

SPECIAL
POINTS OF
INTEREST:

- Volunteers required for Kosciuszko Tour –Page 10 –19 August 2017
- Ski Tour Program— Pages 9-10

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2017, ISSUE 4

7TH AUGUST 2017

President's Piece

It's hard to believe that it's already August! After a slow start the season is continuing to improve, with big snowfalls forecast for this weekend and top ups all through next week – perfect timing for Perisher Cross Country Ski Week (see the program in this edition). Many club members will be at Perisher participating in the fun events on offer. If you would like more information about ski week events and accommodation please send me an email.

The club's very own Kosciuszko Tour race is on Saturday 19 August. Rowan Christie has been working hard to create an interesting course that will explore the terrain between Perisher and Charlotte Pass. You can enter online via the Register

Now link or use the form in this newsletter.

If racing is not your thing, but you would still like to be involved, we really need volunteers to help out on the day. Volunteer duties include staffing drink/aid stations along the course and safety marshals to patrol the course. Please con-

tact me or Rowan Christie if you are interested in helping out. Accommodation is available for volunteers.

Another successful July lodge weekend was held on 28-30 July.

(cont'd on page 2)



Sonja Weinberg, Ken Moylan, Carol Bartlett and Bruce Bartlett at Perisher Gap - 1 Aug 17. (Alan Levy)

2017 Membership Subscriptions

Membership Subscriptions for the 2017 season are now due, and can be paid on Register Now, via the Club website, or via the form on page 21.

September Newsletter Deadline

Deadline for articles for the September 2017 Off-Piste is 1st September 2017.

President's Piece (cont'd)

The weather forecast wasn't promising, with very strong winds forecast for both days. As it happened the Saturday was a beautiful day; breezy, but with plenty of sunshine and some of the nicest snow I've ever skied. Some members took advantage of the Ski de Femme and Come and Try events organised by PXC and Snowsports ACT, while other groups toured the per-

fectly groomed trails or explored further afield. A great day of skiing was rounded off by an excellent group dinner. Sunday dawned wet and windy, but some brave souls headed up the mountain regardless and were rewarded with better than expected conditions. A big thank you to all participants for a weekend of good food,

great company and excellent skiing.

Check out the tour program and social night calendar for this month's activities – remember spring will be upon us all too soon!

Regards

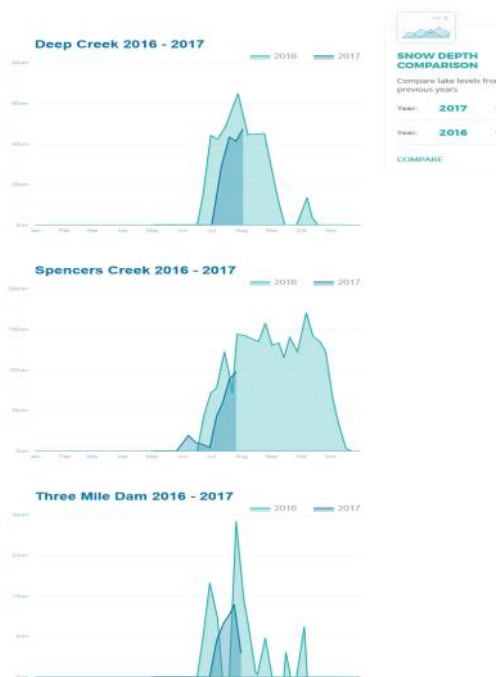
Jo-Anne Clancy

President

Tip - or not?

A researcher, Dr Richard Stephens, has found that people can hold their hands in a bucket of icy water for twice as long, and feel less pain, if they swear while doing so. Members should perhaps keep this in mind the next time that they are paddling across the Snowy River and give it a go, to see if swearing also reduces the pain of feet in icy water. And, if it does, the next question is "Are some swear words more effective than others?"

Greg Lawrence



Snowy Hydro snow depth comparison 2017—2016. 4th August 2017.

Tour Report— 22-23 July 2017 — Snowcamp — Guthega- Rolling Grounds-Schlink Hut-Guthega Power Station

The tour consisted of Ian Turland (Tour Leader), John Giacom and myself. The three of us had planned to ski and camp for the weekend. Melinda Brouwer, Keith Tarlo and Bruce Barnett planned to ski with us on Saturday.

Ian picked John and myself up and we headed to Island Bend to camp for the Friday night, where we met Melinda and Keith. The night was beautiful with the stars clearly visible. That also meant it was going to be cold. When we arrived we quickly set up our tents and Ian started up his gas burner ready for dinner. Ian also had taken some firewood for a small fire. After dinner and a couple of quiet drinks around the fire we headed into our tents and warm sleeping bags for a good night's sleep.

On Saturday morning, we set off from Island Bend to Guthega. Ian and Melinda then did a car shuffle down to Mungyang Power Station, where Ian parked his car. The plan was to finish our skiing here on Sunday.

Back at Guthega car park we set off down the road and across the dam. We then headed up the ridge. There was a clear blue sky with no clouds but we could see the wind picking up with snow being blown across the top of the ridge. The skiing became fairly slow going as the recent snow falls had produced a surface of powder. After we had stopped for morning tea and progressed a little further Melinda, Keith and Bruce left the group as planned. Ian, John and I continued on to the gap above Fall's Creek heading towards the Rolling Grounds. As we approached the gap it became evident that the very strong winds forecast for late

Sunday had come through early. We had progressed about a third of the way towards Schlink Hut and it was now just after midday. We discussed our options given our progress, the very strong head wind and the current ice underfoot through the gap. We came to the conclusion that the best, and safest, option was to now head back to Guthega.

Overall, it was a great day of skiing. The going was slow going up but the day was clear and along the ridge we were sheltered from the Northerly winds.

On our way back to Canberra we had to wait over an hour at the intersection onto Kosciuszko Road as a bus had caught on fire. Luckily everyone on the bus managed to get off before it really burst into flames .

Tony Brown



Melinda, Bruce, John and Ian at our morning tea stop— 22 Jul 17. (Tony Brown)



Google Earth map of the day's trip.

Tour Report— 22-23 July 2017 — Snowcamp — Guthega-Rolling Grounds-Schlink Hut-Guthega Power Station (cont'd)



Ian on the way up to the gap above Fall's Creek. (Tony Brown)



Ian and John having lunch after making the decision to turn back. (Tony Brown)

"These two images were taken the following weekend 29 July 2017 along exactly the same route. The day was very similar with clear blue skies for most of the day. The ice in the snow gums up above Fall's Creek, which I had hoped to get some photos of, had mostly gone though. "
(Tony Brown)



Ski and Snow Photos



Adam Lilley skiing on the eastern slopes between the Porcupine and Betts Creek – 13 Jul 17. (Alan Levy)

Ski Day Tour Suggestions

Here are some suggestions for day tours. Some of these tours can only be done in good snow seasons:

From Perisher Valley:

1. Nordic Trails - 2.5, 5, 7.5 & 10 km loops starting from the Perisher Nordic Shelter.
2. Perisher to Smiggin Holes via the Mt Piper trail - 2.5 km, good views.
3. Perisher to Dainer's Gap via Thompsons Plain trail (car swap possible)
4. Perisher to The Paralyser - good slopes and snow gums.
5. Perisher to Blue Cow - along the road past North Perisher then up to Blue Cow terminal.
6. Perisher to Blue Cow - via Perisher Gap and the saddle between The Paralyser & Mt Perisher.
7. The Porcupine - granite outcrops overlooking the Crackenback Valley.
8. Perisher to Charlotte Pass via The Porcupine.
9. Perisher to Charlotte Pass via Kosciusko Road & Spencer's Creek.
10. Smiggins Loop - 2 & 4 km loops starting from Smiggin Holes.
11. Mt Wheatley - good snow gums and slopes.
12. Trapyard Creek – ski to edge of escarpment for views of Thredbo Valley below.

Ski Day Tour Suggestions (cont'd)

From Guthega:

1. Guthega Trig - good slopes in this area. Good descent to the dam.
2. Mt Tate - via Guthega Trig and Consett Stephen Pass, or Tate East Ridge.
3. Tate West Ridge - via Consett Stephen Pass. Good views of Geehi Valley.
4. Tate East Ridge, Mt Tate, Consett Stephen Pass, Guthega Trig circuit.
5. The Rolling Grounds - good views and rolling terrain.
6. Munyang - via the Rolling Grounds (car swap)
7. Dicky Cooper Bogong - via the Rolling Grounds.
8. Mt Twynam or Little Twynam - via Snowy River valley and Illawong Lodge.
9. Mt Anderson - via Tate East Ridge and Illawong Lodge.
10. Blue Lake - via Snowy River valley and Illawong Bridge.
11. Charlotte Pass - via Illawong Lodge and Spencers Creek.
12. Guthrie Trig - via Illawong Lodge. Great views of the Main Range.
13. Guthega to The Paralyser - good slopes and views of the Main Range.
14. Farm Creek – interesting valley between Guthega and Mt Perisher.

From Munyang:

1. Whites River Hut - via the firetrail or the aqueduct tracks.
2. Schlink Pass / Schlink Hut - via the firetrail or the aqueduct tracks.
3. Rolling Grounds, or Dicky Cooper Bogong.
4. Guthega via the Rolling Grounds (car swap)
5. Disappointment Spur Hut and Horse Camp Hut - via the aqueduct track and firetrail.
6. Tin Hut - via Disappointment Spur. Long day trip.

From Mt Selwyn:

1. Mt Selwyn Trail - climbs Mt Selwyn, crosses open plains, good views of Mt Jagungal.
2. Goldseekers Trail - 3 km circuit. Contains some old goldmining relics.
3. Three Mile Dam - Easy skiing around the dam. Good ski slope on the dam wall.
4. Kings Cross Trail - easy trail running parallel with the Kings Cross road.
5. Cabramurra via Kings Cross Road - good views and easy skiing.
6. Kiandra - via Mt Selwyn trail and Pollocks Gully.
7. Four Mile Hut - old miners hut built in the 1930's.
8. Elaine Mine – gold mining ruins close to Four Mile Hut.
9. Broken Dam Hut – a rebuilt hut close to Tabletop Mountain.
10. Tabletop Mountain - long day trip. Great views towards Mt Jagungal.

From Cabramurra:

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

Ski Day Tour Suggestions (cont'd)

From Thredbo:

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

From Dead Horse Gap:

1. South Ramshead - climb up through the snow gums. Good views into Victoria.
2. Brindle Bull - a plateau behind Thredbo village. Good views of the Ramshead Range.
3. Teddy's Hut - via Thredbo River valley or the Brindle Bull.
4. The Chimneys - good views of the Ramshead Range, Tin Mine Area and into Victoria.
5. Bob's Ridge – climb up to top of ridge for views into Victoria.
6. Cascade Hut – long descent from Bob's Ridge. Wooded country, many brumbies in this area.
7. Ramshead Range - climb to the Ramshead Range, and beyond, towards Kosciuszko.

From Kiandra:

1. Sawyers Hill area
2. Four Mile Hut - via Pollocks Gully and the Tabletop trail.
3. Commissioner's Gully – long valley east of Selwyn trails.
4. Mt Selwyn - via Pollocks Gully and the Mt Selwyn trail.
5. Gooandra / Witses Hut area, from Snowy Mountains Highway.
6. Tantangara Mountain - good views and slopes, plus a hut to visit.

Lake Eucembene Area:

1. Mt Jagungal via Nimmo Hill
2. Eucembene Cove to Happy's Hut, via fire trail.
3. Adam's Hut & Kelly's Hut, via road overlooking Lake Eucembene.
4. Eucembene Cove to Bald Mountain, via fire trail.

Cont'd on page 11

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. David Drohan is assistant Tour Coordinator this year so also happy for members to provide proposed tours to David at any time.

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 feel free to contact myself or David Drohan at any time with the details.

Alan Levy

Tour Coordinator



Ski Tour Program (2017)

Date	Tour Description	Leader
	Additional tours will be programmed and advertised in future editions of <i>Off-Piste</i> and in the members section of the web site.	
	Mid-Week Skiing I am available for mid-week skiing during the season and would welcome people joining me for mid-week activities, including tours, resort skiing and skating on the trails.	
August	Hut Touring Multi-Day when the snow is good Intermediate-Advanced Skills Rolling-Hilly Terrain Long Distance People who wish to come on the Norway trip (see below) should come along on this trip. The idea is to get plans from what people want to do and then organise some dates.	
Tuesday, 15 August	Mid-Week Tour All Standards A mid-week tour somewhere in the mountains. Hope to ski in the Mt Selwyn area if there is sufficient snow about.	
Saturday, 19 August	Kosciusko Tour Our Club is running this ski race, which will start at Perisher and head to Charlotte Pass and back. Participate in the Kosciusko Tour ski race either as a racer or volunteer helper. Further details are on the Club website.	
Sunday, 20 August	Guthega area or Perisher area Basic-Intermediate Skills Rolling-Hilly Terrain Medium Distance The tour will start either at Guthega or Perisher, depending on the conditions.	
Sunday, 20 August	Kiandra Area Basic-Intermediate Skills Rolling Terrain Medium Distance A tour somewhere in the Kiandra area in the northern part of the park. Depending on the snow, possible destinations could include Gooandra Homestead, Tantangara Mountain or out towards Broken Dam Hut. In the event of lack of snow or a wash-out, the trip will be relocated to the Guthega area.	
Saturday, 26 August	Race – Kangaroo Hoppet <i>Club members will be in Victoria to participate in the 42km Kangaroo Hoppet, 21km Australian Birkebeiner and 7km Joey Hoppet ski races at Falls Creek.</i>	
Saturday, 26 August	The Paralyser Intermediate Skills Hilly Terrain Medium Distance Will start from Perisher or Guthega and climb up onto The Paralyser. Great slopes and views from the top.	
Saturday, 2 September	Brindle Bull Area Basic-Intermediate Skills Rolling Terrain Medium Distance Will start at Dead Horse Gap and explore the Thredbo River Valley and slopes of the Brindle Bull.	

Ski Tour Program (cont.)

Date	Tour Description	Leader
Sunday, 3 September	Not the Kosciusko Tour Intermediate Skills Rolling terrain Long Distance This tour will re-create the glory days of the Kosciusko Tour ski race by following the original route from Thredbo to Perisher on the September date. The tour will involve a car shuffle and the purchase of a lift ticket at Thredbo and a Ski Tube ride from Perisher back to Bullocks Flat. Leave car(s) at Bullocks Flat, drive to Thredbo, catch the chairlift up to the top of Crackenback, then ski along the old Kosciusko Tour route along the pole line and summit road to Charlotte Pass, then continue along the road to Perisher, before returning to the car(s) at Bullocks Flat.	
Sunday to Saturday, 3-9 September	Guthega Lodge Week Intermediate Skills Hilly-Steep Terrain Medium Distance I am running my cross country week at the Australian Ski Club lodge at Guthega from 3rd September. Day trip tours from the lodge will be organised and will run Monday 4th to Saturday the 9th. Destinations will be determined on cover, snow conditions and weather. For medium levels of skiing ability and above. Cost is \$90 per night, each room has its own ensuite, there are quality beds and NO bunks, self catering, your own fridge ,etc. and bookings need to go through me.	
Saturday, 9 September	Tate West Ridge Intermediate Skills Hilly-Rolling Terrain Medium Distance Start at Guthega, cross the dam wall and climb past Guthega Trig out to Conssett Stephens Pass and on to Tate West Ridge, which provides great views of the Main Range and Geehi Valley.	
March 2018	Norway (Expression of Interest) Intermediate-Advanced Skills Rolling Terrain Long Distance One week skiing the tracks around Sjunjoen – Lillehammer (no limit in numbers). Then head off for the Rondane Traverse for a week (limit of 4). If more are interested another leader will be required.	

*David Hall,
Matt Carkeet,
Ken Moylan and
Jo-Anne Clancy
at the Chalet at
Charlotte Pass
after the KAC
Classic Race on
9 Aug 17.*

(Alan Levy)



Ski Day Tour Suggestions (cont'd)

From Charlotte Pass:

1. Stilwell Plateau - nordic trails, Eagles Nest restaurant ruin, good views of Main Range.
2. Guthrie Trig - Good slopes and great views of the Main Range.
3. Mt Kosciuszko - via summit road and Seaman's Hut.
4. Carruthers Peak - spectacular views and a long downhill run back to the Snowy River.
5. Club Lake - nestled below Carruthers Peak. Steep skiable chutes and gullies nearby.
6. Kunama Hut Ruin - destroyed by avalanche in the 1950's. Below Mt Clarke.
7. Blue Lake - the largest glacial lake in the area. Surrounded by large cliffs.
8. Mt Twynam - Australia's 3rd highest peak. Good views of the Main Range and Geehi.
9. Watsons Crags - steep slopes, large cornice, spectacular views all round.
10. The Sentinel - steep slopes for the experts. Very spectacular.
11. Mt Clarke, Mt Northcote, Mt Lee and Carruthers Peak circuit.
12. Lakes Circuit - via Seaman's Hut, Mt Kosciuszko, Mt Northcote, Mt Lee and Carruthers Peak.
13. Little Austria and Lady Northcote Canyon.
14. Lake Albina - picturesque glacial lake above Lady Northcote canyon.

From Geehi:

1. Grey Mare Range – steep climb via the Pinnacle fire trail.

From Dainer's Gap:

1. Plains of Heaven - on the western side of the road above the Sponars Inn.
2. Thompsons Plain trail to Perisher - fairly flat terrain (car swap possible)
3. Pretty Point - good views towards Lake Jindabyne from the edge of the plateau.
4. Rainbow Lake – a short ski to a man-made lake.

Brindabellas:

1. Mt Franklin - site of the former Chalet and old ski runs.
2. Mt Ginini - contains old ski runs, with views to Canberra.
3. Ginini Flats.
4. Mt Gingera - the flat topped mountain visible from Canberra.
5. Mt Franklin Road - easy skiing along the road through snow gums.

Ski Tour Gradings

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, herring-bone, 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.

"Participants enjoying coffee, cookies and champagne on the snow at Perisher on the PXC Mystery Coffee Tour on 8 Aug 17"

(Alan Levy)



Canberra Cross-Country Ski Club			
KOSCIUSZKO TOUR ENTRY FORM			
10:00 am Saturday 19 August 2017			
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	Male <input type="checkbox"/>	Female <input type="checkbox"/>
(Entrants must be at least 14 years old)				

Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/>	Name of club: _____
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Technique:	Classic <input type="checkbox"/>	Freestyle <input type="checkbox"/>
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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. _____	

Conditions of Entry	
<p>The Entrant, by entering and starting agrees to:</p> <ul style="list-style-type: none"> be at least 14 years old, be responsible for their fitness and ability to take part in the event, have adequate clothing, food & drink before, during and after the event, carry a small pack during the tour if weather conditions require, containing warm/wet weather clothing, snacks and drink report to the nearest official if withdrawing from the event, & absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur. 	<p>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</p> <ul style="list-style-type: none"> vary or cancel any race arrangements to suit weather or snow conditions, post variation or cancellation notices on cccsc.asn.au and at race office, refund the entry fee paid less expenses if the race is cancelled before 17 August, make no refund if the race is varied or cancelled on or after 17 August, make no refund, credit or exchange if the Entrant withdraws before starting, close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, refuse entry or participation to any Entrant,

Early Bird Entry Fee (received by Friday 30 June)	\$20	Sign here
Standard Entry Fee (received by Monday 13 August)	\$30	
Late Entry Fee* (to 8:45 am Saturday 19 August)	\$40	
Please send completed entry form and payment (cheque or money order) to: KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602		Signature of Entrant (or Parent/Guardian if Competitor is under 18 years of age) or enter online (Visa/Mastercard/PayPal) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=25263

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher 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 20 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.

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	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 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 2:00pm
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PRESENTATION: Sun Deck Hotel Perisher

TIME

Presentation	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	



Canberra Cross Country Ski Club

PO Box 6234, O'Connor ACT 2602

Web: www.cccsc.asn.au

Email: cccscinfo@gmail.com

**Fun and fitness
in the snow**

Club Committee Contacts

Position	Name	Email	Phone
President	Jo-Anne Clancy	cccscpresident@gmail.com	
Vice President	Ian Turland	cccscvicepresident@gmail.com	
Secretary	Greg Lawrence	cccscsecretary@gmail.com	
Treasurer	Paul Room	cccsc treasurer@gmail.com	
Membership Secretary	Gale Funston / Niboddhri Ward	cccscinfo@gmail.com	
Tour Coordinator	Alan Levy / Dave Drohan	cccsc tours@gmail.com	
Kosciusko Tour Coordinator	Rowan Christie	cccsc racing@gmail.com	
Meeting Coordinator	Vacant	cccsc meetings@gmail.com	
Newsletter Editor	Tony Brown	cccsc editor@gmail.com	
Webmaster	Nick Reese	cccsc webmaster@gmail.com	



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



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.



Social Meetings 2017 (All Welcome)

Wednesday 16 August 2017

Skiing Norway

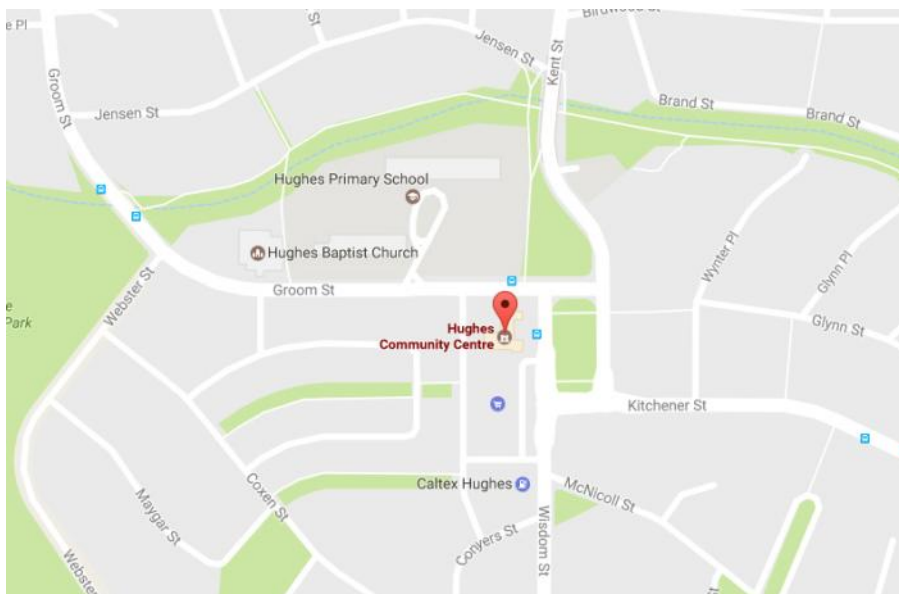
Margaret and Sonja will present “Skiing in Jotunheimen National Park—Norway”.

David will discuss his upcoming Norway hut tour.

Wednesday 30 August 2017

Skiing in New Zealand

Come along to the social meeting on 30 August and hear Lachlan Kennedy talk on his very, very recent trip to New Zealand to ski the Two Thumbs Range near Tekapo. Other bits of free heel skiing adventures will be thrown into the mix as well.



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



Application for Membership 2017

Canberra Cross Country Ski Club Inc
ABN 55 670 450 108
PO Box 6234 O'CONNOR ACT 2602

To join **ONLINE** go to
www.cccsc.asn.au and click **REGISTER NOW**

MEMBER DETAILS		MEMBER PREFERENCES										
<p>Tick the box if you do not wish your:</p> <ul style="list-style-type: none"> NO email to be distributed on the email list <input type="checkbox"/>; NO Information on a contact list on the members only area of the website that includes your name <input type="checkbox"/> suburb <input type="checkbox"/> No <input type="checkbox"/> email <input type="checkbox"/> and NO preferred phone numbers <input type="checkbox"/> Blank box means agreement to information on members page <p>All other information will be kept confidential with only summarised results reported.</p> <p>Postal address (Number, Street, Suburb or Town, State, Postcode)</p>		<p>Help CCCSC organise appropriate activities and plan for the future by answering the questions below about yourself and household members:</p>										
		Skiing Level What type of ski trips do you like? (you can tick more than one box)			Interests What do you hope to get from membership of CCCSC in this session (you can tick more than one box)							
		Beginner	Short and easy	Intermediate	Advanced	Social outings	Citizen races	Resort Telemark	Ski day trips	Ski camping trips	Ski instruction	Other instruction
Member 1 First Name Last name <input type="checkbox"/> email <input type="checkbox"/> Daytime Phone <input type="checkbox"/> Evening Phone		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Member 2 First Name Last name <input type="checkbox"/> email <input type="checkbox"/> Daytime Phone <input type="checkbox"/> Evening Phone		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First and last name of other household members: Member 3 Member 4 Member 5		Year of Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>We apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.</p> <p>Signed by or for each member above:</p>												
<p>Have you ever been a member of the CCCSC before? YES <input type="checkbox"/> NO <input type="checkbox"/> What Date did you join</p>												
<p>Make cheques payable to: "CCCSC"</p> <p>Mail this form and your cheque to "CCCSC, PO Box 6234 O'CONNOR ACT 2602" or</p> <p>Bring this form and your cheque or cash to a CCCSC meeting.</p>												
<p>Membership fees: \$50 for single membership \$65 for household membership</p>												