

INTRO TO

WIND SURFING

WHY IT'S EASIER
THAN EVER **P.7**

3 SIMPLE STEPS
TO GET YOU
SAILING **P.10**

YOUR FIRST LESSON **P.12**

10 MUST-HAVE GEAR TIPS **P.14**

100+ SHOP LISTINGS **P.22**

PLUS:
HOOK YOUR KIDS FAST **P.28**



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Riders: Roby Swift, Dany Gaudin, Julien Teboulet Photographers: Jerome Houyvet



The difference



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Jaeger
Stone

Jorgen Saragoza

Jorgen Saragoza



ProKids
Acid

ProKids
Evo

ProKids
Flare

ProKids
Sonic

ProKids
S-Type

ProKids
Formula

ProKids
GO

Starsurfer
S & M

Model	Length	Width	Fin
ProKids S-Type 72	210 cm	55 cm	Drake Freeride Flow 26 cm
ProKids Acid 48	214 cm	50 cm	Drake Natural Wave 20 cm
ProKids Evo 62	219 cm	54 cm	Drake Natural Wave 21 cm
ProKids Formula 117	217 cm	93 cm	Drake R13 Race NR 62 cm
ProKids Flare 60	214 cm	54 cm	Drake Style 20 cm
ProKids Sonic 50	212 cm	48 cm	Drake Slalom Pro 26 cm
ProKids GO 100	216 cm	76 cm	Drake Freeride Flow 40 cm + 2 plastic fins
Starsurfer S 117	235 cm	71 cm	Drake Freeride Flow 38 cm + 2 plastic fins
Starsurfer M 127	235 cm	74 cm	Drake Freeride Flow 40 cm + 2 plastic fins

The ProKids team has taken the World by storm.

These scaled down boards provide light sailors 20- 55kg with the tools to improve their learning curve drastically. Many say its all incredible, others know is pure numbers. Once moved on to these adapted high-performance boards, there is a sudden step up to a new level of windsurfing.

The larger Starsurfers are cool shapes that have the width, the volume, the comfort, the insert positions, and the center fin for kids to learn and progress on.



Jorgen Saragoza

Svein Rasmussen

Photographer: John Carter & Gilles Calvet



Rio M

Rio L

The Rio is an ultra-stable, comfortable, and progressive board that will suit entry level sailors and those looking to progress as easily as possible.

Model	Volume	Length	Width	Fin size
Rio S	150 liters	235 cm	85 cm	Daggerboard XS + Drake Shallow 410
Rio M	205 liters	258 cm	90 cm	Daggerboard L + Drake Shallow 410
Rio L	225 liters	253 cm	101 cm	Daggerboard L + Drake Shallow 410

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INNOVATION QUALITY
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Why Windsurf?

THE FUN - You glide effortlessly along the open water, with no noisy engine and no limits to where you can explore or the skills you can learn. From cruising across a lake to jumping ocean waves, windsurfing's fun is endless.

THE EXERCISE - It's good for you. Windsurfing naturally tones your back, arms, stomach and legs. The best part is that you're often having so much fun that it doesn't feel like exercise.

THE PEOPLE YOU'LL MEET - Arrive at a beach with boards and you're instantly accepted into a fraternity of active outdoor enthusiasts. Their passion for the wind and water is welcoming and rather contagious.

THE PLACES IT TAKES YOU - Cruise the Florida Keys with dolphins, sail alongside turtles in Hawaii, island-hop in the Caribbean – some of windsurfing's best destinations are the most beautiful places in the world.

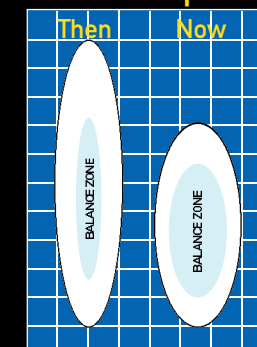


Why It's Easier Than Ever

If you can stand on a sidewalk, you can stand on today's learning boards – they're just as stable. Gone are the narrow, tippy boards of windsurfing's past. **Now boards are wide**, which allows newcomers to focus exclusively on sail-handling skills without balance problems. The result? Today's beginner lesson takes only an hour, and it's not uncommon for a rookie to stay dry throughout.

Sails are lightweight thanks to carbon components. But the big change is that current sails for learning are shorter, which makes them easy to pull out of the water and easy to control. Match these sail upgrades with a wide board and windsurfing becomes easier than ever. It also means that **if you tried windsurfing before and failed, try again. You'll sail – guaranteed.**

Board Shapes



COURTESY STARBOARD/JOHN CARTER

Myths That Miss

COURTESY BIGSPORT

MYTH: EVERYBODY KITEBOARDS.

Fact: There are far more windsurfers, though they're not as visible as kites, which require six times the space when under way.

MYTH: IT'S ONLY DONE IN PLACES LIKE HAWAII.

Fact: You'll find windsurfers in Alaska, Kansas, Utah, Minnesota – anywhere with wind and water.

MYTH: YOU NEED CATLIKE BALANCE AND STRENGTH.

Fact: That was true a decade ago, but no longer. Boards are stable and sails are lightweight for all.

MYTH: IT'S EXPENSIVE.

Fact: For \$1,000 you can get a new setup. No gas needed, no costly lift tickets. The wind is free.



photo: thosten indra

Ease of use plus top jibing & planing performance

A beginner's board that's fun for everyone. This new board was designed to turn beginners into advanced windsurfers within just a few hours. The Discovery is extremely stable, easy to handle, has a dynamic riding feeling when gliding, and makes jibing extremely easy. Suddenly, gliding on a beginner's board becomes the easiest thing in the world, and the Discovery mutates to a power jibing disciple's best friend.

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double rail



discovery

length cm	280	Power-box
width cm	90	25 - 55
volume ltr	225	2.0 - 10.0
weight kg +/- 6%	15.0	
fin size	35	
fin box		
fin range cm		
sail range		



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3 Steps

to Get You Sailing

STEP 1: TAKE A LESSON

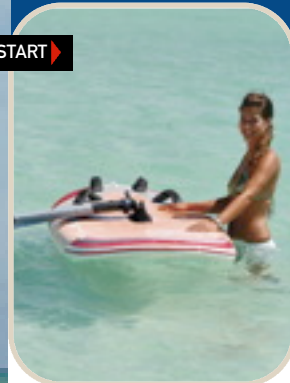
Only a certified instructor can help you use an invisible force like the wind, or teach you how to maneuver a board and sail that can rotate 360 degrees independently of one another. Sound complicated? It isn't with expert teachers. They offer you the best chance of success. From there, they can provide you tailored advice for things like gear purchases, places to sail and skills to work on next.



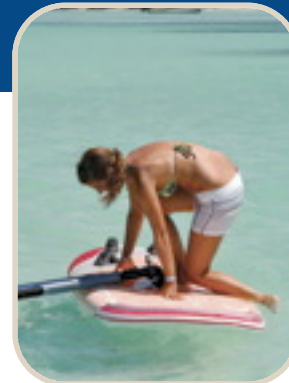
What You'll Learn First

Uphauling and Basic Position

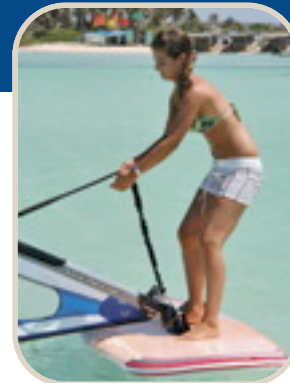
START ▶



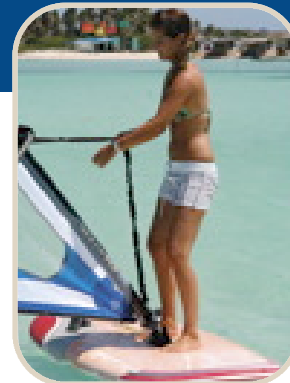
1] With the board pointed across the wind, climb on with your knees.



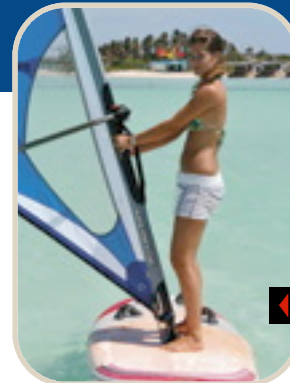
2] Grab the uphaul as you go to your feet, placing them on either side of the mast.



3] Bend your knees, lean back and use your legs to lift the sail. Keep your butt in.



4] As the sail rises, pull the uphaul rope hand over hand to free the sail from the water.



5] Keep your arms straight and your knees bent. Note the sail is powerless like a flag.

◀ WIND

180-Degree Turn

START ▶



1] Start with straight arms and bent knees. Be sure to keep your butt in for good posture.



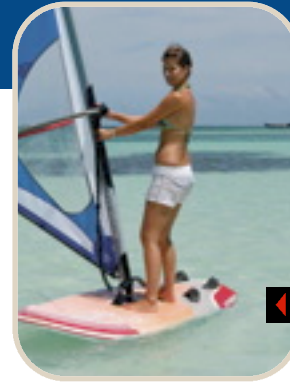
2] Begin the 180-degree turn by leaning the sail down toward the back of the board.



3] As the board turns into the wind, slowly walk your feet around the front of the mast.



4] Continue leaning the sail as you walk your feet around the mast.



5] When the board's nose is pointed in the opposite direction, stop moving your feet and leaning the sail.

◀ WIND

Getting Under Way

START ▶



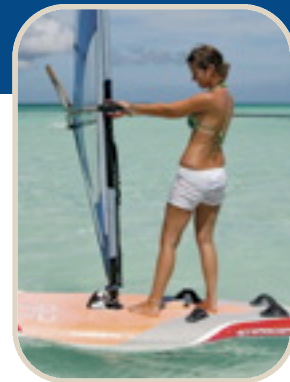
1] Find your front arm (the one closest to the front of the board), and look forward.



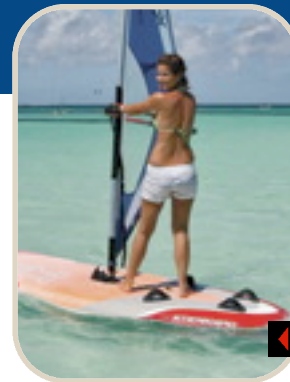
2] Cross your front hand over to the boom, grabbing the boom close to the mast, and step back behind the mast.



3] With your front hand, draw the mast upright, so it stands tall like a mast on a sailboat.



4] Gently grab the boom with your back hand, shoulder width from your front one.



5] Gently pull in with your back hand to begin moving, keeping the mast upright and tall to sail straight.

◀ WIND



Adjustable boom – you hang on to the boom while sailing. An adjustable one accommodates various sail sizes – great if you choose to get a second sail.

Sail sizes of 5.0-6.5 meters are a safe bet. Heavier and athletic riders should choose sails toward the upper end of this sizing recommendation. Lightweights should do the opposite.

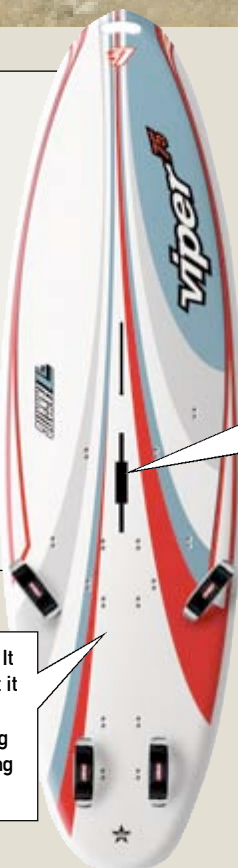
COURTESY MISTRAL

Your First Board

An 80 cm width and 180 liters of volume is a good starting point for board sizing. Heavier sailors (over 185 pounds) should lean toward additional width and volume. Lightweights (under 160 pounds) can opt for less.

CENTER FIN – Not all boards offer this, so be sure yours does, because it provides stability and light-wind performance essential for learning basics.

PADDED EVA DECK – It isn't a must-have, but it can save your knees and shins from getting scraped while climbing aboard.



80 cm

STEP 2: FIND THE GEAR YOU NEED

Your best bet for gear is an entry-level package, which can run from \$1,000 to \$1,800. Most all shops offer one, and it includes a board and rig, comprising a sail, mast, mast base and boom – everything you'll need. As a package, the gear is sold at a lower price than the new items cost separately, making it a can't-miss deal.

Gear Buying No-Nos

Avoid boards that ...

- are more than 5 years old.
- don't include a center fin or centerboard.
- are less than 70 cm wide.
- have a nonskid deck that's slick to the touch.

Avoid sails that ...

- are more than 5 years old.
- have holes in them, or appear faded and worn.
- are larger than 6.5 meters, or designed for racing.
- may require purchasing a new mast or boom.



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Photo: Ty Heston Ripper: Tyler Heston

STEP 3: PICK THE RIGHT SPOT

The ideal windsurfing location is likely the same place you took your first lesson. If that location isn't an option, try these tips.

FIND OTHER WINDSURFERS IN YOUR AREA – Go to Google and search “windsurfing [your area]” to see what it turns up. There's no better expert on windsurfing in your neighborhood than someone who already sails there. And you'll likely make a new windsurfing friend.

CHOOSE AN ENCLOSED BODY OF WATER – A lake or large pond can be perfect for progressing, provided you won't be in close proximity to much motorboat traffic. Calm bays can be great too, though beware of tidal currents.

LOCATE LIGHT WINDS AND FLAT WATER – For learning, winds of 3-11 mph are ideal. In these wind conditions, the water texture has a light ripple to it. Steer clear of areas with heavy chop, or wind and water conditions that reveal whitecaps, which can make balancing difficult.

AVOID OFFSHORE WINDS – When looking at the water, you want to feel the wind hitting your face head-on or from the side. If the wind is hitting your back, it's offshore, which can blow you away from your starting point. Onshore winds are best to keep you close and safe.



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293 293 x 79 cm 205 L / 11.5 kg	283 283 x 69 cm 152 L / 9.7 kg	EVO M 263 x 63 cm 112 L / 9 kg	EVO L 283 x 69 cm 135 L / 9 kg
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*The best quality / price
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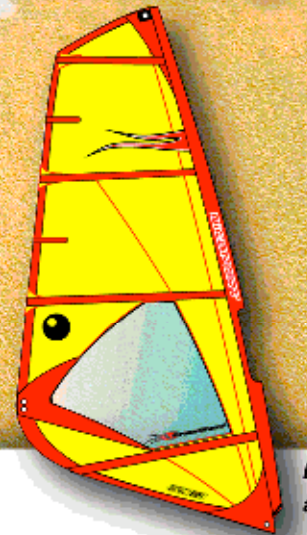
Nova



Nova 120 248 x 66 cm 120 L / 9 kg	Nova 165 255 x 82 cm 165 L / 11.2 kg	Nova 180 267 x 94 cm 180 L / 12.5 kg
--	---	---

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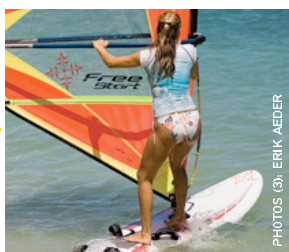
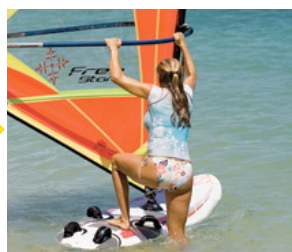
Fun Facts...

Rush vs. Risk

The thrills of windsurfing are far more life-changing than the spills. Windsurfing injuries are rare – the wind naturally blows the sail away from riders during falls.

Easy Starts

As you improve, you don't pull the sail up out of the water to get going. Instead, the sail pulls you out of the water onto the board, as shown in this beach start.



PHOTOS (3): ERIK AEDER



Sweet Silence

Picture yourself skimming across the water in a motorboat, but imagine it without all that engine noise, stench or pollution. Now you're windsurfing.

Speed Needs

Windsurfers are the fastest sailing craft in the world thanks to Finian Maynard, right, who averaged 48.7 knots (56 mph) over a 500-meter course recently. Recreational sailors often reach speeds of 25-35 mph – faster than most water skiers.



DAVID WHITE

Easy on the Arms

After a few sessions, you learn to use a harness, which attaches you to the sail and eliminates tension on your arms. A harness allows you to relax and sail for hours.



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Going Shopping

A shop dedicated to windsurfing is one of your first and best resources for getting started in the sport. Shops are not only the easiest place to purchase gear – they are a great link to the windsurfing community that can help you find local sailing spots and get on the water.

NORTHEAST

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East of Maui Boardshop, Annapolis
eastofmauiboardshop.com 410-573-9463

MAINE
Windsurfing Maine, Auburn
windsurfing-maine.com 207-784-7300

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calema.com 800-4CALEMA
Liquid Surf and Sail, Fort Walton Beach
liquidsurfandsail.com 888-818-9283
Island Style Watersports, Sarasota
islandstylewatersports.com 941-906-1359
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Kitty Hawk Sports, Kitty Hawk
kittyhawksports.com 252-441-2756
Ride Hatteras, Avon
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Windsurfing Hatteras, Avon
windsurfinghatteras.com 252-995-4970

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sailsportmarine.com 231-929-2330
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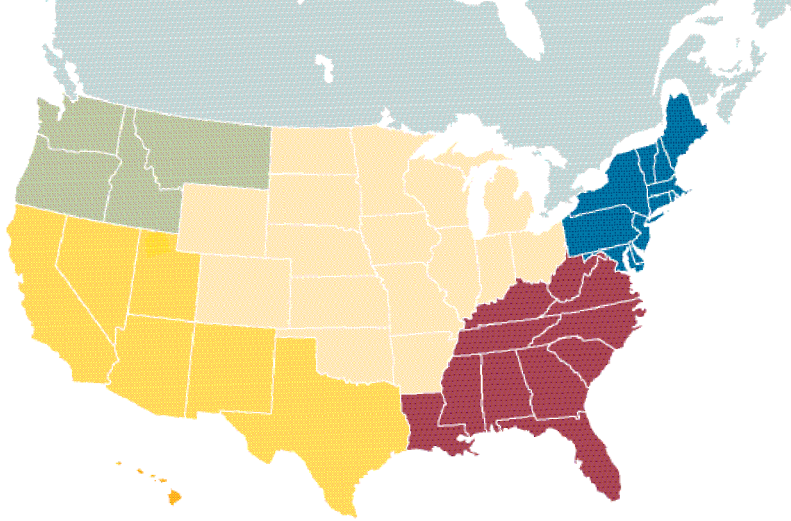
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Know your stuff

Know what's what – and get a head start on your first lesson.

Sail

Provides the power that gets you moving. You'll start off with a small one that's easy to control – and learn to use larger ones that pack a bigger punch.

Boom

The boom is like a steering wheel or handlebars. It lets you direct the sail where you want it to go – and it helps keep the sail's shape.

Rash Guard

A thin, UV-resistant shirt that will protect your skin from the sun. In colder locations, windsurfers often wear a convertible or even a full-length wetsuit to keep warm.

Harness

Lessens strain on your arms and hands by transferring the power of the sail directly through your body. Try it on in the shop and make sure you get one that fits comfortably, because you'll be wearing it every time you sail.

Mast

Think of the mast as a skeleton for your sail – without it, your sail wouldn't stay up. The mast is inserted at the foot of the sail, and travels up the sail's sleeve to the head.

Foot Straps

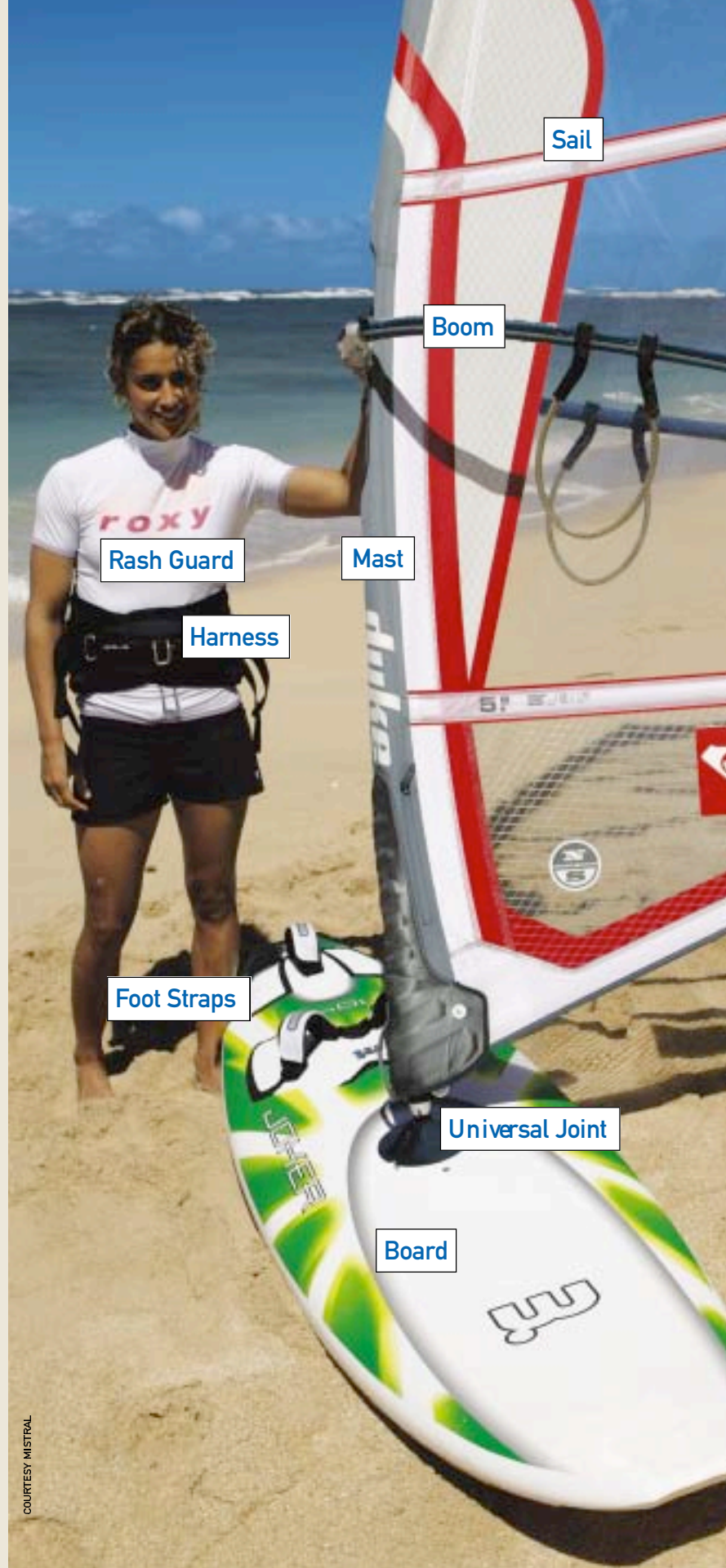
Once you get comfortable moving at speed, foot straps offer more control over the board.

Universal Joint

The universal joint (sometimes referred to as the U-joint) attaches the rig to the board and allows it to move in any direction – letting you use the sail to steer the board.

Board

What you stand on and attach the sail to. More width and volume (measured in liters) mean better stability – important for beginners to consider.



COURTESY MISTRAL

EZZY Kid's Rig

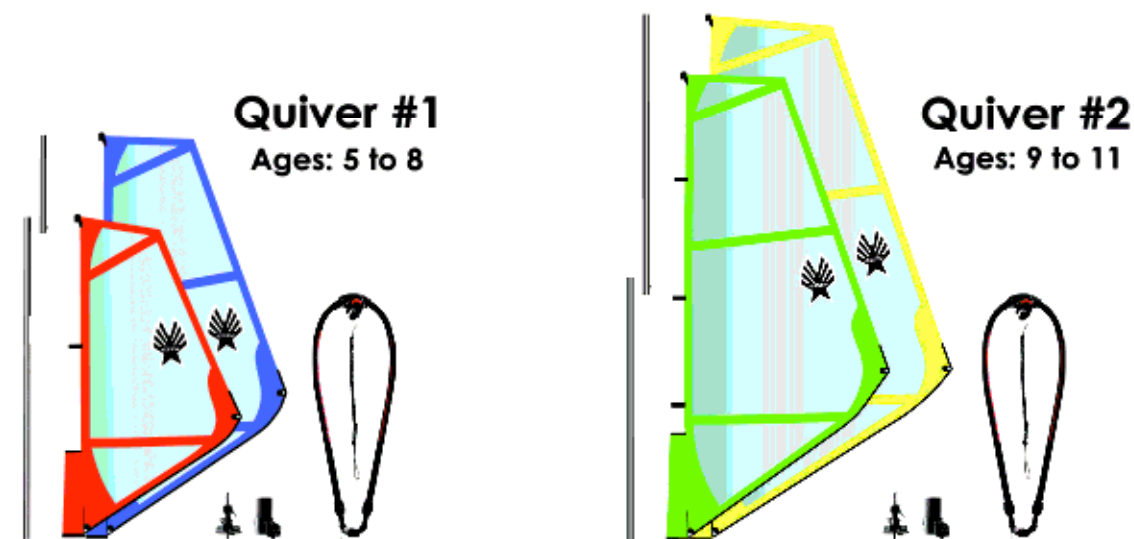
“Within an hour, Neal was sailing

out on his own, turning around and returning. I was totally blown away. In all the years I had instructed students, this had never happened on the first day, much less an hour. I contribute this to your rig. It is incredibly suited to his age. He never had a problem uphauling or handling the rig.”
- David Black (Neal's dad)

“I love my 1.5. It's as light as a feather.” - Anna Ezzy (age 8)

“The Ezzy Kid's rig is a simple and durable design. It is so light that kids become comfortable lightwind sailors in the first hour or two. My own son, Evan, learned sail 360s and duck jibes his first day.”
- Gary Stone (Owner, Isthmus Sailboards)

Choose The Right Quiver According To Your Child's Age



Suggested Retail: \$270 includes:

- 2 David Ezzy designed sails: 1.0 m² and 1.5 m²
- built-in mast pad, two-ply leech, reinforced grommets
- endobatten profiled seam shaping sets an exact profile in the sail
- adjustable, two-piece anodized aluminum mast
- adjustable, clamp-on boom with small diameter grip
- Quick-release, euro-pin base
- spin-on tendon universal with rope leash
- bungeed uphaul
- outhaul and downhaul lines included
- Nylon carry-bag holds all of the above

Suggested Retail: \$280 includes:

- 2 David Ezzy designed sails: 2.0 m² and 2.5 m²
- built-in mast pad, two-ply leech, reinforced grommets
- endobatten profiled seam shaping sets an exact profile in the sail
- adjustable, two-piece anodized aluminum mast
- adjustable, clamp-on boom with small diameter grip
- Quick-release, euro-pin base
- spin-on tendon universal with rope leash
- bungeed uphaul
- outhaul and downhaul lines included
- Nylon carry-bag holds all of the above



Taking Off

Get the basics and your opportunities are endless. Windsurfing is as easy or as challenging as you want – check out where it can take you.

A] FREE-RIDE

Simple. Fun. Safe. On a basic level, everyone's a free-rider – because free-riders are sailing for the simple fun of being on a windsurfer. Free-riders might enjoy cruising a local lake, or blasting across the protected waters of a bay or harbor – just being out on the water.

B] RACING

Challenging. Rigorous. Social. Hone your windsurfing skills and test them against others – while getting involved with the sport and meeting other sailors in your area. Intimidated? Don't be. Almost every windsurfing regatta has classes for new sailors to compete against others at a similar level.

C] FREESTYLE

Explosive. Graceful. Technical. The newest genre in the sport. Freestyle sailors push the limits of what can be done on a sailboard, introducing a complicated array of tricks sure to dazzle. In the air, sliding across the water, or piroouetting on the board, freestyle windsurfing is dynamic to do – and see.

D] WAVE SAILING

Artistic. Powerful. Sexy. Wave sailors enjoy the three-dimensional terrain offered by ocean conditions. The challenge of negotiating waves while sailing introduces another level of excitement, producing some of windsurfing's most impressive sights. Aspiring wave sailors should be at the intermediate/advanced level before tackling the surf.



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5 Ways to Hook Your Kids Fast

Not long ago, Mom and Dad would windsurf while the kids stayed on the beach. Today, that's changed. Sailors as young as 4 years old can hit the water thanks to lightweight, scaled-to-fit kids gear. Chances are, if your kids can swim, they can windsurf – provided they want to. Here are tips to spark their interest.

1. Let them play on a board.

With the sail detached from the board, take it to the water and have your kids stand on it. Challenge them to walk to the board's nose, then tail to develop balance and inspire curiosity.

2. Have them sail with you.

On a light-wind day, if you feel competent in your sailing skills, ask your kids to join you by seating themselves on the tail of the board for a free ride. Then ask if they'd like to "help" you.

3. Find other kid windsurfers.

Nothing prompts a kid's interest in windsurfing faster than seeing other kids do it. If some kid rippers exist in your area, bring your kids to the beach to see them sail.

4. Enroll them in a kids windsurfing lesson.

Shops with lesson programs often offer kids windsurfing classes or camps. Groups of kids matched with a certified instructor make for a perfect learning environment.

5. Find the right kids gear.

Trying windsurfing is one thing; getting hooked is another – especially for kids, whose smaller stature makes the right-size rig vital for success. Use the "Kids Rig Sizing Guide" below.



Kids Rig Sizing Guide

Most windsurfing companies offer kids rigs as a package, which includes a sail, boom, mast and mast base, all tailored for kids. The rigs also attach to any adult or kids board. While kids boards are ideal, adult-size boards can accommodate children for first-time windsurfing experiences.

Child Weight (lbs.)	Sail Size (square meters)
30-45	0.8
46-60	0.8-1.5
61-70	1.5-2.0
71-80	2.0-2.5
81-90	2.5-3.0
91-100	3.0-3.5





What's Next

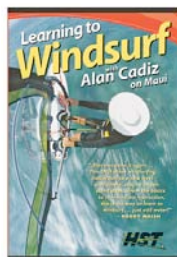
SANDIE MCDADE-ALLEN

Watch Windsurfing

Instructional DVDs can be a great resource for reinforcing what you've learned in your first windsurfing lesson – or a great way to hook your friends. Here are a few of our favorites.

LEARNING TO WINDSURF WITH ALAN CADIZ IN MAUI

Alan Cadiz, one of the most well-known instructors in Maui, the mecca of windsurfing, has put together this excellent DVD that teaches the basics of windsurfing. Available at sideoff.com, \$29.95



Surf windsurfingmag.com

Windsurfingmag.com offers plenty of great information for aspiring windsurfers – you'll find all sorts of instruction for basic, intermediate and advanced sailors. Then you can tune in for the latest news in the windsurfing world and bonus coverage from *WindSurfing* features, or ask for help on our new forums. You'll also be able to download an online version of this Beginners Guide – feel free to give it to friends or acquaintances.



Attend a Clinic

Windsurfing clinics are a great way for ambitious learners to work on sailing basics. You get multiple days of instruction, and clinics are held in windsurfing hot spots that can boost you over the learning curve while providing vacation fun for your family. Get the latest calendar of clinics at windsurfingmag.com.

Join the Club

Windsurfing clubs are an excellent way to get into the sport. A lot of windsurfing clubs even provide free lessons and have beginners gear for newbie windsurfers to learn the basics. They also might sponsor several events over the course of the year, such as races, parties and clinics. The easiest way to find out about clubs in your area? Ask the next windsurfer you see at the beach!



COURTESY STARBOARD

NAISH WINDSURFING QUICK GUIDE

In this DVD, windsurfers Anne Marie Reichman and young Kai and Ridge Lenny teach the basics of windsurfing from rigging to sailing. Includes incredible bonus footage of some of the world's best sailors ripping it up in Maui. Available at naishsails.com.



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GLOSSARY

Other good stuff to know

BEAR AWAY To turn the board away from the direction the wind is coming from. Same as head down, fall off, bear off.

BEACH START A method of mounting the board in knee-deep water with the sail flying.

BEAT To zigzag your path of travel against the wind to reach a point upwind of you.

BOOM The "handle" of your sail. It's where you'll hold on most of the time.

CENTERBOARD Large retractable fin found on longboards and learning boards. Helps provide stability and enhances a board's upwind capabilities.

CLEW Back corner of the sail.

DOWNHAUL A rope attached to the mast base that pulls the sail down onto the mast.

DOWNWIND Direction the wind is blowing to, or a path of travel.

FIN Attached to the bottom of the board at its tail, it provides directional stability.

FOOT STRAPS Foot straps allow more board control and foot steering at high speeds for advanced sailors.

GRID CONSTRUCTION A modern sail material such as Pentex or X-Ply that is reinforced for toughness.

HARNESS LINES Lines attached to the boom used for hooking in to a harness.

HEAD UP To turn the board toward the direction the wind is blowing from.

JIBE To change the board's direction 180 degrees by turning downwind.

LITERS The unit of measurement of a board's volume – the number of liters of water it would displace if submerged.

MAST BASE Attaches the U-joint to the board.

MONOFILM Clear, lightweight plastic material used in modern sails.

NOSE The front of the board, often slightly pointier than the board's tail.

OUTHAUL The line that connects the back corner of the sail (the clew) to the boom.

PLANE In windsurfing, it's when the

board gains enough forward speed to break free of the water and skim the surface, reducing drag and allowing the fastest speeds.

PORT To the left of the forward motion. Sailing on port tack is sailing left hand forward. Port tack yields right of way to starboard tack.

RIG (noun) The combination of sail, mast, mast base and boom after it is assembled; (verb) to assemble these components.

STARBOARD To the right of the forward motion. Sailing on starboard tack is sailing right hand forward. Starboard tack has right of way over port tack.

TAIL The back end of the board, usually the squarer end. This is the end with the fin.

TACK (verb) To turn the board upwind, through the direction the wind is coming from, so you can start sailing in a new direction. Opposite of the jibe, and useful for gaining upwind ground.

UNIVERSAL JOINT (U-joint)

Component that connects the sail to the board that allows it to move in any direction.

UPHAUL A rope attached to the rig that is used to pull the sail up and out of the water.

UPWIND Toward the direction the wind is coming from.

VOLUME A measurement of a board's displacement, which correlates directly with its flotation. The more volume, the more float.

WATER START A technique used by intermediate or advanced sailors in which the sail lifts them from the water onto the board. A necessary skill for sailing smaller boards that don't provide enough float to stand on and uphaul the sail.



Thanks to veteran instructor Mac Barnes of the Vela Aruba Windsurf Center, and models Carla Van Loenen and Charlotte Skinner for their help demonstrating basic windsurfing techniques.



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