

# Snowboard parallel giant slalom

Requiring excellent core strength, two athletes race side-by-side down parallel, near-identical courses through a series of gates

**RACE START**  
1,141m

**Course length**  
515m

**Vertical drop**  
179m

*Black Mountain*

**FINISH 962m**

**RACING TURN**

Incline into hill for edge bite

Racers change edges before completing full carved turn

Provides essential speed, precision and efficiency – all motion in direction of board

Entire edge follows same track – minimal sideways skidding

Carve

Skid

Edge angle

Force on board builds up into turn

Upper body stays aligned with direction of travel – no over-rotation  
Knees extend coming out of turn

**Out of turn**

**BOARD FLEX: Going into turn**

Speed increases downward force

Curve of board tightens turn

Flex back as downward force lessens. Board straightens on exit of turn