

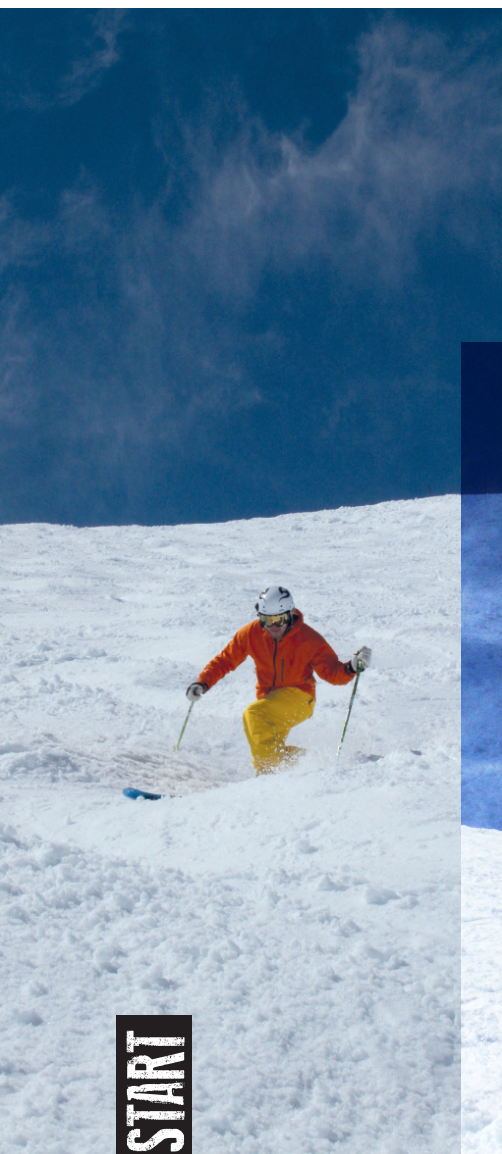
SKI BUMPS ON TELES

If you want to telemark off-piste, you'll need to learn how to ski bumps. The secret is speed control (and bendy knees)

Let's cut to the chase – moguls sort the men out from the boys. They magically magnify your weaknesses, revealing what you're doing wrong. Bumps bruise egos, drive restaurant trade and encourage people to take the lift down at the end of the day, but the best skiers on the mountain are always found in the bumps.

Learn to tele the bumps and you'll find yourself at home in tight, tricky situations; you'll feel electric on-piste turning when and where you like, and, all of a sudden, tree-skiing becomes a breeze.

The key to telemarking moguls is the ability to keep a constant speed. Accelerate too much and you'll soon be spat out; without enough speed you'll lose rhythm and timing. To keep your speed constant you'll need to be able to use all five methods of speed control: checking, use of snow, use of terrain, control of line and skidding. A good telemark skier can apply the correct combination of these in the appropriate place and time to keep their speed constant and telemark in control.



START

STEP 1. CHECKING

If your speed ever starts to run away from you in the bumps then checking is a great way to haul the reins in, if used in the right place and at the right time. Check your skis by applying a sharp increase in pressure and edge while turning the skis quickly. Be careful – if you overcheck you could get spat out or stop altogether, so be measured.



STEP 2. USE THE TERRAIN

The mogul field is full of terrain you can use to help you – the bumps are your friend not your enemy. Use the counter slope of the upcoming bump to slow you down; let your skis skid up the bank or take a rounded line and use it like a raised corner. Keep your legs soft to help absorb the bump and to keep your skis in contact with the snow.



STEP 3. CONTROL OF LINE

You should let the moguls dictate your path; a good telemark skier can vary his or her line to maintain control. Take a high, rounded line if you've got space and need to scrape off some speed, or go straight and plough into that huge pile of soft stuff that's just asking to be smashed. How about getting a touch of air off the next bump and dropping into a different rut line, or using a little shimmy, if the bumps are irregular? Options are essential in the bumps; controlling your line keeps your options open.

MEET THE TALENT**Name:** Ben Langridge**Sponsors:**

Scott UK

Number of years telemarking:

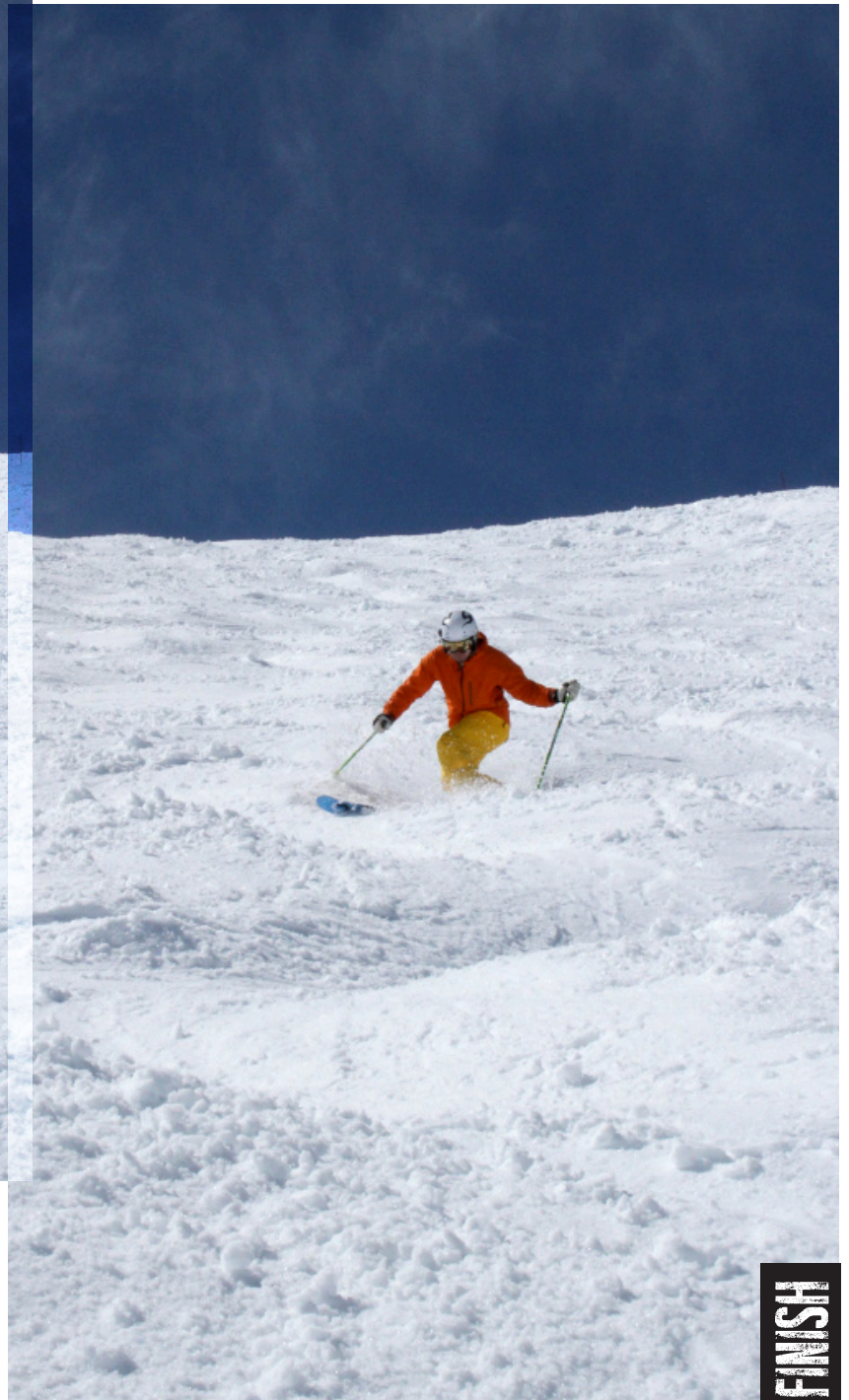
20 years

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 4. SKIDDING**

Skidding is your footbrake, allowing you to continually make fine adjustments to your speed and line; without skidding, fall-line bumps would be virtually impossible. Release your edges while turning the skis to get the skis travelling sideways, let them skid down the back side of the bump and up the counter slope, or even around the high bank if you take a rounded line.

Skidding is your best friend in the bumps – at any moment of the descent you can use it. Too much edge and you won't stay in that narrow corridor, you'll accelerate, and in the moguls uncontrolled acceleration usually means a big wipe out.

**STEP 5. USE OF SNOW**

Make the most of that mound of soft stuff that has been pushed into the counter side of the rut. Tele into it, send up some spray, let out a grunt – remember, people are watching on the chairlift!

FINISH