

# ALPINE HEEL – OPERATION INSTRUCTIONS

## PREPARATION

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

You have to check that :

- Shoes are conform to NTN norms (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 :**

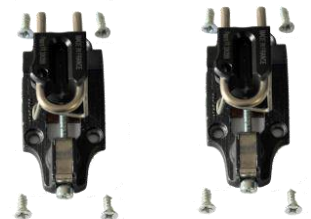
To assemble the MEIDJO bindings you will need the following tools:

- 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<sup>o</sup>3
- glue for fixing

**Contents of the bag :**

- 2 alpine heels
- 4 screws 5,5x15
- 4 screws 5,5x13
- This notice



## VERIFICATION

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

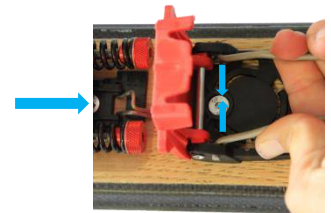


## DRILLING THE SKIS

### 1. Drill with 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.

- 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.

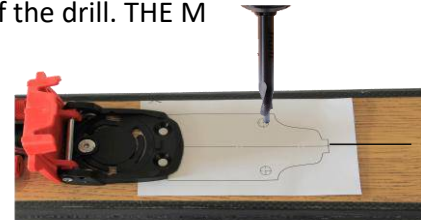


## 2. Drilling and tapping

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

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



## 3. 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. Tapping the hole first is essential. 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.

## 4. Gluing and screwing

We recommend using epoxy for the alpine heel mounts. Epoxy glue 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.

NB : 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.

## MOUNTING THE ALPINE HEEL

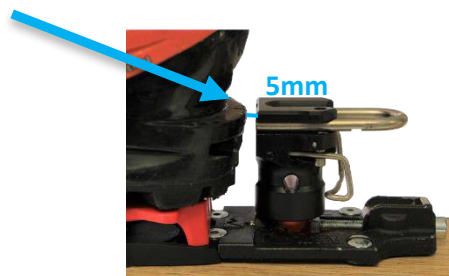
1- Put the glue into the 4 holes (case 1 et case 2)



2- Fix the front of the alpine heel on the binding heel with 2 screws 5,5x 15.

3- Fix the back of the alpine heel with 2 screws 5,5x13.

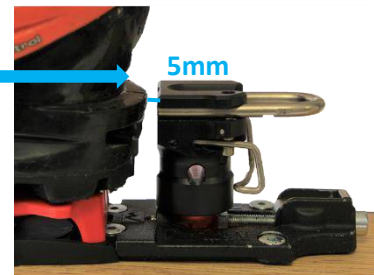
4- Place a shoe in the binding in the Telemark mode and check that the distance between the shoe and the edge of the hooking pins is of 5mm when they're in the backward position.



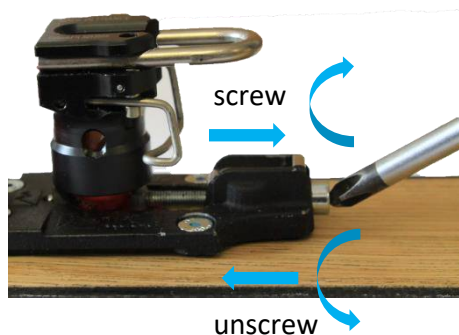
## USING THE ALPINE HEEL WITH BIGGER SHOES

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



**NB :** 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.



## FITTING AND UNFITTING

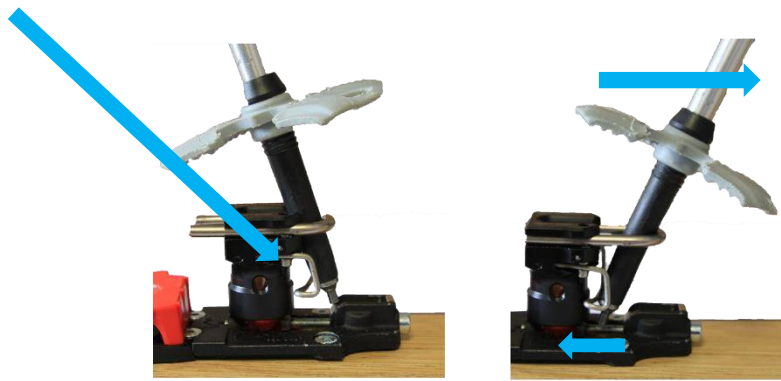
The alpine heel allows you to ski instead of telemark. **However, you need to fit the telemark mode before fitting the alpine heel! Be careful not to fit the low tech only and then the alpine heel.** The mechanism operates in favorable conditions only if the shoe is held by the telemark mode in the first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

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.

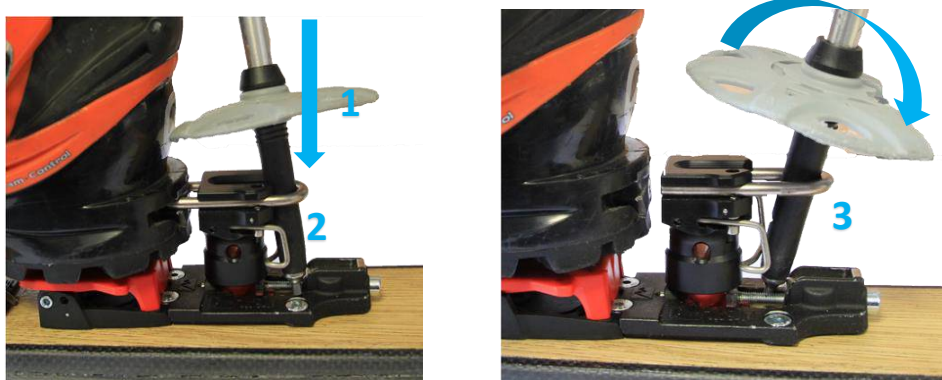
### 2. Fitting the alpine heel

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 rectangle (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.