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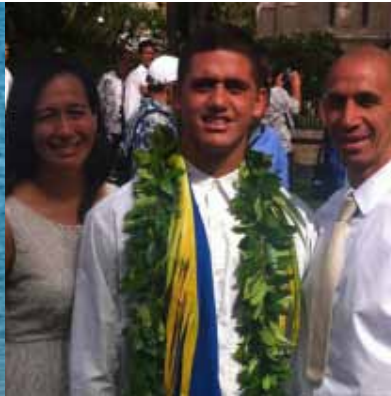
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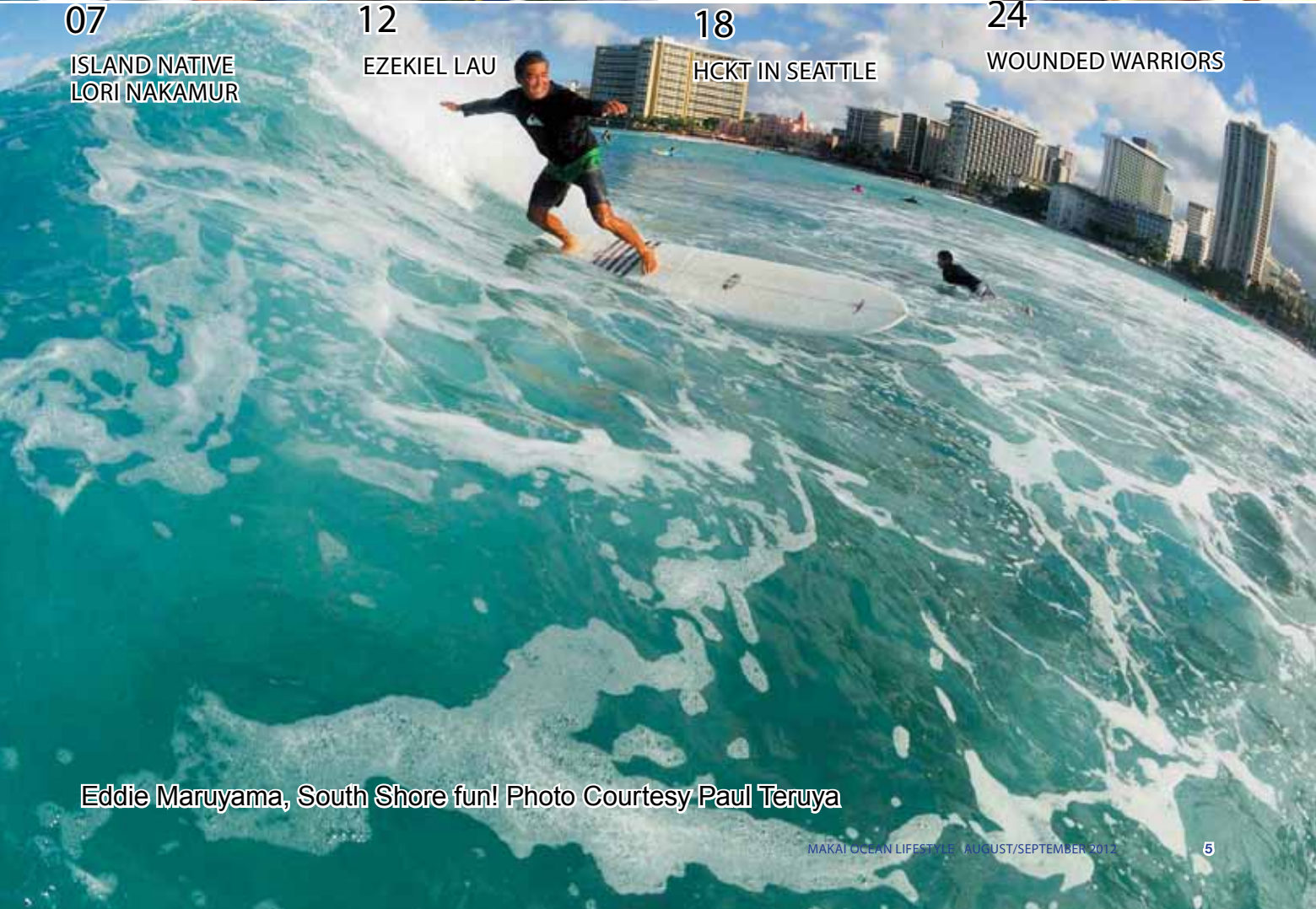
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Eddie Maruyama, South Shore fun! Photo Courtesy Paul Teruya

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Aloha Makai Ohana,

It has been EIGHT satisfying years of bringing you our **Makai Ocean Lifestyle Magazine!** Each month, we share with you some of the greatest people in and on the water. We would like to say Mahalo to every one of you who have shared themselves with our loyal readership. We would also like to say "Mahalo Nui" to the advertisers that make all of this possible!

Most of all, I would like to send out a warm aloha to all of you, our readers! Mahalo for all of your kind words, as well as your valuable support, throughout all of these years.

It seems like only yesterday that we started out to bring you an ocean magazine that would support all water sports, and also be enjoyed by your ohana!

When we first set out to publish **Makai**, one of our goals was to expose Hawai'i's outstanding water-people to a larger audience. Over the past eight years, we hope that we have accomplished this goal. Our featured folks have generously shared their gifts and talents. Whether they swim, surf, paddle, fish, or dive, their expertise, spirit, and character have been shared with a wide audience!

We have seen little surfer "groms," grow up and becoming champions! We have witnessed Carissa Moore dominating the world in 2011, and now Ezekiel Lau, becoming a national champion! Just this past August, we saw Ryan Dolan on his quest for olympic status, conquer another national championship, along with his brother Pat, in Seattle. Other participants in the Seattle events, Kaihe Chong and Kalei Kahookele, along with the Dolan Brothers, claimed the national title in the K4 event! Kahookele also became a national champion in the K2 with Ryan Dolan, and brought home the silver medal in the K1 event!

It has been my pleasure to share with you the ocean-lifestyle that is part of what makes the people of Hawai'i so unique in the world.

Once again, mahalo and we hope to continue bringing you this magazine for a long time to come!

Until the next issue,
Aloha Pumehana.

Lono



Team Bradley: I-r Noe, Lauren, Alana, Nicole, Clair(Kelly) Photo Darren Orr,

Lori Nakamura Steers Herself into the Paddling Elite

By Alyssa S. Navares



You wouldn't expect a powerhouse paddler like Lori Nakamura to have such a cutesie nickname like "Bebe Gurl." Maybe something like "Tugboat" or "Baracuda" would be more fitting for someone with her ability in the water. But she's not offended. In fact, Lori chuckles every time it's used. As the youngest crew member on Team Bradley, the 26-year-old humbly and humorously accepted the nickname.

After all, she's used to being the "baby" of her team since she first started her paddling career at the early age of five. Lori recalled a childhood memory with her very first team, the Waikiki Surf Club, of which she was also the youngest in the boat at the time, "Because I was so small, it was sometimes hard for me to paddle in such a big canoe, so my dad would make fun of me and jokingly shout, 'Quit riding the bus!' I guess it looked like I was just going along for the ride rather than actually paddling!"

But everyone, including her pad-

ding coaches, knew that size didn't really matter. In the sport of paddling, it all boils down to dedication and technique. Lori's coaches saw potential for these traits in her from a young age, but they also saw a passion in her so strong, there was no doubt she'd make the perfect steersman for their team. So not only was she the youngest paddler but also the youngest steersman, giving orders to her older teammates and loving it!

Lori knew that being a steersman was a huge responsibility, which she took very seriously. After regular practices, she would practice steering at home with her mom, Shirley, who was a champion paddler and steersman herself.

"I would sit on the dining room chair, and my mom would give me scenarios and tell me things to practice, like 'poke right; poke left,'" explained Lori. She continued with the dining room exercises, and how they paid off in the water... after awhile. "They would tease me and say I was writing my name in cursive up and down the Ala Wai because I was going all over the place!"

Lori continued to push herself to be the very best. But no matter how hard she tried, her crew always finished second




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to last in races. It's something she looks back at today and can't help but laugh; they always shrugged it off and looked forward to their "real prize," which was none other than pool time at Lori's house!

The Kamehameha alumna has come a long way since then. She will be starting her fourth year with Team Bradley, named after canoe builder Sonny Bradley and are known in the paddling community as a super crew composed of only the best of the best. The team continues to dominate the outrigger scene and almost broke the record last year for most consecutive wins in the Na Wahine O Ke Kai channel race; Bradley won six times in a row but placed second this past race, to The Waikiki Beach Boys Women.

"...I don't ever want to let my teammates down,"

Their spirits weren't dampened one bit. Instead, they used their setback as motivation to train even harder for this year's upcoming channel race. With their





reputation as one of the strongest teams out there, one would think they practice together all the time. But they don't. The members of Team Bradley come from different islands, so every paddler must train on their own time; they train how they want and when they want, working out any kinks on the actual race day. However unorthodox and unique this scenario may be, it seems to work well for the stellar squad as their track record isn't exactly something to be ashamed of.

"For me, it's easy to motivate myself on the water when it comes to training on my own because I don't ever want to let my teammates down," said Lori, who is already used to doing Hawaii Kai and Makai Pier runs on her own. "I know that they're doing the same for me, and when we actually get together, we're all just so excited to give it our all."

Bradley teammate and stroker Kelly Fey remarks on how lucky they are to have Lori on their team, "She's truly a gift to us, and I think she's someone that represents the sport very well with her positive attitude, her passion and her desire to do the best. Lori is part of the younger generation who will carry on

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Steering Hui Lanakila to the State Championships.



Off the block, #12 Lori Nakamura. Photo courtesy Nakamura Ohana.



Traci, Miki, Brad & Beth; and mom and dad, Jim & Shirley. Photo courtesy Nakamura Ohana.



Mom Shirley, Steering Waikiki Surf Club. Photo courtesy Nakamura Ohana.

for our team and for whoever she paddles with.”

Kelly had the chance to watch Lori grow up in paddling, as her coach when she was a kid and then again when she paddled for Kamehameha’s Kapalama campus. The Kamehameha team dominated the high school paddling scene, winning Interscholastic League of Honolulu (ILH) (Nakamura also lettered in Volleyball and Basketball) and state champs year after year, all the while with Lori steering them to victory. Kelly knew that Lori would be the perfect fit for Team Bradley even back then, but they first had to wait until she finished college on the mainland before recruiting her.

They weren’t the only ones waiting; Lori had also been counting down the days until she could return home and get back in the boat. That didn’t mean she sat around twiddling her thumbs during her years off island; she kept busy as an outside hitter for the University of Redlands volleyball team, even making it to the playoffs one year. But in her heart, she knew she wanted to return home and be a part of Team Bradley. In order to achieve that, she immediately started training in her one-man when she returned; until, finally, that long-awaited invite from Team

Bradley arrived.

“I feel like I’ve learned such a great deal just being a part of this team,” Lori said. “From a young age, all I did was steer, so when I joined Team Bradley, I had to go in there and learn how to paddle of all things!”

“Out of all her siblings, she really took to the ocean; she was the little water girl,” Rosie said. “But on top of that, it was in the genes. Her parents are terrific athletes.” Rosie Lum

And paddle she did; by doing a little bit of everything in the boat – from stroking to being a relief steersman – Lori has become well-rounded in the sport. This versatility is something that was engrained in her from a young age by mentors, like Rosie Lum, who paddled and coached with Lori’s mom for many years. Rosie witnessed Lori’s progress in the sport from a young age

until eventually becoming her coach at Kamehameha.

“One of the things they learned while paddling at Kamehameha is that in order to be a great paddler,” Rosie explains, “they have to be able to sit in any seat in the canoe, and Lori does just that; she contributes and is one hell of a steersman.”

“Out of all her siblings, she really took to the ocean; she was the little water girl,” Rosie said. “But on top of that, it was in the genes. Her parents are terrific athletes.”

Sadly, Lori’s mother passed away when Lori was still a young girl, leaving behind her husband and five children. But Shirley also left behind a strong legacy, according to Rosie and many others who once called Shirley a dear friend – a torch that Shirley’s children gladly and proudly carry today.

To Lori, it’s the fuel to her fire. “I held on to that passion for paddling I saw in my mom when she was alive,” she said. “And now she’s my motivating factor every time I get into the water.” One thing is for certain, Lori is sure making her mom proud.



The best escort crew-2012 Molokai Solo- Miki Nakamura, Anella Borges, Richline Fong, Kelly Fey, Deneen McNicoll & Nolan Silva. Photo courtesy Nakamura Ohana.



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KAILUA & LANIKAI 2012 CO-STATE CHAMPIONS!

After further review...officials from Hawaiian Canoe Racing Association (HCRA) reviewed paper work, to find out that Kailua actually tied for the 2012 HCRA State Canoe Championships held in August. Lanikai had actually won by 330 points edging rival Kailua by one point.

But after a final run through the numbers on the following Monday, HCRA race Secretary Samantha Moikeha noticed an error in the results of the mixed 55 race, according to Moikeha, the error was found as she conducted her normal audit done after each regatta.

According to her interview in the Honolulu Star Advertiser, "The crew from Kihei was disqualified by officials at the regatta, and should have earned no points. However, the crew was originally credited with a fifth place finish and, at the time, was incorrectly awarded 10 points that corresponded with the result. When officials corrected the mistake this week, all other crews in the race finishing below fifth place essentially moved up a spot. Since Kailua ended up gaining a point in the race by finishing eighth instead of ninth, and because Lanikai did not participate in the event, the change resulted in a tie for the overall championship at 330 points apiece."

Congratulations to both Lanikai Canoe Club and Kailua Canoe Club.

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WORLD SPRINTS

Bottom left, Team Hawaii wins Gold at the Va'a World Sprints in Calgary Canada. 2012 V-1 Mens World Champion Alfred Van Gieson; Kalei Kaho'okele V-1 Jr. World Champion; Team Hawaii Celebrating



Busy Summer for Ezekiel Lau

All photos courtesy Lau Ohana



When we started Makai Ocean Lifestyle Magazine, in 2004 Ezekiel Lau was a groom in elementary school, talented, and ripping in all the surf contests he entered. Back then, it was sure he was going to go places. Eight years later, this summer we caught up to Zeke. Here is how the “start” of his summer started: First there was Graduating from Kamehameha School, and then traveling to California for the National High School Championship (NSSA) at

Salt Creek in Dana Hills, California. He finished 2nd overall and Kamehameha Schools Surf Team finished 4th overall, marking their highest finish since their inception.

Next up was NSSA Nationals at Huntington Beach where he captured the prestigious Open Men and Explorer Men Titles in his last year of amateur competition.

The following day he was off to South Africa for the Billabong Pro J-Bay 6-Star ASP Event. Ezekiel placed 3rd overall, defeated by eventual cham-

pion Adriano DeSouza in the Semi-Finals. As a 6-star event Zeke earned himself 2800 valuable points toward his One World Ranking and edging his way to the CT. A week later he was in Japan for the 4-Star ASP Billabong Pro Tahara. Zeke took this event and \$15,000 for the win. More importantly 1000 more points earned toward his goal of making it on the CT.

Following Japan he went on to do a photo trip in Nicaragua with tour surfer Josh Kerr and the Arnette team. At the time of this writing he was in





Virginia Beach trying his hand at another 6-Star event...Van's WQS.

His team at Volcom are selective in choosing his events and want him to reach his goal of becoming a tour surfer as soon as possible!

This was just a glimpse of things to come for Zeke, as all of us wish him a well on all of his endeavors!

Mahalo for representing Hawaii well!





USA Canoe & Kayak National Sprint Championships

By Dr. Blane K Chong

On August 23, head coach, Pat Dolan, led the largest Hawaii Canoe and Kayak Team (HCKT) contingent in recent years, to the USA Canoe and Kayak National Sprint Championships in Seattle, Washington. The national championships take place over three days. The one-thousand meter races were held on the first day, five-hundred meters on the second day, and the two-hundred meter and 5K races on the 3rd day.

Temperatures were in the low 50's, with glassy conditions in the mornings, then warmed up to the higher 60's, with increasing breezes in the afternoons. The twenty-three Hawaii athletes adjusted well to the changing weather conditions, and proudly walked away with a total of three gold, five silver, and ten bronze medals.

Senior level athletes Kaihe Chong, Kalei Kahookele, and Dolan Brothers, Pat and Ryan, combined to take the gold medal in the one-thousand meter in K4 (Four man Kayak). In the junior division, Rachel Kincaid and Kaimi Yoza placed second in the K2 (Two man Kayak). In the juvenile division, Nicole Fong and Kaimi Yoza placed third in the K2. Kawika Kaleleiki, Justin Nichols, Kainalu Obayashi, and Micah McGivern took third place, in both the juvenile and junior divisions.

In the five-hundred meters, Ryan and Pat Dolan placed second in the



K2, while Ryan won the K1 (One man Kayak). Rachel Kincaid and Kaimi Yoza combined with Tatjana Perrin and Anna Dunham to place third in the junior K4.

In the two-hundred meters, Ryan Dolan won the K1, with Kalei Kahookele taking second place honors. They combined to take second place in the K2. Kaimi Yoza was also awarded second place in the K1 juvenile division.

In the five-thousand meter, Ryan Dolan placed second, with Kaihe Chong taking fourth place. In the junior division, Rachel Kincaid was

awarded third place honors. In the juvenile division, Kawika Kaleleiki and Kainalu Obayashi placed third in the K2. Nicole Fong was awarded third place in the K1.

The athletes returned on Sunday to resume school, and to start practice for the Interscholastic League of Honolulu (ILH) surfski season. The first ILH race will be held on September 8th at the Ala Wai, where all of the HCKT athletes will compete for their respective schools.



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From the photographic collection of Robyn Singh

Haumea Creations is a collection of photos from the islands of Hawaii. Each image imbued with healing intention and vibrational energy. The "HA" or breath of life was consciously breathed into every shot during the process. It was "inspired", literally through the breath and surrendering to the stillness.

The easiest way for me to reconnect and to center myself, was to go into nature or to the ocean. The images in my book are the tangible gifts I collected along the way. It is my hope and joy that these photos inspire and remind you of the life force that is YOU, that bigger breath, and that we consciously breathe it, so we can enjoy the beauty and connectedness expressed in nature, especially here in Hawaii, every single day....



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Waterman Archie Kalepa -Hawai‘Waterman Hall of Fame



Archie Kalepa, Maui waterman, lifeguard, ocean sports innovator, and surfer, was inducted to the Hawai‘i Waterman Hall of Fame in Honolulu, Hawai‘i.

The Hawai‘i Waterman Hall of Fame was founded in 2010, creating a lasting tribute to honor the Hawaiian Islands’ watermen and waterwomen in Hawai‘i.



Archie & wife Alicia, celebrate their latest award with their two keiki. Photo Ha‘a Keaulana Archie Kalepa Jan 2007 Makai

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Waimea Bay to Haleiwa Alii Beach Park 08/11/12

Stock SUP 13' & Under (Male)

| | | | | |
|-----------|----------------------------|-------------------------|-----------------------|---------------------|
| | 20-Under | 21-35 | 36-49 | 50-Older |
| 1st Place | Dalbert Rivera Jr. (53:21) | Kane Pai (51:52) | Beau Oliveira (48:55) | Dennis Pang (49:26) |
| 2nd Place | No Entry | Wayne Agsalda (1:00:52) | Brian Kimura (51:28) | Ben Caban (50:19) |

Stock SUP 13' & Under (Female)

| | | | | |
|-----------|----------------------------|-------------------------|-----------------------|------------------------|
| | 20-Under | 21-35 | 36-49 | 50-Older |
| 1st Place | Seachelle Rivera (1:11:11) | Naomi Wada (1:15:49) | Peg Tatum (59:57) | Susan Kanour (1:14:57) |
| 2nd Place | No Entry | Darah Floerke (1:20:10) | Tanys Cabra (1:02:30) | Mary Chun (1:16:37) |

Ohana Division (Spouse/Spouse)

| | | | |
|-----------|-----------------------|------------------------|------------------------------|
| 1st Place | Nate Burgoyne (50:24) | Heidi Burgoyne (55:05) | Combined Total Time: 1:45:29 |
| 2nd Place | Kris Oros (56:31) | Kori Oros (1:11:42) | Combined Total Time: 2:08:13 |

Ohana Division (Parent/Son-Daughter)

| | | | |
|-----------|------------------------|----------------------------|------------------------------|
| 1st Place | Dalbert Rivera (48:44) | Seachelle Rivera (1:11:11) | Combined Total Time: 1:59:55 |
| 2nd Place | No Entry | | |

Unlimited SUP-over 13' or any w/ Rudder (Male)

1st Place Kione Dahlin (44:17)
2nd Place Alika Tom (44:47)
3rd Place Jimmy Fitt (45:16)

*Ocean Triathlon Team Pursuit Course: Partner 2 (P2) leaves SUP board on sand at Rockpiles then waits at Ehukai Beach...Partner 1 (P1) starts race at Sunset Beach & SUPs to Ehukai...at Ehukai, P2 jumps on P1's SUP board and shadows P1 as he beach-runs to Rockpiles...at Rockpiles, both partners shadow each other & SUPs to Waimea Bay...at Waimea, team responsible for swimming one length from Kahuku to Haleiwa end of the Bay and beach-run one length back to Kahuku end...final leg both partners go solo or shadow SUP to Haleiwa Alii Beach Park. The overall score is tabulated by adding both partners times.

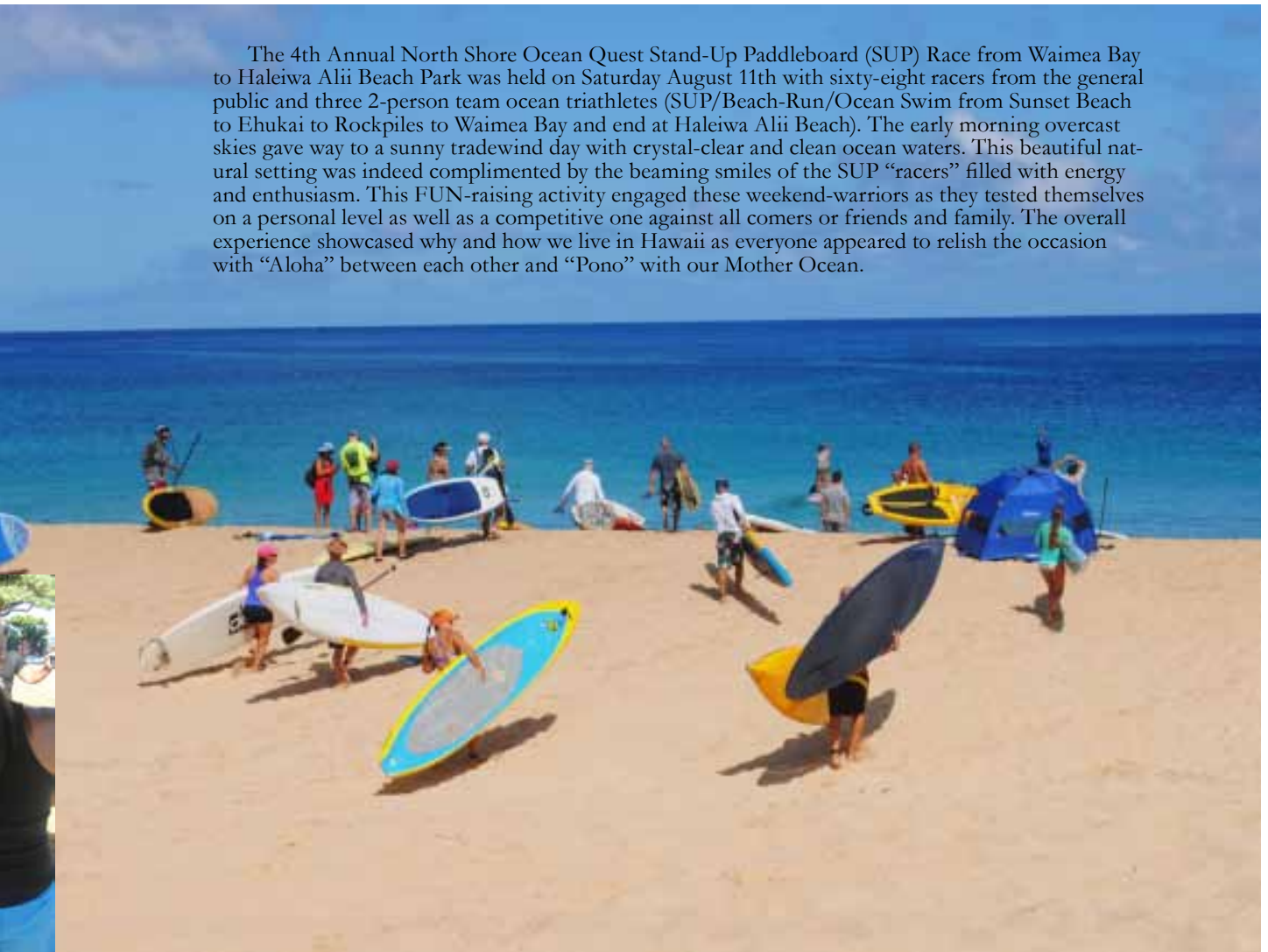
Unlimited SUP-over 13' or any w/ Rudder (Female)

1st Place Kim Celebre (51:00)
2nd Place Carmen Van Kralingen (54:15)
3rd Place No Entry

*Ocean Triathlon "Team-Pursuit"

| | | | |
|--|-----------------------------------|-----------------------------------|----------------------|
| | Partner 1 (starts @ Sunset Beach) | Partner 2 (Starts @ Ehukai Beach) | |
| 1st Place (Team Haleiwa Surf Center) | Chris Cortes (1:30:00) | Ridge Souza (1:25:00) | Total Time: 2:55:00 |
| 2nd Place (Team Honolulu Police Dept.) | Johnny Agoo (1:47:00) | Stewart Ferriman (1:46:00) | Total Time: 3:33:00 |
| 3rd Place (Team Ocean Safety) | Samuel Fisher III (1:58:00) | Zachary Hambaro (1:46:00) | Total Time : 3:44:00 |
| Ironman (No Partner) | Kerry Terukina | Total Time : 1:46:00 | |

The 4th Annual North Shore Ocean Quest Stand-Up Paddleboard (SUP) Race from Waimea Bay to Haleiwa Alii Beach Park was held on Saturday August 11th with sixty-eight racers from the general public and three 2-person team ocean triathletes (SUP/Beach-Run/Ocean Swim from Sunset Beach to Ehukai to Rockpiles to Waimea Bay and end at Haleiwa Alii Beach). The early morning overcast skies gave way to a sunny tradewind day with crystal-clear and clean ocean waters. This beautiful natural setting was indeed complimented by the beaming smiles of the SUP "racers" filled with energy and enthusiasm. This FUN-raising activity engaged these weekend-warriors as they tested themselves on a personal level as well as a competitive one against all comers or friends and family. The overall experience showcased why and how we live in Hawaii as everyone appeared to relish the occasion with "Aloha" between each other and "Pono" with our Mother Ocean.



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DOCTORS SAY HE

HAS 6 MONTHS TO

SEE IF HE CAN

WALK AGAIN.



THIS IS HIS JOURNEY



2012-13 Race Schedule

2012-2013 STEINLAGER Winter Series

| Date | Event | Course | Eligible Vessels | Registration |
|--------------|-------------------------------|--|--------------------------------|---|
| Oct 27, 2012 | PA'A Halloween Race | One Course: Hawaii Kai to Kaimana | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Hawaii Kai Boat Ramp |
| Nov 17, 2012 | Thanksgiving Food Drive Race: | One Course Hawaii Kai to Kaimana | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Hawaii Kai Boat Ramp |
| Dec 1, 2012 | PA'A Toys for Tots Race | One Course: Hawaii Kai to Kaimana | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Hawaii Kai Boat Ramp |
| Jan 5, 2013 | Holiday Burnoff Race | Long: Makapu'u to Hawaii Kai Short: Hawaii Kai Triangle | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Hawaii Kai Shack |
| Jan 27, 2013 | Pinky's Race | Long: Makapu'u to Pinky's Short: Pinkys - Flat Is. - Pinkys | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Pinkys Restaurant Kailua |
| Feb 16, 2013 | Pdl2Day & Luv2morrow | Long:Hawaii Kai to Magic Is. | OC1, V1, OC2, SS1, SUP, Pdlbrd | 7:30 - 9:00am Hawaii Kai Boat Ramp |

2013 Steinlager Spring Premier Events

| Date | Event | Course | Eligible Vessels | Registration |
|------------------|--|--|---|--|
| March 2, 3, 2013 | COA NUI CHAMPIONSHIP RACE | Long: Stage 1 Hawaii Kai Marina Time Trial Stage 2 Makapu'u to Hawaii Kai Stage 3 Makapu'u to Waikiki | OC1, V1, OC2, SS1, SUP, Pdlbrd | Online Registration: www.paahawaii.com |
| | | Short: Stage 1 Hawai Kai Marina Time Trial Stage 2 Hawaii Kai Triangle Stage 3 Hawaii Kai to Waikiki | OC1, V1, OC2, SS1, SUP, Pdlbrd (V1, SUP, and Pdlbrd -- Stage 3 only) | |
| April 21, 2013 | STEINLAGER KAIWI CHANNEL SOLO OC1 WORLD CHAMPIONSHIP | Molokai to Hawaii Kai, Oahu | OC1, OC2 | Online Registration: www.paahawaii.com |
| May 5, 2013 | KAIWI CHANNEL OC1 RELAY MOLOKAI TO OAHU | Molokai to Magic Island, Oahu | OC1, OC2 | Online Registration: www.paahawaii.com |
| May 18, 2013 | PA'A 'EONO HOE | Molokai to Hawaii Kai, Oahu | OC6, V6 | Online Registration: www.paahawaii.com |





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*Program run 8/1/12 through 9/30/12. Offers subject to credit approval - not all applicants will qualify. Restrictions apply. 0% APR offer good for 36 months on the 2012 Forester and Outback (maximum to finance: \$35,000), 0.9% APR offer good for 48 months on the 2012 Forester and Outback (maximum to finance: \$35,000), 1.9% APR offer good for 60 months on the 2012 Forester and Outback (maximum to finance: \$35,000) in stock, financed and delivered between 8/1/12 - 9/30/12. Not combinable with any other dealer rebates. See dealer for additional details.