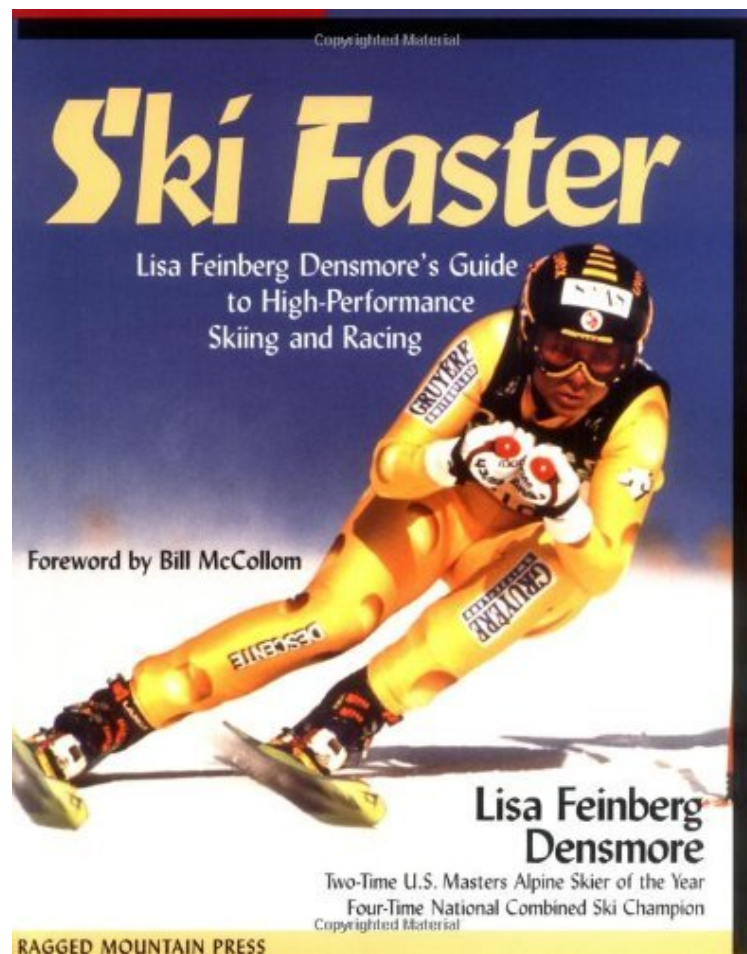


[E-BOOK] Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing: Lisa Feinberg Densmore's Guide to High-performance Skiing and Racing

## **Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing: Lisa Feinberg Densmore's Guide to High-performance Skiing and Racing**

Von Lisa Feinberg Densmore  
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Von Lisa Feinberg Densmore : **Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing: Lisa Feinberg Densmore's Guide to High-performance Skiing and Racing** before purchasing it in order to gage whether or not it would be worth my time, and all praised **Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing: Lisa Feinberg Densmore's Guide to High-performance Skiing and Racing:**

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Belongs in your LibraryVon Ein KundeI'm new to ski racing and was searching for books about it. There's not much out there. I found this book, it was exactly what I was looking for. The author touches just about every topic in ski racing. I think

this book is geared toward the beginner and intermediate racer, although advanced racers could probably use it as a reference for racing techniques. Bottom line, it helped me ski better, and faster! 0 von 0 Kunden fanden die folgende Rezension hilfreich. Go for it! Von A Rye Very interesting. As a long term skier who came to instructing late in life it gives a good insight into the club and racing mentality.

**Kurzbeschreibung** Ski Faster Learn to ski as expert racers do, even if you never plan to enter a starting gate. You don't need nerves of steel and a passion for flying down slopes at 85 mph to benefit from the competitive-level advice and insider anecdotes in this book. In fact, even if moving at 15 mph on the intermediate slope makes you nervous, Ski Faster is for you . . . if you want to ski better . . . have more fun on the slopes . . . and learn how to carve those new shaped skis like a pro. "The best skiers are ski racers," writes Densmore, pointing out the technical impact of champions such as Jean Claude Killy, Stein Ericksen, and Ingemar Stenmark. In this book, Densmore shows all skiers how to apply champion racing techniques not only to gain speed but to improve skill. Ski Faster shows you how to Prepare for and enjoy any kind of alpine race, no matter what your present skill level Tell a slalom course from a Giant slalom or Super G Get more fun out of skiing by mastering better technique Ski professionally with improved form and better-carved turns Understand how the new shaped skis improve your carving and racing potential With pro-level guidance on training and conditioning . . . on-snow and dry-land drills . . . waxing tricks . . . faster starts . . . course tactics . . . mental preparation, including conquering fear of speed . . . tips from top racers . . . and over a hundred illustrations that make it all easier to understand, Ski Faster is the finest race-preparation manual available. "A must-have in any Alpine master's ski library." --Bill Skinner, U.S. Ski and Snowboard Association Masters Coordinator and Park City Resort Masters Coach "The most complete ski racing book written! It's an encyclopedia that reads like a personal diary of a ski racer. Whatever your interest or ability, this book will help you ski better and Ski Faster!" --Dave Merriam, Director of the Stowe Ski and Snowboard School and Head Coach of the PSIA Demonstration Team "Lisa Feinberg Densmore has compiled a comprehensive digest of pertinent concepts, details, and personal accounts to form an improvement road map for recreational skiers, beginning-to-seasoned racers, instructors, coaches, parents, and fans. I'll recommend this book to many people." --David Ojala, Program Director, Mammoth Mountain Ski and Snowboard Team

**Pressestimmen** Here are six tips to ski faster: Hands forward; Eyes looking ahead; Weight mostly on downhill ski; Skis parallel; Wide stance, lower upper body; Torso aimed toward fall line. Ski Magazine 20000301 While the book is aimed at aspiring racers, there's plenty for recreational skiers. And it really is true: Ski faster and you'll ski better. 'Ski Faster' is a solid gift for that young racer, or the older would-be racer on your list. Boston Globe 20000106 For a racing guide, Ski Faster is amazingly well written, clear, useful and interesting throughout. SKi Press 19991201 It covers everything you would ever want to know about the sport, from dryland training and equipment selection, to on-snow training tactics by ski racing discipline. It also contains the most detailed waxing and ski preparation guide ever available to the public. USSA Alpine Masters 19991201

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