



USER GUIDE – Alpine Heel

Important - this document must be given to the customer

1. FOREWORD

THE M Equipment thank you a lot for having decided to ride and purchasing our free touring telemark binding.

Skiing and telemarking is your passion but by nature it's a dangerous sport. You must understand and accept the risks you take before you engage in it. You are entirely responsible for your actions and your decisions. On skis you must show prudence and discernment. Read carefully and completely this document.

The Telemark bindings of The M Equipment integrate a release mechanism, which is not validated by a norm. These bindings should release in the case of a fall if they are correctly used with shoes and skis in good condition. However because of the specificity of the Telemark a case could arise where the release is not guaranteed which could cause serious injuries with unpredictable consequences. MEIDJO considerably reduces the risk of injuries to lower limbs, but cannot completely exclude it.

- When you ski please follow the usual recommendations in the practice of this sport and always control your skiing, in function of your capacities and your physical condition, never overestimate your skill.
- Make enquiries as to the blanket of snow conditions, meteorological conditions and risks of avalanche. Respect the instructions and signals of danger in the zone in which you ski.
- Do not tour or telemark if you feel tired or in bad physical form.
- When using a leash always use The M Equipment leash.
- During transport or storage always protect your material, especially your binding, from exterior aggressions (shocks, dust, salt,...)
- Always store your material in a clean and dry place.
- Regularly control your bindings and check their correct functioning before each sortie. Make sure there is no foreign body in the mechanism. Any foreign body in the mechanism of the bindings could cause problems in the release.
- In case of doubt, wear or corrosion, please have your bindings verified by a store registered with The M Equipment. Have your material controlled by a specialized retailer at least once a year, and at the beginning of every season, your whole equipment: skis/shoes/bindings (general state and adjustment of release values).
- The binding has to be directly mounted onto the ski. No other equipment, except THE M Equipment plate, has to be mounted between the ski and the binding.

Before using the MEIDJO bindings:

- Please read carefully all notices and warnings included,
- Assure that you are familiar with their correct utilization, possibilities and limits,
- Try out the use of the telemark bindings and associated material,
- Learn the appropriate techniques for this type of skiing.

The fact of not reading or not respecting any one of these warnings could be the cause of serious injury « leading to possible death».

We have included in this manual all the precautions and stages to be respected for the correct adjustment and functioning of these bindings

In case of doubt or if you need assistance contact your reseller. You can join our technical service at the following address: support@the-m-equipment.com

The bindings are delivered with a set of screws; on option it is possible to order stainless steel inserts with metrical thread. The MEIDJO binding is compatible only with shoes guaranteed NTN (New Telemark Norm) with Low Tech insert.



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2. PREPARATION

It is important to note that using the alpine heel means losing the up position of the binding (the up position of the touring mode).



Without the up position



With the up position

You have to check that:

- Shoes are conform to NTN norms NTN*** (New Telemark Norm) and with Low Tech insert,
- The release regulation corresponds to the weight and skill level of skier,
- Screws or inserts are compatible with the skis on which the bindings will be assembled.



Ski

- Most skis on the market have a reinforced plate for a better anchoring of the bindings. Follow the recommendations of the Ski manufacturer before drilling.
- The dimensions of the drill to be used and the depth of piercing are marked on the ski.
- Be sure to verify the marks on the 2 skis before drilling.
- Be sure to protect the soles of the skis before beginning.

Set of tools

To assemble the MEIDJO bindings you will need the following tools:

- 1 Jig from THE M Equipment or 1 drilling pattern from THE M Equipment
- 1 drill 3,6 mm X 9
- 1 wood tap 5,5 mm
- 1 screwdriver PZ N°3
- Glue for fixing

Contents of the bag:

- 2 alpine heels
- 4 screws 5,5x14mm
- 4 screws 5,5x12mm
- This notice

Picture of a pair of alpine heels with its screws



* Compatible with NTN Rotofella system

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3. VERIFICATION

To use the alpine heel, the back of the shoe must match exactly with the back of the binding heel.



OK



NO

4. DRILLING THE SKIS

1. Case 1: drilling the skis with THE M jig

You can use the jig if you mount the alpine heel at the same time as the MEIDJO bindings.

Preparation of the Jig

- Unlock the 2 black knobs
- Place the shoe onto the Jig
- Adjust the plates at the shoe size
- Lock the 2 black knobs
- Remove the shoe from the Jig



Placing the Jig onto the ski

- Open the blocking jaws by turning the handles
- Place the jig so that the shoe center line is aligned with the ski center mark



To add the alpine heel to MEIDJO, you need to drill the two additional holes:



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2. Case 2: drill with the THE M drilling pattern

You can use the THE M drilling pattern if you already have mounted the MEIDJO bindings and you want to add the alpine heel.

You will find the THE M drilling pattern at the end of this user guide.

- Place the Meidjo binding heel in the up position (the red piece)
- Remove the up heel of the binding (the metal piece allowing the up position of the touring mode)



- Unscrew the 2 screws located on the back of the binding heel and remove them



- Cut the drilling pattern and place it against the binding heel as illustrated on the picture on the right. The ski center line must be aligned with the drilling pattern center line.



- Place the alpine heel on the binding heel and check that every hole matches with the indication. Once it matches, tape the drilling pattern to the ski.



3. Drilling and tapping

Nota: Follow carefully the ski manufacturer's recommendations for the dimension of the drill. THE M Equipment recommend a 3.6 Ø drill to get the best thread retention based on the minor diameter of the screw.

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Always check the right positioning of the drill pattern before drilling.

- Drill the 2 holes of the alpine hole
- Tap the 2 holes - take care to do it correctly
- Clean the 2 holes



4. Cleanliness

Be sure to remove any dust or shards from the drilled hole. It is important to use clean screws, without any chunks of material embedded from a previous mount. A screw with smooth threads ensures proper thread cutting when you turn the screw in. It is also important to apply adequate downward pressure when starting the screw so the threads cut immediately and don't spin and grind away the first engagement. Tapping the hole first is never a bad practice regardless of metal or not. When mounting thinner skis that require the screws to be ground down shorter, be extra careful to grind a slight taper and to avoid leaving any sharp burrs which will not cut a smooth thread into the ski.

5. Gluing and Screwing

We recommend using epoxy for the alpine heel mounts. Epoxy can increase your overall maximum pullout strength, but most importantly acts as a buffer to decrease screw-loosening possibilities. This in turn can lead to a degradation of the ski's core and increase peak shock loads that will eventually result in the binding ripping out of the ski. For alpine and alpine touring bindings, if you don't prefer epoxy, use simple wood glue to seal the hole and lubricate the screw as it is being twisted in to help achieve suitable clamping force for given torque values.

- **Gluing allows a better screwage and avoids in one case that the binding becomes unscrewed, and in another case this prevents water from penetrating into the ski. It is preferable to use fixation glue, and on no account rubber glues.**
- **Apply the glue in small quantities inside of the holes**
- **Take the pieces to be screwed, put a little glue on the screw and screw with a screwdriver until the pieces are well fixed on the ski. When the binding is fixed in place, make a 1/8 turn on each screw.**

Nota: If you are using a screwing machine regulate it on 5Nm maximum and always finish by last wrench by hand. We recommend hand tightening each screw with a TLD-enabled hand posi-driver, making sure that each screw goes directly and perpendicularly in and then doing a final torque spec twist on each screw.

RECAP OF THINGS NOT TO DO:

- Don't re-use old screws that have crap plug in the threads. When you screw that into a new ski you are cutting crappy threads into the core and compromising strength.
- Cutting the screws is forbidden.
- If you get a spinner and strip a hole, don't half-ass it—fix it right by putting an insert in.
- Don't reverse bend the ski when applying drilling pressure. Support it from beneath so that the screw hole is perpendicular to the ski. Even a small amount of flex will change the angle and you'll lose full pullout strength potential.
- **Don't grind out your initial hole threads by carelessly spinning the screw without downward applied force.**

5. MOUNTING THE ALPINE HEEL

1. Put the glue into the 4 holes (case 1 and case 2)



2. Fix the front of the alpine heel on the binding heel with 2 x 11,5mm screws. Use a PZ N°3 screwdriver.
3. Fix the back of the alpine heel with 5,5x14mm screws. Use a PZ N°3 screwdriver.



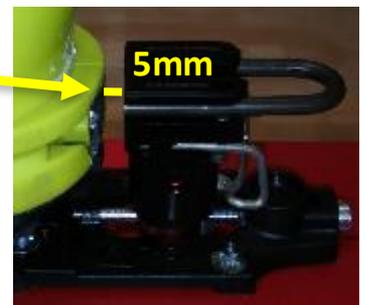
4. Place a shoe in the binding in the Telemark mode and check that the distance between the shoe and the edge of the hooking pins is of 5mm when they're in the backward position.



6. USING THE ALPINE HEEL WITH BIGGER SHOES

You need to modify the settling at the back of the alpine heel by screwing until the moving part is at the desired distance. Be careful to always let a 5mm distance between the shoe and the edge of the hooking pins. Also note that the moving part had been relocated alongside the screw.

This device therefore provides some freedom regarding the length of the shoe. However, the bindings were originally set for a specific shoe size. You can't use a shoe which exceed the original size of 2 shell sizes, meaning 4 to 5 shoe sizes.

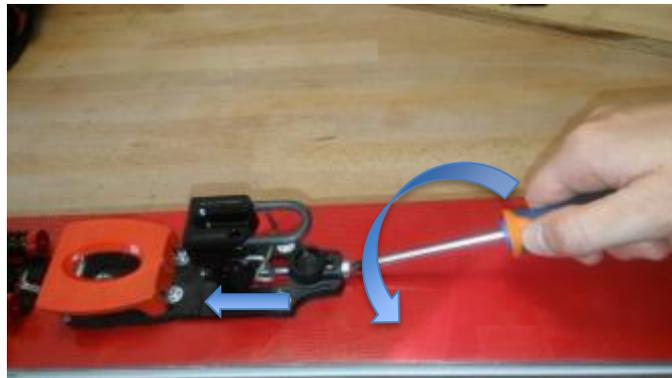


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Nota: To use a bigger shoe, you need to screw to move the alpine heel backward.



To get back to the original setting, you need to unscrew.



7. FITTING AND UNFITTING

The alpine heel allows you to ski instead of telemark. However, you need to **fit the telemark mode before fitting the alpine heel! Be careful not to fit the low tech only and then the alpine heel.** The mechanism operates in favorable conditions only if the shoe is held by the telemark mode in the first place, and then by the alpine heel.

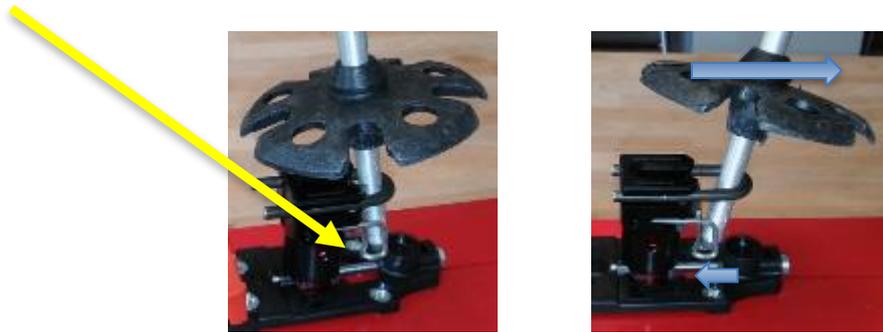
First of all, the alpine heel needs to be set in the following setup:



Alpine heel with the hooking pins in a backward position

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To get to this setting, you need to place your pole in the hooking pins and to press the tip of the pole against the blocking spring. Then push the pole toward the back of the ski to move backward the hooking pins.



1. Fitting the Telemark mode

This action is detailed in the MEIDJO user guide.

2. Fitting the alpine heel

Now that you're in the telemark mode, lift the heel of your shoe (1) so that you can move the hooking pins forward with your pole. To do so, place the tip of your pole in the small circle (2) and push the side of the tip against the hooking pins toward the ski tip (3). Push your heel downward to fit (4).



3. Return to Telemark

To return to Telemark, you need to move backward the hooking pins by placing the tip of your pole inside the hooking pins (1), pressing the tip of the pole against the blocking spring (2) and pushing toward the end of the ski (3).



Once the hooking pins are in the backward position, your heel is free and you can Telemark. The unfitting of the binding is detailed in the MEIDJO user guide.



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- **MAINTENANCE**

Your MEIDJO Bindings come ready to ski and should provide years of performance with minimal maintenance. Salt from roads, dirt and grime all work against the life of a binding. Rinse only with freshwater, if required. Keep solvents and chemicals away from your bindings and skis—they can damage plastics and metal components. The arch springs have been lubricated with a cold-weather grease. While this should last a long time, periodically this can be reapplied to keep arch action smooth and help prevent icing in that region. Care should be taken to avoid the grease contacting other parts of the binding. If you have any problem please bring your bindings to A THE M Equipment dealer for service or contact us at www.the-m-equipment.com.

- **GUARANTEE**

We warrant for one year from purchase date and only to the original retail buyer (Buyer) that our products (Products) are free from defects in material and workmanship. If Buyer discovers a covered defect, Buyer should return the Product to the place of purchase. In the event that this is not possible, return the Product to us at the address provided. The Product will be repaired or replaced at our discretion. That is the extent of our liability under this Warranty and, upon expiration of the applicable warranty period, all such liability shall terminate. We reserve the right to require proof of purchase for all warranty claims. You have to be registered onto THE M Equipment Website: www.the-m-equipment.com

Warranty Exclusions:

We do not warranty Products against normal wear and tear (such as ski edge cuts and abrasions, outsole wear, etc.), unauthorized modifications or alterations, improper use, improper maintenance, accident, misuse, negligence, damage, or if the Product is used for a purpose for which it was not designed. This Warranty gives you specific rights, and you may also have other rights, which vary from state to state. Except for expressly stated in this Warranty, we shall not be liable for direct, indirect, incidental, or other types of damages arising out of, or resulting from the use of Product. This Warranty is in lieu of all other warranties, express or implied, including, but not limited to, implied warranties of merchantability or fitness for a particular purpose (some states do not allow the exclusion or limitation of incidental or consequential damages or allow limitations on the duration of an implied warranty, so the above exclusions may not apply to you).

The guarantee doesn't cover in any case the costs of immobilization, accommodation, transport, loss of business, etc...

Conditions of the application of the guarantee

- **To be registered onto THE M Equipment Website: www.the-m-equipment.com**

