

Men's Long Distance (Moloka'i Hoe) Practice Schedule: May - August

May 22 – Set up tent & boats for first regatta  
May 23 – Kamehameha regatta @ Ke`ehi Lagoon

May 29 - LD practice  
May 30 – Hale`iwa regatta  
May 31 – Memorial Day – no practice

Jun 5 – LD practice  
Jun 6 – Windward Kai regatta @ Kailua Beach

June 12 – Set up at Ke`ehi Lagoon for Lokahi Regatta  
June 13 - Lokahi regatta @ Ke`ehi Lagoon

June 19 – LD practice with escort boat  
Jun 20 – North Shore regatta @ Hale`iwa Beach

Jun 26 – LD practice  
Jun 27 – Koa Kai regatta @ Ke`ehi Lagoon

July 3 - open  
July 4 – no regatta  
July 5 – Monday Holiday, no practice

July 10 - LD practice  
July 11 – Ka Mo`i regatta @ Ma`ili Beach

July 17 – Practice HK to Lokahi with racing boats, canvass and escort boats.  
July 18 - Waikiki regatta

July 24 - Hui Wa`a Champs  
July 25 - OHCRA Champs

July 31 – LD Practice  
Aug 1 – open

Aug 6 – Friday - Set up tent and rig Ka`io  
Aug 7 – States @ Ke`ehi Lagoon  
Aug 8 – open

Aug 14 – Men rig at Kailua/Women practice  
Aug 15 – Duke Race (Men)

Aug 21 – Women rig at Kailua/Men practice  
Aug 22 – Dad Center Race (Women)

Aug 28 – LD practice  
Aug 29 – open

## **Long Distance Practices**

The purpose of long distance practices is to get you ready for long distance racing. Practice like you are racing.

What to expect:

- Long distance practices will be from 2.5 hours to 4 hours of paddling, not counting stops.
- We will generally set a time that we will be back to the site, so that you will know ahead of time.
- Practice will consist mainly of 10, 20 and 30 minute runs with changes in between.

Before Practice:

- Hydrate the night before.
- Put on sunscreen before practice
- Wear clothes that you are likely to race in so you get used to them.
- Be on time – most practices we put the boats in the water @ 6:45 a.m.

What to bring:

- Water or sports drink in a bottle or camelback
- A way to secure your drinking system to the canoe so that bottles are not all over the bottom of the canoe
- Food to eat such as gels, shot blocks, energy bar – something with packaging that will protect the food if it gets wet.

During Practice:

- All runs on a long distance practice are at race pace with a racing start unless you are told something different right before that run.
- If there is a huli, bring the boats together and help.
- When we stop the men should bring their boats together to make changes.
- Make changes first, then hydrate - When you are told to move boats, gather your stuff and move. You can eat and drink once you move.
- You will be swimming from canoe to canoe. Generally, we do not bring the boats together in the open ocean.
- Check the current before you jump in so you don't get swept away from the boats.

After Practice:

- Take care of the equipment first, then:
  - Eat
  - Hydrate
  - Rest