

Stand-up paddle boarding becoming a must-do sport

By Allen Pierleoni, Sacramento Bee



Let's see, how does this go again?

First, climb on top of the paddleboard and lay the paddle perpendicular to the board. Rise to the knees and pick up the paddle. Position the nose of the board into the wind coming off the lake. Uh-oh, the surface is rippling. That's no good.

Take a few more strokes and get the board moving. Now rise slowly to the feet, pushing up with the hands and arms, bringing along the paddle. Position the feet on the board's center point.

The learning curve is supposed to be five minutes and the thrill immediate, I'd been told. But wait – the board was getting tippy. ... Whoa! Ker-splash!

Lake Tahoe is cold in the morning, as I was reminded several times recently during a quick how-to session on flatwater stand-up paddleboarding, or SUP.

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