

Her Sports Gearing Up

The May/June 2007 issue of *Her Sports* magazine featured Girls4Sport's board shorts in a gear review sidebar for kiteboarding.



Gearing Up

KITES Made of light, rip-stop nylon and containing inflatable bladders, these kites are highly technical and expensive. Many kite schools provide beginners with new-to-the-market bow kites, which some believe are easier and safer to use than the traditional C-shaped kite. An instructor can help you determine the right kite size, based on your weight, experience and the wind conditions where you intend to ride.

CONTROL BAR AND LINES A control bar is used to steer the kite. It attaches to a stainless steel "spreader bar" on your harness and to your kite with a four- or five-line setup.

HARNESSES Kiteboarders use waist, seat or impact vest harnesses to attach themselves to a kite. Many beginners find that seat harnesses are the most comfortable and make flying easier.

BOARDS Learn on a large, buoyant board, which is easy to stand up on. As you improve, you may want to upgrade to a smaller, faster board. Ask an instructor to help you determine the correct board size.

CLOTHING Wear a comfortable swimsuit that will stay in place underneath a lifejacket and your harness. Depending on the climate, you may want to wear a wetsuit or rash guard for warmth. Wear board shorts if you aren't wearing a wetsuit to prevent chafe. Beginners will also need a helmet.



Girls4Sport Relaxed Board Shorts in Graffiti, \$48, girls4sport.com



Liquid Force
Luna 127, \$470,
liquidforce.com