

## SKIING - KEY

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1. What is a snow plough? **to point the tips of the skis together when you start skiing**
2. What advantages do longer skis have ? **you can keep them steadier at higher speeds**
3. What were the first boots made out of ? **leather**
4. Name a few alpine skiing resorts in Europe and North America ? **Vail, Aspen, St. Moritz, Kitzbühel, Arlberg, Garmisch-Partenkirchen, Val d'Isere etc...**
5. What is Nordic skiing made up of ? **cross-country skiing, ski-jumping**
6. How does cross-country skiing keep you healthy ? **it strengthens your overall physical condition**
7. Why are poles longer than alpine skiing poles ? **to give you more thrust forward**
8. How are ski-jumpers judged ? **distance of the jump and style**
9. What is freestyle skiing about? **skiers perform stunts and difficult moves**
10. When were the first skis made and what were they made of ? **4000 to 5000 years ago from the bones of animals**
11. What were skis used for in Scandinavia ? **transportation and as a way of travelling**
12. When did skiing start in the Alps? **end of the 19<sup>th</sup> century**
13. How are ski slopes marked ? **they have colored markings : easy, medium and difficult**
14. Name a few items of clothing you should or must wear. **helmet, goggles or sunglasses, wind-resistant clothing**
15. Which two alpine skiers won three gold medals at a single Olympics? **Toni Sailer and Jean Claude Killy**
16. Who dominated cross-country skiing in the 1990s? **Bjørn Dæhli**
17. What problem did Matti Nykänen have he ended his career ? **divorce and alcohol abuse**
18. Who is nicknamed the "king of biathlon"? **Ole Einar Bjørndahlen**
19. Which Austrian skier won the World Cup a record 8 times ? **Marcel Hirscher**
20. Name the four alpine skiing events ? **downhill, super-g , giant slalom, slalom**
21. Which is the longest cross-country event ? **50 km**
22. What is the Nordic combined? **cross-country skiing and ski-jumping**