

Title:

Learning To Surf In Sydney for the Over Thirties

Word Count:

1344

Summary:

Humorous article about a Sydney man learning to surf in his late thirties. Addresses the common

Keywords:

feature articles feature writing, surfing, health, exercise, Sydney, Manly, Bondi, beaches

Article Body:

A few months ago, a friend called to ask if I'd like to join her on a surfing lesson. Giving t

Having recently broken out of Sydney's Lower North Shore maximum suburbia and moved to the fun

"Sure, count me in" I replied. Breaking the news to the fun police couldn't be any more embarrass

The day arrived, and everything seemed to be was going to plan. Paddle out, thrash about like

Then the most bizarre thing happened. After landing one particularly kind wave and staggering

There was no denying my giant esky lid was about the size of the QEII, and would have remained

Amongst a list of very lame excuses, only one seemed to have any validity. Fear. As a teenager

In my twenties, I was building a career, travelling the world, and discovering that there was

After the lesson I realised how irrational these fears had been. I'd seen dozens of board ride

Which meant I'd need a more tangible fear. It came to me just after the smirking surf shop gro

Coyly making my way down the beach, I felt the stares of beach dwellers boring into me, knowin

I've been honing my paltry surfing skills for a while now and still find myself upside down mo

Four things every late starter should know about surfing:

1.Physiological studies have demonstrated that surfing is an excellent form of exercise. An ae

2.Male surfers have licence to stand at the back of the beach and ogle women for at least fift

3.It is worth investing in a good quality wetsuit. In addition to their heating benefits, they

4.No matter what your mates tell you, a wetsuit should be worn with the zipper at the back. I

Best places to learn to surf in Sydney:

Manly Surf School www.manlysurfschool.com

Offers classes at four of Sydney's northern beaches daily throughout the year.

Bondi Surf School ~ Lets Go Surfing www.letsgosurfing.com.au

Offers classes at Sydney's most famous beach throughout the year.

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