

Rollerskiing by Gear West

You should roller ski because roller skiing;

- Is the dry-land activity most similar to on-snow skiing
- Builds and maintains Nordic specific strength, coordination and balance
- Is one of the best full body workouts
- Provides a low impact cross training alternative to running
- Develops upper body strength, where running and cycling do not
- Maintains and develops skills in the summer so you are ready on the first days of winter
- Allows you to roll through summer
- Is fun and easy

Skate or Classic?

As with on-snow skiing you should ideally practice both Skate and Classic roller skiing but either is better than none.

Skate roller skiing is the first choice for many skiers because it feels so much like on snow skating. Skate roller skis have two narrow wheels that allow the easy side to side rolling motion of skating. On skate skis you can also work on classical double poling but cannot work on your classical stride because skate skis have no rearward resistance to duplicate “kick”.

- [Swenor SKATE ELITE\(065-200\)](#) - \$325.00 - MVP- Like Skating on Snow: Famous Swenor on-snow feel from composite shaft and skate wheels.

Swenor ELITE Specs:

Wheel Diameter: 100mm, Wheel Breadth: 24mm, Wheel Speed: #2 Speed Medium Wheels, Roller ski Weight: 1900g, Roller Ski Length: 615mm

- [Elpex F1 Skate Ski \(12100400\)](#) - \$299.95 - Elpex skis are premium alloy rollerskis which are super durable. The stiff alloy shaft gives suburb power transfer. Lightweight and smooth riding composite wheels.

Elpex F1 Specs:

Wheel Diameter 95mm, Wheel Breadth: 19mm, Wheel Speed: Speed Slow or Medium Wheels, Roller ski Weight: 508g, Roller Ski Length: 675mm

- [Elpex F1 Pro Skate Ski \(12100420\)](#) - \$319.95 - The top level skate ski features a bent shaft design which drops the foot closer to the road. This really helps the overall stability of the rollerski. This really helps the overall stability of the rollerski. The stiff alloy shaft gives suburb power transfer light weight and smooth riding composite wheels.

Elpex F1 Pro Specs:

Wheel Diameter 95mm, Wheel Breadth: 19mm, Wheel Speed: Speed Slow/ or Medium Wheels, Roller ski Weight: 508g, Roller Ski Length: 675mm

- **V2 Aero XL125/150 Skate Ski (V2-XL125S, V2-XL150S) – 319.95 – Perfect off-road roller ski** - The V2 Aero XL125 & XL150 are great rough terrain ski - The XL125 has 125mm wheels while the XL150 has 150mm wheels. The V2Because of the larger wheels, the XL150 can negotiate rougher terrain and is better for heavier skiers. The XL125 is not recommended for skiers who weigh more than 170 pounds (77Kg.). V2 is the only manufacture that provides an option of speed reducers and brakes.

V2 Aero XL125 Specs:

Wheel Diameter 125mm, Wheel Breadth: 24mm, Wheel Speed: Speed Fast
Wheels, Roller ski Weight: 952g , Roller Ski Length: 705mm

V2 Aero XL150 Specs:

Wheel Diameter 150mm, Wheel Breadth: 27mm, Wheel Speed: Speed Fast
Wheels, Roller ski Weight: 1283g, Roller Ski Length: 830mm

- **V2 XL98 Skate Ski(V2-XL98RM) – \$349.95– The ultimate skate ski for paved surfaces** - The V2 98XL shafts have a lighter core and to obtain the best combination of flexural and torsional strength V2 uses both unidirectional and biaxial carbon fiber. The new shafts have good flex characteristics for both light skiers and skiers up to about 190lbs. The ultimate skate ski for paved surfaces. V2 is the only manufacture that provides an option of speed reducers and brakes.

V2 Aero XL98 Specs:

Wheel Diameter 100mm, Wheel Breadth: 21mm, Wheel Speed: Speed Medium
Wheels, Roller ski Weight: 517g, Roller Ski Length: 690mm

Classic rollersking is fun because you have perfect “klistert” kick at each stride. Classical skis allow you to work your classical muscle groups with each stride. Classical rollerskis are longer and have wider wheels than skate skis. They also offer softer wheels with ratchet mechanisms which provide the rearward grip for kick. You can skate on classical skis but the drawbacks are the same as with combi skis described below.

- **Swenor FIBREGLASS CAP Classic(060-000) - \$309.95 - Swenor’s most popular and versatile classic rollerski** – Famous Swenor on-snow feel from composite shaft with medium size wheels that manage the pavement and offer stability while remaining lightweight.
Swenor FIBREGLASS CAP Specs:
Wheel Diameter: 70mm, Wheel Breadth: 45mm, Ratcheted Rear, Wheel Speed: #2 Speed Wheels, Roller ski Weight: 2150g, Roller Ski Length: 730mm
- **Swenor FINSTEP CAP Classic(061-000) - \$309.95 Stable, Easy Roller**-Largest classic wheels adds stability with extra breadth while added height allows ski to roll over the rougher surfaces and pebbles easier. Composite laminate cap shaft absorbs vibrations and provides the famous Swenor on-snow feel.
Swenor FINSTEP CAP Specs:
Wheel Diameter: 75mm, Wheel Breadth: 52mm, Ratcheted Rear, Wheel Speed: #2 Speed Wheels, Roller ski Weight: 2500g, Roller Ski Length: 730mm

- [Swenor CARBONFIBRE CAP Classic\(062-000\)](#) – \$309.95 - **For Featherweights** -On-snow feel in lightest and lowest ski -carbon composite shaft and small wheels. Best for skiers less than 140 lbs-64 kg.
Swenor CARBONFIBRE CAP Specs:
Wheel Diameter: 65mm, Wheel Breadth: 40mm, Ratcheted Rear, Wheel Speed: #2 Speed Wheels, Roller ski Weight: 1830g, Roller Ski Length: 720mm
- [Elpex 610 Classic\(12100300\)](#) – \$299.95 - **Favorite of Elite Skiers** – Aluminum shaft is long and lightweight that provides excellent stability and tracking. Elasticity built into the body of the Elpex 610 Classic Ski gives the feeling of on-snow skiing.
Elpex 610 Specs:
Wheel Diameter: 65mm, Wheel Breadth: 36mm, Ratcheted Rear, Wheel Speed: Speed Slow or Medium Wheels, Roller ski Weight: 943g, Roller Ski Length: 770mm
- [V2 XL930 Classic\(V2-930\)](#) - \$289.95 - These V2 930 Classic Skis have been V2's best selling classic skis since 1994. Skiers from over 25 countries have purchased these models and they are the favorite classic skis for many National Teams. The 930 is medium. The preferred model for most skiers is the 930.
V2 930 Specs:
Wheel Diameter: 68mm, Wheel Breadth: 35mm, Ratcheted front, Wheel Speed: Speed Medium Wheels, Roller ski Weight: 503g, Roller Ski Length: 750mm
- [V2 XL9848 All-Terrain Classic\(V2-XL9848\)](#) - \$339.95 - The new V2 XL9848 is a classic off-road rollerski and skis very well on gravel roads, limestone trails and heavy chip sealed roads. Also, their classic line of rollerskis performs very well... super smooth and stable. V2 is the only manufacture that provides an option of speed reducers and brakes.
V2 XL9848 Specs:
Wheel Diameter: 95mm, Wheel Breadth: 45mm, Ratcheted Rear, Wheel Speed: Speed Medium Wheels, Roller ski Weight: 975g, Roller Ski Length: 830mm

Combi skis, though not ideal, allow you to practice both techniques with one pair of skis.

Combi skis are most often a short classical ski with slightly harder classical wheels with ratchets. Classical skiing feels good but may be faster than ideal and also allow you to over stride the skis shorter length. Skating is ok but compromised by the wide and flat wheel's resistance to going on edge. This combined with pavements inability to compress, like snow, puts excess forces on the skier feet and the wheel edges causing rapid and uneven wheel wear which must be mitigate by ongoing wheel rotation.

- [Swenor TRISTAR COMBI\(066-000\)](#) - \$259.95 - Short aluminum Monocoque body for lightweight maneuverability in classic and skate. Small, low riding and wide wheels with rear ratchet for classic and skate.
Swenor TRISTAR COMBI Specs:
Wheel Diameter: 65mm, Wheel Breadth: 40mm, Ratcheted Rear, Wheel Speed: #2 Speed Wheels, Roller ski Weight: 1625g, Roller Ski Length: 550mm

- [V2 940 Combi\(V2-940C\)](#) - **\$309.95** - The V2 940 Combi Ski is popular among high school and college skiers alike. The front ratchet wheel is narrower than the wheel on the 900 classic series and has a more crowned profile for better skating. The rear wheel profile is the same as on the 900, however the rubber material is substantially faster than on the 900 and 900K series. V2 is the only manufacture that provides an option of speed reducers and brakes.

V2 940 Combi Specs:

Wheel Diameter: 62mm, Wheel Breadth: 29mm, Ratcheted Rear, Wheel Speed: Medium Speed Wheels, Roller ski Weight: 907g, Roller Ski Length: 750mm

Which wheel speed?

Wheel speed plays an important role in how fast/slow you move on your skis and the intensity level of the workout. Most often, a medium-slow wheel combination is the ideal setup; this simulates the speed of snow. If you choose a slow wheel setup the resistance is higher and so is the workout intensity but you may not have the glide that makes skiing fun. Slower wheels may be a smart choice for very hilly areas as well because the slower wheel speed makes descending hills easier. Fast wheels are great for racing and speed workouts. Gear West rollerskis come standard with medium or slow wheels. We offer replacement wheels and wheels of various speeds for each model.

Replacement Parts:

Yes. At some point you will need new wheels and/or new bearings, and yes we will have what you need.

- [V2 Parts and Accessories](#)
- [Elpex Wheels](#)
- [Swenor Components](#)
- [PSI Wheels \(Also an Elpex F1 & F1 Pro replacement\)](#)

What else will I need to start Rollerskiing?

Boots – Most people use their winter boots for rollerskiing. But,

rollerskiing places great strains on any boot due to the unforgiving nature of the pavement, the weight of the rollerskis, the heat of Summer, and rain of Fall. After a season of rollerskiing many skiers upgrading to new winter boots and reserve their older boots just for rollerskiing. Many people use a combi boot for classical rollerskiing to gain the extra foot support to compensate for the extra side forces that rollerskiing on unforgiving pavement creates.

SALOMON(SNS)

- [Salomon Pro Combi Pilot Boot\(110802\)](#) – \$169.95
- [Salomon Skiathlon Boot\(9102796\)](#) - \$319.95
- [Salomon Active 8 Skate Boot\(720836\)](#) – \$189.95

- [Salomon Active 9 Classic Boot\(110803\)](#) – \$139.95

Bindings -

Yes of course you need to have bindings mounted on your rollerskis that mate to your boots of choice either SNS or NNN & Skate or Classic.

Poles – Most people use their winter poles for rollerskiing.

Any race pole will work but just like in snow skiing the lighter stiffer poles allow you to use better form and put more energy into forward motion and a quick return and less into lifting and bending the pole. Many people are hesitant to ski with their expensive winter race poles for fear of breakage. As with boots upgrading your winter poles and recycling your old ones into rollerski poles is a great option. So most customers use older race poles or buy a rollerski specific pole with a high percentage of carbon fiber.

Ferrules - All rollerskiers should replace their winter pole baskets with rollerski specific pole ferrules.

Ferrules are pole tips designed to withstand the extra forces from impact with asphalt, concrete and rock pavement. They can also be sharpened repeatedly without the tip separating from the basket and are around 1.5 cm taller to compensate for the added height of rollerskis. Swix makes great ferrules in many pole shaft sizes even as large as 10.3 mm diameter that we can fit on any pole if you don't know the size you need.

- [Swix 10.3mm Ferrules \(RDHH919C\)](#) – \$17.95
- [V2 10mm Ferrules \(V2-RSF-10mm\)](#) – \$17.95
- [One Way 10mm Ferrules \(50086\)](#)– \$19.95

Sharpen your Ferrules tip to limit pole slippage.

You need a diamond sharpener like the Edge Crafter or a Silicon carbide grinding wheel on a hand crank or very low speed bench grinder with bucket of water at hand for cooling.

- [EdgeCrafter Roller Ski Sharpener\(4200100\)](#) – \$34.95

Helmets: Yes because you must prepare for the unexpected and uncontrollable.

Helmets are a very important part of rollerski safety. Even the most seasoned rollerskier can have an accident that is why it is called an accident. Between bumps, cracks, rocks, twigs, deer, bikes, pedestrians, and we hate to say it, Cars there a numerous possibilities for an accident so wear a helmet.

With that said, a cautious rollerskier can greatly minimize the risks if they exercise some common sense. 1) Preview rollerski options on foot or bike first. 2) Don't rollerski at a speed that you are not comfortable with. Slower wheels can help with this. 3) Most rollerskis have no breaks so learn and practice the best techniques to slow down and stop... grass stop, wedging, and step turning.

Gear West Ski & Run currently does not offer roller ski helmets, but they can purchase a helmet from Gear West Bik & Tri – <http://gearwestbike.com/>

Pads and Gloves: If you are very new to the sport elbow pads and knee pads can be a good investment. At the very least, wear gloves so if you fall and catch yourself... your gloves take the abrasion instead of the palms of your hands. A very good idea and a must for beginners.

- [Lill Sport Vapour Rollerski Glove\(0105-00\)](#) – \$39.95

First Timer Rollerski Tips;

- **Start on flat terrain**
- **Practice in an empty parking lot.**
- **Choose smooth asphalt vs. chip seal**

Start rollerskiing today and be ahead for your friends next winter.

Ready, set, go Rollerskiing!

Gear West

Wisdom, Value, Selection

Shop on-line www.GearWest.com ,

On-the-phone 877-473-4327

Or in-the-store! 1786 W Wayzata Blvd., Suite B, Long Lake MN