



Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing

Lisa Densmore

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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 Ericksen, 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

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Linda Hill:

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Vickie Kay:

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