

DOWEL TEST

SELECTING THE BINDING POSITION FOR A NEW SKI

This is the process for doing a dowel test on a snow ski that has not been mounted on a mono ski before.

- Find mid cord of the ski and mark it. Measure on a straight line (do not measure the curve of the shovel) from tail to tip and divide in half. Now, measure from the tail that distance to find mid cord
- Tape a 2" dowel to the bottom of the ski (perpendicular to the ski) at the mid cord mark.
- Place the "ready to ski" skier (dressed in ski clothes and boots with outriggers in hand) in the mono ski.
- Move the mono ski (with skier) onto the snow ski with the dowel taped on at mid cord.
- Have the skier assume an athletic stance for their ability level. (i.e., a beginner will sit erect with little foreword flexion at the waist while an advanced skier will be in a dynamic position with outriggers farther toward the feet.
- Move the mono ski fore or aft along the snow ski until the balance point is found. The skier should be able to tip the ski from shovel to tail with a small head nodding motion.
- Double check that you dowel is still directly under the mid cord mark.
- Mark the snow ski where the mono ski's bindings will be placed.
- Have the bindings mounted by a competent ski tech.

ADJUSTING A PREVIOUSLY MOUNTED SKI FOR A NEW SKIER

This is the process for doing a dowel test on a mono ski that has a snow ski mounted on it and has an adjustable (fore/aft) binding.

- Find the mid cord of the snow ski and mark it. (This should have already been done.)
- Place the "ready to ski" skier (dressed in ski clothes and boots with outriggers in hand) in the mono ski.
- Place a 2" dowel on the floor and roll the mono ski (with snow ski attached) onto the dowel.
- Have the skier assume an athletic stance for their ability level. (i.e., a beginner will sit erect with little foreword flexion at the waist while an advanced skier will be in a dynamic position with outriggers farther toward the feet.
- Roll the mono ski (with snow ski attached) forward or backward on the dowel until the balance point is found. The skier should be able to tip the ski from shovel to tail with a small head nod motion.
- Place a small piece of tape on the mono ski's binding directly above the dowel (or note how far in front or behind the dowel is from the snow ski's mid cord mark).
- Adjust the binding fore or aft until the tape mark aligns with the snow ski's mid cord mark (or move the snow ski toward the dowel via the adjustable binding).

Double check that you made the correct adjustment by re-dowel testing before your skier hits the slopes!