Tao of Skiing provides a comprehensive insight into the technical aspects of modern cross-country skiing, where the secrets are in the basics and the way (Tao) is in the correct preparation and execution of the details. The information is an expos, of key information from the world of elite xc skiing which is designed to fast track the development of specific skills and fitness. Beginners and Experts will benefit from the richness of ski tips, generous use of photos and intelligent explanations. An excellent tool for coaches and instructors. The definitive multimedia reference on XC skiing (300 pages) found with the extra features on the DVD-ROM or sold separately on CD-ROM.

Tao of Skiing has been journey of self-discovery drawn from racing and coaching at the international and Olympic level, from formal education, long discussions, experimentation, and by training with the best. This experience has been methodically recorded in our log books, diaries, and training programmes. We dusted off the archives and embarked upon a serious editing job.

The unseen forces and kinesthetic feelings cannot be adequately illustrated without the use of imagery to awake feelings and experience to develop the necessary motor skills. Tao (the way) of Skiing must be experienced. The Tao of Skiing is an aide memoire which uses empowering phrases to impart an important message - provoking both thought and feeling in good skiing.

Tao of skiing is written for the sport to ski racer or multi-sport athlete, and is best digested with the video and professional instruction. Tao of skiing demystifies the technical mess of XC skiing. It consolidates the volumes of training methods, sports literature and medical texts, extract particularly useful material and places them in the context of skiing parlance.

The technique and methods are state-of-the-art (leading edge) and provide the reader with a comprehensive understanding of basics when combined with experience. Tao of skiing has been used to instruct over 1500 skiers, from beginner to elite levels. Although the athlete's personal attributes are the primary factor affecting performance, the programme has been a successful contributor in placing many within the world Loppet Elite and a dozen athletes at provincial, national, international and Olympic levels including World Cup medals.

AUTHORS NOTE

Tao of Skiing represents years of notes and video footage from over a decade on the World Cup Biathlon and Cross-Country Ski Circuit. Our friends, students and fellow athletes urged us to pull it all together. It is unlikely that a book (or multimedia presentation) could adequately explain what it is to cross-country ski, and technical discussions can be largely academic, until one gets on-snow to experience it. From literally boxes and book shelves of material, these are the notes which we kept for ourselves to help us on our way. The way (Tao) worked for us and we sincerely hope it will work for you. Take what is useful and make it yours.

WARNING ! - This is an instructional book for a potentially hazardous activity. Injuries, serious, life-threatening or otherwise, permanent disabilities or death may result from participation. By purchasing, reading or using this book, the reader releases the authors, publisher and distributer from any and all liability for any injury or death which may result from following the training advice or attempting the techniques described herein.

For best performance, register now for the XCZONE - Master's Cross-Country Ski Camps!

SYSTEM REQUIREMENTS

IBM compatible PC 486, 100MHz or faster Pentium (Recommended) or iMAC/PowerMac 16x CD-ROM Drive 5 MB space available on hard drive (20MB recommended) 16 MB RAM Windows 95/98 or NTor OS8+ Web Browser either Microsoft Internet Explorer 3.0 or Netscape Navigator 4.0 (or more recent version) 12bit Sound and 24 bit Video Card drivers and software to display movie files (.avi) and play stereo sound (.wav)

DVD/CD-ROM FORMAT

We came to the conclusion in producing Tao of Skiing that a CD-ROM was the best media. That being said, computers are more complex than paper books, and each computer is a bit different. So, a deliberate decision was made to code the material in basic html (like a web page) and rely on the reader's web browser to display the information. Note that: The look and feel of the CD-ROM will vary given your unique hardware or software setup and the intrinsic capabilities of your system. (For example hi fi video playback is highly dependent upon the performance of your sound and video card or CD-ROM speed). Works best with Microsoft Internet Explorer 5.

For the DVD-ROM version, your computer must be capable of playing DVDs and have DVDweb installed.