



As a skater of many years and an instructor I am often asked what type of setup I've used and what types of wheels. I'm sure many of you have been in the position of buying many different types of wheels of all different durometers, diameters, widths and brands. I have tried a few different set ups and been on countless types of different surfaces. Many skaters out there especially in the Roller Derby community, very rarely use the same wheels for different surfaces and quite often change their combos for different surfaces too.

With time and practice I managed to use my edges more than having to worry about what wheels I am on but sometimes this just doesn't work and a wheel change is necessary.

If you are in the same place I was years ago, where I had no idea what type of wheel I required on what type of surface, then hopefully this .pdf will help you.



WHAT'S A DUROMETER?

Well it is basically the hardness of the wheel. The lower the number on the wheel, the softer it is (88A wheels are softer than 98A wheels). The lower the number on the Durometer A scale (the softer the wheel) the more grip they have, hence why outdoor wheels are a lower number. With a softer wheel there is a better give or rebound for skating on uneven outdoor surfaces. The rebound allows for a smooth ride over these surfaces rather than sliding, jarring and bouncing over them like a harder wheel does.

Hard wheels like 90A to 101A are much more suited to indoor skating but you also can combine softer and harder wheels to aid different styles of skating and for different surfaces to get a better stick and glide from the various durometers.

You may have heard the term of 'a **pusher**' wheel, which is a softer wheel than the other harder wheels you are wearing all at the same time. There are many different types of setups that you can use to allow you to stick to the floor whilst also allowing you to have some slide, which usually comes with the harder wheel.

WHEEL SETUPS

1



2 sets of **pushers** on the right (outside for derby peeps) side of each skate.

This is a sticky combo and good for lighter skaters.

2



Diagonal pushers on both skates with the pushers on the left (inside) toe position and right (outside) back. The importance with this combo is to make them identical on both skates. This is similar to Set 1 but with less grip and allows a bit more control on varying surfaces.

3



This is a good set up for those who don't distribute their weight evenly with both sets of your pushes on the outside of your skates.

4



Where the front wheels are the pushers. This is used for skaters that skate forward more and this can help if you are getting sore toes as it can help to alleviate the strain and also get more grip with the front wheels so you may tend to relax your toes a bit more feeling more grip sooner with the pushers at the front.

5



Is similar to the Setup 4 but uses **3 different durometer** wheels. Usually the set up is with the softest pusher on the front left of both skates and a slightly less soft pusher on the front right of both skates and then the back wheels are the harder wheels of the three types.

6



Only one pusher placed on the front inside can aid if you have some apexes of your rink that are slippery.

This can help you from sliding out without losing the speed by being too boggy in softer wheels.

7



Similar to Setup 6 but on both skates the inside front wheels will be the pushers.

So obviously this will be have grip and allow for a more even push and slide from both legs during crossing over.

There are, I'm sure, many of other ways that others may setup there wheels but making sure that you have the same size diameters is pretty important as you will be a bit uneven on your wheels, which can cause issues. So make sure you check you have the right diameters before you buy them.

