

Off Piste



Skiing on Kosciuszko South Ridge.
Photo: Alan Levy

Membership Subscriptions for the 2014 season are now due, and can be paid on Register Now, via the Club website.

Lodge Weekend at Penderlea 20-22 June. See page 6.

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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 5 July.

President's Piece

Boy, it has been warm. I was in my garage last week (in a tee shirt) and there were my skis up against the wall, still dusty, waiting for the snow. Skis without snow are like a car without petrol. Utterly useless, but full of exciting potential.

And then the weather changed and Monika Binder posted a picture of the ranges on the club's new Facebook page. The Facebook page is an exciting development for the club and I hope all our

members join up and share their skiing experiences and post photos of the latest snow conditions. Many thanks to Richard Ware for this development.

Looking forward to winter made me think of what it is like to experience cold weather. When the snow falls we put on layers of expensive clothing, - jackets, trousers, boots, gloves and hats. Preferably in outlandish styles so we can be recognised by friends in a blizzard or cafe. Then we have goggles and sunglasses, sunburn cream and sun hats for blue sky days.

But feathered or furry critters don't have Dupont making jackets for them. They have their own ways of surviving a winter which are much more interesting.

Penguins gather together in a winter huddle. (Our winter huddle, which we call 'apres ski', is equally persistent in winter, so it must have survival value as well, but exactly what it is I have never been able to tell.)

But by far the most interest-

ing adaptation is an insect trick of surviving winter by super cooling.

Water freezes at zero degrees celsius. We then call it ice. Well, water usually freezes at zero. But it is possible to chill water below zero and it becomes a super cooled liquid. But in this state it is also unstable. Add a speck of dust or a snowflake to super cooled water and ice crystals will grow explosively. That is, it freezes instantly.

The North American yellow jacket wasp queen survives winter by latching on to the underside of a leaf or bark, entering a super cooled state as the winter comes on. But if in this state she is struck by even a snowflake she turns instantly to ice and dies. Male yellow jacket wasps don't do this super cooling thing because they all died after mating. Yes, nature can be cruel guys.

More great social meetings are coming up in June, so hope to see you all there.

*Lachlan Kennedy,
President*



Training News

**Learn TOUR LEADERSHIP SKILLS
- no cost to members!**

Saturday 14 June

At Perisher Nordic Trails.

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

Register on-line at -

<https://www.registernow.com.au/secure/Register.aspx?E=8503>.

Lots of great training opportunities in 2014 - check out the lesson schedule in this edition (pages 12 & 13).

June Lodge Weekend — Pender Lea Chalets

There will be an early season lodge weekend this year. All old and new members are welcome.

Dates: Friday 20th June to Sunday 22nd June.

Place: Pender Lea Chalets 3 and 4, Alpine Way Thredbo.

Cost: (includes two nights accommodation) \$120 per person for a twin/ double ensuite room, or \$90 per person for a shared loft.

Early birds, paid by 28 May, save at \$100 or \$80 per person respectively.

We will have the usual lodge weekend activities, including Saturday group dinner night, refresher ski lesson and tours.

Contact Bruce Porter for more information.

Booking form is included on page 6.

CCCSC Facebook Page

The CCCSC is now on Facebook, with a new page created recently. This provides another means of communicating Club activities and news to Club members and the public.

The Facebook site can be accessed at the following link <https://www.facebook.com/groups/CanberraXCski/> or by searching "Canberra XC Ski" in Facebook.

The CCCSC Facebook page is an open group, meaning that anyone on the web can view the contents of the site but to write posts you must be a member. Anyone can apply to join the CCCSC Facebook group which will allow them to add and receive updates on events etc. Committee members are the site administrators who can accept new members. As this is an open group, any posts with personal details will be removed by site administrators as will any inappropriate posts.

The Facebook site has the following pages:

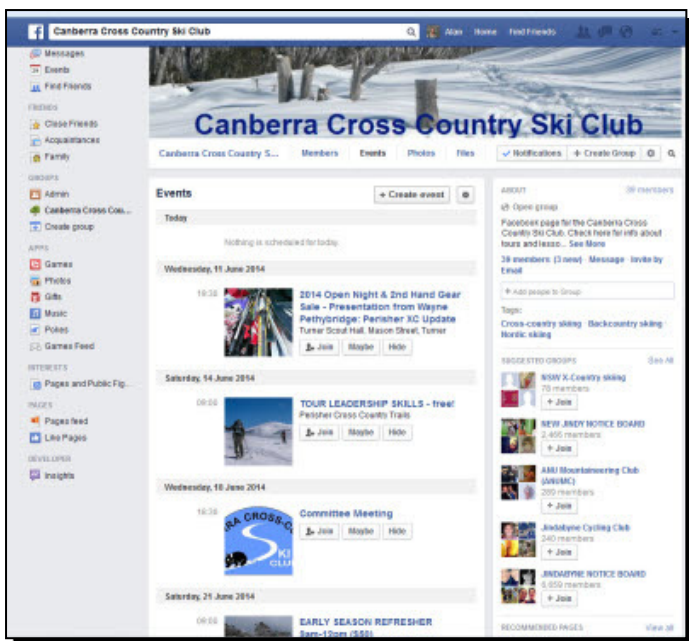
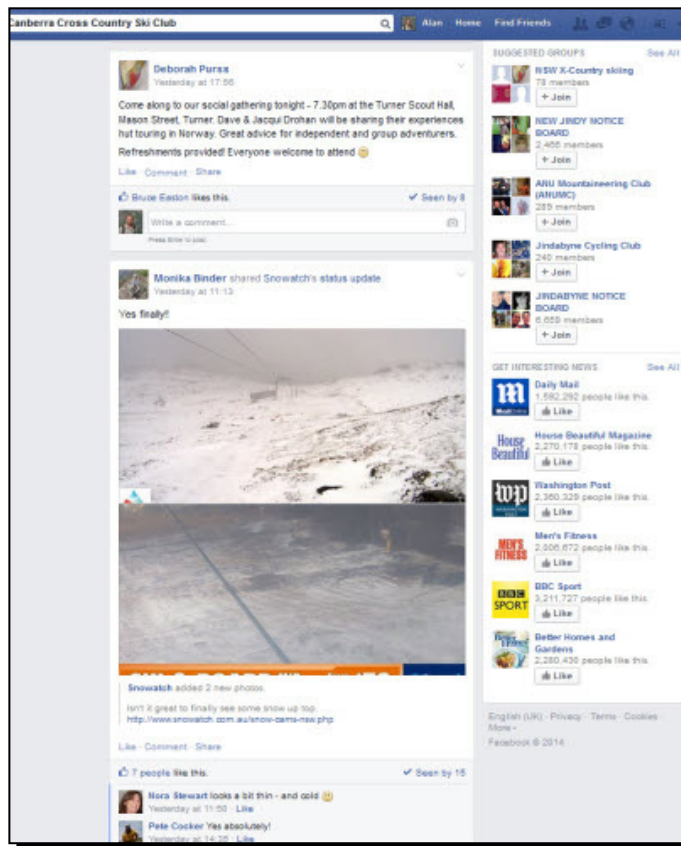
- **Home Page** – where members can post news and info of use to others related to skiing.
- **Events Page** – contains details of upcoming CCCSC events, ie – social meetings, lessons, races etc.
- **Photos Page** – a page where members can attach photos and video clips.
- **Files Page** – used for attaching documents and files of interest to members, ie – membership forms, flyers, brochures etc.
- **Members Page** – shows the people who have joined up on the CCCSC Facebook site.

People are encouraged to use the Facebook site to view and contribute news, photos, trip reports and anything else related to XC skiing and the Club.

Thanks to Richard Ware for developing the Facebook site.



Screenshots of some of the pages on the CCCSC Facebook site.



Skoki Lodge

Skoki Lodge is a fully catered log cabin in a back country valley near Lake Louise. In February, when we skied in, getting to it is a bit of an adventure even though the trail is only 11 kilometres long.

The check-in to Skoki is at the Lake Louise ski field. There is a special car park for Skoki guests at the ski field, and a special queue to get your lift pass so you can get up the mountain on the Grizzly Gondola. Next to the top of the gondola is the Ptarmigan lift, which you take down to Temple Lodge where the trail to Skoki starts. You may be tempted to ski the Ptarmigan slope rather than take the lift down. Don't be - one person travelling to Skoki the day we went in skied down the Ptarmigan run and in avoiding an icy patch ended up in a tree bowl. He was hauled out by a ski instructor who luckily saw him go in, and he got to Skoki instead of to a hospital or worse.

From Temple Lodge you must side step up the edge of the downhill ski run (warily) for about 10 minutes until you see the sign for the trail to Skoki. Turning left you enter a sheltered trail which gently climbs through a conifer forest. People travel in and out of Skoki every day, so you usually don't have to break a trail, and navigation is easy. In any case there are trail markers all the way to Skoki.

The first waypoint is Halfway Hut. It's a good stop if the weather is bad. You can add clothing layers and eat a snack inside, but if the weather is good, just ski on.

The trail continues to climb gently for a kilometre or so beyond Half Way Hut until you approach Boulder Pass, four kilometres from Temple Lodge. Just before the pass there is a short herring bone climb with a few turns until the trail benches and rounds a corner onto the pass. This bit, though short, can be icy and it pays to be careful



Skoki Lodge. Photo: Lachlan Kennedy

when you pass skiers coming from the opposite direction.

The landscape and snow changes on Boulder Pass. The wind sweeps across the pass and therefore the snow here is thin and icy. Beyond it the trail descends a bit and then crosses Ptarmigan Lake. This is the coldest and most exposed part of the trip. For several kilometres you follow a snow poled route without any shelter. When we skied in, it was about minus 20, but the breeze was behind us. The people coming out were skiing into the breeze and were having a tough time with the wind chill - we could see it in their faces.

We were told that Parks Canada takes responsibility for monitoring weather conditions on the trail and will close it if the wind chill becomes dangerous. Parks make their decision on the basis of the wind speed, the temperature, and the average time it takes to ski in - about 3-4 hours. So even though the trail is open, it can be seriously cold by Australian standards, and so you have all your layers with you. Puffer jackets are essential.

The highest point on the trip is Deception Pass, a 20 minute slog up from Ptarmigan Lake. We decided to herring bone, but it might have been smarter to put skins on. The trouble was, with the cold cross wind, we just didn't want to stop to put skins on.

My fingers, within two layers of gloves underneath my windproof mittens, were painfully cold by the time we got to the pass.

Once we were over the pass we were sheltered from the wind. We could relax and take in the view. Banded rocky crags and peaks stretched out on both sides of a gently descending valley. Every where we could see dangerous looking hanging ice fields and snow chutes. Lower down in the valley the conifers forests started again, and we could see a river winding off around a distant bend.

Some cheery skiers on their way out encouraged us by telling us that, although we were still about three kilometres from the Lodge, it was only a 15 minute downhill run. Well, maybe, but we thought the trail required a slower pace. It was easy enough in the deep fresh snow, but the snow depth didn't favour snow plough breaking. So we had a few falls.

Skoki is a fully catered lodge (including linen), and we had all our layers on. So what was in our back packs? Very little - pyjamas, a water bottle (now partially frozen), some chocolate, a snack, compass and a map (both unnecessary), a toilet bag and a headlamp - about 7

(Continued on page 5)

"... Skoki Lodge is a log cabin out of a fairytale"

(Continued from page 4)

kilos in all. Getting up after falling into soft snow was a breeze.

Once the trail entered the conifer forest on the valley floor it rolled up and down a bit. But the ski in had been challenging, mainly because of the cold, so we were now begging for the lodge. Then we smelt wood smoke, and there in a clearing was Skoki Lodge, on of the most attractive sights we had ever seen in winter mountains.

Skoki Lodge is a log cabin out of a fairy tale. When we arrived it was partly buried in snow. Smoke misted up from its chimney. It has no power (and therefore no electronics), and no plumbing - just an outdoor toilet. It is lit by kerosene lamps at night (LED lanterns in the bedrooms), but has propane heating and cooking. Within, there lives not a wicked fairy tale witch, but a truly wicked cook - Katie Mantzell - who is also the manager. Her cookery is a legend in the Rocky Mountains.

After two nights and a four hour ski loop around Mt Skoki we had to leave. We felt like people who had been shown around a lost paradise and then told to leave. Our eyes looked forward along the trail as we skied out, to the cars, lifts and the rest of the machinery of civilisation which made this trip possible, but Skoki still tugs at us, even now.

Lachlan Kennedy







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SKIING TECHNIQUE, TRAIL MAPS,
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GROOMING REPORTS, EQUIPMENT
HIRE, SKI INSTRUCTION, OUR SKIING
HISTORY AND MUCH MORE, VISIT:

www.perisherxc.org.au

CROSS COUNTRY SKI WEEK

August 2nd-10th 2014



**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** Boonoona 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
Perisher 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




BOOKING FORM
Canberra Cross Country Ski Club
JUNE LODGE WEEKEND
Pender Lea Chalets 3 and 4, Alpine Way Thredbo
FRIDAY 20 June to Sunday 22 June 2014

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 28 May	Standard paid > 28 May	Amount enclosed
DELUXE				\$100	\$120	\$
BUDGET				\$80	\$90	\$

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 try 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, Bruce Porter.



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:

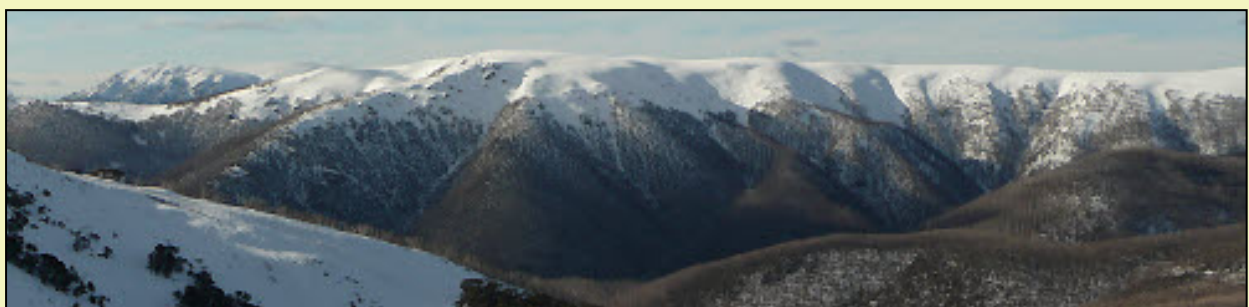
- There is a 1st and 2nd prize for each category
- Only one prize per membership

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.

The competition is open to Members of the CCCSC.



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>Once the snow starts falling, additional ski tours will be put onto the program. 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>	
Friday to Sunday, 20 to 22 June	<p>June Lodge Weekend</p> <p>Pender Lea Chalets 3 and 4, Alpine Way Thredbo.</p> <p>Tours will be organised by the Lodge Weekend participants.</p>	
Saturday, 12 July	<p>Mt Selwyn Area</p> <p>Beg-Intermediate skills Rolling terrain Medium distance</p> <p>If there is snow in the northern end of the park I would like to ski somewhere in the Selwyn area, either towards Four Mile Hut or along the Kings Cross Road. If there is no snow at Selwyn, then the trip will start from Perisher and head to somewhere interesting in that area.</p> <p>Maps: Mt Selwyn 1:25000 or Perisher 1:25000</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 Munyang 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>	
Around 22 & 23 August	<p>O'Keefe's Hut from Nimmo Plain</p> <p>Intermediate skills Rolling and hilly terrain Medium distance</p> <p>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.</p>	
Saturday, 6 September	<p>Paralyser/Spencers Creek Area</p> <p>Intermediate skills Rolling terrain Medium-Long distance</p> <p>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.</p> <p>Map: Perisher 1:25000</p>	



AUSTRALIAN CROSS COUNTRY SKIING 2014 RACE CALENDAR

Day	Start	Race	Location	Contact	Contact No.
June					
Sat 28	10:00am	Lake Mountain Sprint-X	Lake Mtn	Andrew Paul	0488 642 782
Sat 28	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	02 6456 3834
Sun 29	10:00am	Fast and Female	Lake Mtn	Alison Stoddart	0416 627 747
Sun 29	11:00am	Cooma Clean Out the Cobwebs (F) 5km M	Perisher	Bolt	0438 477 929
Sun 29	11:00am	Snowgum Wodonga Mini Series 1 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
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
Sat 5	10:00am	Birkebeiner Classic (C) 2.5/5/10km @	Falls Creek	Marg Trnka	03 5754 4637
Sun 6	10:00am	Fast and Female	Falls Creek	Alison McArdle	0416 627 747
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
Sat 12	11:00am	Snowgum Wodonga High Plains Tour(F) 2.5/5/10 @	Falls Creek	Len Budge	0417 352 845
Sat 12	12:30pm	Snowgum Wodonga Mini Series 2 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Sun 13	10:00am	NSW Distance Champs (F) 2.5/3/5/10/15km M	Perisher	Toni Hulme	0406 420 380
Sun 13	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 5/2.5km	Falls Creek	Len Budge	0417 352 845
Sun 13	10:00am	Junior Sprint X	Lake Mtn	Ray Malins	03 9728 1894
Sun13	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894
Sat 19	9:30am	Vic Junior Sprint Champs (F)	Falls Ck	Ben Derrick	0400 110 046
Sat 19	9:30am	Victorian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun 20	9:30am	Victorian Biathlon Championships – Mass Start (F)	Hotham	Phil Colebourn	0417 268 565
Sun 20	10:00am	Vic Junior Distance Champs (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046
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
Sun 27	11:00am	Bullfight Charge (F) 3.5/8km @	Lake Mtn	R. Bayly-Jones	0425 820 806
Sun 27	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy O'Dolan	0428 880 367
August					
Sat 2	9:30am	Aust Open Sprint Champ's @ */** CC/FIS	Perisher	Peter Ward	0409 338 978
Sat 2	9:30am	Australian Biathlon Championships – Individual (F)	Hotham	Phil Colebourn	0417 268 565
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	9:30am	Australian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun 3	11:00am	School Snowsports XC Classic @ 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894
Sun 3	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894

Day	Start	Race	Location	Contact	Contact No.
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	sundeckhotel.com.au	
Sat 9	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	0477 356 835
TBC		ANC NZ Continental Cup 10/15km (C) CC/FIS	Waioriau NZ	TBC	
TBC		ANC NZ Continental Cup Sprint (F) CC/FIS	Waioriau NZ	TBC	
TBC		ANC NZ Continental Cup 5/10km (F) CC/FIS	Waioriau NZ	TBC	
Sat 9	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	03 5754 4910
Sat 9	11:00am	Justoyota Stirling Silver Hill Climb (F) 7.5 km @	Mt Stirling	Helen Lee	0411 815 415
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	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km @	Baw Baw	Warwick Davis	03 9744 5987
Sun 10	12:00pm	Vic Interschool XC Championships	Mt Buller	Bec Clarke	0408 006 415
Sun 10	1:00pm	Laser Biathlon NSW Races	Perisher	Meg Neuhaus	0412 112 754
Sat 16	9:30am	Aust Open Sprint Champ's (F) */** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637
Sun 17	10:00am	Aust Open Champ's 10/15 (C) */** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637
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
Sun 17	12:00pm	Snowgum Wodonga Mini Series 3 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Thur 21	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
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
Wed 27 — Fri 29		Aust Secondary Schools Ski Team Champ's			
Sun 31	10:00am	Canberra X-C Ski Club Kosciusko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959
Sun 31	11:00am	Snowgum Wodonga Mini Series 4 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
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

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
 ph (02) 6299 9641
 mob 0477 356 835
peter.cunningham@actewagl.com.au

New South Wales

Toni Hulme
 Mob: 0406 420 380
sangha@optushome.com.au

Victoria

Andrew Walker
 (03) 9836 1105
awalk347@gmail.com

ABA Race Secretary

Phil Colebourn
 M 0417 268 565

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>

Cross Country Skiing Lessons 2014

Lessons at a glance

Date		Instruction
June	Saturday 14	Tour Leadership Skills — Full Day — 8:45am-4pm (\$10pp) (see note 1)
	Saturday 21	June Lodge Weekend Early Season Refresher - Half Day AM — 9am-12pm (\$50pp)
	Saturday 28	Basic Skills - Half Day AM — 9am-12pm (\$50pp)
	Saturday 28	Basic Skills Downhill - Half Day PM — 1pm-4pm (\$50pp)
July	Saturday 5	Basic Skills Plus - Full Day (\$70 pp)
	Sunday 6	Race Training Refresher inc. waxing clinic (classic and skate) - Race week is 2-9 August Full Day (\$70pp)
	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	Snowcraft and survival skills - Full Day — 9am-3pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 27	Steeper ski 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 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)

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 or phone 0421 862 354.

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 free. 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: Murrys - 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 - cccstraining@gmail.com

Note 1: Use this link to register for this course <https://www.registernow.com.au/secure/Register.aspx?ID=6114>.

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.

TOUR LEADERSHIP SKILLS **K7 Adventures**

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

JUNE LODGE WEEKEND EARLY SEASON REFRESHER

K7 Adventures 9am-12pm

This caters for absolute beginner to advanced.
Minimum group size of 6 or price by negotiation.

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.

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. 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.

(Continued on page 15)

The Golden Eagle Skiing Speed Trials

Lake Albina Lodge had completed its first winter season in October 1951 and Charles Anton was keen to keep the drive and enthusiasm of the Albina workers going with the construction of a lodge in the basin formed by the mountains of Clark, Northcote, Lee and Carruthers. This basin, sheltered from the westerly winds, always had deep snow, and a lodge here would be about halfway between the Chalet, Charlotte Pass and Lake Albina Lodge.

Site access difficulties led to a hut being prefabricated in Sydney, trucked to the Main Range, transferred onto four wheel drives and finally man-handled down to the site. By early March 1952, the shell of

the building was up, but before the hut could be braced with steel cables, a windstorm blew the building down like a house of cards. Fortunately the material damage was minor, but time was lost in re-erecting the building. The building known as Kunama Huette was completed over the 1952/53 summer and opened for the 1953 ski season.

A rope-tow was also planned up Mt Northcote to open up all the good downhill runs in the Kunama Basin. The Northcote Tow was officially opened on July 12, 1954. A two-storey tow-house built at the bottom of the slope had a four-bed accommodation section available for members' use to supplement the 12 beds in Albina and 8 beds in Kunama.

The quality of the skiing available in the Kunama Basin was so good that enthusiasts would ski out from the Chalet, Charlotte Pass, (a distance of 3.5 miles) for a day's skiing. The Golden Eagle skiing speed trials were held in the 1950's and early 1960's on Mt Northcote and were made possible by the existence of Kunama Huette and the Northcote Tow.

Tony Sponar, a former Czech Olympic ski racer, told Charles Anton that the descent from the almost perpendicular Northcote Cornice to Kunama Huette was the best ski slope in Australia for reaching very high speeds. The upper half of the Golden Eagle Run is at an approximate gradient of one vertical to two horizontal

(equivalent to the slope from the top of the Back Perisher straight down into Sun Valley). The average gradient of the Golden Eagle Run approximates that of the middle-third of the Mt. Perisher Two-Seater Chairlift, or that of the Crackenback Chairlift at Thredbo between the Kareela and Middle Stations.

The Golden Eagle skiing speed trials were held on a measured course, just under one half-mile in length, near the tow. Speeds in excess of 60 miles per hour (mph) were clocked.

Tony Sponar opened the course in August 1953 with a run that averaged 54.4 mph. In order to qualify for the Golden Eagle Award, skiers had to average more than 41.7 mph and instructors had to average more than 50.0 mph. In August 1956, instructor Helmut Tschaeffert completed the run at an average speed of 60 mph. The fastest timed descent of the Golden Eagle Run was made in October 1962, by Lubor Vozab, with a run that averaged 61.9 mph.

In order to establish the typical top speeds reached by skiers on the Golden Eagle Run, four skiers were electrically-timed over a 100m section in the middle of the run in August 1955. All four exceeded 65 mph on this section of the run. The fastest was Christine Davey, the then unbeaten Australian Women's Champion, at 74.12 mph (112.85 km/hr).

.... extracts from the Australian Alpine Club website.

Kunama Huette & Rope Tow on Mt Northcote.



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 to viclach@netspeed.com.au and head them 'CCCSC winter poetry competition'.

Samples of Winter Poetry

Until now, winter poetry has belonged to the northern hemisphere. Here are some examples.

Eskimo father's song (anon.)

Great snowslide
Stay away from my igloo
I have my four children and my wife
They can never enrich you

A Japanese winter haiku by Issa.

The snow melts
And the village
Is overflowing with children.

WRITE ON!

Lachlan Kennedy



(Continued from page 13)



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.

PRE KOSCI TOUR RACE CLINIC (classic and skate)

K7 Adventures (9am-12pm)

Prerequisites are Basic Skills Plus and/or Introduction to Skating (or equivalent). Hone your skills for this popular citizen race.

Minimum group size of 6 or price by negotiation.

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.

2014 Lift Ticket Prices (Adult)

Thredbo

\$110/day (resort purchase) or
\$99/day (online purchase)

Perisher

\$TBA for one day
\$184 for two days (7 to 20 Jun)
\$236 for two days (21 Jun to 27 Jun)
\$240 for two days (28 Jun to 31 Aug)
\$236 for two days (1 Sept to 21 Sept)
\$184 for two days (22 Sept to end of season)

Skitube

\$43 return (Bullocks Flat to Perisher)
\$32 return (with a valid lift ticket)
\$27 return (Perisher to Blue Cow)
\$250 (Season Pass)

Mt Selwyn

\$64/day (7 June to 20 Jun; 1 Sept to 6 Oct)
\$85/day (21 Jun to 31 Aug)

Charlotte Pass

\$99/day (20 Jun to 30 Aug)
\$79/day (31 Aug to 14 Sept)
(includes oversnow and lunch)

Social meetings 2014 — all welcome

Wednesday 11 June 2014

Canberra Cross-Country Ski Club Open Night & 2nd Hand Gear Sale

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. Wayne Petherbridge will also provide an update on the Perisher Cross Country Trails and what's planned for 2014 .

Wednesday 25 June 2014

The Snowy Mountains Scheme

Noel Carter, who worked on the Snowy Mountains Scheme from its earliest days, will give a presentation on the history of the Snowy Mountains Scheme . This scheme not only bought people with ski skills to Australia, but it built the roads which we now use to access the mountains.

Wednesday 9 July 2014

Norway's Nordic Resort Trails

Dave & Jacqui Drohan will talk about the joys of skiing on Norway's resort trails.

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

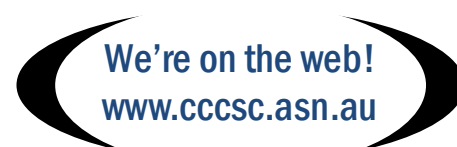
Track Skiing Overseas, and Annual General Meeting

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
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Instruction Coordinator Deb Purss	cccsc training@gmail.com
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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 Levy & Steve

