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KEY=ULTIMATE - REID MCKEE

Ultimate Skiing

Human Kinetics Publishers *A stunning, full-color guide for the modern skier, Ultimate Skiing speaks to the intermediate, advanced and racing readership by including updated techniques for modern-shaped ski designs and tips for fine-tuning boots for specific styles and terrain. Ultimate Skiing features author Ron LeMaster's clear, thorough and captivating photo sequences depicting proper form on the slopes. Every chapter includes analyses of World Cup skiers, as well as exercises for developing and practicing technique. Original.*

The Ultimate Ski Book

Legends, Resorts, Lifestyle & More

Te Neues Publishing Company *The best in skiing around the world: from the Alps to the Andes, from the Rockies to the Whakapapa Skifield. 150 color and black and white photos, from nostalgic ski shots to spectacular piste views. Including personal tips from ski legends.*

Ultimate Skiing Adventures

100 epic experiences in the snow

Fernhurst Books Limited *Ultimate Skiing Adventures takes you on a skiing voyage around the planet's biggest, best and most unusual ski destinations - from the huge mega-resorts of the French Alps to sailing along Iceland's north coast in search of great snow, there are exciting adventures that will appeal to everyone from novice to expert. The inspirational descriptions of 100 locations combine Alf Alderson's personal experience with the input of experts in all aspects of skiing and mountain sports and are accompanied by stunning full-page photography from some of the world's foremost ski photographers. Published in a year of great uncertainty for ski travel, this book allows you to escape onto the slopes in your own home. Perfect for indulging in some armchair skiing of slopes that only the most adventurous will tackle and for planning your next ski trip. And it's not just about skiing - the contents cover avalanche rescue techniques, snow science, road trips, the work of ski patrollers and resorts so remote and obscure that you may never have heard of them. The book is divided into sections on Western Europe, Eastern Europe, North America, Scandinavia and the Rest of the World. Discover where you will ski next - in reality or in your imagination.*

The Ultimate Guide to Weight Training for Sports

Price World Publishing *The Ultimate Guide to Weight Training for Sports is the most comprehensive and up-to-date sport-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features 54 sport-specific weight-training programs guaranteed to improve your performance and get you results. No other sports book to date has been so well designed, so easy to use, and so committed to weight training. This book takes athletes from the off-season to the in-season, and is loaded with dozens of tips and pointers to help you maximize your training and improve your performance. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!*

Ultimate Skiing Adventures - 100 Epic Experiences in the Snow

Take a skiing voyage around the world's biggest, best and most unusual ski destinations - from the huge mega-resorts of the French Alps to sailing along Iceland's north coast in search of great snow. Inspirational descriptions of 100 adventures and stunning full-page photography will help you plan your next ski trip or indulge in armchair skiing.

The Ultimate Ski Maintenance Book

DIY Ski Waxing, Edging and Tuning

Createspace Independent Publishing Platform Learn to love your skis so that you can spend maximum time riding safely and effortlessly on the slopes this winter: *The Ultimate Ski Maintenance Book* gives simple step-by-step instructions on everything you need to know in order to take care of your skis from home. The book is packed full of photos illustrating each procedure in an easy-to-follow manner that absolutely anyone - youngster to adult, novice to professional - will benefit. From basic safety check to home waxing and through to damage repair, *The Ultimate Ski Maintenance Book* has you covered.

Playboy's Guide to Ultimate Skiing

Putnam Adult This guide to enjoying the best of the nation's ski resorts details the secret runs, the best days, and the best restaurants of each resort and attempts to convey in photographs the thrill of skiing

Everything the Instructors Never Told You About Mogul Skiing

AuthorHouse The real mogul skiing instruction you're looking for. Whether you want to ski gentle moguls with comfort and confidence, turn heads on your local mogul run, or compete in mogul contests, this book will give you the specialized techniques you need to reach your goal. In this how-to classic, former competitor Dan DiPiro reveals techniques that have remained largely unknown or misunderstood outside of competitive mogul skiing circles. Most skiers try to ski moguls using only groomed-trail techniques, says DiPiro. But the bumps require a special set of techniques that have little to do with groomed-trail skiing. With an understanding of these special techniques, most fit, expert skiers can become good mogul skiers, and some can become excellent mogul skiers and even mogul competitors. For the aspiring mogul skier, this book is full of invaluable instruction. For the seasoned bumper, it's an ideal tune-up guide and a refreshing affirmation. For all skiers interested in broadening their understanding of downhill skiing excellence, it's an original, eye-opening read.

100 Slopes of a Lifetime

The World's Ultimate Ski and Snowboard Destinations

National Geographic This ultimate skier and snowboarder bucket list, from celebrated runs in Alta, Utah, to the challenge of Switzerland's 4 Valleys races through 100 energizing snowy experiences for all levels. Filled with beautiful National Geographic photography, wisdom from experts, need-to-know travel information, and practical tips, this inspirational guide offers the planet's best ski and snowboarding experiences on breathtaking slopes around the world. Complete with a foreword from celebrated Olympic alpine skier Lindsey Vonn, *100 Slopes of a Lifetime* is divided by interest and skill level: cross-country routes to intermediate downhill moguls to expert-only backcountry terrain, skiers and snowboarders will find the perfect destination for their dream terrain. From dreamy Colorado escapes to Hokkaido, Japan, where Siberian storms dump more than 60 feet of snow every year, you'll find countless slopes to add to your bucket list from the wilds of Alaska to breathtaking Morocco. Plus find plenty of apres ski activities including: Getting up close with elk in Jackson Hole Trying Europe's longest toboggan run Or sampling the Dolomite's finest cuisine) Grab your skis or boards; this comprehensive and innovative guide will lead you to experience the greatest snow-play adventures the world has to offer!

The Skier's Edge

Human Kinetics Publishers Explains the mechanics required to improve ski performance and provides tips on techniques such as motion, turn anatomy, balance, and edging

Skiing and the Art of Carving

Turning Point Ski Fndtn This is a book about refining the technique of skiing. It shows how to carve true arcs on traditional skis and carve extreme arcs on deep sidecut skis. It aims to tone a skier's skills to the maximum, whether he is a beginner or an accomplished skier.

Total Skiing

Human Kinetics Publishers Fellows shares his proven program for assessing skills and creating your skiing profile. Step by step, you'll identify exercises to enhance those skills and create a personal training program to improve functional movement, including stability and mobility, ski-specific fitness, essential ski techniques, and tactics for performance on all terrains.

Ultimate Skiing

Ski North America

The Ultimate Travel Guide

Firefly Books A guide to the top 40 ski resorts in North America.

Vintage Skiing

Nostalgic Images from the Golden Age of Skiing

Familius Revisit the glory days of skiing with one of the most famous ski photographers of the era: Ray Atkeson!

Skiing Around the World

"Let me take you to the slopes you always dreamed of skiing or to exotic destinations where you didn't know skiing even existed. More than a ski book, this is a travelogue depicting the skiing culture and character of 47 fascinating countries." Taken from back cover.

Ultimate Skiing

With insight on how it's done, how it looks, and how it feels, "Ultimate Skiing" will give you a performance edge. LeMaster's signature photo sequences clearly illustrate proper form and will guide you step by step through challenging sections of the slopes. With "Ultimate Skiing," you'll soon be skiing better than ever!

Ultimate Skiing

Human Kinetics

The Stylish Life

Skiing

Te Neues Publishing Company From its origins in China and Scandinavia, the sport of skiing has come a long way to attract daring athletes, tourists and locals on winter holiday, the chic and wealthy leisure class, and international royalty. On the technical side, pioneering innovators developed cutting-edge equipment that, over the years, has grown skiing to become a fiercely competitive spectator sport while, on the cultural side, the exciting and well-groomed stars of the ski world and jetsetter destinations have come to define a distinctive and popular global culture and aspirational lifestyle. The Stylish Life: Skiing is a nostalgic and spectacular journey through alpine history and beyond, including this singularly unique sport's founders, superstars, influence on design and entertainment, and the evolution of its resorts, fashion, equipment, and much more.

A-B-Skis

"Introduces skiing through photographs and brief text that uses one word relating to skiing for each letter of the alphabet"--Provided by publisher

Fifty Places to Ski and Snowboard Before You Die

Downhill Experts Share the World's Greatest Destinations

Abrams Fifty Places to Ski and Snowboard Before You Die—the 10th book in the popular Fifty Places series—takes readers to some of the world's most inspiring skiing/snowboarding destinations: the Chugach Mountains (Alaska); Aspen, Crested Butte, and Steamboat Springs (Colorado); Tuckerman Ravine (New Hampshire); Rusutsu (Japan); Chamonix (France); Portillo (Chile); and Whistler Blackcomb (British Columbia). Based on interviews with leading experts, the book chronicles the rich history of these sports and the people who have mastered them, including Tommy Moe, Jonny Moseley, Billy Kidd, and Greg Harms. Above all, Santella provides readers with the gorgeous scenery, the glamorous ambiance, and the always thrilling experience of visiting mountains from the Alps to the Rockies, whether it's après-ski in Cortina or helicopter rides into virgin Alaskan powder. Praise for Fifty Places to Ski and Snowboard Before You Die "Even the reader who gets no farther than the couch can feel transported to the snow-covered peaks, mogul fields, and sparkling

expanses sculpted by the book's avalanche of quirky nuggets, insider tips, and historical perspectives . . . After writing nine other Fifty Places guides, author Chris Santella has the drill down." —Reuters.com "Whether you're an expert looking to hit the double diamond moguls or a beginner who wants a gentle slope just in case stopping is an issue, these spots have a little something for everyone." —The Daily Beast "For powderhounds, Fifty Places to Ski & Snowboard Before You Die by Chris Santella (\$25) looks at snow sports destinations around the world." —Associated Press

Basic Illustrated Cross-Country Skiing

Rowman & Littlefield Richly photographed and information-packed tools for the novice or handy reference for the veteran, BASIC ILLUSTRATED books distill years of knowledge into affordable and visual guides. Whether you're planning a trip of thumbing for facts in the field, the BASIC ILLUSTRATED series shows you what you need to know.

Skiing

Skiing

The Mt. Shasta Book

A Guide to Hiking, Climbing, Skiing, and Exploring the Mountain and Surrounding Area

Wilderness Press The Mt. Shasta Book is the ultimate guide to safely the hiking, backpacking, and climbing routes up the 14,162-foot mountain. In addition, this guide covers the area's skiing, snowboarding, water activities, and mountain biking trails. With over 50 combined years of experience as Shasta guides, the authors are seasoned experts on the mountain and its surroundings. The print edition comes with a fold-out 4-color topographic map.

Ski Skills

Top Tips for Expert Skiing Techniques

Firefly Books Limited "Contents include step-by-step descriptions of how to turn, tips on balance techniques to ensure correct form, and a section on equipment needed."--Provided by publisher.

Skiing

Skiing Guide And Tips For First-Time for Beginners: Ultimate Skiing Book

Skiing is exciting and a lot of fun and there is nothing more satisfying than feeling the wind in your face as you zip across the snow under beautiful blue skies. However skiing is far more dangerous than most other pastimes and as so it is vital that you know the most do and pitfalls that can befall the beginner. This short and concise book is designed for all those that have either just begun or never skied before and would rather come back from their holiday with both legs still intact and working properly as well as all the other parts of their body!

Inner Skiing

Revised Edition

Random House A New, Completely Revised Edition of the Classic Guide to Better Skiing Have you been searching for a way to overcome your fear, trust your instincts, and ski to your greatest potential? Inner Skiing will help you do all this and more. In this newly updated edition of the skiing classic, W. Timothy Gallwey and Robert Kriegel offer advice on and examples of how to gain the "inner" self-confidence needed to ski well and have fun on the slopes. Inner Skiing will help you: Focus on each step of a particular technique (like the parallel turn), then put it all together so that the motion seems effortless Analyze your fears to distinguish between healthy fear and unnecessary fear that you can overcome Achieve "breakthrough" runs in which you experience natural and coordinated movements Move to the next level in your skiing ability and feel in control Gallwey and Kriegel are two of the leading innovators in sports, and this new edition refines the techniques they have perfected over their long careers. Their easy-to-follow examples and anecdotes will help skiers of all abilities--from beginner to expert. Inner Skiing will change the way you ski.

Skiing

Backcountry Ski & Snowboard Routes: California

Mountaineers Books After some dreadful years for Sierra skiers, the snow is back and the pent-up demand to ride it is satisfied by this book! From Bishop to Tahoe to Shasta, and multiple slopes in between, California has a big ski and snowboard culture and this backcountry guide describes 97 of the state's best routes. Part of our critically-acclaimed series, *Backcountry Ski & Snowboard Routes: California* is written by Tahoe-based professional skier, Jeremy Benson, and covers the best of the state, featuring advanced backcountry descents with serious verticals. The northern region of the book focuses on Mount Shasta and Tahoe, while the central region includes Mammoth, Bishop, and Sierra Club hut trips, and to the south, 14ers Mount Whitney and Mount Langley and more.

The Longest Run

How a Colorado Ski Bum Skied Every Day for More Than Eight Years

From November 1, 2003 until January 10, 2012, Rainer Hertrich, a middle-aged snowcat groomer from Copper Mountain, Colorado, skied every day for 2,993 consecutive days. Before his streak, the longest run on record was 365 days by a British journalist and his French girlfriend. Hertrich's wild, globe-trotting journey captured the heart of Olympians and ski bums alike, many of whom say his streak will never be matched. It only ended when doctors discovered a near-fatal heart arrhythmia and ordered Hertrich to stop skiing. In this memoir, coauthored with ski writer Devon O'Neil, Hertrich tells of his family's emigration from Germany, his unlikely rise to fame by way of a now-defunct ski area in Estes Park, Colorado, and story after hilarious story from a life lived on motorcycles, in tents, aboard sinking boats, and, of course, on big mountains worldwide, always chasing adventure. By turns heartwarming, inspiring, and laugh-out-loud funny, Hertrich's commitment to skiing transcends the snowy lifestyle and shows what is possible when someone devotes his life to a simple, liberating pursuit: strapping skis to his feet and schussing downhill on snow.

Skiing is a Dance and the Mountain Always Leads

Ultimate Skiing Notebook: 120 Blank Lined Pages

Independently Published Novelty Skiing Journal, Notebook or Diary to write your thoughts, feelings, training log and ideas. 6x9" in size, with 120 Lined Pages (Paperback)

Skiing with Demons

The Morzine Chalet Project

Youcaxton Publications Part memoir, part observational humour, this seriously funny book, documents the author's transition from a city living executive, to a garage dwelling ski bum in the French Alps. It will be enjoyed by anyone who has either been on a skiing holiday, is thinking of running a ski chalet, wants to be a ski instructor or is planning a midlife crisis - it's not really about skiing.

Skiing

Ultralight Winter Travel

The Ultimate Guide to Lightweight Winter Camping, Hiking, and Backpacking

Rowman & Littlefield The key to winter travel is knowing how to travel as light as possible. The Ultralight series is perfect for both beginner and experts alike as Justin Lichter and Shawn Forry, the first ever winter thru-hikers of the Pacific Crest Trail, use their knowledge to form the most comprehensive companion for traveling farther with less weight. Ultralight Winter Travel focuses on all of the skills and techniques that winter adventurers would want at their fingertips while in the outdoors. Perfect for winter travelers from beginner to advanced, this book contains: Worst-case-scenario advice you'd want handy if stuck in a precarious situation. Topics like: how to predict weather patterns, how to keep your pack light without sacrificing the essentials, how to repair or replace gear with limited materials, and how to deal with the elements when you don't have a lot of gear The book is formatted to make learning easy and user-friendly. Readers will be able to adapt their surroundings to the techniques shown in the book and safely overcome challenges that which may otherwise have turned them back.

Skiing

Skiing

Snowboarding: The Ultimate Guide

ABC-CLIO • Draws on interviews with more than 100 snowboarders • Provides a chronology of snowboarding, starting from the mid 1960s to the present • Includes biographical sketches of pioneers, athletes, and heroes, such as Jake Burton, Shaun White, and Craig Kelly • Includes numerous photographs illustrating snowboarding in different sites, key events, and various styles of participation • A bibliography lists the most useful, reliable, and accessible resources for understanding the topic, including videos and organizational listings • A glossary defines key terms • Each chapter includes interesting sidebars on related issues, controversies, people, events, and even pop culture tie-ins

Skiing

Skiing