



MOUNTAINEERS
OUTDOOR EXPERTS

CROSS-COUNTRY SKIING

Building Skills for
Fun and Fitness

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CROSS-COUNTRY SKIING

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Steve Hindman



THE MOUNTAINEERS BOOKS

Cross Country Skiing Building Skills For Fun And Fitness Mountaineers Outdoor Expert

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Cross-Country Skiing Steve Hindman, 2005-09-14 [CLICK HERE TO DOWNLOAD THE CHAPTER ON BASIC SKI SKILLS](#) NOW FROM CROSS COUNTRY SKIING Provide us with a little information and we'll send your download directly to your inbox Technique demonstrated in step by step photos Special learning activities reinforce instruction Sidebars for trouble shooting common problems and matching technique to terrain and snow conditions Tips for engaging the family From the first time you step into your bindings to mastering the stride the glide and the skate Steve Hindman has you covered As a certified instructor he's introduced hundreds of people to the sport he also wrote the study guide for the Professional Ski Instructors of America certification exam Here he shares the same techniques he teaches on the snow whether you're setting out for a city park looking for family fun at a groomed ski area or heading into the backcountry to set your own track This comprehensive guide covers equipment and accessories waxing for grip and glide training and conditioning snow camping route finding and avalanche awareness It will take you from how to fall and how to get up again through the classic and skate skiing basics including stance poling principles and downhill tactics to effective racing technique It also takes up more advanced variations of the sport freeheel telemark and ski mountaineering **Leadership the Outward Bound Way** John Reynolds, Outward Bound, Inc, 2007 Dynamic and effective leadership skills from the organization that has spent decades helping people discover their own potential to lead **Joyce in the Belly of the Big Truck; Workbook** Joyce A. Cascio, 2005-05 Snowshoe Routes: Adirondacks & Catskills Bill Ingersoll, 2006-08-09 65 snowshoe routes throughout the Adirondacks and Catskills many with winter camping opportunities Many snowshoe trails within driving distance of New York City Albany Utica Syracuse or Saratoga Springs Handy quick reference chart lists snowshoe routes by distance duration difficulty and features Located just a few hours drive from New York City the Adirondacks and the Catskills are prime winter destinations for both visitors and locals In Snowshoe Routes Adirondacks Catskills Bill Ingersoll captures the unique and varied landscapes of the area with 65 different routes It's perfect for snowshoers who are looking for easy family friendly rambles or those seeking a challenge on steep terrain This guide offers outings to hidden lakes scenic views mountain tops and remote wilderness Helpful extras include the history and geography of the Adirondacks and the Catskills information on proper attire and equipment including tips on choosing the best snowshoes safety tips for crossing frozen bodies of water and the basics of winter camping **Snowshoe Routes: New England** Diane Bair, Pamela Wright, 2006-08-09 75 snowshoe routes in Massachusetts Vermont New Hampshire and Maine Trails within driving distance of urban areas throughout New England including Boston Hartford Providence Burlington Concord and Portland A handy trip planning chart compares snowshoe routes by trail data and scenic highlights From the White Mountains in New Hampshire and Acadia National Park in Maine to the Berkshires in Massachusetts the Northeast Kingdom in Vermont and everything in between this new snowshoe guide offers snowshoe routes for people of all ages and abilities from beginner to backcountry expert Trips lead

deep into snow blanketed woods past frozen waterfalls and lakes up challenging peaks and to scenic views only accessible by snowshoes For each route driving directions level of difficulty round trip mileage hiking time and elevation gain are all noted You ll also find helpful information on choosing the right snowshoes what to wear suggestions for safe winter driving safety tips for backcountry snowshoeing and much more

Backpacker ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Paperbound Books in Print ,1982 *The New York Times Magazine* ,1988 *Teaching Cross-Country Skiing* Bridget A. Duoos,Anne Rykken,2011-12-19 Whether you are new to teaching cross country skiing or an experienced instructor Teaching Cross Country Skiing has everything you need for delivering a fun and successful learning experience for children and young adults This complete teaching tool offers foundational information teaching aids and 30 detailed lesson plans aligned to current National Association for Sport and Physical Education NASPE standards Cross country skiing offers an excellent opportunity to get out of the gym and beat those winter blues Easy on the joints and offering benefits for the cardiovascular system muscular development and coordination cross country skiing is an activity that both young and old can enjoy Teaching Cross Country Skiing presents lesson plans to progress children and young adults from beginning to advanced levels Each lesson follows a consistent format which includes lesson goals introductory activities lesson focus review games and assessments For those new to cross country skiing this text presents the basics of ski mechanics and guidance on clothing and equipment selection To help you understand and convey classic cross country skiing skills you ll find straightforward explanations with illustrations and photos that highlight the critical features of each skill Each of the 30 lessons incorporates games and skill testing activities to keep students active and engaged Distances gradually increase to match your skiers increased skill and challenge their muscular and cardiorespiratory capacities In the first 10 lessons students practice basic skills indoors and then on snow learning the diagonal stride technique with and without poles and how to double pole climb and descend gentle hills Then 10 lessons for intermediate skiers continue work on the diagonal stride as well as improving hill climbing and descending techniques stops speed control and maneuverability These lessons also challenge students with increasing length of glide shifting weight to commit to the gliding ski and using poling action for propulsion Finally 10 advanced lessons help your skiers achieve a diagonal stride that is rhythmic and continuous even over hillier and longer trails In addition to refining their diagonal stride technique your skiers will have fun learning the stem christie traversing steeper hills and edging Teaching Cross Country Skiing also includes the history and benefits of cross country skiing which you can use in developing a cross country skiing unit or interdisciplinary unit Plus you ll find

reproducible handouts worksheets poster signs ideas for interdisciplinary lessons additional games and activities rubrics checklists and activity aids such as a chart for measuring boot size and ski length Learning to cross country ski gives children and young adults opportunities to build the skills and motivation to achieve lifelong health and fitness You can improve your own skiing skills and knowledge as you teach your students a fun physical activity to practice for a lifetime Teaching Cross Country Skiing provides everything you need except the snow

Backcountry Skiing Martin Volken, Scott Schell, Margaret Wheeler, 2007-11-27 [CLICK HERE](#) to download the chapter on Uphill Movement from Backcountry Skiing Provide us with a little information and we'll send your download directly to your inbox For intermediate to advanced backcountry skiers Includes trip planning navigation fitness and avalanche safety information in addition to techniques Provides advice on how to make well informed backcountry decisions Martin Volken and his co authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry The guide features intermediate to advanced techniques for ski touring and ski mountaineering from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing For those skiers ready for a more technical high alpine environment they draw on traditional mountaineering skills including roped climbing setting protection anchors using ice axes climbing on bare rock and more In addition to mastering techniques Backcountry Skiing also features information on recent evolutions in ski equipment avalanche safety tips a primer on mountain weather and glaciers trip planning tools a discussion of emergency situations nutrition and fitness advice and winter camping basics Throughout this guide a special emphasis is put on being well informed and making good decisions whenever you strap on your skis and skins and head out into the backcountry

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