



Getting Started with Roller Skis

Photo: Hollyburn Cross Country Ski Club

WHY ROLLER SKIING?

Roller skiing is an effective method of exercise for cross country skiers. As you know, you get good at what you practice, and roller skis are as close to regular skis as you can get.

Roller skis are not only an effective way to train during the off-season, but they are fun as well.

If you put in time on roller skis during spring, summer and autumn, you will have a big head start once the snow falls.

Double poling on roller skis is a great way to improve your upper body strength. This can be done on either skate or classic skis, but it is important to use classic poles with both.

BE SAFE!

Before you start thinking about going fast, make sure you will be safe. Below are a number of things you should consider, and most of it starts before you even put on your roller skis.

Plan your outing and choose appropriate routes

Since most roller skis do not have brakes, it is important to know where you are going. You need to know what is over the crest of the next hill and around the next corner before you get there. Choose your route wisely.

Have the right equipment

To be safe, you need the right equipment.

Above all, it is important that you wear a helmet. There are models to choose from that are safe, light and cool. Make sure to invest in a good one, as this decision could make a difference.

In the case of poles and boots, you can use the very same equipment that you use when skiing in winter.

Even though you are significantly higher above the ground when you are on roller skis, the poles should be the same length as when you are skiing on snow (because in this case they won't be sinking into the snow).

As long as you have the same type of bindings on your roller skis as on your snow skis, you can use the same ski boots. However, most skiers prefer to use an old pair of boots or purchase new boots specifically for roller skiing because of the damage caused by water and dirt. You can also find roller ski boots that have less insulation and are significantly cooler than traditional ski boots.

Everyone on roller skis will take a spill at some point. If you are just starting to roller ski, you may want to use additional protections such as knee pads and elbow pads.

Take care of your roller skis

It is a good idea to inspect your skis at regular intervals and keep them clean between roller ski sessions. The easiest way to keep your skis clean is to rinse them off each time you use them. This way you get rid of the dirt and mud that might otherwise penetrate the wheels and cause problems over time.

If you notice rattling and vibration noise as you roll down the highway check out your skis before you use them again.

LEARNING TO ROLLER SKI

For more information on roller skiing, including videos, check out the CCBC website at <http://www.crosscountrybc.ca/roller-skiing>



Photo: M. Swannie Jacob, Revelstoke Nordic Ski Club



Photo: M. Lundgren, CCBC



Photo: C. Manhard, CCBC



Photo: M. Lundgren, CCBC



Photo: D. Clark, Kimberley Nordic Club

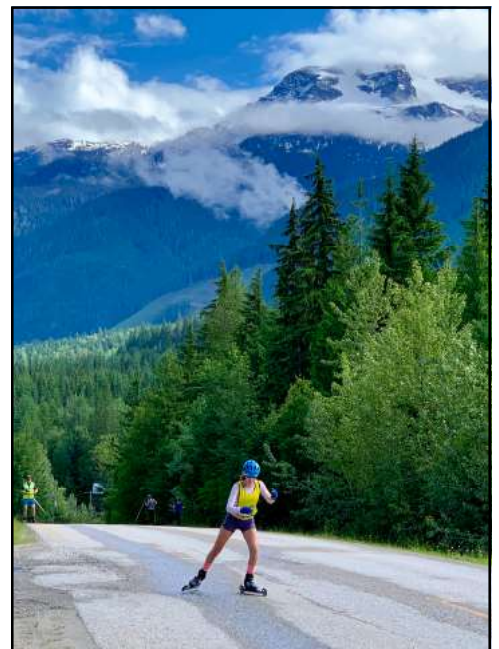


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