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# How The Racers Ski



## **Synopsis**

A revolutionary study of the fundamentals common to all great skiersâ •a new and more natural way to ski for competitors and recreational skiers alike. Warren Witherell founded Burke Mountain Academy and was its headmaster from 1970 to 1984. Within two years of its founding, ten young racers from his center earned places on the United States Ski Team, and its graduates have dominated American competition in the years since. How the Racers Ski is a landmark book in the advance of ski-teaching methodology. It provides competitive skiers with a guide to modern racing technique and offers recreational skiers a more natural and efficient way to ski than is usually taught at ski schools. It focuses on the fundamentals that international-class skiers strive for: optimum balance, economy of motion, and use of the characteristics of their skis to create turning forces. The author has added new material for this paperback edition, discussing significant recent changes in equipment and what changes in fitting, stance, and technique the skier must make to use them most efficiently. This edition also includes a new introduction by Doug Smith, managing editor of the Journal of Professional Ski Coaching and Instruction.

## **Book Information**

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## **Customer Reviews**

Love it. Wonderful old book. Cover and pages look slightly used, but it works just fine for me. I've been ski instructing for 35 seasons and this was the first text that was used to teach me how to teach skiing. Changing gear and grooming has made a difference, but much of this info is still important.

Warren Witherell's ideas about skiing are the first and last words you need. Like him, I was a water skier before I took to the slopes, and the parallels he draws are apt and precise. It's all about carving, carving and carving, and he'll show you how. I have read many books on ski technique and I can assure you that this is the best. If you follow his precepts you'll start to improve, no matter what your skill level may be. 5 Stars is too low a rating for this classic.

This book is priceless for someone who wants to improve his or her skiing. Warren Witherell knows what he is talking about. The author has also written another book titled "The Athletic Skier" which is also right on the money.

I read this book on the advice of a fellow ski journeyman (now renowned Aspen Mountain Ski Instructor, Paul Wade) in the mid 70's as an instructor at Sugarbush, Vt. I've been skiing all my life and this book almost single handedly - along with Paul's advice - changed my skiing forever delivering me to the 'next level' ... the magic "it" where the "there" is. Witherall's clear and concise writing took me from an excellent skier [albeit sliding, sometimes carved turns] to an expert, consistently on the ski's edge with beautiful rippled and carved turns. Even with shorter, phatter skis of 2004, Witherall's writing is still current and uniquely relevant, if not even more so because skis have gotten so much better as described by Witherall [maybe even predicted? where yesterday's term "sidecut" means the same as today's "parabolic"] ... If you understand how skis work, and Witherall documents this, you'll understand even more how phat, tapered waist, i.e. parabolic, skis will help you, partner with you, to carve perfect turns. I hear this book has been controversial, that not everyone agrees with Witherall [in Western US ski teaching camps with softer snow conditions, there's more emphasis on equal weighting and "sliding" your skis], but until otherwise advised, this book has no equal for learning how skis work and how to carve and rip through harder packed, iced, Eastern US ski conditions. It will take you to a rad, bad and oh so fine expert level wherever you ski, however freestyle you go.

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