



Monthly News

October 2010, Issue 22

Surf, SUP & Fitness

"It's who we are & what we do"



Photo: Gavin Fregona

- **Christmas Surfboard Sale \$399 and up!**
- **Pre-order SUPs for Spring: 10% off**
- **Surf Ontario Gear**
- **Quick News Links: Surf & Fitness videos and articles**
- **Product Recommendation: Boot Dryer**

Christmas Surfboard Sale from \$399! *Order before November 9th*



NSP Fun and Longboard

6'8 NSP Surf Betty Funboard	\$419
6'8 NSP Funboard Blue	\$419
6'8 NSP Funboard Yellow	\$419
7'2 NSP Funboard Blue	\$419
7'2 NSP Funboard Yellow	\$419
7'10 NSP Funboard Blue	\$435
8'2 NSP Mini Longboard	\$449
8'2 NSP Mini Longboard	\$449
9'2 NSP Longboard	\$499
6'0 7S - Aussie Fish Clear + Decals	\$399
6'0 7S - Aussie Fish Lime Deck Fade	\$399
6'3 7S - Aussie Fish Clear + Decals	\$399
6'3 7S - Aussie Fish Blue Deck Fade	\$399
6'3 7S - Aussie Fish Lime Deck Fade	\$399
6'7 7S - Aussie Fish Clear + Decals	\$399
6'7 7S - Aussie Fish Blue Deck Fade	\$399
6'7 7S - Aussie Fish Lime Deck Fade	\$399
6'11 7S - Aussie Fish Clear + Decals	\$399

Webber Surfboards

6'6 Webber - SLX Shortboard Clear with Decals	\$399
6'0 Webber - SLX Mini Fish	\$399
6'3 Webber - SLX Mini Fish	\$399

Aloha

6'0 Aloha AF1-Pro	\$419
6'1 Aloha AF1-Pro	\$419
6'2 Aloha AF1-Pro	\$419
6'3 Aloha AF1-Pro	\$419
6'4 Aloha AF1-Pro	\$419
6'2 Aloha AF2 - High Volume Shortboard	\$419
6'4 Aloha AF2 - High Volume Shortboard	\$419
6'6 Aloha AF2- High Volume Shortboard	\$419
6'8 Aloha AF2 - High Volume Shortboard	\$419

Walden - Magic Model Centre Panel

8'0 Walden - Magic Model Olive Fade w/ Pinlines	\$599
8'0 Walden - Magic Model Blue Fade w/ Pinlines	\$599
9'2 Walden - Magic Model Olive Fade w/ Pinlines	\$599
9'2 Walden - Magic Model Blue Fade w/ Pinlines	\$599
9'6 Walden - Magic Model Olive Fade w/ Pinlines	\$599
9'6 Walden - Magic Model Blue Fade w/ Pinlines	\$599

Walden Surfboards - X2

Epoxy

8'0 Walden - Magic Model	\$599
8'0 Walden - Wahine - epoxy	\$499

Blue - Funboards - Epoxy

6'7 Blue Epoxy Funboard	\$399
7'7 Blue Epoxy Funboard	\$399

Pictured here is the Walden Wahine 8'0. A great gift!

10% off orders placed before April 1st 2011!
NSP, Walden, McTavish and 7S



NSP from \$1134



McTavish from \$1259



Walden from \$1349



7S from \$ 1223



www.surfontario.ca/online-store-index-sup.htm



Surf & Fitness News

- Is Kelly Slater the best athlete of all-time?
www.grindtv.com/surf/blog/20591/could+kelly+slater+be+the+best+athlete+ever+no+seriously/
- Why it's impossible to turn your back on the ocean.
<http://www.surfermag.com/features/onlineexclusives/opinion-never-quit-surfing/>
- Getting more exercise results in less time with the 80/20 principle.
www.functionfirst.com/wp/2010/09/09/getting-more-exercise-results-in-less-time-with-the-8020-principle/
- Four barriers to exercise; what are yours?
<http://www.functionfirst.com/wp/2010/07/21/49/>
- Honolua Bay Maui – Watch two guys sharing a barrel!
<http://vimeo.com/10457089>
- Smart Box gift idea – Choose from more than 160 adventure activities across Canada.
<http://www.smartbox.com/ca/?menu=activity&id=79958>

Product Recommendation – You'll never have wet booties again!



www.homehardware.ca/Products/index/show/product/13836911/name/dryer_boot_heated_dig_cntrl__mat

Surf Ontario Gear: Hoodies, Beanies, Long and Short Sleeve Tees. Order online or pick them up at the beach!



<http://www.surfontario.ca/clothing.htm>

**"We do not stop exercising because we grow old - we grow old because we stop exercising."
Dr. Kenneth Cooper, Cooper Institute.**

<http://www.exrx.net/Psychology/Quotes.html>

