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GIRLZ GUIDE TO SPORTS

Feel the rush! Check out the coolest sports and the fearless girls who play them.

Look inside to learn about motocross, surfing, wakeboarding, BMX biking, skateboarding and snowboarding – and hear from talented pros in each sport! There's a Q&A with Tara Dakides, one of the top women snowboarders in the world, and a fun quiz that will make you want to get out and play!

"I would rather get down and dirty and play alongside the guys than sit on the sidelines and look cute"

– Sarah Whitmore, 21
Four National Titles, Motocross

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Read up on some of the hottest sports!

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Surfing: Women surfers are making waves! It's a sport of skill, balance, concentration and determination. "I love the lifestyle of surfing. I go to bed early, get up before the sun, and check the surf every day," says pro surfer Holly Beck, 25. "I travel around the world to compete."

Motocross: Women's motocross, a sport where girls race motorcycles off-road enclosed tracks, is getting super popular. Boys used to dominate this adrenaline-spiked sport, but girls like 2004 WMA champion Jessica Patterson, 22, are racing to change that: She says she's going to race the Men's Nationals this year – and her goal is to be the first woman to qualify for it!

BMX Biking: BMX biking is like motocross, except the bikes are pedaled, not motorized. The races are on sandy, hilly tracks and athletes can perform tricks on ramps. "If you are going to start riding BMX," says pro rider Cory Coffey, 23, "understand that it's not something you are going to be good at instantly. It takes time, dedication and practice."

Skateboarding: Pro skateboarder Lyn-Z Hawkins, 16, loves skateboarding because it's the kind of sport that you can do with friends or alone. It's tons of fun, but it takes a lot of practice! "When I feel too tired to do it, I usually watch a skate video or call a friend so I will have someone at the skate-park to help motivate me."

Wakeboarding: Like waterskiing, in wakeboarding the athlete is towed behind a boat, but instead of skies, she's on something that looks like a snowboard. "My favorite part about wakeboarding," says pro wakeboarder, Melissa Marquardt, 21, "is being on the boat with a bunch of buddies on a hot summer day, just hanging out and pushing each other to learn new tricks."

Check out ELLEgirl.com/girlzguide to read Q&A's with more awesome athletes!



Jolene Van Vuyst, first woman to back-flip on a full-sized dirtbike

Meet Tara Dakides, Pro Snowboarder
She's one of the best-known female snowboarders in the world, and she's an inspiration to athletes everywhere. She has her own trading cards, appears in video games and even helped create her own snow clothing line with Billabong!

Verb: How did you get into snowboarding?

Tara: I skied since I was four, so I knew what snow was all about. I was 13 when I first tried snowboarding and although I got frustrated from falling so much, I still loved it and knew I wouldn't be going back to my skis again.

Verb: What's your favorite part of the sport?

Tara: I love the mountain air, the mountain life, and just being able to play on my board, my sled and in the snow.

Verb: How do you train?

Tara: I'm over the gym because I went so much in the last couple years. Instead, I do a yoga/pilates type workout at home. I also surf, ride motocross, play soccer and bike...snowboarding and hiking keep me strong while yoga keeps me flexible.

Verb: When you feel too tired to practice, how do you motivate?

Tara: I will usually take that day off – or get some caffeine and good music!

Verb: Can you give the readers a tip?

Tara: Just have fun! You always ride your best when you're not griping too much – when you're calm and having fun.

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Tara in action

CHECK OUT WHAT SEE HAS TO SAY.

ARE YOU A COUCH POTATO OR A HOT POTATO?

1. When you get together with friends you:

- A. Play video games or watch a movie.
- B. Go shopping.
- C. Round up a crew for a game of basketball.

2. In gym class you:

- A. Find any excuse so you can sit out.
- B. Participate, as long as you don't have to break a sweat.
- C. Have fun! It's your favorite hour of the day.

3. You find a ball in the street. You:

- A. Step over it.
- B. Kick it around for a while.
- C. Kick it to a friend, who kicks it back – and suddenly you find yourself trying to score an invisible goal!

4. The last time you went for a run was:

- A. Um, yeah right! Run?
- B. A week or so ago.
- C. This morning.

If you answered mostly A's, you're a total couch potato. Try changing up your routine and going for a walk with friends after school -- even if it's just around the mall! Getting yourself moving will actually give you energy!

If you answered mostly B's, you're on your way to becoming a hot potato! You choose games that keep you moving, but there are times when you're feeling kind of lazy. Sure, it's hard to resist the urge to veg on the couch, but with a little motivation, you'll be a star player!

If you answered mostly C's, you're a hot potato! You're always into the game, and up for a challenge. You don't like to waste your days, and love to feel the energy, the rush and the exhilaration of play. Now pass that energy on to all of your friends!



Now that you've read up on these sweet sports, and heard from some of the cool girls who take part in them...

IT'S TIME FOR YOU TO GET INVOLVED!

We're here to help: You can win a VERB YELLOWBALL™ or an awesome ELLEgirl branded sweatband*, *(so you can look totally cool while you play!).*

To enter the sweepstakes, follow these simple steps: First, you'll need to register for ELLEgirl Gets Wired at ELLEgirl.com/mobot if you haven't already. Then, use your mobile phone to play*:

- 1. SNAP** a pic of any of the pages of this booklet.
- 2. SEND**** to eg@mobot.com
[No camera phone? Text message the words "eg verb" to 66268]
- 3. WIN** You'll get an instant message back saying whether or not you've won any of the sweet prizes

*While supplies last

**Standard text and picture messaging rates apply. If you don't have a cell phone, email us at eg@mobot.com instead! In the subject line, write "eg verb." In the body of your email, write your name, address and phone number. You'll get an email message back saying whether or not you've won!

Are you up for some action?

This March, make a trip out to the U.S. Open Snowboarding Championships at the Stratton Mountain Resort in Vermont! From March 14-19, you can feel the rush of wind through your hair, hear the cut of board through snow, and watch pro snowboarders from around the world conquer the mountain!

