







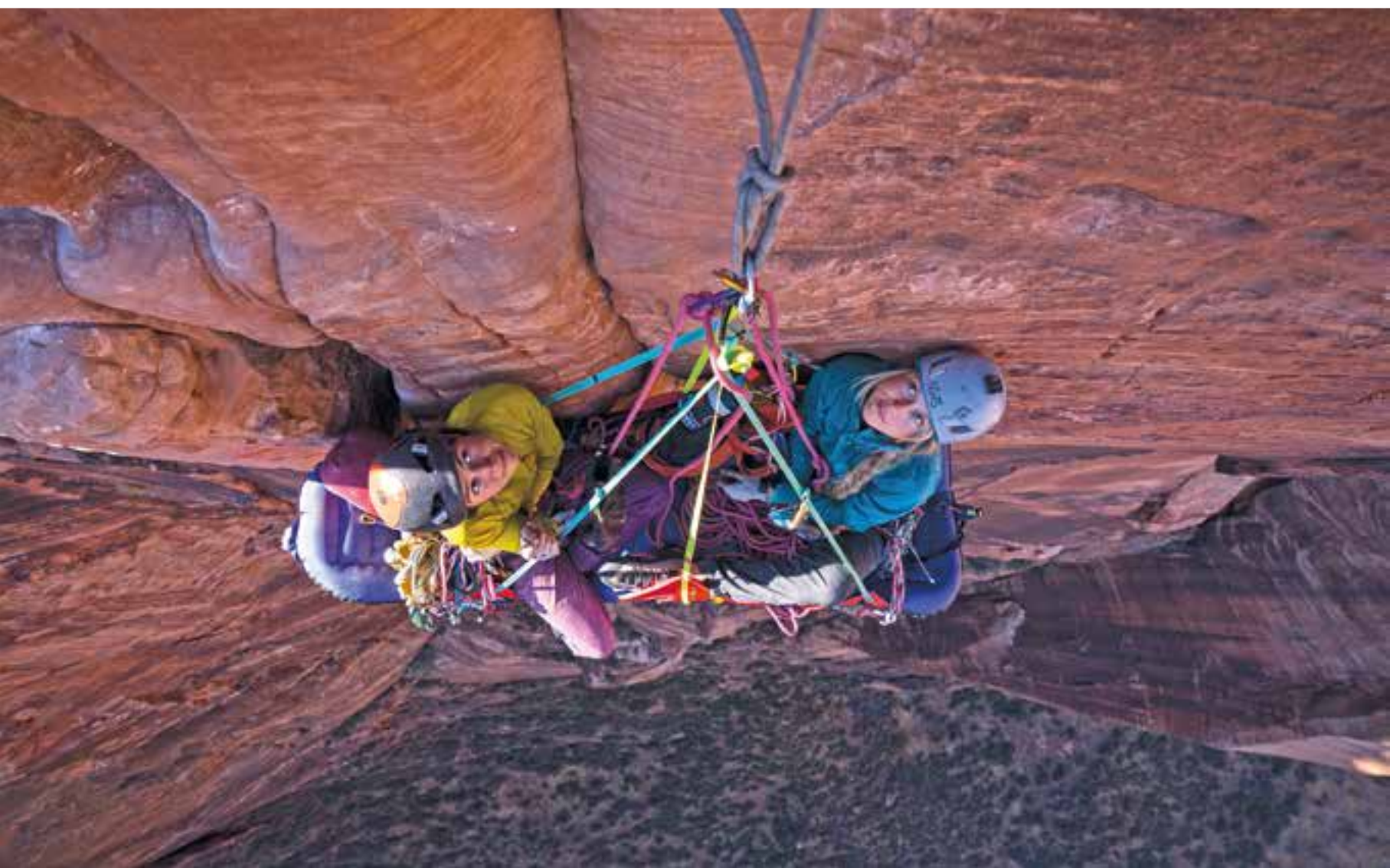
# EXTREME LIKE A GIRL

Women in Adventure Sports

CAROLINA AMELL

PRESTEL

Munich · London · New York









# Rita Arnaus

*Kiteboarder*

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I was born in Barcelona in September 1995, into a very sporty family. Both my parents were Windsurf Spanish Champions and my dad was among the first people to start kiteboarding in Spain. At the age of ten I began windsurfing and sailing. My parents never pushed me to do any sports; they always respected my learning process and let me take my time, and I'm really glad they did! It wasn't until I was fifteen years old that I started kiteboarding.

My passion for it ignited, the windy days got even better, and after a month of kiting, I started doing my first backrolls. After each session I was even more hooked on the sport, and after two years the desire to be a

professional kiteboarder started to burn inside me, so I knew I had to go for it. I began to study online and to pursue my dreams. With a lot of effort and dedication, I entered my very first world competitions and started creating content for social media. I got my first sponsorship deals and kept traveling around the world to train in the best conditions and to compete in the kiteboarding World Tour.

Do not give up. When times get tough, you do too, so long as you stick to your goals and dreams. Consistency, persistence, and discipline, combined with fun times, are all you need to become successful. Always enjoy the ride!















*I saw the world below the surface,  
and it filled me with wonder.*

ANNA VON BOETTICHER



















*If you don't test it  
you will never know.*

MARION HAERTY













