

AMERICAN YACHT CLUB

SCOTCH CAPS

SPRING EDITION



40° 56.448N – 73° 41.938W



STAND UP PADDLEBOARD

10 Reasons to SUP at AYC

1) It's a year round sport. No matter what the naysayers say. It's heartily enjoyed by an adventurous group of Rye moms (dads are welcomed) who launch out of AYC all summer and winter long.

2) It compliments a sailor's lifestyle because it's the best when there is NO WIND. So when you can't get out for a sail because the wind died, go grab a paddle and a board, 'cause SUP's Up!

3) It's challenging yet peaceful and rejuvenating. It's a way to experience (year round) the beautifully calming effect of being out on Long Island Sound. Some even argue that it's right up there with sailing! And for those who love to surf (as I do), it's as close as we can get to that surfer's high, here in Rye.

4) It's a full body work out with extra focus on upper body and core strengthening.

5) It's a great way to bond, with other SUP'ers **AND** with the Sound!

6) Just about anyone can do it.

Almost any age can get the hang of it...it just requires stability (and yes, a sense of humility if you do fall in).

7) It looks cool! People always say so!

8) It feels great! When you get off the water, you feel like you can tackle just about anything.

9) It's a carbon neutral sport. You are not harming our environment in any way by paddleboarding. On the contrary, you can even help the environment out while paddleboarding by picking up bits of trash found floating in the sound!

10) It requires very little equipment and it's a highly portable sport. You can pop in just about anywhere, on any body of water, with very little effort or preamble.

In winter, the water can be glassy and there are no boat wakes (or boats) to get in our way.

With the right gear and the right attitude it's most certainly an AYC winter sport! And safety first, of course: wearing Neoprene is key, life

jackets are a must and a means of communicating to shore in case of an emergency is essential.

This summer, there will be a multitude of stand up paddleboard activities such as full moon floats, adventure paddles around the marshlands and rides down the brook (at high tide and after big rains!).

There will be floating yoga classes, in addition to straightforward paddles around the marina and Long Island Sound. Kayakers can join in the fun on all SUP outings (with the exception of yoga classes).

So, the next time the wind dies down, think of the outstanding exercise and contentment that paddling on the Sound can offer. Just grab a board and a paddle. Come out and join us, for your 1st, 10th or 100th time!

You won't regret it.

For further information, contact Lisa Miller at lisamiller777@gmail.com or (914)217-0777