

# Log Rolling FAQ

## **What is Log Rolling?**

The centuries-old talent of walking on a log during river drives evolved into a fun and exciting competitive sport. Rollers square off — two at a time — in an effort to roll their counterpart off the log and into the water. Rollers use their amazing footwork to roll the log with both forward and backward revolutions, changing pace and direction to disrupt the balance of their competition. Beginners spend most of their time learning to stay on the log by themselves. Once this occurs they begin to roll other students, and eventually compete in tournaments! The sport and its athletes have been featured numerous times on ESPN's Great Outdoor Games (Which was hosted in MADISON a few years ago!), ABC's Wide World of Sports, and the Outdoor Life Network. Due to the small number of competitors in the sport, many who stick with it will one day be rolling on ESPN!

## **What do I need to wear?**

Any type of clothing that you can move around in and get wet! Most folks just roll in their swimming suits. Some rollers also choose to wear shoes. In the beginning this is not necessary, but as skill level improves, shoes help aid in log control. Aqua socks are good, lace-up canvas shoes are better, and Teva Kayaking shoes are the best! ***Rollers at the lake are required to wear footwear for safety.***

## **Will I get hurt?**

There is a good chance you may leave with a bruised shin at some point, but beyond that the occurrence of injury is minimal. In 23 years of logrolling, I have yet to see somebody hit their head on the log.

## **It looks easy... is it?**

Heck no! If you are able to stay on the log for more than 5 seconds on your first try, you're already better than most! Everybody, even the pros, struggled in their first year with this sport. In the beginning we'll work on improving your time on the log alone. Once you're up there for 2 minutes, it will be time to change your focus to rolling others.

Feel free to ask us any more questions!!! We're here to teach!!!

For more information and contest schedules please visit:

<http://www.uslogrolling.org> and <http://www.madisonlogrolling.com>

