

# Adventure Sports FREE! JOURNAL

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Inspiration for Outdoor Athletes



*Surf Camps:* NOT JUST FOR KIDS

*BIG SUR:* Beyond the Highway

**SOUTH FORK AMERICAN:** Future Flows in Jeopardy

*Castle Rock to Everest:* A Climber's Ascent

**Quiet Water Paddling**

*Sea Food:* NUTRITION TIPS FOR SURFERS

Check out the **ADVENTURE EVENTS CALENDAR** on page 25

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