

Lynn Sheredy

Surfer Nurse

Age: 55

Occupation: Register Nurse Provider/
Clinical Specialist at Kaiser's Cosmetic
Services Center, San Jose, CA.

Education: BA, Health Services,
St. Mary's, Moraga; RN program,
DeAnza College, Cupertino, CA.

Family: Divorced with three grown
children; two graduated from UCSD
and the youngest in his last year at
UCSB. All three of my kids love the
ocean as much as I do. I'm in a
committed relationship with a
great guy who is the same age
as I am. He began surfing a little
over three years ago when we
first met and has stuck with it . . .
now he's pretty good!

Residence:
Scotts Valley, CA.



“No matter how crazy my life, getting into the water to surf for just a few hours ALWAYS makes things better.”
—Lynn Sheredy



When Did You Start Surfing?

I started surfing in my late 30s with my (at the time) 11-year-old daughter Corey. We took a class together and got hooked. She lives in San Diego now but whenever we are together, we surf.

What Do You Love About It?

Everything! It's a solo thing yet there is a social aspect of it, too. A community of friends who share a love of the ocean and the wild life in and around it. I love the fact that I can get into a wave and ride it and I don't need anybody or anything (except my board) to do that.

What Are the Benefits of Surfing?

No matter how crazy my life, getting into the water to surf for just a few hours ALWAYS makes things better. Catching a beautiful wave and being in the water, the smell of the ocean, the marine life, and the great people out there—I am so grateful.

How Often Do You Do Surf?

About three times a week but would surf more if I had more time.

Besides Surfing, How Do You Stay Fit?

I workout on a regular basis so I can surf safely in (sometimes) extreme conditions without drowning. I run trails near my home at least five

That's why it's best to take a class and take the time to learn surf etiquette. Get a basic understanding of tide, swell and wind conditions before paddling out.

Have You Had Any Injuries?

Right shoulder tear/surgery in 2005. 27 stitches to forehead after getting hit with my own board. And hundreds of bruises. But I still love it!

Where Are Some of the Best Places to Surf?

In Northern California, it's Santa Cruz. Very popular and famous for surfing. Jay Moriarity, star of the movie *Chasing Mavericks*, was from Santa Cruz. I never met him but I surf with folks that knew him. I have met "Frosty" his mentor but he wouldn't remember me from Eve. I've surfed in Maui several times but Santa Cruz consistently has better surf.

Is Surfing Dangerous?

Surfing is dangerous! My mom still reminds me to stay away from sharks but honestly, the biggest danger is encounters with other surfers.



days a week and I do yoga, and some strength training as well. I recently got back into mountain biking which really helps with endurance.



SURFING USA!

Is It a Sport for the 50+?

I know several people over 60 who surf. They are in great shape. There's one guy out there who surfs a long board and he is 78. He'll paddle out and catch just a couple waves and then he gets out.

Besides Surfing, Any Other Activities?

I jog most every morning. Mountain bike. Do yoga. I like to sculpt and draw and love to cook for my loved ones.

Any Suggestions for those Wanting to Learn to Surf?

One should know how to swim if he or she wants to surf. A few times, my leash has broken and my board has gotten away from me and I'm glad I knew how to swim. The wet suit and the salt water do increase one's buoyancy but knowing how to swim could save your life. A few years ago, there was a beginner surfer out in a big swell (who didn't belong there).

She drowned before rescuers could get to her. Several times each year at the beach breaks (south of Capitola), there have been rescues because someone gets caught in a rip current and gets carried out too far.

Anyone who goes out into the ocean really needs to understand what a rip current can do. Rip currents can actually help surfers get through the break and learning how to get out of rip currents is really simple. Just paddle horizontal to the beach. Don't try fighting the current. Also sadly, I've been near or in the water after a few fatal heart attacks. Very sad.

One of the many cool things about surfing is that once you have your equipment, it's FREE! The best places to surf if you are learning: Cowell's Beach in Santa Cruz or Capitola Village. To learn more about Santa Cruz surfing, go to surfingsantacruz.com.



Santa Cruz — "Surf City"

Santa Cruz is the mecca of surfing in Northern California. Year round, people flock here for sun, sand and to catch some of the best, most consistent waves in the United States. Popular surfing spots include Cowell's, Capitola Beach and Steamer Lane.

For monster waves, there's Mavericks off Pillar Point in Half Moon Bay—one hour north of Santa Cruz. This popular spot is famous for big waves that rival Hawaii. Annually, professional surfers from all over the world come here to participate in a surfing contest to test their skills against waves as high as 50 feet or more. The movie, Mavericks, was recorded here. This is not the place for beginners.

Surfing Gear

As far as equipment goes, it's best to rent a few times before purchase so you get a good idea of what board is best for you. Some of the surf shops will let you rent demo boards and will apply your rental fees to a new board. There are all types of boards. The bigger the board, the easier it'll be to learn on. Epoxy is lighter and more durable but can get blown around a lot more than a fiberglass board. Fiberglass boards are heavier and can be more stable and I think more attractive than epoxy boards. For a new long board, you're looking at \$800 to \$1,000 or more.

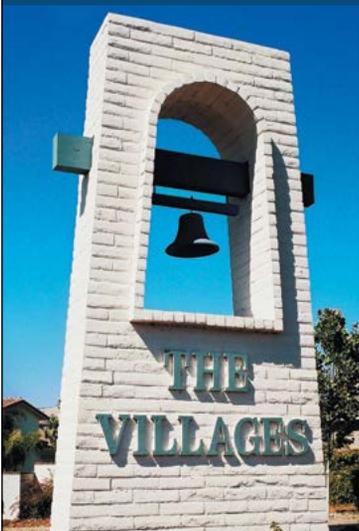


Used ones are much less expensive, of course, but really inspect the board (especially fiberglass ones) for damage or water leaks.

There are way less expensive foam boards everywhere now. They're fun, beginner boards but don't last long. It's upsetting because the remnants of these cheap boards are washing up on all the beaches.

A new wet suit cost \$350 to \$400+. Make sure it's the right thickness for Santa Cruz water which is around 52 F degrees and in the summer, warms up to a balmy 57 F. A 3/4" (3mm, 4mm) is a good thickness. You will also need a leash (\$30) and booties (\$40) and may want to buy a hood (\$30) as well. Twice each year, Memorial Day and Labor Day, most of the surf shops have really good sales.

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