

TECHNIQUE

HOW TO...

CARVE ON TELEMARCS

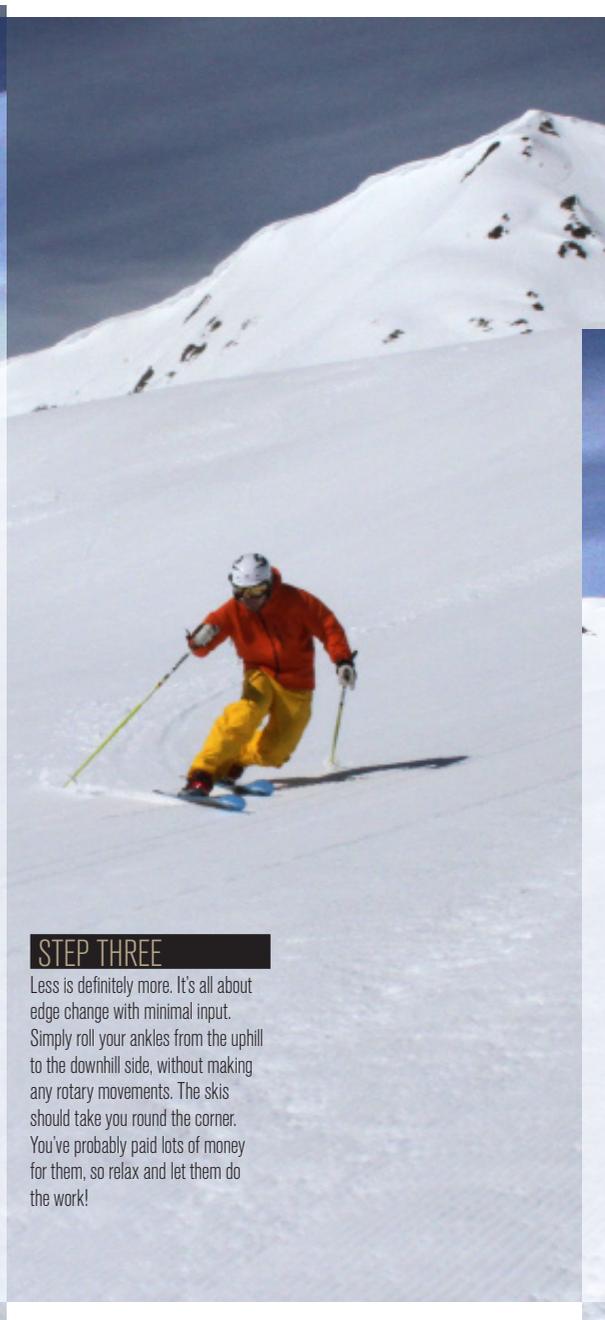
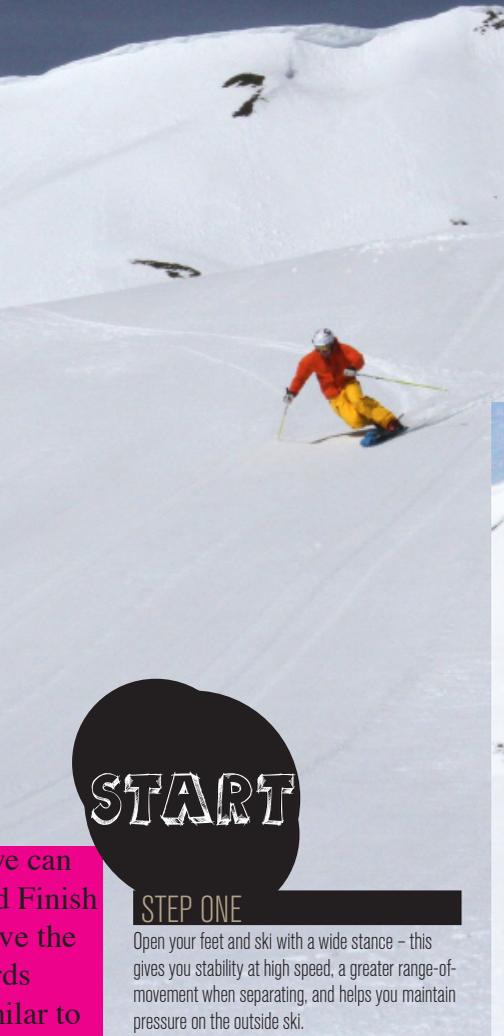
Get it right and you'll be rewarded with gravity-defying angles and a grin bigger than a Cheshire cat on a sugar rush

Welcome to our new telemarking technique series. It's for all you soul skiers out there looking to free your heel this season. Some of you may be die-hard telemarkers already; some may be planning your first foray. Either way, you're not afraid of hard work - after all, telemarking is no walk in the park. It demands dynamism, balance and commitment. This series should help you with the first two, the rest is up to you.

First up: it's carving. It's an awesome feeling setting your teles on edge and letting them take you round the arc. The faster you go the more

gravity-defying angles you get and the bigger the grin on your face. Despite the radical improvements in telemark ski equipment in recent years, a truly carved turn is still quite difficult to do. Telemark skiers can get just as much out of their skis as our alpine brothers, it's just a bit more technical.

The key to a carved turn is minimising your movements - less is more. Timing and accuracy are also critical; it's about using your body to influence the skis at the right time and in the right place to make them do the work. Get it right and you'll stick anything, even sheet ice.



START

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STEP ONE

Open your feet and ski with a wide stance - this gives you stability at high speed, a greater range-of-movement when separating, and helps you maintain pressure on the outside ski.

MEET THE TALENT

Name: Ben Langridge

Sponsors: Scott UK

Number of years telemarking: 20 years

Exciting stuff: Ben's first telemark kit consisted of leather lace-up boots and 205cm skinny skis, and he still enjoys getting out on old equipment ("because it's great for your technique". Nutter). Ben is the co-founder of Tele Tracks (telemarktracks.com), a British telemark ski school based in Tignes/Val d'Isère where he coaches all levels of telemark skier both on and off-piste (this season they have a stock of Scott NTN kit for their clients to try). He also runs telemark training camps for the British Development Squad. In other words, when it comes to free-heel skiing, he's your man.



STEP TWO

Lead change. This is the telemark skier's transition when the front ski becomes the back ski, and visa versa. Make a smooth lead change while changing edges at the top of the arc. Match the rate and range of your lead change to the arc length and your speed.

STEP THREE

Less is definitely more. It's all about edge change with minimal input. Simply roll your ankles from the uphill to the downhill side, without making any rotary movements. The skis should take you round the corner. You've probably paid lots of money for them, so relax and let them do the work!



FINISH

STEP SIX

As you let the skis cross back underneath you, separate your upper and lower body to control pressure on the outside ski and set up your body's movement into the next turn. At the end of the turn see how the shoulder level stays horizontal while the legs are at an angle.



STEP FOUR

Above the fall-line, maintain an aligned body position by simply making sure your body is stacked vertically over both feet. You'll know you've got it right when your skis stick even on sheet ice. Let your body incline inside the arc, but not too much otherwise you'll lose pressure on the outside ski.



STEP FIVE

Love the fall-line, don't rush it! Enjoy that moment when you're facing straight down the hill, skis tilted. Then, let them arc back underneath you as they cross the fall-line. If you can feel the skis rebound under your body then your timing and position was spot-on.