

**SPECIAL
POINTS OF
INTEREST:**

- October Lodge Weekend
- Notice of AGM

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*Skiers reflected in a pond at Mt Buffalo below The Horn, Friday 23rd August.
Photo: Sonja Weinberg*

2019 Membership Subscriptions

Membership Subscriptions can be paid on [Register Now](#).

October Newsletter Deadline

The deadline for articles for the October 2019 Off-Piste is 14th **October 2019**.

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

President's Piece

Welcome to the September edition of Off-Piste. After a busy winter it is nice to slow down a little and enjoy the longer days and milder temperatures as the season starts to wind down. Spring is a fantastic time for XC skiing. While skiing the 'Not the Kosci Tour' from Thredbo to Perisher via Charlotte Pass last weekend, we observed that the Main Range still had a very deep cover snow. Hopefully it won't get too warm and there will be plenty of snow around for the October Lodge Weekend.

August was busy with the second lodge weekend, XC ski week events, Victoria and the Kangaroo Hoppet and the club ski trip to New Zealand and the Merino Muster race. It was my first ever trip to

New Zealand and I was blown away by the stunning alpine scenery of high jagged mountain peaks and large lakes. The Snow Farm near Wanaka is a fantastic venue for track based XC skiing with great facilities. It was nice to go to a XC only ski resort.

This will be my final article as President. Under the club's constitution I must stand down at the next AGM on 25 September. I've enjoyed the role of president over the last three years and would like to thank my fellow committee members past and present for their support. Please consider nominating for the role of President, Vice President, Meetings coordinator, Racing (Kosci Tour) coordinator or any

other committee position. Without committee members we won't have a club.

The last social meeting of 2019 and the club's AGM is on Wednesday 25 September. It's not all official business, as our guest speaker Ben Darlington will speak about some of his amazing outdoor adventures.

Enjoy your spring skiing and don't forget the sunscreen.

*Jo-Anne Clancy,
President*

Spencers Creek 2018 - 2019



The latest snow depth chart for Spencers Creek, as of 12 September, with a comparison from last year. The snow depth is 2.25 metres, and higher than at this time last year. Perisher has recently announced that they will be staying open until the 13th October. There was a good cover of snow for last year's October lodge weekend, and hopefully this year will be better, even if it is slightly later in the month.

October Lodge Weekend

The Club lodge weekend will be held at the Southern Alps Ski Club lodge at Charlotte Pass on the weekend of 26 & 27 October. Accommodation for the nights of Friday 25 & Saturday 26 October has been arranged.

This is always a popular weekend, with Club ski tours held around Charlotte Pass or on the Main Range on the Saturday and Sunday. At present there is a deep cover of snow on the Main Range, so there should be good skiing during late October.

People will need to bring along food, linen and towels for the weekend. The intention is to have a community dinner on the Saturday evening where people bring along an entree, main course or dessert to share with others.

The cost per person for accommodation will be \$52 per night. The cost per family (2 adults and one child) will be \$118 per night. Payment will need to be made prior to the weekend via the Register Now site at the following link: <https://www.registernow.com.au/secure/Register.aspx?E=36200>
In lieu of the website being down, the Register Now link will also be advised in separate Club emails.

Please advise Alan Levy via email alanlevy@pcug.org.au if you are attending.

Notice of the Annual General Meeting of Canberra Cross Country Ski Club Inc

Date: Wednesday 25 September 2019

Time: 7.45pm

Place: Room 3, Hughes Community Centre, Wisdom Street, Hughes, ACT

This is to advise you of the upcoming annual general meeting of the members of the Canberra Cross Country Ski Club Inc.

The details of this meeting are as follows:

At the meeting, members will have the opportunity to:

- find out about the club's activities and finances
- ask questions about the club's activities and finances
- speak about any items on the agenda
- vote on any resolutions proposed.

At the meeting, members will be asked to vote to:

- accept the minutes of the last annual general meeting and any general meeting held since the last annual general meeting
- accept the president's report
- accept the treasurer's report and annual financial statements
- elect the committee

Trip Report — Rams Head Range — Sunday 25 August

I planned a CCCSC trip, but instead I got a father-son day out! With no other takers, Alex and I headed up to Dead Horse Gap on a beautiful sunny morning. We climbed the spur, passed the rocky knolls and flat area, and then kept heading up directly to the twin-rocky peaks (no name on my map, but height 2052 m) north of South Rams Head. I was thinking of bagging peak-to-peak along the range, but with such nice weather, we thought we could go further afield. We thus skipped some of the rocky knolls and pressed on with a Kosi summit in the back of our minds.

"I just couldn't get a grip on the icy slope anymore"

The weather was lovely, but the snow conditions were challenging, with sheet ice the general rule. Our first peak was challenging on skins, with some slips on the way up, and a knee jarring descent with the skis chattering on the ice. Then as we approached the Rams Head (2190 m) from the south, we realised it was going to be a struggle to summit it from this side, with corrugated patches of clear ice. We traversed the lower slopes around towards the north, but by the time the slope aspect had changed sufficiently towards the sun to contemplate climbing it, we decided instead to just push on.

We reached our high point around 2150 m on the plateau north of the Rams Head, and eyed the wonderful southern slopes of Kosi, and the picturesque Leather Barrel Creek valley. A gentle ski traverse down brought us to Lake Cootapatamba for a late lunch, and then we started to ascend the south face. As it steepened, this too proved somewhat tense. At one stage I just couldn't get grip on the icy slope anymore, and just managed to hold myself before deciding for a more zigzagging ascent rather than the direct line



Looking into Leatherbarrel Creek from the Rams Heads.
Photo: Ralph Gailis

with skins. We reached the rocky knoll on the south ridge by 3pm, and realised we weren't going to make the summit that day. We made a careful descent of the face with quads locked to the max, and then commenced the big final grinding climb back to the plateau.

Clouds were starting to close in as we picked our lines through ice and rock fields on the way back home. It was a tough but invigorating long descent, with the snow becoming soft and forgiving as we skied below the tree line, and dodged our way back down the spur to the

car. All-in-all it was a challenging day, with 1200 m vertical ascent, and some tentative sections on ice. I felt the exhaustion by the time we reached the car at 5:30 pm. AT gear and skins were certainly the order of the day for such challenging conditions.

PS: I repeated almost the same trip the following Saturday in even more glorious weather, and magnificent snow conditions. Again about 1100 m vertical ascending, though this time the south face of Kosi was pure bliss!

Ralph Gailis



Alex Gailis on the Rams Head Range. **Photo: Ralph Gailis**

Photos from Victoria — August 2019



*Skiing along the Lake Catani trail at Mt Buffalo, Sun 18 Aug 19.
Photo: Sonja Weinberg*



*View to Mt Feathertop from near Tawonga Huts,
Sat 17 Aug 19.
Photo: Alan Levy*



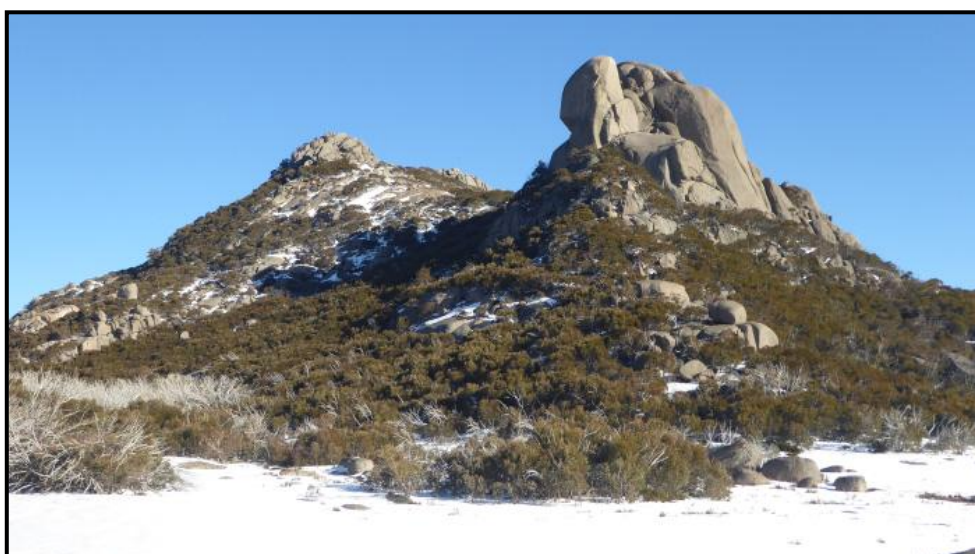
*Cope Hut,
Tues 20 Aug 19.
Photo: Alan Levy*



*Rocky Valley Dam from
the Falls Creek Nordic
trails, Thur 22 Aug 19.
Photo: Sonja Weinberg*



*The start of the
Kangaroo Hoppet,
Sat 24 Aug 19.
Photo: Alan Levy*



*The Hump and
Cathedral, Mt Buffalo,
Fri 23 Aug 19.
Photo: Alan Levy*



*Ice covered tree at Falls Creek, Tues 20 Aug 19.
Photo: Alan Levy*

*Sonja Weinberg and John Giacon in the fog at Pole 333 on the Bogong High Plains.
Photo: Alan Levy*



*A chair made of old skis and snowboards at Windy Corner, Falls Creek.
Photo: Alan Levy*

One Person's Hoppet

By Trevor Lewis

It's on again. The alarm proves redundant since I've been awake for some time, pumped-up by anticipation of the day ahead. I emerge from my tent, pitched on this grassy river bank in the Mount Beauty caravan park, a beauty spot indeed where the white noise of the rapids muffles the sound of ski season traffic on the nearby highway, and I can look out every morning and every evening at the snow-plastered crags of Mt Bogong's West Peak, soaring a vertical kilometre-and-a-half above the valley floor.

But there's not much time to admire that view today as I grab my day pack and skis, and my all-important race bib. I head for the camp kitchen where I munch a muesli bar and brew a double-strength coffee, before taking a brisk walk to the waiting buses, parked outside the Kangaroo Hoppet office.

The ride to Falls Creek takes us through hairpin bend after hairpin bend amongst tall timber and tree-ferns, and there's plenty of snow on the ground from the McKay Power Station turnoff onward. The Snowy Mountains has the bleak and arid Monaro as its *entrée*, but the Victorian Alps has this, a verdant valley bordering steep and many-folded foothills. Hope all the foreign visitors aboard are suitably impressed. We arrive at Windy Corner and troop on up to the Nordic Centre, where seating is at a premium, but I manage to find a perch where I munch another muesli bar while booting up and donning my green race bib, number 775, which identifies me as an entrant in the 21km Birkebeiner. Then it's time to join the throng, filing quietly along the snow-covered High Plains Road to the Nordic Bowl.

Maybe it's my hyperactive imagination, but I'm picking up on something reverential here, as if this were some kind of secular

pilgrimage. A multitude of us have been drawn here, each of us in it for ourselves yet also united by common aspiration. The elite can aim for a place on the podium; for the rest of us, the quest is for a holy grail of a more personal kind, whatever pot of gold is to be found at the end of this particular rainbow.

I greet members of the Canberra club among the crowd, Alan, Ken, Gale, Rowan, Dave. I join the queue for the coffee tent, then the queue for the port-a-loos. Finally I dab some glide wax on the tips and tails of my heavy, metal-edged touring skis. A voice on the PA is welcoming us, and says that the course is hard and fast, and warns of a stiff wind on the high section of the course, packing a potentially dangerous degree of wind chill. I've crammed a fleece top, beanie and jacket into my day pack, and I marvel at those who travel with nothing, presumably because they move so fast that they'll be out of hypothermia territory before they succumb to it.

The forty-two kilometre skiers get the starters' gun, then we Birkies take our place at the starting line. And at this moment, I'm not worried about whether my super will last the distance and I've almost forgotten that the Amazon is burning, as the minutes become seconds and then the shot resounds and we're off.

Only to come screeching to a halt as one of Gale Funston's skis impales itself in the basket of my stock. Sorry, Gale! We struggle to disentangle and succeed in time to start with the next wave of Birkies. The race is on and a sense of panic prevails as other skiers pass me right, left and centre but I have learned, I have taught myself not to let that un-nerve me, but to focus on establishing my own rhythm. Lean forward, push those poles, get the glide going. And keep it going, for twenty-one kilometres. But as the course swings around

the corner into Sun Valley I already know, in some preternatural way, that I will keep it up, that today will be a good one. Now the fastest of the "Joeys" is overtaking, but that doesn't need to dent my morale, those guys follow a separate discipline, I mean, seven km is a sprint not a long distance run, and I manage to get ahead of a couple of Birkies, and that imparts the psychological equivalent of a sugar hit. Not that I am *competing*, in any meaningful sense, but I mean to do my best to finish the course, and not come last.

I've been going out the back on skinny skis for more years and decades than I'd care to enumerate, but I'm a relative newcomer to the Hoppet, and the world of cross-country ski racing. And I sometimes still feel like a blow-in, a scruffy old ski tourer who somehow gets to rub shoulders with the beautiful people in their lycra body suits, before being left in their wake.

I brushed against the Hoppet in 2002, at the end of a tour from the High Plains to Mt Bogong and back, a test of endurance in its own right, which had also entailed a good deal of bushwalking, on the descent into, and climb out of the aptly-named Big River valley. On the final stage of that epic, I skied from Ropers Hut towards Falls Creek, and encountered lycra body suits *en masse* at the head of Heathy Spur. Later in the day, as I shared tracks with the stragglers on the High Plains Road, I thought, whatever these guys are up to, it's not for me. When I went into the winter back-country, it was in search of silence, solitude and freedom and this, skiing in a crowd, on a groomed and rigidly-defined trail, seemed antithetical.

But...we change as we age, old certainties crumble, and the door has now been slammed for me, for better or for worse, on long, solo expeditions in the winter

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"I sometimes still feel like a blow-in, . . . who somehow gets to rub shoulders with the beautiful people in their lycra body suits"

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backcountry. In 2008, just to try something different, I joined in the Canberra club's Kosciuszko Tour, back in the days when that event truly felt like a *tour* as well as a race, with a destination and a feast of alpine scenery to sample as it passed in a blur of speed. I participated in the Tour again in 2014, when it had lost some of its mojo, having shrunk to laps of the Perisher trails. And the following winter the thought popped into my head, why not try the Hoppet? That event certainly offered length, challenge and took its participants well away from the clamour of the ski resort. I registered for the full forty-two km and, on a damp, fog-bound day which gradually improved, I completed a modified version of the course which amounted to thirty-six km and eliminated the "Paralyser" and its gruelling climb. It made me very happy to achieve what I'd achieved, but left me with an unfulfilled longing and an unanswered question. The full forty-two, did I have what it took?

I returned in 2017, but the stars did not align in my favour. There are days when the spirit is in you, and then there are days when the spirit deserts you, and that day in 2017 was one of the latter. I could have blamed the old and not quite comfortable pair of boots that I wore, for a battle can be lost for the want of a horseshoe nail, but objectively speaking, all I can say is that the spirit deserted me. Even on the Sun Valley loop, I found myself trailing the pack. I needed to fly, but felt like I was wading through molasses. The whole contingent of the Birkies appeared to overtake me as I laboured up the Paralyser, and I reached the high tops just as a change was brewing. Cloud boiled up out of the valleys and a stiff wind slapped me around the face. I stopped, and wasted what felt like a huge amount of time layering up. With numb fingers I removed the bib, put on fleece top and jacket, then re-fastened

the bib, as everything flapped wildly in the wind.

On the undulations of Heathy Spur, I might as well have been on one of those solo ski tours of old, with not another competitor in sight. Still, there lurked within my numbed and befuddled brain a hope that I'd be able to complete the course, until I encountered the Canberra club's Ken Moylan near the dam wall, and he told me that I'd exceeded the cut-off time and I wouldn't be allowed into the second lap. I shrugged and said words to the effect that oh well, it was a nice day to be out on the snow, but I knew, even then, that that wasn't really the point.

I returned in 2018, having consigned the full forty-two km to the realm of impossible dreams, and I successfully completed the Birkebeiner. I still wish I could know how it feels to do the full Hoppet, but I now realise that the cut-off time for the second lap presents a hurdle that I'd be unlikely to clear, even if I didn't have such a shocker of a day as I had in 2017, and there's nothing wrong with tailoring your ambitions to fit your abilities. So here I am in 2019, and the Sun Valley loop seems to have passed very quickly, and the dam wall swings into view, the extent of open water behind it hinting that, despite the solid snow pack, we've been through a very mild winter. Over the dam wall and we're into wilderness, and it feels very good indeed to be gliding through the bends on the well-buried High Plains Road. On these luxuriantly-carpeted south-facing slopes, snow crystals glitter, my skis sing, my spirit soars. Who would have believed that pushing yourself hard could be such a ton on fun? Memories of wading through molasses are blown away as the forecast wind makes itself felt in the exposed area at the turnoff to the Watchbed fire trail.

The Paralyser looms, a couple of kms of unrelenting climb, on a trail hemmed-in by regenerating snowgum forest. Today the climb proves a worthy adversary and not my nemesis. Lean forward, push those poles, keep that glide going. Someone manages to pass, and

comments that I have a nice pair. Indeed, my heavy, metal-edged touring skis, my claim to uniqueness. Not to mention my bamboo poles. Snowgums become dwarfed by altitude and disappear into a vast, white open space. I take a few sips and cram my mouth with sugar at the final drink station, which nestles behind a snow wall on the edge of the Park.

It's a fair bet that this high plain earned its name on a summer's day when billy buttons and silver daisies carpeted its expanse, but there's nothing park-like about it today, it looks like somewhere in Antarctica, and the wind that scours it feels like it is blowing out of Antarctica. But worse is to come, as the course doubles back on itself and that wind becomes a headwind.

There's not much rhythm left to hang on to and it's all I can do to keep those skis moving as spindrift blows and why don't I stop to layer up? I'm wearing only thermals, shorts, light jumper and gloves, but I remember that morale-sapping delay in 2017 and I keep slogging, hoping to generate enough internal heat to ward off the wind chill, while telling myself through gritted teeth that the worst will be over soon.

Belts of snowgum reappear as the course loses altitude. Mt Fainter and Mt Feathertop appear on the horizon, and a glimpse into the far end of Sun Valley reminds me that even half the Hoppet amounts to a respectable distance. My core temperature improves and, in a bizarre transference, the accumulated chill drains into my feet, making me feel as if I've been wading icy water for hours. Cold feet or not, the next challenge must be faced. A sign in four languages warns me of the gnarly bit ahead, the S bends leading down off Heathy Spur, back to the High Plains Road. The snow retains its hard-frozen crust, on this south-

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"Today the climb proves a worthy adversary and not my nemesis"

Trip Report — A Week in New Zealand — 26 Aug to 1 Sept 2019

Back in 1996 I went skiing in New Zealand at the Waiorau Nordic Area on the Pisa Range with Matt Carkeet, Wally Blumenfeld and Phil Clark. We participated in the Merino Muster Ski Race which at that time was not a Worldloppet event and only 21km in length. As I was on my touring skis I came last in that race!

23 years later I joined another Club trip to participate in the Merino Muster Ski Race. A few things had changed since my previous visit – the skiing area was now called the Snow Farm, a large accommodation and retail building and new mountain huts had been built, the race was now a 42km Worldloppet event, and Queenstown and Wanaka had grown considerably. Gale Funston organised the trip and so we headed off for New Zealand in late August the day after returning home from the Kangaroo Hoppet race in Victoria.

Six of us, Dave Drohan, Gale Funston, Ken Moylan, Jo-Anne Clancy,

Paul Dalglish and myself, met at Sydney Airport on Monday 26 August and flew to Queenstown. The approach took us over the Pisa Range and the Snow Farm, and there looked to be a good snow cover on the mountains where we would be skiing. After collecting our hire cars we drove to Wanaka and settled into our accommodation – a 5 bedroom house close to the lakeshore about 2 kilometres from the centre of Wanaka. Across the road from the house was Wanaka Station Park with its enormous giant sequoia tree, and on the nearby lake shore was the famous ‘Wanaka Tree’.

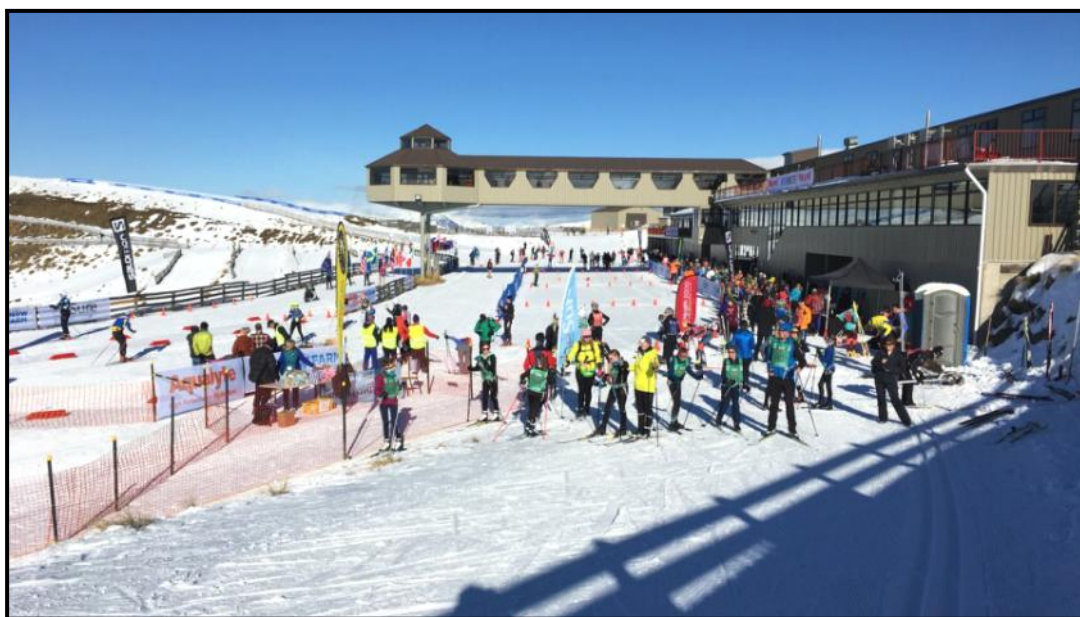
On the Tuesday we drove along the Cardrona Valley for 20 minutes to Cardrona then up a winding dirt road for another 20 minutes to the Snow Farm. The Pisa Range is a treeless plateau that looks similar to the Main Range, but with numerous rocky outcrops, and is the main cross-country skiing area in New

Zealand. There are about 55km of groomed trails winding through valleys and on the ridge tops, and there are three well-appointed mountain huts where people can stay. The groomed trails are fantastic, but the daily trail fees are \$45. Next to the ski area is the Southern Hemisphere Proving Ground, an area set aside where car manufacturers from the northern hemisphere can test their vehicles in winter conditions during the southern hemisphere winter. www.shpg.co.nz This area is off-limits and fines apply for trespassing.

On this first day Ken, Gale and myself skied the River Run Trail to Meadow Hut and continued on The Loop Trail back to the Snow Farm Lodge, a distance of around 15km. We stopped to inspect Meadow Hut, which is the best equipped and best quality hut I have seen. It was

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“.. The daily trail fees are \$45.”



*The Snow Farm Lodge and start/finish area of the Merino Muster ski race, 31 Aug 19.
Photo: Alan Levy*



*Typical scenery at the Snow Farm — treeless, snow-covered rolling hills and groomed trails.
Photo: Alan Levy*

*The Cardrona Hotel below the Snow Farm. A popular place on the road between Queenstown and Wanaka.
Photo: Alan Levy*



*Dave, Gale and Ken at the Snow Farm.
Photo: Alan Levy*

"Compared to the Hoppet the race was easy."

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great skiing fast in the groomed classic tracks which made the kilometres slide by. Later that afternoon we met Dave, who had been skiing the trails by himself, and headed back to Wanaka. That evening we were joined by two more Australians - Mick Forrest from Canberra and Max Johnson from Sydney and a member of the Cooma Ski Club.

On the Wednesday we all headed back to the Snow Farm. Ken, Gale and myself skied the Hanging Valley Trail and went back to Meadow Hut, whilst most of the others skied to Meadow Hut and did The Loop trail. At the end of the day we visited the historic 1863 Cardrona Hotel for drinks.

The weather had been fine for the first two days but was expected to deteriorate on the Thursday, so we spent the day in Wanaka. During the afternoon we visited Puzzling World, a tourist attraction containing a large maze, illusion rooms, holograms, puzzles and many other interesting and weird displays. In the evening we attended the Worldloppet racers dinner in Wanaka where we had an excellent community-catered lamb dinner, that was

better than the post-race commercially-catered dinner, and were able to chat with other International skiers. One skier from Canada, Robert Palliser, was about to complete his 230th Worldloppet race and become a 22 times Master!

On the Friday Gale, Mick and Max went skiing at the Snow Farm whilst the rest of us stayed behind to wax our skis and prepare for the race. During the afternoon Dave, Jo-Anne, Paul and myself went driving around the shores of Lake Wanaka and along the Matukituki Valley into Mt Aspiring National Park. The weather was sunny and the mountain scenery on the drive was spectacular.

Saturday 31 August was the day of the Merino Muster. We arrived at the Snow Farm at 8:30am and joined the throngs in the lodge getting ready for the race. The weather and snow conditions for the race were great. Ken and Dave were in the 42km Merino Muster; Gale, Jo-Anne, Mick and myself were in the 21km Snow Rake; and Max was in the 7km Straggle Muster. Paul provided support from the sidelines. The races started at 10am, 10:05am and 10:10am respectively. There were only 270 participants in all three races so it was a much smaller event than the Kangaroo Hoppet. Compared to the Hoppet the race

was easy, with a fast course and little wind. Our times in the race were as follows:

42km Merino Muster:

Dave Drohan	3:41.04
Ken Moylan	5:53.13

21km Snow Rake:

Mick Forrest	2:06.27
Alan Levy	2:08.17
Jo-Anne Clancy	2:27.31
Gale Funston	2:56.19

7km Straggle Muster:

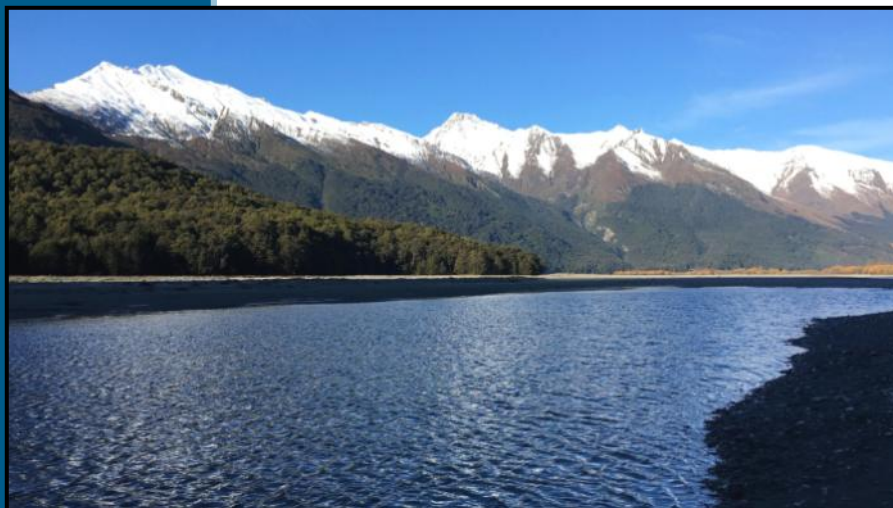
Max Johnson	0:40.51
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Jo-Anne came third in her age group, Max came first in the over 80's age group, and Ken was the antepenultimate skier, tussling to beat a Canadian couple. Each finisher received a very nice medal and I was able to get the seventh stamp in my Worldloppet Passport. Former New Zealand Prime Minister Helen Clark, who is also a cross-country skier, helped present the prizes at the flower ceremony and at the function in Wanaka that evening. We congregated again at the Cardrona Hotel after the race to have some drinks and wait for Ken to finish the long race and come back down the mountain.

The following day we packed up, headed back to Queenstown, and flew home. Overall it was a very enjoyable week away and we are likely to do this again, hopefully next year.

Alan Levy

Ken added: Race Wax of the Day: Swix Purple stick for about the first hour. The day and snow warmed enough to require Swix Red stick for the next two hours and an extra and longer layer of Swix Red stick for the rest of the day.



Above: The Matukituki Valley on the way to Mt Aspiring National Park.
Right: The Race Finishers medal.
Photos: Alan Levy





*At the southern end of the Pisa Range near Hanging Valley.
Photo: Alan Levy*

*Alan and Gale at the start of the 21km Snow Rake race.
Photo: Alan Levy*



*Start of the Merino Muster Ski Race at the Snow Farm, 31 Aug 19.
(Screenshot taken from the SkiPlanet video of the race)*



Ken Moylan racing in the 2019 Merino Muster, the 42km race held in the Snow Farm, New Zealand. Saturday, 31 August 2019.
© Pica / getpica.com



View of the mountains to the south of Queenstown on the flight home, Sunday 1st September 2019
Photo: Alan Levy

Club Website Status

Over the last year we have been having problems with the Club website. The website was originally set up by a former member who subsequently moved interstate. The website was still located on his server and when some website problems arose last year he was difficult to get hold of to provide assistance, which meant the Members Only page was unavailable for much of last season.

Earlier this year we decided to migrate the website to a new server. We got the website up and running again on the old server and everything was going OK until a few weeks ago when the website got corrupted.

The current situation is that the previous Club website is broken and unrecoverable, and we will need to set up a new website from scratch. In the meantime communication with Club members will need to occur by email. Emails will be sent out when there are updates to the tour program, social meetings and newsletters. We will advise when the new website is up and running.



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facing slope, and the passage of many skis has nastily cut up and shredded the trail's surface.

When touring, we enjoy descents or regard them with trepidation. When racing, they present the question, how to maximise speed while minimising risk? I get to experience the worst of both worlds. I approach the incline with caution, my edges should give me an edge here, but several bends down I lose it. I hit the deck and it's not a soft landing. I lie there for a few seconds before bouncing back.

The dam wall comes into view, and the finishing line but a kilometre beyond. It's time to draw on those reserves, to impress all these bystanders. Lean forward, push those poles, keep that glide going. I cross the finishing line having clocked up 3 hours 13 minutes, some ten minutes slower than last year, but I can blame the headwind for that.

Again it's been a wonderful experience, a day to remember. A few enchanted hours during which we get to live more intensely and feel part of something bigger than ourselves. I've felt that way about all the Hoppets that I've been in, apart from that bummer of a day in 2017, but that underlines the difference between racing and just going for a ski: by entering, you run a risk, the risk of failure. I know I will never win but I define success as finishing the course, and not coming last, and I achieved that and I can still just about feel the warm inner glow as I type these words, a fortnight later.

Trevor Lewis

The Thredbo Alpine Museum and KHA websites have some interesting articles on the history of some of the huts and shelters on the Main Range:

Kunama Disaster

https://docs.wixstatic.com/ugd/920097_b1abc49e446547e98330fa6ebbbe185b.pdf

Tourists on the Summit - 1875 – 1914, Betts Camp, the Lakes' Shelters and the Kosciusko Road

https://www.khuts.org/images/stories/history/TouristsOnSummit_DScott_14aug2013.pdf

Ski Lodges on the Summit - A history of the Ski Tourer's Association' sites - Albina Lodge, Kunama Hutte, the Northcote Tow and Illawong Lodge 1951-8

https://www.khuts.org/images/stories/history/LodgesOnTheSummit_dscott_aug2013.pdf

Building for the Heroic Age – An Overview of Recreational Development on the Main Range of the Snowy Mountains 1890-1960

https://www.khuts.org/images/stories/history/BuildingHeroicAge_dscott29072011.pdf

More Ski Tour Photos



*Club trip from Guthega to Illawong and Twynam Creek,
Sunday 8th September.
Photos: Adam Lilley & Monika Binder*



Elevations of the Snowy Mountains

Mountains:

2228m	Mt Kosciuszko
2209m	Mt Townsend
2196m	Mt Twynam
2190m	Mt Rams Head
2167m	Mt Alice Rawson
2145m	Abbotts Peak
2142m	Carruthers Peak
2131m	Mt Northcote
2121m	Muellers Peak
2105m	Mt Lee
2100m	Mt Clarke
2100m	Mt Anton
2068m	Mt Tate

Ski Resorts:

2054m	Mt Perisher
2037m	Thredbo Top Station
1994m	Mt Blue Cow
1964m	Charlotte Pass Top
1924m	Guthega Peak
1755m	Charlotte Pass Village
1720m	Perisher Valley
1614m	Mt Selwyn

Towns:

1017m	Adaminaby
915m	Jindabyne
860m	Berridale
800m	Cooma
760m	Dalgety
705m	Bombala



Aerial photo of the Snowy Mountains taken on 10th September, with the Main Range at the top right, and the Jagungal area at the bottom left. Still plenty of spring snow about.

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.

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, on the Club web site when it is working again, and via email. More tours leaders are needed !!	
Saturday, 28 September	Tate West Ridge Intermediate Skills Hilly & Rolling Terrain Medium Distance This tour has been re-scheduled from the previous weekend. Will start at Guthega, cross the dam wall and climb past Guthega Trig out to Consett Stephens Pass and on to Tate West Ridge, which provides great views of the Main Range and Geehi Valley. Could do the tour on the Sunday if the weather forecast looks better.	
Saturday to Monday, 5 to 7 October	October Long Weekend TBD. Tours will be advised to members by email.	
Saturday, 12 October	Ramshead Area Basic-Intermediate Skills Rolling Terrain Medium-Long Distance Will either start from Spencers Creek if the road is open to there, otherwise from the top of Thredbo. Will explore the Ramshead Range and the upper Snowy River valley near Etheridge Ridge and Seamans Hut. Hopefully we can find Tony's Easter Island rock!	
Saturday to Sunday, 19 to 20 October	TBD. Tours will be advised to members by email.	
Friday to Sunday, 25 to 27 October	Lodge Weekend at Charlotte Pass The Club will hold an end of season lodge weekend at Charlotte Pass in late-October, at the Southern Alps Ski Club lodge. Further details are on page 3 of this newsletter. Tours will be conducted on the Main Range or around Charlotte Pass on the weekend for those staying at the lodge, and for anyone that wants to come down just for a day. Specific tours for this weekend will be included in the next newsletter in mid-October.	



Canberra Cross Country Ski Club

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**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 / Deb Purss	cccscmembership@gmail.com	
Tour Coordinator	Ken Moylan	cccsc tours@gmail.com	
Kosciuszko Tour Coordinator	Rowan Christie	cccsc racing@gmail.com	
Meeting Coordinator	Vacant	cccscmeetings@gmail.com	
Newsletter Editor	Alan Levy	cccsc editor@gmail.com	
Webmaster		cccscwebmaster@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 or Ken Moylan



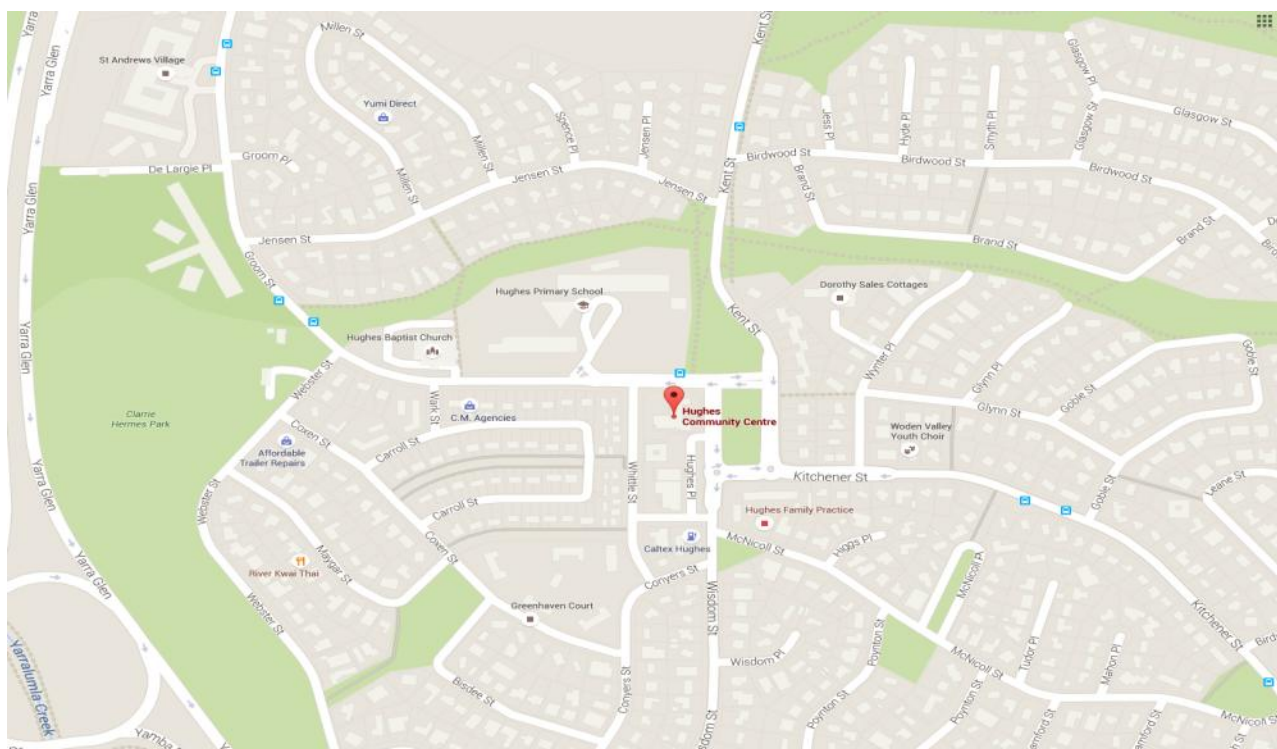
Social Meetings 2019 (All Welcome)

Wednesday 25 September 2019

Himalayas and Annual General Meeting

Ben Darlington, a former junior cross-country skier at the national level and mountaineer who has summited Himalayan peaks, including Mt Everest, will talk about some of his adventures in the Himalayas.

This will be followed by the Annual General Meeting (details on page 3).



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.