



## [MARA Alpine Tuning and Waxing](#)

### *Train like you race!*

It is important to train on equipment that is prepared the same as for a race. Ideally, skis need to be touched-up following each training session, especially for U14's and older.

Touched up means the skis, at minimum, should have a stone taken to the edges to remove any burrs and bases are waxed, or a complete tune. For many new parents this is a challenge.

For this reason, we have created the MARA Alpine Tuning and Waxing Clinic and Guidance. This consists of three components. These components are:

1. **Shop support-** Rogue Ski Shop has offered MARA athletes special discounts of 15% on structuring, tuning, mounting, footbeds and boot fitting. Rogue Ski Shop has a Wintersteiger Micro 71 machine, which is high tech and can structure and bevel skis well. They have highly skilled tuners and boot fitters. It is recommended that skis are stone ground and structured at the beginning of each season.
2. **Tuning Education Programs-** Ideally, U16-19's should be tuning their own skis, U14's should be tuning with their parents or coaches and U10-12's should have their skis tuned by their parents or coaches. To help facilitate the education of "tuning" we will be offering tuning clinics for U10, U12 and U14 parents. Separate clinics will be offered for U14 and older athletes. These clinics will teach basics and equipment lists will be provided. Dates for these clinics will be communicated by email and on the MARA website.
3. **Coach Tuning Support-** We are offering a tuning program by our coaches. Coaches will be available to tune skis, by appointment only, throughout the season. To participate in this program there is an initial cost of \$75. This money (to be paid on-line or to Head Coach or administrator) will be used to pay for wax and other tuning supplies. After this initial payment, the cost per tune is \$15, to be paid directly to the coaches. Please plan ahead, especially during race week. The coaches will not be able to tune 20 pairs of skis the night before a race.
4. **Tuning Supply Purchase-** Rogue Ski Shop is your local dealer for tuning supplies. For more advanced tools and a wider variety, we recommend the online retailers below:



<https://www.tognar.com/> -Local (Ashland, OR)

<https://the-raceplace.com/> -Local(Bend, OR)

<https://www.reliableracing.com/>

<https://www.raceskishop.com/>

[www.race-werks.com](http://www.race-werks.com)

<http://svst.com/>

<https://www.artechski.com/>