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Cross-Country Skiing

Ned Gillette, John Dostal

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Ned Gillette, John Dostal : Cross-Country Skiing before purchasing it in order to gage whether or not it would be worth my time, and all praised Cross-Country Skiing:

1 of 1 people found the following review helpful. Still the best all-around cross-country manualBy E. S WinskillI've been a serious Nordic skier for about 20 years, getting out every possible weekend in the winter; serious, but sort of a permanent "upper intermediate". Along the way, I've collected many cross-country ski books and guides, from the

1960s to the present. Gillette and Dostal's has remained my favorite, and overall the most useful. It was issued by the Mountaineers press, and is better than the Mountaineers later effort. A good practical guide for the novice through intermediate, and if you have only one, this is the one to have. 5 of 5 people found the following review helpful. For the novice to intermediate skier By A Customer Cross-Country Skiing by Ned Gillette, John Dostal will appeal to the active person wanting to take-up the sport of nordic skiing. Why 3 stars? Because skate skiing is covered only at a novice to intermediate level (see cover photo) and would be of limited use to the more advanced crowd. 2 of 2 people found the following review helpful. excellent overview of a sport, and a good read too By Peter Clinch Too many manuals are written without a sense of humour, but this one doesn't suffer there. The authors write in a way as to appeal and interest across all levels. This book is useful for an XC skier to help hone their skiing, and useful to loan to doubting friends to get them interested.

Tells how to get started in cross-country skiing, demonstrates basic strides and uphill and downhill techniques, and gives advice on safety, equipment, waxing, and winter survival.