

The book was found

How The Racers Ski



Synopsis

A revolutionary study of the fundamentals common to all great skiers • a new and more natural way to ski for competitors and recreational skiers alike. Warren Witherell founded Burke Mountain Academy and was its headmaster from 1970 to 1984. Within two years of its founding, ten young racers from his center earned places on the United States Ski Team, and its graduates have dominated American competition in the years since. *How the Racers Ski* is a landmark book in the advance of ski-teaching methodology. It provides competitive skiers with a guide to modern racing technique and offers recreational skiers a more natural and efficient way to ski than is usually taught at ski schools. It focuses on the fundamentals that international-class skiers strive for: optimum balance, economy of motion, and use of the characteristics of their skis to create turning forces. The author has added new material for this paperback edition, discussing significant recent changes in equipment and what changes in fitting, stance, and technique the skier must make to use them most efficiently. This edition also includes a new introduction by Doug Smith, managing editor of the *Journal of Professional Ski Coaching and Instruction*.

Book Information

Paperback: 214 pages

Publisher: W. W. Norton & Company (February 17, 1988)

Language: English

ISBN-10: 0393303446

ISBN-13: 978-0393303445

Product Dimensions: 6.1 x 0.8 x 9.3 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,769,656 in Books (See Top 100 in Books) #61 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #1519 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

Love it. Wonderful old book. Cover and pages look slightly used, but it works just fine for me. I've been ski instructing for 35 seasons and this was the first text that was used to teach me how to teach skiing. Changing gear and grooming has made a difference, but much of this info is still important.

This book is priceless for someone who wants to improve his or her skiing. Warren Witherell knows what he is talking about. The author has also written another book titled "The Athletic Skier" which is also right on the money.

kind of dated but excellent material

The book was in the shape that I expected it and when I expected it. Thank you!

Groundbreaking work that revolutionized how we think about and teach skiing. Took me from advanced intermediate to expert powder skier. Best book on skiing I know of. Highly recommended!

I read this book on the advice of a fellow ski journeyman (now renowned Aspen Mountain Ski Instructor, Paul Wade) in the mid 70's as an instructor at Sugarbush, Vt. I've been skiing all my life and this book almost single handedly - along with Paul's advice - changed my skiing forever delivering me to the 'next level' ... the magic "it" where the "there" is. Witherall's clear and concise writing took me from an excellent skier [albeit sliding, sometimes carved turns] to an expert, consistently on the ski's edge with beautiful ripped and carved turns. Even with shorter, phatter skis of 2004, Witherall's writing is still current and uniquely relevant, if not even more so because skis have gotten so much better as described by Witherall [maybe even predicted? where yesterday's term "sidecut" means the same as today's "parabolic"] ... If you understand how skis work, and Witherall documents this, you'll understand even more how that, tapered waist, i.e parabolic, skis will help you, partner with you, to carve perfect turns. I hear this book has been controversial, that not everyone agrees with Witherall [in Western US ski teaching camps with softer snow conditions, there's more emphasis on equal weighting and "sliding" your skis], but until otherwise advised, this book has no equal for learning how skis work and how to carve and rip through harder packed, iced, Eastern US ski conditions. It will take you to a rad, bad and oh so fine expert level wherever you ski, however freestyle you go.

Warren Witherell's ideas about skiing are the first and last words you need. Like him, I was a water skier before I took to the slopes, and the parallels he draws are apt and precise. It's all about carving, carving and carving, and he'll show you how. I have read many books on ski technique and I can assure you that this is the best. If you follow his precepts you'll start to improve, no matter what your skill level may be. 5 Stars is too low a rating for this classic.

I read this book on the advice of a fellow ski journeyman (now renowned Aspen Mountain Ski Instructor, Paul Wade) in the mid 70's as an instructor at Sugarbush, Vt. I've been skiing all my life and this book almost single handedly - along with Paul's advice - changed my skiing forever delivering me to the 'next level' ... the magic "it" where the "there" is. Witherall's clear and concise writing took me from an excellent skier [albeit sliding, sometimes carved turns] to an expert, consistently on the ski's edge with beautiful ripped and carved turns. Even with shorter, phatter skis of 2004, Witherall's writing is still current and uniquely relevant, if not even more so because skis have gotten so much better as described by Witherall [maybe even predicted? where yesterday's term "sidecut" means the same as today's "parabolic"] ...If you understand how skis work, and Witherall documents this, you'll understand even more how phat, tapered waist, i.e parabolic, skis will help you, partner with you, to carve perfect turns. I hear this book has been controversial, that not everyone agree's with Witherall [in Western US ski teaching camps with softer snow conditions, there's more emphasis on equal weighting and "sliding" your skis], but until otherwise advised, this book has no equal for learning how skis work and how to carve and rip through harder packed, iced, Eastern US ski conditions. It will take you to a rad, bad and oh so fine expert level wherever you ski, however freestyle you go.

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

Dirt Bike Racers (Kid Racers) BMX Racers (Kid Racers) A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders A Complete Guide to Alpine Ski Touring Ski Mountaineering and Nordic Ski Touring: Including Useful Information for Off Piste Skiers and Snow Boarders, Second Edition The Fall Line: How American Ski Racers Conquered a Sport on the Edge How the Racers Ski Alpine Ski Mountaineering Vol 1 - Western Alps: Western Alps v. 1 (Cicerone Winter and Ski Mountaineering) The New Summit Hiker and Ski Touring Guide: 50 Historic Hiking and Ski Trails Ski Europe: 12th Edition (Ski Snowboard Europe) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Best Groomed Cross-Country Ski Trails in Oregon: Includes Other Favorite Ski Routes Ski Skating With Champions: How to Ski With Least Energy Downhill Slide: Why the Corporate Ski Industry is Bad for Skiing, Ski Towns, and the Environment Alpine Ski Mountaineering Western Alps: Volume 1 (Cicerone Winter and Ski Mountaineering S) Leocha's Ski Snowboard Europe: Winter Resorts in Austria, France, Italy, Switzerland, Spain & Andorra (Ski Snowboard Europe) Ski Town AprÃfÂ's Ski 25 Ski Tours in New Hampshire: From the White Mountains to the Sea (25 Ski Tours Book) Cafe Racers: Speed, Style, and Ton-Up Culture Runner's

World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers DK Readers L4: Snow Dogs!: Racers of the North

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)