

aloha ladies,

There have been some Questions floating around that I want to address re:paddling gear

Q:What paddle to get?

A:I suggest that you try out the different paddles, try the club paddles they are not the best but they will give you an idea...Then once you have paddled a Lil ask a teammate

that is roughly the same height if you can give theirs a try...We all have a lot to say about why we like or dislike a certain style, type, and make, of paddle...and trust me it is worth asking as many questions from as many paddlers as you can so that you can make an informed decision about your equipment...

Q: Do we have to all have the same paddle?

A: The goal is that ideally you would like your crew to be using the same type of paddle

(i.e. Kia Kaha, which a few members race with, we also have some members using a a double bend, palm grip, wooden blade, Gillespie...or a variation of the two by different makers...so you see to get us all to use the same blade will be a Lil challenging...Again make an informed choice when it comes to what you want to paddle with...

Q:What are the advantages of one type of paddle over the other?

A:You will hear so many things about why one type of blade is better than another...I say research, get on line, do some asking, and try out the different types and makes...

Q:What type of gear do I need? i.e. gloves, pants, paddling shirts...

A: gloves if you prefer not to use wax,(not ideal when doing water changes, can cause slippage) paddling pants/shorts anything that will keep you protected from butt rash/chaffing...water shoes, five fingers, tabbies, keep you from slippage on the bottom of the boat, and are good when you are getting in/out over the reef or rocks...it's about preference Paddling Shirts/tanks are a lil more over sized as compared to rash guards usually again it is about protection and comfort..tee shirts are fine for practice, but not recommended for races...Lastly HYDRATION PACKS also needed for distance races and longer practices

i tend to like them most of the time...there are two types Backpack /Butt pack...water bottles are fine for practice but i do not recommend them for distance races/training...

Q:Where do I get my Equipment?

A:Most your gear can be found here on Island ask your fellow paddlers where they pick up their gear from...(Work it out, kapaa. Da life, Koloa. Kamaina surf and sport, kalapaki. and Paddle hanalei,hanalei.) Paddles are a lil different, you may find a paddle you want in a few shops here but a lot of the time you will have to have order directly, either by the maker or the distributor of that paddle...

I hope this helps if you have anymore Questions let me know i am sure someone out there will have an answer...

see ya on the water,  
coach m