

Cross-country skiing

SKI-ING STYLE

Freestyle: Diagonal, skating technique – “pushing off” using inner edge of ski

Classical: Straight gliding step on level ground, herringbone step for climbing

WAXING

Classical skis require variety of waxes to control friction



Flexible shoe

Rigid boot to counter lateral pressure on ankle

Glide wax

Kick zone: Grip wax or grooves aid push

Glide wax

PIVOT POINT

Most bindings pivot in front of toes, heel remains free

Diagonal “rills”

Freestyle skis use glide wax only

KLAP-SKIS

Pivot under ball of foot – whole foot used for push-off giving 10-15% greater power transfer

Return springs

Athlete saves energy while gaining speed

VENUE: Pragelato Plan

Start / Finish 1,572m

Lowest elevation 1,538m

River Chisone

10km loop – other loops follow smaller sections of course

Highest elevation 1,614m

ALL-TIME MEDALS

Men / Women

NOR 62 / 20

URS/RUS 31 / 65

FIN 42 / 27

