

# Off Piste

## President's Piece

The snow is good above 1900 metres.

The Perisher Nordic Shelter is open. The 2.5km trail has been groomed and the 5km trail has been packed but there are many obstacles. Snow depth has compacted to about 11cm.

The Penderlea Lodge Weekend was popular again from Friday 21 to Sunday 23 June, with 16 members enjoying the luxury. The snowline was high so seven members went up the chair-

lift and found good snow cover and brilliant sunshine to Mt. Kosciuszko. Bushwalking was popular on Sunday as bad weather blew in at about 1pm. Gale averted a catastrophe for native wildlife, and the Penderlea proprietors will find a new owner for the cat she captured, apparently left behind by other guests. Ian unfortunately went deer hunting with his car but fortunately did not bring his road kill to Saturday night's communal meal.

On Saturday Noel took the refresher lessons up the Thredbo chairlift for K7. Other lessons are filling up.

Social Meetings continued with a well attended and enthralling presentation by Lachlan Kennedy on skiing in Yellowstone National Park.

The tour program is also filling up so see the program on our website.

See you on the snow.

*Bruce Porter.*



Gale skiing away from Thredbo ski resort. Paddy Rush's Bogong and Brindle Bull Hill are in the background. On a Thredbo to Mt Kosciuszko attempt ski tour. Sunday, 23 June 2013.

Photo: Ken Moylan

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## Newsletter Contributions

- Photos of trips, lessons, snow country, meetings or social events.
- Reports on tours, lessons and races and CCCSC events.
- Letters to the editor.
- Articles about XC skiing, snow conditions or related topics.
- Items to buy or sell.
- Please send emails to [cccsceditor@gmail.com](mailto:cccsceditor@gmail.com)
- Deadline for next newsletter: 28 July 2013.

**Membership Subscriptions for the 2013 season are now due, and can be paid on Register Now, via the Club website. If you haven't renewed, this will be your last newsletter.**



## Trip Report — Thredbo to Mt Kosciuszko Attempt - Sunday 23 June

On Sunday, 23 June 2013, Ken Moylan and Gale went for their first ski of the new season, in an attempt to get to the top of Etheridge Ridge and then summit Mt Kosciuszko.

### Route

This was going to be a simple trip from the top of Thredbo, using the metal grid walking trail as our guide to Mt Kosciuszko.

The day started out beautiful, with neither cloud nor wind, but by the time we reached Kosciuszko Lookout, barely 1.5km from the top of Thredbo, we could see cloud laying over Guthega and Perisher resorts. Before we reached Etheridge Gap, another 1.5km, the cloud had reached us, swallowed us, and chilled us.

We found an outcrop of rocks to get some shelter and had lunch, before returning the way we came.

As a precaution, after I'd seen the cloud coming, but before it arrived, I'd taken a back bearing to Thredbo. Luckily, the cloud wasn't too thick to see the metal grid, so I didn't need to get my compass out again.



Gale skiing above Thredbo Resort. Photo: Ken Moylan

### Wax of the Day Snow Conditions

As this was the first day of the season for me, I did not have a feel for the snow and used my fishscale skis. I felt like I was skiing on a rasp - rrr rrr rrr.

At the start of the day, the snow was very dry - too dry to let a snowball hold together.

After the cloud arrived, the snow was perceptibly wetter - it was damp enough to almost, but not quite, hold a snowball together.

### Best Bit

Just being back on the snow.

### Worst Bits

I'm sure I was a better skier at the end of last season than I was at the start of this season.

- My turns were not working at all.
- As we were heading back to Thredbo, in the cloud and a mild white-out, we passed a group of five young men who were planning on walking to the top of Mt Kosciuszko.

We later found out that one of them was found not far from Thredbo and the other four were huddling together for warmth and thoroughly lost.

Ken Moylan

*"I felt like I was skiing on a rasp"*



Mt Kosciuszko and Etheridge Ridge. From near Kosciuszko Lookout. Photo: Ken Moylan



Gale sheltering from a chilly wind, behind a boulder. Not far from Etheridge Gap. Photo: Ken Moylan



## Racing Roundup

### Kosciuszko Tour 2013

Entries for the 2013 Kosciuszko Tour are now open. See this newsletter or logon to the Register Now website for online entry at:

<https://www.registemow.com.au/secure/Register.aspx?ID=8892>

The Kosciuszko Tour is a fun ski race/tour run by the club to celebrate the end of the winter racing season and welcome the spring touring season. This year the Kosciuszko Tour will be held on Sunday 1 September - the first day of spring. Club members are encouraged to participate, either as participants in the tour or as volunteers helping to run the event.

### Citizen Racing

Lack of snow has seen the cancellation of the first citizen race in the NSW calendar, with not enough snow on the Perisher trials to run the Cooma Ski Club's 'Clean out the Cobwebs' race last Sunday. Fingers crossed there will be enough snow falling this week to run the 'Clean out the Waxbox' race next Sunday.

If you haven't already checked it out, take a look at the new Perisher X-Country website at

<http://www.perisherxcountry.org/>

It has all the information you need about the facilities and events on offer at the Perisher Nordic trails, including a daily grooming report.

### Cross Country Ski Week - 3 to 10 August 2013

XC Ski Week is a week for all XC enthusiasts whether you're a beginner or a seasoned racer. Be a part of a week-long celebration of this great sport.

Plenty for all - test yourself via a race, improve your skiing or simply have fun in the

snow. The week caters for all levels of skiers whether you take part in the events or be a part of the cheering crowd. If you feel like racing, it is purely up to yourself as to how fast or slow you want to go. All participants are cheered on and skiers new to each event are especially welcome.

If you would like to participate in Cross Country Ski Week with other club members please contact me for more information.

*Jo-Anne Clancy*  
Racing Coordinator



Start of the KAC race at Perisher.



Ian Turland and Adam Lilley near Blue Cow, with Mt Twynam and the Main Range in the distance, Sun 30 Jun 13.  
Photo: Alan Levy



### Notes from the Tour Coordinator

For someone who thinks that heaven is an endless horizon of skiable snow, it is perhaps a little odd that I am relishing the idea of moving to New Delhi, where summer temperatures soar into the 40s, at the end of this year for a three-year posting. It should be a great experience - and, if I can manage to get back there, there's plenty of snow in the Himalaya, to the north of Delhi!

This does, however, mean I won't be around to do the job of Tour Coordinator next year. So, an early heads-up that we will be looking for someone to fill this position on the Committee next year. If someone is interested in doing this job, please let me know. I can help familiarise my successor with aspects of the Tour Coordinator position while I am still around. I have found it a very rewarding job to take on and recommend it.

Within a shorter timeframe, I would be very pleased to hear from anyone able to lead a tour during this season. As we move towards the heart of the ski season, it would be great to fill the tour program with a smorgasboard of tours for club-members to enjoy. Send me an email if you have tours to add to the program.

*CCCSC Tour Coordinator*

Please note that these tours are contingent on snow cover and other factors, including, where a leader is not already designated on the program, whether a suitable leader can be identified – the calendar is therefore subject to revision.

If you are interested in participating in a tour, please contact the tour leader where one is listed; where no tour leader is yet shown, you can indicate your wish to join the tour by emailing the tour coordinator on [ccsctours@gmail.com](mailto:ccsctours@gmail.com). Please provide:

- your contact details (telephone numbers and address);
- transport situation (ie, whether you need a lift or can offer one – and, if the latter, how many passengers);
- and, if a leader is not already designated, whether you would be willing to assume a leadership role for the tour.

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 under Tours/Tour Grading on the club's website.

Indications of a wish to join a tour should normally be made by 2.00pm on the Thursday before the tour, at the latest.

The Club's guidance on transport costs is contained on the Club's web site.

## TOUR PROGRAM (July to early August 2013)

DATE	DESCRIPTION	LEADER
Saturday, 6 July	<b>Charlotte Pass Snowgum Tour</b> <b>Intermediate skills      Long distance      Rolling terrain</b> There are some great gnarled snowgums on the slopes of Mt Stilwell behind the lodges which I want to see under snow and photograph. Starting at Perisher, ski to Charlotte Pass along the road, explore the snowgums and maybe stop for a drink at The Chalet, before returning to Perisher. May change tour to the Sunday if the weather looks bad for Saturday.	
Saturday, 13 July	<b>Up from Perisher</b> A trip to make the most of the early snow and suit most people's aspirations on the day. Meet at Perisher NPWS shelter at 9.30am.	
Sunday, 14 July	<b>Perisher - or Thredbo Based Tour</b> <b>Intermediate skills      Medium distance</b> Destination will depend on snow cover and weather. Details available from leader closer to the tour (by email at any time, or by phone after 7 July). Participants will meet leader down at the snowfields.	
Saturday to Sunday, 13-21 July	<b>Grey Mare Range</b> <b>Intermediate-advanced skills      Hilly terrain      Medium distance</b> 9 days (7 skiing) - driving down daytime Sat 13 <sup>th</sup> , driving home daytime Sun 21 <sup>st</sup> ; this is a joint CCCSC / NSW Nordic Ski Club activity. Departing from Guthega Power Station, we will head towards the Grey Mare Range. The intention is to camp at or near Grey Mare Hut. Day trips based on group consensus and long telemark runs on a variety of hillsides will be our prime objectives. Limit of 6 participants. Maps: Jagungal and Geehi Dam 1:25:000.	
Saturday, 20 July	<b>Mt Selwyn</b> <b>Basic-intermediate skills      Medium distance      Rolling terrain</b> A fairly easy trip that will explore the plateau to the east of Mt Selwyn resort and maybe climb to the top of Mt Selwyn peak. The other alternative is along the Kings Cross Road.	
Saturday, 27 July	<b>Pilot Freeway to Cascade Hut</b> <b>Intermediate skills      Medium/long distance      Rolling terrain</b> The upgraded trail has plenty of spoon drains to make things interesting. If the going is tough, we'll settle for the Devil's dolmen. Meet at Nuggets bakery in Jindabyne at 8.30am.	
Saturday, 27 July	<b>Perisher to Charlotte Pass</b> <b>Intermediate skills      Long distance      Rolling terrain</b> Starting from the National Parks Shelter at Perisher carpark, the tour will head up the road via Perisher Gap and Spencer's Creek to the Chalet. The tour will return via the back-trails and the Porcupine. The tour is fairly long but quite gentle. For intermediates due to the distance of approx. 18 km.	
Sunday, 28 July	<b>Paddy Rushes Bogong</b> <b>Intermediate skills      Medium distance      Hilly terrain</b> Camp at Thredbo Diggings after doing Mike's 27 July tour or do this as a day trip. Starting from Dead Horse Gap, head up to Brindle Bull and on to Paddy Rushes Bogong.	
Sunday, 28 July	<b>Perisher to Dainers Gap</b> <b>Basic-intermediate skills      Medium distance      Rolling terrain</b> Ski from Perisher to Dainers Gap via the Thompson's Plain Trail. Car shuffle required.	

## TOUR PROGRAM (July to early August 2013) cont.

DATE	DESCRIPTION	LEADER
Saturday, 3 August	<b>Farm Creek Area</b> <b>Basic-intermediate skills</b> <b>Medium distance</b> <b>Rolling terrain</b> Start at Guthega and explore the valleys and ridges around Farm Creek. Might go up towards the Paralyser, depending on weather and the inclinations of the group.	
Saturday & Sunday, 3 & 4 August	<b>The Grand Tour: Dead Horse Gap to Guthega</b> <b>Intermediate-advanced skills</b> <b>Long distance</b> <b>Hilly terrain</b> Drive down to the national park on Friday evening, camping at Thredbo Diggings or Island Bend. Car shuffle first thing Saturday morning. Ascend from Dead Horse Gap onto the Ramsheads, ski towards Rawson's Pass and spend the night near Seaman's Hut. On Sunday, follow the Snowy River to Guthega. If the weather or snow cover is not promising, this tour will be shifted to a later weekend.	
Saturday, 10 August	<b>Tantangara Mountain</b> <b>Basic-intermediate skills</b> <b>Medium distance</b> <b>Rolling &amp; hilly terrain</b> Starting from the Snowy Mountains Highway near Kiandra, we will have a long gradual climb up to Tantangara Mountain Hut, then up to the summit for views of the northern end of the park. Then a great long descent back to the cars. If no snow in this area, the tour will be relocated to the Perisher area.	
Saturday & Sunday, 31 August to 1 September	<b>Beginners Cross Country Weekend</b> Staying at the Australian Ski Club Guthega. Free instruction from an ASPI X-C instructor. Accommodation costs at the ASC are \$140 for the weekend (Fri-Sat nights).	
Saturday & Sunday, 7 & 8 September	<b>CCCSC Weekend at the Australian Ski Club (ASC) Lodge (Guthega)</b> <b>For all standards of skiers</b> Trips with ASC cross-country skiers, so we should make a few different tours on both days. Accommodation costs at the ASC is \$140 for the weekend (Fri-Sat nights).	

### Telemarking at Charlotte Pass

**Sunday 11 August 2013**

Spend a day with instructors from the [Paddy Pallin / Mountain Adventure Centre](#) learning to telemark at Charlotte Pass. The course will cover telemark downhill techniques.

**Cost:** \$97 over snow transport & lift ticket (lunch included) + \$73 for 1.5 hr lesson with Ann from Paddy Pallin.

Total cost **\$170**.

*For more information contact Paul K.*

### October Lodge Weekend

I will be away in mid-October and won't be attending or organising the October Lodge Weekend at Charlotte Pass this year. If anyone would like to help organise this year's lodge weekend could they contact myself or other members of the Committee.

*Alan*

# Day Tour Destinations

For anyone wanting to lead a ski tour and looking for ideas on places to ski, the following list shows destinations for day tours in particular areas:

## Dead Horse Gap

- Cascade Hut
- Teddys Hut
- Brindle Bull
- Paddy Rushes Bogong
- South Ramshead

## Thredbo

- Ramshead Plateau
- Mt Kosciuszko
- Mt Townsend / Alice Rawson Peak
- Lake Albina
- Leatherbarrel Creek / Cootapatamba Hut
- Towards Charlotte Pass

## Perisher

- Rock Creek / The Porcupine
- Charlotte Pass
- Trapyard Creek
- Smiggin Holes
- Perisher Trails
- Blue Cow / Back Perisher
- Perisher Nordic Trails
- Prussian Plain / Thompsons Plain
- The Paralyser

## Dainers Gap

- Plains of Heaven
- Pretty Point
- Thompsons Plain
- Rainbow Lake

## Charlotte Pass

- Mt Guthrie
- Mt Stilwell / Stilwell Ruin / Kangaroo Ridge
- Summit Road / Seamans Hut / Mt Kosciuszko
- Carruthers Peak
- Little Austria
- Lake Albina
- Blue Lake
- Club Lake / Kunama Hutte ruin
- Snowy River
- Watsons Crags
- Mt Twynam

## Guthega

- Farm Creek
- The Paralyser
- Illawong Lodge
- Mt Twynam / Blue Lake
- Mt Anderson
- Guthega Trig
- Mt Tate
- Tate West Ridge
- Tate East Ridge
- Rolling Grounds

## Munyang

- Horse Camp Hut
- Whites River Hut
- Schlink Pass / Schlink Hut
- Disappointment Spur
- Aqueduct Tracks
- Tin Hut

## Mt Selwyn

- Four Mile Hut
- Broken Dam Hut
- Tabletop Mountain
- Three Mile Dam
- Goldseekers Trail
- Kings Cross Road / Cabramurra

## Kiandra

- Tantangara Mountain
- Dunns Hill
- Commissioners Gully
- Gooandra Homestead

## Cabramurra

- Cabramurra Nordic Trails
- Kings Cross Road / Mt Selwyn





## Controlled avalanche damages Mt Hutt

23 June 2013

Equipment at Mount Hutt ski field in Canterbury has been damaged by a controlled avalanche following a three-metre dump of snow in the recent cold blast.

A controlled avalanche at Canterbury's Mount Hutt ski area has extensively damaged equipment at the ski field.

A storm dumped nearly three metres of snow onto the area over the last week, NZ Ski says.

On Sunday patrollers began bombing potential avalanche danger areas from a helicopter.

At about 11am a controlled avalanche below the Mt Hutt base building caused extensive damage to the Triple Chair and a snowmaking pump house, Mt Hutt Ski Area Manager James McKenzie said.

The extent of the damage was unknown as the area was not yet safe to access, he said.

The avalanche travelled 700m at speeds up to 70km/h and was 200m wide at its widest point.

"With this volume of snow sitting in recognised avalanche-prone areas, letting explosives off in a controlled environment from a helicopter is the only way to manage this hazard safely," Mr McKenzie said.

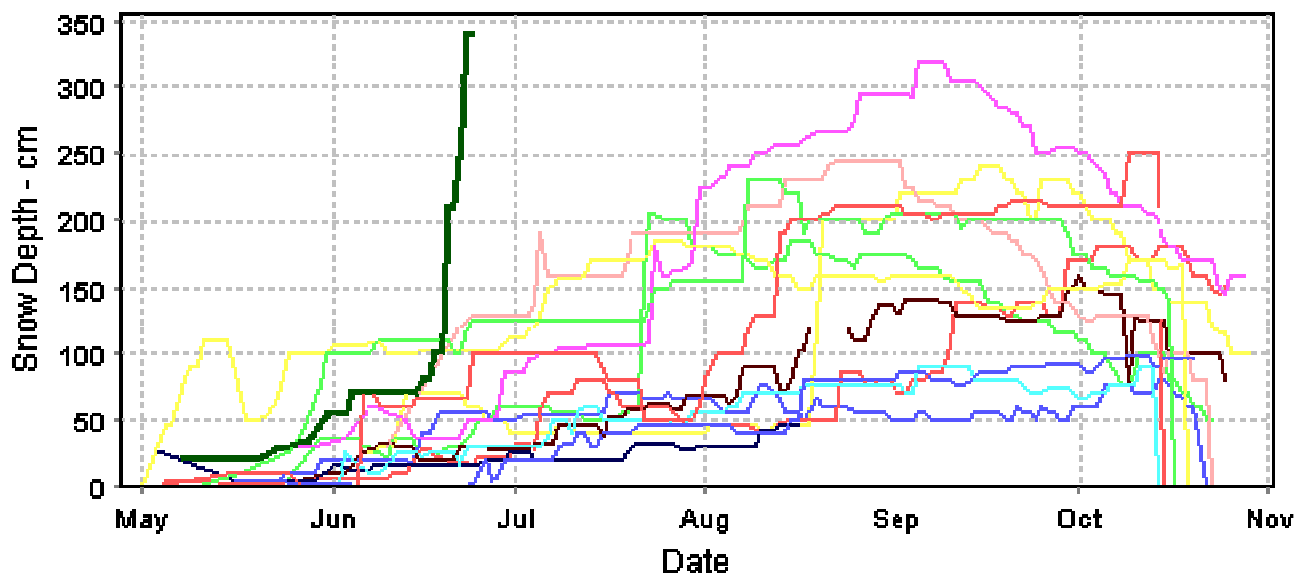
The area had received an unprecedented amount of snow, and the ski field would not be open until all areas were safe, he said.

... from [nzcitiy.co.nz](http://nzcitiy.co.nz)



View from Mt Hutt after the recent snowfalls.

## Mt Hutt Snow Depth History

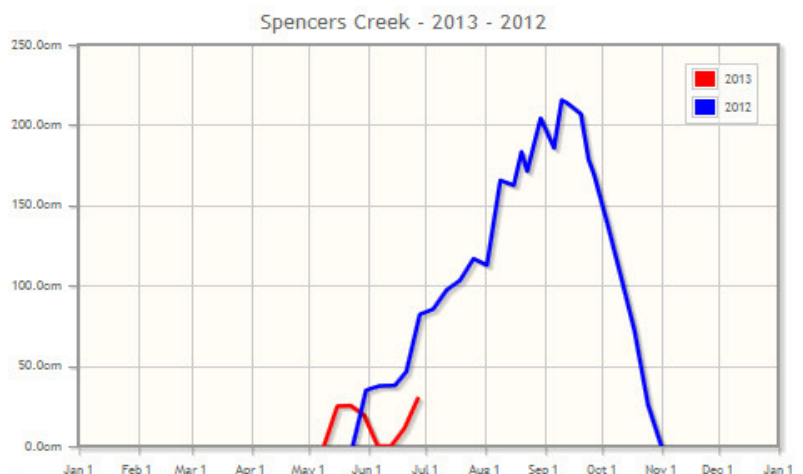


— 2013 — 2012 — 2011 — 2010 — 2009 — 2008 — 2007 — 2006 — 2005  
— 2004 — 2003 — 2002 —

Comparison of snowdepth charts for Mt Hutt and Spencers Creek for 2013.

Perisher and Spencers Creek currently have around 35cm, whilst Mt Hutt has around 3.5 metres!

New Zealand is the place to be this season!







""Childrens' Lessons at Perisher with [K7 Ski School'](#) Photos: Acacia Rose



View of Perisher Valley from Mt Perisher — 30 Jun 13. There is an extensive cover of snow but it is thin, and in need of a top-up.  
Photo: Alan Levy





## July is THE month for lessons! Lots of lesson options available for all levels

Now is the time to rally friends and family for lessons to fast track their cross country skiing skills and join you on an **adventure** into the **backcountry**!

### 3 DAY DEVELOPMENT COURSES – a REALLY great way to fast track your cross country skiing skills!

#### **K7 Adventures**

**Wed 17 – Fri 19 July and Mon 29 OR Wed 31 July: 9am– 4pm**

(\$210pp - min group size of 6 or price by negotiation). Preferred prerequisites are Basic Skills and a reasonable to good level of fitness. The course will be based at the Perisher Nordic Trails and cover all terrain. An off-trail Nordic tour may be included.

[Book your spot now.](#)

Introduction to Instructors & course overview

Refresh basic and intermediate skills

Nordic Trail fitness training

Cornering

Pole technique and timing for Classical Skiing

Movement analysis

Relay races as a method to improve skills

Introduction to Skate Skiing and/or refresher for skate skiing

Using the 'gears' in skate skiing

Introduction to and refresher for race techniques

Off piste and on piste nordic skiing

Please register your interest by sending an email to Deb. Lodge stay available at extra cost.

### BASIC SKILLS PLUS (CLASSICAL TECHNIQUE)

#### **K7 Adventures**

**Saturday 6 July OR Saturday 20 July: 9am–3pm**

(\$70pp - min group size of 6 or price by negotiation). This lesson builds on the skills covered in Basic Skills and Basic Skills Downhill on moderate terrain at the Perisher Nordic Trails.

[Book your spot now.](#)

Balance

Glide

Moderate downhill

Traversing

Kick turn

Self arrest

Double pole

Snow-plough and snow plough turn.

### RACE TRAINING REFRESHER (CLASSICAL AND SKATE TECHNIQUE) INCLUDING WAXING CLINIC

#### **K7 Adventures**

**Saturday 6 July – Perisher Nordic Trails: ½ day 9am– 12pm (\$50pp) or full day 9am–4pm**

(\$70pp) (min group size of 6 or price by negotiation). Caters for people who have competed in a tour race. Light classic and/or skate skis required.

[Book your spot now.](#)

Refresher of all classic and skate race techniques.

Advanced techniques including double-pole stride (classical technique), double and single time (skating technique)

Transitions

Faster cornering and downhill technique

Waxing clinic

## BASIC SKILLS (CLASSICAL TECHNIQUE)

### K7 Adventures

**Saturday 13 July: 9am–12pm** (\$50 pp - min group size of 6 or price by negotiation). This lesson caters for absolute beginners who have never been on skis before. Covers basic techniques and survival skills on easy terrain at the Perisher Nordic Trails.

[Book your spot now.](#)

Introduction to cross country skiing including equipment  
Falling and recovering  
Side-stepping  
Diagonal stride  
Herringbone  
Star turn  
Intro to snow-plough

## BASIC SKILLS DOWNHILL

### K7 Adventures

**Saturday 13 July**

**1pm–4pm** (\$50pp - min group size of 6 or price by negotiation). This lesson builds on the skills covered in Basic Skills or Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

[Book your spot now.](#)

Balance  
Step turn  
Snow plough

Go to the [full lesson schedule](#) for more details on all lessons.

**Questions?** Contact Deb .

**Lessons at a glance**

Date		Instruction
July	Saturday 6	Basic Skills Plus — Full Day (\$70)
	Saturday 6	Race Training Refresher inc. waxing clinic (classic and skate) Half Day (\$50 pp) or Full Day (\$70 pp)
	Saturday 13	Basic Skills — Half Day AM (\$50 pp)
	Saturday 13	Basic Skills Downhill — Half Day PM (\$50 pp)
	Saturday 13	Intermediate Skills — Full Day (\$70 pp)
	Sunday 14	Telemarking for beginners — Full Day (\$70 pp)
	Wed 17—Fri 19	3 day development course (\$210) ( <b>see note 1</b> )
	Saturday 20	Introduction to Skating — Half Day AM (\$50 pp)
	Saturday 20	Basic Skills Plus — Full Day (\$70 pp)
	Sunday 21	Race Training Skills Improvement (classic and skate) - Half Day AM (\$50 pp)
	Saturday 27	Intermediate Skills - Full Day (\$70 pp)
	Saturday 27	Snowcraft and survival skills - Full Day (\$70pp - possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 28	Steeper ski skills - Full Day (\$70pp)
	Mon 29 – Wed 31	3 day development course (\$210) ( <b>see note 1</b> )
Aug	Tuesday 6	Pre-KAC race and Pre Kosci tour Race Clinics - Half Day (\$50pp) or Full Day (\$70pp)
	Sunday 11	Telemarking at Charlotte Pass – Full Day (\$170 pp) ( <b>see note 2</b> )

**Note 1:** Contact Deb for more information and/or enrolments on this program. Use this [link](#) to register.

**Note 2:** Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul. Contact Paul for more information on this popular day of instruction with the Mountain Adventure Centre.



## 100 Years Ago — 'The St Moritz of Australia'

From ..... 'The Western Herald'  
Saturday 28 June 1913

The 1913 Snow Carnivals at Mount Kosciusko promise to be among the great sporting events of the year. Ski running was a few years ago looked upon as an accomplishment restricted to the favoured few who had spent a winter holiday in Switzerland or Norway, but thanks to the enterprise of the New South Wales Government and the sporting instincts of the Kosciusko Alpine Club, it is now a recreation that may be enjoyed by almost every person who cares to spend a holiday amid the Southern Alps.

The experience of several seasons and the knowledge brought from abroad has enabled the Hotel management to place before its patrons courses hardly excelled in Europe, and given conditions anything like normal, a series of events unique in the sporting history of this country should be inaugurated on 19th June. Once during each period of fourteen days from 10th June to 11th September a gala day in the snow will take place. The greatest event will, of course, happen on the 17th and 18th July, when the Kosciusko Alpine Club will hold its annual sports meeting, and champions of the fragile wooden wings will be seen indulging in the exhilarating delights of skiing at express speed over the Kerry Course.

Every attention has been given by the management, however, to the beginner and the budding champion. Easy courses where balance may be acquired before speed limits are laughed at have been prepared. The fairways of the fine golf links, when mantled in the gleaming white panopoly that indeed makes old Kosciusko the grandfather of Australian mountains, makes a splendid practice ground for

ladies, who may here learn to acquire the ski-running habit without fear of serious fall, so smooth and clear is the surface beneath the snow.

The House Carnivals have, in the past, proved wonderfully attractive to guests, and during the coming season they will be conducted on a scale and frequency never before attempted. Experienced officials will arrange the details, but the sport will be for the visitors, and, in the history of past house carnivals, winners have frequently turned up in starters who had, until a day or so previously, never buckled on a ski before in their lives. Rare excitement is introduced occasionally by stray "dark horses," some of whom come from abroad to display their prowess at Kosciusko.

No expense and effort is being spared to create a good ice-skating surface, and it is hoped that conditions will permit of sporting as well as the ordinary pastime on the steel blades. The great advance made by Sydneyites of late years in ice-skating augurs well for the season at Kosciusko. The great frozen lake, with its 6-acre surface, should appeal to Sydney's embryo champions. Hockey, curling, and other games so dear to the hearts of those in older countries than ours are among the likely happenings at the Hotel. On the night of each carnival date the ballroom will re-sound with the gaiety of brilliant assemblages of "fair women and brave men," a Plain and Fancy Dress Ball being the terminating event of the day.

A word about the run to this magnificent Alpine resort. Many people are under the impression that Mount Kosciusko — the "world's oldest land surface," "snow clad all the year



round," "Australia's highest mountain— 7328 feet," and, to quote the words of many pleased tourists who have sampled the beauties of the spot and its health-giving air — is in some inaccessible corner of New South Wales.

As a matter of fact — taking Sydney as a starting point, for example — the journey is most interesting. A cosy, fast train journey is made over night to Cooma. A run round this prosperous and pretty southern town may be had in the morning before motoring fifty miles through most interesting and picturesque scenic country to the great hotel 6,000 feet up the hills. The famous trout streams are also crossed and recrossed en route, the whole journey of 310 miles occupying but sixteen hours. The traveller's usual regret at the termination of this delightful excursion is that the run is so short.

Even the globe trotter, however, is soon comforted once he is snugly housed within the four walls of the palatial Hotel Kosciusko amid the electric radiators, steam heaters, great log fires, and endless other comforts devised for appeasing the connoisseur tourist. Fine roomy billiard and lounge rooms, smoke and card rooms, ball room, and concert hall, and, of course, a motor garage, are all available at this unique hotel. Additional matters that the authorities deserve great praise for are the beautiful water supply and the sewerage system. Neither of these services is exceeded in any of the Australian cities.

From: [trove.nla.gov.au](http://trove.nla.gov.au)



*"... the whole  
journey of 310  
miles occupying  
but sixteen hours"*



## Club Committee Contacts

President Bruce Porter	cccscpresident@gmail.com
Vice President Lachlan Kennedy	cccscvicepresident@gmail.com
Secretary Jenny Manning	cccscsecretary@gmail.com
Treasurer Margaret Mahoney	cccsc treasurer@gmail.com
Membership Secretary Gale Funston	cccscinfo@gmail.com
Tour Coordinator Ian Turland	cccsc tours@gmail.com
Instruction Coordinator Deb Purss	cccsc training@gmail.com
Kosciusko Tour Coordinator	cccsc racing@gmail.com
Meeting Coordinator Vacant	cccsc meetings@gmail.com
Newsletter Editor Alan Levy	cccsc editor@gmail.com
Webmaster Ken Moylan	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 week-end.

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

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

**Snow shovel** - \$4/weekend; - \$6/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 & Steve

**GPS** (Garmin Etrex Vista HcX)

**Contact** Alan & Ian



# AUSTRALIAN CROSS COUNTRY SKIING

## 2013 RACE CALENDAR

Day	Start	Race	Location	Contact	Contact No.
<b>July</b>					
Sat 6	8:30am	Come & Try XC Skiing open day	Perisher	P Cunningham	0477 356 835
Sat 6	10:00am	Birkebeiner Classic 2.5/5/10km @	Falls Creek	Bill Little	03 5754 4174
Sun 7	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	03 5754 4910
Sun 7	10:00am	Fast and Female	Falls Creek	Alison Stoddart	0416 627 747
Sun 7	11:00am	Cooma Clean Out the Waxbox (C) 5km M	Perisher	Bolt	0438 477 929
Wed 10	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rod Pelle	0448 670 586
Sat 13	11:00am	Snowgum Wodonga High Plains Tour (F) 2.5/5/10 @	Falls Creek	Len Budge	0417 352 845
Sat 13	12:30pm	Snowgum Wodonga Mini Series 2 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Sun 14	10:00am	ACT Distance Champs (F) 2.5/5/10/15 km M	Perisher	P Cunningham	0477 356 835
Sun 14	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 5/2.5km	Falls Creek	Len Budge	0417 352 845
Sun 14	10:00am	Junior Sprint X	Lake Mtn	Ray Malins	03 9728 1894
Sun 14	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894
Sat 20	9:30am	Vic Junior Sprint Champs (F)	Falls Ck	Ben Derrick	0400 110 046
Sat 20	9:30am	Victorian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun 21	9:30am	Victorian Biathlon Championships – Mass Start (F)	Hotham	Phil Colebourn	0417 268 565
Sun 21	10:00am	Vic Junior Distance Champs (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046
Sun 21	11:00am	Cooma Open (F) 10km M	Perisher	Bolt	0438 477 929
Sun 21	11:00am	Inter-schools Classic (C) 0.5/1.5/2.5km	Lake Mtn	Steve Nelson	03 981 34860
Sun 21	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894
Sat 27	8:30am	ACT Ski De Femme	Perisher	R Cunningham	02 6299 9641
Sat 27	9:30am	Aust Sprint Champ's (F) Open/Jun */** CC/FIS	Falls Ck	Bill Little	03 5754 4174
Sun 28	10:00am	Aust Open/Jnr 2.5/5/10 (C) */** CC/FIS	Falls Ck	Bill Little	03 5754 4174
Sun 28	11:00am	Bullfight Charge (F) 3.5/8km @	Lake Mtn	Malachy O'Dolan	0428 880 367
Sun 28	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy O'Dolan	0428 880 367
<b>August</b>					
Sat 3	9:00am	Fast and Female	Perisher	Alison Stoddart	0416 627 747
Sat 3	10:00am	KCros Tour (C) 12km M	Smiggin Hde	Warren McCourt	0404 208 085
Sat 3	10:10am	KCros Tour Juniors (C) 4km	Smiggin Hde	Warren McCourt	0404 208 085
Sat 3	11:00am	Hotham to Dinner Plain (F) 12km @	Hotham	Mick Sinclair	0408 127 325
Sun 4	11:00am	City Tatts Nottage Int. Boonoonoon Open (C/F) 5km M	Perisher	Carl Melvey	02 9130 3309
Sun 4	1:00pm	Laser Biathlon NSW Races	Perisher	Meg Neuhaus	0412 112 754
Sun 4	12:00pm	Vic Interschool XC Championships	Mt Buller	Bec Clarke	0408 006 415
Mon 5	11:00am	Charlotte Pass Open (C) 5km M	Charl Pass	Sue Clark	02 9411 5974
Mon 5	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	0409 338 978

Day	Start	Race	Location	Contact	Contact No.
Wed 7	10:45am	KAC X-C Classic (C/F) 8.5km M	Perisher	Sue Clark	02 9411 5974
Thu 8	11:00am	Sundek Handicap Race (F) 7.5km M	Perisher	sundekhotel.com.au	
Sat 10	9:30am	ANC NZ Continental Cup 10/15km (C) CC/FIS	Waoriatu NZ		
Sat 10	9:30am	Aust Open 15/30 km Championships (F)	Perisher	P Cunningham	0477 356 835
Sat 10	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	0477 356 835
Sat 10	11:00am	Justoyota Stirling Silver Hill Climb (F) 7.5 km @	Mt Stirling	Helen Lee	0411 815 415
Sat 10	9:30am	Australian Biathlon Championships – Individual (F)	Hotham	Phil Colebourn	0417 268 565
Sun 11	9:30am	Australian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun 11	9:30am	ANC NZ Continental Cup 5/10km (F) CC/FIS	Waoriatu NZ		
Sun 11	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km @	Baw Baw	Warwick Davis	03 9744 5987
Thur 15	9:50am	ANC NZ Continental Cup Sprint (F) CC/FIS	Waoriatu NZ		
Sat 17	9:30am	Aust Sprint Champs (C) Open/Jun */** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 18	10:00am	Aust Open/Jnr Champs 2.5/5/10/15 (F) */** CC/FIS	Perisher	Toni Hulme	0406 420 380
Sun 18	10:30am	Rocky Valley Rush/ Sun Vall Ramble (15/7.5km) (F) @	Falls Creek	Race Secretary	03 5754 1045
Sun 18	12:00pm	Snowgum Wodonga Mini Series 3 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Tues 20	9:00am	NSW Interschool Races	Perisher	Peter Ward	0409 338 978
Thur 22	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:40am	Australian Birkebeiner (F) 21km @	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:50am	Joey Hoppet (F) 7km @	Falls Creek	Race Secretary	03 5754 1045
<b>September</b>					
Sun 1	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959
Sun 1	11:00am	Snowgum Wodonga Mini Series 4 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Tues 3	10:00am	Fast and Female	Mt Buller	Alison Stoddart	0416 627 747
Wed 4	8:00am	Subaru Australian Interschool XC Champ	Perisher	Bec Clarke	0408 006 415
Sat 14/Sun 15		Perisher Cup	Perisher	Alan Davis	0411 189 974

#### LEGEND

F Freestyle race  
 C Classic Race  
 \* Senior Selection  
 \*\* Junior Selection  
 CC Continental Cup  
 FIS FIS Race  
 M NSW Masters Series  
 @ Vic.Ski Chase

#### RACE SECRETARIES

**National & ACT**  
 Peter Cunningham

**New South Wales**  
 Toni Hulme

#### Victoria

Andrew Walker

#### ABA Race Secretary

Phil Colebourn

Event details, times and dates may be subject to change without notice.  
 Skiers should confirm details with race organisers. An updated calendar will be posted at <http://ausxc.com/> or <http://www.biathlon.asn.au>



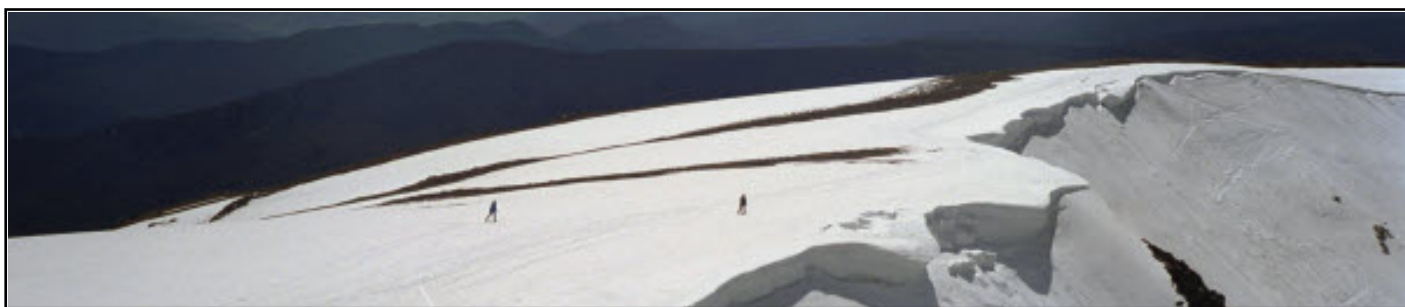
CANBERRA CROSS  
COUNTRY SKI CLUB

PO Box 6234  
O'Connor ACT 2602

Email: [info@cccsc.asn.au](mailto:info@cccsc.asn.au)

Fun and fitness in the snow

We're on the web!  
[www.cccsc.asn.au](http://www.cccsc.asn.au)



## Social meetings — all welcome

**Wednesday 10 July 2013**

### **Sharing the Wisdom of the Club**

Members are invited to discuss their favourite KNP routes both for beginners and for more experienced skiers. Advice on places not to go is encouraged. Bring along a few photos on a thumb drive to illustrate the routes if possible.

**Wednesday 24 July 2013**

### **Skiing in Japan**

John Morrell, who has several decades of experience of skiing in Japan, will explain what to do if you end up upside down in bottomless powder snow in Japan, and how to get the most out of your summer skiing in the Japanese winter.

**Wednesday 14 August 2013**

### **Antarctic & Subantarctic**

Alan Cowan who will be talking on the "Antarctic and Subantarctic". Besides some shots from his year at Casey, he will show some from photos from the other side, i.e. the Antarctic Peninsula, South Georgia, Falklands etc and will also include some shots from a trip to the NZ subantarctic islands.

Meetings are held at the Turner Scout Hall, 5 Masson St, Turner, Canberra (adjacent to Haig Park) 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.



**Canberra Cross-Country Ski Club**  
**KOSCIUSZKO TOUR ENTRY FORM**  
**10:00 am Sunday 1 September 2013**

<b>Family Name</b>			
<b>First Name(s)</b>			
<b>Address</b>			<b>Postcode:</b>
<b>E-mail address</b>			<input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email
<b>Telephone</b>	Work	Home	Mobile

<b>Birth year</b>	19_____	<b>Gender</b>	Male <input type="checkbox"/> Female <input type="checkbox"/>
(Entrants must be at least 14 years old)			

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

<b>Conditions of Entry</b> <b>The Entrant, by entering and starting agrees to:</b> <ul style="list-style-type: none"> <li>be at least 14 years old,</li> <li>be responsible for their fitness and ability to take part in the event,</li> <li>have adequate clothing, food &amp; drink before, during and after the event,</li> <li>carry a small pack during the tour, containing warm/wet weather clothing, snacks and drink</li> <li>report to the nearest official if withdrawing from the event, &amp;</li> <li>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.</li> </ul>		<b>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</b> <ul style="list-style-type: none"> <li>vary or cancel any race arrangements to suit weather or snow conditions,</li> <li>post variation or cancellation notices on cccsc.asn.au and at race office,</li> <li>refund the entry fee paid less expenses if the race is cancelled before 23 August,</li> <li>make no refund if the race is varied or cancelled on or after 23 August,</li> <li>make no refund, credit or exchange if the Entrant withdraws before starting,</li> <li>close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results,</li> <li>refuse entry or participation to any Entrant,</li> </ul>
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Early Bird Entry Fee (Received by Friday 5 July)	<b>\$35</b>
Standard Entry Fee (Received by Friday 23 August)	<b>\$40</b>
Late & Race Day Entry Fee (To 9:00 am Sunday 1 September)	<b>\$50</b>
* Please send completed entry form and payment (cheque or money order) to: <b>KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602</b>	
Pay Online (Visa/Mastercard) at Register Now <a href="https://www.registernow.com.au/secure/Register.aspx?ID=8892">https://www.registernow.com.au/secure/Register.aspx?ID=8892</a>	

<h2 style="margin: 0;">Sign here</h2>	(Signature of Entrant or Parent/Guardian if Competitor is under 18 years of age)
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# THE COURSE

**Course** - The Tour will, weather and snow conditions permitting, start at the Perisher Nordic Shelter and follow the road to a Drink Station near Charlotte Pass. It will then return across Johnnies Plain, and past the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 18 km.

**Changes** - Changes to the course will be advised at Perisher Nordic Shelter and the Start.

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

The Kosciuszko Tour is a classic race, but skaters are welcome to enter if the track is suitable. Skaters will not be eligible for age group prizes. Skaters will start 15 minutes after the classic skiers. Any skier who starts with the Classic group observed skating will be disqualified.

**Entrants must carry at least one small pack of safety equipment including an all weather jacket, extra clothing, and drink and food.**

**Entrants not carrying a pack will be disqualified**

## RACE OFFICE - Perisher Nordic Shelter

## TIME

Open for late entries	8:00 am to 8:30 am
Pick up bibs	9:30 am to 9:45 am

## START - Outside Perisher Nordic Shelter (unless advised otherwise)

## TIME

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

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

**FIRST AID/DRINK STATIONS** – drink stations near Charlotte Pass, Porcupine and Perisher .

**SAFETY** - Sustain your fluid intake and clothing. The course will be patrolled by skidoo and swept by skiers. 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 will be accounted for at the Finish and a missing bib may initiate a search at your expense

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

## FINISH

### Outside Perisher Nordic Shelter

## TIME

Each finisher will be timed and have their bib exchanged for a survey form	10:30 am to 1:30 pm
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## PRESENTATION

### *The Man From Snowy River' – Perisher*

## TIME

Your Presentation ticket is valid for one drink and snacks	2:00 pm to 4:00 pm
Individual, team and spot prizes will be awarded	
Results will be posted at the Presentation, on the web page and emailed	
Survey forms should be completed and placed in the box at the Presentation	

**Survey forms will be drawn to select spot prize winners.  
You must be at the Presentation to win**

# Telemarking at Charlotte Pass

**Sunday 11 August 2013**

Spend a day with instructors from the [Paddy Pallin / Mountain Adventure Centre](#) learning to telemark at Charlotte Pass. The course will cover Telemark downhill techniques.

## Registration & Information Form

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Name:

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Phone Number:

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Address:

**Cost:** \$97 over snow transport & lift ticket (lunch included) + \$73 for 1.5 hrs lesson with Ann from Paddy Pallin. Total \$170.00.

**Payment required by Wednesday 7th August 2012. No late entries please.**

Payment by direct deposit or cheque:

### Where to meet?

Meet at 8.00am sharp at Charlotte Pass desk at the tube station Perisher for oversnow transport.

### What skis/boots to bring/hire?

It is better to have plastic telemark boots and Telemark skis if possible—as you will get more out of the lesson.

Hiring is available at [Paddy Pallin in Jindabyne](#) & [Wilderness Sports in Jindabyne](#) or [Rhythm Sports in Cooma](#).

**Other gear to bring** — Usual equipment for a day lesson on the snow.

**Transport arrangements** — Make your own.

*For more information contact Paul K.*