

**SPECIAL
POINTS OF IN-
TEREST:**

- Mont Equipment Talk
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2017
- Ski Tour Program—
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2017, ISSUE 3

10TH JULY 2017

President's Piece

The cross country ski season kicked off last weekend, with long awaited snowfalls providing skiable cover on the Nordic trails and in the backcountry. Although the snow was fresh and dry, skiing was tricky at times due to the lack of a solid base. More snow is on the way.

Dr Will Steffen gave a fascinating (if sobering) talk on climate change and its potential impact globally and locally. It is certainly grim news for the snow country if strong action isn't taken now to reduce greenhouse emissions. This season's slow start with cold but very dry weather may be an example of what is to come.

On a more positive note, the snow arrived just in time for the first of the July lodge weekends. 30 club members attended and it was encouraging to see so many children and young people taking part. The Come and Try

lesson organised by Snow-Sports ACT was popular with families and beginners, while more experienced members tackled the backcountry at Guthega.

(cont'd on page 2)



Gjende's huts near Lake Gjendesbu. From Skiing in the Jotunheimen on Page 4. (Lachlan Kennedy)

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.

August Newsletter Deadline

Deadline for articles for the August 2017 Off-Piste is 4th August 2017.

President's Piece (cont'd)

The group dinner on Saturday night provided a great opportunity for socialising and even the hungriest kids couldn't eat all the food on offer. The Sunday was cold, snowy and windy. Some chose to spend the morning with a cup of coffee and

good book while others braved the elements for a tour of the 2.5 or 5 km trails. Thank you to all who attended and made the weekend such a success.

Don't miss the next social meeting talk on Wednesday 12 July when Sarah from

Mont Adventure Equipment gives advice on ski clothing and equipment and shows off the latest gear. Happy skiing

Regards

Jo-Anne Clancy

President

Tour Report— Guthega up to Tate East Ridge— Saturday 8 July 2017

I led a trip from Guthega up to Tate East Ridge on the Saturday . The tour also included Adam Lilley, Melinda Brouwer and Maria O'Donahoo. we were going to head over to Pounds Creek from Guthega River but ended up retracing our steps from Tate East Ridge, given poor visibility, strong wind, and icy conditions at the higher elevations.

Ian Turland

"The XC Trails continue to build and to fill in the trails; but packing and overnight grooming is helping consolidate a base.

Luke has packed and groomed the 3.5km and also 5km Trail. Skiing on the Trails is now lots of fun and offers some variety too now.

New snow in the backcountry with the base building and consolidating higher on peaks. . "

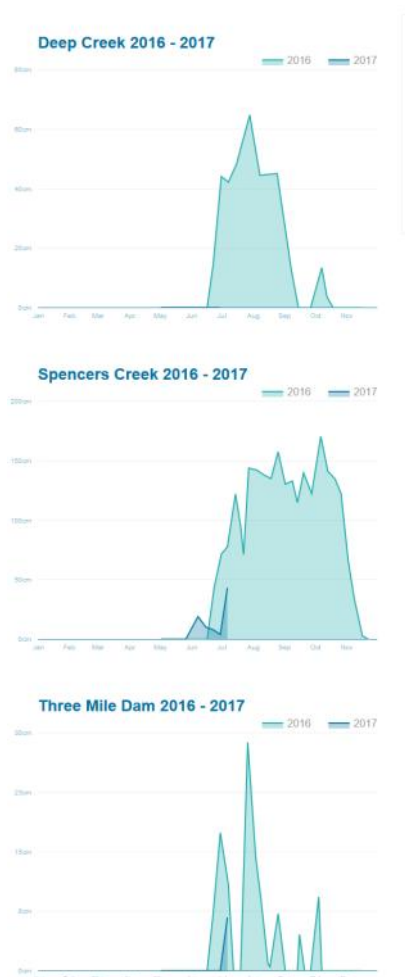
*Tips for Today—
Wilderness Sports - 11 July
2017*



Having lunch under Tate East Ridge - Melinda Brouwer, Adam Lilley, Maria O'Donahoo, Ian Turland - 8 July 2017 (Sonja Weinberg)



Deciding next step at Guthega River - Ian Turland, Melinda Brouwer and Adam Lilley - 8 July 2017 (Sonja Weinberg)



Snowy Hydro snow depth comparison 2017—2016. Snow is starting to build.



Gale Funstan skiing through a snow storm, on the 5km loop at the Perisher Trails. This was an activity of the Early June Lodge Weekend - 9 July 2017 (Ken Moylan)

Found

Columbia Omni-wick

Left at venue for Saturday's dinner for the "lodge weekend" in Kalkite, 8 July. If you are the owner, please contact Ian Turland.

Skiing in the Jotunheimen

“The weather in Norway can be severe, but it obviously moderates as spring approaches. Most Norwegians ski at Easter.”

“The guides call a meeting after dinner to get feed back on the day’s experience, and brief skiers for the next day’s tour.”

The great advantage of skiing in Norway is that it is one of very few places where you can turn a multi-day mountain ski tour into a series of connected day trips. Imagine skiing for days on end with a 6 kilo pack.

Norway and Sweden both have touring organisations which maintain a network of mountain chalets and huts connected by marked trails. The Norwegians prefer to mark their trails with birch sticks which are laid out at the beginning of each winter, whereas the Swedes have permanent snow poles topped with a diagonal cross. The latter are much easier to see in poor visibility, and do not fall over. The birch poles are more natural.

The Norwegian trekking organisation is Den Norske Turistforening (known affectionately as just ‘DNT’). It’s headquarters are in Oslo, but it also has groups further north in Trondheim and Tromsø. It runs 500 staffed lodges, self service cabins and no service cabins across Norway. Staffed lodges provide dinner breakfast, a packed lunch for the day’s skiing, and they fill your thermos with tea, coffee, hot water or hot cordial. Self service cabins have a pantry of non-perishable food with an honesty payment system. Most of the cabins around Trondheim and Tromsø are no service cabins run effectively by local ski clubs. In winter DNT waymarks 6,500 kmls of ski trails.

DNT Oslo organises a program of guided ski tours every

winter (and walks in summer). These are listed on its website, which has both an English and Norwegian version. The English language website lists tours where the guiding language is English. These tours attract people from many different mainly European countries. But most guides speak English, so there is nothing wrong with using an internet translation engine to review and book tours on the Norwegian site.

The Swedish Tourist Association (www.swedishtouristassociation.com) does not, so far as I know, run guided tours, but it maintains staffed lodges, and some self service cabins with resident managers. It too has an English language website, and its booking office is extremely efficient and communicates fluently in English.

Planning your trip

The easy way to plan your trip is to book a guided tour on the DNT website. DNT guided tours can be up to 8 days, and are graded in order of difficulty green (easy), blue (previous experience with high altitude mountain skiing essential), red (demanding - tours involve long climbs and steep downhill for up to 25 km a day) and black (advanced).

We did a red tour - Across the Jotunheimen - with some apprehension about our fitness.

If you wish to do a self guided trip, the DNT website has all

the tools you need, including a scalable map and list of all huts.

Weather

The weather in Norway can be severe, but it obviously moderates as spring approaches. Most Norwegians ski at Easter. Skiing in January and early February is difficult owing to short days, low light, and the coldest weather.

Weather forecasting is very good though. The Norwegian weather service has an app (‘YR’) which is reliable. On the other hand, on our Jotenheim trip in late March this year, one of the guides would ring his daughter every night to get a forecast.

On that trip the guides cancelled a day of skiing on the basis of a forecast of 80 klm per hour winds and temperatures of -2C. In these conditions rescue is impossible (and would have been for several days), which leads me to another advantage of DNT guides. They have a satellite phone and are authorised to call a helicopter rescue.

The weather in Sweden can also be severe. We cancelled a week’s skiing in the Valadalen area (east of Trondheim) in early March because winds were forecast to vary around 50 klm per hour at -11C. On 24 hours notice we were able to get a full refund for pre-paid accommodation from the Swedish Tourist Association.

Skiing in the Jotunheimen (cont'd)

Transport

DNT organises transport from Oslo as an optional add on to the cost of a tour. This is really useful. Our tour started from Fondsbu, a staffed lodge very popular as a starting point for touring the Jotunheimen. DNT booked the tour

on 2 connecting regional buses, then a people mover for the 10 minute connection to the over snow vehicle, and then a 15 klm ride to Fondsbu. The over snow vehicle was a Bombadier, built when the author was a 1 year old, and now fully refurbished, unlike the author. On the day the guides

cancelled the skiing, they used their DNT credit card order up a Weasel to take us to the next lodge.

If you have the patience to do the research, you will find trains buses and taxis to most trail heads, and if you are heading to a staffed lodge, ring the lodge and they will advise you on transport options.



Weasels come to take us away from the bad weather—the warm and comfortable Glitterheim staffed lodge in the background (Lachlan Kennedy)



Windy day on Lake Gjende (Lachlan Kennedy)

What to expect on a guided tour

Firstly, a gear check to make sure everyone has the right equipment (especially skins), and that there is enough safety gear for the group - shovels, sleeping bags, wind sacks, avalanche probes. Missing gear can sometimes be bought from the staffed lodges. One person on our tour had waxed skis, and they were not happy. Eventually they elected to do the trip on skins.

The guides call a meeting after dinner to get feed back on the day's experience, and brief skiers for the next day's tour. The guides explain the terrain, the weather forecast, and the schedule of stops.

There is an agreed starting time

every morning, usually 9 am. A technical stop is allowed after about 20 minutes skiing to adjust clothing. At the end of every stop, the time and duration for the next stop is announced. The duration is calculated from the time the last skier arrives, which mean first arrivals have to take care not to get cold. All this is adjusted for the weather and terrain. It is very comforting to put a down jacket on during these stops.

There was a front guide and a rear guide limiting the amount of separation between the skiers. In fine weather the guides allowed the group to spread out, but in bad weather the guides bunched us up in close order, and even would have, had it been necessary,

grouped us for mutual warmth while we skied.

You can take photos, but if you want to do it while the group is on the move, you have to quickly step out of the tracks, or ski ahead and take the photo while the group catches up.

Social life in the group can vary. We had a perfect experience - all skiers had similar skills and fitness, and we all became very friendly.

Sometimes groups can divide between very fast skiers and tourers, and if the fast skiers are more numerous then the tourer can feel they are holding people up. The guides should be able to manage this.

Skiing in the Jotunheimen (cont'd)

The terrain in the Jotenheim

Long gently sloping valleys, and steep climbs to saddles crossing from one valley to another. The maximum gradients on the climbs were similar to the gradients you would encounter climbing from the Snowy River to Mt Twynam. We had 2 days on which we had to ski 25 klms.

Much of this was down valleys, and in good snow conditions these valleys can be done quickly. Norway, which once had very stable temperatures in winter, is now experiencing the effects of that Chinese hoax, global warming, and so snow conditions are now variable. Worst case scenario is traversing a steep slope on frozen snow which has previously thawed.

The Reward

Mountain travel with wild, sometimes fresh snow, entertaining terrain, and a sense of achievement each day when you sit down to a 3 course dinner after a hot shower.

Would I do it again? You bet.

Lachlan Kennedy

The round dome of Glittertind—once covered by an ice sheet. Another great spot for lunch (Lachlan Kennedy)



Fresh snow after the storm at Olvasbu Hut (Lachlan Kennedy)





Lunch in the mountains—beats main street any day (Lachlan Kennedy)



Rest after a 500 metre climb (Lachlan Kennedy)

For Sale

Garmont Libero Telemark Boots (for Women), Size 38

Libero means free, and free-heeled you will be in these lightweight Garmont boots designed for backcountry tours, but stiff enough for resort skiing. Natural forward flex for rear-ski control; high tongue for shin comfort; secure, locking foot cuff; two-buckle design for secure fit with power strap securing boots around lower leg for comfortable downhill runs. Produced on a woman's last for better fit in the foot.

Extra lining around shin to snug around lower leg. Used a couple of times but not suitable for my type of skiing. \$100 ono

Garmont Veloce Telemark Ski Boots, Size 40

Not too stiff, not too soft... Garmont's Veloce ski boots give you smooth flex whether you're in-bounds or off-piste skiing. Power strap gives you plenty of lateral stiffness to hold an edge on a wall or carve into bumps. Double injected flex is comfortable on long tours, with torsional control for snappy telemark turning. Lower-shaped cuff locks into two positions for easier walking and touring. Tongue and inner boot are high for forward-flexing performance and broad pressure distribution around sensitive shins.

Generous instep height, so they won't hurt the tops of your feet. Lace-up liners. Pebax shell. Bought for my husband who used them once! \$100 ono

Contact Sonja.



Garmont Veloce



Garmont Libero

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.	Ian Turland
Saturday, 15 July	Kiandra or Mt Selwyn Area Basic-Intermediate Skills Rolling Terrain Medium Distance A ski tour in the northern part of the park. Depending on the snow cover, possible destinations could include Tantangara Mountain, the Kings Cross Road or around the plateau close to Mt Selwyn.	Alan Levy
Sunday, 16 July	Perisher Area Basic-Intermediate Skills Rolling Terrain Medium Distance A tour starting from Perisher. Possible destinations could include The Porcupine, towards Dainers Gap or towards Charlotte Pass.	Margaret Mahoney
Saturday & Sunday, 22 & 23 July	Guthega - Rolling Grounds - Schlink Hut - Guthega Power Station (Snowcamp) Intermediate skills Hilly terrain Long distance Ski from Guthega along the Rolling Grounds to Dicky Cooper Bogong and down to Schlink Hut (or White's River Hut), where we will stay the night. On day 2, possible morning excursion (Mt Gungartan area?); ski to Guthega Power Station. Short car shuffle required.	Ian Turland
Saturday, 22 July	Perisher / Porcupine Area Basic Skills Rolling Terrain Medium Distance Starting from the Perisher Nordic Shelter at 10am, the tour may go to The Porcupine, or just around the trails, depending on the snow conditions.	Lachlan Kennedy
Sunday, 23 July	Dainers Gap Area Basic-Intermediate Skills Rolling Terrain Medium Distance Will start at Dainers Gap with possible destinations being the Plains of Heaven, Pretty Point or Thompsons Plain. If little snow here then will head to Perisher instead.	Alan Levy
Friday to Sunday, 28 to 30 July	A weekend of skiing with accommodation in Kalkite All Standards The weekend is a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Families with children are welcome. The weekend includes two nights' accommodation in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. The cost for accommodation for a weekend is \$70 (single), \$140 (couple) or \$200 (family of 3-5 persons). Please note this fee does not include lessons, ski hire, transport or food costs. Bring your own food and linen. Bookings can be made through the Register Now link on the club web-site or by contacting Jo-Anne Clancy.	Jo-Anne Clancy

Ski Tour Program (cont.)

Date	Tour Description	Leader
Saturday, 29 July	Come & Try Day Organised by SnowSports ACT, the day involves a two hour lesson (from 1.00pm) by a professional ski instructor, BBQ lunch and a tour of the Nordic trails in the afternoon for \$20 per person.	Register Now
Saturday, 29 July	Perisher Area Basic-Intermediate Skills Rolling Terrain Long Distance Starting at Perisher we will try to ski to Charlotte Pass and back, either along the road or via The Porcupine.	Margaret Mahoney
Saturday, 29 July	Beginner Tour (Perisher) Basic Skills Rolling Terrain Short Distance Easy beginner tour from Perisher Nordic shelter in morning, returning to shelter for lunch in time for the Come and Try lesson. For those not doing the Come and Try lesson we will go on another short tour in the afternoon.	Jo-Anne Clancy
Saturday, 29 July	ACT Ski de Femme Ski De Femme is a fun way for women to learn or improve your skiing. You receive 2 hours of lessons and morning tea and lunch. The cross country skiing instruction is in small groups for both beginners and intermediate skiers in a choice of classical or skating techniques. Meet at the Perisher Nordic Shelter at 9am. Registration on the day. It is organised by ACT Snowsports. If members would like to coordinate a lift or join the beginners tour after the lesson please contact cccscmembership@gmail.com	
Sunday, 30 July	Teddys Hut Intermediate Skills Fairly Flat Terrain Long Distance From Dead Horse Gap, follow the Thredbo River upstream until we get to Teddy's Hut. This is a long ski with a continuing gentle rise throughout the day. Put on as part of the 2nd Kalkite Lodge Weekend.	Ken Moylan
Sunday, 30 July	Perisher to Porcupine and beyond Basic-Intermediate Skills Rolling Terrain Medium Distance I will be staying in Perisher that week. Tour will start at the Nordic Shelter and head to the Porcupine and beyond. As the phone is a bit patchy there, best to contact me via text.	Bruce Porter
Sunday, 30 July	Perisher Area Basic & Intermediate Skills Rolling Terrain Short Distance An easy tour somewhere in the Perisher area.	Jo-Anne Clancy
Saturday, 5 August	Four Mile Hut & Elaine Mine Intermediate Skills Rolling-Hilly Terrain Long Distance Start from Mt Selwyn and ski to Four Mile Hut and hopefully to Elaine Mine, which contains the remains of a large steam engine and other mining remnants.	Alan Levy
Sunday, 6 August	Race – Boonoona Open A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.	

Ski Tour Program (cont.)

Date	Tour Description	Leader
Wednesday, 9 August	Race – KAC XC Classic <i>A mass start citizen ski race from Perisher to Charlotte Pass, starting at 10:30am. Classic and Freestyle. Many Club members participate in this event, then have lunch at the Chalet, followed by a leisurely ski back to Perisher.</i>	
Thursday, 10 August	Race – Sundeck Handicap Race <i>A 7.5km handicap race around the Perisher trails, starting at 11am, followed by lunch at the Sundeck Hotel.</i>	
Saturday, 12 August	Mt Tate Intermediate Skills Hilly-Steep Terrain Medium Distance The tour will leave from Guthega at 10am and head up to Mt Tate.	Lachlan Kennedy
Saturday, 12 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Tuesday, 15 August	Mid-Week Tour All Standards A mid-week tour somewhere in the Perisher area.	Alan Levy
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.	Rowan Christie
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, 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.	Alan Levy
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. I will be at the June meetings for a chat with anyone interested.	David Russell

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.

“These weekends are a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills.”

CCCSC July Lodge Weekends

Both CCCSC July Lodge Weekends are now fully booked.

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 12 July 2017

Mont Equipment Talk

Guest Speakers: Sarah (Mont)

A representative from MONT will talk about the latest cross-country skiing equipment (from 8 pm).

Wednesday 26 July 2017

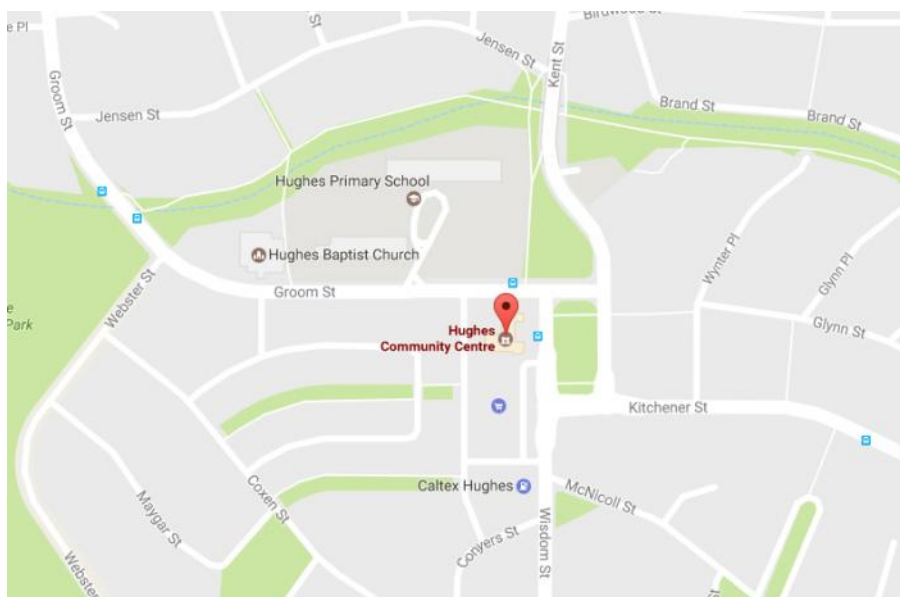
Skiing in Victoria the best of Falls Creek, Mount Hotham and Buffalo

Wednesday 16 August 2017

Skiing Norway

Wednesday 30 August 2017

EU Ski



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>												