

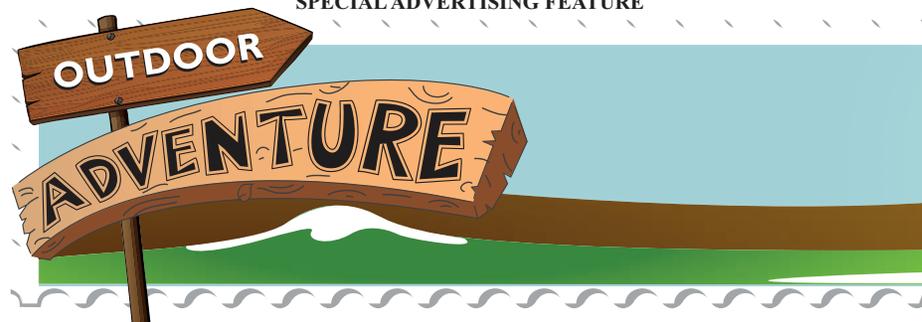
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SPECIAL ADVERTISING FEATURE



Falling with style

Conquer your fears by skydiving

By Harrison Gregory/Outdoor Adventure Writer

Of the many superhero powers referenced in pop culture, the ability to fly ranks high on any list. Think about it: You could travel anywhere fast, soar above the ground without fear, and speed really, really quickly. But until technology advances far enough to grant these skills, skydiving remains the closest activity to physically flying.

The sport of skydiving has many inherent positives. It provides a sense of adventure in a natural environment that most people don't have the opportunity to experience. It provides awe-inspiring aerial views from high above land and water. It provides a jolt of adrenaline for those looking to push their limits. And it gives people the chance to face their fears.

It's been said that the best way to conquer your fears is to face them head on. For example, if you are afraid of heights, give skydiving a try. Chances are

that one jump will not only allay your fears, but also inspire you to jump again.

For most people, the biggest concern with skydiving is the issue of safety. Just how safe is this activity? The answer is that while there are risks associated with most activities, and certainly skydiving as well, it's actually fairly safe. Parachutes are packed by certified riggers and skydiving instructors are very well-trained. A rigorous process is implemented to avoid accidents. In fact, according to the United States Parachuting Association, the percentage of fatal skydiving accidents is 0.0007 percent. Compare that to fatal car accidents for which the percentage is 0.0167 percent. Essentially, skydiving is safer than driving to the skydiving facility.

If you're interested in an exciting outdoor adventure that allows you to face your fears, see the world from an incredible view, and experience flying like a superhero, skydiving is definitely the sport for you.

TOP 10

Reasons to go fishing

There is no need to convince the thousands of Virginians and avid outdoors men and women, who get excited by reeling in a 30-pound striper or seeing a beautiful brook trout rise to a fly, why they need to start making plans to head outside. But if for some reason you need a little convincing, we have compiled a list of 10 good examples that might just offer you an excuse to call in sick to work or leave those "honey do's" for another weekend so you too can spend a day fishing.

1. Contribute to conservation
2. Stress relief
3. Social bonding
4. Supports wildlife and fisheries management
5. Health benefits
6. Recreation
7. Self fulfillment
8. Boost to the economy
9. Fishing for food
10. The thrill



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