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## Fastest Sport on Skates

*What do ice cross downhill skaters do? What are the tracks like? What do they wear? How did Sever Lundquist train? What skills do all downhill skaters need? What is ski cross?*

Ice cross downhill is the fastest sport on skates. They start on a high ramp. It's three stories tall. They rush down an ice track. They race down a zigzagging course. They jump. They drop. They turn. They crash. They reach speeds of 40 miles (64 kilometers) per hour. The first skater to the bottom wins.

The track is steep and icy. It's like a giant slide. It has rolling bumps. It has big jumps. It has steep drops. It has **hairpin** turns. These turns are like sharp U-turns. There's lots of wind. No two courses are alike.

Downhill skaters may not slow down or stop other skaters. They can't hurt other skaters on purpose. They can't trip other skaters. They can't hold on to their clothes. They'll get kicked out of the race. But skaters still crash into each other. They also crash into objects.

Ice cross downhill skaters wear ice hockey gear. This is for protection. They wear full-face helmets. They wear

Many ice cross downhill skaters got inspired from watching it on television.

