

About Surfing

Surfing is often referred to as a soul-sport because of its metaphysical connection with the earth.

About Sailboarding

Sailboarding is a rapidly growing sport, gaining popularity wherever wind and water meet.

About Kayaking

Kayaking is the sport of the sublime and the thrillseeker.

About Bicycling

Bicycling provides something for everyone: mountain biking for adventuresome nature lovers and racing for the speed demons.

About Sailing

Sailing is an exciting sport, one that matches human endeavor with high-end technology.

About Rollerblading

Some assert that rollerblading is the fastest growing sport around!

Learning to Surf

- 1 Pick your wave.
- 2 Paddle hard.
- 3 Get to your feet quickly.
- 4 Try to hang ten.

Learning to Sail

- 1 Begin with a small boat.
- 2 Take a lesson, or buy a good book.
- 3 Don't let the boom catch you by surprise.

Learning to Sailboard

- 1 Climb on the board.
- 2 Stand with your feet spread apart.
- 3 Lift up the sail.
- 4 Grab the boom and hold on as off you go!

Learning to Kayak

- 1 Put on your spray skirt.
- 2 Climb into the kayak.
- 3 Attach the spray skirt to the kayak.
- 4 Paddle.
- 5 Don't tip over - you haven't learned to roll yet!

Health Benefits

Bicycling is a fantastic way to burn calories. It doesn't really matter if you are a recreational or competitive biker; there are health benefits to be had for everyone.

