



CLUB NEWSLETTER

Edition 10 January 2024

Hello from the Incoming President!

Aloha Outrigger Canoe Ohana,

I hope this newsletter finds you all healthy and happy as we welcome the new year of 2024. As your board president, I am excited to share with you some of the highlights and plans for our club in the upcoming season. We have a lot of opportunities to enjoy the water, the camaraderie, and the culture of outrigger canoeing, and I invite you to join us in making this year a memorable one.

-Oden

UPCOMING EVENTS

New Member/General Member Meeting

Monday, March 11 (Awaiting confirmation from venue)

Canoes' Homecoming

Saturday, March 30

Rigging/First Practice

Saturday, April 6

See announcements for further details

Race Around the Island

Saturday, April 27

Rooster Rock Race

Saturday, July 29

The Gorge

Saturday, July 6

Sign up on Teamer and watch for event postings on Facebook!



@bendoutrigger

ANNOUNCEMENTS

Starting the 2024 season off with a bang!

We are excited to get the 2024 season off to a great start! Everyone is encouraged to come to the meeting on **March 11** - please keep an eye out for confirmation from the board that this will be the date, we will get that to you ASAP.

Race Around the Island is a race that BOO has traditionally made it to in the past, however water levels and early-season interest has prevented us from sending a crew to it for a few years. The schedule this year has been set with the goal of getting a crew back to it. **If the water is high enough on April 6, we will get out to paddle, and if it is still too low, please plan on coming down anyway** and we will work out together to get everyone on the same page. Please continue to keep an eye out for emails and updates about the upcoming dates!



venmo

Use one of these codes to pay club dues, purchase merchandise, pay racer intent fees, or make a donation.



CULTURE & LANGUAGE

Hawaiian word of the month:

KULEANA

A sense of responsibility; accountability

The word **kuleana** refers to a reciprocal relationship between the person who is responsible, and the thing which they are responsible for. As a part of the **BOO** family, we have a responsibility to each other, the river we paddle, the community we live in, and the wa'as that are in our care. One of the ways we want to cultivate **kuleana** this year is by encouraging everyone on a race crew to commit to each other by showing up for dedicated practice and giving it your all.

Source:

<https://www.hawaiinewsnow.com/story/28832829/hawaiian-word-of-the-day-kuleana/>

OUTRIGGER KNOWLEDGE

PARTS OF THE CANOE

'AHA: Braided or twisted cord used in lashing the canoe, made of pulu-niu (coconut husk fiber), olona fiber, or hau (hibiscus bark fiber)



Our **'aha** is not made of traditional material, just as our **wa'as** are not. However, the use of **'aha** to rig the **wa'as** with is becoming less and less common as clubs opt to use rubber lashing. As the design of canoes become more travel-friendly, there are also more and more clubs that use canoes with snap-in **'iakos**. We seek to **continue to participate in traditional practices** of this sport we all love and enjoy.

RACE UPDATES

As promised, here are the dates for all of the races we hope to send crews to this upcoming season. Please put them on your calendar and turn in your Racer Intent Form (attached in the same emails as this newsletter) ASAP.

Rusty Iron

April 20, 2024

@Frenchman's Bar Park, WA

Race Around the Island (RATI)

April 27, 2024

@Chinook Landing, OR

Rooster Rock

June 29, 2024

@Rooster Rock State Park, OR

The Gorge

July 6, 2024

@Fairgrounds in Stevenson, WA

da Grind

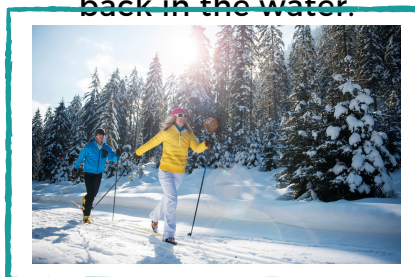
July 27, 2024

@Alki Beach, WA

DRY-LAND TRAINING

CARDIO TIME

Yes, we all know that paddling cardio is so much different than other types of cardio. However, that doesn't mean that keeping in good cardio shape throughout the off-season is pointless. Getting your heart rate up for at least 30 minutes a few times per week will give you a great base to start from when we get the **wa'as back in the water.**



We live in an area where snowshoeing, cross-country skiing, and other outside activities can help you stay in shape without feeling like you're jumping into a workout routine. However you decide to do it, cardio multiple times per week will keep your body prepared for the paddling season.

WOODCHOPPERS

This exercise, if performed correctly, simulates part of our paddling stroke while strengthening muscles vital to it.



Source:

<https://riversportsmag.com/2013/03/04/exercises-for-paddlers/>

Start with your feet shoulder width apart and your left foot one pace in front of your right. Start with gripping the medicine ball or dumbbell with both hands above your right shoulder. Lower yourself into a lunge while simultaneously moving your hands down toward the outside of your left foot in a controlled manner. Return to the starting position. Repeat 15 times on each side.

PRACTICE TIMES

Please keep an eye out here for updated practice times. The board will have news about the training plan for this season in **early spring**. If you are planning on racing this year, we will be putting forth new requirements for the race team so we can walk into each race with confidence and excitement.

BOARD OF DIRECTORS

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