

Off Piste

President's Piece

Your wandering president has returned to Canberra having watched, from afar, the snow come and then go.

We are all familiar with the ups and downs of winter snow in Australia. The current upside is conditions in the mountains have been very cold, so the snow that comes will settle. And as I write this, snow is forecast.

On many occasions I have skied passed Illawong Lodge. Situated on the Snowy River 2.5 kilometres from Guthega, it gives access to some of the best ski touring terrain in Australia. But I

imagined the door was always shut to non-members.

In fact Illawong lodge is managed by a voluntary group, the Illawong Ski Tourers, under licence from the NSW Department of Environment, Climate Change and Water. A condition of the licence is that 35% of the accommodation bookings each year must be from members of the public.

Bookings are arranged by the booking officer in February - March each year, but perhaps it is still possible to find late vacancies or cancellations for this winter.

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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 the next newsletter is Mon 27 July.



Snowgum near Perisher.

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!

Photography Tour - Saturday 25 July

Join Rob on a slow tour aimed at taking photographs in the snow. If you have had the experience of wanting to stop and take a photo but felt that if you do you will never catch up with the group, this tour is for you.

The plan is to meet at the National Park Office in Perisher Valley on Saturday 25 July. A few different routes are planned, depending on the weather and snow conditions. All are rated easy and are relatively short. The tour will end back at the National Park Office in Perisher Valley before 4:00 pm.

Bring a camera (any sort), X-C skis, suitable clothes, food, drink, backpack, a whistle and a piece of closed cell foam for sitting or kneeling on. If you can, acquire a waterproof stuff sac big enough to hold your camera and to protect it from the elements.

Rob is a keen amateur photographer, President of the Southside Camera Club and teaches *Introduction to Digital Photography* at the Erindale Community Education Program. Taking photographs in the extreme conditions of the mountains can be a challenging and rewarding experience. Hints and tips will be freely given.

Rob lives in Weston Creek and can take up to 3 people with him. An early start is needed to get through Jindabyne before the traffic peaks at around 8:00 am.

Contact Rob

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.

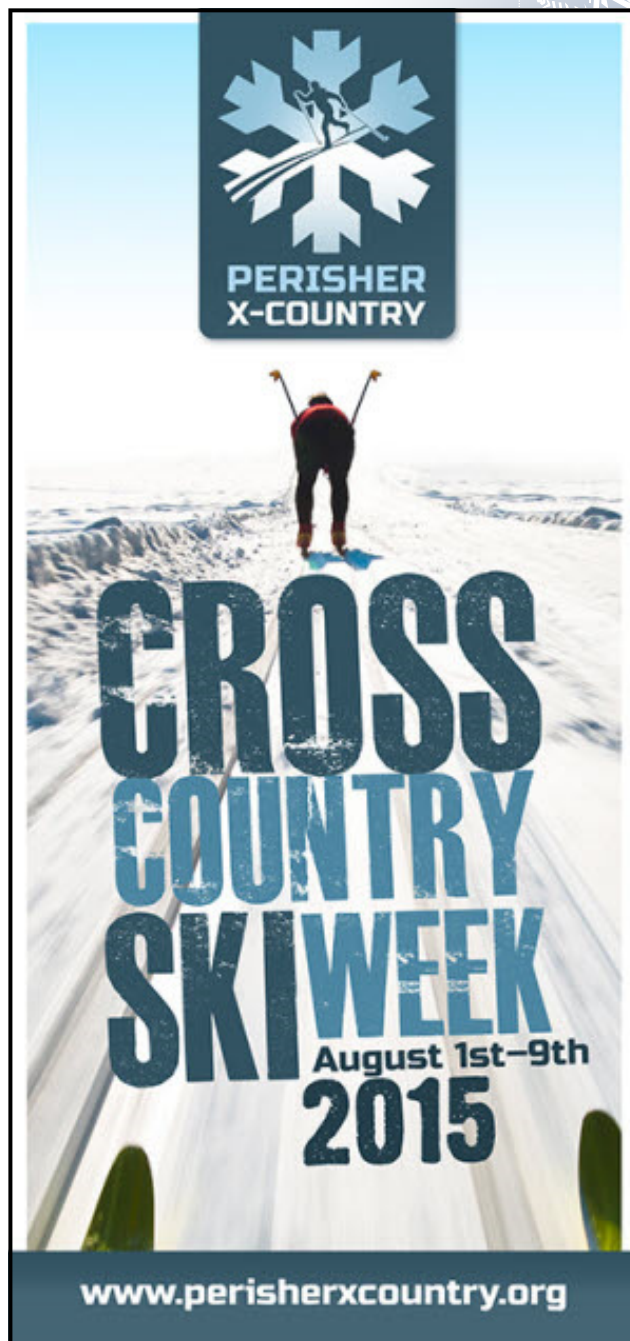
The Kosciuszko Tour online entry form is now available on Register Now <https://www.registernow.com.au/secure/Register.aspx?E=17106> Take advantage of the early bird entry fee of only \$20 until the end of July!

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



(Continued from page 1)

To follow up - visit

www.illawong.asn.au/AboutIllawong/tabid/1330/Default.aspx and follow the links.

There you will also find information about joining the Illawong Ski Tourers and how you can reduce Illawong accommodation costs by volunteering for maintenance trips.

Looking forward to seeing new and old familiar faces in the mountains very soon.

Lachlan Kennedy
President

New Zealand Ski Trip

Planning is well under control for the 2015 Canberra Cross-Country Ski Club's visit to New Zealand.

We are all meeting in Queenstown on Sunday, 9 August 2015, before driving to the house we've booked in Wanaka.

From there, we will be going to the Waiorau Snow Farm to tour and practice for the Merino Muster, the 42km race on Saturday, 15 August.

Finally we will head back to Australia on the Sunday, 16 August.

I'm looking forward to skiing lovely groomed snow and getting to know a small New Zealand town.

We already have about 5 in our party, and have room for another 3 people.

Please contact Ken if you would like to know more about joining us.



Rainbow Lake in early August 2014 on a clear day following a storm. *Photo: Rob Wignell*



Snow covered jetty on Rainbow Lake. *Photo: Rob Wignell*



Trees near Rainbow Lake. Photo: Rob Wignell

NSW Ski-O Championships

Invitation

The 2015 NSW Ski-O Championships will be held at Perisher Valley on Sunday 2nd August, organised by [Big Foot](#) and [Perisher X Country](#). This event forms part of [XC Ski week](#).

Anyone who skis or orienteers (or both or even neither) is welcome to come and have a crack.

Entries

Entries are online at <http://eventor.orienteing.asn.au/Events/Show/2862>

or by entering on the day (subject to maps being available).

Adults: \$25, Juniors: \$15

Price includes the use of a SPORTident stick for the event if required.

Courses

Three middle-distance style Ski-O courses will be offered: Short, Middle and Long. Expected winning time for the long course will be 60-80 minutes. Last year the corresponding courses had course lengths of 2.6km, 4km and 6.7 km. Those were straight line distances (as marked on the map), competitors obviously covered quite a bit more.

For Cross-Country Skiers

Orienteering is run as a time trial. Each competitor is given a map with a series of checkpoints ("controls") marked on it. The idea of the race is to visit each checkpoint marked on your course in order. At each checkpoint there will be a [marker](#) and an [electronic unit](#) that you can "punch" with the [SPORTident stick](#) you have (hopefully) attached to you somewhere. You choose your own route between controls and then navigate that route. You will need something to carry the map.

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	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 & Sunday, 11 & 12 July	Kalkite Weekend In addition to the trips below, Club Members are welcome to meet at the Nordic Shelter at Perisher at 9am on both days to join other members who will be running tours on the day, subject to snow.	
Saturday, 11 July	Dead Horse Gap Area Intermediate Rolling Terrain Long Distance A ski tour that will start from Dead Horse Gap and head wherever the snow looks best.	
Saturday, 11 July	Beginner Tour (Perisher) Basic Skills Rolling Terrain Short Distance An afternoon tour. A Beginners' introduction to the Nordic Trails and beyond at Perisher.	
Sunday, 12 July	Perisher & Smiggins Basic Skills Rolling Terrain Short Distance Ski out to Thompson's plain via the Perisher trails in the morning, returning to the shelter for lunch, then explore the Smiggin's trails and surrounds in the afternoon. Relaxed pace to suit beginners. Participants can also join for just the morning or afternoon component. Meet at Perisher Cross Country Centre at 9.00am (1pm for afternoon tour)	
Saturday, 18 July	Mt Selwyn to Broken Dam Hut Intermediate Rolling Terrain, Long Distance Ski from Mt Selwyn along the Tabletop fire trail to Broken Dam Hut. An interesting ski with a lot of variety along the way, and great views of the northern end of the park. If no snow in this area, the tour will be from Perisher.	
Saturday, 18 July	Beginner Tour (Perisher) A Beginners trip around the trails at Perisher.	
Saturday & Sunday, (17) 18 & 19 July	Snow camping — Guthega Power Station to Valentines Hut. Intermediate, Hilly Terrain, Long (approx 20km each way) Suitable for all types of touring skis.	
Saturday, 25 July	Photography Tour – Perisher/Smiggins A slow tour aimed at taking photographs in the snow. If you have had the experience of wanting to stop and take a photo but felt that if you do you will never catch up with the group, this tour is for you. The plan is to meet at the National Park Office in Perisher Valley. A few different routes are planned, depending on the weather and snow conditions. All are rated easy and are relatively short. The tour will end back at the National Park Office in Perisher Valley before 4:00 pm. Bring a camera (any sort), X-C skis, suitable clothes, food, drink, backpack, a whistle and a piece of closed cell foam for sitting or kneeling on. If you can, acquire a waterproof stuff sac big enough to hold your camera and to protect it from the elements. Other details on page 2.	

CCCSC TOUR PROGRAM 2015

DATE	DESCRIPTION	LEADER
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.	
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.	
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.	
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.	

Weekend for beginners and families

Friday 10 July - Sunday 12 July

Join other members of the Canberra Cross Country Ski Club for a weekend all about learning how to cross country ski. Families, singles, couples – everyone is welcome.

Accommodation is in Kalkite (7 Banksia Avenue) which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. Accommodation costs are \$50 per adult and \$30 per child under 18 for Friday and Saturday night. Bring your own food and linen.

To book your spot contact Jo-Anne - cccscracing@gmail.com

Add a lesson/s with [K7 Adventures](#) and spend the afternoons on fun ski tours with experienced members. K7 also provide private lessons to family groups on request (contact Acacia - k7skischool@gmail.com or 0421 862 354).

Book your lessons here at: <https://www.registernow.com.au/secure/Register.aspx?E=8503>

Date	Lessons available
Saturday 11 July	Basic Skills - Half Day AM – 9.30-12pm (\$50 pp)
Saturday 11 July	Basic Skills Downhill - Half Day PM – 1pm-3.30pm (\$50 pp)
Saturday 11 July	Intermediate Skills - Full Day 9.30am- 4pm (\$70 pp)
Sunday 12 July	Telemarking for beginners - Full Day 9.30am- 4pm (\$70pp)

Club members are welcome to meet at the Nordic Shelter at 9am on both days to join tours.

NSW XC Citizen Ski Races – 2015

Sat 1 Aug	KCros Tour	Smiggin Holes
Sun 2 Aug	Boonoona Open	Perisher
Mon 3 Aug	Charlotte Pass Open	Charlotte Pass
Mon 3 Aug	NSW Night Relays	Perisher
Wed 5 Aug	KAC XC Classic	Perisher
Thur 6 Aug	Sundeck Handicap	Perisher
Sat 8 Aug	Snowy Mountains Classic	Perisher
Sun 30 Aug	Kosciuszko Tour	Perisher

2015 Backcountry Film Festival

This year's Backcountry Film Festival is being held in Canberra and presented by the ANU Mountaineering Club. It's on Thursday 23 July at 6.30pm at the ANU's Haydon Allen Tank. Proceeds go to the Australian Himalayan Foundation. Hope you to see you there! Details are here - <https://www.facebook.com/events/1002630059769008/>

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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.

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.



What skis should beginners hire?

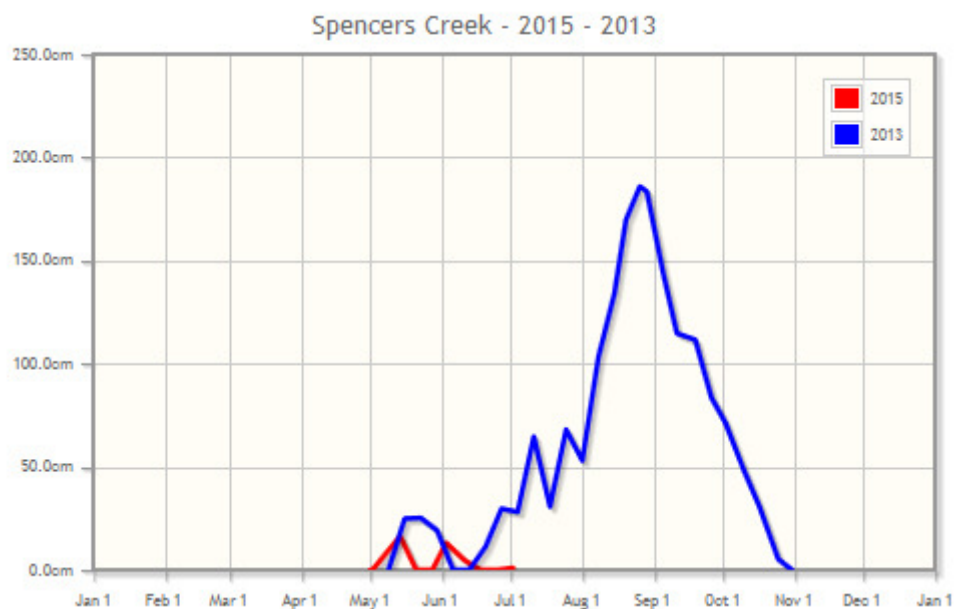
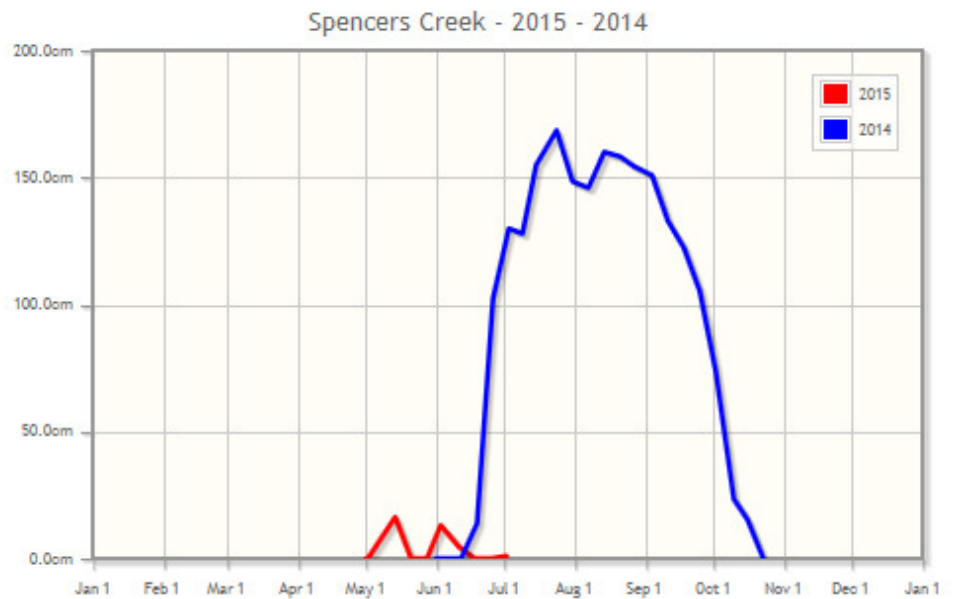
Light track skis (preferably "racing skis" with NNN or Salomon Profil bindings). Please do not bring backcountry or telemark skis. Learning

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



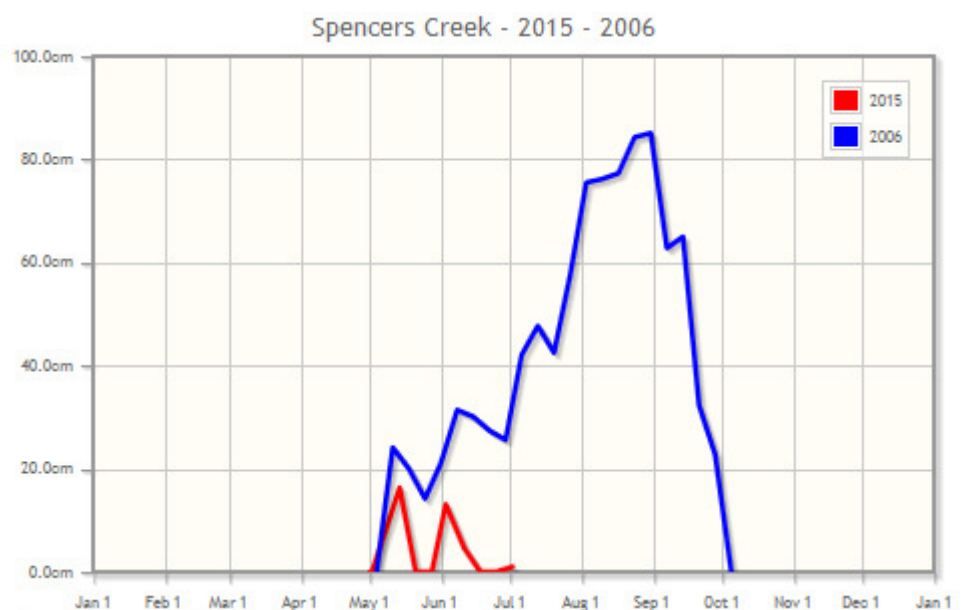
Snow Depth Charts

A comparison of this seasons' snow depth with last year. As at 1 July the snow depth at Spencer's Creek was 0cm, but snowfalls are currently forecast for mid July which should improve things.

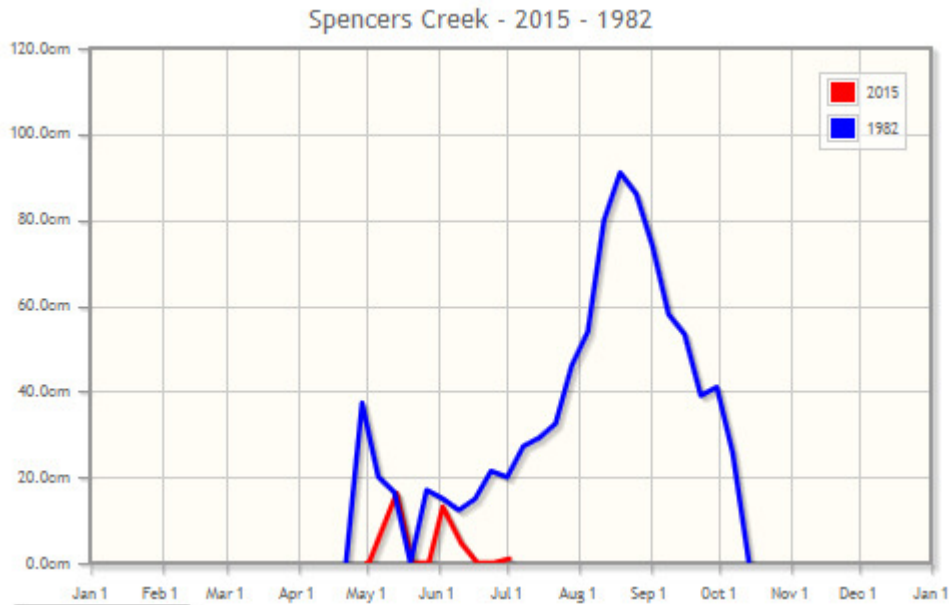


A comparison of this year with 2013.

A comparison of this year with 2006, which was one of the worst ever snow years.

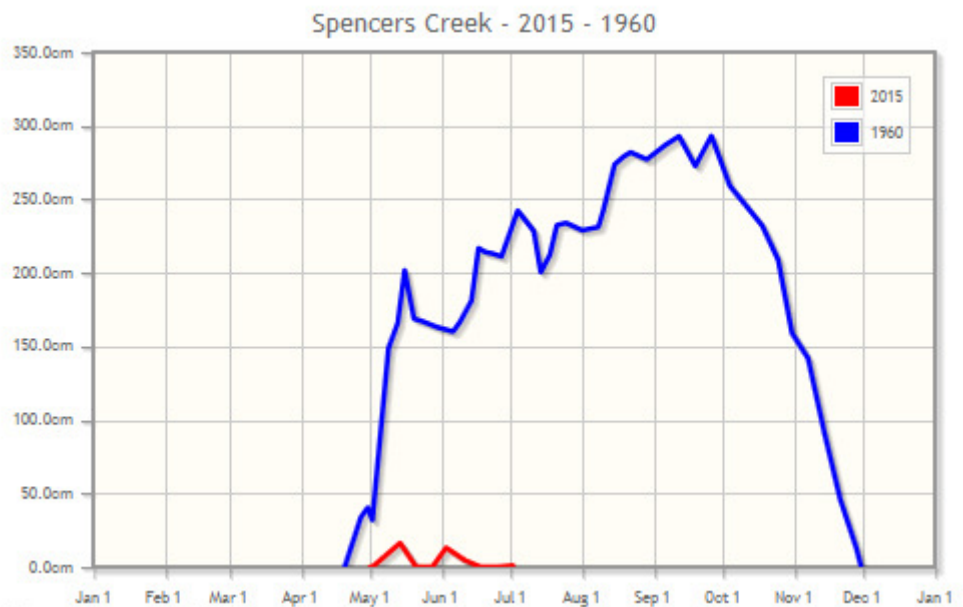


Snow Depth Charts (cont.)



1982 was also one of the worst snow years.

The good old days!
1960 was one of the best ever snow years, which had a snow depth of 2m in mid May, and through to late October.



Cross Country Skiing Lessons 2015

Lessons at a glance

Date		Instruction
July	Fri 10 — Sun 12	Kalkite weekend for beginners and families (accommodation costs \$50 pp) (see note 1)
	Saturday 11	Basic Skills - Half Day AM — 9:30am-12pm (\$50 pp)
	Saturday 11	Basic Skills Downhill - Half Day PM — 1pm-3:30pm (\$50 pp)
	Saturday 11	Intermediate Skills - Full Day — 9:30am-4pm (\$70 pp)
	Sunday 12	Telemarking for beginners - Full Day — 9:30am-4pm (\$70pp)
	Saturday 18	Basic Skills Plus - Full Day — 9:30am-4pm (\$70 pp)
	Sunday 19	Introduction to Skating - Half Day AM — 9:30am-12pm (\$50pp)
	Saturday 25	Intermediate Skills - Full Day — 9:30am-4pm (\$70 pp)
	Mon 27 – Wed 29	3 day development course (\$210) (see note 1)
	Friday 31	Race Training Skills Improvement (classic and skate) - Half Day AM — 9:30am-12pm (\$50pp) (Race week is 1-9 August)
Aug	Saturday 1	Snowcraft and survival skills - Full Day — 9:30am-4pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 2	Steeper ski skills - Full Day — 9:30am-4pm (\$70pp)
	Saturday 29	Pre Kosci Tour Race Clinic (classic and skate) - Half Day — 9:30am-12pm (\$50pp) (Kosci Tour is Sunday 30 August)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) (see note 2)

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

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

NEW for 2015! Weekend for beginners and families

Friday 10-Sunday 12 July

Join with other members for a weekend all about learning how to cross country ski. Families, singles, couples all welcome.

Accommodation is in Kalkite approximately 45 minutes from Perisher. Costs \$50 per adult and x\$30 per child under 18 for Friday and Saturday night. Self catering and bring your own linen.

Add your lesson/s and spend the afternoons on fun ski tours with experienced members. K7 can also provide private lessons to family groups on request.

The perfect introduction to this fabulous sport!

BASIC SKILLS (CLASSICAL TECHNIQUE)

K7 Adventures 9:30am-12pm

Caters for absolute beginners who have never been on skis before. Learn 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-3:30pm

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 9:30am-4pm

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.

INTERMEDIATE SKILLS (CLASSICAL TECHNIQUE AND INTRODUCTION TO SKATE TECHNIQUE)

K7 Adventures 9:30am-4pm

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 9:30am-4pm

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 including how to use the equipment
- 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 9:30am-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 9:30am-4pm

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.

Minimum group size of 6 or price by negotiation.

RACE TRAINING SKILLS IMPROVEMENT

(classic and skate) K7 Adventures 9:30am-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 9:30am-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.

STEEPER SKI SKILLS

K7 Adventures – 9.30am-4pm

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.

(Continued on page 9)

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

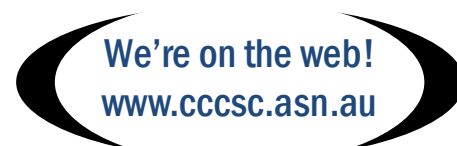
TIME

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 or Lachlan.

GPS (Garmin Etrex Vista HcX)

Contact Alan & Jo-Anne



Social meetings 2015 — all welcome

Wednesday 8 July 2015

Ski Touring & Safety

This meeting will focus on Club ski touring and safety, including providing information to new members on how club ski tours operate and what to expect on a tour, and guidance to members on leading ski tours.

Wednesday 22 July 2015

Antarctica

Guest Speaker: Bernadette Hince

Bernadette Hince, from the Australian National Dictionary Centre ANU, has travelled to Antarctica and the sub-Antarctic islands and will talk about her experiences in this fascinating part of the world. She has also written the First Antarctic Dictionary!

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.