

# ***Ski Boot Testing***

Finding Your Ruby Slippers!

## ***The BIOSTANCE® Fit Zones***

When testing and comparing different ski boots, wear different boots on each foot and focus on the following three (3) critical Fit Zones. Read these descriptions carefully and don't let anything distract you from using this method to compare various brands, models, sizes and flex ratings in your search for the ultimate ski boot.

### ***Fit Zone 1***

Fit Zone 1 runs down the front of your leg or shin and continues forward over the top of your instep. Quite simply, it's the area of your leg and instep covered by the tongue of the boot.

Test how your shin and instep feel while flexing aggressively against the boot tongue. Does the pressure throughout Fit Zone 1 feel even and well distributed, or is it localized and uncomfortable? If the boot's upper cuff is too low, it can feel like your leg is bending right over the top of the tongue. If it's too tall or stiff, it can be difficult to flex and cause pressure too high up on your shin. Search for boots that provide an even, progressive buildup of pressure as you flex forward.

Be aware that Fit Zone 1 is the hardest area of a ski boot to modify successfully. Eliminate boot models that don't feel great throughout Fit Zone 1.

### ***Fit Zone 2***

Fit Zone 2 runs down the back of your leg or calf and includes the fit around your heel and ankle bones or rearfoot area.

Search for boots that are comfortable around your calf and snug and precise down around your heel and ankles (without having to add pads or heel lifts). While flexing, your heels should remain planted. You shouldn't have to lean or sit back to get weight on the base of your heels. The fit around your ankles should conform and feel comfortable. Watch out for pressure points on your ankles, heels or any other bony prominence. While boots can be stretched or punched out by an experienced boot fitter, your goal is to find a model, size and shell stiffness that hopefully, doesn't require it.

Just like Fit Zone 1, don't settle for any boot that doesn't feel great throughout Fit Zone 2.

### ***Fit Zone 3***

Last, but not least, Fit Zone 3 includes the toe box and forefoot region of the boot. Don't prematurely judge this area until you've buckled up and flexed aggressively for a few minutes. As the boot liners warm up, your feet should migrate back away from the end of the boots.

Now how is the overall length and space around your toes? Is there just enough room to wiggle and stay warm, or is it too confined? What about the fit across the widest part of your forefoot? Is it too wide, too narrow, or comfortably snug? Test different shell sizes, flex ratings and sock thicknesses to optimize the fit in this forefoot region. Even though ski boot shells aren't made in true half sizes, size and shape varies greatly between models and manufacturers so take your time and compare thoroughly.

In summary, you're searching for that ski boot brand, model, flex rating and size that fits and feels great in all three Fit Zones. Now start boot testing and find your ruby slippers!