

YOUR FOUNDATION

Your boots are the most important item of all your gear. Boots are the link between you, your skis/snowboard, and the mountain. All the energy you exert to ski and ride skillfully is transferred through your boots.

Just as in a house, if the foundation is not right, nothing else will be! In order to get comfort and performance from your boot, the foot must be relaxed and your weight evenly distributed. If this balance does not exist, serious control and muscle cramping problems are likely to occur. Common performance complaints are an inability to carve turns, difficulty on icy terrain, and inability to maintain control.

TEKSCAN ANALYSIS

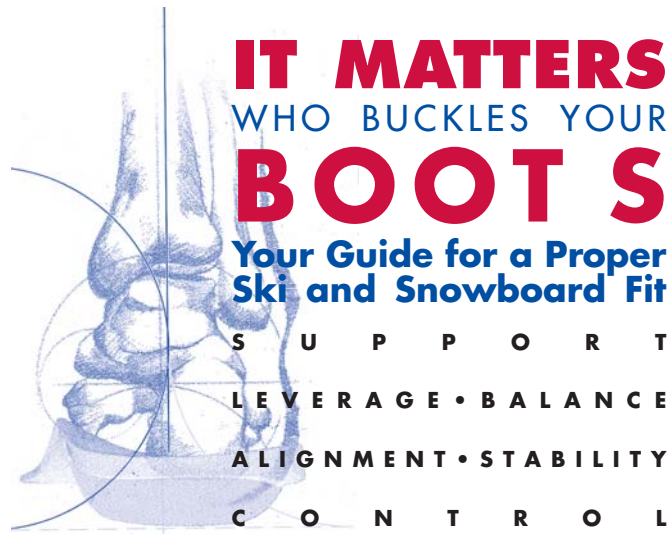
A computerized stance and balance alignment analysis system.

SALES AND SERVICE

We sell brand name boots including ATOMIC, DOLOMITE, HEAD, LANGE, NORDICA, ROSSIGNOL, SALOMON and TECNICA. We carry foam injection, custom insoles by LANGE, NORDICA, CONFORMABLE and ZIP FIT, boot heaters by HOTRONICS, HOT FOOT III, boot dryers, socks — everything you need to enhance performance and foot comfort for your day on snow.

FREE CONSULTATION

Bring us your problem boots, we'll show you solutions. From boots to insoles, your feet deserve the best!



IT MATTERS WHO BUCKLES YOUR BOOTS

Your Guide for a Proper Ski and Snowboard Fit

S U P P O R T
L E V E R A G E • B A L A N C E
A L I G N M E N T • S T A B I L I T Y
C O N T R O L

STOP BY AND CHECK OUT OUR
**2 Great Stores to Serve
All Your Winter Fun Needs!**

Pinnacle Ski & Sports

Home of *Ski Magazine*®
Gold Medal Demo Center

The best skis and snowboards in the industry available for demo!

800-458-9996

Inner Bootworks

Your best source for knowledgeable service.

CUSTOM FITTING
SALES • SERVICE



INNER BOOTWORKS

(802) 253-6929

Mountain Road • P.O. Box 1507 • Stowe, Vt 05672

E-mail us at: benny@vtlink.net

www.innerbootworks.com

IT MATTERS WHO BUCKLES YOUR BOOTS



Your Guide for a Proper Ski and Snowboard Fit

S U P P O R T • L E V E R A G E • B A L A N C E
A L I G N M E N T • S T A B I L I T Y • C O N T R O L

We solve these common problems:

- ▶ Arch pain and cramping
- ▶ Forefoot cramping and numbness
- ▶ Shin pressure and pain
- ▶ Ankle pressure and tenderness
- ▶ Ankle and heel slop
- ▶ Cold feet
- ▶ Poor edge control
- ▶ Finding boots designed for women



"Masters of the Feet"
—SKI MAGAZINE



INNER BOOTWORKS

CUSTOM FITTING • SALES • SERVICE

(802) 253-6929

Mountain Road • P.O. Box 1507 • Stowe, Vt 05672

E-mail us at: benny@vtlink.net • www.innerbootworks.com

What is a Proper Fit?

HOW SHOULD A SKI BOOT FIT?

Your boot should feel comfortable and snug. When you flex your knees forward, your heel should stay in the heel pocket. Your toes need wiggle room!! It's all right to feel the front of the boot, as long as your toes pull away a bit from the shell when the boot is buckled and your knees are flexed. The liners will compress and stretch over time; some minor pressure will disappear by itself. The area from the instep through the top of the ankle should be snug but not cramped or painful. The foot should be held firmly without setting the buckles too tight. The fit should be from the boot itself, not the buckle system.

HOW SHOULD A SNOWBOARD BOOT FIT?

Your feet should never be in pain. That's why most riders left skiing to start with! Snowboard boots should distribute even pressure around the whole foot. Your toes should be close to or touching the end of the boot, but not crunched. When flexing the boots, your toes should not be cramped and the heel should not rise out of the heel cup. Older boots may not give the support you need due to improper fit and/or poor construction. Today's boots are designed to provide support and comfort without having to crank the heel and toe straps down. A custom molded insole provides better control for the rider with less effort and strain on the foot.

What is NOT a Proper Fit?

ARCH PROBLEMS • FOREFOOT CRAMPING

Cramping in the arch and in the ball of foot are common problems. Cramping occurs when your foot is unstable. You may be trying to use the muscles of your foot to fill voids in the boot in order to edge effectively. Fatigue from the strain causes the foot to ache.

SHIN PRESSURE AND PAIN

The tongue of the boot is designed to hold the foot securely in place. It distributes the pressure of flexing, absorbs shocks, insulates the skier from pain and transmits energy to the ski. Friction from the skin or sock rubbing against the tongue as the boot is flexed is known as "shin bite". The front of the leg can be

rubbed red and raw. Another cause of "shin bite" is uneven pressure of the shin against the tongue. If you feel a sharp pain when flexing forward but the pain is relieved when you stand upright, that indicates an uneven pressure distribution of the boot against your shin. In many instances, realignment of the boot tongue where it comes in contact with the lower leg will solve the problem. Customizing the liner or boot shell and adding a custom insole or foot bed can eliminate many shin problems.

INNER BOOTWORKS OFFERS THE BEST FIT YOU CAN HAVE

SUPPORT & SHOCK ABSORPTION

REDUCED FATIGUE & STRESS

LEVERAGED ENERGY TRANSMISSION

INCREASED PERFORMANCE & CONTROL

We are the only boot fitting operation in the area to offer TEKSCAN ANALYSIS — a computerized stance and balance alignment analysis system.

We fabricate custom insoles by SUPERFEET, CONFORMABLE and INSTA-PRINT.

We have the knowledge, experience and tools to provide the right custom fit for you.

ANKLE PRESSURE, HEEL SLOP AND POOR EDGE CONTROL

In most cases, ankle pressure, heel slop and poor edging are caused by boots that are too big. Why should a boot hurt if it is too big? In order to get a good link between your foot and boot, you might try to overcome the slop by buckling too tight, causing pain. Squeezing the foot in this area is not an effective way of holding the heel down. Side to side fit is just as important as the length.

Pressure on the inside of the ankle is the result of an unsupported foot. An unsupported foot will collapse under weight, straining the inside or outside ankle bone. The hindfoot and midfoot need to be supported together and the foot must be properly positioned in the ankle pocket of the boot. A proper fit may require that the foot be repositioned in the boot by raising, lowering or stabilizing inward and outward rotation of the heel and ankle.

How do I get a Proper Fit?

CUSTOM INSOLES

Custom insoles are molded to YOUR feet and support the foot in a neutral position. They reduce the foot's natural tendency to spread out and roll to the inside or outside of the boot. The support of a custom insole will relieve cramping and muscle fatigue. The overall effect is to make your feet more comfortable and to provide a more precise transfer of energy through the boot. Custom insoles also add an insulating layer and enhance blood flow.

WHY DO MY FEET GET COLD?

Usually feet become cold due to restricted blood flow. Improperly fitted boots put uneven pressure on the foot, limiting blood flow. Again, proper **support** is critical.

In the cold, the cells and veins in our extremities contract, restricting blood circulation. Warming the toe area expands the cells and veins allowing the blood to flow freely, bringing comfort and warmth to your feet. Heating systems can help your cold feet. HOTRONIC BOOT HEATERS can be installed in any boot for all day comfort. Choose one of the four heat settings and ski and ride with a smile at any temperature!!

BOOTS DESIGNED FOR WOMEN

Women's feet are not the same as men's feet. A woman's foot is usually smaller in the ankle, wider in the forefoot and higher at the instep. A woman's calf muscle is longer, too. At INNER BOOTWORKS we stock boot models specifically designed for women's feet. We also have the capability to further customize the boot for increased comfort and performance.