



Dear family, friends and clients,

Hope you've had a great end to the winter. At Surf Ontario we had another amazing month with a huge sale, some great waves and we're excited to introduce our weekly sale, the 'Snap it Up'! Enjoy the spring weather, the news and links below.

Recent Surf



Likely one of the last winter surfing shots for this season, we were lucky enough to have [Alastair Macpherson](#) on hand for the surf last week. This photographer was incredible as he stayed out in the blizzard shooting for 3 hours...and he thought we were hardcore!

SURF ONTARIO LINKS

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LATEST LINKS

[Soul Surfer - A Must See](#)

[We Have Wetsuits!!](#)

[Slater - Top 10 Waves of 2010](#)

[Sadly - Sion Milosky Dies Surfing Mavericks](#)

[Check out the rest of the shots on this link.](#)

Snap it Up!

Surf Ontario is stoked for the **Snap it Up!** sale. Each week, we'll sell **1** SUP, surfboard or wetsuit to **1** person on **1** day. The product will be posted on the [facebook page](#) & emailed to the Board Deals email group. Then it's a free for all - first come first serve!

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Quick Tip to Prep for SUPing this Summer!

Train the muscles in your feet.

Many of us have sedentary jobs spending a fair amount of time sitting year long and the majority of us sport footwear to handle the outdoor terrain. Problems arise when summertime comes and we hop on a SUP barefoot and 20 minutes into the paddle the muscles in our feet are burning forcing us to turn back or take a kneeling break.

Standing barefoot on your SUP is a great way to strengthen the muscles in your feet and improve foot posture, however it is important that you spend some time over the spring training your feet to be SUP ready!

Try standing on one foot on a soft surface such as a yoga mat without shoes for 10 repetitions of 10 seconds. You can alternate feet, do your right foot for 10 seconds, followed by your left and repeat 10 times.

The next week add more reps and add a longer work interval assuming your feet can handle it. You don't want to fully exhaust the muscles rather just activate the muscles and stop before the posture in your foot fails. (excessive pronation or supination)

Until next time, stay fit and stoked!

Mike Sandusky and the Surf Ontario team.



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