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Exciting for Experts, Big Fun for Beginners

The world of “extreme sports” is a vast and rapidly growing collection of adrenaline-pumping activities where athletes go bigger, faster, and higher, and at times even risk their lives for the rush. Turn on ESPN in the summer or winter and you can watch the “X-games” where participants from all over the world come to compete in these “extreme sport” events. Walk into any bookstore and find entire shelves of magazines and books devoted to “extreme sports.” Whether it is towing in to a 40-foot wave at Mavericks or free climbing the nose of El Capitan, one thing is for certain, extreme sports are here to stay.

Most of us enjoy extreme sports purely as spectators, watching with jaws dropped, as athletes attempt feats that appear possible only to the

insane. However, these men and women, like all other athletes, train hard, practice continually, and sacrifice much to succeed in their chosen sport. An extreme sport is one where participants push the limits of what is humanly possible and take the sport to the next level. However, we do not all need to be conditioned athletes with nerves of steel to enjoy the world of extreme sports. If you want to go “extreme,” you simply need to go out and try something new and push your own personal limits just beyond your comfort zone. In the end you will experience the same rush as those seemingly crazy athletes we watch on TV.

The following are few ways you and your family and friends can begin to experience what it means to go “extreme.”