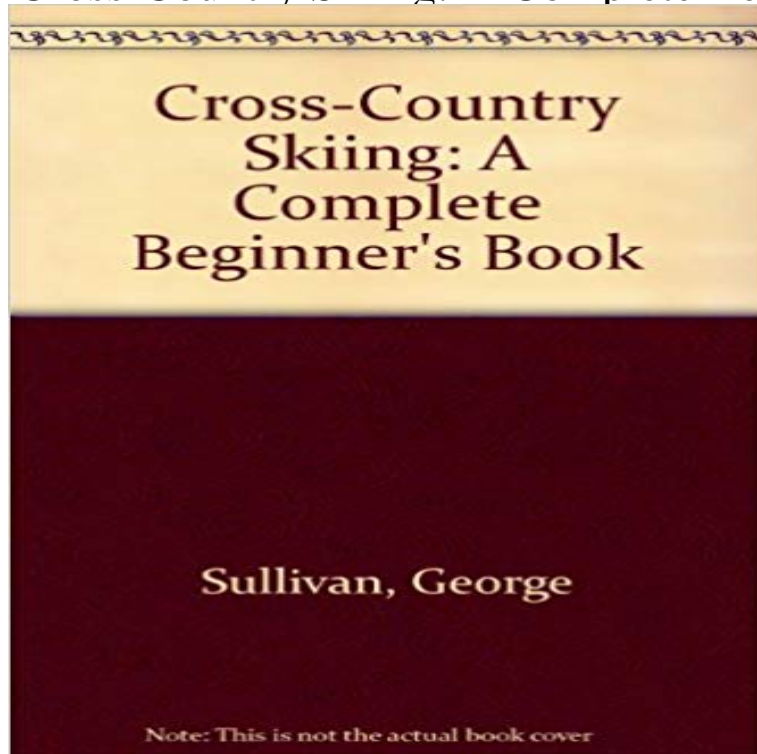


Cross-Country Skiing: A Complete Beginners Book



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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