



Tips: HOW TO CROSS COUNTRY SKI

Introduction

The sport of cross-country skiing can take you to some of nature's most beautiful winter terrain. When you are first learning to cross country ski, you may be surprised that it is not as easy as some make it out to be...but it's fun to learn. The art of Nordic skiing, as it is officially known, requires much practice, good balance and the ability to pull yourself up when you fall using thin and long poles.

Instructions

Step One

Find a reputable cross-country shop, peruse the supply of skis, and ask the salesperson questions. Purchase the correct ski height and pole length for your size. To find your ideal ski length, you should multiply your height in inches by 2.6, then add 25 inches. Your poles should be 10 to 40 centimeters less than your ski length.

Step Two

Start out on a flat surface that is groomed for cross country skiers. These places can be found in most state or county recreational parks during the winter months. Small hills and downgrades should be avoided at the beginner level because it is considerably harder to master the techniques.

Step Three

Glide your feet one at a time in a forward walking motion. You will be lifting your heels (which are not attached to the skis) when your foot is in the back and dragging your toe to slide your ski forward.

Step Four

Use your poles when skiing to move faster. In an opposite foot to pole rotation, dig the poles into the snow and pull your body forward. Release the pole from the snow and reach further ahead to dig and pull again.

Step Five

Get a rhythm going. Once you are able to achieve a consistent flowing motion, the act of cross country skiing gets much easier. Your body begins to flow with the rhythm on the snow.

Step Six

Learn how to fall properly and get up. You should always try to fall to your side with both feet parallel to each other. When getting up, you will have to place both poles on one side of your body and dig them into the snow to prop up your body.

Tips & Warnings

- * Make certain that your boots are free of snow before stepping into your bindings.
- * Expect to fall a few times on your first excursions - it's all part of the fun of cross-country skiing.
- * Skiing is a physically demanding sport that can result in serious injury. We recommend that you seek the proper equipment and training before undertaking this activity



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