

2021 MEDIA KIT

FOREWORD BY

Laird Hamilton

Waterman, Innovator, Pioneer, Health & Fitness Leader

Racing Aloha^{with}

AN *Inspiring* JOURNEY
FROM HUMBLE BAREFOOT MAUI BOY TO
Champion IN THE WATER

FRED HAYWOOD

RACING WITH ALOHA • FRED HAYWOOD



Meet Fred

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[Interview with Guy Hagi on
Pacific Pulse/Hawaii News Now](#)

Silver Medalist,
Pan American Games 1968

New World Speed sailing record
30.82 kts on Windsurfer in
Weymouth, England 1983

Rode "Biggest Wave",
Maui, Hawaii 1984

2-line Bio

Fred Haywood's obsession with the ocean and his aloha outlook turned the eyes of the world to windsurfing and put Maui on the map.

Short Bio

Fred Haywood grew up on Maui, swam with Mark Spitz, surfed with Gerry Lopez, and became a champion windsurfer, turning the eyes of the world to Maui when windsurfing was in its heyday.

Medium Bio

Fred Haywood was born on the island of Maui a decade before it became a state. The son of a sugar plantation doctor, he grew up playing with the neighbor kids, who were Hawaiian, Japanese, Chinese, and white. He and his four siblings played in the waters off Kahului Harbor on their balsa wood surfboards and El Toro sailboats. He and his buddies trekked around the island, surfing, camping, and diving for fish from Honolulu Bay to Hana. When Fred was seventeen, he left home to join George Haines's world-famous Santa Clara swim team. In 1967, he and Mark Spitz were the first high school students to win the National Championships in Dallas, Texas, and Fred became the fastest backstroker in America. Fred was a silver medalist at the 1967 Pan American Team and became a multiple NCAA and American record holder. He went on to swim for Jim Gaughran and became the swim team captain at Stanford University. Fred continued his winning ways in another water sport, in 1983 breaking the world speed record in Weymouth, England, to become the fastest windsurfer in the world, a record he held for three years. Fred Haywood excelled in windsurfing competitions until, at the practically ancient age of forty, he gave up his professional sports career to raise a family and sell real estate on his beloved Maui. He is now one of the most successful realtors on the island and a popular teacher for realtors around the country.



Fred riding the Biggest Wave, Maui, Hawaii, 1984

Long Bio

Fred Haywood, born in 1949 in Maui, Hawaii, to a sugar plantation doctor, was one of five children growing up on a beach in Maui with surfboards, rowboats, El Toro sailboats, and a powerboat. He rarely spent a day without his toes in the sand. Fred became a top swimmer in Hawaii. At 16, he accompanied Soichi Sakamoto, the legendary swim coach who founded the "3 Year Swim Club," and other Hawaii swimmers on a fifty-day swim trip where he met his future friend, Mark Spitz. Fred decided to leave his prep school in Hawaii, where his workouts were in an anchored raft in a nearby ocean harbor, to move to Santa Clara High for his senior year to swim with teammate Mark Spitz. Much to Fred's surprise, he had an unusual and explosive ride to the very top of the nation's high school swimming rankings. He immediately followed this two weeks later with an even more stunning win of the 100-yard backstroke at the National Championships in Dallas, Texas, to become the number one backstroker in the USA. His dream of getting into a good college was realized when he was accepted at Stanford University, where he became the swim team captain during his junior and senior years, graduating in 1971. Some of his numerous swimming accomplishments included four gold NCAA medals and one silver Pan American Game medal. After college, Fred moved back to Maui and was licensed in real estate to subsidize his travels and exotic surfing adventures around the world. After a crash of the real estate market in 1981, Fred, with several friends, opened the first windsurfing shop on the island. Fred's new goal was to be the fastest in the world, and so he trained daily and used the resources of board builders and sailmakers to make the very fastest equipment. In 1983 at Weymouth, England, Fred realized that dream and set the world speed record on a windsurfer. Following that stunning win, four months later, Fred rode the "biggest wave in the world" on his windsurfer, according to his ever-enthusiastic good friend and legendary windsurfer, the Baron Arnaud de Rosnay. This catapulted him into a long sponsorship with Neil Pryde Sails and worldwide sailing opportunities. His career ended in a horrific crash at Fuerteventura, one of the Canary Islands in the Atlantic Ocean off North Africa. At the age of 39—practically ancient in the world of professional sports competitions—Fred chose to give up competitive speed sailing to raise his new family and restart his real estate career on Maui.

- Born October 19, 1949, Maui Hawaii
- Santa Clara High School 1967
- National High School Champion in 100-yard backstroke 1967
- National Champion 100-yard backstroke 1967
- Silver Medalist Pan American Games 1968
- College Freshman Champion 100 backstroke 1968
- NCAA Champion 100-yard backstroke and 4 x 100-yard medley relay 1969
- National Champion 100-yard backstroke 1969
- NCAA Champion 4 x 100-yard medley relay 1970 and 1971
- Stanford Swim Team Captain 1970 and 1971
- Stanford University BA Economics 1971
- Maui Real Estate license 1973
- Sailboards Maui Owner 1981-1986
- New World Speed sailing record 30.82 knots on Windsurfer in Weymouth, England 1983
- Rode "Biggest Wave", Maui, Hawaii 1984
- Sponsored by Neil Pryde Sails from 1984-1990
- New World Speed Sailing Record, 10 square meter sail Fremantle, Australia 1986
- Largest Commission Check, REMAX California and Hawaii region-wide 2002
- Star Power Star - Real Estate Interview 2003
- Top 50 real estate agents on Maui 2018
- Current Broker/Owner of Fred Haywood Realty



Synopsis for

RACING WITH ALOHA

*An Inspiring Journey from Humble Barefoot Maui Boy
to Champion in the Water*

By Fred Haywood

Foreword by Laird Hamilton

2-line Summary

Valuing collaboration and camaraderie over competition, champion waterman Fred Haywood introduces the world to windsurfing and shares the spirit of aloha everywhere he goes.

Short Synopsis

RACING WITH ALOHA is an engaging adventure tale in which Fred Haywood shares the inspiring journey of growing up on Maui. He swam in an ocean pool and later became a national swim champion. He pioneered surfing in undiscovered Indonesia and windsurfed with champions, setting records, and putting Maui on the map for windsurfing.

Medium Synopsis

Fred Haywood is an icon of windsurfing, but few know he is also an Olympic contender who swam a record-breaking backstroke alongside his friend Mark Spitz. In *RACING WITH ALOHA*, he shares how, before he discovered speed sailing, he surfed with the likes of Gerry Lopez, exploring exotic undiscovered surf spots around the world. Only his friends know how deeply growing up on the island of Maui influenced Fred to carry his success with humility and generosity. Everyone he competed with experienced his desire for camaraderie over competition, his preference for fun over fanfare.

Long Synopsis

RACING WITH ALOHA is part adventure tale, part spiritual memoir. In it, Fred Haywood relates delightful exploits of growing up on a remote tropical island in a time before tourism, when boys could run in almost-feral packs on the beach, through the jungle, and in the ocean. He shared an ocean swimming pool with sharks and jellyfish during early-morning high school swim training. A chance meeting with a youthful Mark Spitz led to a championship swimming career with the celebrated Santa Clara swim team and at Stanford University. He surfed isolated Indonesian beaches and competed in world-renowned windsurfing contests, from the South Pacific to Africa, during the sport's heyday.

RACING WITH ALOHA weaves throughout the inspiration Fred Haywood's dad instilled in him, which blended a pervasive commitment to accomplishment with a liberating attitude that all is well, all the time. Fred embodied his father's lessons to become a professionally successful, easygoing, sincerely humble man who is respected and beloved by all—friends and competitors alike.

RACING WITH ALOHA is a delightful story that enchants anyone who loves or longs for the timeless mystique of the Hawaiian Islands. It enthralls the reader with accounts of a time before visitors poured onto the island—when Maui was virtually undiscovered and uninhabited. Young readers will love the story of a youth who swam with sharks—by accident, of course—and was as surprised as his coach and teammates to find himself featured in *Sports Illustrated* magazine. Water aficionados will long for the days of surfing undiscovered beaches. And the countless windsurfing enthusiasts who trekked to Maui in the 1980s, following in Fred's wake, will relish the memories he shares of windsurfing Ho'okipa, the legendary beach still boasting the biggest waves in the world.

Kudos

Fred has a blend of the intellectual, philosopher, athlete, adventurer, quiet warrior, and curious student. This book entertains, informs, and inspires. There are heroes amongst us, and Fred is one of mine.

– Laird Hamilton

From being one of the best swimmers on the planet to becoming the fastest man on a windsurfer and so much more, I am honored to know someone as humble and inspiring as Fred Haywood.

– Kai Lenny

I have a single, enduring image of Fred—a man smiling broadly, ready for what storms may come. In my mind, he is always carrying on toward some new and wondrous place just beyond the horizon for that last biggest wave to ride, the last fastest windsurfing run, or the last swim meet we swam in together.

– Mark Spitz





Fun Facts

I love to go deep-sea, fair-weather fishing for big tuna.

I travel to Vegas four times a year to gamble with my buddies.

I am partial to adventure travel with superb cuisine. My last trip, pre-Covid, was a 3-week European river cruise.

I enjoy photography, particularly shooting the awesome Maui sunsets from my lanai at my home halfway up Haleakala.

My go-to stress reliever is mowing my 2.5-acre yard on my riding lawn mower and listening to tunes on my iPhone.



RACING WITH ALOHA

*An Inspiring Journey from Humble Barefoot
Maui Boy to Champion in the Water*

By Fred Haywood

Foreword by Laird Hamilton

Published by Morgan James Publishing

Available for Sale at Amazon

180 pages • Paperback • August 2021

\$14.95 • Memoir

ISBN 9781631953712 paperback

ISBN 9781631953729 eBook

Library of Congress Control Number: 2020948262

Book Website: RacingWithAloha.com

Publisher Website: MorganJamesPublishing.com

Praise for RACING WITH ALOHA

The adventures of Fred are absolutely incredible. Reading and learning about what Maui was like between the 1950s and the 1980s is like going back in a time machine. Before I only had questions; now I can imagine I am there. From being one of the best swimmers on the planet to becoming the fastest man on a windsurfer and so much more, I am honored to know someone as humble and inspiring as Fred Haywood. – Kai Lenny

There is a single enduring image I have of Fred—the image of a man smiling broadly, ready for what storms may come. Always carrying on toward some new and wondrous place just beyond the horizon, for that last biggest wave to ride, the last fastest windsurfing run, or the last swim meet we swam in together. Fred has achieved so much and been such a shining example to everyone who knows him. – Mark Spitz

What an incredible life adventure! I was fascinated with one challenge after another, and Fred didn't skip a beat. I found his history of growing up on Maui intriguing and his relationship with his father heartwarming. This will be a good read for anyone, water person or not. – Larry Gilbert, Gilbert Associates Advertising, Maui, Hawaii

When we met, Fred was already famous as a powerful wave sailor riding the biggest waves. He was focused on becoming the fastest man on the water to break thirty knots on a windsurfer. This goal was at the time a magical number that was attracting sailors everywhere; it was the four-minute mile of sailing, an objective still out of reach then, too.

Neil Pryde Sails provided the resources that enabled Fred to work with Barry Spanier to create the sail and rig and take Fred to England, where he cracked thirty knots on a Neil Pryde sail. This achievement underpinned the Neil Pryde brand's marketing that spread our market worldwide, becoming the world leader in windsurfing equipment, the world's fastest sails. I remain forever grateful for Fred's contribution to the growth and reputation of the Neil Pryde brand. – Neil Pryde



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**SURFING MIGHT BE A
SOLITARY SPORT,
BUT IT WAS ALSO ONE
OF SOLIDARITY.**

FRED HAYWOOD

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RACING WITH ALOHA

*An Inspiring Journey from Humble Barefoot
Maui Boy to Champion in the Water*

Share the spirit of aloha

Contact Fred today to schedule an interview
Fred@RacingWithAloha.com