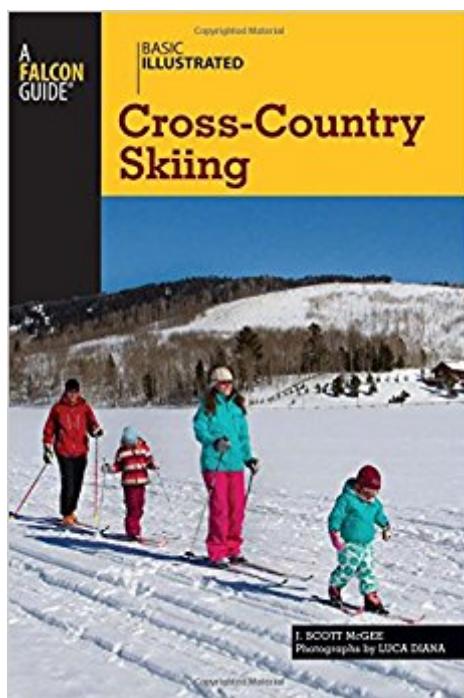


The book was found

Basic Illustrated Cross-Country Skiing (Basic Illustrated Series)



Synopsis

A visually packed beginner guide to cross country skiing.

Book Information

Series: Basic Illustrated Series

Paperback: 112 pages

Publisher: FalconGuides (October 2, 2012)

Language: English

ISBN-10: 0762777648

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Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #150,585 in Books (See Top 100 in Books) #3 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #59 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

There is not an author who understands cross-country skiing better. Scott's experience teaching beginners, writing instructional manuals, guiding in the high country, and coaching seasoned racers allows him to share what would take most skiers more than a lifetime to learn on their own. I wish I had this when I started. ~Craig Panarisi, Director, Stratton Snowsport School and former coach of the PSIA Nordic Team

J. Scott McGee is the PSIA Nordic Team Coach and Senior Manager for Nordic, Guides and Training at Jackson Hole Mountain Sports School. Certified Level III in Nordic Track, Nordic Downhill, and Backcountry, Scott contributes regularly to The Professional Skier and SkiTrax magazines, as well as other ski instruction publications. ~

"Cross-Country Skiing" is easy to read and very informative. The book is well-organized and guides beginners and intermediate classic and skate cross-country skiers through techniques and effective drills for cross-country ski skills. I think that the book would also be of real value for ski instructors that look for teaching progressions. The book is well illustrated.

Great book!

Very informative, just dont try to read it while actually skiing.

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