

# Off Piste



Club members on a full moon ski tour at Perisher — 9 Aug 14. *Photos: Lachlan Kennedy*  
Also see Page 7.



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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)
- The deadline for articles for the next newsletter is Sat 6 September

## President's Piece

The 2014 Cross Country Ski Week has just finished. It was by all accounts a roaring success. 'So much fun' was the talk around the club by members who were lucky enough to be able to attend. The Mystery Coffee Tour had 41 participants. Leaders took the skiers by unused routes to a hidden shelter in the bush where they were served champagne and coffee around a cosy brazier. They couldn't have enjoyed it more.

The laser biathlon course was very popular. Seems that biathlon guns are prohibited in the KNP (some folks might be tempted to point them at an out of control snowboarder), and so a laser course was set up using Australian developed laser guns. At least one club member, shooting in lane 3, landed 2 bulls eyes on the target in lane 2. That kind of helpful sportsmanship you do not see at the Olympics. What lovely people club members are.

Possible tours would include the following flat or rolling areas which are entertaining even for experienced skiers -

- The Plains of Heaven (can be done as a half day tour);
- Illawong Lodge and the lower slopes of Twynam, or the glades up towards Spencers Creek;
- The Thredbo River fire trail from Dead Horse Gap;
- The Ramsheads, or the upper Snowy River Valley around Seaman's Hut in good weather.



The snow is in really good condition right now so ski to the max.

But don't forget the beginners!

We have a committed group of beginners this year and yet no more beginners tours listed for the rest of August or September.

This is a call to all experienced skiers in the club to give up just one day of your season to grow the club by taking beginners on an easy back country day tour.

To arrange a tour, just email our tour coordinator Steve Warild at

[steve.cccsc@gmail.com](mailto:steve.cccsc@gmail.com)

Go for it!

*Lachlan Kennedy,  
President*

The latest issue of the Snowy Times contains an article on the Club celebrating its' 30th anniversary this year.

18 August 2014 - snowytimes.com

## PERISHER

### Canberra Cross Country Celebrate

The Canberra Cross Country Ski Club celebrates its 30th winter season this year and for members this week means a busy week of touring, racing and instruction. During the past 30 winter seasons a major focus of the club has also been to introduce new people to the fun of cross country skiing and help beginners progress with comprehensive ski technique programs.

As new members acquire more skills, they go on ski touring trips led by other club members. These trips range from beginner trips on the groomed cross country trails at Perisher, back country day trips or multi-day ski touring trips on the Main Range.

Trips are run weekly in the Kosciuszko National Park, but there are also trips in the Victorian Alps, and other snow conditions allow, the Brindabella near Canberra.

Not all members live in Canberra and members keep in touch with club news through its monthly magazine 'On Point', club emails and often meet up with club hours for coffee in Jindabyne.

The Club also has a strong interest in cross country ski racing, and members of all ages participate in the various ski races in NSW and Victoria. In 1984, when the Club was formed as an initiative of the ACT Ski Association, members were nearly interested in racing. The focus of the club has broadened since then, but racing is still important to the club members.

The club took over the running of the Kosciuszko Tour cross country ski race in 1984 and runs the 'KT', as it is affectionately known, each year. This season the race will run on August 30.

In past years the race ran from Outhwaite to Thredbo, then back via Chaletts Pass to Perisher. When the club took over running the race it ran from Thredbo to Perisher, but bad weather did present safety obstacles causing the race to be abandoned two years. It was also a logistically difficult course to set so the club now runs the KT on the trails around Perisher and Charlotte Pass. Like all cross country ski races the KT is as much about the fun of sharing the experience with friends as it is about being competitive.

The Canberra Cross Country Ski Club welcomes new members, and further details can be found on the club's website at [www.cccsc.com.au](http://www.cccsc.com.au).

APSI Technical Director and K7 instructor Warren Feakes.

## K7 XC Maestro

K7 Adventures Cross country Ski School are lucky to have Warren Feakes as our senior instructor maintaining instructional and skills standards of our staff.

Warren is also the Australian Professional Snowsports Instructor Discipline and is Vice President of that organisation that is the peak body for all instruction in Australia.

Warren took up snowsports in his late 40s, with his skiing career starting in the Australian Defence Force, including battalion as well as cross country ski racing.

This sport led to racing nationally then internationally.

Warren has achieved the rare distinction of double gold medal Upper Master by twice competing 14 of the long distance ski races of the world series in three continents, before turning to a racing career in the annual masters world championships.

Warren is now the national director for Australia on the world masters board of directors and takes a team of masters skiers overseas each year to compete at the championships.

The championships this year were in Pillerseitz in Austria and in March 2015, the team will compete in Sochi in Russia.

Warren recruits and trains young and not so young skiers to be instructors for the Kosciuszko Cross Country Ski School which operates at the Cross Country Ski Area in Perisher Valley.

Each instructor undergoes an intensive training course in professionalisation. Safety, teaching methods and skills in all the cross country skiing techniques.

Warren is passionate about teaching techniques to enable young and older skiers to enjoy their cross country skiing experience.

If they decide to race, Warren and his team can fine tune their technique to get the best out of their physical attributes.

The state and national interschool competition is a busy time for Warren. Many of his former pupils he started teaching at ages 9 or 10 years old, are now members of the state teams.

Warren also runs Training Camps and teaches in the French resort of Les Bains in the Haute Savoie each January where he has a strong international clientele.

Club members Jan Moore, Bruce Bartlett, Paul Nelson, Bala Meder, Helen Russell and Michael McLaughlin at Broken Dam Hut on 29 July 1986.

### K7 ADVENTURES

Snow Shoe Tours  
Cross Country Ski Lessons  
Back Country Ski Touring

GROUPS WELCOME

Bookings: (02) 8467 7404  
SMS: 0408 299 921

[www.k7adventures.com](http://www.k7adventures.com)  
contact@k7adventures.com

## 2014 Kosciuszko Tour – 31 August 2014

It's only a few weeks now to the 2014 Kosciuszko Tour and we urgently need volunteers to help us run a successful (and safe) race. Have a look at the following tasks and see if you can help out on the day.

### Race Office

Helpers are needed to hand out bibs and tickets to entrants and process late entries. It's an ideal job for those who want to be inside; it also suits volunteers who want to go in the race. Start time 7.30am – Finish time 9.50am

### Start Area

Helpers are needed to set up the start area and marshal entrants to the start line and their correct start groups. Suits volunteers who want to also race. Start time 8.30 – Finish time 10.00am

### Drink Station

Two helpers are needed to staff the drink station, handing out drink and snacks to racers as they pass by. This job suits volunteers who are happy to spend a few hours in the fresh air but do not want to race themselves. Start time 10.00am – Finish time 2.00pm

### Sweep Skiers

Two volunteers are needed to ski behind the last competitors. This job suits fit, confident skiers who can ski 18km carrying a pack with first aid equipment. First aid qualifications are highly desirable. Start time 9.50am – Finish time 2.00pm

### Course Marshalls

We need a few skiers out on the trickier parts of the course, to alert skiers not participating in the Kosciuszko

Tour to the presence of racers on the course. This job suits people keen to have a ski but who do not want to cover the whole 18 km course. Start time 9.50am – Finish time 2.00pm

### Finish Line

A couple of people are needed to assist with recording finish times and collecting bibs from entrants. Suits people who prefer a later start, and racers who may finish early and still have some energy left for volunteering. Start time 10.40 – Finish time 2.00pm

There's something to suit everybody so please contact Jo-Anne Clancy on [cccscracing@gmail.com](mailto:cccscracing@gmail.com) if you are interested in volunteering. Accommodation is available at Kalkite for \$15 per night (Friday and Saturday nights) and car pooling can be arranged.



## Trip Report — Plains of Heaven — Saturday 9 August

After the five of us organised equipment and lunch from Jindabyne, we met half an hour later (12:00 hrs) opposite the Dainers Gap sign. The chain fitting bay at Dainers was four rows deep with parked cars, the occupants being shuttled to Smiggins and Perisher. A seemingly endless line of cars stretched off into the distance towards the resorts.

Toboggan City had been set up for the day where we had chosen to park. It came complete with a pop-up toilet and change tent and scores of children careering downhill on toboggans and blow-up doughnuts.

Alas we had to leave this peaceful scene, and after Lachlan explained the safety responsibilities we had for ourselves and toward each other, we climbed away from the road and over the top of the first rise. We skied a little over a kilometre, before we had to cross an expanse of tufted grass on foot. Here on the plain next to a stand

of trees and a large granite boulder, we sat on the grass and ate lunch from our packs. We were joined fleetingly by a large reddish-blond fox, who tore across in front of where we sat, then disappeared through the trees up the snow covered hill to our left.

After lunch we set off in the direction of the fox and climbed to the ridge. We rested at the Kerry Views. Absolutely wonderful stuff! Great snow and magnificent scenery toward Blue Cow, Tate and way beyond. Lachlan shared some map and compass knowledge with us here, reassuring me at least, that our leader knew exactly where he was.

Sticking to the ridge, we strode toward Blue Cow for fifteen minutes, before turning left to begin our descent. We worked hard on our downhill turning and self-arresting, all the way back to the plain below. Trying to emulate Lachlan's fine display of telemarking with accompanying instructions, was difficult. I picked myself up out of the

deep, soft, powder-dry snow countless times; but enjoyed every minute. The weather and conditions were great.

Collectively we managed the return route and found snow cover all the way back to the cars. Well Done.

Thank You to Lachlan for his competent and informative leadership, and thanks fellas; Peter Nilsson, Steven Hodge and Tony Brown for a great afternoons touring.

Looking forward to the night ski under the full moon tonight, where we are sure to get some competition winning photos.

Cheers,  
Yours in Touring,  
Jeffrey Burrows

## Trip Report — Mt Tantangara erhhh ..... Broken Dam Hut — Saturday 9 August



Kiandra Valley. Photo: Liz Abbott



Adam, Bruce, Greg & Margaret near Mt Selwyn. Photo: Liz Abbott



Group having lunch outside Broken Dam Hut. Photo: Liz Abbott

It was with no little anticipation that seven tourers met at Adaminaby on a frozen morning in Adaminaby for last minute coffee before an assault on Mt Tantangara. Club members were Greg Lawrence, Adam Lilley, Margaret Mahoney, Paul Krebs and Mike Hinchey (who was wearing two hats as the only Geehi club member to roll up) and prospective members Bruce Bowen and Liz Abbott. But a closer inspection of Mt Tantangara showed that all that beautiful snow that had carpeted the Kiandra valley but a week or two before had been reduced to south facing drifts.

So after a quick confab we all adjourned to Mt Selwyn and turned our skis towards Mt Tabletop much to the consternation of Greg who remarked on the fact that not one of us had a map for our Plan B. Adam and Mike then investigated the mysteries of which Purple klister was 'the fart de jour' but as the surface snow softened we all started to make good progress. Our prospective members soon proved durable and quick learners and we were all at Broken Dam hut for lunch in around two hours. Not bad going for 8.8kms including rests.

After a leisurely lunch in the sun on the hut chairs we headed back to Selwyn and had some lovely runs through the trees; yes Adam had more than most, and finished off with a freeby down the Selwyn main slope to make the cars in another two hours. A pretty satisfying day all round.

*Mike Hinchey*



Mike and Paul having morning tea at Four Mile Flat. Photo: Liz Abbott

## See a Cat, Catch a Cat

The below information is from NPWS, via SLOPES.

As in previous years, the NPWS and Perisher Resort are again collaborating in a feral cat trapping program. The chance of catching a feral cat in a treadle cage trap is improved when traps are placed in areas of recent sightings. Therefore you are encouraged to report any cats that you see around your lodge or across the range while you are skiing. Yes, feral cats occur in other areas of the park and you may see one in your travels to the resort, NPWS is interested in these sightings too. However, most of our effort goes into targeting those cats in the elevated areas of the park which pose a threat to Mountain Pygmy-possum and Broad-toothed Rat.

So if you see a cat, please don't hesitate to contact Dave Woods, Environmental Liaison Officer, on (ph.) 64505616, (mobile) 0418689250 or email:

[dave.woods@environment.nsw.gov.au](mailto:dave.woods@environment.nsw.gov.au)

## For Sale

Ski Touring Boots, 38EU to 47EU, 3 pin & NNNBC \$80-\$180  
Touring Skis, 180 to 215 cm, steel edges, step bases, 3 pin or NNNBC \$40-\$120  
Plastic Telemark Ski Boots, 22 & 23 cm Mondo \$240-\$280  
Skating Skis, 150, 180, 185 cm \$150-\$180  
Ski Arms for Rhino, Rola & Thule car roof bars \$40-\$120

Contact Bruce Porter:

## Seeking

Seeking second hand kids cross country skis, stocks and boots.

Dad with four kids under 11 seeking good condition second hand cross country skis, stocks and boots for kids.

Contact Adam.

## Trip Report — Kiandra Area — Saturday 12 July



Skiing around the gravesites at Kiandra Cemetery — 12 Jul 14.

Photo: Mandy Nearhos



Gravesites at Kiandra Cemetery. Photo: Alan Levy

On Saturday 12 July I led nine club members on a ski tour at Kiandra. The weather was cold and snowy. We parked the cars at the old Kiandra Courthouse and skied along the road to Pollocks Gully and up Dunns Hill onto the plateau. Up top the trees were plastered with ice and it was very cold, so we descended back down to Kiandra. I decided to return via a different route and we ended up at the Kiandra Cemetery, which contains graves from the late 19th and early 20th centuries. We skied around the cemetery, then back along the road past other ruins and items of interest, before having lunch outside the Courthouse and heading home in the early afternoon, but not before stopping for coffee and cake at Aaminaby for the second time that day.

Alan Levy



Group reading the interpretative signs around Kiandra.

Photo: Mandy Nearhos

## Trip Report — Teddys Hut — Sunday 20 July

On Sunday, 20 July 2014, Ken Moylan lead Adam Lilley, Mike Hinchey, Penny Rossiter & Trish Woods on a ski tour to visit Teddy's Hut.

### Route

After leaving the cars at Dead Horse Gap, we followed the Cascades fire trail until it crossed the Thredbo River.

We then followed the river almost all the way to its headwaters, crossed a slight saddle into Wombat Gully and arrived at Teddy's Hut.

After the leader's suggestion that we return by way of climbing up Brindle Bull Hill was knocked back by unanimous dissent, we returned the way we came.

We skied about 18km, there and back, mostly on a gentle route.

### Best Bits

- After a few weeks of short, pottering ski tours constrained by unpleasant weather, it felt great to go on a long tour. Along one section, I got into a good rhythm and just loped along, eating a kilometre or two, just being in the moment.
- The early July dumps had blessed us with almost complete cover, even on the rocky sections near Mount Leo, so we had a free rein to go where-ever we wished. Even the normally icy start to the firetrail was a pleasure to ski on.
- It was nice to be out on a fine day, with just a hint of a breeze and high, wispy clouds.
- Visiting one of the old stockmen's huts, restored to how it would've been (or better).



Penny Rossiter standing in front of Teddy's Hut, at our lunch break. Photo: Ken Moylan

### Worst Bits

- The traffic bottleneck at Jindabyne was tedious.

It easily added 10 to 15 minutes to the journey to Dead Horse Gap, all accumulated from leaving the Nugget's Crossing car park until the single lane merge 2 roundabouts later outside the grammar school.

- The feral horse signs.

It started with a single line of hoof prints, then groups of hoof prints, then patches of snow scraped back to the underlying grass and manure. Finally we saw some feral horses. Penny was excited at see-

ing the first line of hoof prints, partly because she could make her daughter jealous. I was out of ear-shot, so I know not how she reacted on seeing live feral horses.

### Wax of the Day

Kick wax rules!

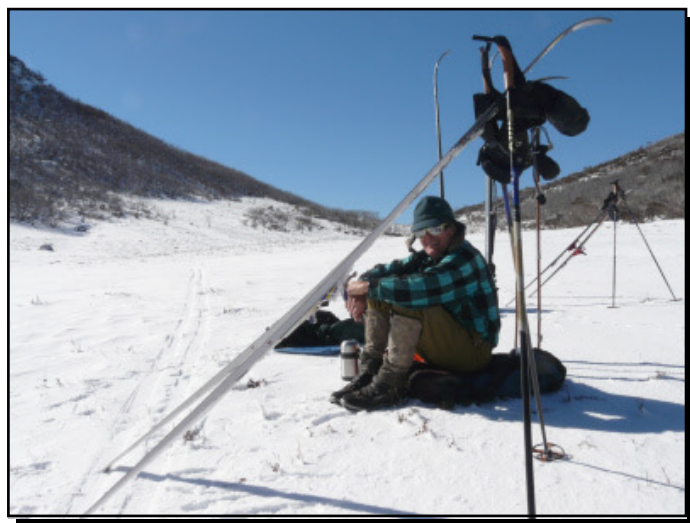
There were more of us using waxing skis than fishscales.

The consensus was that 'wurple' was the wax of the day. I optimistically started on Purple Special stick but added a layer of Purple Extra a few

(Continued on page 7)



Mike Hinchey's knees, Ken Moylan's skis & Trish Woods at morning tea. Photo: Ken Moylan



Mike Hinchey at morning tea. Mt Leo is in the background on the left. Photo: Ken Moylan

(Continued from page 6)

kilometres into the tour. Should've just selected wurple and been done with it.

Ken Moylan



Trish Woods and Penny Rossiter skiing back after lunch. Showing the size and open nature of the country.



Adam Lilley making his skis run even better by adjusting the wax, something that is hard to do with fishscale skis. Photo: Ken Moylan



Adam Lilley getting a turn in while the rest of us were packing up from morning tea. He is getting the reward from putting in a bit of effort to make his skis run better. Photo: Ken Moylan

## Trip Report — Full Moon Tour at Perisher — Saturday 9 August

The full moon provided the perfect setting for six skiers to explore the Perisher trails on Saturday 9 August. Some of us had already warmed up on the Plains of Heaven tour in the afternoon and were looking forward to getting out into the moonlight around 7pm. We set out with our headlights and soon discovered that the absence of cloud meant that we could travel au naturel with only the occasional view of the bright lights of the slopes of Perisher to compete with the moon's grace. We managed the 5 km loop with good humour and camaraderie and returned back to the silence of Perisher refreshed and reinvigorated. The evening was capped off back in Jindabyne with home-made gluwiein and good cheer. Thanks to Lachlan for organising a once-in-a-lifetime experience in the moonlit snow.

Steve Hodge & Peter Nilsson



Photo: Lachlan Kennedy

## CCCSC TOUR PROGRAM 2014

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

### TERRAIN

**Gentle** — 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** — The steepest of 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, herringbone, 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 control on hilly terrain and pace over long distances. Has good style and technique in the following skills: kick turns, snow plough turns, step turns, side slip, side step, herringbone, traverse, diagonal stride and self arrest.

**Telemark/XC Downhill** — Can maintain control descending steep hills and highly proficient at self arrest technique. Has intermediate skills plus linked stem, parallel or telemark turns.

**It is important to book on a tour as early as possible. At the latest, an indication of a wish to join a tour should normally be made 3 days before a day tour and a week before an overnight tour.**

If you are interested in participating in a tour, please contact the tour leader where one is listed. Please provide:

- your contact details (telephone numbers and address); and
- transport situation (ie, whether you need a lift or can offer one – and, if the latter, how many passengers).

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

### IMPORTANT NOTE:

**This season we will not be running the sign on sheets at club social meetings so if you wish to join a tour please contact the tour leader directly.**



# CCCSC TOUR PROGRAM 2014



## DATE

## DESCRIPTION

## LEADER

	<p>New ski tours will be advertised to members by email and on the Club website and Facebook page, in addition to the newsletter.</p> <p>The most up-to-date ski tour program, including short-notice trips, will likely be contained in the email and web page / Facebook page updates.</p>	
Saturday, 16 August	<b>Perisher Trails</b> <b>Beginner skills</b> <b>Rolling terrain</b> <b>Short distance</b> A easy morning ski tour around the XC trails at Perisher, starting at 9:30am and finishing around 11:30am. Email Deb beforehand, or meet at the Perisher XC Centre (Nordic Shelter) by 9:30am.	
Around 22 & 23 August	<b>O'Keefe's Hut from Nimmo Plain</b> <b>Intermediate skills</b> <b>Rolling and hilly terrain</b> <b>Medium distance</b> A 3 or 4 day trip incorporating the weekend of 22 to 23 August. There will be an optional side trip to Mount Jagungal. We will need to bring tents for camping on at least one night and if the hut is occupied. Because of access issues, we will leave the cars on the other side other Bulls Peak Creek and walk until we hit snow (possible around 5 km). (However, I may be able to get transport of packs and people across the Creek from a friend who lives in the area). This is intended to be a leisurely medium distance/medium terrain trip. Total party size of 6. As this is a joint CCCSC/Canberra Alpine Club – I will be aiming for equal representation from both clubs.	
Sunday, 23 August	<b>Perisher to Charlotte Pass</b> <b>Easy Intermediate skills</b> <b>Rolling and hilly terrain</b> <b>Long distance</b> Ski from Perisher to Charlotte Pass and back via the Porcupine. This tour will follow a similar route to the Kosciuszko Tour the following week. Will start from the Perisher XC Centre (Nordic Shelter) at 9:30am.	
Saturday 23 August to Sunday 31 August	<b>Mt Bogong and Mt Feathertop (Vic Alps)</b> <b>XCD skills</b> <b>Hilly and Steep terrain</b> <b>Medium/Long distance</b> The aim is to drive down to the Vic Alps on Saturday and returning the following Sunday to ski the slopes of Mt Bogong and Mt Feathertop. We will camp at Federation Hut, Mt Feathertop and ski the slopes before moving on to Mt Bogong where we will ski the slopes there, camping at Cleave Cole Hut. There are big climbs of about 3 to 4 hrs each to get on to both these Mountains and ice is often encountered on Mt Bogong. The slopes are moderate to steep with the tops being undulating hilly. Good downhill skiing skills, self arrest skills and the ability to make your own calls are essential for this trip. You must have metal edged skis (wider skis and plastic boots are best) and snow camping equipment is required.	
Saturday, 30 August	<b>Guthega area 'across the Snowy'</b> <b>Intermediate skills</b> <b>Hilly Terrain</b> <b>Medium distance</b> A tour starting from Guthega and heading onto the Main Range somewhere across the Snowy River. Meet in Jindabyne at the Parc cafe in the Visitor Centre at 8.30 am.	
Sunday, 31 August	<b>Kosciuszko Tour</b> Participate in, or volunteer to help in running, the Kosciuszko Tour ski race at Perisher. See page 3 of this newsletter for further details.	
Saturday, 6 September	<b>Paralyser/Spencers Creek Area</b> <b>Beginner-Intermediate skills</b> <b>Rolling terrain</b> <b>Long distance</b> Will start at Perisher and head along the eastern slopes of the Paralyser towards Spencers Creek and over towards Johnnies Plain and Trapyard Creek, before returning to Perisher. Map: Perisher 1:25000	

## CCCSC TOUR PROGRAM 2014 (cont.)

DATE	DESCRIPTION	LEADER
Saturday, 20 September	<b>Ramshead Range</b> <b>Beginner-Intermediate skills</b> <b>Rolling Terrain</b> <b>Medium distance</b> Will start at Thredbo and catch the chairlift to the top of Crackenback and head onto the Ramshead Plateau, or across the upper Snowy River valley towards Seamans Hut. Easy terrain with some climbs. Map: Thredbo: 1:25000	

### Instruction Update

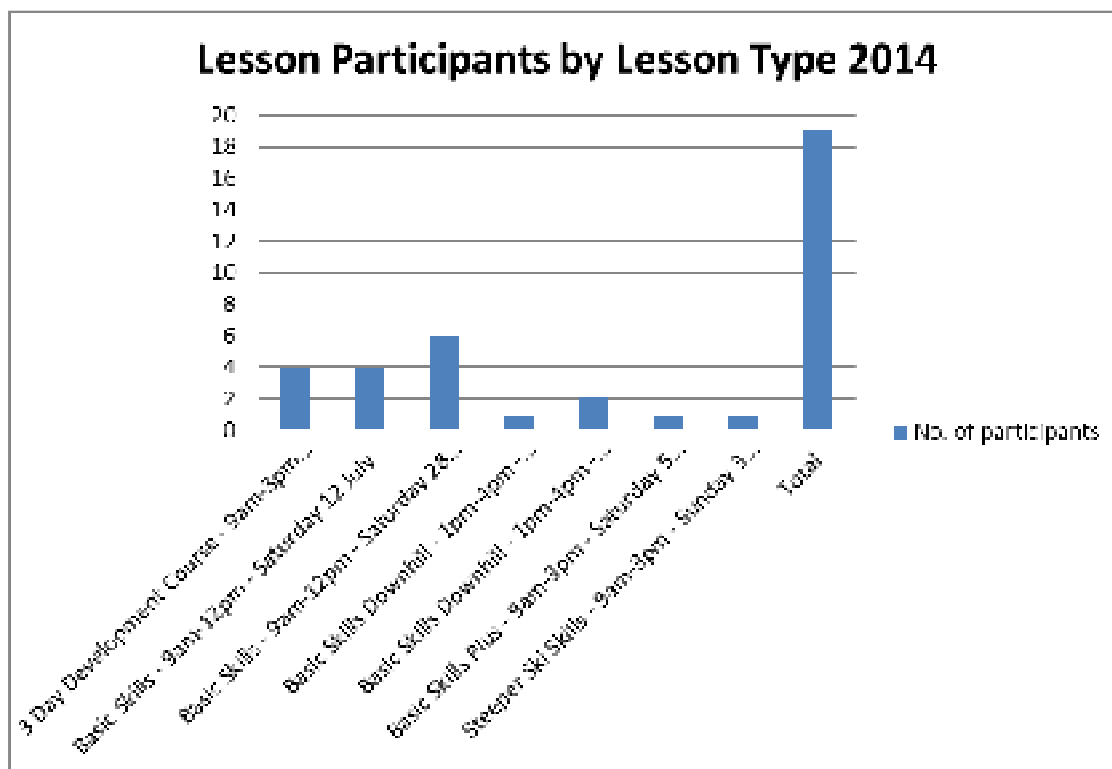
Just one lesson to go this Winter and that's the Pre Kosie Tour Race Clinic (classic and skate) - on Saturday 30 August from 9am-12pm (\$50pp). The Kosie Tour is on Sunday 31 August so why not hone your skills in time for this popular event!

An impressive 20 people have participated in lessons this year. The most popular lesson being Basic Skills. Congratulations to everyone who has no doubt improved their skills and have tips to work on for the rest of the season and seasons to come.

K7 Adventures and their instructors, in particular Acacia Rose, have done a wonderful job giving lessons at great rates to our members and friends. Even though lesson prices are based on six students, K7 have still provided lessons for those who have registered. Thank you K7 we appreciate your dedication to teaching cross country skiing!

*Deb Purss*

*Lesson Coordinator*



## PHOTO COMPETITION "Australia's winter snowfields".

The CCCSC is having a PHOTO Competition as part of its 30th year celebration.

Exhibition and judging night will be held at the club social meeting at Turner Scout Hall on Wednesday 10 September. The closing date for photos is Monday 1 September.

### Categories:

There are two Categories for the competition:

- A. Scenic, and
- B. People in the snow

### Photos:

- Any photo taken on snow in Australia preferably on a recent club trip but not mandatory
- Need to be taken in the last 10 years (given this is 30 years)
- A Maximum of 3 of your best photos can be submitted in total
- Include a title, where and when the photo was taken with your photo

Submitting photos to membership secretary [cccscinfo@gmail.com](mailto:cccscinfo@gmail.com)

- Use a JPG format
- File size no larger than 1Mb per photo (this will be reviewed to see if this works for members)

### Prizes:

- There is a 1<sup>st</sup> and 2<sup>nd</sup> prize for each category
- Only one prize per membership

The best photos will be published on the club website and in the last edition of the club newsletter 2014 (if the photographer is agreeable).

### The Judge:

The judge is a Club Member Rob Wignell.

The competition is open to Members of the CCCSC.



## Social meetings 2014 — all welcome

**Wednesday 13 August 2014**

### **Telemarking Night**

Graham Hammond from Mont will be talking about telemarking and the latest gear from Mont, including new telemark ski equipment currently available and their purpose, telemark skiing tips, and will show a video on telemark skiing in Japan.

**Wednesday 27 August 2014**

### **NSW SES - Alpine Search and Survival, and the Wapta Traverse**

Thomas Jory from the NSW SES will talk about alpine search and survival, and Sharon Roche will present on Canada's Wapta traverse and some Alaskan traverses.

**Wednesday 10 September 2014**

### **The Alpine Environment - followed by the announcement of winners of the Poetry and Photography Competition**

Anthony Evans, Area Manager for Alpine-Queanbeyan Area, NSW Office of Environment & Heritage, will talk about the alpine environment. Plus, judging of this year's poetry competition!

**Wednesday 24 September 2014**

### **Track Skiing Overseas, and Annual General Meeting**

Prior to the Club's Annual General Meeting, Warren Feakes will talk about Track Skiing overseas, tips for improving your track skills, and the Masters World Championships being held in Syktyvkar, Russia in 2014 and Vokatti, Finland in 2015.

**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.**

## AUSTRALIAN CROSS COUNTRY SKIING 2014 RACE CALENDAR (Mostly NSW Races)

Day	Start	Race	Location	Contact	Contact No.
Sun 17	10:00am	KCros Tour © 12km M	Smiggin Holes	Warren McCourt	0404 208 085
Sun 17	10:10am	KCros Tour Juniors © 4km	Smiggin Holes	Warren McCourt	0404 208 085
Sat 23	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @	Falls Creek	Race Secretary	03 5754 1045
Sat 23	9:40am	Australian Birkebeiner (F) 21km @	Falls Creek	Race Secretary	03 5754 1045
Sat 23	9:50am	Joey Hoppet (F) 7km @	Falls Creek	Race Secretary	03 5754 1045
Tues 26	9:00am	NSW Interschool Races	Perisher	Peter Ward	0409 338 978
Sun 31	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959
<b>September</b>					
Wed 10	8:00am	Australian Interschool XC Champ	Perisher	Peter Ward	0409 338 978
Sat 13/Sun 14		Perisher Cup	Perisher	Alan Davis	0411 189 974

## Club Committee Contacts

President Lachlan Kennedy	cccscpresident@gmail.com
Vice President Vacant	cccscvicepresident@gmail.com
Secretary Bruce Porter	cccscsecretary@gmail.com
Treasurer Margaret Mahoney	cccsc treasurer@gmail.com
Membership Secretary Gale Funston	cccscinfo@gmail.com
Tour Coordinator Steve Warild	cccsc tours@gmail.com
Instruction Coordinator Deb Purss	cccsc training@gmail.com
Kosciusko Tour Coordinator Jo-Anne Clancy	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



CANBERRA CROSS  
COUNTRY SKI CLUB

P0 Box 6234  
O'Connor ACT 2602

Email: info@cccsc.asn.au

Fun and fitness in the snow



### 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** (GMEMT410G)

**Contact** Alan & Steve

**GPS** (Garmin Etrex Vista HcX)

**Contact** Alan & Steve



**Canberra Cross-Country Ski Club**  
**KOSCIUSZKO TOUR ENTRY FORM**  
**10:00 am Sunday 31 August 2014**

<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> _____ (Entrants must be at least 14 years old)	<b>Gender</b>	Male <input type="checkbox"/>	Female <input type="checkbox"/>
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<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)	Club <input type="checkbox"/> Service <input type="checkbox"/> Family <input type="checkbox"/> Fancy Dress <input type="checkbox"/>
<b>Team Name</b>	
<b>Names of other team members</b>	1. _____ 2. _____

<b>Conditions of Entry</b>	
<p><b>The Entrant, by entering and starting agrees to:</b></p> <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>	<p><b>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</b></p> <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>

Standard Entry Fee (Received by Friday 31 July)	<b>\$20</b>
Standard Entry Fee (Received by Friday 29 August)	<b>\$30</b>
Race Day Entry Fee (To 8:45 am Sunday 31 August)	<b>\$40</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>	
<b>Pay Online</b> (Visa/Mastercard) at Register Now <a href="https://www.registernow.com.au/secure/Register.aspx?E=13190">https://www.registernow.com.au/secure/Register.aspx?E=13190</a>	

<b>Sign here</b>	(Signature of Entrant or Parent/Guardian if Competitor is under 18 years of age)
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# THE COURSE

**Course** - The Kosciuszko Tour will, weather and snow conditions permitting, start at Perisher and follow alongside the Kosciuszko Road towards Charlotte Pass. It will then cross Johnnies Plain, before climbing 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 Cross Country Centre (Nordic Shelter)

## TIME

Open for late entries	8:00 am to 8:45 am
Pick up bibs and ankle transponder	9:20 am to 9:40 am

## START

## TIME

Pre-race briefing	9:50 am
<i>Race Start</i>	<i>10:00 am to 10:15 am</i>

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

**FIRST AID/DRINK STATIONS** – drinkstations 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/transponders will be accounted for at the Finish and a missing bib/transponder may initiate a search at your expense

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

## FINISH

### Outside Perisher Nordic Shelter

## TIME

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

*Venue to be advised – Perisher*

## TIME

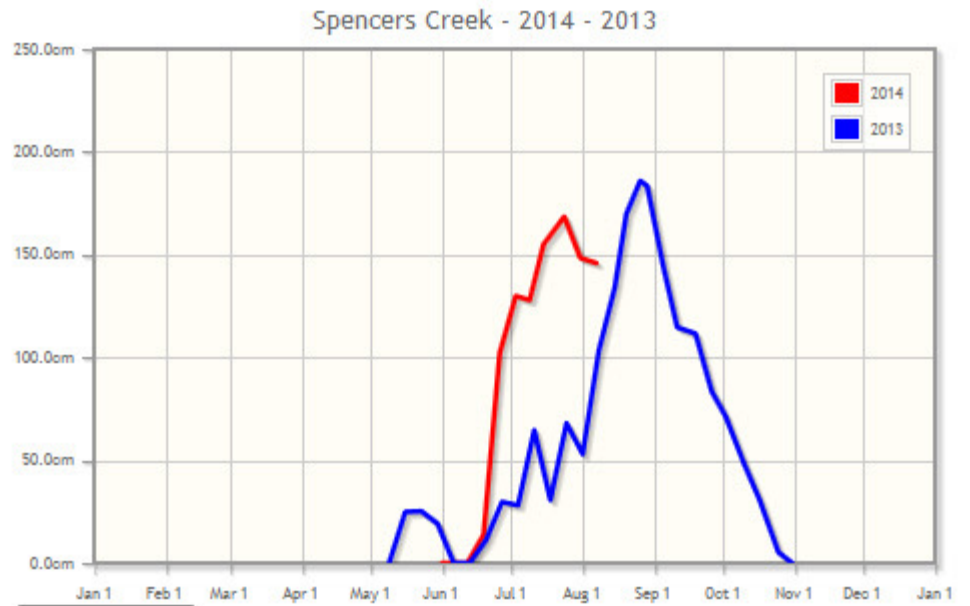
Your Presentation ticket is valid for one drink and snacks	2:00 pm to 4:00 pm
Individual, team and spot prizes will be awarded	
Results will be posted at the Presentation, on the web page and emailed	
Survey forms should be completed and placed in the box at the Presentation	

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

## Latest Snow Depth Charts



A comparison of the snow depth at Spencers Creek for 2013 and 2014. After a great July the snow depth has stopped increasing, but will hopefully improve further during August.



A comparison of the snow depth at Three Mile Dam for 2013 and 2014. There was a good snow cover in the northern end of the park during July, but the snow cover has now started receding.

