

# Off Piste



Skiers on Blue Lake — Sept 12. Photo: Alan Levy

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## Newsletter Contributions

- Photos of trips, lessons, snow country, meetings or social events.
- Reports on tours, lessons and races and CCCSC events.
- Letters to the editor.
- Articles about XC skiing, snow conditions or related topics.
- Items to buy or sell.
- Please send emails to [cccsceditor@gmail.com](mailto:cccsceditor@gmail.com)
- The deadline for the next newsletter is Thur 2 July.

**The Club Open Night and Gear Sale will be held at the Social Meeting on Wednesday 10 June.**

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



# Notice of General Meeting

7:45 pm Wednesday 8 July 2015, Turner Scout Hall

To all CCCSC Members,

The Committee calls a General Meeting<sup>1</sup>, giving 21 days notice<sup>2</sup>, for 7:45pm Wednesday 8 July 2015 at Turner Scout Hall to precede the Social Meeting.

This General Meeting will consider the following Special Resolution of the Club<sup>3</sup>, changes underlined, moved by Bruce Porter, seconded by Deb Purss.

*Change CCCSC Constitution clause 32 Funds Management (2) to:*

*"All monies drawn from the Club's accounts shall be drawn by cheque or Electronic Funds Transfer signed by at least two of the bank signatories authorised by the Committee. No cheque or Electronic Funds Transfer shall be signed or money withdrawn unless such transaction has been approved by the Committee or, in the case of urgency, by at least two members of the Executive of the Club."*

## **Background:**

Electronic Funds Transfer has been organised with NAB by our Treasurer, Paul Room, who has requested coverage in the Constitution.

Transaction approval by two members of our Executive (President, Vice-President, Treasurer and Secretary) replaces President and Secretary only, and eases the current problem where the President is overseas.

Our Secretary, Bruce Porter, has discussed the proposed changes by phone with the office of the ACT Registrar General for Incorporated Associations.

*Bruce Porter,  
Secretary, Canberra Cross Country Ski Club,  
17 June 2015*

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## **1 CCCSC Constitution Clause 23 General Meetings—calling of**

(1) The Committee may, whenever it considers appropriate, call a General Meeting of the Club.

## **2 CCCSC Constitution 24 Notice**

(2) If the nature of the business proposed to be dealt with at a General Meeting requires a Special Resolution of the Club, the Secretary must, at least 21 days before the date fixed for the holding of the General Meeting, serve a notice on each Member specifying, in addition to the matter required under that subsection, the intention to propose the resolution as a Special Resolution.

(3) No business other than that specified in the notice calling a General Meeting may be transacted at the meeting except, for an Annual General Meeting, business that may be transacted under section 22 (2).

## **3 CCCSC Constitution Clause 21 Special Resolutions**

(1) Changes to the following require a Special Resolution of the Club

- (a) Name; or
- (b) Objects; or
- (c) Constitution; or
- (d) By-laws; or
- (e) winding-up or dissolution; or
- (f) property on winding-up or dissolution

(2) A resolution of the Club is taken to be a Special Resolution if -

- (a) it is passed at a General Meeting of the Club being a meeting of which at least 21 days notice, accompanied by notice of intention to propose the resolution as a Special Resolution, has been given to the Members of the Club; and
  - (b) it is passed by at least three quarters of the votes of those Members of the Club who, being entitled to vote, vote in person at the meeting.
- (3) Changes to 21 (1) (a), (b) and (c) shall not be effective until filed with the Registrar-General according to the requirements of the Act.

## Open Night Gear Sale

For anyone wanting to sell gear at the Open Night on 10 June, could they provide details of what items they are intending to sell, and the proposed price, and send this to [cccscinfo@gmail.com](mailto:cccscinfo@gmail.com).

This information will be collated and added to the "CCCSC Sale.pdf" file under the Files page on the Club's Facebook site, for other people to see prior to the Open Night. A copy of this file is already on the Facebook site for people to see what is being offered for sale.

## Kosciuszko Tour 2015

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.

Early Bird Special – Enter the Kosciuszko Tour by 31 July 2015 for only \$20!

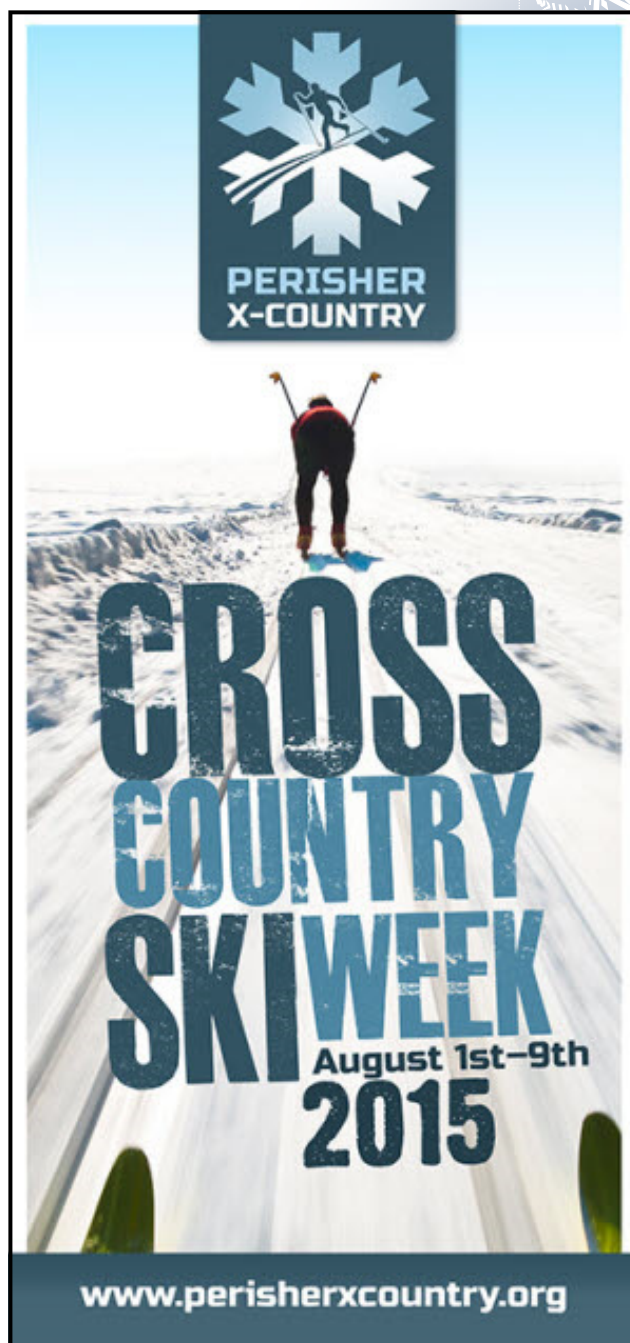
### Call for club members (and family or friends) to help with the Kosciuszko Tour

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

Accommodation near Jindabyne is available for club volunteers and racers.

You can enter the Kosciuszko Tour online at Register Now (link to be made available via the Club web page) or print out the Entry Form in this newsletter.

Jo-Anne Clancy





## 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

**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** — 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](mailto: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,<br>20 June                  | <b>Mt Kosciuszko Attempt</b><br>Intermediate, Gentle terrain (except for the climb to the summit) Medium length<br>Take the chairlift up Thredbo and try to bag the summit of Mt Kosciuszko.<br>This will depend on forgiving snow and fair weather.<br>Should the snow be icy or the weather foul, expect to be someplace less exposed (Perisher / Charlotte Pass area).  |        |
| Sunday,<br>21 June                    | <b>Perisher to Charlotte Pass</b><br>Basic-Intermediate, Gentle Terrain, Medium-Long distance<br>Ski along the road from Perisher to Charlotte Pass and return via the Porcupine trail (if sufficient snow). Meet in the NPWS building at 9.30am.  |        |
| Saturday,<br>27 June                  | <b>Dainers Gap area</b><br>Basic-Intermediate Gentle Terrain Medium Distance<br>Park at Dainers Gap and explore the nearby terrain, which could include the Plains of Heaven, Rainbow Lake or Pretty Point. If the snow is unsuitable here, then the tour will start from Perisher.  |        |
| Saturday,<br>4 July                   | <b>Perisher to Charlotte Pass</b><br>Intermediate, Gentle Terrain, Long (approx 20-25km return)<br>Meet at National Parks Shelter, Perisher Valley at 8:30am for a 9:00am start. The favoured route is along the Porcupine trail and the Stilwell trail with a lunch break at Wrights Creek but will be decided on the day. The trip is aimed at track or touring skis and light weight boots.   |        |
| Sunday,<br>5 July                     | <b>Guthega to Mt Tate</b><br>Intermediate Hilly to Steep terrain Short Distance<br>I'm planning on a XCD/Telemarking trip to the slopes of Mt Tate and invite like minded people to join me. This is not a guided trip and there will be a lot of separation between skiers while downhill skiing. Regrouping normally occurs at the top and bottom of runs. Individuals will need to be able to make their own calls in relation to safety dependent on their own abilities.<br>Meet at Guthega at 8:30am for 9:00am start. |        |
| Sunday,<br>5 July                     | <b>Beginner Tour (Perisher)</b><br>An afternoon tour for Beginners around the trails at Perisher.  |        |
| Saturday &<br>Sunday,<br>11 & 12 July | <b>Kalkite Weekend</b><br>See details elsewhere in this newsletter.  |        |
| Saturday,<br>11 July                  | <b>Dead Horse Gap Area</b><br>Intermediate Gentle Terrain Long Distance<br>A ski tour that will start from Dead Horse Gap and head wherever the snow looks best.   |        |
| Saturday,<br>11 July                  | <b>Beginner Tour (Perisher)</b><br>Basic Skills Gentle Terrain Short Distance<br>An afternoon tour. A Beginners' introduction to the Nordic Trails and beyond at Perisher.   |        |

# CCCSC TOUR PROGRAM 2015

| DATE  | DESCRIPTION  | LEADER |
|---|--|--------|
| Sunday,<br>12 July                            | <b>Perisher &amp; Smiggins</b><br><b>Basic Skills</b> <b>Gentle Terrain</b> <b>Short Distance</b><br>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,<br>18 July                          | <b>Mt Selwyn to Broken Dam Hut</b><br><b>Intermediate</b> <b>Gentle Terrain,</b> <b>Long Distance</b><br>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,<br>18 July                          | <b>Beginner Tour (Perisher)</b><br><b>Basic Skills</b> <b>Gentle Terrain</b> <b>Short Distance</b><br>An afternoon tour. A Beginners' introduction to the Nordic Trails and beyond at Perisher.  |        |
| Sunday,<br>19 July                            | <b>Beginner Tour (Perisher)</b><br>An afternoon tour for Beginners around the trails at Perisher.  |        |
| Saturday &<br>Sunday,<br>(17) 18 & 19<br>July | <b>Snow camping — Guthega Power Station to Valentines Hut.</b><br><b>Intermediate,</b> <b>Hilly Terrain,</b> <b>Long (approx 20km each way)</b><br>Suitable for all types of touring skis.   |        |
| Sunday,<br>26 July                            | <b>Beginner Tour (Perisher)</b><br>An afternoon tour for Beginners around the trails at Perisher.  |        |
| Saturday to<br>Sunday, 1 to 9<br>August       | <b>Snow Camping – Jagungal Area</b><br><b>Intermediate Skills</b> <b>Hilly Terrain</b> <b>Approx 10-20km per day</b><br>A leisurely tour around the hills and huts in the Jagungal area where ever our skis take us.   |        |
| Saturday,<br>1 August                         | <b>Perisher Full Moon Tour</b><br><b>Intermediate skills (able to ski on hard snow)</b><br>I would like to lead a full moon tour on the night of Saturday August 1 around the Perisher Trails - for about 2 hours or so. Moon rise is at 5 pm, so it would be high enough to ski at about 7 pm. The idea would be that we would drive from Canberra to arrive in Jindabyne in the afternoon, then have an early dinner at Perisher, then spend an hour or two skiing around the Perisher trails under the full moon. The tour would not go unless it is a clear night with lot's of visibility. We would get back to Jindabyne around 10 pm. |        |
| Saturday,<br>8 August                         | <b>Tantangara Mountain</b><br><b>Basic—Intermediate Skills</b> <b>Gentle &amp; Hilly Terrain</b> <b>Medium Distance</b><br>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,<br>22 August                        | <b>Kiandra Area</b><br><b>Basic—Intermediate Skills</b> <b>Gentle &amp; Hilly Terrain</b> <b>Medium Distance</b><br>A ski trip in 'the Kiandra country', just where, depending on how generous the snow gods are.  |        |
| 22 August to 6<br>September                   | <b>Snow Camping – XCD/Telemarking Trip to Mt Bogong or Main Range</b><br><b>Advanced Skills</b> <b>Steep Terrain</b><br>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 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 - [ccscrcracing@gmail.com](mailto:ccscrcracing@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](mailto: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)  |

## NSW XC Citizen Ski Races — 2015

|            |                         |                |
|------------|-------------------------|----------------|
| Sun 28 Jun | Clean out the Cobwebs   | Perisher       |
| Sat 4 Jul  | Clean out the Waxbox    | Perisher       |
| 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       |

(Continued from page 13)

### 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.

### 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.



Two time successful Everest mountaineer Tim Macartney Snape will be the guest speaker at our Club social meeting on Wed 24 June, talking about specialist outdoor and skiing equipment.

#### 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 on light track skis refines your balance and skiing skills and you’ll be able to ski on anything!



## Day Tour Destinations

The following list provides suggestions for day tours starting from various locations in the Snowy Mountains:

### From Perisher Valley

- Nordic Trails - 2.5, 5, 7.5 & 10 km loops starting from the Perisher Nordic Shelter
- Perisher to Smiggin Holes via the Mt Piper trail - 2.5 km, good views
- Perisher to Dainer's Gap via Thompsons Plain trail (car swap possible)
- Perisher to The Paralyser - good slopes and snow gums
- Perisher to Blue Cow - along the road past North Perisher then up to Blue Cow terminal
- Perisher to Blue Cow - via Perisher Gap and the saddle between The Paralyser & Mt Perisher
- The Porcupine - granite outcrops overlooking the Crackenback Valley
- Perisher to Charlotte Pass via The Porcupine
- Perisher to Charlotte Pass via Kosciusko Road & Spencer's Creek
- Smiggins Loop - 2 & 4 km loops starting from Smiggin Holes
- Mt Wheatley - good snow gums and slopes

### From Guthega

- Guthega Trig - good slopes in this area. Good descent to the dam
- Mt Tate - via Guthega Trig and Consett Stephen Pass, or Tate East Ridge
- Tate West Ridge - via Consett Stephen Pass. Good views of Geehi Valley
- Tate East Ridge, Mt Tate, Consett Stephen Pass, Guthega Trig circuit
- The Rolling Grounds - good views and rolling terrain
- Munyang - via the Rolling Grounds (car swap)
- Dicky Cooper Bogong - via the Rolling Grounds
- Mt Twynam or Little Twynam - via Snowy River valley and Illawong Lodge
- Mt Anderson - via Tate East Ridge and Illawong Lodge
- Blue Lake - via Snowy River valley
- Charlotte Pass - via Illawong Lodge and Spencers Creek
- Guthrie Trig - via Illawong Lodge. Great views of the Main Range
- Guthega to The Paralyser - good slopes and views of the Main Range

### From Munyang

- Whites River Hut - via the fire trail or the aqueduct tracks
- Schlink Pass / Schlink Hut - via the fire trail or the aqueduct tracks
- Rolling Grounds, or Dicky Cooper Bogong
- Guthega via the Rolling Grounds (car swap)
- Disappointment Spur Hut and Horse Camp Hut - via the aqueduct track and fire trail
- Tin Hut - via Disappointment Spur

### From Thredbo

- Mt Kosciusko - follow the route of the metal walkway to Australia's highest peak
- Kosciusko South Ridge and Cootapatamba Hut - ski above the cornice & down to the hut
- Ramshead Plateau - including North Ramshead and Ramshead peaks
- South Ramshead - good views of Leatherbarrel Ck, Cascades Area and into Victoria
- Dead Horse Gap - catch chairlift then descend through trees to Dead Horse Gap
- Leatherbarrel Creek / Swampy Plains River area - steep slopes, good views into Victoria
- Seaman's Hut - via Rawson's Pass or Snowy Bridge
- Mt Townsend / Lake Albina - Australia's 2nd highest peak. Good descent to the lake
- Wilkinsons Valley
- Abbot Range - good views towards Khancoban and the southern part of the Main Range
- Mueller's Peak - overlooks Lake Albina
- Etheridge Ridge - overlooks Rawson's Pass and Seaman's Hut
- Guthega - via Charlotte Pass and Spencer's Creek or Snowy River Valley (long car swap)



## Day Tour Destinations (cont.)

### From Dead Horse Gap

- South Ramshead - climb up through the snow gums. Good views into Victoria
- Brindle Bull - a plateau behind Thredbo village. Good views of the Ramshead Range
- Teddy's Hut - via Thredbo River or the Brindle Bull
- The Chimneys - good views of the Ramshead Range, Tin Mine Area and into Victoria
- Cascade Hut - wooded country, many brumbies in this area
- Ramshead Range - climb to the Ramshead Range, and beyond, towards Kosciusko

### From Mt Selwyn

- Mt Selwyn Trail - climbs Mt Selwyn, crosses open plains, good views of Mt Jagungal
- Goldseekers Trail - 3 km circuit. Contains some old gold mining relics
- Three Mile Dam - Easy skiing around the dam. Good ski slope on the dam wall
- Kings Cross Trail - easy trail running parallel with the Kings Cross road
- Cabramurra via Kings Cross Road - good views and easy skiing
- Kiandra - via Mt Selwyn trail and Pollocks Gully
- Four Mile Hut - old miners hut built in the 1930's.
- Broken Dam Hut - picturesque hut, rebuilt in 2007. Close to Tabletop Mountain.
- Tabletop Mountain - long day trip. Great views towards Mt Jagungal

### From Cabramurra

- Nordic Trails - 2.5, 5, 10 & 15 km loops starting from the Cabramurra Nordic Shelter
- Mt Selwyn via Kings Cross Road
- Fire trails and roads around Cabramurra township

### From Kiandra

- Sawyers Hill area
- Four Mile Hut - via Pollocks Gully and the Tabletop trail
- Mt Selwyn - via Pollocks Gully and the Mt Selwyn trail
- Gooandra / Witses Hut area, from Snowy Mountains Highway
- Tantangara Mountain - good views and slopes

### From Dainer's Gap

- Plains of Heaven - on the western side of the road above the Sponars Inn
- Thompsons Plain trail to Perisher - fairly flat terrain (car swap possible)
- Lake Jindabyne lookout - good views towards Jindabyne from the edge of the plateau
- Rainbow Lake

### From Charlotte Pass

- Stilwell Plateau - nordic trails, Eagles Nest restaurant ruin, good views of Main Range
- Guthrie Trig - Good slopes and great views of the Main Range
- Mt Kosciusko - via summit road and Seaman's Hut
- Carruthers Peak - spectacular views and a long downhill run to the Snowy River
- Club Lake - nestled below Carruthers Peak. Steep skiable chutes and gullies nearby
- Kunama Hut Ruin - destroyed by avalanche in the 1950's. Below Mt Clarke
- Blue Lake - the largest glacial lake in the area. Surrounded by large cliffs
- Mt Twynam - Australia's 3rd highest peak. Good views of the Main Range and Geehi
- Watsons Crag - steep slopes, large cornice, spectacular views all round
- The Sentinel - steep slopes for the experts. Very spectacular
- Mt Clarke, Mt Northcote, Mt Lee and Carruthers Peak circuit
- Lakes Circuit - via Seaman's Hut, Mt Kosciusko, Mt Northcote, Mt Lee and Carruthers Peak

## Day Tour Destinations (cont.)

- Little Austria and Lady Northcote Canyon
- Lake Albina - picturesque glacial lake above Lady Northcote Canyon

### Brindabellas

- Mt Franklin - site of the CAC Chalet and old ski runs
- Mt Ginini - contains old ski runs
- Ginini Flats
- Mt Gingera - the flat topped mountain visible from Canberra
- Mt Franklin Road - easy skiing along the road through snow gums

### Lake Eucumbene Area

- Mt Jagungal via Nimmo Hill
- Eucumbene Cove to Happy's Hut, via fire trail
- Adam's Hut & Kelly's Hut, via road overlooking Lake Eucumbene
- Eucumbene Cove to Bald Mountain, via fire trail

*This list is from the Club web site.*



The view from the Guthega snow cam taken on Thur 4 Jun 15, looking towards the Snowy River Valley and Mt Twynam.

The view of Front Valley at Perisher taken on Thur 4 Jun 15.



## Skiing in Hawaii

I have just returned from Hawaii, and during this trip, I visited the summit of Mauna Kea, at 13,796' the highest mountain in Hawaii, and the tallest in the world when measured from the ocean floor. The summit is the site of the Mauna Kea Observatory, and sometimes receives skiable snow. There were a few patches of snow still near the summit whilst I was there.

*Alan Levy*

A few notes from on the web:

- Mauna Kea means 'white mountain' in Hawaiian. It is located on the Big Island.
- There are no lifts, no grooming, no resort, but a road goes to the summit to serve the dozen or so world class observatories located at the summit.
- You must have a 4-wheel drive vehicle to get to the summit, which serves as your "lift."
- The time to ski is after the islands get a big front passing through with lots of precipitation from high clouds, and Mauna Kea gets a good dump of snow. Depending on the wind, it may take a few days for the road to be cleared.
- You may need to be ready to fly over to Kona or Hilo within a few days, because the snow often melts with all the Hawaiian sunshine that Mauna Kea gets!
- Hawaii gets a lot more precipitation and so more snow in La Nina winters. El Nino winters can be very dry.
- Although February and March are the months most likely to have snow, in one unusual year back in the mid 80's, there was enough snow to hold a ski meet on July 4th!
- The snow can have some very strange texture after days of exposure to the intense sun. Some runs can be quite steep and the snow can end abruptly. There is no soft vegetation underneath, only hard lava rock and abrasive cinder.
- You should be in very good physical shape, aerobically. The air is very thin, less than 60% of the air pressure at sea level, and most people experience altitude sickness to some degree.
- The mountain has 100 square miles of ski able terrain.
- At this latitude the conditions are spring like; the snow is sugar corn.
- The following websites have more details [www.skihawaii.com](http://www.skihawaii.com) and [www.hawaiiskiclub.com](http://www.hawaiiskiclub.com).



Telescopes and remnant snow drifts near the summit of Mauna Kea — 20 May 15.

*Photo: Alan Levy*



Skiing on Mauna Kea



# Cross Country Skiing Lessons 2015

## Lessons at a glance

| Date |                    | Instruction  |
|------|--------------------|--|
| June | Saturday 13        | Tour Leadership Skills — Full Day — 9am-4pm (free for members who would like to lead club tours)   |
|      | Saturday 27        | Basic Skills - Half Day AM — 9:30am-12pm (\$50pp)  |
|      | Saturday 27        | Basic Skills Downhill - Half Day PM — 1pm-3:30pm (\$50pp)  |
| July | Saturday 4         | Basic Skills Plus - Full Day — 9:30am-4pm (\$70 pp)  |
|      | Fri 10 — Sun 12    | Kalkite weekend for beginners and families (accommodation costs \$50 pp) <b>(see note 1)</b>   |
|      | 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) <b>(see note 1)</b>   |
|      | Friday 31          | Race Training Skills Improvement (classic and skate) - Half Day AM — 9:30am-12pm (\$50pp)<br>(Race week is 1-9 August)                     |
| Aug  | Saturday 1         | Snowcraft and survival skills - Full Day — 9:30am-4pm<br>(\$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)<br>(Kosci Tour is Sunday 30 August)                       |
|      | Date to be advised | Telemarking at Charlotte Pass – Full Day (cost tba) <b>(see note 2)</b>  |

## 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](http://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](http://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/](http://www.murrays.com.au/) or Transborder - [www.transborder.com.au/](http://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 - [cccscctraining@gmail.com](mailto:cccscctraining@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.



## 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.

## 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](mailto: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.

(Continued on page 7)

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

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

|   |               |                               |                                 |
|---|---------------|-------------------------------|---------------------------------|
| <b>Birth year</b> _____<br>(Entrants must be at least 14 years old) | <b>Gender</b> | Male <input type="checkbox"/> | Female <input type="checkbox"/> |
|---|---------------|-------------------------------|---------------------------------|

|                  |                                |   |
|------------------|--------------------------------|---|
| <b>Club Name</b> | CCCSC <input type="checkbox"/> | Other Club <input type="checkbox"/> Name of club: _____ |
|------------------|--------------------------------|---|

|   |   |
|---|---|
| <b>Team Entry (Optional)</b><br>(must have 3 people per team) | Club <input type="checkbox"/> Service <input type="checkbox"/> Family <input type="checkbox"/> Fancy Dress <input type="checkbox"/> |
| <b>Team Name</b>  |   |
| <b>Names of other team members</b>                            | 1. _____ 2. _____   |

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

|   |             |
|---|-------------|
| Standard Entry Fee (Received by Saturday 31 July) | <b>\$20</b> |
| Standard Entry Fee (Received by Friday 28 August) | <b>\$30</b> |
| Race Day Entry Fee* (To 8:45 am Sunday 30 August) | <b>\$40</b> |

|  |  |
|--|--|
| Please send completed entry form and payment (cheque or money order) to:<br><b>KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602</b> |  |
| * Race Day (late) Entry Fees must be paid in person at Perisher Cross Country Centre on Race Day   |  |
| <b>Pay Online</b> (Visa/Mastercard) at Register Now<br>(Register Now link will be provided on the Club web site)                             |  |

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

# 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 |
|--|---------------------|

## 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<br>Lachlan Kennedy                 | cccscpresident@gmail.com     |
| Vice President<br>Vacant                     | cccscvicepresident@gmail.com |
| Secretary<br>Bruce Porter                    | cccscsecretary@gmail.com     |
| Treasurer<br>Paul Room                       | cccsc treasurer@gmail.com    |
| Membership Secretary<br>Gale Funston         | cccscinfo@gmail.com          |
| Tour Coordinator<br>Alan Levy                | cccsc tours@gmail.com        |
| Instruction Coordinator<br>Deb Purss         | cccsc training@gmail.com     |
| Kosciusko Tour Coordinator<br>Jo-Anne Clancy | cccsc racing@gmail.com       |
| Meeting Coordinator<br>Rowan Christie        | cccsc meetings@gmail.com     |
| Newsletter Editor<br>Alan Levy / Tony Brown  | cccsc editor@gmail.com       |
| Webmaster<br>Ken Moylan                      | cccsc webmaster@gmail.com    |



CANBERRA CROSS  
COUNTRY SKI CLUB

PO Box 6234  
O'Connor ACT 2602

Email: [info@cccsc.asn.au](mailto: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 Lachlan.

**GPS** (Garmin Etrex Vista HcX)

**Contact** Alan & Jo-Anne





## Social meetings 2015 — all welcome

**Wednesday 10 June 2015**

### **Canberra Cross-Country Ski Club Open Night**

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 2015. A Gear Sale will also be held for those wanting to sell or buy second hand skiing gear (see page 3 for further details on the gear sale).

**Wednesday 24 June 2015**

### **Equipment and Clothing**

**Guest Speaker: Tim Macartney Snape**

Two time successful Everest Mountaineer Tim Macartney Snape will talk about specialist outdoor and skiing equipment. Tim has an importing and manufacturing company called Sea to Summit, named after his second ascent of Everest from the Bay of Bengal in 1990.

**Wednesday 8 July 2015**

### **Ski Touring & Safety**

This meeting will focus on Club ski touring, including providing information to new members on everything they need to know about club tours and what to expect on a tour, and will also provide guidance to members interested in 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.

**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.**