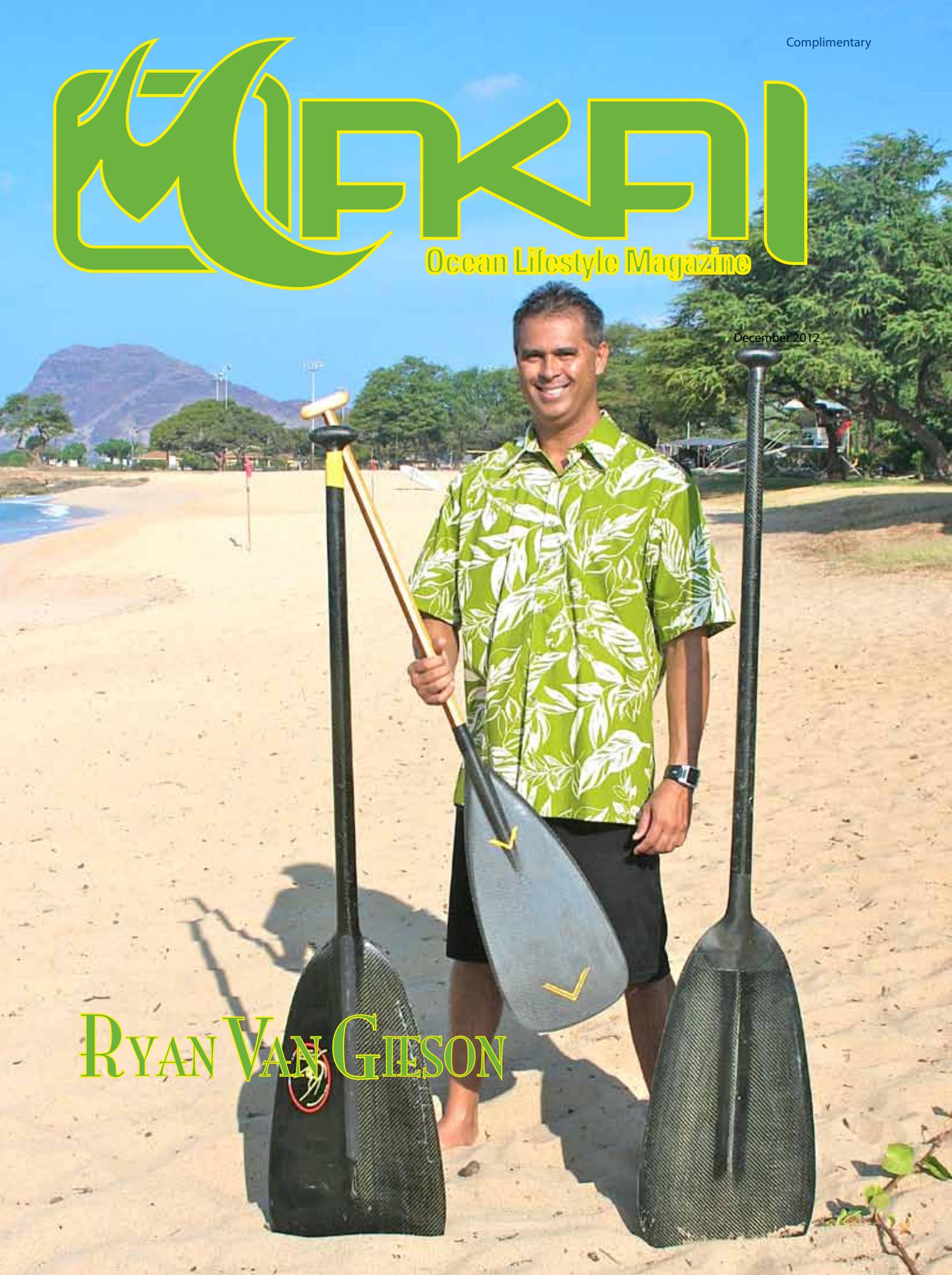


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DECEMBER 2012



07

ISLAND NATIVE
RYAN VAN GIESON

12

SUNNY GARCIA WINS!

19

GALLERY:
GAVIN SHIGESATO

25

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THE BAREFOOT PUBLISHER



Aloha Makai Ohana,

Hauoli Makahiki Hou! Happy New Year! I hope that you and your ohana had a great Christmas, as well as being was merry and bright!

As another fabulous year approaches, I wish you a prosperous year, filled with joy & love, as you continue pursuing your dreams, and oh yeah, have another exciting, wet, thrilling year, and be safe in the water.

In this month issue, Makai is featuring one of the great watermen from a great ocean family from the West side of Oahu, Ryan Van Gieson.

Kamaaina Water people surfing and enjoying the surf with photographic submissions collected throughout the year are published in this issue, as well as, a young and gifted photographer in our Gallery.

Congratulations to the Graduates this winter semester especially Lesley Goo, and Kaihe Chong, from the University of Hawaii, may all your dreams come true!

Mahalo nui to all the people who make Makai Magazine happen each month! Once again, Hauoli Makahiki Hou!

A hui hou,

Lono

Hauoli Makahiki Hou!



Kelly Slater/Pipeline - LonoG

Ryan Van Gieson: A Born Paddler

By Alyssa S. Navares

Not many people can say they started paddling from the womb; Ryan Van Gieson is one such person.

His mother and her team made history when they roughed the waters from O‘ahu to Kaua‘i in a first-of-its-kind crossing during the late ‘70s. Their paddles dipped into the ocean’s surface in a synchronistic rhythm to from one island to the other. And as everyone cheered from shore, the crew’s biggest fan rooted from inside his mother’s belly. Baby Ryan couldn’t wait to one day follow the same path as his soon-to-be parents.

“For as long as I can remember, I’ve been paddling,” the 41-year-old from Nanakuli reminisces. “It runs through my family’s blood, through our veins. We live and breathe paddling.”

He comes from a family that has no doubt become synonymous with the ocean sport. Ryan’s parents – Edith and Henry – started one of the first canoe clubs on the west side of O‘ahu in 1967. Since then, Leeward Kai Canoe Club has grown into a powerful force for the paddling community, with the Van Giesons steering the way.

“Putting a club together took a lot of effort and hard work,” Edith admits. “But thankfully, we always had a great support system throughout the years, particularly those in our family. Everyone got involved in one way or another.”





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The young ones in the family, on the other hand, could not wait to be part of the team. Like his siblings and cousins, Ryan practically grew up in the canoe. During paddling season, they spent every waking moment practicing at Nanakuli Beach Park or racing somewhere in the Honolulu area. Even if it wasn't the "season" for paddling, Ryan and the rest of the kids had a blast taking the canoes out "just for fun." After all, they had to get their paddling fix somehow.

"We'd wake up on the weekends, and first thing we'd ask was, 'Where we gonna paddle today?'" recalled Ryan, laughing. His mother added to that by joking how their family was "borderline obsessed" with the sport, so it wasn't out of the ordinary to spend their off days in a canoe.

From a young age, Ryan showed a lot of promise as a paddler. Edith noted how quickly her son picked up certain

techniques compared to the other kids his age. The coaches could already see his potential and thus pushed him the hardest.

"It was definitely tough love," Ryan said, looking back at his younger days in paddling. "I could tell the coaches wanted me to succeed, so they picked on me a little more, expected me to be a little better than every one else."

Although it was a lot of pressure for someone that young, Ryan remained grateful for his family's undying support. In fact, he has dozens of medals to prove just how good it did him throughout the years. But there's one medal in particular that continues to motivate him, even till this day.

"I still have my very first medal from my very first win when I was eight or nine years old," he exclaimed, lighting up as he spoke. "It's also one of the first memories I've had of paddling and can still remember who I was paddling with

and where."

Among his house full of surfboards, canoe paddles, stand-ups and other ocean-related gear, Ryan devotes a special place for his medals – a box that's just as packed. His first medal, however, he keeps in an even more special place, separate from the others.

As he grew older, Ryan realized that paddling wasn't only about winning medals. It was about putting in the extra effort for results that really mattered when it came to fulfilling personal goals and meeting certain milestones. It was about making sacrifices.

"I got into Damien for high school," he said. "That meant two-hour bus rides into town from Nanakuli and then coming home after a long day of school and paddling practice, only to do it all over again the next day."

Ryan paddled for Damien throughout the fall Interscholastic League of Hawai'i (ILH) season. During the sum-



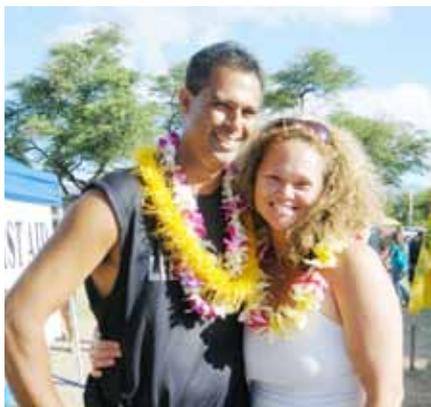


mers, he paddled for his hometown team on the leeward side. Therefore, spending most of his time in a canoe, with just a month or so of a break in between seasons.

"I always told myself that the more effort I put into it, the better results I'd get," Ryan said. "And when you're young, you want to see those results; you want to keep doing your best."

His mother remarked on his dedication to the sport, "Surprisingly for a kid that age, he never complained about those long, hard days. Ryan tolerated what most kids wouldn't have, and for that, I'm so proud of my son."

The State Capitol recently recognized Edith and her family for their continued contribution to the Wai'anae coast. For more than 45 years, the club has been hosting an annual Father's Day Regatta for the O'ahu Hawaiian Canoe Racing Association. It brings together hundreds of paddlers for a weekend of



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fun with their families, as they honor the men in their lives.

Edith explained how the family torch has since been passed on to Ryan, who is now head coach of Leeward Kai. And along with his full-time duties at work and at home – as a husband and father of four – he has continued to show his dedication and commitment to paddling just as he did growing up.

“I like watching the kids get out of the boat, all smiles,” described Ryan, who coaches both kids and adults.

“They may not have won, but there’s still that total stoke on their faces. It’s just so priceless.”

He not only teaches the paddlers about technique but also about culture – that paddling was more than a sport in ancient times. It was a way of being self-sufficient, a way of living and a way of surviving.

“After I tell them, they say stuff like, ‘Wow! I never knew that!’ and it just makes all the extra effort we put in so worth it.”

In addition to coaching Leeward Kai, Ryan dedicates his time helping high school students on the west side during the O’ahu Interscholastic Association (OIA) season. About a decade ago, paddling became an official sport for public high schools, and since then, Ryan has continued to be among the key players who keep the sport going. Like the other coaches, he dedicates many hours of service to helping student paddlers excel.

“...we provide them the opportunity to do something positive.”

“Unfortunately, the west side has always had a bad rep,” he explained. “When there are no waves, there may be some mischief that happens. Kids get involved in things that they shouldn’t be doing, so we provide them the opportunity to do something positive. We give them direction.”

And with the support of the kids’ families, that direction is much easier to give. Throughout the years, paddling on the leeward side has evolved into a more family-oriented sport, Ryan said; whereas before, parents looked to it as “some kind of daycare.” They’d drop off their kids before practice and leave.

“It’s a good feeling to see more parents now days coming down and getting involved,” Ryan said. “Some of them even started paddling themselves. Not too many sports let parents participate in the same sport as their kids.”



The same goes for Ryan’s family, as well. With his children and wife just as enthusiastic about paddling as he is, Ryan looks forward to occasions when they can all be in the same canoe together.

“One of my most recent favorite memories was this past Fourth of July,” he recalled, “when I was right there, paddling with my three daughters, wife and son during the Ohana Regatta. That was one of the best feelings I’ve ever had, and it’s moments like these that I live for.”

With his ‘ohana by his side – or in this case, in the same canoe – Ryan is eager to see what the next chapter has in store for the Van Gieson hui.





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GARCIA WINS HIC PRO AGAIN-AFTER 20 YEARS

North Shore surfing legend Sunny Garcia has won the HIC Pro at Sunset Beach, replicating a win he enjoyed here 20 years ago in the early stages of his storied career. Today he accepted the victory while holding his baby grandson, who shares his name. Garcia says his win today is the perfect primer to launch his bid for a 7th series title at the Vans Triple Crown of Surfing, which starts on Monday.

Garcia is the reigning ISA World Masters champion; the record-setting 6X Vans Triple Crown of Surfing (VTCS) champion; and a former ASP World Champion with 22 major titles to his name. Today's victory earned him \$15,000; the 2012 ASP Hawaii Regional Champion's title; and a coveted Round of 64 wildcard into the first two events of the VTCS.

Moments after stepping foot on the sand he thanked his fans for supporting him all these years and helping him to live the dream.

"I want to thank all of you out there who have supported me and continue to support surfing," said Garcia. "It's because of you that I've been able to live the dream for so long.

"For an aging athlete that's so used to being at the top and winning, it really is hard when you get old and you see all these young guys doing good and kicking your butt... I'm just glad I still get to



Sunny Garcia . Photos: Bernie Baker

compete against these young guys and beat them every now and then."

Garcia and runner-up Granger Larsen (Maui) surfed through five intense rounds of competition today in overhead waves. Running out of steam, Garcia knew he'd have to strike early in the final and his plan unfolded perfectly. He caught the first wave of the heat and racked up two huge hacking turns for an 8.5. A second score of 6.33 at the 8-minute mark sealed the deal and he never looked back.

"In the quarters I was dying ... I wanted to quit and (caddy Billy Kemper) was just screaming 'c'mon paddle!' And I'm like, 'I have no more gas!' In the semis he was in the channel yelling 'c'mon you got this!', and I'm like 'what are you screaming about?! I'm doing everything you're telling me!' (laughs).

"This is the one time of year I feel like I can come home and win the Triple Crown. The day I don't feel I can win the Triple Crown, is the day I'm going to stop. For now I feel like the waves are big and I feel like there are very few people that can compete with me if I get good waves. I feel good. I feel really, really good right now."

Larsen, 22, was locked in a battle for second with Honolulu civil engineer and occasional competitor Gregg Nakamura and eventually got it in the closing minutes of the heat.

Nakamura's result was nothing short of inspirational. A relative "nobody" on the pro surfing scene, he surfed through nine rounds this week and went from an obscurity to a local hero.

"To be in the final with Sunny and Fred was amazing," said Gregg. "Who would have imagined?"

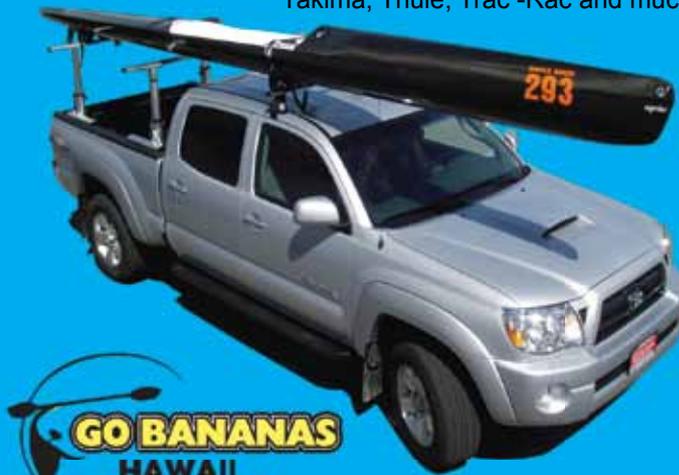
Fourth-placed Fred Patacchia had a wave-starved experience in the final and could offer little more than a head shake and a laugh as he returned to the beach.

The attention of the surfing world now turns to the Vans Triple Crown of Surfing hydrated by vitaminwater. Monday, November 12, is the first official day of the series that will run all the way through December 20.

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Is Sunscreen Safe?

By Dr. Greg K. Sakamoto & Lara Nichol

Many dermatologists these days spend a significant amount of time debunking the claims that are made about various medications and cosmetics. One product that has come into the limelight is sunscreen. There was a recent report from the Environmental Working Group (EWG) warning the public of dangerous chemicals found in sunscreens. Their report alarmed regular sunscreen users and had them questioning whether using sunscreen is safe and the right thing to do. As health care providers, we feel obligated to inform our patients what the leading medical research shows regarding the relative safety of regular sunscreen use.

The American Academy of Dermatology has deemed sunscreen to be safe and states that there are no published studies proving that sunscreen is harmful to human health. On the contrary, there is extensive research validating the benefits of sunscreen as a preventative tool against skin cancer. However, the EWG report does make some valuable points that the American Academy of Dermatology credits. First, applying sunscreen once does not mean that you are protected for the whole day or that you can spend an unlimited amount of time in the sun without experiencing skin damage or increasing your risk of skin cancer. Second, most people use an inadequate amount of sunscreen to actually reach the SPF indicated on the sunscreen bottle.

Henry W. Lim, Chairman of Dermatology at Henry Ford Hospital, has several recommendations when it comes to sunscreen:

“Do trust that sunscreens work.” The Food and Drug Administration regulate sunscreens. The current products do an adequate job of blocking UVB rays that are the harmful rays that can cause skin cancers and the UVA

“Do apply a lot, and frequently.”

rays that cause tanning and wrinkles on the skin. Dr. Lim states that products containing titanium dioxide, ecamsule, avobenzone, or zinc oxide generally provide the best UVB and UVA protection.

“Do apply a lot, and frequently.” The FDA suggests applying an ounce of sunscreen, or a shot-glassful on our entire body. Most people use far less than the recommended amount and

thus when applying a product with an SPF of 30, Dr. Lim states that you really are only getting an SPF of 3 if you apply a quarter of the recommended amount. Reapplying every two hours is also recommended, since sweating, rubbing and swimming can cause the sunscreen to wear off despite certain sunscreens “water resistant” labeling.

“Don’t worry so much about chemicals.” The EWG report warned of retinyl palmitate, a Vitamin A compound commonly found in sunscreens, as a chemical that could actually increase a person’s risk for skin cancer. Dr. Lim states that these claims were based on studies on mice, which are much more inclined to get skin cancer than humans. “It’s dangerous to apply a finding in mice to humans, and I’ve spoken with a number of my colleagues about this and we all agree that it’s very premature to

even cast doubt about the safety of this chemical.”

The EWG also brought consumer attention to oxybenzone and labeled it as a ‘hormone-disrupting’ compound. Again, this study was also based upon data drawn from mice that were given much larger quantities of oxybenzone than are present in sunscreens. Studies in which human volunteers applied sunscreen with oxybenzone every day for two weeks found no significant changes in their blood hormone levels.

Lastly, and perhaps most importantly, the incidence and prevalence of skin cancers are continuing to increase and as a dermatologist, I am constantly recommending sunscreens to my patients. Though the safety of titanium dioxide and zinc oxide has been increasingly questioned, research shows that both chemicals are safe for human skin when





ground into nanoparticles. The nanoparticles are unable to penetrate beyond the stratum corneum into the deep layers of the skin if it is healthy and uninjured (Newman et al. 2009). Research shows that zinc oxide and titanium dioxide products are the most effective ingredients against UVA/ UVB rays and do not leave a white residue on the skin.

At this time, there is no convincing evidence available that support the various claims that have been made regarding sunscreens and their dangers and overall, current research concludes that sunscreen ingredients do not raise any human health concerns. Studies suggest that the benefit from proper use of sunscreen greatly outweighs the risk and therefore I routinely encourage my patients to regularly wear sunscreen.



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The Demystification of Surfing an OC-1

By Luke Evslin

As paddlers, we are obsessed with talking about stroke. Terms like catch and cavitation have become common place. Nowadays we even talk a fair amount about training programs and Periodization no longer sounds like a latin word. However, what we never talk about is surfing. Or, if someone does bring it up they're immediately shut down because "it's all about feel and time on the water." As Joe Biden would say: that is a bunch of malarky. It's time to demystify surfing. As it goes with everything else in life; reading about the concepts won't make you a pro, but it will put you on the right track.

Surfing an OC-1 is all about keeping the nose of your canoe facing down. If you watch a video of a top OC-1 paddler, the nose of their canoe is facing downhill up to 95% of the time. Now look at all the rest of us; our nose is facing downhill less than half of that. So, what this says is that the winners are essentially paddling downhill while the rest of us are just paddling down a bumpy road, or, even worse, paddling uphill. The best thing about outrigger canoe paddling is that we create our course. It's not like riding a bike, where you are stuck with the track you have. It's more similar to skiing down a set of moguls that are constantly moving. The best paddlers can anticipate the movement of the moguls and therefore keep their nose down, while the average paddlers just go straight down the hill and wait for the chance occurrence of a mogul moving out of their way.

That's it. That's all there is to it. Literally, the goal is to avoid the moguls.

So, how do you do that? Simple! Hang back. We need to get rid of the temptation of catching a wave and running down the face of it. While the winner of any given race should have the fastest average speed, I can almost guarantee that they don't have the fastest top speed. When you catch a wave, the goal is to milk that wave for as long as possible and wait for your opening. You do that by sitting on top and putting in just enough energy to keep the nose facing down. Often times you'll have to cut a hard angle either left or right to keep your nose from hitting the wave in front of you.

Now comes the most important part. Every time you catch a wave you need to put all of your effort (mental and physical) into connecting into another wave. It doesn't happen by chance, it happens by scouting your opening and getting to it. The mogul analogy is particularly relevant here, because at this point you're literally going around the moguls. But, to take it one step further,

you're using one mogul to propel your canoe to another. The moguls are where two waves join together. Since we're always going to have multiple swell directions, we're always going to have multiple high and low points on a moving wave face. If you're having trouble visualizing this, put your hands in front of your face, karate chop style. Now overlap your hands 90 degrees to each other so that they are creating an X in front of your face. One hand on top of the other with the pinky of your right hand perpendicular and resting on the pointer of your left. Hold that X and picture it as two swells coming together. Where they join they create a high point and in front of that point is a deep trough. As you travel further down the line of your hand away from the intersection, the power ebbs and the edge of the wave is absorbed by the ocean. Now, maintaining the perpendicular angle and keeping the pinky of your right hand touching the pointer of your left, slide your hands away from each other. The intersection point should move. That's what's happening in the ocean. The peaks of two joining waves are always moving forward, and the low points (your connection areas) are constantly moving. Now, add twenty of your friends' hands, turn those hands into ocean energy, and you have an average downwind run. Your goal is to understand where the intersections are and therefore where the highs and the lows are. So that every time you catch a wave, you're looking for the low point of the wave in front of you so that you can paddle through it and into the next bump. The best part about connecting waves is that it creates a sort of slingshot affect. Oftentimes groundswells are moving too quickly to catch. So, by connecting, you're getting yourself from a slow moving wave onto a fast moving wave.

To put it all together: 1) Catch the wave. 2) Put in just enough energy to stay on the wave, but avoid dropping into the trough. 3) Scout for an opening in the wave ahead of you. It could be right in front of you or it could be twenty feet to the right. 4) Once you find it, get to it. Some openings might require five easy strokes and a slight turn of the rudder, while some will require an all out burst of speed. Your priority is to get through the opening and onto the bump ahead. 5) Start again at #2.

It takes some time to understand that critical energy balance between dropping in and falling off the wave. It also takes time to be able to find the openings. Putting it all together takes a lifetime. The ability to surf is arguably the single most important aspect of outrigger canoeing. You can be in peak fitness with a perfect stroke, but you'll get obliterated in the surf if you don't understand the concept. Now, go take advantage of all this wind (if you're in Hawai'i) and go paddle downwind!



FROM THE LENS OF GAVIN SHIGESATO

ASSIGNMENT: Vans Triple Crown

LOCATION: Haleiwa, Hawai'i



Kelly Slater



Bruce Irons



Kalvin Kihara



Gavin



Waimea Bay, Oahu



John Florence

Shigesato

This month's Gallery we are featuring a young and very talented and photographer. While still attending Mililani High School, his final year as a senior, the future Marine Engineer is fueling his passion in water photography. His recent assignment was to shoot the North Shore, with all of the excitement going on, and find even more beauty beyond the celebration. His accomplishments include, being published in Surge Body Board Magazine, including advertising clients, Kaenon Sunglasses Freedom Riding, Modex HI Surfboards and Steezy Surfer.

Shigesato, accolades include winning the Ocean Arts Hawaii Photo Contest, and NoRep Boardshorts Photo contest, both in 2012. While not shooting he enjoys Body boarding and Diving. He said "I would like to thank my family and friends for all the support".



Reef Hawaiian Pro, Haleiwa, Oahu





The first and original contest for the keiki, the Rell Sun Menehune Surfing Championships, for the thirty-seventh time, again, brought smile to hundreds of Keiki.

Two days at Makaha Surfing Beach, with a purpose of educating the public, especially keiki, about sportsmanship, the environment, and to combat juvenile delinquency. All children 12 years old and under are welcomed each year, as surfers from past contest, also give

back each year. Each year the girl and boy that displays the best sportsmanship is also publicly honored by contest organizers. This years honorees were Hanna Bradbury and Keola Auwae.

RELL SUNN INSPIRATIONAL AWARD:	
KEOLA AUWAE	
HANNAH BRADBURY	

GIRLS B.B. 7-9 FINAL	
1	Princess Lasconia
2	Ardis Bernabe
3	Tiki Willis
4	Anela DeSoto
5	Cheyenne Gomes
6	Julia Cohen

BOYS B.B. 7-9 FINAL	
1	Makana Franzmann
2	Keaa Tamarra
3	Daniel Stella
4	Tyson Galliano
5	Diego Stella
6	Shion Crawford

GIRLS B.B. 10-12 FINAL	
1	Hannah Bradbury
2	Helena Bakutis-Kekaula
3	Sally Cohen
4	Kamalani Carreira
5	Breze Paakaula
6	Kanani Guerrero
7	Cloe Chester

BOYS B.B. 10-12 FINAL	
1	Konan Keliikoa
2	Ezekiel Bartels
3	Sheldon Bernabe-Tabag
4	Makena Yen
5	Coby 'Baba' Leong
6	Thomas Schiller

GIRLS S.B. 7-9 FINAL	
1	Luana Silva
2	Tiki Willis
3	Betty Lou Sakara Johnson
4	Angelina Yossa
5	Kamele Kahokuloa
6	Leila Riccobuano



The Rell Sunn Menehune Surfing Championships





BOYS S.B. 7-9 FINAL	
1	Thatcher Johnson
2	Robert Grilho
3	Jackson Bunch
4	Isaiah Ingbinio- Francisco
5	Kaiser Auberlen
6	Tyson Gallano

GIRLS L.B. 7-9 FINAL	
1	Gabriella Knudson
2	Kahula Kahokuloa
3	Angelina Yossa
4	Luana Silva
5	Olivia Yossa
6	Puamakamae DeSoto

BOYS L.B. 7-9 FINAL	
1	Thatcher Johnson
2	Kyle Kahele
3	Isaiah Ingbinio-Francisco
4	Zion Ottemon
5	Nate DeLamarter
6	Elyjah Ingbinio-Francisco

GIRLS L.B. 10-12 FINAL	
1	Sunshine Patey
2	Zoe McDougall
3	Morgan Bakinowski
4	Victoria Baughn
5	Gabriella Bryant
6	Sophia Wilson

BOYS L.B. 10-12 FINAL	
1	Dylan Franzmann
2	Finn McGill
3	Keola Auwae
4	Tristan Aiwohi
5	Timothy Schiller
6	Wyatt McHale

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The Makai Ohana Gallery



Blaize Seto-Mook, Point Panics. Photo Courtesy Doug Palama

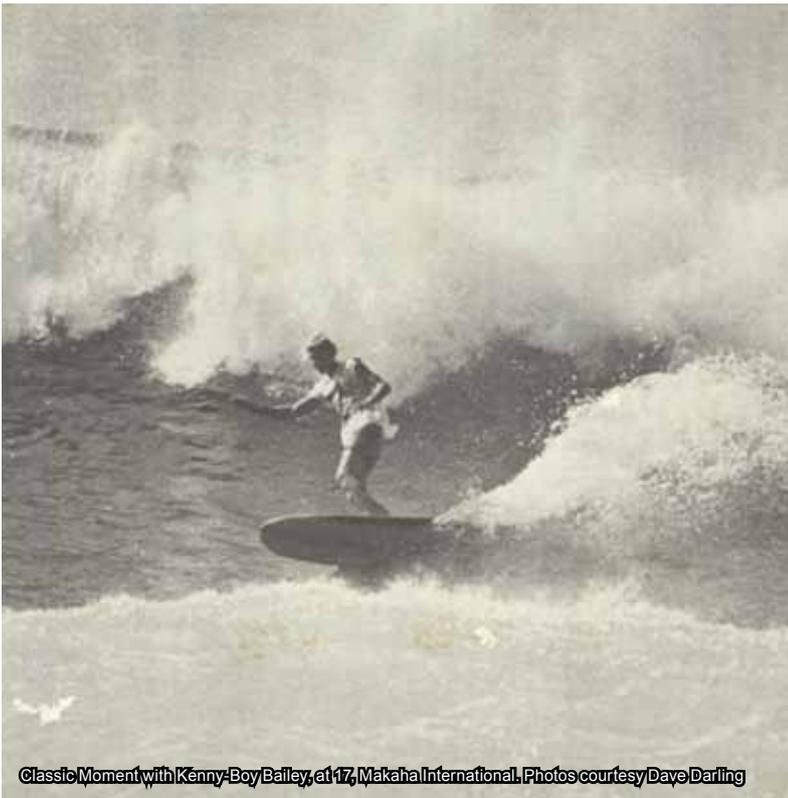


Dede Kim. Photo courtesy David K. Kim



Nolan Keaulana, Sunset Beach, Photo courtesy Tristan Boxford

GALLERY



Classic Moment with Kenny Boy Bailey, at 17, Makaha International. Photos courtesy Dave Darling



Wayward Women Wession Shien-lu Stokesbary, Larissa Nordyke, Terry Malterre and Claire Townsend. Photo Lianne Cameron



SUP'er, Chris "Boom Boom" Mancini, Black Rocks. Photo by Uncle George Kalelikane.



Bobbie Poppler, Photo courtesy



Denise Darval-Chang, Wayward Women Wesson
Photo credit Lianne Cameron.



Manuī Kéaulana and dad Nolan! Photo courtesy Nella Kauwenaole



Photo courtesy David K. Kim

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GALLERY



Micah-Caleb Kálama, Sandy Beach AKA Wāwāmalu. Photo courtesy Andrew Rams Photography



Buzzy and Dave Parmenter - Photographer Claudia



Koanui Keaulana. Photo courtesy Hā'a Keaulana



Jane Mckee, picture taken by Deena!



Keanu Kim & Mom Dede. Photo courtesy David K. Kim



Ele-ele and Claudia Parmenter - Photographer Dave



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Photo courtesy ©ASP/Kirstin



Photo courtesy ©ASP/Cestari

KAUAI'S ZIETZ WINS REEF HAWAIIAN PRO QUALIFIES FOR 2013 ASP ELITE TOUR

HONOLULU -- Kauai's Sebastian Zietz, 24, has posted the first major win of his five-year pro surfing career at the REEF Hawaiian Pro to qualify for the 2013 elite ASP World Tour. Accounting for talent like John John Florence (HAW), Sunny Garcia (HAW), Julian Wilson (AUS) and Alejo Muniz (BRZ)



Photo courtesy ©ASP/Kirstin



Photo courtesy ©ASP/Kirstin

along the way, Zietz earned \$40,000 in prize money and now leads the 30th anniversary Vans Triple Crown of Surfing series ratings. Conditions today were super contestable with long, overhead waves that allowed maximum scoring potential.

On being in position to defend his Vans Triple Crown title that offers the bonus \$100,000 this year: "You know, the extra money is always good, you're really stoked on that, but I think the prestige of actually winning the Triple Crown is really the main thing."

- FINAL :**
- 1st - Sebastien Zietz (HI) \$40,000
 - 2nd - John John Florence (HI) \$20,000
 - 3rd - Fredrick Patacchia (HI) \$12,000
 - 4th - Alejo Muniz (BRA) \$10,000

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SubaruHawaii.com