

NORTH WEST TELEMARX FESTIVAL 2024

Sunday 12th May 2024 – 10am to 4pm

QUESTIONS & ANSWERS



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1. BOOKING

Q How do I book onto the North West Telemark Festival 2024?

A Log on to the MCCSC web site; www.mccsc.org.uk Follow the link, **North West Telemark Festival (Booking)** which opens MCCSC Ticket tailor, click **Buy tickets** and pay using MCCSC's secure Stripe account. The site will guide you through.

There are 3 main booking options shown;

1. Members of a Snowsport England Affiliated Club.
2. Non-members of a Snowsport England Affiliated Club.
3. Chill Factor^e Staff price [with own staff lift pass].

There is an *Early discount price if booked no later than 11.55pm on Sat 13th April 2024

Standard price if booked from Sunday 14th April onwards

Booking closes end of Wednesday 11.55pm on 08th May 2024

Fill in the form with name, email, Mobile, address – It will also show above booking Type Age group, Contact mobile, Ski Club.

Rental; Do you need to hire skis, Weight Kg, Height cm, Boot size Mondo,

Coaching session required; Telemark Novice, Telemark Intermediate or Telemark Advanced

Permission for photos, accept MCCSC & SE T&C's, accept booking conditions, read & accept Chill Factor^e slope policies, code of conduct & ski declaration.

Q Do I have to be a member of Manchester Cross-Country Ski Club to join the Festival?

A The Telemark Festival is open to all skiers to Telemark, but you have to be a current member of a ski club affiliated to Snowsport England or SE direct for insurance purposes. The non-member prices include temporary membership of MCCSC/SE valid for one month, giving you access to all club activities including the Saturday Coaching Sessions for Telemark & Roller Skiing (Cross-Country).
Current members of a ski club affiliated to Snowsport England receive a discounted price.

Q Can I use a monthly or season lift pass?

A Regrettably Chill Factor^e does Not accept monthly or seasonal passes for events such as the NW Telemark Festival. This is due to the increased staff costs for pre-event preparation and additional special staff on the day; Event supervisor, Rental technicians and First aid.
The only exception is for Chill Factor^e staff, who have a different lift pass system.

Q What's included in the day's fee?

A The day's fee includes the lift pass 10:00 to 16:00 and up to 4 hours coaching.
All Groups will have 2 x coaching sessions on the Festival Day, each preceded by up to 30 minutes of skiing warm up (10:00-12:30 & 1:30 to 4:00).
Equipment hire boots & skis if pre-booked and available (poles & helmet are standard).

Q Are food and refreshments included?

A No. However there is a wide choice of cafes, bars and restaurants.
There are picnic tables outside should the weather be clement.
We may reserve tables for lunch at The Lodge upstairs. To be confirmed

Q Will there be a Social after the Festival?

A We will retire to J D Wetherspoons "The Castle In The Air" after the second coaching session for après ski to finish off the day, hopefully outside.

Q Need more information?

A Everything you need to know and do is on the website, including online booking and payment.

A Please read the other NWTF 2024 documents on

www.mccsc.org.uk

NWTF 2024 Flier

NWTF 2024 Timetable

NWTF 2024 Questions & Answers

Also www.chillfactore.com or Call Chill Factor^e Guest Services on 0161 749 2222

Only If you cannot find information on the On-line Booking, Flier, Q&A's, Timetable;
then email telemark@mccsc.org.uk

2. SKI STANDARD FOR THE COACHING SESSIONS

Q What standard should I select for the Coaching Sessions?

A Telemark Novice (with Alpine or Cross-Country Ski experience)
You should be able to make non-Telemark turns and control speed from the top of the main slope.

A Telemark Intermediate (somewhere in between Novice and Advanced).

A Telemark Advanced (Single phase Telemark parallel turns and above).

A Telemark Race (As Advanced). Only if adequate numbers.

Note It is quite likely that there will be more groups to cater for increased numbers.

Q Can I join the Festival (or MCCSC Telemark) if I have never skied before?

A No. Ski beginners must enrol in the Snowsport school. Contact Chill Factor^e.

3. EQUIPMENT AND CLOTHING

Q Can I hire Telemark equipment?

A Yes, Chill Factor^e has a limited number of Adult Telemark boots and skis (Telemark Norm also called 75mm, where the bindings have a distinct left and right. Plus a few sets of NTN).
Whilst MCCSC will try to accommodate the demand for equipment, we cannot guarantee that we will be able to meet all requests. The equipment will be allocated on a first come first served basis, **it is essential that you book this equipment in advance**. If you have your own Telemark Norm boots and or skis then please bring them.

Note Regretfully we have no Telemark equipment suitable for children.

Q Can I use my Alpine ski boots?

A No, Telemark boots are very different, they have bellows over the forefoot which allow the boot to bend like a walking boot. Telemark boots are usually much softer than their Alpine cousins, have Vibram soles (like walking boots) and a walk mode setting. Telemark boots usually come in full sizes. If you normally take a half size in Alpine boots, always go up, as the

toes need more room to move when the boot flexes at the bellows. Telemark boots are skied slightly looser than Alpine.

Note There are several incompatible standards of Telemark boots & bindings (unlike Alpine); "3 Pin", "Telemark Norm – also called 75mm", "New Telemark Norm",

Q Can I use my Alpine footbeds?

A Telemark footbeds need to be soft and flexible, but you might be able to use your Alpine for a short period, to produce better fit & performance with a rental boot. It is vital that these foot beds can flex at the ball of the foot. **Stiff footbeds could crack.**

Q Are Telemark skis different to Alpine?

A No. Ski manufacturers used to produce special Telemark skis, but now standard Alpine All mountain or off-piste skis are used, with Telemark bindings.

Q What length of ski should I use for Telemarking?

A Select slightly longer skis for Telemark than your Alpine. Skis turn easier when Telemarking and longer skis will be more stable. Telemarking is intended to go into the back country, where bigger skis are normal. Please note that the limited rental availability may decide on the ski length if using NTN. The NTN Binding comes in 2 sizes small [up to Mondo 27] and large [from Mondo 26.5].

Q What length of ski poles should I use for Telemarking?

A Select shorter poles to Telemark than your Alpine – Try one size shorter to start with. You can use Chill Factor's ski poles to experiment, there are plenty and no need to book.

Q What should I wear for Telemarking?

A Normal ski clothing for the mountains. Slope side is now -5 degrees centigrade, with no sun. Having said that you may get quite warm at times with Telemarking, so venting is key. Ensure your ski pants allow you to drop low into the Telemark stance. Bring a range of ski socks with different thickness, if you are hiring Telemark boots. It's also worth bringing your own ski foot-beds (there is a specialist softer range for Telemark, but Alpine may do, provided they can flex under the ball of the foot). **Stiff footbeds could crack.**

Q Can I hire ski clothing?

A Yes, Chillfactor^e has a range of ski clothing for hire at £14:00* per day for Jacket and Trousers together, or £8* for one. Ski socks, Gloves, Hat, Ski Reel and Lanyard may also be purchased at Chillfactor^e. This may be done on the day at Clothing rentals, but a 10% discount is available when booked in advance with Chill Factor^e.

Q Should I wear a ski helmet for Telemarking?

A YES - it is Chill Factor^e & MCCSC policy to wear a helmet when under tuition or coaching. Helmets are readily available and free to hire at Chillfactor^e and no need to book. Note Helmets must be worn at Chillfactor^e for all snow activities.

4. ON THE DAY AND FACILITIES

Q Where do I meet on the day?

A Manchester Cross-Country Ski Club will have a signed reception table near Guest Services, In the main Alpine street. Sign in and Collect your lift pass from the MCCSC representatives. They will direct you to "the rental village" (ski hire) And to the gathering area or areas to meet your coaches for the day.

Q What time should I arrive at Chill Factor^e on the day?

A If you are hiring equipment then please arrive for 9:00am, to allow time for kitting up. If you have your own Telemark Boots & skis then please arrive for 9:20am. In either case you will need to sign in, collect your lift pass and get kitted.

We will all gather fully kitted for the briefing/s at 9:45 to meet your coaches.

Q How do I get to Chill Factor^e ?

A Chill Factor^e is situated on Trafford Quays Leisure Village and is less than four miles from Manchester city centre. Chill Factor^e is opposite The Trafford Centre and conveniently located just off the M60 motorway at junction 10. Chill Factor^e is signposted from the motorway exit, but thanks to the iconic building you won't miss it! There is free parking with over 300 car parking spaces available including dedicated disabled parking bays.

Sat Nav address information:

Chill Factor^e, Telephone 0161 749 2222
Trafford Quays Leisure Village, Trafford Way, Manchester, M41 7JA

Chill Factor^e recommends checking your route on the [Highways Agency website](#) for up to the minute travel information before you set off.

See the Chill Factor^e web site for alternate transport links; air, train, bus, taxi, cycle, on foot, and other details, including site and road map.

Q Are lockers available?

A Yes – Chill Factor^e has recently upgraded most of the keyed lockers with a new keypad system. There are a few keyed lockers, which use blue plastic tokens, from Clothing Rentals. The Changing area was enlarged and refurbished during Autumn 2022.

Q Can I ski in between the coaching sessions?

A There is a half hour on slope warm up prior to each of the 2 hour coaching sessions - 5 hours Telemarking is a lot of skiing! we strongly recommend taking a break to rest and refuel it's a long day and you are going to use a lot of energy. So give your legs a rest and shovel in the calories!

Skiing on indoor snow can make you very thirsty, so remember to keep well hydrated.

Please note that food or drinks are NOT allowed slope side.

5. ABOUT MANCHESTER CROSS COUNTRY SKI CLUB

Q Who are the Festival organisers?

A Manchester Cross-Country Ski Club (is the local Telemark club and England's largest civilian).
Note MCCSC run regular Telemark coaching sessions approximately twice a month throughout the year at Chill Factor^e; at the new time of 12:00 to 14:00. See www.mccsc.org.uk for details.

The lift pass for MCCSC members is £24 per the two hour coaching session, paid direct to Chill Factor^e. Note this discount is not available for freeskiing outside the formal club sessions.

Book online from www.mccsc.org.uk - choose the **Telemark Skiing date**, click on ([details](#)) then click the **MCCSC Direct Chill Factor^e link** to take you directly to the MCCSC page on the Chill Factor^e site.

Alternatively use www.chillfactore.com / [Lift Passes](#) / but is harder to find.

There are also informal sessions during the week.

Q How much is annual membership of MCCSC?

Annual membership of MCCSC is currently only £22 for individuals, or £34 for family. The club year starts in November (or a reduced rate from May to end of October) which gives access to all Telemark and Cross-Country activities and coaching. See website for more details www.mccsc.org.uk and the [JOIN](#) tab.

MCCSC is affiliated to Snowsport England the governing body of English skiing.

Note Chill Factor^e lift passes, or Rollerski track fees & rental are extra.

6. WHAT IS TELEMARKING

Q What is Telemarking?

A Telemarking is the original and arguably the most elegant form of downhill skiing, predating Alpine. It is a Nordic discipline, but has elements of both downhill Alpine and cross-country skiing. The bindings allow the heel to rise, hence the term “Free-Heel”.

Q How does Telemark technique differ from Alpine?

A The most obvious difference is the lead change, where the new turn is initiated by the front and rear foot moving apart (forwards & or backwards). It is the same technique used by ski jumpers upon landing. It gives great stability with the free heel equipment and makes turning very easy, particularly in deep or difficult snow. Telemarking comprises of 85% Alpine technique. This is because Alpine skiing developed from Telemarking.

Q Why Telemark?

A Because Telemarking looks beautiful, feels great to do, but above all is fun. The vast majority of skiers who have a go, come off the slope with a smile from ear to ear. Isn't that why we ski! It's also brilliant in the backcountry.

Telemarking looks beautiful, feels great to do and is fun

ENJOY !



14.02.2024

Issue 1



7. Chill Factor^e Slope Policies

SUMMARY

When skiing (or snowboarding) on the main slope, you agree that you meet the minimum standards, which are; to control speed and direction; to perform linked turns; to stop, be comfortable with variable conditions and to use the button lift unassisted. Chill Factor^e reserves the right to ask you to leave the Slope if you are deemed unable to meet the Minimum Recreational Standard or if we feel you are intoxicated by drink or drugs. In such cases no refund or transfer will be given.

Helmets must be worn when on the slope for all activities.

Gloves, long sleeves and full length trousers must be worn at all times.

For the full Policy, Code of Conduct and Slope User Declaration please visit

www.chillfactore.com

8. Covid Safety

Please do not attend should you feel ill with Covid symptoms, or have a positive test.

MCCSC will refund for Bonafede Covid cancellations.

Many of the precautions remain in place at Chillfactor^e, such as Booking on line has been strongly encouraged and enhanced.

More (eight) Self-serve ticket machines are in the Alpine street.

Enhanced cleaning regimes.

Airconditioning system has been upgraded and not recycling air.

Entrance & airlock doors are automatic.