

Off Piste

President's Piece

Well, there has been a big dump of snow, so I hope you have had a chance to try it out. August is looking like being a right fine month of skiing now. Get on line and check out our list of ski tours.

Bruce Porter, who has served in various positions on the club committee, and is currently our secretary, is taking a well earned break from the committee. Bruce is a past president, and for years has provided vision and drive for the club. He will be missed.

So thank you Bruce for all the hard work you have done for the club, and we hope to see you on the snow next year, and for a long time to come!

But a club lives by renewal, so this is a chance for new people to volunteer to help on the club committee.

(cont'd on page 2)

Inside this issue:

Paddy Pallin 50th Anniversary Ski Classix and Notices	2
Racing News	3
Ski Photographs	4-5
Ski Touring Program	6-8
Trip Report—Mt Selwyn to Broken Dam Hut	9-10
Trip Report—Photography Tour	11-12
Lessons Program 2015	13
Kosciuszko Tour Entry Form	14
Kosciuszko Tour Information	15
Committee Contacts, Gear for Hire	16
Social Meeting Program	17

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 the next newsletter is Fri 4 September.



North Ramshead on 8 May 2015

Photo: Tony Brown

Paddy Pallin "50 year Anniversary Ski Classic" Sat 29th August 2015

The original Paddy Pallin Ski Classic was held between Round Mountain and Perisher in 1965, as a means to popularise XC skiing. The 1965 event was recognised at the time as an epic, and came 2 years after Paddy instigated his first Paddy Pallin Orienteering event. A similar event was held in 1991 to commemorate the life of Paddy Pallin. These events were successful in promoting the 2 sports. The 50th Paddy Pallin Rogain was successfully held in 2013.

2015 Commemorative Event Outline

A safe day ski trip celebrating a past era from Round Mt to Perisher Valley.

At about 50km it is a lengthy day trip which would be subject to snow & weather conditions.

Key features of this event are:

- One off, non-commercial, non-competitive undertaking;
- Qualification system, as part of an overall Risk Management Plan, to confirm participant skill levels of;
 - o Backcountry skiing and skating skills
 - o Navigation skills
 - o Safety procedures, and equipment requirements
 - o Weather & snow condition awareness
- Mandatory safety equipment to be carried

It is expected that there would be approx. 5-15 participants in a full "crossing".

50th Anniversary
PADDY PALLIN CLASSIC

Relive Australia's First Cross-Country Ski Classic

SATURDAY 29TH AUGUST 2015

Retrace the inaugural Paddy Pallin Classic 1965 route between Round Mountain and Perisher Valley. At the time the route was considered too much of an epic and was never repeated. The Classic moved to the vicinity of Perisher Valley and Charlotte Pass the following year. Celebrate a past era of adventure on this 50km cross-country commemorative full day event.

- Participants will require the following skill;
 - o Backcountry skiing and skating skills
 - o Navigation skills
 - o Weather & snow condition awareness
- Mandatory safety equipment will be required

If you want to race on a well marked, well groomed track this event is NOT for you!

President's Piece

(cont'd from page 1)

As matters stand at present, we will have at the AGM on 23 September vacancies for President (having served for 2 years I am no longer eligible to hold the position), Vice President (currently vacant), Secretary, and Editor for Off Piste. (Alan Levy has been running 2 committee jobs this year - editor of Off Piste and Tour Organiser).

The club has a proud tradition of introducing people to cross country skiing, arranging ski tours and cross country ski races. We foster contact between cross country skiers by arranging enjoyable social evenings throughout the winter.

The CCCSC is a great place to belong.

Let's keep it going.

Lachlan Kennedy

President

Club Discounts

When buying items from the outdoor shops in Canberra and Jindabyne it is worth mentioning that you belong to the CCCSC as you are likely to receive a discount.

Position Available

The Club is looking for a person to assist with Communication and Social Media to help promote the Club and its activities. Please contact any of the Committee members if you are interested.

Racing News

The Canberra Cross Country Ski Club's 2015 Kosciuszko Tour race will be held on Sunday 30th August 2015. The 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 Nordic Shelter, a distance of about 18 km. All skiers were welcome to participate – from the serious racers to backcountry tourers and those who just want a fun day out.

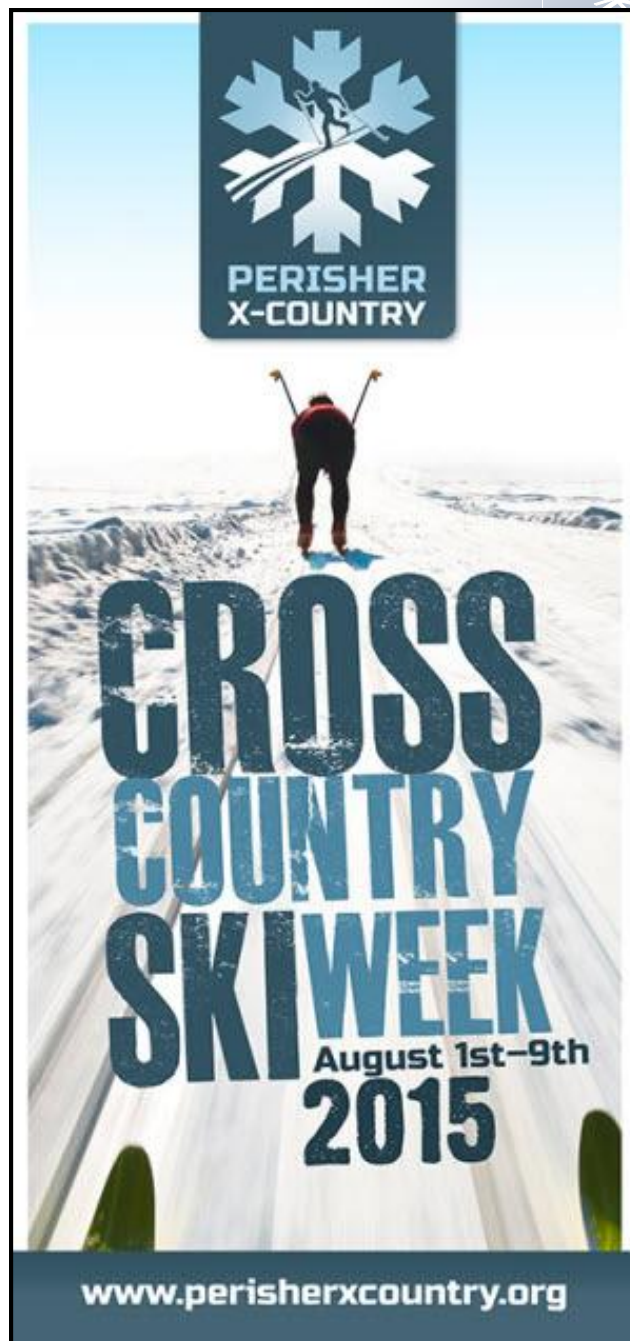
The Kosciuszko Tour online entry form is now available on Register Now <https://www.registernow.com.au/secure/Register.aspx?E=17106> Take advantage of the early bird entry fee of only \$20 until the end of July!

Call for club members (and family or friends) to help with the Kosciuszko Tour

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. Accommodation near Jindabyne is available for club volunteers and racers. Please contact me at the email below if you may be able to assist.

Many club members also enjoy participating in the Cross Country Ski Week at Perisher Valley. This year it runs from 1 – 9 August with the usual mix of ski races (for levels of skier), coffee and cake tours and socialising. Accommodation and carpooling are available if you would like to participate in some or all of the week's events. Please contact me on cccscracing@gmail.com for more information.

Jo-Anne Clancy



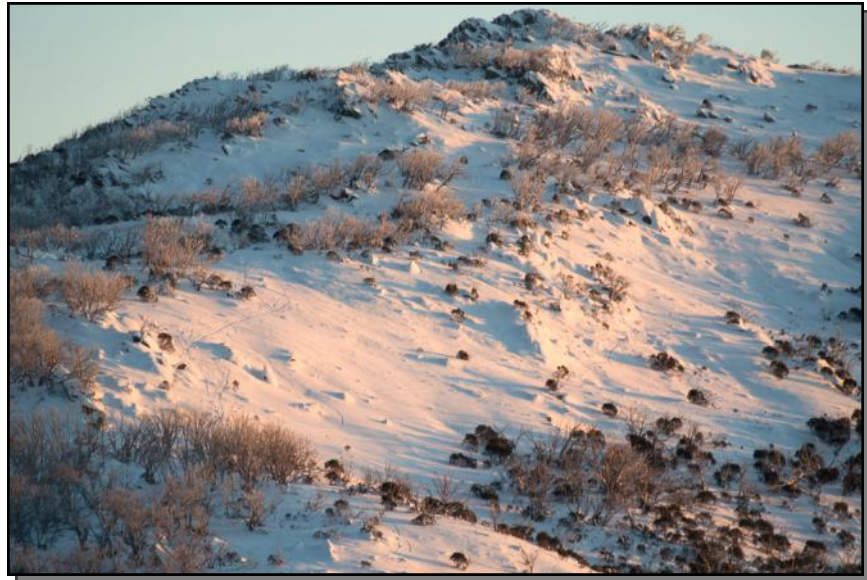
Membership Subscriptions for the 2015 season are now due, and can be paid on Register Now, via the Club website.

Ski Photographs

Images taken at Guthega during the week of the 13th July 2015.

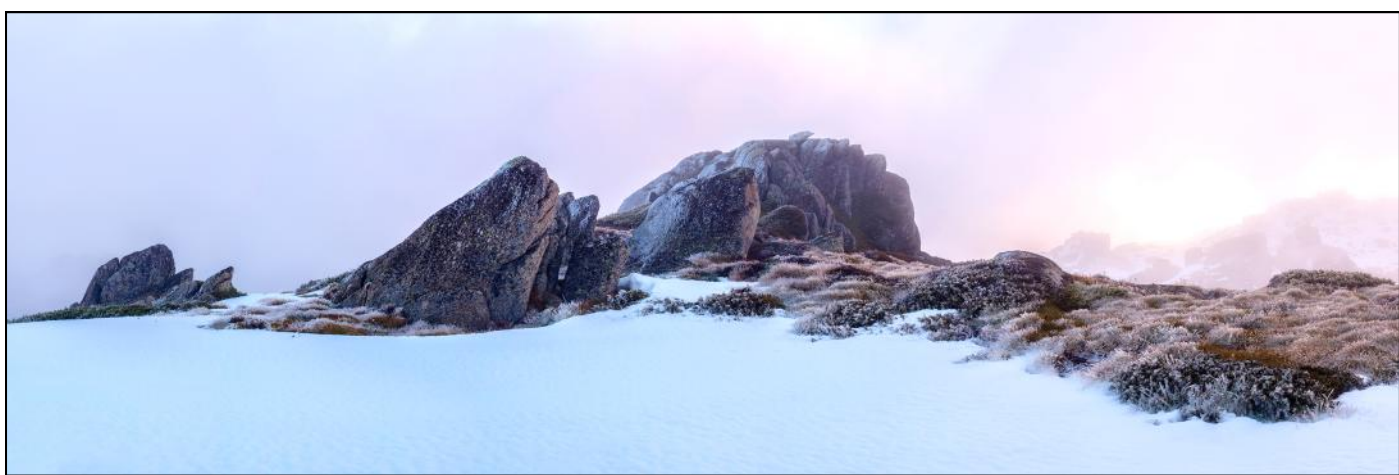
After a slow start to the snow season there were heavy snow falls across New South Wales and into southern Queensland. Stanthorpe received 8cm of snow that transformed the town into a winter wonderland. These were the heaviest Queensland has seen since about 10cm fell on the same area in 1984.

Photos: Rob Wignell





North Ramshead taken on 8 May 2015, on a walk from Charlotte Pass, Mount Kosciuszko and North Ramshead. Lots of snow/ice but not quite enough for skis or snowshoes. *Photo: Tony Brown*



South Ramshead taken just on sunset on 22 May 2015. We walked up to around South Ramshead from Dead Horse Gap and camped the night on the snow. At sunset the cloud rolled in and produced amazing colours of orange and pink. I had to rush to get a few shots in and set up my tent before it got too dark. At night the cloud disappeared and stars appeared. The sunrise the following morning also produced some amazing colours. Snowshoes were required about 3/4 of the way up the mountain. *Photo: Tony Brown*

CCCSC TOUR PROGRAM 2015

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

Rolling — 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 — Steep 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 pace over long distances. Has intermediate skills plus able to link 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.

If you are interested in leading a tour, please contact the Touring Coordinator at cccstours@gmail.com



CCCSC TOUR PROGRAM 2015



Date	Tour Description	Leader
	New ski tours will be advertised to members by email and on the Club website and Facebook page, in addition to the newsletter.	
Saturday to Sunday, 1 to 9 August	Snow Camping – Jagungal Area Intermediate Skills Hilly Terrain Approx 10-20km per day A leisurely tour around the hills and huts in the Jagungal area where ever our skis take us.	
Saturday, 1 August	Beginner Tour (Perisher) Basic Skills Rolling Terrain Short Distance An afternoon tour. A Beginners' introduction to the Nordic Trails and beyond at Perisher.	
Saturday, 1 August	Plains of Heaven Basic Skills Rolling-Hilly Terrain Short Distance An opportunity for beginners to get some back country experience in easy terrain.	
Saturday, 1 August	Perisher Full Moon Tour Intermediate skills (able to ski on hard snow) Rolling-Hilly Terrain Short Distance Full Moon trip around the 5 km Perisher Trail starting a night fall - about 6 pm. This is for intermediate or experienced skiers as the trails could be hard and icy on the downhill sections. Headlamps and extra layers for cold night travel essential.	
Sunday, 2 August	Mt Selwyn to Cabramurra Basic-Intermediate Gentle-Rolling Terrain Long Distance Ski from Mt Selwyn along the Kings Cross Road to Cabramurra. Have lunch at the Nordic Shelter, then return to Mt Selwyn. Good views of the northern end of the park. If the snow is unsuitable here, then the tour will start from Perisher.	
Saturday, 8 August	Tantangara Mountain Basic—Intermediate Skills Rolling & Hilly Terrain Medium Distance Ski from the Snowy Mountains Highway near Kiandra up to Tantangara Mountain for great views of the northern end of the park. Also visit Tantangara Mountain Hut along the way.	
Saturday, 8 August	Mt Tate Intermediate-Advanced Skills Hilly-Steep Terrain Medium Distance Start from Guthega and head up to nearby Mt Tate.	
Saturday, 15 August	Cascade Hut from Dead Horse Gap Intermediate Skills Hilly Terrain Medium-Long Distance A ski tour starting from Dead Horse Gap following the Thredbo River with a great run down the winding road through the forest for lunch at Cascade Hut. There are usually brumbies to be seen along the way and good day's exercise. Alternative venue if not enough snow. Meet at Sundance bakery at Nuggets in Jindabyne, leaving Nuggets at 8am.	
Saturday, 15 August	I'm leading an easy day trip for the Geehi club, and members are welcome to come along. I haven't decided on a venue yet but that can wait till later.	
Sunday, 16 August	Dainers Gap to Perisher Intermediate Skills Rolling & Hilly Terrain Long Distance I plan to lead a tour on 16 August, hopefully from Dainers Gap up to Perisher and return (about 17km). If people do not want to do the whole distance they can join the tour for one leg of the trip.	

CCCSC TOUR PROGRAM 2015

DATE	DESCRIPTION	LEADER
Wednesday, 18 August	Carruthers Peak and Club Lake Intermediate – Advanced Skills Hilly – Steep Terrain Long Distance Ski from Perisher to Charlottes, across the snowy to Carruthers Peak and Club Lake. Spectacular views across to the Sentinel and Watson's Crags. Conditions are frequently icy on the main range. Meet at Sundance bakery at Nuggets in Jindabyne, leaving Nuggets at 8am.	
Saturday, 22 August	Kiandra Area Basic—Intermediate Skills Rolling & Hilly Terrain Medium Distance A ski trip in 'the Kiandra country', just where, depending on how generous the snow gods are.	
Saturday, 22 August	Lake Albina Intermediate Skills Hilly-Steep Terrain Long Distance Starting from the top of the Thredbo chairlift making our way to Kosi and on to Lake Albina for lunch. A long day, not suitable for beginners or the unfit. Meet at Sundance bakery at Nuggets in Jindabyne, leaving Nuggets at 7.45am.	
22 August to 6 September	Snow Camping – XCD/Telemarking Trip to Mt Bogong or Main Range Advanced Skills Steep Terrain A week of skiing between these dates, details later.	
Saturday, 29 August	Perisher Area Basic Skills Rolling Terrain Short Distance An easy tour somewhere in the Perisher area. A good way to prepare for the Kosciuszko Tour the following day.	
Sunday, 30 August	Kosciuszko Tour Our Club is running this ski race. Participate in the Kosciuszko Tour ski race at Perisher, either as a racer or volunteer helper.	
Saturday, 5 September	Trapyard Creek Area Intermediate Skills Rolling & Hilly Terrain Long Distance Ski from Perisher to Spencers Creek and Johnnies Plain before exploring the	
Saturday, 12 September	Guthega Area Basic-Intermediate Skills Rolling Terrain Short Distance The tour will start from Guthega and either head up the Snowy River Valley towards Illawong Lodge and beyond, or cross the dam and head up to Guthega Trig and beyond.	
Saturday, 19 September	Tate West Ridge Intermediate Skills Rolling & Hilly Terrain Long Distance Start from Guthega, cross the dam and climb up to Guthega Trig then continue out to Consett Stephens Pass and Tate West Ridge. Great views of the Geehi	
Saturday, 26 September	Mt Kosciuszko Attempt Intermediate Skills Rolling terrain (except for the climb to the summit) Medium length Take the chairlift up Thredbo and try to bag the summit of Mt Kosciuszko. This	

Trip Report – Mt Selwyn to Broken Dam Hut – Sunday 19 July. Leader: Alan Levy

My first ski of the year was in the northern part of the park. I put a trip on the tour program to Broken Dam Hut and hoped that there would be enough snow to run this trip. Luckily the big snowfalls from a week earlier meant that there was plenty of snow on the ground around Kiandra and Mt Selwyn. The trip was postponed from the Saturday and luckily we had perfect weather and perfect snow conditions on the day.

Our group (consisting of Ken Moylan, Maria O'Donahoo, Rowan Christie, Penelope Rossiter and myself) met at the café in Adaminaby at 8:15am then continued on to Mt Selwyn. The plains around Kiandra and Tantangara Mountain all looked to have a good cover of snow.

We headed off from Mt Selwyn resort at 10:15am and had a great ski across the plateau to the Tabletop Fire Trail. The snow was hard packed with a soft frosty surface and nice to ski on. The view to the south was dominated by the snow covered Mt Jagungal, with part of the Main Range visible beyond this. We reached the intersection, turned right and followed the fire trail down through the trees to the sliprails near the turnoff to Four Mile Hut. On the way Maria lost the basket and tip from one of her ski poles but managed to ski unaffected for the rest of the day. We passed two skiers who were heading back to Mt Selwyn after an overnight camp at Four Mile Hut. Apart from these two people, we saw no one else all day.

We stopped for a late morning tea near Four Mile Creek at the base of the climb to Milkman's Flat, then continued on towards the hut. Milkman's Flat had a full, smooth cover of snow which was the best I had ever seen it here. We left the fire trail, veered left and climbed through the trees on to an open ridge that headed south towards Tabletop Mountain. There were good views of the snow covered Brindabellas off to the east. We eventually dropped off the ridge and had a fast ski down the broad valley leading to Broken Dam Hut, where we arrived at 1:30pm.

We spent almost an hour at the hut having lunch, waiting for Ken to turn up, and exploring the snow covered trees near the hut. From the hut logbook it appeared we were the first skiers to the hut this season. It would have been nice to stay longer but we had a long ski back to the cars. We left the hut around 2:30pm and had a mostly downhill and faster ski back to the start of the climb near Four Mile Saddle. The climb along the firetrail back up the hill to the plateau was fairly tiring as the snow was now in shadow and our skis were not getting as much grip as earlier. We crossed the plateau back to Mt Selwyn Resort and arrived there around 5pm. The final ski down the now empty downhill slope back to the resort buildings, the sunset and beautiful colours in the sky at dusk were a great way to end the day.

It was almost dark by the time we left Mt Selwyn. We stopped for dinner at a very good Turkish café in Cooma then headed back to Canberra, dodging wombats and kangaroos along the way. This was a great first ski trip of the season and thanks to Rowan, Maria, Penelope and Ken for a great day.

Alan Levy

On Sunday, 19 July 2015, Alan Levy lead Maria O'Donohue, Penny Rossiter, Rowan Christie, and Ken Moylan on a ski tour from Mt Selwyn to Broken Dam Hut and back.

Route

We mostly followed the Tabletop fire trail, with deviations at Mt Selwyn (to get onto it) and near the hut (to get to the hut). Alan capably lead us - no maps were produced all day.

Wax of the Day

Waxing was tricky this day. The day started cold, good for a Blue Extra stick wax, but the warm Sun warmed and wetted the snow, so that before lunchtime I had moved through Purple stick, onto Red stick and wishing I had brought along a tube of Universal klister.

Highlights

- It was great to be back on the snow after the long break over Summer.
- The weather was perfect - a cloudless sky and not much wind all day.
- For the North end of KNP, the snow was in good condition - it was mostly a consistent, smooth base with a light dusting of crystals on top.



Maria O'Donahoo & Penelope Rossiter arriving at Broken Dam Hut.

Photo: Alan Levy

Lowlights

- I wish I'd ridden my bike more over Summer & Autumn. I didn't feel very ski fit at all.

Ken Moylan



Looking out the window from Broken Dam Hut

Photo: Alan Levy



Tabletop Mountain.

Photo: Alan Levy

Tabletop Mountain at dusk.

Photo: Alan Levy



Rowan Christie, Penelope Rossiter and Maria O'Donahoo on the plateau near Mt Selwyn.

Photo: Alan Levy

Trip Report—Photography Tour - Saturday 25 July. Tour leader: Rob Wignell

The idea of this tour was to go somewhere interesting where we could take photographs in the snow. I am a keen photographer and enjoy sharing my ideas about photography with anyone who has an interest. For this tour I was joined by Alan Levy, April Leung and Rowan Christie. The initial plan was to go to Perisher but with the massive crowds seen there in the past few weeks we changed tack and went to 3 Mile Dam near Mt Selwyn.

Photographic terms like "White Balance", "Colour Temperature", "Fill Flash" and "Exposure Compensation" have quite different meanings when applied to skiing but the ambiguities were quickly overcome and some worthwhile photos were produced.

After a few hours in the snow we visited the bakery at Adaminaby for coffee, scones and reviewed some photos on my laptop.

A few photos from April and Alan highlight the tour.

Rob Wignell

Snow Land-
scape

Photo: Alan
Levy



Moss Macro

Photo: April Leung





Beautiful Old Snow Gum

Photo: April Leung



Three Mile Dam

Photo: April Leung

Cross Country Skiing Lessons 2015

Haven't had a lesson yet? Want to inspire your friends to join you in your xc skiing adventures? It's not too late, there's months of skiing to be had!

Here's a few tips on how to get started in xc skiing or improve your skills:

1. There are few scheduled lessons still to run on the club's program – check it out here - <http://www.cccsc.asn.au/CCCSC/Lessons.html>.
2. Call Acacia at K7 Adventures on 0402 298 821 - <http://www.k7adventures.com/>
3. Call John at the Mountain Adventure Centre (Paddy Pallin Jindabyne) on 6456 2922 - <http://www.mountainadventurecentre.com.au/shop/>
4. Call Bruce at Wilderness Sports on 6456 2966 - <http://www.wildernesssports.com.au/>

Give me a call if you have any questions.

Deb
CCCSC Lesson Coordinator

Lessons at a glance

Date		Instruction
Aug	Saturday 29	Pre Kosci Tour Race Clinic (classic and skate) - Half Day — 9:30am-12pm (\$50pp) (Kosci Tour is Sunday 30 August)

PRE KOSCI TOUR RACE CLINIC (classic and skate) K7 Adventures (9.30am-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.

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 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 Telemarking at Charlotte Pass) go to <http://www.registernow.com.au/secure/Register.aspx?E=8503>

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

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Sunday 30 August 2015

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 Saturday 31 July)	\$20
Standard Entry Fee (Received by Friday 28 August)	\$30
Race Day Entry Fee* (To 8:45 am Sunday 30 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	
* Race Day (late) Entry Fees must be paid in person at Perisher Cross Country Centre on Race Day	
Pay Online (Visa/Mastercard) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=17106	

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	9:45 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. Please note that the course does not follow the regular groomed trails and snow conditions can range from ice, deep snow or slush. Natural hazards include rocks, bare patches and vegetation. Other skiers also use these trails. Skiers must ensure that they ski in control at all times to minimise risk of collisions and injury. In warm, sunny weather use sunscreen, sunglasses and carry sufficient water.

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

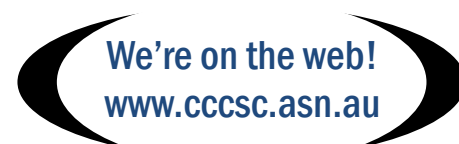
TIME

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**

Club Committee Contacts

President Lachlan Kennedy	cccscpresident@gmail.com
Vice President Vacant	cccscvicepresident@gmail.com
Secretary Bruce Porter	cccscsecretary@gmail.com
Treasurer Paul Room	cccsc treasurer@gmail.com
Membership Secretary Gale Funston	cccscinfo@gmail.com
Tour Coordinator Alan Levy	cccsc tours@gmail.com
Instruction Coordinator Deb Purss	cccsc training@gmail.com
Kosciusko Tour Coordinator Jo-Anne Clancy	cccsc racing@gmail.com
Meeting Coordinator Rowan Christie	cccsc meetings@gmail.com
Newsletter Editor Alan Levy / Tony Brown	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 four 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, Jo-Anne, Bruce Porter or Lachlan Kennedy

GPS (Garmin Etrex Vista HcX)

Contact Alan & Jo-Anne



Social meetings 2015 — all welcome

Wednesday 12 August 2015

Antarctica to Russia

Guest Speaker: Stephen Curtain

Stephen Curtain — skier, educator, film-maker & environmentalist. Hear his story of travel and occasional folly from Antarctica to Russia.

Wednesday 26 August 2015

Mulligans Flat

Guest Speaker: Nicola Munro

Mulligans Flat is on the doorstep of Canberra, and boasts a world-class Sanctuary and outdoor natural research laboratory. Nicola will give a talk on what the project is, and some of the amazing research going on there, and will chat about feral animal exclusion, re-introductions of fauna that became locally extinct, the role of logs in the ecosystem, and what it means to return a little native digger after 100 years of absence. Come and learn more about this beautiful endangered woodland right here in the ACT.

Wednesday 9 September 2015

Skiing Photography from around The Globe

Club members will show a selection of photographs from their skiing adventures in Australia and around the world.

Wednesday 23 September 2015

CCCSC Annual General Meeting

Please come along and have your say on how we can best run the Club, and vote in the new Club Committee.

Matters on the agenda will include:

- * Committee Reports
- * Election of Committee & Non-Committee positions for 2016
- * Activities for 2016

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.