

## How Far Should You Slide? Achieving an Ideal Slide Distance

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Friday, 25 January 2013  
Last Updated Friday, 25 January 2013

In the February Slowinski at-large, I explore slide. In the article I share slide distances of professionals as well as argue for the benefit of a longer slide in the process of energy transfer. Finally, I provide the coefficient of friction values for most slide soles.

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