**MAST Equipment Webinar**

**Sunday, September 20, 2020**

Goal: to educate members about the equipment they will need to ski well, stay warm, and keep safe.

1. Introduction:
2. Mute
3. Questions. Use chat.
4. Daniel’s role: collecting questions. Will address questions after each topic presentation.
5. Topic One: Skis and Bindings
6. Types of skis
7. Recreation: beginner, intermediate, advanced, all-mountain, powder, park...
8. Race: Junior race,Tweener race, FIS and Recreational Race (aka: beer league race, cheater race).
9. Event Skis: Slalom, Giant Slalom, Super G, Downhill, Multi-Event.

**YOU WANT SLALOM RACE SKIS, EITHER JUNIOR RACE, TWEENER, OR FIS/WORLD CUP.**

1. Important Terms
2. Skis have:
* Sidecut
* Flex
* Camber
* Radius—you want a radius of... 9-11m if in a ski under 150cm; 11-13 m if in a ski 150-165.
* Sidewall
* Bases
* Edges
* Plate
* Race Plate Vs Rail/Integrated System: Pre-drilled plate vs a rail system where you slide the binding.
1. Selecting Skis
2. Race Ski Design
3. Junior Race Skis (radius of 8-11meters)
4. 149 cm or less. Exceptions: Head makes a 156cm junior race.
5. Tweener (radius of 11-12meters)
6. 150cm (atomic makes a tweener 155; Fischer does not make a tweener)
7. Adult/FIS (radius of 12-13meters)
8. Sizing
9. Sizing depends on:
* Weight
* Skill/aggressiveness
* Height
1. Matching Weight and Length
* 80-100#: 142cm or less
* 100-125#: 145-150cm
* 120-140#: 150-157cm
* 140-160#: 157cm
* 150# and up: 157-165cm
1. Brand Sidecuts and Radius

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Rossi | Nordica | Atomic | Fischer | Head | Bizzard |
| 135 |  | Dobermann SLJ 109-64-94 R.10 |  | RC4 WC SL JR |  |  |
| 136 |  | Dobermann SLJ 109-64-94 R.10 |  |  |  |  |
| 138 |  |  | Redster S9 FIS J-RP2104-64-91 r.10.4 |  |  |  |
| 140 |  |  |  | RC4 WC SL JR |  |  |
| 142 | HERO SL Pro 114-65-99 R.10 |  |  |  |  |  |
| 143 |  | Dobermann SLJ 112-65-97 R.10 |  |  |  |  |
| 145 |  |  | Redster S9 FIS J-RP2112.5-65-94 r.11.0 |  |  |  |
| 148 |  |  |  |  |  |  |
| 149 | HERO SL PRO 115-65-100 R.11 |  |  |  |  |  |
| 150 | HERO FIS SL 115-55-101 R.11 | Dobermann SLJ 113-65-98 R.12 |  | RC4 WC SL JR |  |  |
| 152 |  |  | Redster S9 FIS J-RP2115.5-65-96.5 r.11.6 |  |  |  |
| 155 |  |  | Redster S9 FIS 112.9-65-97.5 r.12.1 | RC4 World Cup SL |  |  |
| 156 |  | Dobermann SLWC  |  |  |  |  |
| 157 | HERO FIS SL 116-66-102 R.12 |  | Redster S9 FIS W ?-66.3-? R.12.7 |  |  |  |
| 158 |  |  |  | RC4 World Cup SL |  |  |
| 165 | HERO FIS SL 118-65-104 R.13 | Dobermann SLWC | Redster S9 FIS M ?-65-? R.12.5 | RC4 World Cup SL |  |  |

1. Buying Used:
2. Do your homework before buying.
* Know your recommended length.
* Research brands and models new if you can recognize value.
* Use multiple online sites to understand the resale market.
* Don’t be afraid to buy out of state.
* Ask questions: # of seasons used? Side edge life remaining? Race skis or practice or both?
* Study the pics.
1. Things to observe, note, ask:
2. Confirm Status as a Slalom Ski:
	* Does “SL” appear somewhere? JR Race or FIS or WC or World Cup?
	* Radius: 9-13m depending on length?
	* Length: 165cm or less?
	* Sidecut: 100s-64/66-90s
3. Topsheets.
* Chipped, scratched, peeling?
1. Edge and sidewall condition.
* Finish: Clean and shiny or discolored, even rusty, chips?
* Sharp or dull?
* Edge Life?
1. Base Condition.
	* Waxed or unwaxed?
	* Scratches, gouges?
	* Base/edge contact zone condition?
2. Remaining Life.
* Camber and Flex
1. Binding Set Up.... how much adjusting needed—small forward/aft adjustment or remount necessary.... know your boot sole length; bring measuring tape and measure the binding length from toe to heel.
2. Topic Two: Bindings
3. Binding-Ski Integration
4. Matching Bindings and Skier Ability/Weight
5. Release Setting
6. Topic Three: Boots
7. What You Need
* You want competition race boots. Either Junior or Adult.
1. Brands and Models
* Nordica Dobermann GP
* Fischer RC4 Podium
* Head Raptor
* Lange RS and RSJ
* Atomic Redster Club Sport
* Technica Firebird R 90 S and Firebird R and Firebird WC
* Salomon X-Max Race

1. Boot Language and Numbers
2. Sole Length: 254...262...275..306...312...in mm
3. Mondo: 22.0-22.5; 23-23.5;24-24.5; 25.25.5; 26-26.5; 27-27.5; 28-28.5; 29-29.5
4. Last: 93, 96, 98, 100 in mm
5. Flex: 60, 70, 80, 90, 100, 110, 120, 130, 150.
6. Cuff Size: volume and height
7. How To Fit
8. Shell Sizing
9. Liner Fit
10. Full Boot Fit
11. Socks
12. Buckling Up
13. Power Strap
14. Flex Test

1. How To Buy Used
2. Know Your Size and Brand If Possible
3. Check Condition
4. Soles
5. Liner
6. Buckles
7. Signs of Shop Work
8. Try Them On, Flex.
9. Care and Maintenance
10. Dry Your Liners Every Night
11. Protect The Soles
12. Topic Four: Protective Equipment
13. Helmet and Goggles
14. Mouthguard
15. Poles and Pole Guards
16. GS Suit
17. Shinguards
18. Clothing
19. Importance of Laying
20. Keeping Your Upper Torso Warm
21. Gloves, mittens, and rope tows
22. GS Suits, Snowpants, Shorts
23. ~~Scarves~~
24. Facemasks