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Teens to Raise Money in Skateboarding Marathon for Cancer Research

By Diana Clarke

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by: **Diana Clarke**

A very resourceful teen from Ontario, Canada, will be skating across North America to Canada to help raise funds for cancer research.

Skate4Cancer is a marathon that will begin in Los Angeles and end in Toronto, Ontario, Canada.

Beginning in early March, Robert Dyer, Kyle Massaar and a group of friends plan to visit skateparks to promote Skate4cancer and to raise awareness of cancer research and funds for the Canadian Cancer Society.

Robert Dyer will be skateboarding the distance—around 5,000 miles from Los Angeles to Canada. He is working with a personal trainer every morning. What's more he is following a diet and exercise program to prepare himself for the marathon, which will include trekking through the desert and the rockies.

The gang has already been hosting events to collect donations for the supplies and equipment they will need for the trip, including propane stoves, Hammocks, flashing Lights, tents, coolers, microwave, fridge, and several propane tanks. They will be dedicating their journey to their heroes, Tony Hawk and Terry Fox, and to cancer victims everywhere. Rob will dedicate The first and last kilometer of the trip to the memory of Wendy M. Dyer.

Schedule

Los Angeles to Orange March 3 to 6

Orange to Ontario March 7 to 10

Ontario to Phoenix March 11 to 26

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Phoenix to Houston March 27 to May 17

Houston to Waveland May 18 to June 13

Waveland to Knoxville June 14 to 27

Knoxville to Louisville June 28 to July 15

Louisville to Cleveland July 16 to August 3

Cleveland to York August 4 to 13

York to Moorestown August 14 to 20

Moorestown to Elizabeth August 21 to 23

Elizabeth to New York August 24 to September 3

New York to Johnston September 4 to 14

Johnston to Oakland September 15 to 20

Oakland to Niagara Falls September 21 to 25

Niagara Falls to Oakville September 26 to October 1

Oakville to Toronto October 2 to 7

Toronto to Newmarket October 8 to 10

For more information contact : Skate4Cancer

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Diana Clarke is a teacher, freelance writer and founder of The Sun and Your Skin, a health and science website on life and light at

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Skateboarding - Selecting The Proper Attire

By Dana Bradley

The majority of people who choose skateboarding as a sport are usually of the rebellious nature or the type of people to go against the grain. They may be the one who barely follows anyone's dress code whether at school or at work. In skateboarding their many will find it very hard to believe that skateboarding has a dress code. A skateboarder's dress code is simply for safety reasons.

Once a skateboard graduate completes the skateboarding school of hard knocks and when they are ready to compete against any one who can skateboard, there are a few dress code rules to follow.

The first thing a new skateboarder needs to invest in is their wardrobe. They don't have to go overboard when finding your new wardrobe. First, one should go through their current wardrobe and find styles that are fashionable as well as comfortable. Wear loose fitting jeans, slacks or shorts. Loose fitting pants should not be long enough to cover your shoes. The bottom of the pants leg should fall above the sneaker.

When a skateboarder wears pants that fall to the waist or the baggy grunge style pants, make sure that they do not fall to the waist while skateboarding. Pants that fall to the waist could fall completely off the body. A person trying to pull up their pants while skateboarding is not only embarrassing, it is a safety hazard.

When wearing sneakers, make sure that your laces are properly tied. Unlaced shoelaces can easily get tangled into the wheels of the skateboard. It is not recommended to wear sandals while skateboarding. A skateboarder should wear comfortable sneakers.

Choosing the top of the line or the 'coolest' skateboard man or woman can buy should not be your first preference. Always choose safety first, then work your way to selecting a skateboard that offers quality and then work your way down to style. There are several types of skateboard setups. Choosing a position on the hand will let you know if you are not sure which foot you should put in front while riding. Learning how to push your skateboard properly is very important. Once a skateboard learns how to ride like a 'pro' then one can advance to learning the tricks. Most of these tricks are based on jumping with the skateboard and allowing it to cruise at a smooth pace.

Safety Tips to Learn While Skateboarding

In order to skate like a pro a skateboarder has to know all of the safety tips involved with skateboarding. A skateboarding pro doesn't just know all the dress code rules; they also follow them to the 'T'. Learning to skateboard is more than learning the latest tricks. Its also about learning new ways to skateboard safely.

Dana Bradley writes about

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and

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