



# **Stand Up Paddling: Flatwater to Surf and Rivers (Mountaineering Outdoor Experts) (Moes)**

*Rob Casey*

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## **Stand Up Paddling: Flatwater to Surf and Rivers (Mountaineering Outdoor Experts) (Moes) Rob Casey**

The first and only guide to the country's fastest growing sport. Longtime stand up paddler and instructor Rob Casey has authored the first and only comprehensive guide to stand up paddling. From choosing the right gear to stroke techniques and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you exactly what you need to take your SUP skills and knowledge to a specific environment. Whether you want to learn about fitness or expedition planning in flat water, how to forecast waves and current for surfing, or how to use river eddies to your advantage- it's all here in this easy to use reference guidebook from stand up paddling expert Rob Casey.

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Stand Up Paddling: Flatwater to Surf and Rivers (Mountaineering Outdoor Experts) (Moes) can be one of your starter books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to place every word into delight arrangement in writing Stand Up Paddling: Flatwater to Surf and Rivers (Mountaineering Outdoor Experts) (Moes) nevertheless doesn't forget the main point, giving the reader the hottest and based confirm resource info that maybe you can be one of it. This great information can easily drawn you into brand new stage of crucial imagining.

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