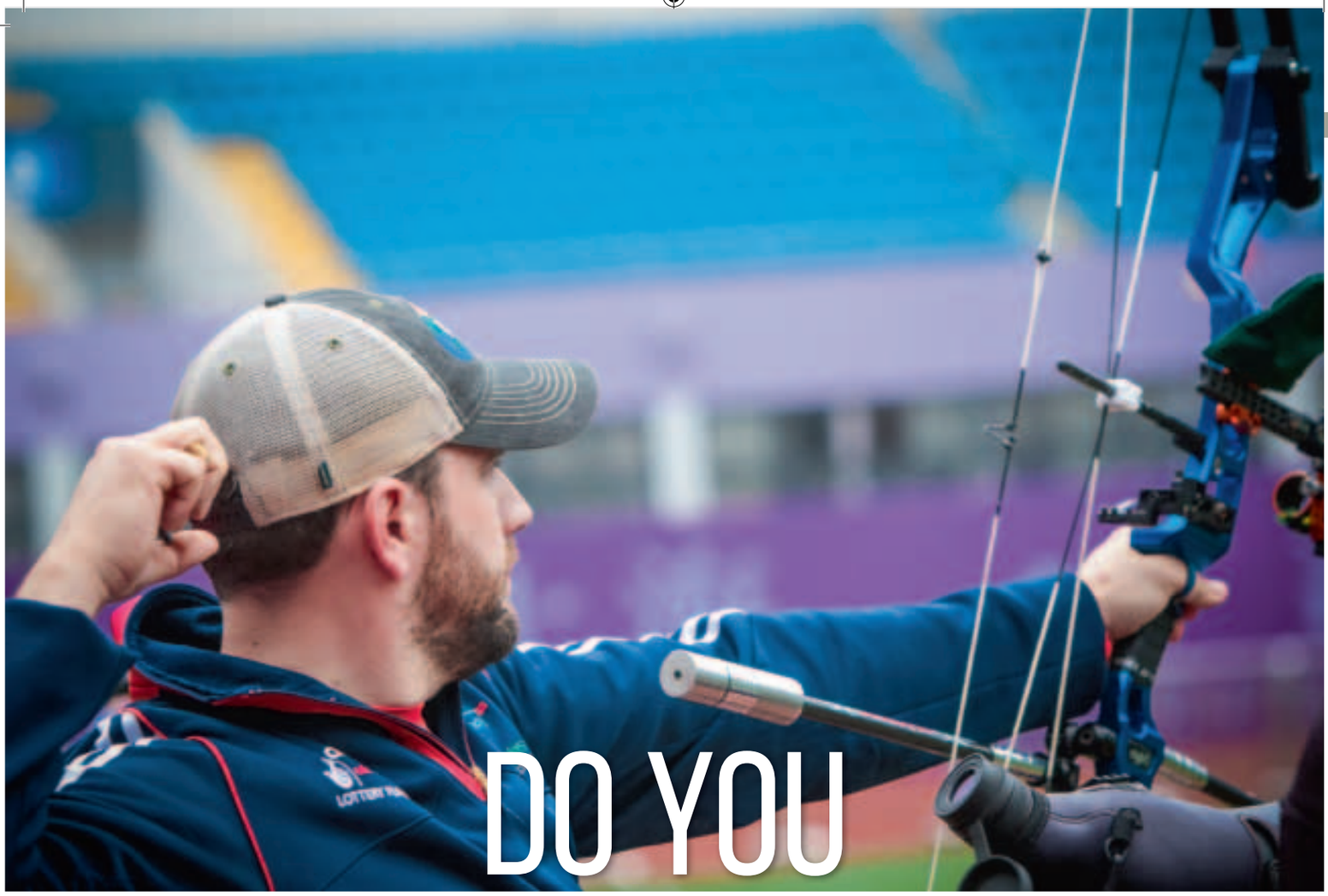


DO YOU MEASURE UP?

IN PART ONE OF HIS GUIDE, DUNCAN BUSBY EXPLAINS WHY GETTING AN ACCURATE SET OF MEASUREMENTS IS VITAL WHEN IT COMES TO SPOTTING WHERE LOST POINTS ARE GOING

How well you know your equipment can make the difference between winning a tournament and suffering a frustrating and unexpected bad result. At a recent competition I found that on the first day of practice my sight marks were different, my groups were bad and my arrow flight was poor. After checking the tuning measurements I'd made on my bow I realised that my rest was sitting lower than I'd previously set it, probably as a result of the journey. It was only because I'd made a note of the position of every setting on my bow that I was able to identify and correct the tuning issue.

In the first of a two-part feature I'll show you the most important measurements to take on your equipment, I'll explain why it's important to know them and how you can learn to take them yourself …

USE A TAPE MEASURE TO CAREFULLY MEASURE BETWEEN YOUR BOWS AXLES

First, it's important to ensure that your bow is properly shot in and tuned. You should be happy with your results and how well your equipment fits you before you take all your tuning measurements. And don't forget that any alterations you make to your setup will most likely change one or more of these measurements, so keep up-to-date notes of any changes you make.

To take accurate tuning measurements you'll need the following items:

- Tape Measure
- Brace Gauge/ Bow Square
- Bow Scales
- Draw Length Arrow
- Permanent Marker Pen

PRIMARY BOW MEASUREMENTS

The first set of measurements I take are the bow's axle-to-axle length and brace height; it's likely these measurements will be different from the ones given by the manufacturer as any personal adjustments you make to the bow's draw length and poundage are likely to differ from the factory settings.

It's important to know these measurements because they'll show the first signs of string or cable stretch, and you'll also need to know where to re-set your bow after replacing your string or cables.

Using a tape measure, measure the distance between the axles of your

024-025 Duncan Busby Bow Measurements_REV4.indd 24 12/07/2016 06:31

bow; I do this from the centre of each axle, but it's important that you choose a position that you find repeatable. Then, using any system of measurement you like, make a note of the length to the nearest clear unit.

To measure your brace height – this is the distance between the throat of your grip and your string – attach your brace gauge to the centre serving on your string and, using the scale on the gauge, measure to a specific point on your bow. Personally I measure to the front edge of the rest mount hole, but as long as you choose a consistent position you'll get an accurate reading.

SECONDARY BOW MEASUREMENTS

Next, you should measure the bow's poundage and draw length. These measurements are particularly unique to you and it's important to know what they are to ensure that your bow continues to fit you. They can be affected by new or stretched strings and cables as well as loose limb bolts, and if they vary they'll have a huge impact on your performance.

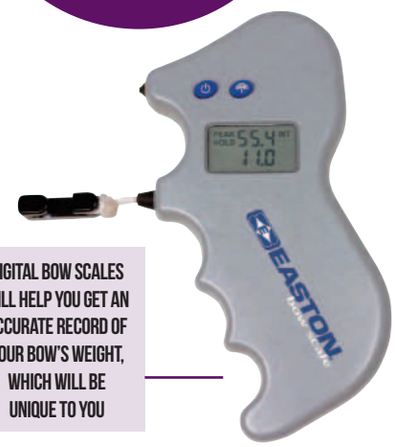
To measure your poundage I'd recommend using a set of digital bow scales for a clearer reading, but it's important to note that not all bow scales will read the same so using the same set to weigh your bow each time will make your measurements more accurate.

To measure your draw length you can use a specific draw length arrow, which comes with a scale already printed along the shaft, or you can simply use a spare arrow and make a mark on it, but remember that this spare arrow needs to be significantly longer than your draw length. You can just measure to a specific point on the riser, such as the front or back edge, but to find your actual draw length you will need to measure to the throat of the grip and then add 1.75 inches (this is your bow's AMO draw length). I use the rest mount holes as a reference mark and I choose a point that's nearest in line to the throat of the grip to take my measurement, but this position will differ between manufacturers.

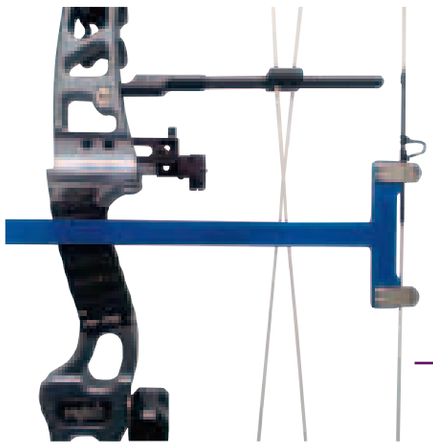
Repeat both of these measurements a few times to ensure they're consistent, and to save time you could even measure draw length and poundage simultaneously.

These measurements cover the vital parts of your bow setup, and next time I'll be looking at your string components and your bow accessories, and I'll explain how you can create your own personalised reference guide to make re-setting your equipment quick and simple – so don't miss it!

IT'S IMPORTANT TO KNOW THESE MEASUREMENTS BECAUSE THEY'LL SHOW THE FIRST SIGNS OF STRING OR CABLE STRETCH

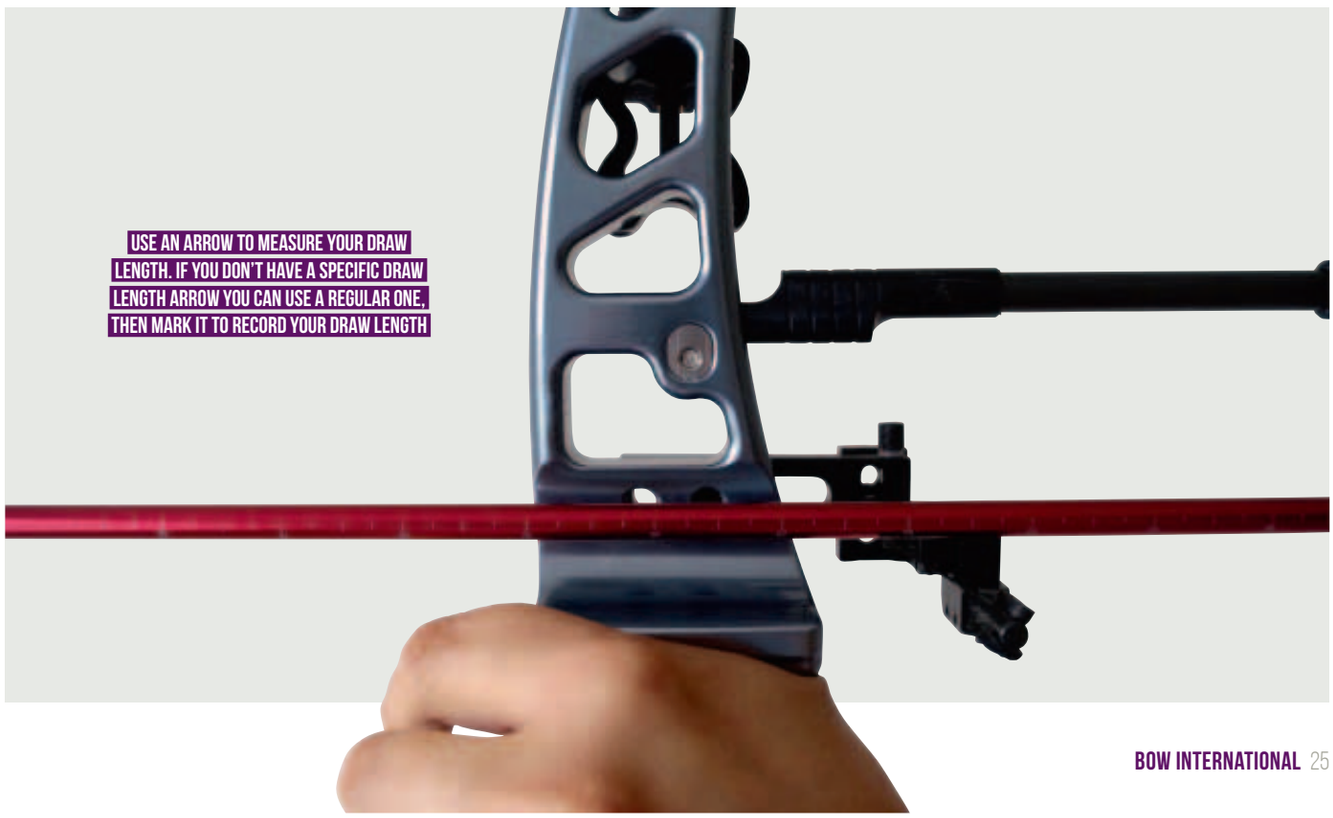


DIGITAL BOW SCALES WILL HELP YOU GET AN ACCURATE RECORD OF YOUR BOW'S WEIGHT, WHICH WILL BE UNIQUE TO YOU



TO FIND YOUR BRACE HEIGHT ATTACH YOUR BRACE GAUGE TO YOUR STRING AND MEASURE TO THE THROAT OF THE GRIP

HAVING MEASURING EQUIPMENT ON YOU WILL LET YOU CHECK QUICKLY AND EASILY IF ANYTHING ON YOUR BOW HAS CHANGED



USE AN ARROW TO MEASURE YOUR DRAW LENGTH. IF YOU DON'T HAVE A SPECIFIC DRAW LENGTH ARROW YOU CAN USE A REGULAR ONE, THEN MARK IT TO RECORD YOUR DRAW LENGTH

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