

**H**ydrofoiling is brewing. More people are riding. Equipment is getting better. Skill levels are going up fast. Competitions are giving riders incentive to practice, and *Flight* is here to cover the action as this sport takes off.

Some of my readers have suggested they would like to see more pictures of other riders. So would I!!

You, the hydrofoilers out there, need to take action. Take some pictures and send them to me (full frame slides are best, but a clear photo works too). Have an idea about foiling? Jot down a few words and contact me about writing an article.

Do you enjoy this newsletter? Get involved to keep it going strong. Tell a friend about it, or sign up yourself.

I will continue to concentrate on instruction, while bringing the latest news of events. I will also always give you health & fitness training tips, so important for progressing.

All for you.

*Tony Klauich, D.C.*

### INSIDE

#### Foiling Around

Great Granny@80...3

#### tips&tricks

Helicopter..6

Low Back Strengthening..10

#### Features

Centerfold Collage

3rd Swiss Championships...11

#### Interview

Damon Moore...12

#### Extreme News

Riding High...14

Marketplace...15

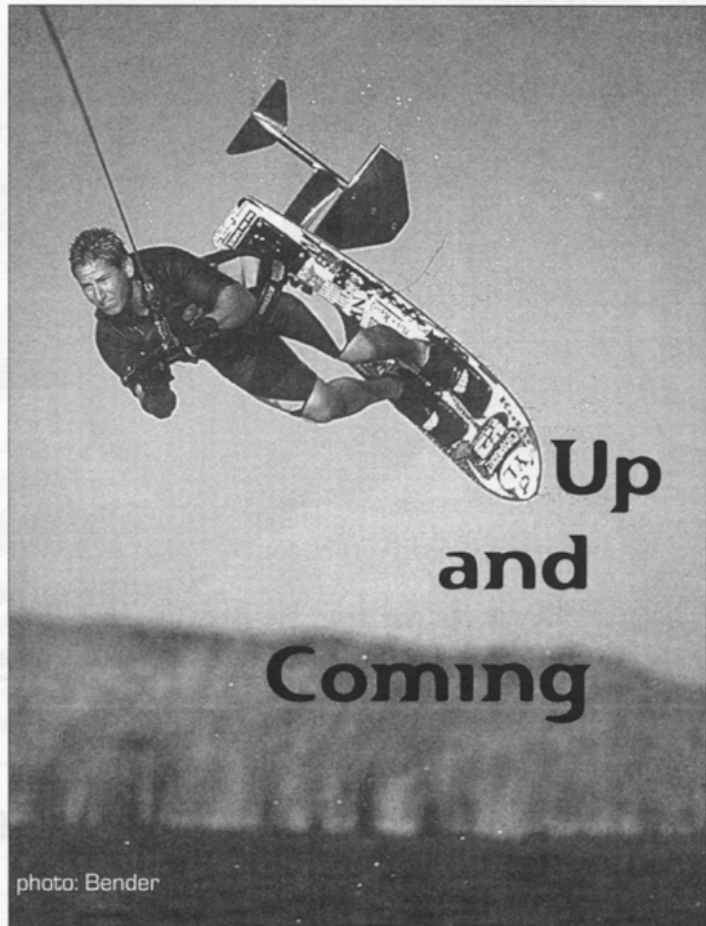


photo: Bender

Brian Vesely is a world class rider from Southern California

## Support Your Sport

Hydrofoiling is on the verge of going Big Time. You can help to be a part of that, you've just got to get involved.

**Go to a Tournament:** Organized competitions bring people together to exchange ideas while advancing the sport. They are great fun! Competition fuels new tricks and riding. If we hold lots of successful events, foiling can be an X-Games sport. We also need a minimum of 10 ace riders to represent the sport on a world stage. To date, the list is simply too thin. (send me your votes for top ten riders). When we do this we will make it into the X-Games (my prediction; 3-5 years).

**Subscribe to Flight:** This newsletter needs you. Please subscribe today. So far only 200 people have signed up. That's not enough. There are thousands of you out there who enjoy the sport. Take it to the next level by learning new skills and staying in touch.

**Ride with Friends:** This is the core. Friends push each other to excel. Personal achievement feels good. You can set athletic goals and reach them.

**Your Homework:** Write down 5 things you will do to get involved with your sport. →