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Tips for beginners over 40 or 50 or . . . - page 2

While not aimed specifically at older skiers, The Secrets of Effortless, Low-Impact Skiing for Older Skiers by Lito Tejada-Flores is a must read for older skiers.

Grip and glide: a short history of ski wax |

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The secret to the deep water start: the soft pull

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