

# Cross-country skiing

**Waxing:** The correct wax for snow type and temperature can gain vital seconds

5°C **Softer**



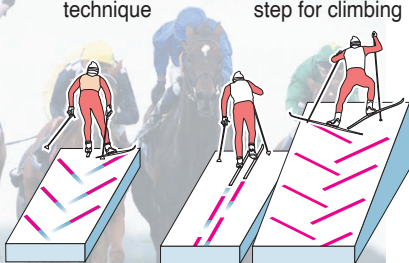
-18°C **Harder**

Applying wax

## Freestyle and Classic

**Freestyle**  
Diagonal  
skating  
technique

**Classic:** Double-pole  
gliding step on level  
ground, herringbone  
step for climbing



**Glide wax:** Easy sliding

**Grip wax:** For classic-style push-off

**Glide wax**

**Waxless skis**



Crossed diagonal grooves, or **rills**, on underside provide grip

Freestyle skiers use glide wax only

## Soldier Hollow course

— 1.5km loop

— 2.5km loop

— 5km A loop

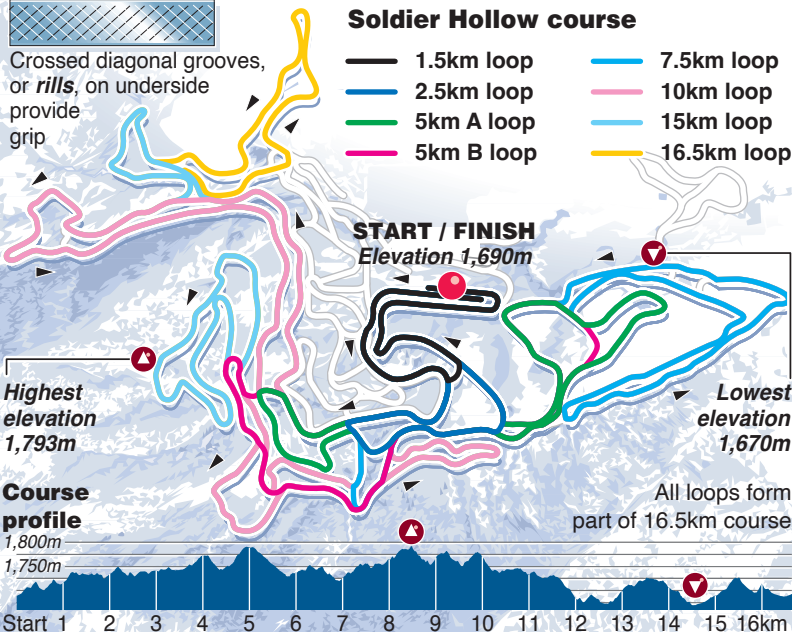
— 5km B loop

— 7.5km loop

— 10km loop

— 15km loop

— 16.5km loop



**Course profile**

1,800m  
1,750m

Start 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16km

## All-time medal count:

**RUSSIA (Men/women)** 84 (28/56)

**NORWAY** 71 (56/15)

**FINLAND** 70 (43/27)

**Venue: Soldier Hollow**

FEBRUARY

