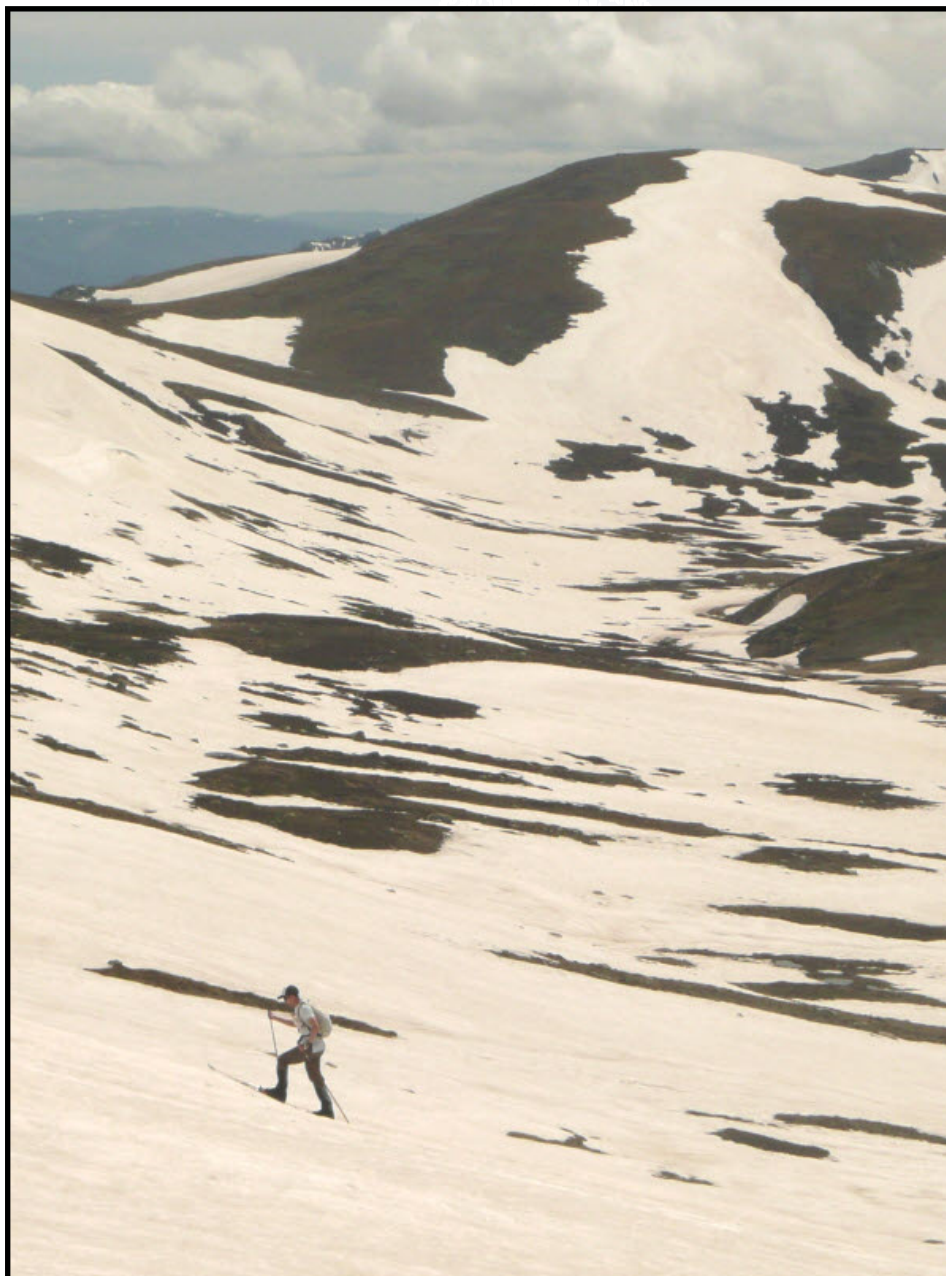


# Off Piste



Adam Lilley skiing near Rawsons Pass — 4 Nov 12. Photo: Alan Levy

**Membership Subscriptions for the 2013 season are now due, and can be paid on Register Now, via the Club website.**

## Inside this issue:

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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 [ccsceditor@gmail.com](mailto:ccsceditor@gmail.com)
- Deadline for next newsletter: 29 June 2013.

## President's Piece

Social Meetings commenced on Wednesday 22 May with a well attended and enthralling presentation by David Dumaresq on his heli-skiing trip to Alaska.

12 June is Open Night so come along prepared to talk to new members and people thinking about joining about what we do.

The tour program is filling up and will give potential leaders the opportunity to be mentored on a tour by experienced leaders.

On Saturday 22 June, the Penderlea Lodge Weekend, there will be Early Season Refresher instruction for \$50 per person from the Perisher Nordic Shelter. You can book through Register Now on the CCCSC website.

The popular Penderlea Lodge Weekend is on again from Friday 21 to Sunday 23 June. The Penderlea Chalets are luxurious, with heated slab floors, TV, video, spas and saunas.

This year we have only booked 20 beds in the two larger chalets and half have already been booked. Two nights will cost \$110 per

person in an ensuite room with 2 King single beds which can be joined as a double, or \$80 in a loft bed. Book using the form attached to this newsletter.

- On Saturday there will be an Early Season Refresher lesson, see above.
- Saturday and Sunday tours and transport will be arranged amongst those at the Chalets.
- On Saturday night we will have the customary shared dinner so please advise whether you will be bringing an entrée, main or dessert.
- On Friday night I recommend the Mexican Cocina Grill & Cantina in the old Jindabyne Town Centre if you are passing through.

The Club encourages members to share transport and its costs to and from its activities. However, the Club does not guarantee to find shared transport for members nor does it take any responsibility for any shared transport found.

Passengers travelling to the

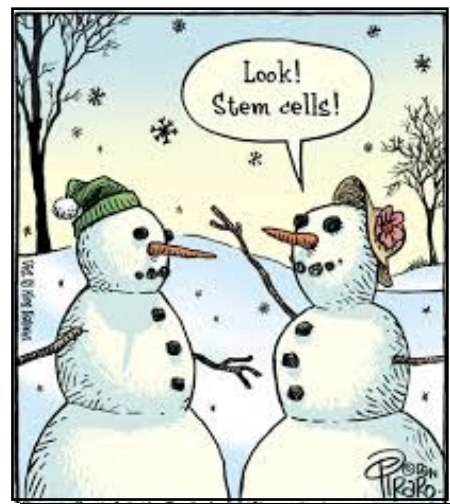
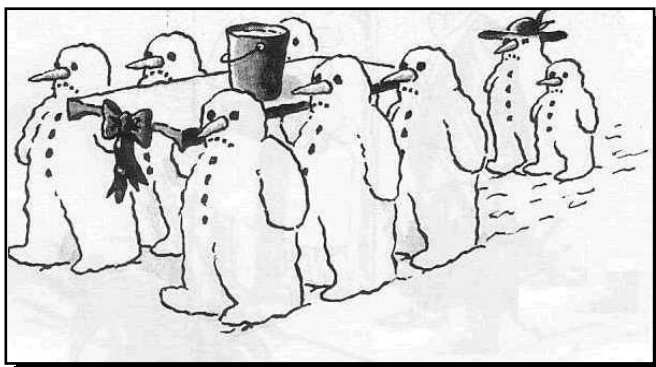
lodge weekends, lessons or tours should share transport costs equally with the driver. CCCSC recommends rates of 15 to 30 cents/km (depending on vehicle engine size) plus KNP entry. Details are on the website.

For example, passengers in a Subaru Forester from Canberra to Bullocks Flat (~\$80 @ 20 cents/km) should offer a contribution to the driver of about \$40 (1 passenger) or \$27 each (2 passengers) or \$20 (3 passengers). KNP entry is extra or passengers may need a \$42 SkiTube day ticket. CCCSC rates are very cheap (CBC rate is 40 cents/km, ATO rate is 74 cents/km) and only cover minimum cost of petrol, oil and maintenance.

The driver is doing you a favour getting up earlier and risking his vehicle and investment in a KNP pass. The actual contribution and destination is at the driver's discretion so check before committing.

See you at the Penderlea Lodge Weekend on Friday 22 June.

*Bruce Porter,  
President*



## Waxing Demo

Dave Drohan will be conducting a ski waxing demonstration on the Open Night next week (12 June) and if people bring along their skis, then Dave will try to wax them, time permitting.



## Getting a Lodge Rat Snowcamping

Snow camping is great, much better than staying in some smelly, crowded lodge.

At the end of the day, you ski down to your tent, just as the snow is starting to crust over, taking your skis off and make yourself comfortable for the evening.

Walk into a lodge and grab a big breath of air, if you dare, of the inside of your lodge and realise that you are sharing it with many sweaty bodies, with many pairs of sweaty boots, many pairs of sweaty socks, and many pairs of smelly gloves.

There is such a 'smell' inside a ski lodge, as everyone desperately keeps it closed up

and stuffy to keep the bit of warmth inside.

At least when I'm snow camping there is heaps of clean fresh air and socks, boots & mittens never seem to smell.

Rather than going to the fridge to grab bottle of beer, we can open a pack and grab some nice port (or spir-its).

When we are camped on Mt Tate, we look 'down' on the itzy, bitzy buildings in Guthega, on the other side of the dam, and pitying them for missing the views of a gorgeous sunset where delicate hues of purples and reds of the beautiful sunset

behind you are filling the sky and tinting the snow on Guthega Trig to a harmonious whole.

Finally, we go to sleep wrapped in silk sheets, on beds of air and underneath the lightest feather coverings.

In the morning, there could be a layer of fresh snow untouched neither by snow making nor grooming machines.

No rush to get to the lifts before anyone else, for the snow will wait for us to make first tracks.

Who could ask for more?

*Ken Moylan*

## New Perisher X Country Website

A new Perisher X-Country website

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

has been developed in response to the Perisher XC community's desire to share the sport they love with deserving people. In particular, the website aims to make skiers aware of the great event that XC Week is. A publicity

program is in action, with the website as the major conduit of information about XC Ski Week and everything to do with XC in the Perisher district.

The website when fully completed will contain information on the Perisher Nordic Shelter, Perisher XC ski trails, trail maps, XC races and events at Perisher, in-

formation for beginners, trail grooming report, weather report, road report, links to other web sites, plus a lot more.

Take special note of the new Perisher X-Country logo, above - you will see it around more and more as Perisher X-Country implements strategies to publicise XC skiing, XC Ski Week and the Perisher XC Centre facilities.



## Notes from the Tour Coordinator

".... *when good neighbours become good friends*" – from the theme-song for the *Neighbours* television drama.

Last time I started my blurb with a quote from Napoleon Bonaparte. To some, I may have come a long way down in the world since then by stealing a line from the theme song for *Neighbours*.

But I just wanted to alert club members to the fact that we have agreed with the Melbourne Nordic Ski Club – our neighbours to the south – that we would maintain an informal line of communication to alert each other to trips on our respective programs that may be of interest to members of the other club. This includes things like extended snow camping trips and overseas skiing trips. These sorts of trips can be very rewarding for participants and I am keen to see them on the tour program. But it can sometimes be a challenge to rustle up reasonable numbers for these activities. It is a noticeable development that some of these trips on our program are already held jointly with the NSW Nordic Ski Club. So pooling with other like-minded clubs already has demonstrated benefits. On top of that, it is a chance for neighbours to become good friends!

And, on this topic, Melbourne Nordic have invited interested members of CCCSC to join them for their "Jindabyne Week", which will be held from 31 August to 7 September, staying at the CSIRO Lodge in East Jindabyne. Apparently, while they have sometimes struggled to get numbers in previous years, places are filling up faster this year. So, if you are interested, you should contact Melbourne Nordic as early as you can.

Also, a reminder that if anyone is interested in cross-country skiing in New Zealand for two weeks in August-September this year, please let me know. Further details were given in the last newsletter but, in brief, the trip would be focused on a mix of day tours and 2-4 day tours (staying in mountain huts) in the Queenstown-Wanaka and Lake Tekapo areas. Dates are to be confirmed and input from potential participants will be a major determinant of this.

*Ian Turland*  
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 (to end-July 2013)

DATE	DESCRIPTION	LEADER
Saturday to Monday, 8 to 10 June  (Queen's Birthday Long Weekend)	<b>Whites River Hut</b> <b>Intermediate Skills</b> <b>Medium Distance</b> <b>Hilly Terrain</b> A leisurely tour stopping at Jindabyne for cappuccinos before heading out from Guthega Power Station and on to Whites River Hut, about 9km. We will spend the 2 nights at Whites River with day tours out towards Valentines Hut, Dicky Cooper Bogong, and the rolling Grounds, returning to the cars Monday afternoon.	
Saturday & Sunday, 22 & 23 June	<b>Lodge Weekend</b> Tours organised by Lodge Weekend participants.	
Sunday, 30 June	<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, 6 July	<b>Charlotte Pass Snowgum Tour</b> <b>Intermediate skills</b> <b>Long distance</b> <b>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.	
Saturday & Sunday, 6 & 7 July	<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, 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</b> <b>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, 20 July	<b>Mt Selwyn</b> <b>Basic-intermediate skills</b> <b>Medium distance</b> <b>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</b> <b>Medium/long distance</b> <b>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.	
Sunday, 28 July	<b>Paddy Rushes Bogong</b> <b>Intermediate skills</b> <b>Medium distance</b> <b>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.	



# The THREDBO HISTORICAL SOCIETY

Invites "Friends of Thredbo", Members & Guests to

THE LAUNCH OF THE THREDBO SKI MUSEUMS 2013 – 14 EXHIBITION

## "SKIING IN THE BRINDABELLAS AND ACT SKI CLUBS"

by AUTHOR AND HISTORIAN MATTHEW HIGGINS

**Matthew**, a professional historian, has lived in Canberra for 30 years and worked with the Australian War memorial, The Australian Heritage Commission and the National Museum of Australia.

His books include "Skis on the Brindabellas", "Rugged Beyond Imagination", "Stories from an Australian Mountain Region" and "Brumby Running in Namadgi".

In addition to our regular museum display – this new exhibition will focus on skiing in the Brindabella's – including memories of the Mt Franklin Chalet and stories of ACT Clubs including the Brindabella Ski Club, The Canberra Alpine Club, Rascal Ski Club, The Canberra Cross Country Ski Club.

*John Gdowski gives a "ski lift" to a friend on Mt Franklin 1950's*

Photo: Canberra Alpine Club

**COME AND ENJOY COCKTAILS AND NIBBLES IN A CONVIVIAL SOCIAL ATMOSPHERE**

**SATURDAY June 15 2013**

**5.30 TO 7.30 pm**

**(OFFICIAL WELCOME 6.15)**

**VENUE: Thredbo Ski Museum – Village Square - below Thredbo Hotel Kosciuszko Room**

**RSVP by Thursday 13 June to Marion Murri 02 6457 6806 email [mmtvl@bigpond.com](mailto:mmtvl@bigpond.com)**

**ENTRY: \$12.00 donation towards the museum**



## Piper's Gap Ski Jump

The construction of "Piper's Gap Ski Jump" at Mt Piper in Perisher Valley was approved by Kosciusko State Park Trust in 1966 and then carried out by the Ski Council of New South Wales in 1967 for \$12,000. The 45 metre ski jump with its wooden inrun tower was modified in 1970, but due to the little usage and high maintenance costs it was last used in 1972 and removed in 1976.

K-Point: 42 m  
Hill record: 45.0 m



..... from [www.perisherhistoricalsociety.org.au](http://www.perisherhistoricalsociety.org.au)

### 2013 Lift Ticket Prices

<b>Thredbo</b>	\$110/day (resort purchase) or \$99/day (online purchase)
<b>Perisher</b>	\$173 for two days (8 to 21 Jun) \$230 for two days (22 Jun to 8 Sept) \$186 for two days (9 Sept to end of season)
<b>Skitube</b>	\$42 return (Bullocks Flat to Perisher) \$31 return (with a valid lift ticket) \$26 return (Perisher to Blue Cow) \$250 (Season Pass)
<b>Mt Selwyn</b>	\$62/day (8 June to 21 Jun; 2 Sept to 7 Oct) \$82/day (22 Jun to 1 Sept)
<b>Charlotte Pass</b>	\$97/day (21 Jun to 31 Aug) \$77/day (1 Sept to 22 Sept)

**BOOKING FORM**  
**Canberra Cross Country Ski Club**  
**JUNE LODGE WEEKEND 2013**  
**Pender Lea Chalets 3 and 4, Alpine Way Thredbo**  
**FRIDAY 21 June to Sunday 23 June**

Family Name:			
First Name:			
E-mail address:			
Telephone:	Work	Home	Mobile

Names of other members to be included in this booking:		Age (if under 18)
Name:		
Name:		
Name:		
Name:		
Name:		

Accommodation options (Note: All prices are per person and include two night's accommodation.)  
 You will need to bring all your food and drink, toiletries, towels and linen for a single or king size bed.  
 DELUXE: 12 Twin or 6 Double (King) beds available with ensuite (maximum 2 people per room)  
 BUDGET: 8 Single beds available in shared loft or dining room (maximum 3 people per room)

	Number of people	Number Double	Number Twin	Early Bird paid by 22May	Standard paid > 22 May	Amount enclosed
DELUXE				\$100	\$110	\$
BUDGET				\$70	\$80	\$

Saturday Evening Meal			
I/we will bring for the group (circle one)	Entrée	Main	Desert

Transport sharing: (tick one box)		
I will make my own transport arrangements.		
I can offer a lift	Contact phone/email	Number of people
I would like a lift	Contact phone/email	Number of people

Those seeking lifts should contact people offering lifts (contact numbers will be provided on the attendee list) and make their own arrangements.  
 CCCSC does not guarantee that you will find a lift nor does it take any responsibility for any lift you find.  
 If you can not find a lift you may wish to take a bus. Deane's Group (Transborder, Lever) and others run regular buses from Canberra to Jindabyne, Bullocks Flat and Thredbo.

Payment may be made:
In person at a CCCSC social meeting (cash or cheque/money order)
To mail to CCCSC GPO Box 6234 O'Connor ACT 2602 (Cash or cheque/money order)

Please Note:  Payment must be received to secure a booking. Bookings are non-refundable but may be transferred to another Club member – please notify the Lodge Weekend Coordinator.  The Coordinator will endeavour to provide the accommodation option that you have requested, but if this is not possible you will be contacted and offered an alternative. Book early to avoid disappointment.  For all enquiries please contact the Coordinator.
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## 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 Levy & Steve Wariid

**GPS** (Garmin ETrexVista HcX)

**Contact** Alan Levy & Ian Turland





## Skiing Destinations — Mt Hotham



This article describes some day ski tours that can be done around Mt Hotham.

Mt Hotham is situated on the Great Alpine Road and can be reached from Omeo to the east, or from Bright and Harrietteville to the west.

Rather than being on a plateau, Mt Hotham is situated on a high ridgetop, and the surrounding scenery, especially towards Mt Feathertop, is very spectacular. The terrain is more gentle to the east towards Dinner Plain.

Just to the west of Mt Hotham, cross country skiing can be done along The Razorback towards Mt Feathertop, and from the Mt Loch carpark to Mt Loch, Machinery Spur and Swindlers Spur.

To the east of Mt Hotham there is a network of groomed cross country ski trails at Wire Plain, which continue past the Biathlon Range at Whiskey Flat and finish at Dinner Plain village. This area has over 35km of groomed and marked ski trails.

### Mt Loch & Machinery Spur

The Mt Loch carpark just before Mt Hotham Village is the starting point of some of the most spectacular skiing in Victoria. From the carpark the groomed XC trail passes along a narrow ridgetop next to the Hotham downhill runs, following the Australian Alps Walking Track. The trail then climbs steeply and heads uphill towards the Mt Loch summit.

From Mt Loch one can ski north along Machinery Spur, with views of the rugged east face of Mt Feathertop becoming more spectacular as one continues north along the ridge.

Or a pole line can be followed in the other direction south to Derrick Hut and Swindlers Spur, or to nearby Spargos Hut. Derrick Hut was built as a day shelter for cross country skiers, named after Charlie Derrick who died in a blizzard while attempting to ski from Mt Bogong to Mt Hotham. This pole line descends Swindlers Spur down to Dibbins Hut.

Mt Feathertop from Machinery Spur.

Skiing near Mt Loch, with The Razorback in the distance.



### The Razorback

The Razorback is a long narrow ridge which extends north from the Great Alpine Road out to Mt Feathertop, Victoria's second highest peak. The start is at Diamantina Hut, 2.5km on the Harrietteville side of Hotham Village. The route is mostly above the treeline, providing excellent views, but is exposed and steep in places and can be treacherous at times. Mt Feathertop is approx. 22km return.

The start of The Razorback, from the Great Alpine Road below Mt Hotham.





Skiing through the tunnel under the road near Whiskey Flat, on the Mt Hotham to Dinner Plain trail.



## Wire Plain Trails

The Wire Plain Nordic trails start 2km east of Mt Hotham village and run along both sides of the Great Alpine Road. A Nordic shelter is located on the west side of the road opposite the Old Wire Plain Hut, and is also serviced by a free shuttle bus from Mt Hotham.

The groomed ski trails on the northern side of the road include the Christmas Hill Trail, Charlie's Trail and Big Spur Trail which head northeast along a forested spur, and the Great Divide Trail which heads to the Whiskey Flat Biathlon Range. On the southern side of the road there are a few short loop trails (Possum Flat Loop and Dargo Lookout Loop) plus longer trails which eventually continue towards Dinner Plain.

These ski trails run through a woodland of snowgums and provide a more sheltered skiing area than the higher and more exposed areas of Mt Hotham and Mt Loch.



Skiing at Paw Paw Plain on the Mt Hotham to Dinner Plain trail.

## Dinner Plain Trail

Beyond Wire Plain a well-marked and regularly groomed XC ski trail winds its way along the southern side of the road through a woodland of snowgums and meanders across the snowy expanses of Paw Paw Plain, offering glimpses of Mount Tabletop and the Dargo High Plains to the south. It drops to Mother Johnson Flat, named after the somewhat disreputable owner of a wine shanty on the way to the goldfields, and then past the old cattleyards of JB Plain before crossing several small creeks and springs as it heads to Dinner Plain village. There are numerous access points along the Great Alpine Road, and the section from JB Plain to Dinner Plain is suitable for beginners.

The Dinner Plain Hotel makes a good destination for lunch before heading back to Mt Hotham. A shuttle bus runs regularly between Dinner Plain and Mt Hotham, and is often used by tired skiers for the return trip. The Mt Hotham to Dinner Plain Race is held along this route in early August.



Group having lunch at Dinner Plain Hotel.



## Lessons update for June

**30% off at Macpac Vouchers for first 10 people to sign up for lessons!**

### JUNE LODGE WEEKEND EARLY SEASON REFRESHER

#### K7 Adventures

**Saturday 22 June: 9am–12pm** (\$50pp – min group size of 6 or price by negotiation). This caters for absolute beginner to advanced. Book your spot at <https://www.registernow.com.au/secure/Register.aspx?E=8503>.

### BASIC SKILLS (CLASSICAL TECHNIQUE)

#### K7 Adventures

**Saturday 29 June and 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 at <https://www.registernow.com.au/secure/Register.aspx?E=8503>.

Introduction to cross country skiing including equipment

Falling and recovering

Side-stepping

Diagonal stride

Herringbone

Start turn

Intro to snow-plough

### BASIC SKILLS DOWNHILL

#### K7 Adventures

**Saturday 29 June and 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 at <https://www.registernow.com.au/secure/Register.aspx?E=8503>.

Balance

Step turn

Snow plough

For the complete list of lessons see “**Lessons at a glance**” below.

For **more information** on all of the lessons on offer this winter have a look on-line at <http://www.cccsc.asn.au/CCCSC/Lessons.html>.

**Questions?** Contact Deb at [cccstraining@gmail.com](mailto:cccstraining@gmail.com).

## Lessons at a glance

Date		Instruction
June	Saturday 22	June Lodge Weekend Early Season Refresher - Half Day AM (\$50pp)
	Saturday 29	Basic Skills - Half Day AM (\$50pp)
	Saturday 29	Basic Skill Downhill - Half Day PM (\$50pp)
July	Wed17 – Fri 19	3 day development course (\$210) ( <b>see note 1</b> )
	Saturday 6	Basic Skills Plus - Full Day (\$70 pp)
	Saturday 6	Race Training Refresher inc. waxing clinic (classic and skate) Half Day (\$50pp) or Full Day (\$70pp)
	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 (\$70pp)
	Saturday 20	Introduction to Skating - Half Day AM (\$50pp)
	Saturday 20	Basic Skills Plus - Full Day (\$70 pp)
	Sunday 21	Race Training Skills Improvement (classic and skate) - Half Day AM (\$50pp)

Date		Instruction
July	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)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) ( <b>see note 2</b> )

**Note 1:** Contact Deb for more information and/or enrolments on this program. Use this link to register for this course <https://www.registernow.com.au/secure/Register.aspx?ID=6114>.

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

## Getting 4 Yorkshire Men Snowcamping

Snow camping is hard work. I can't recall how long I've had to spend digging snow walls to shelter our flimsy tent from being blown away, and even then it got buried in snow, before it got warmer and all the snow was melted away.

And if you dig a snow cave, it is always below freezing, for as soon as it gets warmer than that, water trickles into everything, getting the sleeping bags wet & seeping into the 2 minute noodles (which is all we can carry, as everything else is too heavy). Now cold, dry 2 minute noodles are OK, but cold soggy 2 minute noodles are just mush.

Did I forget to mention that it's no use taking a stove, as nothing reliably starts a fire up there?

Plus, the weather will close in & we'll be tent-bound until we have to pack up and leave, at which point it will start to rain, not that that really matters, as all our gear is soaked through anyway.

And if we were camped anywhere near a hut, we will all have gotten a dose of the White's River Waltz or had our packs eaten & poohed on by the local rats.

And the snow will all be the consistency of clag, if it isn't breakable crust, except for the ice, which is on every downhill section we have to travel.

The trees are too thick to ski through, so we have to bush

bash our way through them to get anywhere. And if that isn't bad enough, there'll be a white out just as we have to ignore our compasses, due to the local magnetic anomalies.

Plus, we'll be so exhausted, that we won't notice members of our party slipping into hypothermia until they have fallen over and it is too late to help them, because the stove won't light to heat some water to heat them up (see above).

And because there is no warm water, any sort of personal hygiene is too uncomfortable to contemplate, so after several days, despite the cold, we are all starting to pong a lot. And we only have

the clothes we are standing in (including underpants & socks), because clean clothes weigh too much.

Of course there is no toilet paper, so we use snow. And there's nothing like digging a hole to find that someone has been there before you.

And don't get me started on frostbite and amputating frozen toes & fingers with a bit of broken glass to stop the gangrene from setting in. (Finding a bit of broken glass is a bonus, as more often it has to be a rusty tin can lid or a bit of old stock fence wire.) But apart from that, snowcamping is great.

*Ken Moylan*



# AUSTRALIAN CROSS COUNTRY SKIING

## 2013 RACE CALENDAR

Day	Start	Race	Location	Contact	Contact No.
<b>June</b>					
Sat 29	10:00am	Lake Mountain Sprint-X	Lake Mtn	Andrew Paul	0488 642 782
Sat 29	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	02 6456 3834
Sun 30	11:00am	Cooma Clean Out the Cobwebs (F) 5km M	Perisher	Bolt	0438 477 929
Sun 30	11:00am	Snowgum Wodonga Mini Series 1 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
<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. Boonoon Open (C/F) 5km M	Perisher	Carl Melvey	02 9130 3309



Day	Start	Race	Location	Contact	Contact No.
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
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 Champ's (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>



## Book Review — 'Cold - Adventures in the World's Frozen Places' by Bill Streever; Little Brown and Co 2009

Bill Streever, an Anchorage based biologist, has written this wonderful book about the science of things cold. His motivation is love for the cold, and concern that one day, people will no longer be able to experience snow and ice.

He is not romantic about snow and ice - 'the history of arctic exploration reads like one long obituary'. He presents his knowledge about the science of cold in a very accessible and entertaining way. He immerses himself in the waters of Prudoe Bay to show by his own observations how human physiology responds to cold. Fortunately he does not take the experiment to its ultimate conclusion.

The history of weather prediction gets an outing, starting with the Babylonians. Make sure you are sitting in front of a fire before reading about the 'School Children's Blizzard' which swept through middle America in 1888.

He also examines what happens to animals who depend on cold for their survival, and what will happen to them when the planet warms (think burramys). Some of the most interesting chapters are explanations of how insects survive in sub-zero temperatures. He decides to replicate this process with a species of caterpillar by freezing it in his kitchen freezer. If you want to know the result of the case of the frozen caterpil-

lar you will have to read the book.

Bill Streever's prose is lively enough not to require illustrations, but there are some very good maps.

His book is strongly informed by his experiences, which are north american, but for people interested in all things cold, this is a fascinating read.

The paperback print is available from Amazon for \$6.

*Lachlan Kennedy*

## Snow Driving Advice

### Things to Check

- **Anti-freeze** — Your car will need anti-freeze. Winter days can remain colder than freezing all day & ski season nights in the mountains can get very cold indeed. An unprotected engine will freeze in these conditions.
- **Battery** — Ensure that your car's battery is clean & the electrical systems are in good condition. The cold and thinner air will make starting the motor harder, so if your battery has trouble in Canberra, then there's a good chance that it will be too weak to start your car up in the mountains;
- **Chains** — Snow chains must be carried by all vehicles (except 4WD) entering the Kosciuszko National Park from the June long weekend to the October long weekend. Snow chains can be hired in Canberra or along the way. Ensure that whoever hires them to you fits them - to show how to do it and to ensure they are the right size for your tyres. Fit them yourself - to ensure that you know how to.
- **Tyres** — Check all tyres have good tread, including the spare. Bald tyres and icy roads are a combination wait-

ing for a crash;

- **Lights** — Ensure all lights are working;
- **Roof Rack** — Ensure the roof rack is securely fitted.

### Snow Driving Tips

- Observe local speed limits in resorts, chain fitting bays and elsewhere.
- Before leaving the ski fields, be sure to clear any snow from the car roof. This is to avoid creating a road hazard to other vehicles.
- Drive cautiously with gradual pressure on the accelerator to avoid wheel spin.
- Avoid unnecessary gear changes. Engage 1st or 2nd gear on level ground before ascending or descending hills in snow or ice conditions.
- Brake gently. Front & rear wheels can lock easily. This may mean loss of steering and control.
- Keep well behind the vehicles in front.
- Avoid braking when cornering.
- On reaching a snow covered section of road, gently apply your brakes to get an idea of using them on snowy surfaces.
- Keep well away from snow clearing machines. It is often needed to reverse these ma-

chines and snow clearing operators may not be able to see you in drift or falling snow conditions. Also, the spectacular fountain of snow coming from the blowers may contain ice chunks and stones.

- Do not overtake snow clearing equipment until it has stopped blowing snow.
- Be not a downhill racer.
- When meeting oncoming vehicles, give the vehicle going up-hill the right of way. It is much harder for a climbing vehicle to start again if it has to stop.
- Use low gears on slippery & downhill roads. This includes automatic cars.
- Be patient when overtaking large vehicles, such as buses. Only overtake if visibility is good.
- In an emergency, it is better to control your car by steering rather than braking. Hitting the bank or being stuck in a snow drift is better than going over the edge! If you get into a skid, turn the front wheels into the direction of the skid, release the brake & disengage the clutch (if you have one). After the skid ceases, gently apply your brakes.



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## Social meetings — all welcome

**Wednesday 12 June 2013**

### **Canberra Cross-Country Ski Club Open Night**

The club will open its doors to the public. Several club members will provide advice on the range of activities and other benefits the club offers. A range of equipment will be displayed. All club members are encouraged to attend to help promote our club. Also, if people bring along their skis, Dave Drohan will wax them, time permitting.

**Wednesday 26 June 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 10 July 2013**

### **Skiing in Yellowstone National Park**

Lachlan Kennedy will do a presentation on skiing in Yellowstone National Park in the US, plus show some photographs of the Snowy Mountains from the 1950's.

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.