

# HEIÐAR



# LOGI

Growing up on a subarctic island better known for its rock and ice-climbing than its surfing, Iceland's first pro surfer Heiðar Logi found his focus out among the cold waves.

The Reykjanes Peninsula lies in Iceland's far southwest, jutting out into the North Atlantic. It is a windswept landscape of lava fields, black sands, and boiling mud pools, a volcanic and geothermally active place on the plate boundary of the North American and Eurasian plates. An ancient canyon is the only visible section of the submerged Mid-Atlantic Ridge, the rocky line along which the two continents are slowly drifting apart. Despite its explosive character, this auspicious location is where surfer Heiðar Logi discovered stillness and belonging. "I knew as soon as I surfed the first time that I wanted to become the best in Iceland," he says. "It just felt like home. I was in control."

It is quiet here, though densely populated by Icelandic standards, and internationally known due to the famous smoky Blue Lagoon that lies near the island's main airport, Keflavik. Almost at the end point of the peninsula is a quiet fishing village called Sandgerði, where Logi, Iceland's first pro surfer, was born. Logi eventually grew to love the quiet life—but he was not a quiet boy.

When he was a child, his family spent a number of years living in Denmark, where Logi's restless and impulsive nature led to him being diagnosed with attention-deficit/hyperactivity disorder (ADHD). An ADHD brain differs slightly from a neurotypical brain, and is often hereditary, with consistent physical and chemical characteristics. People with ADHD often display high energy, impulsivity, and difficulty paying attention, all of which can be beneficial behaviors if recognized early and handled well, but which often are not. ADHD kids in the classroom are often disruptive and difficult to organize. At the age of six, Logi was prescribed stimulant medication to dull the energy of an overactive nervous system. It also infamously mutes the recipient's personality and joie de vivre.

After moving back to Reykjavik as a teenager, he struggled privately and at school. These years were spent skateboarding and experimenting with drugs, alcohol, and anything high-risk. "I had real problems as a kid," says Logi. "I had too much energy and I let it out in really negative ways." Like many >