

Lokahi Outrigger Canoe Center Newsletter

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Sprint Championships—Lokahi is the Host Club

On July 25th our club will be co-hosting the 2015 Sprint Championships at Lake Natoma with the NCOCA. Many of our members will be going to the race site the day before and/or early the morning of the race as we are responsible for setting up NCOCA equipment in addition to our tents. Thank you in advance to all those that are helping set up and break down.



Hydration, Hydration, Hydration!!!

With the Lake Tahoe race this coming weekend and NCOCA Championship Sprint Races at Lake Natoma the following weekend it is important to properly hydrate. Proper hydration preparation begins the week before an event. Remember, if you are thirsty you are already dehydrated.



Fireworks Booth Success!!!

This year's move to a new location was a huge success — volunteers were even able to close early enough to enjoy fireworks and celebrate with friends and family! Thank you to all the club members, keikis, family and friends that helped us. Special thanks to Leah Reed, Natalie Gutierrez and Virginia Gutierrez. The closing crew rocked it! Thank you Sabri, Phil, Natalie, Virginia, Steve Takemoto, Auntie, Uncle and Pua.



Board Member Seat

Currently there is a Board Member at Large position open on the club's board of directors. This seat will have a one year term and then be open for reelection. If you have interest in the position please contact a board member to express your interest and he or she can answer any questions you have. Thank you.

Upcoming Races and Events

Tahoe Race (July 18th & 19th) - This is a two day event. Make sure to secure a place to stay as soon as possible if you are going.
PICA Aloha Festival (August 1 & 2) - This event is at the San Mateo Event Center and well worth the trip.
'Round the Rock Alcatraz (August 8th) - The race is at the beginning of next month, get ready because it is a challenge!
Tony Gora Memorial LD/Santa Cruz (August 22) - Always a beautiful place to paddle in Santa Cruz.
Kula Anela/Angel Island (August 29) - Tamalpais OCC race from the Golden Gate Bridge around Angel Island.
Petaluma River Marathon (September 6th) - All types of watercraft right on our river! 13 or 26 mile courses.

Long Distance Practice Schedule

Tuesdays and Thursdays are now Long Distance practice days. Coach Leslie Bailey will be leading these practices where the focus will be technique, blending and conditioning. This is a great opportunity to work on your endurance and the paddling skills that are so important for a crew to successfully complete the challenge of a long distance course.

Liberty Challenge 2015 / NYC

The 2015 Liberty Challenge long distance race on the Hudson River was well represented by NCOCA paddlers this past month. West Coast paddlers were greeted with much Aloha by our fellow paddlers on the East Coast. The river course provided unique challenges of strong currents, congested waterways, and stops during the race to avoid impeding the flow of commercial traffic. Team NorCal (Women's & Men's crews) included members of Tamalpais OCC, Ohana Wa'a OCC, Ho'oku'i OCC, and Lokahi OCC. In addition, teams from Hawaii, Australia, Brazil, Canada, New Zealand, Hong Kong, and Singapore participated. It was a great experience for all who participated.

