

SECTION VI

Glossary, Lexicon, and Ski Associations

GLOSSARY OF SKIING TERMS

Skiers have their own special language—about technique, about equipment, about competition, about the ski area. To converse with them, know what they are talking about—on the slopes, at the bar, and in the magazines—study this section and you are practically guaranteed to become a better listener, a better talker, and maybe even a better skier. Here are the terms most used in skiing:

Abstern. A turn in which the lower ski is stemmed.

Advanced. Skiers who are able to make parallel turns.

Aerial tramway. An uphill ski lift utilizing two aerial cabin cars that move in opposition to each other.

Alpine. All competitive events whose basic element is down-mountain skiing; downhill slalom, giant slalom.

American plan. A method followed by some lodges and hotels in which the per-day cost includes both meals and lodging.

Angulation. A body position in which the knees and hips are rolled into the hill in order to edge the skis. The upper body is angled outward and down the hill to compensate for this action. Also called *comma position*.

Anodizing. A finishing process for aluminum used in poles. Through electrochemical means, a hard, scratch- and corrosion-resistant coating is put on the aluminum. Coating can take dyes of various colors.

Anorak. Lightweight shell parka, usually equipped with a hood, used mostly in cross-country.

Anticipation. Rotation of the upper body in the direction of the turn prior to unweighting and edge change. Distinguished from rotation inasmuch as anticipation can be followed by counterrotation or a reversing of the shoulders as the turn is carved.

Après-ski. Social activity at a resort after skiing.

Arlberg. A mountain region in Austria.

Arlberg strap. A leather strap attached to the ski and wrapped around the boot to prevent the ski from running away when the binding releases.

Arlberg technique. The first organized system of skiing and teaching. Developed by Hannes Schneider in the Arlberg region of the Austrian Alps in the early thirties. Noted for its use of entire body rotation, lift, forward lean, and the stem.

Attack. Racer's phrase for all-out assault on course.

Austrian method. This system was developed in the Arlberg region in the mid-fifties. It emphasized economy of movement, a more erect stance, and use of the legs in turning. Because the legs turned first, the upper body appeared to be in a slight "reverse-shoulder" position most of the time.

Avalanche. A mass of snow and ice falling swiftly down a mountainside.

Avalanche control. Evaluation of high-altitude steep terrain with heavy accumulation of

snowfall, and necessary preventative measures, such as artificially stimulating potential avalanches by dynamite.

Avalanche. French term describing ability of skier to absorb or swallow irregularities in terrain or to promote turning by projecting feet forward with result that skier momentarily sits back.

Axial motion. Motion about the body's axis. This includes both rotation and counterrotation.

Backslip. In cross-country skiing, skis that do not grip, but slip backwards, caused by improper wax or poor technique.

Backward lean. A body position in which the skier's center of gravity is behind the bindings.

Ball. Wire clamp-down piece on cross-country toe binding that holds boot sole against binding pins.

Banking. The leaning of the entire body toward the imaginary center of a parallel Christie turn.

Base. The running surface of a ski; also, the amount of packed snow underlying a snow surface; also, the bottom of a hill or ski area; also, a protective layer of lacquer or plastic covering the running surface of the ski and designed to make the ski slide easier.

Base lodge. Central customer facility at ski area, usually at hill bottom.

Base preparation. Compounds applied to wood cross-country ski bases, or paraffins to fiberglass ski bases.

Base wax. In cross-country, waxes used "under" final waxes to increase durability.

Basket. The part of the ski pole which prevents the point or tip from going too deeply into the snow.

Bathub. The hole in the snow made by the body of a skier who has fallen. Skiers who fail to fill in their bathtubs create unnecessary hazards for others.

Bear trap. Any nonrelease binding, specifically toe irons.

Biatlon. A Nordic event combining cross-country racing and rifle marksmanship.

Binding. A device which keeps the boot fastened to the ski.

Bite. To put pressure on the edges of the skis so that they grip the snow.

Block, blocking. A contraction of any or all of the rotary muscles of the body which transmit the turning power generated in one portion of the body to another part.

Boiler plate. A hard, frozen surface formed by a freeze following a warming period or rain.

Bomber. A skier who prefers speed to turning.

Bottoms. The running surface of skis.

Bounce. A motion used to unweight the skis.

Bowl. Large bowl-shaped mountainous area.

Breakable crust. Snow covered with a crusty surface that will not support a skier.

Bunny. A beginning female skier who is usually overdressed, wears too much makeup, and is not yet oriented to skiing. Same as *snow bunny*.

Bunny hill. Gentle beginner's slope.

Camber (bottom). The built-in arc of the ski as seen from the side view; designed to distribute the skier's weight more evenly on the snow.

Camber (side). The built-in arc on each side of the ski as seen from the top view, designed to enable the ski to carve a turn in the snow when it is edged and weighted while moving forward.

Carved turn. A turn which the skier manages to carve as finely as possible on the edges of the skis and in which there is a minimum of skidding or sideways slipping.

Catching an edge. Accidental catching of the edge of a ski, often resulting in a fall.

Catwalk. Narrow road for vehicular traffic up a mountain, which doubles as a ski trail, characterized by long traverses, often joining two ski trails.

Certification. The method used in the United States and Canada to distinguish fully competent instructors. A certified instructor has passed both written and practical examinations administered by a board of examiners who are experienced ski instructors. In order to remain certified, an instructor must re-pass the certification examination every couple of years.

Chair lift. A means of uphill transportation consisting of a series of moving chairs suspended from a moving cable. A chair can accommodate one to four skiers.

Change of lead. On a traverse the upper ski always leads. Therefore, as a Christie progresses, the inside ski of the turn must advance, either automatically or deliberately, to change the lead.

Chatter. Vibration of a ski or ski tip as it moves over a snow surface; a generally undesirable feature of some skis.

Check. Any maneuver to slow down the skis.

Chord length. The length of the ski on the straight line between the tail and the tip.

Christiania léger. French for "light Christiania"; a turn of the French National Ski School. It consists of four phases: flexion, extension, *projection circulaire*, and flexion.

Christie. A contraction of the word "Christiania"; any turn in which the skis are in a parallel position as the turn is completed.

Chute. Steep, narrow descent.

Climbing skins. Strips of sealskin or synthetic fiber which can be temporarily attached to the running surface of the skis. The position of the hairs permits the skis to slide forward with the grain, yet keeps the skis from slipping back when the movement is against the grain. Used for high Alpine ski touring where there are no lifts.

Closed gate. A gate with its two poles set vertically down the fall line of the hill; thus it is closed rather than open to the descending racer approaching it.

Combined. The result of two or more races arrived at by converting the results of each into points and then adding them together. Also see *FIS points*.

Comma position. See *angulation*.

Control gates. Sets of two flags placed on a down-hill course through which the racers must pass. Used to control the racers' line at potentially dangerous parts of the course.

Corn. A snow type found in spring or warm weather, formed by alternate freezing and thawing. Its honeycombed structure permits easy turning.

Cornice. An overhanging ledge of snow or ice.

Corridor. A flag combination used in slalom racing.

Counterrotation. A turning motion of the upper part of the body which results in an equal but opposite action in the lower part of the body. This occurs while the skis are unweighted.

Course marker. Small flag, twig, or evergreen bough used to delineate outside limits of a downhill race course.

Crash helmet. Protective headgear worn by racers in downhill competition, also used in giant slalom.

Crevasse. A deep crack found in glaciers.

Cross-country. Strictly speaking the competitive form of recreational ski touring. In common U.S. usage, the entirety of touring and cross-country skiing.

Crud. Undesirable snow conditions consisting mostly of breakable crust. Same as *junk snow*.

Crust. Glazed surface formed on the top of snow caused by thaw-freeze cycles.

CSA. The Canadian Ski Association. Headquarters: 333 River Road, Tower A, Vanier, Ontario K1L 8B9, Canada.

CSIA. Canadian Ski Instructors Alliance, the association of ski instructors.

CUSSA. Central United States Ski Association.

Damping. When a ski is flexed or subject to impact, the internal working or movement of materials absorbs energy so that the ski does not vibrate forever. Damping time refers to the

period required for vibrations in the ski to disappear. A highly damped ski does not have as much bounce, liveliness, and flutter as a lesser-damped ski. A ski without sufficient damping, on the other hand, tends to flutter and does not track or carve as well.

Damping layer. An additional layer of rubber or other materials molded into the ski to provide additional internal damping to the ski.

Deep powder. A blanket of soft, dry, light powder of a foot or more in depth. Many purists consider this the ultimate skiing experience.

Diagonal stride. Cross-country stride in which opposite arm and leg move together, as in normal walking on foot.

Direct parallel. A method of teaching skiers from the beginning to ski with skis and feet parallel, not in stem or V position.

Dope. Special wax preparations applied to the skis primarily by early California skiers.

Double boot. A ski boot with a soft inner boot built into a stiff outer boot which provides control over the skis and support for the ankle.

Double chair lift. Form of uphill transportation carrying two skiers at a time on one chair.

Double poling. Gliding cross-country maneuver in which both arms move in unison.

Double stem. A running position in which the tails of both skis are pushed out into a V position. Commonly called *snowplow*.

Downhill. Fastest and most dangerous of the three forms of Alpine racing. The racer is directed only by control gates.

Downhill ski. The lower ski or the one that will become the lower ski in any ski turn.

Down-unweighting. Reducing the body's weight on the snow by "dropping" the body sharply.

Drift. Another word for *sideslipping*.

Drop. The rapid lowering of the body to unweight the skis, making it easier for the skis to be turned. Also refers to the vertical distance between the top and the bottom of a mountain.

Drop-off. An abrupt change to a steep slope from a flat one.

Edge (one piece, continuous). The full-length piece of steel built into the running edges of the ski to provide bite on the snow when the ski is edged, and to resist wear or damage.

Edge (segmented). Shorter sections of steel placed end to end along the lower corner of the ski. Segmented and continuous steel edges affect the flexural properties of the ski differently.

Edge (cracked). A one-piece edge that is partially segmented with a series of lateral hair-line cracks throughout the ski's length. Per-

- mits the ski designer to add flex to a ski without the constraints of a less flexible continuous edge.
- Edge control.** The ability to flatten the skis or put them on edge as required by circumstances.
- Edge offset.** The amount the steel edge extends beyond the side of the ski as seen in the top view; required for subsequent repair by sharpening.
- Edge set.** Increasing the holding action of the edges. The skier may set edges or create a "platform" before the turn by increasing the weight applied to the edges by rising quickly.
- Edging.** A means of controlling the sideward slippage of the skis by setting the skis at an angle to the snow so that they "bite" the surface.
- Elbow.** A slalom figure in which a closed gate is followed by an open gate set off to one side.
- Epoxy.** A very large class of resins characterized by great adhesion, strength, and ability to be modified by various reinforcing materials or fillers.
- European plan.** A method followed by most lodges and hotels in which the per-day cost includes only lodging, meals (if available) are to order and charged separately.
- Expert.** A skier whose speed is always under control and who can handle any type of terrain, however difficult, under any snow or ice conditions.
- Extension.** A French term describing the rising motion of the body to unweight the skis and start the turn.
- Face.** The steepest part of a mountain, exposed front of a slope.
- Fall line.** A hill's steepest line of descent.
- Fanny pack.** A pack resting around the hips, used to carry excess ski paraphernalia or, in the case of ski patrolmen, first aid equipment.
- Fiberglass.** Various types of hairlike pieces of glass used to reinforce a resin matrix or body. Resins for skis are usually epoxy or polyester. The fiberglass reinforcing could be chopped, woven, or monofilament randomly distributed or oriented.
- Fiberglass skis.** Skis whose main strength-bearing element is glass fibers in a plastic mat.
- File.** A tool used to trim edges and bottom of skis.
- Finish.** End of a race course.
- FIS.** Fédération Internationale de Ski, the world ski federation that supervises organized skiing and regulates international competition.
- FIS points.** A mathematical system both to determine a racer's ranking in the combined standings and to determine his seeding or starting position. Basically points are determined by the percentage by which competitors trail the winner.
- Flat light.** Visual condition, usually in haze or cloudy weather, that obscures delineation of terrain.
- Flat ski.** A ski held flat on the snow without any edging.
- Flex.** The bending properties of the ski.
- Flex distribution.** The variation in stiffness or bending properties throughout the length of the ski; a ski is usually stiffer near the midsection, where bending is greatest. Other variations in flex distribution throughout the length of the ski adapt it to a specific type of skier and skiing. An advanced skier's ski, for instance, may lose flex distribution that makes it soft in front, stiff in tail.
- Flexion.** The lowering of the knees, hips, and upper body in a down motion preceding or ending the turn.
- Flexural strength.** The resistance of the ski to breaking or permanent damage as it is flexed (bent) to extremes.
- Flow.** A boot-fitting substance, generally petroleum/cork-particle based and encased in built-in packets in a boot's inner liner. Molds to the configuration of the skier's foot, particularly in the critical fit areas around the ankle, heel, and instep, to increase snugness of fit.
- Flush.** A combination of gates used in a slalom race which forces the racer to make a series of tight turns on the fall line.
- Föhn.** A warm wind that brings thaw conditions. Often called *chinook* in the western parts of the United States.
- Foot steering.** Changing the direction of the skis by turning the feet and legs. A primary source of turning power in modern skiing.
- Foot swivel.** A form of turning power in which the strength of the lower legs is used to swing both ends of the skis, so that they swivel or pivot around directly underfoot. Often used to initiate parallel Christies. Same as *foot pivot*.
- Forebody.** That section of the ski ahead of the area where the boot is normally positioned.
- Forerunner.** Noncompetitive first runner on a race course. Used to evaluate acceptability of conditions.
- Forward lean.** A body position in which the skier's center of gravity is ahead of the bindings.
- Four-way competition.** Ski competition that involves downhill, jumping, slalom, and cross-country.
- Free skiing.** Skiing other than in competition.
- Freestyle.** Ski acrobatics or ballet, performed on snow, in moguls, or in the air.
- Frozen granular.** Condition of snow which is composed of frozen crystals or granules compacted into a hard, often solid surface.

Full turn. A turn from a traverse into the fall line and then out of the fall line again, to a traverse.

FWSA. Far West Ski Association.

Gartand. A teaching exercise in which the skis are alternately slipped downhill and traversed across the hill, but not fully turned.

Gate. Any arrangement of two flags or poles through which a skier must pass in a race.

Gatekeepers. Referees on the course to confirm racer's successful passage of the course.

Gegenschulter. A German term meaning reverse shoulder.

Geländesprung. A jump over a bump or an obstacle, using both poles for support.

Geschmoeze start. A start in Alpine racing, no longer used, in which all racers started at once.

Giant slalom. A form of Alpine racing in which the racer passes through a series of gates which are connected by relatively long traverses. Giant slalom combines elements of both slalom and downhill.

Glade. Wooded portion of a ski slope used by skiers.

Glide. The part of a cross-country stride when one or both skis are moving forward over the snow, partially or fully weighted.

Gilsement. French term meaning sliding—particularly a racer's sense of how fast his skis can be made to slide on varying snow terrain.

Glühwein. A hot spiced wine drink, popular after skiing.

Godille. Linked parallel turns performed in the fall line; French equivalent to Austrian wedeln.

Gondola. An uphill ski lift that carries several skiers in each of a series of enclosed aerial cars suspended from a moving cable.

Grade. The pitch or angle of a slope.

Gradient. Pitch of a slope.

Graded-length Method (GLM). A system of ski teaching in which the pupil progresses through a series of successively longer skis.

Granular snow. Snow consisting of big, coarse crystals which look like rock salt. Usually found in the springtime.

Grip. (1) The "bite" of cross-country skis into the snow, giving foundation for the kick that provides forward power. (2) The handle of a ski pole.

Groove. The indentation in the base of the ski, running nearly the length of the ski to provide straight-line stability in running.

Grundvalla. Swedish for "base wax." May actually mean base preparation or base wax, depending on manufacturer.

Hairpin. A slalom figure made up of two successive closed gates.

Hardpack. Powder snow that has been packed by

many skiers passing over it.

Hard wax. Cross-country ski wax for cold and dry to slightly wet snow. Comes in round foil or plastic cans holding 1½ to 2 ounces of wax.

Head-on-head race. More than one competitor starting on the same course at the same time, but more commonly on two parallel flagged courses down the mountain.

Heel of the ski. The tail or back end of the ski.

Heel plate. Plate mounted under the heel on a cross-country ski to dig into a weighted boot heel thus preventing it from slipping sideways.

Heel release. A device that enables the heel to release from the ski in the event of a fall directly over the tips of the skis.

Heel thrust. Pushing of the ski tails sideways across the snow, which changes their direction. For the average pleasure skier it means the same as foot steering, since the skis change direction through leg action.

Herringbone. Climbing a hill with the skis in a V position, with pressure being exerted against the inside edges.

H-gate (Seelos flush). A three-gate slalom figure in which a closed gate is sandwiched between two open gates.

High season. A time of the year when the resorts are busiest, specifically the two weeks over Christmas-New Year's, from mid-February to mid-March, and over Easter if Easter falls within the ski season. European hotels usually raise their rates during these periods.

Hogback. A sharply ridged bump.

Homologation. Preparing a race course according to regulated procedures.

Hop. A means of up-unweighting.

Hop Christie. One of the advanced skidding turns, which starts when the skier lifts the tails of both skis at the same time and changes their direction in air.

Hotshot. Expert skier, sometimes a show-off.

Impregnation. Waterproofing process for wooden cross-country ski bases.

Inrun. The steep slope, frequently set on a high scaffolding, from which a ski jumper picks up speed prior to jumping.

Inside ski. The ski which is, or will become, the one on the inside of the arc in a turn.

Instructor. Professional who teaches skiing, generally sanctioned by certification of country or region where he teaches.

Interval timing. Timing racers over sections of a course.

IOC. The International Olympic Committee.

ISA. Intermountain Ski Association.

J-bar. An uphill ski lift on which a single skier is pulled up the slope by each of a series of J-

- shaped sticks suspended from a moving cable.
- Jet turn.** Technical racing turn where skier rocks back on his skis at end of a turn, releasing pressure on skis and jetting out of a turn faster than when he went into it.
- Jumping.** A Nordic form of competition in which competitors jump on a specially prepared hill both for distance and for style.
- Jump turn.** An aerial maneuver, used when going at slow speed, during which the skier makes a complete turn in the air.
- Kandahar.** Arlberg Kandahar. Premier international class ski meet that rotates annually among major European resorts.
- Kanone.** A German word meaning "cannon," a somewhat dated designation of a "hot" skier.
- Kick.** As in walking, a backward thrusting toe push-off and leg extension that propels the skier forward in the cross-country strides.
- Kick turn.** A 180-degree turn made usually on level ground, moving one ski at a time.
- Klister.** Tacky, fluid cross-country waxes for wet and/or settled snow. Comes in 2-4 ounce tubes.
- Klister-wax.** Cross-country wax for conditions near freezing. Comes in round foil or plastic containers holding 1½ to 2 ounces of wax.
- Knee crank.** A strong turning force exerted by the knees, either singly or together, when they are pushed in toward the center of an intended turn.
- Kneeling.** Bending the knee at a slight angle to receive the oncoming weight and create an edge.
- Kofix.** Trade name for a polyethylene (plastic) mixture bonded into a cloth and then permanently bonded on to the skis. Preferred by better skiers. Comes in several grades. Racers prefer softer grade because it holds wax better, others harder grade because it resists chipping and scratching. Other trade names of similar materials: P-Tex and Blue Nalten.
- Lace boots.** Rigid ski boots that utilize laces or thongs to control fit.
- Laminate.** Fabric bonded to a thin, almost weightless polyurethane foam lining with exceptional insulating properties. The new linings can be used with all materials, including knitted goods, and still allow fabrics to drape. Made possible the racer's look in parkas. Can be cleaned, or washed without losing shape.
- Laminated core.** A wood core of a metal-wood or fiberglass-wood ski made up of multiple pieces of wood for better consistency of properties.
- Langlauf.** The German word for "cross-country."
- Leverage.** The effect produced in ski turns by a skier moving his weight forward or back in relation to the centers of the skis. This principle applies primarily at advanced levels of skiing.
- Lift.** A method of unweighting the skis, making it easier to turn them, by an up motion of the body—a straightening-up of the legs. Also refers to the mechanical means of pulling or lifting a skier to the top of the mountain.
- Lift line.** Queue at bottom terminal of a lift. Also, the actual line followed by the lift in its progress up hill.
- Light-touring.** Cross-country equipment closely resembling racing equipment but stronger and slightly heavier.
- Line.** Fastest ideal path down any race course. Racer determines in advance best line for him to follow. How well he has judged and how closely he held line generally determines how well he did in a race.
- Line (flex curve).** This is the smoothness or quality of the arc formed by the ski running surface or edge as it is flexed to any reasonable deflection.
- Linked turns.** A series of consecutive turns, in which the end of one turn is the start of the next.
- Long thong.** A long leather strap attached to binding and wrapped around skier's boot.
- Loop.** The leather circular strap at the top of the ski pole through which one puts his hand to prevent it from sliding down the shaft of the pole.
- Low season.** That part of the ski season when most resorts are relatively quiet, usually before Christmas, in January, and in late spring.
- Mambo.** A series of rhythmic turns in which the skier's upper body leads the legs around the turn, producing a serpentine effect. Usually done on smooth snow conditions, this maneuver has many individual variations.
- Mashed potatoes.** Heavy, wet snow.
- Meadow.** Large, open skiable slope, usually gentle.
- Metal skis.** Skis whose primary strength-bearing element is metal (generally aluminum alloy).
- Modified American plan (MAP).** Hotel accommodation which includes room, breakfast, and dinner, but not lunch. Favored at many ski resorts.
- Mogul.** A bump in the terrain usually caused by many skiers turning on the same spot and pushing the snow into a mound.
- Nastar.** National Standard Race. A *Ski Magazine* racing program whereby recreational skiers can compare their abilities on a nationwide basis.

Nations Cup. *Ski Magazine* trophy awarded to national team that amasses greatest number of World Cup points during season.

Natural position. A position in which the skier is at a natural angle to his skis. This assures that the body weight will be carried by the skeleton, rather than by the muscles. A basic principle of American Technique.

Nonstop. Final practice run over actual course prior to a downhill race. (Note: racer is not permitted to practice on course in giant slalom or slalom; only permitted in downhill.)

Nordic. (1) Geographic area; countries of Norway, Sweden, and Finland. (2) Recreational cross-country skiing. (3) Competitive cross-country ski racing, ski jumping, Nordic combined, and Biathlon events.

Nordic combined. Competition involving both jumping and cross-country racing, the winner being determined by adding the point totals earned in each event.

Nordic Norm. Standard stipulating boot and toe binding width and sole side angles for cross-country boots and bindings.

Notching. Two vertical notches in front of the boot sole spaced to engage two projections in the binding toe unit so that there is sufficient grip to assure release only at proper time.

Norice. A skier who has mastered the snowplow and the snowplow stop.

NRMSA. Northern Rocky Mountain Ski Association.

NSA. National Ski Association, the parent organization of organized skiing in America. A member of the FIS, it has seven regional divisions throughout the country.

NSPS. National Ski Patrol System, a nationwide organization of volunteer skiers, trained in first aid and winter rescue procedures. It promotes ski safety and administers aid to disabled skiers on the slopes.

Offset flush. A flag combination used in slalom racing.

Open gate. A gate whose line between the two poles is across the fall line. (See *closed gate*.)

Opstraken. See *prejump*.

Outrun. A flat stretch at the bottom of the jumping hill where the jumper loses speed and makes his stop.

Outside ski. The ski which goes around the outside arc of a turn.

Package tour. An arrangement whereby the skier pays for everything—transportation, lifts, rooms, and meals—at one time. Some package tours are somewhat less comprehensive.

Packed powder. Snow condition in which the surface snow has been compacted into a firm but

yielding mass. It will accept an edge and provides good skiing.

Painting. Applying wax to bottom of skis.

Parallel. Skis parallel and together. Also means an ability on skis.

Parallel Christie. The advanced, most graceful form of the skidded turn, in which the skis are pressed together and kept parallel throughout the entire turn.

Parallel skiing. A technique in which the skis are kept parallel to each other at all times.

Passgang. Obsolete touring stride in which arm and leg on one side move in unison.

Patrolman. Trained and certified volunteer or paid ski patrol member. (See NSPS.)

Pin binding. Cross-country toe binding comprising aluminum or plastic toepiece with pins projecting upwards to mate holes in boot sole.

Piste. A ski trail.

Pivoting. Twisting the ski in a new direction by turning the ball of the foot.

Platform. An imaginary plane on the surface of the snow on which preparatory motions for a turn are performed.

Platterpull. A ski lift consisting of disks at the ends of bars which are suspended from a moving overhead cable. Similar to a *pomalift*.

PNSA. Pacific Northwest Ski Association.

Pole plant. A quick jab into the snow with the inside ski pole, to serve as a pivot for a turn.

Poling. Using the poles to move along over flat terrain.

Polyethylene. A plastic available in various degrees of hardness and used for the running surfaces of skis. It is very fast on snow. Usually on skis under the trade names of Kofix or P-Tex.

Pomalift. A ski lift consisting of disks at the end of bars which are suspended from a moving overhead cable. Similar to a *platterpull*.

Postrunner. Noncompetitive skier designed to clear course after a race.

Powder. A snow type, usually found in cold weather after a fresh snowfall, composed of light, dry flakes.

Powderhound. A skier who loves and seeks out deep-powder skiing.

Prejump. A maneuver, similar to a *geländesprung*, in which the skis are lifted into the air on the uphill side of a bump or mogul, before the crest is reached. Prevents the skier from being hurled excessively in the air by the bump.

Projection circulaire. The actual turning phase of the *Christiania léger*, characterized by a forward extension of the outside arm and shoulder leading the hips and lower body through the turn.

PSIA. Professional Ski Instructors of America, association of ski instructors in America.

PSRA. Professional Ski Racers of America, professional ski racing league.

P-ten. See *Kofix* and *Polyethylene*.

Pulk. Small toboggan drawn by belt around waist of cross-country skier; used for transporting provisions or as an oversnow baby carriage.

Race circuit. A series of races, generally a series of key races throughout the season in which ambitious racers are expected to participate.

Racing edges. Edges made of somewhat softer steel than those usually found on recreational skis. The steel is softer so that the edges can be sharpened more readily.

Racing Norm. Standard for cross-country competition boots and bindings.

Rattlesnake turn. Otherwise known as a *turn within a turn*, an expert maneuver in which a skier makes a small turn during the course of a larger turn.

Relay. Cross-country ski racing event: a four-man event of 40km or a four-woman event of 20km. Shorter relays or events combining men and women on teams are run nationally in various countries.

Release binding. Any heel or toe release or a combination thereof that releases the skis from the boot in the event of a bad fall.

Reel Christie. An advanced turn performed on the inside ski, with the outside ski lifted off the snow.

Reverse shoulder. The legs turn in one direction while the upper body moves in the opposite direction or remains relatively stationary. The shoulders are reversed rather than square to the skis. The amount of reverse is determined by the steepness of the slope, the speed of the skier, and his path. Exaggerated reverse shoulder, once a vogue, is no longer the mark of an advanced skier.

Ridge-top ski. An older type of ski with a ridge, rather than flat surface, along the top.

Rock garden. A group of uncovered rocks on a slope or trail.

Rope tow. A moving rope used to pull skiers uphill.

Rotation. Motion of the body or part of the body around an imaginary axis in the direction of the turn. The old *Allais* method used shoulder rotation; the classic *Arlberg* involves entire body rotation; and the new *Austrian* method emphasizes leg rotation as the force which turns the skis.

Ruade. A turn performed by lifting the ski tails off the snow, and pivoting around on the tips.

Rücklage. Literally, a "backward leaning" or shifting of the weight.

Rucksack. An over-the-shoulder carrying bag used by touring skiers to carry supplies.

Running position. See *posture*.

Running surface. The bottom of the ski.

Ruts. System of relatively deep man-made tracks on a slope or trail.

Sandwich construction. The traditional ski construction utilizing lightweight, high-strength aluminum or fiberglass-epoxy in upper and lower skins with wood or filler in between.

Schmleren. A style of skiing in which relatively flat skis are pushed from side to side on the snow to effect a turn.

Schuss. Skiing straight down the fall line, without turns or checks.

Schussboomer. A skier who skis recklessly and indiscriminately.

Seeding. A method of classifying racers in a given race according to ability. Racers are usually seeded in groups of fifteen, each racer's group being determined by his number of FIS points. Within each group, a racer's starting number is determined by draw. Racers in first seed have choice starting positions from 1 to 15.

Setting the edges. Applying the edges on the snow by pressing the knees toward the hill with an upward thrust of the body. See *platform*.

Shaft. The tubular or straight section of the ski pole.

Shell boot. Ski boot consisting of a soft inner boot attached to a rigid outer shell, usually fiberglass.

Shimmy. The tendency of the skis to wander from side to side when skiing straight and with the skis flat on the snow.

Short ski. An adult ski of less than the normal length.

Short swing. The basic appearance of modern *wedeln*, so called because of the short, swinging motion of ski tails from side to side during the maneuver. (See *wedeln*.) Also known as *kurzschwingen*.

Shovel. The forward half of the forebody through the widest part of the ski and up into the tip.

Side-sliding. Same as *slideslipping*.

Slideslip. A slipping of the skis sideways down a slope by flattening the skis.

Sidestepping. Climbing by stepping skis sideways at right angles to the hill.

Slaking motion. A slow down motion used as a preparation for an up or rising motion.

Sitzmark. A depression made in the snow by a fallen skier. Same as *bathub*.

Skating. Skiing on one ski at a time. A pleasur-

- able exercise for improving your balance, for learning to ski on one ski, and for learning to keep your weight forward.
- Skating turn.** A flat terrain cross-country turn executed by one or more skating steps in the new direction.
- Ski!** A cry to warn others of a loose runaway ski hurtling down a slope. Also, device used to glide over snow.
- Skidded turns.** Any turns where skis slip partially sideways.
- Ski flying.** A form of jumping on hills where distances of 100 meters or more can be reached.
- Sid hell!** A skier's salute expressing good luck or good-bye.
- Ski-meister.** A German term meaning "ski master"; also, in four-way competition the competitor who has the best combined score in downhill, slalom, jumping, and cross-country.
- Skins.** See *climbing skins*.
- Ski position.** Relative position of one ski to the other: closed, opened, stemmed, or advance.
- Ski school.** An organized body of ski instructors.
- Slalom.** An Alpine form of competition in which the racer must run a course designated by a series of relatively tightly set gates set in various combinations to test his technique, speed, and agility. Failure to pass properly through the gate results in disqualification. Slalom courses may have as many as 70 gates on a relatively steep hill.
- Slipped turn.** A turn with the skis relatively flat through the greater part of the turn.
- Slope.** Generic term for ski terrain, generally applied to a specific part of a hill.
- Snaking.** The ability of a ski to follow terrain variations smoothly.
- Snow bunny.** See *bunny*.
- Snowcat.** Actually a trade name used generally by skiers to designate all over-the-snow, tracked vehicles.
- Snowmaker.** System of combining water and compressed air at freezing temperatures to produce a blanket of man-made snow.
- Snowplow.** To ski with your skis in an inverted V, tips close, heels apart. A maneuver used to control speed, especially for beginners. Useful for learning muscular coordination and edge control.
- Snowplow turn.** A simple turn performed from the snowplow position by shifting the weight onto one ski.
- Split rotation.** Combining rotation and reverse shoulder in one turn.
- Spring conditions.** A catch-all phrase used in snow reporting to designate constantly variable conditions owing to freezing temperatures at night and above-freezing temperatures throughout most of the day.
- Standard race.** A race for rank-and-file skiers over a standard course, trying to equal or beat a standard time that has been set by a fore-runner.
- Start.** Beginning of a race. A gate which triggers an electronic timing device as skier passes through it. An electric eye at finish stops timer.
- Steered turn.** Maneuver in which skier uses pressure only on one ski to cause him to turn.
- Steering.** Snowplow and stem turns are often spoken of as steered turns because the strength of the legs and feet are used to steer them.
- Steering action.** To maneuver by ski position and weight transfer, or by leverage.
- Stem.** Opening the tail of one ski into a V position. Stemming the downhill ski is called an *abstem*.
- Stem Christie.** Turn initiated by stemming one ski, after which the skis are brought into the parallel position for the duration of the turn.
- Stem turn.** Turn initiated by stemming one ski into the V position, which is maintained during the turn; the skis are brought parallel after the conclusion of the turn.
- Step-in binding.** Usually, a release binding consisting of an integral toe and heel unit which snaps the boot in place as the skier steps on the ski.
- Step turn.** A change in direction usually accomplished as skier steps from downhill onto uphill ski, which then starts to carve turn.
- Stellhang.** Very steep section of hill.
- Straightness.** In ski terminology, straightness refers to the quality of the contact line formed when the two running surfaces of a pair are clamped tightly together—bottom to bottom.
- Straight running.** Descending a hill with parallel skis.
- Stride.** In cross-country skiing, the walklike movements that propel the skier forward.
- Style.** The individual interpretation of technique.
- Swallow terrain.** A slope with deeply forked or cut ridges.
- Swingweight.** Resistance of an unweighted ski to being turned. Light skis have lower swingweight.
- Tail.** That section of the ski behind the area where the boot is normally positioned.
- Tail protector.** An additional metal piece molded into or tacked onto the tail of the ski to protect against delamination or external blows against the ski in this area.
- Tacking turn.** An uphill cross-country turn connecting two traverses, done in diagonal-stride rhythm.

Takeoff. The lip of the larun where the ski jumper takes off into the air.

Tar. General term for tarlike base-preparation compounds used on wood cross-country ski bases.

T-bar. A lift consisting of a series of T-shaped bars suspended from a continuously moving cable. The T accommodates two skiers who lean against the bar and are pulled uphill.

Technique. A formal exposition of ski instruction from the beginning stages to the advanced maneuvers. Also called a teaching system or a teaching method. Hence American Technique.

Téléferique. See *aerial tramway*.

Telemark. A steering turn for deep snow that used to be popular years ago. Named after a region in Norway, the telemark was performed by pushing one ski ahead of, and across at an angle to, the other ski. The leading ski carried most of the skier's weight, with the opposite knee sharply bent until it almost touched its ski.

Terrain. The configuration of skiable surface of any mountain.

Three-sixty. Airborne maneuver in which skier does one complete rotation about a vertical axis before landing.

Tip. Front portion of the ski.

Tip protector. An additional metal piece molded into or tacked onto the tip of the ski in the area most susceptible to damage by bumping the skis together during skiing.

Tip splay. The open distance back from the tip before the skis contact each other when they are tightly clamped together, bottom to bottom.

Tip thrust. The skier thrusts or pulls ski tips to induce a quick change of direction. Same as *tip pull*.

Toe binding. Cross-country binding that attaches the boot to the ski by clamping the front edge of the boot welt to the binding.

Toe irons. A nonrelease binding which holds the toes of the boots rigidly by means of two metal brackets fastened to a base plate.

Toe release. Any unit which holds the toes of the boot to skis but releases in the event of a serious twisting fall.

Top edge. A strip of harder plastic or metal along the top edges of the ski to protect against damage; can also affect flexural properties of some skis.

Torsion. The resistance of a ski to being twisted as forces are applied to the ski as seen from the end view.

Torsional deflection. The amount the ski twists as twisting forces are applied to it. The ski is normally held from twisting at the center by the skier's foot and boot. The bite of the wide

points of the ski at the two ends thereby introduces twisting forces, and the ski responds by twisting along its cross section.

Total motion. A basic principle of American Technique which states that muscle action is a product of the entire body, rather than of one part only.

Touring. Recreational cross-country and Alpine skiing using light skis and boots.

Touring adapter. Special metal plates used to adapt a release binding for cross-country touring, allowing free heel movement.

Track. (1) Path a skier has taken, (2) Prepared tracks for recreational cross-country skiing or racing.

Tracking. A performance characteristic of a good pair of skis. The ability to hold a straight course on every type of snow surface.

"Track left" or "track right." A warning a descending skier shouts to someone in his path whom he intends to pass, "left" or "right" indicating on which side the skier will pass.

Tram. An enclosed car suspended from a moving cable, used as a ski lift in some areas.

Transition. The relatively flat or level area before, after, or between steep sections.

Traverse. Skiing straight or diagonally across the fall line.

Traverse position. The special body position used when skiing diagonally down a hill.

Turn. Any curved path on the slopes made by the skis.

Turn downhill. Same as turn into the fall line.

Turning. The act of changing direction on skis.

Turning power. Any of the many sources of force used to initiate or continue a turning movement of the skis.

Turn into the fall line. A turn that goes from a traverse into the fall line.

Turn out of the fall line. Same as uphill Christie.

Turntable. A swiveling heel binding for attaching long thoughts that enables the toe release to function. There are also turntables which allow for release in a forward fall.

Twisting. The pivoting of the foot and lower leg which turns the ski.

Unweighting. A means of reducing the weight on the skis prior to turning so that the skis turn more easily.

Uphill Christie. A turn "into" the hill with skis parallel. The completion phase of all Christie turns.

Uphill ski. The upper ski or the one that will become the upper ski in any ski turn.

Up-unweighting. Unweighting by means of rising sharply. When the rising motion slows or stops, the skis are unweighted.

USSA. U.S. Ski Association, the national federa-

- tion of American skiers and a governing body of the sport in the United States.
- Vortage. Forward lean or shifting the weight forward prior to a turn.
- Waist. The narrowest part of the ski as seen from the top view; usually the area beneath where the boot is normally positioned.
- Warp. A lateral twist in a ski.
- Wax. A preparation applied to the running surface of a ski to facilitate its movement and to reduce friction with the snow.
- Waxing iron. A metal block on a handle, to be heated for warming and smoothing out waxes on ski bases. May be electrically heated.
- Waxing torch. A small blowtorch, usually fueled by liquefied gas, used in waxing.
- Wedeln. A series of close parallel turns made in the fall line with a minimum of edge set. Means literally "tail wagging."
- Weighting. The application of weight to the skis in order to set the edges. Usually accomplished by angulation or by rising sharply.
- Weight shift. (1) A transfer of weight from one ski to the other, specifically from the downhill ski to the uphill ski in the initiation phase of steered turns. (2) In cross-country, the

transfer of weight from one ski to the other in strides. As in walking, the transfer also involves dynamic forces (due to motion) in addition to body weight.

Weight transfer. The shifting of weight from one ski to the other, or onto both edges, usually during a turn. A basic principle of American Ski Technique.

Wide track. Skier skis with skis parallel but feet apart by as much as a foot to 18 inches.

Wind-slab. Snow packed by the wind.

Windup. Akin to counterrotation, except that a windup is used only before a turn is initiated and not to initiate it. Windup is a preparatory movement—somewhat like in tennis or golf—of a ski pole or arm or shoulder or hip, or all of these, to permit a swing of great power and amplitude.

Wood skis. Skis whose primary strength-bearing material is wood.

World Cup. Annual FIS ski competition, started in 1967, in which racers earn points in a series of major international meets during the winter. Racer with greatest number of points at season end wins World Cup.

THE INTERNATIONAL SKIER'S LEXICON

What to say on the skiing slopes of Europe when the translator is not around—in English,

German, French, and Italian.

English	German	French	Italian
après-ski	après-ski	après-ski	après-ski
avalanche	Lawine	avalanche	valanga, slavina
base	Unterlage	couche de fond	base, suola
base of ski, sole	die Sohle	la semelle de ski	la suola de ski
basket	Schneeteller	rondelle, disque	rotella
belt	Gürtel	ceinture	cintura
binding	Bindung	attache, fixation	attacco
boiler plate	Eisplatte	neige tolée	neve ghiacciata
boot tree	Stiefelstrecker	porte-chaussures	tendi scarponi
buckle boot	Schnallenstiefel	chassures à crochets	scarponi a fibbia
bump	Buckel	bosse	cuneo
cable	Kabel	câble	cavo
cable car	Sellbahn	télétrique	funivia
camber	Spannung	flèche	balestra
chair lift	Sessellift	télesiège	soggiovia
check	abschwingen	contrôle	controllo
Christie	Christiania	christiania	cristania
coach	Trainer	moniteur	allenatore
cogwheel railway	zahnradbahn	crémaillère	cremagliera
corn	Firn	neige de printemps	neve granulosa
crash helmet	Sturzhelm	casque	casco
cross-country	Langlauf	ski de fond	fondo
downhill	Abfahrt	descente	discesa
earband	Stirnband	bandeau	para orecchi
edges	Kanten	carres	laminature