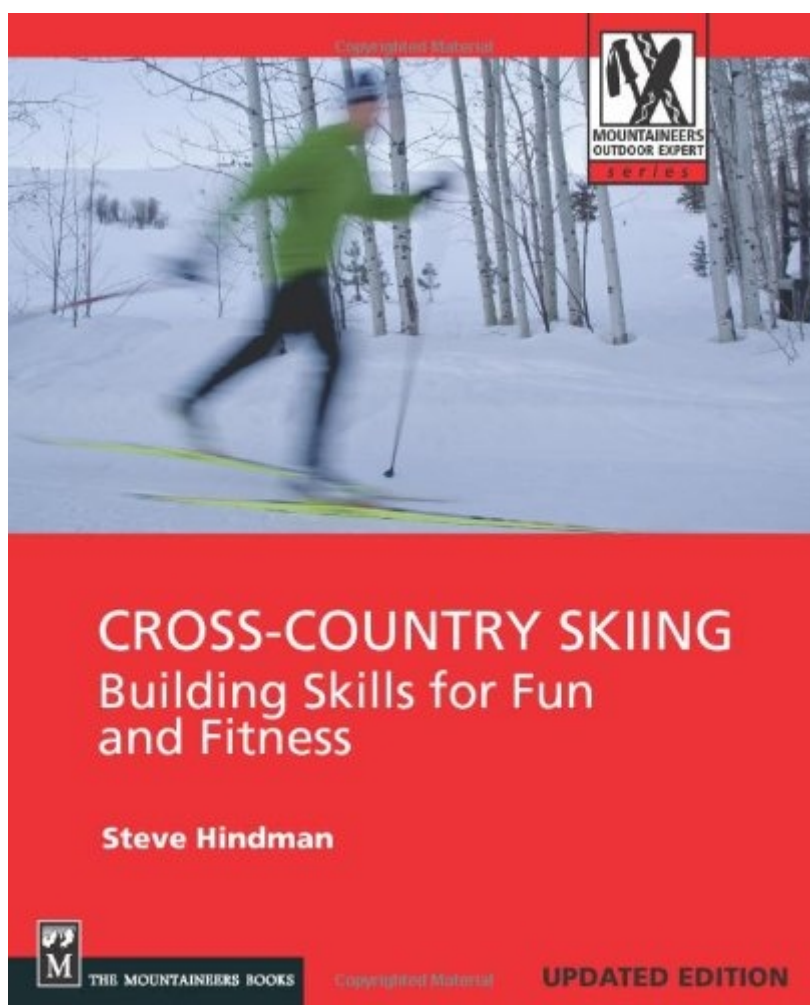


The book was found

# Cross-Country Skiing: Building Skills For Fun And Fitness (Mountaineers Outdoor Expert)



## Synopsis

Instruction by a member of the national Nordic Demonstration Team, for the novice to intermediate cross-country

## Book Information

File Size: 4972 KB

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## Customer Reviews

I got this book to prepare for a job at a nordic center as an instructor, rentals assistant, etc. As it turned out, it was the same book my workplace already had and recommended I read. Lots of well presented advice and pictures on classic and nordic form as well as teaching tips. There's also a great introduction to ski types, mechanics, and waxing.

This winter will be my first cross-country adventure. Very different from alpine skiing so I was looking for a good overview. This book covers the entire subject. Introduces, but is not intended to teach details of waxing and detailed techniques. Outstanding introduction. Also convinced me to start with lessons even if an experienced downhill skier.

A solid review resource but sometimes uses phrases and descriptions that are not that obvious for

the learning skier I think. Still a useful resource for folks trying to gain cross country skills!

The best and most complete book I have read on cross country skiing using light and medium equipment.

Just getting into this sport. A good beginner's guide with more advice when I improve.

I haven't been on CC Skis for 40 years, so it was fair to say I needed to brush up a bit. This was a well laid out book and covered all the basics I was looking for. I would recommend it.

One of the reasons I bought this book. Is to improve my fitness and make it more enjoyable. It has done that and more

This is an excellent, shall we say "classic" book on XC skiing. I would recommend it to anyone, either as a learning tool, a motivator, or just a classic text for your library. The photos are great and you can tell that the text is written by someone who not only knows his stuff but has a passion for it. The only minor quibble is the section on telemark turning. If your interested in telemark, your probably better off buying one of the two books recommended that concentrate on telemark technique.

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