

Brand Mountaineers Books Complete Guide Cross Country Ski Preparation

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Discover the definitive guide from Mountaineers Books for comprehensive cross-country ski preparation. This invaluable resource offers expert advice and techniques to ensure you're fully ready for the trails, covering everything from fitness to gear, helping both beginners and experienced skiers maximize their winter sport enjoyment.

Each paper contributes unique insights to the field it represents.

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The Complete Guide to Cross-Country Ski Preparation

If you ski competitively, good ski preparation can win the race. If you ski for recreation, proper ski preparation will enhance your enjoyment. Here is the complete, hands-on guide to the tools and techniques necessary to ready skis for optimal performance. Written by an expert ski and wax technician, this book is based on more than thirty years of field experience and testing at the highest level.

A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring

A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders.

The Complete Guide to Cross-country Skiing and Touring

CLICK HERE TO DOWNLOAD THE CHAPTER ON "BASIC SKI SKILLS" NOW FROM CROSS-COUNTRY SKIING (Provide us with a little information and we'll send your download directly to your inbox) * Technique demonstrated in step-by-step photos * Special learning activities reinforce instruction * Sidebars for trouble-shooting common problems and matching technique to terrain and snow conditions * Tips for engaging the family From the first time you step into your bindings to mastering the stride, the glide, and the skate: Steve Hindman has you covered. As a certified instructor, he's introduced hundreds of people to the sport; he also wrote the study guide for the Professional Ski Instructors of America certification exam. Here he shares the same techniques he teaches on the snow, whether you're setting out for a city park, looking for family fun at a groomed ski area, or heading into the backcountry to set your own track. This comprehensive guide covers equipment and accessories, waxing for grip and glide, training and conditioning, snow camping, route finding, and avalanche awareness. It will take you from how to fall (and how to get up again), through the classic and skate skiing basics (including stance, poling principles, and downhill tactics), to effective racing technique. It also takes up more advanced variations of the sport-freeheel, telemark, and ski mountaineering.

Cross-Country Skiing

This book is about Alpine ski Touring and takes you through a step by step guide on everything that you need to know to get you from a novice ski tourer into the professional. It covers all the salient points for moving on skis and explains how the technical equipment should be used including all the skills that are required to start touring as well as leading a group. It can also be used as a guide for off piste skiers and snow boarders as well as Telemark and Nordic tourers. Each chapter has its own topic as the book

takes you through well laid out progressions from your first steps uphill to longer tours moving from hut to hut over glaciated terrain. The photographs complement the text in every way giving a clearer picture of what the equipment looks like and how it should be used. Nothing has been left out and some of the chapters explain all the points to be considered when planning a tour, or overnighing, as well as emergency procedures. And to make the tour safer there are chapters on avalanche awareness and weather. By the time you get to the end of the book you will be armed with all the skills, techniques and knowledge needed to go out and enjoy the sport of ski touring.

A Complete Guide to Ski Touring and Ski Mountaineering

A guide to 100 cross-country skiing trails in Washington.

100 Best Cross-Country Ski Trails in Washington

Tells how to ski everything from track to backcountry.

Cross-Country Skiing

A companion volume to the PBS-TV series "Trailside" offers instructions for beginners, discusses gear and safety, and surveys the latest equipment.

Sports Illustrated Cross-country Skiing

This guide gives background information on downhill and cross-country skiing, snow-boarding, snow-shoe trekking, snow-mobiling and dog-sledding. It provides advice on where to go, what to do, the best equipment to use and proper techniques.

Cross-country Skiing

The essential guide to this complex sport which combines the skills of alpinism and skiing.

Ski

A companion volume to the PBS-TV series "Trailside" offers instructions for beginners, discusses gear and safety, and surveys the latest equipment

Snow Sports

Dive into the exhilarating world of cross-country skiing with "Introduction to Cross Country Skiing." This definitive guide is your perfect companion, whether you're taking your first glide across the snow or seeking to refine your skills in this graceful and challenging sport. Crafted with both novices and seasoned enthusiasts in mind, the book begins with an engaging personal anecdote that captures the essence of cross-country skiing. It then seamlessly transitions into an enriching exploration of the sport's history, setting the stage for a deeper appreciation of its nuances. Discover the distinct styles of Classic and Skate skiing, each unraveling in detailed chapters that demystify techniques, equipment, and styles. The guide takes you through the essentials of gear selection, from skis to the right clothing, ensuring you are well-equipped for your snowy adventures. At the core of the book are comprehensive sections on skiing techniques and skills. Learn the intricacies of balance, movement, and rhythm essential for mastering both skiing styles. Common mistakes are addressed with practical solutions, bolstering your confidence as you navigate the trails. Safety and etiquette are given prime focus, teaching you to ski responsibly and respect both fellow enthusiasts and the pristine winter environment. The guide also emphasizes physical preparation and conditioning, highlighting the importance of fitness in enhancing your skiing experience. "Introduction to Cross Country Skiing" extends beyond technique, delving into the social and developmental aspects of skiing. Join a community of skiers, participate in events, and engage in continuous learning to enrich your skiing journey. The book is replete with additional resources, including a glossary of terms and recommendations on gear and further reading, making it a comprehensive guide. Embrace the challenge and serenity of cross-country skiing with this essential guide. Whether gliding through silent, snow-covered forests or racing down a frosty trail, "Introduction to Cross Country Skiing: A Beginner's Guide" is your gateway to mastering and enjoying one of winter's most rewarding sports.

Cross-country Skiing Guide

The Globe Pequot Cross-Country Skiing in New England guide provides information on 150 ski touring areas and includes advice on preparation, equipment, styles and techniques. The book is illustrated and contains five maps.'

Rucksack Guide - Ski Mountaineering and Snowshoeing

Traces the development of cross-country skiing, offers information on ski and boot selection, clothing, waxing, snow conditions, and basic cross-country techniques, and suggests practice exercises

Cross-country Skiing

This comprehensive introduction to cross-country skiing is designed to get the reader out of the chair and onto the slopes in the first three chapters. Once on the trail, the authors take up the finer points of technique and training, demonstrating how it should be done with numerous photo sequences of techniques and top-notch, detailed illustrations.

The Complete Guide to Cross Country Skiing in Canada

The Skiing Manual offers instructions on technique and skills from an author with over 30 years of skiing experience. It will cover every type of skiing from cross-country to mountaineering, highlighting the important differences between genres. It explains the clothing and equipment required for every type of skiing and, of course, the skis, boots, bindings and poles, as well as skills, snow science, and safety and rescue. It's presented in colour with easy-to-follow step-by-step sequences and a wealth of inspirational action photographs. History of skiing - from prehistoric travel to Olympic competition Clothing and equipment for all types of skiing Learning to ski - carrying and putting on skis, choosing a ski school Life on the hill - what it's like on the mountain, how to buy a lift pass, and how to get around in the snow Skiing technique - from snow plough turns to extreme skiing Ski lifts - the different types, and how to use them Types of skiing - cross country, telemark, freeskiing and adventure skiing Mountain safety - avalanches, precautions, equipment and rescue Ski culture - Café culture and après skiing Ski travel - skiing around the world, and how to get there Competition disciplines - downhill, slalom, giant slalom and super G, jumping, freestyle, cross country (and biathlon)

Complete Cross-country Skiing and Ski Touring

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Cross Country Skiing

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Cross-Country Skiing in New England

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Cross-country Ski Trails in the Rockies

A world list of books in the English language.

The Cross-country Primer

Take your nordic skiing training to a new level of performance! This book teaches nordic skiers how to optimize their athletic development through training planning concepts of testing, training planning, periodization, overtraining, regeneration, Junior athlete development, and race preparation. Athletes will also learn how to properly implement interval and speed training for improved race performance, with specific sections for Master's and Junior athlete specific training development. Skiers will develop the skills to progress year after year. Author Stuart Kremzner is an exercise physiologist who has nordic coached and raced for 25 years. He was a developer of the USSA and NENSA coaches education curriculum, then consulted with the US Ski Team and many college teams.

The Essential Cross-country Skier

* For intermediate-to-advanced backcountry skiers* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques*Provides advice on how to make well-informed backcountry decisionsMartin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, Backcountry Skiing also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions - whenever you strap on your skis and skins and head out into the backcountry.

Cross-country Ski-ing

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Waxing for Cross-country Skiing : a Complete Guide Containing More Than 100 Photographs and Illustrations

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Skiing Manual

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Ski California

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Backpacker

Cross Country Skiing