

**SPECIAL
POINTS OF
INTEREST:**

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Four Mile Hut under snow (Photo: Alan Levy)

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 25. [Register Now](#) is the preferred and easiest method.

June Newsletter Deadline

The deadline for articles for the June 2019 Off-Piste is **9th June 2019**.

Please send any articles or photos to cccsceditor@gmail.com

President's Piece

Welcome to the first edition of Off-Piste for 2019. We've had yet another unusually hot summer and warm autumn, so I'm sure we are all looking forward to a cold, snowy winter. I was lucky enough to experience the bonus snowfall in late March this year – hopefully it's a good omen!

In the meantime, read on to find out about what we have planned for the coming season. Our first social meeting will be held on 22 May, with guest speaker Brett McNamara, Manager ACT Parks and Conservation, who will talk about the mountains on our doorstep. Other upcoming events include our popular lodge weekends in early July and August and the club's Kosciuszko Tour race on 27 July (note the new date!). There will also be opportunities to ski in Victoria and New Zealand.

Membership is now open for 2019, so I hope you will renew your membership/ join our club and enjoy the 2019 season with us.

Jo-Anne Clancy
President



Snow on the Main Range — 31 Mar 19
(Photo: Jo-Anne Clancy)

Removal of Disappointment Spur Trail Bridge

The NPWS web site advises that the Disappointment Spur trail has been closed due to bridge removal.

The Disappointment Spur trail is closed from the southern end, near Guthega Power Station, because the bridge has been removed. Therefore:

- There is no access to Disappointment Spur trail from Guthega power station.
- You can only access the Jagungal wilderness area and Whites River corridor from the southern end via the Schlink Pass (Geehi) Road.

ACT Ski sale — Volunteers needed!

Volunteers are needed to assist with security at the ACT Ski and Snowboard Sale and Expo. The Sale is on Saturday 11 May at the Kingston Bus Markets from 8:30am to 1:30pm. Volunteers need to be there from 8:00am onwards. If people want to volunteer for any length of time during the morning that would be fine. All proceeds from the event go toward supporting our local snow sports athletes, programs and events. If you are interested in helping out on the day, please contact club member at: peter.petercunningham@gmail.com or 0477 356 835.



SnowSports ACT Ski and Snowboard Sale & Expo is on Again — 11 May

The ACT Ski & Snowboard Sale & Expo is held every year on the second Saturday in May at the Former Transport Depot in Kingston. The Sale & Expo is a great opportunity to buy and/or sell new and preloved snow sports equipment at bargain prices! Volunteers are on hand to give guidance on your purchases. Local retailers will be selling new and ex hire gear on the day and members of the public is welcome sell their pre loved equipment as well. All proceeds from the event go toward supporting local snow sports athletes, programs and events.

Where: Former Transport Depot, 21 Wentworth Ave, Kingston, ACT

Drop off sale items to the Former Transport Depot, 12.00pm to 7.00pm on Friday 10 May. They will then be labelled by volunteers and put on display for the Sale on the Saturday. There is a charge of \$2 per item lodged into the sale. A 25% commission is taken on goods sold. You will receive a balance by cheque within 2 weeks of the sale.

Sale & Expo: 8.30am – 1.30pm Saturday 11 May 2019

During the Sale there will be Ski Tuning Demonstrations and a BBQ selling drinks and food. Any unsold gear must be collected after the Sale on the Saturday between 3.00pm – 4.00pm.

If you have any further enquires please email Wendy at wolsen@skiandsnowboard.org.au or call 0422 240 483

The Canberra Cross Country Ski Club will have a stall at the Ski Sale to promote the club.

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 Funston.



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.



Back Country First Aid Training

The Club will be running a Back Country First Aid Training course for members on the weekend of **22-23 June**. Details are as follows:

Training Objective

The objective of this training is to refresh/train members in backcountry first aid skills to enable them to provide first aid to fellow Club members in the event of an accident during a cross country ski tour in a remote area.

Skill Level

If there is snow cover for this training, it may well be icy. Members registering for this training should have a minimum skill level at Cross Country Skiing of basic Intermediate.

Pre-Training Work

This training requires pre-work by attendees, including reading and a written test.

Registration

The registration fee of \$485.00 includes Accommodation at 7 Banksia Avenue Kalkite for the nights of Friday 21 and Saturday 22 June. The price has been reduced from \$535.00 by the club contributing \$50.00 to the cost for each member who registers.

A minimum of 6 registrations is required for the training to run. Should we fail to obtain the minimum number of paid up registrations the Club will refund all registration fees.

The maximum number of registrations is limited to 12 Club Members.

Members registering for this training need to be over the age of 18.

Registration and payment is required by the training provider, SnowSafety, **by 16 May**.

Members are asked to go to the following link to register for this training.:

<https://www.registernow.com.au/secure/Register.aspx?E=34440>

Training Arrangements

Day 1 - Sat 22 June - will be classroom work and CPR training with scenarios at 7 Banksia Avenue, Kalkite.

Day 2 – Sun 23 June - will be field based and all about scenarios with gear in packs in real life situations. Probably towards Mount Wheatley from the Perisher Car Park depending on prevailing weather conditions.

Certificates

We are not planning to issue certificates for this training to keep the cost as low as possible.

What to Bring

Linen, towels, wash kit, clothing, self-catering food and drinks required for 2 nights at Kalkite. There are no shops.

Participants must be fully equipped for a days cross country ski touring for the outdoor training to make it as realistic as possible.

Questions

Email Paul Room at cccsctreasurer@gmail.com

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.

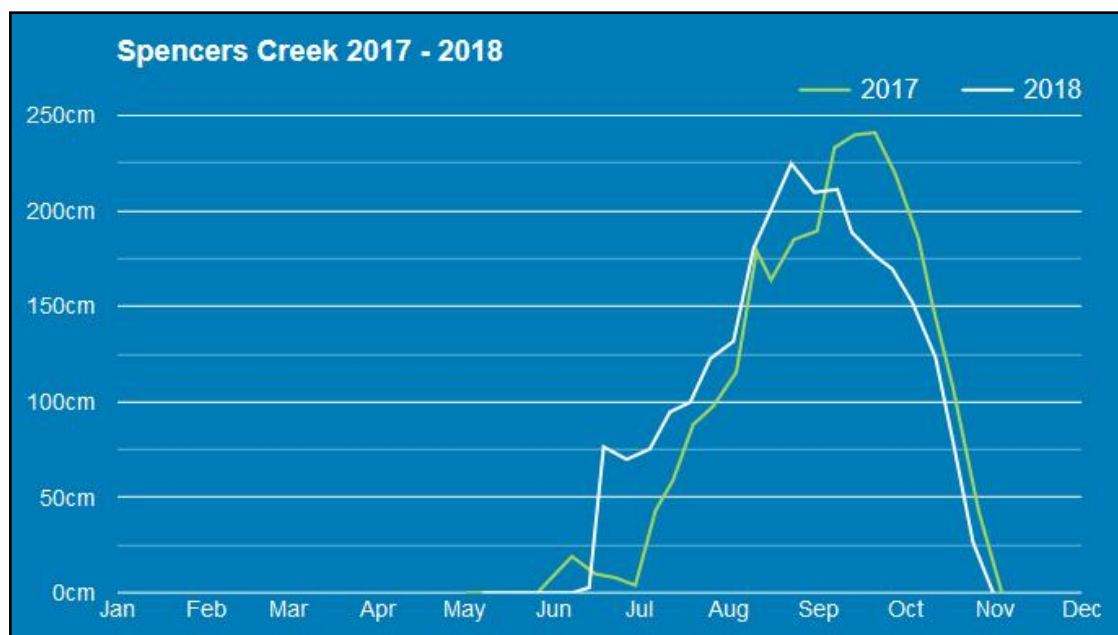
Saturday: 'Come and Try open day' lessons (July weekend) and tours, social night dinner back at lodge.

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](#)



A comparison of the Spencer's Creek snow depths from 2017 and 2018.

Date	Event Description	Leader
	<p>Once the snow starts falling and people come out of their summer hibernation then ski tours will be advertised in future editions of 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. In the meantime the program below includes events that members may be interested in, including lodge weekends, training, and ski races.</p>	
Saturday & Sunday, 22 & 23 June	<p>Back Country First Aid Training</p> <p>The objective of this training is to refresh/train members in backcountry first aid skills to enable them to provide first aid to fellow Club members in the event of an accident during a cross country ski tour in a remote area.</p> <p>The registration fee of \$485.00 includes accommodation at 7 Banksia Avenue Kalkite for the nights of Friday 21 and Saturday 22 June. Registration and payment is required by 16 May.</p> <p><u>Day 1 – Sat 22 June</u> – will be classroom work and CPR training with scenarios at 7 Banksia Avenue, Kalkite.</p> <p><u>Day 2 – Sun 23 June</u> – will be field based and all about scenarios with gear in packs in real life situations. Probably towards Mount Wheatley from the Perisher Car Park depending on prevailing weather conditions.</p>	Register Here
Friday to Sunday, 5 to 7 July	<p>July School Holiday Lodge Weekend</p> <p>All Standards</p> <p>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.</p> <p><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.</p> <p>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.</p> <p>Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.</p>	Jo-Anne Clancy Register Here
Saturday, 6 July	<p>Come & Try Day</p> <p>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 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.</p> <p>For any enquiries on the Come & Try Day, contact info@snowsportsact.com.au</p>	info@snowsportsACT.com.au
Sunday, 7 July	<p>Ski de Femme</p> <p>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.</p> <p>A morning tea and a BBQ lunch is included in the registration fee. Please arrive at the Nordic Shelter by 8.30am. Registrations online and will also be available on the day from 8.30am.</p> <p>Participants will need to bring their own cross country equipment.</p> <p>For any enquiries about the Ski de Femme day, contact: Rhonda Cunningham</p>	

Date	Event Description	Leader
Saturday, 13 July	<p>Come & Try Day</p> <p>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. Please arrive by 1pm to be graded into groups. Participants will need to bring their own cross country equipment.</p> <p>For any enquiries on the Come & Try Day, contact info@snowsportsact.com.au</p>	
Saturday, 27 July	<p>Race - Kosciuszko Tour</p> <p>Our Club is running this ski race, which will start at Perisher and likely be held on the Perisher trails. 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. The Race entry form is on page 22. Let Rowan or Jo-Anne know if you can help out as a volunteer on the day.</p>	Rowan Christie
Friday to Sunday, 2 to 4 August	<p>Mid-Season Lodge Weekend</p> <p>All Standards</p> <p>A mid-season lodge weekend with something for everyone. Two nights' accommodation in Kalkite, lessons, tours, races, group dinner.</p> <p>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.</p> <p><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.</p> <p>Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.</p>	Jo-Anne Clancy Register Here
Saturday 3 to Sunday 11 August	<p>Perisher XC Ski Week</p> <p>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 Perisher X Country web site.</p>	
Sunday, 4 August	<p>Race – Boonoona Open</p> <p><i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i></p>	
Monday, 5 August	<p>Race – Charlotte Pass Open</p> <p><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 Kosciuszko 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></p>	
Monday, 5 August	<p>NSW Night Relays</p> <p><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 club 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></p>	

Date	Event Description	Leader
(Cont.)	<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>	
Tuesday, 6 August	Mystery Coffee Tour #1	
Wednesday, 7 August	Race – KAC XC Classic <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>	
Thursday, 8 August	Race – Sundeck Handicap Race <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>	
Friday, 9 August	Mystery Coffee Tour #2	
Saturday, 10 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Saturday, 24 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>	
Monday 26 August to Sunday 1 September	New Zealand Trip <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 Funston.</i>	Gale Funston



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 closer to the event but, being earlier in the season, it will use the groomed Perisher trail network and cover approx. 18km. The race is open to both classic and skate techniques. Online entry will be available soon through the Ski and Snowboard Australia online entry system. Further details of the event and a 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.



*Snow on the Main Range — 31 Mar 19
(Photo: Jo-Anne Clancy)*

*Snowgums and rime, The Horn, Mt Buffalo
— 20 Aug 17 (Photo: Alan Levy)*



Europe, Winter 2018 (Part 2)

The first part of this European trip report appeared in the July 2018 edition of Off-Piste... Ed.

Recap

Some 4 weeks earlier, Gale and I had flown into Vienna. Between then and Estonia, we had started the Austrian, Italian and German World Loppet races and completed them all.

The Races and Countries

ESTONIA

11 Feb 2018, Tartu Maraton, Open Track, CT, 63km, Otepää to Elva

Getting to the Estonian race was our first 2 day transfer. Straight after finishing Sunday's König Ludwig Lauf, we dashed to our flat, caught 3 trains to a motel in Munich, caught the morning flights to Helsinki then Tallinn. Overnighted and caught the morning coach to Tartu and finally the lunchtime coach to Otepää. 3 days of getting familiar with the area – it was cold and I didn't have enough

clothing.

Alan Levy joined us in Tallinn. Our group of 5 was now 6, and Gale & I were no longer the least experienced in our group. Estonia, what we saw, was flat, mostly overcast and snowy. Even Tallinn, the coastal capital, had snow lying on the streets. Otepää is in or near the Estonian highlands. No need to worry about altitude problems, as the highest point of the race was just over 200m.

Around Otepää, and most of what I saw of Estonia, it is flat. Not Nullarbor Plain flat, but after the Austrian, Italian and German Alps it felt that way. We skied sections of the race course, for practice, and found the going pretty easy – tracks groomed over non-technical slopes and curves. We ventured onto a trails centre near Kääriku, about 11km from Otepää. It was laid out with ski loops going in and out in most directions, and it was exciting. I remember the tight, fast downhill corners, and lots of them – I wasn't as good as I thought I was. Another highlight was the ski jump in the Otepää sports stadium. It stood there, towering over the landscape, unused during our week there, but not unalluring.

THE RACE

The race was mentally the hardest



Marg Hayes skiing in front of the ski jump at Otepää. 6 Feb 18. © Photo: Ken Moylan

of the 9 marathons I did. An Open Track day is where you can start any time you want, all you have to do is to get through each checkpoint in time. The last checkpoint, the finish line, matters a lot as that is when the race organisers go home. Miss that and you'll be walking home. Less than 200 skiers started this race, less than the Kangaroo Hoppet. I was much slower than everyone else and within 2km I was alone. An occasional racer, who'd started after me, caught and dropped me, never to be seen again. All I had pushing me on was the race plan, pushing me at a tempo to get to each feed station ahead of the cutoffs. The race course was pretty easy, going over undulating ground, alternately running beside farmers' fields or cutting through forests. Even so, three quarters of the way in I was tiring enough to fall on the simplest downhill curves. I remember the feed stations for offering bread and salt and that was it for food. I finally crossed the finish line with about 40

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Medieval turrets and walls in the old part of Tallinn. Photo: Alan Levy

"I remember the tight, fast downhill corners, and lots of them . "

(Continued from page 10)

minutes to spare, out of an 8 hour window. This race felt the most anticlimactic of them all.

WAX OF THE DAY

Binder wax ironed in + 4 layers of Swix Blue Extra stick corked in and ironed. I might have applied too many layers as, after all the ice on my skis had melted, the grip zone had impressions of ice crystals. It worked well all day. It was overcast, but I could feel where the track had had more sun or less, and which set of tracks more skiers had used before me.

Glide zone preparation was ironing in Swix LF?, scraped back and a layer of Swix HF?. I wanted the top layer to last as long as possible, so left it unscraped.



An evening view of the town square of Otepää. Our lodgings faced onto the square. I like this photograph because it shows that snow can fall straight down and settle. Otepää, Estonia. 6 Feb 2018

© Photo: Ken Moylan

RESULTS

11 Feb 2018. 63km, FT

(Overall) Pos	Bib	Name	Result	Behind	Cat	(Cat) Pos	Average Pace	Average Speed	Time (12 km)	Time (32 km)	Time (47 km)
65	15	Marg Hayes	04:34:05	01:00:54	N55	1	04:22 min/km	13.79 km/h	00:53:35	02:21:71	03:24:43
133	10	James Finnie	05:33:46	02:00:36	M65	2	05:18 min/km	11.33 km/h	01:00:10	2:43:48	04:04:10
154	45	Ken Moylan	07:18:53	03:45:42	M55	9	06:58 min/km	8.61 km/h	01:16:51	03:32:42	05:13:36

11 Feb 2018. 31km, FT

(Overall) Pos	Bib	Name	Result	Behind	Cat	(Cat) Pos	Average Pace	Average Speed	Time (12 km)
150	277	Bruce Wharrie	03:41:07	01:42:09	M55	9	07:08 min/km	8.41 km/h	01:47:39
152	231	Alan Levy	03:48:56	01:49:58	M55	10	07:24 min/km	8.12 km/h	01:48:00

18 Feb 2018. 63km, FT Four other Australians raced the next week, in the main race. Here are the ones Club members might know.

(Overall) Pos	Bib	Name	Result	Behind	Cat	(Cat) Pos	Average Pace	Average Speed	Time (12 km)
2173	1710	Bendeli Nicolas	1:03:48.0	2:03:52.0	2:57:03.0	3:38:54.0	4:23:36.0	5:07:22.0	6:01:25.0
2227	1491	Hughes Wendy	1:00:58.0	2:04:03.0	2:58:20.0	3:43:34.0	4:27:16.0	5:13:11.0	6:09:08.6
2326	2294	Hopkins Chris	1:07:40.0	2:17:19.0	3:12:55.0	4:00:54.0	4:42:57.0	5:27:21.0	6:23:51.5

Europe, Winter 2018 (Part 2) (Cont'd)

CZECH REPUBLIC

17 Feb 2018, Hervis Jizerská 25, CT, 25km and 18 Feb 2018, ČEZ Jizerská 50, CT, 50km, Bedřichov

After skiing the 63km Tartu Maraton, I felt that I was over the hump in terms of race lengths. There was nothing that long ahead of me now. I was starting to feel that my goal of finishing all 9 marathon length races was within reach.

Another 2 days spent getting from one race to the next. This would be the new normal for the remaining races. So, 2 buses to Tallinn, stay the night, 2 flights to Prague (Czech Republic), and finally bus to Liberec. Marg, Bruce & Jim had digs up in Bedřichov, while Alan, Gale & I stayed in a fancy hotel below.

Liberec is a large regional city and a simple bus ride up a windy road to the Bedřichov trail head. We spent 2 days touring the ski trails, the highlight of which were the food shacks, selling cakes, coffee and beer, out on the trails. The ski area felt like a broad ridge or narrow plateau. At times we could see down into the valley and towns below and other times it felt like the snowy area would go forever. The trails, metres wide, were cut through forest, although a high point just breached the tree line.

THE RACES

The atmosphere in the Czech races was exciting. Thousands of skiers and spectators milled

around the starting area, in and out of tents and stalls about all sorts of things, such as the usual equipment, clothing, tools and waxes (there was even a testicular cancer awareness stall).

Hervis Jizerská 25

By now I felt fairly confident in completing a full length race after a half length race, so I put in a late entry for the Hervis 25km and raced on the Saturday. As races go, it wasn't too bad, just a lap of where we'd been skiing for the last couple of days.

ČEZ Jizerská 50

This was the big race and it felt it. Over 4000 skiers finished the race. At one point, the course reached a small hill. From there it dipped, rose, dipped again and finally rose, a distance of a couple of kilometres. There were six sets of tracks across the width of the trail and every track was full of skiers for as far as the eye could see. A skidoo lead the fastest racers and they were televised onto a large screen for the entire race. The only distraction from preparations was Korean Winter Olympics' Czech vs (someone) hockey match on a large screen, and that only until the racers got ready.



Ken skiing in the Hervis Jizerska 25 race at Bedrichov

WAXES OF THE DAYS

1st Day: Saturday

Swix Binder wax + 4 layers of Swix Blue Extra stick, crayoned on & ironed in + 1 layer of Swix Purple stick crayoned on & corked in. The Purple stick was crayoned on because the day was warmer than I expected

2nd Day: Sunday

No time to clean my skis back to scratch, so sufficed with scraping back the previous day's grip wax and then applying 3

(Continued on page 13)



Every now and then a beer tent or café just appeared in the forest. What could be nicer than to ski a while, pause for a beer, and then continue on? On the ski trails, near Bedřichov, Czech Republic. 14 Feb 2018

© Photo: Ken Moylan

"Thousands of skiers and spectators milled around the starting area"

(Continued from page 12)

layers of Swix VR55N (Purple). It worked well all day, with the temperature hovering around 0°C all day.

RESULTS

Hervis Jizerská 25 (17 Feb 2018)



A view of skiers practicing on the course of the Jizerská races. Near Bedřichov, Czech Republic. 14 Feb 2018
© Photo: Ken Moylan

Place	Bib No.	Name	Time	1 st Split (17 km)	Pace (min/km)	Speed (km/hr)
613	61	Levy, Alan	02:51:02	01:56:53	06:50	8.77
657	1122	Moylan, Ken	02:59:32	02:04:11	07:11	8.35
696	173	Wharrie, Bruce	03:06:08	02:03:38	07:27	8.06

Hervis Jizerská 25 (18 Feb 2018)

Place	Bib No.	Name	Time	Knejpa (11 km)	Jizerka (22 km)	Hřebínek (39 km)	Pace (min/km)	Speed (km/hr)
1664	550	Wall, Timothy	03:55:50	01:01:46	01:54:03	03:16:47	05:01	11.96
2392	2285	Hayes, Marg	04:22:12	01:08:18	02:06:51	03:38:29	05:35	10.76
2667	3532	Finnie, James	04:33:00	01:13:01	02:12:53	03:47:06	05:49	10.33
3115	1128	Wall, Christopher	04:49:48	01:14:47	02:19:10	04:01:14	06:10	9.73
3651	4070	Moylan, Ken	05:21:21	01:22:14	02:36:12	04:26:37	06:50	8.78

FINLAND

24 Feb 2018, Finlandia-Hiihto Main, CT, 50km and 25 Feb 2018, Finlandia-Hiihto, FT, 25km, Lahti

After the Czech races, Marg, Bruce and Jim left us for Sweden and the 90km Vassaloppet. Alan, Gale and I had another 2 long days of travel to get to Lahti, home of the Finlandia-Hiihto. Our apartment was a short walk from the race start / finish area, on the same block as a little ski shop, and reached by a cramped lift that lacked an inner safety door.

After recovering from 2 colds in January, I had been healthy until now. Some lurgi struck and kept me indoors on

our first day in Lahti. This left me with only one training day before my rest day and then race on Saturday. Because of this lack of Finnish skiing, I chose to stay an extra day and do the short race on Sunday. Meanwhile, Gale & Alan chose to get a get a bit warmer, skip Sunday's race and go back to Helsinki. Something about Lahti made it especially cold. Maybe the lack of sun or just days that didn't get warmer than -8°C. Nights were worse and we just couldn't dress warm enough. One odd thing was the way that ice crystals just fell out of the clear sky. We couldn't work it out.

Lahti is nicely compact. From our flat we walked to and onto the frozen lake, complete with boats frozen to

the jetties. On the way back was a warm shopping centre, complete with a cobbler who added 3 extra holes in my belt, so that my jeans stopped falling off. In the other direction is the already mentioned race start / finish area, also with a good skiing museum, virtual ski jumper and large, cheap buffet lunch.

THE RACES

Finlandia-Hiihto: Main 50 Km CT

A cold day. Only by keeping moving could I keep warm enough. Not long after starting, my sunglasses misted up (not uncommon) and then froze. I had

(Continued on page 14)

Europe, Winter 2018 (Part 2) (Cont'd)

(Continued from page 13)

"I had 10 stamps in my Worldloppet passport. I was now a Gold Master! "

to take them off to see. About 2/3rd through the race, my finger tips felt funny. Fearing frost-bite, I carefully removed my overmittens to find that the fingertips of my Thermolactyl gloves, that had been sheltered inside the overmittens, were frozen. My actual fingers were hard to move from the cold, but otherwise OK. I noticed that many racers wore blue stick-on bandage-patches on their noses and cheeks, like the way we often wear zinc cream, but they did it to stop frost injuries. The warm meal after the race was wonderful. The organisers offered saunas, but they were a little walk away outside and I felt every urge to not return to the cold.

Finlandia-Hiihto: 25 Km FT

This was a much more relaxed race than yesterday's and I was able to enjoy it more. I didn't have the same time pressure to



Ski jumps at the Lahti Ski Stadium. Photo: Alan Levy

meet the cut-offs and started by working on my kick and glide. I was also more relaxed at the feed stations, chatting in broken English with the volunteers. The course was mostly through forest, unlike yesterday's which had large open areas. The tricky parts were still hard and I fell on exactly the same hill, again.

(Notes inadequate.) Swix Blue stick, ironed in. Number of layers forgotten. The snow felt warmer than the air, otherwise I'd have chosen a Green stick. Near the end of the day, after hundreds of skis before me, the tracks felt warmer and the kick wax working lesser.

2nd Day: Sunday

Again, no time for a complete clean, so corked in only 1 layer of Swix Blue Extra stick. I wanted the extra grip from a warmer stick wax.

WAXES OF THE DAYS

1st Day: Saturday

RESULTS

Finlandia-Hiihto, CT50
(Saturday, 24 Feb 2018)

Place	Bib #	Name	Class	Time	Behind	Net	Splits			
							Absolute Time / Place Split Time / Place			
							Messila (10km)	Hälviälä (19km)	Heinsuo (38km)	Finish
860	460	Adrian Blake	M60	3:59:59.5	+1:40:54.3	(3:58:22.9)	54:18 / 952 54:18.8 / 952	1:34:26 / 956 40:07.5 / 976	3:03:08 / 818 1:28:42.4 / 704	3:59:59 / 860 01:39.3 / 1011
1141	1035	Nicolas Bendeli	M60	4:32:58.6	+2:13:53.4	(4:31:18.6)	1:04:58 / 1340 1:04:58.5 / 1340	1:49:25 / 1290 44:27.2 / 1207	3:33:38 / 1182 1:44:12.4 / 1090	4:32:58 / 1141 01:47.6 / 1214
1378	1100	Chris Hopkins	M50	5:09:30.7	+2:50:25.5	(5:08:32.0)	0:57:15 / 1074 0:57:15.6 / 1074	1:41:06 / 1111 43:51.2 / 1166	3:53:18 / 1353 2:12:11.2 / 1448	5:09:30 / 1378 02:05.7 / 1438
1576	2028	Ken Moylan	M50	6:26:10.4	+4:07:05.2	(6:25:14.6)	1:19:37 / 1572 1:19:37.3 / 1572	2:20:20 / 1572 1:00:43.4 / 1573	4:54:11 / 1572 2:33:51.1 / 1559	6:26:10 / 1576 02:50.4 / 1565

Finlandia-Hiihto, CT32 (Saturday, 24 February 2018)

Place	Bib #	Name	Class	Time	Behind	Net	Splits Absolute Time / Place Split Time / Place		
							Messila (10km)	Heinsuo (20km)	Finish
379	5007	Alan Levy	M50	4:35:05.6	+2:54:31.2	(4:33:50.3)	1:25:51 / 373 1:25:51.3 / 373	2:53:36 / 376 1:27:44.8 / 377	4:35:05 / 379 02:52.5 / 382

Finlandia-Hiihto, FT50 (Sunday, 25 February 2018)

Place	Bib #	Name	Class	Time	Behind	Net	Splits Absolute Time / Place Split Time / Place			
							Messila (10km)	Hälviälä (19km)	Heinsuo (38km)	Finish
627	6300	Wendy Hughes	N	3:53:09.0	+1:40:02.1	(3:52:05.4)	50:30 / 609 50:30.2 / 0	1:28:21 / 629 37:51.1 / 0	2:58:23 / 624 1:30:02.1 / 0	3:53:09 / 627 01:43.0 / 0
710	6507	Nicolas Bendeli	M	4:05:31.3	+1:52:24.4	(4:03:56.5)	57:40 / 795 57:40.7 / 0	1:38:11 / 783 40:30.3 / 0	3:12:19 / 753 1:34:08.9 / 0	4:05:31 / 710 01:38.6 / 0

Finlandia-Hiihto, FT20 (Sunday, 25 February 2018)

Place	Bib #	Name	Class	Time	Behind	Net	Splits Absolute Time / Place Split Time / Place	
							Messila (10km)	Finish
39	8072	Adrian Blake	M	1:20:29.6	+21:45.4	(1:19:28.0)	41:26 / 41 41:26.5 / 0	1:20:29 / 39 01:16.9 / 0
295	5503	Ken Moylan	M	2:58:19.1	+1:59:34.9	(2:56:25.4)	1:27:56 / 293 1:27:56.8 / 0	2:58:19 / 295 02:24.9 / 0



**Frozen foreshore
at Lahti.
Photo: Alan Levy**

Europe, Winter 2018 (Part 2) (Cont'd)

POLAND

2 Mar 2018, Bieg Piastów, FT, 30km, and 3 Mar 2018, Bieg Piastów Main, CT, 50km, and 4 Mar 2018, Bieg Piastów, CT, 25km, Jakuszyce (near Szklarska Poręba), Poland

The second third of nine races was completed. I had 10 stamps in my Worldloppet passport. I was now a Gold Master! The feeling of (virtually) getting my gold medal was slowly sinking in. Woohoo! It also meant that pressure to complete the remaining races in my European campaign was eased off. I could (and did) start a new Worldloppet passport, for a possible future second Worldloppet medal.

Now 3 travel days to get to the next race. After Sunday's race in Finland, I caught a train to Helsinki, rejoined Gale & Alan and slept the night. Flew to Prague for another night. Finally 5 hours of trains through the Czech Republic to get to Szklarska Poręba, in Poland. Along the way, Marg, Bruce & Jim rejoined us. We were less than 60km by road from our lodgings for the Czech race a fortnight before and the ski areas were less than 35km apart. I could have skied between the two!

Poland felt like the funnest place to be. Before Friday's race, all known Aussies gathered together for a blow-out slap-up dinner in a local pub. There must've been thirteen of us dining, all having



Gale Funston, Jim Finney, Marg Hayes and Alan Levy standing in front of the hunting lodge in Orle. This had the best hot chocolates I found in all of Europe. The cakes were also pretty good. Orle, near Jakuszyce, Szklarska Poręba, Poland 28 Feb 2018

© Photo: Ken Moylan

a good time, good food, and talking in our own language. The next night, the race organisers laid on a very well catered World Loppet reception. People in the shops stopped to chat with the cashiers and have a laugh - something I noticed rarely in other places. In the middle of town was a ski hill & lift. The only bad thing is that this little corner of Poland felt like it was at last recovering from the worst half of the 20th Century.

I got in one day of touring to get a feel of the course. The best part of the trails was an old hunting lodge, in a long abandoned village called Orle, that was now a café and hotel. It served cakes and excellent hot chocolates.

Wax of the Day: last Sunday's wax. The temperature was around -15° C, but the sunny day made it feel warmer.

THE RACES

I wanted to put in a late entry for the 25km race on the Sunday, but it was already full. Instead, I did the 30km race on the Friday. A month beforehand I wouldn't have tried

it, skiing the Silver World Loppet race the day before the Gold World Loppet race, but now I felt much stronger and fitter for long distances, so decided to have a go. It helped that I already done my 10 Gold races, so failing this weekend wouldn't be so bad.

2 Mar 2018, Bieg Piastów, FT, 30km

I told myself to restrain myself and not put my all into this half-length race, for I had a full length race tomorrow. However, near the end I was overtaken by He-Who-Has-Always-Been-Slightly-Faster-Than-Me. Marg, who was skiing with Bruce, encouraged me to catch and overtake him. My blood got up. I pushed myself hard. In the last 2km of the race, I caught up on a 2 minute deficit, overtook him, and beat in He-Who-Has-Always-Been-Slightly-Faster-Than-Me by another 2 minutes. I was a skiing warrior! - in my own mind.

(Continued on page 20)

"and beat in He-Who-Has-Always-Been-Slightly-Faster-Than-Me by another 2 minutes."

RESULTS

Bieg Piastów, FT, 30km (2 March 18)

Place	Bib No.	Name	Sex&Age / Place	Sex / Place	Time	Tempo (min/km)	diff / Net	Check points Time / Place				
								8 km	12 km	15 km	17 km	28 km
406	376	WALSH Bronwyn	K40 / 16	K / 55	03:21:14	6.42	+2:01:49	0:40:25 / 399	1:26:08 / 407	1:43:09 / 408	1:50:15 / 409	3:05:35 / 411
413	500	MOYLAN Ken	M50 / 75	M / 356	03:30:17	7.00	+2:10:52	0:45:46 / 416	1:31:34 / 413	1:48:24 / 414	1:56:24 / 415	3:14:16 / 417
415	336	LEVY Alan	M50 / 77	M / 358	03:32:03	7.04	+2:12:38	0:48:29 / 423	1:32:04 / 416	1:50:12 / 416	1:57:15 / 417	3:12:48 / 414
417	504	WHARRIE Bruce	M50 / 78	M / 360	03:36:20	7.12	+2:16:55	0:52:38 / 426	1:32:34 / 417	1:51:23 / 420	2:00:11 / 420	3:13:26 / 416

Bieg Piastów Main, CT, 50km (3 March 18)

Place	Bib No.	Name	Sex&Age / Place	Sex / Place	Time	Tempo (min/km)	diff / Net	Check points Time / Place					
								3 km	18 km	28 km	35 km	40 km	45 km
682	701	HAYES Marg	K50 / 3	K / 33	04:16:40	5.08	+1:59:58	0:17:45 / 741	1:26:03 / 663	2:35:46 / 694	3:02:44 / 683	3:31:19 / 683	4:03:23 / 689
790	186	HUGHES Wendy	K40 / 18	K / 44	04:33:07	5.27	+2:16:25	0:17:10 / 684	1:33:50 / 807	2:46:13 / 811	3:15:51 / 808	3:45:09 / 797	4:18:26 / 795
791	1175	HOPKINS Chris	M50 / 200	M / 747	04:33:12	5.27	+2:16:30	0:20:01 / 1059	1:37:29 / 895	2:47:20 / 827	3:15:44 / 806	3:46:19 / 807	4:19:06 / 799
866	250	FINNIE James	M60 / 90	M / 807	04:43:13	5.39	+2:26:31	0:18:23 / 833	1:35:51 / 855	2:58:16 / 964	3:27:58 / 929	3:55:54 / 895	4:29:27 / 884
1326	1496	MOYLAN Ken	M50 / 322	M / 1194	06:04:40	7.17	+3:47:58	0:24:16 / 1396	2:04:36 / 1341	3:40:58 / 1342	4:19:30 / 1318	5:01:50 / 1333	5:46:21 / 1330

Bieg Piastów, CT, 25km (4 March 18)

Place	Bib No.	Name	Sex&Age / Place	Sex / Place	Time	Tempo (min/km)	diff / Net	Check points Time / Place			
								4 km	9 km	11 km	21 km
1257	499	WHARRIE Bruce	M50 / 225	M / 1019	03:10:54	7.38	+2:03:54	0:41:46 / 1321	1:16:40 / 1321	1:25:28 / 1307	2:46:54 / 1252
1302	641	WALSH Bronwyn	K40 / 78	K / 258	03:20:24	8.00	+2:13:24	0:40:11 / 1268	1:11:53 / 1264	1:22:23 / 1276	2:55:25 / 1297

Europe, Winter 2018 (Part 2) (Cont'd)



*Alan, Bruce and Gale at the start of the 31km Tartu Maraton Open Track race in Estonia — 11 Feb 18.
© Photo: Gale Funston*

*This cabin offered hot drinks, cakes and other comforts. Days like this makes me long for European style skiing - carrying little and skiing from hot chocolate to hot chocolate. Here the forest was opening out and the sun made the below freezing temperatures feel pretty mild. On the ski trails near Bedřichov, Czech Republic. 15 Feb 2018
© Photo: Ken Moylan*



*The ski trails were well mapped, with displays like this scattered throughout the area. Note the tools available for use. Near Bedřichov, Czech Republic 14 Feb 2018
© Photo: Ken Moylan*



The Finlandia-Hiihto start/finish stadium houses a skiing museum, which I recommend to any Club member. This glass cabinet houses skis hundreds or thousand of years old. Lahti, Finland. 22 Feb 2018
© Photo: Ken Moylan

Gale Funston proudly showing off her medal for completing the Hervis Jizerská 25 race. ČEZ Jizerská start/finish area. Bedřichov, Czech Republic. 17 Feb 2018
© Photo: Ken Moylan



Alan Levy enjoying the Bedřichov trails. It was lovely skiing in the sun, along a trail cut through a thick forest. Near Bedřichov, Czech Republic. 14 Feb 2018
© Photo: Ken Moylan

Europe, Winter 2018 (Part 2) (Cont'd)

(Continued from page 16)

3 Mar 2018, Bieg Piastów Main, CT, 50km

The race courses at Jakuszyce wind along trails cut through a forest. They go all over the place and without a map or the trail markers it would be very easy to get lost. Each race was well marked, so getting lost wasn't an issue. Today's race was going to follow much of yesterday's course, with an added loop for the distance. I was feeling pretty good for the first half of the race, but the last half just seemed to drag on. The course almost collides with itself near the 35km & 45km marks, where a loop goes out and returns. I remember seeing Jim on his way back in while I was on my way out and thinking "not too far now". It was a long and slow 10km — I was feeling yesterday's exuberance.

4 Mar 2018, Bieg Piastów, CT, 25km

This was Gale's race. I dodged the barriers, skied on and off the

course (using the maze of trails) and met her at the Orle Hotel for hot chocolate and cheesecake. After the two previous days' efforts, I felt quite happy to not race 3 days running.

WAXES OF THE DAYS

1st Day: Friday

My waxing techniques were getting more elaborate as my experience with European snow grew. Today's wax was:

Swix binder wax, crayoned on & ironed in + Swix Green Extra, crayoned on & ironed in + 2 layers of Swix Blue Stick crayoned on & corked in.

2nd Day: Saturday

I must have cleaned my skis! My notes say:

1 layer of Swix Binder, crayoned on & ironed in + 1 layer of Swix Blue stick, crayoned on & ironed in + 4 layers of Swix Blue stick, crayoned on & corked in + 1 layer of Swix Green Extra, crayoned on & lightly corked in. It worked well all day.

The Green Extra was for the start - the snow started cold and unglazed.

The 5 layers of Blue was to get me through the whole 50km without stopping to rewax.

3rd Day: Sunday

I wasn't actually racing this day, so was more relaxed about getting the wax right.

Started with yesterday's wax. Later crayoned on & corked in a layer of Swix Blue Extra stick because the snow (day) was warmer than yesterday & had been skied on a lot.

Ken Moylan

To be continued.

URLs

Tartu Maraton
<https://www.tartumaraton.ee/>

Jiserská 50
<http://www.jiz50.cz/>

Finlandia Hiihto
<https://english.finlandiahiihto.fi/>

Bieg-Piastów
<http://bieg-piastow.pl/en/lang>

"I met her at the Orle Hotel for hot chocolate and cheesecake. . "



Start of the 50km Bieg Piastow race at Jakuszyce, Poland — 3 Mar 18
Photo: Alan Levy



Canberra Cross Country Ski Club

Postal Address:

33 Brunswick Circuit, Kaleen, ACT 2617

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	Vacant	cccscvicepresident@gmail.com	
Secretary	Greg Lawrence	cccscsecretary@gmail.com	
Treasurer	Paul Room	cccsc treasurer@gmail.com	
Membership Secretary	Gale Funston	cccscmembership@gmail.com	
Tour Coordinator	Ken Moylan	cccsc tours@gmail.com	
Kosciusko Tour Coordinator	Rowan Christie	cccsc racing@gmail.com	
Meeting Coordinator	Vacant	cccsc meetings@gmail.com	
Newsletter Editor	Alan Levy	cccsc editor@gmail.com	
Webmaster		cccsc webmaster@gmail.com	

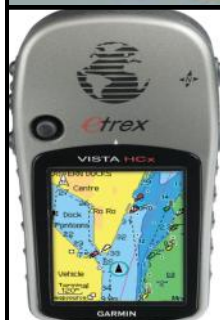


Club Snow Camping Gear for hire

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

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 (ph) 0428 315 093 or Ken Moylan (ph) 0412 728 963.



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: _____
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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 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)	\$30
Late Entry Fee (to 8:45 am Saturday 27 July)	\$40
Enter online (Visa/Mastercard) through https://www.skiandsnowboard.org.au/events/	Or send completed entry form and payment (cheque) to: CCCSC Race Secretary 33 Brunswick Circuit KALEEN ACT 2617

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
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 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
--	-------------------

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 22 May 2019

Namadgi National Park

Guest Speaker: Brett McNamara

Brett McNamara from ACT Parks & Conservation will be giving a talk on some aspect of Namadgi National Park. Further details will be advised closer to the time.

Wednesday 12 June 2019

Save Kosci Walk

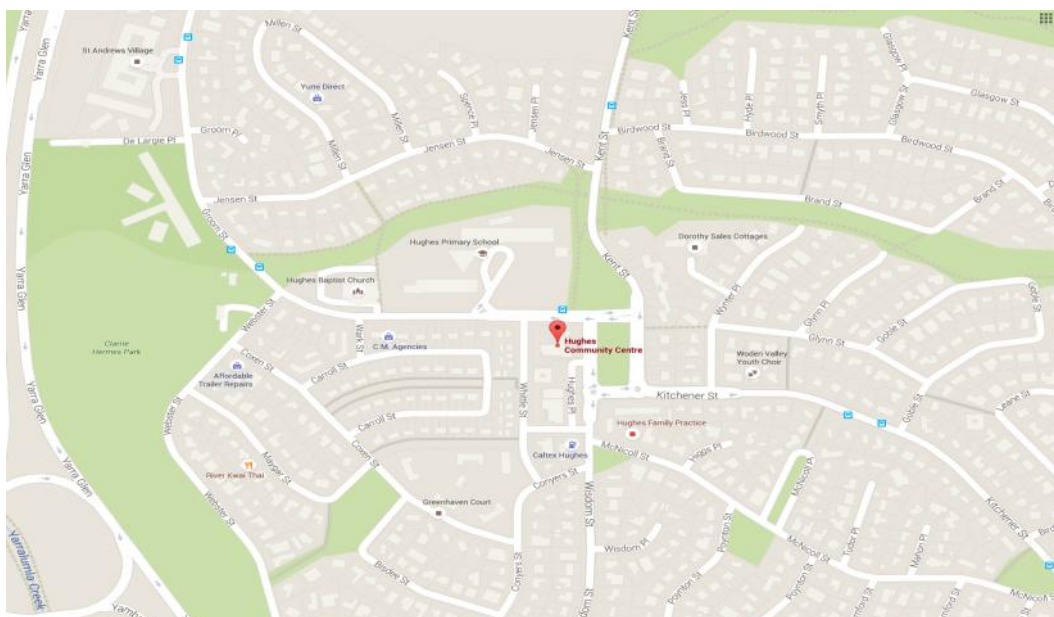
Guest Speaker: Alan Laird

Alan Laird will talk about his experiences on the long distance walk from Sydney to Mt Kosciuszko held in late 2018 to raise awareness of, and protest the decision to protect feral horses in Kosciuszko National Park.

Wednesday 26 June 2019

Backcountry Communications in the NSW Alpine Area

Guest Speaker: Sergeant Chenery NSW Police



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 and click **REGISTER NOW**

MEMBER DETAILS		MEMBER PREFERENCES																																					
<p>Tick the box if you want:</p> <ul style="list-style-type: none"> <input type="checkbox"/> NO Email to be distributed on the email list <input type="checkbox"/>; <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 <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> <table border="1"> <thead> <tr> <th colspan="3">Skiing Level</th> <th colspan="6">Interests</th> </tr> <tr> <th colspan="3">What type of ski trips do you like? (you can tick more than one box)</th> <th colspan="6">What do you hope to get from membership of CCCSC in this session (you can tick more than one box)</th> </tr> <tr> <th>Beginner</th> <th>Short and easy</th> <th>Intermediate</th> <th>Advanced</th> <th>Citizen outings</th> <th>Resort Telemark</th> <th>Ski day trips</th> <th>Ski camping</th> <th>Ski instruction</th> <th>Other instruction</th> </tr> </thead> </table>										Skiing Level			Interests						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	Citizen outings	Resort Telemark	Ski day trips	Ski camping	Ski instruction	Other instruction
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Member 1	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"/>																													
First Name																																							
Last name																																							
<input type="checkbox"/> email																																							
<input type="checkbox"/> Daytime Phone																																							
<input type="checkbox"/> Evening Phone																																							
Member 2	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"/>																													
First Name																																							
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<input type="checkbox"/> Daytime Phone																																							
<input type="checkbox"/> Evening Phone																																							
First and last name of other household members:	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"/>																													
Member 3																																							
Member 4																																							
Member 5																																							
We apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.																																							
Signed by or for each member above:																																							
Have you ever been a member of the CCCSC before? YES <input type="checkbox"/> NO <input type="checkbox"/> What Date did you join																																							
Make cheques payable to: "CCCSC"																																							
Mail this form and your cheque to "CCCSC, 33 Brunswick Circuit, KALEEN, ACT 2617" or																																							
Bring this form and your cheque or cash to a CCCSC meeting.																																							
Membership fees:										\$																													
\$50 for single membership																																							
\$75 for household membership																																							



Ken Moylan skiing off-piste. Ski trails, Snow Farm, Cardrona, New Zealand. 10 Aug 2015
© Photo: Gale Funston

See page 3 for details of upcoming trip to New Zealand.



Skiing at the Snow Farm, Cardrona, New Zealand — August 1996.
Photo: Alan Levy