

Jennifer Fonua

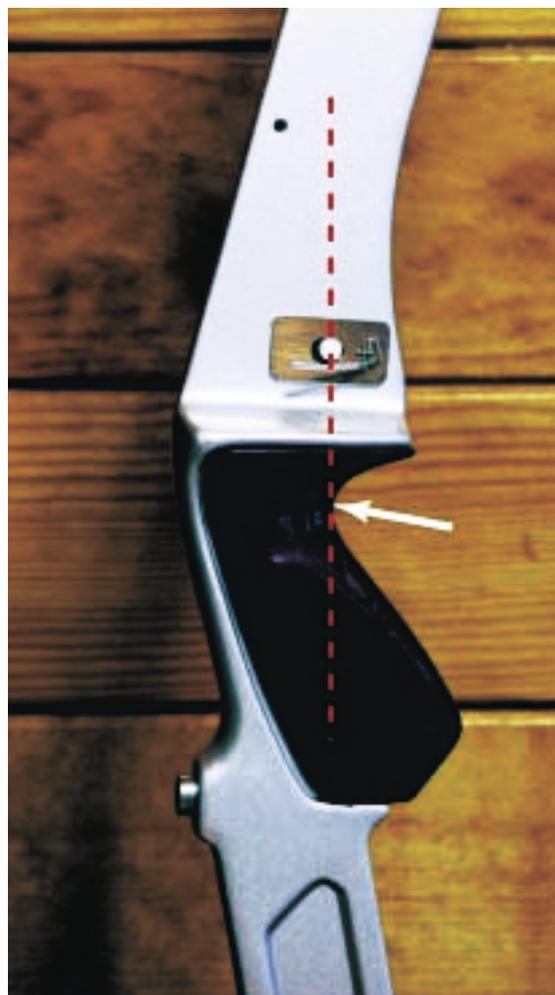
# Basic Bow Setup— Installing an Arrow Rest

## Recurve Tech 100

*In the past few issues of Archery Focus I have talked about Safety and Warming Up and Stringing the Bow. These articles were the beginning of a series of articles that will help new archers, and also serve as a checklist for more experienced archers. Once you have picked out the type of bow that you are going to shoot, something that needs to be considered is the type of arrow rest that you will install on your bow. Have you ever installed an arrow rest? What makes a good rest? What are the most common types, and how much do they cost? Does the type of arrow rest that you choose really matter? All of these questions are things that will probably run through your head as you decide what to choose. The first thing is that “yes” the type of arrow rest that you choose matters. There are good ones, great ones, and basic ones. My suggestion is to start with one of the mid-range ones.*

Your new bow may come with a rest that is probably just fine to use. Remember that the arrow rest can and will need to be changed periodically, so you are not stuck with your first choice forever. If you are purchasing one, consider one that is self-adhesive, because they are easier to install and change. The arrow rest that I started with was the Cavalier Olympian arrow rest. It was reasonably priced and was said to be a good “beginner’s” arrow rest. (Although I know of many more experienced archers that still like to shoot that arrow rest.) Another good arrow rest is the Hoyt Super Rest. This rest is durable and can last for quite a while. Get the archery shop staff to help you with your selection. (You can also purchase arrow rests online if a pro shop is not close to you.)

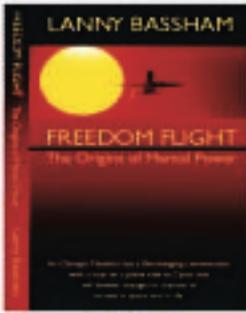
*Arrow rests can be made out of metal or plastic and can glue on, or screw or bolt on, but they need to be aligned so they are directly above the pivot point of your grip (white arrow).*



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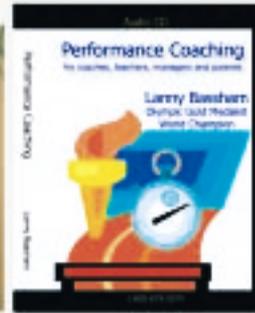
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After selecting the type of rest that you will shoot, you now need to install it. They are not that hard to install, and they usually come with instructions. The first thing to do is to clean the area where the rest will be attached. Rubbing alcohol is a great cleaner. Once the point of attachment is cleaned and dry, peel off the self-adhesive back from the rest and press the rest to the riser. The arrow rest should be centered over the plunger hole, or the pivot point of the riser (see diagram), and positioned so that the arrow when nocked on the string is approximately 5/8 of an inch from the bottom of the sight window. Once the rest is installed, you will need to check the clearance of the arrow in relation to the rest. In Rick McKinney's book "The Simple Art of Winning" Rick states that the arrow rest should be set up a few degrees from level (in the front). This will help keep the arrow against the plunger throughout the shot.

Another thing that needs to be checked is the arrow rest clearance. You need to check to see if the rest sticks out too far from edge of the arrow (viewed from above). This can cause problems when the arrow leaves the bow. If the arrow rest is sticking out too far, it can interfere with the flight of the arrow. Some arrow rests can be trimmed or bent slightly to adjust for this.

Now let's set the nock locator or nocking point indicator. You should use a bow square for this and set the nock locator so the bottom of your nocks are about 1/8 an inch above 90 degrees. Make sure that you do not put the nocking point on the string too tightly because this can cause problems when you start to tune your bow. Conversely, if the nocking point is too loose, then the arrow can move on the string while at full draw. Also, some people choose to shoot with two nocking point sets. This has been tested to show that neither is more consistent, it's just based on personal preference. If you should choose to shoot with two nocking points, one

above and one below the arrow nock, be careful not to set them too closely together, this can cause the nock to come off the string at full draw causing you to dry fire.

We have covered installing an arrow rest, and setting your nock locator. Our next step to cover will be adjusting the center shot. Remember that some of the upcoming articles will be covering basic tuning of your bow. In this step we can always adjust the nocking point and arrow rest to help achieve a more precise tuning of your bow.

Good Shooting!!



**Jennifer Fonua** is one of *Archery Focus* magazine's most prolific authors. She writes for beginners on all things recurve, having shot one for many years! Jennifer currently lives in Salt Lake City, Utah.