

# Off Piste

## President's Piece

Welcome to the first edition of Off Piste for 2016.

April has been warm. But there is good news for skiers. The Bureau of Meteorology reports El Nino weather pattern which has dominated the planet this summer is weakening. It is in its last stages.

There is a good chance that it will be followed by a La Nina event. As all Australian skiers know, a La Niña is often, but not always, associated with above-average winter-spring rainfall over eastern Australia.

So we may have good precipitation this winter, but at what temperature? There the news is not so good. There is an above average chance of exceeding the median maximum temperature during May and July in this part of Australia.

*(cont'd on page 2)*

## Inside this issue:

The jaw-dropping benefits of cross-country skiing	2-3
Racing News	3
Vale Wally Blumenfeld—24 April 2016	4
Ski Photographs	5
Touring News	6
Skiing in Northern Sweden – The Kungsleden Trail	7-8
Norway Ski Tour	9-10
Cross Country Skiing Lessons 2016	11-12
Kosciuszko Tour Entry Form	13-14
Ski Photographs (cont'd)	15
Exploring the Jagungal Wilderness—Book details	16
Main Range Peak Names	17-18
Committee Contacts, Gear for Hire	19
Social Meeting Program	20

## 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 Fri 3 June.



Skiing in Norway

Photo: Trish Wood



## President's Piece

(cont'd from page 1)

Well maybe. But I am off to the gym, to make sure I am fit enough to ski the moment the snow falls. No longer do we have the luxury of using the first few trips to the snow to get fit. These days, hope for the best, prepare your best, and be ready to ski as well as last year as soon as there is snow.

Inside you will find details about the various Club activities for this winter. Read them and start planning your winter. Rowan Christie is organising an exciting line up of speakers for this year's social meetings.

As many of you will know, we lost two long time club members this summer. Brian McLeod and Wally Blumenfeld are no longer with us. The Kosciuszko National Park is a big place, but in all that vastness, will miss them both this winter.

Finally I would like to thank Tony Brown for taking over as editor of Off Piste. There is Face Book and Twitter but there is nothing like Off Piste for sharing the club's winter news.

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.

### Membership

Membership Subscriptions for the 2016 season are now due, and can be paid on Register Now, via the Club website.

## The jaw-dropping benefits of cross-country skiing

The options for aerobic exercise during the Canadian winter can seem grim: slipping and sliding along icy streets, pedalling nowhere under the fluorescent lights of the gym, and so on. But there's a better option, one that, recent research suggests, actually offers unique advantages compared to the alternatives. When it snows, why not make for the cross-country ski trails?.

### Stay young

Researchers in Sweden and at Ball State University in Indiana assembled two remarkable groups of octogenarian men. All of the volunteers were healthy, lived independently and were capable of completing a vigorous exercise test to exhaustion. The difference was that one group was composed of lifelong cross-country skiers who trained four to six times a week, while the other group didn't do any formal exercise beyond the activities of daily living.

It's not difficult to predict the punchline here: The skiers were in better shape than the non-skiers. But the magnitude of the differences is jaw-dropping. The results of a battery of physical tests, which will be published in a forthcoming issue of the Journal of Applied Physiology, show that the skiers had approximately twice the cardiovascular and muscular fitness of the untrained group.

Even compared to previous studies of lifelong endurance athletes in their 80s, the skiers were about 40-per-cent fitter, suggesting that the full-body workout provided by cross-country skiing is uniquely effective. In fact, their fitness "places them in the lowest all-cause mortality risk category for men of any age," the researchers point out.

The results are consistent with earlier studies of cross-country skiers: An analysis of 73,000 men and women who participated over a 10-year period in Vasaloppet, an annual long-distance race series in Sweden, found that they were less than half as likely to die during the follow-up period as matched controls from the general population.

In contrast, the untrained subjects, despite being blessed with remarkable health, were perilously close to the "prognostic exercise capacity" that's associated with an inability to live independently. The message: Good genes can help you live a long life, but if you want to fully enjoy those later years, go skiing.

### Use your arms

One of the big differences between cross-country skiing and other forms of endurance exercise, like running and cycling, is that your upper body plays a big role. How big? A forthcoming study in the Scandinavian Journal of Medicine & Science in Sports offers some clues.

Researchers tested a group of 16 elite Norwegian skiers, half of the group male and the other half female, in four different exercise protocols, each requiring different levels of upper-body contribution. The most arm-intensive activity was double-poling, where the propulsion is provided entirely by the arms. Next was "G3 skating," the freestyle technique in which skiers double pole with every stride. Then came the classic skiing style, with skis kept parallel. And the final exercise was running, which doesn't use the arms at all for forward motion.

The goal of the study was to understand how the male skiers' greater upper-body strength would affect performance in the different tech-

## The jaw-dropping benefits of cross-country skiing (cont'd)

The results suggest that you should vary your technique on different types of terrain in order to maximize your full-body workout. In particular, include some double-poling – particularly on long, gradual downhill, where it's tempting to just coast.

### Climb hard

The occasional steep uphill on a cross-country course is a necessary evil. (How else do you earn the downhill that follows?) You can turn your skis perpendicular to the hill and side-step your way up, or even take your skis right off. But the quickest solution – like pulling a band-aid off – is to angle your skis slightly outward and herringbone up at top speed.

Clambering up a hill in this style is like a miniature sprint, and it will send your heart rate shooting upward. That's a good thing: Over the past few years, researchers have shown that including some short bursts of intense activity in your workout can produce a much more effective and time-efficient workout.

It's possible to insert similar bursts into other types of workouts, like running or cardio machines at the gym, but a rolling cross-country ski loop integrates them naturally, since you'll slide backward if you don't keep pushing.

Of course, cross-country skiing isn't without drawbacks. For city-dwellers in particular, it can be difficult to find good trails, though temporary tracks blossom in many urban parks after a good snowfall.

More importantly, it's a strictly limited-time option. Come spring, you'll be back to your usual workout routines. So ski while you can.

Alex Hutchinson blogs about exercise research at [sweatscience.runnersworld.com](http://sweatscience.runnersworld.com). His latest book is Which Comes First, Cardio or Weights?

### Social Meetings Venue Change

Note: Social Meetings are now held at the Hughes Community Centre, Hughes Place, Hughes, Canberra

## Racing News

### Canberra Cross Country Ski Club Kosciuszko Tour 2016

Saturday 20 August 2016

There are some big changes to announce for the CCCSC Kosciuszko Tour (KT) in 2016!

The KT is a fun (citizen) ski race with entry open to anyone who can do a decent snowplough turn and has the fitness to cover approx. 20 km in under 4 hours. The club has been running the race for over 20 years.

#### New Date

The date of the 2016 KT has changed to **Saturday 20 August** – a week before the Kangaroo Hoppet. This change is to avoid clashing with the New Zealand Merino Muster.

The more reliable snow conditions of mid-August mean that we should be able to groom a bigger and better course. We were hoping to reinstate the original course from Thredbo to Perisher, but unfortunately the costs and risks were too high. However we are determined that participants will get as close to Kosciuszko and the main range as possible.

#### New Course

The new course will start at the top of Perisher Gap, then heading along the Kosciuszko road to the lookout at the top of Charlotte Pass – for a great view of Australia's highest peaks, before turning around, crossing Johnnies plain and following the Porcupine trail back to finish at the Perisher XC shelter. The course will be groomed for both Classic and Freestyle (skating) techniques. There will be snacks and prizes at the presentation after the race.

Entry forms are available in this edition of Off Piste and on the CCCSC website. Online entry is available through Register Now at <https://www.registernow.com.au/secure/Register.aspx?E=21001>

#### Volunteers

As always we need as many keen volunteers as possible to make the KT a success. If you can help out, in any way, we would love to hear from you. More information on volunteer roles will be in the next newsletter and on the website.

Yours in racing  
Jo-Anne Clancy



## Vale Wally Blumenfeld—24 April 2016



***Wally's memorial service is at 1 pm Friday 6 May at the Chapel in Duntroon, Canberra. He was buried in a private service by his family yesterday (28/4/16) in the Jewish section of the Woden Cemetery.***

Many cross country skiers will be sad to know that Wally Blumenfeld died suddenly in Sydney on Sunday night. He had gone to Sydney with his son Michael to march in the Anzac Day parade. He and Michael were out strolling on Sunday night when Wally collapsed suddenly. He recovered consciousness, and was taken to St Vincent's hospital. However, he had another stroke in St Vincent's and died later on Sunday night.

Wally had a strong outdoor ethic. He was a well-known figure in the cross country skiing world. He was a regular at the Perisher Cross Country week, staying at the Navy Lodge. He also liked cycling and bush walking. He had been a volunteer with the SES for over 30 years, and on his retirement from the SES recently, was honoured with interviews on local radio stations and the ABC (TV and radio).

He used to say he had three careers. The first was as a seaman on Norwegian ships where he learnt Norwegian. He later served in the Australian Army in Vietnam, and then became the Registrar of Ships.

Our condolences go to his wife Helen, and his daughter Monique and son Michael and their families.

Wally was a rock, and I never thought I would be writing an obituary for him.

Lachlan Kennedy  
President, Canberra Cross Country Ski Club

Wally's service to the community has been widely recognized, most recent on his retirement from the SES at the age of 85. These links will take you to some great stories of a fine man:

<http://www.abc.net.au/news/2016-03-23/85-year-old-ses-volunteer-hangs-up-his-harness/7269962>

<http://www.australianoftheyear.org.au/honour-roll/?view=fullView&recipientID=633>

<https://www.facebook.com/queanbeyan.ses/>

## Ski and Snow Photographs

A collection of photos from Monika Binder's trip to Japan.



A shot of me going off piste at Zao Onsen



A rare glimpse of the pluming volcano Asahidake from my lodgings



Backcountry skiing around Tokachidake Onsen - very cold that day



XC skiing around a trail near Asahidake Onsen - the pond is not iced over due to its geothermally heated water.



## Touring News

As Tour Coordinator for this year my main aim is to have the best possible tour program available to members, in particular increasing the number of tours. I will be happy to receive proposed tours from members at any time, plus I will be chasing people to lead tours. The more tour leaders we have, the greater the variety of tours for members, plus it takes the burden off the usual tour leaders. Last year we had a good tour program for the early part of the season but unfortunately there was little snow until mid July so many of these planned tours didn't go ahead. Hopefully the snow conditions in June and July this year will be better.

The Tour Program, containing tour leaders contact details, will be available in the Members Only section of the web site, in the Members version of the Off-Piste newsletter, and also on tour sheets put out at club social meetings where members can put down their names for tours or propose new tours. Between each monthly newsletter, additional tours will be advertised on the web site and/or by separate emails to members. Non-members will also have access to the Tour Program (*without tour leaders details*) in the 'Tours' page on the web site and on the Club Facebook page.

The Club Facebook page has been popular for trip reports and photos and is a good way of seeing what the skiing conditions are like throughout the season. New tours proposed on Facebook will not be designated as formal club trips but people are welcome to propose tours here, and should be aware of the Club guidelines below.

On the Club web site, the 'Info / Club Forms' page contains the following forms and guidance that should assist tour leaders and participants:

- *Advice for Tour Participants*
- *Advice for Tour Leaders*
- *Guide to Transport Costs*
- *Tour Intention Form – Tour Details & Acknowledgement of Risks and Obligations*
- *Emergency Procedures*
- *Incident Report*
- *Medical Information & Emergency Contact*
- *Ski Tour Grading*

If anyone is interested in leading tours in June or early July could they let me know by 31 May so that these can be included in the June newsletter. I will also send out an email to prospective tour leaders on this in mid May.

Here's to plenty of snow and a great ski season in 2016.

*Alan Levy*

**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 Ski Tour Grading on the club's web-site.

### **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.



## Skiing in Northern Sweden – The Kungsleden Trail

See [www.rascal.asn.au/Public/MemberTrips.aspx](http://www.rascal.asn.au/Public/MemberTrips.aspx) for a more detailed description of this trip.

This is a very brief 'How to' article about a ski trip for 100 km along the Kings Trail (Kungsleden) in northern Sweden. It was a seven day trip from Abisko, which lies just above the Arctic Circle, to the Sami village of Nikkaluokta. The trip was undertaken in Easter 2015.

We were skiing as a private group of four, but there are many commercial groups offering route variations and a different experience, such as an included dog sled ride. There are many huts scattered throughout the Swedish mountains and there are many route possibilities. This is just one. The Svenska Turistförening (STF) could advise on what might be suitable for you.

The key to skiing and walking in Sweden is the STF. STF is affiliated with Hostelling International (as is YHA). STF offers mountain survival and competency courses, guided trips, shops, ski hire, advice and information, and a network of cabins and mountain lodges. Swedes are also fluent in English. You can join STF at Abisko and enjoy member rates at their huts.

At STF Abisko we arranged for our city clothes to be delivered to Nikkaluokta and for the return of the hired skis back to Abisko.

### Getting there and back

Abisko can be reached by train. The return was by bus from Nikkaluokta to Kiruna, from which you can access rail or flights. The bus should be booked, as should accommodation at Nikkaluokta if you desire to stay overnight (see <http://www.nikkaluokta.com/>). Rail and flights should be booked six months in advance if travelling at Easter.

### What we took

Our experienced Swedish friends use Nordic norm bindings and waxed skis. Our hire gear from STF Abisko was similar but with non-wax bases. We found we were slipping excessively and so swapped for wax skis. However on reflection, given the variable snow conditions, the time it took to change waxes and the fact that others skiing the route were very happy with their non-wax bases, next time I would steer towards non-wax bases.

We carried a hot thermos and a wind sac. The sac is an emergency shelter that you crawl inside and is supported by skis. It could hold the four of us but this would have been pretty friendly. Luckily we didn't need it.

We travelled fairly light and did not need to take a sleeping bag, tent, cooking or eating gear. We aimed to arrive at the hut each night! We all used sealed cell foam sleeping mats. The necessary map, compass and gps were included and some Swedes also carry a 50 plus metre rope just in case the next red cross can't be seen.

*A good weather day at minus twelve - and the blue wax was excellent, thanks to our Swedish friends!*



## Skiing in Northern Sweden – The Kungsleden Trail (cont'd)

### The route

The route took us from the Abisko Touriststation (STF) via a number of huts to the Sami village of Nikkaluokta. Between Abisko and Nikkaluokta we stayed the STF huts: Abiskojaure, Alesjaure, Tjaktja, Salka, Singi and Kebnekaise.

The route is well marked with bright red crosses every fifty metres or so and follows the floor of a wide U shaped glaciated valley. There are no significant ups or downs but the scenery and experience is spectacular.

### The huts

The Abisko and Kebnekaise stations are like hotels, complete with a near Michelin rated restaurant, small shop, ski hire (at least in Abisko), sauna and hot showers. The other huts are less salubrious, all requiring us to collect water, cut firewood, empty the sullage buckets and had outside toilets. Some had saunas: a sauna being a much more important feature to have at a Swedish mountain hut than an inside tap for water or a draining sink! The huts were all triple glazed, warm and cozy.

Gas stoves, all cooking and eating gear and doonas were provided. STF always make space for an additional person - no one has to sleep in the snow! The resident volunteer hut warden explained the layout and often welcomed us with a hot raspberry juice.

### Comment

The Kungsleden trip is something special and is very popular with Swedes, especially at Easter. This is a good time to go but you need to book travel and huts early. The trip is not arduous but the weather can be a bit challenging at times.

*Alan Laird*



*Two Aussie reindeer*



*Sometimes the red crosses went for ever and ever.*



*Wood cutting was a daily requirement for most huts.*



## Norway Ski Tour

I have long been wanting to do some multi-day ski touring. I have also been wanting to do some cross country skiing overseas. So 2016 was the year to tick off both of these goals with a trip to Norway. With me was Noel Mungoven, Karel Pelikan and Daniele Leyder.

DNT (Norwegian Trekking Association - Den Norske Turistforening) have over 500 huts available for use by DNT members. Some huts are fully catered, others are self service. Trails between the huts are well marked, with signposts and sticks to mark the trail.

DNT also run guided ski tours, led by volunteer guides. Two guides accompany each tour, with a maximum of 14 participants in each tour.

We decided to do the guided tours, for ease of organisation. We booked three tours :

- **Across Hardangervidda** - 8 days, 7 nights, Rolling terrain, no major hills, but quite long distances each day (one day was 27 kms).
- **Classic Rondane** - 7 days, 6 nights, This tour included two very steep mountain climbs, with distances up to 22 kms per day.
- **Highlights of Skarvheimen**—7 days, 6 nights (Intermediate Blue) - reasonably gentle terrain, the longest day was 17 kms.

Overnight accommodation on the tours was mainly serviced huts, with all meals provided. Where we stayed in self-catering huts, food was available in the huts, we just had to organise our own cooking.

DNT also organised outward train transport from Oslo if required. We took up this option, but some tour participants elected to add on extra days of skiing before the start of the tours and so arranged their own transport.

Participants in the tours came from Australia (that's us), Germany, Netherlands, France, England, USA, Canada and Norway.

We took our own equipment as we found it difficult to find anywhere to hire touring skis. This worked well, as transport there was easy, and we were sure we had boots that were comfortable.

As an easy way to organise overseas ski touring, the DNT tours were great. They were generally well run and great value.

*Trish Woods*



## Norway Ski Tour (cont'd)



# Cross Country Skiing Lessons 2016

## Lessons at a glance

Date		Instruction
Jul	Saturday 9	Lessons for beginners
Jul	Sunday 10	Introduction to back country skiing
Jul	Saturday 16 Sunday 17	Weekend courses for beginners with <a href="#">K7 Adventures</a>
Aug	Saturday 6 Sunday 7	Weekend courses for beginners with <a href="#">K7 Adventures</a>
Aug	Sunday 14	Telemark tips for beginners

## Look out for this season's lessons!

**This year we're focussing on lessons for beginners and intermediate skiers.**

### Saturday 9 July 2016 – Lessons for beginners

New to cross country skiing? Ever wanted to try cross country skiing but didn't know how to get started? Want to learn new techniques and skills? [Come and try cross country skiing at Perisher](#) on Saturday 9 July 2016.

This event is open to everyone who is new to cross country skiing! Members and non-members are very welcome.

The day includes a two hour lesson from 9.00am – 11.00am by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Each session is \$20 per participant. Please arrive by 8.30am to be graded into groups.

Participants will need to bring their own cross country equipment. Equipment can be hired from Mountain Adventure Centre (Jindabyne) , Wilderness Sports (Jindabyne & Perisher) or Rhythm Sports (Cooma).

These events are run jointly with Perisher X-Country. Check out the website at [www.PerisherXCcountry.org](http://www.PerisherXCcountry.org).

Register on line here – <http://www.snowsportsact.com.au/programs/come-and-try-cross-country/>.

Accommodation for members and guests will be available in Kalkite. Contact the Lesson Coordinator at [cccstraining@gmail.com](mailto:cccstraining@gmail.com) for more information.

### Sunday 10 July 2016 – Introduction to back country skiing

Practice your new skills with an easy back country tour with more experienced members near Dainers Gap and Rainbow Lake. Refer to our tours page on our [website](#) for more information.

### Saturday 16 - Sunday 17 July and Saturday 6 - Sunday 7 August 2016 - weekend courses for beginners with [K7 Adventures](#)

This 2-day course will give you a firm foundation in cross country skiing technique.

- Meet your instructors and have a tour of the Perisher Cross Country Centre
- Introduction to equipment and clothing
- Progressive lessons in classic technique
- Cornering and downhill technique
- Relay races as a method to improve skills
- Pole technique and timing
- Introduction to skating technique
- Off piste and on piste nordic skiing
- Familiarisation with the Perisher cross country trail network with a fun tour



# Cross Country Skiing Lessons 2016

## Sunday 14 August 2016 – Telemark tips for beginners

Join some of our more experienced members for tips on telemark skiing. We'll meet at the [Perisher XC Centre](#). Refer to our tours page on our [website](#) for more information.

## Cross Country Skiing Terms

**Sitzmark** - The large hole or indentation left behind from a fallen skier. It is good manners to fill in any sitzmarks you make in the trail.

**Herringbone** - Moving forward with the tips of the skis further apart than the tails, which leaves a herringbone pattern in the snow.



Sourced from

<http://skiing.about.com/od/crosscountryskiingterms/a/cross-country-skiing-glossary.htm>

## 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.

### 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/](http://www.murrays.com.au/) or Transborder - [www.transborder.com.au/](http://www.transborder.com.au/)
- Parking is free inside Kosciusko National Park.

**Questions?** email Canberra Cross Country Ski Club's Training Coordinator - [cccstraining@gmail.com](mailto:cccstraining@gmail.com)

Canberra Cross-Country Ski Club  
**KOSCIUSZKO TOUR ENTRY FORM**  
 10:00 am Saturday 20 August 2016

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	Gender
(Entrants must be at least 14 years old)	Male <input type="checkbox"/> Female <input type="checkbox"/>

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)	Fancy dress <input type="checkbox"/>	Family <input type="checkbox"/>	Club <input type="checkbox"/>	ADF Service <input type="checkbox"/>
Team name				
Names of other team members	1.	2.		

<b>Conditions of Entry</b>  The Entrant, by entering and starting agrees to: <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 if weather conditions require, 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>	Canberra Cross-Country Ski Club (CCCSC) reserves the right to: <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 13 August,</li> <li>make no refund if the race is varied or cancelled on or after 13 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>
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Early Bird Entry Fee (Received by Saturday 16 July)	\$40
Standard Entry Fee (Received by Wednesday 17 August)	\$50
Race Day Entry Fee* (To 8:45 am Saturday 20 August)	\$60
<input checked="" type="checkbox"/> 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 : <a href="https://www.registernow.com.au/secure/Register.aspx?E=21001">https://www.registernow.com.au/secure/Register.aspx?E=21001</a>	

<b>Sign here</b> _____ (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 from the top of Perisher Gap and follow alongside the Kosciuszko Road to the lookout at the top of Charlotte Pass. It will then cross Johnnies Plain before climbing the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 22 km.

**Changes** - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

**Tracks** - A classic track and freestyle track will be set and marked with flags where possible.

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start 15 minutes after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

The race start area at the top of Perisher Gap can be cold and windy. Entrants should wear a warm, weatherproof jacket while waiting for the start. Jackets/small packs can be transported back to the Perisher XC centre by skidoo after the start.

If the weather conditions are poor, entrants may be required to carry a small pack of safety equipment including an all weather jacket, extra clothing, and drink and food.

There will be drink stations on the course, but it is recommended that entrants carry additional water especially if the weather is mild and sunny.

### RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

#### TIME

Open for late entries	7:45am to 8:45am
Pick up bibs and ankle transponders	9:00am to 9:30am

### START

#### TIME

Pre-race briefing at Perisher Gap	9:45 am
Race Start	10:00am to 10:15am

**RACING** - This is a tour race so there is no calling of "track" – please go around slower skiers.

**FIRST AID/DRINK STATIONS** –drink stations at Charlotte Pass, Porcupine and Perisher

**SAFETY** - Sustain your fluid intake and wear adequate 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 Cross Country Ski Centre (Nordic Shelter)

#### TIME

Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 1:30pm
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### PRESENTATION

#### Perisher

#### TIME

Your Presentation ticket is valid for a drink and snacks	2:30pm to 3:30pm
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	



## Ski and Snow Photographs (cont'd)



Taken at Mount Wheatley on 19 July 2015, just as the sun rose on a beautiful clear morning following a snow storm. *Photo: Tony Brown*



Another from Mount Wheatley on 19 July 2015. *Photo: Tony Brown*



Skiing in Norway *Photo: Trish Wood*

## Exploring the Jagungal Wilderness

Exploring the Jagungal Wilderness is a new book by Robert Green. It is specifically targeted at bushwalkers but does contain a lot of general information on the Jagungal Wilderness area that cross country skiers will find useful.

### Background

The 2003 fires in Kosciuszko National Park, destroyed 23 huts and did enormous environmental damage. But they had some beneficial side effects. By clearing the undergrowth they revealed things which had been hidden or forgotten. This book tells of the hut ruins, graves and other features which were found; and also the old dray tracks and bridle trails which were traced and recorded. It gives precise details of routes and interesting locations, and makes recommendations for long and short walks in the Jagungal Wilderness.

A real revelation was that the bridle and dray tracks, which had been used by graziers and miners for over 100 years, were very sensible routes, which are just as useful for bushwalkers today as they were to the old timers then. Even if the tracks fade away, we now know where they went. That makes it a lot easier for us to traverse the same country.

This book gives precise details of routes and interesting locations. It makes recommendations for long and short walks in the Jagungal Wilderness.

**Klaus Hueneker**, author of "Huts of the High Country" and "Kiandra to Kosciusko" described it as:

"The most detailed coverage of track and hut sites in the Jagungal Wilderness ever compiled. Chapter after chapter, map after map, reveal numerous routes and sites between Snowy Plain in the east and the Grey Mare Range to the west, and between Island Bend in the south and Happy Jacks Plain to the north."

### Where you can buy the Book

The retail price is \$29.95 and the book is available directly from Robert Green. Contact details: [rvhgreen@outlook.com](mailto:rvhgreen@outlook.com)

The ebook is available from Amazon and from Apple.

It is recommended that the physical book be used for route planning and the (lighter) ebook be taken on the walk.

# Exploring the Jagungal Wilderness



## A bushwalker's guide to Kosciuszko National Park

Robert Green

### Perisher XC Centre and Ski Trails—Work Party

Saturday and Sunday May 7-8 & June 4-5 (if required).

A weekend of fun and sustained aerobic exercise (or a lesser degree of exercise for those of us who prefer the softer option). Bring the usual appropriate clothing, fly repellent (super grade) and useful tools. Weather depending, there will be both work on the trails and in the Nordic Shelter.

If you can attend, please contact **Peter Ward** - [nswxc1@gmail.com](mailto:nswxc1@gmail.com).

If you require free accommodation with the group at Canberra Alpine Club lodge (always a fun night - thank you CAC), please contact **Peter Cunningham** - [peter.cunningham@actewagl.com.au](mailto:peter.cunningham@actewagl.com.au). Bring food, drink, bed linen, towels, etc.



## Main Range Peak Names

**Ever wondered how those high peaks in the Main Range got their names? Most of us have heard the story behind the naming of Kosciuszko, but some of the others aren't well known. Here's a potted history of the naming of the main peaks along the range.**

### The Ramsheads (2000m)

The three notable 2000m peaks in this group are the most southerly in NSW and arguably part of the Main Range. The central one is The Rams Head (2193m), 4 kilometres south of Kosciuszko. This group also includes North Rams Head (2178m) and South Rams Head (2053m). An early grazier most likely named them. Stewart Rylie was the first European to ascend this range on 15 February 1840. He wrote, "... On gaining the summit, I saw one of the highest points covered in snow to be distant to the northwest about three or four miles but finding it too late to reach that point." That point was Kosciuszko, first ascended by another European just one month later.

### Kosciuszko (2228m)

On 12 March 1840, scientist and explorer Paul Strzelecki climbed the peak we now know as Kosciuszko. A native of Poland, he named it after a Polish general and military hero, Tadeusz Kosciuszko. For many years, it was thought that he had mistakenly called Mt Townsend (which he climbed first) but the weight of expert opinion now supports him having then climbed and named Kosciuszko. He ascended from the Geehi Flats up what is known as Hannel's Spur. It nearly got the name "Wellington," in remembrance of the hero of Waterloo, who died in 1852, but this was averted and "Kosciusko" made it onto official colonial maps in 1853.

### Abbot's Peak (2159m)

Named by Austrian zoologist Dr Robert von Lendenfeld after a visit to the area in 1885. Abbott was the name of then NSW Minister for Mines, "... whose liberality and protection of scientific research demands the esteem and gratitude of every scientific man." He wasn't laying it on too thick mind you!

### Townsend (2209m)

The mountain named after the great surveyor of the Main Range, Thomas Scott Townsend. He surveyed the entire range, including the Ramshead Range, right up to Mt Tate in 1846 and 1847, without actually naming any of the peaks himself. Ironically, Townsend was one of the few peaks upon which he never set foot on. For some years in the late 19th century, Townsend was known by the local cattlemen as Mueller's Peak, after the botanist who ascended the mountain in the 1850s.

### Mueller's Peak (2145m)

Named after the German botanist Ferdinand von Mueller. Mueller made trips to the Alps in 1853 and 1855, escorted by a famous Jindabyne cattleman and mountain guide, James Spencer, who had a property at Waste Point (now under the lake). As often happened in the early days, there was a time when this peak was called Mount Clarke, after another avid explorer of the 1850s, the Rev. W B Clarke.

### Mt Clarke (2100m)

Named after the Rev. William Branwhite Clarke ("WB" to his mates, no doubt). Clarke, a geologist, was commissioned by the Governor of NSW in 1851 to find minerals in the Snowy, particularly gold. He didn't find much gold but his name lives on with this famous peak. He is also remembered for confirming that glaciers once existed on the Main Range. He was also a headmaster of the Kings School at Parramatta.

### Mt Northcote (2131m)

Most likely named after the Governor-General, Henry Stafford Northcote (1903-1908), also known as Baron Northcote of Exeter. Very posh but apparently not very bright.

### Mt Lee (2105m)

Little information out there on this one. But it was most likely named after Charles Alfred Lee. A politician, and co-founder of the Murrumbidgee Irrigation Scheme who took over leadership of the newly formed Liberal Party of NSW in 1901 after the withdrawal of the favoured candidate, Sir Joseph Carruthers, the namesake for the neighbouring peak.

### Carruthers Peak (2142m)

The field naturalist Richard Helms (of the Sydney Museum) named this peak in the early 1890s after the then Minister for Lands, Joseph Carruthers, who went on to become Premier of NSW.



## Main Range Peak Names (cont'd)

### The Sentinel (1905m)

While not viewable on the Main Range skyline from the east, this razorback formation is quite prevalent from the west and is one of the most dramatic peaks in the Snowies when viewed up close. Named in 1941 by the author, grazier and pioneer backcountry skier, Elyne Mitchell, who described it thus: "...sharp-pointed, beckoning, beautiful."



The Sentinel taken on 7 October 2013, Photo: Tony Brown

### Mt Twynam (2196m)

Named after Edward Twynam, who was the Chief Surveyor for NSW in the 1890s. Earlier in his career, in the 1860s, Twynam had succeeded Thomas Townsend (the surveyor of the Main Range) as District Surveyor in Albury. Just a few degrees of separation!

### Mount Anton (2010m)

Originally called Mt Eadith Walker (yes, Edith with an "a" in it), after a wealthy and generous patron of the Geographical Society in the mid 19th Century. The current naming is quite recent, named after Charles Anton an Austrian migrant, who is remembered as co-founder of Thredbo and for many other achievements, including the establishment of the only two ski lodges on the main range – Albina (burnt by fire) and Kunama (destroyed by avalanche).

### Mount Anderson (1997m)

Named, most likely by the naturalist Rev. Milne Curran in the 1890s, after the geological surveyor William Anderson. Curran is also responsible for naming Hedley Tarn (below Blue Lake) after his travelling companion and fellow naturalist Charles Hedley.

### Mount Tate (2068m)

Named after the geologist Prof. Ralf Tate of Adelaide. The South Australian connection continues with nearby Gills Knob being named in the 1850s after Thomas Gill of Adelaide, Treasurer of the Royal Geographical Society of South Australia.

### Jagungal (2061m)

As the most northern of the 2000 metre peaks, Jagungal is the dominant peak on the northern skyline. It was noted and mapped by the government surveyor Granville Stapylton in 1833. First named on maps in 1851 as the "Big Bogong" and in 1853 formally received its current name. "Jagungal" is thought to be a derivative of an aboriginal word relating to the Bogong moth that migrates to the Alps every year. Those planning to ski this lonely mountain need to allow for a multi-day trip.

Sourced from MountainWatch.com via MRBC.com.au

*I have it on good authority that Albina Hut was not burnt but was deliberately removed by the KNP when it was decided the park should be a wilderness park. A temporary shelter was installed in its place for 2 years after in case skiers had not heard that it had been removed.*

## Club Committee Contacts

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**PO Box 6234**  
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**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 weekend.

**Tent** (Macpac 3-4 person) - \$20/weekend ; - \$30/week

**Trangia stove** - \$3/weekend; - \$5/week

**Snow shovel** - \$4/weekend; - \$6/week

**Contact** Noel Mungovan (ph) 6299 2386 (H).



### 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 Levy, Jo-Anne Clancy, Bruce Porter or Lachlan Kennedy

**GPS** (Garmin ETrex Vista HcX)

**Contact** Alan Levy & Jo-Anne Clancy



## Social meetings 2016 — all welcome

Wednesday 25 May 2016

### **Skiing Experiences in Norway**

**Guest Speaker: Noel Mungovan**

Noel Mungovan will present his experience skiing in Norway.

Wednesday 8 June 2016

### **Light weight skiing for touring and racing and how you balance this with safety**

**Guest Speaker: Dave Drohan**

Dave Drohan will present tips on light weight skiing for touring and racing and how to balance this with safety.

Wednesday 22 June 2016

### **Alexander Technique and how this can benefit your fitness for skiing**

**Guest Speaker: Michael Stenning**

The **Alexander Technique**, named after Frederick Matthias Alexander, is an educational process that develops the ability to realign posture and to avoid unnecessary muscular and mental tension. Alexander believed the individual's self awareness could be inaccurate, resulting in unnecessary muscular tension such as when standing or sitting with body weight unevenly distributed, holding one's head incorrectly, walking or running inefficiently, and responding to stressful stimuli in an exaggerated way. Alexander said that those who habitually "misused" their muscles could not trust their feelings (sensory appreciation) when carrying out activities or responding to situations emotionally

Wednesday 13 July 2016

### **Skiing in Sweden**

**Guest Speaker: Alan Laird**

Alan Laird will present his experience skiing the Kungsleden Trail in Sweden.

**Meetings are held at the Hughes Community Centre, Hughes Place, Hughes, Canberra 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.**

## **ACT Ski Sale Sat 14th May 2016**

I am looking for volunteers again for the Snowsports ACT ski sale to act as security on the front door.

The ski sale will be held between 8:30am and 1:30pm. Volunteers can work for whatever time they are available.

Any queries please call me on 0477 356 835.

Peter Cunningham