

# Cross-country



# 白馬

**Kamishiro,  
Hakuba**

**TV  
GUIDE**

**February**

7	—	15	—
8	●	16	●
9	●	17	—
10	●	18	●
11	—	19	—
12	●	20	●
13	—	21	—
14	●	22	●

## 1994 winners

**Men: (10km, 15km)**  
Bjorn Daehlie NOR  
(30km)

Thomas Alsgaard NOR  
**Women: (5km, 10km)**  
Ljubov Yegorova RUS  
(15km, 30km)  
Manuela di Centa ITA

The Nordic skiing events – the oldest form of skiing, dating back at least 4,000 years – will again see a strong Norwegian challenge going for gold on the Snow Harp course



**Langlauf**  
classic technique similar to running action. Requires peak physical fitness

## Snow Harp

Course C  
6.6km

Course B  
5.0km



## Classic style

Double-pole gliding step with poles used together



## Freestyle

Skating on alternate skis, poles used together



## Waxing the skis

Wax choice based on temperature and snow conditions

## Glide wax

**Grip wax:** Also called kick wax. A vital element for the classical skier – provides grip for pushing off

## Grip wax

## Glide wax

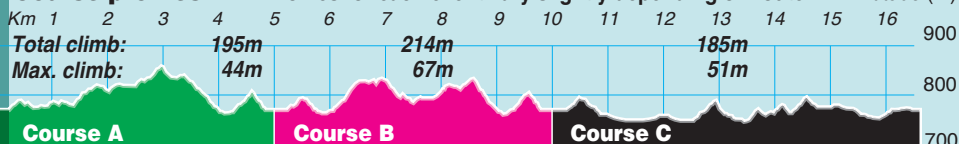
**Glide wax:** Enables ski to slide forward more easily (Freestyle skiers use glide wax only)

**Ski base:** Textured underside provides grip – crossing diagonal grooves, or *rills*, are most effective

## Course profiles

Profiles for each event vary slightly depending on route

Altitude (m)



Sources: NAOO, Verdens Gang

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