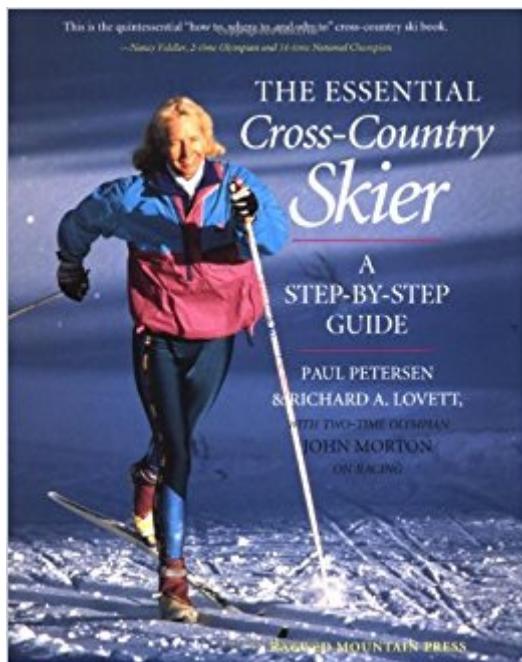


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# The Essential Cross-Country Skier



## 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

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## 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-Skating Telemark SkiingWinter SportsNordic Downhill SkiingTrack Skiing

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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.

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