

2011-2012

GOOD TIMES

GT

# ACTIVE

THE GUIDE TO HEALTH, FITNESS AND THE GREAT OUTDOORS

SURFS  
& TURFS

IT'S  
HEALING



## LEAPS OF FAITH

Bike, climb, jump, believe

## COVER CONTEST

This could be you.  
See details on page 5.

## ZENTRIFICATION

Cool alternatives to good health



## ACU- PUNX

Getting to the point

»GOODTIMESSANTACRUZ.COM

CHANGE YOUR BODY,  
CHANGE YOUR LIFE!

# New Student Special

10 days of unlimited yoga for  
**\$20**

## CLASS SCHEDULE

Monday	6am	8am	10am		4pm	6pm	
Tuesday		8am	10am	12 pm	4pm	6pm	
Wednesday	6am	8am	10am		4pm	6pm	8pm
Thursday		8am	10am	12 pm	4pm	6pm	
Friday	6am	8am	10am		4pm	6pm	
Saturday		8am	10am	12pm	4pm		
Sunday		8am	10am	12pm	4pm		

Come check out our world class facility. Huge yoga room with Eco friendly antibacterial flooring. Locker rooms with 7 private showers, 4 private restrooms, and the most unique top of the line heat system in the county!

Stop in and shop our lululemon boutique!

lululemon  athletica

bikram yoga

APTOS

Aptos Village Square  7960 Soquel Drive  831-661-5030

[www.bikramyogaaptos.com](http://www.bikramyogaaptos.com)

# One Year Free Membership

**Without membership fees or monthly dues.  
Membership good for Fridays, Saturdays and Sundays.**



## SANTA CRUZ

**Membership good for 1 year. Offer Expires 5/31/11 -  
\$29 processing fee gets you started.  
All members pay a yearly maintenance fee of \$49 in June.**

**GOLDS GYM SANTA CRUZ  
620 Water Street, Santa Cruz  
(831) 425-4653**

# Physical Therapy • Private Pilates Reformer/Apparatus Classes



**476-3100 • [www.TheraPilates.com](http://www.TheraPilates.com)**

**920-A 41st Avenue • Santa Cruz, CA**

Find us online at



## GREAT OUTDOORS

6



*Publisher*  
Ron Slack

*Editor*  
Greg Archer

*Contributors*  
Jenna Brogan  
Dana Burd  
Jessi Hamel  
Christina Kharbertyan  
Tara Fatemi Walker  
Karen Kefauver  
Linda Koffman  
Elizabeth Limbach  
Christa Martin

*Art Director*  
Joshua Becker

*Designers*  
Jennifer Poli  
Ian Webb  
Carly Gunther

*Photographers*  
Charles Mixson  
Keana Parker  
Kelly Vaillancourt

*Proofreader*  
Josie Cowden

*Advertising Director*  
Stephanie Lutz x204

*Account Executives*  
Lori Heath x218  
Kate Kaufman x208  
Jeff Walker x211

*Classified Account Executives*  
Kelli Edwards x217  
Lia Barrad x219

*Business Manager*  
Robbia Rohac x209  
*Accounts Receivable*  
Alix Crimbchin x202  
*Circulation Manager*  
Pamela Pollard x 203

GT Active is a publication of *Good Times*  
mail 1205 Pacific Ave., Suite 301  
Santa Cruz, CA 95060  
tel [831] 458-1100  
fax [831] 458-1295  
letters [letters@gtweekly.com](mailto:letters@gtweekly.com)  
sales [sales@gtweekly.com](mailto:sales@gtweekly.com)  
Copyright © 2011

**GOOD TIMES**

## FITNESS

22



## HEALTH

42



## INTRO

Welcome to the premier issue of GT Active, your guide to health, fitness and the great outdoors. Certainly, when you think of Santa Cruz County, there is a great deal to experience in each of those areas. We're known for good health, sure, but we're better known for how progressive we are in the health field. Fitness? No shortage here. Fitness, in fact, ties in quite nicely to all that we have available to us outdoors. So, our goal in this first issue was to spotlight as many amazing things as we could—inside and out. Dive in. Embrace good health. Enjoy the experience.

**Greg Archer**  
Editor

### 'NOT JUST A PHOTO' CONTEST:

Not just for honor and glory, but for grinds, too. What happens: 1) You take a photo of some outdoor sport, activity, event, landmark—or something Santa Cruz-ish. 2) You download it to a computer. 3) You email us that photo. If your photograph is selected above all others it will grace the cover of our next GT Active or Visitor Guide. Nice, huh? But wait—that's not all! If your image is chosen you'll also get a gift card to a local eatery. Sweet. Get shooting.

Email photos to [photo@gtweekly.com](mailto:photo@gtweekly.com).



# SURF RULES

"Surfing, alone among sports, generates laughter at its very suggestion, and this is because it turns not a skill into an art, but an inexplicable and useless urge into a vital way of life."

—Matt Warshaw, "Maverick's: The Story of Big-Wave Surfing"



# WAVES

THE SURF, THE VIEW, THE BEAUTY. THE MONTEREY BAY NATIONAL MARINE SANCTUARY IS A PLACE WE CALL HOME.

Out of all of the fun and unique places to play in Santa Cruz County, the Monterey Bay National Marine Sanctuary (MBNMS) may be the most brag-worthy. The federally-protected sanctuary spans 276 miles of California's coast, from Marin to Cambria, with its nucleus—the area richest with ocean life and activity—sitting right off of Santa Cruz County's shores. As a protected site, the Bay's 26 species of marine mammals (sea otters ranking cutest among them), 93 species of seabirds, 345 species of fish, and four species of turtles can live and thrive, while their human neighbors can share their pristine habitat for the sake of research and enjoy-

ment. Kayaking, boating, tide pools, whale watching, diving—we have it all here in Santa Cruz, not to mention the soon-to-be-completed Marine Sanctuary Exploration Center, which will bring locals and tourists alike even closer to the Bay we love. But the trademark activity for the Monterey Bay? Surfing, of course. Santa Cruz is famous for its surf spots and breaks, which include Indicators, Manresa, the Hook and many others. Steamer Lane is the most popular spot, but beginners beware: localism is big here, and waves can reach triple overhead when the swell is up. Surfing's more than just a hobby here—it's a way of life.

**Elizabeth Limbach**



EPIC!

## GONE SURFIN'

Surfing is a sacred bond between person and ocean, and one of the lower maintenance sports. But there's still some gear that you can't go without when facing the cold waters of the Monterey Bay. At the top of the no-brainer list is a full wetsuit, followed by booties and a hood if you want to go the distance. A working leash and some good wax are also musts. If you're braving the more advanced breaks or going out on a particularly big day, perhaps a helmet would be in your best interest. And, lastly, don't forget to check the surf report before you head out at [surfingsantacruz.com](http://surfingsantacruz.com).

Head out on one of these easy rides on your road bike or ... mountain bike to take the challenge up a few notches. For details on routes, including turn-by-turn directions, estimated mileage and bike lane info, visit Google's biking map directions: [maps.google.com](http://maps.google.com).

### Ride 1: Santa Cruz Beach Boardwalk to Natural Bridges State Park

Park near the Boardwalk and cruise along the beachfront, beyond the Dream Inn, to the path on West Cliff Drive. Continue on the path to Natural Bridges State Beach. At one time, the largest rock stacks formed a bridge, which has since collapsed—that's the origin of the park's name. Keep an eye out for playful otters, seals and migrating whales. Beyond the park gatehouse, follow the paved road up a short hill to a parking lot next to the visitor center. At the center, you can learn about the thousands of monarch butterflies that flock to the peaceful eucalyptus grove from mid-October through the end of February.

### Ride 2: East Cliff Drive to Pleasure Point

Meet at the Santa Cruz Yacht Harbor. Take a look around the 9.2-acre Moran Lake Park before you set off on your bike. The park has beach access, picnic tables, and fishing (permit required). Walk the bike across East Cliff Drive and check out a lovely stretch of beach that is popular with sunbathers, body surfers and skim boarders. Then head east, riding up a slight hill. Within a few minutes, East Cliff Drive will turn into a one-way street with a paved, multi-use path hugging ocean cliffs.

You're headed to Pleasure Point, a great people-watching



## RIDE ON TIME: THREE RIDES FOR THE CRUZAN CYCLIST

spot and also prime turf for skateboarders, runners, baby strollers and of course, surfers. A true place of leisure, the area was long ago home to a number of speakeasies and houses of ill repute, spawned by the rum-running trade, according to the Monterey Bay National Marine Sanctuary's visitor website. Today, Pleasure Point is a classic beach neighborhood.

### Ride 3: Seacliff State Beach to Rio Del Mar

Beyond the park's gatehouse, take in the panoramic coastal view, then make sure your bicycle brakes are working well before you descend a quick steep hill that leads from the upper parking lot down to sea level. Turn right and venture onto a flat, paved

road that parallels the water. (The path directly next to the water is primarily for pedestrians.) Wave hello to the RV campers who have come from around the country to stay here.

When the road dead-ends at a gated residential community, turn around and ride toward the Cement Ship, the Palo Alto. Built as a wartime tanker, the ship was never used for WWI because its construction was not finished in time. If you have a bike lock and don't mind cold water, take a dip. Continue riding, parallel to the lovely stretch of sand and bluffs up to a covered picnic facility. Stop and have a picnic or grab a bit to eat in Rio Del Mar.

**Karen Kefauver**

## BASE COAT ACTION: THE GAME PLAN



## WAX ON

### Matunas Surf Wax

Since your surfer pal should also be interested in protecting the environment in which he/she

spends so much time, this is a perfect gift. Wrapped in recycled paper that's labeled with soy ink, it's the only non-toxic, biodegradable, petroleum-free surf wax. To put it plainly, Matunas

eschews synthetic chemicals so that your favorite surfer can wax on and wax off without guilt.

**\$2. Arrow Surf Shop, 2324 Mission St., Santa Cruz. 423-8286, [arrowsurfshop.com](http://arrowsurfshop.com).**



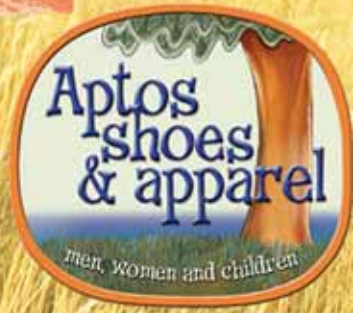
# Where will Your Keen Shoes take you?



Huge selection  
of Keen Shoes  
for the entire  
family!



**Aptos Shoes & Apparel**  
Located in Rancho Del Mar Shopping Center  
At the State Park Dr. Exit  
Hours: Mon-Sat 10-6, Sun 11-5  
**831-688-8007**





## CRAZY FEET

Perfect for walking on water—and walking across moss-laden rocks or exposed reef—booties are a Santa Cruz surfer's best friend. Available in both 3.5mm and 5mm thickness, and boasting XDS-air insulated neoprene, ultraflex firewall, external fluid-seam welding, and inner taped seams, these bad boys will keep your feet from turning the color of the ocean. Try on a pair at any one of three O'Neill Surf Shops around town. **Price starts at \$69.95.** O'Neill Surf Shop, 1115 41st Ave., Capitola. 475-4151.

-Linda Koffman

# OUTDOOR/GUIDE

## Beaches

### Castle Beach

The castle may have fallen over but this hasn't affected Castle Beach's great sandy stretch.

[East Cliff Drive at Seabright Ave.](#)

### Capitola Beach

Close proximity to the Capitola Wharf with a slew of other great restaurants and bars around. [The Esplanade, Capitola Village.](#)

### Davenport Beach

An easily accessible beach that is popular with the wind-surfing set. Nice place to plop down and chill. [Davenport Landing, Davenport.](#)

### Its Beach

Just below the Mark Abbott Lighthouse and iconic to Cruzans. One of the best beaches around. [West Cliff Drive, Santa Cruz.](#)

### Moran Lake

Clean, great views, and easy access. A secluded spot if not a great local treasure. [East Cliff Drive, Live Oak.](#)

### Manresa State Beach and Sunset State Beach

The waters have a notorious reputation for rip currents, but lifeguards are on duty during the summer months. There is also tent camping just up the road. [La Selva Beach and Watsonville.](#)

### Natural Bridges State Park

A Santa Cruz treasure with fascinating tide pools and the monarch butterflies hanging from the eucalyptus trees. [2531 West Cliff Drive, Santa Cruz.](#)

### New Brighton State Beach

A great campground nestled in coast cypress and pines make this a beach-camper's paradise. [1500 Park Ave., Capitola.](#)

## North Coast Beaches

### Panther Beach

Known for its beautiful rock formations and

shiny, clean sand. A memorable adventure. [Hwy 1, south of Davenport.](#)

### Pigeon Point Lighthouse Hostel

Twenty-five miles north of Santa Cruz, you can relax in a cliff-top hot tub. Great panoramic view of the ocean and the tallest lighthouses in the United States. [210 Pigeon Point Road, Pescadero, 650-879-0633.](#)

### Pleasure Point Beach

A nice little protected beach that makes for a sunny spot after the morning fog has burned off. [East Cliff Drive, Live Oak East Cliff Drive and Pleasure Point Drive, Santa Cruz.](#)



**COVEwater**  
paddle surf  santa cruz

Santa Cruz's  
Stand Up Paddle  
Headquarters

Get Out and Paddle...

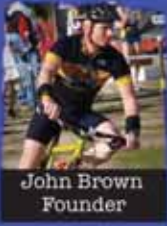


**COVEwater**  726 Water St, Santa Cruz  831.600.7230  Covewater.com

914 41st Ave  
Santa Cruz, CA 95062

★ **LARGEST BIKE SHOP IN SANTA CRUZ** ★

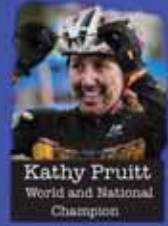
(831)475-3883  
familycycling.com



John Brown  
Founder

# SANTA CRUZ FAMILY CYCLING CENTER

25 Years of Excellence



Kathy Pruitt  
World and National  
Champion

**"A BICYCLE SHOP FOR EVERYONE"**  
FROM NOVICE TO PRO LEVEL

SPECIALIZED ★ *SWATCH* ★ SCHWINN ★ OAKLEY ★ *GIANT* ★ *FOX* ★ *SE* ★ *ibis* ★ *FAST*



**EST. 1986**  
Celebrating our 25th year!



**We have the largest variety of bikes,  
parts and accessories**

- ◆ Hybrid Bikes
- ◆ Mountain Bikes
- ◆ Road Bikes
- ◆ Cruisers
- ◆ Kids Bikes
- ◆ BMX



**Honest and Friendly**  
Sales \* Service \* Repairs

- Parking lot behind shop:  
From 41st turn East onto Bain  
Parking lot is your first right

- 1.5 Miles from Highway 1



**WE RENT BIKES!**

JOHN BANDHAUER



## VERY VOLLEY

With 16 courts on the sand, **Santa Cruz Main Beach** gives everybody room to play a game of beach volleyball. When the weather is nice, spend the day at the beach, serving up a storm. [cityofsantacruz.com](http://cityofsantacruz.com)

## OUTDOOR/GUIDE

### Privates

Privates isn't a public beach. Clothing optional enthusiasts and long-boarders enjoy its charms. [East Cliff Drive, Capitola.](#)

### Rio Del Mar Beach

The surf is milder than Manresa but this doesn't preclude the nasty riptides that have towed numerous unsuspecting swimmers into the deep. [Rio Del Mar Blvd., Aptos.](#)

### Santa Cruz Main Beach

Boasting volleyball players and sunbathers and some rolling surf, Main Beach rests right by the Boardwalk. [Beach Street, Santa Cruz.](#)

### Seacliff State Beach

It may be well known for its cement ship but the locale stands out for its striking views. [State Park Drive, Aptos.](#)

### Twin Lakes State Beach

Caters to families, kite flyers, picnickers and the like, and is said to be one of the county's warmest beaches. [East Cliff Drive at 7th Ave., Santa Cruz.](#)

### Waddell State Beach

Great beachcombing, tide-pooling beach, though it tends to get too windy for lying in the sun. [Highway 1, north of Davenport.](#)

## Beach Volleyball

### Santa Cruz Main Beach

With 16 courts on the sand, everybody has room to play a game of beach volleyball. When the weather is nice, spend the day at the beach, serving

up a storm. [cityofsantacruz.com](http://cityofsantacruz.com)

### Santa Cruz Harbor Beach

The Santa Cruz Harbor beach has four courts with nearby cafes when players need a break. [475-6161](tel:475-6161), [santacruzharbor.org/activities](http://santacruzharbor.org/activities).

## Boating

### Capitola Boat & Bait

Be the captain of your boat when you rent a 16-foot skiff and 8 HP motor. [1400 Capitola Wharf Road, Capitola, 462-2208.](tel:462-2208)

### Chardonnay Sailing Charters

This magnificent charter offers luxury at a great price. Wine tasting, private charters, whale watching, more. [704 Suite A, Soquel Ave., Santa Cruz, 423-1213](tel:704-1213) or [chardonnay.com](http://chardonnay.com).

### Lighthall Yacht Charters

Up to six passengers can enjoy a voyage on one of the 34-to-47-foot yachts for an affordable price. Yachts may be booked for private charters, lessons, corporate events or spreading the remains of a loved one at sea. [Santa Cruz Yacht Harbor, lighthallcharters.com, 429-1970.](http://SantaCruzYachtCharter.com)

### O'Neill Yacht Center

Offering sailing lessons, rentals and charters on their giant catamaran, O'Neill is tops when it comes to experiencing the Bay firsthand. [2222 East Cliff Drive, Santa Cruz, 476-5202.](tel:476-5202)

### Pacific Yachting Sailing School & Charter Boating

Pacific Yachting incorporates team building and

## HYDRATION BEFORE ACTIVITIES INCREASES LONGEVITY



## FLUIDS

Spruce up your water with slices of lemons, limes, and cucumbers. They will add an extra zing and help motivate you to drink.

## STRETCHING

Do it in the car as you drive to the gym. At stoplights stretch your arms, and extend the leg that's not on the brake.

## CARBS

Sweet potatoes are the new go-to carb these days. Chockfull of vitamins and energy, keep these stocked in your pantry.

## PROTEIN

Try Seitan as a new protein source, a meat substitute made from wheat gluten.



## Adventure Out

LEADING IN OUTDOOR ADVENTURE

California's Leader in Outdoor Adventure!

Locally owned in Santa Cruz for over 7 years, learn from the pros, go with the name you trust:

- Surf Lessons
- Rock Climbing
- Backpacking
- Mountain Biking
- Wilderness Survival

[www.AdventureOut.com](http://www.AdventureOut.com)



SURF | SURVIVAL | ROCK CLIMBING | BACK PACKING | MOUNTAIN BIKING



# FREE LIFETIME

BICYCLES TUNE-UPS  
WITH THE PURCHASE OF ANY BIKE.

- TREK BICYCLES
- GARY FISHER
- BLACK MARKET
- MIRRACO BIKES
- TRANSITION BIKES
- OPEN EVERY DAY

**PLUS**  
**10% OFF**  
**ACCESSORIES**  
**FOR ONE YEAR**

LOCATED AT THE ENTRANCE OF NISENE MARKS IN APTOS



**EPICENTER CYCLING**

662-8100

8035 SOQUEL DR. SUITE 23 APTOS

EPICENTERCYCLING.COM



## SAIL ITEMS

It's the perfect date night—steal away from the chaos of life with your loved one, dress up, and board Santa Cruz's own renowned **Chardonnay Cruises** for a classy trip through our bay. You can't beat it. There are a variety of different cruise options, some with meals included. For around \$52 try out the "Taste of Santa Cruz" cruise with delicious samplings from a local restaurant. On "Sushi Sunday," yep, you know what's in store—sake and sushi. Take a whale watching expedition, check out the fireworks when that time of year rolls around ... the options are bountiful, as will be your views. Visit [chardonnay.com](http://chardonnay.com) for more information, or call 423-1213. | **Christa Martin**

## OUTDOOR/GUIDE

more. Eighteen sailboats are on hand and the company will charter sailing beauties from 22 to 43 feet. [790 Mariner Park Way, Santa Cruz, 423-7245](http://790MarinerParkWay.com) or [pacificsail.com](http://pacificsail.com).

**Santa Cruz Sportfishing, Inc.**  
Fifty feet of pure fishing pleasure greets you onboard the Makaira. Offering some of the best in deep-sea fishing and whale watching. [426-4690](http://426-4690.com), [santacruzsportfishing.com](http://santacruzsportfishing.com).

**Santa Cruz Boat Rentals**  
Some of the best variety is found here. Featuring 24 wooden skiffs, 17 feet long with six HP motors. [15 Santa Cruz Municipal Wharf, 423-1739](http://15SantaCruzMunicipalWharf.com) or [santacruzboatrentals.net](http://santacruzboatrentals.net).

**MTM Sport Fishing**  
Fishing and whale watching outfit with years of experience plying the Monterey Bay. [2210 East Cliff Drive, Santa Cruz, 476-2648](http://2210EastCliffDrive.com), [shamrockcharters.com](http://shamrockcharters.com).

**Stagnaro's Fishing Trips**  
One of the original Italian fishing families in Santa Cruz, Stagnaro's offers fishing trips, whale watching and cruises on the bay that will take your breath away. [32 Santa Cruz Municipal Wharf, 427-2334](http://32SantaCruzMunicipalWharf.com) or [stagnaros.com](http://stagnaros.com).

## Kayaking

**Adventure Sports Unlimited**  
Kayaking and much more. Certified dive masters and instructors teach SCUBA in a pool heated to tropical temperatures and lead dive trips. Kayak rental and instruction. [303 Potrero St., Santa Cruz, 458-3648](http://303PotreroSt.com), [asudoit.com](http://asudoit.com).

**Aqua Safaris SCUBA Center**  
Top-quality equipment, diving and safety instruction, tank gas fills, exotic dive travel adventures and Monterey Bay excursions. [6896 Soquel Ave., Santa Cruz, 479-4386](http://6896SoquelAve.com), [aquasafaris.com](http://aquasafaris.com).

**Kayak Connection**  
Kayaking tours of Elkhorn

Slough and Monterey Bay, local open coast paddling tours and local overnight sea kayaking trips. [413 Lake Ave., No. 4, Santa Cruz, 479-1121](http://413LakeAve.com), [kayak-connection.com](http://kayak-connection.com).

**Venture Quest Kayaking**  
Bring your kayak or rent one here and explore the Monterey Bay. Tours available. [2 Santa Cruz Municipal Wharf, 425-8445](http://2SantaCruzMunicipalWharf.com), [kayaksantacruz.com](http://kayaksantacruz.com).

## Kite Surfing

**Santa Cruz Kite Surfing**  
Students will learn about water safety and kiting methods during beginner and intermediate lessons. [601-0242](http://601-0242.com), [sckitesurfing.com](http://sckitesurfing.com).

## GO WITH THE FLOW: KAYAKING 101



## CLOTHES

Wear them. Preferably warm clothes. It gets cold out there on the water.

## FOCUS

Stay a good distance from sea life. Even though those otters are adorable, they can be vicious.

## PADDLE

Rent a kayak through a reputable institution and watch the requisite safety video.



## One week of FREE Spin Classes!

- State of the art spin bikes
- Classes morning, noon & night
- Santa Cruz's first cycle boutique

See Santa Cruz like never before on our Outdoor Guided rides!

Cyclist of all levels welcome!

1101 Pacific Ave., Suite G  
831-713-5475

Visit our website for class times & details  
[www.thebikedojo.com](http://www.thebikedojo.com)

(one per person & new members only)



## OUTDOOR/GUIDE

### Surf Schools /Rentals/Stores

#### Adventure Out

Check out the many surf clinics but take note of other standouts—mountain biking, backpacking and rock-climbing. [800-509-3954](tel:800-509-3954) or [adventureout.com](http://adventureout.com)

#### Club Ed Surf School and Rentals, Inc.

Great for locals and visitors. Located at Cowell Beach between the Wharf and the Dream Inn. [464-0177](tel:464-0177), or visit [club-ed.com](http://club-ed.com).

#### Cowell's Beach 'n' Bikini Surf Shop

Surf lessons, rentals and close to the best beginner break in the area. [30 Front St., Santa Cruz, 427-2355, cowellssurfshop.com](http://30FrontSt.com).

#### O'Neill Surf Shop

Jack O'Neill is well known locally, and internationally. His three local shops are the perfect spot to acquire all you need for your surfing experience. [1115 41st Ave., Santa Cruz; 110 Cooper St., Santa Cruz; 400 Beach St., Santa Cruz; 475-7500, oneill.com](http://111541stAve.com).

**Santa Cruz Surf School** Beginning surfers are trained in ocean safety and surfing etiquette. All equipment is provided. [322 Pacific Ave. 426-7072, santacruzsurfschool.com](http://322PacificAve.com).



### Paddle Boarding

#### Covewater Paddle Surf

Fully dedicated stand-up paddleboard (SUP) shop. Providing stand-up paddleboards, equipment, rentals and classes. [726 Water St., Santa Cruz, 600-7230, covewater.com](http://726WaterSt.com).

#### Kayak Connection

Paddle out to sea and learn strokes, braces, capsizing recovering, and other safety issues. [413 Lake Ave., 479-1121 kayakconnection.com](http://413LakeAve.com).

#### Stand-Up Paddle Board Co.

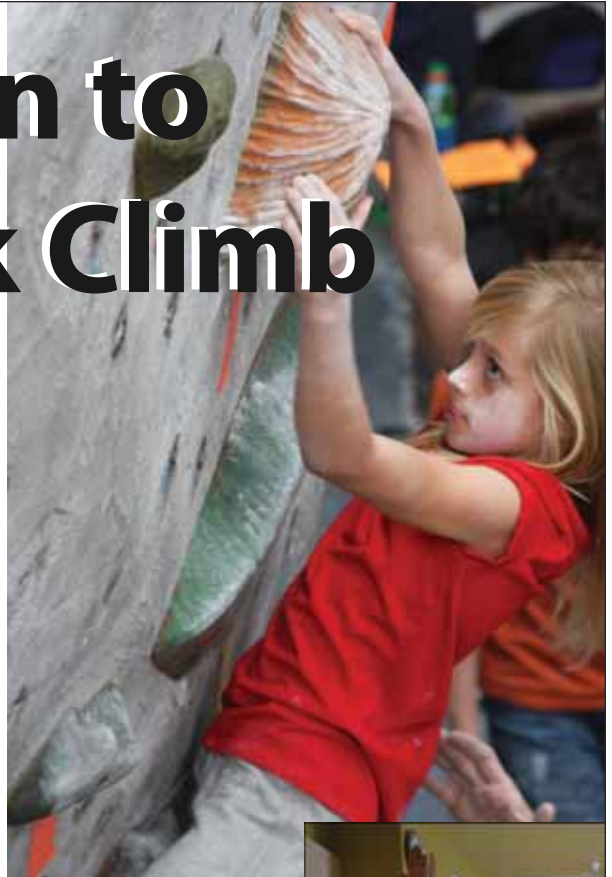
Stand-up paddle boarding is now the rave and one of the best forms of exercise around. Learn more here. [Santa Cruz Harbor, 818-7225 supclass.com](http://SantaCruzHarbor.com).

# Learn to Rock Climb



PACIFIC EDGE

INDOOR CLIMBING AT ITS FINEST



**Youth Program Ages 11-17  
Starts May 1st**  
**Summer Camps Ages 8-11  
Starts June 30th**  
**Adult Classes Offered  
Weekly**



**Indoor Climbing At Its Finest  
Yoga and Fitness**

**Call For Details**

**831.454.9254  
104 Bronson St., Ste. # 12  
Santa Cruz, CA 95062  
[www.pacifiedgeclimbinggym.com](http://www.pacifiedgeclimbinggym.com)**



## A HIT WITH SCHMIDT

If you want to surf with the best, then Richard Schmidt is your man. The local is at the helm of Richard Schmidt Surf School and he's world-famous for tackling some of the biggest waves ever ridden. [423-0928](tel:423-0928), [richardschmidt.com](http://richardschmidt.com).

## OUTDOOR/GUIDE

### Shoreline Surf Shop

Products here range from surfboards to T-shirts designed with surfing memorabilia. [125 Beach St.](http://125BeachSt.com) [471-7873](tel:471-7873) [shorelinesurf.com](http://shorelinesurf.com).

### Surf Spots South County

#### Capitola Jetty

When the swell is up, this spot deserves more than a passing look. Also, about a block and a reef away is the infamous Toe's Over.

#### The Hook

Named for the copious amounts of kelp in the lineup that "hooks" around skags and booties.

### Manresa/La Selva

Manresa is a mélange of peaks, valleys and sandbars. But a lot of the time the place is epic.

#### Privates

Longboard paradise. Clean right-facing lines peel off and make for a great ride.

#### Pleasure Point

Generally crowded with everyone from groms to experts, longboarders to ripping ultra thin-glassed rippers.

### Surf Spots Santa Cruz

#### Cowell's

Everyone's got to start somewhere, and this place is it. The bunny slope of surfing gets its fair share of beginners.

### Steamer Lane

One of the best classic breaks in the world, Steamer Lane more than lives up to its reputation.

#### Natural Bridges

The best tube rides available anywhere when the conditions are just right.

### Surf Spots North County

#### Three Mile

Primo reef break that is usually uncrowded (until now), especially during the weekdays.

#### Scott's Creek

Scott's dishes out about every challenge a surfer can handle when it gets pumping.



## TENNIS ANYONE?

### Chaminade Resort & Spa

One Chaminade Lane  
Santa Cruz, [chaminade.com](http://chaminade.com).

### Imperial Courts Tennis Club

2505 Cabrillo College Drive,  
Aptos, 476-1062, [imperial-courts.com](http://imperial-courts.com).

### La Madrona Swim & Racquet Club

1897 La Madrona Drive,  
Santa Cruz, 438-1072,  
[lamadronaclub.com](http://lamadronaclub.com).

### Seascape Sports Club, Swim & Tennis

1505 Seascape Blvd., Aptos,  
688-1993, [seascapesports-club.com](http://seascapesports-club.com).

### Tennis Club Rio Del Mar

369 Sandalwood Drive,  
Aptos, 688-1144, [riotennis.com](http://riotennis.com).



## SEYMOUR MARINE DISCOVERY CENTER

at Long Marine Lab, UC Santa Cruz  
End of Delaware Avenue, past Natural Bridges State Beach, ten minutes from the Boardwalk.

831.459.3800 • <http://seymourcenter.ucsc.edu>

Visit us: Tue.-Sat., 10am-5pm; Sun., 12-5pm  
Call for extended summer hours.



Exhibit hall  
Tours  
Touch tank  
Shark pool  
Aquarium





vibram® fivefingers®



**injinji**  
Performance Toesocks

*Enlighten the sole at...*

**SOCKSHOP**



**& SHOE COMPANY**

*Lets get  
outside  
together!*

Downtown Santa Cruz • 1515 Pacific Avenue • 831.429.6101

# OVER 250 NEW SURFBOARDS IN STOCK!

- Surfboard, Wetsuit & Bodyboard Rentals for the whole family
- Beachwear for Men, Women, Boys, Girls & Toddlers

Largest selection of  
O'NEILL Wetsuits  
in Northern California

Visit our other locations at the  
Santa Cruz Beach Boardwalk  
& Downtown Santa Cruz

O'Neill Surf Shop  
1115 41st Avenue  
Capitola  
831-475-4151



O'Neill Team Rider: Mark Mathews Photo: Andrew Chiz

# INCREDIBLE ADVENTURES

*Monterey Bay is Waiting for You*

"Come explore a new forest!"  
Scuba Certification course  
only \$199

Experience what it's like to glide weightlessly through this magnificent kelp forest that grows in your back yard!

Explore the nooks and crannies of the rocky sea floor while breathing underwater — it's unlike anything you've ever done!

Enroll today — get active in your back yard! It's fun, affordable, and unforgettable!

Call today to sign up and save \$50 on your rental package by referencing "Get Active" to receive discount.  
Valid until May 31st 2011

## AQUA SAFARIS SCUBA CENTER



Aqua Safaris Scuba Center  
6896 Soquel Ave./Frontage Rd  
Santa Cruz, CA 95062

479-4FUN (4386)

Open 7 days a week 10am-7pm  
www.aquasafaris.com



## GT / OUTDOORS



## UP HIGH

Got the urge to fall thousands of feet from a plane? Several local spots offer skydiving. **Santa Cruz Skydiving Adventures** (120 Aviation Way, Watsonville 435-5169 [santacruz-skydiving.com](http://santacruz-skydiving.com)) allows you to land on the beach after freefalling for 60 seconds and parachuting for five minutes. (Video and photo footage, too.) **Skydive Monterey Bay** (721 Neeson Rd, Suite 1, Marina 888-229-5867, [skydivemonterey-bay.com](http://skydivemonterey-bay.com)) lets skydivers have the pristine view of the Monterey Bay as they freefall towards the ground at 120 mph. Tandem diving available.

## OUTDOOR/GUIDE

### Waddell Creek

One of the world's premier wind and kite-surfing spots. Catch this right-breaking break early in the a.m.

plete training beforehand. 303 Potrero Street #15 458-3648 [asudoit.com](http://asudoit.com).

miles per gallon and a GPS. 131 Center St., Santa Cruz, 423-9666, [cruzcarz.com](http://cruzcarz.com).

### Ken Wormhoudt Skate Park

Open from 9am to sunset, you can find pro skaters here and amateurs. Wildly inventive. 225 San Lorenzo Blvd. at Riverside Ave. (in Mike Fox park), Santa Cruz.

### Scotts Valley Skate Park

Offers the most dynamic angles for seasoned skateboarders. But newbies shouldn't shy away. 361 King's Village Rd., Scotts Valley.

### Santa Cruz Bike Park

BMX riders unite. The park boasts a bowed 8-foot-high wall ride and 2- and 4-foot jumps. 35 Pacific Ave., Santa Cruz.

### Rock Climbing

#### Castle Rock State Park

Mountains, perched along Skyline Boulevard is a premiere bouldering destination and sport climb heaven in Santa Cruz.

#### Pacific Edge

Offers an impressive variety of indoor climb-

ing. Bouldering, face climbs from 5.2 to 5.13, a roof, weight room, even a crack climb. 104 Bronson St. #12, Santa Cruz, 454-9254, [pacificgeclimbingym.com](http://pacificgeclimbingym.com)

### Pinnacles National Monument

It gets two or three inches closer to Santa Cruz a year thanks to the San Andreas Fault slip-sliding north. Ninety minutes south of Santa Cruz, 389-4485.

### Yosemite

Perhaps the reason why climbers really live here is because of the granite of Yosemite—a mere four-hour drive from here. Another two hours over Tioga Pass and the East Side of the High Sierra.

### State Parks

#### Big Basin Redwoods State Park

California's oldest state park. All levels of hikers enjoy more than 80 miles of trails within 18,000 acres of old growth and second growth. The park is accessible via Highway 9 north of Santa Cruz, or by taking Highway 236. Call 800-444-PARK to make camping reservations. Call 800-874-TENT for tent cabins reservations.

## SCUBA

### Aqua Safaris

Underwater adventurers can journey through the oceans of Africa, Jamaica, Tahiti, and Australia on trips with Aqua Safaris. 6896 Soquel Ave 479-4386 [aquasafaris.com](http://aquasafaris.com).

### Adventure Sports

Unlimited Divers of all experience levels can explore Monterey Bay's reefs, fish and anemones with com-

## Cycling / Skating / Rentals

### Santa Cruz County Cycling Club

Pedal around the county with other two-wheel lovers. Members meet multiple times a week for rides around town. [santacruzcyling.org](http://santacruzcyling.org).

### CruzCarz

See Santa Cruz at your own pace in a two-seat miniature scooter coupe. You get about 75



## DOWN UNDER

**Adventure Sports Unlimited** Divers of all experience levels can explore Monterey Bay's reefs, fish and anemones with complete training beforehand. 303 Potrero St. #15 458-3648 [asudoit.com](http://asudoit.com).

# GET IN THE SWIM!

at the

# Simpkins Family Swim Center



For current programs & the pool schedule, visit [www.scparks.com](http://www.scparks.com)

# Santa Cruz

*Litter Free - the way it should be!*



# Watsonville's Family Fun Outing



## Pik-Yor-Self

### Strawberries

Begins May 1st

Call for other opening dates

### Olallieberries

### Boysenberries

### Apples

- Fresh Pressed Apple Juice
- Fresh Fruit Pies Baked or Frozen
  - Deli Sandwiches
  - Collectables
  - Gift Baskets
    - Jams
  - Fundraisers
  - Farm Park Area

**Daily 9-5**  
361 Days a Year!

**55 Peckham Rd.**  
Watsonville, CA 95076

**(831) 722-1056**

[www.gizdich-ranch.com](http://www.gizdich-ranch.com)

## GT / OUTDOORS



### GOT DISC?

Who doesn't love to throw the Frisbee around? Add in some competition, great exercise, friendly community and you get **Ultimate!** The game is played like soccer with two teams working the disc down the field to a goal area. Santa Cruz has a lively Ultimate community with everything from the uber-good UCSC Slugs to casual pick-up games open to anyone. Learn more at [usultimate.org](http://usultimate.org) or [slugultimate.com](http://slugultimate.com). Local pickup games can be found on Facebook page: **Santa Cruz Ultimate Frisbee.**



### THE SWING OF THINGS

And then ... there's DeLaveaga's golf course, which offers an 18- or 9-hole course and driving range plus cart rentals. The driving range has 40 stalls. From \$34 to \$60. **401 Upper Park Road, Santa Cruz, 831-423-7214, [delaveagagolf.com](http://delaveagagolf.com).**

## OUTDOOR/GUIDE

### Castle Rock State Park

Castle Rock offers 3,600 acres of coastal redwoods, Douglas fir and madrone forest. Steep canyons and unusual rock formations. **On Highway 35, two-and-a-half miles from Highway 9. Call 408-867-2952.**

### Forest of Nisene Marks State Park

Offers 10,000 acres of rugged semi-wilderness, rising from sea level to more than 2,600 feet. More than 30 miles of trails. **Accessible from Highway 1, 763-7062.**

### Henry Cowell Redwoods Fall Creek State Park

Once home to the Zayante Indians, Henry Cowell now accommodates 15 miles of hiking and equestrian trails winding through old-growth redwood forest. **Highway 9 in Felton, 438-2396.**

### Walking Trails

#### Neary Lagoon

A drainage area of approximately 850 acres empties into the lagoon to the ocean. Great wildlife.

#### West Cliff Drive

A two-mile coastal walk where you can watch the local surfers and sea otters during the day and view the lights of the Beach Boardwalk at night.

### Golf

#### Seascape Golf Course

You can have both 18- and 9-hole courses over 6,000 yards, situated between cypress tress. SGC also has an on-site Nike Golf learning center. **610 Clubhouse Drive, Aptos, 688-3213, [seascapegc.com](http://seascapegc.com).**

#### Pasatiempo Golf Course

A semi-private golf club, which makes certain tee times available to the public. From \$150-\$175 depending on the day. **20 Clubhouse Rd., Santa Cruz, 459-9155, [pasatiemp.com](http://pasatiemp.com).**

### Disc Golf

#### DeLaVeaga Disc-Golf Club

The 27-hole course at DeLaVeaga Disc-Golf Club is outfitted with "pole holes" and cement tee pads and is maintained by devout players of the game. **401 Upper Park Rd 423-7214, [delaveagadiscgolf.com](http://delaveagadiscgolf.com).**

#### Black Mouse Disc Golf Course

Shaded with redwoods and other native trees, the Black Mouse Disc Golf Course is composed of 18 holes. For a challenge, the holes are spaced unevenly throughout the course, offering short, midrange, and long-range practice for disc-golfers. **7179 Hacienda Way, Felton.**

### Ziplining

Try Zip Roaring Camp. It leads you to 12 tree towers with sky bridges and 11 zip lines. Or ... Mount Hermon Redwood Canopy Tours guides you on six 440-foot zip lines and 150-foot sky bridges. **[goziproaringcamp.com](http://goziproaringcamp.com), [mounthermon.org](http://mounthermon.org), 430-4357.**

### Rentals

#### O'Neill Surf Shop

You can nab surfboard, wet-suit rental, even brand-new gear. **400 Beach Street, Santa Cruz, 459-9230; 110 Cooper St # D, Santa Cruz, 469-4377; 1115 41st Avenue, Capitola, 475-4151, [oneill.com](http://oneill.com).**

#### Family Cycling Center

Offers high-end mountain and road demo-rentals, cruisers, hybrids, trailers, attach-a-bikes, child seats and more. **914 41st Ave, Santa Cruz, 475-3883.**

#### Freeline Surfshop

Surfboard rentals and more—everything from foam or soft-top boards, and fins, flippers, wetsuits and even stand-up paddle boards. All at reasonable prices. **821 41st Ave., Santa Cruz, 476-2950, [freelinesurf.com](http://freelinesurf.com).**

# OUTDOOR/GUIDE



## Adventure

### Zero Motorcycles

In the mood for some real fun and a memorable outdoor adventure—one you can create over and over again? This local giant of a retailer offers quite the array of cycles—from slick street riders to dirt and dual sport gems. Think of it as the next step in motorcycle evolution—it's that traditional motorcycle combined with today's advanced technology and the finished product results in a high performance electric motorcycle that is lightweight, efficient and fast off the line. 1 Victor Square, Scotts Valley, [zeromotorcycles.com](http://zeromotorcycles.com).

**HELM**  
OF SUN VALLEY  
SKI - SNOWBOARD - PATIO

# Beach Accessories

**FLOJOS** kick into fun... slip into style.

**Olukai**

**20% off any beach footwear with this ad**

- umbrellas
- beach chairs
- sandals
- sun hats
- loungers
- hammocks
- more...

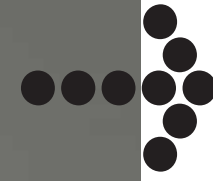
**1408 41st. Ave ~ 462-6800**



**BREATHE,  
BABY,  
BREATHE**

"Work like you don't need the money, love like your heart has never been broken, and dance like no one is watching."  
—Aurora Greenway

# FUNFIT



After 12 years of uniting traditional studio dance—specifically jazz, tap and ballet—with street and ethnic dance in the same location, Motion Pacific has settled into its new Front Street digs. Inside the two new 1,400 and 1,700 square foot studios with sprung ash floors, Motion Pacific offers dance classes for all ages and experience levels in all genres, including folk, street, traditional and contemporary.

With the help of Santa Cruz Dance, the new site will provide weekend workshops, master classes and weekend performances for local and visiting dancers, on a stage where all dancers can share the spotlight.

Founded in January 1998 by Greg Favor, Molly Heaster and Carmela Woll following the closure of All The Right Moves, the studio is known for providing a fun and educational foundation for dancers and fostering local

talent. Abra Allan took the helm a few years back and has since cultivated an impressive roster of classes.

Take note of Flex, an the high-energy, "rock-the-rafters tour de force" that calls Motion Pacific home. The nine members of the dance troupe are known to flip, leap, roll and toss one another into each others arms. Impressive.

There's more than dance at Motion Pacific, though, as is evident in this portal's deep commitment to local art and artists. Pop in on the First Friday Art Tour every month and you'll find the best of both art and dance here.

In the meantime, take a class—or two, or three. The list continues to be diverse. (The Afro-Carib Contemporary class caught our eye.) [Motion Pacific](http://MotionPacific.com), 131 Front St., Ste. E, Santa Cruz, 457-1616, [motionpacific.com](http://motionpacific.com).

**MOTION PACIFIC IN SANTA CRUZ USHERS IN A NEW ERA OF DANCE CULTURE. IT'S TIME TO LEAP BEHIND THE SCENES.**

FLEX DANCE COMPANY / PHOTO: STEVE DIBARTOLOMEO



KELLY VAILLANCOURT



KEANA PARKER

**Adventure Out**

A locally-run instructional outdoor guide service for surf clinics, mountain biking, backpacking and rock climbing. P.O. Box 7040, Santa Cruz, (800) 509-3954, [adventureout.com](http://adventureout.com).

**Club Ed Surf School**

An international surf school that offers lessons and surf camps. 2350 Paul Minnie Ave., Santa Cruz, 464-0177, [club-ed.com](http://club-ed.com).

**Tropical Adventures Scuba and Travel Center**

A one-stop scuba diving lessons and travel planning. 3921 Soquel Dr., Santa Cruz, 475-3483, [tropicaladventures-scubaandtravel.com](http://tropicaladventures-scubaandtravel.com).

**City of SC Parks and Recreation**

A great resource for Spring and Summer activities, including swim lessons, museums, camps, music and dance, outdoor sports, etc., 323 Church St., Santa Cruz, 420-5134.

**THE GOODS**

A short list of stellar sporting goods and more.

**Aptos Shoes and Apparel**

20 Rancho Del Mar, Aptos, 688-8007.

**Aqua Safaris Scuba**

Center 6896 Soquel Ave., Santa Cruz, 479-4386, [aquasafaris.com](http://aquasafaris.com).

**Fleet Feet Sports**

26 Rancho Del Mar, Aptos, 662-0886, [fleetfeetapto.com](http://fleetfeetapto.com).

**Helm of Sun Valley**

1408 41st Ave., Santa Cruz, 462-6800, [helmofsunvalley.com](http://helmofsunvalley.com).

**J&S Surplus**

1956 California 1, Moss Landing, 724-0588, [surplusinc.com](http://surplusinc.com).

**Sock Shop and Shoe Co.**

1515 Pacific Ave., Santa Cruz, 429-6101, [sockshopandshoeco.com](http://sockshopandshoeco.com).

**TOADAL TIME**

**INSIDE ONE OF THE AREAS TOP HEALTH CLUBS: TOADAL FITNESS**

The owners of Toadal Fitness are French and originally named the gym Frog Fitness because the English used to make fun of the French during World War II by calling them "frogs." Later, the popular local fitness portal changed its name to Toadal Fitness because there was another gym named Frog Fitness—and also because it was a great play on words. With the philosophy that daily exercise provides invaluable health benefits, Toadal Fitness offers locals an array of workout

equipment, from treadmills to weightlifting.

But what's most interesting to note is the diversity it also sports in many of its fitness classes, whether it be spin, aerobics, yoga, pilates, cross-training, zumba, various forms of dance or kick boe, among others. Personal trainers are also on hand and the clubs offer some terrific information about nutrition, too.

Other plusses include a Members Rewards program, where members earn points by participating in a number of club programs, referring a friend to enroll or

just using the facility a regular basis.

Of Toadal's awesome longevity over the years—it just nabbed a Best Health Club Award in a recent *GT* readers' poll "We continue to strive to the next level and beyond our member's expectations. Why? Because we love what we do," notes owners Christophe and Cecile Bellito. 113 Lincoln St, Santa Cruz, 423-3764; 1200 17th Ave. Suite 108, Santa Cruz, 464-3764; 6200 Soquel Dr, Aptos, 475-5979; 816 Bay Ave., Capitola, 475-1500, [toadalfitness.com](http://toadalfitness.com).

**MORE HEALTH CLUBS →→→**

**KIDS STUFF**

**GYMNASTICS**

**Gymnastics Learning Center** offers classes, camps, birthday parties and more. This gymnastics and trampoline center does it all. 2608 Chanticleer Ave., 713-5954.

**RANCH STYLE**

At **Gizdich Ranch**, kids can pick fruit from the tree or vine, take home jams, and eat seasonal pies at this family-friendly country ranch. 55 Peckham Rd., Watsonville, 722-1056.

**PUMPED**

Don't forget to wear socks when going to **Pump'd Inflatable Fun Center**, a fun, all-bounce play center. 555 Main St., Watsonville, 761-5321.



Cheryl Burke  
Two-time Champion  
Dancing with the Stars

Jazzercise helps me  
DANCE my way to a  
**BETTER BODY.**

When's the last time  
**YOU** danced?

**Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Real results. Pure fun.**

**SPECIAL OFFER!! FIRST MONTH FREE\***  
Classes located in Santa Cruz County:

- Santa Cruz
- Boulder Creek
- Watsonville
- Aptos
- Felton

**Visit [www.jazzercise.com](http://www.jazzercise.com) to find classes near you! Or call 800-FIT-IS-IT**

**jazzercise®**  
**[jazzercise.com](http://jazzercise.com) • (800)FIT-IS-IT**

\*Offer valid at participating locations for new customers or those who haven't attended in 6 months or longer. Joining fee and auto-payment registration required. Other restrictions may apply. Expires 12/31/11.





## AT THE CORE

More than just a rehab portal, **Santa Cruz Core Fitness** wins high marks for its diversity. There's more than just fitness classes here. Take note of chiropractic and physical therapy treatments, too. That, coupled with persona training, massage and acupuncture make this place stand out. [317 Potrero St. \(In the Sash Mill\), Santa Cruz, 425-9500, santacruzcore.com.](http://317PotreroSt.com)

# FITNESS/GUIDE

### Health Clubs

**CrossFit Santa Cruz**  
With an emphasis on good health, CrossFit Santa Cruz designs workouts that target strength, flexibility, and cardiovascular health. [2521 Mission St. Suite C, 421-2065, crossfitsantacruz.com.](http://2521MissionSt.com)

**Curves**  
This goal-oriented community is a place for women who are interested in losing weight to work out in a supportive, non-judgmental environment. [2724 Soquel Ave., Ste. D, Santa Cruz, 465-8228, curves.com.](http://2724SoquelAve.com)

**Gold's Gym**  
Get pumped. Stay that way. Gold's caters to hard-core

fitness devotees. Check out the spin classes and other aerobic classes here, too. [620 Water Street, Santa Cruz, 425-4653](http://620WaterStreet.com)

**La Madrona Swim and Racquet Club**  
With their "100 Milers Swim Club" and racquetball tournaments, this community-oriented club is a great place to meet other athletes. [1897 La Madrona Drive, 438-1072, lamadronaclub.com.](http://1897LaMadronaDrive.com)

**Lifestyle Fitness**  
Lifestyle boasts a slew of amenities—aerobics, an outdoor pool, childcare, equipped trainers to guide you in your fitness regimen. All that and bikes, treadmills, elliptical machines and more. [25 Penny Lane, Watsonville, 722-3895, lifestylefitnessclub.com.](http://25PennyLane.com)

**Santa Cruz Rowing Club**  
With 15 open-water rowing shells and an open-water rowing site under the Murray Street bridge, Santa Cruz Rowing Club offers excellent facilities that are available to everyone, regardless of experience. [scrowing.org](http://scrowing.org)

**Simpkins Swim Center**  
The impressive facility is said to hold 600,000 gallons of water. And what better place to dive into a water aerobics class? Or maybe you'd like your child to get swimming lessons? Or even you. [979 17th Ave., Santa Cruz, 454-7946, scparks.com/simpkins\\_home.](http://97917thAve.com)



**2 for 1 and 50% off enrollment fees\***

\*Available at all 5 Toadal Fitness locations. Must bring this coupon, some restrictions apply. Offer expires 5/15/11

New Toadal X Training twice the workout in 1/2 the time

New Anytime Area Downtown & Liveoak!

ALL THE CARDIO MACHINES YOU CAN THINK OF

- Zumba
- Group Cycling
- Pilates
- Yoga
- Step
- Kickboe
- Kick boxing and more...

CLASSES ARE INCLUDED WITH MEMBERSHIP

- Full service locker rooms
- Squash
- Racquetball
- Outdoor swimming pool
- Quality child care
- Sauna
- Jacuzzi
- Steam rooms
- Ballet Fitness



5 Clubs to choose from (good bye convenience excuse 😊).  
Aptos, Capitola, Live oak, Downtown & now on the West Side.



NEW WATER AEROBICS PROGRAM at the Capitola Location

"The alternative to the big impersonal clubs"

Toadal Fitness Live Oak  
Toadal Fitness 4 kids  
**464-3764**

Toadal Fitness Downtown  
Toadal Anytime  
**423-3764**

Cabrillo Fitness  
Aptos  
**475-5979**

Toadal Capitola  
Capitola  
**475-1500**

Toadal Westside  
Toadal 4 kids II  
**466-3764**

**Only teen/kid program**  
(often imitated, never duplicated)  
**6 days /week**  
with all activities included



# FREE 1-week trial membership\*

**\*offer expires 5/31/11**

- Get fit and gain confidence: We offer classes in Brazilian Jiu Jitsu (Gi and No-Gi), Kickboxing, Wrestling, Boxing, and Judo.
- World-class instruction: Garth Taylor is the 2x World Champion in Brazilian Jiu Jitsu. All of our Instructors are enthusiastic and dedicated at all levels of training.
- Competitive rates and UNLIMITED training with no long-term contracts: We want to get everybody training and build a community of individuals and families who love to learn and love to train!

---

---

Women and children welcome. Discounted rates for students, firefighters, police, military, EMT's, and more...

---

---



Sign up & receive a FREE Kaijin T-Shirt while supplies last



## **Kaijin Mixed Martial Arts**

2100 Delaware Avenue, Ste E,  
Learn more at: [www.kaijinmma.com](http://www.kaijinmma.com)

\*While supplies last.



KEANA PARKER

## SPIN CYCLE

Founded by Santa Cruz residents Rob Mylls and his wife Kimberly, the Bike Dojo offers a variety of two-wheeled services including indoor spin classes, bicycle parking and outdoors guided rides. Dojo makes it a point to welcome beginning riders as well as advanced cyclists. Rob Mylls, a former champion BMX racer who has completed two charity rides from San Francisco to Los Angeles, aims to create not just a gym, but also a training center with a strong sense of community—and fun. “We follow our motto: ‘Anyone and everyone can have fun riding and no one is ever left behind,’” Mylls says. In addition to classes, you can bring your own bike or use one at the Dojo to try the Tacx Virtual Reality trainers. You can also race against each other or use Google to map the route of your choice. [1101 Pacific Ave, Suite G \(enter from Cathcart Street\) or online at \[bikedojo.com\]\(http://bikedojo.com\)](#). | Karen Kefauver

## FITNESS/GUIDE

### Spa Fitness

Spa Fitness offers an array of workouts, from swimming to Zumba, and is open seven days a week. Owners Harry and Anna Jenkins, who have been married for 51 years, share a passion for fitness and are dedicated to providing the best equipment to their clients. Mix up your routine and check out the workout classes they offer. [1100 41st Ave., Capitola, 476-7373; 1200 41st Avenue, Capitola, 462-2004 \[spafitness.com\]\(http://spafitness.com\)](#).

### 24-Hour Fitness

Full-service gym with pool and sauna; coin-operated lockers. Best bets: The student deals. [1261 Soquel Ave., Santa Cruz, 454-0333, \[24hourfitness.com\]\(http://24hourfitness.com\)](#).

### Studio 831

Equipped with all the basic equipment needed for a full workout, including weight machines, free weights, cardio machines and classes, Studio 831 is the definition of a locally-owned gym, without all the pretension typically associated with chains. [1010 Fair Ave. Unit J, Santa Cruz, 469-3959, \[santacruzstudio831.com\]\(http://santacruzstudio831.com\)](#).

### Truly Toned

Personal trainer Trenise designs personalized workouts for people regardless of athletic ability. More experienced athletes can purchase a single session to gain some insight about spicing up their time at the gym. [118 Younger Way, Santa Cruz, 247-7069, \[trulytoned.com\]\(http://trulytoned.com\)](#).

### Westside Aerobics and Martial Arts

With three heavyweight punching bags and a 1,400 square-foot judo floor, this facility offers a range of martial arts and self defense classes from around the world. [509 Swift St., Unit L, Santa Cruz, 454-9100, \[wama-club.com\]\(http://wama-club.com\)](#).

### World Gym

Offering free weights, cardio equipment—treadmills, upright and recumbent Lifecycles, stairmasters, elliptical machines and a rowing machine—World Gym has everything you need to break a sweat. Showers, fitness classes and child care sweeten the deal. [105 Whispering Pines Dr., Scotts Valley, 439-9400, \[worldgymsscottsvally.com\]\(http://worldgymsscottsvally.com\)](#).

## FOUR YOGA MUSTS



### MAT

Unroll a comfy, supportive yoga mat to stretch out on as you unroll your limbs in every which way.

### WATER

While you nurture your spirit and warm up your body, you'll need plenty of H2O to keep cool. Also, you can try the ever-popular coconut water.

### CLOTHING

Trust us, less is more. No need to be shy when doing yoga—your body is your temple, so let it breathe.

### SPACE

Give yourself room to reach, and reach, and reach. Your camel position backward bend will thank you.

## FREE One Hour Personal Training Session (\$65 Value)

One to One Health is a boutique personal training studio that supports individuals of varying age and ability to increase vitality, reach their fitness goals and give them a unique and personal approach to health that they won't find anywhere else. In addition to personal training, One to One Health offers Nutrition Counseling, Yoga, Pilates, Outdoor Boot Camps and more!

Mention This Ad for a Free Session!  
831.278.1082

Nicole Gaitan, MA, CPT  
[121HealthAndFitness.com](http://121HealthAndFitness.com)  
[info@121HealthAndFitness.com](mailto:info@121HealthAndFitness.com)

www.SCSportsCentral.com  
**(831) 713-5954**



**Awesome**

**Birthday**

**Preschool  
Gymnastics**



**Open Gyms**



**Competitive  
Teams**

# **GYMNASTICS** *Learning* **Center**



**Parties**



**Teacher Rick**  
Preschool & Rec Instructor

**Coach  
Michelle**  
Competitive Teams Coach

## **Santa Cruz Sports Central**



2608 Chanticleer Ave  
Santa Cruz, CA 95065  
(Near Sutter Maternity)  
**(831) 713-5954**



**Teagan**  
Gym Rat



CHARLES MIXSON

## KICKING IT

Home to nine instructors with a wide range of courses, **Dance Synergy** offers everything from Dance Circuit, Cardio Dance, Beginning/Intermediate Ballet, Intermediate Belly Dance, Tango for all ages, Zumba and Hip Hop Combo and Cardio Kickboxing with popular Matt Reyes (pictured). "It's a great whole-body workout," Reyes says of his classes. "You're kicking and punching and engaging your whole core abdominal region, constantly moving for 45 minutes to an hour." 9055 Soquel Drive, Aptos, 661-0235, [dance-synergy.com](http://dance-synergy.com).

## FITNESS/GUIDE

### Bike Culture /Cycling

#### The Bike Dojo

1101 Pacific Ave. Suite G, Santa Cruz, 713-5475.

[See "Spin Cycle" page 28.]

#### Amsterdam Bicycles

A joint bicycle and coffee shop, Amsterdam is a lifesaver for anyone in need of wheels to cruise East Cliff Drive. Whether you're interested in buying or renting a beach cruiser, road, tandem or mountain bike, Amsterdam has you covered, with espresso to energize your ride. 2-1231 E. Cliff Drive, Santa Cruz, 475-1394.

#### Bicycle Trip

Boasting all the top brands of bikes, this one-stop-bicycling-shop also has everything you may need in terms of gear, gadgets, advice and support. Over its 45 years as an independent, locally owned business, Bicycle Trip has formed a strong cycling community of everyone from pro cyclists to everyday residents. 1001 Soquel Ave., Santa Cruz, 427-2580, [bicycletrip.com](http://bicycletrip.com).

#### Epicenter Cycling

Load up on all of your bike needs at Epicenter and then take off on one of their bike tours—a shuttle will take you from their front door to the heart of Nisene Marks State Park for a challenged and memorable ride. 8035 Soquel Drive, Ste. 23, Aptos, 662-8100, [picentercycling.com](http://picentercycling.com).

#### Family Cycling Center

A Bicycle shop for everyone—from novice to pro level. Celebrating 25 years. 914 41st. Ave., Santa Cruz, 475-3883.

#### Spokesman

Mountain bikes, road bikes, components, apparel, fittings, repair...this is the place to go for any of that, whether you're a seasoned cyclist or a casual biker. The friendly and knowledgeable staff will happily answer any question you have and help you get back on two wheels. 231 Cathcart St., Santa Cruz, 423-5683, [spokesmanbicycles.com](http://spokesmanbicycles.com).

## FOUR ENERGY BOOSTS



### EAT

A banana within 30 minutes before you hit the gym; it will give you a burst of natural sugars and carbohydrates.

### AND...EAT

something right after you're done exercising.

### DRINK

lots of water. Seems simple, but it's key.

### FOCUS

your mind in shape with a mental overhaul. Leave the day's baggage at the door of the gym.

## MARTIAL ARTS CARDIO KICKBOXING LITTLE DRAGONS

[WWW.LAIRDSACADEMY.COM](http://WWW.LAIRDSACADEMY.COM)

- All Ages/Levels
- Little Dragons Age 4-6
- Cardio Kickboxing
- Self-Defense
- Private Lessons
- First Class FREE

Free Registration thru April  
Call (831) 459-8901



We teach a traditional Korean martial art that incorporates joint locks, throws, falls, kicks, punches, grappling techniques and defense against weapons and multiple attackers. Classes are fun and full of action. Training also includes learning patience, respect, self confidence and character development. Located at 399 Encinal st. Santa Cruz CA 95060

# Join...



*The Best Club in the County where **YOU** are treated like family and **YOUR** needs come first!*  
Don't wait—Don't hesitate, come in NOW and save before the rates go up!



Lee Pate. The BEST Aerobic INSTRUCTOR is now teaching 4 times a week at Lifestyle.



Come join Jerod & Lee at Lifestyle Fitness for all your work out needs!



Jerod Hoffman-Fitness Director, BS Exercise Physiology, ACE Certified Personal Trainer, Kettle Bell Concept Instructor, Published Fitness Author.

Jim Booth Swim School • Metamorphose Massage • Fit Stop Deli  
Jerod W. Voltz L.Ac. Licensed Acupuncturist and Massage Therapist  
Natural Performance –Jerod's New Store and your best source for Natural Vitamins & Performance Enhancing Supplements, Organic Face & Body Care Products & Organic & Natural Mineral Make Up

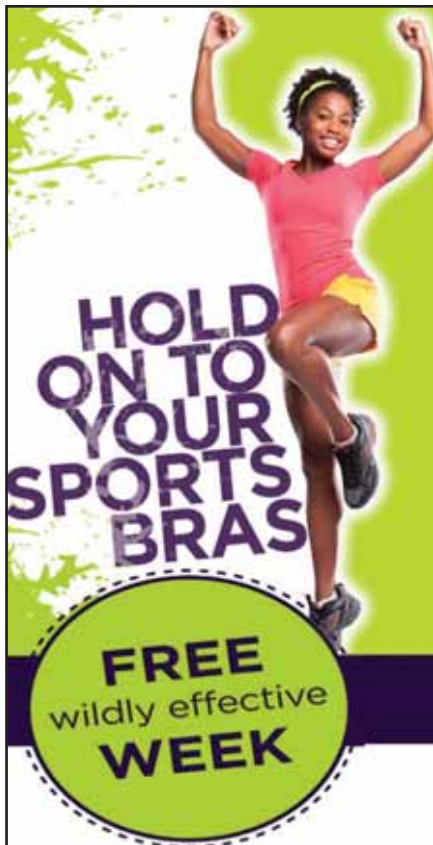


## Lifestyle Fitness, Inc.

### 831-722-3895

25 Penny Lane, Watsonville (Formerly Spa Fitness)





Try the new **Curves Circuit with Zumba fitness® FREE!** It's the only 30-minute class that mixes the music and moves of **Zumba®** with the proven strength training of **Curves** for a wildly effective workout.

STRENGTH TRAINING IN THE CIRCUIT  
+ GROOVING TO THE MUSIC  
= ONE WILDLY EFFECTIVE WORKOUT

**Curves**  
circuit  
with ZUMBA  
fitness

**831-465-8228**  
2724 Soquel Ave  
Santa Cruz  
**curves.com**



**NO BOUNDARIES™**

**Don't just workout..... TRAIN**

All speeds, levels, & abilities training program for the:

**39th Annual Wharf To Wharf Race July 24th**

10 week training program that includes race entry for the first 100 participants.

New Balance jacket for making 15 of the 20 workouts.

Special discounts and promotions for training group participants.

Great way to energize your routine.

Walkers, Walk/Runners, and Beginning Runners.

Coaches for all levels.

Technical training shirt.

Cost is only \$110.

**Sponsored by:**



To register, check out our web site:  
**www.fleetfeetaptos.com**  
**(831) 662-0886**

**FITNESS/GUIDE**

**Climbing**

**Pacific Edge**

Good news for yogis: A new yoga studio inside PE rocks—there's more than 15 classes a week, plus Pilates. Beyond that, this is a super rock-climbing gym. More than 14,000 square feet of state-of-the-art climbing terrain. [104 Bronson St., Ste. 12, Santa Cruz, 454-9254](http://104.Bronson.St.,Ste.12,Santa.Cruz,454-9254), [pacificedgeclimbinggym.com](http://pacificedgeclimbinggym.com).

**Dance**

**Cabrillo College**

Classes Include: modern dance, ballet, choreography, musical theater, dance education, history, criticism and more. [6500 Soquel Drive, Aptos, 479-6591](http://6500.Soquel.Drive,Aptos,479-6591), [cabrillo.edu/academics/dance](http://cabrillo.edu/academics/dance).

**Dance Church**

A collective of dancers who meet each week at the cozy community-run 418 Project, which also features a range of dance classes including African dance, capoeira, flamenco, samba and more with studio space is available for rental. [418 Front Street, Santa Cruz, 466-9770, the418.org](http://418.Front.Street,Santa.Cruz,466-9770,the418.org).



**FOCUS, FOCUS**

Scott Symons, the instructor at Santa Cruz Family Martial Arts, says that his interest in helping kids develop their independent identities and confidence is even greater than his love of martial arts. This spiritually centered program, with classes to suit everyone in the family, concentrates on fitness, focus, and perseverance.

[Santa Cruz Family Martial Arts, 728 Water St., Santa Cruz, 818-5425](http://Santa.Cruz.Family.Martial.Arts,728.Water.St.,Santa.Cruz,818-5425), [completefamilymartialarts.com](http://completefamilymartialarts.com).

## The ONLY Laser Approved by the FDA for Toenail Fungus.

The gentle laser light works through the nail.

- Kills the pathogens that cause toenail fungus
- No side effects
- Does not harm the nail or skin
- No anesthesia needed
- Usually only one 30 minute treatment required
- Shoes and nail polish can be worn immediately after treatment

Every patient meets with a Doctor of Podiatric Medicine and Foot Specialist. To schedule a consultation, please call:

**408.356.3322 | [www.NeatFeetNow.com](http://www.NeatFeetNow.com)**

**Dr. S. Chris Horine, DPM, FACFAS, Medical Director**

**2505 Samaritan Drive, Suite 205, San Jose, CA 95124  
in the Good Samaritan Medical Center**



**PinPointe™**  
FOOTLASER™

*We were the first clinic in the country to start treating patients with the revolutionary PinPointe™ FootLaser™ in 2008. During this time, we have treated thousands of patients with successful results.*

### Nail & Foot Spa

**Our Hygiene Standards Guarantee Your Safety**

Waterless Medical Manicures & Pedicures - The safe way for nail & foot care.

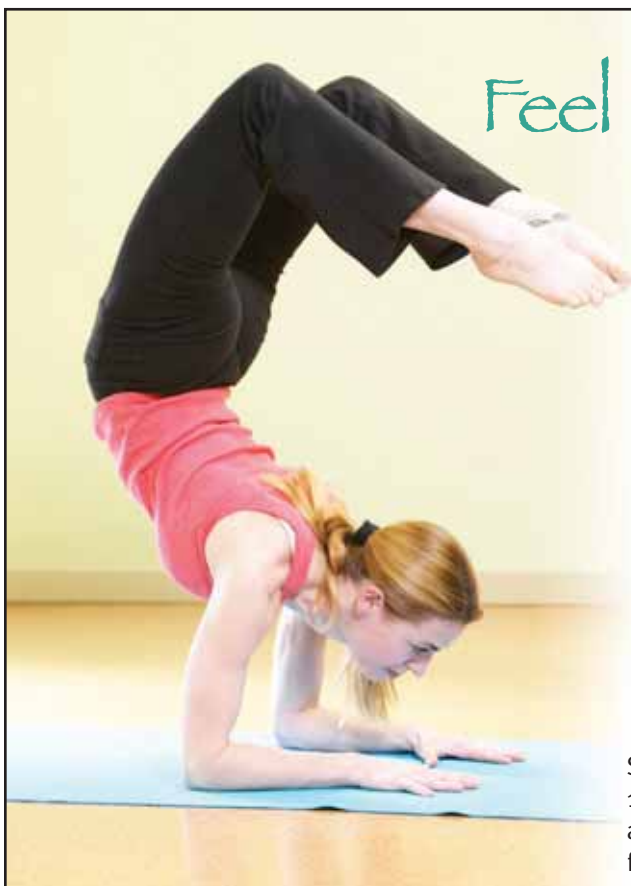
KeryFlex™ Medical Nail Restoration to look & feel great.

Medical Nail Care for those hard to reach toenails.



**NEAT FEET**  
Podiatry Laser Center  
Nail and Foot Spa

The Specialists in Nail Fungus



## Feel Good! Practice Yoga!

**\$20 for 7 days of UNLIMITED yoga!**  
(new students only please)

Do something good for yourself.

The most innovative classes in Santa Cruz!

- Live music during class 5 nights a week
- Workshop quality classes
- Over 40 classes a week.

Santa Cruz's hip vinyasa flow studio:  
1043 B Water Street @ Seabright  
[artandyogasantacruz.com](http://artandyogasantacruz.com)  
for class schedule



**DIVINITREE**  
YOGA & ART STUDIO

**421-0518**



FITNESS/GUIDE

# Village Yoga

Bikram Method

Introductory Offer

10 Days  
\$20

For 1st Time Students

\*Santa Cruz County residents only

## Class Schedule

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
6:00 am			🌸	🌸	🌸	🌸	
8:00 am	🌸	🌸	🌸	🌸	🌸	🌸	🌸
10:00 am	🌸	🌸	🌸	🌸	🌸	🌸	🌸
12:00 pm	🌸	🌸	🌸	🌸	🌸	🌸	🌸
4:00 pm	🌸	🌸	🌸	🌸	🌸	🌸	🌸
6:00 pm		🌸	🌸	🌸	🌸	🌸	
7:45 pm		🌸		🌸			



1106 Pacific Avenue  
Santa Cruz, CA 95060  
(831) 425-9642

www.bikramyogasantacruz.com



POPPY DE GARMIO

## TAKES A VILLAGE

Celebrating 10 years of making Santa Cruz sweat, Village Yoga has established a reputation as the go-to Bikram studio Downtown. Practiced for better health and peace of mind, a 90-minute bikram yoga class consists of 26 postures and two breathing exercises in a room heated to about 105 degrees with near 40 percent humidity. Though the benefits are numerous—including increased strength, flexibility, weight loss, willpower and stimulated circulation—community camaraderie at the studio is Village Yoga’s pride and joy, as showcased in their newly released photo book, “Village Yoga: Bend a Little.” Village Yoga 1106 Pacific Ave., Santa Cruz, 425-9642, bikramyogasantacruz.com. [See more on page 39.]

### Motion Pacific

(See page 22) 131 Front Street, Santa Cruz, 457-1616, motionpacific.com.

### Santa Cruz Ballet Theatre

Rated “Organization of the Year 2010” by the Aptos Chamber of Commerce. Santa Cruz Ballet Theatre, founded in 1978, is a nonprofit organization and pre-professional ballet theatre company with the aim of allowing dancers and choreographers an opportunity to express their talents and bring the art of ballet to the Santa Cruz community. 2800 S. Rodeo Rd., Soquel, 477-1606, scbt.org.

### Gymnastics

#### Santa Cruz Gymnastic Center

Offers a range of programs for children ages 18 months through 16 years old, including preschool, recreational and tumbling. Plus: gymnastic camps with bars, beam, flexibility, trampoline, rope climbing, arts and crafts, strength development and more. 2750 B Soquel Ave., Santa Cruz 462-0655, scgym.com.

### Martial Arts

#### ASCETE Training Center

Using cardio, strength training, massage, martial arts yoga and meditation, Ascete Training Center teaches men, women and children a well-rounded approach to health and

fitness. Among the classes offered are Taekwondo, Kung fu and Hapkido, a Korean martial art. 1025 Water St., Santa Cruz, 332-0291, ascetettrainingcenter.com.

#### Aikido of Santa Cruz

Dedicated not only to the art of aikido, but also to love and acceptance. As a nonprofit, it promotes diversity and acceptance in their programs, focusing on inner strength rather than physical strength. 306 Mission St., Santa Cruz, 423-8326, northbayaikido.org.

#### Kaijin Mixed Martial Arts

Learn Brazilian jiu jitsu, kickboxing, wrestling, boxing, and judo from the experts. If you want to drop in for just one class, you have to pay only \$20. 2100 Delaware Ave., Ste E., Santa Cruz, 427-2560, kaijinmma.com.

## FITNESS/GUIDE

### Laird's Martial Arts Academy

Home to "Ninja Camps" for kids 5-12, Laird's offers martial arts classes for both children and adults. Because they focus on personal development rather than competition, the tournaments they host are all about achieving personal bests. 399 Encinal St., Santa Cruz, 459-8901, lairdsacademy.com.

### Mantis Martial Arts

Although Mantis primarily concentrates on their after school and summer programs for beginning kids, adult programs are also available. 3040 Prather Lane #B, Santa Cruz, 251-1269, santacruzkungfu.com.

### Matsubayashi Shorin-Ryu Karate of Santa Cruz

Popular with both children and adults, this portal takes pride in teaching the original form of karate without modern distortions or gimmicks. 113 Trescony St., Santa Cruz, 425-2249, sczenkarate.org.

### Minorsan

Mix it up with self-defense classes, Zumba, Pilates, and kickboxing—they have it all here. Offers child care. 1320 Mission St., Ste 1, Santa Cruz, 458-0900, minorsan.com.

**Ascete Training Center**  
태권도  
Traditional and Olympic Taekwondo

- Hapkido
- Kung Fu
- Yoga
- MMA
- Kickboxing Aerobics
- Cross Training Fitness
- Personal Training
- Sports Therapy
- Wellness Seminars
- After School Programs
- Massage Instruction
- Sport Specific Training Programs
- Kids And Adults Programs Available

**FREE 30 Day Trial**

1025 Water Street, Santa Cruz, CA 95062  
**(831) 332 - 0291**  
[www.ascetetrainingcenter.com](http://www.ascetetrainingcenter.com)

REPAIRS  
PARTS  
SERVICE

**AMSTERDAM  
BICYCLE  
SHOP**

(831) 475.1394

---

**Windmill  
Café**  
7am - 4pm Daily  
Breakfast • Lunch  
Coffee Bar  
(831) 464-4698

2-1231 E. Cliff Dr.



## AIKIDO

It's an old martial arts form that uses the natural direction of movements and energy transference as a means of self defense. Don a bleached white "gi" uniform and follow your local Sensei through some essential moves at this local dojo.

**Aikido of Santa Cruz**, 306 Mission St., Santa Cruz. 423-8326, aikidosantacruz.org.

**J&S Surplus  
& Outdoor Store**

**YOUR OUTDOOR  
HEADQUARTERS!**

Military and Professional Clothing, Equipment, Insignias, Hats, Gloves, Boots, Knives, Binoculars, Night Vision, Flags, Collectables, Durable Rain Gear, Camping Gear, Flight Jackets, Pea Coats, Specialty Items and Much More!

**Everything you need for Paintball & Air-Soft**

KIA/ Honor Run #1.  
April 30, 2011  
[www.kiahonorflag.com](http://www.kiahonorflag.com)

Highway 1 & N. Struve Rd.  
Moss Landing (2 minutes north  
of the Moss Landing Power Plant)  
724-0588 • [www.SurplusInc.com](http://www.SurplusInc.com)  
Open 9-6 • 7 days a week

**FREE**  
Discover Scuba  
Diving Introduction

With a \$25 deposit we will give you an introduction to the underwater world of SCUBA.

No certification necessary.  
Must be 10 years or older.

3921 Soquel Dr. • [tascuba@live.com](mailto:tascuba@live.com)  
(831) 475-DIVE (3483)



KEANA PARKER

## QI GONG

As a varsity soccer player at UC Berkeley, Lee Holden injured his back and was told he would never play again. With the help of qi gong (pronounced "chee gung"), the Chinese science of using breathing techniques, gentle movement and meditation to circulate life energy and heal the body and mind, he was back on the field within a month. At the Santa Cruz Integrative Medicine and Chi Center, he treats clients through movement, acupuncture and body-work. Santa Cruz Integrative Medicine and Chi Center, 21511B East Cliff Drive, Santa Cruz, 465-9088, [santacruzchicenter.com](http://santacruzchicenter.com) or [exercisetoheal.com](http://exercisetoheal.com). | Jenna Brogan

## FITNESS/GUIDE

### Personal Trainers

Certainly not a comprehensive list, but note three that captured our interest this year:

#### Nicole Gaiten—One to One Health

7 Camp Evers Lane, Scotts Valley, 278-1082.

#### Lucas Klatt

Spa Fitness, 1100 41st Ave., Capitola, 359-7466.

#### Terri Schneider

Aptos, 662-3993 (office).

### Yoga

#### Ashtanga Yoga Institute

Ashtanga Yoga, or "eight-limbed" yoga, focuses on the teachings of restraint, observances, posture, breath control, withdrawing the mind—from sense perception, concentration, meditation, and

superconsciousness. 1307 Seabright Avenue, Santa Cruz, 426-8893, [pacificcultural.org](http://pacificcultural.org).

#### Bikram Yoga Aptos

New students take note of this studio's "10 for 20" deal—10 consecutive days of yoga for \$20. Once you've gotten used to the heat, try doing one of their 60-day challenges. 7960 Soquel Drive, Aptos, 661-5030.

#### Body in Motion

Body in Motion pilates studio will "get you a dancer's body—without having to be one." Thirteen years ago, this was the first fully equipped pilates studios in the county; now, they also offer the Xtend Barre Workout. 783 Rio Del Mar Blvd., Aptos, 685-1779.

#### Divinitree Yoga

More than just a yoga studio, Divinitree is an art studio, music and dance center and growing community. Art and

yoga drop-in classes are on a sliding scale of \$10-\$20, and all live music classes cost an additional \$2. Yoga types range from hatha and prana to "gypsy flow" and the acrobatic acroyoga. 1043b Water St., Santa Cruz, 421-0518.

#### Kali Ray Tri-Yoga

Kali Ray, a yognini with more than 30 years of training, founded Tri-Yoga with a goal of infusing Eastern philosophy into Western culture. Tri-Yoga, which covers all yoga practices, is currently practiced in 35 countries has 15 teachers and more than 150 classes a month. 708 Washington St, Santa Cruz, 464-8100, [triyoga.com](http://triyoga.com).



#### Nourish




In a recent GT Readers' Poll, Nourish won the titles of Best Yoga Studio, Best Yoga Instructor (Victor), and Best Nutritionist (Jocelyn). With a team of easygoing pros leading the yoga sessions, you'll

# Yoga.

## Buy One Class Get One Free!

50+ Classes Weekly  
Beginning to Advanced Levels  
Outstanding Teachers  
Beautiful Eco-Studio  
Convenient Westside Location  
Ample Free Parking  
Workshops & Retreats

# SANTA CRUZ YOGA

www.SantaCruzYoga.net
402 Ingalls Street, Santa Cruz
831.227.2156

# Well Within

SAC

spas • massage • bodycare

温泉安命



You've worked  
your body...



Let us help you rebuild it  
Massaging Santa Cruz  
for 26 years

*Private Spas & Saunas overlooking a Japanese Garden*

417 Cedar Street • 831-458-WELL • [www.wellwithinspa.com](http://www.wellwithinspa.com)

Classes for ages Walking to 8 years!

Fitness, Food and Fun Summer Camps

3 Week Sessions Ages 3-7 Years

June 14th – August 18th

Tumble on Tuesdays

Open Gym from 12–3pm every Tuesday



(831) 423-7406

[www.JuneBugsGym.com](http://www.JuneBugsGym.com)

3910 Portola Dr., Ste 2 & 3, Santa Cruz



Try out our new zipline!

Birthday Parties  
Bi-monthly Parents Night Out



A mobile gymnastics program serving Santa Cruz County & surrounding areas

Visit our website to view our schedule!

[www.TumblingTutor.com](http://www.TumblingTutor.com)



MOUNT MADONNA  
**INSTITUTE**  
College of Ayurveda

**15% Off**

MMI Weekend Tuition, Consultation,  
or Gift Certificate for either of the above.

Call 408.846.4060

Limit One Coupon per Customer

*Come to the Mountain for Healing*

45 min from Santa Cruz



## Ayurveda

- **Training:** Diploma, Certificate, Master of Arts - Ayurveda, Weekend Courses
- **Consultations:** Recommendations include diet, lifestyle, herbs and yoga
- **Wellness Center:** Massage, Ayurvedic Treatments, Herbal Steam...
- **Herbal Apothecary:** Herbs, Formulas, Tinctures, Oils, Books...

[info@MountMadonnaInstitute.org](mailto:info@MountMadonnaInstitute.org) / [www.MountMadonnaInstitute.org/GT](http://www.MountMadonnaInstitute.org/GT)

KickAeroBix  
power strikes &  
bagwork for radical  
calorie burn

**BodyPump®**

a resistance training  
workout— makes your  
muscles firm & lean

**ZUMBA® Fitness®**

join the party to latin rhythms  
if you just want to have fun &  
burn tons of energy!

*Pilates*~ a powerhouse for core strength

**kick-n-flex fitness**

10 weeks to look and feel sooooo good

**minorsan<sup>sm</sup>**  
SELF-DEFENSE & FITNESS

and now...  
**YOGA**

1320 mission st suite 1  
santa cruz ca 95060

Call us for a  
**FREE consultation**



**MANOSAMIN™**

POWERFUL STRIKES  
& TOTAL BODY CONTROL  
MARTIAL ARTS TRAINING

**Workouts for EVERY BODY**

3 to 103 kids.women.men

*Exactly what i needed...*  
**minorsan<sup>sm</sup>.com**  
**831.458.0900**



KELLY VAILLANCOURT

## SHAKE IT

It's Zumba. It's the rage. Local Zumba instructor Lee Pate, who teaches at Dance Synergy in Aptos, Spa Fitness in Capitola and Lifestyle Fitness in Watsonville, has been teaching fitness for 15 years. (She's been voted Best Aerobics Instructor in the *GT* Readers Poll two years in a row now.) Zumba merges Latin and international rhythms with cardio respiratory endurance exercise to create a high-energy workout. Expect salsa, merengue, cumbia, calypso, flamenco, samba and reggaeton dances. [zumbasantacruz.com](http://zumbasantacruz.com).

## FITNESS/GUIDE

learn flawless yoga techniques at this studio. [130 Walnut Ave., Santa Cruz, 429-9355, \[nourishsantacruz.com\]\(http://nourishsantacruz.com\).](http://130WalnutAve.com)

### One Yoga Center

Yoga instructor Tracey offers yoga classes, belly-dancing classes, and massage and spa services. If you're looking for ways to feel younger, this center is a great place to rejuvenate your skin and squeeze in a great workout while you're at it. [846 Front St., Santa Cruz, 454-0478, \[oneyogacenter.net\]\(http://oneyogacenter.net\)](http://846FrontSt.com)

### Yoga Center Santa Cruz

Dedicated to serving people of all levels. With a variety of workshop offerings, you're bound to find an instructor and program that works for you. [428-C Front St., Santa Cruz, 423-6719, \[yogacentersantacruz.com\]\(http://yogacentersantacruz.com\).](http://428CFrontSt.com)

### Thera Pilates

Offers pilates, physical therapy, pilates teacher training, group

classes, osteoporosis courses, Pilates for bone building and much more. [920 41st Ave., Santa Cruz, 476-3100.](http://92041stAve.com)

### Village Yoga

(See page 34)

## Other

### Jerry's Sports

This family-owned and operated sports equipment store has been in Santa Cruz since the 1970s. In addition to athletic and active shoes, apparel, and equipment, Jerry's has two batting cages for fun, practice and a great time. [1148 Soquel Ave., Santa Cruz, 465-2400, \[shopjerrysports.com\]\(http://shopjerrysports.com\).](http://1148SoquelAve.com)

### Tennis

(See page 16.)

# City of SANTA CRUZ PARKS & RECREATION

SUMMER | 2011



### Choose from these popular summer programs!

Little Guards | Junior Guards | Summer Camps

### Check out these exciting NEW classes

#### KIDS

- 3-Day Kids' Climbing Camp #14542
- Imaginary Magical Worlds Camp #14515
- Oceans and Forest Summer Art Camp #14492
- Story Book Dance Camp #14453

#### TEENS

- Dance Dance Dance! Teen Camp #14456
- Creative Writing for Teens #14500
- Teens TV News, Sports and Interview Technique #14479

#### ART

- Great Masters of Western Art #14511

#### OUTDOORS

- Intro to Open Water Rowing #14512

#### FITNESS

- Shotokan Karate #14448
- SC Core Beach Bootcamp #14503
- Get on the Ball #14505
- Fit Ballet #14501
- Zumba and African Inspired Dance Fitness #14409

#### SPECIAL INTEREST

- Picasso: A Day Exploring the Master of Modern Art #14481
- Get the Best Online Local Search Results #14476
- Before you Hire your Web Designer or Developer #14475
- Organic Restaurant-Style Cooking #14483

#### SPORTS

- British Sports Camp #14651

Register online beginning Saturday, April 16 | [www.santacruzparksandrec.com](http://www.santacruzparksandrec.com)

# HURRY! The tourists are coming to town...

**Are they coming to your business?**

## Santa Cruz County's Visitor Guide

This June *GOOD TIMES* will publish its 9th annual Visitor Guide. This comprehensive magazine will provide information that will direct visitors to the best in entertainment, recreation, dining, shopping, and other worthwhile and interesting attractions.

Distribution begins close to the Memorial Day weekend, and continuing monthly through April 2012. 10,000 copies will be distributed and restocked monthly from June through September to approximately 300 distribution points throughout two counties. 5,000 copies a month will be delivered from October through April 2012.

Circulation is targeted to key visitor locations, hotels, and motels throughout Santa Cruz and Monterey Counties, and the city of Los Gatos. 12,000 copies will be inserted in the paid subscriber newspapers in Morgan Hill, Hollister, and Gilroy.

Call to reserve your ad space today.

**GOOD TIMES**

Contact Stephanie: (831) 458-1100 x 204  
www.goodtimesantacruz.com

## GT / FITNESS

SERAPHINA LANDGREBE/SANTA CRUZ DANCE



# SHOULD BE DANCIN'

There's hip hop. There's even boys' hip hop. There's jazz. There's breakdancing. There's Zumba. There's a lot going on here at **Santa Cruz Dance Company**. Nicely located on Porter Street in Soquel, the studio offers a great array of classes for all age groups. Especially impressive here is the noteworthy kids' classes. There's a fine mix of instructors here, too, including owner Joy Smith, an internationally awarded instructor and choreographer for music vids, film television and musical acts around the globe. Smith is also an international dance and fitness presenter. Her passion and professionalism, obviously, work their way into the eclectic fibers of this truly creative company. See you at class!  
[Santa Cruz Dance Company, 2800 Porter St., Soquel, 479-4700, synergystudios.net.](#)



Try us for

# 2 Weeks FREE

Group Fitness Classes (\$48 value) New Client Discount \$39/month

Beach Boot Camp  
Beach Outdoor Circuit  
Kick-Butt Fitness Challenge  
Zumba

Power Yoga  
Sports Conditioning  
Fit Ballet  
Xtreme Strength

Ass + Abs  
Get on the Ball –  
core strengthening  
Ultimate Conditioning  
Yoga

## FREE 2 WEEK Group Fitness Class

Last: \_\_\_\_\_ First: \_\_\_\_\_

email: \_\_\_\_\_

We will never ever  
share your information.  
Redeem at SC Core,  
offer expires 5/31/11

Call Today to schedule a FREE initial health consultation and assessment!

317 Portrero St. Suite C  
831-425-9500  
www.santacruzcore.com

santa cruz  
**core**  
FITNESS + REHAB

# Give yourself a dancer's body. (without having to be one)



First **Xtend barre** Studio in Northern California!

The Xtend Barre Workout is a fast-paced, 55-minute full body immersion that focuses dance, Pilates, and sculpting exercises at the ballet barre to give you a chiseled body – and fast!

## – NEW CLIENT SPECIALS –

Introductory Private Pilates Session

**\$35**

3 Classes

**\$30**

30 day Unlimited Classes

**\$100**



**body in motion**  
pilates studio

783 Rio Del Mar Blvd.  
Suite 55  
Aptos, CA 95003  
(831) 685-1779

info@pilatescalifornia.com  
www.pilatescalifornia.com



## Free Introductory session (first-time clients only)

- A Trainer that actually listens to your specific needs and goals.
- Custom Nutrition and Exercise Programs.
- Injury prevention
- Learn sustainable training methods that spare your joints, tendons, and ligaments.
- Sculpt the body you want.
- Integrate proper strength training to your sport of choice.
- Avoid wasting time and effort on the wrong things.
- A Trainer that combines science, experience and common sense.
- Indoor and outdoor training available.
- No long term contracts.
- Flexible payment plans.
- References available.

### AndyKim

831-435-8759

www.powerstrengthfitness.com

Andy@powerstrengthfitness.com

National Academy of Sports Medicine:

Certified Personal Trainer

Certified Corrective Exercise Specialist

Certified Performance Enhancement Specialist

- Surf Lessons + Rentals Daily  
(Club Ed's Blue Beach Trailer is located on the right hand side of the Santa Cruz Wharf on Cowell Beach in front of the Dream Inn Hotel)
- Stand Up Paddle  
Lessons & rentals with all Surftech Models

- Year round, all ages
- Overnight Surf Camps
- International Tours
- Local Surf Guide/Instructors

**WWW.CLUB-ED.COM 831-464-0177**





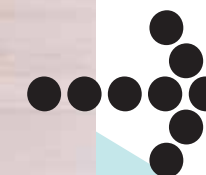
# BODY

## HEAL

"The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world."

—Marianne Williamson

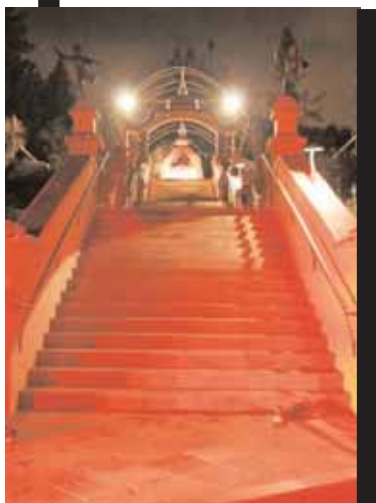
GET 'IN' THERE—LIKE CHECK IN WITH YOURSELF, PEOPLE—SO YOU CAN HAVE MORE FUN 'OUT' THERE. HERE'S HOW.



Like "yoga" or "spirituality," the word "meditation" is an umbrella term for a whole world of activities and approaches to inner peace. Some people practice concentration meditation—focusing on a singular thing, such as your breath, a mantra or an altar—while others prefer mindful meditation, in which one not only allows thoughts to flow freely through the mind, but intently becomes aware of each thought as it passes. All forms of meditation evoke tranquility and relaxation, and science has also shown that it can have various short-term health benefits such as lowering blood pressure, and

all alleviating anxiety and stress. Beginners shouldn't expect to be able to sit for hours with a clear mind—instead, try introducing a daily routine in which you sit quietly and focus completely on the natural patterns of your breath. Or, try a guided meditation class or weekend meditation retreat at The Land of Medicine Buddha in Soquel ([medicinebuddha.org](http://medicinebuddha.org)). Most of the center's classes and workshops take place in the Main Meditation Hall, or "Gompa," which features eight life-sized Medicine Buddha statues that were blessed by the Dalai Lama. [5800 Prescott Rd., Soquel, 462-8383](http://5800.Prescott.Rd.,Soquel,462-8383). | Elizabeth Limbach

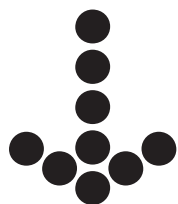
# SCHOOLS



## MT. MADONNA

During these difficult economic times, many people have lost their jobs and are in search of new life paths. Mount Madonna Institute offers training in four careers you may not have considered before: yoga, Ayurveda (complementary and alternative medicine), massage and community studies.

Graduates of the program receive degrees, certificates and diplomas as highly qualified practitioners. [Mount Madonna Institute](http://MountMadonnaInstitute.com), 445 Summit Rd., Watsonville, 846-4060, [mountmadonnainstitute.org](http://mountmadonnainstitute.org).



## CYPRESS HEALTH INST.

Ever been told that you give great massages? With small classes at the institute's convenient East Cliff Drive location and hands-on instruction, you'll be a licensed pain reliever and stress eliminator in no time.

The Massage Practitioner Certification Program consists of 250 hours of training in the integration of massage, transpersonal counseling, hypnotherapy, polarity therapy, body-mind integration, metabolic therapy, anatomy and sound business practices. [21511 B East Cliff Drive, Santa Cruz](http://21511BEastCliffDrive.com), 476-2115, [cypresshealthinstitute.com](http://cypresshealthinstitute.com).



## ACUPUNKED!

### THE LOCAL TREASURE: FIVE BRANCHES

**P**racticed in Chinese medicine for thousands of years, and regulated in the United States since the 1970s, acupuncture is a time-tested, increasingly mainstream medical practice that uses small, fine needles to unblock clogged energy in the body. Pain, illness, stress, anxiety—whatever your ailment, chances are a trip to Santa Cruz's Five Branches University for an acupuncture session will help. Bringing Traditional Chinese Medicine (TCM) to the far far West since 1984, Five Branches offers

a serene setting for you to get pricked, lie back, rest, and awake refreshed with an improved energy flow. Five Branches' acupuncturists will also talk to you about the other main TCM approaches to wellness (herbal medicine, diet, energetics and massage). See one of the school's licensed acupuncturists (rates vary) or a student for a discounted rate.

**Meridian**—Acupuncture restores wellness by stimulating certain points on the body's 12 meridians, i.e. the invisible pathways of the "qi," or energy flow. **Chakras**—If the

meridians are the highways of our qi, the chakras are the distribution centers—the exporter of our energies, located straight down the middle of our bodies. They correlate to different areas of the body, mind and spirit.

**Pressure**—Everyone has hundreds of small, specific pressure points on their bodies located along the meridian points. Acupuncturists use these pressure points, in addition to meridian points, to target certain parts of the body or certain ailments. [200 7th Ave., Santa Cruz](http://2007thAve.com). 476-8211, [fivebranches.edu](http://fivebranches.edu).



*...come stay by the sea.*  
We have great Rates for your out-of-town guests!

Close to Santa Cruz Beach Boardwalk,  
Beaches, Downtown Santa Cruz and State Parks

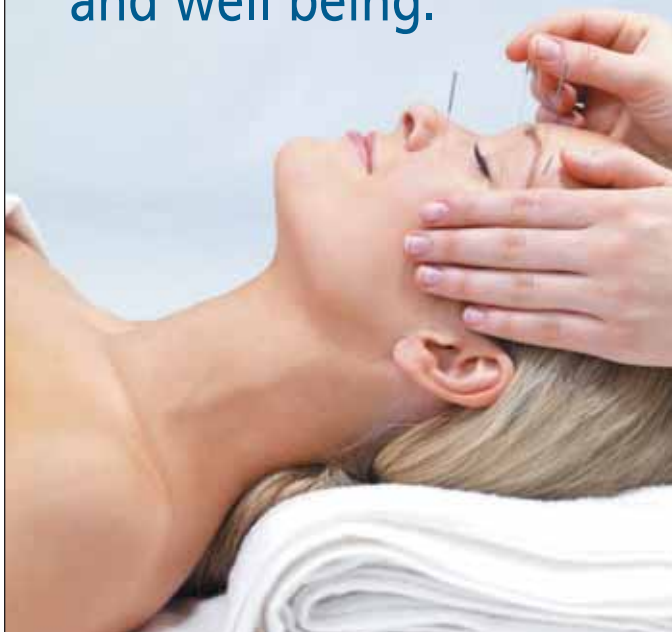
831.426.7100  
[www.ucscinn.com](http://www.ucscinn.com)  
611 Ocean Street, Santa Cruz



ACUPUNCTURE ■ HERBS ■ DIET ■ MASSAGE ■ ENERGETICS

# Traditional Chinese Medicine

Find out how Acupuncture and Herbal Medicine can revitalize your health and well being.



## Specializing in a Wide Range of Treatment Options Including:

- Diabetes & Pre-Diabetes
- Allergies & Allergy Elimination
- Internal Medicine
- Digestive Disorders
- Chronic Pain
- Pediatrics
- Alzheimer's
- Emotional & Mental Issues
- Heart Disease
- & much more!



**FIVE BRANCHES UNIVERSITY**

*Graduate School of  
Traditional Chinese Medicine*

200 7th Avenue, Santa Cruz  
(831) 476-8211

3031 Tisch Way, Suite 5PW, San Jose  
(408) 260-8868

**READER  
SPECIAL**

at our Santa Cruz  
and San Jose Clinics

Bring this coupon in for a

**\$15 1-Hour Acupuncture Treatment**

Valid in our Teaching Clinic. Only one coupon per customer, please. Expires May 7, 2011.

[www.fivebranches.edu](http://www.fivebranches.edu)



## WELL ADJUSTED

Voted Best Chiropractor in Santa Cruz County, Erica Schafer specializes in the treatment of sports injuries and has been helping heal tired and overworked bodies in Santa Cruz for the past 12 years. With a background in massage therapy, Shafer takes a gentler approach to the body than the popping and cracking approach of traditional chiropractic methods. Shafer was also a competitive outrigger canoe paddler for 13 years, so she has an insider's knowledge of the physical demands made on athletes. [549 Frederick St. Santa Cruz, 427-9600.](http://549FrederickSt.SantaCruz.com)  
Jessi Hamel

# HEALTH/GUIDE

## Acupuncture

### Meridian Acupuncture

Experience a branch of holistic Chinese medicine with an acupuncture treatment at Meridian Acupuncture. A prescription of natural herbs aids in achieving relaxation and decreasing pain after the acupuncture treatment. [740 Front St., Room 345-A, 423-3818, meridiansan-tacruz.com.](http://740FrontSt.Room345-A.423-3818.meridiansan-tacruz.com)

### Santa Cruz Acupuncture

The acupuncturists insert 1-15 sterile needles into specific points of the body to promote healing and pain elimination. Many other treatments are available such as Chinese massage, cupping, Guasha,

and electroacupuncture. [4140 Jade St., Suite 102, Capitola.](http://4140JadeSt.Suite102.Capitola.com)

### Crosswinds Therapy

The aim of Crosswinds Therapy is to restore function, improve mobility, relieve pain, and prevent physical disabilities through acupuncture. They also offer Chinese herbology treatments. [525 Laurel St., Ste 105, 239-9978, crosswindstherapy.com.](http://525LaurelSt.Ste105.239-9978.crosswindstherapy.com)

### Spring of Health

Specializing in treatment of chronic pain such as tendonitis, carpal tunnel syndrome, and sports and occupational injuries, Spring of Health uses Chinese medicine to relieve pain. Acupuncture has been found to also cure flu, stress and arthritis. [740 Front St., Suite 350, 423-3777, springofhealth.com.](http://740FrontSt.Suite350.423-3777.springofhealth.com)

### MyCenter for Acupuncture and Massage Therapy

The practitioners strive to help everyone in Santa Cruz feel their best with acupuncture treatments. The treatments at MyCenter focus on fertility, women's health, stress reduction and pain management. [621 Water St., 234-9198, mycenter-foracupuncture.com.](http://621WaterSt.234-9198.mycenter-foracupuncture.com)

### Santa Cruz Integrative Medicine and Chi Center

Combining the holistic treatment methods of the East and the conventional methods of the West, Santa Cruz Integrative Medicine and Chi Center seeks to heal diseases and help individuals find bal-



## VIP Acupressure Massage

\$1 for 1 Minute \* TABLE \* CHAIR \* FOOT

Choose from a variety of services:

- Foot Massage
- Table Massage
- Seated Chair Massage
- Deep Tissue Massage
- Sports Massage
- Prenatal Massage

1 Hour Table Massage	\$49
90 Minute Table Massage	\$69
2 Hour Table Massage	\$90

Excluding Capitola Mall Location

**\$5 OFF**  
Any VIP  
Acupressure  
Massage!

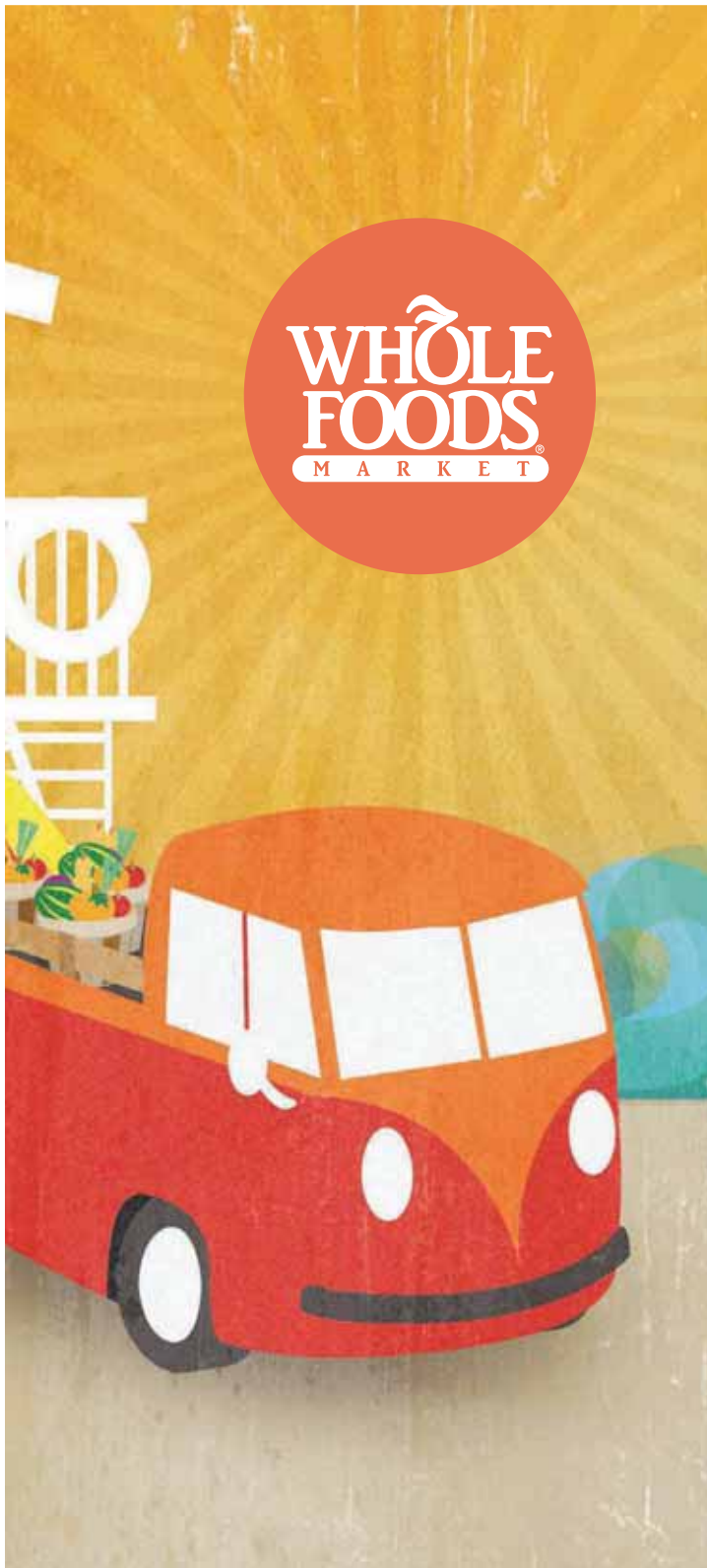
Excluding Capitola Mall Location, exp. 12/31/11

Contact us today! 831-295-3278

Hours: Mon-Fri: 11AM-9PM Sat-Sun 11AM-8PM

We have 3 locations to serve you.

1010 Pacific Ave & Cathcart St., Santa Cruz • Rancho Del Mar Shopping Center, Aptos • Capitola Mall 41st Ave.



# Fuel Up!

We have you covered with all the tasty goods that keep you going...

- Kombucha on Tap
  - Freshly Baked Pizza  
2 slices for \$5 - EVERYDAY!
  - fresh organic salad bar
  - Gluten Free & Vegan Options
  - Handmade Burritos
- and lots of local produce and products!



## Two Great Locations!

### CAPITOLA

1710 41st Ave. Capitola  
at Capitola Road  
831-464-2900  
wholefoods.com/capitola



### SANTA CRUZ

911 Soquel Ave.  
at Branciforte  
831-426-9001  
wholefoods.com/santacruz

## COOL OFF WITH A FREE FRESH YOUNG COCONUT

Bring in this coupon when you spend \$25 to receive a FREE fresh young coconut from our produce department.

**Capitola** 1710 41st Ave. 831-464-2900  
**Santa Cruz** 911 Soquel Ave. 831-426-9901

Expires December 31, 2011

PLU 25706

Coupon must be present. Limit one per customer. Void if duplicated. May not be combined with a team member discount card. Valid only at the Whole Foods Market Capitola 1710 41st Ave and Santa Cruz 911 Soquel Ave. locations.

VISIT OUR TWO LOCAL WHOLE FOODS MARKET LOCATIONS AT...

SANTA CRUZ 911 SOQUEL AVE • CAPITOLA 1710 41st AVE

KEANA PARKER



## SPINE TIME

Founded by Dr. John Amaral, The Well Being Center utilizes Network Spinal Analysis to relieve pain without the added discomfort of traditional chiropractics. The treatments include a two-month Body Revitalization program, a six-month Body Transformation program and a year-long Body Awakening program. All of the programs are geared to relieve pain and help patients find the strength to live their life to its fullest potential. [5905 Soquel Drive, Ste 150, 475-2448, wellbeingcenter.org](http://5905SoquelDrive.Ste150.475-2448.wellbeingcenter.org).

# HEALTH/GUIDE

ance. Lee Holden offers some stellar Acupuncture here. [21511B East Cliff Drive, 465-9088 santacruzintegrativemedicine.net](http://21511BEastCliffDrive.465-9088.santacruzintegrativemedicine.net).

## Chiropractic Health

### Action Chiropractic Center

Along with getting your spine realigned, experience the wonders of massage therapy. Action Chiropractic Center provides massage therapy including Swedish, Shiatsu, and Deep Tissue massages. [406 A Mission St 426-0609 actionchiro.net](http://406AMissionSt.426-0609.actionchiro.net).

### Aptos Core Care Chiropractors

The chiropractors at Aptos Core Care Chiropractors utilize chiropractics to treat many conditions such as allergies, phobias, and dyslexia. Techniques at their disposal include chromatherapy, magnetic field therapy and low force instrument adjusting. [311 Clubhouse Drive, Aptos 688-1214, aptoscorecare.com](http://311ClubhouseDrive.Aptos.688-1214.aptoscorecare.com).

### Stewart Chiropractic

Dr. Stewart uses a technique called ArthroStim which avoids the uncomfortable cracking of traditional chiropractics. Members of the practice have access to a stress

test to evaluate the best methods for them to relax and reconnect with their bodies. [3811 Portola Dr 462-3550 stewartchiropractic.net](http://3811PortolaDr.462-3550.stewartchiropractic.net).

### Surf City Chiropractics

The three-phase treatment plan here includes relief care, corrective care, and wellness care to diagnose the problem, fix it, and maintain a healthy, problem-free body for life. [550 Water St., Bldg. C, 426-6450 surfcitychiropractic.com](http://550WaterSt.,Bldg.C.426-6450.surfcitychiropractic.com).

### Sawyer Chiropractic Group

A staff of well trained chiropractors is available for the choosing at Sawyer Chiropractic Group. The

chiropractors are trained in many techniques such as torque release, Gonstead and Cox Flexion Distraction. [700 River St. 457-2000 santacruz-chiropractors.com](http://700RiverSt.457-2000.santacruz-chiropractors.com).

## Network Spinal Analysis

### Evolve Wellness Studio

The innovative technique of Network Spinal Analysis is utilized by Dr. Peg Capers in Evolve Wellness Studio. She helps individuals who are going through important life challenges by showing them new physical, mental, spiritual

## CHIRO PRACTIC PLUSSES:

### FORM

Aligns the skeletal system properly so that the muscles, nerves, tendons, ligaments and organ systems affected by skeletal alignment can function properly.

### PAIN-FREE

Pain relief in your joints, back, head and other areas of the body. Plus: A greater ability to concentrate and focus.

### IMMUNITY

Enhanced immunity, quicker recovery from illness. Plus: improved digestion and hormonal balance.

### MOVEMENT

Increased mobility, performance, balance, coordination and energy.



## When Adventure Leads to Injury, We're Here For You!

Crutches • Slings • Braces • Wheelchairs  
Walkers • Scooters • Power Chairs • Hospital Beds

# Horsnyder's Pharmacy

since 1884

(831) 423-2315 1226A Soquel Avenue | Santa Cruz, California



# I MONTH FITNESS BOOT CAMP PACKAGE FOR ONLY

# \$49!

(<sup>≈</sup>150 value)

\*offer ends 5/31/11

Optimal Health and Fitness (OHF) is dedicated to promoting the overall health and well-being of our clients through Boot Camp, Personal Training, Pilates, Yoga, Acupuncture, Massage, Herbal Medicine, and Nutritional Counseling.



**Check out our website for other deals too!**

21511-B East Cliff Drive  
Santa Cruz • 831-239-9326  
[www.optimalhealthandfitness.com](http://www.optimalhealthandfitness.com)



Nicholas A. Abidi, MD      Christian S. Heywood, MD  
Peter M. Reynolds, MD

## Meet Our Dedicated Team of Orthopaedic Specialists

*Advanced post-residency-fellowship training and research in sports medicine, arthroscopy and lower extremity reconstruction*

- Arthroscopic Surgery
- Hip Arthroscopy
- Sports Injuries
- Complex Foot & Ankle Injuries
- Minimally Invasive Joint Replacement  
Shoulder • Elbow • Knee • Hip • Ankle  
Utilizing the Anterior Approach for Hip Replacements



**SANTA CRUZ  
ORTHOPAEDIC  
INSTITUTE**

(831) 475-4024

[www.santacruzortho.com](http://www.santacruzortho.com)

Offices in Capitola & San Jose

# ZIPLINE through the REDWOODS

an eco-adventure  
in the **SANTA CRUZ  
MOUNTAINS**



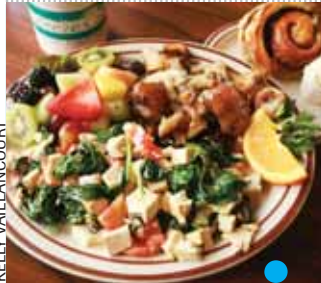
**\$30  
OFF!**

**Locals Only Discount!**  
Use code: **LOC47**  
Good through Sept 1, 2011

mounthermon  
**REDWOOD  
CANOPY  
TOURS**

831-430-4357  
redwoodcanopytours.com

## GT / HEALTH



KELLY VAILLANCOURT

### 5 HEALTHY MEALS

#### 1. Greek Tofu Scramble at Linda's Seabreeze Cafe

Linda's offers a few healthy breakfast options including oatmeal (with your choice of raisins and nuts or bananas) and the absolutely delicious Greek Tofu Scramble. The generously sized scramble features tofu, spinach, tomatoes, olives, and feta cheese. 542 Seabright Ave., Santa Cruz, 427-9713, seabreezecafe.com.

#### 2. Açaí Bowls at Café Brasil and Samba Rock Açaí Cafe

Samba Rock serves a diverse selection of healthy açaí bowls that feature fruit and granola in interesting combinations, including the Pelé with blueberries, bananas and strawberries. Samba Rock Açaí Café: 291 Water St, Santa Cruz, 458-2224; Café Brasil: 1410 Mission St., Santa Cruz, 429-1855, cafebrasil.us.

#### 3. Joze Dahl with Black Rice at India Joze

The Indian dahl contains split peas, potato, butternut squash, cabbage, tomato, and mushrooms and is accompanied by bread and yogurt. 418 Front St., Santa Cruz, 325-3633, indiajoze.com.

#### 4. Sweet Garlic Tofu Rice Bowl at Charlie Hong Kong

Make sure to specify brown rice (75 cents extra) for the healthiest option. 1141 Soquel Ave, Santa Cruz, 426-5664, charliehongkong.com

#### 5. American Sauté at Dharma's

This dish combines nutty brown rice with tofu and organic, perfectly cooked vegetables including broccoli, cauliflower, carrot, cabbage, kale and chard. The vegetables and baked tofu are sautéed in gluten-free tamari ginger sauce. 4250 Capitola Rd., Capitola, 462-1717 dharmasrestaurant.com  
-Tara Fatemi Walker

## HEALTH/GUIDE

and emotional possibilities. 120 Pearl Alley, 420-1212, evolvewellnessstudio.com.

### Healing Waves Wellness Center

In addition to Somato-Respiratory Integration and homeopathic remedies, Dr. Ian Chambers of Healing Waves performs Spinal Network Analysis. Wellness talks and workshops teach clients how to develop a deeper connection between their minds and bodies. 303 Potrero St., Suite 16 466-3900, healingwaves.net.

## Massage

### Caress Day Spa

(See page 54.) Caress Day Spa, 911 Capitola Ave., Capitola, 462-4422, caressdayspa.com.

### Five Branches University

200 7th Ave. 476-8211 five-branches.edu. (See page 44.)

### Kiva Retreat House

One of the area's favorite go-to spots for relief. Indulge. The massages here are offered by real pros. 702 Water St., 429-1142 kivaretreat.com.

### L'Atelier Day Spa

The local salon expands its horizons and creates a day spa providing massage, facials, waxing and natural nails. The natural nails service includes toxin-free nail polish, but applications of fake nails are not available. Appointments can be made through the salon. 304 Lincoln St., 423-4247, lateliersalon.com/latelier-day-spa.

### Nourish

In addition to yoga and nutrition classes, Nourish has massages available for those seeking a balanced mind, body and spirit. Monthly membership guarantees one massage a month and a member can receive as many massages as they are able to schedule for free. 130 Walnut Ave., 429-9355, nourishsantacruz.com.

### Well Within

The Japanese gardens at Well Within provide a natural sanctuary where visitors can experience massages and tranquil hot tubs. They offer a Double's Treatment Room where friends or couples can get relaxing massages together. 417 Cedar St. 458-9355 wellwithinspa.com.

### Santa Cruz Integrative Medicine and Chi Center

Combining the holistic treatment methods of the East and the conventional methods of the West, Santa Cruz Integrative Medicine and Chi Center seeks to heal diseases such as high blood pressure, chronic infections and arthritis. The Chi Center provides classes in yoga, Pilates and tai chi to create healing through movement. 21511B East Cliff Drive, 465-9088 santacruzintegrativemedicine.net.

### Tranquil Ayurveda

Its tagline on the website is, "Discover the Ancient Health Secrets of India." The center offers a fascinating array of mind/body/health options and services: Try "Abhyanga (Ayurvedic Massage)," or an herbal remedy, or a Body Contouring Massage. receive a physical assessment and get a healthy life prescription that will meet your specific needs. 231 Mountain View Ave., Santa Cruz, 431-0881, tranquil-ayurveda.com.

## Rolfing

### Rolfing Structural Integration

The method used to restore balance and align the body is Rolfing. Created by Dr. Ida Rolf, it's a homeopathic way to relieve pain. Kelly Stoll, a UCSC graduate, created the Rolfing Structural Integration Studio to practice the treatment invented by Dr. Rolf and alleviate stress and tension in the lives of locals. 555 Soquel Ave. 345-7987 rolfingforhealth.com.



## HEALTH/GUIDE

### Midline Massage and Bodywork

The 10 session Roling series offered by Midline Massage and Bodywork ensures lifelong changes in patients' alignment and posture. The therapists also specialize in sports massage, orthopedic rehabilitation and deep tissue massage. [555 Soquel Ave., Ste. 350, 421-9222, midlinemassage.com.](http://555SoquelAve.com)

### Santa Cruz Naturopathic Medical Center

Everyone from the very young to the elderly can benefit from Roling, a treatment that uses soft-tissue manipulation to realign the body with gravity. The Roling services that Santa Cruz Naturopathic Medical Center offers help many conditions such as back pain, tennis elbow and frozen shoulder. [736 Chestnut St., 477-1377 scnmc.com.](http://736ChestnutSt.com)

### Per Haaland Roling

Through a series of massages and manipulations, Rolfers help bodies use energy more efficiently. Dr. Per Haaland, who used to be a professional dancer, uses his intimate knowledge of the workings of the human body to ease tension and improve performance in daily activities in his patients. [479-9565, perhaalanderoling.com.](http://479-9565_perhaalanderoling.com)

### Body Roling

By the end of a 10-session Roling series, patients discover a new way of sitting, standing and breathing. Dr. Timothy Greenstreet, a trained Rolfer, uses Roling on his patients to help them get more in touch with the signals of their bodies, eventually making changes in diet and sleep to suit their bodies' needs. [462-2105, bodyroling.com.](http://462-2105_bodyroling.com)



## ROLFING

Feeling a little...*stuck*? Does your soft tissue need some reorganizing? Take note of Kelly Stoll's Roling Structural Integration in Santa Cruz. [rolingforhealth.com.](http://rolingforhealth.com)

**Largest selection of local and organic produce**

**No Antibiotics or Hormones NEVER EVER** in our meat departments

**Always and Only Sustainable Seafood**  
No unsustainable seafood carried since 2003 when we partnered with FishWise

**Prepared Fresh Daily**  
Our Deli dishes made from only top quality ingredients in our kitchens

**Sign up!**  
**Cooking Classes & Wellness Lectures every month**  
Visit [www.newleaf.com](http://www.newleaf.com) or pick up a store calendar for upcoming events



**New Leaf**  
Community Markets  
[www.newleaf.com](http://www.newleaf.com)

Westside & Downtown  
Santa Cruz  
Capitola • Felton  
Boulder Creek  
Half Moon Bay

# Retreat Yourself Well



Spa Body Treatments  
 Spa Boutique Offering Skin Care  
 Body Care & Gifts  
 Water Therapies  
 Massage Therapy  
 Mother's Massage  
 Facial Treatments & Waxing  
 Natural Makeup Application  
 Microdermabrasion  
 Mineral Makeup  
 Sumptuous Day Packages  
 Cozy Fireplace Lounge  
 Charming Garden Courtyard  
 Gift Cards Available



CARESS  
 DAY SPA

831.462.4422  
 911 Capitola Avenue  
 Capitola, California  
[caressdayspa.com](http://caressdayspa.com)

## HEALTH/GUIDE



### DOC'S ORDERS

The Santa Cruz Acupuncture Orthopedics and Sports Medicine Clinic was founded in 2003 to serve patients with pain, sports injuries, and other neuro-musculoskeletal conditions. AOSM provides holistic and minimally-invasive acupuncture treatment, prompt pain relief and treatment for root conditions, prevention of re-injury and illness, health education and self-care programs, including personalized exercise plans, nutrition counseling, and postural and ergonomic training. Referrals to physicians and other health-care providers are made when necessary.  
 303 Potrero St., #42-306,  
 Santa Cruz, 459-6762,  
[santacruzacupunctureclinic.com](http://santacruzacupunctureclinic.com).

### Sports Medicine

#### Coast Rehab

Athletes looking for specialized and personal fitness training and physical therapy for sports-related injuries will find what they need at Coast Rehab. Fitness trainers ensure that athletes use the equipment properly so as to not injure themselves. 1820 41st Ave., Suite C, Capitola, 462-1212, [coastrehab.com](http://coastrehab.com).

#### Hinde Chiropractic & Sports Injury Center

Many sports injuries can be cured at Hinde Chiropractic and Sports Injury Center such as tennis elbow, rotator cuff syndrome and disc herniations. Athletes will return to playing their sports in no time. 216-B Mt. Hermon Rd. Scotts Valley 438-4901 [hindechiropracticsscottsvally.com](http://hindechiropracticsscottsvally.com).

#### Precision Physical Therapy and Fitness

Serious athletes who want to improve their sports performance can find programs to enhance their skills in running and throwing. Precision Physical Therapy and Fitness is different from other physi-

cal therapists because they find the root of the problem and fix it forever rather than finding a temporary solution. 9000 Soquel Ave., 464-8200 [preffitpt.com](http://preffitpt.com).

#### Sol Santa Cruz

Athletes who injure themselves during intense outdoor activity should visit the Sports and Orthopedic Leaders of Santa Cruz. With their rehabilitation and sports performance chiropractic and physical therapy services, athletes can remain in top performance shape. 1510 Seabright Ave., 425-3588, [solsantacruz.com](http://solsantacruz.com).

### Alternative Medicine

#### Center for Transformational Neurophysiology

Neurofeedback teaches students how to control brainwaves in order to have a more balanced and efficiently functioning brain. To reduce pain, manage stress and improve focus, holistic neurotherapy is used and includes techniques such as neuromassage and visual and

auditory neural entertainment. 4624 Soquel Drive, 464-1419 [santacruzbiofeedback.com](http://santacruzbiofeedback.com).

#### Ivy Wellness Center

Specializing in colon hydrotherapy, Ivy Wellness Center provides a treatment that many do not think they need until after they have experienced it. Colon hydrotherapy cleanses the body, enhancing one's health from the inside out. 612 Frederick St., 426-5460 [ivywellnesscenter.com](http://ivywellnesscenter.com).

#### Keating Hypnotherapy

Many people do not have physical ailments, but problems of the mind that can only be cured with hypnotherapy. Dr. Keating is able to aid in curing phobias, improving relationships and coping with trauma and grief with hypnotherapy. 462-0213, [keatinghypnotherapy.com](http://keatinghypnotherapy.com).

#### Santa Cruz Integrative Medicine and Chi Center

Combining the holistic treatment methods of the East and the conventional methods of the West, Santa Cruz Integrative Medicine and Chi Center seeks to heal diseases such as high blood pressure, chronic infections



**\$500 Discount!**  
Check our website for more information!

Individual classes available in Acupressure, Anatomy, Medical Qi Gong, Thai, Shiatsu, Chi Nei Tsang, Chinese Medical Theory, Reiki, Tui Na, Ayurvedic, Swedish, Polarity and more.

**Cypress Health Institute offers these Programs & Classes**

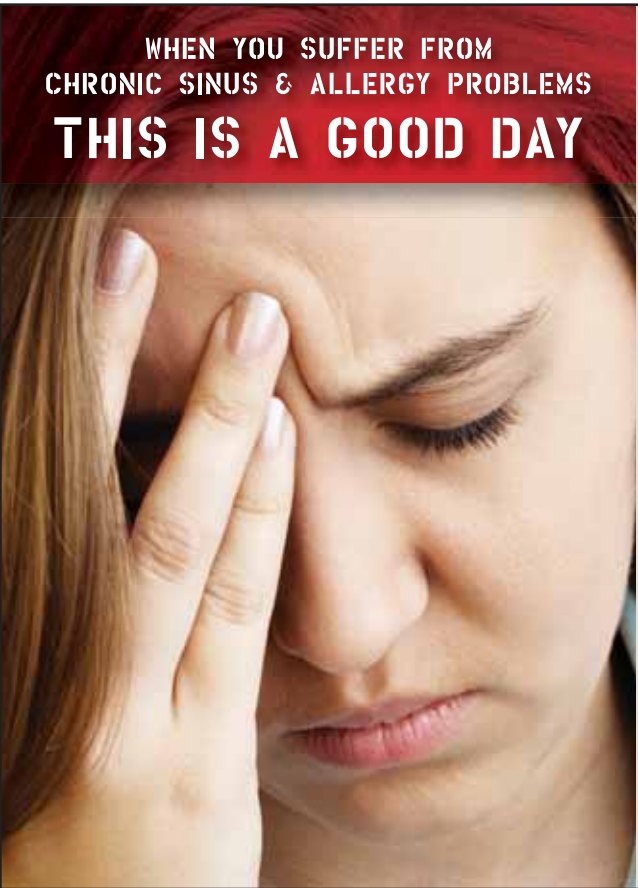
- 250 hr Asian Bodywork Certification
- 250 hr Massage Certification
- 500 hr Master Bodywork Certification



Health Institute Massage School

Please check our website for New Class Information and Current Class Schedule.

**www.cypresshealthinstitute.com (831) 476-2115**



**WHEN YOU SUFFER FROM  
CHRONIC SINUS & ALLERGY PROBLEMS  
THIS IS A GOOD DAY**

**37 MILLION PEOPLE EACH YEAR ARE SIDELINED DUE TO THEM.** If you're one, then you know the major impact it has on your quality of life. For some, medications may help temporarily, however, 20% of those suffering do not respond adequately. Plus, these medications do nothing to fix the underlying problem.

**NOW THERE IS ANOTHER OPTION.** Modern technology has advanced to provide several endoscopic solutions for common sinus problems such as Balloon Sinuplasty™ and image guided sinus surgery. The Balloon Sinuplasty system is used to dilate blocked sinuses, assisting otolaryngologists in clearing blocked sinuses, restoring normal sinus drainage and function, and preserving normal anatomy.

**YOUR BEST SOLUTION.** The physicians of Santa Cruz Ear, Nose & Throat Medical Group are independent, experienced specialists treating disorders of the head and neck. Dr.'s Barker, Seftel & Spilman provide state of the art, caring treatment of ear, nose and throat issues with care spanning from sinus disease to head and neck cancer and from disorders of hearing and balance to pediatric issues including ear infections and tonsillitis. We are the only clinic that offers Balloon Sinuplasty in our local surgery center. Contact us today to schedule an appointment to discuss your specific symptoms and solution.

**SANTA CRUZ**  
EAR, NOSE & THROAT  
MEDICAL GROUP

SANTA CRUZ | 831.359.4771  
FREEDOM | 831.724.9449  
www.scentmd.com

**Cleanse Your Body**  
of fat & toxins while relaxing on a massage table

Call today to receive a  
**Body Contouring Massage** for just **\$95**  
Plus **FREE** Ayurvedic facial with massage (a \$65 savings)

*Jennifer Aniston, who was awarded the official "best legs in Hollywood," receives body contouring massage daily and pays \$1500/hour.*

Ayurvedic Diagnosis & Prescription available  
**831.431.0881**  
[www.tranquil-ayurveda.com](http://www.tranquil-ayurveda.com)

**Tranquil Ayurveda**  
Health Beauty Longevity

KEANA PARKER



## CARESS DAY SPA

Capitola's historic Carriage House is a place where you can be pampered with a number of treatments—sports massage, an aromatherapy massage, airbrush tanning treatment (natural and lasts eight to 10 days), aromatherapy facial, microdermabrasion and more. A recent excursion to this bastion of pleasure proved to be quite rewarding. In between a facial treatment and a massage, visitors are encouraged to rest in the luxurious waiting room and sip tea or nosh on fruits or other healthy foods. Heaven. Take note of some great deals here. Caress has a stellar "Sea of Enchantment" spa treatment, which includes an oxygen glow facial, sea mineral firming body masque, makeup design and a spa lunch. It lasts four hours. There's also the "Sea of Bliss" package, which features aromatherapy and a vitamin C facial. That one runs five hours. Worried about time—really, you're in a day spa, c'mon!—then try individual services. And men—take note: The "Deep Sea Tonic" package, at three hours, is superb. It comes with a deep tissue massage and a vichy shower. All this, coupled with a friendly staff, make Caress one of the finest day spas in the area. [Caress Day Spa, 911 Capitola Ave., Capitola, 462-4422, caressdayspa.com.](http://CaressDaySpa.com)

## HEALTH/GUIDE

and arthritis. The Chi Center provides classes in yoga, Pilates and tai chi to create healing through movement. [21511B East Cliff Drive, 465-9088, santacruz-integrativemedicine.net.](http://21511B-East-Cliff-Drive-465-9088-santacruz-integrativemedicine.net)

### Docs

**Dominican Medical Foundation**  
1667 Dominican Way, Santa Cruz, 475-8834.

**Capitola Family Practice**  
528 Capitola Ave., Capitola, 475-1630.

**Dominican Family Practice**  
1595 Soquel Dr, Suite 411, 475-8834.

**Planned Parenthood**  
1119 Pacific Ave. Ste. 200, Santa Cruz, 426-5550.

**Santa Cruz Ear, Nose & Throat**  
595 Soquel Drive # 230, Santa Cruz, 476-4414, 724-9449, [scentmd.com/physicians/drspilman/index.htm](http://scentmd.com/physicians/drspilman/index.htm).

**Santa Cruz Women's Health Center**  
250 Locust St., Santa Cruz, 427-3500, [cwomenshealth.org](http://cwomenshealth.org).

**Westside Family Medicine & Pediatrics**  
2018 Mission St., Santa Cruz, 706-2220.

**Westside Health Center**  
1119 Pacific Ave., Suite 200, Santa Cruz.

**WAMM**  
email: [info@wamm.org](mailto:info@wamm.org), 425-0580.

### DAY SPAS

**L'Atelier Day Spa**  
A wonderful offspring of the popular hair salon in Pearl Alley in Santa Cruz, this new day spa promises to offer nourishing treatments—from massage to facials and much more. [Lincoln St., Santa Cruz, 469-7546, lateliersalon.com/latelier-day-spa.](http://Lincoln-St.-Santa-Cruz-469-7546-lateliersalon.com/latelier-day-spa)

**Pacific Skin Care**  
From facials, waxing, mineral makeup, diamond microdermabrasion and massage, you will feel like a new person. By appointment only. Great attitude and service make for a great zen experience. [879 41st Ave. \(Near Portola\), Santa Cruz, 476-1060, pacificskin.com.](http://879-41st-Ave.-Near-Portola-Santa-Cruz-476-1060-pacificskin.com)

**Serene Skin & Body**  
Serene offers a wide variety of facials, massages, nail treatments and much more. A stellar full-service day spa. [108 Magnolia St., Santa Cruz, 427-1912, sereneskin-care.com.](http://108-Magnolia-St.-Santa-Cruz-427-1912-sereneskin-care.com)

**Scotts Valley Spa & Boutique**  
There's a fine choice of treatments to choose from: relaxing massage, skin-softening body therapy, rejuvenating facial or one of our incredible nail services. [4301 Scotts Valley Drive, Scotts Valley, 439-9900, scottsvalleyspa.com.](http://4301-Scotts-Valley-Drive-Scotts-Valley-439-9900-scottsvalleyspa.com)

**The Spa at Chaminade**  
It's not just a resort. Chaminade is also a fabulous day retreat for the day and can satisfy a number of spa needs. [1 Chaminade Lane, Santa Cruz, 475-5600, chaminade.com](http://1-Chaminade-Lane-Santa-Cruz-475-5600-chaminade.com)

**Tea House Spa**  
Redwood decks, private ozone-purified hot tubs with jets, cedar-lined saunas and shoji windows that open into a 1940s Japanese bamboo garden—heavenly. [112 Elm St., Santa Cruz, 426-9700, teahousespa.com](http://112-Elm-St.-Santa-Cruz-426-9700-teahousespa.com)

**Well Within Spa**  
The downtown Santa Cruz hot spot offers private tub and sauna rooms (some with outdoor tubs), which overlook Japanese gardens with waterfalls, bamboo, maple, blossoming cherry trees and floating water plants. Massage rooms, too. [417 Cedar St., Santa Cruz, 458-9355, wellwithinspa.com](http://417-Cedar-St.-Santa-Cruz-458-9355-wellwithinspa.com)

# PLAY/DATES

## APRIL

## MAY

## JUNE



**XTERRA Wilder Ranch Trail Run**

8

**Marine Discovery Run**  
A life of a monk seal is saved by every runner here. *Long Marine Lab, 419-0883, finishlineproduction.com/events/LML/MDR.html*

14

**XTERRA Wilder Ranch Trail Run**  
Preceding the championships, this run that can be completed at 5, 10 or 21km. *877-751-8880, xterraplanet.com*

17

**Santa Cruz Classic Criterium**  
Trained bicyclists maneuver their two-wheelers around turns, hairpins, climbs and descents. *209-533-4996, velopromo.com*

15

**XTERRA Pacific Championship Triathlon**  
Begins with a swim along the pier at Cowell Beach, followed by a run. *Wilder Ranch, xterraplanet.com*



**Dance Week**

18

**Amgen Tour—Livermore to San Jose**  
The world's elite cyclists compete in Stage 4 with the first-ever mountaintop finish in the race's history. *amgentourofcalifornia.com*

21-29

**National Dance Week Santa Cruz**  
A mélange of dance-related events. Highlights include free dance classes and performances. *457-1838, santacruzdance.com/ndw.htm*

20-22

**DeLaveaga Disc Golf Master's Cup**  
Experts in disc golf gather to compete. The Master's Cup is one of the first tournaments to use a 27-hole format. *delaveagadiscgolf.com*



**El Palomar Juniors Open**

12

**San Lorenzo River Trail Run**  
The run begins and ends at Harvey West Park. *Harvey West Blvd./Dubois St., coastaltrailruns.com/slr\_san\_lorenzo\_river.html*

22-23

**El Palomar Juniors Open**  
Junior volleyball players compete in the sand and sun. *247-9388, harborbeachopen.com*

12-13

**El Palomar Juniors Open**  
Junior volleyball players compete in the sand and sun. *247-9388, harborbeachopen.com*

22

**Dirt Inspires Women's Trail 4- and 8-Mile Marathons**  
Four- and eight-mile marathons. *Big Basin State Park, terrischneider.net/ditrailruns*

18-19

**Loch Lomond Highland Games and Scottish Renaissance Festival**  
Uphold that Scottish tradition here. *Santa Cruz County Fairgrounds*

28

**Santa Cruz Blues Festival**  
Smooth jams are played outdoors among redwoods with a top-notch sound system in the Blues Festival. *Aptos Village Park, santacruzbluesfestival.com*

18

**Summer Invitational Jiu Jitsu Tournament**  
Combatants can demonstrate their prowess in the Brazilian sport of self-defense. *2-1507 East Cliff Dr., 476-7650 claudiofrancabji.com*



**Blues Festival**

# PLAY/DATES

## JULY

## AUG

<p>4</p> <p><b>Fourth of July Firecracker 10k Race</b> Runners show their pride by running a 10k race on Independence Day. <i>Harvey West Park, santacruzfirecracker10k.org</i></p>	 <p><b>Fourth of July</b></p>	<p>7-8</p> <p><b>Cabrillo Festival of Contemporary Music</b> The festival on the street spotlights world music and dance. Art and food are also featured. <i>Church Street</i></p>	<p>21</p> <p><b>Aloha Races &amp; Polynesian Festival</b> Be transported to the tropics with fresh flower leis, Hawaiian shaved ice and hula dance performances. <i>Santa Cruz Harbor</i></p>
<p>9-17</p> <p><b>Comerica Tennis Challenger</b> The best backhands, kick serves, and volleys to rival Wimbledon. <i>688-1993, seascapesportsclub.com</i></p>	<p>17</p> <p><b>Santa Cruz Dip and Dash #1</b> Athletes have the chance to exhibit their skills in swimming and long distance running. <i>419-0883, finishlineproduction.com</i></p>	<p>7-13</p> <p><b>PDGA Professional Disc Golf World Championships</b> Intense golf competition is mixed with other entertaining activities such as mini golf. <i>2011proworlds.com/</i></p>	<p>21</p> <p><b>University Road Race</b> The setting of the road race is the hills and redwoods of the scenic UCSC campus. <i>UC Santa Cruz Campus, SC 209-533-4996 velopromo.com</i></p>
<p>10</p> <p><b>Jungle Run Half Marathon and 10k</b> The lakeside trail at Vasona Park provides runners with a beautiful vista. <i>Los Gatos Creek Trail, 408-356-0518, firstwave-events.com/jungle_run/</i></p>	<p>24</p> <p><b>Wharf to Wharf Race</b> The scenic race spans six miles from Santa Cruz Wharf to the Capitola Wharf with 40 live bands performing along the way. <i>wharftowharf.com</i></p>	<p>13</p> <p><b>Santa Cruz Sprint Triathlon and Duathlon</b> Swimmers, runners and cyclists. <i>475 Tinker's Trail, Boulder Creek, finishlineproduction.com</i></p>	<p>27</p> <p><b>Cobha Wellness Fair</b> Traditional and alternative practitioners, businesses, and educational institutions gather. <i>Lincoln Street, 462-1807, cobha.org/</i></p>
<p>15</p> <p><b>Santa Cruz Valley Farm Bureau and Agriculture Golf Tournament</b> Lunch, prizes, and a post-tournament reception are provided for putters. <i>724-1356</i></p>	 <p><b>Wharf to Wharf</b></p>	<p>14</p> <p><b>Santa Cruz International Triathlon</b> Winners receive \$1,000. <i>475 Tinker's Trail, Boulder Creek, finishlineproduction.com</i></p>	<p>28</p> <p><b>Dirt Inspires Women's Trail Half Marathon</b> A marathon made for women by women, Dirt Inspires. <i>Nisene Marks State Park, Aptos, terrischneider.net/ditrailruns.</i></p>
<p>16</p> <p><b>Watsonville Criterium</b> Cyclists ride on smooth pavement and finish with a small hill. Winners receive merchandise, gift certificates, cash. <i>Brewington at Palm, Watsonville, 209-533-4996, velopromo.com</i></p>	<p>30</p> <p><b>Santa Cruz Mountains Challenge</b> Takes cyclists from the redwoods to the beach. The trail reaches an elevation of 11,000 feet. <i>555 Glenwood Dr., SV, santacruzcycling.org/scmc</i></p>	<p>14</p> <p><b>Santa Cruz Dip and Dash #2</b> Held in conjunction with the International Triathlon, competitors will swim the same 1,500-meter course. <i>419-0883, finishlineproduction.com</i></p>	<p>31</p> <p><b>Surf Shop Challenge</b> An exposition of the best surfers in the city. Surfers compete to attend the National Championships at Huntington Pier. <i>Steamer Lane, surfshopchallenge.com</i></p>

# Pacific Trading Co.



*The Store for Women*

Michael Stars  
Splendid  
AG  
Citizens Of Humanity  
Seven  
Eileen Fisher  
FLAX  
Three Dots  
NYDJ

Velvet  
Odd Molly  
Weston Wear  
Free People  
French Connection  
Stewart & Brown Organic  
Language  
Lucky Brand  
Orla Kiely

Locally owned since 1972

Santa Cruz • (831) 423-3349 • 1224 Pacific Ave. at Walnut Ave.  
Capitola • (831) 476-6109 • 504C Bay Ave.

"Create Your Om"  
Feng Shui your space with  
Om Gallery  
Lighting and Decor



**om**  
GALLERY

1201 Pacific Ave, Santa Cruz  
110 Capitola Ave, Capitola  
[www.OmGallery.com](http://www.OmGallery.com)

**\$10 Off A \$50 Purchase With This Ad**

# PLAY/DATES

SEPT		OCT	NOV
<p>3</p> <p><b>Windjammers Race and Party</b> Yachts race from San Francisco, in clear view of the Golden Gate Bridge. 425-0690 <a href="http://windjammersrace.org/">windjammersrace.org/</a></p>	<p>18</p> <p><b>Santa Cruz Dip and Dash #3</b> The final and most demanding leg of the Dip and Dash series. 419-0883, <a href="http://finishlineproduction.com">finishlineproduction.com</a></p>	<p>24-30</p> <p><b>O'Neill Coldwater Classic</b> One of the hottest surf events of the year comes to life, attracting thousands. <a href="http://oneill.com/cwc">oneill.com/cwc</a></p>	<p>19</p> <p><b>Wine Passport Program</b> A chance to visit wineries of the Santa Cruz Mountains not normally open to the public. <i>Santa Cruz Mountains,</i> 685-8463</p>
<p>2-5</p>  <p><b>Capitola Begonia Festival</b> A variety of outdoor activities such as a sand sculpture contest, a concert, and more. <a href="http://begoniafestival.com">begoniafestival.com</a></p>	<p>22-25</p> <p><b>Hoopcamp 2011: The Spirit Dance: Hooping for Transcen'dance'</b> Pema Osel Ling Tibetan Retreat Center in the Santa Cruz, <a href="http://hoopcampretreats.com">hoopcampretreats.com</a></p>	 <p><b>O'Neill Coldwater Classic</b></p>	
<p>10-11</p> <p><b>Capitola Art and Wine Festival</b> Admire art from local artists and taste wines from Santa Cruz Mountain Wineries such as Bargetto Winery. <i>Capitola Village, 475-6522,</i> <a href="http://capitolachamber.com/artwine">capitolachamber.com/artwine</a></p>	<p>23</p> <p><b>St. Michael's Golf Tournament</b> Funds raised during the tournament and dinner benefit St. Michael's Catholic Church. 338-6112</p>	<p>9</p> <p><b>SuperKid Triathlon</b> Triathlons are no longer for the adults. Kids under the age of 15 can participate. 419-0883, <a href="http://finishlineproduction.com">finishlineproduction.com</a></p>	<p>25</p> <p><b>Holiday Tree Walk</b> Ride to the summit of Bear Mountain to gaze upon wonderful Christmas trees decorated by local organizations. <i>Felton, 335-4484</i></p>
<p>11</p> <p><b>Big Kahuna Triathlon</b> The aptly named Big Kahuna Triathlon has competitors swim 1.2 miles, bike for 56 miles and take a long 13.1 mile run. 408-356-0518, <a href="http://firstwave-events.com/kahuna">firstwave-events.com/kahuna</a></p>	<p>25</p> <p><b>Santa Cruz Triathlon</b> The triathlon is a non-profit event. Fees for racers are donated back to the community. The race: a 1.5K swim, 40K bike ride and more. <a href="http://santacruztriathlon.org">santacruztriathlon.org</a></p>	<p>14-16</p> <p><b>US Open XVI Tournament</b> Skilled fighters have the chance to compete against world-class athletes. <i>Santa Cruz Civic Auditorium</i> 476-7650</p>	<p>25-26</p> <p><b>Christmas Tree Wine Trail in the Mountains</b> Holiday shopping on the Summit. Mountains, trees, wine specials, ornaments, crafts, food, caroling and fun. <i>(408) 395-0965</i></p>
<p>17</p> <p><b>Fall Invitational Jiu Jitsu Tournament</b> Expert fighters can spar and grapple their way to the top. 2-1507 East Cliff Drive, 476-7650, <a href="http://claudiofrancabji.com">claudiofrancabji.com</a></p>	<p>25</p> <p><b>Mermaid Triathlon</b> A fun way to dip a toe into the world of triathlons, women competing must swim for 400 yards, bike for 11 miles and run for 2.5. <a href="http://mermaidtriathlon.com">mermaidtriathlon.com</a></p>	<p>30-31</p> <p><b>Halloween Bash Weekend/ Harbor Beach Open</b> Combining screams with athletics, volleyball lovers unite. 247-9388, <a href="http://harborbeachopen.com">harborbeachopen.com</a></p>	





1981-2011  
**30**  
 YEARS  
 SHAKESPEARE  
 SANTA CRUZ

**JULY 19 - AUGUST 28**



CELEBRATING *30* YEARS OF THE  
**SSC EXPERIENCE**

*The Three Musketeers*

**HENRY IV**  
part one

**the COMEDY of ERRORS**

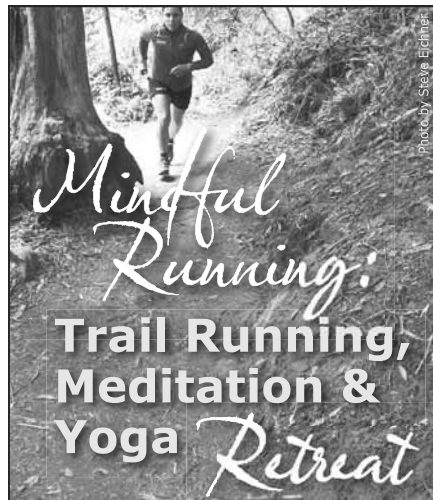
shakespearesantacruz.org  
 (831) 459-2159

**UNBELIEVABLE PRICES,  
 UNBELIEVABLE QUALITY.**

**POTTERY, FOUNTAINS, GIFTS,  
 TEAK FURNITURE & MORE**



**HURRY IN FOR  
 BEST SELECTION!**  
 2600 SOQUEL AVE.,  
 SANTA CRUZ  
 (AT 7TH AVENUE)  
**831-465-9216**  
OPEN TUEI-SAT 9:30-6, SUN 10-5:30, CLOSED MONDAYS



Send your running (and your mind!)  
 to the next level...

With **TERRI SCHNEIDER**  
speaker • author • coach • consultant

**Friday, 4:00 PM, Sept. 16 - Sunday,  
 2:00 PM Sept. 18, 2011 Soquel, CA**

Sign up TODAY at:  
<http://terrirschneider.net/clinics/html/running.html>  
 or Email [terri@terrirschneider.net](mailto:terri@terrirschneider.net)

**SWEET LEAF CAREGIVERS**  
 An Alternative Healing Collective



Catering to the MMJ patients of  
 Santa Cruz & Monterey Counties

Please visit us on the web at:  
[www.SweetLeafCaregivers.com](http://www.SweetLeafCaregivers.com)  
 for membership details & product menu

Or Call: 831-325-0411

We dispatch drivers from  
 10am to 8pm daily.  
 Medical marijuana is provided to  
 Prop 215 patients only.

# PLAY/DATES

DEC	JAN	ONGOING	
<p>2</p> <p><b>Watsonville Snow Day</b> Snow. Lots of it. And a Farmers Market to boot. <i>Watsonville</i></p>	<p>8</p> <p><b>Surf City Cyclo-X Race 4</b> Racers compete through varied terrain such as dirt and pavement. The course features natural and artificial barriers. <i>cyclo-x.com</i></p>	<p>Mar-Oct</p> <p><b>Wednesday Night Sailboat Races</b> Fight the mid-week blues by watching sailboats race across the Santa Cruz Harbor. <i>Santa Cruz Harbor, 425-0690</i></p>	<p>June-Sept</p> <p><b>Boardwalk Discount Nights</b> Bring in a Pepsi can after 5 pm each Weds. &amp; Thurs. night and get over 50% discount on the Unlimited Rides wristband.</p>
 <p><b>Holiday Parade</b></p>		<p>Apr 5-Aug 23</p> <p><b>Tuesday Twilight Tournament at DeLaveaga Golf Club</b> Members of the DeLaveaga Golf Club can enjoy a competitive game of golf. <i>423-7214</i></p>	 <p><b>Shakespeare Santa Cruz</b></p>
<p>3</p> <p><b>Downtown Santa Cruz Holiday Parade</b> Floats, marching bands, fire trucks, horses, classic cars and Santa go down Pacific Avenue in Santa Cruz. <i>429-8433</i></p>	<p>22</p> <p><b>Surf City Cyclo-X Race 5</b> Racers compete through varied terrain such as dirt and pavement. <i>cyclo-x.com</i></p>	<p>May-Oct</p> <p><b>Harbor Beach Open</b> A hot day at the beach would not be complete without a game of volleyball as a player or a spectator. <i>247-9388, harborbeachopen.com</i></p>	<p>July-Aug</p> <p><b>Shakespeare Santa Cruz</b> Talented actors gather on an outdoor stage to perform Shakespeare classics. <i>1156 High St., 459-2121, shakespeareasantacruz.org</i></p>
<p>11</p> <p><b>Santa Cruz Jingle Bell Rock-Toys for Tots 5K</b> Ways to give back and get into shape as toys are donated by spectators throughout the race. <i>419-0883</i></p>	 <p><b>Surf City Cycle</b></p>	<p>May 31-Oct 31</p> <p><b>Annual Sculpture Garden</b> Major exhibition of sculptures throughout the beautiful demonstration gardens. <i>Watsonville, 763-0939</i></p>	 <p><b>Concerts at The Boardwalk</b> Two free live concerts every Friday night (June 17-Sept. 2) with music stars of the '70's, '80's and early 90's! All FREE. <i>Santa Cruz Beach Boardwalk, 423.5590</i></p> <p><b>Concerts at The Boardwalk</b></p>
<p>For more events and information check out <a href="http://www.goodtimesantacruz.com">www.goodtimesantacruz.com</a></p>			

# PARTY

SEVEN NIGHTS A WEEK

Happy Hour Daily 4-7pm  
3 Tacos for \$5 • Drink Specials

## SUNDAY

Soul/Jazz/Funk with DJ Sparkle

## MONDAY

Terminal w/ Dane Jouras and guests

## TUESDAY

\$2 drinks for 2 hours 9-11pm  
2 for 1 apps all night  
Just Dance with SC's #1 DJ, AD!!

## WEDNESDAY

Revolving Monthly's alternative-  
Electro/Dubstep/Retro

## THURSDAY

College Night—Libation Lab  
No cover, \$3 Drink Specials w/student ID

## FRIDAY & SATURDAY

Featured Djs from around the world



Voted by Good Times Readers

Best Dance Club

Best DJ's

Best Bar

Best Bartender

INSPIRED  
CULTURE

1209 PACIFIC AVENUE  
831.429.8070



FOLLOW US ON TWITTER®  
[twitter.com/MOTIVSC](https://twitter.com/MOTIVSC)



BE A FAN ON FACEBOOK®  
FOR SPECIAL DEALS  
[facebook.com/MOTIVSC](https://facebook.com/MOTIVSC)

# DISCOVER THE WETLANDS OF WATSONVILLE



Photo: Tarmo Hannula



Photo: Patricia McQuade



**Y**ou are invited to discover the Wetlands of Watsonville, one of the largest remaining freshwater wetlands along the Central Coast of California. Just a mile off of Highway 1, come explore the beauty of this hidden treasure. The City of Watsonville's award winning trail system offers opportunities to walk, bicycle, jog, or view the incredible wildlife living throughout the 800 acres of wetlands. Over 5 miles of trails are free and accessible to the public 7 days a week.

The City's Wetlands of Watsonville Nature Center offers bilingual activities for the whole family with exhibits on wetlands animals, plants, habitats and cultural history. Join us every Sunday at 1:30 for bilingual guided nature walks to learn about the bird species that depend on the wetlands and the plants that make this habitat special.

## Trail maps available at:

- Nature Center
- City Hall
- Watsonville Public Library



Photo: Tarmo Hannula



For more information contact: **Wetlands of Watsonville**  
Nature Center 30 Harkins Slough Rd. Watsonville, CA  
95076 **(831) 768-1622**  
[www.wetlandsofwatsonville.org](http://www.wetlandsofwatsonville.org)

# Choose your **PAMF** doctor today



Bookshop Santa Cruz

## Keeping my hometown healthy

*"I grew up in Santa Cruz, and I wouldn't practice medicine anywhere else."*

—Tanya Nauenberg, M.D., PAMF Pediatrician

When you choose a Palo Alto Medical Foundation doctor in Santa Cruz, you get world-class medicine from doctors connected to your community. Doctors like Tanya Nauenberg, M.D., who was born in Santa Cruz and is now raising her own family here.

Call us or visit our website to learn more about PAMF, a part of the Sutter Health network.

**477-2228**

**[pamf.org/sc](http://pamf.org/sc)**

 *Palo Alto Medical Foundation*  
*Sutter Maternity & Surgery Center*  
Sutter Health Affiliates  

---

*Santa Cruz*

Let's connect:   

NEW

# HOT SHOES HAVE ARRIVED! FOR RUNNING AND WORKOUT



**Tubes**  
SOLE TECHNOLOGY  
FOR WOMEN



**MINIMUS**



**MINIMUS**



**Tubes**  
SOLE TECHNOLOGY  
FOR MEN

**Great selection for men, women, and kids!**  
Athletic Shoes ■ Active/Lifestyle Apparel ■ Active/Fashionable Sunglasses ■ Swim Wear & Accessories  
Sports Equipment: Baseball, Basketball, Tennis, Football, Soccer, Volleyball, Disk Golf

SANTA CRUZ  
COUNTY'S ONLY INDOOR  
**BATTING CAGE!**

**FREE  
BATTING  
CAGE  
TOKENS**

REDEEM THIS  
COUPON FOR \$12  
WORTH OF BATTING  
CAGE TOKENS

Expires after May 15, 2011

**JERRY'S  
SPORTS**

1148 SOQUEL AVENUE  
SANTA CRUZ  
(831) 465-1400



1148 Soquel Avenue  
Santa Cruz  
(Corner of Soquel & Seabright Avenues)

**(831) 465-1400**

Weekdays: 10am-7pm,  
Saturdays: 9am-6pm, Sundays: 10am-5pm

