

INSTRUCTIONS

FOR RAMER MILITARY CABLE SKI BINDING

INSTALLING HINGED BOOT PLATE TO SKI

1. Locate chord center of ski (half the direct distance between tip and tail. Mark ski with pen or marker. If your binding has the large plastic spacer plates, stick plate to ski with notched rear of plate $1\frac{3}{4}$ " behind chord center (toward ski tail). Make sure plate is centered and drill the rear 4 holes with a $1/8$ " drill and the front 4 holes with a $3/32$ " drill.
2. If you don't have spacer plates, place hinged boot plate on ski with hinge directly over chord center mark. Carefully center hinged boot plate so the both toe piece and rear of boot plate are exactly centered on ski. Mark the four mounting holes with a punch or pointed instrument. Drill the holes with a $1/8$ " drill, being careful not to go through bottom of ski.
3. Inject some glue (white glue, Urethane Bond, or whatever is suggested by the ski manufacturer) into the mounting holes. Take one of the heel cables, flex it so the ends are together, squeeze it together halfway from the ends, and place the squeezed portion on center of the ski between the mounting holes. Place the hinged plate over the cable. Place steel washers provided between plate and ski and install the mounting screws. (Note: it may be easier to hook the cable through the cable guides on the boot plate, with the colored plastic heel protector at the rear, for this procedure). Tighten screws fully.

INSTALLING SIDE HITCHES TO SKI

1. Insert boot toe into toe wire. Mark where the rear of the boot heel is located on the ski with a felt tip pen. Also make a mark on the side of the ski directly under the center of the ankle bone. This will locate the cable hitches for downhill skiing. Remove the boot.
2. Holding the cable hitches (hook facing down) against the side of the ski so that the center of the hitches are in line with the ankle center point, mark the screw holes with a punch. Drill the holes with a $3/32$ " drill.
3. Inject some glue into the holes and install the side hitches with the small flat head screws provided. Be careful not to strip the screws when tightening them.

INSTALLING FRONT RELEASE MECHANISM TO SKI

1. Mark a point $6\frac{1}{2}$ " forward of chord center on ski. Place a release mechanism with the rear holes on this point. Center mechanism and mark all four holes. Drill holes with a $3/32$ " drill.
2. Connect the cable ends to the release mechanism by pulling back the cable sheath on each end and insert the swaged cable end ferrule into the cable holder. Inject some glue into the holes and install front release mechanisms with the small pan head screws provided. Be careful not to strip the screws when tightening them.
4. NOTE: Once binding is installed, it is already adjusted to fit the largest boot that will work with the cable provided. If your boot is too large or too small to fit the cable adjustment range, use a larger or smaller cable.

INSTALLING PLASTIC HEEL PADS

1. Place plastic heel pads on ski directly under boot heel. Be sure that they do not interfere with the boot plate. Once located, attach to ski with the nails provided. Pads can also be attached by double-sided adhesive tape (not provided).

RELEASE ADJUSTMENT

1. It is important to understand that the release mechanism of this binding has no similarity to modern DIN-rated release ski bindings. Because of cable friction and variations in boot design, release settings must be established by trial and error. This binding will be especially unreliable when used with flexible boots. Such boots should not be used with the cable locked into the downhill side hitches.
2. Adjust release hook so that it is on the rear number on the front throw lever. With the cable connected through the downhill side hitches, adjust cable tension with the cable length adjustment nut until cable is tight and boot is held securely. Apply upward pressure at boot heel and watch front release mechanism. If the hook disengages too easily from the front throw lever, adjust the hook forward. If the downhill side hitches are to be used, you **MUST** be able to release the binding by yourself. Otherwise it will be unnecessarily dangerous.
3. If the binding is to be used only for free-heel skiing, the release setting can be increased so as to prevent accidental release. The release mechanism performs no function for free-heel skiing.
4. **NOTE:** When the downhill side hitches are used, disconnect the cable from the boot plate cable guides first. Do not use binding with cable connected to both side hitches and cable guides, as this will create too much friction for proper release.

BINDING MAINTENANCE

1. Lubricate the pivot rivets and the cables where they go underneath the toe piece with low-temperature oil on a weekly basis. The hinge points of the release mechanism should be oiled whenever they appear dry or whenever the mechanism does not move freely. **DO NOT** oil the adjustment bolt. When the downhill side hitches are used, apply some wax or grease to the cable where it contacts the side hitches.
2. Before use, check to make sure all hinge points are operating smoothly, and that the cable is not worn where it goes under the toe piece. Be sure that the release mechanism is properly set. Check for loose mounting screws.
3. After use, wash off accumulated dirt and lubricate hinge points. Occasionally wipe all metal components with an oily rag to prevent corrosion.

BINDING USE

1. This ski binding is intended for cross country and expedition skiing and for free-heel downhill skiing. While it is equipped with side hitches for immobilizing the boot heel for downhill skiing, it should be clearly understood that locking down the heel greatly increases the possibility of injury in a fall. Locked-heel skiing should be restricted only to competent skiers who do not need to rely on a locked heel for balance.
2. This type of binding will unpredictably allow the boot to release upward at the toe in a backward or sideways fall. This greatly reduces the possibility of knee injuries, even though at the same time it increases the possibility of upper body injuries and unwanted releases. Although this characteristic may be annoying at times, the boot toe should not be prevented from upward release by the use of toe straps or other retention devices.

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