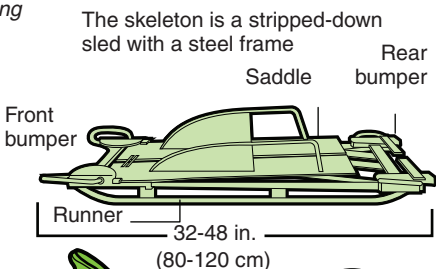
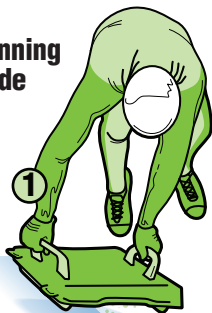


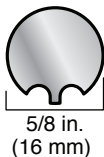
# Flat out for speed

Quickness, precision and nerves of steel are keys to winning skeleton, a head-first slide down an ice track at speeds topping 80 mph (130 kph).

## A winning slide



Cross section of runner



### 1 Explosive start

Wearing shoes with brush-like spikes for traction, slider runs and pushes sled; places sled in groove in ice



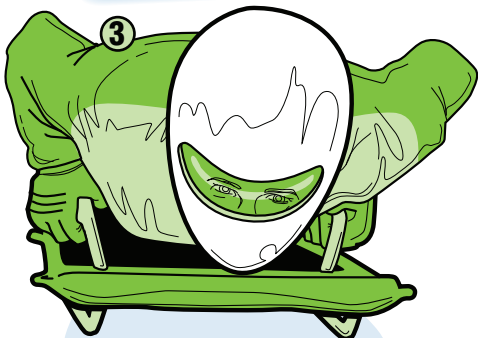
### 2 Precision loading

Shifts from pushing to calm maneuvering; lifts legs for split second, then drops onto sled



### 3 Slider and sled as one

Maintains low position to lessen wind resistance; chin hovers 2 in. (5 cm) from ice, arms at sides, legs straight with toes pointed back



Graphic: Pat Carr, Lee Hulteng