

## SPECIAL POINTS OF INTEREST:

- New Zealand Trip — Page 3
- CCCSC Lodge Weekends — 5-7 July & 2-4 August — Page 5

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*Lachlan Kennedy on a drift on the unpacked 7 km loop at Perisher on Sunday 2 June 2019. The snow was a 'go any' where pack with no air pockets. Remarkable for the first fall of the season. (Photo: Lachlan Kennedy)*

## 2019 Membership Subscriptions

Membership Subscriptions for the 2019 season are now due, and can be paid on Register Now via the Club website, or by using the form on page 27. [Register Now](#) is the preferred and easiest method.

## July Newsletter Deadline

The deadline for articles for the July 2019 Off-Piste is **1st July 2019**.

Please send any articles or photos to [cccsceditor@gmail.com](mailto:cccsceditor@gmail.com)

# President's Piece

The ski season has officially started and it was one of the best starts in years. I managed to sneak down to Perisher for a ski around the 5 km trail on Friday 7 June and the snow cover and grooming were incredible for so early in the season.

Unfortunately there has been some rain over the last few days, but hopefully the cold snowy weather will return next week. The Nordic shelter is looking a treat, so well done to all those members who gave their time and effort in the autumn working bees.

Now that the snow is here our 2019 ski tour program is available in this newsletter and on the club website. The program will be updated as the season progresses. We always need more tours on the program, so if you are interested in leading a tour please contact tour coordinator Ken Moylan.

We had our first social meeting for the season on 22 May. ACT Parks and Conservation Service senior manager Brett McNamara provided a fascinating insight into the complexities of managing a national park, including dealing with competing interests, balancing access vs environment, and why they always seem to close the roads when it snows in Namadgi (a source of frustration for keen Canberra skiers!).

## July Lodge Weekend

There are still a few vacancies left for the 5-7 July lodge weekend at Kalkite. If you're new to cross country skiing or just want to dust off your technique, this is a great opportunity. It ties in with the 'Come and Try' on Saturday and the 'Ski de Femme' on Sunday, both of which provide low cost lessons with skilled instructors. Book through Register Now <https://www.registernow.com.au/secure/Register.aspx?E=34531> or contact Jo

-Anne Clancy 0411 156 959.

## Kosciuszko Tour

The club's own Kosciuszko Tour ski race is now only six weeks away on Saturday 27 July. Online entries are open at <https://www.skiandsnowboard.org.au/events/42857/> or you can use the PDF entry form attached to this newsletter. We also urgently need volunteers to help run the race. Please contact Rowan Christie if you are available to assist on the day. Accommodation at Kalkite is available for volunteers at a reduced cost. Make a weekend of it and stay on for a Sunday ski tour.

## Carpooling

The club encourages members to car pool as much as possible when travelling to the mountains to take part in a club tour. We appreciate the drivers who make their vehicles available and want to make sure that they are fairly reimbursed for the cost of petrol, wear and tear, park entry and

other expenses. The current Guide to Transport Costs is available on the club website under the Info / Club Forms tab.

One issue that has been raised recently is coverage of car insurance excess or gap. Unfortunately the roads to the mountains are infamous for collisions with wildlife, especially early in the morning. Many club members have first-hand experience of the damage a collision with a kangaroo can do to a vehicle (not to mention the poor roo). The driver can be left facing a hefty insurance gap payment of several hundred dollars or more. Should this cost be shared amongst the other passengers in the vehicle, or all other participants in the tour, or the club more generally? Or is it the driver's personal choice to select the insurance cover (and associated gap) they are comfortable with? The committee is interested in your thoughts on this issue.

Jo-Anne Clancy



*The Cascade trail, looking west, on 6 June 2019. Photo: Lachlan Kennedy*

## Indoor Downhill Ski Training Night — Fri 14 June

An Indoor Downhill Ski Training Night is being held for Club members at **Vertikal Fyshwick** - brush up on your snow plough (or parallel) turns:

Date: 14 June 2019

Time: 6pm to 8pm for a half hour tutored session on the slope

Cost: \$65 (includes equipment, tuition and light refreshments)

**What to bring:** Warm layers of clothes that you can strip off to cooler clothing when on the slope. Your own downhill ski boots and helmet if you have them or they can be provided by Vertikal. Note that Vertikal provide downhill skis and poles.

**Background information:** There is a warm fire to gather around while waiting your turn and watching the slope. Light refreshments are included and hot drinks and alcoholic drinks are available at your cost from the bar.

There is **one** spot left for Club members who are interested in attending this evening. If interested, sign up via the [Register Now](#) link.

## New Zealand Trip - Merino Muster Ski Race - August 2019

A number of Club members are travelling to New Zealand in late August to participate in the **Merino Muster Ski Race**, a Worldloppet event being held on Saturday, 31 August at the Snow Farm situated on the Pisa Range between Queenstown and Wanaka.

Accommodation for up to 10 people has been booked at the 'Haven by the Lake' holiday home in Wanaka for the nights of 26 to 31 August. Most of us are flying to Queenstown on Monday, 26 August and returning to Australia on Sunday, 1 September. Anyone interested in attending should contact Gale.



The Merino Muster is New Zealand's pinnacle cross-country ski race held on Saturday, 31 August 2019 and is for top athletes, cross-country skiing enthusiasts and newcomers to the sport. With 42km, 21km and 7km distances, the race caters to all abilities and fitness levels.

### The Course

The Merino Muster leads you around the spectacular Snow Farm trail network. For the competitive, there is a significant variety of trails and regular feed stations around the course. All events start with a 7km loop in the main basin where all the spectators can see what's happening in the early stages. The 7km competitors finish here and the 21km and 42km head out into the spectacular Hanging Valley, with its dramatic views down into the Roaring Meg river far below the trails.

Once complete its back through the main base area and out onto the gentle river run and the loop with its vast view out across the Pisa Range and down into Wanaka. The 21km race finishes here and the 42km competitors head back out onto hanging valley for one more loop of both Hanging valley and the loop trail.



## Seniors Card in the ACT

The ACT seniors card, which also acts as a MyWay card for public transport (bus and light rail), is available to ACT residents aged 61 years or over who are not working more than 20 hours a week. In addition to providing discounts at many shops and restaurants and for many services, it also provides free public transport during off-peak hours (9am to 4:30pm) on Monday to Friday and all day on weekends and public holidays. For those over 70 years, it provides free travel at all times.

MyWay cards expire if there are no transactions on the card for two years. A transaction can be either travel or a recharge. Once a card has expired, it cannot be reactivated and a new card will need to be issued.

The cards can be obtained by filling in an application form at ACT Government Access Centres or most public libraries (a drivers licence is required to confirm age and address).

Holders of an ACT seniors card are now eligible to apply for the NSW Gold Senior/Pensioner Opal card. This allows ACT Seniors Card holders access to concessional fares in NSW once credit is loaded onto the card. Application for the Opal card can be done online but applicants should wait for at least 10 days after being issued with a new ACT seniors card before doing so.

**ACT seniors can receive a discount of approximately 20% on all four types of annual pass to NSW national parks.** No discount is available for day or multi-day passes.

To apply for a Seniors discount annual pass you'll need:

- A completed NPWS annual pass order form

- A copy of your Seniors Card (front and back of card)

- A copy of your vehicle registration. The name on vehicle registration and seniors card must match.

Completed annual pass order form and copy of supporting documents can be emailed to:

[annual.passes@environment.nsw.gov.au](mailto:annual.passes@environment.nsw.gov.au)

or sent by post to: National Parks Contact Centre, PO Box A290, Sydney South, NSW 1232

or you can also apply in person with appropriate documents at a NSW National Parks visitor centre that sells annual passes.



*Victoria Clare crossing Horse Plain on 6 June 2019. Lachlan and Victoria skied the loop from the upper Dead Horse Gap car park to Horse Plain, and then exited along the Cascade fire trail. There was a continuous snow cover. Photo: Lachlan Kennedy*



## July & August Lodge Weekends

The club is once again hosting two lodge weekends in July and August for members. The early July weekend is in the ACT and NSW school holidays. It is held in conjunction with the 'Come and Try' cross country ski lessons at Perisher (organised by Ski and Snowboard Australia) and is a great weekend for families and beginners. The early August weekend is in the middle of the ski season and should offer plenty of touring opportunities. It is also the start of [Perisher XC Ski Week](#), with the option of extending your stay if you wish to take part in the full XC Ski Week program. Lessons for this weekend will be arranged subject to demand.

These weekends are a great opportunity to learn to ski or develop new skills, go on tours appropriate to your skiing level and meet other members, while staying in comfortable shared accommodation close to the mountains. Families with children are welcome. Both weekends include two nights' accommodation in shared houses at Kalkite. Note: the cost of renting the accommodation has increased since last season. In 2019 the cost for a weekend is \$95 single (in shared bunk room) \$190 couple (queen bed in private room) \$285 family (3-5 persons in private room). Please note this fee does not include lessons, ski hire, transport or food costs.

**Dates:** 5 – 7 July (school holidays) and 2 – 4 August

### Draft Program:

**Friday:** Arrive at lodge accommodation in evening.

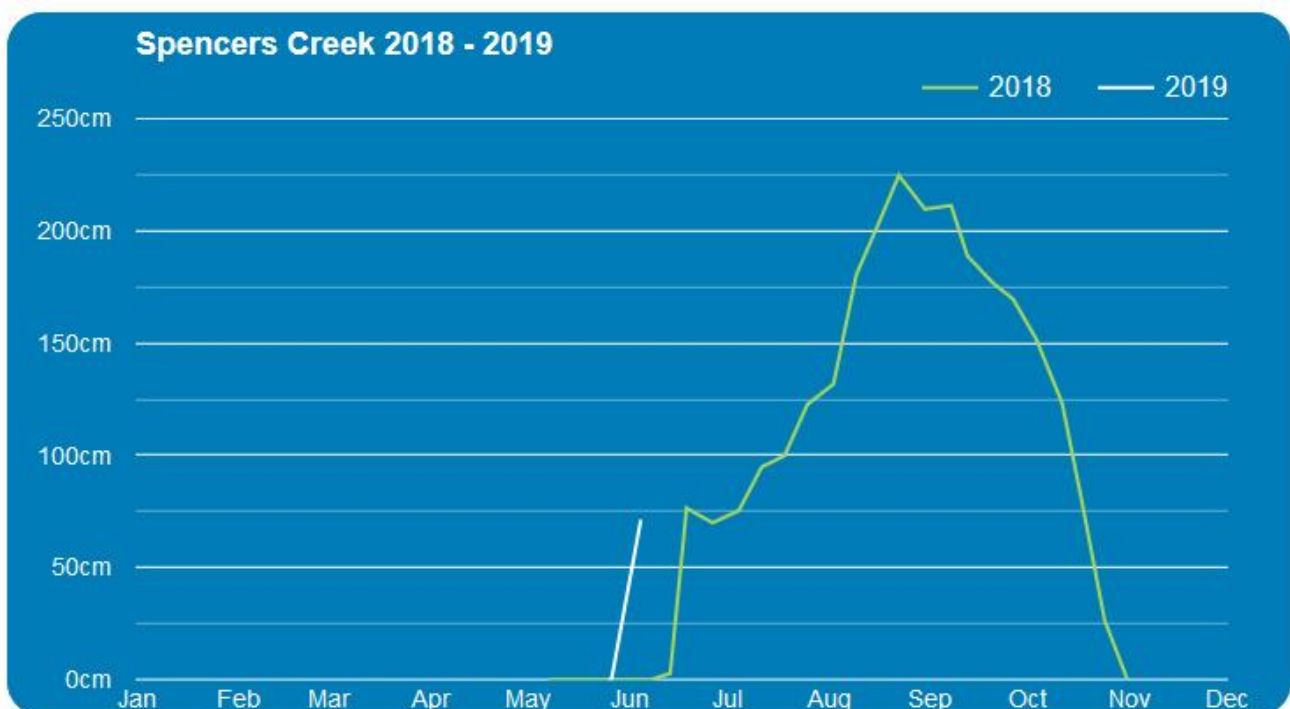
**Saturday:** 'Come and Try open day' lessons (July weekend) and tours, social night dinner back at lodge.

**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. The web site links for booking on the lodge weekends are also listed here:

[5-7 July Lodge Weekend:](#)

[2-4 August Lodge Weekend](#)



*Snow depth chart for Spencer's Creek, and comparison with 2018, as at 9 June 2019, the day before the rain!*

# George Finch

Did any one else notice the Ben Deacon's article on the ABC news website on Australian mountain climber George Finch?

George Finch was a farmer's son from Orange who was a chemist, inventor, and a rival to George Mallory in the race to be the first person to climb Mt Everest.

He was a controversial choice for the first British Everest expedition in 1922. He was a colonial, had long hair, and he had been divorced. But worst of all - in the eyes of the traditional tweed coated British climbers - he brought with him on the expedition an eiderdown suit made of wind proof bright green hot air balloon fabric.

The secretary of the Alpine Club wrote to a colleague 'they have contrived a most wonderful apparatus that will make you die laughing.' It is not clear if he is referring to Finch's eider down suit, or his oxygen apparatus. Later in the expedition, Finch wrote in his diary 'Everybody now envying...my eiderdown coat, and it is no longer laughed at'.

Finch was eventually allowed to use his oxygen apparatus on a summit attempt. He reached 8,360 metres, a height record at the time, and he may have gone higher, except that his climbing partner was exhausted.

30 years later he was an advisor on the successful British 1953 Everest Expedition, which contracted the NZ company Fairy Down, to provide puffer jackets to the expedition.

If you want to follow this up, the article was published on the ABC news website on Saturday 25 May 2019. (see <https://www.abc.net.au/news/2019-05-25/puffer-jackets-the-incredible-true-story/10133112>)



GEORGE FINCH

Naturally Wikipedia also has an entry for George Finch - [https://en.wikipedia.org/wiki/George\\_Finch\\_\(chemist\)](https://en.wikipedia.org/wiki/George_Finch_(chemist)) - which gives more details on his impressive professional life, but also explains, for people like me who are interested these sort of details why his son, the actor Peter Finch, was not his son.

*Lachlan Kennedy*



**Wombat Tracks on Horse Plain, 6th June 2019**  
**Photo: Lachlan Kennedy**

# Touring News

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 at [cccstours@gmail.com](mailto:cccstours@gmail.com).

*Ken Moylan, Tour Coordinator*

## 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.

Date	Event Description	Leader
	Ski tours will be advertised in Off-Piste, at the Social Meetings and on the Club web site. The web site will be updated with any new tours as soon as they are advised.	
Friday, 28 June	<b>Perisher Area</b> <b>(Basic/Intermediate Skills, Rolling/Hilly Terrain, Medium Distance)</b> Will start at Perisher and head wherever the best snow cover is.	
Friday to Sunday, 5 to 7 July	<b>July School Holiday Lodge Weekend</b> <b>All Standards</b> <a href="#">Register Here</a> This 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. Held in the July school holidays, so great for families with kids. Two nights' accommodation in Kalkite, lessons, tours, group dinner. Held in conjunction with the Snowsports 'Come and Try' day on the Saturday. <u>Friday</u> – Arrive at lodge accommodation in evening. <u>Saturday</u> – 'Come and Try' open day lessons and tours for all levels of skiers, and social night dinner back at lodge. <u>Sunday</u> – Tours for all levels of skiers led by experienced club members. 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), \$150 (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, 6 July	<b>Come &amp; Try Day</b> This event is run jointly by NSW & ACT Snowsports and Perisher X-Country. Open to everyone who is new to Cross Country Skiing! Cost per person is \$22 for the day. The day involves a two hour lesson from 9.00am to 11.00am by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Please arrive by 8.30am to be graded into groups. Participants will need to bring their own cross country equipment. For any enquiries on the Come & Try Day, contact Wendy on 0422 240 483 or <a href="mailto:wolsen@skiandsnowboard.org.au">wolsen@skiandsnowboard.org.au</a>	<a href="#">Register Here</a>
Saturday, 6 July	<b>Perisher</b> <b>Basic Skills, Flat Terrain, Short Distance</b> An easy afternoon tour (1pm to 3:30pm) for Beginners following the morning 'Come and Try Event', most likely on the nordic trails at Perisher.	
Sunday, 7 July	<b>Ski de Femme</b> Fitness, fun and Female is the order of the day for the annual SnowSports ACT "Ski de Femme" held at the Perisher Cross Country Centre. Girls and women of all ages and abilities are tutored by a variety of expert coaches in both the skating and classical disciplines. The day is not confined to beginners, and instructors will be able to take intermediate and advance classes in Classic or Skate. A morning tea and a BBQ lunch is included in the registration fee. Please arrive at the Nordic Shelter by 8.30am. \$35 registration fee. Online registrations close on 4 July, Registration will also be available on the day from 8.30am. Participants will need to bring their own cross country equipment. For any enquiries about the Ski de Femme day, contact: Rhonda Cunningham on <a href="mailto:rjcunningham119@gmail.com">rjcunningham119@gmail.com</a> Adele Holland on <a href="mailto:admin@coomacranehire.com">admin@coomacranehire.com</a>	<a href="#">Register Here</a>
Sunday, 7 July	<b>Perisher Area</b> <b>Basic Skills, Flat-Rolling Terrain, Medium Distance</b> An easy tour somewhere in the Perisher area.	



Date	Event Description	Leader
Tuesday, 9 July	<b>Mid-Week Tour</b> <b>All Standards, Rolling/Hilly Terrain, Medium Distance</b> No particular destination, just a chance for a mid-week ski to hopefully avoid the crowds. Could change the day depending on the weather.	
Saturday, 13 July	<b>Come &amp; Try Day</b> This event is run jointly by NSW & ACT Snowsports and Perisher X-Country. Open to everyone who is new to Cross Country Skiing! The day involves a two hour lesson from 1:30pm to 3:30pm by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Cost per person is \$22. Please arrive by 1pm to be graded into groups. Participants will need to bring their own cross country equipment.  For any enquiries on the Come & Try Day, contact Wendy on 0422 240 483 or <a href="mailto:wolsen@skiandsnowboard.org.au">wolsen@skiandsnowboard.org.au</a>	<a href="#">Register Here</a>
Saturday, 20 July	<b>Mt Selwyn Area</b> <b>Basic/Intermediate Skills, Rolling, Terrain, Medium Distance</b> Will ski somewhere in the Mt Selwyn area, either at Three Mile Dam and the Goldseekers Trail, the Kings Cross Road, or on the plateau east of Mt Selwyn. If little snow here, then the trip will probably be in the Perisher or Guthega area.	
Saturday, 27 July	<b>Race - Kosciuszko Tour</b> Our Club is running this ski race, which will start at Perisher and likely be held on the Perisher trails, starting at 10am. This will be a good warm up for the races being held during Perisher XC Week in early August. Participate in the Kosciuszko Tour ski race either as a racer or volunteer helper. Further details will be included on the Club website once finalised. Let Rowan or Jo-Anne know if you can help out as a volunteer on the day.	<a href="#">Register Here</a>
Friday to Sunday, 2 to 4 August	<b>Mid-Season Lodge Weekend</b> <b>All Standards</b> A mid-season lodge weekend with something for everyone. Two nights' accommodation in Kalkite, lessons, tours, races, group dinner.  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), \$150 (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.  <u>Friday</u> – Arrive at lodge accommodation in evening. <u>Saturday</u> – Tours for all levels of skiers led by experienced club members, and social night dinner back at lodge. <u>Sunday</u> – Tours for all levels of skiers led by experienced club members.  Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.	<a href="#">Register Here</a>
Saturday 3 to Sunday 11 August	<b>Perisher XC Ski Week</b> XC Ski Week is a week for all XC enthusiasts whether you're a beginner, a seasoned racer or a recreational skier. Lots of races and fun events (see below). For more information visit the <a href="#">Perisher X Country</a> web site.	
Sunday, 4 August	<b>Race – Boonoona Open</b> <i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i>	<a href="#">Register Here</a>

Date	Event Description	Leader
Monday, 5 August	<b>Race – Charlotte Pass Open</b>  <i>A 2-3km Classic sprint race held at Charlotte Pass. Skiers leave the gate at 30-second intervals which are different to all races during XC Ski Week. This race has traditionally been a club race for Kosciusko Alpine Club (KAC) members but it is open to all. An excellent lunch is provided after the race at the KAC lodge at Charlotte Pass.</i>	Register on the day
Monday, 5 August	<b>NSW Night Relays</b>  <i>Starting at 6pm, this is a Freestyle relay race held on the loop close to the Nordic Shelter. The track is lit by various forms of lighting which present a different and surreal skiing experience. This event is a huge amount of fun. Teams of four race around a short 0.5 to 0.7 km loop, only one lap each. Teams consist of clubs members or just a band of four who want to have a lap around. If you're not in a team, just turn up and we will soon have you in one.</i>  <i>After the event a presentation and a candle light dinner is served at the Nordic Shelter. This a great chance to meet the XC Skiing community if you're new to XC Ski Week. All monies raised goes towards the running costs of the Nordic Shelter. Entries are taken from 5 pm at the Nordic Shelter.</i>	Register on the day
Tuesday, 6 August	<b>Mystery Coffee Tour #1</b>	
Wednesday, 7 August	<b>Race – KAC XC Classic</b>  <i>This is the biggest race of the week and has a long history of over 45 years. It is the only point to point race of the week, starting in Perisher Valley at 10:30am and finishing in Charlotte Pass. 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>	<a href="#">Register Here</a>
Thursday, 8 August	<b>Race – Sundeck Handicap Race</b>  <i>A 7.5km handicap race around the Perisher trails, stating at 11am. After the event as part of the entry fee, the Sundeck Hotel puts on a great lunch and drinks. This is also a fundraising event where all monies go towards XC Skiing.</i>	<a href="#">Register Here</a>
Friday, 9 August	<b>Mystery Coffee Tour #2</b>	
Saturday, 10 August	<b>Race – Snowy Mountains Classic</b>  <i>2.5, 7.5, 15 &amp; 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	<a href="#">Register Here</a>
Saturday, 24 August	<b>Race—Kangaroo Hoppet</b>  <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>	
Monday 26 August to Sunday 1 September	<b>New Zealand Trip</b>  <i>A number of Club members are travelling to New Zealand in late August to participate in the Merino Muster Ski Race, a Worldloppet event being held on Saturday, 31 August at the Snow Farm situated on the Pisa Range between Queenstown and Wanaka. Accommodation for up to 10 people has been booked at the 'Haven by the Lake' holiday home in Wanaka for the nights of 26 to 31 August. Most of us are flying to Queenstown on Monday, 26 August and returning to Australia on Sunday, 1 September. Anyone interested in attending should contact Gale.</i>	

The club will again run the **Kosciuszko Tour** ski race this season on a new date. To avoid clashes with other events on a tightly packed race calendar, the Kosciuszko Tour will now be held on **Saturday 27 July**. This will make the race a great warm-up for the Perisher XC Week events and the Kangaroo Hoppet.

The exact course will be determined prior to the event but, being earlier in the season, it will use the groomed Perisher trail network and cover approx. 18km, and could be anywhere in the local area that will provide an interesting ski experience. Snow cover, snow conditions and weather will all be taken into consideration.

The race is open to both classic and skate techniques.

Prizes, Presentations and Refreshments following the event at 'Altitude the Lodge,' Smiggin Holes.



[Register Here](#) on the Ski and Snowboard Australia online entry system, Further details of the event and a hardcopy race entry form are also contained elsewhere in this newsletter.

We need volunteers to help run the race, so please contact Rowan Christie or Jo-Anne Clancy if you can assist.



*Sculpture of an un-named ski instructor in Grindelwald, Switzerland — 31 May 2019. Photo: Alan Levy*



*The Matterhorn, Switzerland — 1 June 2019. Still plenty of snow in Switzerland and people were still skiing on the upper slopes around Zermatt. Photo: Alan Levy*

# Vasaloppet China 2019

## — an Experience

By Martin Linsley

What follows is written to entertain, report, advise and hopefully stimulate your interest in the Vasaloppet China – one of the 20 international loppet long-distance ski races (that include Australia's own Kangaroo Hoppet race) organised around the world.

Dave Michael, my long-time skiing buddy, and I are both ex-Navy, and are ever grateful that we were introduced to cross-country skiing and racing by the Service. After retirement we pursued the goal of becoming World Loppet Masters, a goal that requires completing 12 loppet races in 12 different countries. After achieving this we haven't stopped. The Vasaloppet China was our sixteenth loppet event.

A major motivation for our entering loppet races is the need to develop and/or maintain enough fitness, fitness that is also good for health and quality of life. On this occasion, being sufficiently fit was a challenge, for summer's heat discouraged outdoor activity. Had we done enough for the Chinese loppet? Had we overindulged over Christmas and New Year?

After a day or two of nervous anticipation and adrenalin accumulation Dave and I met at Sydney airport on 2 January, and we flew for 14.5 hrs first to Guangzhou (near Hong Kong) and then Changchun (the capital of China's north eastern Jilin province, due north of Korea, with a 7 million + population).

Wearing only a shirt was OK for Sydney's 20-30° C, but alighting from the plane at Changchun at near midnight the temperature was about -18° C. Thankfully, we didn't have to spend long outside.

Dave and I had paid for a package that covered the race and some sightseeing. It was offered by Nordic Ways, a small and specialised Norwegian company that operates through the Vasaloppet China organisation. Benefits of the package soon became apparent. We were met at the airport by a 'race volunteer' who drove us in his Honda Odyssey to the five-star Sheraton hotel where most of the international skiers (about 150) were staying. At the hotel, the owner/manager of Nordic Ways met us and we were soon settling in to our room.

Next morning we enjoyed a splendid buffet breakfast, with a large choice of mostly Chinese food spread over four buffets. By 1100 we were in our ski gear and boarding a coach that would take the Nordic Ways skiers to the nearby race location. The weather was normal for the area: clear, windless and cold (about -16C). There was practically no natural snow and, as anticipated, we found the race start/finish area and course (a 25 km loop) relied on man-made snow. Being consistently too cold to melt, the snow was good for skiing: dry, fast and firm. Tracks were being set, because the race was restricted to classical technique skiing.

The Chinese organisers work wonders to make their loppet

event world class. A splendid feature is the massive ice sculptures adjacent to the start/finish area. This isn't only for the race: the venue is a nature/recreation park centred on a lake, so in winter it's a playground for the locals. Small motor vehicles can be hired for sliding on the frozen lake, short horse-sleigh or a dog sled rides are an option, as is hiring inflated truck tyre tubes for the frozen slopes.

Being concerned with saving energy, and somewhat uncertain about the grip wax on our skis, Dave and I spent just over an hour on our skis before returning to the hotel. This was enough, because the race course was being prepared and only a small section of it was accessible to skiers. We noted that at the start the course was wide enough for just four cut tracks. Three to four hundred metres along the course the snow-covered area narrowed to about three metres wide, allowing for two just classic tracks with just enough room for a third skier between them. (More on this later.) We learnt that the course meanders around the park following (sealed?) roadways and tracks. There's a good mix of slightly undulating gradient (with no Aussie-standard steep grades) and flat areas, including a couple passing over frozen lakes.

Thursday afternoon Dave and I took our skis to a couple of young semi-professional Swedish guys who were waxing/preparing skis for the race in the hotel's basement carpark. We needed them, as we don't have the waxes

(Continued on page 13)

*"The weather was normal for the area: clear, windless and cold (about -16C)."*



*(Continued from page 12)*

for very cold temperatures and hadn't brought waxing equipment. The Swedes were preparing 45 pairs of skis that afternoon and charged \$80. We were later satisfied for the expensive aid, our skis gripped well for 'the kick' and glided well when needed.

By then we'd learned that four other Aussies were in Changchun for the race: a family of three from Sydney (Phil Cole, wife and daughter Alexandra) that presently reside in Hong Kong, and a younger guy from Melbourne.

Friday 4 Jan was race day. Nervous energy was at a high level. The 'internationals' from the Sheraton arrived at the course early, the hotel being just a 15-minute drive away. There were 'rough and ready' changing facilities in tents for 'ordinary' folk, but as we found ourselves closer to a small, heated building designated for elite international teams, we assumed an air of 'belonging' and walked past the security staff before establishing ourselves in a corner.

Further evidence of the efforts taken to make the China loppet world class was the pre-race entertainment – the best we've experienced anywhere. There would have been over 100 drummers, dancers and musicians performing for twenty minutes in front of the ice sculptures. It was a welcome distraction from the efforts ahead.

Conditions were good for skiing. Clear, windless and the air temperature for the 1000 start about -15C; relatively warm for Changchun.

From her experience with the race in 2017 Marg Hayes had warned us about the start, and arrangements for it hadn't changed. About 90 elite skiers lined-up at the front of the field (50:50 Chinese and other nations).



**Dave at Vasaloppet China start/finish.**  
**Photo: Martin Linsley**

Behind them were the remaining skiers in the 50 km race (around 100), and behind us were the near 300 folk entered for the 25 km distance. With there being just four tracks cut for all racers, and with many skiers squeezed between those tracks, the mass of competitors extended over 100 metres. This would have been less of a problem if the start of each group had been separated by a few minutes, but no ... the gun fired and everyone started together. Consequently, our group of skiers was overrun by the 25 km 'speedsters' and the impetuous youths (anyone under 50?) who weren't interested in pacing themselves and who felt the need to sprint to the front. Unsurprisingly, there were several falls, people pile-ups and a couple of broken poles. Dave and I, skiing separately, 'went slow with the flow', trying to avoid trouble.

The greatest issue became evident about 1.4 km into the race where, at the top of a long gentle rise, the course's steepest descent on the narrow track occurred. Many of the 'speedsters' and 'youths' hadn't learned how to control cross country skis downhill, and these individuals fell, totally blocking the narrow track. Seeing the human debris, the skiers behind stopped at the top of the hill where an official tried to martial an orderly queue and progression by shouting and blowing a whistle. Dave

and I ignored him, squeezed through the waiting, hesitant folk and easily negotiated the slope to continue the race.

As normal for a loppet, refreshment stations were located every 7-8 km, providing a choice of liquids and something to eat (bananas, bread, or a Cocopop-type bar). Being concerned about running-out of energy, I refuelled at all of them.

I progressed satisfactorily until completing 20.5 km. It was then that the leading bunch of 5-6 elite skiers caught me (they had completed 45.5 km). Being so close to their finish these athletes were close to sprinting at more than double my speed. The restricted course wasn't conducive to a bunch of skiers overtaking an 'old fella' who was pottering along in one of the two tracks. A ski appeared between me and my planted pole, causing the elite skier to trip, fall, and bring down two others. I then fell over the three of them.

This crash probably affected the race podium positions, as less than 15 seconds separated the first ten race finishers. It certainly affected my result as, when I was able to return to a vertical position, one of my poles was broken in half. I therefore continued, greatly handicapped by

*(Continued on page 14)*

(Continued from page 13)

the use of only one pole, but with some compensation in the form of a jazzy pair of sunglasses that one of my fellow fallers had abandoned in the snow. Four and a half kilometres further I completed my first lap at the start/finish area and was able to borrow a pole (albeit 5 cm shorter than my remaining one).

Completing half the 50 km had taken me not far short of three hours to complete. This was concerning, as the course was to be closed after six hours. I was careful not to overextend though, my energy reserves were clearly limited. Steady sustained effort was necessary. Steadily the course-side distance markers counted down and my confidence in finishing increased. So too did my natural competitiveness, probably too much so, because I overtook several skiers in that second lap (including Phil Cole) and invested more energy than was wise. By the time I crossed the line in 5 hrs 33 minutes, placed 161, I was near 'totally bushed'. Dave provided a great welcome and support for me there. (He had joined a few other folk in withdrawing from the race at the 25 km mark when they agreed that they wouldn't meet the time limit). The race commentator also announced my achievement over the public address system, noting that I was the second Australian to finish, my year of birth, and that I was one of the oldest people skiing that day.

As Dave and I gathered our gear dusk was settling-in and the race infrastructure being dismantled. We caught the last coach back to the hotel, where I had my Worldloppet Passport stamped: a goal achieved.

For reference: a Chinese skier won the race in 2 hrs 23 mins and 27 secs, followed by another native lad and then skiers from France, Norway, Norway, Czech, and the USA. The leading female,



**Martin after finishing the race.**  
**Photo: Martin Linsley**

from Sweden, finished in 2 hrs 32 min and 50 secs.

That evening Dave and I attended the China Vasaloppet prize-giving and banquet that was held at our hotel. It was a magnificent highlight of the event, incomparably better than experienced at other loppet events. The massive hall held tables that seated 440 folk including a few for VIPs such as the city's deputy mayor. At the front was a stage with decorations that served as a background for a sequence of light and video shows that would have done Hollywood proud. Professional comperes mc'd the evening and introduced speakers, musicians, dancers (adult and children), acrobats and a short video of the day's race. Meanwhile the guests indulged in a 15-dish meal with unlimited wine or beer. At our table Dave and I enjoyed the company of a Russian, a couple of Americans, and a small group of Estonians.

We slept well that night.

The Nordic Ways Travel Package offers three inclusive packages for the event, one with only travel to/from Beijing and entry to the race, and the others with short or

long sight-seeing extensions. Dave and I opted for the short package that included a fast train ride to Beijing and two days of tours. We then followed our own plan with a train to Shanghai and two days sightseeing before our return to Australia on 12 January.

What overseas skiing adventures next for Dave and me? None are planned, but there are only four loppet races that we have yet to attend.

### **Advice for Australians attending the Vasaloppet China**

Unless you're a recognized elite skier who'll be at the front of the field for the start of the race, don't be too competitive. Whilst event organization is of the highest standard, race management has had flaws (notably the mass start and limited width race course). Using the event as an excuse to visit and see something of China (and gain a stamp in your Worldloppet passport, of course).

Choose between paying for the Travel Package offered by the Vasaloppet Organisation or saving

(Continued on page 15)

*"Many of the 'speedsters' and 'youths' hadn't learned how to control cross country skis downhill"*

(Continued from page 14)

money by managing independently. For us the package worked well, making it easy for travel within China, accommodation, sightseeing and visa requirements. It also enabled us to socialise with fellow international skiers. Other Australians have managed the language and bureaucratic challenges associated with making their own arrangements. They saved money, but probably experienced greater stress and marginally less shared experience.

Prepare for the cold. Over Christmas the average temperature range in Changchun was -24 C to -18 C. This does mean that snow (mostly man-made) is near 100% guaranteed, and the weather is usually clear and calm. Either have appropriate waxes and equipment or use the professional service available pre-race.

Ideally skiers organise some on-snow practise before arriving at Changchun. The options for this aren't good are likely to involve spending New Year and possibly Christmas in Japan (the best option?). Regardless, the same endurance fitness is required as for any other loppet race, so be prepared.

The trains and subways of the major cities are easy to use (well signposted) and efficient.

Engage with locals, who are as friendly and helpful as elsewhere. Many are keen to practise their English. Others like to use the Mandarin-English voice recognition and translation apps on their mobile phones to answer your questions.

Take your own energy/snack food from Australia. Finding equivalents in China can be difficult.

Pharmacies aren't clearly and commonly available in China. Pack whatever could possibly be needed for the trip.

If you have any questions about Vasaloppet China that Dave and I might answer, contact me using email: [linsleys@iinet.net.au](mailto:linsleys@iinet.net.au).



**Snow sculptures around the start/finish line of the China Vasaloppet.**





# Europe, Winter 2018 (Part 3)

(Continued from the last issue):

## SWITZERLAND

### 11 Mar 2018, Engadin Skimarathon, FT, 42km, Maloja to S-chanf (near St Moritz), Switzerland

Poland felt like the high point of my Worldloppet campaign. It had the most races and most Australian racers. Thinking purely as a ski racer, it was all downhill from there. However, Switzerland and the home of it all, Norway, were still to come.

Trains! Trains! Trains!

It was trains all the way from Szklarska Poręba (Poland) to St Moritz (Switzerland). From a rural edge of Poland, back into the culture of Prague, then a sleeper winding its way through who-knows-where to taste the sophistication of Zürich, and finally a country train to St Moritz. The Swiss scenery, being in the centre of the original Alps, was of course spectacular. My favourite view was the train on a curve so tight that I could see half of it in front of me going into a tunnel.

St Moritz had a tranquillity about the place, with the deep blue sky and bright sunshine inspiring us as we skied through the nearby valleys and towns. The town also had an air of wealth, best exemplified by the Maserati dealership and seemingly more 5-star hotels than lesser starred.

The best of my 3 days of touring was the day Alan, Gale & I skied up the bed of the

Morteratsch glacier. We swiftly skied the 13km from St Moritz to Morteratsch, going along well-groomed trails through the forests, before the final 3km and 230m climb. I was fascinated watching the lateral moraine getting closer and the changing trees and shrubs colonising fresh ground as we climbed up, but saddened noting the information panels showing, decade by decade, the glacier's inexorable retreat. The run back to Morteratsch was too exciting to appreciate any scenery. We had a train to catch. The run was clear of slowpokes. It had no climbs. My skis were fast. Wooooo hoooo!

## THE RACE

### 11 Mar 2018, Engadin Skimarathon, FT, 42km, Maloja to S-chanf and Engadin Half Marathon, FT, 21km, Maloja to Pontresina

Only the one race day in Switzerland, so only one new stamp in my Worldloppet passports. This was the worst weather day of all my races — I jokingly described it as Australian

race weather, because we started with a light sleety rain that turned into wet snow before fading into nothing. It was a Goretex day all day. The race had much of the first half running over frozen lakes. Before I'd left Australia, months earlier, I was looking forward to racing on a dead flat, dead straight course, thinking that it would be easy. The reality was that it was easy enough, but I had to work all the time. I much prefer all the little rises, dips, and turns of a course running over land. The 2nd half of the course, after the half-marathoners had finished, was much more interesting, going up & down the land, and alongside random houses and inns, decorated in the local Romansh style.

## WAX OF THE DAY

Toko Yellow Klister, applied at the start & about 17km into the race. About 37km in, a Toko sales rep sprayed on some of their magic klister and it worked perfectly for the rest of the race. The snow was warm & wet, with very wet snow falling at the start of the day and intermittently throughout.

*"The run back to Morteratsch was too exciting to appreciate any scenery. We had a train to catch."*



**Racers climbing the first hill in the Engadine Ski Marathon.**  
Photo: Alan Levy





*Skiing the beautifully groomed trails between St Moritz and Lej da Staj. In a few days, the Engadin Ski Marathon would follow this course. Switzerland. 9 Mar 2018 © K. Moylan*

## RESULTS

42 km

Overall Rank	Name	Time	Age & Sex Class	Rank	Splits & Rank (end point, distance)			
					Silvaplana (10km)	Pontresina (10km)	La Punt (15km)	S-Chanf (7km)
1286	Hayes, Marg	3:15.29,9	42-D-M6	65	0:45.39 1870.	0:51.43 1248.	0:56.42 1157.	0:41.25 984.
8039	Finnie, James	4:16.04,2	42-H-M8	323	0:58.11 8243.	1:08.57 8100.	1:07.55 7713.	1:01.00 7977.
8397	Moylan, Ken	5:09.21,1	42-H-M6	818	1:09.50 8445.	1:23.00 8426.	1:24.54 8344.	1:11.35 8336.

21 km

Overall Rank	Name	Time	Age & Sex Class	Rank	Splits & Rank (end point, distance)	
					Silvaplana (10km)	Pontresina (11km)
445	Alexander, Craig	1:36.02,0	21-H-M7	26	0:43.17 512.	0:52.44 409.
212	Walsh, Bronwyn	1:36.32,8	21-D-M4	20	0:42.06 217.	0:54.26 218.
1129	Levy, Alan	2:47.13,1	21-H-M6	99	1:18.34 1156.	1:28.38 1098.
1130	Wharrie, Bruce	2:47.46,9	21-H-M6	100	1:18.28 1155.	1:29.18 1104.
985	Funston, Gale	3:38.33,8	21-D-M6	58	1:34.49 984.	2:03.44 978.

## Europe, Winter 2018 (Part 3) (Cont'd)

### NORWAY

**17 Mar 2018,  
Birkebeinerrennet, CT,  
54km, Rena to  
Lillehammer, Norway**

And now, on to the ultimate of my 9 race campaign. A full day of travel (trains, plane, train) got us to Lillehammer, Norway, home of Swix, the ubiquitous wax company and end of my skiing season. Alan left us in Zürich, so we travellers were down to 5.

Although Lillehammer is marginally more North than Lahti and the air temperatures were similar, I felt warmer in Lillehammer than Lahti. Maybe it was the greater sunlight in Norway than Finland.

I had a couple of days of touring, getting to know the area that many Club talks had spoken of, Lillehammer, Susjøen and Nordseter. Both times we caught a bus up to the plateau above the town, skiing around and then back down. It is easy to see why everyone loves Norwegian skiing. The trails mix in open, treeless plains with cuts through the forest, always perfectly groomed and generally gentle enough slopes. There even was an app that showed where the snow grooming / track setting machines were. One literal high point was visiting a small peak, Snørvillen. It has 360° views over miles and miles of snow-covered plains and hills, and a long, fast, easy run back down to the main trails.

### THE RACE

Almost like Switzerland, I had just one race available. However, because the Norwegian Birkebeiner is so

popular, it was run over 2 days. Marg, Jim & Nic raced on the Friday, while Gale & I raced on the Saturday.

**17 Mar 2018,  
Birkebeinerrennet, CT,  
54km, Rena to  
Lillehammer**

I was feeling pretty good before this race. I had 8 full length races in my legs, so was both physically and mentally at a peak for the ordeal of a race long ski tour.

Although the race profile looks different, I remember the route as a big climb up from the start, an undulating plateau, and a steep drop to the finish stadium.

I felt pretty warm on the first climb, some 350m in 9km and I 1/2 hours, and unknowingly sweated. On the first little downhill run I felt something odd, something hard, on the back of my neck & head. My plait had frozen!

Spectators dug comfortable holes in the snow and cheered us as we passed. At the last drinks station, before the long drop, many spectators were well lubricated from hours of watching racers ski past. Their cheering was loud and a few tried to keep up with me, on foot or ski.

The final drop into Lillehammer

was instructional. Despite almost 3 months on my skinny, fast racing skis. it was still hard. In many of the steeper sections, the thousands of skiers ahead of me had snow-ploughed 2 deep and fast furrows into the track. I carefully started the move from one furrow to the one adjacent, to overtake, and caught my ski in the soft ridge in the middle. Splat!

### WAXES OF THE DAYS

Swix LF5, Swix HFBW5, Swix binder wax, crayoned on & ironed in, Swix Green Extra, crayoned on & ironed in, Swix Blue stick, crayoned on & ironed in, 6 layers of Swix Blue crayoned on & corked in, in pyramid style (2 normal length, 2 slightly shorter, etc.). It worked well all day, although it might have been a little too thick.

My waxing job had to work all day. I usually carry a small selection of grip waxes, to top up my grip as necessary, but this day I had accidentally packed the excluded waxes, i.e. the waxes too cold or too warm for the day. I'd have had all sorts of difficulty if I'd needed to use them.



**Gale Funston climbing up to Snørvillen, a local peak. Look at the miles and miles of gently undulating skiing behind her. On a ski tour from Sjusjøen to Lillehammer, Norway. 14 Mar 2018 © K. Moylan**

*"I can ski really well on light skis, in a straight line, on a flat course."*

## RESULTS

54 km

Place	Lastname, Firstname	Finish	Splits		
			Skramstad (9km)	Kvarstad (28km)	Sjusjøen (40km)
312	Bendeli, Nicolas	05:27:07	01:09:32	02:58:17	04:31:53
68	Hayes, Marg	05:43:49	01:13:29	03:16:08	04:44:51
437	Finnie, James	06:09:08	01:17:43	03:29:11	05:01:56
768	Moylan, Ken	07:46:38	01:30:44	04:18:08	06:21:50
9999	Funston, Gale	DNF	01:55:38	05:14:55	

## LOOKING BACK

A year later, what did I get from my almost 3 months of ski touring and ski racing in Europe?

I am Worldloppet Gold Master, which means that I've skied 10 marathon length ski races in 10 different countries on at least 2 different continents (3 actually). I'm also halfway towards becoming a Worldloppet Silver Master, which is for the half-marathons, and partway to getting a 2nd Gold Master. I don't feel much different from before compared to after getting the Gold, but I've noticed that others look at me a bit differently. Becoming a Master is not only having the ability to ski a long race but it also needs the organising of accommodation and transport, and the time & money to do it all.

I got to live the life of an athlete. I kept bumping into fellow Worldloppeteers doing the same thing and developed casual acquaintances. Through increased exercise, a different diet and loss of access to cakes, I lost some 10kg of unneeded weight (but it found me again) and felt fitter than I've been for a long time. A 50km ski is now a normal, long ski race and 20km is just warming up.

I can ski really well on light skis, in a straight line, on a flat course. I've felt my classic racing technique improve noticeably. My waxing ability and confidence improved so much that I'll use 3 layers of glide wax, 4

or 6 layers of grip wax, and know that my skis will run magnificently all day. I skied the 2018 Kangaroo Hoppet in under 5 hours, my best time ever.

## THANKS

Thanks to Marg for showing me how to travel through Europe and find accommodation, to Bruce for all the tips to improve my skiing, to Jim for being such an agreeable companion, to Alan for being a good comrade, and to Gale, of course.

## FAQS

**Q. How do these races compare to the Kangaroo Hoppet?**

A. If you can finish the Kangaroo Hoppet then finishing these races is achievable. For me, the hardest part about long distance ski racing is beating the cut-off times. This required me studying the race regulations regarding times and distances, calculated my minimum pace and pushed myself to keep to it.

**Q. Which race was the easiest? Q. Which race was the hardest?**

A. The Estonian race was easily the hardest mentally, because I was effectively skiing a 63km time trial. The Swiss race was the easiest, because I was peaking after 7 weekends of racing

and it was also one of the shortest.

**Q. What training did you do?**

A. Before the previous year's Kangaroo Hoppet, I was going to my local gym 2 days a week, for 1 hour body pump classes. It didn't help me enough, so I added another 2 days of 45 minutes exercise cycle classes to my schedule. During the campaign, I was touring long days, to get more distance into my legs.

**Q. Which race was the most enjoyable?**

A. Despite being the longest, I most enjoyed the Marcialonga, the Italian race. It had crowds of skiers, crowds of supportive spectators, a fun course and a very welcoming finish.

**Q. Which race was the least enjoyable?**

A. Every race had enjoyable sections, but the German race, instead of going to King Ludwig's Linderhof Palace through German forests, was shortened due to lack of snow and so we zig-zagged through a paddock to get the distance.

**Q. What would you do differently?**

A. Spend no time in Lienz, Austria, and spend the acclimation week in Dobbiaco, Italy.

(Continued on page 20)



## Europe, Winter 2018 (Part 3) (Cont'd)

(Continued from page 19)

A. Ski the half-length German race as well as the full-length one, to get a stamp in my Silver Worldloppet passport.

A. Instead of getting to Szklarska Poreba via Prague, get there via Poland.

Q. What would you do exactly the same?

A. Otherwise pretty much the whole trip.

Q. How many races did you do? Q. How much skiing did you do? Q. How far did you ski?

A. In 9 different countries, I skied a total of 14 races, had 30 days of general touring and 26 days for travel or illness. 70 days for the whole trip. From my diary notes, I calculated I skied 586km racing and some 423km of touring, for a total of more than 1000km.

### URLS

Engadin Skimarathon

<https://www.engadin-skimarathon.ch/en/engadin-skimarathon.html>

Birkebeinerrennet 54 km

<https://birkebeiner.no/en>

Ken Moylan



Ken's reward for completing all his ski races!  
At the supermarket in St Moritz.  
Photo: Alan Levy

"If you can finish the Kangaroo Hoppet then finishing these races is achievable."



The reward of it all. 6 Aussies getting their Worldloppet Diplomas, after months of skiing, travelling and racing. Maurizio (fellow Worldloppeteeer), Nic Bendeli, Bruce Wharrie, Marg Hayes, Jim Finnie, Gale Funston, Ken Moylan, Epp (head of Worldloppet). Håkons Hall, Lillehammer, Norway. 16 Mar 2018. © K. Moylan



## Europe, Winter 2018 (Part 3) (Cont'd)



*Gale Funston studying an interpretive sign. On the trail up the valley to the front of the glacier. On a day tour from St Moritz to the Morteratschgletscher, Switzerland. This one shows where the glacier snout was in 1950. You can see how far it has retreated since then, as the glacier's snout is near the bottom of the ice fall at the end of the valley. 8 Mar 2018. © K. Moylan*



*A wall made of cross-country skis. I must have been in some sort of skiing home. Lillehammer, Norway. 13 Mar 2018. © K. Moylan*



## Europe, Winter 2018 (Part 3) (Cont'd)



*The little thermometer on my backpack was reading -20°C. In the starting area of the Birkebeiner. Rena, Norway. 17 Mar 2018. © K. Moylan*



*Gale Funston racing in the 2018 Engadin Skimarathon. 11 Mar 2018.  
© [alphafoto.com](http://alphafoto.com)*



*Ken Moylan racing in the 2018 Birkebeinerrennet. 17 Mar 2018.  
© [Sportograf.com](http://Sportograf.com)*



## Canberra Cross Country Ski Club

Postal Address:

33 Brunswick Circuit, Kaleen, ACT 2617

Web: [www.cccsc.asn.au](http://www.cccsc.asn.au)

Email: [cccscinfo@gmail.com](mailto:cccscinfo@gmail.com)

**Fun and fitness  
in the snow**

# Club Committee Contacts

Position	Name	Email	Phone
President	Jo-Anne Clancy	<a href="mailto:cccscpresident@gmail.com">cccscpresident@gmail.com</a>	
Vice President	Vacant	<a href="mailto:cccscvicepresident@gmail.com">cccscvicepresident@gmail.com</a>	
Secretary	Greg Lawrence	<a href="mailto:cccscsecretary@gmail.com">cccscsecretary@gmail.com</a>	
Treasurer	Paul Room	<a href="mailto:cccsc treasurer@gmail.com">cccsc treasurer@gmail.com</a>	
Membership Secretary	Gale Funston	<a href="mailto:cccscmembership@gmail.com">cccscmembership@gmail.com</a>	
Tour Coordinator	Ken Moylan	<a href="mailto:cccsc tours@gmail.com">cccsc tours@gmail.com</a>	
Kosciuszko Tour Coordinator	Rowan Christie	<a href="mailto:cccsc racing@gmail.com">cccsc racing@gmail.com</a>	
Meeting Coordinator	Vacant	<a href="mailto:cccscmeetings@gmail.com">cccscmeetings@gmail.com</a>	
Newsletter Editor	Alan Levy	<a href="mailto:cccsc editor@gmail.com">cccsc editor@gmail.com</a>	
Webmaster		<a href="mailto:cccscwebmaster@gmail.com">cccscwebmaster@gmail.com</a>	



## 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

**Trangia stove** - \$3/weekend; - \$5/week



## Club Safety Gear for use by Tour Leaders

The Club has two 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 Levy or Ken Moylan.





Canberra Cross-Country Ski Club  
**KOSCIUSZKO TOUR ENTRY FORM**  
**10:00 am Saturday 27 July 2019**

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

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

Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/> Name of club: _____
-----------	--------------------------------	---------------------------------------------------------

Technique: Classic ☐ Freestyle ☐

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. _____			

**The Entrant, by entering and starting agrees to:**

- be at least 14 years old,
- be responsible for their fitness and ability to take part in the event,
- 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.

**Canberra Cross-Country Ski Club (CCCSC) reserves the right to:**

- vary or cancel any race arrangements to suit weather or snow conditions,
- post variation or cancellation notices on [cccsc.asn.au](http://cccsc.asn.au) and at the race office,
- refund the entry fee paid less expenses if the race is cancelled before 27 July,
- make no refund if the race is varied or cancelled on or after 27 July,
- 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.

**Signature of Entrant (or parent/guardian if entrant under 18 years of age)**

Standard Entry Fee (received by Wednesday 24 July)	<b>\$30</b>
Late Entry Fee (to 8:45 am Saturday 27 July)	<b>\$40</b>
Enter online (Visa/Mastercard) through <a href="https://www.skiandsnowboard.org.au/events/">https://www.skiandsnowboard.org.au/events/</a>	Or send completed entry form and payment (cheque) to: <b>CCCSC Race Secretary</b> <b>33 Brunswick Circuit</b> <b>KALEEN ACT 2617</b>



## THE COURSE

**Course** - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and use the XC trail network to the Porcupine and return for 18km. This makes it a great warm-up event for Perisher XC week and the Kangaroo Hoppet.

**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 necessary.

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.

There will be drink stations on the course, but it is recommended that entrants carry additional water and snacks.

**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
<b>Race Start</b>	<b>10:00am to 10:15am</b>

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

**FIRST AID/DRINK STATIONS** – drink station(s) on course and at Perisher Cross Country (Nordic) shelter after finish line.

**SAFETY** - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that 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.

**TIME**

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

Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm
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**PRESENTATION:** Altitude the Lodge, Smiggins

**TIME**

Presentation (includes food, tea and coffee – drinks can be purchased at bar)	2:15pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the presentation and posted on the PXC events web page and emailed	

# Social Meetings 2019 (All Welcome)

## Wednesday 26 June 2019

### Backcountry Communications in the NSW Alpine Area

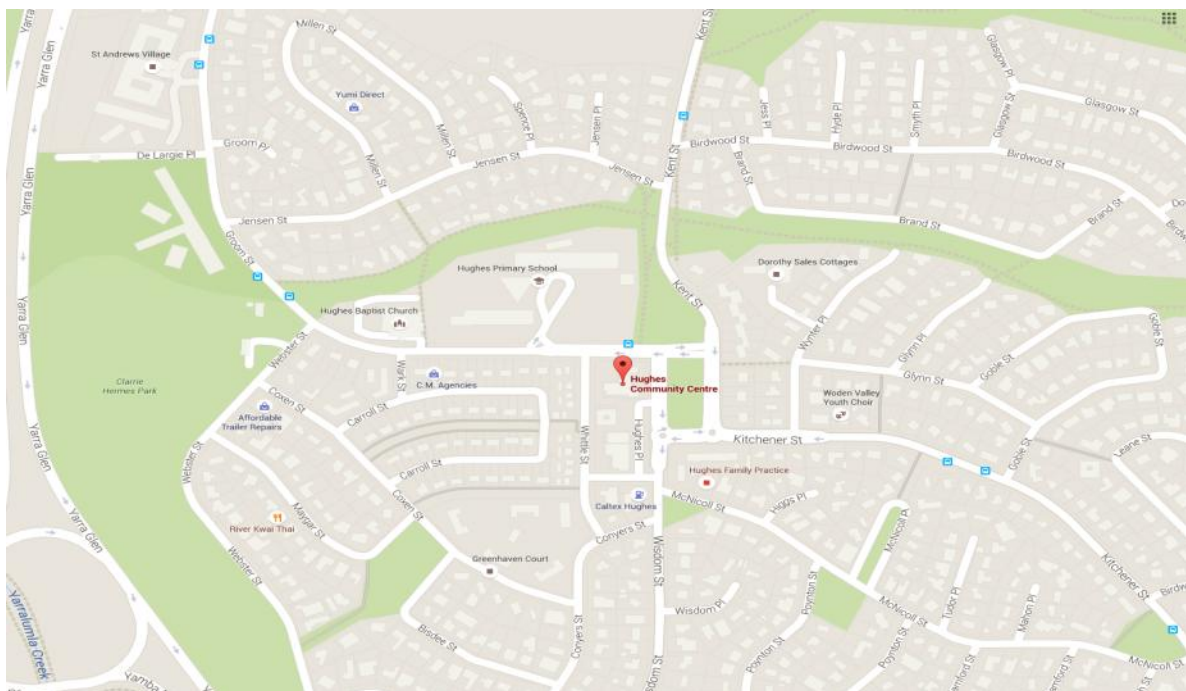
**Guest Speaker: Sergeant Chenery NSW Police**

Sgt Mark Chenery from NSW Police in Cooma will provide an overview of the equipment and procedures the police use in the back country and key factors that drive their use. He will also discuss the types of communications devices that tour leaders might consider carrying and procedures for using them when planning tours. All being well, Mark will have a colleague from the Alpine Police Rescue team with him to enable discussion of wider aspects of their work in the Alpine areas. The talk will consider a scenario dealing with an incident in the high country and we hope to have significant audience participation in the discussion.

## Wednesday 10 July 2019

### Huts to ski to in the High Country

The huts in the high country make interesting ski destinations, and Club members will show photos and talk about the huts that can be visited, in both the Snowy Mountains and Victorian Alps.



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 2019

Canberra Cross Country Ski Club Inc

ABN 55 670 450 108

33 Brunswick Circuit KALEEN ACT 2617

To join **ONLINE** go to  
[www.cccsc.asn.au](http://www.cccsc.asn.au) and click **REGISTER NOW**

MEMBER DETAILS		MEMBER PREFERENCES.										
<p><b>Tick the box</b> if you want:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> NO Email to be distributed on the email list <input type="checkbox"/>;</li> <li><input type="checkbox"/> NO Information on a contact list on the members only area of the website that includes your name <input type="checkbox"/> suburb <input type="checkbox"/> email <input type="checkbox"/> No <input type="checkbox"/> preferred phone numbers <input type="checkbox"/> Blank box means agreement to information on members page</li> </ul> <p>All other information will be kept confidential with only summarised results reported.</p> <p><b>Postal address</b> (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>										
		<b>Skiing Level</b>			<b>Interests</b>							
		What type of ski trips do you like? (you can tick more than one box)			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
<p><b>Member 1</b></p> <p>First Name</p> <p>Last name</p> <p><input type="checkbox"/> email</p> <p><input type="checkbox"/> Daytime Phone</p> <p><input type="checkbox"/> Evening Phone</p>		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><b>Member 2</b></p> <p>First Name</p> <p>Last name</p> <p><input type="checkbox"/> email</p> <p><input type="checkbox"/> Daytime Phone</p> <p><input type="checkbox"/> Evening Phone</p>		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><b>First and last name of other household members:</b></p> <p><b>Member 3</b></p> <p><b>Member 4</b></p> <p><b>Member 5</b></p>		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><b>Signed</b> 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, 33 Brunswick Circuit, KALEEN, ACT 2617" 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>\$75 for household membership</p>										<p>\$</p>		