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A SKI-ING GLOSSARY

(This glossary has been compiled at the request of the Editor from the current English Ski Literature. The following works have been used: "Ski-running" by E. C. Richardson. "How to Ski" by V. Caulfield. "Alpine Ski-ing" by Arnold Lunn.)

- "Approach"**. The slope just above the jumping platform on a jumping hill.
- Arch**. See "Ski".
- A. S. C.** The Alpine Ski Club.
- "Balling"**. The snow is said to "ball" when it sticks to the ski.
- B. B. Bindings**. A rigid binding in which the boot is drawn through the toe irons by a spring clamp which fastens over a prong fixed permanently to the boot.
- "Boggling"**. A term of contempt common among straight runners.
- B. S. A.** The British Ski Association.
- Binding**. The binding attaches the boot to the ski. Bindings are of many kinds which may be classified as "rigid bindings" and "spring bindings". In the former the toe irons which keep the toe in place are firmly attached to the ski, so that the foot can only revolve forward on the ball of the foot. People with stiff toes may not be able to kneel down on their ski if they use rigid bindings, and such people will find spring bindings convenient. In "spring bindings" the toe irons themselves revolve and are controlled by a spring.
- Caked Powder**. Powder snow which has been caked by the wind, but which is still sufficiently soft to allow the ski to sink in.
- Christiania**. The name given to a popular swing. There are various types of Christiania swing which may be roughly classified as the "open Christiania" in which the heels of the ski are together and the points apart, the "closed, or stem Christiania" started by a slight stem, and the "jerked Christiania" which is carried through by body action with parallel ski. One might define the open Christiania as a Christiania started by divergent and the stem or closed Christiania as a Christiania started by convergent stemming.
- Double Lifted Stemming Turn**. See "Stemming".
- Downhill Turn**. A turn which is used to connect two traverses. So called because the ski-runner turns downhill at the end of one tack. Before a downhill turn the ski-runner will be traversing with the slope say on his right, and in this case he will have the slope on his left after completing the turn. (See "uphill turn".)
- Ellefsen Binding**. A popular Norwegian binding.
- Ellefsen Clamp**. An attachment for tightening heel straps usually found on Huitfeld bindings.
- F. C.** The Federal Council of British Ski Clubs.
- Film Crust**. A form of crust found on the glaciers in May, June and July. It is composed of a hard under surface of solid crust, covered by a thin soft and transparent film of ice which glistens in the sun. Yields an excellent ski-ing surface as the soft film comes away when the ski turn, and provides excellent purchase not only for straight running but also for Christiania and Stemming turns.
- Foam Crust**. A product of thaw, composed of numberless small overlapping waves of snow.
- Granular Snow**. Wet heavy melted snow which is just beginning to freeze, and which assumes a crystalline, granular character.
- Ground Avalanches**. Avalanches in which a snowslope slides away leaving earth underneath unlike superficial avalanches in which a layer of snow slides away leaving snow underneath. Ground avalanches are common in spring and not unknown in winter after Foehn and rain.
- Herring Boning**. A method of climbing a short steep narrow slope on ski, by a direct ascent without kick-turns. So called because the tracks left by the ski faintly resemble herring bones.
- Huitfeld**. A well known Norwegian runner who has given his name to a popular ski binding.
- Inverted Temperature**. A phenomenon fairly common in winter which results in the temperature in the valleys being lower than on the heights.
- Jump Turn**. Not to be confused with ski jumping proper. A method of stopping suddenly or altering direction by means of jumping round. Called by the Swiss "Quersprung".
- Leaf Powder**. Snow which lies in sheltered places near streams gradually assumes a leaf like formation. Hence the name.
- Lifted Stemming Turn**. See "Stemming".
- Lilienfeld**. The name of a district in Austria which gave its name to a system of ski-ing invented by Herr Zdarsky who had settled in Lilienfeld. The Lilienfeld system relied exclusively on the stemming turn for changes of direction, and on the stick plus the stem for changes of speed. The system enjoyed a temporary popularity owing to the energy and missionary enthusiasm of its inventor, but has now been relegated to obscurity. Zdarsky also invented the "Lilienfeld ski", the first of the spring bindings. All ski-runners with stiff toes owe him a debt of gratitude, as "spring bindings" are the salvation of those who cannot kneel down in the usual rigid binding.
- Marble Crust**. A form of very hard crust produced by alternate melting and freezing. Marble crust is found on southern slopes in winter, and at high altitudes in spring and summer.
- Midalpine**. A term applied to mountains not covered by snow or glacier in summer. The Faulhorn, Bonder-spitz, etc. are midalpine. Ski tours are divided into glacier ski tours and midalpine tours according as they do or do not cross ground covered by snow or ice in summer.
- Perforated Crust**. A hard crust formed by alternate melting and freezing, uncommon in winter but common in spring. Differs from marble crust in that it gives a certain purchase which makes Christianias

- and stemming turns much easier than on the smoother marble crust.
- Point (of ski)*. See "Ski".
- Powder Snow*. The snow which is common in winter on northern slopes which have not been exposed to thaw, sun or wind.
- Pressure Jump*. A jump so constructed that the platform is at the very edge of the steeper ground below. The ski jumper is consequently shot out much further into the air and lands with a much greater shock or pressure than if the platform is built back some distance from the point where the gradient of the jumping hill steepens.
- Rigid Bindings*. See "Bindings".
- Ripplemark*. A form of snow produced by wind and which owes its name to the "ripplemark" markings on the surface.
- Sats*. The preparation which the jumper makes before the jump. Consists in crouching low preparatory to straightening out as the jumper leaves the platform.
- S. C. G. B.* Ski Club of Great Britain.
- Sealskins*. Long strips of sealskins attached to the ski to prevent back sliding.
- Side Stepping*. A method of climbing by lifting the ski and keeping them horizontal.
- Skavla*. A form of windcrust very unpopular with ski-runners.
- Ski*. The following are the names of the various parts of the ski. The *Point* which explains itself. The *groove* which runs along the middle of the running surface and which helps straightrunning; the *arch* which is the portion of the ski under the binding, and the *upturn*, sometimes loosely called the "point" which begins where the ski turns up towards the point and ends at the point. The term "point" should only be used for the actual tip of the ski.
- Snow Ploughing*. A form of reducing speed which consists in holding the ski at an angle, points together, heels wide apart, the point of the "V" thus formed pointing straight downhill.
- Snow Slide*. A small avalanche which would not in itself be dangerous, but owes its danger to the nature of the ground. Powerful enough to carry a ski-runner down, and therefore over a cliff or into a crevasse, but not of sufficient volume and weight to bury him if the slope peters out onto easy gentle ground.
- Spring Bindings*. See "Bindings".
- Spring Powder*. Powder snow affected by the sun but not so much as to "stick" or to show traces of crust.
- Stemming*. Reducing the speed by holding one ski at an angle to the other, snow ploughing (q. v.) is a double stem.
- Stemming Turn*. There are various types of stemming turn.
- I. The pure stemming turn in which both ski are kept on the snow throughout.
 - II. Lifted stemming turn in which the inside ski is lifted instead of skidded round.
 - III. Double lifted stemming turn in which first the outer and then the inner ski is lifted.
- The stemming turn is chiefly useful on hard snow, though the double lifted stemming turn (also known as the Step-Christiania) can be used on steep slopes of deep heavy snow.
- Stick Riding*. Putting both sticks together and using them as a brake, a method condemned by the modern school on all but steep narrow paths.
- "*Telegrams*". A slang term for "Telemarks" with a very wide radius curve.
- Telemark*. A turn chiefly used in soft snow. The leading ski is well advanced and the leading knee bent.
- Telemark Crust*. A hard solid crust superficially softened by the sun to a sufficient depth to permit Telemarks. Common in spring and also on the glaciers in summer.
- Telemark Position*. A position useful for fast running on steep slopes as the centre of gravity is very low.
- Trap Crust*. Breakable crust which bears the ski at one point and lets them through at another, the worst possible running surface.
- Uphill Turn*. A turn from a traverse towards the slope. In other words a stop turn which brings the skier to a standstill. See "Downhill turn".
- Wind slab*. A very dangerous form of avalanche due to the formation of a slab by wind action which does not properly adhere to the underlying surface.

CHANTUNET RUMAUNTSCH

IN S-CHÜRS MOMAINTS

Cur chi 's placha sün ti' orma la tristezza
sco tschiera, sula, s-chüra,
lur', uman, at pon güdar cun lur bellezza
plü be l'art e la natüra.

Intra in lur taimpels e lur glüm divina
vendsch' il pais da quaista terra,
impl' il cour darcheu cun forza genuina,
e ti' orma dvainta clera.

Tuornast tü davo darcheu pro 'l muond, riflettan
tas ögliadas lur bellezza,
e tü poust güdar a povers cours chi spettan
sün spendranza da tristezza.

Jon Guidon
in Il röser sulvadi.