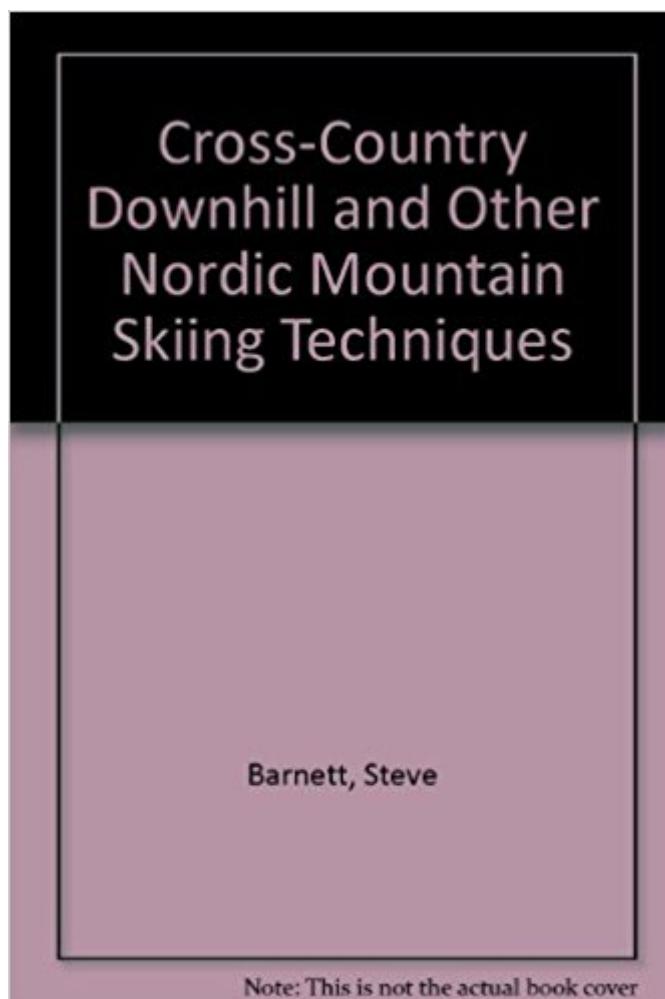


The book was found

# Cross-Country Downhill And Other Nordic Mountain Skiing Techniques



Note: This is not the actual book cover



## Synopsis

Book by Barnett, Steve

## Book Information

Paperback: 2 pages

Publisher: Pacific Search Pr; 3 Rev Sub edition (November 1983)

Language: English

ISBN-10: 0914718843

ISBN-13: 978-0914718840

Product Dimensions: 0.5 x 8.5 x 10.8 inches

Shipping Weight: 11.2 ounces

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

Best Sellers Rank: #933,496 in Books (See Top 100 in Books) #24 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #26 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #684 in Books > Sports & Outdoors > Winter Sports

## Customer Reviews

Book by Barnett, Steve

35 years ago, I had a truly horrible alpine racing coach. I threw away my alpine skis, bought some cross country skis, picked up a copy of Steve Barnett's book, and studied it intently. The gear has changed profoundly over the decades, the techniques have advanced significantly, but the very basic concepts outlined in this little book are worth looking at if you've never telemarked. There are foolish children who will make the ignorant claim that this book is so outdated as to be worthless for anything other than a historical reference. They're flat out wrong. Personally, when I'm ripping it up hard and fast on modern tele skis and boots on piste at 50 or 60 mph, or when I'm skiing cautiously in crevassed terrain in one of the remote ranges of the world, the fundamentals outlined in this little book have served me well as the foundation upon which many other, more refined, freeheel techniques have been built. Grab a copy, read it well, and study it. But don't think that this should be your only book on telemarking. Pick up Paul Parker's book, study alpine racing technique books, and read a couple of the more modern tele instructional books, too. Mostly, just dedicate yourself, and it will come to you.

This book is as relevant today as the day it was written. The techniques are designed for allowing a

cross country skier the freedom to explore the backcountry on his or her dedicated cross country rig. If ski mountaineering, heavy Telemark downhill, or Randonnee skiing are what you are looking for, then there are rigs and instructive texts for those disciplines, but if what you want is to take your standard cross country rig, which is light, fast, and agile, just a little bit deeper and steeper, then this is the book for you. Grab a copy if you can find it!

Barnett's book was the first to describe the downhill techniques- notably the Telemark turn- to the modern generation of XC skiers. It was written long before the current crop of edged "Telemark" skis, plastic boots and heavy cable bindings, which is an advantage, as he teaches you techniques possible in light touring equipment. Indeed, some illustrations show Barnett skiing in light skis and Adidas racing boots and bindings. A valuable addition to the tourer's library. If you can find a copy, buy it.

Though many techniques can be called dated, the content involving the motivations and spirit of the tour is delightful. If you love exploring on two boards in the winter then this will be an enjoyable and educational book.

Cross-country downhill and other Nordic mountain skiing techniques is a bold idea for its time. Today where nordic ski racer regularly exceed 50 mph on racing skis or we have extreme telemark films, the book is dated. Good historical reference.

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

Cross-Country Downhill and Other Nordic Mountain Skiing Techniques 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, Embroidery, ... Hobbies and Home, Cross-Stitching, Crochet) Stride and Glide: A manual of cross-country skiing and Nordic walking Nordic Notes: Articles on cross-country skiing Shawangunks Trail Companion: A Complete Guide to Hiking, Mountain Biking, Cross-Country Skiing, and More Only 90 Miles from New York City Trail Atlas of Michigan: Mountain Biking, Hiking, Cross-Country Skiing, and Nature Trails Downhill Slide: Why the Corporate Ski Industry is Bad for Skiing, Ski Towns, and the Environment Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Downhill Skiing (Wonder Books: Level 2 Sports) The American Teaching System: Nordic Skiing White Mountain Guide: AMC's

Comprehensive Guide To Hiking Trails In The White Mountain National Forest (Appalachian Mountain Club White Mountain Guide) My Side of the Mountain Trilogy (My Side of the Mountain / On the Far Side of the Mountain / Frightful's Mountain) Cross-Country Skiing and Snowshoeing, Aspen and the Roaring Fork Valley Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Exploring the Yellowstone Backcountry: A Guide to the Hiking Trails of Yellowstone With Additional Sections on Canoeing, Bicycling, and Cross-Country Skiing (Third Edition) Benzie County Michigan Trail Guide: For hiking, biking, cross-country skiing, and snowshoeing. Basic Illustrated Cross-Country Skiing (Basic Illustrated Series) Fitness Cross-Country Skiing (Fitness Spectrum) Cross-Country Skiing: Building Skills

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)