



# Sanoe Lake

A Real Surfer Babe

By Jessica Ridenour



**C**hances are, if you're a surfer or a beach babe in general, 2002's *Blue Crush* is on your short list of film favorites. Hard-core shredders and wannabes alike loved this movie for its insane surf footage and realistic glimpse into the North Shore surf culture. For lifelong surfer and model Sanoe Lake, who played the role of sassy Lena, it was the launching point into surf-world stardom. After watching Lake in *Blue Crush*, even the most unathletic landlubbers were inspired to grab a board and head for the baby waves.

Lake isn't just another Hollywood starlet; this surfer babe is the real deal, sponsored to surf and model for Billabong, and Gravis. The 26-year-old beauty grew up on the verdant island of Kaua'i and is one of the few people her age who can boast a solid 20 years of surfing experience. If that doesn't impress you, know that her bloodline can be traced back to the renowned Hawai'ian King Kamehameha who, as legend has it, was a serious shredder in his own right. It's easy to see that this girl was meant to rule the waves.

## “SURFING IS FUN. IT'S A RELEASE, AND IT GIVES ME PEACE”

Now she's taking that experience and releasing it into the wild with a new book called *Surfer Girl: A Guide to the Surfing Life* that she co-wrote with La Jolla-based writer and surfer Steven Jarrett. The book is a fresh and fun approach to not only learning how to surf, but also learning about the surf lifestyle and culture as a whole. “I wanted to create a book that was extremely informative, but I also wanted it to be fun to read and colorful,” says the newly minted author, who'll be touring the coasts to promote the book. “I wanted it to be more than a surfing instruction book. So we put in tons of color photos and illustrations. We also included the history and *herstory* of surfing, surf lingo, fashion, skin and hair care tips, and of course we addressed the number one most asked question—sharks!” Sounds like this book will help



image: Russi

even the greenest of surfers avoid looking like they just got off the bus from Poseur Town.

In addition to her new book, we'll soon be able to see the green-eyed lovely back on the big screen this summer in *Cruel World*, a comedy/horror hybrid, and in 2006 she'll star in the indie flick *Half Life*. She's currently filming a movie called *Rolling*.

Although the surfer-actress is no doubt enjoying her recent Hollywood successes, she hasn't let fame skew her big-hearted nature. Lake recently filmed a Billabong documentary in South Africa called *See Me Speak*, where she and three other women who share a passion for travel, humanity and life's experiences visited the AIDS ward of a children's hospital in Cape Town, among other things. She also supports World Vision, a faith-based organization that helps children in poverty-stricken communities worldwide and she backs environmental causes as well. “I think the Surfrider Foundation is awesome and everyone should get involved with them,” she says.

With so many projects going on, one may wonder how Lake finds the time for it all. Her Billabong team manager Megan Brainard sums it up with one

word: determination. “She is pretty driven,” says Brainard. “She is always doing different things—traveling, modeling, acting, painting and she is very spiritual.” Brainard gives the actress props for being easy to work with and helping out with Billabong's surf camp tour last summer before she began filming her two movies back-to-back.

So how does she fit surfing into her jam-packed schedule? “I surf when I'm not filming and when the waves are good. It's hard though, when I'm out of town filming somewhere and there is no ocean. I go through withdrawals and become sad about it,” she says. “Surfing is fun. It's a release, and it gives me peace. Hey, that rhymes! I should be a rapper.”

What a coincidence that Lake's first name means “the mist” in Hawai'ian, because she is quite refreshing in a world where many successful athletes become as jaded as the biggest A-list Hollywood celebrities. So what's next for Sanoe Lake? “God only knows. I mean, all I have is today, right? Tomorrow is promised to no one.” ❁

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