



## The Complete Guide to Cross-country Ski Preparation (Paperback)

By Nat Brown

Mountaineers Books, United States, 1999. Paperback. Condition: New. New.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. \* Covers mechanics, techniques and tools, repairs, and more \* Nat Brown was the U.S. Cross-Country team and U.S. Biathlon Team waxer for two Olympics and five World Championships If you ski competitively, good ski preparation can win the race. If you ski for recreation, proper ski preparation will enhance your enjoyment. Here is the complete, hands-on guide to the tools and techniques necessary to ready skis for optimal performance. Emphasizing simplicity and practicality, Nat Brown guides skiers through all the techniques-basic to advanced-needed to produce fast skis. He covers the basic mechanics of skis and wax; all the factors that can affect a ski's speed and how to minimize or eliminate them; and advanced topics such as testing and repairs. Written by an expert ski and wax technician, this book is based on more than 30 years of field experience.



### Reviews

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