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CROSS-COUNTRY SKIING



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

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для самостійної та аудиторної роботи
з теми
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за напрямками підготовки «фізичне виховання» та «спорт»

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Лижні перегони*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямками підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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CROSS-COUNTRY SKIING

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- | | |
|-------------------------|--|
| • allow, <i>v</i> | - дозволяти |
| • alpine skiing | - гірськолижний спорт |
| • attach to, <i>v</i> | - прикріпляти до |
| • backcountry, <i>n</i> | - віддалена малонаселена місцевість |
| • binding, <i>n</i> | - кріплення лиж |
| • burn calories | - витрачати, спалювати калорії |
| • come into existence | - виникати, з'являтися |
| • compete in, <i>v</i> | - змагатися у |
| • comprise, <i>v</i> | - включати, охоплювати, містити в собі |
| • descending, <i>n</i> | - спуск |
| • distribute the weight | - розподіляти вагу |
| • endurance, <i>n</i> | - витривалість |
| • event, <i>n</i> | - змагання |
| • flat, <i>adj</i> | - рівний, рівнинний |
| • footwear, <i>n</i> | - взуття |
| • individual start | - індивідуальний старт |
| • lightweight material | - легкий матеріал |
| • mass start | - командний старт |
| • Nordic combined | - лижне двоборство |
| • pole, <i>n</i> | - лижна палиця |
| • prohibit, <i>v</i> | - забороняти |
| • pursuit, <i>n</i> | - гонка-переслідування |
| • recognize, <i>v</i> | - визнати, визнавати |
| • relay, <i>n</i> | - естафета |
| • team sprint | - командна гонка |

2. Translate without using a dictionary:

technique, the International Olympic Committee, style, primitive, type, discipline, classic, muscle group, calorie, skier, major, sprint, motion, aluminium, freestyle, material, the International Ski Federation, transportation, graphite.

3. Read and translate the text.

Cross-Country Skiing

There is evidence that primitive skis were used in Norway over 5,000 years ago. In the 10th century, Vikings used skis for transportation. Ski competitions came into existence only in the 19th century, starting in Norway.

Five disciplines of skiing are recognized by the International Olympic Committee (IOC) and the International Ski Federation (FIS) nowadays. They are: Alpine Skiing, Cross-Country Skiing, Ski Jumping, Nordic Combined, and Freestyle Skiing.

Cross-country skiing (also known as *XC skiing*) takes its name from a type of ski race that is one third up, one third down, and one third flat.

The skis are long and thin, to distribute the weight of the skier and allow him to move quickly. The skiers carry two poles, usually made of aluminium, graphite, or some other lightweight material. The toe of a skier's footwear is attached to the ski with a binding, while the heel remains free.

There are three main styles of cross-country skiing: classic, free or skate, and telemark. In a classic race, skating techniques are prohibited. In freestyle racing, any technique is allowed. And telemark technique is used for descending in the backcountry.

At the Olympic Winter Games, the cross-country skiing comprises twelve different events. Women compete in the sprint, team sprint, 10km individual start, 15 kilometres pursuit, 30 kilometres mass start and the 4x5 kilometres relay. Men compete in the sprint, team sprint, 15 kilometres individual start, 30 kilometres pursuit, 50 kilometres mass start and the 4x10 kilometres relay.

Cross-country skiing is one of the most difficult endurance sports, as its motions use all the major muscle groups. Along with rowing and swimming, it is one of the sports that burn the most calories per hour.

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) long and thin skis
- 2) to carry two poles
- 3) to attach the toe to a ski
- 4) to remain the heel free
- 5) prohibited techniques
- 6) allowed techniques
- 7) a technique for descending
- 8) difficult endurance sports
- 9) the most calories per hour
- 10) major muscle groups

2. Match the definitions to the following notions:

- | | |
|---------------|--|
| 1) skiing | a) things that are worn on the feet, such as shoes or boots; |
| 2) pole | b) the process of chasing someone or something; |
| 3) ski | c) going down a mountain or slope; |
| 4) binding | d) a race where each member of the team does part of the race and then another member continues; |
| 5) skier | e) a short race at a fast speed; |
| 6) footwear | f) the sport or activity of moving over snow on skis; |
| 7) sprint | g) a long thin object fixed to a boot in order to slide easily over snow; |
| 8) relay | h) the part of a ski that holds the boot in place; |
| 9) descending | i) a long thin stick, often used for supporting; |
| 10) pursuit | j) someone who moves over snow on skis. |

3. Combine the following words and translate them:

- | | |
|----------------|-------------|
| 1) alpine | a) jumping |
| 2) team | b) group |
| 3) lightweight | c) weight |
| 4) Nordic | d) calories |
| 5) endurance | e) sprint |
| 6) per | f) skiing |
| 7) distribute | g) material |
| 8) muscle | h) hour |
| 9) burn | i) combined |
| 10) ski | j) sport |

4. Insert the prepositions where necessary:

in (2), by, for, with (2), to, per, from, of (8).

1. Cross-country skiing takes its name ... a type ... ski race.
2. The toe ... a skier's footwear is attached ... the ski ... a binding.
3. Skiing poles are usually made ... aluminium or other lightweight ... material.
4. Telemark technique is used ... descending ... the backcountry.
5. Cross-country skiing is one ... the sports that burn the most calories ... hour.
6. Women compete ... 15km ... pursuit.
7. Five disciplines ... skiing are recognized ... the FIS nowadays.
8. The shape ... the skis allow to distribute the weight ... the skier.
9. Cross-country skiing use all ... the major muscle ... groups.
10. Along ... rowing and swimming, it is one ... the most difficult endurance sports.

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. Vikings used skis for transportation ... | a) ... made of lightweight material. |
| 2. IOC and FIS recognize ... | b) ... in the 19th century. |
| 3. The XC skiers carry two poles ... | c) ... is 4x5km race. |
| 4. Binding is used to attach ... | d) ... remains free. |
| 5. Cross-country relay for men... | e) ... as well as rowing and swimming. |
| 6. Ski competitions came into being ... | f) ... in a classic race. |
| 7. Cross-country relay for women... | g) ... five disciplines of skiing. |
| 8. The heel of a skier's footwear ... | h) ... the footwear to the ski. |
| 9. XC skiing burns most calories ph... | i) ... is 4x10km race. |
| 10. Skating techniques are prohibited ... | j) ... in the 10th century. |

6. Complete the sentences with appropriate terms.

1. C_____ in skiing came into existence only in the 19th century.
2. The skis are attached to the skier's footwear with the b_____.
3. Any technique is allowed in f_____ racing.
4. All the major m_____ groups are used in cross-country skiing.
5. Men compete in 30km p_____.
6. Women compete in 10km i_____ s_____.
7. Some of the most difficult e_____ sports are swimming, rowing and cross-country skiing.
8. In order to allow the s_____ to move quickly the s_____ are long and thin.
9. For d_____ in the backcountry telemark technique is used.
10. Cross-country skiing r_____ is one third up, one third down, and one third flat.

7. Answer the following questions.

1. What does the abbreviation FIS stand for?
2. What do you know about the origin of skiing?
3. How can you explain the name of cross-country skiing?
4. What is the other name of cross-country skiing?
5. How is the skier's footwear attached to the ski?
6. What kinds of skis are used in cross-country skiing? Why?
7. How many styles of cross-country skiing do you know?
8. What style allows using any techniques?
9. What techniques are prohibited in a classic style?
10. How many Olympic events does the cross-country skiing comprise?

8. Finish the following sentences.

1. Primitive skis were used ...
2. The following disciplines of skiing are recognized by IOC and FIS: ...
3. Cross-country skiing takes its name from ...
4. The lightweight material for XC poles usually is ...
5. The toe of a skier's footwear ...
6. The heel of a skier's footwear ...
7. The main styles of cross-country skiing are: ...
8. Competitions in cross-country skiing for men comprise ...
9. Competitions in cross-country skiing for women comprise ...
10. Cross-country skiing is one of the most ...

Text B

1. Read the text to find the information about:

- 1) *the myth of skiing invention;*
- 2) *the origin of the word "ski";*
- 3) *the previous use of skis;*
- 4) *the origin of cross-country skiing;*
- 5) *the countries with strong cross-country skiing traditions;*
- 6) *the original material for skiing equipment;*
- 7) *the "father of modern skiing".*

On the ancient artefacts a hunter on rudimentary skis is clearly identifiable alongside reindeers. It is certain that a form of skiing was an integral part of life in colder countries. In Norse myth, skiing was invented by Skadi, the snowshoe goddess. The word "ski" entered the English language from Norwegian in 1890. Previously, English speakers considered skiing to be a type of snowshoeing. In regions where snow dominates, the indigenous population developed snowshoes that did not slide across the snow as the

skis do. Today's cross-country and most other types of skiing are the modern style reminiscent of ancient skiing. Cross-country skiing originated in Fennoscandian countries in prehistoric times. It was widely practiced in the 19th century as a way of moving from place to place in winter. Obviously the principal use of skis until recently was for the transportation of goods and people, for hunting elk, deer and other animals, or for the swift movement of soldiers patrolling remote icy borders. Horses were clearly not much use in three metres of snow, so other methods had to be developed and skis quickly became as natural in everyday life as hats and gloves. Nowadays almost everyone in countries with strong cross-country skiing traditions – like Norway, Sweden, Finland and Estonia – has used or regularly uses skis. This form of skiing has been used by explorers as means of transport, and all Nordic armies have ski-trained infantry for winter operations. Skis give important mobility to the army. Similar tactics that utilizes skis have been used in many times by the Finns and Karelians in the past. Pre-modern skiing troops were armed with crossbows and ski poles which had a spearhead on the other end. Traditionally, all of the equipment was made of natural materials: wooden skis and bamboo poles with leather hand straps. Footwear was usually leather boots with thick soles. Bindings evolved from simple straps made of twisted thread into various modern bindings. The Norwegian Sondre Norheim from Morgedal is called the “father of modern skiing”. In the 19th century he allegedly improved the bindings to better turn while skiing down hills. Nowadays skiing is spread around the world and is a popular recreational activity.

(Originated from Wikipedia, the free encyclopedia)

2. Are the sentences true or false? Correct any false sentences.

1. A hunter on rudimentary skates is clearly identifiable on the ancient artefacts.
2. The word “ski” entered the English language from Russian.
3. Cross-country skiing was widely practiced in the 19th century as a way of moving from place to place in winter.
4. Horses, as a rule, may be very useful in three metres of snow.
5. All Nordic armies have ski-trained infantry for winter operations.
6. Traditionally, all of the equipment was made of leather.
7. Skiing leather boots usually had thick soles.
8. The only principal use of skis until recently was for hunting.
9. Modern bindings evolved from simple straps made of twisted thread.
10. The Norwegian Sondre Norheim is called the “father of modern skating”.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.**Rules**

There are three main styles used in cross-country skiing: classic, skating and telemarking. There is also skiathlon, which combines classic and skating. Specially adapted equipment is available to suit each.

Classic. The classic style is often used on prepared trails (pistes) that have pairs of parallel grooves (tracks) cut into the snow.

Skis have camber and should leave the centre section of the ski clear of the snow when the skier's weight is evenly distributed between the pair. The centre section of a classic ski will either have "fish scales", or ski wax that will stick to the snow (called the "kick zone" or "grip zone" of the ski). When full weight is transferred to a single ski the kick zone comes into contact with the snow. Glide wax is used on the tails and tips of the skis.

When skiing on prepared trails, long, narrow and light skis are usually used. When skiing away from prepared trails, a much wider ski is sometimes used. In flat regions, such as parts of Finland, skis exceeding 3 or 4 m in length are sometimes used.

On downhill slopes a tucked position (hocke, from the German word) is assumed, in a similar manner to downhill skiing.

Skate skiing. Skate skiing involves a decisive weight transfer onto one ski angled and then the other, supported by the inner edge of the ski on the snow, which looks similar to an ice skater. As in classic skiing, transferring weight completely from one ski to the next is essential to learning to skate. Those who have learned to ice skate or rollerskiing may find ski skating technique easier to learn than classic skiing.

Skate skiing can be done either with skis specifically designed for skating or 'combi' skis for both skating and classic styles. Similarly, specialized skating boots or combi boots can be used. Skate skis tend to be shorter and stiffer than those used for the classical technique, and the poles are longer. Neither fish scale skis nor grip wax are used.

There are also variants of these techniques, most notably hop-skating, which involves dynamic tempo causing both skis to leave the snow at the same time.

Skating technique is only suitable for use on prepared trails (pistes), firm and smooth snow or snow crust and frozen snow-covered lakes or rivers.

Skating is faster and different muscular exercise than classic skiing, except in extremely cold conditions where classic skiing may approach skating in speed. Adoption of the skating technique varies from country to country. In some countries the majority of non-professional racers now skate, although top skiers continue to learn and train in both styles.

The distinction between classic technique and free technique is made in competition i.e., a race will be designated as classic or free. In the case of the former only those propulsion techniques that are considered 'classic' are allowed whereas in the latter the competitors are free to use any technique although the majority of competitors will opt to skate. Large races will often have both skate and classic divisions and award prizes in both categories.

Recent developments in the sport include "double pursuit" races where the competitors complete the first part of the event using the classic technique and the second part using the free technique.

Telemark. The telemark technique is particularly suited to backcountry skiing (off-piste cross-country skiing). While first and the foremost it is a technique for descending, for those with dedicated equipment it is effectively a separate branch of skiing that takes place in the backcountry.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of cross-country skiing terms.

3. Make a presentation of cross-country skiing.

Skis

The skis are long and narrow, to distribute the weight of the skier and allow the skier to move quickly. Typical ski dimensions are 2 metres in length, about 5 centimetres in width and one to four centimetres in thickness at different stations along the length of the ski. Depending on the ski design and purpose, they are fitted to the skier based on height and weight. The toe of the skier's footwear is attached to the ski with a binding, while the heel remains free.

Characteristics of cross-country skis:

- **Width** – Generally, a skating ski is shorter and narrower than a classic ski. A ski intended for off-track use is wider and heavier. Cross-country skis are sometimes informally known as “skinny skis” because of their narrowness compared to alpine skis.
- **Tip** – To help cut through deep snow, the tip of a cross-country ski is typically higher and more curved than an alpine ski.
- **Camber** – for classic technique, camber, the amount of vertical curvature in the ski, is crucial to create a kick zone.
- **Bottom surface** – Many skis have smooth bottoms which require waxing, but waxless skis are available.
- **Edges** – For track skiing, skis usually do not have metal edges; Backcountry and Telemark skis however often have edges.
- **Sidecut** – indicates the shape or profile of the ski. Sidecut affects the way a ski tracks (travels in a straight line) and turns. Skis with limited sidecut and a straighter profile (Classic skis) track or glide forward easily. A ski with lots of sidecut will turn more easily but not track as smoothly. Skating skis usually have minimal sidecut: the tips and tails are only slightly wider than the waist. This increases stability in the glide phase.
- **Materials** – Formerly, many skis were made of wood alone, or with a fiberglass or synthetic coating over the inner wood layer. Modern skis have synthetic foam cores.

Poles

Like alpine skiing, cross-country skiers carry two poles, usually made of aluminium or fiberglass. More expensive poles are made of graphite or carbon fiber or some other strong but lightweight material.

Poles have a spike at the end to provide a fixed pivot when the pole penetrates through to a hard surface, and a plastic web or disc (called the basket), to provide extra purchase in snow and to ensure the pole doesn't sink too deeply. Different basket styles are available for different techniques and snow conditions.

Nordic poles are longer than poles for alpine skiing. Skating or freestyle poles are usually longer than those used for the classic technique. Poles should be sized proportionally to the height of the skier. The wrist strap helps prevent the skier from dropping the pole, and also assists with pushing in classic diagonal stride.

Bindings and boots

The binding holds or clips the toe of the boot to the ski. Most bindings are mounted on the skis by screws. Depending on technique, boots are generally much lighter in construction than alpine boots. Boots for track skiing are lower cut, with less ankle support, resembling a running shoe. Skating boots are usually higher, stiffer, and reinforced around the heel and ankle. The increased stiffness is designed to support the lateral push-off of the skating stride. Backcountry boots are heavier, with more ankle support.

Older styled three-pin bindings (Nordic Norm), with or without cables, are still used by backcountry and Telemarking enthusiasts. The sole of the boot is extended forward slightly at the toe. There are three holes in the bottom of the toe which mate with the pins in the binding. With this system the sole of the boot flexes as the skier strides.

There are three primary groups of binding systems used in modern cross-country skiing:

- NNN (New Nordic Norm) – including the new R4 NIS variant
- SNS (Salomon Nordic System) Profil
- SNS Pilot

These systems have a metal bar or rod just forward of the toe of the boot. The bar is held by a catch in the binding. The bar can rotate in the binding, so the sole doesn't have to flex as much. Automatic bindings make it easier for the skier to "step in" to the bindings. Manual bindings must be locked and released by hand. Further variants to NNN and SNS are "BC" (back-country) standards, where the toe hold in the binding is wider and the bar in the boot's toe is longer and thicker in order to give further lateral rigidity. This added strength and rigidity is especially important with the stiffer boots and heavier skis used in backcountry skiing.

The existing variety of binding systems, none of which are compatible with the other, has long since been a source of frustration for skiers ever since manufacturers diverged from the almost universal three-pin standard. Whereas downhill skiing has a common binding system allowing any boot to work with any binding short of the dynafit-system, modern cross-country skiers must match the skis' binding system to the boot type. When it is time to change the boot, the skier must either be limited to boots of the same binding system or also change the skis' binding.

Waxes

There are a wide variety of waxes for Nordic Skiing. The waxes can be classified into four main categories: glide waxes, kick waxes, klusters and waxes.

Glide wax

Glide waxes are used to make a ski glide faster, and are applied by ironing onto the ski. Glide waxes range widely in price, depending on quality; racing waxes can be very expensive, over \$100 for a 60 gram block of wax. They are generally in the form of blocks, though they can be found as powders or liquids. Glide waxes are applied outside the kick zone of classic skis, or to the full length of skate skis. They are the only type of wax used on skating skis.

Kick wax

The purpose of kick wax is to provide grip on snow when weight is transferred on a ski; they are used on classic skis only. Kick waxes are applied in the kick zone of classic skis if the ski is not a fish-scale, waxless ski. Kick waxes are classified according to their hardness: harder waxes are for colder and newer snow. Using a wax that is too hard will not give sufficient grip, while wax that is too soft will cause the formation of an ice sole that slows the skier down. It is not uncommon to apply a new layer of wax if the weather changes, or when moving in altitude. Difficulty of choosing correct kick waxes to different conditions is nowadays greatly reduced by grip wax tapes, which have a wide temperature range, and are easily applied to the ski bottom. Although these are not used by competitors, who prefer the optimum waxing, they have proven to be quite suitable for fitness and recreational purposes. Many high-level competitive teams have "wax technicians" whose job is to apply the ideal wax combinations for the conditions.

Kick waxes generate grip by penetrating into the snowflakes when the skier puts his weight on the ski. Colder snowflakes are harder, and so is newly fallen snow. The most appropriate wax is the one that is soft enough to generate grip, but also hard enough not to accumulate snow and create a sole.

Waxes are usually colour-coded by usage temperature: the most common are red for above 0°C, and blue for below. There are many other colours for more specific temperature ranges, for instance violet for around 0°C, green for below -10°C, and white for below -15°C. The snow-temperature range given by the producer must be taken with a grain of salt, since new snow will require a harder wax.

Guessing the right hardness can be quite difficult, and the varying condition of the snow can make the right choice wrong after a few hundred metres. Furthermore, the snow in the beaten track is usually much different from the one immediately surrounding it, and works best with a softer wax. If skis are poorly tuned, sometimes the skier can solve thin snow soles caused by a soft wax by beating the ski on the track after kicking; the opposite problem may be handled by skating.

Waxtapes

One way around the problems of standard grip wax is to use a wax grip tape, which is applied to the kick zone of the ski in tape form. The tape can last for 100 to 200km (62 to 124 miles) has a very wide temp range (-20°C to +5°C), and can be left on the ski at the end of the day and stored by covering in waxed paper.

Klister

If the temperature is above zero in Celsius scale, kick wax cannot provide any more grip. One must therefore resort to klister, which is basically a glue-like paste (in Scandinavian languages “klister” actually means “paste” or “size” used in papering).

Klister is discouraging for amateurs, as it is very sticky, it is easy to apply but very difficult to remove. Klister can be applied with a plastic blade or with the palm of the hand. The hand is then cleaned in the glove, rubbing against the glove fabric while sweating. Since klister is a non-polar substance, a non-polar solvent (such as mineral spirits) or a soap is necessary to remove it. It is possible to buy solvents made specifically for cleaning skis. These should be used with care, as they are both flammable and toxic if inhaled or absorbed through the skin. Klister is also colour-coded: red, purple, blue and silver.

Waxless skis

In recent years, waxless skis have carved a niche in the market among casual skiers. Waxless skis have a fish scale, cross-hatched or ridged pattern in the kick zone to provide grip. A waxless ski is inferior to a finely tuned waxed ski, but does not require the sometimes time-consuming and sometimes costly selection and application of kick wax or klister and will work between temperatures, an important advantage in areas with many sun/shadow boundaries.

Some skiers apply a layer of glide wax to keep them sliding smoothly and protecting the surface from dirt and ice build-up. There are specialty liquid wax products on the market manufactured for waxless skis, though standard glide wax can also be used on the tips and tails of the ski.

Waxless skis are better suited to recreational skiers who simply want to get out on the trail with minimal time spent on maintenance, as they generally produce too much drag for competitive skiers.

Waxless skis are sometimes used by Nordic racers during variable ski conditions such as temperatures over freezing. In fact, some Nordic ski racers using waxless skis have beaten racers who used waxable skis due to the variable and changing conditions.

Sports events

Today, there are several types of cross-country competitive events, involving races of various types and lengths, as well as biathlon, involving a combination of cross-country skiing and target shooting with a rifle.

The Winter Olympics, the FIS Nordic World Ski Championships, and the FIS World Cup events (including the Holmenkollen) have long been a showcase for the world's fastest cross country skiers. There are also special distance ski races, sometimes called ski marathons, like Vasaloppet in Sweden, Birkebeineren in Norway, the Canadian Birkebeiner the American Birkebeiner the Tour of Anchorage in Anchorage, Alaska and the Tug Hill Tourathon in the United States. The skiing styles in these races might be fixed, or, in case of the so-called "double pursuit" event, the two styles are used each in their own separate half of the race (with a change of equipment in "pit stops" half way through).

The Canadian Ski Marathon, despite its name, is not a race, but a tour, the world's longest, at 160 kilometres. The skiers choose their distance challenge and try to accomplish it. The highest honour, the Coureur de Bois Gold, is given to those who ski the entire distance and camp out overnight, bringing all their food and gear with them in a big backpack. Since 2005, one of the world's longest cross country skiing races has been held in Forestville, Quebec, Canada. The Boreal Loppet has a race loop of 100 kilometres.

- Cross-country skiing at the Winter Olympics
- FIS Nordic skiing World Championships (including Cross-country skiing)
- Cross-country skiing World Cup (weekly races throughout the winter seasons).

(Originated from IOC site: <http://www.olympic.org>)

Cross-Country Skiing Glossary

Classic technique: The traditional ski racing technique. Athletes use a diagonal stride in which both skis stay parallel to each other.

Free technique: The skating - or free - technique, which was developed in the 1970s, closely resembles the motions of ice skating, where one pushes the inside edge of the ski simultaneously backward and outward at about a 45-degree angle. It usually is faster than classic technique.

Glide wax: Wax used to decrease the friction between the skis and the snow. It is applied to the entire ski in free technique races, but only to the front and rear tips of the skis in classic races.

Grip wax: Also known as kick wax, it increases the friction between the skis and snow to improve traction. It is applied to the middle part of the skis for classic races.

Harries: A ski preparation technique in classic skiing when kick wax is not appropriate for the conditions. Technicians use a wire brush to roughen the base of the skis.

Mass start: All competitors start together, and the first skier to pass the finish line is declared the winner.

Pursuit start: Pursuit events have a mass start and the athletes use both techniques within the same race. During a pit stop at the stadium after half of the race distance has been completed, the athletes change equipment from the classical to free technique.

Scramble leg: The first leg of a relay race. Named this way because relay races feature mass starts with everyone bunched together.

Staggered start: A start in which skiers leave at set intervals. The winner is the athlete with the best time.

Vertical: An uphill climb.

(Originated from IOC site: <http://www.olympic.org>)

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Навчально-методичне видання
Юрко Н. А.

Методична розробка з англійської мови
для самостійної та аудиторної роботи
для студентів III курсу денної та заочної форми навчання
за напрямами підготовки «фізичне виховання» та «спорт»

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