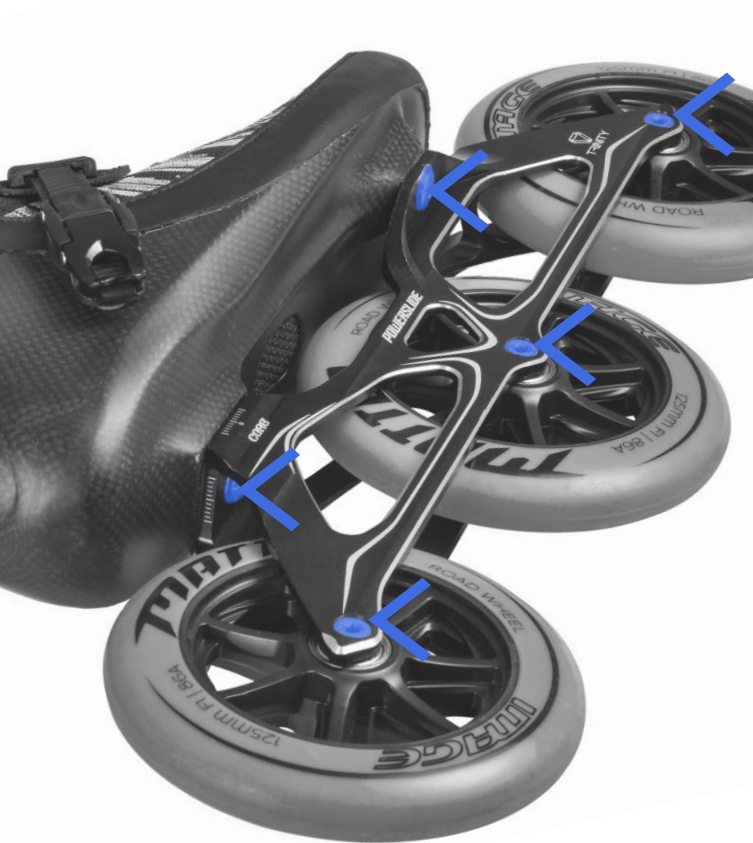




POWERSLIDE
RACE FITTING
TIPS & TRICKS



1 Frame bolt check

Regularly check the bolt between your frame and the boot, make sure all bolts and axles are tight and closed well. Careful not to over tighten, but do ensure they are well secured.

Axles and mounting screws should be screwed hand tight, which corresponds to approx. 4-5Nm.



2 Correct sizing

Make sure that your skates are not too big or too small for you. When standing your toes should almost touch the front of your shoes, when bending your knees there should be some more gap and space in toe area. Also pay attention the top closes and wraps well.



3 Heel lock

Make sure your heel is locked securely inside your skates. Specially for carbon skates a good heel lock is crucial for proper stability and support.



4 Check the fit

For maximum precision and energy transfer, you want to feel some contact on the side of the shoes, but still get a little space in the front. The closer the boot fits the more performance you get out of it. A looser fit will increase your comfort but also sacrifice the power transfer and direct push effect.

Loose fit can cause friction and blisters.

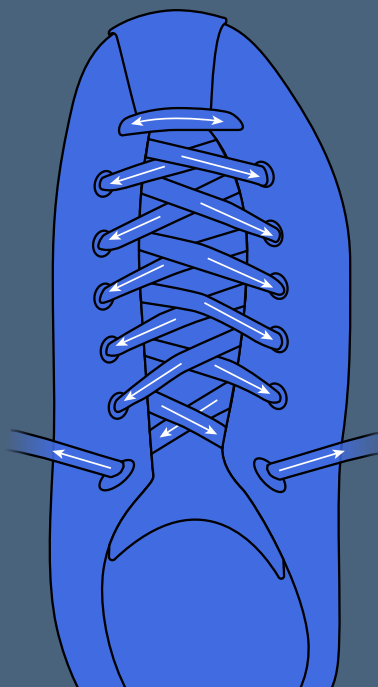
Are there any pressure points? If so check if your boots are heat moldable and follow [this instructions](#).



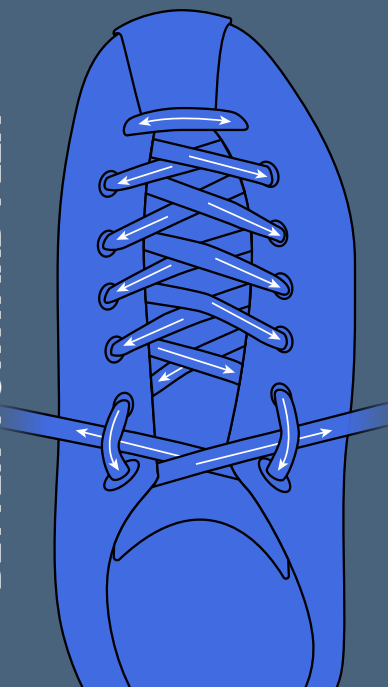
5 Lacing your skate

Lace your skates tight enough to create a feeling of contact between your foot and the shell for the best possible power transfer but at the same time make sure you can still move a bit from edge to edge without feeling pressure points. Ensure that you are still able to bend your knees easily. Having problems with the laces coming loose or pressure points when flexing forward? Try to lace your skates like shown below for a tighter fit or better forward flex.

TIGHTER FIT



BETTER FORWARD FLEX





6 Ratchet buckle system

Use the ratchet buckle system to ensure a perfect heel lock and to adjust the pressure you want to feel in your boots. Make sure your ratchet buckle is tightened enough to offer support but not so tight it prevents blood flow. Take your time to experiment with your ideal closing point and keep in mind the ratchet buckle can even be re-adjusted during skating.



7 Footies

If you are looking for more comfort or added volume around your ankles have a look at the MYFIT Footie collection. These useful Footies come in a wide range of thicknesses and functions to help you find the perfect fit.



8 First sessions

Allow your feet to get used to your new skates. We do recommend you to limit your first 2 or 3 sessions to 30-45 minutes of skating only. Use these sessions to experiment with different frame settings to find the perfect balance on your new skates.



9 Frame setting

If you are uncertain about your frame position we recommend you to start with an almost centered mounting position. Place the frame centered on the rear and front mounting blocks and move it slightly to the inside. Make sure the front is moved to the inside slightly more than the rear to help you get a better push. From this base setting you can then do small adjustments to find your perfect balance and push.

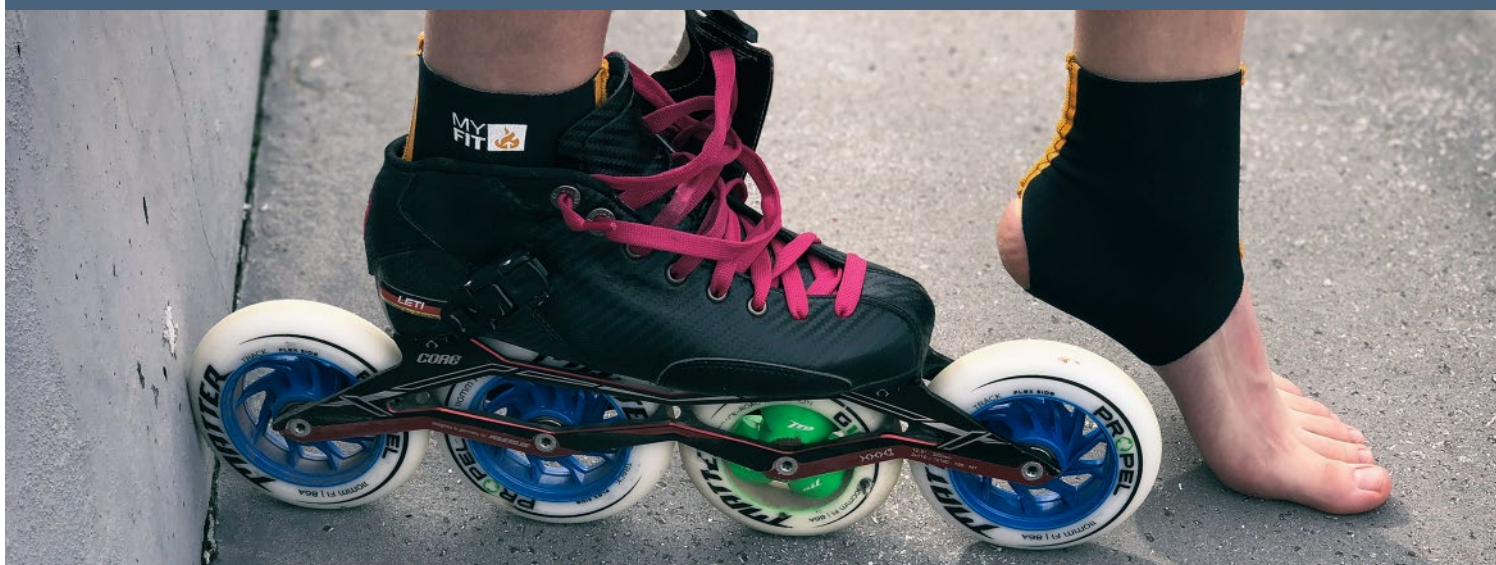
Once you found your ideal frame position it can help to mark this position on your boot so you can easily find it again after cleaning your skates or changing to a new pair of frames.



10 Foot movement

Make sure your foot is not moving up and down inside the boot, especially in the heel area. This will quickly cause blisters. If this is happening make sure you protect your feet correctly with tape or second skin before any new practice. For the sensitive parts of the leg e.g. in the collar area, it is recommended to use tape on your skin at the beginning, especially if you skate barefoot.

If facing major issues with friction check MYFIT's Footie collection to fill open space inside the boot and reduce movement and friction.



11 Technical refinement

The most common reason for pain inside racing boots is technical mistakes. Pain in the heel of the foot for example often is a sign for an incorrect landing of the skate. An abrupt and too hard landing of the rear wheel in this example causes a constant impact on the heel and that for pain.

To find and avoid these mistakes don't hesitate to reach out for help from your local coach or other skaters.





12 Skate with socks or barefoot?

When using socks make sure you use thin socks for a better skate feeling and control. If you skate barefoot clean your boots from time to time.

Use some spray from time to time to reduce odor.





13 Heat molding

If you are still facing issues after the normal break in time, check if your boots are heat moldable. If so, you will be able to reshape the carbon and customize the fit of your skates. To see how it's done and to find detailed instructions click [here](#).

If you're having major pressure points we'd recommend you to follow some additional steps for heat molding:

Before the heat molding process, place some extra padding (foam or tissues for example) in the shape of your pressure point ON TOP of your pressure point and fix it on the skin with tape.

Add your normal skating socks afterwards or if you normally skate barefoot add a thin sock to protect your foot from the heat.

Heat up your skate and apply some additional heat to the area of your pressure point, best done with a heat gun, but be careful not to burn the upper or shell of the skate.

Once the skate is warm and soft put your foot with the additional padding into it and make sure not to get it in direct contact with the hot metal parts.

Lace your skate extra tight so the pressure point gets pushed out and away from your foot leaving it some extra space for future skating.

14 Frame alignment

Does your skate fall to the inside or outside...it should not! You should always stand straight in your skates.

Fortunately, all speed skaters from Powerslide use a frame system where you can find your own preferred personalized balance. So if you fall to the inside move the frame front and back towards the inside for more support.

If you fall to the outside do the opposite and move the frame towards the outside.





15 Stride Control

Another way to adjust your balance is using "Stride control", a little angled wedge that you secure between the frame and boot, which will make your foot stand straight.

Again if you fall to the inside put this little wedge on front and back with the higher part to the outside.

If you fall to the outside put the higher part of the wedge to the inside.





16 Pitch control

Another way to optimize your personal setup is using “Pitch Control”. If you’re looking for more space between your boots and wheels, simply add these little blocks between boot and frame on front and rear mounting.

One more way to use these little blocks is to place them under the front OR rear mounting only. Doing this you are able to change the height difference between front and rear mounting from the standard 11mm to a more custom angle and just like that create more forward or backward lean tailored to your personal needs.

Struggling with shin pain? Try putting “Pitch Control” under the front mounting only. This way the angle between foot and shin gets bigger releasing some tension from the shin muscle.



WE LOVE TO **SKATE.**



powerslide.com



facebook.com/powerslideworld



[@powerslidebrand](https://instagram.com/powerslidebrand)



youtube.com/powerslideinlineskates



linkedin.com/company/powerslideinlineskates



pinterest.com/powerslide



yumpu.com/user/powerslide.com