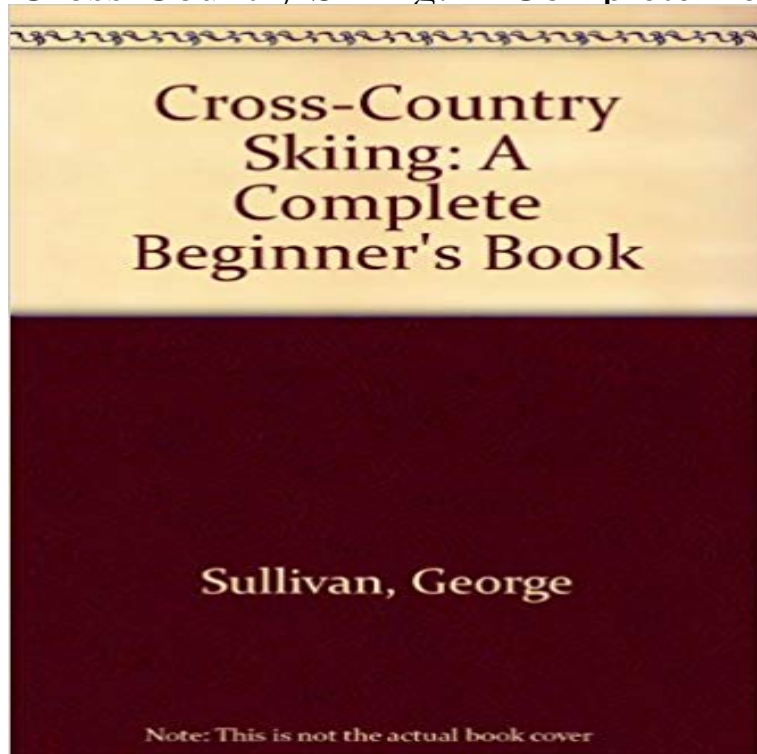


Cross-Country Skiing: A Complete Beginners Book



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Guides): Brian** the gym this winter, cross-country skiing provides an opportunity to explore, for Fun and Fitness (The
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boot the entire foot is affixed firmly to the ski. Some of the other beginners in the group caught on more quickly, some
more slowly. Another larger book is Complete Cross-Country Skiing, by William J. Lederer and Joe