



PNWORCA
PACIFIC NORTHWEST OUTRIGGER
RACING CANOE ASSOCIATION

CLUB NEWSLETTER

Edition 1 | May 2020

Message from the Prez:

Aloha!

On behalf of the Board of Directors and coaching staff, I hope you are staying safe, healthy and sane! Mahalo for checking out our 1st issue of the BOO Club Newsletter! This is a first run for this and I hope that you enjoy it's content. I welcome any contributions and suggestions for improvement!

As you are well aware, the global paddling community is currently at a stand still, much like everything else! As president, my #1 priority is the safety and well being of all club members and paddling Ohana. Although our OC-6 competitive season is up in the air, it is my hope that you all keep the paddling spirit in your heart, safely get out there and responsibly continue paddling whatever you have that floats! Weekly small-group meetups will be announced, so stay informed whether by checking out our website at www.bendoutrigger.org or following along on [Teamer](#), [Facebook](#) and/or [Instagram](#)! - Todd

UPCOMING EVENTS



Wake & Paddle

Mon | Wed | Fri at Riverbend
w/ Mike & Todd @ 8am"

**Times may vary - visit Teamer*

Wed Nite BOOzoom Trivia

w/ Naomi @ 7:30pm

Rise & Run Saturday

w/ Jessica @ 8am*

**Times may vary - visit Teamer*

Paddle Somewhere Sunday

Various locations in Central Or.*

**Times and locations vary - visit Teamer*

ANNOUNCEMENTS



The following races have been canceled due to COVID-19:

Race Around the Island 5/2

Spanaway Sprints 5/16

Silverdale Sprints 5/30

The Gorge Race 7/11



The Gorge Race 2018

The Rooster Rock Race scheduled for June 29th will be decided whether to be held or not on or near June 1st. All remaining races through the late Summer and Fall are all **to be determined**.

PADDLER KNOWLEDGE

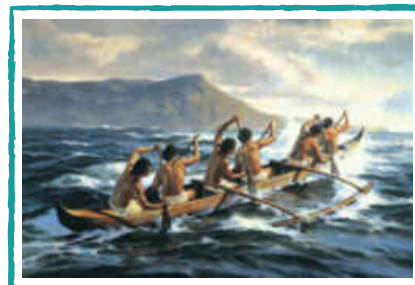


Hawaiian Word of the Day

Ho'owala'au Wa'a - Canoe Talk

Ho-oh Vala-Ow Va-Ah

Outrigger canoes first arrived in Hawaii around 200 AD, some large enough to hold up to 80 people, and were filled with essential items like edible plants, water and animals to ensure a somewhat safer voyage for the brave explorers who took off in search of land. By following the migration patterns of birds seen flying overhead, explorers soon discovered the Hawaiian Islands.

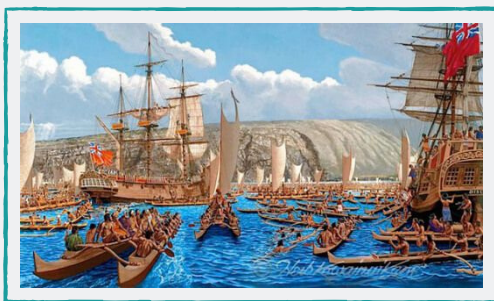


@bendoutrigger

OUTRIGGER HISTORY



It has been said that "canoe racing has been around as long as there have been 2 canoes." While outrigger canoes were not invented in Hawaii, the sport of canoe racing certainly was, called hei hei wa'a, and was practiced widely among Hawaiian chiefs for sport and recreation, often placing bets on the outcome.



When Captain Cook arrived to the Hawaiian islands in 1779, he reported seeing at least 1,500 outrigger canoes, quite a feat due to the amount of work and manpower required to build each one. For that time, estimates of a Hawaiian population were between 175,000 to 225,000 people and between 6,000 and 12,000 outrigger canoes. As the shift from traditional Hawaiian practices to European ways of life began to take shape, canoeing, and placing bets on the outcome of canoe races, became frowned upon by missionaries and was later banned by Queen Ka'ahumanu under their influence.

[Hawaii Paddle Sports](#)

PADDLER ENRICHMENT

Parts of the Canoe

The **hull** of the canoe (Wa'a) is known as **Ka 'Ele** in Hawaiian.

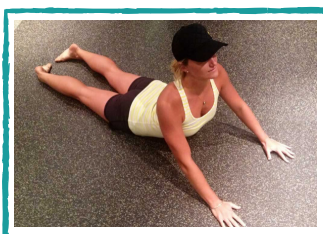


Workout of the Day

While we all remain in quarantine, let's not forget, there are always ways to stay in paddling shape through strength and conditioning!

Common among long distance paddlers are low back muscle strains and lumbar disk injuries. To prevent injury to the lower lumbar region of the back try this out:

THE PRONE PRESS UP



Keeping your hips pressed against the floor, extend your back by straightening your arms. Hold for 30 seconds. Repeat 3 times. This exercise is great for lumbar disk health and can reverse the results of repetitively flexing the lumbar spine while paddling.

[Pacific Paddler](#)

CLUB CATCH-UP!

Club members recently went on a paddling adventure to Prineville Reservoir and the Dillon Falls portion of the Deschutes River. Both experiences were extraordinarily scenic and fun - not to mention, a workout! Both locations were a first for many, but certainly not the last!

Prineville Reservoir showed two sides of itself as it was a leisure paddle heading out from the Bowman Dam area, allowing for smooth and steady progress as we all admired the scenery, chit-chatted and even stopped for a mid-lake, social-distant **CHEERS** of our adult beverages. The trek back, however, smacked us with a blustery head wind and opposing current that lended itself as an intense resistance workout! After all safely, albeit panting, made it ashore, we shared one more cheers before heading home.



Paddlers take a break to take in the scenery and toast a nice cold beverage! From left: Todd, Zach, Vanessa and Jessica.

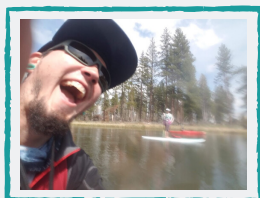


Beverage delivery on Prineville Reservoir! Todd and Jessica "fuel up" for the paddle back.

CATCH-UP CONT.



The following week, the Dillon Falls area of the Deschutes River showed it's best self on a beautiful spring day to several paddlers on every craft ranging from SUP and kayaks, to OC1. The windy river had an enchanting backdrop of the Cascade Mountain Range and once again captured our hearts as we dipped our paddles before returning for a riverside socially-distant lunch and Ho'owala'au Wa'a (canoe talk).



Todd hamming it up as Jessica and AJ look on maintaining that social distance!

MEMBER HIGHLIGHT



Jessica Sands

aka: Bunny

Paddling Exp: SUP for 8 years

OC Paddling Exp: 1 season

Fave thing about paddling OC:

I love how hard it is to master and the feeling of pulling together as individuals to move the boat as one. Plus the people are so open, welcoming and kind - it's a true feeling of family that extends far beyond practices, races and being in the boat together.

THE WRAP UP



Sadly, we do not anticipate that we will be able to have a full season in 2020. Even under these unique circumstances, BOO continues to incur fixed costs including insurance, state licensing, web domain fees and general upkeep of equipment. We humbly ask for you to consider a small donation in lieu of membership dues to help offset these costs. We will graciously accept donations through **PayPal** and will deduct your gifted amount from future membership fees in the event we are able to have a rec season. - **MAHALO!**

LOCAL SHOUT OUT!



Hydro Flask®

Founded in 2009 in Bend, Oregon, Hydro Flask is the award-winning leader in high-performance insulated products ranging from beverage and food flasks to the new Unbound Series Soft Coolers.

Hydro Flask's charitable giving program, **Parks For All**, supports the development, maintenance and accessibility of public green spaces so people everywhere can live healthier, happier and more fulfilled lives.



Learn more at [Hydro Flask](#) and [Parks For All](#)

MARK YOUR CALENDAR



May

May Day / Lei Day

May 1st

Bend Phase 1

Re-opening Day

May 15th

Club Blood Donation

May 22nd

Memorial Day

May 25th

LEADERSHIP CONTACT



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