

WOMENS SKIS

Not that long ago, ski manufacturers didn't really make women's skis. They "shranked and pinked" a men's version. But Women are NOT small men! Women's hips widen out, our bottoms drop out and we start to lose strength compared to men. We have more weight in fat and men have more weight in muscle. Furthermore, guys can't wiggle their hips like women because of their pelvis & lower vertebra design.

So manufacturers started to make women's ski's DESIGN for women. Differences are more than just graphics, they are lighter, softer flex, shorter and require less force to power and turn. They are designed to make skiing easier and more enjoyable.

Bindings are typically mounted slightly forward. This is to compensate for the pear effect to get our weight forward which helps to engage the ski. Our wider hips, lower center of gravity and smaller feet this puts us closer to the tips so we can easily pressure the ski.

How to Choose.....

Ask yourself: What ability am I; beginner, intermediate, or expert? What speed do I like to ski at; slow, medium, or fast? What type of turns do I like to make; large open turns or quicker snappier turns? Where do I like to ski; beginner, intermediate; or expert runs? Do I like to ski on groomed runs, moguls, powder, or out of bounds?

Beginner to intermediate womens skis are softer and easier to turn at slower speed and with less effort. They are also more forgiving if you make small mistakes. However, these womens skis will begin to chatter at higher speeds, making them more difficult to control. Conversely, advanced to expert womens skis are stiffer and require more technique to turn. They also need to be skied at higher speeds in order to make them perform correctly.

*PRIMARY TERRAIN considerations is the first question to ask when picking out skis....

- All Mountain Skis

- AT Skis: skin compatible; AT Bindings

- Twin Tips

- Power Skis: 115+ wide waists, soft flex and some rocker; float on top of deep powder but difficult to turn on groomed trails

- Carving/Racing Skis: for those who like to edge, have narrow waist, short turn radius so you can do quick turns on groomers & hard pack

*SIZE: no magic formula..want to consider your height, weight, ability, terrain & snow type
but general idea is length between your chin and top of head

Shorter Skis: easier to turn but less stable at higher speeds

Pick Shorter if: you're a beginner to intermediate

- Weigh less than average person for your height

- Like to make short quick turns & don't ski fast

- Want a carving ski with no rocker

Pick Longer if: like to ski fast & aggressive

- Weigh a bit more

- Majority of your skiing is off trail

- Your skis are twin tips

- You want a lot of rocker

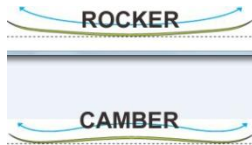
Other things to consider when picking a ski are: ski width (aka waist); turning radius; rocker style

*WAIST: narrower waist are quicker to turn edge to edge
Wider give better flotation in powder & choppy snow

*TURN RADIUS: is the shape of a ski determined by its tip, waist and tail width and is usually expressed in meters. The narrower a ski's waist is in relation to its tip and tail, the shorter the turn radius and the deeper the sidecut. A ski with a short turn radius will make quicker turns whereas one with a long turn radius turns more slowly and is usually more stable at higher speeds. So 17m turn radius ski means when put ski on edge and apply weight it creates an arch and will turn and make a circle 17m in radius.
Small sports car can turn on a dime but a Suburban makes a much wider circle

*ROCKER & CAMBER and why do you care?

Refers to the bend of the ski



Rocker started showing up in skis in 2002

Benefits of Rocker: increases float in the powder & crud; more maneuverable. Unless you like to race or ski on ice you will want some rocker in your ski

Brief Mention About Bindings....

BINDINGS: There is a newer binding called KneeBindings that are designed to detect the forces that cause rearward-twisting knees injuries, and are said to release before an injury can occur. This binding is supposed to prevent ACL tears and ruptures.