

#¹ \$² K³ +⁴ About Surfing

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

1# About_Surfing
2\$ About Surfing
3K Surfing;Sports;
4+ WIN95:0

#⁵ \$⁶ K⁷ +⁸ About Sailboarding

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

5# About_Sailboarding

6\$ About Sailboarding

7K Sailboarding;Sports

8+ WIN95:0

#⁹ \$¹⁰ K¹¹ +¹² About Kayaking

Kayaking is the sport of the sublime and the thrillseeker.

9# About_Kayaking
10\$ About Kayaking
11K Kayaking;Sports;
12+ WIN95:0

#¹³ \$¹⁴ K¹⁵ +¹⁶ About Bicycling

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

13# About_Bicycling

14\$ About Bicycling

15K Bicycling;Sports

16+ WIN95:0

#¹⁷ \$¹⁸ K¹⁹ +²⁰ About Sailing

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

17# About_Sailing

18\$ About Sailing

19K Sailing;Sports

20+ WIN95:0

#²¹ \$²² K²³ +²⁴ **About Rollerblading**

Some assert that rollerblading is the fastest growing sport around!

21# About_Rollerblading

22\$ About Rollerblading

23K Rollerblading;Sports

24+ WIN95:0

#²⁵ \$²⁶ K²⁷ +²⁸ Learning to Surf

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

25# Learning_to_Surf

26\$ Learning to Surf

27K Surfing

28+ WIN95:0

#²⁹ \$³⁰ K³¹ +³² 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.

29# Learning_to_Sail

30\$ Learning to Sail

31K Sailing

32+ WIN95:0

#³³ \$³⁴ K³⁵ +³⁶ 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!

33# Learning_to_Sailboard

34\$ Learning to Sailboard

35K Sailboarding

36+ WIN95:0

#³⁷ \$³⁸ K³⁹ +⁴⁰ 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!

37# Learning_to_Kayak

38\$ Learning to Kayak

39K Kayaking

40+ WIN95:0

#⁴¹ \$⁴² 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.

41# Health_Benefits

42\$ Health Benefits