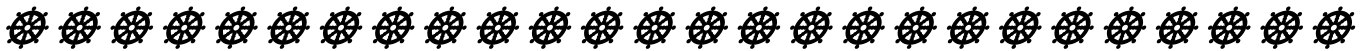


Attention New Skiers

Some things you need to know about Nordic skiing.



EQUIPMENT:

There are specific skis, boots, bindings and poles for both Skate and Classic skiing. In a perfect world (and it is a nice world) we would all be set up for both. Some ways to accomplish this would be to jump right in to new equipment or combine some new and some used. For used equipment you can ask teammates or attend ski swaps. Remember, it's only a good deal if it fits properly!!

Another option is Combination equipment. "Combi" equipment does an adequate job for both skate and classic skiing, allowing the new skier to grow into the sport by adding more equipment as development and dollars dictate.

Skis are fit to allow the skier to learn both techniques. Boots are designed with the cuff height of a skate boot for lateral support and a softer sole, more closely resembling a classic boot. Two pair of poles are still needed due to the height difference for each technique.

For the new skier wanting to test their future in Nordic skiing this is a good option. Keep in mind that having one pair of skis to do both does not necessarily make things more convenient, you will need to remove the kick wax from classic skiing and re-wax prior to skate skiing.

TOOLS (basic selection):

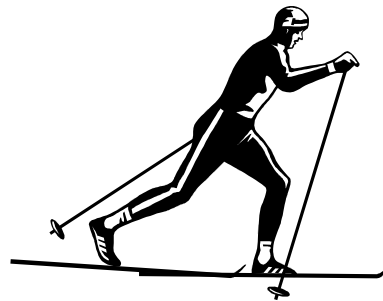
- wax (kick & glide)
- wax iron
- wax remover
- cork
- scraper
- groove scraper/pin
- nylon brush

TOOLS (expanded selection):

- fiberlene
- fibertex
- copper brush
- horsehair brush
- wax (wider selection)
- ski vise/form (for waxing)

OTHER ITEMS:

- ski ties (to hold skis together)
- ski bag (to protect equipment)
- water bottle and carrier
- earmuffs
- lobster mitts
- moisture wicking base layer/long underwear
- windproof outer layer
- socks (NOT COTTON)
- windbriefs (boys)



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