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THE SCOOP

Guess who we caught up with inside the terrain park Alpine Meadows?

sound on  sound off

SQUAW VALLEY, USA

BOARDING.COM

It's all about catching big air. And for being at the top of the heap on a fresh powder day.

Welcome to the new snowboarding season. Whether you're a novice or old school, it's the place for your snowboard fix.

GEAR

THE SCOOP

Guess who we caught up with inside the terrain park Alpine Meadows?

Background

Snowboarding: Life Inside the Core

Snowboarding is the relatively new sport which can be visually compared to skateboarding and surfing except done on snow. The rider stands on the board with his/her left or right foot forward, facing one side of the board. The feet are attached to the board via high-back, step-on or plate bindings which are non-releasable. Although there is at least one manufacturer of releasable bindings, they are not widely used.

Get Your GEAR On Here

Gear

Board Gear Checklist

Everything You Need to Get Moving

The history of the snowboarding industry is brief but the equipment evolution has been explosive. The boards, boots and binding styles sold in the mid-eighties aren't even available today. Gone are the split tails, center fins, both on metal edges, wide short bullet-shaped boards and non-supportive boots. Today there are no less than 65 snowboard equipment manufacturers (boards, boots, and bindings). The cost of snowboard equipment is very comparable to ski equipment with a wide range of costs and types.

Get Your GEAR On Here

Gear

Board Gear Checklist

Boards

Boards or decks are categorized into one of four groups: race, alpine, all-mountain/all-around/free-riding and half-pipe/free-style. They range in lengths from under 100 cm to over 200 cm. Their construction is nearly identical to skis; a board has metal edges, side-cut and camber. All of the same materials are used. The real differences are in the shapes and flex patterns. Another term used to describe snowboard shape is "directional". A true non-directional board can have either end as the tip or tail since the binding inserts are centered.

Get Your GEAR On Here

Gear

Board Gear Checklist

- Boards
- Bindings
- Boots
- Clothing
- Helmets
- Accessories

Helmets New for 2003

Safety

Watch the RC Movie

Lessons

Lessons are the best place to start. Where will you finish?

Responsibility Code

The "Skier's Responsibility Code" code is widely accepted in the United States. It's for real. Check it out.

Helmets New for 2003

Safety

Watch the RC Movie

Lessons

Falling Correctly

Snowboarders fall differently than skiers do. Where skiers tend to fall to the right or left, snowboarders fall forward or backwards onto their face or butt. It is best in a forward fall to fall to the knee and forearm (do not stiff arm on the palms) and then lift the board in the air until you stop. In a backwards fall it is best to go to the butt and roll onto the back, keeping the chin in your chest, lift board until you stop. Learn to ride with fingers in a fist, to avoid finger smashing.

Helmets New for 2003

Safety

Watch the RC Movie

The Snowboarders Responsibility Code

"LIFT COVER IT"

Lift Riding: Snowboarders should avoid blocking lift line entrances and know how to load and unload properly.

Control: All individuals are responsible for their own safety and the safety of those around them. All boarders must ride in control.

how do you KNOW what you know?

Learning

See it Live!

Lesson One: First Steps

So you've decided to give it a shot. This section is designed to help you to get through your first snowboarding experience in one piece.

Lesson Two: Doing More

Ready for more? Once you have learned how to get around on your board, it's time to take your first lift ride and get down your first run. This section provides you with quite a few helpful hints.

how do you KNOW what you know?

Learning

Lesson One: First Steps

Strapping/Stepping In

To strap or step in, first rotate the board to sideways across the mountain and make sure it is reasonably secure. With the toe half of your rear foot, step on the board. Use the heel half of the rear foot to secure the board on the snow. When you are balanced and sure the board will not slide away, strap or step in your lead foot. Make sure to attach your retention device (leash).

how do you KNOW what you know?

Learning

Lesson Two: Doing More

Getting Down Your First Run

Slide-Slipping

Sit down and slip in. To orient the board on the slope, roll over on your back in the direction of the tail of the board (it's shorter). Side-slip down the slope, controlling the slip by applying pressure on the uphill edge. Control the direction by weighting the front or tail of the board with both hands. Zig zag your way down the slope, traversing from side to side. Do heelside and heelside. If needed, get someone to hold your hands to prevent falling.

check out our CLIP OF THE DAY

What's New

Pick of the Week

Surfing the Web? Try a search on google.com. You'll find a comprehensive list of in demand snowboarding sites, shops and vendors.

TIP OF THE DAY

Carry a BOARD TOOL when doing back-country riding.