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# Cross-country Downhill And Other Nordic Mountain Skiing Techniques



## Synopsis

Book by Barnett, Steve

## Book Information

Paperback

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## Customer Reviews

Barnett's book was the first to describe the downhill techniques- notably the Telemark turn- to the modern generation of XC skiers. It was written long before the current crop of edged "Telemark" skis, plastic boots and heavy cable bindings, which is an advantage, as he teaches you techniques possible in light touring equipment. Indeed, some illustrations show Barnett skiing in light skis and Adidas racing boots and bindings. A valuable addition to the tourer's library. If you can find a copy, buy it.

35 years ago, I had a truly horrible alpine racing coach. I threw away my alpine skis, bought some cross country skis, picked up a copy of Steve Barnett's book, and studied it intently. The gear has changed profoundly over the decades, the techniques have advanced significantly, but the very basic concepts outlined in this little book are worth looking at if you've never telemarked. There are foolish children who will make the ignorant claim that this book is so outdated as to be worthless for anything other than a historical reference. They're flat out wrong. Personally, when I'm ripping it up hard and fast on modern tele skis and boots on piste at 50 or 60 mph, or when I'm skiing cautiously in crevassed terrain in one of the remote ranges of the world, the fundamentals outlined in this little book have served me well as the foundation upon which many other, more refined, freeheel techniques have been built. Grab a copy, read it well, and study it. But don't think that this should be

your only book on telemarking. Pick up Paul Parker's book, study alpine racing technique books, and read a couple of the more modern tele instructional books, too. Mostly, just dedicate yourself, and it will come to you.

This book is as relevant today as the day it was written. The techniques are designed for allowing a cross country skier the freedom to explore the backcountry on his or her dedicated cross country rig. If ski mountaineering, heavy Telemark downhill, or Randonee skiing are what you are looking for, then there are rigs and instructive texts for those disciplines, but if what you want is to take your standard cross country rig, which is light, fast, and agile, just a little bit deeper and steeper, then this is the book for you. Grab a copy if you can find it!

Though many techniques can be called dated, the content involving the motivations and spirit of the tour is delightful. If you love exploring on two boards in the winter then this will be an enjoyable and educational book.

Cross-country downhill and other Nordic mountain skiing techniques is an bold idea for its time. Today where nordic ski racer regularly exceed 50 mph on racing skis or we have extreme telemark films, the book is dated. Good historical reference.

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