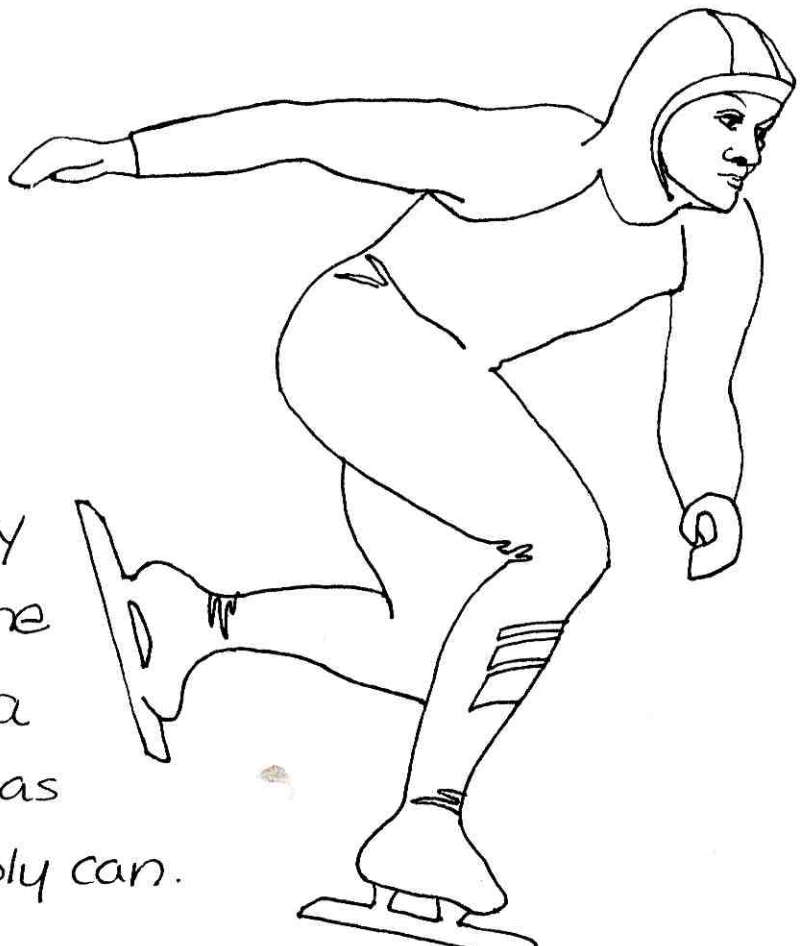
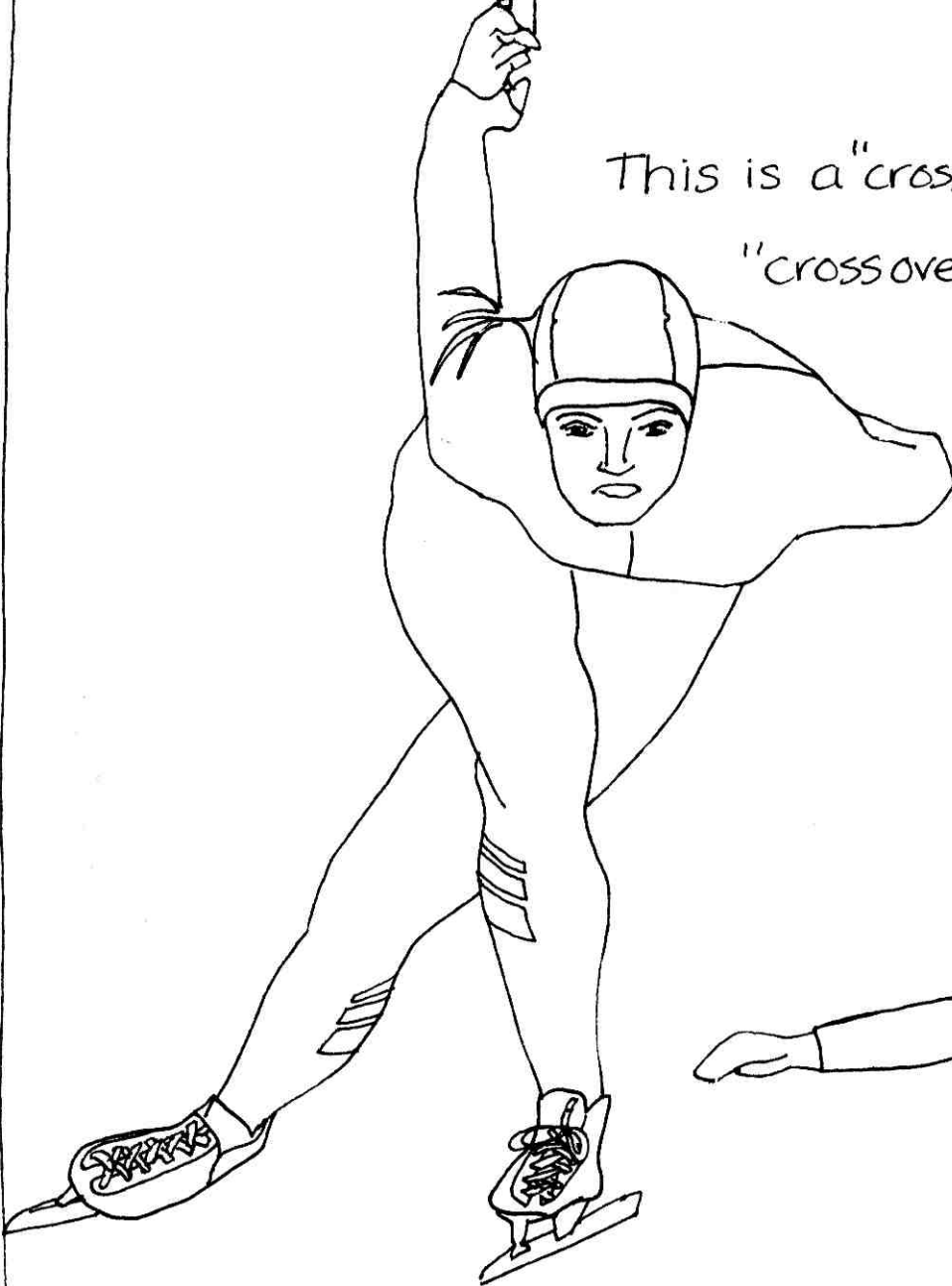


Speedskating

This is a "crossover." Skaters use the "crossover" to go around corners.



"Sprinting" occurs in very short races, and also at the end of longer races. In a "sprint", the racer goes as fast as he or she possibly can.