

CUSTOM BOOTFITTING

HELPING YOU MAKE THE PERFECT TURN



The progression from a skidded turn, where the tails of your skis slide out, to a smooth and controlled carve turn can keep you frustrated and at a plateau for years.

You have practised every trick, tip and exercise from ski magazines, mates and instructors, but you just can't master those perfect arc turns. You've got the right skis, pricey boots, a lift ticket and determination, yet your tails still skid, your edges catch and those damn snow snakes keep bringing you down!

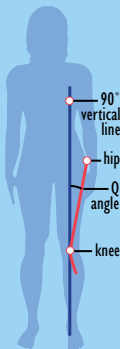
What is the secret?

Getting your boots custom fit by a professional boot-fitter will take you to a new level of skiing overnight. No two skiers are alike. The combination of foot size and shape, height, weight, skill and style are just some of the factors that make you as unique as a snowflake.

Here is just one example...

Stand up and get someone to hold a piece of string from the pointy bit of your hip bone to the center of your knee. The angle of the string from vertical is your Q angle. Due to a wider pelvis it is usually larger for women (avg 22 degrees) than men (avg 18 degrees).

This, often coupled with pronated feet (when your ankle bone rolls inward), is affecting your alignment and balance which may cause you to ski on your inside edges, make upper body



movements to start the turn and reduces control over your skis. Poor alignment also increases the risk of knee injuries.

The best way to fix this is a combination of custom made foot-beds and having the hard plastic of your ski boot altered to accommodate your stance. Ideally, you want the base of the boot planed to a precise angle that keeps your skis flat on the snow.

We have the only boot planing machine in Banff as well as an expert custom bootfitter. Come and find out how to fast track perfect carve turns that will make your friends green with envy.



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