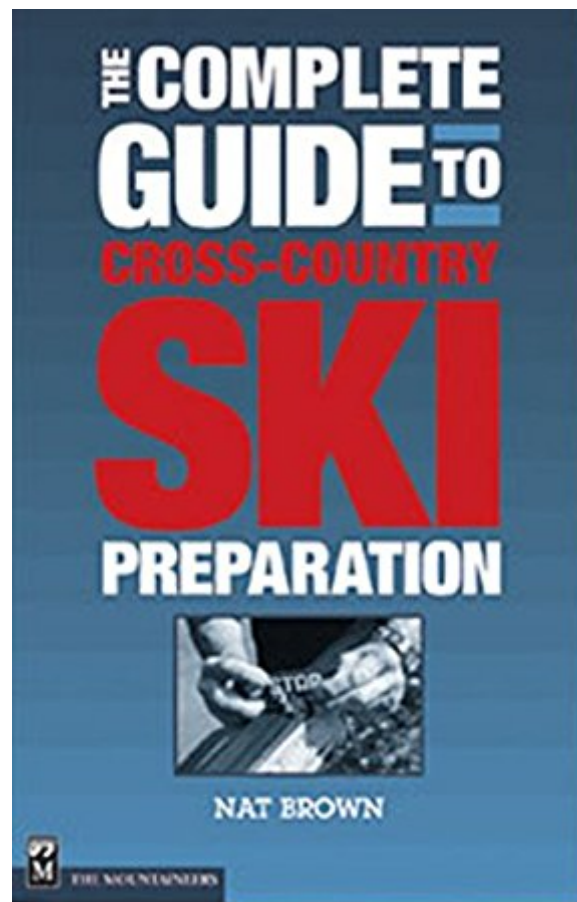




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# Complete Guide Cross Country Ski Preparation



## Customer Reviews

Very good and in-depth study with regard to waxing x-c skis.

I noticed your ad in a recent issue of Cross Country Skier and decided to check your website out. As a result thereof, I ordered through your book. After more than 50 years of cross country skiing experience, I can honestly say yours is the best book on this subject which I have ever read. I found your text extremely interesting and informative. You really know your stuff! I thought that I knew a point or two after taking the Swix waxing course, but I have now learned that I am still only an amateur when it comes to waxing to perfection. Hope we met some day! Good waxing! Richard W. Montague, Ebenhausen, Bavaria, Germany

The book is for all people in cross country skiing, not only for trainers, also for competitors, for every serviceman and for all amateurs. Only someone who has such a experiences from his work can write a book with knowledge for all. Or like Peter Hale wrote: " Since few skiers can just walk into a World cup or Olympic waxroom to see what's going on, this book is the next best think." I think that all we working in CC skiing can say just: " Thank you Nat for such a great present!" It's the best practical book of cross country skiing I've ever read.

This book gives a very complete lesson on ski prep. It is easy to read and well indexed, serving as a shelf reference when needed. The wording is descriptive enough, but for the true beginner, illustrations are lacking. If you get a chance to observe someone else actually go through the procedure of ski prep, this book will complement your lesson extremely well.

It's a good book but it assumes you now the basics of ski waxing. I was trying to obtain a book to learn how to wax skis, and I am still looking. It's worth buying for the advanced procedures covered but you will have to find another book to learn how to "wax skis".

This is really the only waxing book for serious skiers. Perhaps a bit much for a novice. Given evolving waxing technology the reader will have to also read the latest wax company literature to stay up to date.

Excellent book. Must read if you are serious about waxing your cross-country skis (good for beginners, too).

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