

DUKE KAHANAMOKU LONG DISTANCE CANOE RACE



LANIKAI CANOE CLUB



2019 DUKE KAHANAMOKU CANOE RACE - WOMEN

Saturday, August 17, 2019

The woman's course is approximately 9 miles starting from Kailua Beach Park, head straight out past Flat Island, right turn on a buoy past Flat Island, head to the Mokulua Islands, turn right on buoy, head to shoreline, turn left on buoy, head back to Mokulua Islands, go around the left side of Moku Iki, head out to buoy 1.5 miles out from Flat Island, turn left on buoy and surf in to buoy at Castle's, turn left at Castles buoy and head back to Kailua Beach Park to finish. Crews will finish between buoy and the beach (buoy will be on your left, the beach will be on your right).

DATE AND TIME: Saturday, August 17, 2019 **Race Start Time:** 8:30am
Coaches Meeting: 8:00am

CREW REGISTRATION: Saturday, August 17, 2019, 7am-8am, Kailua Beach Park
All crew registration must be online. There will be no paper registration.
Registration link at: www.lanikaicanoeclub.org or www.ohcra.com

CREW ENTRY FEES: \$200 (Cash or Checks made to: Lanikai Canoe Club)
Payment must be made by Saturday, August 19, 2019 at registration.

CREW DIVISIONS:

| | |
|------------------------------------|-------------------|
| Open Women | Master Women 55's |
| Master Women 40's | Master Women 60's |
| Master Women 50's | Women's Koa |
| Junior Women- ages 15-18 years old | |
| Women's Unlimited Class | |

*******CANVAS IS REQUIRED FOR ALL CANOES. NO EXCEPTIONS.*******

GENERAL INFORMATION:

- OHCRA rules will apply. You must be a member in good standing of HCRA, (liability waiver signed if not registered with HCRA)
- Out-of-State clubs must provide COI with club name and OHCRA as additional insured (Paddlers names must be listed as club members)
- Crews affiliated with an out-of-state club are subject to approval.
- Canoes must have their racing number sock displayed on the canoe and secured with duct tape. Racing number socks or stickers will be distributed after completion of registration.
- Canoes must have a canvas cover-absolutely no exceptions.
- After the race is completed, one member from the crew **MUST** return the racing number sock to the Lanikai CC registration tent to receive lunch, drinks, snacks and race participation merchandise. If it is an Unlimited canoe with racing sticker, tell the registration table personnel the number of the canoe.

COURSE: Le Mans Start (4 women in the boat, 2 women out of the boat) with 2 Heats

- **1st Heat:** #1 - #40 (Spec Canoes) Green & White Racing Sock
- **2nd Heat:** #41 - #60 (Unlimited Canoes) Yellow & Black Sticker
- Canoes line up on the beach with 2 paddlers holding the canoe, 4 paddlers in the canoe.
- Start: The official boat will raise the yellow flag- race will start within 1 minute. HORN TO START FOR 2 PADDLERS TO GET IN THE CANOE AND GO.
- Paddle out to sea, keeping Flat Island to the right.
- Pass Flat Island, turn right on buoy and head to the Mokulua Islands.
- Turn right on buoy in front of the Mokulua Islands and head to shore (sandbags).
- Turn left on buoy and head back out to the right side of Moku Iki Island.
- Go counterclockwise around the Mokulua Islands and head out to buoy.
- Turn left on buoy (approx. 1.5 miles off Flat Island) and head straight to Castles (buoy at Castles)
- Left turn at Castles buoy and return to Kailua Beach.
- Finish between buoy and the beach (buoy will be on the left side and beach on the right side).

AWARDS: Approximately 30 minutes after last canoe finishes at Kailua Beach Park

- Individual medals for 1st, 2nd, and 3rd place finishers in each division.
- Lunch, fruits, snacks and canned juice (NO BOTTLED WATER - water filter station provided) for each crew member (Racing number sock must be returned to Lanikai CC registration tent. If it is an Unlimited canoe with racing sticker, tell the registration table personnel the number of the canoe)
- Duke Race shirts for each crew member.

PLASTIC FREE HAWAII: We are proud to partner with Plastic Free Hawaii to reduce single use plastics. A water filter station will be set up for everyone to use. Please bring your reusable container for water. No bottled water provided at this event. MAHALO!

Course Map:

