

# Q: HOW DO YOU SET IT UP?

Figuring out how to set up your board can be one of the most difficult and embarrassing parts of learning to snowboard. No one likes to walk into a shop and ask the super cool snowboard guys which way their bindings go. But so you don't end up pigeon-toed (that's both toes pointing in) or standing entirely the wrong direction, here are a few simple tips for getting off to the right start. —Brooke Geery

## 01

Figure out if you are regular or goofy. Regular means left foot forward, goofy is right foot forward. Stand and have a friend push you gently from behind. Whichever foot goes forward to catch you will be your leading foot.

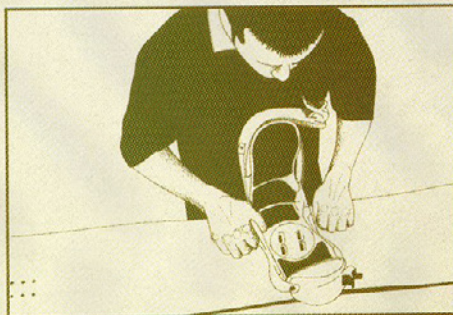
## 02

Set your stance. First decide how wide apart your feet will be. To determine this, stand comfortably over the inserts (the threaded metal holes) on your board, your feet about shoulder width apart. Stance is a lot of personal preference, so it might take a few tries to get it perfect. To start, mount your bindings in the center of each hole pattern or group of inserts.



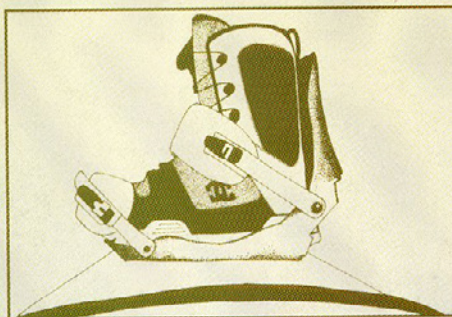
## 03

The second part of "stance" is the angles your toes point relative to the board's nose. The angles you want to ride depend on what you are doing. If you're focused on turning and riding in a forward direction, use a decent amount of angle on both feet, like eighteen degrees on the front binding and fifteen on the back. If you are riding the park, you may opt to ride duck-footed, your back foot pointing slightly back. When a binding is angled toward the tail of the board, it's referred to as a negative angle. This will make it easier to ride in both your natural stance and in the opposite stance.



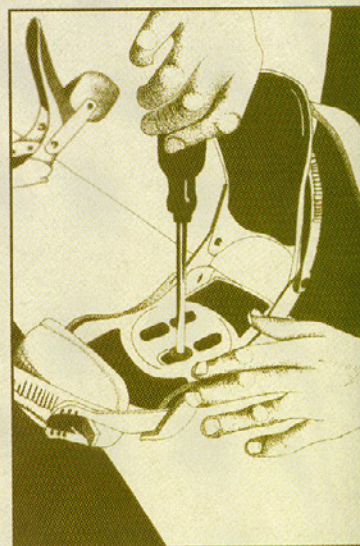
## 04

Make sure your bindings are centered between your toeside edge and heelside edge to center you over the board and prevent your toe or heel from dragging in the snow. You can do this by rotating the binding mounting discs so the screw slots enable the bindings to slide forward or back, from toe to heel.



## 05

Once you get the placement correct, it's time to screw the bindings in. Before you apply a ton of pressure, make sure you are using the right size screws (just stick with the ones that came in the bindings) and a number-three Phillips screwdriver. It's also good to make minute adjustments to your bindings' angles before tightening the screws. Finally, crank down the screws as much as possible, and you are ready to rock and roll.



### FIRST THINGS FIRST.

Some adjustments—like toe straps and toe or heel ramps—have to be made before mounting your bindings to the board. Straps can be set in different holes to change their position over the toe/foot. Toe and heel ramps should be extended to support the boot's sole but not stick out beyond it.

