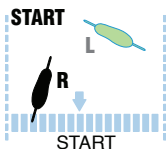


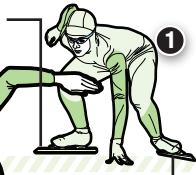
SPEED SKATING

The right stride

Long strides, efficient crossovers are keys to victory in long-track speed skating.



Front foot nearly perpendicular to starting line

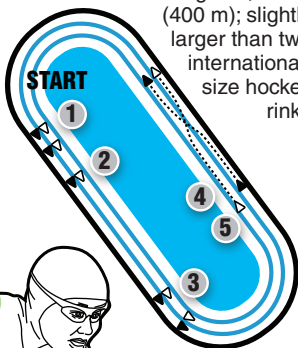


Back foot at angle for maximum push

Quick transition from short starting steps to long, smooth strides

Olympic Oval

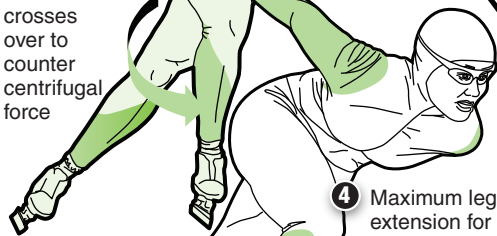
Total length: 1,320 ft. (400 m); slightly larger than two international-size hockey rinks



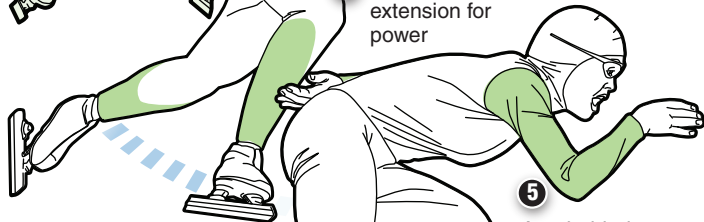
Skaters change lanes once every lap



At curve, outside foot crosses over to counter centrifugal force



4 Maximum leg extension for power



5 Arm behind back reduces wind resistance

Swinging arm on outside of curve conserves speed, keeps skater from drifting to outside

Source: U.S. Speedskating, "Sports: The Complete Visual Reference" by Francois Fortin
Graphic: Pat Carr, Lee Hulteng