



## NA WAHINE O KE KAI - 2011

### RACE EXPERIENCE AND TRAINING FOR FIRST TIME PARTICIPANTS ONLY

Please answer the following questions to help Na Wahine O Ke Kai determine your crews' level of experience, training and safety awareness in preparation for this event. This form must be submitted by the deadline noted below.

1. Is this the first crossing for your entire crew? If not, how many have done the race before?
2. If your entire crew has not raced in a Na Wahine race, what are you doing to prepare for it? Please name an experienced paddler who is known to race officials and who will vouch for your crews' experience and safety awareness.
3. What other experience in long distance open ocean racing does your crew have? (Catalina, E La Hoe, Dad Center, other races longer than 24 miles in open ocean)
4. Has your steerswoman done a Na Wahine Race: If so, how many?
5. Describe your training over the last 12 months that qualifies your crew to race.

Other comments:

Submit by 9/15/2011 – FAX to Shelly Gilman 808-263-1153 or e-mail to [huaka1@hawaiiantel.net](mailto:huaka1@hawaiiantel.net)