



SKI RACE PERFORMANCE MEASUREMENT USING NASTAR METRICS

Somewhere around 1997 I started to learn how to race on skis. I was at the time only on skis a few years, and by most standards pretty bad when it came to skills.

Each year I raced I got a little better. Now eleven years forward I have compiled a few processes to capture metrics using NASTAR.com database of races.

If you only go by handicap, it may miss lead you. Each year the pacesetters run against AJ, and the rest of the stars. If the pacesetter has a bad day or the weather is mushy it may affect your handicap during that year.

What's needed:

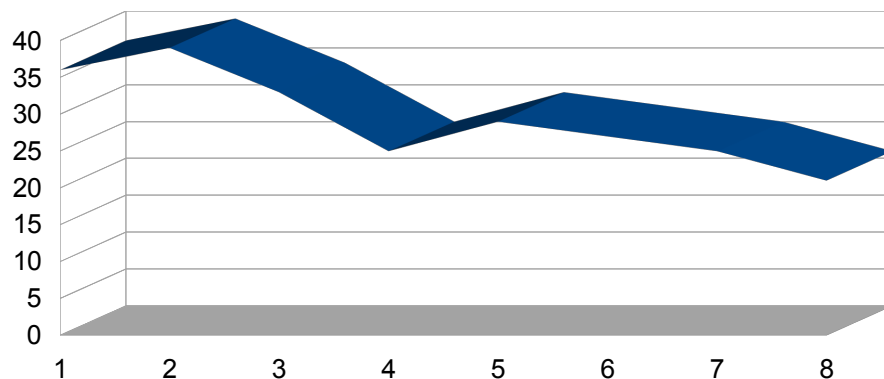
1-Find a home race course where you race the most. Over the years this can lead to consistency of the course and the pacesetters. In my case it is Roundtop Mountain Resort.

2-Keep the same registration number and always merge the records as to not loose any times from races. Mine is FOW2

3-Locate a surrogate racer. This racer should be racing the same days as you. Be an accomplished racer in Gold or Platinum division. Have a racer attitude to try hard every time. In my case it is racer who is very consistent.

4-Have a team to accumulate team points.

BEST HANDICAP by year:

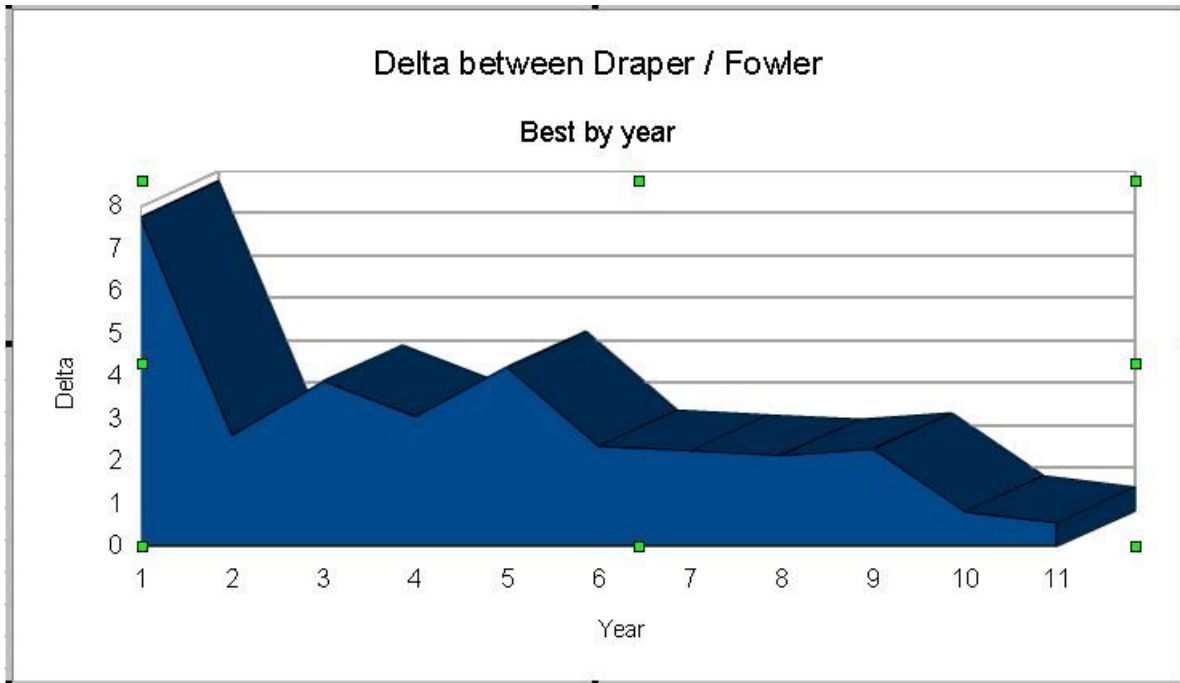


This graph is showing best handicap starting with 2004. Two distinct plateaus.

The Process:

SURROGATE RACER VS GRAPH

1. Build a spreadsheet of the dates and times for the best run of the day.
2. SURROGATE best race time – Your best time = Delta difference
* Do this for each race date per year
3. Use the best delta difference as that years Delta. (the lowest)
4. Usually a few years of data will give a better picture. See the graphic next page.



What does this graph tell you?

Yes I was slow at year 1. 8 seconds behind, but by year 2, I made fast progress. Then a plateau until year 6, again a bit of progress. Another plateau and at year 10 another improvement spike.

TEAM POINTS ATTAINED GRAPH

You must have a team and NASTAR starting 07/08 calculates them into your top race stats

NASTAR TEAM POINTS by YR

