



IMPORTED FROM NORWAY

## 1987 Vikin Fjord National Telemark Series and Championships

### Primer on the Telemark Technique

Telemark skiing involves skiing downhill on cross country equipment. The skis are considerably narrower than downhill skis, and telemark boots are generally made of leather, sometimes with plastic reinforcements. The boots are attached to the skis only at the toe, which allows complete movement of the foot for climbing and striding.

Lightweight and flexible telemark equipment is ideal for versatility, but makes control a challenge.

The body position to execute a telemark turn looks like a genuflection, with skiers appearing to "go down on one knee." It is best to learn the telemark technique with a partner, as you will have to be instructed on your body position before it becomes familiar and automatic.

Here are a few tips:

1. Body weight should be centered over the skis.
2. Both knees and ankles comfortably bent.
3. Back straight.
4. Hands and arms forward and low.
5. Roll your knees into the hill to set ski edges for each turn.
6. Do not let your feet spread over one foot apart in length.

When learning you should hold the stable telemark position as long as possible, keeping your transitions between turns to a minimum.

You will notice that the faster racers hold the telemark position only long enough to execute each turn. This racing technique saves fractions of seconds in time, and should not be attempted by a novice. In a world class competitions like the Vikin Fjord races, those micro-seconds can determine victory.

You can sign up for expert telemark instruction at the ski school office or resort information desk. A good lesson can save you countless learning hours and perhaps a few falls and bruises.