

WIN Vew-Do boards and DVDs worth £2000

25 lucky readers will each win a Vew-Do Balance 101 board (£70) and DVD (£13) – to be in with a chance of winning this great prize, just answer the question below

There's only one way to get fully prepared for the winter – with a Vew-Do balance board. Balance the specially adapted Vew-Do deck on the cylindrical rocker and get on board. Then, not only can you move from side to side but also forwards, backwards, diagonally – every possible way. It's an ideal training tool for both skiers and snowboarders, who need good balance to alternate edges and carve turns. Vew-Do is excellent for core stability, as well as for strengthening the feet and ankles and training them to make quick adjustments to unexpected terrain.



Vew-Do now sponsors and provides training for many top-level international athletes, including the England freestyle ski team (moguls) and Kwame Nkrumah-Acheampong, Ghana's first pro skier, who's on his way to qualifying for the downhill at the 2006 Olympics in Italy.

Q How many boards are in the Vew-Do range? (Clue – check the website)

To be in with a chance of winning, send your answer to Vew-Do competition, *Daily Mail Ski and Snowboard*, Equitable House, Lyon Road, Harrow HA1 2EW, or email, with Vew-Do as the subject heading, competitions@skiandsnowboardmag.com. Include your name, address and daytime telephone number. Closing date is 20 January 2006.

For more info on Vew-Do boards, visit www.vew-do.co.uk or call 08456 751160.

Terms and conditions: Winners must be UK residents over the age of 18. Employees of dmg world media and associated companies and their families may not enter. Prizes are non transferable and there is no cash alternative. Only one entry is permitted per household. The editor's decision is final. No correspondence will be entered into. Please indicate if you do not wish your details to be used for internal promotions by dmg world media. Please indicate if you do not wish to receive information about products and services from selected companies.

This competition is in memory of Stanley Washburn who died recently. Rest in peace.

