

\$ K + About Surfing

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

About_Surfing

\$ About Surfing

K Surfing;Sports;

+ WIN95:0

\$ K + About Sailboarding

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

About_Sailboarding

\$ About Sailboarding

K Sailboarding;Sports

+ WIN95:0

\$ K + **About Kayaking**

Kayaking is the sport of the sublime and the thrillseeker.

About_Kayaking

\$ About Kayaking

K Kayaking;Sports;

+ WIN95:0

\$ K + About Bicycling

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

About_Bicycling

\$ About Bicycling

K Bicycling;Sports

+ WIN95:0

\$ K + About Sailing

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

About_Sailing

\$ About Sailing

K Sailing;Sports

+ WIN95:0

\$ K + About Rollerblading

Some assert that rollerblading is the fastest growing sport around!

About_Rollerblading

\$ About Rollerblading

K Rollerblading;Sports

+ WIN95:0

\$ K + Learning to Surf

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

Learning_to_Surf

\$ Learning to Surf

K Surfing

+ WIN95:0

\$ K + Learning to Sail

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

Learning_to_Sail

\$ Learning to Sail

K Sailing

+ WIN95:0

\$ K + **Learning to Sailboard**

8 Climb on the board.

9 Stand with your feet spread apart.

10 Lift up the sail.

11 Grab the boom and hold on as off you go!

Learning_to_Sailboard

\$ Learning to Sailboard

K Sailboarding

+ WIN95:0

\$ K + Learning to Kayak

12Put on your spray skirt.

13Climb into the kayak.

14Attach the spray skirt to the kayak.

15Paddle.

16Don't tip over - you haven't learned to roll yet!

Learning_to_Kayak

\$ Learning to Kayak

K Kayaking

+ WIN95:0

\$ 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.

Health_Benefits

\$ Health Benefits