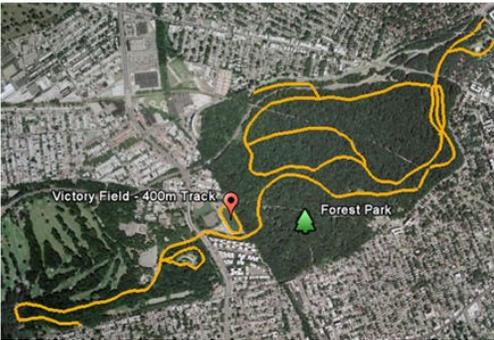


# Welcome to forest park, Queens!

## CALLING ALL SKATEBOARDERS!!!

Welcome to forest park, where the grass is green and the options are endless. Forest park is located on Myrtle Ave., Union Turnpike, Park Lane south bet. Brooklyn-Queens County Line and Park Lane. Forest park is known as the biggest park in New York City, to many tourists central park is the only big park to walk through, but they are wrong. This park offers many activities from horse back riding, handball, track, trials, golf, beautiful nature walks and much more, but the big activity many don't know about is **skateboarding!**



The size of the forest park !

Skateboarding started in the year of 1958 in California, when surfers were looking for ways to surf without water and when the waves weren't at their highest. No one knows who exactly made the first skateboard but these same surfers attached a surf board to a set of wheels and called it "sidewalk surfing" or boardwalk surfing and skateboarding was born. Skateboarding hit its popularity peak in the 1960's and has been popular amongst many ever since. After 1965, skateboarding crashed and in the last 10 years it has taken over again.

## How to skateboard !

**Step 1: Finding your stance!** Before getting on the skate board, you need to know your "stance" which is the way you get on the board. The trick to finding out which foot you put on the board is by falling forward and seeing which foot stops you first. When you fall, the foot that stops you is the foot you use to step on the board. The other foot goes behind and that positioning is called the "stance".

If it's your left foot, you've got a "regular" stance. If it's your right, you ride "goofy."

Forest park skatepark is open from 10am until dusk, the park features Grindrails, quarter pipes, launch ramps, wall rides, a flybox, a halfpipe, and more. There are no bikes permitted in the park and helmets are not required, this park is quiet and has an amazing view of the rest of the parks activities. It's next to a major bus line and is busy 80% of the year. You take the q11, q21, q53



**Step 2: feeling the board!** Stand on your board and become comfortable with your stance. Make sure that your front foot is over the front truck bolts and your back foot is over the back truck bolts. You can do this on a soft surface so you don't fall or hurt yourself. Try bending your knees and jumping around a little on the board. Rock back and forth, from your toe edge to your heel edge and back, getting a feel for stiffness of the trucks and the general motions of the board. Then try balancing on the front wheels and then the back wheels. When you're comfortable enough, go for a ride.