

TRAINING EXERCISES FOR vLink Advanced Racing Computer

Exercise 1: Slip, Edge-lock Traverse Garland



DESCRIPTION

A getting started exercise designed to familiarize you with the vLink racing computer's lateral displacement (slip) feedback. A groomed hard-packed intermediate slope works well for this exercise. *This exercise does not work well in powder snow.*

CONFIG Menu Settings

1. Set Feedback to Slip.
2. Set Level to 5. This exercise is best done at maximum sensitivity.
3. Set Autostop to something appropriate (*20 seconds works well*).

RUN Instructions

1. Press ON button to start the linking and countdown process.
2. When count-down is complete, start traversing the slope with your knees rolled toward the hill, locking the skis on edge". If executed correctly and the snow supports the edge pressure you will not hear any feedback.
3. Roll your knees toward the downhill side to release the edges and allow your skis to slip. You will hear multiple clicks similar to a Geiger counter. The rate of clicking is proportional to your rate of lateral displacement.
4. Roll your knees back toward the hill to put the skis on edge again. When done smoothly and quickly the slip warning will stop almost instantly (*delay between collection of data by the vLink racing computer and feedback is 1/8th of a second*).
5. Repeat until you can put the skis on edge cleanly.
6. Repeat in the other direction.

TECHNICAL NOTES

Note 1: The video clip is best watched while wearing stereo headphones or the vLink ear-buds, as the feedback is directional.

Note 2: The vLink shuttles used during the filming of these exercises are mounted in front of the bindings. While this gives accurate data, normal mounting is behind the binding where the vLink racing computer is less susceptible to damage.