FAQ ALL SPEED
SKATES

ALL SPEED SKATES

WHAT ARE THE BASICS POINTS TO CONSIDER WHEN SELECTING INLINE SPEED SKATES?

There are 4 main components to your inline speed skates: Boots, frames, wheels, and bearings. For racing you will find 2 levels of boots:
- Boots with a cuff, which will help support and stabilize your ankle. These are perfect for helping your transition from fitness into racing when you aim to participate in your first marathons.
- Low-cut boots, will perform better but do require a higher degree of skill to be perfectly stable.
In racing you will generally find 2 classic frame setups:
- 3x 125mm. This is the most popular set up for marathon at any level
- 4x110mm. This the most popular on tracks during classic competitions.
There is also a wide range of other frame setup possibilities, for further information on these please refer to our frame guide.
In racing, almost everyone uses dual-density wheels in both competitions and in training. Models such as the G13 or one20five are very popular, they have a very fast racing compound urethane. In training, people might also use products with UHR (Ultra High Rebound) urethane.
Generally, most people will train with a classic Abec 9 bearing and then use their ceramic bearings in competitions. They do this first because the faster ceramic bearing will help to give the skater an extra edge during the competition, but also secondly because ceramic bearings are expensive, so it's more economical to practice with the cheaper Abec 9.

HOW LONG WILL IT TAKE TO GET USED TO A LOW-CUT RACING BOOT?

To achieve your best performance we highly recommend using a low-cut racing boot. It takes about 2 to 3 months to feel better on a low-cut racing boot compare to a powerskating boot but your performance will swiftly improve after this period. The low-cut race boot will also bring you more feeling and help you to progress faster with your technique.
 These boots are made of carbon or basalt generally. The stability doesn't come from around and over the ankle but under the malleoli bones so it can take a while before you feel stable on these shoes. It's very important to take time to do the basic one-leg slalom exercise to strengthen the muscles around the ankle.

HOW MUCH FASTER IS A RACING SKATE COMPARED TO A FITNESS SKATE?

If we compare a fitness boot to a racing boot using the same frame set up, such as 3x125, over the course of a marathon your time will be about 20min faster.

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CAN I PUT A BRAKE ON MY INLINE SPEED SKATES?

Most racing skates don't come with a brake, it's still possible to add one though. However, a high-performance speed skate like the XXX frame for example doesn't have this option.

HOW SHOULD I SET MY SKATE?

As standard, racing skates come with a broad range of frame position options. This is to satisfy the higher expectations of racing skaters, which are much more particular with their setups than skaters in other segments. With both 195 or TRINITY you will get all the necessary room needed to set your frame front to back or side to side. Please check the PIT STOP section on the website to see great advice about how to set up your frame on your boot.

HOW DO I ASSESS HOW USED MY WHEELS ARE?

Depending on how long you've used them, you can evaluate the level of "wear" on your Matter wheels using the following tips:
– Once the shiny effect of the surface of the wheels is gone you'll probably start to lose a bit of grip in the turn, especially on track. This is level 1.
– When the center line of the wheels starts to disappear, you've reached level 2. You'll still get the full potential of these wheels on road.
– The wheel's surface is not smooth anymore. This is level 3 of use and you will start to lose some efficiency in the push, but the roll will still be performing the same. You can check the surface by passing your finger over it to evaluate the level of abrasion. When the wheel surface is not smooth anymore the roll is not affected but the grip in the corner is reduced.
– The wheel profile starts to be offset but it is still "round". This will start to affect a bit more your push and your balance. You need to regularly rotate your wheels from this point to maintain durability. This is level 4.
– The wheel's profile is burnt and one side or two looks more like a triangle. The wheels are totally used. It is really time to change them otherwise it will affect your technical progress. This is level 5.

WILL NEW WHEELS MAKE ME FASTER?

Yes, all top skaters will always use new wheels for an important race to get the maximum grip on turns and maximize their push. On a track (200m), the difference between brand new wheels (level1) and older wheels (level 5) can be more than 1sec per lap.

WHAT IS THE MOST IMPORTANT COMPONENT OF A SPEED SKATE?

The boot is probably the most important part, because you need to feel comfortable in it and still get the precision. Speed skaters normally like to have a narrow fit to be able to get this precision level. They will heat mold the shoes, sometimes multiple times, until they feel perfectly comfortable in them. The boot is the element that will provide you with a lot of feedback when you skate to help you improve your technique.
The wheel is another very important component to help you reach your maximum speed therefore RACING compound is the most used during races. It can dramatically influence your time in a marathon.

CAN I CHANGE MY FRAME BETWEEN 110MM AND 125MM?

We advise skaters to get used to both setups. Our team members are regularly changing their set up every other week during training. 110mm will help you get a nice feeling for the edge whereas the 125mm will make you feel more the roll. Using just 125mm all year long is not always the best training option. When you feel you are a bit tired or have less power, going back on 4X110mm with probably give you a boost again.

WE LOVE TO **SKATE.**

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