



2009 CALIFORNIA BODYSURFING CHAMPIONSHIPS

Saturday, September 26, 2009

7:30 a.m. Check-in Site: Depends on Surf Conditions. We'll call you the night before.

2 p.m. Check-in for Tandem & Pure

Contest Information: 831-479-1332

www.santacruzbodysurfing.org

.....Detach. Mail lower part. Save upper part.....

Name _____ Phone _____ Age _____

E-Mail _____ Cell Phone _____ T-Shirt Size _____

Address _____ City _____ Zip _____

DIVISIONS (Ages 16+)

____ Yes! Sign me up! Enclosed is my \$40 Donation. Includes t-shirt, All Bodysurfing Contest Divisions (Age/Tandem/Pure), BBQ and Pancake Breakfast.

____ Yes! ____ person(s) will be attending the post-contest BBQ.

We can bring _____ to share at the BBQ.

____ Yes! I will be participating in the Sunday Expression Session and Breakfast.

____ Bummer! I can't make the contest. Here's \$5.00 to keep me on the mailing list.

CHECKS PAYABLE TO:

Tish Denevan

MAIL TO:

**2808 Lakeview Drive.
Santa Cruz, CA 95062**

RELEASE: I certify that I have trained for this event by stuffing ice cubes down my wetsuit and swimming ____ miles per week in the hot tub and/or rolling naked in the snow. In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages which may hereafter accrue to me against the Santa Cruz Bodysurfing Association, its officials and agents, of any and all liability or responsibility arising from any injury (frostbite, etc.) received or incurred by participating in the bodysurfing contest. My release is also given for the reproduction of any photographs taken of me or including me in media coverage. I certify that I will never sue the SCBSA or the contest sponsors for any reason, and that if I even mention the word "lawsuit" while on the beach or in the waves, anyone, anytime can drop in on me, rip my fins off and hold me under water for two or more minutes.

Signature _____ Date _____

(Must be signed by Parent if under 18 years of age)

Friday, September 25

PRE-CONTEST PARTY

7 pm Aloha Island Grille Walk from Sunny Cove. 17th Ave and Portola Drive

Saturday, September 26

CONTEST DAY

7:30 am. Contest check-in. First heat in the water at 8:00 am. Last heat usually ends at noon.

12-2 pm Lunch on your own. Check out below for best places to eat.

2 pm Tandem & Pure. Sign up with Contest Director.

5 pm Award Ceremony

6 pm Post contest BBQ. BYOB (no glass) and a dish to share if you can.

Sunday, OCTOBER 27.

EXPRESSION SESSION

9 am Expression session and breakfast treats at the wild and scenic Lagunas Beach.

JOIN US FOR ALL OR SOME OF THE FUN EVENTS PLANNED FOR THE WEEKEND OF
September 25-27th.

HOTEL GUIDE

LOCAL FAVORITE: **Ocean Echo** www.oceanecho.com

NEW MOTEL: Close to Sunny Cove **Bella Notte** www.bellanotteinn.com

BEST VIEW: **Dream Inn** www.jdvhotels.com/dream

BEST ON WEST SIDE: **Mission Inn** www.mission-inn.com

BEST FOR VISITING THE BOARDWALK: **Carousel Motel** www.santacruzmotels.com

FOOD GUIDE

BEST CHEAP MEXICAN FOOD: **Taqueria Vallarta** 893 41st Avenue, Santa Cruz

BEST PIZZA: **Pleasure Pizza** 4000 Portola Drive at 41st Ave, Capitola

BEST BREAKFAST: **Harbor Cafe** 535 7th Ave., Santa Cruz

BEST MARGARITAS AND NACHOS: **Café Palomar** 2222 East Cliff Drive at the Harbor, Santa Cruz

BEST SALAD/HEALTHY FAST FOOD: **Hank's at the Hook** 800 41st Ave, Capitola

BEST ITALIAN: **Star Bene** 1245 East Cliff Drive, Santa Cruz

BEST DONUTS: **Ferrell's** opens early for coffee and donuts: 2227 Mission Street, Santa Cruz