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FOR IMMEDIATE RELEASE

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Renowned Surfer Speaks at Girls Inc.'s *Girls Take Charge Summit*

Alameda, CA – In the adrenaline-pumped, male-dominated world of big wave surfing, Sarah Gerhardt is a pioneer. She is also the exciting keynote speaker at Girls Inc.'s *Girls Take Charge Summit* on Nov. 8, an event where high school girls can have fun while learning the skills and developing the self-esteem they need to take charge of their own lives.

Gerhardt is a perfect example of a Girls Inc. girl - strong, smart, and bold^(SM)! She is comfortable riding the big waves of Hawaii and is the only woman to ever surf Mavericks, a rocky, shark-infested, big-wave mecca near Half Moon Bay. And she did all this while earning a Ph.D. in physical chemistry!

"I get really focused. I'm dealing with the fear of whether I can do this, to which the answer is always YES," she says of both surfing and school. (For more on Gerhardt, see www.frankfilms.net.)

Learning to face fears, take charge of their own lives, and say yes to opportunities are the types of skills girls will learn at the *Girls Take Charge Summit*. In addition to Gerhardt, other guest speakers will include women from **girlsAdventureOUT** and from **The International Museum of Women**.

Girl participants at the summit will get to participate in small, interactive workshops on topics such as taking risks and confronting their fears, identifying their OWN values and setting their OWN goals, how to make money and spend it wisely, body image and self-esteem, boundaries and relationships, how to own their own business, and the importance of nurturing themselves. They will also get to participate in a student-led panel discussion – *Girls Matters* – about issues important to teen girls. And there will also be raffle prizes, goody bags, art activities, and lunch. Girls can come on their own or bring their parents, who are invited to participate in a separate series of workshops called "Letting Go."

What: Girls Inc.'s *Girls Take Charge Summit*

When: Saturday, Nov. 8, 2003

Time: Workshop Registration: 8:00 a.m. to 8:50 a.m.

Program: 9:00 a.m. to 4:00 p.m.

Where: Girls Inc. Meyers Center

1724 Santa Clara Ave., Alameda, CA

Who: Girls, ages 13-18 (non-members welcome) with or without their parents

Cost (to cover snack & lunch): \$2.00 per girl, \$5.00 per parent

**To PRE-REGISTER by Nov. 6, volunteer, be a sponsor, or donate raffle prizes,
call (510) 521-1743 or visit www.girlsincislandcity.org**

The mission of Girls Incorporated of the Island City is to inspire all girls to be **strong, smart and bold^(SM)** through innovative programs, activities and advocacy.