



STEP



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**PART ONE: WATER**

**“Surfing’s one of the few sports that you look ahead to see what’s behind.”**

**-Laird Hamilton**



**BIG-WAVE ICON LAIRD HAMILTON SHARES THOUGHTS ABOUT  
FEAR AND DEATH:  
“IF EVERY DAY I PUT YOU IN FRONT A BEAR THAT WAS GOING TO  
EAT YOU, YOU’D BE EXHAUSTED.”**

If we surfers, we grouchy locals, are all honest with ourselves then we must admit that Laird Hamilton has aged like fine cheese. Complex, pungent, well-ordered. A Gruyere, maybe or a Stilton blue. The big wave icon and coffee supplement scion has done it all. Launched a thousand paddles, conquered heretofore deemed unconquerable swells, made millions of dollars, acted in films and when he speaks it is always well worth a listen.

Thankfully, Men’s Health has just published a wide-ranging interview with the still-handsome 57-year-old. A plethora of topics are duly covered, from XPT training to exercise being a “moving meditation” to the value of extreme heat and cold to staying young forever, but I found his treatise on fear quite profound.



The author mentions the climber Alex Honnold and how, in a recent podcast, he declared he feels like he’s trained his mind to be desensitized to fear. What’s Laird’s take?

I have a theory about that! I saw that part about Alex, and this is my theory: When you’re exposed to danger, that’s a very taxing thing on the system. If every day I put you in front of a bear that was going to eat you, you’d be exhausted. And if I did that to you every day, pretty soon, the body would be like,

**“Well, I didn’t get eaten. And being scared is taking too much energy. It’s too taxing on the system emotionally and physically. So I’m going to stop being as scared, and see**

**if I still don’t get eaten.”**





The restorative power of fear.

Good stuff.

But when was the last time you were properly scared? Oh, I don't mean about getting caught in some elaborate lie, I mean physically?

Also, what is your favorite cheese?

I'm a Roquefort man, myself.

You eventually get to a point where your system doesn't have the same response. And somebody looking from the outside would say, "Why is he not scared?" He is! You've worked your way to it.

I grew up getting washed out to sea, right? So I'd be stuck in a rip current, and I thought, "I'm gonna die." And then the next day, I thought, "I'm gonna die." After you go out and you get sucked out and you think you're gonna die for a year straight ... pretty soon, when you don't die, when you get sucked out the brain's like, **"Well, I don't think i'm gonna die because I haven't died the last year."**



*By Chas Smith*



# THE CIGARETTE SURFBOARD



USING CIGGY BUTTS & SURFING TO BUILD OCEAN STEWARDSHIP



After a young designer realized that a surfboard – which he crafted from **thousands of littered cigarette butts picked up off California beaches** – could captivate the eyes of millions across the globe, he decided to use it as the impetus to do something more.

The award-winning Cigarette Surfboards became a platform to spark ocean stewardship, a bridge between surfing and activism, and the The Cigarette Surfboard was made for an international competition held by the surf company Vissla, in collaboration with the Surfrider Foundation. The goal of the contest was to create an article of surf-craft out of upcycled materials. They saw this as an opportunity to address a major issue that surfers experience on a daily basis: beach and ocean pollution.



After taking **1st place** at Vissla + Surfrider's Creators Contest in 2017, news of the Cigarette Surfboard went viral, captivating minds and publications around the world — New York Times,

LA Times, NBC, ABC, NPR, Shanghai Daily, The Telegraph and more. Recognizing the global impact of their creation, Ben Judkins and Taylor Lane, The Cigarette Surfboard Founders & Filmmakers, were inspired to make a feature length documentary about the Cigarette Surfboard and beyond.

You can find the latest news on the documentary by visiting their website <https://www.thecigarettesurfboard.com/the-film>.





PART TWO ~ SNOW

**You can't buy  
happiness but you  
can buy a lift pass.**





# OLYMPIC SNOWBOARDING AT BEIJING 2022: TOP THINGS TO KNOW

Snowboarding is one of the newer events on the Winter Olympic programme, having been first included at the 1998 Winter Olympics in Nagano, Japan. But despite having only featured at six editions of the Games, snowboarding has become one of the most popular and exciting sports at the Winter Olympics.

Here you'll find the main information about the snowboard competition.

## DATE:

5 February - 15 February 2022.

## FORMAT:

The snowboard competition at Beijing 2022 will feature 11 events, including the new mixed team snowboard cross event.

Men & Women

Parallel Giant Slalom

Snowboard Cross

Halfpipe

Slopestyle

Big Air

Mixed Team Snowboard Cross

The halfpipe, slopestyle and Big Air competitions are all judged events, meaning each athlete's run(s) are scored by a panel of judges who evaluate riders based on the difficulty of the tricks, execution of the run, amplitude of the techniques and landing of the jumps. The snowboard cross, parallel giant slalom and mixed team snowboard cross events are all races (first to cross the line wins!).

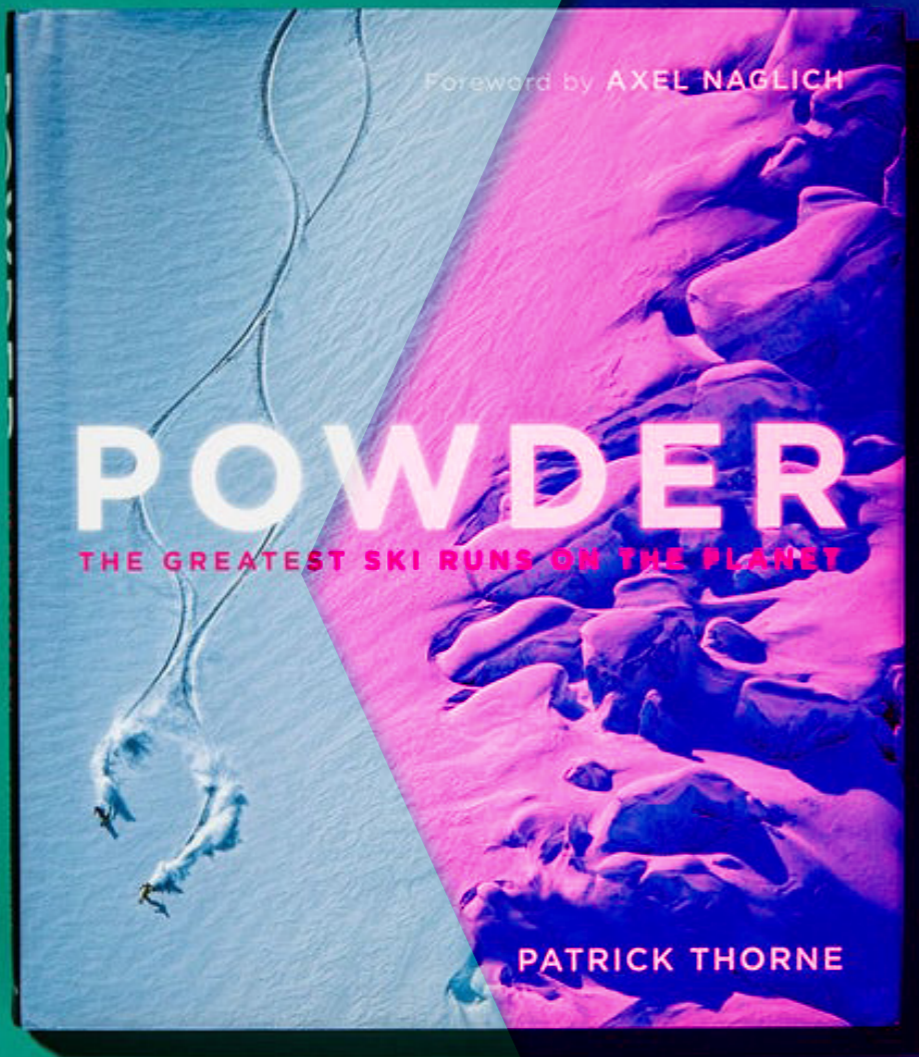
There are a total of 230 qualification places - plus an additional eight host country places - for athletes to qualify to compete in the snowboard competition at Beijing 2022.

## VENUE:

Genting Snow Park in the Zhangjiakou cluster, where competitions in freestyle skiing, cross-country skiing, Nordic combined, ski jumping and biathlon will also take place. Following the Winter Olympics, the venue will be converted into a ski resort.



**MOST F**



**FEARED SKI RUNS ON THE PLANET.**

**MOST F**

**FEARED SKI RUNS ON THE PLANET.**



# BEST SKI RESORTS TO VISIT IN 2022

## St. Anton am Arlberg, AUSTRIA



The best known of the ski resorts in Austria's Arlberg, St. Anton is one of Europe's — and the World's — top resorts for serious skiers, with some of the most challenging runs in the Alps.

Reaching heights of 2,800 meters, St. Anton is no place for beginners and is known for its off-piste opportunities for advanced skiers and its mega-moguls. The longest downhill piste in the Arlberg is in St. Anton, aptly named "The White Thrill."

## Saas-Fee, SWITZERLAND

Snowboarders from all over the world have been coming to Saas-Fee for years. This Swiss ski resort was among the first to equip itself with dedicated snowboarding facilities. The resort is perfect for snowboarders in both summer and winter.

Winter is more "general public" with many families who come to Saas Fee to ski, the best time to enjoy the snowboard park is certainly summer, the rates are more advantageous and the slopes are less crowded. Perfect to live your passion in the best conditions!



## Kitzbühel, AUSTRIA

While St. Anton is the best Austrian resort for expert skiers, Kitzbühel is the top choice for everyone else. Charming and romantic, the walled and frescoed town of Kitzbühel, is indisputably one of Austria's loveliest towns, and a skier's dream.

The 170 kilometers of skiable pistes and slopes have plenty for all skill levels, as well as the added allure of cute little mountain huts scattered along them, where you can stop for warming drinks and snacks.



## Risoul, FRANCE

More than 180 km of slopes await you in Risoul. Thanks to these high quality infrastructures it is very easy to go from one point to the other of the resort and enjoy the best slopes.

Risoul is an excellent choice for amateur and intermediate snowboarders and this resort offers a great value for a winter holiday in France.





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