

TRAINING EXERCISES FOR vLink Advanced Racing Computer

Exercise 2: Half Arc, Drifted Start



DESCRIPTION

A simple arc started from a snowplow pointed down the fall line. You drift the turn initiation and then lock the edges about halfway through the arc. Because there is no edge-to-edge transition this exercise allows you to be more aware of the drift. Exercise 2 and 3 form a continuum between a drifted turn initiation and a clean turn initiation. This exercise works best on an intermediate slope with groomed hard 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. Put your skis into a snowplow pointing straight down the fall-line.
3. When the count-down is complete, release the snow plow. After you have generated a little speed, drift into a turn. You will hear multiple clicks (*similar to a Geiger counter*) in the ear towards the side you are drifting, unless ear-buds are reversed.
4. Roll your knees toward the hill, pressure the inside edges and lock them into a rail. The feedback will disappear when the skis are cleanly on edge.
5. Repeat until you can put the skis on edge cleanly.
6. Repeat in the other direction.

TECHNICAL NOTES

Note 1: If you hear the sound in the ear opposite the direction of movement, your ear-buds are reversed.

Note 2: 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.

DESCRIPTION

In this Exercise you link turns. Initiating the turn is typically the most difficult to execute without lateral movement. And, it is fairly common to allow your skis to glide a few degrees off-axis in the transition, when your skis are flat. This will result in feedback.

For best results, start on a slope steep enough to build sufficient speed to carve correctly, but not so steep that the snow can't hold the edge pressure. Start with just two arcs linked. Add more when you can finish the first arc and pass through the cross-over point and into the initiation of the next arc without feedback. Next step: steeper terrain.

This exercise is easier on hard snow. It is very difficult to make perfectly clean (*no feedback*) linked arcs. Even for elite skiers skiing on injected snow there is typically a small amount of lateral movement. Don't be discouraged!

CONFIG menu settings

1. Set Feedback to Slip.
2. Set Level to 5 if snow is hard, but in most cases we recommend starting at a lower level and working your way up to level 5.
3. Set Autostop to something appropriate (*20 seconds works well for 2-4 turns*).

RUN Instructions

1. Press ON button to start the linking and countdown process.
2. When the count-down is complete, start skiing straight to generate enough speed for the first turn.
3. When you reach turning speed, start your first arc.
4. Repeat and work towards consistently making linked arcs with minimal feedback.

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.