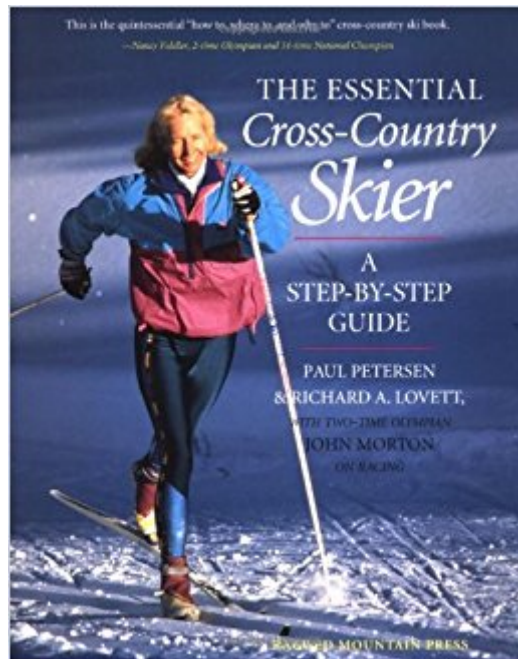




The book was found

# The Essential Cross-Country Skier



## Synopsis

Cross-country expertise . . . easily Glide into an invigorating sport with this guide from true experts who show you how to have fun from your first day out and coach you all the way through the advanced skills you'd like to learn. No ordinary manual, *The Essential Cross-Country Skier* brings together the combined expertise of one of the country's top cross-country skiing instructors; a two-time Olympic biathlete and former Dartmouth skiing coach; and one of the sport's foremost professional writers. This all-star team has created one of the most engaging, clear, and potent learning tools ever published for beginning and intermediate skiers. This unique, carefully illustrated guide gives you the information you need to get started: choosing the right skis, boots, and poles; where to find the best trails; what to wear for comfort and warmth; plus tips on safety. And, if you're already familiar with nordic skiing, the book shows you how to improve your style and your conditioning; master the subtleties of waxing and ski maintenance; and enjoy new skills including ski skating, telemarking, ski racing, and backcountry touring.

## Book Information

Paperback: 144 pages

Publisher: International Marine/Ragged Mountain Press; 1 edition (August 2, 1999)

Language: English

ISBN-10: 0070496250

ISBN-13: 978-0070496255

Product Dimensions: 7.3 x 0.4 x 9.2 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,362,623 in Books (See Top 100 in Books) #79 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #79 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #2134 in Books > Sports & Outdoors > Winter Sports

## Customer Reviews

"This is the quintessential 'how to, where to, and why to' cross-country ski book." Nancy Fiddler, 2-tim Olympian and 14-time National Champion Backcountry SkiingCross-Country SkiingNordic SkiingSkiingSki-SkatingTelemark SkiingWinter SportsNordic Downhill SkiingTrack Skiing

Cross-country expertise . . . easily Glide into an invigorating sport with this guide from true experts who show you how to have fun from your first day out and coach you all the way through the

advanced skills you'd like to learn. No ordinary manual, *The Essential Cross-Country Skier* brings together the combined expertise of one of the country's top cross-country skiing instructors; a two-time Olympic biathlete and former Dartmouth skiing coach; and one of the sport's foremost professional writers. This all-star team has created one of the most engaging, clear, and potent learning tools ever published for beginning and intermediate skiers. This unique, carefully illustrated guide gives you the information you need to get started: choosing the right skis, boots, and poles; where to find the best trails; what to wear for comfort and warmth; plus tips on safety. And, if you're already familiar with nordic skiing, the book shows you how to improve your style and your conditioning; master the subtleties of waxing and ski maintenance; and enjoy new skills including ski skating, telemarking, ski racing, and backcountry touring.

I am an absolute beginner at cross country and have no downhill experience. Through a stroke of good luck my second lesson was from Paul Petersen, one of the authors of this book. His ability to teach is extraordinary and his enthusiasm is contagious. Those qualities are evident in the pages of the book. It is perfect for me because I can use the book to review everything he taught. Other reviewers question the book's usefulness for the non-beginner; I don't have the expertise to comment on that, but if you are just learning this awesome sport I think this book should be required reading.

"*Essential Cross-Country Skier*" is a good handbook for beginner skiers. It is an easy read and probably what you want to get you started. Intermediate level to elite skiers could take issue with many of the technical explanations, for then I would suggest "*Ski Skating with Champions*" or "*Tao of Skiing*" but then, the book "*Essential Cross-Country Skier*" was written by someone who obviously loves the sport and will be enjoyed by those who want to take it up.

I'm a beginning cross-country skier and former Valley Girl with no downhill experience and found this book to be helpful. The book covers choosing equipment, getting started and gives good tips on technique. I haven't purchased any other books on cross-country skiing but this one seems to be a valuable resource.

I am finding this book an excellent one for someone who has been away from the sport for years, having been a novice in the past. Have just recently decided to renew this interest and the book is providing good guidelines for me.

[Download to continue reading...](#)

Cross Stitch: Learn Cross Stitch FAST! - Learn the Basics of Cross Stitch In No Time (Cross Stitch, Cross Stitch Course, Cross Stitch Development, Cross Stitch Books, Cross Stitch for Beginners)  
Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns, and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidary, ... Hobbies and Home, Cross-Stitching, Crochet) The Essential Cross-Country Skier Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils)  
Country Guitar Heroes - 100 Country Licks for Guitar: Master 100 Country Guitar Licks In The Style of The World's 20 Greatest Players (Play Country Guitar Licks) Country Guitar Heroes - 100 Country Licks for Guitar: Master 100 Country Guitar Licks In The Style of The 20 Greatest Players (Play Country Guitar Licks) Alpine Circus: A Skier's Exotic Adventures at the Snowy Edge of the World Tracking the Wild Coomba: The Life of Legendary Skier Doug Coombs All-Mountain Skier : The Way to Expert Skiing Anyone Can Be an Expert Skier 2: Powder, Bumps, and Carving (Includes Bonus DVD) The Edge of Never: A Skier's Story of Life, Death, and Dreams in the World's Most Dangerous Mountains Anyone Can Be An Expert Skier 2 Ski Randonnee: Backcountry Skiing for the Parallel Skier by Jean Vives Aspen to Whitefish: A skier's guide to the Rockies The Skier's Edge The Athletic Skier Anyone Can Be an Expert Skier 1: The New Way to Ski (Includes Bonus DVD) Anyone Can Be an Expert Skier Anyone Can Be an Expert Skier II: Powder, Bumps, and Carving

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)