

Sex Wax Kayaking

Climate Change, Religion, and Our Bodily Future - Todd LeVasseur 2021-07-13

This book investigates how human-induced global warming will influence the bodily practice, performance, and production of religion in various geographic locations in the years and decades to come.

Kook - Peter Heller 2010-07-13

With grit, poetry, and humor, Peter Heller, acclaimed author of *The River* and *The Whale Warriors* recounts his remarkable journey of discovery—of surfing, an entirely new challenge; of the ocean's beauty and power; of the strange surf subculture; of love; and, most of all, of how to seek adventure while crafting a meaningful life. Author of the New York Times bestselling novel *The Dog Stars* Winner of the National Outdoor Book Award for Literature Having resolved to master a big-hollow wave—that is, to go from kook (surfer for beginner) to shredder—in a single year, Heller travels from Southern California down the coast of Mexico in the company of his girlfriend and the eccentric surfers they meet. Exuberant and fearless, Heller explores the technique and science of surfing the secrets of its culture, and the environmental ravages to the stunning coastline he visits. As Heller plumbs the working of his own heart and finds joy in both love and surfing, he affords readers vivid insight into this fascinating world, with all of its perils and pleasures, its absurdity and wonder.

Exhilarating, entertaining, and moving, *Kook* is a love story between a man and his surfboard, a man and his girlfriend, a not-so-old man and the sea.

Surf Sessions - Shark2th 2016-09-23

The sport of surfing is so much more than just a water sport or paddling out and catching waves. It becomes a lifestyle or a perspective of life for many. Why is this? Surfing teaches one to flow with nature and the elements. In order to excel, a deep understanding of the ocean, weather, coastal topography, and even marine life must be grasped. Somewhat contrary to the

psychologically programmed ideals of society and civilization, surfing teaches balance with nature and the environment and gives one a sense of man's true niche in our ever-changing world. The first in a series, this book shares true, chronologically compiled surfing stories that span two decades.

Rowing News - 2006-10

The Packraft Handbook - Luc Mehl 2022-02-01

2021 National Outdoor Book Award Winner in Outdoor Adventure Guides Alaska-based author is a leading expert on wilderness travel Emphasis on skill progression and safety applies to wide range of outdoor water recreation Vibrant illustrations and photos inform and inspire *The Packraft Handbook* is a comprehensive guide to packrafting, with a strong emphasis on skill progression and safety. Readers will learn to maneuver through river features and open water, mitigate risk with trip planning and boat control, and how to react when things go wrong. Beginners will find everything they need to know to get started--from packraft care to proper paddling position as well as what to wear and how to communicate. Illustrated for visual learners and featuring stunning photography, *The Packraft Handbook* has something to offer all packrafters and other whitewater sports enthusiasts.

The Art of Stand Up Paddling - Ben Marcus 2015-11-15

Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on inland lakes and rivers, as well as on the ocean and in the surf—but most important, it's fun and a great way to stay fit. *The Art of Stand Up Paddling* will include everything both new and not-so-new paddlers need to know—from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga

with the art of stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike.

The British Canoe Union Coaching

Handbook - British Canoe Union 2006

A manual of coaching techniques, advice and guidelines for the canoe and kayak coach. This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you. The book divides into three sections: Part One deals with coaching theory and fundamentals such as psychology and physiology explained in terms that make sense to a practical coach. Part Two looks at generic coaching skills that will provide useful tools whatever discipline the coach is involved in. It works its way from introducing people to canoesport right through to coaching elite athletes. Part Three looks at specific aspects of canoesport such as slalom, racing, sea kayaking, white water kayaking, open canoeing and freestyle.

Surfing Illustrated - John Robison 2010-04-16

Expert instruction you need to take your skills from kook to boss Author John Robison uses hundreds of pictures-- comical, cartoon-like drawings--to clearly illustrate every aspect of surfing: wave dynamics, riding techniques, etiquette, logistics, and more. This entertaining, easy-to-understand visual presentation makes it easy for you to pick up his techniques and use them on the waves. Robison covers every aspect of the sport, from paddling out through the surf zone and catching and riding that first wave to nose riding, acrobatics, shortboard riding, and to equipment repairs.

Islands Magazine - 2000-12

Surf Diva - Izzy Tihanyi 2005

The founders of a surf school for women provide both a practical how-to guide to the sport of surfing and a witty look at the surfing lifestyle, integrating advice from professional surfers and tips on how to stay safe while having fun.

Fodor's Florida - Fodor's Travel Guides

2023-08-08

Whether you want to snorkel in the Keys, relax on Miami Beach, or visit Walt Disney World, the local Fodor's travel experts in Florida are here to help! Fodor's Florida guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has an easy-to-read layout, fresh information, and beautiful color photos. Fodor's Florida travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time EXPANDED COVERAGE: a new chapter focused solely on the popular Space Coast with new coverage of Flagler Beach and Palm Coast and expanded coverage of the Panhandle MORE THAN 30 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, side-trips, and more PHOTO-FILLED "BEST OF" FEATURES on "Best Beaches in Florida," "An Art Lovers Guide to Miami," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local art, architecture, cuisine, and more SPECIAL FEATURES on "What to Watch and Read Before You Visit," "What to Eat and Drink," "Art Deco Guide" and "The Everglades" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Miami, Fort Lauderdale, Palm Beach, Everglades National Park; Biscayne National Park, the Florida Keys, Orlando, Walt Disney World, Universal Orlando, Jacksonville, St. Augustine, Amelia Island, Cape Canaveral, Tampa, Sanibel and Captiva, Naples, Pensacola, and more. Planning on visiting Florida? Check out Fodor's South Florida, Fodor's Walt Disney World with Universal & the Best of Orlando and Fodor's InFocus Florida Keys. *Important note for digital editions: The digital edition of this guide does not contain all

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The Weekend - Leslie Neil Strickland
2010-11-17

Set on beautiful Bodie Island, North Carolina, The Weekend is the story of Stormy Tyler and two friends who take her on a weekend getaway to find romance. In a moment of time, on a secluded beach, she realizes she has found the man of her dreams. It was destiny that brought them together, it was passion that kept them together, and after The Weekend, things would never be the same again...

Top Tips for Coaches - Plas y Brenin. Canoe Department 2002

A simple, practical book of over 300 hints, tips and ideas collected by the canoeing and kayaking coaches at Plas y Brenin in Wales.

Surfing - Elliott Almond 2012-04-02

* Covers gear, fitness, safety, lingo, and rules of the water * Includes basic to intermediate techniques, surf culture, and competitive surfing * Author is an award-winning journalist and life-long surfer Surfing's not just for rebels anymore: anyone with the desire to ride a wave is grabbing a board and heading to the beach. Each year, this artform-cum-sport gains popularity as business executives, grandmas, teenagers, coastal dwellers, and adventure travelers get stoked to catch swells. This new guidebook by sports writer and waterman Elliott Almond is a primer for the uninitiated as well as a handbook for the experienced ready to build on their fundamental skills. Covering topics ranging from basic techniques to fitness prep (including exercises to get your arms ready for all that paddling and stretches to keep you limber) and from history, surf culture, and a complete explanation of gear, to how to find the right board for you, this book also features

insights from industry leaders, pro surfers, and instructors. With more than three decades of surfing experience to share, Almond offers clear, authoritative guidance to help those venturing into uncharted waters find their way safely and confidently.

Sea Kayaking Illustrated - John Robison
2003-04-17

For some learners a picture is worth a thousand words--and this lavishly illustrated volume proves the rule. The expert advice and lively illustrations combine to offer serious how-to instruction in an entertaining fashion to sea kayakers of all levels. Developed by an ACA-certified instructor over years of paddling and education, this complete program provides a visual tour of all that sea kayaking can offer, including ingenious tips on advanced paddling techniques, navigation and safety, and more.

The Surfboard Book - Sean McCagh 2013

How Design Drives Performance Have you ever wondered how changing design will effect the performance of a surfboard, wanted to really understand what your shaper, surf shop or mates are talking about when they discuss bottom curve or rocker, or more importantly why a particular surfboard goes really well or struggles to perform in some situations? The Surfboard Book includes advice stories and design details from some of the most experienced and credible subject experts in the history of the surfboard in Simon Anderson, Dick Brewer, Steve Lis and Bob McTavish: each are known not only as surfboard shapers and designers but as innovators with a combined design experience approaching 200 years. The Surfboard Book explains: elements of surfboard shape and their effects on performance construction types: from traditional to modern sandwich construction important material properties including environmental issues basic types or classes of surfboard and how they perform how to go about choosing or specifying your next surfboard

The Power of the Paddle - Jordan Wylie
2021-11-09

The Sunday Times Bestseller 'His name was Ibrahim. He was about five years old and the thing he wanted most in the world was to go to school.' In a tiny country on the Horn of Africa, extreme adventurer, former soldier and star of

Channel 4's Hunted Jordan Wylie made an extraordinary promise to a remarkable young boy. Ibrahim's home Djibouti is a refuge from neighbouring war zones, playing host to children excluded from the basic privileges we take for granted in the West. So, armed with skills learned from a lifetime of adventures, Wylie vowed to raise funds to build a new school for those children. And thus began a series of exceptional challenges, seeing Wylie row solo across the pirate-infested Bab el-Mandeb Strait in a world first and run extreme marathons in ice-cold climates. To cap it off, he embarked on a journey stand-up paddleboarding around mainland Great Britain, along the way facing military firing ranges, crazy teenagers on jet-skis, psychotic jellyfish and, finally, Covid-19. This is the inspirational true story of the lengths one man went to fulfil a young boy's dream - and of the good that can be achieved even in the hardest of times.

Surf Like a Girl - Rebecca Heller 2005

Get in a Surfer State of Mind Whether you live near the ocean or can only dream about being out in the water, you can achieve those sun-kissed locks and cheeks, that stellar physique, and the no-holds-barred spirit of the quintessential surfer girl. Get in the swim with this one-of-a-kind guide to all things surfer, which will answer your questions, including: - How can you find a surf break that's right for you? -Why wear a leash and what does it mean to be goofy footed? -How early in the morning do you really need to get out there? -Can you surf without wrecking a fresh pedicure? -What should you say to a hottie pulling a hang ten? -How do you find a cute bikini that won't fall off when you get worked in the water? "Surf Like a Girl covers all the basics: how to ride the waves, what to wear, safety and etiquette, and loads of advice for the landlocked surfer girl. It's a perfect resource, whether you're about to paddle out and catch a wave or you just want to look like you pulled a wicked cutback.

My Wave -

Throughout the past five decades, surfers have been falsely given a bad reputation that stems mainly from fictional movies. They are portrayed as lazy, weed smoking, hippy, free-loaders with no ambition in life other than surfing. That is not reality. Books with a surfing theme all have one

thing in common; they are documents about courage, pushing the limits, near death experiences, overcoming all obstacles, friendship and love. What outsiders do not realize is surfers have a unique and spiritual connection with the Earth and Mother Nature. Once it's in the blood, it grabs hold of the soul and never let's go of it. It changes a person, and in most cases, in a positive fashion. Before Steven K Craig was an author, a world famous artist, a champion Jet Ski racer or known for being a co-creator of the iconic metal band Slayer, he was a Surfer, and it was his love for surfing that paved the way for his future. Steven dreamed of surfing years before he held a surfboard in his hands. At a very young age, the ocean reached in and took hold of his soul. He became the stereotypical Southern California surfer before it was stereotypical. To him, it wasn't a lifestyle; it was a magical way of life. His story is a testament to why people should live life with passion, to its fullest and never give up on dreams. Only once in every generation, a surfer who is at the right place at the right time gets to experience what is referred to as "Big Wednesday. It's the day they hope for and dream about. This is the day a surfer's physical and mental abilities are put to the test and pushed beyond the limits. On that day, death is close at hand, and for those that emerge victorious, they go on to conquer the world. There is no more fear, only living for each and every moment afterwards. You do not need to be a surfer to enjoy this magical story. A marvelous tale for the young people of today about how a boy that was different didn't follow trends or succumb to peer pressure conquered the world. People from all walks of life can learn what it is to truly be alive from the tale of a Surfer, even if they never grab a board and get in the water to take on the brutal monsters of the ocean, which only a true surfer has the courage to call "My Wave".

Generation Green - Linda Sivertsen 2008-08-05 We all know about the Earth's environmental crisis, but there is someone who can truly make a difference: you. If you text your friends or chat with them online, download music to your iPod, or toss bottles and papers into recycling bins, you're already more eco-savvy than you think. It's just as easy to do even more to help save the earth, and Generation Green shows you how.

This book: Lays out the inside scoop on the biggest issues affecting our planet, such as global warming and overflowing landfills Offers dozens of tips on how to shop, dress, eat, and travel the green way Includes interviews with teens like you who are involved with fun, innovative green causes Shows that being

environmentally conscious can be a natural part of your life -- and your generation's contribution to turning things around. It doesn't matter if you can't vote or drive. Your efforts -- big or small -- will contribute to saving the planet. It's time for all of us to take action. It's time to go green!

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