

# CUSTOM FOOTBED INFORMATION

## Key Benefits of Custom Footbeds

Custom footbeds in ski/snowboard boots provide enhanced comfort, precision, and stability by supporting the arch, preventing foot fatigue, and reducing painful hot spots. By aligning the foot, they enable more efficient, direct power transfer to the edges, improving control and reducing the risk of injuries. Most if not all ski and snowboard shops that sell boot also sell footbeds.

- **Enhanced Comfort:** Eliminates common issues like cramping, blisters, and hot spots by filling in empty space and reducing foot movement.
- **Improved Performance:** Provides a stable base, allowing for quicker, more precise edge control and better carving ability.
- **Reduced Fatigue:** Supports the arch to prevent it from collapsing, reducing the workload on small muscles and allowing for longer, more enjoyable, and less exhausting days on the slopes.
- **Better Alignment:** Corrects overpronation or supination, ensuring the foot is in a neutral, biomechanically efficient position.
- **Shock Absorption:** Cushions the feet against impacts from landings or uneven terrain.

## Vail Resorts Footbed Reimbursement

All Vail Resorts Employees whose position requires skiing/riding as part of their job, are eligible for a \$25 dollar footbed reimbursement.

To receive a footbed reimbursement, please forward a copy of your receipt and provide your legal First and Last Name and your 6 digit Vail Resorts Employee ID to Kristina Patterson at [Kristina.patterson@vailresorts.com](mailto:Kristina.patterson@vailresorts.com).

Our administration team will process this reimbursement and this will be paid out via an upcoming paycheck/direct deposit. Footbed reimbursements are listed in the After-Tax Deductions box under "Footbed". Footbed reimbursements are a flat \$25.00 and will be listed as a negative deduction, also known as a deduction refund/reimbursement on your paystub.

Please do not hesitate to reach out to your supervisor or manager with any questions regarding custom footbeds!

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