

Riding Bumps: Sup And Prone Paddle Race Training By Roch Frey

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About Riding Bumps; intermediate paddler must know before they race or train on a prone paddleboard. by Roch Frey and both Roch and George Plsek

Getting serious about sup race training |

written by Matt Wright from Riding Bumps With the constant growth of SUP racing and the increasing number of SUP events, fitness and training Red Paddle

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About Us: Riding Bumps SUP and Prone Paddle Race - Bing. Roch Frey, Paul Huddle, David Darbyshire, Chuck Glynn, Jenny Kalmbach, George Plsek, John Ennis and Chris

Riding bumps

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before you move on to more advanced tricks like riding a barrel. Each trick is not only shown with Riding Bumps: SUP & Prone Paddle Race Training

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Roch Frey is the author of Riding Bumps (4.00 avg rating, 4 ratings, 0 reviews, published 2013), Riding Bumps (3.33 avg rating, 3 ratings, Roch Frey s Followers.

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About us: riding bumps sup and prone paddle race

Book Authors: Roch Frey: Roch is former professional triathlete from Canada who s coaching expertise has become world renowned among the very best in the sport.

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