

Fill your boots



MH REGULAR MATT DECIDED IT WAS TIME TO MOVE HIS SKIING UP

A GEAR WITH SOME CUSTOM-FITTED BOOTS FROM SNOW+ROCK

THIS SEASON'S PICKS

- A TECNICA VENTO 8 ULTRAFIT, £230** Designed for sporty skiers wanting a bit of everything, from moguls to off-piste to black runs.
- B SALOMON SPK, £200** Constructed with terrain park junkies in mind, the SPK provides ample ankle protection with simple adjustment and a heel shock absorber for pain-free landings, every time.
- C HEAD EDGE 10.8 SH 3, £200** With a two-position flex adjustment, you can tune the 10.8 to suit the terrain and conditions, along with an adjustable rear spoiler for more or less forward lean.
- D SALOMON FALCON 10, £275** Perfect for advanced skiers who aren't looking for the aggressive fit of a race boot, but want all the performance benefits.
- E NORDICA SPEEDMACHINE 10, £250** The Tri-Force construction technology provides total support through every turn, while the Super Booster power strap gives you optimum aggressive flex to nail any terrain.



WIN AN EXPERT-FITTED PAIR OF SKI BOOTS

To win your own personally-fitted pair of ski boots worth up to £250 why not enter our competition. Simply go to menshealth.co.uk/snowandrock and answer the following question to be entered into the competition:

Question: How long has Snow+Rock been perfecting the art of fitting ski boots:

- A. One year
- B. Five years
- C. Over two decades

And if you don't spend all the £250 on the boots why not put the remainder towards skis, bindings or even clothes. See website for T&Cs.

BOOTS YOU SIR

Snow+Rock offer their custom fitting process completely free with any boot purchase, and have done since they opened their first store in 1982. After the comprehensive fitting customers are given a free Comfort Guarantee which means that should you be in any way dissatisfied, they will re-fit the boots free of charge. With over 50 styles of boots to choose from, prices ranging from £150 to £359, there is something to suit everyone. Along with 24 years of boot fitting expertise, you can also rest assured that you won't find boots cheaper in any shop in Europe - their Price Pledge says so - prove them wrong and they'll refund the difference. Custom-moulded footbeds cost an additional £42-67.



Having spent my last few ski seasons wrestling with some of the trickier black runs, I knew something had to change. So, defying the age-old mantra that a man should never blame his tools, it was time to swap the usual ill-fitting hire boots for something a touch more...Personal. "If you want absolute control of your skis, you need complete transmission from your boots, and that means a perfect fit - which you simply won't get off-the-rack," explained Snow+Rock's Master Boot Fitter Charlotte Morris. "If there's any movement at all in your boots, you'll find it harder to edge and tire in half the time." Having described my experience and skill level in detail, she talked me through the normally bewildering range of boots and plucked out some £220 Nordica Speed Machine 8s, a boot that looked and sounded suitably exciting for my purposes. Designed for men who like to pound the pistes from dusk 'til dawn, they provided enough flex for me to get down in my turns while offering ultimate comfort. Examining my feet in all sorts of half-squat and toes-curl'd positions, she soon discovered my left foot over-pronated, which combined with my Lilliputian, size-6 feet made me perfect fodder for a custom fit. Over the next 60 minutes I had several imprints made in silicon sand to grind down a custom-moulded foot bed, before planting my sparrow legs into the heated inners for them to set around my every minor contour. The result? Boots so comfortable that all I wanted to do was get out there and hit the slopes.

FOR DETAILS OF YOUR NEAREST SNOW+ROCK STORE, GO TO: WWW.SNOWANDROCK.COM OR CALL 0845 100 1000

