

MARY OSBORNE SURF CLINICS
Sunday, Sept 14 (the day after Surf Fest)



Besides emceeding Surf Fest, Mary will be leading surf clinics on Sunday Sept 14, the next day. Sign up early!

A Ventura resident and originally a bodyboarder, Mary has been surfing for over 7 years and has spent the last 5 teaching surfing and competed avidly. She began teaching at the renowned Paskowitz Surf Camp, now based in San Diego.

Mary is a pro longboarder sponsored by Guy Takayama Surf Designs, Freestyle Watches, and others. She has won several pro women's contests and made it into the Men's PSTA quarterfinals one year. She was the longboard winner on MTV's recent show "Surf Girls," earning a trip on the famed Quicksilver "The Crossing" surf tour. Keep an eye out for Mary during the 2004 Longboard Magazine Pro Women's Tour.

Mary's brother and co-instructor, David Osborne, has been surfing for over 19 years and has competed in the NSSA circuit. David teaches privately in Ventura.

[] BEGINNER LEARN-TO-SURF-CLINIC with Mary Osborne. Women & Girls Only

9:00am – 12:00pm, Sunday Sept 14. \$85.00
Location: Pacifica State Beach

- Register Early! Slots limited to 8
- Cost: \$85.00 pp, includes wetsuit & board rental
- Also includes goody bag and light breakfast.
- Learn basic surf skills, ocean awareness & etiquette
- Taught by Mary Osborne and brother David Osborne.

[] SURF STYLE CLINIC + VIDEOTAPE ANALYSIS + BBQ with Mary Osborne

For Intermediate & Advanced Surfers. Women & Girls Only

3:00pm – 6:00pm, Sunday Sept 14. \$105.00
Location: Santa Cruz, Eastside

- Cost: \$105.00 pp. Bring your own surfboard & wetsuit
- Register Early! Slots limited to 8
- 2 hours water session to work on your longboard style & skills, e.g. cutbacks, cross-stepping, and other advanced maneuvers
- Includes goody bag and BBQ to follow clinic.
- Videotape analysis to be conducted during BBQ.
- Taught by Mary Osborne and brother David Osborne.

REGISTER

Please check off the clinic above that you are signing up for.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Home Tel: _____

Cell Phone: _____

Email: _____

Beginner Clinic Students: Your Height _____ Weight _____

PAYMENT: Register By 9/8/03! Signups at Surf Fest based on availability. Make check payable to **WILDCARD GROUP EVENTS**. Mail your check with this form to Wildcard Group, 371 Prentiss St, San Francisco CA 94110. We will email directions & final info.

WIN SURFBOARDS + GEAR

Win surfboards from great shapers below and gear from many of our sponsors! Get your tickets at Surf Fest or the shops listed below.



hermosa beach, ca

Performance 9'0 Noserider
Shaper: Jon Wegener
Deck: White with purple border
Bottom: Purple
Fin setup: 2+1



san pedro, ca

Collector's 5'11 Shortboard owned by Pauline Menczer, ASP world champ.
Shaper: Vic Otten
Deck: Green & Yellow Fade with Pauline's line of stomp pads.
Other: Swallowtail, single concave design, Red X Fin System. Used several times in contests.



santa cruz, ca

Performance 9'2 Longboard
Shaper: Johnny Rice
Deck: Green floral Hawaiian fabric nose
Bottom: Glitter highlights w/color



san francisco, ca

7'10 Funboard Shape



hermosa beach, ca

Custom Shortboard Fish
Shaper: Jon Wegener

BUY TICKETS EARLY & PREVIEW BOARDS!

Visit these shops to preview some of the raffle boards and buy your raffle tickets in advance:

- **Wise Surfboards**
 800 Great Hwy, San Francisco, CA
 Tel: 415-750-9473 www.wisesurfboards.com
- **Aqua Surf Shop**
 2830 Sloat Blvd (at 47th Ave) San Francisco, CA.
 Tel: 415-242-9283 www.aquasurfshop.com

RAFFLE GUIDELINES

If your ticket is pulled for a product raffled during the NorCal Women's Surf Fest, you will have until the end of day (4:30pm) to claim your prize. Unclaimed prizes will go back in the pile and your ticket goes back in the hopper. **For surfboards only, you do not have to be present to win.** Surfboard winners will be selected during the Awards banquet.

EVENT SPONSORS include

A BIG THANKS FOR THE SUPPORT FROM OUR FRIENDS:

- | | |
|------------------------------|---------------------------|
| Big Stick Surf Association | NorCal Surf Shop |
| Blu Emursion | Pacific Domes |
| City of Pacifica Parks & Rec | Pedro Point Surf Club |
| David Pu'u Photography | Purple Skunk Skate Shop |
| Downward Dog Yoga | Santa Cruz Surf Shop |
| Elizabeth Pepin | SF Surf Shop |
| girlsAdventureOut | Sonlight Surf Shop |
| Glissade Snowboards | Surfrider Foundation |
| LIVE 105 | Women's Intl Longboarding |

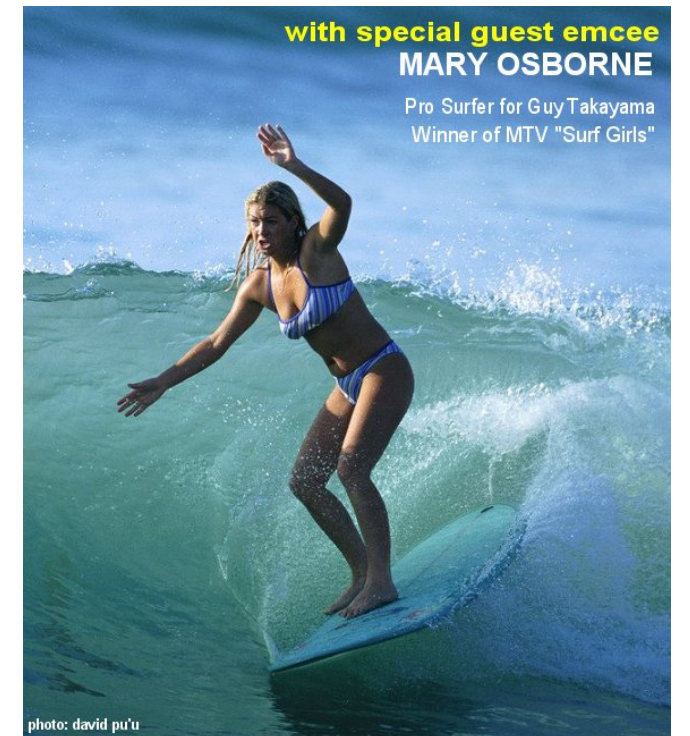
SURF FEST IS HOSTED BY:



The NorCal Women's Surf Club is a volunteer-run organization dedicated to celebrating women's. Founded in September 2001, the club supports a community of 170+ women who include shortboarders and longboarders, from experts to beginners.

Our goal is to responsibly support the local growing interest in surfing among women. We regularly produce events, from local surf days & surf camping road trips to ding repair instruction, contest skill clinics and more. **MEN** are welcome to join many of our events. Visit us at www.ncwsc.com for more information.

the first annual
NORCAL WOMEN'S SURF FEST
 sat sept 13 at linda mar beach pacifica, ca



LONGBOARD & SHORTBOARD CONTESTS
 Women's NOVICE, age group, and open bodyboard divisions

MENEHUNE BOYS & GIRLS CONTEST

SF STYLE SESSION for MEN & WOMEN

Bay-To-Breakers Meets Surf Contest!
 Costumes required. Men must compete in female costumes!

SURF CLINICS + SURFER'S YOGA + MASSAGES

AWARDS DINNER PARTY

Custom wood trophies, fresh leis, and more

WIN SURFBOARDS & SURF GEAR

Hosted By:



in conjunction with City of Pacifica Parks, Beaches & Recreation

event proceeds benefit 3 local chapters of



VISIT WWW.NCWSC.COM FOR INFO & EVENT UPDATES

SURF FEST SCHEDULE

Saturday, September 13, 2003

(subject to change; see www.ncwsc.com for final schedule)

6:45 am	Surf Contestants' Check-in
7:15 am	Surf Contestants' Briefing & Water Etiquette
7:30 am	Surf Contest Heats Begin (runs all day)
8:00 am	Surfer's Yoga w/ Dana Pifer (30 mins) \$5.00
9:00 am	Surf Clinics w/Ryan Holmes & Heather Hyde * Learn to Surf (2 hrs) - \$35, incl. wetsuit+board rental * Intermediate Tune-Up (90 min) - \$25 w/ your gear Hourly Raffles & Silent Auctions Begin
2:30 pm	Surf Clinics w/Ryan Holmes & Heather Hyde * Learn to Surf (2 hrs) - \$35, incl. wetsuit+board rental * Intermediate Tune-Up (90 min) - \$25 w/ your gear
4:30 pm	Surf Heats End
4:45 pm	Beach Clean Up with Surfrider (30 mins) * Prizes for biggest trash bag(s) collected
6:00 pm	Awards Dinner Party & Surfboard Winners

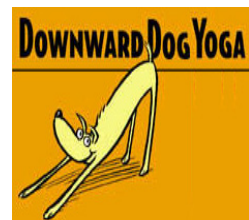
DIRECTIONS & PARKING

LINDA MAR BEACH is just 10-15 minutes south of San Francisco. From Hwy 280, take the HWY1 EXIT to Pacifica (go past the Pacifica/Hwy 35 exit). Continue 5 miles on Hwy 1 South. Go past the stoplight at Crespi Ave and turn right into the beach parking lot, just before Taco Bell. If you reach the light at Linda Mar Ave, you've gone too far. For map, see the NorCal Women's Surf Club site, www.ncwsc.com

ADDITIONAL PARKING – Exit the Linda Mar Beach Lot and turn right (north) on Hwy 1. Go past Taco Bell and at the Linda Mar Blvd intersection, turn right (west) on San Pedro Ave. Park in the mall parking lot near the NorCal Surf Shop and gym. NOTE: The lot at Pacifica Community Center at Crespi & Hwy One may be full for other ongoing events.

SURFER'S YOGA

- WHEN: 8:00am – 8:30am on the beach, Sat Sept 13
- COST: \$5.00 pp
- SIGN UP: See Entry Form or sign up on the beach.



DANA PIFER - Dana has been a student of yoga since 1994 and completed a teacher training program in 2000. Dana's teaching style is based on Iyengar yoga, a physical, mental and spiritual practice.

As a long-time surfer who has used yoga to work through her own injuries, Dana will offer a sample workout especially designed for surfers and their specific needs. Learn some easy routines to help you flexibly surf better and longer, plus sharpen your mental focus. For general info about her studio classes in Pacifica, call 650-355-YOGA or visit www.downwarddogyoga.com

SURF CONTEST RULES & REGULATIONS

These rules are based on the Coalition of Surfing Clubs' Contest Rules (www.surfclubs.org) and are intended to put the focus on a surfer's skill, control and style while riding a wave. The rules are also designed to encourage wave judgment.

1. **CHECK-IN** – All contestants must check-in a half-hour before their heat to sign two waivers.

2. **HEATS** are 15 minutes. Final heats are 20 minutes.

3. **Each heat will begin and end** with one horn blast and display of a green flag. A five-minute warning will be given with TWO horn blasts and display of a yellow flag. At the conclusion of the heat, competitors will immediately return to the beach as the next heat begins. If a competitor stands up before the beginning of the heat, he/she will receive a "0" score for his/her highest scoring wave in that heat. Exiting competitors must not stand up after the conclusion of their heat. Violation of this will result in a deduction of the lowest scoring wave of the competitor's heat total.

4. **In all water starts**, competitors may enter the water at the five-minute warning (two horn blasts and a yellow flag). Competitors waiting for their heat to start must stay clear of the heat in progress. Failure to do so will result in a paddling interference, with a loss of the lowest scoring wave in that competitor's wave total.

5. **EQUIPMENT** – Longboards are at least 9'0 or at least 3 ft over contestant's head for menehunes. Shortboards are 2 ft or less over contestant's head. No paddling gloves are permitted. Cords are optional. Contestants assume responsibility for not using a leash.

6. **WAVE COUNT** – Maximum wave count and number of scoring waves will be set based on contest surf conditions. Contestants will be advised of the maximum total of waves they may catch prior to the commencement of the heat. Upon reaching the maximum wave totals, competitors will exit the water. Wave count is YOUR responsibility.

7. INTERFERENCE & WAVE POSSESSION

a) **The first rider up, closest to the curl, has wave possession.** In the event that two riders stand up at the same time, the rider closest to the curl has possession. (a standard point break rule).

b) **In the event that two riders stand up on an unbroken wave, the first competitor up has possession.** (a standard reef and beach break rule). The other rider may take off in the opposite direction. To have possession of a wave, the rider must be on his/her feet in front of or in the curl after the first turn. Any action which impedes a contestant riding or taking off on a wave by dropping in, taking off, or paddling in front of the rider in possession will result in a SURFING INTERFERENCE and the infringer will lose his/her highest scoring wave in that heat. In cases where a rider is in front of another unknowingly or so appears to judges and if the rider exits with no impedance, no interference shall be called. (No harm, no foul).

8. **SNAKE RULE** – Paddling in front, around, or behind a competitor to impede and take wave possession is known as snaking. This interference results in a loss of the highest scoring wave in the competitor's heat.

9. **JUDGING** will be on a 10-point system with half points. Competitors will be judged on style, wave selection, length of ride and controlled functional maneuvers. Shuffling, hopping back and forth and flapping on the surfboard will be considered poor style and will not be scored as high as walking or stylish radical maneuvers.

10. **PROTESTS** must be filed in writing and placed in a protest box or tin within 30 minutes of the conclusion of the heat in question. You must speak with a contest director or the head judge (Kris Schuman) only.

11. **SPORTSMANSHIP** – All contestants must demonstrate good sportsmanship. Any contestant who argues with a judge's decision, uses profanity, fights, is overly aggressive to the point where judges think that it is not in the best interest of the conflict, that individual will be disqualified.

12. **MENEHUNE DIVISION WITH PARENT** – A parent is permitted to push the young contestant into the waves.

13. **NOVICE ELIGIBILITY** – Novice surfers must be able to catch a wave, stand up and ride the wave for some distance. Novices may be able to turn a bit and typically falls off during or at the end of the wave. If you can do multiple cutbacks, walk the nose, or do drop-knee turns, you are NOT a novice. If the judges deem that you do not belong in the Novice Division, you will not receive a score.

14. **SF STYLE SESSION** – Where Bay-To-Breakers Meets Surf Contest! Costumes required for men & women. Show us your creative style! **Men must surf in a skirt, dress or female costume. Prizes for best costumes & surfing prowess/style!**

15. **QUESTIONS** – Email Fest@wildcardgroup.com

Have Fun, Smile...and Get Surf- Stoked!

SURF CLINICS

Beginner Learn-To-Surf & Intermediate Tune-Up Clinics

- Learn or improve your surf skills, ocean awareness and etiquette!
- **Pre-registration highly recommended** (see entry form)
- Space limited to 5 per instructor.

CLINIC START TIMES: 9:00am and 2:30pm

- Learn to Surf (2 hrs) - \$35, incl. wetsuit+board rental
- Intermediate Tune-Up (90 min) - \$25 w/ your own gear
- Please arrive 20 minutes prior for check-in



RYAN HOLMES – A Santa Cruz resident, Ryan is a top NorCal surf instructor. He has taught surfing for 4 years and has trained & worked with Ed Guzman of Club Ed Surf School and with former pro surfer Terry Simms' Simba Surfaris. Ryan enjoys surfing all over the world, from Samoa and Fiji to Mexico. He also taught windsurfing for 3 years. He is a

certified First Responder trained in CPR. SurfwithRyan@yahoo.com



HEATHER HYDE – Heather has been teaching surfing for over 4 years. As an avid competitive shortboarder & longboarder, she has won contests from San Clemente to Crescent City and points in between. Heather's Sonoma County home break is Salmon Creek. She has traveled extensively to Costa Rica, Australia, and Mexico. She also runs 5-day surf camps in Bodega and is a Cold Water Surf Club member. Reach her at Bodega Bay Surf Shack: (707) 875-3944

SPORTS MASSAGE

- Offered ALL DAY. \$15 for 15 minutes; \$30 for 30 minutes
- SIGN UP: At the Massage Tent at Surf Fest, Sat Sept 13



SERENA FENNEL & TEAM - Based in Santa Cruz, Serena has been doing massage since 1992. She was originally trained in Swedish Deep Tissue, in the style of neuromuscular re-programming and polarity. Serena has worked at many triathlons, including the WildFlower and Treasure Island Triathlons, and does corporate massage for clients like Odwalla, Atari, and more. Serena grew up in Santa Cruz and has been around surf culture all her life. She includes many surfers in her clientele and we recommend her highly. For Santa Cruz appointments: 831-462-6098.

SURF FEST ENTRY FORM

SPACE LIMITED. ENTER BY MONDAY, SEPT 8, 2003

(all fields required)

Sex: (circle one) Male / Female Age on 9/13/03: _____

Shirt size: (circle one) Youth or Adult XS -S -M -L -XL - XXL

Last Name: _____

First Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Tel: _____

Cell Phone: _____

Email: _____

Yrs Surfing: _____

Home Break: _____

Favorite Boards: (list shapers/sizes) _____

PAYMENT: Enter By 9/8/03! Make check payable to **WILDCARD GROUP EVENTS**. Mail check with this form + the signed release (see back) to Wildcard Group, 371 Prentiss St, San Francisco CA 94110.

SURF CONTEST FEES:

Includes goody bag & 1 awards dinner ticket
Trophies, leis & more for top finishers!

\$40.00 for first division / \$20.00 for menehunes division
\$10.00 for each additional contest division entered

SURF CONTEST DIVISIONS & OTHER EVENTS

(enter amount)

_____ MENEHUNE Boys & Girls (14 & under) **W/ PARENT**

_____ MENEHUNE Girls Surf (age 14 & under)

_____ MENEHUNE Boys Surf (age 14 & under)

_____ Jr. Wahine Shortboard (women age 15-24)

_____ Wahine Shortboard (women age 25-34)

_____ Lady Kupuna Shortboard (women age 35+)

_____ **NOVICE** Wahine Malihini Longboard (women all ages)

_____ Jr. Wahine Longboard (women age 15-24)

_____ Wahine Longboard (women age 25-34)

_____ Lady Kupuna Longboard (women age 35+)

SF STYLE SESSION for MEN & WOMEN (contest)

Where Bay-To-Breakers meets Surf Contest! Costumes required.
Men must surf in skirts, dresses or female costume. Prizes for best costume & surf prowess!

_____ **WOMEN'S BODYBOARD** Contest Division (all ages)

_____ **LATE FEE** for Contest Entries submitted after Sept 8 - \$10

_____ **Extra Awards Dinner Ticket** (non-contestants) - \$12 pp

_____ **SURFER'S YOGA** - \$5.00 (8:00am-8:30am)

_____ **LEARN-TO-SURF** - \$35, incl wetsuit+board rental. 2 hrs.

Height _____ Wt _____ Circle: 9am / 2:30pm start

_____ **INTERMEDIATE TUNE-UP Clinic** (90 mins) - \$25

Bring your own gear. Circle: 9am / 2:30pm start

_____ **TOTAL AMOUNT ENCLOSED**