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Endless Winter: An Olympian's Journal



Synopsis

Provides a clear and interesting insight into the international world of cross country ski-racing. Luke Bodensteiner, a two-time national champion, knows what it takes to prepare for international competition. The book is inspiring and enjoyable reading. I'd encourage anyone interested in cross country racing to read it. The book takes you on the road into training sessions and to the waxroom with the best cross country skiers in the U. S.

Book Information

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Customer Reviews

This is a fun, well-written account of what it takes to become an Olympian in the sport of Cross-Country skiing. Chances are that if you're not from WI, MN, or AK, you don't know too much about Cross-Country skiing (however that might be changing soon with the success of the US women's ski team). The fact is that cross-country skiing is one of the most intense, exciting sports out there. The 50k races are essentially just as tough as a running marathon, except they're done at sub-freezing temperatures. Bodensteiner kept this journal as he trained for the 1994 winter Olympics. It's fun to hear about his training techniques and the sacrifices elite athletes have to make in order to achieve their dream. Unfortunately in the US, cross-country skiing isn't the type of sport a person can make a living at. As a result, our athletes have to quit competing when they are still in their prime. Perhaps with a few more books like this which bring the beauty of XC skiing into the mainstream, that will change.

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