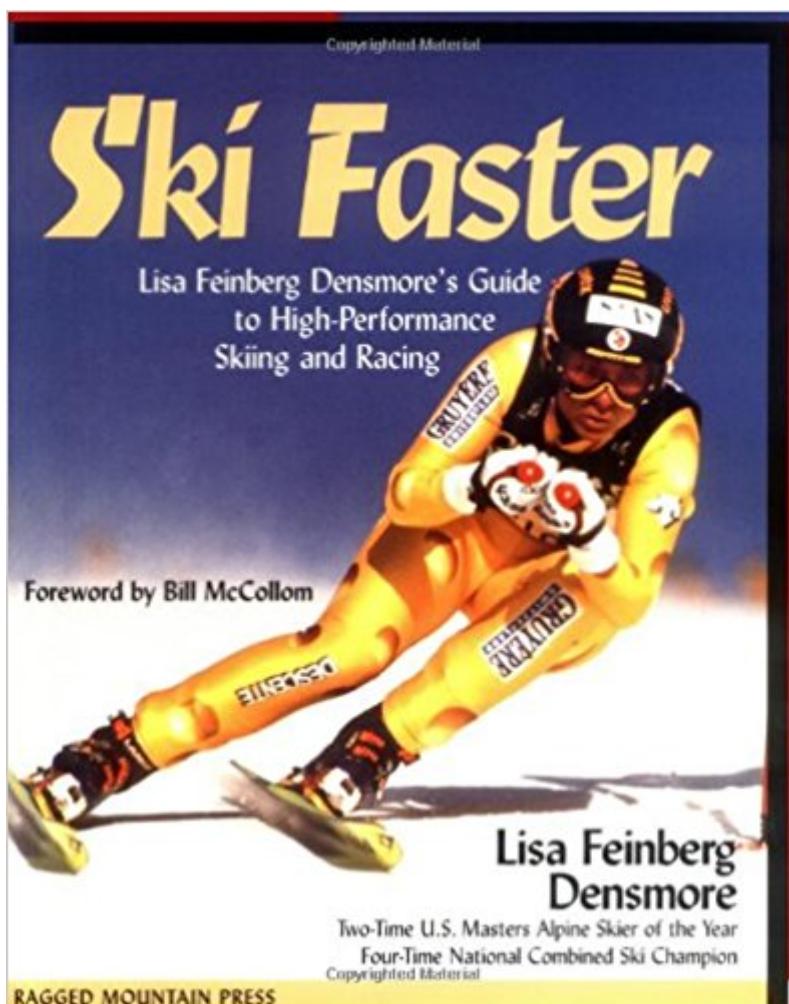


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# Ski Faster: Lisa Feinberg Densmore's Guide To High Performance Skiing And Racing



## Synopsis

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 Erickson, 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

## Book Information

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## Customer Reviews

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 2000-03-01) 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 2000-01-06) For a racing guide, Ski Faster is amazingly well written, clear, useful and interesting throughout. (SKi Press 1999-12-01) 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 1999-12-01)

"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 Skiing Downhill Skiing Alpine Skiing Ski Race Conditioning Slalom Courses Super G Giant Slalom Shaped Skis

For someone like me that discovered ski racing at age 54, this book is a very good. It was published late 90s after the conversion to shaped skis so skip past the occasional explanation telling the reader to forget their old habits from those old straight skis. The book is an easy read, yet technical enough to explain the forces influencing my 40+ MPH ride through a GS course. There is a list of 10 skills to perfect and work on that I have gone back to numerous times. Also does a nice job

explaining the mindset change that must occur as you move from pleasure skier to competent racer. Racing is best and most fun when your times are improving, and this book will help.

I was skiing on NASTAR courses and consistently getting Bronze medals; I was a pretty good skier and I could get down any slope but I could not break out of the Novice NASTAR category. Technique, not aggressiveness, is everything in improving your racing times. This book will help. Following this book's advice, I am now in the Expert NASTAR category consistently getting Silver medals and often getting Gold.

Provides good technical insight.

This is a great book for the amateur skier who wants to "step it up a notch".

I was in an REI store in Baltimore a few years ago when I stumbled on this book and promptly bought it. I had read a few other similar guides but I was still having difficulty grasping the concept of a proper Giant Slalom turn. Lisa Feinberg Densmore's SKI FASTER clearly and succinctly got the message across. Helpful photos of the "wrong" way as well as the "right" way really gave me an understanding of what I should be striving for. Although I have a long way to go, this nifty tome has helped me shave significant seconds off my recreational race league times. I have only one request. Lisa, when are you going to put it all on video? I've searched the web looking for an instructional video for recreational GS racers and none exist! With your broadcast background, you'd be a natural to produce one. As my club's racing captain, I can assure you there is a market out there! Pat Moore  
Race Captain  
Mt. Laurel Skiers[...]New Britain, CT

Lisa Densmore's book has proven to be a especially good buy as it illuminates the core of modern high performance skiing. A close reading yielded real benefits. The advice on preparation for a season's activity has also proven most beneficial. The clarity and authority of the writing invites reading this well presented book time and again.

This has been an excellent book on all aspect of skiing and equipment. It explains the art of skiing so you can enjoy the sport.

As a ski instructor for a few years I was recruited to coach a group of kids for ski racing. I new

almost nothing about the techniques and tactics for ski racing and found this book to be a big help. It does contain a bit more information than I needed on downhill and super G racing. A great book for anyone interested in racing.

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