



Aerobics First will be adding to and improving our selection of race products for 2019/20 with inventory arriving in early August 2019. As always our aim is make it much easier for athletes and parents to get geared up early, prior to camps and programs. Boot fitting, footbeds, stance alignment and tuning can all be done prior to getting on snow.

New for 2019/20 We'll be adding some great products to our lineup next season: Volkl Skis, Dalbello boots, Girls/Womens race suits, Zip off pants, Leki Protection (shins and arm guards) and race gloves from Swany and Leki to name a few.

We'll also be offering expanded boot fitting services with canting for boot soles and toe/heel lug routing. We'll be offering true, perfectly dialled, stance and alignment for any boots that accept 'cantable' shims. Our ski servicing menu is also expanding to better serve race equipment.

Race Skis, Boots and Bindings will be provided to athletes at industry 'Racer Price' as dictated by the equipment manufacturers. Aerobics First will offer a 20% discount to athletes on all other race equipment (eg. poles, helmets, goggles, race suits, back protectors, tuning equipment etc).

We will also be offering custom footbeds to race club members for \$120 (regularly \$160).

Race equipment always sells out really early across Canada (we were mostly sold out of boots/skis in late November). We love to see athletes on the right equipment for their size and ability so we are encouraging pre-booking to avoid disappointment. With the help of the information provided here, our staff and your coach's input; we can help get you on the right equipment. We can pre-book race equipment from any of our suppliers, but we will only carry a limited supply of race skis and boots in our regular inventory. Pre-booking is the best way to get exactly what you want.

The deadline for Pre-booking race equipment is **April 30th 2019**



Ski, Binding and Boot Ref. Chart

Sizes may vary per manufacturer, but this is a good ref. assuming average ability in each age group.

	Weight (lbs)	Ski Type	Ski Length	Binding	Boot Flex		
U8	40-50	Jr Ski (system)	100	inc.	Jr 3 or 4 buckle boot		
	50-60	Multi-Event	110	4 DIN	65		
	60-70	Multi-Event	120	7 DIN	65		
	70-80	Multi-Event	130	7 DIN	65		
U10	50-60	Multi-Event	120	7 DIN (lifter)	65		
	60-70	Multi-Event (Sidewall)	125	7 DIN (lifter)	65		
	70-80	Multi-Event (Sidewall)	132	7 DIN (lifter)	65/70		
	80-90	Multi-Event (Sidewall)	139	7 DIN (lifter)	70		
	90-100	Multi-Event (Sidewall)	146	7 DIN (lifter)	70		
		GS	Ski Length	SL	Ski Length	Binding	Boot Flex
U12	60-70	Plated Jr GS Ski	135	Plated Jr SL Ski	128	7 DIN	65
	70-80	Plated Jr GS Ski	135	Plated Jr SL Ski	128	7 DIN	65/70
	80-90	Plated Jr GS Ski	144	Plated Jr SL Ski	135	7 DIN	70
	90-100	Plated Jr GS Ski	151/158	Plated Jr SL Ski	135/142	10 DIN	70/90
	100-110	Plated Jr GS Ski	158	Plated Jr SL Ski	142	10 DIN	70/90
	110-120	Plated Jr GS Ski	165	Plated Jr SL Ski	149	10 DIN	90
U14	70-80	Plated Jr GS Ski	151	Plated Jr SL Ski	135	7 DIN	65/70
	80-90	Plated Jr GS Ski	151	Plated Jr SL Ski	135	10 DIN	70
	90-100	Plated Jr GS Ski	151/158	Plated Jr SL Ski	135/142	10 DIN	70/90
	100-110	Plated Jr GS Ski	158/165	Plated Jr SL Ski	142	10 DIN	70/90
	110-120	Plated Jr GS Ski	165/170	Plated Jr SL Ski	142/149	10 DIN	90/110
	120+	FIS Adult GS Ski	170/175	FIS Adult SL Ski	150	12 DIN	90/110
U16	90-100	Plated Jr GS Ski	165	Plated Jr SL Ski	142	10 DIN	70/90
	100-110	Plated Jr GS Ski	165/170	Plated Jr SL Ski	149	10 DIN	70/90
	110-120	Plated Jr GS Ski	170/175	Plated Jr SL Ski	149	10 DIN	90/110
	120-130	FIS Adult GS Ski	175/182	FIS Adult SL Ski	150	12 DIN	90/110
	130-150	FIS Adult GS Ski	182	FIS Adult SL Ski	150/157	12 DIN	110/130
	150+	FIS Adult GS Ski	182/185	FIS Adult SL Ski	157/165	12/15 DIN	110/130
Non-FIS Women and Men (U19 - SR)	100-110	FIS GS Ski	165	FIS SL Ski	150	12 DIN	110
	110-120	FIS GS Ski	170	FIS SL Ski	150	12 DIN	110
	120-130	FIS GS Ski	175	FIS SL Ski	157	12/15 DIN	110/130
	130-140	FIS GS Ski	182	FIS SL Ski	157	12/15 DIN	110/130
	140-150	FIS GS Ski	182	FIS SL Ski	157	12/15 DIN	110/130
	150-160	FIS GS Ski	185	FIS SL Ski	165	12/15 DIN	130+
	160-170	FIS GS Ski	185	FIS SL Ski	165	12/15 DIN	130+
170+	FIS GS Ski	188	FIS SL Ski	165	12/15 DIN	130+	
FIS	Womens	FIS GS Ski	188	FIS SL Ski	157	15/18 DIN	130+
	Mens	FIS GS Ski	193	FIS SL Ski	165	15/18 DIN	130+

Aerobics First 2019/2020 Pre-Book Race Ski/Boot Program

Name of Athlete: _____

Name of Parent (if athlete is Under 18): _____

Phone number: _____

Email: _____

Manufacturer	Product Code	Model	Size	Price	Qty

Form can be submitted via email to: tom@aerobicsfirst.com or dropped into the store at:
6166 Quinpool Rd, Halifax. attn: Tom Johns


FW19/20 ALPINE FIS RACE PRICE LIST

RACE SG		AVAILABLE SIZES	RACER	RETAIL
AA0027522	REDSTER SG FIS M Red	212	\$ 999.00	\$ 1299.00
AA0027524	REDSTER SG FIS W Red	210	\$ 999.00	\$ 1299.00
RACE GS		AVAILABLE SIZES	RACER	RETAIL
AA0027516	REDSTER G9 FIS M Red	193	\$ 829.00	\$ 1099.00
AA0027518	REDSTER G9 FIS W Red	188	\$ 829.00	\$ 1099.00
AA0027520	REDSTER G9 FIS W Red	183	\$ 829.00	\$ 1099.00
RACE SL		AVAILABLE SIZES	RACER	RETAIL
AA0027512	REDSTER S9 FIS M Red	165	\$ 829.00	\$ 1099.00
AA0027514	REDSTER S9 FIS W Red	157	\$ 829.00	\$ 1099.00
RACE SG JR		AVAILABLE SIZES	RACER	RETAIL
AA0027540	REDSTER SG FIS Red	200	\$ 829.00	\$ 1099.00
AA0027542	REDSTER SG FIS Red	185 · 192	\$ 829.00	\$ 1099.00
RACE GS JR		AVAILABLE SIZES	RACER	RETAIL
AA0027532	REDSTER G9 FIS Red	173 · 180 · 186	\$ 699.00	\$ 949.00
AASS01966	REDSTER G9 FIS J + X12 TL	152 · 159 · 166	\$ 649.00	\$ 849.00
AAST01160	REDSTER G9 FIS J-RP ² + Z10	152 · 159 · 166	\$ 549.00	\$ 719.00
AAST01166	REDSTER G9 FIS J-RP ² + L7	124 · 131 · 138 · 145	\$ 529.00	\$ 699.00
RACE SL JR		AVAILABLE SIZES	RACER	RETAIL
AASS01968	REDSTER S9 FIS J + X12 TL	145 · 152	\$ 649.00	\$ 849.00
AAST01170	REDSTER S9 FIS J-RP ² + Z10	145 · 152	\$ 549.00	\$ 719.00
AAST01178	REDSTER S9 FIS J-RP ² + L7	124 · 131 · 138	\$ 529.00	\$ 699.00
ALLROUND JUNIOR		AVAILABLE SIZES	RACER	RETAIL
AAST01180	REDSTER J9 RS J-RP ² + Z10	120 · 130 · 140 · 150 · 160	\$ 349.00	\$ 449.00
AAST01182	REDSTER J9 RS J-RP ² + L7	120 · 130 · 140 · 150 · 160	\$ 299.00	\$ 399.00
AAST01296	REDSTER J9 RS J-RP + L7	116	\$ 299.00	\$ 399.00
FIS RACE · BINDINGS				
RACE VAR		AVAILABLE SIZES	RACER	RETAIL
AD5001768	X 20 EGA	70	\$ 499.00	\$ 599.00
AD5001762	X 19 MOD	70	\$ 349.00	\$ 499.00
AD5001808	X 19 VAR	70	\$ 349.00	\$ 499.00
AD5001964	X 16 MOD	70	\$ 285.00	\$ 349.00
AD5001764	X 16 VAR	70	\$ 285.00	\$ 349.00
AD5001766	X 12 VAR	70	\$ 249.00	\$ 299.00
RACE RP PLATE		AVAILABLE SIZES	RACER	RETAIL
AD5001750	Z12 Red-Black	75	\$ 149.00	\$ 199.00
AD5001752	Z10 Red-Black	75	\$ 135.00	\$ 179.00
AD5001754	L7 Red-Black	75	\$ 99.00	\$ 129.00
FIS RACE · BOOTS				
REDSTER		AVAILABLE SIZES	RACER	RETAIL
AE5019780	REDSTER WORLD CUP 150 Red-Black	22.5 - 29.5	\$ 599.00	\$ 799.00
AE5019800	REDSTER WORLD CUP 130 Red-Black	22.5 - 29.5	\$ 529.00	\$ 699.00
AE5019820	REDSTER WORLD CUP 110 Red-Black	21.5 - 27.5	\$ 459.00	\$ 599.00
AE5019880	REDSTER CLUB SPORT 130 Red-Black	23.5 - 29.5	\$ 529.00	\$ 699.00
AE5019740	REDSTER CLUB SPORT 110 Red-Black	21.5 - 29.5	\$ 459.00	\$ 599.00
AE5020820	REDSTER CLUB SPORT 100 LC Red-Black	21.5 - 27.5	\$ 419.00	\$ 549.00
AE5020720	REDSTER STI 150 LIFTED Red-Black	22.5 - 27.5	\$ 599.00	\$ 799.00
AE5020740	REDSTER STI 130 Red-Black	22.5 - 27.5	\$ 529.00	\$ 699.00
AE5020760	REDSTER STI 110 Red-Black	22.5 - 27.5	\$ 459.00	\$ 599.00
REDSTER JUNIOR		AVAILABLE SIZES	RACER	RETAIL
AE5020780	REDSTER STI 90 LC Red-Black	22.5 - 27.5	\$ 379.00	\$ 499.00
AE5020840	REDSTER CLUB SPORT 80 LC Red-Black	21.5 - 27.5	\$ 349.00	\$ 449.00
AE5020800	REDSTER STI 70 LC Red-Black	22.5 - 27.5	\$ 299.00	\$ 399.00
LINERS		AVAILABLE SIZES	RACER	RETAIL
AE5017700	FOAM LINER	21.5 - 29.5	\$ 149.00	\$ 199.00

Head 2019/20 Race Form

Item #	ADULT RACE SKIS	RADIUS	Retail	Racer Price	Sizes
318039	SGM 213 Race Plate	45m @ 213cm	\$1,200	\$700	213
318059	SGM 207 Race Plate M	45.5m @ 207cm	\$1,200	\$700	207
318049	SGL 207 Race Plate W	42m @ 207cm	\$1,200	\$700	207
318069	SGL 202 Race Plate	40.5m @ 202cm	\$1,200	\$700	202
318079	SG 200 Race Plate WCR 14	36m @ 200cm	\$1,200	\$700	200
313009	WC Rebels iGS RD SW RP WCR 14	30.5m @ 193cm	\$1,150	\$850	183, 188, 193
313049	WC Rebels iGS RD Pro SW RP WCR 14	≥25m @ 186cm	\$969	\$730	176, 181, 183, 186, 188, 191
313089	WC Rebels iSL RD SW RP WCR 14	≥12m @ 165cm	\$1,150	\$850	156, 158, 165, 168

Item#	COMPETITION FREE FLEX BINDINGS	DIN	Retail	Racer Price
100600	FREEFLEX EVO 20X RD BR.85[A]bk/wh/fla.yw	10 - 20	\$600	\$425
100603	FREEFLEX EVO 16X RD BR.85[A]bk/wh/fla.yw	8 - 16	\$600	\$425

Item#	JUNIOR RACE SKIS	RADIUS	Retail	Racer Price	Sizes
318089	SG 195 Race Plate WCR 14	33m @ 195cm	\$1,200	\$700	195
318099	SG 185 Race Plate WCR 14	30m @ 185cm	\$1,200	\$700	185
318109	SG 175 Race Plate WCR 14	27m @ 175cm	\$1,200	\$700	175
314019	WC Rebels iGS RD Team SW JRP RDX	18.5m @ 166cm	\$600	\$425	124, 131, 138, 145, 152, 159, 166, 173
314039	WC Rebels iSL RD Team SW JRP RDX	12.0m @ 156cm	\$600	\$425	120, 126, 132, 138, 144, 150, 156,
314159	WC iRace Team bk/nyw	10.8m @ 140cm	\$400	\$320	100, 110, 120, 130, 140, 150, 160

Item#	FREEFLEX and JR RACE BINDINGS	DIN	Retail	Racer Price
100655	FREEFLEX EVO 16 BRAKE 85[A]bk/wh//fla.yw	5 - 16	\$390	\$300
100733	FREEFLEX EVO 14X BRAKE 85[D]bk/wh//fla.yw	4 - 14	\$330	\$240
100735	FREEFLEX EVO 14 BRAKE 85[D]bk/wh//fla.yw	4 - 14	\$330	\$240
100736	FREEFLEX EVO 11 BRAKE 85[D]bk/wh//fla.yw	3 - 11	\$220	\$160
100810	EVO 9 GW AC Jr. Race BRAKE 78[J]s.bk/fla.yw	2.5 - 9	\$170	\$120
114378	SX 7.5 GW AC BRAKE 78[J] s.wh/bk	2 - 7.5	\$90	\$70

Item#	ADULT RAPTOR RACE BOOTS	LAST/FLEX	Retail	Racer Price	Sizes
609002	RAPTOR R2 RD WHITE	93mm/160	\$800	\$600	23.5-28.5
609005	RAPTOR R3 RD WHITE	93mm/140	\$800	\$600	22.5-28.5
609007	RAPTOR B3 RD WHITE	93mm/140	\$800	\$600	22.5-28.5
609009	RAPTOR B4 RD WHITE	93mm/130	\$800	\$600	22.5-28.5
609500	RAPTOR B5 RD WHITE	93mm/110	\$550	\$420	22.5-28.5
609011	RAPTOR 140 RS WHITE	96mm/140	\$700	\$550	22.5-29.5
609027	RAPTOR 120 RS WHITE	96mm/120	\$600	\$450	22.5-29.5

Item#	JUNIOR RAPTOR RACE BOOTS	LAST	Retail	Racer Price	Sizes
609505	RAPTOR 90 RS WHITE	96mm @ Size 26.5	\$470	\$360	22.5-27.5
609507	RAPTOR 80 RS WHITE	96mm @ Size 26.5	\$370	\$280	22.5-27.5
609511	RAPTOR 70 RS WHITE	JUNIOR LAST	\$270	\$205	20.5-27.5
608424	RAPTOR 60 WHITE	JUNIOR LAST	\$170	\$130	20.5-27.5

Rossignol					
Rossignol Skis					
Product Code	Model	Sizes Available	Reccomended Age Group	Retail Price	Race Price
RAHY1SG	HERO ATHLETE FIS SG	203, 209, 212	U16/FIS/nonFIS/U19/SR	\$1,149.95	\$899.95
RAHYR12	HERO ATHLETE SG	186, 196	U16/FIS/nonFIS/U19/SR	\$1,099.95	\$859.95
RAIGB02	HERO ATHLETE FIS GS (R22)	185, 188	U16/FIS/nonFIS/U19/SR	\$1,039.95	\$829.95
RAIGD01	HERO ATHLETE FIS GS FACTORY (R22)	193	U16/FIS/nonFIS/U19/SR	\$1,039.95	\$829.95
RAHDM01	HERO ATHLETE GS (R22)	170, 175, 182	U16/FIS/nonFIS/U19/SR	\$914.95	\$729.95
RAIAG01	HERO ATHLETE FIS SL R22	165	U16/FIS/nonFIS/U19/SR	\$1,059.95	\$829.95
RAHAE01	HERO ATHLETE FIS SL R22	157	U16/FIS/nonFIS/U19/SR	\$1,059.95	\$829.95
RAHAE02	HERO ATHLETE FIS SL R22	150	U16/FIS/nonFIS/U19/SR	\$914.95	\$729.95
RAHDM03	HERO ATHLETE GS PRO (R20 PRO)	135, 144, 151, 158, 165	U12/U14/U16	\$524.95	\$419.95
RAHAF01	HERO ATHLETE SL PRO (R20 PRO)	128, 135, 142, 149	U12/U14/U16	\$524.95	\$419.95
RAHAV01	HERO ATHLETE MULTI-EVENT OPEN	127, 134, 141, 148	U10	\$409.95	\$329.95
RAIBB03	HERO JR MULTI-EVENT	110, 120, 130, 140, 150	U8/U10	\$249.95	\$199.95
Look Bindings					
Product Code	Model		Reccomended Age Group	Retail Price	Race Price
FCIA004	PX 18 WC ROCKERACE Black/Icon 10-18		FIS	\$399.95	\$399.95
FCIA005	SPX 15 ROCKERACE Black/Icon 8-15		FIS	\$299.95	\$299.95
FCIA006	SPX 12 ROCKERACE Black/Icon 3.5-12		U16/FIS	\$249.95	\$249.95
FCHA071	SPX 10 B73 Black 3-10		U12/U14/U16	\$179.95	\$129.95
FCHA076	NX JR 7 Lifter B73 Black/Icon 2-7		U10	\$129.95	\$109.95
FCHA077	NX JR 7 B73 Black/Icon 2-7		U8	\$109.95	\$89.95
Rossignol Boots					
Product Code	Model	Sizes Available	Reccomended Age Group	Retail Price	Race Price
RBH9250	HERO WORLD CUP SI ZB - WHITE 140	22.5-29.5	U16/FIS/nonFIS/U19/SR	\$749.95	\$649.95
RBH9270	HERO WORLD CUP SI ZA+ WHITE 130	22.5-29.5	nonFIS/FIS/U19/SR	\$749.95	\$649.95
RBH9280	HERO WORLD CUP SI ZJ+ WHITE 120	22.5-29.5	U16/FIS/nonFIS/U19/SR	\$749.95	\$649.95
RBH9010	HERO WORLD CUP SI 110 SC WHITE 110	21.5-28.5	U16/FIS/nonFIS/U19/SR	\$529.95	\$479.95
RBH9050	HERO WORLD CUP SI 90 SC WHITE 90	21.5-28.5	U14/U16	\$479.95	\$399.95
RBH9070	HERO WORLD CUP SI 70 SC WHITE 70	21.5-28.5	U10/U12/U16	\$379.95	\$299.95
RBH9090	HERO JR 65 WHITE 65	19.5-27.5	U8/U10	\$229.95	\$189.95



**MARKER DALBELLO VOLKL CANADA
RACE PROGRAM / RACER PRICE LIST 2019 - 20**

SKU	SIZE	SPEED - Limited Quantites	RACER PRICE
		CLUB	
114890218	218	WORLD CUP 2014 RACETIGER DH MEN (50m r) FLAT	\$ 579.00
119890218	218	WORLD CUP 2019 RACETIGER DH MEN (50m r) FLAT	\$ 849.00
114890210	210	WORLD CUP 2014 RACETIGER DH LADY (50m r) FLAT	\$ 579.00
119880211	211	WORLD CUP 2019 RACETIGER SG MEN (45m r) FLAT	\$ 849.00
116880200	200	WORLD CUP 2016 RACETIGER SG LADY (40m r) FLAT	\$ 749.00
		TECHNICAL	
119872	193, 188	WORLD CUP 2019 Racetiger GS w/PLATE & UVO (30m)	\$ 1,099.99
119816	183, 188	Racetiger GS R 2019 (Race Stock) w/PLATE & UVO incld U16 (25m,27m)	\$ 899.99
119816	174, 178	Racetiger GS R 2019 (Race Stock) w/PLATE & UVO incld U14 (21m, 23m)	\$ 899.99
119862	157, 165	WORLD CUP 2019 Racetiger SL w/PLATE & UVO	\$ 1,099.99
119802	155, 165	Racetiger SL R 2019 (Race Stock) + plate (10mm, 14mm) + UVO	\$ 899.99
		JUNIOR	
119844	118	Racetiger Speed Wall GSL R Junior 2019 (Race Stock Edition) w/LIFTER	\$ 399.99
119844	132	Racetiger Speed Wall GS R Junior 2019 (Race Stock Edition) w/LIFTER	\$ 399.99
119842	140-148-156-161-166-171	Racetiger Speed Wall GS R Junior 2019 (Race Stock Edition) w/PLATE	\$ 449.99
119834	124-131	Racetiger Speed Wall SL R Junior 2019 (Race Stock Edition) w/LIFTER	\$ 399.99
119832	138-145-150	Racetiger Speed Wall SL R Junior 2019 (Race Stock Edition) w/PLATE	\$ 449.99
		MARKER BINDINGS	
7130R1MS	Blk/FloRed	RACE XCELL 24 DIN 12 - 24	\$ 329.99
7120R1MS	Blk/FloRed	RACE XCELL 18 DIN 8 - 18	\$ 329.99
6920R1MS	Blk/FloRed	RACE XCELL 16 DIN 6 - 16	\$ 260.99
6820R1MS	Blk/FloRed	RACE XCELL 12 DIN 4 - 12	\$ 200.99
6520R1MT	Blk/FloRed	RACE 10 TCX DIN 3 - 10	\$ 149.99
6320R1MS	Blk/FloRed	RACE JUNIOR 8 DIN 2 - 8	\$ 99.99
		DALBELLO DRS BOOTS	
D190100100	225-275	DRS WORLD CUP 93 H DB Comp WC Liner Hard /170	\$ 629.99
D190100200	225-275	DRS WORLD CUP 93 M DB Comp WC Liner Medium /150	\$ 629.99
D190100300	225-275	DRS WORLD CUP 93 S DB Comp WC Liner Soft /130	\$ 629.99
D190100400	225-275	DRS WORLD CUP 93 SS DB Comp WC Liner SuperSoft /110	\$ 629.99
D190100500	225-255	DRS WORLD CUP XS DB Comp WC Liner ExtraSoft /90	\$ 579.99
D190200100	220-295	DRS 140 UNI 98mm DB Comp Liner 140	\$ 519.99
D190200200	220-295	DRS 120 UNI 98mm DB Comp Liner 120	\$ 479.99
D190200300	220-275	DRS 90 LC DB Comp Liner 90	\$ 349.99
D190200400	210-275	DRS 75 DB Comp Liner 75	\$ 279.99
D195100100	JR 190-225	DRS 60 JR SUPERCOMFORT PRO Liner 60	\$ 159.99
D195100100	JR 230-265	DRS 60 JR SUPERCOMFORT PRO Liner 60	\$ 159.99
		ACCESSORIES	
169553	Backpack	Volkl Race Backpack Team Large	\$ 109.99
169554	Backpack	Volkl Race Backpack Team Medium	\$ 89.99
169555	Backpack	Volkl Race Backpack Team Small	\$ 69.99
169552	Backpack	Volkl Race Boot & Helmet Backpack	\$ 79.99
169517	Backpack	Volkl Race Pack Black 61cm x 20 x 30 38 ltr	\$ 97.99
169534	Boot Bag	DALBELLO Deluxe Boot Bag 41cm x 36 x 46	\$ 89.99
169526	Ski Bag	Volkl DOUBLE + SKI BAG Black 200 200cm x 33 x 20 120 ltr	\$ 169.99