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## Stand-Up Paddle: Now That You've Seen It, Do It!

I was once like most of you, standing on the beach, soaking up the sun and enjoying the beach, when I noticed some hot-shot on a surfboard standing up and paddling!?! There was no wave, no surf, and no one seemed to mind. My subconscious shouts, "How does he do that?!?" Just trying to catch a wave and stand up exhausts me. This guy rises without a wave. He must have tightrope walking balance talent (I swear, I didn't want to rhyme), or a really large board, as it turns out.

The growth in popularity of the **Chicago SUP** surfboard has given most individuals who visit the beach this opportunity. It's also catching on in recreational lakes and rivers across the country. And it's impossible to see yourself out there without failing to stay in control like a hot-shot on the mechanical bull after a few beers if you watch a stand-up paddle surfer or stand-up paddleboarder (as with no wave he's not surfing). Yet the truth is only a question away if you approach the individual like he approaches the shore.

### **Surfing on a paddleboard is simple!**

You will discover that the "SUPERS" group is the friendliest, most enthusiastic, and most supportive community you have ever encountered. There is an instant bond between two stand-up paddlers who have never met. Stand-up paddling is for everyone and has no boundaries like traditional surfing. There is no competition or exclusivity like there is among surfers for the greatest secret place. Because of its history, I would even claim that SUP is more traditional. Yes, **SUP Chicago Rentals** has been around longer than wave surfing.



It's been one of the main modes of transportation for islanders for centuries, but it's just recently become popularised as a sport, with free-market entrepreneurs pushing it into waterways all over the world.

Off course, the internet is the best location to learn about this new sport. Stand-up paddleboard manuals, tutorials, and how-to videos are readily available. Rentals are reasonably priced, and with the right guidance, you can go out and back while remaining fully dry from the knees up. Find a [meetup.com](http://meetup.com) group if you're reluctant but want to give it a shot. There is no longer any reason not to try it out. Now that you've seen it, go ahead and do it!

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