



**SPECIAL
POINTS OF
INTEREST:**

- CCCSC July Lodge Weekends— 7-9 & 28-30 July—Page 10

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2017, ISSUE 2

7TH JUNE 2017

President's Piece

Welcome Hooray it's winter! The recent run of clear cold nights has allowed some downhill ski areas to open a week before the official start on the Queen's Birthday long weekend. We cross country skiers may have to wait just a little longer for snow to cover the trails and build a base in the backcountry.

It has been a busy autumn. We had a stall at the ACT Snow Sports Ski Sale on 14 May, which was successful in attracting new members to the club. Club volunteers also helped run the ski sale and took part in trail maintenance at Perisher. Our smart new club banner was on display on both occasions. Our first social meeting was held on 24 May. There was a good turnout of members who came to see some great ski and outdoor photos.

Now is the time to go to the website to check out the club's program for this winter. The first July lodge weekend at Kalkite is on in just over 5 weeks' time (8/9 July). It's only \$70 for 2 nights' accommodation for the weekend. There are still places available but book early to avoid disappointment. There will be a second lodge weekend on 29/30 July.

The club's Kosciuszko Tour ski event is on 19 August and you can enter at the early bird rate of only \$20 if you register before the end of June.

Check out the tour program and if you would like to lead a tour please contact the tour coordinator to have it added to the program.

Finally, if you haven't already done so, please renew your membership before 1 July to ensure you continue to receive this newsletter and can take part in club activities this season. For more information on how to renew membership, or to sign up for a lodge weekend or the Kosciuszko Tour, please visit the club's website or see the forms and links in this newsletter.

Regards
Jo-Anne Clancy
President

2017 Membership Subscriptions

Membership Subscriptions for the 2017 season are now due, and can be paid on Register Now, via the Club website, or via the form on page 21.

July Newsletter Deadline

Deadline for articles for the July 2017 Off-Piste is 7th July 2017.

Backcountry Accidents

What to do in a backcountry emergency

The material in this article has been extracted from a longer article with the same title as above written by Johnny Mulheron and Nick Plimmer that was published in the August 2016 issue (issue number 205) of the FMC Bulletin, the bulletin of the Federated Mountain Clubs of NZ.

Cross-country skiers and snowshoers should particularly note the comment on hypothermia.

“Post hypothermic/hypothermic patients have little reserve and can deteriorate rapidly if exposed to the same conditions. Numerous people have tried to self-rescue after supposedly recovering from hypothermia, only to succumb.”

Personal Locator Beacons

Not carrying a PLB is regarded by many as risky and there are cases where people would have survived had they been carrying one. Before purchasing one, the most important things to consider are: that it transmits on both the 406MHz and 121.5MHz frequencies; it is GPS embedded for faster response times; it has a long battery life and is fully waterproof. A good comparison of four leading brands can be found at www.mapworld.co.nz/beacons.pdf

If you activate your PLB, do so according to instructions. Make sure you are outside (it won't transmit through a metal hut roof).

When should I activate a PLB?

It does not have to be a life-threatening emergency for you to set off your PLB. The basic rule is 'if in doubt, get them out'. You should push the button in these situations:

Immobilised patients in significant pain with traumatic injuries clearly need rescue.

Fractured limbs such as arms or legs. If getting out under your own steam creates more pain and distress, medical evacuation is needed. If the fracture results in reduced distal perfusion (i.e. less blood circulation to for instance the fingers or toes) then this is a threat to the limb and a true medical emergency.

Consider the risk of infection of more minor injuries in the wilderness, such as eyes, especially if self-rescue will take a long time.

Many relatively minor injuries result in helivacs because of the distance from a road, the increased risk to the rest of the group, or the difficulty of terrain ahead.

Traumatic brain injuries can be a difficult call. If someone has been knocked out or concussed, even though they seem fine now, they can develop a life-threatening brain bleed over the next 24 hours. Observe them carefully for subtle changes to their consciousness such as anxiety or repetitive questioning and if these are present, get them out.

Post hypothermic/hypothermic patients have little reserve and can deteriorate rapidly if exposed to the same conditions. Numerous people have tried self-rescue after supposedly recovering from hypothermia, only to succumb.

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Medical emergencies such as anaphylaxis, suspected heart attack, severe asthma, prolonged diarrhoea and vomiting all need rescue.

People in sustained pain not easily reduced by pain relief are in need of evacuation. Think of the pain as an alarm system alerting you to the need for extra help. In an outdoor setting, sick people lack their normal reserves against the elements and can consequently deteriorate rapidly. Attempting self-rescue can put them and the group at risk. If you think a medical or traumatic condition will warrant evacuation, set off your PLB early and prepare a helicopter landing zone.

What can we do to assist rescue?

No more accidents! Make yourself, your group and the patient safe.

Leadership – take control. Cool analysis and implementation of a plan are vital.

Attend to the physical (food, fluid, warmth and rest) and emotional well-being of everyone.

As memory often becomes unreliable in times of stress, write everything down, including: location – map series, grid reference/GPS coordinates and physical description; accident details – what happened?; personal details of the patient including next-of-kin contacts, medical conditions, allergies, medications; weather and terrain conditions; patient details including injuries, illness, treatments and observations. Give these written observations to your rescuers.

What do we need to prepare for a helicopter rescue?

The helicopter needs to find you, which can be the most difficult part of the operation. Accurate location and information is vital. In daylight, make yourself visible with smoke, flares, reflectors, or by shaking trees. At night, if the helicopter has night vision capability they will see lights from a long way off: people have been rescued at night from the light of their cell phone screen.

A landing site needs to be tennis court size, relatively flat, free from obstacles (such as wires) on the approach, and free of loose objects. After circling the site, a helicopter will generally land into the wind. Position someone at the far upwind boundary of the landing site with their back to the wind and arms horizontal from their sides. Have only the minimal number of people absolutely necessary at the site.

Even without a landing site, the helicopter can still rescue you. Numerous winch rescues occur every year in difficult terrain or dense heavy bush. Make sure the patient is completely packaged with all their personal gear and a written handover for the rescue crew. The helicopter may allow additional passengers, so prepare for this.

For operations after dark most dedicated rescue helicopters now have night vision capability. This is very sensitive technology: lights shone on the helicopter from the ground may blind the pilot, so keep torches shining downwards when the machine approaches.

Don't be surprised if the helicopter does not elect to use your well-prepared landing site. The pilot may have seen something better or decide on a winch rescue instead.

Safety around helicopters

Always approach from the front (10 o'clock to 2 o'clock arc).

Never go near the rear of the helicopter (to avoid the tail rotor).

Always obtain approval (thumbs up or positive nod of the head) from the pilot or crew before approaching the helicopter.

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If the helicopter has landed on a hillside slope, the rotor on the uphill side may be very close to ground level. Always approach from below the level of the helicopter after getting pilot/crew approval.

Rotor downwash is very powerful. Secure loose articles of clothing including hats, caps or other equipment before approaching the helicopter. If an item blows away, don't chase it.

If you are carrying long pieces of equipment such as skis, carry them horizontally, below the waist, to prevent contact with the main rotor.

If rotor wash or dust impairs your vision, crouch down and stay where you are until you can see again.

If a winch line is lowered to you, stay still with your arm out and do not chase it; they will position the helicopter and bring the line right to you.

Take your time. The noise, wind and stress of the incident create a sense of urgency which can cause undue haste.

Think before you act.

Material extracted by Greg Lawrence

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Helicopter rescue, August 2010, just south of Schlink Pass (Greg Lawrence)

Skiing in New Zealand

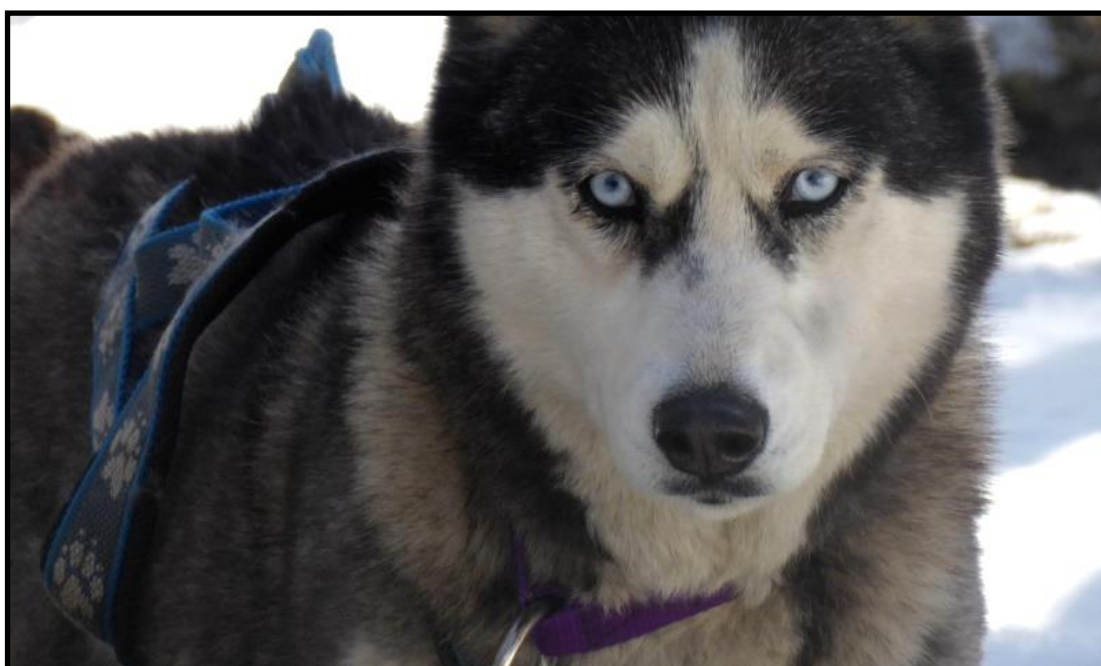
We will be undertaking a trip to New Zealand, focused on the Queenstown-Wanaka and Lake Tekapo regions from mid-August to early September (for around three weeks). We will undertake a mix of resort skiing (to hone our downhill techniques in a new and picturesque landscape), a

four-day back-country ski-touring course with Aspiring Guides and overnight ski touring trips in the Pisa and Two Thumb Ranges, which feature gentle undulating (i.e. not steep) terrain. We currently have three participants. It appears that numbers for the course are already

locked in but if anyone is interested in participating in the resort skiing or ski-touring parts of the trip, please contact Ian or Melinda.



Ken Moylan stress testing a snowbridge, 25 Oct 16 (Alan Levy)



Sled dog at Dinner Plain village, 26 Aug 16 (Alan Levy)

Touring News

As Tour Coordinator for this year my main aim is to have the best possible tour program available to members, in particular increasing the number of tours. I will be happy to receive proposed tours from members at any time, plus I will be chasing people to lead tours. The more tour leaders we have, the greater the variety of tours for members, plus it takes the burden off the usual tour leaders. David Drohan is assistant Tour Coordinator this year so also happy for members to provide proposed tours to David at any time.

The Tour Program, containing tour leaders contact details, will be available in the Members Only section of the web site, in the Members version of the Off-Piste newsletter, and also on tour sheets put out at club social meetings where members can put down their names for tours or propose new tours. Between each monthly newsletter, additional tours will be advertised on the web site and/or by separate emails to members. Non-members will also have access to the Tour Program (*without tour leaders details*) in the 'Tours' page on the web site and on the Club Facebook page.

The Club Facebook page has been popular for trip reports and photos and is a good way of seeing what the skiing conditions are like throughout the season. New tours proposed on Facebook will not be designated as formal club trips but people are welcome to propose tours here, and should be aware of the Club guidelines below.

On the Club web site, the 'Info / Club Forms' page contains the following forms and guidance that should assist tour leaders and participants:

- *Advice for Tour Participants*
- *Advice for Tour Leaders*
- *Guide to Transport Costs*
- *Tour Intention Form – Tour Details & Acknowledgement of Risks and Obligations*
- *Emergency Procedures*
- *Incident Report*
- *Medical Information & Emergency Contact*
- *Ski Tour Grading*

If anyone is interested in leading tours feel free to contact myself or David Drohan at any time with the details.

Alan Levy

Tour Coordinator



Ski Tour Program (2017)

Date	Tour Description	Leader
	Additional tours will be programmed and advertised in future editions of <i>Off-Piste</i> and in the members section of the web site.	
	Mid-Week Skiing I am available for mid-week skiing during the season and would welcome people joining me for mid-week activities, including tours, resort skiing and skating on the trails.	
Saturday, 24 June	The Paralyser from Guthega Intermediate-advanced skills Hilly terrain Medium distance Ski up from Guthega along the Farm Creek route to the saddle between Mt Perisher and The Paralyser. Explore the basins in the area, enjoying the panoramic views on offer, and maybe get out to the trig point at the end of the ridge. Return to Guthega.	
Saturday & Sunday, 1 & 2 July	Cruising down the Snowy River (Snowcamp) Intermediate skills Hilly terrain Long distance Ski from Perisher to Charlotte Pass and on to Seaman's Hut area on Day 1. Snow camp near Seaman's Hut. On Day 2, follow the Snowy River (starting on the north arm) down to Guthega - I recall some very pleasant and scenic landscapes when I did this a few years ago. Early start needed on Saturday to allow for transport logistics (placement of cars and requirement for drivers to use lift/skitube to get from Guthega back to Perisher; other participants can enjoy a leisurely morning coffee at Perisher) - so will look for either a very early departure from Canberra or (preferably) camping at Island Bend.	
Friday to Sunday, 7 to 9 July	A weekend of skiing with accommodation in Kalkite All Standards Join other members of the Canberra Cross Country Ski Club for a weekend all about learning how to cross country ski. This weekend is being held in conjunction with the 'Come and Try' cross country ski lessons at Perisher organised by Snowsports ACT. The weekend is a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Families with children are welcome. The weekend includes two nights' accommodation in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. The cost for accommodation for a weekend is \$70 (single), \$140 (couple) or \$200 (family of 3-5 persons). Please note this fee does not include lessons, ski hire, transport or food costs. Bring your own food and linen. Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.	
Saturday, 8 July	Beginner Tour (Perisher) Basic Skills Rolling Terrain Short Distance An easy afternoon tour for Beginners following the morning 'Come and Try Event', most likely on the nordic trails at Perisher.	
Saturday, 8 July	Mt Tate and surrounds Intermediate-advanced skills Hilly terrain Long distance From Guthega, head up to Mt Tate via Tate East Ridge. Perhaps ski part of the way out along Tate West Ridge. Return to Guthega via Mann Bluff, Mount Anderson, Pounds Creek and Illawong Lodge bridge.	

Ski Tour Program (cont.)

Date	Tour Description	Leader
Sunday, 9 July	Perisher Area Basic & Intermediate Skills Rolling Terrain Short Distance An easy tour somewhere in the Perisher area.	
Tuesday, 11 July	Mid-Week Tour All Standards A mid-week tour starting at Perisher or Dainers Gap.	
Saturday, 15 July	Perisher Trails Basic Skills Rolling Terrain Short-Medium Distance An easy tour somewhere in the Perisher area.	
Saturday, 15 July	Kiandra or Mt Selwyn Area Basic-Intermediate Skills Rolling Terrain Medium Distance A ski tour in the northern part of the park. Depending on the snow cover, possible destinations could include Tantangara Mountain, the Kings Cross Road or around the plateau close to Mt Selwyn.	
Sunday, 16 July	Perisher Area Basic-Intermediate Skills Rolling Terrain Medium Distance A tour starting from Perisher. Possible destinations could include The Porcupine, towards Dainers Gap or towards Charlotte Pass.	
Saturday, 22 July	Cabramurra Trails Basic-Intermediate Skills Fairly Flat Terrain Medium Distance Let's go exploring. I haven't skied on the Cabramurra Trails for a long time and want to see how they are faring. Ski the trails. Find the odd bits. Fall back options include starting from Mt Selwyn, Kiandra or Perisher.	
Saturday & Sunday, 22 & 23 July	Guthega - Rolling Grounds - Schlink Hut - Guthega Power Station (Snowcamp) Intermediate skills Hilly terrain Long distance Ski from Guthega along the Rolling Grounds to Dicky Cooper Bogong and down to Schlink Hut (or White's River Hut), where we will stay the night. On day 2, possible morning excursion (Mt Gungartan area?); ski to Guthega Power Station. Short car shuffle required.	
Tuesday, 25 July	Mid-Week Tour All Standards A mid-week tour somewhere in the Perisher area.	
Friday to Sunday, 28 to 30 July	A weekend of skiing with accommodation in Kalkite All Standards The weekend is a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Families with children are welcome. The weekend includes two nights' accommodation in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. The cost for accommodation for a weekend is \$70 (single), \$140 (couple) or \$200 (family of 3-5 persons). Please note this fee does not include lessons, ski hire, transport or food costs. Bring your own food and linen. Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.	

Ski Tour Program (cont.)

Date	Tour Description	Leader
Saturday, 29 July	Guthega Area Intermediate Skills Rolling & Hilly Terrain Medium Distance The destination will depend on the conditions, but could be across the dam wall towards Guthega Trig, along the Snowy River Valley to Illawong and beyond, or towards Mt Perisher and The Paralyser.	
Sunday, 30 July	Teddys Hut Basic-Intermediate Skills Fairly Flat Terrain Long Distance From Dead Horse Gap, follow the Thredbo River upstream until we get to Teddy's Hut. This is a long ski with a continuing gentle rise throughout the day. Put on as part of the 2nd Kalkite Lodge Weekend.	
Saturday, 5 August	Four Mile Hut & Elaine Mine Intermediate Skills Rolling-Hilly Terrain Long Distance Start from Mt Selwyn and ski to Four Mile Hut and hopefully to Elaine Mine, which contains the remains of a steam engine and other mining remnants.	
Sunday, 6 August	Race – Boonoona Open <i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i>	
Wednesday, 9 August	Race – KAC XC Classic <i>A mass start citizen ski race from Perisher to Charlotte Pass, starting at 10:45am. Classic and Freestyle. Many Club members participate in this event, then have lunch at the Chalet, followed by a leisurely ski back to Perisher.</i>	
Thursday, 10 August	Race – Sundeck Handicap Race <i>A 7.5km handicap race around the Perisher trails, starting at 11am, followed by lunch at the Sundeck Hotel.</i>	
Saturday, 12 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Tuesday, 15 August	Mid-Week Tour All Standards A mid-week tour somewhere in the Perisher area.	
Saturday, 19 August	Kosciusko Tour Our Club is running this ski race, which will start at Perisher and head to Charlotte Pass and back. Participate in the Kosciusko Tour ski race either as a racer or volunteer helper. Further details are on the Club website.	
Saturday, 26 August	Race – Kangaroo Hoppet <i>Club members will be in Victoria to participate in the 42km Kangaroo Hoppet, 21km Australian Birkebeiner and 7km Joey Hoppet ski races at Falls Creek.</i>	
Sunday to Saturday, 3-9 September	Guthega Lodge Week Intermediate Skills Hilly-Steep Terrain Medium Distance I am running my cross country week at the Australian Ski Club lodge at Guthega from 3rd September. Day trip tours from the lodge will be organised and will run Monday 4th to Saturday the 9th. Destinations will be determined on cover, snow conditions and weather. For medium levels of skiing ability and above. Cost is \$90 per night, each room has its own ensuite, there are quality beds and NO bunks, self catering, your own fridge ,etc. and bookings need to go through me. I will be at the June meetings for a chat with anyone interested.	

Ski Tour Gradings

It is important that tour participants ensure that their abilities match the skill levels required by the tour – a description of the Terrain, Distance and Skill Level descriptors is provided below and under Ski Tour Grading on the club's web-site.

TERRAIN

Rolling — Flat to gently rolling hills, no big hills to climb or descend. There may be some steep sections but these will be short and easy to negotiate.

Hilly — Large rounded hills requiring several turns to descend but not technically difficult. There may be some steep sections but these will be short and easy to negotiate.

Steep — Steep skiable hills including black runs at resorts, cornices and chutes. Technically difficult slopes to descend.

DISTANCE

Short — Under 8km/day and < 200m vertical climb. A moderate level of fitness is required.

Medium — 8km to 15km/day OR 200m to 600m vertical climb. A moderate level of fitness is required.

Long — Over 15km/day OR > 600m vertical climb. A high level of fitness is required.

SKILL LEVELS

Basic — Can maintain control and perform the following skills on gentle terrain: kick turns, snow plough, side step, herring-bone, traverse and diagonal stride.

Intermediate — Can maintain control and perform the following skills on hilly terrain: kick turns, snow plough turns, step turns, side slip, side step, herringbone, traverse, diagonal stride and self arrest.

Advanced — Can maintain pace over long distances. Has intermediate skills plus able to link stem, parallel or telemark turns.

"These weekends are a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills."

CCCSC July Lodge Weekends

The club is hosting two July lodge weekends for members. These are held in conjunction with the 'Come and Try' cross country ski lessons at Perisher organised by Snowsports ACT.

These weekends are a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Families with children are welcome. Both weekends include two nights' accommodation in Kalkite. The cost for accommodation for a weekend is \$70 (single) \$140 (couple) \$200 (family of 3-5 persons). Please note this fee does not include lessons, ski hire, transport or food costs.

Dates: 7-9 July (school holidays) and 28 – 30 July

Program: Friday – Arrive at lodge accommodation in evening.

Saturday – 'Come and Try open day' lessons and tours, social night dinner back at lodge.

Sunday – Tours for all levels of skiers led by experienced club members.

Numbers are strictly limited. Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.

VERTIKAL Indoor Snow Sports Australia

Vertikal are planning to open an indoor ski facility at Dairy Road in Fyshwick in June/July which will have three ski slopes, basically like a large treadmill, and will be open 7 days a week. They have provided the following information:

Vertikal provides year-round access to slopes for skiers and boarders that simulate real terrain.

We offer a unique bridge between the indoor and outdoor experience where individuals can continue to develop and build upon their skills.

Our team of certified ski and snowboard instructors and coaches enables both leisure and serious snow sports competitors alike to maintain muscle memory, and reach their goals without the disruption imposed by seasons.

We cater to a wide audience from the novice to the professional athlete. In addition to casual participants, the Vertikal team offers training for school and university groups, highly skilled athletes and race clubs, as well as social clubs and corporate groups looking for leisure and team-building activities.

Further, we offer specific training programmes for adaptive athletes whether they are skilled competitors or individuals new to snow sports within a safe, fully-supervised environment.

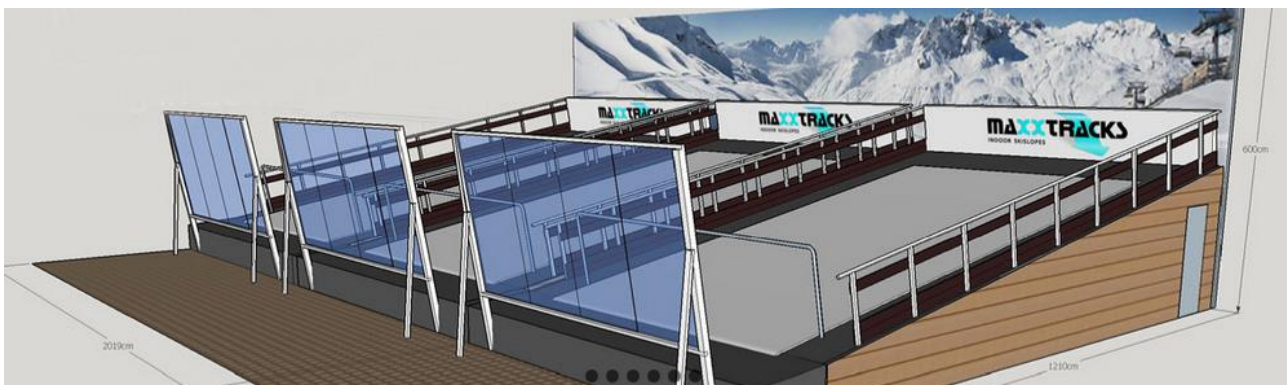
All activities are carefully constructed and supervised by snow sports professionals with vast international teaching experience and who can carefully consider individual ability and requirements.

This business concept is based on an established indoor ski and board slope simulator business model by Maxxtracks in The Netherlands.

The indoor ski slope simulators are at the heart of the operation. The slope itself is a moving and tilted platform with a specialised white astro-turf surface that can be adjusted in height and is operated on an electric and hydraulic mechanism. A mirrored front wall provides immediate feedback for the participant to adjust and modify technique as they train.

With regard to how the slopes could be used by cross country skiers, Paolo Bellini, snow sports director of Vertikal, says the machine(s) can be placed at the lowest possible angle for smooth cross country training. The speed is adjustable to cater for whatever training speed is required by the individual.

Further information and updates is be available at vertikalsnowsports.com



Canberra Cross-Country Ski Club			
KOSCIUSZKO TOUR ENTRY FORM			
10:00 am Saturday 19 August 2017			
Family Name			
First Name(s)			
Address			Postcode:
E-mail address	<input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email		
Telephone	Work	Home	Mobile

Birth year	_____	Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
(Entrants must be at least 14 years old)				

Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/> Name of club: _____
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Technique:	Classic <input type="checkbox"/>	Freestyle <input type="checkbox"/>
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Team Entry (Optional) (must have 3 people per team)	Fancy dress <input type="checkbox"/>	Family <input type="checkbox"/>	Club <input type="checkbox"/>	ADF Service <input type="checkbox"/>
Team name				
Names of other team members	1. _____		2. _____	

Conditions of Entry	
<p>The Entrant, by entering and starting agrees to:</p> <ul style="list-style-type: none"> be at least 14 years old, be responsible for their fitness and ability to take part in the event, have adequate clothing, food & drink before, during and after the event, carry a small pack during the tour if weather conditions require, containing warm/wet weather clothing, snacks and drink report to the nearest official if withdrawing from the event, & absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur. 	<p>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</p> <ul style="list-style-type: none"> vary or cancel any race arrangements to suit weather or snow conditions, post variation or cancellation notices on cccsc.asn.au and at race office, refund the entry fee paid less expenses if the race is cancelled before 17 August, make no refund if the race is varied or cancelled on or after 17 August, make no refund, credit or exchange if the Entrant withdraws before starting, close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, refuse entry or participation to any Entrant,

Early Bird Entry Fee (received by Friday 30 June)	\$20	Sign here
Standard Entry Fee (received by Monday 13 August)	\$30	
Late Entry Fee* (to 8:45 am Saturday 19 August)	\$40	
Please send completed entry form and payment (cheque or money order) to: KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602		Signature of Entrant (or Parent/Guardian if Competitor is under 18 years of age) or enter online (Visa/Mastercard/PayPal) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=25263

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and follow alongside the Kosciuszko Road to the lookout at the top of Charlotte Pass. It will then cross Johnnies Plain before climbing the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 20 km.

Changes - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

Tracks - A classic track and freestyle track will be set and marked with flags where possible.

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start 15 minutes after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

If the weather conditions are poor, entrants may be required to carry a small pack of safety equipment including an all weather jacket, extra clothing, and drink and food.

There will be drink stations on the course, but it is recommended that entrants carry additional water especially if the weather is mild and sunny.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

TIME

Open for late entries	7:45am to 8:45am
Pick up bibs and ankle transponders	9:00am to 9:30am

START

TIME

Pre-race briefing	9:45 am
Race Start	10:00am to 10:15am

RACING - This is a tour race so there is no calling of "track" – please go around slower skiers.

FIRST AID/DRINK STATIONS –drink stations at Charlotte Pass, Porcupine and Perisher

SAFETY - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that the course does not follow the regular groomed trails and snow conditions can range from ice, deep snow or slush. Natural hazards include rocks, bare patches and vegetation. Other skiers also use these trails. Skiers must ensure that they ski in control at all times to minimise risk of collisions and injury. In sunny weather use sunscreen, sunglasses and carry sufficient water.

If the weather deteriorates ski together and help each other as much as possible. If you come across another entrant in difficulty or distress, assist and/or report to the nearest official on skidoo or at a first aid/drink station, giving a bib number, problem outline and location.

Bibs/transponders will be accounted for at the Finish and a missing bib/transponder may initiate a search at your expense.

If you withdraw from the Tour report to the nearest official and hand in your bib and transponder.

FINISH: Outside Perisher Cross Country Ski Centre (Nordic Shelter)

TIME

Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm
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PRESENTATION: Sun Deck Hotel Perisher

TIME

Presentation	2:30pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the Presentation, on the web page and emailed	
Survey forms should be completed and placed in the box at the Presentation	

GETTING OUT OF THE INTERMEDIATE RUT - Book/DVD

Review: "Breakthrough on Skis" by Lito Tejada-Flores

When I worked in Melbourne's CBD in the mid-1990s, I used to frequent the outdoor equipment shops in Little Burke Street during my lunch hour. On one of these occasions, the sub-title of a book by Lito Tejada-Flores, "Breakthrough on Skis: How to Get Out of the Intermediate Rut", caught my attention. I was probably not even an intermediate skier at the time but already felt myself to be settling into a rut in terms of my skiing skills. Having bought the book, I thumbed through it and didn't really give it much more attention. I wasn't doing much skiing at the time and it was directed at downhill skiers anyway. It focused on pulling off parallel turns and they weren't something I was pursuing.

The book sat on my bookshelf for many years pretty much untouched. But, still drawn by that sub-title, I picked up the book again more recently and looked through it. Breaking out of the intermediate rut remained a tantalising objective. And, checking on the internet, I found there was now a DVD version of the book - though Lito had dropped the sub-title that had originally drawn me in, with the full title of the DVD version being: "Breakthrough on Skis: Expert Skiing Simplified". I placed an order and some time later received the DVD through the

mail, posted personally, it would appear, by Lito himself from his home in Colorado.

Lito suggests the DVD might be "one of the best ski lessons [he's] ever given". It looks good to me. The DVD format works really well, including through the use of slow motion footage. Lito explains that "most skiers, even experienced long-time skiers, don't ski like experts simply because they don't know how experts do it. Superficially, expert skiing looks like an improved version of average intermediate skiing. But it's not. Experts use a fundamentally different set of movement patterns as they sail down the slopes. And [my] goal is to show you these few critical expert movement patterns in such a clear, easy to understand way that you can literally transform your skiing."

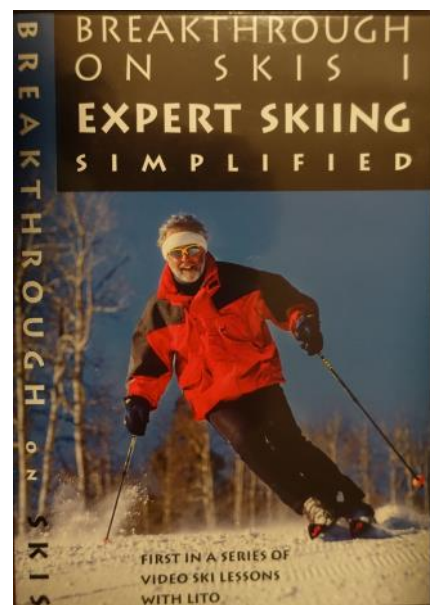
Okay, the fact remains that it's aimed at alpine skiers. But if you want to improve your techniques for getting down hills, then I think this book/DVD offers a lot, particularly if you are skiing on wider and shorter skis, where the prospects of pulling off parallel turns are easier. If you are interested, I suggest you go to Lito's website: <http://www.breakthroughonskis.com>.

And now, with the hope of breaking out of the

intermediate rut, I intend to spend some time on the slopes this year trying to put Lito's lesson into practice. If anyone wants to join me in this noble endeavour, let me know.

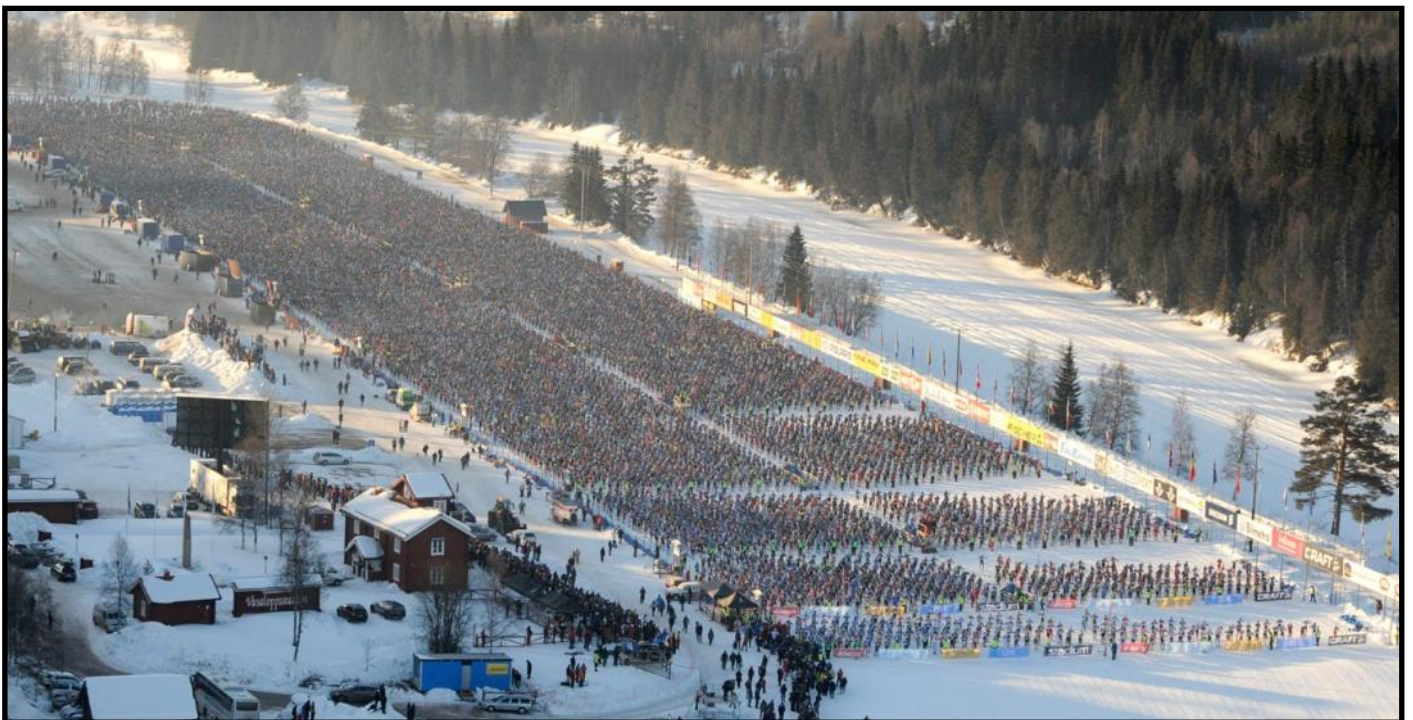
(Postscript: I see that Lito now has a book out entitled "Soft Skiing: The Secrets of Effortless Low-Impact Skiing for Older Skiers". Hmmmm ... with the advance of years, this seems to be another catchy title that speaks to my inner needs. I guess I better add this one to my bookshelf as well!)

Ian Turland

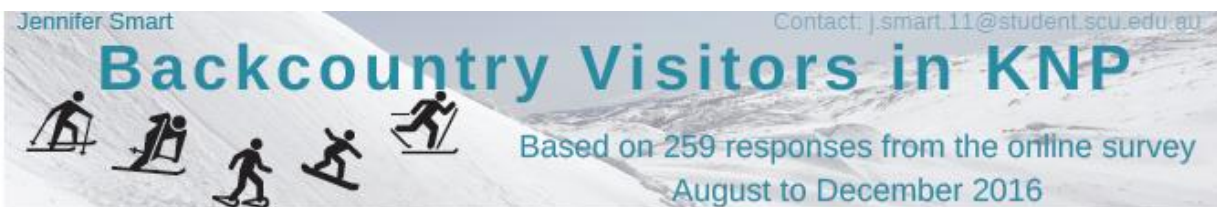




The start of the Vasaloppet race in Sweden. Vasaloppet is an annual long distance cross-country ski race held on the first Sunday of March, although Vasaloppet Week consists of seven races over 10 days. The 90 km course starts in the village of Sälen and ends in the town of Mora in northwestern Dalarna, Sweden. It is the oldest and longest cross-country ski race in the world as well as the one with the highest number of participants. The maximum number of participants is 15,800. The race was inspired by a notable journey made by King Gustav Vasa when he was fleeing from Christain II's soldiers in 1520. The record winning time is 3:38:41 set by Jörgen Brink of Sweden in 2012. Only ten winners have finished in less than four hours.



Between August and December 2016, an online survey about snow-based backcountry visitors in Kosciuszko National Park was undertaken as a research project, and the initial summary of the data is provided below and re-printed with permission of the author.



Travelling on

34% Alpine touring (AT) skis
22% Telemark skis
16% Snowshoes
13% Snowboard/splitboards
10% Cross country skis

Who with

53% Friends & relatives
20% Alone
16% Partner
10% Work colleagues & others
8% Parents & children

Group members' ages ranged from 3 to 82 with an average age of 40

Trip length

Single day trip
44%

Multi day trip
56%

(36% camped in the backcountry and 20% stayed outside of the backcountry)

Camp

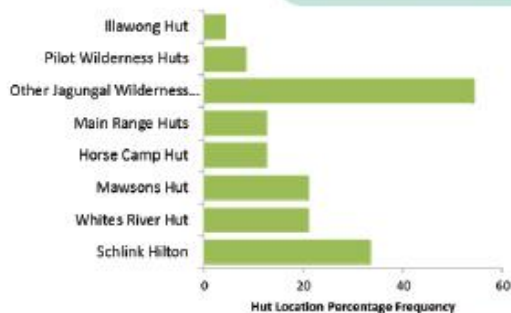
of the 36% camped in the backcountry

68% camped at one base

32% toured to each campsite

for 2 to 14 nights

26% in huts

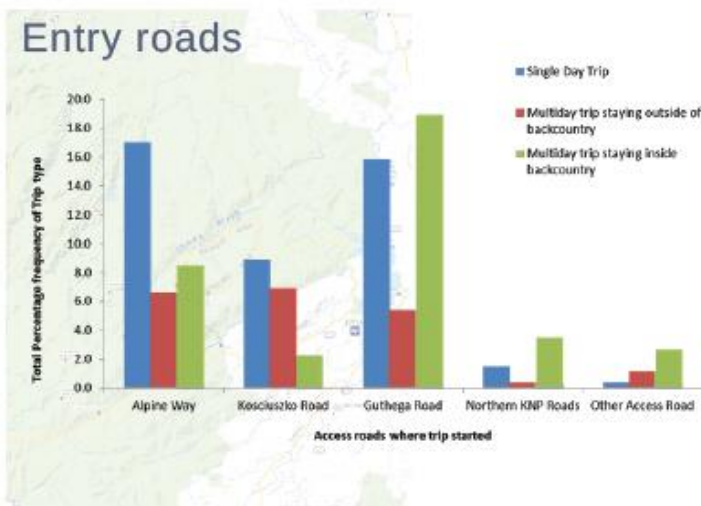


70% in tents



4% combination of huts and tents

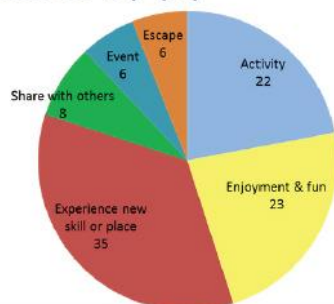
Entry roads



Entry locations



Main reason for trip (%)



64% rated their trip as 5/5 with an average of 4.5

Wilderness

I experienced:

some wilderness 65%

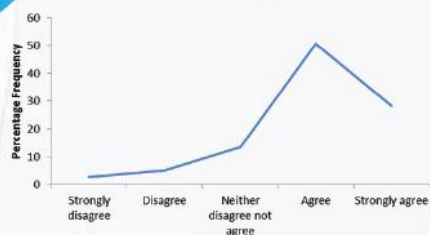
complete wilderness 25%

no wilderness 9%

Wilderness to me means (%):

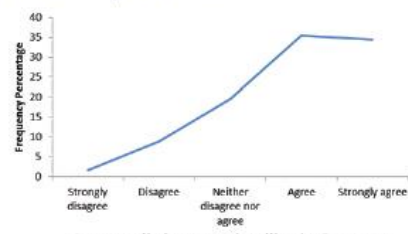
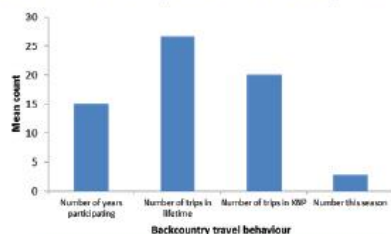


Wilderness is a motivator:



Contact: j.smart.11@student.scu.edu.au

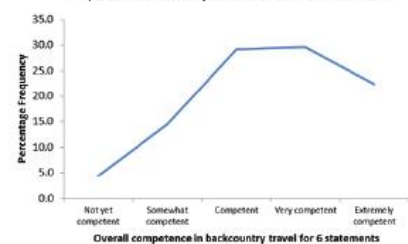
Previous experience, importance & competence



29% on their first trip this season

64% have taken backcountry trips overseas

42% have taken backcountry trips in VIC and TAS



Equipment

\$1665 spent on average in the last 12 months on backcountry travel

\$3791 on average to replace backcountry equipment.

Training

54% have NO formal training

70% trained informally by friends

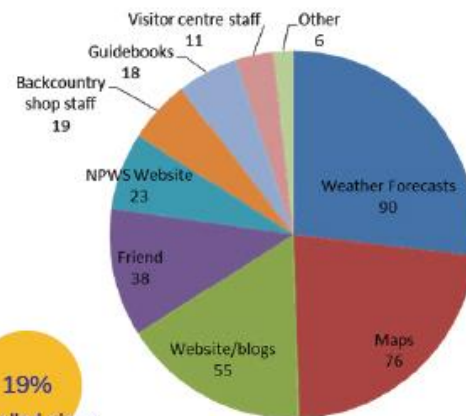
29% have avalanche training

34% informally trained through websites and blogs

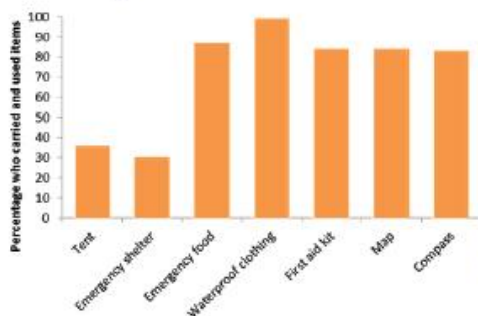
54% self taught

29% informally trained through outdoor recreation club participation

Trip planning resources (%)



Safety

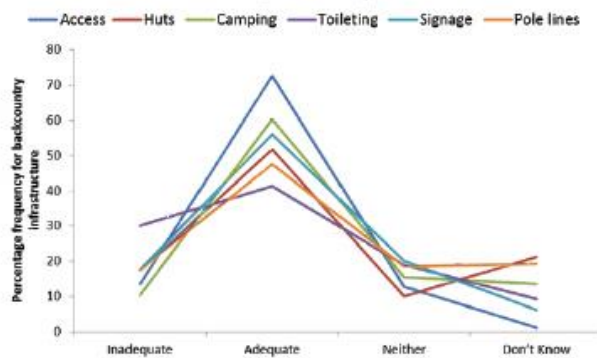


19%
Travelled alone

79%
Notified family/partner and
50% a friend when leaving
for their trip

The highest perceived risk
was weather and snow
conditions with an average of
2.46 & 2.34 on scale of 1 to 5
(negative to positive)

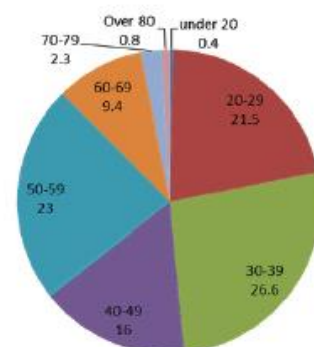
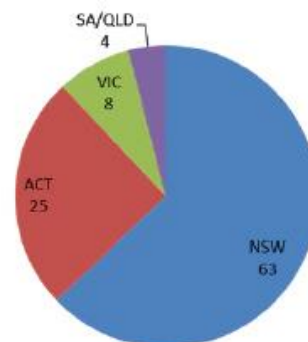
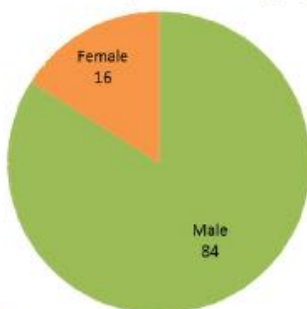
Infrastructure perception and use



Remote toileting

49% Entry/exit location
22% Resort toilets
17% Hut toilets
14% Buried in snow
13% Packed out
13% Other

Who responded (%)



Thank you for your collaboration.

To cite: Smart, J. (2017). *Backcountry Visitors in KNP*.
[Infographic]. contact: j.smart.11@student.scu.edu.au



Canberra Cross Country Ski Club

PO Box 6234, O'Connor ACT 2602

Web: www.cccsc.asn.au

Email: cccscinfo@gmail.com

**Fun and fitness
in the snow**

Club Committee Contacts

Position	Name	Email	Phone
President	Jo-Anne Clancy	cccscpresident@gmail.com	
Vice President	Ian Turland	cccscvicepresident@gmail.com	
Secretary	Greg Lawrence	cccscsecretary@gmail.com	
Treasurer	Paul Room	cccsc treasurer@gmail.com	
Membership Secretary	Gale Funston / Niboddhri Ward	cccscinfo@gmail.com	
Tour Coordinator	Alan Levy / Dave Drohan	cccsc tours@gmail.com	
Kosciusko Tour Coordinator	Rowan Christie	cccsc racing@gmail.com	
Meeting Coordinator	Vacant	cccsc meetings@gmail.com	
Newsletter Editor	Tony Brown	cccsc editor@gmail.com	
Webmaster	Nick Reese	cccsc webmaster@gmail.com	



Club Snow Camping Gear for hire

The following gear which is owned by the Club is available for hire to Club members. These prices are cheap. The commercial hire charge for a 2-person tent is \$45 per weekend.

Tent (Macpac 3-4 person) - \$20/weekend ; - \$30/week



Club Safety Gear for use by Tour Leaders

The Club has four Personal Locator Beacons (PLB), two GPS units and some first aid kits which are available free of charge to members leading Club ski tours.

PLB (GME MT410G)

Contact Alan, Jo-Anne, Bruce or Lachlan.



Social Meetings 2017 (All Welcome)

Wednesday 14 June 2017

Snow Shoeing in the Alps

Guest Speaker: Phill Moses

Phill Moses will talk about his snow shoeing adventures in the Alps. His book 'Clancy's Hat' will be launched shortly and will be available on the night.

Wednesday 28 June 2017

Climate Change and Sustainability

Guest Speaker: Professor Will Steffen

Professor Will Steffen is one of Australia's foremost climate change Scientists and researchers at the Australian National University, Canberra. He has featured several times this year on radio interviews and has very kindly agreed to come and talk on Climate Change, specifically in South East Australia including the Snowies. This is a golden opportunity to hear the latest information on this very important subject that affects us all.

Wednesday 12 July 2017

Mont Equipment Talk & Vertikal Indoor Snow Sports

Guest Speakers: Sarah (Mont) and Charlotte Oster (Vertikal)

A representative from MONT will talk about the latest cross-country skiing equipment (from 8 to 9pm) and Charlotte Oster from Vertikal Indoor Snow Sports will talk about the new ski simulator facility about to open in Canberra (from 9 to 9:15pm).



Meetings are held at the Hughes Community Centre, Hughes Place, Hughes, Canberra, Canberra on the 2nd and 4th Wednesday of every month from mid May to October. Door opens at 7.30 pm for 7.45 pm start. Light refreshments will be provided.



Application for Membership 2017

Canberra Cross Country Ski Club Inc

ABN 55 670 450 108

PO Box 6234 O'CONNOR ACT 2602

To join **ONLINE** go to
www.cccsc.asn.au and click **REGISTER NOW**

MEMBER DETAILS		MEMBER PREFERENCES										
<p>Tick the box if you do not wish your:</p> <ul style="list-style-type: none"> NO email to be distributed on the email list <input type="checkbox"/>; NO Information on a contact list on the members only area of the website that includes your name No <input type="checkbox"/> suburb No <input type="checkbox"/> email No <input type="checkbox"/> and NO preferred phone numbers <input type="checkbox"/> Blank box means agreement to information on members page <p>All other information will be kept confidential with only summarised results reported.</p> <p>Postal address (Number, Street, Suburb or Town, State, Postcode)</p>		<p>Help CCCSC organise appropriate activities and plan for the future by answering the questions below about yourself and household members:</p>										
		Skiing Level What type of ski trips do you like? (you can tick more than one box)			Interests What do you hope to get from membership of CCCSC in this session (you can tick more than one box)							
		Beginner	Short and easy	Intermediate	Advanced	Social outings	Citizen races	Resort Telemark	Ski day trips	Ski camping trips	Ski instruction	Other instruction
Member 1 First Name Last name <input type="checkbox"/> email <input type="checkbox"/> Daytime Phone <input type="checkbox"/> Evening Phone		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Member 2 First Name Last name <input type="checkbox"/> email <input type="checkbox"/> Daytime Phone <input type="checkbox"/> Evening Phone		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First and last name of other household members: Member 3 Member 4 Member 5		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>We apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.</p> <p>Signed by or for each member above:</p> <p>Have you ever been a member of the CCCSC before? YES <input type="checkbox"/> NO <input type="checkbox"/> What Date did you join</p>												
<p>Make cheques payable to: "CCCSC"</p> <p>Mail this form and your cheque to "CCCSC, PO Box 6234 O'CONNOR ACT 2602" or</p> <p>Bring this form and your cheque or cash to a CCCSC meeting.</p>												
<p>Membership fees:</p> <p>\$50 for single membership</p> <p>\$65 for household membership</p>												



Canberra Cross-Country Ski Club

July Lodge Weekend Booking Form

Family Name			
First Name(s)			
Address			Postcode:
E-mail address			
Telephone	Work	Home	Mobile

Select Weekend	7-8 July 2017 <input type="checkbox"/>	28-30 July 2017 <input type="checkbox"/>
-----------------------	--	--

Type of booking	Single \$70 <input type="checkbox"/>	Couple \$140 <input type="checkbox"/>	Family (3-5 people sharing a room) \$200 <input type="checkbox"/>
Names of other participants (couple and family bookings)	1. <input type="text"/>	2. <input type="text"/>	
	3. <input type="text"/>	4. <input type="text"/>	

Sign here	
Please send completed booking form and payment (cheque or money order) to: CCCSC, PO Box 6234, O'Connor, ACT 2602 or pay at a club social meeting	or enter online (Visa/Mastercard/PayPal) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=25400