

# Have You Telemarked Lately?

*Telemarking* has changed, considerably. It's not what it used to be.

Have you tried NTN?

*Although* many know what NTN is I'm sure many don't. NTN stands for the New

Telemark Norm. NTN has been around for a while, more than 10 years and in the last year or so it has truly taken over the sport. NTN is a binding system that changes the way we attach the boots to the skis. Rather than a cable system that has a bale around the heel there is a mid-foot attachment underneath the foot. This allows for two noticeable changes, step-in capability and ski brakes! No more bending over to flip up bales or attach leashes. Step in and step out, similar to what Alpine bindings have been for 40 years!



photo: 22 Designs

*In addition* to step in convenience, NTN provides better lateral control and increased performance. There is release capability although not specified as a DIN standard. And, NTN bindings offer full, free pivot for uphill travel with no compromise in performance on the downhill. Did I mention the boots allow for greater ranges of motion in more joints, are way more comfortable to walk in and ski better than ever.

*If you're interested* in trying Telemark we've made it easier. There is NTN equipment available to use at RM clinics, free of charge. Boots, Skis & Bindings. Bring your own poles ☺. Never Tele'd before? No worries. If you can comfortably make parallel alpine turns on blue runs you can Tele. There are clinics soon. "Refine Your Technique" in Breck is geared to green-blue and will move further as needed. "Tele Extreme" in CB. Geared towards more Black Diamond runs but probably won't drop any 30 footers unless we get 4 ft! Why not come and join us?



photo: 22 Designs

Learn more about our events and sign up at [www.psia-rm.org](http://www.psia-rm.org)