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Care and Concern, Bubble Run Fundraiser, Beach Clean-up

1 message

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Care and Concern: Russell Kellythorne, Jr. died suddenly this weekend in Florida. He was 58 and had just finished a sailing race. He lives in Cleveland Ohio. Russell and Dorothy are devastated by this news and have left for the mainland. Send them your energy, prayers, and strength at this hardest of times for any parent.

Thursday, 1-26, 8am Paddler Potluck Breakfast

Thursday at 8:15 is the day for KCC paddlers to eat and play. We paddle at 630 and and then let nothing get in our way. Bring your food to share and be ready to learn After a scrumptious breakfast and digestive juices start to churn.

The speaker this month is Men40 champion paddler, Ian Foo Talking about stroke technique and bio-mechanics to improve what you do.

This is only a teaser as there is so much more to know You will get some pointers and get into the flow.

"I share with everyone at KCC what elite athletes do for training

and paddling in the Ocean. Those of you who know me understand I spend all day, everyday teaching my guests from all over the world how to PADDLE at all levels in every possible form - Paddleboarding, Surfing, Outrigger 1,2 or 6 man, Surfski, Prone paddling (& swimming) - I also do CONTIGUOUS Terrestrial Cross training for all those that seek to improve High Performance water ability to another level.

As far as KCC is concerned I do NOT make a distinction between "Rec" or Competitive paddlers. This is open to everyone at KCC. The only thing that matters is whether it is CORRECT and BENEFICIAL to you or ... NOT ! Does it make you Healthier, Stronger with BETTER mobility - It's not a style or type, I only care about the science guided by an optimal philosophical perspective. In my world of OC-6, you are either paddling and SUB 8 minute mile or OVER 8 minutes. Your SPEED is the manifestation of what you do correctly in Bio-mechanics powered by the OPTIMUM (not Maximum) training program."

Bubble Run Fundraiser

Manpower by KCC. Help raise \$8000 for the purchase of the unlimited canoes. We need all paddlers on deck to sign up now at cbarmer@hotmail.com with name, email address, shift(s) preference, and shirt size as we need 100 volunteers.

March 4 Saturday 8-1 Manual Labor by 12 people. e.g. Set up barricades, festival area,

foam towers, etc.

March 5 5-10 a.m. Packet pickup, foam tower assistants, course marshals, etc

10-2 Take down the barricades, festival area, foam towers, clean-up, etc. Special duties available on Friday, Saturday or Sunday

March 4 8 am sign-up and orientation at Old Airport (last pavilion) or Puako Boat Ramp. Beach Clean Up Day from Miloli'i to Puako. 8 am Pre-Clean up briefing, distribution of shirts, trash bags with 8:30 start. Free lunch, music, prizes at Old Airport last pavilion on the left. Big Island Wave Riders against Drugs, Betty Kanuha Foundation, City and County of Hawaii, Keep Puako Beautiful. Information at **808-896-6966**

March 18. Kuuipo OC-1/OC-2 Long Distance race and Kauikeaouli Festival for OC-6 Recreational Paddler Race and Get your crew or yourself together and sign up for either race early Saturday morning at Keauhou Canoe Club. Brunch, awards, great camaraderie.

On the water!

