



PRESS KIT

2016 KARBON U.S. National
Telemark Skiing Championships

Crotched Mountain,
New Hampshire, USA

March 4 - 6, 2016



The Event

The 2016 U.S. National Telemark Skiing Championships will bring the best telemark racers from all around the United States to Crotched Mountain to compete for the men's and women's National Championships. The National Championships alternate between the Eastern and Western United States with last year's event held at Sunlight Mountain Resort in Colorado. This year, Crotched and New Hampshire was selected to host, which will likely attract a contingent of Canadian telemark skiers as well. The racers will compete in three events including the Classic, Sprint Classic, and the Parallel Sprint. The head-to-head parallel competitions are especially spectator friendly and make for very exciting viewing regardless of one's familiarity with the sport. The National Championships is the showcase event for the athletes and is the top level telemark event in the U.S. this year. It is expected that all the U.S. World Cup and National Team athletes will attend.

The Venue

Races will take place at the Crotched Mountain Ski Resort in southern New Hampshire. Located in the Monadnock Region of New Hampshire, Crotched Mountain is one of the most distinctive ski areas in Southern New Hampshire. Owned and operated by Peak Resorts, Crotched Mountain's passion for family, technology and service has become well known within in the skiing & riding community. Conveniently, Boston is just over 60 miles away.

Crotched Mountain is one of Southern New Hampshire's highest peaks at 2,066 ft. Serviced by a High Speed Detachable Quad Chairlift, The Rocket. The base area is located at 1,050 feet with a 40,000 sq. ft. Main Lodge, where guests can warm up with fantastic food selections and a full retail shop with all your skiing and riding needs. Much of the race course on the Meteor run and the finish can be seen from the base area, providing excellent spectator viewing.

Lodging is available throughout the small towns and the area with Bennington and Franconia nearby. Manchester with its abundant lodging and services is 23 miles away. Directions to Crotched Mountain can be found at <http://crotchedmtn.com/directions.html>.

The Disciplines

Telemark ski racing is the oldest, hardest and, in our opinion, the most exciting form of ski racing! Telemark ski racing is the only World Cup discipline that tests all forms of competitive skiing in one top-to-bottom event. Each discipline includes alpine, jumping, and Nordic skiing components. Competitors complete telemark style (lunging) turns through gates; fly off a jump, complete a reipelykkje (Norwegian for "knot of rope", pronounced "rap-a-loosha"), a large 360 banked turn a.k.a., "the Rap"; and to add to the challenge there is a skate ski (Nordic freestyle) section, which is often at the finish. Time penalties are assessed by gate and jump judges if racers fail to achieve "boot space" while turning (i.e., complete a fully telemark turn); fail to land past the jump line (distance); and fail to land the jump in a Nordic stance (just like ski jumping).



The Classic is the longest event and will be held at the Nationals. The Classic consists of one run with a course drop between 230 to 500 vertical meters. The course includes a jump, Rap, and long skate section or multiple shorter sections. Imagine lunging around 70 gates at 80 km/h (50 mi/h), flying 30 meters through the air, and then having to skate ski for a combined time of up to 3 minutes or more, sometimes up hill, to finish the race! Welcome to the Classic - Classics truly test the endurance of the athlete!

The Sprint Classic is similar to the classic. Typically, the Sprint Classic is shorter in length than the Classic but still contains a jump, Rap and a skate section. It consists of two runs with the times and penalties totaled together to determine the winner.



The Parallel Sprint is the most exciting to watch of all of the telemark racing events. Two Sprint-length courses are set, and racers compete side by side in a tournament-style elimination bracket. Racers fly off the same jump and are funneled in the same Rap before having to skate it out on the flats. Penalties are totaled live on the hill, and racers are required to skate further if they have gate or jump penalties. Bring on course carnage and head-to-head competition!

The Competitors

The U.S. National are an opportunity for the best telemark racers in the country to be named National Champion. However, unique to this National Championship, the race is open to all telemark skiers and will have classes for juniors and citizens. However, the real heat will come when the elite racers duke it out.

Top U.S. Athletes

The U.S. World Cup Team includes four athletes:

Cory Snyder (age 23, of Franconia, NH), Cory first started skiing as a two year old at Cannon Mountain in Franconia, New Hampshire. His uncle set him up on straight K2's with 3 pin bindings and leather boots when he was seven. He bought a season pass to Cannon and started skiing every weekend. Cory has been skiing on the World Cup circuit with many top 10 finishes since 2008. He was the 2014 National Champion.





Tanner Visnick (age 19, of Steamboat Springs, CO) will be balancing the role of racer with that of a college sophomore at Montana State University. In 2014 Visnick earned a bronze medal at the Junior World Championships in Geilo, Norway. Last season, he narrowly missed another podium and World Juniors, finishing 4th in the Classic, and was the men's team top U.S. racer at the World Championships this past February. In addition, he finished 2nd at U.S Nationals and is currently the USTSA overall points leader.

Tommy Gogolen (age 34 of Breckenridge, CO) is returning following three knee surgeries in three years. He began skiing while living in northern New Jersey but followed his passion out west. When he is not rehabilitating a knee, he is one of the most exciting racers to watch. This World Cup veteran is working on regaining his hard charging form and looking to podium at the Nationals.



Lyta Foulk (age 17 of Steamboat Springs, CO) is the only woman and the youngest member on the World Cup Team. Last year was the first year she was old enough (16) to race at the World Cup level. She started big, placing 9th in a World Championship event and top 5 in two Junior World Championship events - just missing the podium in the Dual Sprint event. This was after having not trained for most of the season due to injuries. She finished 2nd in last year's Nationals and will be difficult to beat in 2016.

The **U.S. National Team** has a number of veterans and up and coming youngsters. Both **Jeffrey Gay** (age 22, of Steamboat Springs, CO) and **Sarah Carley** (age 19, of Brentwood, NH) are team veterans that have been offered positions on the World Cup team but have elected to ski on the National team for 2015/2016 so they can focus on their college studies. Jeffery is World Cup veteran and is the defending National Champion who also won it in 2013. Sarah has 2nd and 3rd place finishes in the Nationals and will be a threat to win it all again in 2016. Nine other members of the National Team are expect to competed, any of which could end up on the podium.

The 17 skiers on the **U.S. Development Team** and other competitive and recreational telemark racers will also be racing for National Championship podium spots, as well as the men's and women's juniors and citizen titles.

Detailed biographies of the US Team Members can be found at - <http://www.ustsa.org/2015/08/24/us-national-team-2016/> .

Schedule

Thursday March 3 - Training day

Friday March 4 - Classic

Saturday March 5 - Parallel Sprint Qualifiers and Parallel Sprint Race

Sunday March 6 - Sprint Classic

Press Story Suggestions

Local athletes. Seven of the U.S. World Cup, National, and Development Team athletes are products of the New Hampshire. Several more are from other New England States including Vermont, New York, Massachusetts, and Connecticut,

US Telemark Ski Association (USTSA). Telemark racing does not fall under the umbrella of the U.S. Ski and Snowboard Association (USSA) but instead is run and governed by USTSA, a volunteer and non-profit organization of people dedicated to the sport.

Olympic aspirations. Telemark ski racing is getting serious consideration for inclusion in the 2022 Olympics.

Balancing academics and competition. Being an unfunded sport, US athletes have to balance school and careers with their passion for telemark competition. Many of the US athletes are currently attending college or high school while trying to compete at the top level. Many others have full time careers and find time to train and compete on the side.

Recent Press Releases & Social Media

US Telemark Team Web Site - <http://www.ustsa.org/category/news/>

US Team on Facebook - <https://www.facebook.com/pages/US-Telemark-Ski-Team/159758150723633>

Video Steam from the 2015 World Championships in Colorado - <http://livestream.com/TeleHo/events/3784427>

Event Organizers

US Telemark Ski Association (USTSA) www.ustsa.org - USTSA is a non-profit organization with a mission to promote Telemark skiing through educational clinics and sanctioned racing competitions. Contact: Ken Gay, USTSA Event Coordinator, ken@ustsa.org

Further Information

Crotched Mountain Ski Resort - <http://crotchedmtn.com/>

Telemark Racing Rules - <http://www.fis-ski.com/inside-fis/document-library/telemark/index.html#deeplink=rules>

Sponsors



Contacts

Media contact for the World Telemark Championships is Keith Rodney, National Championships Event Coordinator, keith@ustsa.org.

USTSA President is Garrett Long, garrett@ustsa.org

You may also contact Cary Foulk at cary@ustsa.org to request further information or for questions regarding the press kit.