

## WINTER 2022

Introducing Issue 14 of the World's number one digital wing, foil, SUP, and surf magazine! We've got an action packed edition for you in Issue 14! Inside, you'll find Peri Robert's story of an enlightening trip to Fiji. Moona Whyte heads to Mexico and we interview Brian Finch, the man behind @FoilTheWorld! We hear from Pawel Tarnowski in our latest wing convert

feature and Jack Galloway interviews Paula Novotna, our new World Champion! You won't want to miss our Up & Coming feature with Marley Franco or hear tales of 'Sternwheelin' in Hood River with Kjell van Sice. We've also got tests, technique, and a bunch of other features to keep you entertained! Make sure you take a look and share it with your friends!

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## PARATAISI - PERI ROBERTS

MOONA IN MEXICO | THE INTERVIEW - BRIAN FINCH

WING CONVERT - PAWEŁ TARNOWSKI | TESTS, TECHNIQUE, AND MUCH MORE INSIDE!

THE NEW HOME FOR WINGS, FOILING, SUP AND SURF...



F-one

# PHANTOM<sup>CARBON</sup>



Discover the glide, speed and precision of the **PHANTOM** range,  
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Very easy to handle, these foils will accompany you in all types of waves.



980 - 1080 - 1280 - 1480 - 1780 CM²

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ALREADY A LEGEND



ALREADY A LEGEND  
ALREADY A LEGEND

ALREADY A LEGEND  
ALREADY A LEGEND



# LIGHT WITH MIGHT



## MATADOR LT

SIZES: 3 | 4 | 5 | 6

The Matador LT enters its second generation with several technical detail and shaping upgrades. The Matador LT remains compact, lightweight and powerful. It is still targeted towards wing-foilers that want to use as small a wing as possible for the prevailing wind conditions, with a focus on riding swells and waves. The Matador LT drives upwind well, even with heavy riders, then flags in neutral with amazing stability and balance for riding waves and swells and doing downwinders. Overall, the new Matador LT is a light weight, easy handling, powerful wing with great flagging characteristics that provides exceptional riding for all skill levels. It is made light with a lot of might!



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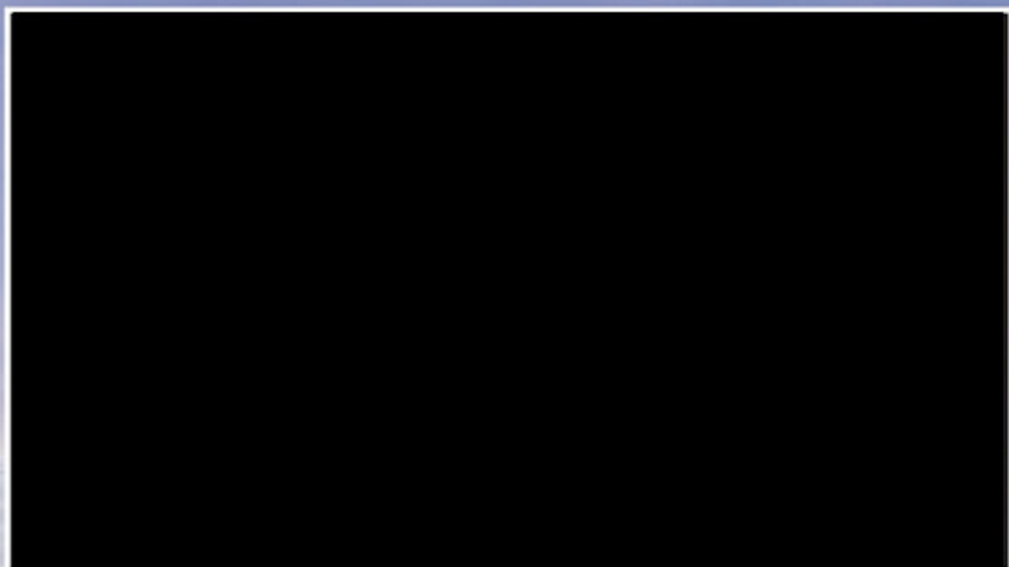
109cm / 8.2L • 122cm / 9.5L • 137cm / 11.5L



© LOGAN-NEWMAN RIDER: AUSTIN TOVEY



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WING FOILING

4'7" X 24" X 4.8" - 80L / 5'3" X 28" X 4.8" - 110L  
5'9" X 32" X 4.8" - 140L / 6'4" X 35" X 4.8" - 170L



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CROSSOVER FREERIDE

2 / 2.5 / 3 / 3.5 / 4 / 4.5 / 5 / 6 / 7

Kyle Mackie 📷 James Boulding



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PERFORMANCE  
FOR ALL  
RIDERS



**G 800 FRONT WING V1**  
SURFACE AREA (CM<sup>2</sup>) = 1173  
SPAN (MM) = 800  
CHORD (MM) = 183  
ASPECT RATIO = 5.5

**G 900 FRONT WING V1**  
SURFACE AREA (CM<sup>2</sup>) = 1263  
SPAN (MM) = 900  
CHORD (MM) = 176  
ASPECT RATIO = 6.4

**G 1000 FRONT WING V1**  
SURFACE AREA (CM<sup>2</sup>) = 1355  
SPAN (MM) = 1000  
CHORD (MM) = 171  
ASPECT RATIO = 7.4

## PHANTASM G SERIES FRONT WINGS V1

GLIDE / SPEED / CONTROL



ALSO FEATURED // JAVELIN V1 WITH WINDOW / FLYING FISH V2  
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# NOVA

## LIGHT WIND



MOST EFFICIENT POWER DELIVERY PER M2. SIX TO SIXTEEN KNOTS.

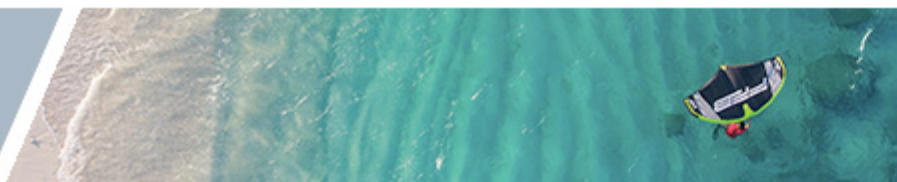
NORTH



COMPETITION



EDITORIAL



PARATAISI



MOONA IN MEXICO



THE INTERVIEW -  
BRIAN FINCH



WING CONVERT -  
PAWEŁ TARNOWSKI



BEHIND THE BRAND -  
CORE



SAB FOIL 2022 WING  
RACING WORLD CUP



STERNWHEELIN'



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MARLEY FRANCO



TECHNIQUE -  
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PAULA NOVOTNA -  
WORLD CHAMPION



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TRIED AND TESTED



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MOVIE NIGHT



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PHOTO ERIC DURAN  
LOCATION ATOLL IN SOUTH PACIFIC SOMEWHERE  
BETWEEN BORA BORA AND FIJI





# OUR NEW DRIVE

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WAVE

## BREAK NEW GROUND

You'll find yourself redefining how you ride waves once you've locked your foil into a swell and experienced the thrill of being carried along by the pure power of the ocean. Rip waves that you'd previously considered to be 'unrideable!'



Riders: Alina Karmelli, Brendan Labonne, Jost Gace, Louis Erdmann / Production: Supernothing\_elec



FREESTYLE

## REINVENT MOVEMENT

A discipline where boundaries continue to be broken daily. Join the movement and feel the excitement in the air.



FREERIDE

## FEEL FREEDOM

When you experience the most direct connection between you and the wind new playgrounds will start to open up. You ride more freely and with an unbridled desire to find all the continuously new possibilities.



# SPECTRUM

Each Spectrum front wing has a medium aspect-ratio for the ideal balance of performance and control, resulting in beautifully fluid feeling. Winglets minimize drag while the painstakingly designed profiles throughout allow a sublimely quiet ride quality. Constructed with a multi-layer carbon laminate, the front and rear wings are not only light weight but also extremely durable. Blending valuable strength, stiffness and keeping weight to a minimum, the mast and fuselage have an impressive lightweight aluminium construction. Paired with the CORE Roamer, you can find your perfect set-up between the flowing performance differences of each Spectrum front wing.

<b>FRONT WINGS</b>
2150 cm <sup>2</sup> Progression / Learning
1850 cm <sup>2</sup> Freeride / Progression
1550 cm <sup>2</sup> Small Wave / Freeride
1250 cm <sup>2</sup> Freestyle / Mid Wave / Freeride
950 cm <sup>2</sup> Freestyle / Wave / Speed
—
<b>STABILIZER</b>
300 cm <sup>2</sup> —
<b>MASTS</b>
60 / 70 / 80 / 90 cm —
<b>MAST BASE</b>
90mm Track System —



# XC

m<sup>2</sup>  
2.5  
—  
3.0  
—  
3.5  
—  
4.0  
—  
4.5  
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5.0  
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5.5  
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6.0  
—  
7.0

The XC not only turns playfully, it also provides instant forward drive thanks to the twist allowance in the center strut and tips. A perfect balance between drive and agility. The reactive relationship between stiffness and flex is forged from the ExoTex2 material in the leading edge and center strut. Our low-stretch and highly durable CoreTex2 ensures that the XC delivers smooth and linear power development. Optimal cloth tension and minimal drag helps generate maximum power for a quick take-off and then offers precise control in flight as you simply let your senses take control. Firm, ergonomic handles are extra wide for all riding styles and offer the most direct feel of power control in the palm of your hands.

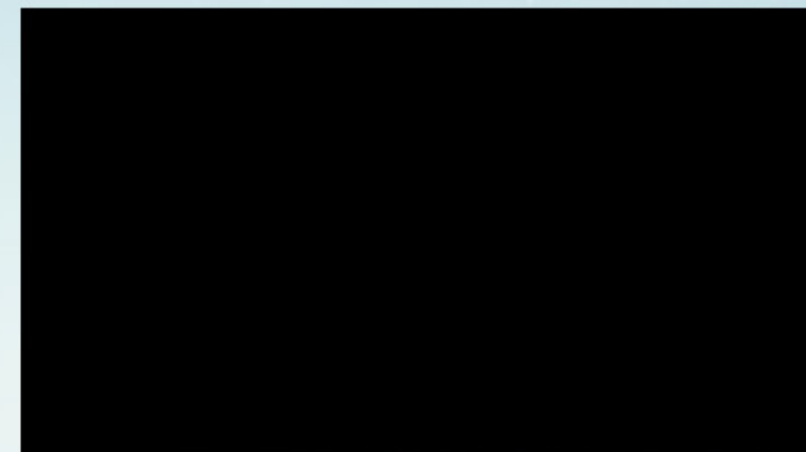


# R O A M E R

The double concave bottom shape ensures quick take-offs and is also forgiving on touchdowns. High-volume concave rails are sharply designed for easy release and quickly distribute water away from the centre of the board for a confidence inspiring centre of gravity. A slightly angled deck and higher front foot position further optimises the influence you have with your foot pressures to help you plane faster. The stiff carbon sandwich construction provides a direct feel and long lasting fun even for the most ambitious riders.

<b>SIZES</b>
4'7" / 55L Freestyle / Wave
4'11" / 70L Freestyle / Wave
5'5" / 90L Freeride / Cruising
5'9" / 110L Freeride / Cruising
6'3" / 130L Learning / Progression
—

Rider: Joel Dace / Production @supernothing\_elc





# WIN ...A FREEDOM FOIL BOARDS TECHNO!

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The Techno is designed for foil surfing at all ability levels. The forward volume and thickness of the Techno greatly assists beginner to novice riders. Because the Techno has no inserts, it is super light, giving it less swing weight, allowing the board to pump and paddle very fast. The Techno is specifically designed to pack as much volume as possible while maintaining the light, rigid and responsive feel that defines the standard for performance foil boards.

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# EDITORIAL

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## ISSUE 14

I don't know about you, but I can't drive past a windy lake without predicting its downwind capabilities or walk past literally any rock by the shore without deciding if I could 'rock start' it. I also don't think I can go more than a day without checking the current weather forecast. What's my condition? It's called foil brain.

If the Oxford English Dictionary were to name it the phrase of 2023, I'd go for this definition - "The uncontrollable & relentless need to foil all types of watercraft as often as possible. Those who can't do it at that moment are cursed, or blessed, by foiling thoughts day & night."

It's evident to me that I'm not alone in this. All my foiling friends in multiple WhatsApp groups are

obsessed. The slightest hint of a wave and they're headed straight to the beach. I'm also now a member of the increasingly popular 'Dad Club' (Mum's welcome too!), where lunatic parents hit the water at 5am to get their foil fix and be back in time for their kids' breakfast or nursery drop. The things we do for foiling. I love it.

And I get the impression that around the world it is no different. The most foil brained of them all? A strong case can be made for Dave Kalama, through quite clearly hundreds of hours of testing, he's designed and built the Barracuda - the ultimate downwind board. It makes foiling possible in the lightest of conditions. Another foil brained star is Jeremy Riggs, he's recently used the Barracuda to successfully do

'no paddle' pump starts. Our minds were blown, and motivation again reaches an all time high.

Another clear victim of foil brain is Takuma's CEO & head designer, Cyril Coste. He's the brainchild of the brand's new eTow, the first electric towing watercraft. The applications for this imaginative new device seem endless, you can read all about it in our Tech Focus piece this issue.

So as the winter winds & swells arrive, I hope that your own 'foil brain' gets you out on the water and living your best life as often as is sensible. The sport of foiling has only just begun, who knows what's to come.

*Jack Galloway,*  
Editor



# CRASH TEST PARA DISE

WORDS PERI ROBERTS  
PHOTOS MARIE CHAMASSON @MARIECHAMASSON

Fiji is world-renowned for its outstanding waves and consistent wind. Australian foil, kite, & wing extraordinaire Peri Roberts heads there in search of the perfect wind sports destination. Unfortunately, this time round, she wasn't so lucky. However, what she did find may be far more valuable.







“ I WENT TO FIJI SEEKING MANY THINGS, AS ALL AVID WATER SPORTS ENTHUSIASTS DO. THOSE THINGS ON THE SURFACE WERE WIND AND WAVES AND A CONSTANT STATE OF ACTION. ”

One will find beauty in the simple moments, but it cannot be sought, only found. It's a small principle you can apply in many aspects of life, be it in the pursuit of freedom; in search of love; a chase for happiness, or the divine longing for purpose. Beauty doesn't come to those who seek it, rather, beauty itself, has its own reluctant way of appearing in hidden places; moments that sometimes, we didn't know existed.

I went to Fiji seeking many things, as all avid water sports enthusiasts do. Those things on the surface were wind and waves and a constant state of action. I was so eager to prove that this trip was worth every ounce of energy. I placed a lot of pressure on myself to perform and to show that taking a chance on a project was definitive of the money and effort it would take to get there. After all, most people in the world that have a passion for anything to do with the ocean; know that Fiji is one of the most prestigious destinations for water sports.

I guess that's the thing about seeking something that doesn't want to be found. It just didn't line up for us. It could've been

bad luck, bad energy or simply just being in the right place at the wrong time. However, whichever way you choose to look at it, in terms of being a successful project, Fiji missed the mark by a mile.

The universe has a funny way of teaching you things. My mum taught me from a young age that there is always a lesson, but you don't hear it until you're ready to listen. Before I left to go to Fiji I was having a particularly hard time within myself. I was at a loss for motivation, inspiration, and passion. My regular go-getter drive was at a standstill, and when you mix that with a nasty case of heartbreak blues, you've got the perfect recipe for disaster. I was lost, and I didn't really know how to handle it other than shove it under the rug and continue to go a million miles an hour to just keep my head above water.



# APEX MA RANGE

The Apex V1 MA (medium aspect) performance range is designed primarily for Wing Foiling with endless potential for freeride cruising, jumping, pumping, carving the flats, riding waves or ripping as fast as you possibly can!



FULL CARBON  CONSTRUCTION  
PERFORMANCE  SURFACE COAT  
TITANIUM  HARDWARE

**OZONE**





# CRATAS





“EACH DAY WE'D BE GETTING UP AT THE CRACK OF DAWN, PACKING QUITE LITERALLY 100KGS OF FOILS, KITES, BOARDS, AND SURF EQUIPMENT”

To say I wasn't disappointed when our predicted gun of a forecast just disappeared out of thin air; would be a lie. I was disappointed, how could I not be? So much planning had gone into the proposal of this project, time, effort and not to mention money. It felt like the universe just wanted to have one more laugh in my face. Everyone says that bad luck comes in threes, but if I calculated my bad luck strike, this would be number “becoming a joke”.

So... what do you do in times of disaster (or at least what felt like one)... when all else fails, you have a few drinks. So that's exactly what we did. It might not be the most honourable way to go about things, but hey, sometimes everything doesn't need to be by the book.

The best thing about being spontaneous is that you never know where the adventure could take you. In this instance, my brother Sandon and our very talented photographer Marie took the day to enjoy a cold Vonu on the boat. Each day we'd be getting up at the crack of dawn, packing quite literally 100kgs of foils, kites, boards, and surf equipment and hauling it down the coast from our little Air BNB on the mainland, to our boat launch before sunrise. Each day, we got skunked and ended up surfing Cloudbreak, which honestly is a dream, but not when you've got obligations as a windsports athlete.

These boats are small, too, to the point where you can't see the floor of the boat because of the sheer amount of equipment piled up. When the time came to boat launch, it was no easy feat.





# FREE WING GO

## LEARN TO WING, AND NEVER STOP

The ultimate FreeWing for entry level and freeride, focused on ease of use.

The ultra-compact geometry with reduced wing span, avoids the wing tips catching the water when getting started and during advanced maneuvers.

This also makes the GO ideal for non-foiling applications on a classic board, skate or snow.

Incredible low wind power, with rigid airframe for top end stability.



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We plant a mangrove to absorb 1 ton of CO<sub>2</sub> over 20 years and collect 1.1 kg of plastics from the oceans. Live a deep blue life with us.

STARBOARD X AIRUSH







## “ WE HIT UP THE DRUNKEN PONTOON AND CONTINUED DOWN THE RABBIT HOLE OF PARTYING OUR SORROWS AWAY. ”

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On this particular morning, the forecast was shaping up to be an absolute pearler. Perfect cross-off wind up to 25kts, peeling 4ft left-handers, and a full day of sun. Turns out, forecasts in the midst of a 3rd year La Niña can't be trusted. We got well and truly skunked again, and our plan completely failed. So we decided to have a few more drinks, release our frustrations and just fly by the seat of our pants and go with what the day had to offer.

Just past Fiji's famous Cloudbreak is a little floating bar called Cloud Nine, famous in its own respect for overpriced drinks and getting tourists absolutely white girl wasted. Sounds fun, right? Not my usual cup of tea, but at this point, our whole crew was in a mindset of "fk it". We hit up the drunken pontoon and continued down the rabbit hole of partying our sorrows away. Soon enough we met a cool bunch of chicks from Melbourne who were hell-bent on having a good time. They offered us a random adventure to a nearby island called Mana- super localised and beautiful. Why not?

We took the boat on a 30-minute journey across the channel with nothing but a spare t-shirt and our phones. Riding into the sunset, as mysterious as it was, I started to have second thoughts, but there wasn't really any turning back at this point, so we continued on our way. We arrived on shore, tipped our driver, and headed to the only hostel on the island, slightly tipsy. Completely ghosted by the likes of covid over the past two years, our hostel owners were quite literally ecstatic to see us.



# PARATAS





F-one

# Air Shield *Composite*

With its compact length and extra-sturdy construction, the **ROCKET WING ASC** is an intuitive, forgiving, and accessible wing foiling board. Its state-of-the-art Air Shield Composite technology benefits from one of the most advanced molding processes in the world, thus reducing production waste, increasing shape accuracy, and resulting in an incredibly strong and durable board.

*Rocket wing*  
· ASC ·



Rider : HUGO MARIN  
Photo : Anthony Lietart

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5'0 - 5'3 - 5'5 - 5'10 - 6'2







**“THERE WAS THAT UNIVERSAL LESSON I WAS FINALLY READY TO LISTEN TO: SLOW DOWN. ENJOY THE SIMPLE MOMENTS.”**

We were the first customers they’d had in such a long time, so they welcomed us with huge smiles and open arms.

I wasn’t really sure what to expect coming to Mana on a whim, but the simplicity in the way these people live their lives made my heart flutter. The whole community came together for a huge fish fry, caught and cooked by the Elders. Children from the

entire island turned up on their floral shirts to dance and play with us. 5-year-olds holding our hands, playing chasies around the kitchen, 12-year-olds twirling us around on the dance floor. All of their parents sipping kava and enjoying the sweet serenity of their Saturday night, unbothered by the fact 6 Aussies interrupted their usual weekend flow.

Somehow, the way these Fijians carried themselves made me want to be a better person. To give back. To appreciate the small things and the pure essence of beauty in life itself. There was beauty in the way they

laughed, beauty in the way they danced. Beauty in how they cared and how just one, spontaneous night, encouraged by a few too many beers and a “who cares” attitude turned out to be just what we needed. There was that universal lesson I was finally ready to listen to: Slow down. Enjoy the simple moments.

That one night changed my whole outlook on our Fiji filming trip. There was no more pressure, no more worries about budget or the lack of conditions. It was now about enjoying paradise. From that day forward, we ebbed and flowed with the changes of the condition (or lack of) and we made it work. We foiled, we got a sneaky wing session in and I even got the kite out for a spin.



# PARATAISI



“ I WAS SOUL-SEARCHING IN FIJI, AND FOUND IT HERE; IN THE OCEAN, IN THE PEOPLE. ”

In the end, we created a beautiful project. I named it Parataisi, which in the local Fijian language translates to “paradise”. I think the pictures next to this story explain exactly what that means and why Parataisi was such a special lesson. Not only for me but for the industry... at least that's what I hoped was understood.

These days, everything is so fast-paced. The way we interpret the world, the way we consume media and knowledge. The way we judge our movement and success. Our relationships are fast, our mind runs at a million miles an hour. We're constantly go-go-go. Learning to let go of the outcome and go with the flow of life is something I believe we can all work on.

I was soul-searching in Fiji, and found it here; in the Ocean, in the People. Parataisi is the way Fiji captures your heart. So if you're looking, stop right there. Take a breath, somewhere paradise awaits... you just have to slow down. Beauty lies in the simple moments, but it cannot be sought, only found.





WORDS MOONA WHYTE  
PHOTOS CHRISTA FUNK

As large-scale construction threatens the classic wave that is Punta Conejo, Moona and her friends go in search of new spots to foil & surf. Far off the beaten track, they're in for quite the adventure.

# MOONA IN MEXICO



“ THE ONSHORE WIND THAT WAS GIVING THEM SUCH A BEAUTIFUL FREE RIDE WAS KEEPING US FROM RIDING THE SURF WE TRAVELLED ALL THE WAY TO MEXICO FOR ”

The storm was rolling in and grey clouds blanketed the sky. Some fellow surf camp crew were waiting out the rain under the hatch of their Suburban. Noses and tails of surfboards poked out from the back seat hoping to be waxed up soon. Beyond them was a lush headland emerging magically from the desert-like beach. Dozens of large birds - that I'm going to call eagles for dramatic effect - floated and dove in the lift from the hill. I captured a quick video on my phone. I probably wouldn't see these conditions again, I thought. The onshore wind that was giving them such a beautiful free ride was keeping us from riding the surf we travelled all the way to Mexico for, and surely it was a one-time thing...

Unfortunately for us, weather systems in the eastern pacific continued to bring favourable winds for eagles. But with a little guidance from our weather tracking apps, we only had to take a drive to find some pockets of offshore, groomed right-handers. It was usually a two-hour drive - one way - and no time to return home for lunch or breaks from the sweltering heat, but no problem for a couple of wave-crazy surfers. (The crazier of the two being my friend, Adriana, who must surf all hours of the day, and then me, an unfortunate victim of fomo... which, ok, resulted in equal craziness.) I also brought along a third amiga, Christa, who fit right into our all-day wave-chasing schedule and captured the most beautiful photos of it all.







**“ WHILE FOILING IN GENERAL CAN MAKE ANYTHING BREAKING FEEL LIKE DISNEYLAND, THIS WAVE HAD THE BACKDROP TO BOOT. ”**

The three of us, along with a surf guide and an occasional unsuspecting San Diegan added to our car (unprepared for our 5:30am departures), drove for hours each day along narrow, winding mountain roads. If it weren't for the speeding taxis, giant trucks hauling literal tons of rock held by skinny chains, a lack of shoulder lanes, and the occasional tow truck rescuing a fallen car, I'd say it was a nice drive.

My plan for the trip had been to foil the most well-known wave in the area called Punta Conejo. I would take photos there, and then write about how the wave is in danger of being lost via development. The giant trucks hauling rocks? They were hauling them to the beach adjacent Conejo to become part of a massive port. It will be the “new Panama Canal”, allowing easy access to the skinniest part of Mexico and linking the Gulf and the Pacific. Probably a great economic decision for the fishing town, but a questionable one for the most consistent wave in the area. Well, it turned out the eagle-favouring wind was giving me a taste of what a surf trip would be without this wave - one that

involved much more driving and exploring.

So I went and took my foil out to a spot two hours away from Conejo. Let's call it the little mermaid spot because, let's be real, those rocks look like they're straight out of Disneyland. And while foiling in general can make anything breaking feel like Disneyland, this wave had the backdrop to boot. Oh and more birds - pelicans this time - and no wind for them to catch lift off of. As Christa and I waded into the water, admiring the rocks and the pelicans, I noticed a little white water breaking off a rock on the inside. White water that, while carrying a surfboard, you would just punch through on your way to the real stuff. With a foil in hand, my perspective was turned on its head and the baby white waters started looking very appealing.





The tide was already lower than I wanted and dropping, but there was a small pool that I reckoned was deep enough for my foil. Christa agreed to play in the kiddie pool with me while I tried this novelty wave.

I realized the pool was quite tiny once I got up on the board. As soon as I caught a wave I had to start pumping in as tight a circle as possible to stay in deep enough water. I'd get on another lump, and repeat. When I didn't initiate the circle fast enough, I would run into shallow patches of sand. I face-planted many times. But it made for a unique challenge that kept me entertained (and Christa, too, every time I exploded onto the water),

"I WOULD RUN  
INTO SHALLOW  
PATCHES OF SAND.  
I FACE-PLANTED  
MANY TIMES"

DUOTONE

# UNIT

SURF

UNIT C01

TRUE



OUR WAY TO MAKE THE  
WORLD A BETTER PLACE

SAVE OUR  
PLAYGROUNDS



UNIT C01



UNIT C02



UNIT C03





“ AS WE CHASED LIGHT PATCHES IN BETWEEN STRONG FUNNELLING WINDS AND RAIN, SOMETIMES SCORING AND SOMETIMES NOT, WE KEPT ON TRYING”

while the shortboarders out the back waited for subpar surfing waves. When my legs couldn't handle pumping laps any longer, we went out to the “real wave” and caught a few in some open water before the tide dropped too much and I started face-planting again. Those darn shallow patches kept coming out of nowhere like a kid sticking their foot out to trip me. Later that afternoon I had a migraine—a symptom of a past concussion that occasionally revisits. I thought of kite photographer Ydwer Van Der Heide who became paralysed from foiling in shallow water and highly reconsidered my decisions. It would be high tide foiling only after this.

That plan hardly needed to come into effect as we were blessed with bigger swells for the rest of the trip that were great for shortboarding. Occasional aggressive crowds prompted me to break out the foil again, as did onshore puffs. As we chased light patches in between strong funnelling winds and rain, sometimes scoring and sometimes not, we kept on trying, driving, and dawn patrolling like the dedicated (crazy \*ahem\*) surfers we are. On one of the not scoring days, we stumbled upon some big rolling sand dunes. We looked out on the landscape and wondered why any human wouldn't want to preserve these places. Surprisingly I never surfed Conejo once this trip, and something just felt missing, like an empty hole that was never filled.



“WHO KNOWS, MAYBE IT’LL FATTEN OUT THE WAVE AND CREATE THE BEST FOIL SPOT WE’VE EVER SEEN.”

At this point, we can only hope that the people of the fishing town benefit from its development and that the wave somehow survives the massive changes about to take place. Otherwise, I may be left foiling in circles in a kiddie pool. Or, who knows, maybe it’ll fatten out the wave and create the best foil spot we’ve ever seen.

#### EPILOGUE:

One lightning storm, many beautiful views, some of the best tacos on earth, gallons of sweat, one 7-hour driving day, a really bad sunburn, a stomach bug, one lost foil screw, and five days of Covid later, I wrapped up my trip and headed home. Yes, I said I, not we. Adriana extended her ticket and is currently still driving, sweating, and waking up at 5:30 am in Mexico as I write this. Told you she was the crazy one.







Rider : Kylie Zarmati  
Photographer : Eric Duran

VINAKA

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THE INTERVIEW

# BRIAN FINCH

Brian Finch is a prominent figure in foiling and has been since the explosion in its popularity. In fact, we believe he's played a big part in that rise with his inspirational Instagram account - @foiltheworld. In this interview, Jack Galloway and Brian discuss Florida, the FTW Pro, new FFB foils, & more.



PHOTO LOGAN NEWMAN

14 THE INTERVIEW

WORDS JACK GALLOWAY & BRIAN FINCH PHOTOS BO BRIDGES & LOGAN NEWMAN

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**"FOILING WAS MUCH EASIER ON THE INJURIES  
AND IT ALLOWED ME TO RIDE WAVES AGAIN.  
I'M SO GRATEFUL FOR IT."**



**Welcome to Tonic Mag, we're stoked to have you here!**

Thanks, Tonic, you guys are crushing it. I'm honoured.

**You recently moved to Florida from Hawaii.**

**How's that been going? Seems like the foiling crew is very talented over there!**

As much as I miss Hawaii, my friends, and the surf, Florida is going great, it's made for foiling. The surf is generally small and weak, it's a foilers paradise.

There is a great, talented crew here in Jax Beach, guys like Erik Antonson, Austin Tovey, Mike Pedigo, Rob Carney - lots of rippers.

**What is your surfing/watersports background?  
When did you make the move to foiling?**

I started surfing at age 14 on the south shore of Kauai. I grew up mainly concentrating on shortboarding. I had a few years of amateur competitive surfing, but I didn't really enjoy contests. I lived a 10yr surf trip throughout Central America before moving back to Kauai. A handful of chronic injuries and a chance encounter with Laird Hamilton lead me to foiling, I think this was around December, 2017. Foiling was much easier on the injuries and it allowed me to ride waves again. I'm so grateful for it.

**Your '@foiltheworld' instagram is one of the biggest foiling accounts out there. Where did the inspiration come from to start it?**

I was hyping on Gary V at the time so I embraced his ethos and applied it to foiling via Instagram. Foiling was so new, and I had so many questions, and there was very little information available at the time, so I decided to share my journey and findings.



**"I HAD A VERY CLEAR IDEA OF WHAT I WANTED, BUT IT TOOK MANY ITERATIONS AND TIME TO FIND THE SWEET SPOT."**



**Well, you've certainly done it well, I've always found it a useful resource! How did your relationship with Freedom Foil Boards come about?**

My memory is crap, but the founder of FFB, Chris Sayer, reached out to me on Instagram and offered me a board. I don't remember this part, but Chris said I initially said no haha! Chris ended up shaping me a board and I loved it. We've worked on a lot of designs and refinements together over the years and the FTW PRO was born from this.

Presently I work for Freedom as a team manager, marketer, and on R&D.

**I loved riding your FTW Pro board (on test this issue!) for both prone foiling and winging. So much fun! What was the R&D process like in creating it? Did you have lots of prototypes or did you already have a pretty clear idea of what you wanted?**

Thanks! I absolutely love hearing people stoked about my board design, the winging aspect of the FTW PRO was unanticipated, but it's been a great surprise.

R&D is slow. It takes a lot of sessions in varying conditions to be confident in a design. Once you have something that works great, you want to make more changes in an attempt to find the point of diminishing returns with a concept. I had a very clear idea of what I wanted, but it took many iterations and time to find the sweet spot.

**Well, you definitely found it. What size do you prefer in the range? Is that 4'4 a new thinner size? I don't remember seeing it before.**

Board size really depends on conditions and foil discipline. Small strapped foiling, I go to the 4'2,



"WE HAVE A PLETHORA OF NEW FOILS  
IN THE WORKS, MANY OF WHICH  
WILL BE AVAILABLE VERY SOON."



PHOTO BO BRIDGES

winging and bigger days or long paddles, the 4'5 is my choice. The 4'4 is new and coming to market soon. It fills a gap between the two present sizes. Although it's only an inch shorter than the 4'5, it's a much lower volume board, very responsive... maybe we'll name it the Pro, Pro haha!

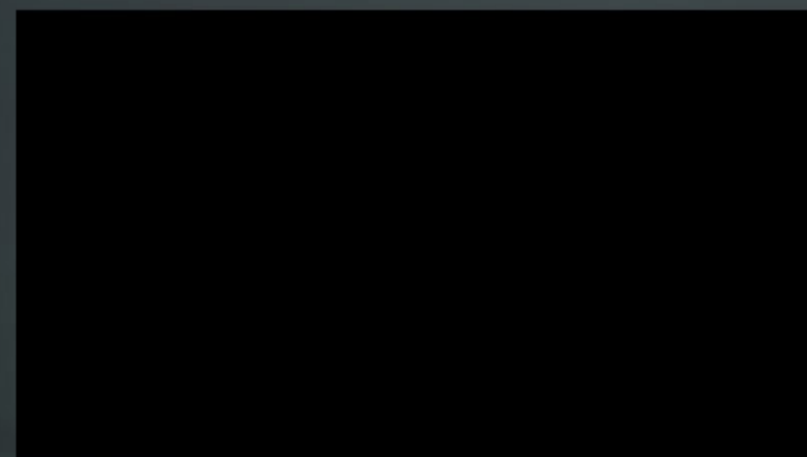
I've heard rumours of a new foil you're working on with FFB? Can you give away any details?

We have a plethora of new foils in the works, many of which will be available very soon. In our Halcyon line, we have a 1250 pumping, dockstart, and downwind beast. The stall speed is incredibly low and forgiving,

# eTow

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but still keeps up with quick-moving ocean bumps. I've been testing an 810 Halcyon this week in Hawaii. This is a mid/high aspect wing that feels soo controlled and carvy from waist-high to overhead, I've had some amazing sessions on it this past week. And finally, we're working on a true High Aspect range of foils called the UNO. I've been riding the 655 in some of my recent videos. It's a quick and controlled wing with a huge useable range. What I've found special about this wing is that it allows you to ride a small high-aspect shape in small surf without dropping out or stalling. We're also working on a range of stabilizers for specific uses that will really bring these wings to the next level.

**Sounds amazing, we can't wait to test them out! What's your go-to discipline right now? Where do you see the sport going in the next few years?**

Prone downwinding. There's something about chipping in off the beach and working your way out uncomfortably offshore.

In the next few years, I see a lot of refinement on current design concepts. In the mid-term, new materials and construction methods. In the extended future, I can see a hybrid of efoils and foils drives, something electric without compensating performance.

**How was the trip to Hood River this summer? Is it really as good as everyone suggests it is?**

It was incredible, exceeding expectations. We had strong winds nearly the whole trip. I love the area, not just for the river, but the forest, mountains, people, and vibe. It's so good, I would love to spend my summers there.

**Great to chat with you Brian. Thanks for taking the time!**

PHOTO BO BRIDGES

"I LOVE THE AREA, NOT JUST FOR THE RIVER, BUT THE FOREST, MOUNTAINS, PEOPLE, AND VIBE."





WORDS JACK GALLOWAY & PAWEŁ TARNOWSKI  
PHOTO KAROLINA GOLIS

# PAWEŁ TARNOWSKI - WING CONVERT

Paweł Tarnowski just came 7th in the IQFOIL World Championships in Brest, France. A huge achievement in the exceptionally competitive Olympic windsurf fleet. Like so many of us, the Polish athlete has also recently become a wing convert. We chat with Paweł to learn about his windsurf career and journey into winging.





**" I FELT STRONG AND FAST BUT I LOST A GUST IN THE STARTING SEQUENCE OF THE QUARTERFINALS AND WAS SIGNIFICANTLY LATE FOR THE START. "**

Firstly, massive congratulations on your top 10 position at the IQ Foil worlds! In an enormous, highly competitive fleet, that is some achievement. I hope it was a good result for you.

It was indeed. Thank you. I'm very happy about the result. I started sailing on IQFOIL only last January and clearly, I made solid progress. I had to catch up a lot with the top guys who have been foiling for a much longer time but I knew I was on a good path. Now, I was 4th before the medal race series where everyone could win a medal. I felt strong and fast but I lost a gust in the starting sequence of the quarterfinals and was significantly late for the start. Makes me wonder what the result could have been if I started correctly :)

Could you start by telling us a little bit about your watersports career, and when you first stepped foot on a foil?

I started windsurfing in 2004 when I was 10. In 2007 I became a vice-World Champion in the U17 category (BicTechno 7.8). I was 13 years old and competed with much older windsurfers. One year later I won the World Championship in U17. After that, I moved to RS:X and became the Youth World and European Champion one year after another (4 titles in two years - 2011 and 2012). I did well in the senior class as well. Won a lot of medals in World cups and European Cups, won the European Championship in 2015,







scored 3rd place in Europeans in 2016, and placed 5th in Worlds in 2018 and 2020. After that, I had a years break from sailing and came back in 2021 to start my foiling adventure :)

That is quite a résumé! What was the transition like from RS:X to IQ Foil?

The transition was very fast and easy. Of course, I had loads of catapults and crashes in the beginning but this was mostly due to my competitive mindset and racing mode on since the very first day but foiling in general was a nice surprise. After all, the way you sail IQ Foil is similar to RS:X. Of course, RS:X was much more difficult, and switching to foil felt a bit like retirement for me.

**" I HAD LOADS OF CATAPULTS AND CRASHES IN THE BEGINNING "**



## NUGGET



Designed out of the need for a true high end, high speed, wing specific boost board, The Nugget lives up to its name. This compact board is full of rich design details that will elevate your wing game to the next level.

**35L, 40L, 45L, 50L**





**"IT'S ALSO SUPER SMOOTH, LIGHT, AND GENTLE COMPARED TO WINDSURFING OR KITESURFING, AND EVERY TIME I GO WINGFOILING I GET HYPNOTISED."**

Actually, I have a feeling that RS:X was the most challenging class ever invented and all other racing disciplines in windsurfing (formula/slalom/IQFOIL) always felt easy after competing in RS:X. Obviously, other things matter in IQFOIL and I know I need to work a lot to close the gap to the fastest guys in the fleet but I'm super happy to gain

this experience and I'm ready to learn and improve in IQFOIL now.

**I presume you're building up to potentially competing in the Paris 2024 Olympic Games? What are your goals before then? How do you qualify to compete for Poland?**

Yes, I plan to compete in Paris 2024. Before that, I need to qualify for this competition and the only way to do it is to be the best in the country. Next year I want to do my best in the Worlds and Europeans and fight for medals so I get myself the best chance to do it. Let's see how this goes :)

**Where does winging fit into this? Does it count as cross training or is it just a way to unwind and have some fun?**

It's a very good question. Definitely, it counts as cross-training. The more you foil on any set of different hydrofoils the better you feel on IQFOIL and vice versa. But this is also great fun and that's primarily why I fell in love wingfoiling. It's also super smooth, light, and gentle compared to windsurfing or kitesurfing, and every time I go wingfoiling I get hypnotised. Even the last time I had a good session in Sopot with Easterly wind I finished when it was completely dark, because for the last hour I kept on saying to myself every time I was catching a wave "this will be the last wave" and I just couldn't stop - hahaha.



**"ALMOST ALL MY FRIENDS STARTED WINGFOILING ALREADY AND THOSE WHO HAVEN'T ARE SERIOUSLY THINKING ABOUT TRYING IT."**

I've been there! We're finding that people from all disciplines are starting wingfoiling, have many of your windsurf colleagues have started winging as well?

Almost all my friends started wingfoiling already and those who haven't are seriously thinking about trying it. It's a big boom and it's easy to understand why. Windsurfing and kitesurfing take more time to learn plus wingfoiling seems to be safer, less physical, and very light in traveling compared to windsurfing.

You've recently joined the Shinn team. How're you finding the gear? What do you ride most and what size?

I like SHINN equipment very much. NUBO boards are just awesome, perfect shape, and very solid carbon construction that is lightweight at the same time. I like the 4'10 (65liters) the most. Foils are super stiff and lightweight too. They also have positive bouyancy that adds volume to the board and feels super easy to pop up foiling. Suprahydro 1200 (for lighter sessions) and 720 (for stronger winds) is my choice. Foil carbon masts are the stiffest masts I've ever tried and they give perfect control while jumping, riding waves, and making sharper turns. I use the 90cm carbon mast and it's just perfect for everything. Shinn has two lines of wings: resurrector and escalator. I like Resurrector for it's shape, lightweight, and speed but what I ride most are Escalators (4.8m2 and 3.7m2). Escalators are perfect for tricks, manoeuvrability, and ease of use and that's why I ride them a lot.





**What's your favourite discipline within winging?  
Freestyle, free ride, wave, downwind..?**

I do prefer wave. Wave is a combination of waveriding, high jumps, tricks, and some downwind as well. I'm not a typical freestyler but I love jumping high and turning the best I can. Downwinders are great but harder logistically and once I'm on any spot I usually stay there for the whole session and just try to catch as many waves as possible to ride them till they break. This is the nicest part of winging :)

**I believe your home spot is Sopot, Poland? Could you tell us a bit about the conditions you get there?**

Sopot, Poland is my home spot. I train a lot in Sopot and it works perfectly with all wind directions. Westerly and southerly winds are good for offshore flat water IQ Foil training with a big dose of wind gusts and shifts that force you to learn how to sail smart (super useful on every high-level competition in RS:X and IQFOIL).

**"I'M NOT A TYPICAL  
FREESTYLER BUT  
I LOVE JUMPING  
HIGH AND TURNING  
THE BEST I CAN."**

**AFS**  
*Advanced*



**Black Bird**  
*THE HIGH ASPECT BOARD*



PHOTO KAROLINA GOLIS

**" LUCKILY TOGETHER WITH MY FRIENDS WE CHASE  
GOOD CONDITIONS ALL YEAR LONG "**

On the other hand, easterly and northerly onshore directions bring nice waves and stable winds perfect for all watersports fans. These are my favourite conditions for IQFOIL as well as for wingfoiling or kiting.

I get the impression Poland has a huge watersports community. Do you think that has played a big part in where you are today as an athlete?

Indeed, Poland has a huge watersports community. Pomerania (northern Poland) has one of the best spots for watersports in NE Europe ("Hel" peninsula, northern coastline, Rewa, Puck, Sopot, Górkki Zachodnie etc.). The only problem is that, due to cold off-season temperatures, for most, it works only in summer. Luckily together with my friends we chase good conditions all year long and although off-season it's super cold sometimes, at least we've got the whole spot to ourselves :)

**Last one, do you think you'll ever compete in winging?**

I like competing and I do a lot of racing in windsurfing. For now, I rather treat wingfoiling as my time to recharge batteries and relax (waveriding/chillout/jumps/tricks and general fun). Also for the moment, my SHINN gear is a wave/freestyle set rather than speed/racing but I think at some point there will come a moment I try racing as well. Btw. SHINN has a new Supraglide foil series which is very fast and stable. I tried it and I can tell it's a machine. Maybe I'll try one or two regattas next year, who knows ;)

Thanks so much Pawel.

Good luck in the olympic campaign!



# BEHIND THE BRAND

# CORE

WORDS JACK GALLOWAY & THE CORE TEAM  
PHOTOS @SUPERNOTHING\_OFC

For over 20 years, CORE has been an integral part of the kiteboarding industry. They've just entered the wingfoil market and the kit looks insane. We caught up with the brand to find out all about their move to the sport.







**"WE FIND PERFECT CONDITIONS TO TEST AND DEVELOP GEAR RIGHT AT OUR DOORSTEP"**

A big welcome must go out to CORE, joining the sport of wingfoiling. It's super exciting to have another big player in the kiteboarding industry make the move. Before we get into why, can you tell our readers a bit about the origins of the brand?

It all started in a garage on Fehmarn with a custom board production in 2001, when kiteboards were still a novelty. That specific board was called the CARVED Imperator.

As one of the world's first kiteboard manufacturers, we handcrafted twintip masterpieces on the island Fehmarn in the Baltic Sea. We strived for the highest quality materials and most innovative board-building processes. The success of CARVED led to the birth of another global brand - CORE Kiteboarding. From 2007 until today we've built premium kites, bars, and boards. Based at one of Europe's watersport hotspots we find perfect conditions to test and develop gear right at our doorstep, before our products are put through their final test in the hands of the international pro team at the most demanding spots in the world.

A variety of exclusive materials and elaborate production processes ensure a special riding experience that is exclusive to CORE Riders. With 50 employees in Fehmarn, we supply 90 markets worldwide with a network of more than 700 dealers and kite schools.

**So you've clearly been very successful in kiteboarding, spanning 20 years! What led you to add wingfoiling to your repertoire?**

When the first wingfoiling gear came out just a few years ago, it didn't take long until our team was infected and many of us suddenly had an additional watersport passion. Even though we considered ourselves a kitesurfing-focused brand for quite a while,



**"WE WANTED TO PROVIDE A RANGE TO OUR CUSTOMERS THAT DELIVER AN EXPERIENCE WHERE YOU FEEL INSTANTLY COMFORTABLE WITH YOUR SETUP."**

we felt that we cannot suppress this passion of our team and simply let them work on what they love to do. We took our time though for extensive concepts and considerations around this very young market, same as we invested a lot of time in the development of prototypes to create a wingfoil range that matches the same high demands we have with our kitesurfing products.

**The photos of the new gear look awesome, we can't wait to get our hands on it! We've seen big waves, freestyle & cruising. Are the XC wing, Roamer wingboard & Spectrum foils designed to be all-rounders?**

They definitely are. The goal was not only to develop the perfect allrounder but also to have a range of wings, boards, and foils that is perfectly intertwined with each other. Even though it's still such a young market, the complexity in terms of different available products is huge. To find your perfect constellation of products is what we found one of the most difficult tasks, especially for those who are new to the sport. We wanted to provide a range to our customers that deliver an experience where you feel instantly comfortable with your setup.

The XC comes with a balanced handling and easy-to-recall performance. The linear power delivery ensures an easy water start and a comfortable ride. Thanks to the medium to high sweep, the wing reaches a high terminal velocity and becomes exceedingly agile.







**"EVEN IN THE MOST DIFFICULT CONDITIONS OR TURBULENT SECTIONS, ENSURES YOU'LL BE SOARING THE PLAYGROUND FURTHER, FASTER, AND FOR LONGER"**

The combination with the fixed handles allows the highest precision in radical manoeuvres.

For the board and foil, fine-tuning between those two is key for a comfortable stance and harmonized riding experience. The Roamer wingboard line is designed to meet all the challenges of modern wingfoiling with its instant forward drive and stable feel. Sporty and responsive, yet also minimizing the early complexities of learning to ride, the carefully tuned shape ensures the easiest handling whatever the weather or water surface.

The Spectrum on the other hand provides perfect lift with balance and control, supporting you to push your abilities every session. Whether you want to ride in chop, waves, or flat water, the predictable behavior, even in the most difficult conditions or turbulent sections, ensures you'll be soaring the playground further, faster, and for longer.

**Could you go into a little detail about both the ExoTex 2 & CoreTex 2 materials used in the XC Wing?**

The CoreTex 2 and ExoTex 2 materials have both been exclusively developed for CORE in Japan and Taiwan under the highest industry standards and were already introduced in our latest kites.

CoreTex 2, our canopy cloth, is not only lighter than its predecessor but also comes with massively improved stiffness and durability. It sets our standard in breaking strength, tear resistance, longevity,







UV protection, and elongation. ExoTex 2 is a considered and progressive evolution of polyester weaves through both the warp and weft. Through every inch of our air frame you'll find the use of ultra-strong yarns, and the entire structure is stiffer, more tightly woven than its predecessor, and then finally treated with a unique heating and shrinking process.

The reactive relationship between stiffness and flex is forged from the ExoTex 2 material in the leading edge and centre strut. The low-stretch and highly durable CoreTex 2 cloth help ensure the XC delivers liquid-smooth and linear power development. Optimal cloth tension and minimal drag help generate maximum power for a quick take-off and then offers precise control in flight.

**"THROUGH EVERY INCH OF OUR AIR FRAME YOU'LL FIND THE USE OF ULTRA-STRONG YARNS"**

*Shinn*

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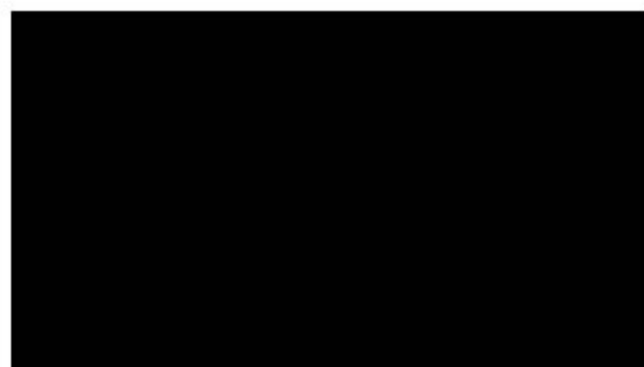
2m 2.8m 3.5m 4.2m 5m 6m



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*Mark Shinn*



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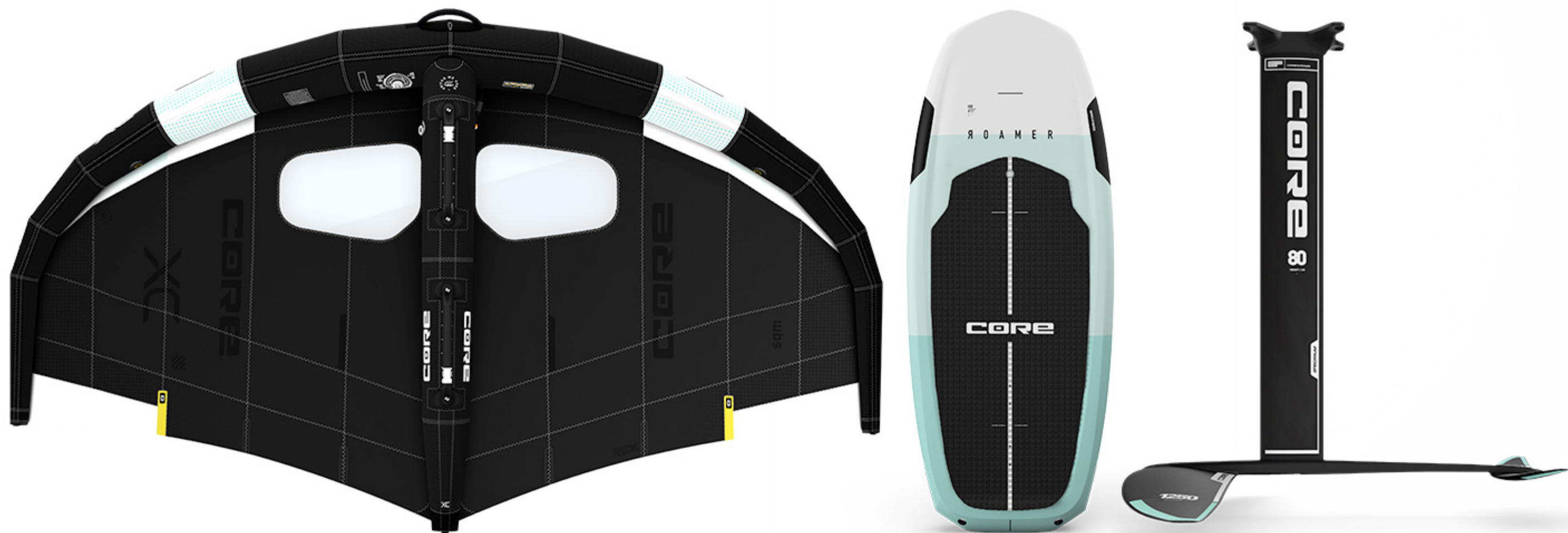
cold scheme



heat scheme







**"WE GAINED EXTENSIVE KNOWLEDGE IN THE USAGE AND PROCESSING OF THE HIGHEST-PERFORMING FABRICS"**

The Spectrum foils are a medium aspect ratio design, there must've been a lot of thought put into this, what was the reason to choose a medium aspect ratio?

As mentioned before, we strived for that instant feeling of comfort when riding our product. Not in a "coziness" kind of way, but to deliver the confidence of perfect control in every situation – regardless of taking your first flights or shooting down One Eye in

Mauritius. With that in mind, we developed a range from the big 2150 down to the smallest 950 which all deliver that certainty when flying it. And that comes from the medium to high aspect-ratio which delivers the ideal balance of performance and control, resulting in a beautifully fluid feeling. As each size of wing in the Spectrum range narrows in thickness slightly differently from middle to tip, the angle-of-attack then turns negative towards the end of the tip; a proven technique in aviation to reduce drag and improve speed. Constructed with a multi-layer carbon laminate, the wings are not only lightweight but also extremely durable.

In terms of materials & manufacture, what has CORE carried over from kiting when producing the XC wing and Roamer board?

Developing kites for more than 15 years, we gained extensive knowledge in the usage and processing of the highest-performing fabrics. That allowed us to put an immediate focus on shape and flight characteristics, since the major part of the production workflow was already well-tuned. The same holds true for our proven features like our speed valves and speed pump hoses which could be adapted straight away.

For the Roamer, we could draw on the knowledge we gained from the recently published SLC kitefoil board.



**"WE WERE LUCKY THOUGH THAT SOME OF OUR TEAM MEMBERS HAVE BEEN INFECTED EVEN EARLIER THAN WE HAVE BEEN AND ENTERED THE WINGFOIL WORLD RIGHT AT THE START."**

You can really compare wing and surfboards, since they come with different demands for their rigidity, but the experience and trusted partnerships we established with our foilboard production eased the process for the Roamer as well.

Eventually the most important though is having a fast prototyping process. Turning ideas into rideable concepts is a key aspect of the development process. The faster you are, the more knowledge you can gain.

**Which of your team riders should our readers be looking out for when it comes to winging?**

Working with some of the world's best kitesurfers doesn't mean they immediately wingfoil on the same level. We were lucky though that some of our team members have been infected even earlier than we have been and entered the wingfoil world right at the start. Known for his wave-riding skills, Willow River Tonkin is outstanding when it comes to foiling big swells. Alina Kornelli has a nice style and is always going for new maneuvers. Thomas Burblies is pushing when it comes to big airs. And since our lineup is still quite fresh, we can't wait for the new talents who will arise soon.

**Finally, you're based on the island of Fehmarn in Germany. It sounds like a great place to put the gear to the test. What are the conditions like?**

Fehmarn has been a very popular spot for windsurfers,








**"IT CATCHES ANY WIND DIRECTION AND HAS A WIDE RANGE OF DIFFERENT SPOTS TO OFFER"**

kitesurfers and wingsurfers from all over Central Europe since the first windsurf hype back in the days. As an island, it catches any wind direction and has a wide range of different spots to offer - from shallow areas for beginners, dreamy flat water, to nicely breaking wind waves. During spring and fall you have very good wind yield that can get very strong, but you can score nice summer sessions as well. Located in the Baltic Sea you don't have to deal with tides and the water is not as salty as elsewhere. Fehmarn is connected with the mainland via a bridge and is easy to reach by car and train. If you haven't been there, it's definitely a spot for the bucket list!

Thanks, CORE. We can't wait to get our hands on the kit, and one day visit Fehmarn!







WORDS ELLIE ALDRIDGE  
PHOTOS INTERNATIONAL WING SPORTS ASSOCIATION MEDIA

# SABFOIL 2022

## WINGFOIL RACING WORLD CUP

Ellie is one of Britain's top kite racers, she competes at the highest level and did just that at the Formula Kite World Championships in October, placing 3rd! To then see her racing, just days later, at the Wing Foil World Cup was quite astonishing. Having never raced a wing before, but with a professional-level sailing background, we were keen to see how she got on. Here's her write-up of the event.



" I LOVE WINGING BECAUSE I CAN GO OUT WHENEVER I WANT, ON MY OWN! IN WAVES, FLAT WATER, CHOP, AND ALWAYS HAVE FUN! "

I'm Ellie Aldridge. I am a professional kite foil racer from the UK, campaigning to win the 2024 Paris Olympics, but when I am not competing or training, I am always on the water in other disciplines. A year ago I had a go at wing foiling and really started to love it. It is such a diverse sport, bringing windsurfing and kitesurfing together to create the most accessible new water sport. I love winging because I can go out whenever I want, on my own! In waves, flat water, chop, and always have fun!

I saw there was a Wingfoil World Cup in Campione, Garda that was conveniently timed the week after the formula kite world championships, the most important event for me in my professional career. I was happy to place 3rd in the kitefoil but was so excited to go and race wingfoil, in my first-ever wingfoil event!

I have been winging for 1 year, but because I spend most of my time training for kitefoil, I have not done any specific wingfoil racing training at all! I wanted to compete in the Wingfoil World Cup in Lake Garda to see what it was like and where the level is so far. I loved it more than I thought I would!!

The event was 4 days, first day was long-distance racing with the whole fleet where we raced with all the boys as well. It was great to see where my speed was at and I loved the big starts with so many people winging together.







ELLIE ALDRIDGE







After the first day, we started slalom racing with just the girls, which was so fun! I have never done downwind slalom racing before so I learnt so much. After every race, I improved and learnt something new for the next race. I was figuring out how to go fastest in different directions on the course and getting more comfortable in fast manoeuvres.

On the last day of racing, we did upwind starting, with a reach and downwind slalom all combined into one race course.

" I HAVE NEVER  
DONE DOWNWIND  
SLALOM RACING  
BEFORE SO I  
LEARNT SO MUCH "

Shinn

# ESCALATOR

3.7m 4.2m 4.8m 5.5m 6.2m 7m 8m

COMPACT

LIGHT

MANOEUVRABLE

New for for this year the Escalator is our new compact wing design featuring a reflexed wingtip - trailing edge tension inducer.

Mark Shinn







" I AM REALLY HAPPY WITH HOW MY FIRST-EVER WING FOIL RACING COMPLETION WENT, BUT I WILL BE BACK BETTER AND FASTER "

It is the course we use for kitefoil racing so I was very familiar with it. However I have never been properly racing upwind on a wing before, so again I was learning so much in every race. Still making mistakes and falling in too much! But all the time learning and improving from my mistakes.

By the end of the week I was getting the hang of things and was quite sad it was all over so soon. I finished the event in 2nd



place riding the North Mode wings (5.5/4.2m), Sonar 85cm mast, 600cm fuselage, S208 stabiliser, and HA1100 & HA990 front wings. The foil I used was a lot bigger than most of the other competitors, but I felt comfortable and still fast!! I am looking forward to using the new, smaller front wings because I think they will be even faster! I am really happy with how my first-ever wing foil racing completion went, but I will be back better and faster, hopefully, to win next time!

It was a great week of racing and I loved meeting lots of new people from different

disciplines coming together to race from many different backgrounds. I can't wait to do more wing racing in the future and see where the sport is going!

#### MEN

1. Mathis Ghio (FRA), 4.4 points
2. Alessandro Tomasi (ITA), 5.3 points
3. Clement Colmas (FRA), 7.0 points

#### WOMEN

1. Paula Novotná (CZE), 5.0 points
2. Ellie Aldridge (GBR), 9.0 points
3. Ceris Orane (FRA), 9.0 points



FACE  
PLANT



THE WORLDS  
**MOST**  
SUSTAINABLE  
SUNGLASSES

"My eyes have never felt so loved"

- Sukie R



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# STERNWHEELIN'

**WORDS** KJELL VAN SICE & CASH BERZOLLA  
**PHOTOS** NATE VOLK

Sitting high and dry as the forecast threatens winter's first snow, I can't help but take a mental look back to warmer times. The urge to share a memorable September session has led me here, tapping away at this keyboard. Strap in for a bit of story time...







**" THIS BOAT THROWS A WAKE OF TWO DOZEN PERFECT, SYMMETRICAL, FOREVER UNBREAKING WAVES THAT ARE A MIND SURFING CANVAS. "**

Maybe you've heard of it, perhaps you've even been lucky enough to ride it. By the time September 8th rolled around this year, riding the Sternwheeler in the Columbia River Gorge was wedged firmly at the top of my foiling bucket list. While the boat itself is cool, it's more so what it leaves behind that's piqued my interest for so long. Thanks to the unique paddle wheel at its stern, this boat throws a wake of two dozen perfect, symmetrical, forever unbreaking waves that are a mind surfing canvas. Canoes, SUPs, surfskis, and hydrofoils can often be seen gathering in droves, like bees to honey, just prior to the Sternwheeler's daily summertime cruises down the river. With a nearly endless supply of waves, many can share in the Sternwheeler's artificial surf party. At hardly any other surf spot would you see such a diverse mix of watercraft and good vibes.

Driving the 40 or so minutes from Hood River to Cascade Locks with our Armstrong crew in tow, I couldn't help feeling just a bit giddy that my first Sternwheeler session was finally on. Not only were we looking at prime, glassy evening conditions, but I had some terrific new gear under my feet to boot. While Kevin and Ron fired up the skis, sleds fully loaded with bodies and foils, Oskar and I hopped on our downwind SUP foil boards and made our way – slowly and precariously – over toward the middle of the river. Like everything in the Gorge, the underwater features at Cascade Locks are absolutely massive. House-size boulders, mere feet under the surface,





**"THERE'S NOTHING LIKE WATCHING YOUR BUDDIES SHRED TO MAKE FOR AN AMAZINGLY MEMORABLE EXPERIENCE."**

drive whipping currents and boils. Not easy to paddle through on an 80L, 19" board. Adopting a brace position kept me upright, but I can't say Oskar had the same luck. Next time! Setting up ahead of the Sternwheeler's 5:30pm dockside departure, we were joined by the F-One crew on their skis, foils in hand – the more the merrier.

As the Sternwheeler shoved off, it tooted its horn and we were off to the races. The skis pulled up our team who were strapped to

the new low volume WKT foil boards. On our SUPs, Oskar and I whipped into the second and third wakes. Unexpectedly, I was hit by massive underwater turbulence and nearly thrown off my board. I hadn't thought the Sternwheeler's paddle wheel would create so many bubbles – it felt like riding through a continuous stream of whitewater. Banking hard, I looped back to wake 10 or so, finding the water there much smoother and more rideable. Party time! Safe to say the whole crew rode until our legs gave out. There's nothing like watching your buddies shred to make for an amazingly memorable experience. I'll let Armstrong team rider Cash Berzolla have the final word...

"Riding the Sternwheeler in Hood River was definitely one of the sickest and trippiest experiences of my life. Even though it was a little windy that day, the crew made it work and it was still all time. Before this day, I had never been able to ride the Sternwheeler, so I was super grateful I was able to make it to this one. While the Sternwheeler is meant for sightseers, watermen like the Armstrong crew and I are able to take advantage of chipping into the 1 foot wake the ship has to offer. Being able to ride alongside fellow riders like Mateo Ell, Oskar Johansson, and Kjell van Sice was super awesome. Just being able to see other people pushing the sport of foiling allows me to push my limits and try new things. In addition to the Armstrong crew the F-One guys showed up and shared some of their local knowledge about this mysto wake.



“ THERE IS NOTHING LIKE WATCHING THE  
PROS, ESPECIALLY THE PEOPLE WHO  
GREW UP IN THAT PARTICULAR SPOT ”

For me in particular, being able to see how locals like Chris McDonald and his dad Mr. McDonald functioned and rode the everlasting wave was incredible. There is nothing like watching the pros, especially the people who grew up in that particular spot. Local knowledge is the best knowledge in my opinion, so being able to observe them at one of their home spots really helps me understand the best way to ride and perform effectively in that area.

As the Sternwheeler got going, it became apparent where we would be riding. I was completely baffled to see more than fifteen wakes beginning to form behind the boat. Even though my expectations were high, I was definitely not expecting it to have as many wakes as it did. As it motored slowly up the Gorge, we began to tow in using jet ski assist. Armstrong's new WKT boards made the wake feel like a mini skate park, and the boys were ripping.

When I first saw the WKT line, I was a tad skeptical. Armstrong had never made a board so thin before and I was concerned about its durability. Knowing how previous gear from Armstrong handles, I had faith that it was going to be the next big thing. My prediction was correct and the board completely blew away my expectations. Covering the board from nose to tail, carbon lines on the deck and underbelly of the board to make it very light and super durable. Perfect for towing, we put the WKTs to the test and cruised behind the Sternwheeler. Being able to be on a new board that was completely different from any of the other foil boards I had tried was an absolute blast.







" THE TRIP TO HOOD RIVER WAS  
AN AMAZING EXPERIENCE  
AND I HOPE I CAN GO BACK  
NEXT YEAR. "

The best thing I found about the new boards and the Sternwheeler in general was how you could go from a chill standing position to then ripping back and forth with all your buddies on a seemingly endless wave.

All and all, the trip to Hood River was an amazing experience and I hope I can go back next year. If you are planning or are in the Hood River area I would highly recommend getting a few buddies together and checking out the Sternwheeler! Special thank you Armstrong for making this trip possible!"





# UP & COMING

## MARLEY FRANCO AKA @GNARLY.MARLEY

WORDS JACK GALLOWAY & MARLEY FRANCO  
PHOTOS RICHARD HALLMAN

Marley Franco is the definition of the word grom. He lives on Maui's North Shore and has all the skills to make the most of the epic conditions there. The 14-year-old grew up surfing, kiting, & foiling the same spots as the likes of Jesse Richman & Kai Lenny. How lucky is that? We caught up with him after his recent Hood River trip.



**"AS SOON AS I WAS ABLE TO BE SURFING, WINGFOILING, AND KITING ON MY OWN, I CONTINUED TO PLAY IN THE OCEAN."**

**Hey Marley, thanks for doing the interview with us! How did you get into watersports & foiling?**

I started water sports at a young age, my parents were always surfing, standup paddling, kiting, windsurfing, and playing in the ocean before I was born. When I was young I was always in the water being pushed into waves on a bodyboard, surfboard or kiting between my dad's legs, surfing on the front of my mom's board, or just goofing around in the water. It was always natural to be in the ocean and wind.

As soon as I was able to be surfing, wingfoiling, and kiting on my own, I continued to play in the ocean. These are most of the water sports I do, surf, wing, foil, kite, and stand-up paddle. I do downwinders by myself from Ho'okipa to the youth center a lot and my mom meets me there to pick up gear before she goes to work.

Living on Maui surrounded by the ocean you learn to play in all conditions, big waves, small waves, windy or not. Always searching for ways to go have fun with my friends who are into the same sports.

**Such a cool way to grow up! How old are you Marley? When did you first go on a foil?**

I am currently 14 years old, when I was around 8 years old I started doing a little prone foiling and standup foiling when I was around 9 years old Cyril Coste from Takuma and Wing Ride stocked me up with some wings and foils so I tried wing foiling and had fun learning the sport. Then a few weeks later I broke my arm and then my wrist that year, so I couldn't continue to learn to wing for a while and had to wait till Jan 2020.







**"NOW I CAN HELP MY PARENTS WITH WINGING OR IF SOMETHING HAPPENS OUT THERE I CAN HELP THEM."**

**We love your Instagram handle - @Gnarly.Marley - is it a long-lasting nickname?**

I was given the name Gnarly Marley by my cousins Nina and Kesia. When I was young I was always doing crazy things and they started calling me Gnarly Marley. I got a little bit older, around 7 years old and my

cousin Nina created an Instagram profile for me and she named it gnarly.marley.

That original account was deleted during covid and so we had to make a new account and named it "The Real Gnarly Marley" around August of 2020. About 8 months ago Jesse Richman reached out to the person who had taken my original name, they had only a few followers so Jesse convinced them to give the name back to me and she did. We lost all the data and history from when I was younger but at least I got my original IG name back, thanks to Jesse.

**That's super cool! It must be great having parents that are into watersports? Weekends must be fun!**

It's really cool to have parents to do water sports with because we can all go out together and do the same or different sports and help each other or just goof around. My parents have helped me out a lot and some of my friends have learned a few of the water sports. Now I can help my parents with winging or if something happens out there I can help them. Some days my Dad will jump over us if we are winging and I will mess with them back too. My mom will tow me foiling while she's kiting or whatever fun thing we come up with. We just go have fun with it.





**"WHEN WE HAVE A SESSION TOGETHER OR DO PHOTO SHOOTS IT'S ALWAYS SUPER FUN, EVEN IN THE GNARLY CONDITIONS."**

**That's so rad. What's it like being in the North team?**

Being on the North team is amazing because the team is awesome and the riders are amazing. They are always so positive and everybody is always super stoked. The team is progressive and the products that North produces are so good, it makes me as a rider want to keep pushing to be the best.

**Am I right in saying that Jesse Richman is your mentor? A connection made through North? What's that like, learning from the best?**

Yes, Jesse Richman is my mentor. Jesse as a mentor and as a friend is the most awesome thing ever, he is so fun, energetic, and positive. He has lots of information to share, and all around he is amazing to be a team rider with. The connection was made through my parents, they have known Jesse since he was a little grom and when I was learning to kite and the north next GEN program came up, Jesse chose me as his grom and taught me a lot about kiting. I have become way better since we first started and I have helped him some with wing foiling. When we have a session together or do photo shoots it's always super fun, even in the gnarly conditions. I am now on the North International Team for wing foiling and it's really great. The whole team is super supportive.

**What would you say is your favourite discipline? What are your goals right now? Any tricks or competitions you want to do?**

That's a good question, I don't think I can choose one discipline. I love to do a lot of water sports and I love doing them all on Maui because of the conditions.





UP & COMING

When the surf is up, I surf and foil a lot. When the wind is on I wingfoil and kite more. It also depends if there are any specific events coming up, I try to do that sport more to prepare.

My goals right now are to keep progressing with surfing, foiling, wing foiling, and kitesurfing. I would like to do a double backflip foiling, surf bigger waves tow surfing and tow foiling, learn more freestyle kite tricks, and land a 720 wing foiling. I feel like I have individual goals for each water sport.

"I FEEL LIKE I HAVE  
INDIVIDUAL GOALS  
FOR EACH WATER  
SPORT."

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**"TAHITI, NEW ZEALAND, EUROPE, BALI, AND AUSTRALIA. I LOVE TRAVELING SO I'M ALWAYS EXCITED TO GO ON A TRIP."**

There are a couple of competitions and trips I would like to do, I want to enter the GWA Youth World Tour 15 and under division next year and make some trips to other places to do water sports. Like Tahiti, New Zealand, Europe, Bali, and Australia. I love traveling so I'm always excited to go on a trip.

**What's your best-ever session?**

My favourite session ever was in the late afternoon at Lanes with Jesse. There were some big waves and decent wind, even kai Lenny was out testing his new gun surfboards. Jesse and I just received the new North wings and foils so we decided the best thing to do was go out and test them.

We jumped off the rock at Lanes and got some pretty good-sized waves for winging, at the end of the session I went past Kai Lenny and he yelled "do a backflip" so I did a fun backflip. The energy of the big waves pumped us all up and we had some fun waves that afternoon.

**What wing, board, & foil do you ride most? Can you be specific about foil size, fuse, stab, etc.?**

The North wing board I ride is the 3'10 Swell and the foil set up is the 85cm mast, 600 fuselage, 210 sonar stabiliser, and HA 550 Front wing. The new HA North foils are super fast with lots of agility and stability. I use the HA 650 for lighter wind days and the HA 750 and 850 for prone foiling.

**UP & COMING**







**"THERE IS ALWAYS SOMETHING TO DO, SURF WHEN THE SURFS UP, WIND SPORTS WHEN THE WIND IS UP, OR BOTH IN ONE DAY."**

I ride the North Nova wings, mostly in the smaller sizes 2.5m, 2.9m, 3.5m. I recently rode one of the new North Mode wings in a 4.2 and it was amazing. It's such a good wing and is lightweight. I'm hoping they will make it in smaller sizes soon because they are so fun for freestyle.

**Finally, it must be amazing living on Maui. What's it like?**

Growing up on the Maui North Shore and living in Hawaii is amazing. There is always something to do, surf when the surfs up, wind sports when the wind is up, or both in one day. If there are no water sports to do because of bad weather or conditions, you can always skateboard, fish, dive, mountain bike, hike, jump into waterfalls or just hang out and relax. The tough part about living here is you always have to fly to get off the island and that can get expensive.

**Marley, thanks for taking the time. Keep on shredding!**





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# TECHNIQUE

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KARINE AND CHRISTIAN



WORDS & PHOTOS CHRISTIAN & KARINE







## TOE TO HEEL GYBE OFF THE FOIL

**Cabrinha Code 5'2**  
**Cabrinha Mantis 3m**

It is time to tackle the other gybe! Even if you haven't mastered the foiling heel to toe gybe, getting yourself acquainted with the toe to heel winging off the foil gybe will give you a skill that you'll call on more often than you'll care to imagine. We all have a better side. You may be happy riding left or right, but carving and then coming out toeside can, and often will be tricky on your least comfortable side. There's a reason people skate, surf or skid on ice with a favoured foot forward. This isn't to say that you can't learn to do it both ways, but at the very least there's a get out of jail card should you need it. The toe to heel gybe is at its most helpful when woffing. When off the foil, underpowered in a lull, using your stronger side will be a considerably less wobbly affair than leading with your weaker side.

Another undeniable advantage is that you can gybe sharply this way, losing minimum ground. It's not as groundbreaking as a tack, but it can help in a fight to get back upwind.

Without ignoring the elephant in the room, you do need to be toeside. Aside from when you are deliberately woffing, there will be times when you come off the foil and need to turn around, whether self-inflicted or due to the conditions. As such before cracking on with the gybe, we'll start with a little Brucey bonus. A quick look at how to change your feet from heel side to toeside whilst woffing. As with the previous gybe's foot change, this won't be the exact technique that you use when foiling. However, it will get you comfortable moving your feet and finding their new positions, which will give you confidence and broaden your skill set in preparation for what lies ahead.

### HEEL TO TOE FOOT CHANGE. SEQUENCE 1

1. Starting position. Your best bet is to always start in the same place, so that your

setup is consistent. In relation to the wind, you want to be riding upwind, balanced over the board. Once here your one job is to bring your feet closer so as to narrow your stance. Slide your back foot up slightly and move your front foot slightly back, keeping it pointed slightly forward. The aim is to find a sweet spot where you can keep the board trimmed from nose to tail and rail to rail whilst standing with your feet closer together.

2. Open and up. To make sure you're standing on the board fly your wing up slightly. To make the foot change less unstable you should already open your shoulders, twisting at the waist so that your chest faces forwards.

3. Free your feet. You'll be moving your back foot first, and if you want to be able to lift your back foot, you can't have all your weight on it. Move your weight forward until it's centred on both feet.

4. Time to boogie. Step your back foot up. Aim to place it as close as possible to your front foot, pointing forwards so that it's close to the centre line of the board.





5. With your weight on your new front foot, step back with your other foot.

6. Chances are that your feet will not be in the perfect position. However, in an attempt to be balanced in your toe side position, you can wiggle them until you're comfortable. It's worth noting that Karine has her new back foot sufficiently across the centre line of the board to compensate for her front foot position. The reason, you need to be able to finish your gybe heelside, and as such, you shouldn't move your front foot too far across. Sheet in and get some forward drive for stability by pushing your front arm forward and down.

Brilliant, now that you're riding toeside/switch we can move onto the gybe. Being a gybe, the principles are the same as the heel to toe gybe that we covered a few issues back. Your aim is to bear away, steering the board downwind, flipping your rig, before steering the board back across the wind in the new direction. Once again, don't forget your dynamic position. Throughout this move you are not fixed and frozen, you can make small necessary adjustments to maintain trim, power, and balance.

#### INITIATING THE GYBE PIC A

Once you're balanced and have checked that the coast is clear you can set your gybe in motion by bearing away. Your aim is to turn the board as far as possible, all the way until it's pointing downwind. Extend your front arm to sheet in and push the wing forwards to turn the nose of the board away from the wind. The bigger the wing movement, the quicker the board will turn. If the wind is very light, you'll need some patience. If the wind is stronger, you'll have to be dynamic and resist by dropping your weight and controlling the power with your backhand.



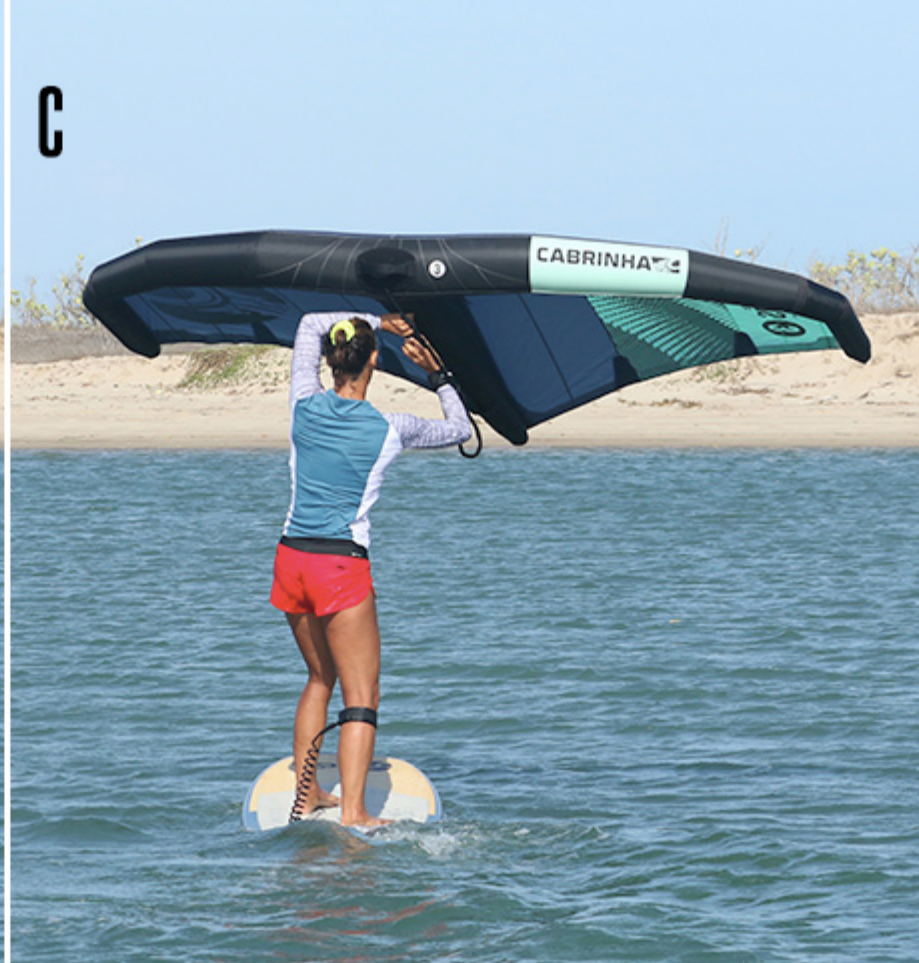
**B**

#### KEEP TURNING PIC B

As the board bears away it's a matter of exaggerating all your movements so that you can encourage the board all the way downwind. You and your board will bear away, but keep the wing where it is, pushed towards the outside of your turn and sheeted into the wind. Counter the pressure from the wing with your body and push the tail of the board towards the wing with your back leg. The more weight you have back, the quicker the board will turn.

#### WING FLIP A PIC C

You'll reach a point where you can't turn the board any further. This will be around

**C**

downwind. With effort, you can steer a tiny bit further, but once the nose of your board is pointing with the wind, it's time to flip your wing. Release your back hand, reach up and grab the front handle. With the wing high you should be able to grab in an overhand grip. Up until now, you've had the wing pulling and something to counter your weight. As soon as you release your back hand everything will be considerably more unstable. So, make sure you're balanced before letting go.

#### WING FLIP B PIC D

Once you've got your new hand on the front handle, keep the wing as close as possible on a bent arm. Release your other hand and

**D**

reach for a back handle. If you let the wing fly away from you, your back handle will be out of reach. The good news is that even though this stage is a tad wobbly, with the board pointing downwind, the wing flagging downwind and you reaching downwind for the back handle, everything is lined up over the board. Plant your weight onto your front foot for balance to use every ounce of volume and stability.

#### POWER ON PIC E

With both hands holding your wing you'll feel more balanced and ready to get steering again. Two jobs. Firstly, move your weight back over your rear foot. With your weight back the board will turn up more readily. This will also put you into a more dynamic position should there be power in your wing. Secondly, sheet in gently whilst keeping the wing high.





As the power comes on, however gently or aggressively, look where you'd like to go and keep your weight back. With the tail down, nose slightly up and some pressure from the wing your board will pivot and start to steer around the rest of your gybe.

#### DRIVE OUT PIC F

As the board turns it's time to get some forward momentum and drive. Keep your wing sheeted in, and bring your front hand down, pointing the wing in the new direction of travel. This will pull your forwards. All that's left is to get your weight back onto both feet, so that you can trim the board and steer yourself back upwind.

We should add that this will be considerably easier to learn in flat water and a gentle wind. However, once you've got this nailed and you're gybing consistently, you'll be able to rely on it in many different conditions.

Brilliant, have a look at the sequence and video on the next page to give yourself a step by step visual and a real-time experience. Enjoy, cheerio C&K









# SUP YOGA TECHNIQUE

WORDS AND PHOTOS CHANTAL BACHERE CRINQUAND  
@CHANTALCRINQUAND

SUP Yoga Technique is back! Here at Tonic Mag we know how much of a toll foiling can be on the body. We therefore have no doubt that a bit of SUP Yoga will keep you, and us, in shape. This issue, Chantal Bacher Crinquand guides us through three poses of varying difficulty. Good luck!

URDHVA MUKHA SVANASANA/  
UPWARD FACING DOG

BEGINNER



ANJANEYASANA/  
LOW LUNGE

INTERMEDIATE



TRIKONASANA/  
TRIANGLE POSE

ADVANCED





## URDHVA MUKHA SVANASANA/ UPWARD FACING DOG

BEGINNER

Low to gravity, upward facing dog is a stable posture to practice on a SUP. It opens the back and stretches the front of the body which feels amazing especially when you take big deep breaths in. Press both hands evenly onto the board and imagine lifting up and out of the chest rather than simply leaning backwards. Depending on back mobility/flexibility, the arch of the back will be more or less, take it at your own pace.





## ANJANEYASANA/ LOW LUNGE

### LOW LUNGE

INTERMEDIATE

The low lunge is a versatile Yoga posture which you can adapt to suit your SUP Yoga ability. Usually the hands are down by the side or even hands on the board for beginners who are still finding their balance.

This version with the hands straight above the head makes it a more challenging.

Ensure you position your body over the centre of the board over the handle so that your weight is evenly distributed on the board helping to promote stability. The low lunge helps to stretch the hip flexors, psoas and quadriceps as well as open the chest and shoulders.





## TRIKONASANA/ TRIANGLE POSE

ADVANCED

A challenging posture that requires strength, balance and flexibility. Having your feet in a straight line with the front foot facing forwards and back foot at 90 degrees creates a tipping feeling so it's important to keep the upper body in line with the legs. If the body is too far forward, you will lose balance and probably fall into the water! The arms extend out, bottom hand can touch the board for increased stability. Pushing the hips forward so they align with the trunk will give you good alignment and best chances in doing this pose. Don't forget: a steady breath means a steady pose so breathe easy and enjoy the challenge!





WORDS JACK GALLOWAY & PAULA NOVOTNA  
PHOTOS SVETLANA ROMANTSOVA & MAXWELL GRIFTED

Introducing our new World Champion, Paula Novotna! On 14th October, competing in the 2022 GWA Wingfoil Surf-Freestyle event, Paula secured her victory at the Tarifa Wing Pro. Even with one more event to go in Brazil, Paula had enough points to take the overall win for the year. We just had to catch up with Paula to find out about her year in competition.



# PAULA NOVOTNA - WORLD CHAMPION





**“ MY DREAM CAME TRUE A FEW WEEKS AGO  
WHEN THEY CROWDED ME A WING FOIL WORLD  
CHAMPION IN TARIFA ”**

**Hey Paula! Firstly, massive congratulations!  
What made you move from kiting competitions to  
winging competitions?**

Thanks! I started wingfoiling 2 years ago. I learned in Union Island during quarantine with Jeremie Tronet. I really got into it in Brazil in autumn 2020. I got my own equipment from Duotone and Fanatic during my time in Brazil and I instantly fell in love with the sport. I have always been competing in freestyle kiteboarding, but over those two years, I started to wing more and more. I always like to challenge myself. My dream was to be number 1. My first competitions didn't go so well, as there were girls that were in the sport already for longer than me. But when I want to achieve something, I work hard for it until it happens. And my dream came true a few weeks ago when they crowned me a Wing Foil World Champion in freestyle in Tarifa, Spain. I still kite a lot, but I don't want to compete anymore as I did it for the past 10 years. I have built a passion for wingfoiling and I am always motivated to learn new moves. That is the beauty of a new sport. What I enjoy the most is riding the waves with my wing. It is a new challenge and completely different than kiteboarding. I love it.

**That's awesome. How did each event go?**

I started competing right at the start of GWA. I didn't know how to properly wing yet, but they were missing girls and I thought I could learn from the other competitors and understand the sport more.









**“ THAT MOTIVATED ME TO REALLY STEP IT UP, LEARN NEW TRICKS, AND BE MORE CONSISTENT TO BE ABLE TO WIN THE NEXT COMPETITIONS. ”**

In 2021 there were not so many competitions due to Covid but I did few. I ended up 3rd overall in 2021. This year I already had in my head that I wanted to win. So far we had 4 events and there is one more to go in Brazil. The first event in Leucate I ended up 2nd and I was not happy. I knew I can be first. I never really trained in really windy spots and I didn't know how to use my small wings. I was missing training in strong wind.

That motivated me to really step it up, learn new tricks, and be more consistent to be able to win the next competitions. I won 3 other events that made me a World Champion. Now I have a feeling it's gonna be hard to keep 1st place, but I am very motivated to push the sport further and land tricks that female riders haven't done before. I have the motivation, dedication, and hard work in my blood. Next year we should also have some wave events so I am super motivated for those stops as well.

**What are the competition format like at GWA events?**

We have two disciplines in the GWA tour.

One is surf-freestyle and one is slalom. I was never really into racing, but I can go fast if I want to. Over the past few weeks, I have started training in this discipline as well, to be as competitive as possible. In the Surf Freestyle discipline we compete in freestyle and when there are waves then the format can change to waves. We normally have 4 tricks and 9 or 10 attempts. When there are waves, it can be a pure wave event. It is also possible for us to do 2 freestyle tricks and 2 waves. What counts in freestyle is the execution of the trick, the difficulty, speed in & out, and the smoothness. In waves, it is similar to all the other wave sports. As I have been competing in kiteboarding it is a similar format, so I am a well-experienced competitor and I know how to prepare myself for a heat and for competition.







## “ WHAT MADE ME WIN ALL THOSE EVENTS IS THE POWER I HAVE IN MY TRICKS ”

**What tricks are required to win in the women's fleet at the moment?**

I have a few tricks in my back pocket. I can land 360's, 540's, and handle passes with the wing. I have also started to land backflips, but not yet in the competition. What made me win all those events is the power I have in my tricks, the smoothness, and the style of each executed trick. I am motivated to start doing backflips and frontflips, but that's my next goal and I still need to work on it.

**We love that this element of the sport is growing so quickly. What does this win mean to you?**

It is amazing. I have always dreamed to be a World Champion. Before the competition in Tarifa, I was imagining myself winning. I knew I could do it, it was so close. During the last event, the ambiance and the organization gave me a lot of pressure as everyone knew if I win I can become a World Champion. All I needed was to be in my own world, relaxed, happy, and do what I love. I am very happy I got into this sport this early. I am also a fast learner so I improved very fast. This sport is very attractive for people from different backgrounds and it is definitely bringing me a lot of other opportunities in my career.

**Amazing. Where do you think the sport is going in the years to come?**

Kiteboarding is growing massively but wingfoiling is booming. I see more and more people wingfoiling every day, getting into the sport. I am motivating mostly women to get into the sport as it's very friendly for women and older people I would say.







**" I WANT TO COMPETE UNTIL MY BODY ALLOWS IT. THE SPORT OF WINGFOILING IS VERY HEALTHY AND FRIENDLY FOR YOUR BODY. "**

There is way less impact on the landings and the feeling of flying is so beautiful & addictive. I can see the stoke on everyone's face getting into it as they love the feeling of flying above the water. Wingfoiling is accessible in many locations. You don't mind gusty winds or choppy waters. You can wing in very light wind as well.

**We couldn't agree more! What your goals are for next year and beyond Paula?**

I want to stay on the top and push the sport further. I also want to win in racing and slalom disciplines. I haven't been training this so much, so now I am gonna be spending more time doing this as well. I want to win again and again. Sometimes it is more difficult to stay on the top than to reach it, so we will see how it goes. But motivation and dedication I have, so let's see what achievements I have in front of me. I am a fighter, an ambitious competitor and I want to compete until my body allows it. The sport of wingfoiling is very healthy and friendly for your body. You need a lot of core stability and that is what makes you a better overall athlete and protects you from getting injured. It is amazing to see all the generations from youngsters to masters being blown away by this sport and addicted to flying above the water.

**Best of luck Paula! Thanks for chatting with us.**



WORDS JACK GALLOWAY  
PHOTOS TAKUMA AND JOAN HERNANDEZ

# TECH FOCUS THE TAKUMA ETOW

THE FIRST ELECTRIC TOWING WATERCRAFT

Just when we think we've seen every type of foil craft possible, Takuma take it to the next level. Like the eFoil before it, this is an outstanding idea, the difference being once you're slingshotted into a wave you don't have a big board under your feet. The applications appear endless at this stage and we can't wait to see what people do with it. Here, Takuma bring us up to date on the brand new eTow.





## "THE ETOW ALLOWS YOU TO GO OUT ON YOUR OWN AND SEE YOUR SURROUNDINGS WITH NEW EYES"

The first time the team was presented with the idea for the eTow, there was a quiet look of disbelief and astonishment going around the room. Creating a fully self-controlled electric towing watercraft seemed more fitted for a futuristic SciFi movie, than a product presentation pitch. However, our CEO and head designer, Cyril Coste, doesn't give up easily on ideas and overcomes any obstacles when it comes to the innovation and design of new and transcendent products.

And so at Takuma, we became the first in creating the eTow, a self-controlled electric towing watercraft, that allows you to extend your playground, explore unknown spots and discover new sensations.

### WHAT IS A SELF-CONTROLLED ELECTRIC WATERCRAFT?

The eTow allows you to go out on your own and see your surroundings with new eyes. Without being dependent on another person who would tow you with a boat or a jet ski, with the eTow you are completely autonomous. With an autonomy of up to 85 minutes, you are free to discover new and more distant places, far from the crowded lineups.

### HOW DO I CONTROL THIS PERSONAL WATERCRAFT?

The steering of the eTow is very intuitive and easy. Once you reached the desired speed and want to pump foil or you just caught a wave, you let go of the rope of the eTow. With a range of up to 600 meters, you can navigate the watercraft easily back to you with your remote once you are done riding. The eTow is designed to be seaworthy, which means it has optimised proportions to self-right in case of capsizing, making it perfect for towing into waves.







**“WHILE BEING TOWED THE WATERCRAFT FEELS LIKE AN EXTENSION OF YOUR ARM AND ALLOWS FOR INCREDIBLE AND SMOOTH MANEUVERABILITY.”**

#### HOW IS THE PERSONAL WATERCRAFT PROPELLED THROUGH THE WATER?

The eTow is equipped with 2 powerful jet propulsions which are unified in a V jet system that deliver an extremely smooth and consistent pull even at high speed. Working in unison with the eTow's innovative aqua-dynamic shape it delivers the best progressive take-off and most efficient release of water.

#### WHAT KIND OF POWER SOURCE DOES THE ETOW USE?

This personal watercraft is powered by 2 x

5,5 KW batteries. The batteries are easily removable and rechargeable within 2-3 hours. As a bonus, they are perfectly compatible with all our Takuma eFoil

#### HOW DOES IT FEEL TO GET TOWED BY THE ETOW?

Reaching speeds of up to 45km/h the experience of being towed behind can vary from pure fun to incredibly thrilling.

The uniqueness of the eTow lies in the soft and consistent pull it delivers. While being towed the watercraft feels like an extension of your arm and allows for incredible and smooth maneuverability. Being alone out on the water has never been as much fun as with the eTow.

The vast variety of uses, make this watercraft

special. From getting towed on a foil or a surf to wake surfing/foiling, having fun with kids on a paddle board to rescue missions. The eTow's applications are multi-faceted.

#### EASY MAINTENANCE OF A WATERCRAFT – DOES SUCH A THING EXIST?

Usually, when we think of watercraft, boats, and jet skis complicated and strenuous maintenance work comes to our mind. However, once again the eTow is ahead of its time and minimises the maintenance work to a bare minimum compared to other watercraft. Whether you are a thrill seeker or you want to enjoy more quality time out on the water with friends and family, the eTow is a unique addition to your eToys. The aquatic world is quickly evolving, and the eTow offers an advanced experience, transforming and expanding the way you enjoy your time in the water.



# TRIED & TESTED

The Tonic Mag test team has been busy testing this autumn. We've got some outstanding gear from Ozone, F-ONE, FFB, & AK. See the full list of kit below!

## FOILS

Ozone Apex V1 MA 1250 & 1500

F-ONE Seven Seas 1400

**Long Term Test** - AK Durable Supply Co.  
Plasma 1000, 1300, & 1600

## BOARDS

Freedom Foil Boards FTW Pro 4'5

F-ONE Rocket SUP Downwind 6'2

## PADDLE

F-ONE Peak Carbon Hybrid





BRAND OZONE

MODEL APEX V1 MA 1250 & 1500

YEAR 2022



"THE APEX V1 MA  
REMINDED ME  
JUST HOW  
INSANELY FUN  
THIS SPORT IS."

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

When I first heard that Ozone was entering the foil market it had me super excited. As I have no doubt I've mentioned before, I've been riding Ozone kites for 10-plus years and have always been a fan of their exceptionally high-quality gear. That being said, working with carbon is very different to materials in kites & wings. With that in mind, when the Apex arrived on my doorstep I was very interested to put it to the test and see if Ozone could replicate its success.

The Apex V1 MA has been designed with wing foiling in mind, although Ozone claim it is equally well suited to kite, prone, tow, and wake foiling. MA stands for medium aspect, this sits right in the middle when it comes to gliding and turning ability. The foil is constructed with a combination of high-density PVC or EPS foam core and 100% carbon laminate. All laminations are comprised of a Quadraxial Carbon fibre matrix with high-modulus epoxy resin, this is designed to create superior rigidity in flex and torsion. The foil is then finished with a high-quality performance surface coating to increase efficiency and protect it.

[CLICK OR TAP TO READ MORE](#)



BRAND F-ONE

MODEL SEVEN SEAS 1400

YEAR 2023

"FAST, WITH  
AMAZING  
PUMPING ABILITY  
AND LOADS OF  
GLIDE"

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

F-ONE have been on point with their hydrofoil game for some time; honing their skills with kite foiling years ago, they transitioned to wing foil early and had one of the best all-around foils on the market with the Phantom series. New for 2023 are the Eagle and Seven Seas foils. We tested the Eagle last issue, so it was great to jump on the latest Seven Seas foil for a few months and get a feel for where this set-up fits in the range.

The Phantom has an AR of 6.0; the Eagle uses a super high AR of 9.5; the Seven Seas, by contrast, has an AR of 7.5; in other words, it sits right between the two foils. It's not just the AR that sets a foil apart, though; there is a lot more to it than that. The 1400 is the biggest of the three sizes, with a 1000 and 1200 making up the range. The most striking thing about the Seven Seas are the small fences on the wing tips, designed to reduce induced drag (the curling vortexes that form at the tips); it certainly makes it look different to what is out there.

Designed to be paired with the C250 FENCE stab, the whole package, as ever,

[CLICK OR TAP TO READ MORE](#)





"THE  
POSSIBILITIES  
ARE ENDLESS  
WHEN IT COMES  
TO THE RANGE  
OF CONDITIONS  
AVAILABLE TO  
YOU."

TO VISIT THEIR  
WEBSITE, CLICK HERE



## LONG TERM TEST

Mike from Ktwo Distribution has been kind enough to let me keep a hold of the Plasma wings for over a year now, he also recently sent me the 1000cm<sup>2</sup> front wing to make a full set with the 1300 & 1600. So I thought it was about time that I did a long-term test update, as I have several notes to share with you all after A, spending so much time on it, and B, progressing in prone foiling.

If you'd like to read my original test, you can do so here:

<https://www.tonicmag.com/reviews/hydrofoils/ak-durable-supply-co-plasma-1300-1600-cm2-2021/>

It was released this time last year and mainly focuses on winging & dock starting the Plasma. At that point, I was brand new to prone foiling, in fact, I'd only caught one or two waves successfully.

A year later, and I'm fully addicted to prone foiling, so much so that I'll choose a prone foiling shorerunner over winging on certain windy days. While I've used a number of foils to prone with, the Plasma 1300 has been my go-to all year.

CLICK OR TAP TO READ MORE





BRAND FREEDOM FOIL BOARDS

MODEL FTW PRO

YEAR 2023



"IT'S A  
WELL-  
THOUGHT-OUT,  
WELL-BUILT FOIL  
BOARD"

TO VISIT THEIR  
WEBSITE, CLICK HERE



#### AT A GLANCE

The Freedom Foil Board FTW Pro is Brian Finch's pro model, FTW standing for 'Foil The World', which is his popular Instagram handle. Coincidentally, you can read our interview with Brian in this issue.

The board has been designed, in conjunction with Brian, with progressive prone foiling in mind. Made to match his 'connect & release' style. It has sharp edges, a flat bottom & a step tail. Footstrap inserts allow for airs - but also wingfoiling. There are two sizes currently available in this model, 4'2 (30L) and 4'5 (33.5L). We had the 4'5 on test. We believe there is also a thinner, 4'4 version coming to market next year which will be worth looking out for.

Two of the Tonic Mag test team took this board out for a spin, Rick Parkhouse - who took it prone foiling, and myself, Jack - I took it prone foiling & winging.

Rick - Out of the water the board feels reasonably light. It was slightly heavier than my Amos Raptor but not unduly so. The construction is excellent - the board feels bombproof.

[CLICK OR TAP TO READ MORE](#)





BRAND F-ONE

MODEL ROCKET SUP DOWNWIND 6'2 105L

YEAR 2023

"A DOWNWIND BOARD THAT CAN SURF & WING, I'M A BIG FAN OF THE VERSATILITY OF IT."

TO VISIT THEIR WEBSITE, CLICK HERE



#### AT A GLANCE

SUP foil downwinding is taking the world by storm, well, the foiling world at least. It feels like every other video right now is Jeremy Riggs doing flat water paddle up, James Casey sending it hundreds of kilometres, or your mates, trying & failing to get on foil. So it was hard to hide my excitement when the 6'2 F-ONE Rocket SUP Downwind arrived at my door. It wasn't without its frustrations though... but I'll come to that later.

As we've come to expect from all F-ONE gear, this board is exceptionally well-built. For a 105L board, it feels incredibly light. The vibrant orange that we're accustomed to with all F-ONE foil boards looks great. Shape-wise, it has lots of forward volume in the nose for early take-offs, and a sunken deck for a closer connection to the foil. It has straight bottom lines & bevelled rails to reduce drag. A full bamboo construction with a Double Bamboo deck makes it stiff & responsive.

The ROCKET SUP DOWNWIND is available in four sizes: 5'10 (90L, 23.5" wide), 6'2 (105L, 24.8" wide), 6'4 (120L, 26" wide), and 6'6 (140L, 27.8" wide).

[CLICK OR TAP TO READ MORE](#)





“ THIS IS A  
HIGH-QUALITY,  
HIGH-  
PERFORMANCE  
PRODUCT ”

TO VISIT THEIR  
WEBSITE, CLICK HERE



AT A GLANCE

For F-ONE, Stand Up Paddling isn't a new thing, way before foiling came along they were leaders in SUP surfing products. This is evident in the PEAK Carbon Hybrid paddles. Just picking it up it is immediately clear how light and stiff it feels.

The shaft of the PEAK paddles is designed to have the best compromise of flex, hand grip, and ease of paddling. It is slightly narrower than most paddles you pick up, which I often find leads to reduced grip fatigue.

This is an adjustable paddle, with a well-functioning plastic duty clip on the neck of the paddle. I found this easy to use straight out of the box and never slipped after multiple sessions & a lot of abuse. Above this clip, F-ONE includes height measurements, something you don't see that often but is definitely useful. It's great to know exactly what length you've been paddling so you can make minor adjustments accurately.

The blade I had on test was 43 x 19cm, it features something that F-ONE calls a V Double Concave. They first introduced this

CLICK OR TAP TO READ MORE





"This was my first ever attempt foiling Solander or the wave the notorious Bra Boys gang called OURS. It's a very heavy wave that breaks close to the rocks. There was nobody out this day as it was very slow and also the wrong direction meaning it closes out and pushes you more into the rocks. Simon joined us in the jet ski and captured this set wave and it's fair to say I was pretty satisfied with the session. The wave is pretty cool for foiling due to the backwash. It allows you to pump back out so much easier. This photo was the 3rd wave from my initial tow. I kept pumping back out for more on the ART799."

RIDER JEREMY WILMOTTE LOCATION SYDNEY, AUSTRALIA  
PHOTO SIMON BRIDGE

*Lightroom*

Shots with no particular place to go this issue,  
feast your eyes!



LIGHTROOM

YOU JUST CAN'T BEAT THOSE MAGICAL SUNSET SESSIONS  
PHOTO ALVARO RODRIGUEZ  
RIDER SIMON BURNER

*Lightroom*



LIGHTROOM

"The water in Fiji is so unbelievably clear and the coral so bright that you actually want a little texture on the face so that you can read the wave. When it is full-on glassy you get lost staring at the colours on the bottom. This day we were connecting the shoulder of Wilkes Reef all the way into The Foil Garden for a 3 min ride" - Wyatt Miller

RIDER WYATT MILLER LOCATION WILKES REEF, FIJI  
PHOTO ERIC DURAN

*Lightroom*



LIGHTROOM

RICHARD BOUDIA FLYING DOWNWIND IN SCOTLAND  
ON AFS'S NEW DOWNWIND BOARD, THE BLACKBIRD  
PHOTO LOIC OLIVIER

*Lightroom*



LIGHTROOM

MANERA PROVIDING THE WARMEST OF GEAR  
FOR A MOODY SESSION IN SVALBARD  
PHOTO ANTHONY LIETART

*Lightroom*



LIGHTROOM

FFB HAVE A NEW WEAPON UP THEIR SLEEVE - THE DAGGER.  
HERE'S BRADY HURLEY SENDING IT DOWNWIND ON ONE.  
PHOTO GARRETT CORTESE / FFB



*Lightroom*



LIGHTROOM

OLIVIA JENKINS AND JEFFREY SPENCER GET SIMULTANEOUS  
AIR ON THEIR SHINY NEW DUOTONE UNIT 2023'S  
PHOTO SOFIE LOUCA



Lightroom



# MOVIE NIGHT

Each issue we'll be showcasing some of the most popular movies from our website, as chosen by you with your Facebook likes on the videos! Be sure to like our FB Page by [CLICKING HERE](#) so you can help shape what ends up on these hallowed pages!

#1

## WINGFOILING TÉNIA NEW CALEDONIA 2

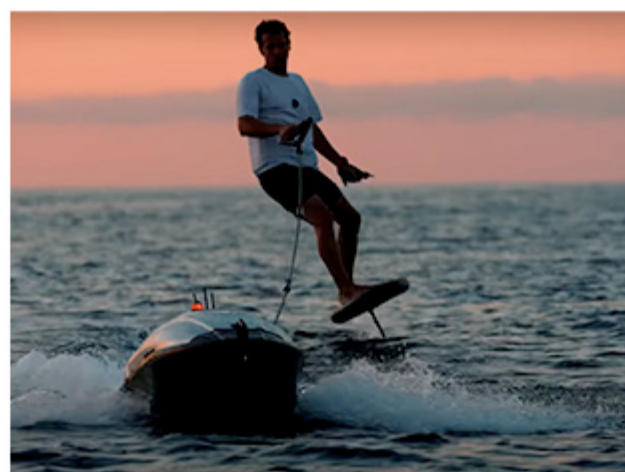
For the second time running, Titouan Galea has hit the top spot in our Movie Night! This time, he's back at his home spot of New Caledonia absolutely sending it into a huge reef break on his wing. Is there anything this guy can't do? Inspiring stuff for sure, even if the waves we ride are a tenth the size...


[CLICK HERE FOR VIDEO](#)

#2

## TAKUMA ETOW – TOWS YOU ANYWHERE

At #2 this issue is Takuma's brand new first self-controlled electric towing watercraft! A new way to experience infinite freedom, with the eTow, you are in complete control of where you ride. You can read all about it in our Tech Focus piece this issue. We have a feeling this will really open up the possibilities with a foil.


[CLICK HERE FOR VIDEO](#)

#3

## TESTED – A NORTH MODE STORY

At #3 is Gunnar Biniash's video on the fresh new North Mode. We've got one arriving to test in the next few days and can't wait to get our first feels on it. Judging by Gunnar's edit, it's going to be a good one! Gunnar is a household name in foiling and has been on the scene for years, this is a great watch.


[CLICK HERE FOR VIDEO](#)

#4

## SLINGSHOT HOVER GLIDE FOIL – 2023 OVERVIEW

In our last video of this issue's Movie Night we have Jeff McKee, Slingshot's Brand Manager, talking us through the FWake, FPump, FCarve & FSurf packages. He goes into tons of detail that's well worth your time if you're interested in getting yourself a new foil. They may just be the ones for you!


[CLICK HERE FOR VIDEO](#)



# READERS GALLERY

This is your chance to be featured in Tonic Mag, have bragging rights to be famous, AND win a Tonic Mag T-shirt & Hoody of your choice! Simply upload your photo on IG, using #tonicmag and tag @tonic\_mag. It's as simple as that!

**Congrats to this issue's winner Ted Lockyer!** Here's what he had to say about the session:

"Avon Beach, what a place to live! I love winter conditions when the waves are pumping and the wind is howling. These are the best days at Avon, in my opinion. Fanatic Sky Surf TE 35L, Fanatic Duotone Collab 800/216 foil, Duotone DLAB 3.5m."

**CLICK HERE FOR A CHANCE TO WIN NEXT ISSUE!**



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