



BOOT SOLE PLANING

BY MATT WILLING

Have you plateaued with your skiing technique? Despite practice, good gear and expensive lessons you just can't seem to improve? Often the way a person's anatomy is set up creates roadblocks to perfect control of their skis but an expert custom boot-fitter can modify your boots to complement your natural geometry and dramatically improve your skiing.

Correct stance alignment providing sound biomechanics gives skiers the ability to keep their skis flat on the snow when in a neutral position and at parallel angles when on edge.

Indicators that your boots are poorly aligned to your body.

- ❖ Difficulty initiating a turn
- ❖ Hard to hold an edge at speed
- ❖ Skis sliding through the finish of a turn
- ❖ Skis want to cross or twitch out of control on cat tracks
- ❖ Early muscular fatigue

WHAT IS BOOT SOLE PLANING?

Boot sole planning is changing the angle at which the bottom of the ski boot interfaces with the ski. This is achieved by grinding material from the bottom of the boot at the exact degree needed to achieve the best alignment in both legs after diagnosis.

People who can be helped with boot sole planing may have the following problems;

- ❖ Pronation (ankles roll inwards)
- ❖ Supination (ankles roll out)
- ❖ A high Q-angle (see the article on women's anatomy on our website)
- ❖ Bow legs
- ❖ People with old injuries especially in the knees, ankles or hips.

A good custom foot-bed combined with stance alignment by boot sole planning and other custom boot-fit techniques creates harmony between your body, boots, skis and the motions they need to go through every second you are skiing. Your skis will be on edge quicker with less effort, giving you increased balance and more control through your turns. It really is a night and day experience for beginners and experts alike.

HOW IS IT DONE?

- ❖ We find the centre mass of each knee and/or tibial tuberosity

- ❖ Place the skier on the stance alignment machine in their boot shells with custom footbeds inserted
- ❖ Determine the number of degree correction needed for each boot by adding shims
- ❖ Fit the boot into the jig of our specialized precision planer and create the desired angle on the base of the boot

Fit plates to the bottom of the boots, after which the heel and toe lugs are returned to DIN standard to perfectly fit into any ski binding by using a router and DIN block.

We have invested over \$30,000 into our specialized equipment which cannot be found anywhere else in Alberta and only a handful of places in North America. Our staff are experienced and highly qualified not only to give the best fitting boots but understand what's needed when it comes to the operation of a boot and it's integration with the ski and the skier. In short, we help people ski better than they ever have.

Please feel welcome to come and view what the process involves and see our equipment in action at our all new specialized Boot Boutique located in the Banff Springs conference centre or email any questions to boot@banffspringski.com

MATT WILLING, is the manager of the Boot Boutique. Matt is Masterfit and Soze certified and is one of the best fitters for stance alignment in Alberta. Drop by and have a chat to him about how your boots can be improved.

