization that sponsors outrigger canoe races. Currently OOCC has over 180 members.

Organization

A volunteer board of directors governs OOCC. Board members serve two-year terms with half of the board replaced each year through club elections. In addition to board members, OOCC depends on committee members, coaches, and each club member to execute tasks vital to the operations of the club.

Volunteerism is one of the hallmarks of OOCC. The functioning of OOCC requires that each member contribute with the spirit of aloha and ohana. Opportunities for volunteering include, for example, serving on the board of directors, coaching, assisting in fundraising and community events, and participating in canoe and yard clean-up and maintenance. OOCC members all pitch-in to do their part as "many hands make light work."

Communication

The club maintains a website at www.oceansdieoutrigger.org. All information relating to meetings, practices and other club activities may be found there. The club by-laws and club membership list are available in a password protected area of the website.

In addition, OOCC utilizes a set of email list-serves to enable quick club-wide communication and specific communication between various race crews, board members, and recreational paddlers. It is the responsibility of each member to ensure that an accurate email address is provided.

Paddling Programs

Racing Program

Coached workouts are held to develop and promote paddle sport athletic competition at all levels. Coached workouts are held up to three times per week for each of the men's and women's programs during the pre-race and racing season (March through September). Workouts are typically 2 hours in length or longer and are led by the head coach or the division coaches.

In addition, separate coached workouts for first-year racing paddlers or novice paddlers, are conducted by the novice coaches for the first part of the racing season (March through July). Novice paddlers "graduate" to the division workouts by the end of July each year.

Coached workouts for *keikis* (youth paddlers) are held as demand warrants. Instruction programs designed to introduce, inform, and train paddlers of all skill levels in all aspects and areas of canoeing. Typically, the Keiki program is active from May to July of each year.

Recreational Program

Recreational workouts are aimed at developing and implementing programs designed to meet the needs of individuals engaged in the non-competitive aspects of six-man canoeing. Recreational workouts are held one to three times per week during the pre-race and racing season (March through September) and may be more frequent during the non-race season, as daylight and weather conditions allow (October through February).

Workouts are typically co-ed and led by the recreational coaches. The recreational paddles allow for social paddles, workouts for non-racing paddlers, and the opportunity for racing paddlers to keep their skills during the off-season. While newer paddlers are generally welcome they are encouraged to develop skills through one of our new paddler programs.

Newcomer Program

The Newcomer Program is part of OOC's recruitment efforts. New members are always welcome and may include veteran paddlers or paddlers who have never tried it. Outrigger paddling is for anyone who loves great fun and exercise, who enjoys being on the ocean, and who wishes to experience a water sport with a lengthy and rich tradition in Hawaiian and Polynesian cultures. No previous experience is necessary, although ability to swim is required and knowledge of the water through other water sports can be helpful.

Newcomers should wear appropriate clothing such as swim trunks/shorts and synthetic fiber shirts since paddlers can get wet. Depending on weather and time of day, also bring a hat, sunglasses, wind proof jacket, and wear sun block. Canoes, paddles, and a safe place to store belongings are provided.

Time Requirements for Competitive Paddlers

Paddling in a competitive club is a significant commitment of time, money, and effort. The biggest obstacle and most often the major barrier to consistent participation in any club is the commitment of time. As a competitive paddler, you will be expected to attend all scheduled practices (typically three times a week), show up for race day events and

occasionally help out with club “work days” where club members gather together to maintain canoes, equipment, and clean up our canoe yard and club site.

Club coaches, officers, and other key volunteers invest significant time preparing for and organizing club activities, representing the club to the canoe associations, fundraising, and making sure all the equipment is ready for practice and races.

Active club members who are meeting their volunteer commitments help out the club in other ways as well. It is not unusual for members to take on committee chair positions, assist with fund-raising, attend and help set-up special club events and Board meetings where key issues affecting the club are addressed. Participation in the competitive racing program and other volunteer activities could mean that a member is involved with club activities as many as four days per week or more.

It is understood that all paddlers are amateur athletes and all of us have jobs and family commitments that must be given due consideration. In the final analysis, however, it will be those who have invested the time and effort to become good, strong, dependable paddlers who will be chosen for top racing crews.

Paddling with Oceanside can be a rewarding social and personal experience, if you are able to invest the time necessary to make your participation worthwhile.

As our coaches often say, “Paddling won’t feed you, so work, school, and family must come first. Paddling will always be here.”

If, however, you cannot make the commitment in time to be a core racing participant, you should not be disappointed when those members who do invest the time to advance their skills, strength, technique, and fitness levels are the paddlers that secure top crew placement.

Membership

Member Dues

All paddlers are required to pay member dues at the beginning of each year, or after four introductory paddles. Details on payment of member dues and fee schedules are available on the OOC website (oceansideoutrigger.org).

Financial aid for membership fees is available through the OOC Ko’o (help or support) program. Details and an application are available on the OOC website. All Ko’o applications are reviewed by the OOC Board of Directors and are held confidential. Ko’o recipients are expected to provide volunteer services over and above those of other members.

Member Code of Ethics

All Club members are required to agree to a basic code of conduct that promises respect for others including fellow club members and coaches. This code of ethics is as follows:

1. All members are expected to treat all fellow members and the general community with respect, honesty, and fairness. This includes showing respect for self, other members, coaches, officers and board members, the environment (especially the ocean), the sport and culture of canoe paddling, fellow competitors, the canoe club ohana, and club equipment and property.
2. All members are required to be involved in club activities and committees. For example, head a club committee or volunteer for the committee, volunteer to help races and events (set up/take down tents, handle canoes, and stay to watch and support fellow paddlers' races), and participate in fund-raising events and activities.
3. Members are encouraged to strive to achieve their personal best both physically and mentally and support others in this effort.
4. Violence or physical or verbal abuse is unacceptable and grounds for suspension or expulsion.
5. Members are encouraged to keep the best interest of OOCC and the team before their personal aspirations.

Coaches and Steerspersons Code of Ethics & Conduct

1. Treat each paddler with respect and dignity.
2. Provide canoe paddlers with advance notice of program requirements, practice schedule and crew selection criteria.
3. Make crew decisions based on fair and equitable standards.
4. Be available to explain decisions or answer questions.
5. Foster an environment of open communication with the paddlers.
6. Mediate conflicts between paddlers that affect the success of the paddling program.
7. Be prepared to seek help from the Head Coach or President in resolving conflicts.
8. Utilize a positive coaching style that fosters teamwork and promotes the values, mission and code of conduct of the OOCC Ohana.

Chain of Command

Procedures for filing complaints regarding coaching or the management of the paddling program are as follows:

1. Talk with your immediate coach privately;
2. If you feel your concern/complaint has not been addressed, talk to the Head Coach;
3. If you still feel like your concern/complaint has not been adequately addressed, talk with the OOCC Board President. If a matter is brought to the President's attention,

the President will automatically bring the matter before the Board of Directors for Oceanside Outrigger Canoe Club for resolution.

Reports of complaints may be kept confidential as necessary or if requested.

Personal Property

Personal property should be respected at all times. Personal items left or temporarily stored in the canoe yard are the responsibility of each individual member. OCCC accepts no liability for damages or theft of equipment, or members' personal property including canoes and surf-skis, backpacks, clothing, paddles or other items that are stored at members' own risk. OC-1 and OC-2 canoes and surf-ski storage can be accommodated for members on a "first-come, first-served" basis, space-permitting in coordination with the OCCC board. An annual fee must be paid for storage of such watercraft. No personal property or equipment (e.g. bikes, motorcycles, surfboards, etc.) other than temporary/daily storage of paddles and personal clothing and practice gear is allowed in the canoe yard. Items stored without authorization can be donated to worthy causes or auctioned off to offset the costs incurred by the club.

SCORA Release of Liability Form

OCCC is a member of the Southern California Outrigger Racing Association (SCORA). In order to participate in SCORA-sponsored events, a SCORA Release of Liability Form must be signed by all members annually. Release forms must also be signed by:

All paddlers who practice with a SCORA club, even once.

All non-paddlers who get in a canoe for a ride.

All participants in any SCORA event or member club event.

All coaches.

All escort boat drivers.

All passengers on escort boats.

All vendors at club sponsored events.

Please note that the above list is not exhaustive. If you are in doubt about the need to sign a SCORA Release of Liability Form, please contact SCORA or the OCCC coaches or Board of Directors.

Paddling Information

Paddler Responsibilities

All paddlers must:

- Have signed SCORA waivers
- Have paid dues.
- Be on time to workouts.

- Respect the equipment, fellow paddlers.
- Be willing to receive direction from coaches and steerspersons.
- Put in and take out canoe(s) for each practice unless there is a crew waiting on the dock for the canoe.
- Be responsible for the equipment we are using and practice good equipment management.

Outrigger Seat Information - Who Does What

Outrigger canoe paddling requires six paddlers in the canoe working in unison, each with a role to play. Paddlers in seats one through five paddle on opposite sides of the canoe. Seat six steers on whichever side is appropriate as they steer the canoe with their paddle.

Seats 1 & 2: The paddler sitting in the front of the boat is referred to as "seat 1", or "the stroker." This person sets the stroke rate in the canoe. Stroke rates vary depending upon paddling style and water conditions. When rounding markers, seats 1 & 2 work together to turn the front of the canoe quickly. The primary concerns of both seats 1 & 2 are setting the rhythm and pace for the whole canoe. Seat 1 must maintain a good "feel" for the movement or glide of the canoe and adjust the pace accordingly. Not only must the stroke rate be matched by every paddler in the canoe, but the stroke form should be the same throughout the canoe. Entering and exiting the water at the same time ensures that power distribution remains equal and synchronized throughout the canoe.

The main responsibility of seat 2 is to call changes and always be aware of what is happening around the canoe in order to adjust stroke count appropriately. Sometimes seat 1 prefers to call the changes.

Another responsibility of seat 2 (and seat 4) is to watch the 'iako. Seat 2 should always lean on the 'iako whenever the canoe is at rest and be "ama conscious" when the canoe is moving.

Seats 3 & 4: Often referred to as power seats, the heavier, stronger paddlers usually sit in these positions. Seat 3 & 4 are responsible for providing the power required to push the canoe along and maintain balance. Seat 4 generally takes responsibility for ensuring the canoe remains as dry as possible, bailing when need be.

Another responsibility of seat 4 (and seat 2) is to watch the 'iako. Seat 4 should always lean on the 'iako whenever the canoe is at rest and be "ama conscious" when the canoe is moving.

Seat 5: Another power seat, the paddler in seat 5 also needs to have knowledge of steering in order to assist the steersperson when necessary. The paddler in this seat might also be responsible for bailing.

Seat 6: The Steersperson. The steersperson is the "captain" of the canoe, calling the shots, motivating the crew, and setting the canoe up for the best course and surfing conditions.

Seat 6 plans and navigates the course and sets the canoe up for good turns around buoys

during races. Experienced steerspersons develop an intimate understanding of the dynamics of the ocean as well as the nuances of canoes and crews.

The steersperson is always in command of the canoe; however, everyone is responsible for the safety of the crew and the safety of the boat.

Every seat is responsible for ensuring that the canoe does not leave the dock without life jackets, bailing buckets, and safety equipment!

Righting an outrigger canoe

Every paddler who paddles long enough will eventually *huli pau* (often abbreviated to *huli*) or capsize a canoe. It is important that every member understands and takes part in training required to right a canoe. A video demonstrating how to right a canoe is available on the OOC website

Outrigger Canoe Safety

Personal Safety and Security

You MUST know how to swim at an intermediate level before paddling. Non-swimmers are not permitted in canoes.

You should not wear or carry anything in the boat that you are not willing to give to the ocean. If the boat should huli, everything goes into the water. Car keys, sunglasses, slippers, bracelets, watches, earrings, water bottles, and money have all been lost after a huli. If you have keys, a backpack, purse, or other valuables, you should leave them on shore in a safe place. OOC is not responsible for personal gear. Items have been stolen from the canoe yard, so beware.

Check Your Canoe

Do a visual and physical inspection of the rope and other riggings to make sure they are tight. Once on the water, try to wet the rigging so the ropes will contract and get tight. If you find your rigging is loose at all, notify your steersman or coach and ensure that it gets evaluated and fixed, if necessary.

Check your 'iako and ama for cracks or structural weakness.

Each crew member should check to ensure that the canoe has PFDs (personal flotation devices), safety bag containing safety equipment and a marine VHF radio, at least two bailers, and a bailing buckets aboard before leaving shore.

If any of the canoes need rigging before practice, all paddlers should help. If you do not know how to rig, then watch, learn, ask questions and try it next time. (An instructional video on rigging canoes is available on the OOC website.) If you see safety concerns, talk to your coach or steersman immediately.

Outrigger Canoes and Equipment

Names of Canoe Parts

The following lists the parts of an outrigger canoe.



aha (braided or twisted cord used in lashing the canoe)

ama (float/ outrigger)

hoe (a paddle; to paddle)

'iako (spars, boom)

lupe (bow end of ama)

kanaka (stern end of ama)

kapua'i (part of 'iako between hull and ama)

'kua'iako (portion of 'iako lashed to hull)

kuamo'o (hull, keel)

manu kupe (curved end pieces covering the fore and aft parts of the hull; to steer a canoe)

manu hope (stern end piece)

manu ihu (bow end piece)

mo'o (gunwale)

yopale kai (splash board)

muku (ends of 'iako extending beyond the hull)

pale kai (splash board)

pa'u (storm covers, spray skirts)

pikao (hull)

wae (spreaders)

wa'a (canoe, also **va'a**, **waka**)

wa'a kaukahi (single-hulled canoe)

wa'a kaulua (double-hulled canoe)

Types of Canoes

OCCC owns several types of 6-man outrigger canoes. Older style fiberglass hulls (the Kahurangi and Manowale'a) are used primarily for training and recreational paddles.

Bradley fiberglass hulls (the Aeto, Malia, Rell, Ku'upau, and Nehe) are used for training and racing in the "Bradley" racing division. Other "Spec" fiberglass hulls include Mirages (The Thomas Kalama, Makana, PaoPao, and Paniolo), Bradley Striker (Ula Ula), and Bradley Lightning (Lootas). All of the fiberglass hulls used in racing are required to weigh a minimum of 400 pounds. Newer light-weight carbon fiber hulls (the Uhane Kai) are raced in the "Unlimited" division. More regarding the origin and history of OOCB canoes, canoe names, and corresponding canoe numbers can be found on the OOCB website.

Canoe Rigging

Rigging a canoe involves attaching ama to the 'iako and securing the 'iako to the pikao (hull). It is important that all members learn to properly rig a canoe. A video demonstrating how to rig a canoe is available on the OOCB website. Rigging for races in rough seas may also require attachment for a spray skirt. Coaches will instruct paddlers on the proper installation of spray skirts.

Paddles

Club paddles are supplied and available to all, but most paddlers prefer to buy their own paddles (or blades) after a short time in paddling. Coaches can advise paddlers on the appropriate size of paddles and preferred models of paddles to purchase.

Information for Racing Paddlers

Typical Race Season Schedule

The typical outrigger canoe race season consists of OC-1, Ironman, Sprint, and 9-man races. The OC-1 races begin in November or December and conclude in March or April. OC-1 races are not SCORA sponsored and are considered individual rather than team events. The SCORA sponsored OC-6 race series begins in May and concludes in October. SCORA member clubs from Avila Beach in Central California to San Diego participate. In addition to the SCORA events there are three other races that Oceanside Outrigger members have participated in that take place in Hawaii including the Queen Lili'uokalani (Kona) and Molokai Channel crossing races.

Races are typically conducted on two successive weekend Saturdays followed by one weekend off. The precise dates and locations of SCORA-sponsored races are posted on the SCORA website each year at: <http://www.socaloutrigger.org>

Race Day Procedures

Transport of canoes to the race site. Thursday night before the race, ALL racers should show up to un-rig the canoes (amas and 'iakos are generally removed for trailering) and load canoes on the trailer. If you can't come, contact your coach ahead of time. Typically we meet at 6:00 p.m. at the docks. Plan on helping for about 1 to 2 hours.

One of the OOCB club members will volunteer to pull the canoes to the race site. He or she may leave on Friday if the race is far away or early on Saturday morning if it is nearby. If you have experience towing and are able and willing to tow the canoes, let your coach know. A fully loaded trailer with 6 canoes and gear is around 6000 pounds and 50 feet long.

On race day, all racers should meet at 6:30 a.m. at the race site and find our trailer and canoes. The canoes will be pulled off the trailer, loaded onto our cart and pulled to the water's edge where they will be re-rigged. The Novice team is expected to learn how to rig canoes and contribute on race day. Experienced paddlers will be there to teach rigging methods.

On the Monday evening following the race, all racers should meet to unload canoes and re-rig them for the following week's practice. Ask the Head Coach for the time.

Race fees. Race fees must be paid prior to the racing season. Current race fees are provided on the OCCC website and on line payment can be made via the website.

Paddles. It is your responsibility to make sure your paddle and steering blade get to the race site. If you are using a club paddle, make sure you pick it up on Thursday and drop it off before the Recreational paddle on Sunday morning.

A typical race day. Remember, the earlier you get to the race location, the more likely you are to find parking nearby. In some locations, parking late near the race site will be virtually impossible, even at 6:30 a.m. Therefore, leave plenty of time to arrive early.

Usually, club members erect a shade or two at the race site. Look for the Oceanside Outrigger banner. You should set up your belongings in this area. Many important club activities and announcements will take place here. Coaches will be here to tell you about your crew and which OCCC canoe you will be paddling.

What to bring to races. Your essentials on race day are your paddle, race jersey, snacks, and water. It is recommended that you have a Camelbak or other hydration system for Ironman races. You may want to print the OCCC member phone list or take the cell phone numbers of your teammates and coaches with you in case you run into traffic or other emergency situation on the way to the race. Other things you may want to bring are lunch, beverages, lawn chairs, beach blankets, coolers, something to share, sunscreen, sunglasses, dry clothes, hats, pain relievers, shampoo and other toiletries, towel, camera, binoculars, reading material, money, and anything else to make yourself comfortable. OCCC will often provide snacks and beverages as well, but it is best not to rely solely on this provision. Lunch will be available at the race site for a fee. Vendors will be at some of the races to sell t-shirts and paddling gear.

Most race sites do not allow glass containers and or alcoholic beverages. Sometimes dogs are allowed on leashes and sometimes they are forbidden altogether. Therefore, check the race flyer in advance for the laws and rules for the race site. Follow the rules the host club has committed to them and breaking them risked losing the race venue in the future.

Paddler responsibilities on race day. Be sure that you know what time your race will start. Typically the novice teams race first, starting approximately at 8:30 a.m.; next, the women and co-ed races start around 10:00 a.m.; then the men race in the afternoon, usually departing between noon and 1 p.m. However, race start times can vary. Even if your race starts later in the day, if your coach does not see you by 7:30 a.m. when registration is due,

you may lose your seat in the canoe. Be sure to let your coach know if you will be arriving after 6:30 a.m.

Each team member is required to wear a race jersey, as required by Southern California Outrigger Racing Association (SCORA). Clubs may be fined for teams not wearing jerseys, and even the race photographer will not photograph these teams.

You should help carry canoes in and out between races – all races, not just your own. OOCB may not race in every event, or may not use all our canoes. In those cases, the canoes will have to be moved to an appropriate spot out-of-the-way of racing canoes. Everyone should help with that chore since it demonstrates our solidarity as a club and our respect for our canoes.

The crews starting and finishing a race will also need help launching the canoe and making sure they are ready to go and have a place on the beach to come back to. Everyone should be at the water to help the crews switch.

The primary concern in the minds of most paddlers on race day is their own race and their own crew. However, you should remember that we are all a team and should help each other. OOCB is proud of being an “aloha” club, so if you see a place to help another team on the beach, please pitch in.

Win or lose, each of our crews deserves our support. Having your fellow club members on hand to send you off and especially to greet you when you come back is important!

The race course. There will be a steersman and coaches meeting before every race to go over the racecourse and any special instructions. Steersman and coaches should then provide this information to each crew. If you are a steersman, you are required to attend.

After your race is over. Paddlers who just show up for their race and then leave, are making it harder on those who have to stick around, clean up our area, take down the tents, unrig the canoes, and load canoes on the trailer. It is your responsibility to help after races are over too. If you can't stay, let your coach know ahead of time and make sure you help on the Thursday and Monday tasks at the Oceanside harbor.

Directions and schedules for races. You should always look on the SCORA website (<http://www.socaloutrigger.org>). They will have a link to race information. There is a SCORA link on the Oceanside Outrigger website too.

Useful Web Sites

<http://www.oceansideoutrigger.org>. OOC's website.

<http://www.socaloutrigger.org>. The SCORA web site with racer registration, race rules, race schedules, directions to race sites, race results, and more.

<http://www.kanuculture.com>. Site to purchase useful books regarding outrigger canoe paddling. Every steersperson should have a copy of the "Art and Skill of Steering".

Hawaiian Voyaging Proverbs

Ola i ke ahe lau makani.

"Life is in a gentle breath of wind." Said of a breeze on a hot day.

E kaupe aku no i ka hoe a ko mai.

"Put forward the paddle and draw it back."

Go on with the task that is started and finish it.

E lauhoe mai na wa'a; i ke ka, i ka hoe; i ka hoe; i ke ka; pae aku ka 'aina.

"Everybody paddle the canoes together; bail and paddle; paddle and bail, and the shore is reached."

Pitch in with a will, everybody, and the work is quickly done.

Ha'uile i ka hope wa'a.

"Left in the aft of the canoe."

Said of one who comes last or is tardy.

Komo mai kau mapuna hoe.

"Dip your paddle in."

Join in the effort.

Ho'okahi ka 'ilau like ana.

"Wield the paddles together."

Work together.

He po'e ho'opiha wa'a.

"Canoe fillers."

Useless people, like riders in a canoe who do nothing to help.

He hewa i Kapua ka 'auwa'a panana 'ole.

"The fleet of canoes without a compass landed at Kapua by mistake."

Said of one who is off his course, mentally or otherwise.

Hana ka hoe, pa'a ka waha.

"Work the paddle, close the mouth."

Shut up and paddle - something we should all remember (and practice) while in the boat.

'A'ohe hana a Kauhikoa; ua kau ka wa'a i ke 'aki.

"Kauhikoa has nothing more to do; his canoe is resting on the block."

The work is done.

Hawaiian Voyaging Proverbs: selected from Mary Kawena Pukui's 'Olelo No'eau: Hawaiian Proverbs and Poetical Sayings (Honolulu: Bishop Museum Press, 1983).