

H2O RESPONDERS

Wednesday's Child

We ran offshore on 3 Jet Skis. The point is to find the break time of endurance. Starting out at clips of 3-5 miles of a fast run, a short break and repeating in the reciprocal direction.

One of our riding goals is to develop landing strength for core stability on port and starboard, as well as the centerline of the craft fore and aft. The landings are always crucial, from the centerline of the craft, bow to stern, depending upon how we run the ocean, getting out of step can result in an injury or ejection from the craft.

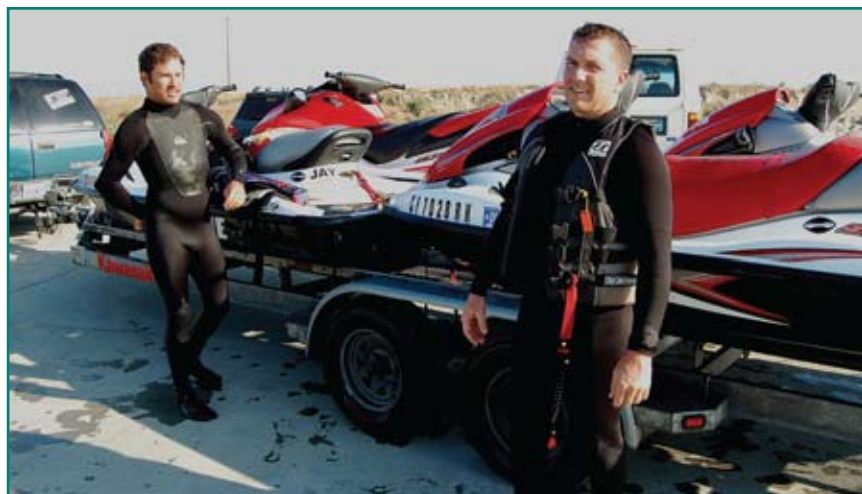
We run triangulation patterns to build memory for both the decisions for craft handling and fast run stability, but not limited to taking loads against the hull at various water directions. Maintaining this load at a forward movement is not easy, as trim and throttle have to be constantly managed.

Peak performance will come from a combination of trim/throttle control, environmental and trim choices underway at or near close peak of wide open throttle application. Many people can run a fast clip at one mile, but we are talking 60 mile jaunts, no backing off, no unequal loads and no ejections. That's PRIME TIME driving.

The ocean on Wednesday gave just enough clap to bring out the finer points of fatigue. The mindset of an operator is the brilliance of a finely crafted run. We train our minds, then our body to match the strength of our boat. Then apply increased speeds with applied timelines, and offset those by directional changes. This is where we find our level of mediocrity. When we find ourselves comfortable, it is time to push harder.

This is what and how we do it; matters on the water in the moment of decisiveness. Time limits compliment our breaking points, but we do not break our bodies down completely, we allow the push points to hold firm, then relax. When we have hit our max load, we retire.

The next transit run will depend upon weather and water. Running a course that is not familiar is important. When familiarity interrupts the level of desired output, we become weak. To surrender to that can translate into an injury. Not acceptable in my focus. If we cannot define everything we are operating with; boat, body, and water, and in step with forward movement 'at speed', we are not 'riding the ride'. We are merely talking about talk, and that story is boring and unacceptable, offering few



Double D- 'The Ride After The Ride'

moments of glory.

Training is nothing but preparation, until the battle begins, training is just time paid in. Those training results are exposed as a real world truth when we are placed under pressure; it reveals who you truly are.

Champions are those who have many layers of measured mindset connected to body execution. Having worked with thousands of athletes some things just stand out in human character. Passion is one element. When we run in teams, the team must win, simply put, it must. Whatever your boundary is, you own that, I prefer to drive through them and redefine the next movement.

At 48 years of age if I see a young pup falling behind me, disgrace, disgrace! They should be putting out beyond their comfort or my lead. Not acceptable. Weak minds and lack of effort kill, they destroy synergy. People like this must go away or seriously ramp up.

I had a student say he was afraid. That's honest and respectful. He said he didn't want to go back into the surf. That's honest. He said he was fearful because of his last experience. Now, here is the crutch. I challenged him to go back into the surf, which he did. That was honorable. Immediately he created his prophecy. When the wave came he abandoned ship. Not acceptable. Fear is either going to



By Shawn Alladio
Founder - K38 Water Safety
WWW.PWCoffshore.com



ennoble you to drive forward or it is going to kill. Passion and spirit diminish with fear.

I turned to him, 'are you hurt?'. 'No' he replied, 'but I'm scared and I don't want to do this.' I said 'good, let's go'. He looked at me and he hesitated. One must simply go and accept the results within the boundaries of comfort. He was not hurt, the waves were neither beyond his ability nor his craft, he was capable. But he crippled his mind so much and gave his power away to the ocean, instead of keeping it inside of himself. He threw himself away. His experience was yesterday. If you continue to block your experiences because of a safety measure you create through fear, you will eventually call that out and damage yourself.

There are moments where fear will save your life. But fear should not cripple you from your level of excellence. Keep Moving-Keep Thinking! 🐾

Special thanks to Kawasaki Motors Corporation for the use of Jet Skis in all our training courses and special events.



Shawn Alladio Recieves Award of Merit from the National Water Safety Congress

Shawn Alladio was awarded the National Water Safety Congress (NWSC) Award of Merit for her work in promoting and advancing water recreation safety. The NWSC makes this annual award to individuals and organizations that have made outstanding contributions to water safety during the previous year.



Paul Newman, 11th Coast Guard District with Shawn Alladios

In announcing Ms. Alladio's award, NWSC Regional Vice President Ed Huntsman said " This recognizes your continuing efforts to train first responders of boating and water related accidents involving recreational boaters and other users of the nation's waterways." The NWSC award citation recognizes Alladio's devotion to safety in developing and sharing the evolving emergency rescue techniques and training practices that use personal watercraft.

For the past several years Alladio's K38 Rescue organization has used Kawasaki JET SKI® watercraft as part of a sponsorship arrangement with Kawasaki Motors Corp., U.S.A. With these JET SKI watercraft K38 has conducted dozens of hands-on safety training programs for a variety of public safety agencies. She has also led a number of boating safety seminars for the general boating public and organized a national professional association for boating rescue and enforcement personnel called H2O Responders, now a part of the American Watercraft Association.

LEADING THE CHANGE

Ryan Levinson

AWA H2O Responder Member
San Diego, CA

PWC brand and make: Sea Doo GTI

Special modification to your PWC?

Nothing major. Most 'modifications' I added are for operating in the surf zone. The engine, hull, sponsons, etc are all stock.

Additions include:

1. Seat and hatch straps.
2. Attachment hard points and skid plate for rescue sled.
3. Driver operated stern-mounted quick release shackle for the surfer towrope.
4. Gunwale traction.
5. Rapid deploy tow line (installed in forward hatch).
6. GPS mount.



H₂O RESPONDERS

How many years have you been riding a PWC?

On and off for about ten years (mostly for work). Over the past six months I've been riding at least a few times a week.

What other sports do you participate in or have?

I used to race road and track bicycles, and was a part of a pro development team and raced around the country. More recently I competed full time in triathlons, both regular and off-road, where I had some success including a few podium finishes at national and world championships. For the past year I've been focusing on paddleboard races and surf contests. I placed 2nd in my division at the Western Surfing Association West Coast Championships.

When conditions permit I love to kiteboard or sail. I've raced in a few offshore sailing regattas and a month ago we sailed a large ketch down and back the Pacific coast of Baja looking for surf and adventure. I hold instructor certifications for kiteboarding, SCUBA diving, and sailing. I used to teach kayaking and lead wilderness kayak trips in Mexico. Other than that I like to freedive, bodysurf, and ocean swim a few times a week. I like to be active.

PWC Club Membership?

San Diego PWC Club and the American Watercraft Association

Club highlights you have participated in?

Not enough...

Race Profile background.

My goal event this year is LB2CAT. It will be my first offshore race on a PWC, and I'm looking forward to the challenge. I'm used to racing offshore on paddleboards and sailboats but I think this will be a bit different. I'm grateful to have a few experienced riders helping show me the ropes

What kind of training do you do or riding?

For aerobic fitness and general strength training I paddleboard, swim, and/or ride my bike four or five times a week. For core strength and balance I do a routine about twice a week that involves a lot of movements while standing on one leg or while using an exercise ball. I ride my PWC at least twice a week, a mix of flat water, surf zone, and offshore riding. In the pre-season, some of my friends and I enjoy putting ourselves through boot camp style workouts on the beach. Stuff like towing weights through the deep sand. My training has purpose but it's not nearly as structured as it was during triathlon.



Tell us about your supporting programs and projects, charities or associations you support:

Primarily I support the Challenged Athletes Foundation and especially their Operation Rebound Program.

CAF is a non-profit that provides grants and equipment to people with physical disabilities to pursue their athletic dreams. I have FSH Muscular Dystrophy, an incurable untreatable muscle wasting disorder. So far I have lost

muscles all over my body and can no longer do a sit-up, pull-up, push-up, or even raise my arms over my head, but thanks to the support of CAF, and a lot of hard work, there are thousands of 'us' that are able to thrive through sports. Instead of just being 'disabled', CAF empower us to be athletes.

Operation Rebound is a powerful CAF program that specifically serves veterans, active duty military, and first responders who have physical disabilities. I'm involved due to my work as an Emergency Medical Technician. Unfortunately, the recent wars have created an increased need for programs like Operation Rebound. A lot of my time is spent developing and supporting opportunities for injured soldiers. It's a privilege to be in a position where I may be able to help. PWCs are uniquely adaptable for people with a wide range of physical challenges. Operation Rebound is supporting efforts to use PWCs to increase opportunities and access for its participants.

Websites of interest:

Challenged Athletes Foundation — www.challengedathletes.org

Operation Rebound — www.operationrebound.org

My personal website — www.ryanlevinson.com

PWC safety and rescue information — www.k38watersafety.com

San Diego PWC Club — <http://sdpwc.net>

American Watercraft Association — www.awahq.org

PWC Offshore racing information — www.pwcoffshore.com

Sponsors:

Operation Rebound

Challenged Athletes

Foundation

C4 Waterman

Aqua-Adventures

B+L Bike and Sports

Infinite Nutrition

Inspiration?

I'm inspired by way too much stuff to list it all here. Generally, I'm inspired by people who are not afraid to pursue their passions and who are driven to help other's while doing so. In the PWC and surfing world there is one person in particular that has been an inspiration to me for well over a decade. Shawn Alladio has trained thousands of first responders and military personnel in the effective use of PWCs for rescue and other high-risk technical operations. She leads the most respected high-surf rescue team in the world, and volunteers countless hours to support the causes she believes in including protecting our freedom to ride, boating safety, welcoming new riders into our sport, and supporting programs for people with disabilities. She is one of the most accomplished, hard working, motivated, and humble people I know. I've only recently started getting to know her personally but I've been inspired by her accomplishments for a long time.

Describe the limits in a bad day and how you turn it around?

I think bad days, like all challenges, can be a gift rather than something to dread. They help us discover what we're made of. To 'turn it around' I try to focus on the task at hand and to keep putting one foot in front. It's like being in a difficult triathlon or paddleboard race where you're wracked with pain but still have miles to go. You can quit or you can keep moving forward towards your goal. Either way the pain will eventually end. What matters in the long run are the choices you made when faced by the challenge. That said, I much prefer it when things go well.

A quote from You

I don't know if someone else said this or not but I try to remember that we can't always choose what happens to us but we can choose how we respond.

What advice can you give to the world?

Remember that life is not a dress rehearsal.



How can a person make a difference?

If someone wants to make a difference they will. It doesn't have to be a huge commitment. In my opinion even just being a good person goes a long way. If someone wants to step things up a few notches then getting involved with groups that support causes you believe in can be a powerful way to make a more widespread difference.

What works, what doesn't work?

I can't speak for everyone, but for me love works, hate doesn't. Determination works, apathy doesn't. Honesty

works, deception doesn't. Engagement works, disconnect doesn't. Service works, selfishness doesn't. Learning works, ignorance doesn't. And despite how loudly my friends will laugh when I say this, humility works, ego doesn't. I find the more I live by what works for me, the more satisfied I am and the more stoked on life I become. I hope I never stop learning what 'works'... and what doesn't.

Tell your story a little in depth:

Not many people know this story but back when I was a freshman in college, a few years before I was diagnosed with Muscular Dystrophy, some friends of mine and I surfed a good point break in Mexico. Being from Florida, it was the first time I had surfed a true point and the waves were perfect. I still remember how good it felt to be out there with my friends riding those waves. About five months later I hit an all time low. Long story short, late one night I called my dad to say goodbye. I was ready to kill myself. Fortunately a friend overheard my call and literally crashed through the window of my room. He stood there amongst the broken glass and said, "We gotta talk."

We walked out to a bench on campus and talked for a long time. Nothing he was saying was resonating with me. After a while we just sat there in the late silence until he asked me if I remembered how good it felt to surf that point. Of course I did. He then reminded me that I can't have experiences like that if I'm dead. "Besides," he said, "you're gonna die one day anyway. May as well surf until then."

If people want to know what happened since that night they can Google my name or check out my website. In a nutshell, my friend was right, we are all gonna die someday, but until then we've got some living to do...

Starting with right now. The sun just came out, my ski is hooked up to the truck, I'm going riding.

www.RyanLevinson.com

Pictures were taken by Mike Arnold. Ryan is training for his offshore circuit out of Camp Pendleton CA.

H₂O RESPONDERS

AWA CHALLENGER

Warren Frank

AWA H₂O Responder Member
San Diego, CA



PWC brand and make: Seadoo RXT 2006

Special modification to your PWC? Stock

How many years have you been riding a PWC?

Since Kawasaki brought out the 440 standup. I got a brand new one while still living in South Africa

What other sports do you participate in?

Triathlon, Mountain Bike, Road Running

PWC Club(s) Membership?

SDPWC

Club highlights you have participated in?

Giving rides to the military organized by Ray Hinton

Race Profile background.

Never raced a personal watercraft, but I plan to start with the LB2CAT in July racing from Long Beach to Catalina Island and back.

What kind of training do you do or riding?

Mountain Biking, Running, Weights and riding my personal watercraft

Tell us about your supporting programs and projects, charities or associations you support:

CAF (Challenged Athletes Foundation) they raise money and give grants to physically challenged athletes to compete in any sport

Websites of interest you want to promote:

www.challengedathletes.org

www.SanDiegoRustic.com

Inspiration?

Other challenged athletes that are worse off than myself but still kick butt at the sport they love

What advice can you give to the world?

You can't cry over spilled milk, suck it up, move on and have fun doing it!

How do you motivate others?

Being a below knee amputee I like showing people that if I can do it (whatever sport I'm competing in at the time) then so can they. Maybe they're a little out of shape, a little over weight, disabled in

some way or just plain unmotivated. Once they see someone that "seems" in a worse position than themselves, I think it gives them motivation to get off the sofa and become active. I get the same motivation watching other "dis"abled athletes compete.

Your Story:

I moved to San Diego from South Africa in 1984. I'm married with two kids. I import and manufacture rustic wood furniture from India and retail it out of a huge warehouse outlet - www.SanDiegoRustic.com In 1997 I was riding a dirt bike at Occotillo Wells, two hours from San Diego and I crashed into a dune buggy. At the time it wasn't a bad accident at all. I thought I had a badly broken ankle and would be healed in about six weeks. I was taken to the hospital in nearby Brawley where I underwent surgery where they screwed a metal tube into my fibular. Two days after that I was taken by ambulance to Scripps Memorial hospital in La Jolla. I underwent another surgery where they screwed 4 x 8" bolts into my leg from the knee down to the foot to hold my broken bones from moving. The skin on my leg was all melting off from the impact and that's the reason they couldn't put a cast on me.

After about six months and no bone union they removed the external fixator and I went in for more surgery. They cut a huge hole in my hip and removed bone and put it into my ankle hoping the cracked bones would join but still nothing. After a few weeks I developed a very bad fever and went back to hospital to find out that I had a bone infection. To contain the infection in my ankle and not let it spread I again had surgery where they inserted a small iv tube running from the entrance of my heart and the other end came out of a hole in my chest.

Twice a day I had to carry around a fanny pack which pumped a nasty solution of drugs into my blood system. After a few months of giving myself the iv twice a day I had lost a ton of weight and had some very unpleasant side effects. I then went to UCLA to get a second opinion from a team of specialists who basically told me that they could try and save my leg with 3 more years of similar surgeries and procedures, 50% chance of healing and if my ankle would heal it would be frozen in a 90 degree position which meant no running, walking with a bad limp, no walking up or down stairs foot over foot etc.

In my mind I made the choice the second they gave me my options, amputation. I did some further research, and went to a local prosthetic

company and met other active amputees my age. At the same time I met with other people that had a similar break in the same area with bone infections like myself. I even met a guy that was on crutches for fifteen years trying to save his leg with a bone infection.

I scheduled the surgery, had my leg amputated, left the hospital the next day. On the way home I stopped by the doctors office where he pulled on the tube sticking out of my chest and about two feet of tubing came out of me!! Once my infected ankle was gone there was no reason to pump the poisonous drugs (very similar to chemotherapy) into me anymore. Six weeks later I was fitted with a prosthesis and two months after my amputation I competed in my first road bike race.

Since my amputation I've become much more active competing in running races, mountain bike races, triathlons, one man outrigger races and soon PWC races.

HISTORY

Warren began training in partnership with Ryan Levinson this Spring to take on the grueling 60 mile offshore endurance jewel the 'LB2CAT'. Together they comprise the all new 'Physically Challenged' racer category that RPM Racing included in their 2009 LB2CAT competition lineup. *PWCoffshore.com* pro racer and boating safety instructor Shawn Alladio along with fellow racers, Mike Arnold who will be competing under the new 'Military' Division and Mark Gerner have been coaching their progress. Training sessions are either on the Colorado River, off the coast of San Diego, or Camp Pendleton further north in Oceanside California. These athletes take their training program seriously from gear checks, to water conditions, communications and their overall set up. "I have participated in many athletes professional development, however this is the first time in my career I am able to say that I now comprehend the pure aspect passion that transcends racing itself. Their focus and determination is a way of true being, something we can all find a deeper commitment to the meaning and purpose of living a truer expression of life's potential", states Alladio.



These men personify going the distance. We are proud of

these AWA members and how they live their life through the example of courage. These members of the Challenged Athletes Foundation are leading by example not only to the CAF community, but their outreach is a fountain that brings able bodied people into a more profound respect for the mindset of a champion, you won't forget Warren Frank anytime soon. 🐟