



A Basic Guide to Skiing and Snowboarding

By Mark Maier

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, A Basic Guide to Skiing and Snowboarding, Mark Maier, The feel of fluffy snow beneath your feet, the adrenaline rush of speeding downhill, the exhilaration of a completed run -- winter sports enthusiasts know just how exciting skiing and snowboarding can be. This guide will improve you skiing savvy, whether you are just starting out on the slopes or you are already testing your strength and agility in slalom, aerals, and moguls. Special features include: Nordic, Alpine and Freestyle skiing; Snowboarding -- a fresh look at this new and exciting Olympic event; Career highlights of leading US ski stars; Courtesy and safety on the slopes; Fitness, health, and nutrition tips.



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