

Off Piste



Four Mile Hut — 29 Jun 14. Photo: Alan Levy

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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
- The deadline for articles for the next newsletter is Sat 9 August.

Celebrating 30 Years

President's Piece

I am writing this on the day when, 30 years ago, the club was formed. It's a pleasure in so many ways. We are still going strong, the snow is here, and there are still so many reasons to go cross country skiing in the Snowy Mountains.

And the mountains have turned on the best opening of the ski season for a long time. So get out and enjoy it. RIGHT NOW (presidential edict). One never knows what the next weather pattern will bring.

Particularly good are all the glades and basins between

the Porcupines and the Perisher-Charlotte Pass Road. (Yes I have had my first day on the snow.) The Plains of Heaven (access from Dainer's Gap on the road to Perisher) seem to be skiable for the first time in a while. This is an area where, on a blue sky day, beginners can enjoy practicing their skills in a backcountry environment with great views across to Gungahen and the White's River corridor.

The main range from Mt Tate to Kosi looks amazing for this time of year. It seems some folk are already skiing out there judging by a recent report of a skier who lost his way and had to be rescued on Mt Anton. There is a whole season of trips out there.

Meanwhile, in the virtual world of cross country skiing, our web master Ken Moylan has been hard at work. We recently changed our ISP and the transfer hasn't all been plain sailing (IT never is) and Ken has done a sterling job for the club setting up the new website.

A potted history of the club now appears, courtesy of Wayne Petherbridge, on the Perisher Cross Country website - go to <http://www.perisherxcountry.org/> and follow the link to the club

history. This site is a great resource for cross country skiers, including a link to Jindabyne Wilderness Sports snow report. I suggest we become familiar with it and use it to link up to the broader community of cross country skiers.

Our face book page is proving to be a huge success with people who are or have been in the mountains posting pictures and providing up to the minute snow reports.

The president's 30th anniversary poetry competition is going through a quiet month. This brings it into line with the previous month. But the quiet contemplation of things is what poetry is about, so I am taking that as a good sign.

In the meantime, with apologies to Thomas Hood:

No frosty mornings
No sunlit fogs
No snow for skis
No blue ice for fear
No sudden falls
No graceful turns
No Nuggets coffee
No-vember

*Lachlan Kennedy,
President*



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:

Skis for Sale in Canberra

Belconnen Ski Inn, in Lathlain St, Belconnen, has a small range of touring skis.

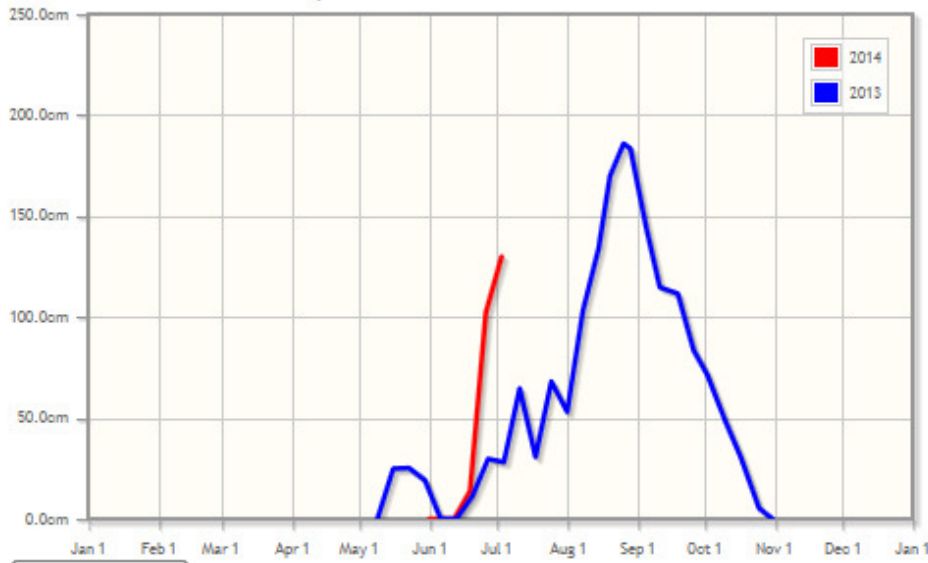
They are narrower and lighter than the ones that Mont, in Fyshwick, sell, so if your skiing tends towards distance with a bit of turning, rather than vice versa, go visit them for a look.

I'm just so glad to see another store selling skis in Canberra, after the recent years' scarcity of retailers, that I want to tell everyone.

Ken Moylan

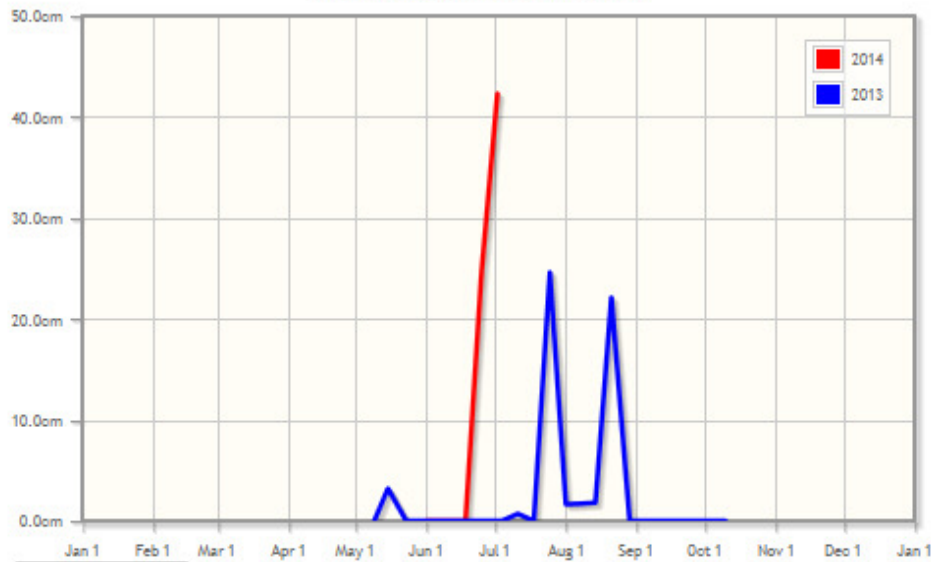
Snow Depth Charts

Spencers Creek - 2014 - 2013



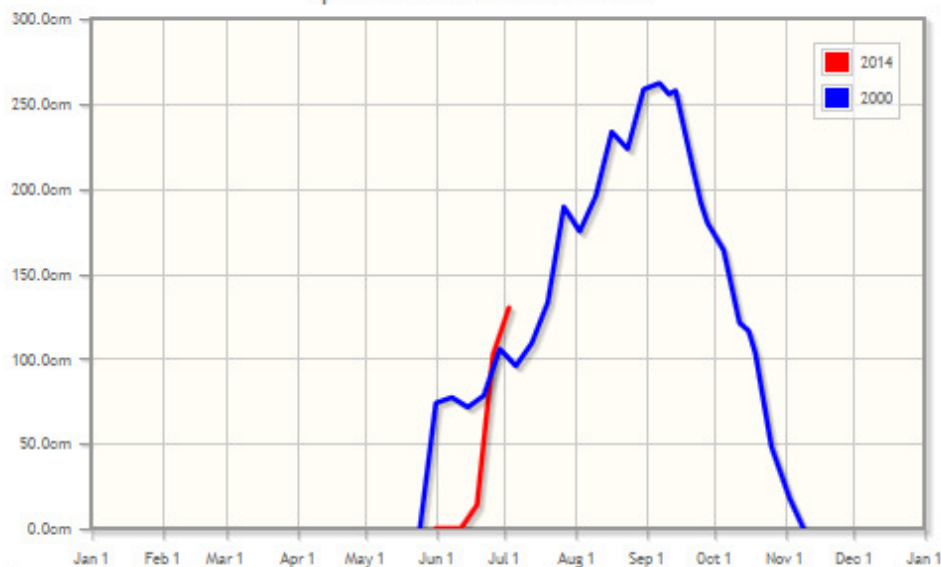
A comparison of the snow depth at Spencer's Creek for 2013 and 2014. After a slow start to the snow season this year, the snow depth has increased dramatically.

Three Mile Dam - 2014 - 2013



A comparison of the snow depth at Three Mile Dam for 2013 and 2014. After two lean snow years in the northern end of the park, there should be good skiing in this area for the next few weeks.

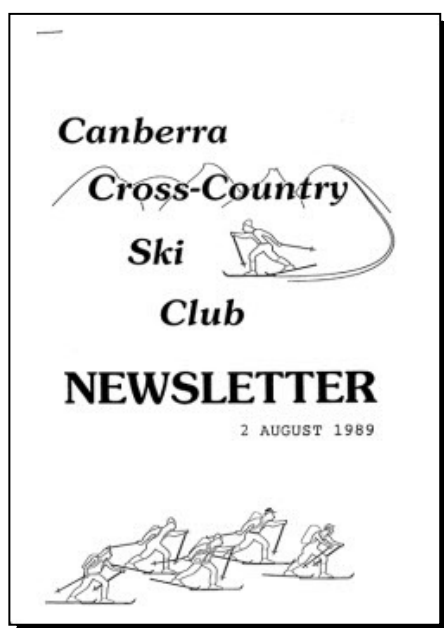
Spencers Creek - 2014 - 2000



A comparison of the snow depth at Spencer's Creek for 2000 and 2014. The year 2000 was one of the more recent good snow years.



CCCSC Club Logos



Cover pages of previous newsletters



CCCSC Celebrates 30 Years

The Canberra Cross Country Ski Club celebrates its 30th winter season this year. The Club has no summer season. At the end of winter its members go into a summer hibernation, hunkering down in any cool spots they can find until autumn returns. Then members gladly put the long days of summer behind them, and look forward to another white winter.

Winter for club members means days spent touring and racing. But over the last 30 winter seasons a major focus of the club has been to introduce new people to the fun of cross country skiing. To help beginners along the club runs a comprehensive ski instruction program every year.

As new members acquire more and more skills, they go on longer and longer ski touring trips led by other club members. These trips range from beginner trips on the groomed cross country ski trails at the Perisher Cross Country Ski Centre, through back country day trips, to multi-day ski touring trips on the 'main range'. Members nominate themselves for trips according to the degree of difficulty of the trip.

The trip leader then helps participants to arrange car pooling for the trip to the mountains. The Club has many members who do not live in Canberra. These members keep in touch with the club through the its monthly magazine 'Off Piste' and club emails. They meet up with club tours at a cafe in Jindabyne.

Trips are run mainly in the Kosciuszko National Park, but there are also trips in the Victorian Alps, and when snow conditions allow, in the Brindabellas near Canberra.

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 fact, in 1984, when the Club was formed as an initiative of the ACT Ski Association, members were mainly interested in racing. The focus of the club has broadened since then, but racing is still important to the club members.

This is why the club took over the running of the Kosciuszko Tour cross country ski race in 1994. The Club runs the "KT", as it is affectionately known, on a weekend in late August or early September every year.

Once upon a time the race ran from Guthega to Thredbo, then back via

Charlottes Pass to Perisher. When the club took it over it was running from Thredbo to Perisher. But parts of this route are dangerous in bad weather. This caused the race to be abandoned too often, and in any case it was a logistically difficult course to set. So the Club now runs the KT on the trails around Perisher and Charlottes 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 Club has always been an activities based club and so it does not aspire to own a ski lodge in the mountains.

Apart from ski touring, instruction and racing, other activities conducted by the Club throughout each ski season include (also see next page):

- Fortnightly social meetings in Canberra which provide an opportunity for Club members to socialise with others, to listen to guest speakers talking on various topics related to cross-country skiing, and to plan ski tours;
- A monthly newsletter *Off-Piste* which contains details of Club activities and trip reports;
- A Facebook site;
- Lodge weekends at Charlotte Pass and around Jindabyne;
- Helping out at the annual ACT Ski Sale;
- Trail maintenance on the Perisher cross-country ski trails; and
- Annual Christmas parties.

A few Club milestones:

- The Club started out as the "Canberra Nordic Ski Club", with the first meeting being held on 4 July 1984.
- The Club's first instruction day and day ski tour were held at Perisher in August 1984.
- In 1986 the Club changed its name to the "Canberra Cross-Country Ski Club".
- Many activities were held in the northern part of Kosciuszko National Park around Cabramurra and Mt Selwyn in the early years of the Club. There was much more focus on Cabramurra for Club tours and lessons than there is today, and the Club was also involved in a series of work parties on the ski trails and nordic shelter

(Continued on page 7)

CCCSC Activities — What the Club does



Running the Kosciuszko Tour ski race.



Participating in working bees at the Perisher trails and Nordic Shelter.



Snowcamping.



Participating in citizen ski races.



Ski touring.



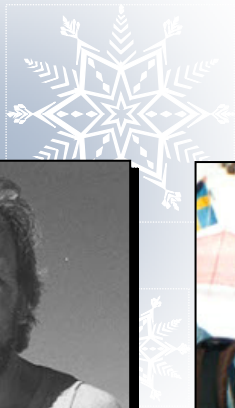
Survival shelter training.



Lodge weekends.



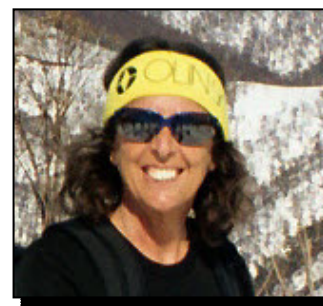
Ski lessons for members.



CCCSC Life Members



CCCSC Club Presidents



(Continued from page 4)

- at Cabramurra in the mid '80s.
- Until to mid 1990's, the Club had a stall at the ACT Alive event held every Canberra Day in March, which provided club promotion and helped attract many new members.
 - Since the mid '80s the Club has assisted the ACT Ski Association by providing volunteers to help in the running of the annual ACT Ski Sale held every May. This assistance still continues.
 - Ian Hoad became the Club's first Life Member in May 1992. Ian was President from 1984 to 1992 and provided a huge contribution to the Club over this period.
 - In 1993 the Club agreed to take over the running of the Kosciusko Tour, however the Club's first Kosciusko Tour in September 1993 had to be cancelled due to lack of snow and entries.
 - In October 1993 the Club had the first of what would become regular October lodge weekends. These were held at CAC Perisher for the first few years but then moved to the Southern Alps Ski Club Lodge at Charlotte Pass.
 - In March 1994 the Club began participating in regular maintenance weekends at Perisher, involving maintenance of the Perisher Nordic Shelter and cross-country ski trails.
 - The first issue of *Off-Piste* appeared in June 1994.
 - The Club's 10th anniversary was celebrated in July 1994 with a restaurant night in Canberra and a special social meeting.
 - The Club successfully ran its first Kosciusko Tour in September 1994 as a classic-only race on a loop course starting and finishing at Crackenback.
 - From 1995 to 1998 the Club was involved in the removal of glass and bottles from an old dump site at Wrights Creek near Charlotte Pass.
 - The Club website began in 1995.
 - A new Club logo featuring a wombat on skis was adopted in 1996.
 - The community room of the Dickson Library had been home to Club meetings for 15 years until October 2000 when redevelopment of the site forced a relocation. Since May 2001 social meetings have been held at the Griffin Centre in Civic and at the Scout Hall in Turner.
 - The Club provided much needed support in early 2003 and 2004 in assisting with the reconstruction of the Perisher XC trails following the January 2003 bushfires.
 - In May 2004 the Club was named 'Cross-Country Ski Club of the Year' at the 2004 Australian Ski and Snowboard Awards, for its support for cross-country skiing.
 - In July 2004 the Club's 20th anniversary was celebrated by a special social meeting and publication of a 20th Anniversary Magazine.
 - In July 2014 the Club celebrates its' 30th anniversary.

PERISHER X-COUNTRY

CROSS COUNTRY SKI WEEK
August 2nd-10th 2014

KNOW NO BOUNDS
DISCOVER THE EXHILARATING SPORT OF
CROSS COUNTRY SKIING
FOR INFORMATION ON: SKIING TIPS,
SKIING TECHNIQUE, TRAIL MAPS,
2014 EVENTS, LATEST NEWS, TRAIL
GROOMING REPORTS, EQUIPMENT
HIRE, SKI INSTRUCTION, OUR SKIING
HISTORY AND MUCH MORE, VISIT:

**Not just a series of individual events
but now one BIG event**

- Sat 2nd Australian Sprint Champs Find out who is the fastest skier in Australia
- Sun 3rd Boonoonoon Open Skate or Classical 38 years and still going strong
Australian Open Champs 5/10 Km Skate, important race for our best skiers
- Mon 4th Charlotte Pass Open/ Perisher Night Relays Enter both fun events
- Tues 5th Mystery Coffee Tour (1) Enjoy great coffee and beautiful views from our high plains cafe
Persisher Historical Society "Hello-in-the snow" Social drinks and get-together
- Wed 6th KAC XC Classic In its 43rd year, skate or classic to Charlotte Pass
- Thurs 7th Sundeck Cup A great handicap event with meal and presentations at the Sundeck
- Fri 8th Mystery Coffee Tour (2) Enjoy the great outdoors at our high plains cafe
- Sat 9th Snowy Mountains Classic 2.5, 7.5, 15, 30 km
END OF XC SKI WEEK PRESENTATIONS
- Sun 10th NSW Ski-O Champs Need to be a cunning skier to find your way - quickly
Fast & Female Producing faster females
Laser Biathlon NSW races Open to all

Plus! Ski Wax Clinic / Give-Laser-Biathlon-A-Shot
Happening throughout the week.

Find the details at:
www.perisherxcountry.org

www.perisherxc.org.au

Skiing in Canada — 1980

Bruce Bartlett has been through his archives and has provided some photos of skiing he did in Canada in 1980.



Bruce & Carol Bartlett.



Bruce & Carol Bartlett.



Skiing near the Icefields Parkway.



Skiing near Jasper.



Skiing in Kananaskis County.

Australian Ski Troops in 1941

Australian soldiers occupying Syria in the second half of 1941 set up the 1st Australian Ski Corps School, in a ski resort at an altitude of 1900m in the Lebanon Mountains, to train hundreds of Australian soldiers at a time, to ski and to become ski troops. This was in response to a possible thrust south through the Syrian mountain passes by the German Armies that had conquered Greece and invaded the Soviet Union. The instructors included Lindsay Salmon (Mt. Hotham) and Johnny Abbottsmith (Hotel Kosciuszko). The School had about 100 staff members and trained about two thousand Australians to ski and to fight in the snow whilst on skis.

German forces did not reach Syria during the war, but the numbers of keen skiers back in Australia following the end of that war in 1945 was greatly increased, not only with the return of the Australian ski troops, but also by the large numbers of refugees who were skiers and who had migrated to Australia from European countries where skiing was well-established.



Winter Poetry Competition

Cross country skiers are by and large a lyrical lot. Unimpressed by speed and derring do, we prefer the quiet glades of the back country. But we also know how a tent shakes in a gale. We know the shadows on the snow, the rainbow glint of sunlight on snow crystals. We know the seasons more than any others and love the winter above all.

So in our 30th year it is time for the club to run a winter poetry competition so that we can put our connection to the snow into words.

The Theme

So the theme of the competition is 'winter in the Snowy Mountains (or what I like or dislike about winter)'.

Rules

Modern poetry has no rules. So the rules for our competition are very broad. You can enter a poem written in any form, and your poem can be any length. It can be comic, descriptive, serious, sad, or satirical.

Judging and Winners

The winner will be announced and the poem performed at the Social Meeting of 10 September. (Our judging panel has yet to be selected.)

How to Enter

Simply send your entries by 1 September and head them 'CCCSC winter poetry competition'.

WRITE ON!

Lachlan Kennedy

Trip Report — Four Mile Hut — Sunday 29 June

My first ski trip of the season was on Sunday 29 June, when Ken Moylan, Adam Lilley and myself headed to the northern end of the park after the recent good snowfalls. There was a lot of snow on the road and surrounding farmland between Cooma and Adaminaby. After a stop at the bakery, we left Adaminaby and headed north into the park.

It was a beautiful drive through snow covered forest, over the snow covered Sawyers Hill and down into Kiandra. We had intended to ski at Kiandra but there was no where to park or pull over due to the deep snow, so we continued on to Mt Selwyn Resort.

There was hardly anyone skiing at the resort and the carpark was mostly empty, but the groomed slopes looked excellent. We started off in cold, foggy conditions and headed east past the downhill slopes of the resort and out across the plateau towards the Tabletop Fire Trail. The snow depth was about 40 to 50 cm, but it was soft and unconsolidated and made for heavy going. The surrounding trees were thickly covered in snow and made for great photos, although the falling wet snow did manage to get onto our camera lenses and spoil a few photos.



Four Mile Hut and its frost hollow, under a thick cover of snow.

Photo: Ken Moylan

We skied south along the Tabletop Fire Trail down the hill to the sliprails, then east across the valley to Four Mile Hut. Our skis were sinking down about 20cm into the snow so it was a long slog all the way. The snow conditions were amazing and it was probably the most snow I have seen at the hut and in the surrounding valley. I was using my fishscale skis but was outnumbered by Ken and Adam who were both using wax skis.

We arrived at Four Mile Hut about 1pm and had lunch inside the hut. No other skiers had been in this area since the snowfalls. We cooled down quickly during

the break and by the time we left the hut our fingers were becoming sore from the cold conditions. We then retraced our route along the firetrail back up the hill to the plateau and back to Mt Selwyn resort, where we arrived around 4pm in dark, murky weather.

Adam was keen to do a run down Township Hill at Kiandra but it was getting too late, so we drove back to Cooma, had a quick milkshake, then continued back to Canberra. This was my first ski trip to the Selwyn area in almost three years so it was good to be back in this area.

Alan Levy



Looking out the window of Four Mile Hut. Look at the build up of snow against the glass.

Photo: Ken Moylan



Winter wonderland near Mt Selwyn Resort. *Photo: Alan Levy*

Other Ski Tour Photos — 2014



Two kangaroos in the snow, near the Goldseekers Trail close to Three Mile Dam — 6 July 2014. They were foraging for grass near the exposed streams and looked very hungry and cold. *Photo: Ken Moylan*



Kangaroo in the snow. *Photo: Alan Levy*



Witzes Hut — 6 Jul 14. *Photo: Monika Binder*



Paul Room looking through a snowgum fork near the dam wall, at 3 Mile Dam, Kiandra. On a ski tour around Three Mile Dam, to Mt Selwyn — 6 July 2014. *Photo: Ken Moylan*



Snowman near the car park, 3 Mile Dam, Kiandra — 6 July 2014. *Photo: Ken Moylan*



Teddys Hut — 3 July 2014. *Photo: Monika Binder*

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



LEADER

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, 12 July	<p>Mt Selwyn Area</p> <p>Beg-Intermediate skills Rolling terrain Medium distance</p> <p>Will ski somewhere in the Mt Selwyn area. Options include exploring the plateau east of Mt Selwyn resort, skiing around Three Mile Dam and the Goldseekers Trail, or heading along the Kings Cross Road towards Cabramurra.</p> <p>Map: Mt Selwyn 1:25000</p>	
Sunday, 13 July	<p>Perisher Nordic Trails — afternoon tour (1 pm – 3.30 pm)</p> <p>Beginner skills Gentle terrain Short distance</p> <p>An introduction to the Nordic trails for beginners following after the Basic Skills lesson in the morning.</p>	
Saturday, 19 July	<p>Perisher Nordic Trails</p> <p>Beginner skills Gentle terrain Short distance</p> <p>A Beginners' introduction to the Nordic Trails at Perisher.</p>	
Sunday, 20 July	<p>Teddy's Hut</p> <p>Intermediate skills Gentle terrain Long distance</p> <p>A long day trip to the magically undecaying Teddy's Hut. We will start from Dead Horse Gap and follow the Thredbo River upstream, stopping at the hut for lunch. Return the same way, thankfully downhill. Best skis will be touring skis.</p>	
Saturday, 26 July	<p>Perisher — afternoon tour (1 pm to 3:30 pm)</p> <p>Beginner skills Moderate Terrain Short distance</p> <p>A Beginners' tour at Perisher. Meet at the Perisher XC Centre (Nordic Shelter) at 1pm. Bruce will be staying at Perisher so can not organise car pooling.</p>	
Saturday, 10 August	<p>Perisher Full Moon Tour</p> <p>Intermediate skills (able to ski on hard snow)</p> <p>I would like to lead a full moon tour on the night of Saturday August 10 around the Perisher Trails - for about 2 hours or so. Moon rise is at 5 pm, so it would be high enough to ski at about 7 pm. The idea would be that we would drive from Canberra to arrive in Jindabyne in the afternoon, then have an early dinner at Perisher, then spend an hour or two skiing around the Perisher trails under the full moon. The tour would not go unless it is a clear night with lot's of visibility. We would get back to Jindabyne around 10 pm.</p>	
Sunday to Sunday, 10—17 August	<p>Grey Mare Range</p> <p>Aim to camp at Grey Mare Hut. Day trips from there based on group consensus, but could include Jagungal, Pretty Plain Hut, exploration of the Grey Mare Range, etc.</p> <p>Access could be via Mungyang or via Geehi Dam Rd and Pinnacle Fire Trail, depending on conditions. Limit of 6 participants.</p> <p>Maps: Jagungal, Geehi Dam, Scammell's Lookout 1:25:000. (or Mt Kosciuszko, Khancoban 1:50,000)</p>	

CCCSC TOUR PROGRAM 2014 (cont.)

DATE	DESCRIPTION	LEADER
Around 22 & 23 August	O'Keefe's Hut from Nimmo Plain Intermediate skills Rolling and hilly terrain Medium distance 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 of 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.	
Saturday, 6 September	Paralyser/Spencers Creek Area Intermediate skills Rolling terrain Medium-Long distance 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	

Racing Report

The cross country ski racing season has got off to its best start in many years, with all the main trails at Perisher sporting a great cover of snow. It's a great time to get out there and clock up the kilometres, or hone your skills with one of our classic or skating lessons, in readiness for all the fun of XC Ski Week 2014.

XC Ski Week (2 – 10 August) 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. Test yourself via a race, improve your skiing or simply have fun in the snow. The events include citizen races (fun runs on skis) with distances from 5 – 30 km, mystery coffee tours, night relay racing and candle lit dinner at the Perisher XC Centre, ski orienteering and more. For more information follow the link to the Perisher X Country website:

<http://perisherxcountry.org/pages.php?X-COUNTRY-SKI-WEEK-CALENDAR-26>

The racing continues throughout August, with the laid back and fun KCros

Classic 12 km race on Sunday 17 August around the Smiggins XC trails, followed by the Kangaroo Hoppet (Australia's biggest XC ski race) on 23 August in Falls Creek, Victoria. The racing season wraps up with the Canberra Cross Country Ski Club's very own Kosciuszko Tour.

Kosciuszko Tour

The 2014 Kosciuszko Tour will be held in August this year (Sunday 31 August) – not September, which means it won't clash with Father's Day. So there's no excuse not to take part! The 2014 Kosci Tour will, weather and snow conditions permitting, start in Perisher Valley and head out towards Charlotte Pass. It will then return across Johnnies Plain past the Porcupine to finish at the Perisher Cross Country Centre, a distance of about 18 km. All skiers are welcome to participate – from the serious racers to back-country tourers and those who just want a fun day out.

Early Bird Special – Enter the Kosci-

uszko Tour by 31 July 2014 for only \$20! Enter online and pay by credit card at:

<https://www.registernow.com.au/secure/Register.aspx?E=13190> or print and send in completed entry form (see page 20) and cheque to the club post box.

Volunteers are essential to the successful running of the Kosciuszko Tour. There are a wide variety of tasks both before the event and on the day. You can still volunteer even if you want to participate in the Tour. If you would like to be involved please let me know at cccscracing@gmail.com.

For more information on participating in any of the events, including accommodation options and transport sharing, please contact me (details above).

Happy skiing.

Jo-Anne Clancy
Racing 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 at a club social meeting at Turner Scout Hall later in the season. The closing date and judging night date will be advised in next month's newsletter.

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

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

Prizes:

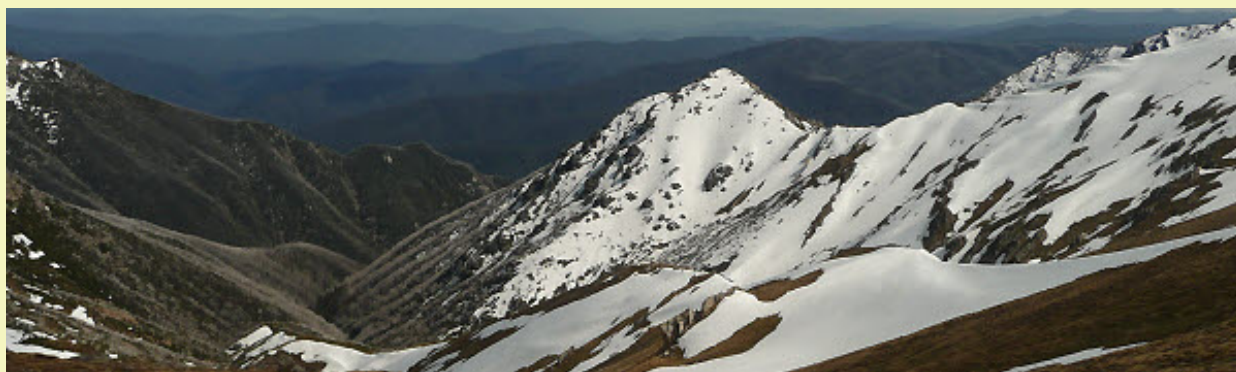
- There is a 1st and 2nd prize for each category
- Only one prize per membership

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 local Alpine photographer Mike Edmondson. His Photo Gallery in Jindabyne showcases his work www.mikeedmondson.com.au.

The competition is open to Members of the CCCSC.



Cross Country Skiing Lessons 2014

Date		Instruction
July	Saturday 12	Basic Skills - Half Day AM — 9am-12pm (\$50 pp)
	Saturday 12	Basic Skills Downhill - Half Day PM — 1pm-4pm (\$50 pp)
	Saturday 12	Intermediate Skills - Full Day — 9am-3pm (\$70 pp)
	Sunday 13	Telemarking for beginners - Full Day — 9am-3pm (\$70pp)
	Saturday 19	Basic Skills Plus - Full Day — 9am-3pm (\$70 pp)
	Sunday 20	Introduction to Skating - Half Day AM — 9am-12pm (\$50pp)
	Saturday 26	Intermediate Skills — Full Day — 9am-3pm (\$70pp)
	Mon 28 – Wed 30	3 day development course (\$210) (see note 2)
Aug	Friday 1	Race Training Skills Improvement (classic and skate) - Half Day AM — 9am-12pm (\$50pp) (Race week is 2-9 August)
	Saturday 2	Snowcraft and survival skills - Full Day — 9am-3pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 3	Steeper ski skills - Full Day — 9am-3pm (\$70pp)
	Saturday 30	Pre Kosci Tour Race Clinic (classic and skate) - Half Day — 9am-12pm (\$50pp) (Kosci Tour is Sunday 31 August)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) (see note 3)

BASIC SKILLS (CLASSICAL TECHNIQUE)

K7 Adventures 9am-12pm

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.

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

Minimum group size of 6 or price by negotiation.

BASIC SKILLS DOWNHILL

K7 Adventures 1pm-4pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

- Balance
- Step turn
- Snow plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS PLUS (CLASSICAL TECHNIQUE)

K7 Adventures 9am-3pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Downhill on moderate terrain at the Perisher Nordic Trails.

- Balance
- Glide
- Moderate downhill
- Traversing

- Kick turn
- Self arrest
- Double pole
- Snow-plough and snow plough turn.

Minimum group size of 6 or price by negotiation.

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

K7 Adventures 9am-3pm

Caters for people who have competed in a tour race. Light classic and/or skate skis required.

- 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

Minimum group size of 6 or price by negotiation.

INTERMEDIATE SKILLS (CLASSICAL TECHNIQUE AND INTRODUCTION TO SKATE TECHNIQUE)

K7 Adventures 9am-3pm

This lesson builds on the skills covered in Basic Skills, Basic Skills Plus and Basic Skills Downhill on steeper terrain at the Perisher Nordic Trails.

- Step-turn
- Stem Christie
- Telemark
- Bumps & Dips
- Introduction to skating
- Double pole stride

Minimum group size of 6 or price by negotiation.

(Continued on page 17)

STEEPER SKI SKILLS

K7 Adventures – 9am-3pm

Prerequisites are Basic Skills Plus and Basic Skills Downhill. Location will be advised closer to the lesson date, slopes will be at the high end of blue.

- Backcountry skiing – tips and tricks
- Learn how to ascent, traverse, descend and recover on steeper slopes

Minimum group size of 6 or price by negotiation.

TELEMARK FOR BEGINNERS

K7 Adventures 9am-3pm

Prerequisites for this course are basic alpine or cross country skiing skills, able to snow plough and do snow plough turns on easy terrain at the Perisher Nordic Trails.

- Introduction to telemark skiing inc. equipment use
- The new telemark progression
- Stationary exercises and telemark stance
- Balanced telemark movement straight running
- Lead change and changing edges
- First turns & Linked telemark turns

Minimum group size of 6 or price by negotiation.

INTRODUCTION TO SKATING

K7 Adventures 9am-12pm

Aimed at skiers who have no or limited experience of skate technique - an easy introduction: Prerequisite is Basic Skills Plus (or equivalent).

- Strengths & limitations of classical and skate skiing
- Balance & skate skiing
- Position, momentum, rhythm
- Skating without poles
- Introduction to pole technique
- Basic skating with poles

Minimum group size of 6 or price by negotiation.

3 DAY DEVELOPMENT COURSE

K7 Adventures 9am-3pm (3 days)

Preferred (but not essential) 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.

- 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

dpurss@gmail.com. Lodge stay available at extra cost.

Minimum group size of 6 or price by negotiation.

RACE TRAINING SKILLS IMPROVEMENT

(classic and skate) K7 Adventures 9am-12pm

Aimed at skiers with Basic Skills Plus and/or Introduction to Skating (or equivalent).

- Develop & refine your skating & classic techniques
- Maintaining rhythm
- Pacing and using gears properly
- Hill climbing techniques
- Cornering techniques
- Managing snow conditions: icy, crusty, sketchy, deep powder, sloppy
- Waxing

Minimum group size of 6 or price by negotiation.

SNOWCRAFT AND SURVIVAL SKILLS K7 Adventures

9am-12pm

This course caters for all levels and takes place on moderate terrain. Location will be advised closer to the lesson date.

- Snow Skills
- How to build emergency snow shelters
- Overnight stay in a snow shelter (optional)

Possible extra costs for overnight snow camping - contact K7 for price.

TELEMARKING AT CHARLOTTE PASS

Mountain Adventure Centre (full day)

Date in August and costs to be advised. Full Day Package (includes instruction, lift pass & lunch). Caters for those with basic to intermediate skills on steep terrain.

The fine print and how to book

- Lessons will only be run if there will be 6 or more participants.
- Bookings should be made by 5pm on the Wednesday before the lesson if possible, however they will still be accepted after Wednesdays (this helps with planning instructors etc).
- There might be times when, because of a lack of snow, you will need to catch the ski tube to Blue Cow to attend a lesson. You will have to pay for the ski tube, so make sure you carry the fee with you. For more information and ski tube prices go to <http://www.perisher.com.au/resort-information/getting-to-perisher/skitube.html>.
- Lesson locations are subject to change depending on conditions.

K7 Adventures provide instruction for most lessons - www.k7adventures.com

Mountain Adventure Centre provide the instruction for the one day telemarking at Charlotte Pass in Aug - www.mountainadventurecentre.com.au or phone 1800 623 459.

Map to Perisher Nordic Trails. Most lessons are based at the Perisher Nordic Trails. The trails are across the road from the main Perisher Centre and Car Park. This link provides directions and a map to help you find the trails. <http://www.k7adventures.com/ACCESS%20TO%20PERISHER%20NORDIC%20SHELTER.pdf>

Kosciusko National Park Entry Fee. You will need to pay a park entry fee. For up to date information on fees go to:

<http://www.environment.nsw.gov.au/NationalParks/parkFeesConditions.aspx?id=N0018>

Transport & Parking. **Car pooling:** CCCSC coordinates transport but cannot guarantee a lift on every occasion. You can post a message on the Club's Google Groups site to car pool. The link to the CCCSC Google Group is: <https://groups.google.com/group/cccsc?hl=en> A contribution to costs will be required. **Buses** are an option: Murrays - www.murrays.com.au/ or Transborder - www.transborder.com.au/ **Parking** is free inside Kosciusko National Park.

Make a Booking! For all bookings (except Navigation Skills and Telemarking at Charlotte Pass) go to <https://www.registernow.com.au/secure/Register.aspx?E=8503>

Questions? email Canberra Cross Country Ski Club's Training Coordinator - cccscctraining@gmail.com

Note 2: Contact Deb for more information and/or enrolments on this program.

Note 3: 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.

Social meetings 2014 — all welcome

Wednesday 9 July 2014

Norway's Nordic Resort Trails

Dave & Jacqui Drohan will talk about the joys of skiing on Norway's resort trails. Also come along and celebrate the Club's 30th Anniversary with a special cake.

Wednesday 23 July 2014

Huts of Kosciuszko

Ian Frakes from the Kosciuszko Huts Association will give a talk about the huts that dot the landscape in Kosciuszko National Park, originally built by stockmen, miners, fishermen, skiers, and SMA surveyors, and now used as popular destinations by bushwalkers and skiers,

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

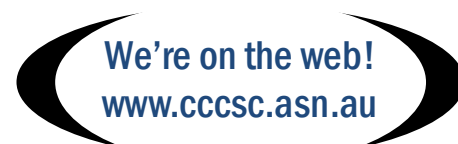
Prior to the Club's Annual General Meeting, Warren Feakes will talk about Track Skiing overseas, tips for improving your track skills, and the Masters World Championships being held in Syktyvkar, Russia in 2014 and Vokatti, Finland in 2015.

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.



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

PO 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 (GME MT410G)

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

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

Birth year _____ (Entrants must be at least 14 years old)	Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
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Club Name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/> Name of club: _____
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Team Entry (Optional) (must have 3 people per team)	Club <input type="checkbox"/> Service <input type="checkbox"/> Family <input type="checkbox"/> Fancy Dress <input type="checkbox"/>
Team Name	
Names of other team members	1. _____ 2. _____

Conditions of Entry	
<p>The Entrant, by entering and starting agrees to:</p> <ul style="list-style-type: none"> be at least 14 years old, be responsible for their fitness and ability to take part in the event, have adequate clothing, food & drink before, during and after the event, carry a small pack during the tour, containing warm/wet weather clothing, snacks and drink. report to the nearest official if withdrawing from the event, & absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur. 	<p>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</p> <ul style="list-style-type: none"> vary or cancel any race arrangements to suit weather or snow conditions, post variation or cancellation notices on cccsc.asn.au and at race office, refund the entry fee paid less expenses if the race is cancelled before 23 August, make no refund if the race is varied or cancelled on or after 23 August, make no refund, credit or exchange if the Entrant withdraws before starting, close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, refuse entry or participation to any Entrant,

Standard Entry Fee (Received by Friday 31 July)	\$20
Standard Entry Fee (Received by Friday 29 August)	\$30
Race Day Entry Fee (To 8:45 am Sunday 31 August)	\$40

* Please send completed entry form and payment (cheque or money order) to: KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602	
Pay Online (Visa/Mastercard) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=13190	

Sign here	(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 – drink stations 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

AUSTRALIAN CROSS COUNTRY SKIING

2014 RACE CALENDAR (Mostly NSW Races)

Day	Start	Race	Location	Contact	Contact No.
July					
Sat 5	8:30am	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au	
Sat 5	11:00am	Cooma Clean Out the Waxbox (C) 5km M	Perisher	Bolt	0438 477 929
Sun 6	9:30am	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Wed 9	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rod Pelle	0448 670 586
Sat 12	10:00am	ACT Distance Champs (F) 2.5/3/5/10/15 km M	Perisher	Peter Ward	0409 338 978
Sun 13	10:00am	NSW Distance Champs (F) 2.5/3/5/10/15km M	Perisher	Toni Hulme	0406 420 380
Sun 20	11:00am	Cooma Open (F) 10km M	Perisher	Bolt	0438 477 929
Sat 26	9:30am	Aust Jnr Champs's ** (Events TBC)	Perisher	Peter Ward	0409 338 978
Sun 27	10:00am	Aust Jnr Champs's ** (Events TBC)	Perisher	Peter Ward	0409 338 978
August					
Sat 2	9:30am	Aust Open Sprint Champ's © **/ CC/FIS	Perisher	Peter Ward	0409 338 978
Sat 2	11:00am	Hotham to Dinner Plain (F) 12km @	Hotham	Mick Sinclair	0408 127 325
Sun 3	9:00am	Aust Open Champ's 5/10 (F) */** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 3	11:30am	City Tatts Nottage Int. Boonoon Open (C/F) 5km M	Perisher	Carl Melvey	02 9130 3309
Mon 4	11:00am	Charlotte Pass Open (C) 5km M	Charl Pass	Sue Clark	02 9411 5974
Mon 4	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	0409 338 978
Wed 6	10:45am	KAC X-C Classic (C/F) 8.5km M	Perisher	Sue Clark	02 9411 5974
Thu 7	11:00am	Sundeck Handicap Race (F) 7.5km M	Perisher	sundeckho- tel.com.au	sundeckho- tel.com.au
Sat 9	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	0477 356 835
Sun 10	9:00am	Fast and Female	Perisher	Brooke Darlington	0411 846 283
Sun 10	10:30am	Rocky Valley Rush/ Sun Vall Ramble (15/7.5km) (F) @	Falls Creek	Race Secretary	03 5754 1045
Sun 10	1:00pm	Laser Biathlon NSW Races	Perisher	Meg Neuhaus	0412 112 754
Sun 17	10:00am	KCros Tour © 12km M	Smiggin Hole	Warren McCourt	0404 208 085
Sun 17	10:10am	KCros Tour Juniors © 4km	Smiggin Hole	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 Kosciusko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959
September					
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