

# How to Ski Crud Like an Expert

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Crud. The dreaded word that describes snow that's been cut up, baked in the sun, then frozen again. For many recreational skiers, skiing crud is the bane of their existence. Rather than mastering how to ski it, they'll often go out of their way to avoid it. But, you don't have to. Skiing crud is no more difficult than skiing any other type of snow if you know the technique. Try these suggestions to get started.

Difficulty: Moderately Challenging

## Instructions

things you'll need:

- A pair of all-mountain skis with a reasonably wide shovel and waist
- A moderately steep run that is ideally free from skier traffic

- 1 Unlike skiing on groomed runs, skiing crud requires a narrower stance so that the 2 skis act more like 1 wide ski. Stand with your skis directly underneath your hips with the skis 4 to 6 inches apart.
- 2 Allow gravity to pull you through the crud. In order to do this, you'll need to stay in the fall line instead of making turns that cross it. Don't worry, the snow resistance will slow your speed down.
- 3 Bend your ankles, knees and hips. Your lower extremities should act like the shock absorbers on a [car](#). Let the crud move your legs with them accommodating the differences in snow conditions.
- 4 As you turn, roll your knees and lower legs in the direction you want to turn. In essence, you will be "surfing" through the 3-dimensional snow instead of scraping or carving on hard packed snow.
- 5 Before your turn has taken you across the fall line, begin turning in the opposite direction. To control your speed, increase the turning cadence so that you are turning more frequently while staying in the fall line. Let gravity pull you down the mountain.

## Tips & Warnings

- Stay in the fall line. In the beginning, it will feel strange--even a little bit frightening, but it will make it easier to turn and control your speed.

- Ski with a narrower stance than you might otherwise use on hard packed snow.
- Allow each of your legs to work independently from each other like the shock absorbers on the front of a car.
- Try to avoid crossing the fall line completely. It will make it more difficult to initiate the next turn.
- Never get going faster than your comfort level. Avoid injury.