

# Ski Touring

## Cross-country...

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selves, but there are two things a beginner needs to know. First, there are two kinds of skis, waxed and waxless; second, Alpine skis don't work very well for cross-country skiing.

Purists and many advanced skiers prefer wax-based skis because a wax base puts them in close contact with the environment. When the wax is right walking uphill is easy and sliding downhill is easier.

Waxless base skis use either a fish-scale pattern or strips of fur to prevent sliding backwards without slowing forward travel. Waxless bases are not as efficient as the best wax job but are better than poorly chosen wax and eliminate the need to change waxes when snow conditions vary. Beginners usually have the best luck with a waxless base ski.

Two types of boots are used in ski touring, dictated by the type of binding on the skis. The three pin binding generally used on light touring skis requires special cross-country ski boots. Any fairly heavy boot with a welt will work on the cable type bindings found on heavier skis.

Winter weather in the mountains is unpredictable. This means you must have clothing along to cope with any climatic atrocity which might come your way. Wool is the preferred fabric for clothing because it stays warm when wet. The multi-layer approach is popular because it allows maximum adjustability. In Oregon, be sure to take a rain coat (no use kidding yourself, you'll need it).

Skiers should always carry extra food, first aid supplies and a repair-survival kit. The repair-survival kit should have pliers, a screwdriver, wire, tape, extra screws, matches, a fire starter and a flashlight.

Some dry clothes, especially mittens and socks, can be very welcome. Skiers should always have a compass and a map of the area. When the snow is flying thick and the sky is dark it is incredibly easy to get "a mite bewildered."

### How do I get started?

There are several good ways to get started in cross-country skiing. The Outdoor Program offers low-cost cooperative trips. Everyone helps one another and there are usually experienced skiers along to lend advice.

The most popular way to get started is the old self taught hit-or-miss method (does this refer to trees?) also known as the school of hard knocks. The many snow covered logging roads are a good place to try this. Popular ones are often located near downhill ski areas.

Cross-country ski equipment can be rented at most skiing or backpacking type stores. Prices range from \$4 to \$6 a day, with reductions on longer periods of time.

### Can I do it?

Anyone in reasonably good health can cross-country ski. Ski touring takes about as much effort as riding a bicycle. Most people can learn to get around on easy terrain in a single day.

Ski touring is a good way to see a part of the woods that only a few will know. True solitude and rare beauty are treasures you can find. Ski touring can be as exciting or as contemplative as you choose. Be prepared for all possibilities, and have a good time.



Most instruction manuals don't mention the fact that you should be careful your skis don't fly off the top of your car.

"It's fun to see important men in high places drop their pants."

—Mike Steele, Minneapolis Tribune



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Oct. 20, Mother, Pudovkin, 1926, 116 min.  
Oct. 22, Earth, Dovshenko, 1930, 54 min.  
Oct. 27, Nosferatu, Murnau, 1922, 96 min.  
The Cabinet Of Dr. Caligari, Wiene, 1920, 77 min.  
Oct. 29, Sunrise, Murnau, 1927, 95 min.  
Nov. 3, Tabu, Murnau, 1931, 80 min.  
Nov. 5, Metropolis, Lang, 1926, 94 min.

Nov. 10, M, Lang, 1932, 120 min.  
Nov. 12, Fury, Lang, 1936, 94 min.  
Nov. 17, The Gold Rush, Chaplin, 1925, 81 min.  
Easy Street, Chaplin, 1917, 20 min.  
Nov. 19, The General, Keaton, 1925, 80 min.  
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Nov. 24, Underworld, von Sternberg, 1927, 80 min.  
Dec. 1, The Blue Angel, von Sternberg, 1930, 90 min.  
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