

Swap Tips

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 machine at a ski and board shop. Gouges will need to be p-texed and repair work done.

For snowboarders, some bindings require specific type of boots. If purchasing a boot, ask what type of bindings they are made for. If buying a board with already attached bindings, ask what type of boots will work with it.

Also, boards have screw patterns that require a matching binding plate. So make sure that your binding has the right binding plate pattern to match your board. Earlier boards had several different screw patterns.

Typically now, the boards come in one of two types of screw patterns. A standard parallel 2 line pattern, or the Burton board pattern.

If you have a Burton board make sure the binding you buy fits a Burton screw pattern.

In addition for Skis:

Skis have gone through some major changes. The newer the skis the better.

Skis with existing bindings on them, need to be inspected - and never ski on used bindings without having a proper release check performed at a ski shop.

A general rule is do not ski on bindings more than five years old, or that look like they have seen better times.

Purchase your boots first.

This way you can see if the ski binding (that is already mounted on it) can fit your boot. Remember, if the boot doesn't fit the skis you'll have to take the skis to a shop to have the bindings remounted.

Remounting may not be possible if the new holes are too close to the existing holes or serious amount of epoxy with or without coils will be required.

Make sure the skis still have a good camber to them. Check by laying both skis on a flat surface. The middle of the skis should rise from the surface to an equal height, usually from one to two inches up. The camber is the bend of the ski that provides the spring in your turn.

Put the tail of the skis on the floor, and hold the tip. Flex the ski by pushing in the middle. Check whether both skis feel similar and also listen for any crackling sounds.

Now go out there and find the deal of a life time!

Ski tune-up clinic set for Land Park on Sunday Oct. 29

Skiers can learn the basics of the "low variable" approach of tuning skis at a special tune-up clinic at Land Park Ski & Sports on Sunday, Oct. 29.

Ski techs and Toko representative Steve Bissell will give a hands-on clinic on ski base maintenance.

Advance registration is required for the ski tune-up clinic. There will be two sessions. The first will be at 1 p.m., with a 3 p.m. session following.

The clinics will be held at Land Park Ski & Sports, 4207 Freepoint Blvd., in Sacramento.

The cost is \$5. For further information, call Land Park Ski & Sports at (916) 451-2800.



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