

December 2024

Members' comments on Rob Henderson's November 2024 article on braking

Carine Wood:

I completely agree that the half wedge is more stable, more flexible and more sustainable on longer distances, although I am a mere Level I, I have skied over many years. I teach adults, I do a lot of downhill skills because it is often the part adults fear the most, and I want them to enjoy it rather than taking their skis off just in case.

I also try to make them look further ahead so they work out when the slope gets flatter or uphill, in which case I encourage them to "let go" to use the maximum glide before switching to an uphill technique. I am not always successful with the "let go" part, but in time they understand. I use the bicycling analogy; most ride a bike. If the hill is steeper the track disappears, at least in Ontario, so full wedge it is. I also do small wedge turns to change the pressures. When it gets flatter, I encourage them to stop the wedge to relax the hip pressure.

Reijo Peltoniemi:

Enjoyed your article on which to use, braking or half wedge.

I was playing around with both last January at Sun Peaks and found the same things as you did. With the full wedge my hips both got tight after some longer hills. Also I did notice that, as I had skin skis on and conditions were variable from icy sections in the shade to sunny sections where there was some melting, the skis were a bit "squirrely" more so than I think they would have been on waxable classics.

The half wedge did produce exactly what you mention, that is, a more stable base to work from and less hip fatigue. Also I found that by reading the track ahead I was able to switch from track to track and go around corners with the 1/2 wedged ski on the outside of the corners (there were tracks set on both sides of the trail to be able to do this).

A very good summary and I totally agree with you. Good for bringing this point out to everyone!