

TRAINING EXERCISES FOR vLink Advanced Racing Computer

Exercise 3: Half-Arc, Carved Initiation



DESCRIPTION

A simple arc started from a snowplow pointed down the fall line. Similar to Exercise 2, but instead of drifting the turn initiation you try to make the entire arc without any audible warning from the vLink racing computer. Exercise 2 and 3 form a continuum where you can:

- Try to push the clean carve further and further up the slope.
- Try to tighten the arc radius by increasing the edge angle without generating vLink feedback.

These exercises are much easier on hard snow, where it is possible to make a complete arc without generating any feedback!

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*).

RUN Instructions

1. Press ON button to start the linking and countdown process.
2. Put skis into a snowplow pointing straight down the fall-line.
3. When the count-down is complete, release snow plow and after you have generated a little speed, cleanly initiate the turn using edge angle and knee angulations only (no steering).
4. Repeat until you can consistently make the arc without feedback.
5. 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.