

Tag/xc Ski

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Ski 1980-10

Cross Country Ski Areas Raymond Elman 1990 Recommends ski touring centers in Maine, Massachusetts, New Hampshire, and Vermont, and provides information on trails, grooming, rental equipment, and lessons

Explorer's Guide Wyoming Alli Rainey 2010-06-14 A guide to visiting Wyoming that provides information on sights, activities, green space, where to stay and eat, entertainment, shopping, and special events, and includes maps.

Color the Tahoe Rim Trail Jared Manninen 2016-11-04 The Tahoe Rim Trail is a continuous trail that travels around the mountainous rim of the Lake Tahoe Basin. People from all over the world have come to Lake Tahoe to venture out on the Tahoe Rim Trail. Whether you've already experienced many of the amazing sites to see on the Tahoe Rim Trail or are hoping to one day visit it, Color the Tahoe Rim Trail will take you on the entire 165+ mile journey around Lake Tahoe. Color the Tahoe Rim Trail features 79 full page illustrations for you to color, and is the first in Jared Manninen's series of wilderness activity books. Through engaging activities, tales of lessons learned, and education about backcountry

skills and etiquette, these wilderness activity books will inspire creativity and help you cultivate adventure in your daily life.

Beyond Birkie Fever Walter Rhein 2011-10

Teaching Cross-Country Skiing Bridget A. Duoos 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!

Skiing 1970-02

Lost Ski Areas of Colorado's Front Range and Northern Mountains

Caryn Boddie 2014-10-07 Avid skiers have flocked to the northern reaches of the Centennial State for over a century. While the prized

powder remains the same, the top skiing destinations bear only a faint resemblance to the resorts of previous generations. Neighborhood slopes, such as Tabernash Hill, featured little more than a rope tow and a storage shed. Other spots like Estes Park's Old Man Mountain held tournaments and contests with Olympic participants. From the Cathy Cisar Winter Playground in Craig to Cheyenne Mountain's Ski Broadmoor and everywhere in between, join authors Caryn and Peter Boddie on a tour through the lost ski areas of northern Colorado and the Front Range.

Christmas at Cardwell Ranch B.J. Daniels 2013-10-22 AT CARDWELL RANCH, THE HOLIDAYS CAN BE BRUTAL... It had been years since Tanner "Tag" Cardwell's boots touched Montana soil. This Christmas he was determined to change that. Until a run-in with local Lily McCabe revealed dark secrets from his past and deep trouble for his future. Cowboys came and went in these parts. But Tag Cardwell caught Lily off guard in more ways than one when the two became entwined in a murder mystery. What was it about Tag? The dreamy eyes... The rugged physique... The protection she felt in his strong arms... But before they could lose themselves in each other they had to trace a killer. Or risk finding a crime scene under the Christmas tree.

Yankee Magazine's Ultimate Guide to Autumn in New England

Yankee Magazine 2000-04-01 Best foliage views, tours, lodging.

Brave Enough Jessie Diggins 2020-03-10 Travel with Olympic gold medalist Jessie Diggins on her compelling journey from America's heartland to international sports history, navigating challenges and triumphs with rugged grit and a splash of glitter Pyeongchang, February 21, 2018. In the nerve-racking final seconds of the women's team sprint freestyle race, Jessie Diggins dug deep. Blowing past two of the best sprinters in the world, she stretched her ski boot across the finish line and lunged straight into Olympic immortality: the first ever cross-country skiing gold medal for the United States at the Winter Games. The 26-

year-old Diggins, a four-time World Championship medalist, was literally a world away from the small town of Afton, Minnesota, where she first strapped on skis. Yet, for all her history-making achievements, she had never strayed far from the scrappy 12-year-old who had insisted on portaging her own canoe through the wilderness, yelling happily under the unwieldy weight on her shoulders: "Look! I'm doing it!" In *Brave Enough*, Jessie Diggins reveals the true story of her journey from the American Midwest into sports history. With candid charm and characteristic grit, she connects the dots from her free-spirited upbringing in the woods of Minnesota to racing in the bright spotlights of the Olympics. Going far beyond stories of races and ribbons, she describes the challenges and frustrations of becoming a serious athlete; learning how to push through and beyond physical and psychological limits; and the intense pressure of competing at the highest levels. She openly shares her harrowing struggle with bulimia, recounting both the adversity and how she healed from it in order to bring hope and understanding to others experiencing eating disorders. Between thrilling accounts of moments of triumph, Diggins shows the determination it takes to get there—the struggles and disappointments, the fun and the hard work, and the importance of listening to that small, fierce voice: I can do it. I am brave enough.

Soft Skiing Lito Tejada-Flores 2009-10 *Soft Skiing* is unique among many how-to-ski-better books-full of practical, easy-to-follow and immediately effective ski coaching ideas, it's also a collection of personal memories by one of America's best known ski instructors, Lito Tejada-Flores. Lito is the author of *Breakthrough On The New Skis*, and the creator of the *Breakthrough-On-Skis* video series. He has never followed the "party-line" of official ski teaching orthodoxy, and his *Breakthrough on Skis* books are amongst the best selling ski instruction books of all time. In this book, Lito breaks new ground, focusing 100% on the art of skiing in a relaxed, energy-efficient manner, a style of virtually effortless expert skiing that is ideally suited to older skiers. In his easy-to-follow conversational style, Lito reveals the secrets of skiing all day, on all

terrain, without fatigue, without a moment of struggle or stress. Actually this is a book for all skiers but more than anything it is a gift for older skiers looking for grace, elegance and efficiency rather than aggressive daring-do on the slopes. This is a book that will change skiing lives, expand skiing horizons.

Winter's Children Ryan Rodgers 2021-12-14 The story of Nordic skiing in the Midwest--its origins and history, its star athletes and races, and its place in the region's social fabric and the nation's winter recreation In the winter of 1841, a Norwegian immigrant in Wisconsin strapped on a pair of wooden boards and set off across the snow to buy flour--leaving tracks that perplexed his neighbors and marked the arrival of Nordic skiing in America. To this day, the Midwest is the nation's epicenter of cross-country skiing, sporting a history as replete with athleticism and competitive spirit as it is steeped in old-world lore and cold-world practicality. This history unfolds in full for the first time in *Winter's Children*. Nordic skiing first took hold as a sport in the Upper Midwest at the end of the nineteenth century, giving rise to an early ski league and a host of star athletes. With the arrival of a pair of brothers from Telemark, Norway, the world's best skiers at the time, the sport--and the ski manufacturing industry--reached new heights in Minnesota, only to see its fortunes fall after World War II, when downhill skiing surged in popularity. In *Winter's Children* Ryan Rodgers traces the rise and fall of Nordic skiing in the Midwest from its introduction in the late 1800s to its uncertain future in today's rapidly changing climate. Along the way he profiles the sport's stars and stalwarts, from working-class Norwegian immigrants with a near-spiritual reverence for cross-country skiing to Americans passionately committed to the virtues of competitive sport, and he chronicles races like the thrilling 1938 Arrowhead Derby (which ran from Duluth to St. Paul over five days) and the American Birkebeiner, the nation's largest cross-country event, which takes place every year in northern Wisconsin, snowpack permitting. Generously illustrated with vintage photography and ski posters, and featuring firsthand observations drawn from interviews, *Winter's Children* is an engaging

look at the earliest ski teams and touring clubs; the evolution of cross-country skis, gear, and fashion; and the ambitious and ongoing effort to establish and maintain a vast trail network across the Minnesota state park system.

Two Planks and a Passion Roland Huntford 2013-01-31 Roland Huntford's brilliant history begins 20,000 years ago in the last ice age on the icy tundra of an unformed earth. Man is a travelling animal, and on these icy slopes skiing began as a means of survival. That it has developed into the leisure and sporting pursuit of choice by so much of the globe bears testament to its elemental appeal. In polar exploration, it has changed the course of history. Elsewhere, in war and peace, it has done so too. The origins of skiing are bound up in with the emergence of modern man and the world we live in today.

Skiing 1972-12

Skiing 1972-12

The Trail Beckons Malcolm Hunter 2018 "Thousands enjoy skiing the Gatineau trails each winter and thousands more hike many of the same trails. We have been doing so for 100 years. Meet the original trail builders in the 1920s, Charles Mortureux and Joe Morin, and the trails they made, The Western, Little Switzerland, Highland and Merry Go Round. Hear the many stories related to them; how Penguin Parking Lot got its name, how Camp Fortune became the centre of the trail system well before the establishment of the Gatineau Park in 1938. Did you know that once upon a time Fortune Lake was much smaller and was a popular spot for swimming? Having skied in the Park since 1957 as a seven year old skiing to Keogan lodge, Malcolm Hunter has many experiences to share. Join him as you ski or hike along the famous Ridge & Pine roads. All these trails beckon, to enjoy, to experience and to learn more about them. You'll have a great time reading this book and better yet will come to explore the park with a new perspective."--Back cover.

Written in the Snows Lowell Skoog 2021-10-01 Century of Northwest wilderness skiing stories by noted expert 150 black-and-white and color photographs Celebrates the friluftsliv, or open-air living spirit, of backcountry skiing In *Written in the Snows*, renowned local skiing historian Lowell Skoog presents a definitive and visually rich history of the past century of Northwest ski culture, from stirring and colorful stories of wilderness exploration to the evolution of gear and technique. He traces the development of skiing in Washington from the late 1800s to the present, covering the beginnings of ski resorts and competitions, the importance of wild places in the Olympic and Cascade mountains (including Oregon's Mount Hood), and the friluftsliv, or open-air living spirit, of backcountry skiing. Skoog addresses how skiing has been shaped by larger social trends, including immigration, the Great Depression, war, economic growth, conservation, and the media. In turn, Northwest skiers have affected their region in ways that transcend the sport, producing local legends like Milnor Roberts, Olga Bolstad, Hans Otto Giese, Bill Maxwell, and more. While weaving his own impressions and experiences into the larger history, Skoog shows that skiing is far more than mere sport or recreation.

Wild Shot Andy Liebner 2011-12-21 *Wild Shot* is outwardly about the external physical demands of the winter sports of Cross Country Skiing and Biathlon. Author Andy Liebner discovers that sport is not just about training and competition; it's a metaphor for a deeper aspect of life. Sport is a quest! To rise to the top requires a heroic journey to encounter and overcome external and internal barriers, and Andy runs into far more of them than you might think possible. The barriers are relentless. But he learns that his biggest enemy is inside his head and if he masters his fears then he wins. "Ever wondered what it would be like to compete at the highest levels of a sport? Now, imagine doing it without a support system of coaches, money, or a team. This is Andy Liebner's story of how a young guy with a big dream decided to go it on his own against the biggest stars on the skiing and biathlon world circuit. While biathlon is not a sport most Americans recognize, the Europeans pour money into

training facilities, gear and athlete development. With none of these advantages Andy sets out to train himself and take it to the Europeans on their home turf. His inspiration is both familiar and unique. While mental and physical training are key for many types of endurance sports, the shooting and skiing skills of Biathlon are special. The competitions are bare-knuckle shoot outs in some of the toughest weather and high mountain terrain. Andy's journey is not an easy one and the challenges off the course often seem bigger than those encountered in competition. This exciting story couples the high speed twists and turns of a ski run with the human roller coaster of emotion." - Janet Conway PhD.

Cross-country Skiing Guide John Hamburger 1978

Skiing 1970-02

Near Field Communications Technology and Applications Mike Hendry 2014-12-18 Everything you need to know about NFC technology, its applications, implementation, common obstacles and strategies to overcome them.

Christmas at Cardwell Ranch & Keeping Christmas B.J. Daniels 2013-10-29 Collects two suspenseful Christmas stories, including "Keeping Christmas," where cowboy Chance Walker, intent on bringing wild child Dixie Bonner home for Christmas, starts to fall in love with the woman he is tasked to find and protect.

She Explores Gale Straub 2019-03-26 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, She Explores is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, She Explores shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out

of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

Snowshoe Routes Washington, 3rd Ed. Dan Nelson 2015-09-03 • 100 routes, reorganized and reviewed for this edition • 15 all-new routes • New photographs throughout Snowshoe Routes: Washington, 3rd Edition puts you on the 100 best trails in the state, all within easy driving from major cities! Among other improvements, this new edition offers an expanded at-a-glance chart, featuring new categories for camping options, parking places, dog-friendly routes, and relative avalanche risk. In addition, routes have been reorganized into 9 regions.

Snow Trails Rich Freeman 2001 Winters in Central & Western New York can be long and snowy. Perfect weather for adventures on skis or snowshoes. Snow Trails shows where to go: -- close to home for a spontaneous outing when the snow flies -- or farther afield for a full day adventure to a new and exhilarating locale With Snow Trails you can choose from over 80 mapped locations. Directions are given to winter parking areas and each trail is described by length and level of difficulty. You'll learn where to find groomed trails, seldom used trails for peace and quiet, or popular trails with added amenities such as warming huts, refreshments, restrooms, guided tours, and sleigh rides.

Skiing 1979-10

Climbing the Ivory Tower Kathy English; Sara Casey 2011-08-26 This book is about two women in their early fifties who decide to return to

graduate school to work toward a Ph.D. in musicology. They don't know one another, they don't have any idea how taxing it will be, and they have been out of touch with recent scholarship. One of the women has five children and the other has two, but all are frisky and imaginative kids who keep up their antics to their mothers' despair. Their tales of adjustment to academic life, their interaction with the professors and classmates, and their attempt to survive confrontations with their children are sometimes hilarious and sometimes tragic, to say nothing of the medical obstacle that bars their path.

Cross-Country Skiing for Everyone Jules Older 1998 Examines the techniques, equipment, preparations, and safety of cross-country skiing

World Class Peggy Shinn 2018-02-06 What makes a great team? Sports journalist Peggy Shinn answers this question in her enthralling account of the dramatic rise of the U.S. women's cross-country ski team, winners of eight medals at three world championships over the past five years. Shinn's story - based on dozens of interviews with athletes, coaches, parents, spouses, and friends - paints a vivid picture of the obstacles that America's female athletes must overcome not just to ski with the world's best, but to beat them. In a sport where U.S. women have toiled for decades, mostly in the middle or the back of the pack, the development of a world-class team attests to the heady combination of a transformational leader, a coach who connects with his athletes, the super-fast individual skiers who are also conscientious teammates - and a bit of good luck. This is the story of Kikkan Randall, Liz Stephen, Holly Brooks, Jessie Diggins, Ida Sargent, Sadie Bjornsen, Sophie Caldwell, Rosie Brennan, and coach Matt Whitcomb - and how they created the perfect team.

The Happy Runner Roche, David 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential

without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

Trail to Gold U.S. Olympic Women Cross-Country Skiers 1972-2018 2021-11-15 Fifty-three American women have participated in cross-country skiing in the Winter Olympics between the years of 1972 and 2018. In 2018, forty-six years after the first team competed, Jessie Diggins and Kikkan Randall won Olympic gold in the Team Sprint, in Pyeongchang, South Korea, the first Olympic medal for U.S. women's cross-country skiing. Five decades of women skiers stood up and cheered, celebrating this long sought after achievement. This book shares the collective journey of these women Olympians, with the skiers themselves telling the story. Part I combines individual stories along a variety of themes, to collectively demonstrate the challenges of competing against the best in the world. In Part II, virtually every one of the fifty-three wrote her own profile to describe her skiing career and post-Olympic life. Photographs throughout put faces with the stories and add vibrancy to the narrative. The anecdotes in *Trail to Gold: The Journey of 53 Women Skiers*, paint the picture of women's cross-country skiing over 50 years--a fascinating history recorded in personal heartbreak and triumph and in fun vignettes from life on the trail.

Hiking the Wonderland Trail Tami Asars 2012-07-24 [CLICK HERE](#) to download the chapter on "Backpacking" from *Hiking the Wonderland Trail* "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine * Comprehensive and affectionate guide to one of the nation's iconic wilderness trails * Everything you need to help plan this 93-mile trek, whether done in one trip or several * Lavish, full-color design, yet informative and practical, with 125 photographs and 18 maps * Find even more details, updates and added trip extensions at

hikingthewonderlandtrail.com Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: * How to work with the Wonderland Trail permit reservation system, and when to apply * Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry * How to pack the perfect backpack * Food and fuel caching on the Wonderland, tips and instruction * Detailed camp-to-camp route descriptions and suggested itineraries * How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. Hiking the Wonderland Trail distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

Sport Physiology for Coaches Brian J. Sharkey 2006 The authors explain the principles of muscular and energy fitness training and describe the step-by-step procedures to follow in applying the principles to a variety of sport programmes for secondary school level athletes.

The Complete Guide to Cross-Country Ski Preparation Nat Brown 1999 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. Written by an expert ski and wax technician, this book is based on more than thirty years of field experience and testing at the highest level.

Cross Country Skiing and Snowshoeing Erwin A. Bauer 1985-12
Skiing 1982-09

Snowshoe Routes Alan Apt 2001 Colorado is a snowshoer's paradise. Focusing on the state's most popular destination for winter activities, Snowshoe Routes: Colorado's Front Range offers detailed route descriptions for Red Feather Lakes, Poudre Canyon, Steamboat Springs, Rocky Mountain National Park, Indian Peaks, Mount Evans and Guanella Pass, and the Colorado Springs

Skiing 1990-01

The Get-Outside Guide to Winter Activities Foran, Andrew 2016-10-31 The Get-Outside Guide to Winter Activities offers a wealth of ideas, activities, games, and tips for leaders of wintertime outdoor groups. The activities are safe, age appropriate, and easily modifiable for varying skill levels and designed for a range of locales.