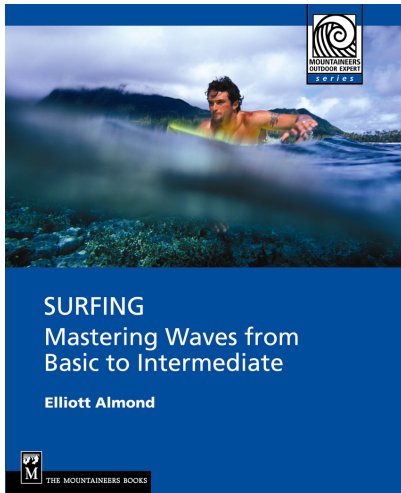




**Contact:**  
Shanna Knowlton, Publicist  
(206) 223-6303 X117  
shannak@mountaineersbooks.org

## Learn a New Recession Proof Activity--And Get a Tan While You're at It...

**New From the Mountaineers Outdoor Expert Series:  
The definitive how-to surfing guide!**



**SURFING**  
Mastering Waves from  
Basic to Intermediate  
Elliott Almond



Surfing's not just for rebels anymore: anyone with the desire to ride a wave is grabbing a board and heading to the beach. Each year, this artform-cum-sport gains popularity as business executives, grandmas, teenagers, coastal dwellers, and adventure travelers get stoked to catch swells. In sports writer and waterman, Elliott Almond's new book, *Surfing: Mastering Waves from*

*Basic to Intermediate*, he guides future surfers through basic surf skills, as well as gear and fitness information, rules of the water and of course, surf lingo! *Surfing* is a primer for the uninitiated as well as a handbook for the experienced ready to build on their fundamental skills.

Covering topics ranging from basic techniques to fitness prep (including exercises to get your arms ready for all that paddling and stretches to keep you limber) and from history, surf culture, and a complete explanation of gear, to how to find the right board for you, this book also features insights from industry leaders, pro surfers, and instructors. With more than three decades of surfing experience to share, Almond offers clear, authoritative guidance to help those venturing into uncharted waters find their way safely and confidently.

**Elliott Almond** has been an investigative sports journalist for three decades, working on the staffs of the *Los Angeles Times*, *Seattle Times* and *San Jose Mercury News*. He has been recognized by such organizations as the Associated Press Sports Editors, Best American Sports Writing, the California Newspaper Publishers Association, and the Society of Professional Journalists, and has been nominated for the Pulitzer Prize three times. A life-long surfer, Almond spent a good portion of his youth traveling the Southern California and Baja California coastlines searching for the perfect wave.

*Mountaineers Books* publishes outdoor books focusing on recreation, activity, and adventure for those who participate with nature. *Skipstone*, a lifestyle imprint celebrates the freedom and beauty of an outdoor lifestyle with humor, fun, friends and food. *Braided River* is a conservation imprint dedicated to inspire and motivate people to preserve wild places on which all life depends.

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