

Basic Information About XC Equipment

In general, the more advanced the skier the greater the need for specialized equipment. All Devo, Comp and Spring Gulch RidgeRunners practice both classic and skate techniques.

XC SKIS

- **“Combi” Skis:** Work for both skate and classic.
Advantage: You only have to purchase one pair.
Disadvantage: The sticky classic grip wax must be cleaned off between classic skiing and skate skiing (usually mom & dad end up doing it). Not recommended for Devo & Comp Teams.
- **“Fish Scale” Skis:** Used exclusively for classic skiing. They are slower and you can't skate on fish scales but they do not require waxing. Good for elementary age beginner/intermediate..
- **Ski Length:** Generally skate skis should reach to the top of the head. Classic skis should reach about ½ way between elbow and wrist when your arm is extended above the head.

XC BOOTS

There are three types of boot/binding systems – Salomon *Profil*, Salomon *Pilot*, and NNN. The *Profil* and *Pilot* systems are partially compatible. The NNN system is NOT compatible with either. All AVSC equipment use the Salomon *Profil* system. Please make sure you purchase boots and bindings that are compatible. Ask if you are unsure.

- **Skate Boots:** Higher cuff, greater ankle support, stiffer sole.
- **Classic Boots:** No cuff, less ankle support, flexible sole.
- **Combi Boots:** Mid-height cuff, good ankle support, flexible sole. Some models have a removable cuff. An excellent choice for the younger skier.

XC POLES

- **Skate Poles:** Should reach between the chin and nose.
- **Classic Poles:** Should reach to the top of the shoulder.
- **Combi Poles:** Between shoulder and chin. Combi-poles are sufficient for the younger skier.

XC EQUIPMENT RECOMMENDATIONS BY PROGRAM

- **Elementary:** Combi skis, combi poles, classic or combi boots. Fish scales recommended.
- **3&4 Int/Adv:** Combi skis OR 1 pair each skate/classic. No fish scales. Combi boots and poles.
- **Devo Teams:** 1 pair each skate/classic skis, 1 pair each skate/classic boots (recommended) or combi boots, 1 pair each skate/classic poles.
- **Comp Teams:** 1 pair each skate/classic skis/boots/poles.
- **Nordic Combined:** Team level NC athletes only need skate equipment.

XC PURCHASE & RENTAL OPTIONS

Equipment Night – Sponsored by the Ute Mountaineer. This is your BEST opportunity to get equipment.

- **New Equipment:** Discounted prices on clothing and equipment.
- **AVSC Rentals:** Assorted XC skis/boots/poles available for season rental.
- **Swap:** Used equipment from AVSC families.

Aspen Cross-Country Center Rentals: The ACC rents equipment for seasonal use.

AVSC BaseCamp Rentals (Aspen): AVSC has skis/boot/pole packages for \$60 available to Aspen BaseCamp participants. This is a convenient option because skiers can pick-up their equipment at the clubhouse at the beginning of practice and return it after practice. Sign-up for AVSC equipment rental when you register for XC Grades 1&2 or Grades 3&4 Beginner/Intermediate.

Ski Swaps

The ski swaps are “hit & miss”. They generally do not have a good selection of youth Nordic gear.

NORDIC COMBINED / JUMPING EQUIPMENT RENTAL OPTIONS

- **Intro to Jumping program:** Jumping equipment is provided for free by AVSC.
- **Comp Teams:** Jump skis \$75, Jump boots \$50.

AVSC XC Equipment Recommendations by Program

Pole height recommendations: Classic=top of shoulder, Combi=shoulder to chin, Skate=nose

- Aspen Grades 1&2 and 3&4 Beginner/Intermediate, Spring Gulch Kinder & NordWarriors*:
 - Skis: Classic (fish-scale type recommended)
* Spring Gulch NordWarriors who select the “skate” option need 1 pair combi or skate skis (no fish-scales)
 - Boots: Combi
 - Poles: Combi
- Aspen Grades 3&4 Intermediate/Advanced, Spring Gulch RidgeRunners:
 - Skis: 1 pair Combi or 1 pair each skate & classic. No fish-scales.
 - Boots: Combi
 - Poles: Combi OR 1 each skate & classic
- Development Teams:
 - Skis: 1 pair each skate & classic (Combi works but not recommended)
 - Boots: 1 pair each skate & classic (recommended) or Combi
 - Poles: 1 pair each skate & classic poles (required)
- Comp Teams:
 - Skis: Minimum 1 pair each skate & classic (required).
A 2nd pair of classic skis for race day warm-up is recommended.
 - Boots: 1 pair each skate & classic (required)
 - Poles: 1 pair each skate & classic (required)