

**SPECIAL  
POINTS OF  
INTEREST:**

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2018, ISSUE 4

8TH AUGUST 2018

## President's Piece

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The snow forecast is looking promising with significant falls this week and more on the way. Many Club members have been enjoying the new snow at Perisher this week whilst participating in the Perisher XC Week races and events.

The Kosciuszko Tour is now only just over a week away so get your entries in or let the Kosciuszko Tour Coordinator know if you can volunteer on the day.

At our first July social meeting, Matthew Higgins gave a

very informing talk on the high-country history projects he has been working on and he also had copies of his latest books for sale. The second July club night was a very entertaining presentation by Rowan Peck and covered Snow Camping and



*Alan Levy and Bill Stanhope heading towards Mt Jagungal. On a ridge above the Tumut Pond Road. On a Club trip exploring the Kings Cross area near Selwyn & Cabramurra.  
Photographer: Ken Moylan*

## 2018 Membership Subscriptions

Membership Subscriptions for the 2018 season are now due, and can be paid on Register Now or via the Club website.

## September Newsletter Deadline

Deadline for articles for the September 2018 Off-Piste is 31st August 2018.

**“Volunteers required for Kosciuszko Tour ski race.”**

## President's Piece (cont'd)

psychological temperature, when the sun goes down, is a lot lower than the actual temperature.

Both meetings were well attended and very enlightening. Thank you Matthew and Rowan. The next social meeting on 15 August should also be very interesting with Robin Collins talking about his experi-

ences skiing the King's Trail in Arctic Sweden earlier this year.

Both of the CCCSC Lodge Week-ends in July were again a success this year with both being fully booked out.

There have been problems in accessing the Members Only page on the club website recently. This mainly impacts see-

ing the full details of the Tour Program, so until this is resolved we will send out regular emails to club members with details of the tours and tour leaders.

*Tony Brown for Jo-Anne Clancy*

## Kosciuszko Tour—Saturday 18 August 2018



## Kosciuszko Tour—Saturday 18 August 2018 (cont'd)



# 2018 KOSCIUSZKO TOUR

### A Citizen Ski Race starting at Perisher Valley

All skiers are welcome to participate in the Kosciuszko Tour – from the serious racer to backcountry tourers and those who just want a fun day out touring the beautiful high country.

The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and follow alongside the Kosciuszko Road to Spencers Creek. It will then cross Johnnies Plain before climbing the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 18 km.

The Kosciuszko Tour is open to both Classic and Freestyle skiers.



**Saturday 18  
August 2018**

**10am Start**

**Classic &  
Freestyle Events**

**Approx 18km**

**Fancy Dress  
Category**

Organised by the Canberra  
Cross-Country Ski Club

[www.cccsc.asn.au](http://www.cccsc.asn.au)

Race entry is available online at

<https://www.skiandsnowboard.org.au/events/20976/>

or on the day at the Perisher  
Nordic Shelter.

Race contact: Rowan Christie  
0418241496



## What a high! Three decades of exploring our mountain country

Matthew Higgins was our speaker at the 11 July Social Club Meeting. Matthew is a Canberra historian, writer, speaker and photographer, who has worked for many of our national cultural institutions. His work on the original survey of the ACT-NSW Border won a heritage award in 1997. Matthew's 2009 book, *Rugged beyond Imagination: Stories from an Australian Mountain Region*, was short-listed for the ACT Book of the Year Award. His first novel *Seeing Through Snow* was launched at the National Library of Australia last September, and his new book about the high country, *Bold Horizon*, was launched at NLA on Wednesday 11 April this year. He has been writing articles for *The Canberra Times* since 1984. Matthew has been bushwalking and skiing the high country for over 30 years.

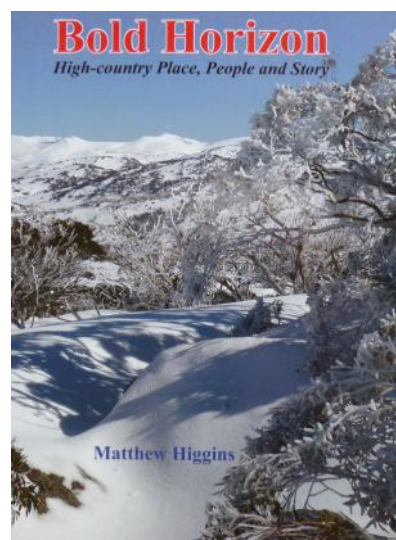
His talk looked at a broad range of high-country historical projects that he has worked on since the 1980s. These started

with the loss of the 'Southern Cloud' aircraft in 1931 in the very rugged upper Tooma River valley west of Cabramurra, Clement Wragge's pioneering weather station on the summit of Mt Kosciuszko 1897-1902, and Teddy's Hut at the head of the Thredbo River. As a free-lance historian he completed major oral history projects in Namadgi and Tidbinbilla in the 1990s which yielded much valuable information about how people lived in the grazing valleys over generations. Sub-themes of those areas included skiing at Mt Franklin and Ginini, brumby running, forestry and botanical projects. Water harvesting in the Snowies and in the Cotter was also covered in Matthew's powerpoint presentation. Matthew talked too about the natural environment including his bushwalking and cross-country skiing experiences, and the threat of climate change. The powerpoint included many lovely images.

His latest book *Bold Horizon* looks at his own times in the mountains then includes profiles of 11 people associated with the Alps in ACT, NSW and Victoria, ranging from stockmen to skiers, brumby runners to Indigenous parks officers, scientists and tourist operators. It has been reviewed very positively in a number of publications (including *Wild* magazine) and is available at good bookshops and Alps Visitor Centres. His novel *Seeing Through Snow* is similarly available and has been warmly received by readers and reviewers.

The last 100 copies of *Rugged Beyond Imagination* were delivered to the Namadgi Visitor's Centre. I purchased one last week, so not sure how many are now left. Be quick to secure a copy.

*Matthew Higgins/Tony Brown*



## Attempting a European Day Trip

On Sunday, 22 July 2018, Ken Moylan lead Ann-Marie Choules and Trevor Lewis on a ski tour from Perisher Valley to Charlotte's Pass and back.

We skied the harder, but more interesting, back way out to Charlotte's Pass. Starting from near the Skitube station, we followed Rock Creek all the way up to its source near Wheatley Gap.

We went through the pass and followed the Porcupine Trail over the normally patchy, but not this time, Betts Creek area and Johnnies Plain.

After lunching at the Chalet (including a hot meat pie and cold Kosciuszko Pale Ale), two of us returned along the Summit Road.

The back way was rather slow, because it was interesting and a little challenging, and it took about 4 1/2 hours to ski out to Charlotte's Pass.

Whereas it took us only 1 3/4 hours to return along the easy and more direct road.

### Best Bits

- The fresh and extensive snow cover. The normally blown out areas of the back way were fully covered and we could ski anywhere. Even the snow on the road, normally churned up and worked over into ice, was pleasant to ski on.

- Skiing to a destination that sold food and drink. It felt rather European to be able to do this. (Also European prices.)

- The view from Wheatley Gap. There were a few "that's pretty good" as we took in the view over the edge of the Thredbo Valley, Johnnies Plain, Mt Guthrie and even as far as Mt Clarke on the Main Range.

### Worst Bits

- My tour had a 33% attrition rate. Us tour leaders like to have everyone who joins gets to ski

the whole tour, and are chuffed when extra people join. I normally bring everyone back alive, so this was a blow. One of our party felt that the return ski was too far to complete before it got too late in the day, so, for \$70, they took the oversnow back to Perisher Valley.

- Parking in Perisher Valley. This trip was on the last day of the school holidays and the carpark at Perisher filled before we got there, at about 09:15.

### Wax of the Day

Swix Blue Extra stick worked very well all day. My skis gripped perfectly everywhere they needed to and slid smoothly elsewhere. There had been a fresh fall of cold snow 2 days before and it had remained cold.

*Ken Moylan.*



*Trevor Lewis and Ann-Marie Choules. Leaving Perisher, on Rock Creek. On a CCCSC trip from Perisher to Charlotte's Pass, and back. Photographer: Ken Moylan.*

*Trevor Lewis and Ann-Marie Choules. Somewhere on Johnnies Plain, getting near Charlotte's Pass. On a CCCSC trip from Perisher to Charlotte's Pass, and back. Photographer: Ken Moylan.*

## Snow Camping Skills and Emergency Alpine Shelters

Rowan has spent winters in the snow since he was eight years old, and in the past ten years or so out in the back country from time to time, or mountaineering. He has been a Club member since 2016 and a ski patroller at Perisher since 1984.

Rowan gave a presentation on snow camping and emergency alpine shelters at the 25th July 2018 Social Club Night. Rowan's write up for the presentation was

"Never camped in the snow? It's great fun, you just need a few simple extra skills in setting up your campsite. We will also look at various forms of emergency alpine shelter: what to do if you get caught out in weather, without a tent; what equipment you should carry so you can build one - equipment that you might not have with you in other situations.

*Please bring a pillow along to the talk so we can practice a few skills together! "*

### **Snow Camping**

Rowan started off his presentation by distinguishing snow versus non-snow camping. Apart from the obvious snow there is not a lot of difference between snow and non-snow camping. The main considerations for snow camping are sharing a tent, waste disposal and staying warm and dry. Sharing a tent is warmer and cuts down on weight carried. Waste disposal should be considered well before you set out, all waste should be carried out.

Clothing is extremely important

to stay warm and dry. "There is no such thing as bad weather .... Only inappropriate clothing". Clothing should consist of layers, a wicking and warm base layer, a warm mid layer and water and wind proof outer layer, ideally a bright colour that will stand out against the snow so you are easier to locate in bad weather or an emergency.

Gloves should consist of warm wool /fleece and a water and wind proof outer layer.



**Widely available water and wind proof ski gloves.**

**Photo courtesy of Rowan Peck**

Key, and useful, equipment for snow camping includes:

- a snow shovel for constructing your camp site
- a saw for cutting snow blocks
- a plastic sheet or tarpaulin, and ropes or bungee cords, for an emergency shelter
- matches and tinder in case a fire is needed
- a signal device in case of emergency
- snow pegs
- sticks for keeping feet and equipment off the snow
- a sled is also useful for carrying all the extra equipment

When camping in the snow you will need to spend more time setting up camp than when non-snow camping. You will need to prepare the site for your tent, such as creating a firm base for your tent, a practical entry and vestibule, and creating a barrier against the wind. You might also need to create a sheltered area for cooking and eating, and you might need to re-do this if you are camped for several days or if the weather changes.

It is also vital to think about where your campsite is and to consider the wind direction, a water source, possible avalanche danger, risk of falling trees or branches, any obvious landmarks which might make it easier to find the campsite in bad weather, and to try and catch the early morning sun.

Avalanches do happen in Australia. The most likely places for them to happen is around the glacial catchment areas in which you are not allowed to camp. There are other places prone to avalanches so you need to be careful where setting up camp.

### **Emergency Shelters**

The objectives of an emergency shelter are:

- Get out of the wind
- Trap warm air
- Ventilate
- Get off the snow surface

Types of emergency shelter are:

- Snow hole
- Snow trench
- Snow cave
- Igloo

## Snow Camping Skills and Emergency Alpine Shelters (cont'd)

Rowan had asked for people to bring pillows to demonstrate how to construct an igloo. We fell short on pillows but Rowan did explain and show a video on how to construct an igloo.

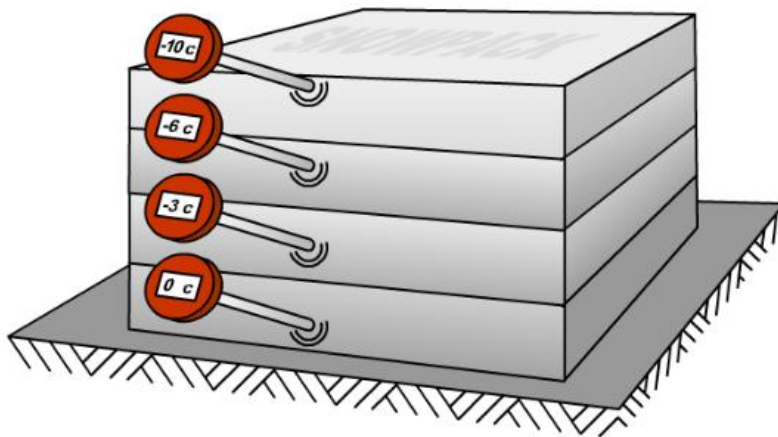
Rowan concluded his presentation on what to do if you are lost. It is important to **STOP**.

**STOP** – stay on track where you'll be easier to find, and rest and re-

fuel **THINK** – can you get back to a known place **OBSERVE** – what did you see on the way to where you are now **PLAN** – and talk it over with others.

**Rowan Peck / Tony Brown**

### TEMPERATURE GRADIENT: Temperature changes through snowpack



$T_{grad} = (T_s - T_b) / Z_s$  where

$T_s$  : snow surface temperature (°C),

$T_b$  : snow bottom temperature (°C), and

$Z_s$  : **snow depth** (m).

$T_{grad}$  is expressed as °C m<sup>-1</sup> (°C/m).

The **snow temperature** gradient increases as air temperatures (snow surface temperatures) decrease.



**Take note—out of the wind and off the snow pack.**

**Photographer courtesy Rowan Peck**

**One of many photos on site preparation Rowan presented during the night.**

**Photographer courtesy Rowan Peck**





## Trip Photos—Exploring the Kings Cross area near Selwyn & Cabramurra—

Sunday 15 July 2018



*Alan Levy on the Kings Cross Road  
(Selwyn to Cabramurra).*

*Photographer: Ken Moylan*

*Two photographers and one subject.  
Alan Levy, Bill Stanhope, and Mt Jagungal.  
On a ridge above the Tumut Pond Road.*

*Photographer: Ken Moylan*



*Paul Davis and Bill Stanhope on the Kings Cross  
Road (Selwyn to Cabramurra).*

*Photographer: Ken Moylan*

*Two photographers and two subjects. Ken Moylan's  
shadow, Alan Levy, Bill Stanhope, and Mt Jagungal.  
On a ridge above the Tumut Pond Road.*

*Photographer: Ken Moylan*





## Trip Photos—Exploring the Kings Cross area near Selwyn & Cabramurra— Sunday 15 July 2018 (cont'd)



**Paul Davis and Bill Stanhope heading towards Mt Jagungal.**

*On a ridge above the Tumut Pond Road.*

**Photographer: Ken Moylan**



**Alan Levy and Bill Stanhope, at our morning tea stop, at Kings Cross on the Kings Cross Road (Selwyn to Cabramurra).**

**Photographer: Ken Moylan**



**Ken Moylan, Bill Stanhope, Paul Davis & Nathan Greenwood on a ski tour along the Kings Cross Road, with Mt Jagungal beyond.**

**Photographer: Alan Levy**



**Bill Stanhope checking his photograph of the Big J, and Mt Jagungal. On a ridge above the Tumut Pond Road.**

**Photographer: Ken Moylan**



**Skiing down the Tumut Ponds Firetrail beyond Kings Cross.**

**Photographer: Alan Levy**



**Bill Stanhope doing it tough at the lunchbreak**

**Photographer: Alan Levy**

## Trip Photos—Exploring the Kings Cross area near Selwyn & Cabramurra— Sunday 15 July 2018 (cont'd)



***Paul Davis. Near the Kings Cross Road  
(Selwyn to Cabramurra).***

***Photographer: Ken Moylan***

***Nathan Greenwood. On the Kings Cross Road  
(Selwyn to Cabramurra).***

***Photographer: Ken Moylan***



***Bill Stanhope, with an ice-free 3 Mile Dam in  
the background. Near the Kings Cross Road  
intersection (Selwyn to Cabramurra).***

***Photographer: Ken Moylan***

***Snow Gum. Near the Kings Cross intersection.***

***Photographer: Ken Moylan***





## Trip Photos—Exploring the Kings Cross area near Selwyn & Cabramurra— Sunday 15 July 2018 (cont'd)



*Nathan Greenwood having lunch.  
On a ridge above the Tumut Pond Road.*

*Photographer: Ken Moylan*

*Alan Levy, Paul Davis and Nathan Greenwood. Skiing on the Kings Cross Road towards Selwyn.*

*Photographer: Ken Moylan*



*Bill Stanhope.  
Skiing along the Kings Cross Road, towards  
Selwyn. (Selwyn to Cabramurra).*

*Photographer: Ken Moylan*



## Trip Report – Perisher to Charlotte Pass - Saturday 28 July 2018

This trip was put on as part of the second CCCSC Lodge Week-end.

Alan Levy, Penny Rossiter, Paul Davis, Robin Collins, Sunny Giam and Tim Wright and myself met at the Perisher National Parks Office at around 8.00am. The Perisher car park had filled up to about half at this time.

We headed off at around 9.00am up along the road to Charlotte Pass. The snow was quite soft and fairly slow. We skied down to Spencer's creek along the road where we had

morning tea at the table and chairs.

From Spencer's Creek we headed straight to Charlotte Pass. There is now a metal grate over the creek at which last year we found that the old bridge had washed away and had to double back to find a suitable place to cross.

After Wright's Creek we headed up the mountain behind Charlotte Pass to ski around and take some photos of the magnificent snow gums. From there we skied down through the snow gums to about half way up the

downhill run. There is quite a contrast between the number of people here compared to Perisher. We then visited the chalet and for lunch.

After lunch we returned to Perisher much the same way as we came with just a small detour to Sugarloaf hill to photograph some more snow gums. The hill had a weather station hidden in the snow gums that most of us had never spotted before.

*Tony Brown*



***Paul Davis, Tony Brown, Tim Wright, Penny Rossiter, Robin Collins and Sunny Giam having morning tea at Spencers Creek – 28 Jul 18***

***Photographer: Alan Levy***

***Group skiing down from the top of The Sugarloaf, with Johnnies Plain beyond – 28 Jul 18***

***Photographer: Alan Levy***



## Trip Report — Perisher to Charlotte Pass - Saturday 28 July 2018 (cont'd)



*The Chalet at Charlotte Pass*

*Photographer: Alan Levy*

*Group skiing amongst the snow-gums behind Charlotte Pass village – 28 Jul 18*

*Photographer: Alan Levy*



## Ski and Snow Photos



*Snow Gum covered in ice taken near the top of the Dead Horse Gap track on an extremely cold and windy day – 7 Jul 18*

*Photographer: Tony Brown*

## Trip Report — Four Mile Hut - Saturday 4 August 2018

The original plan for Saturday's ski was to get to Broken Dam hut. We travelled down to Selwyn in two cars, Alan Levy, Penny Rossiter and John Giacon in Alan's car and Jenny Lyons, Bill Stanhope and myself in my car. We had a short stop at Rhythm, where I was given the valuable advice—leave your wallet in the car, to avoid temptation. The person giving the advice didn't subscribe and ended up walking out with some much needed ski poles.

After leaving Rhythm we met at the Adaminaby bakery for coffee and breakfast. We then continued to Kiandra and up to Mt Selwyn Resort.

On arriving at Selwyn it had started to lightly rain, but the time we had changed and set off the rain had stopped.

There was a good cover of snow at the resort. We put on

our skis and headed over to the road up to the tower. As soon as we hit the road the snow had turned to solid ice making the slight hill climb very difficult. Each step had to break through the ice to get some grip. The ice remained across the plain and part way down the Tabletop Mountain Trail. It was also very windy and overcast.

Jenny had planned to stay close to the resort and take some photos. The ice in the trees and low lying plants looked spectacular.

The remainder of the group headed down Tabletop Mountain Trail toward the Four Mile Hut turn off. At the Four Mile Hut turn off we reassessed and estimated that we would return around 4.30pm. Given that the conditions up higher towards Broken Dam Hut would likely to be the same as when we left Selwyn, ice and wind, we made

the decision to cut the trip short and visit Four Mile Hut instead.

Around Four Mile Hut there was less snow than I have seen in previous years, and from June this year, but we only had to take the skis off for about 10m to cross a creek.

At Four Mile Hut we had lunch and following lunch began our way back to Selwyn.

At the junction of Tabletop Mountain Trail the group split, with half taking the northern route to miss the ice and the other half back across the ice in case Jenny was still out on the track. We all met back in Selwyn, packed up and drove back at the Adaminaby bakery for afternoon tea.

*Tony Brown*



*John Giacon, Penny Rossiter and Bill Stanhope approaching Four Mile Hut.*

*Photographer: Tony Brown*



## Trip Report — Four Mile Hut - Saturday 4 August 2018 (cont'd)



*Everything on the mountain was covered spectacularly in ice*

*Photo: Alan Levy*

*John Giacon, Penny Rossiter and Tony Brown heading back up Tabletop Mountain Trail.*

*Photo: Alan Levy*



*Ice covered gum*

*Photo: Alan Levy*



*Tony Brown heading to Four Mile Hut*

*Photo: Alan Levy*



*Ice covered tree on Selwyn Trail Photo: Tony Brown*

## Ski Tour Gratings

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.



## Ski Tour Program 2018

Date	Tour Description	Leader
	Additional tours will be advertised in future editions of Off-Piste, at the Social Meetings and on the web site. The web site will be updated with any new tours as soon as they are advised.	
	<b>Brindabellas Skiing</b> A few people have expressed interest in doing a ski tour in the Brindabellas if there is a good dump of snow there. This would be a spur of the moment trip either on a weekend or during the week. If the snow does fall there and the conditions are right then we will see if something can be arranged. Contact the Touring Coordinator if interested.	
Thursday, 9 August	<b>Race – Sundeck Handicap Race</b> <i>A 7.5km handicap race around the Perisher trails, starting at 11am, followed by lunch at the Sundeck Hotel.</i>	
Friday, 10 August	<b>Mystery Coffee Tour #2</b> The Mystery Coffee Tour leaves the Nordic Shelter at 9.45 am. A guide is provided which will take you on a tour over some wonderful skiing terrain. As the name implies, it's a mystery as to where and when the coffee is supplied. It could be out on the plains or via a visit to a warm location within Perisher, Smiggins or Guthega. Tour to be approx 5 - 10 km in length, dependent on the numbers and the prevailing weather. Bring \$10 to cover the cost of having great coffee and food. Please call Wayne preferably no later than Wed 8 Aug to register your interest and to find out more. You can also put your name down on the sheet that will be on the notice board in the Nordic Shelter. Can call after this date to check whether catering/ logistics allow for extra numbers.	
Saturday, 11 August	<b>Race – Snowy Mountains Classic</b> <i>2.5, 7.5, 15 &amp; 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Sunday, 12 August	<b>Perisher to Rock Creek to The Porcupine/Mt Wheatley Area</b> <b>Basic Skills Rolling Terrain Short Distance</b> From Perisher we will have an easy run up Rock Creek towards The Porcupine, will vary to suit the day – then possibly towards Mt Wheatley or the top of Betts Creek.	
Tuesday, 14 August	<b>Mid-Week Tour</b> <b>All Standards</b> A mid-week tour. Could be anywhere but most likely starting from Perisher or Dainers Gap.	
Friday, 17 August	<b>Perisher or Guthega Area</b> <b>Basic &amp; Intermediate Skills Rolling Terrain Medium Distance</b> A tour from either Perisher or Guthega, depending on the snow conditions.	
Saturday, 18/19 to 25 August	<b>5-6 Day Snowcamp</b> <b>Intermediate Skills</b> A 5-6 day hut/snow camping trip starting about 18 <sup>th</sup> /19th August. It would be about intermediate level long, thinking possibly of doing a trip into Jagungal, but dependent on snow and weather conditions. Snow camping and skiing with a pack experience essential. I hope to get up Jagungal and have a fixed base for at least two nights. Open to suggestions.	



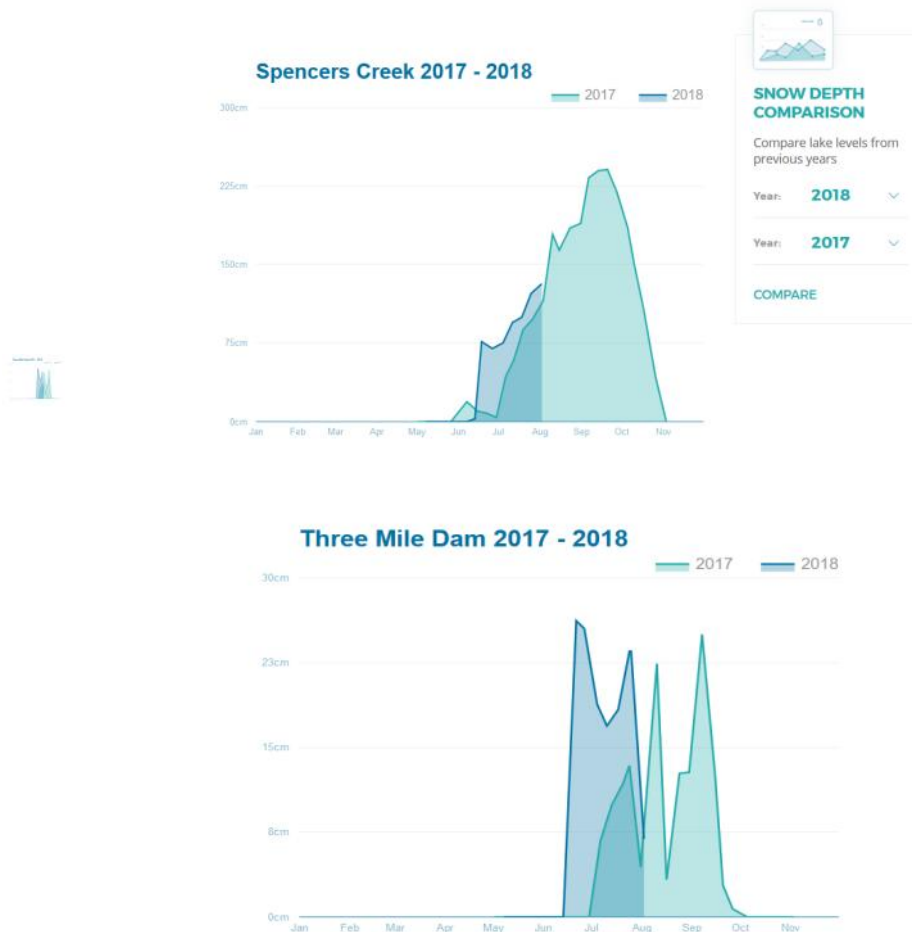
## Ski Tour Program 2018 (cont'd)

Date	Tour Description	Leader
Saturday, 18 August	<b>Race - Kosciuszko Tour</b> Our Club is running this ski race, which will start at Perisher and head to Johnnies Plain and back via the Porcupine. Classic and Freestyle. Participate in the Kosciuszko Tour ski race either as a racer or volunteer helper. Further details are on the Club website.	
Sunday, 19 August	<b>Dainers Gap</b> <b>All Standards Rolling Terrain Short Distance</b> Starting at Dainers Gap possible destinations could include the Plains of Heaven, Thompsons Plain or Pretty Point.	
Saturday, 25 August	<b>Dead Horse Gap</b> <b>Basic &amp; Intermediate Skills Rolling Terrain Medium Distance</b> Destination still to be determined, but likely to be out from Dead Horse Gap.	
Saturday, 25 August	<b>Race – Kangaroo Hoppet</b> <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, 1 September	<b>South Ramshead Area</b> <b>Intermediate Skills Hilly &amp; Steep Terrain Short Distance</b> From Dead Horse Gap we will climb through the trees towards the slopes and peaks near South Ramshead. Good views of the southern part of the Main Range and into Victoria.	
Sunday to Saturday, 2 to 8 September	<b>Guthega Lodge Week</b> <b>Intermediate Skills Hilly-Steep Terrain Medium Distance</b> I will be running my usual Cross country week at the Australia Ski Club (ASC), Guthega. Starting Sunday 2nd September with the first tour(s) on Monday through to Saturday 8th. Routes and destinations depend on the participants ability levels, weather and snow conditions. On-snow accommodation at the ASC is \$90 per night if you wish to attend please email David Russell on 0414790401 (no voicemail) and <a href="mailto:iamdavidr.russell@gmail.com">iamdavidr.russell@gmail.com</a> and I will send out greater details.	
Sunday, 9 September	<b>Not the Kosciusko Tour</b> <b>Intermediate Skills Rolling terrain Long Distance</b> This tour will re-create the glory days of the Kosciuszko 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 Kosciuszko 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.	
Saturday, 15 September	<b>Smiggins/Mt Piper Area</b> <b>Basic-Intermediate Skills Rolling Terrain Short Distance</b> Will do an easier ski tour in the Smiggins or Mt Piper area, starting either at Perisher or Smiggins. Further details to be advised.	

## Ski Tour Program 2018 (cont'd)

Date	Tour Description	Leader
Saturday, 22 September	<b>Guthega Area (&amp; Car Camp)</b> <b>Intermediate Skills Hilly &amp; Steep Terrain Medium Distance</b> Will start at Guthega, cross the dam wall then head up the ridge to Guthega Trig and beyond, either out to Tate West Ridge or along the Rolling Grounds. May also camp at Island Bend on the Saturday night and do another ski on the Sunday as well.	
Mid October	<b>Lodge Weekend at Charlotte Pass</b> The Club will hold an end of season lodge weekend at Charlotte Pass in mid-October. Tours will be conducted on the Main Range or around Charlotte Pass on the weekend. Further details will be provided once confirmed.	
Saturday, 3 November	<b>Mt Townsend Visit</b> <b>Intermediate Skills Rolling Terrain Long Distance</b> From top of Thredbo, head past Mt Kosciuszko to stand atop Mt Townsend. Return via Wilkinson's Valley. This is the weekend of the Snowy Ride, so I expect that the chairlift will run later in the afternoon and we won't have to walk down.	

## Snowy Hydro Snow Depth—7 August 2018



<b>Canberra Cross-Country Ski Club</b> <b>KOSCIUSZKO TOUR ENTRY FORM</b> <b>10:00 am Saturday 18 August 2018</b>			
<b>Family Name</b>			
<b>First Name(s)</b>			
<b>Address</b>			<b>Postcode:</b>
<b>E-mail address</b>	<input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email		
<b>Telephone</b>	Work	Home	Mobile

<b>Birth year</b> _____ <small>(Entrants must be at least 14 years old)</small>	<b>Gender</b> Male <input type="checkbox"/> Female <input type="checkbox"/>
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<b>Club name</b>	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/>	Name of club: _____
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<b>Technique:</b>	Classic <input type="checkbox"/>	Freestyle <input type="checkbox"/>
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<b>Team Entry (Optional)</b> <small>(must have 3 people per team)</small>	Fancy dress <input type="checkbox"/>	Family <input type="checkbox"/>	Club <input type="checkbox"/>	ADF Service <input type="checkbox"/>
<b>Team name</b>				
<b>Names of other team members</b>	1. _____		2. _____	

<b>Conditions of Entry</b>  <b>The Entrant, by entering and starting agrees to:</b> <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>		<b>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</b> <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 18 August,</li> <li>make no refund if the race is varied or cancelled on or after 18 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 Friday 30 June)	<b>\$20</b>	<b>Sign here</b>  Signature of Entrant (or Parent/Guardian if Competitor is under 18 years of age)
Standard Entry Fee (received by Monday 13 August)	<b>\$30</b>	
Late Entry Fee* (to 8:45 am Saturday 19 August)	<b>\$40</b>	
Please send completed entry form and payment (cheque or money order) to: <b>KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602</b>		or enter online (Visa/Mastercard/PayPal) at Register Now <a href="https://www.registernow.com.au/secure/Register.aspx?E=25263">https://www.registernow.com.au/secure/Register.aspx?E=25263</a>



## 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)  
Open for late entries

**TIME**

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

**PRESENTATION: Smiggins**

**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



### Business Name

PO Box 6234, O'Connor ACT 2602

Web: [www.cccsc.asn.au](http://www.cccsc.asn.au)

Email: [cccscinfo@gmail.com](mailto:cccscinfo@gmail.com)

**Fun and fitness  
in the snow**

## Club Committee Contacts

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



### 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

**GPS** (Garmin Etrex Vista HcX) **Contact** Alan Levy & Jo-Anne Clancy



## Social Club Meetings 2018(All Welcome)

### Wednesday 15 August 2018

#### Skiing in Sweden

**Guest Speaker:** Robin Collins

*Skiing the King's trail in Arctic Sweden.*

Robin will show and tell about his seven day trip earlier this year in Arctic Sweden. He'll also compare the trip to other multi-day hut to hut trips he has done in Arctic Scandinavia and North America.



### Wednesday 29 August 2018

#### Historic Skiing Films

We will show some historic short films from the National Film & Sound Archives about skiing and the Australian Alps, and a documentary about the Kiandra to Kosciuszko Crossing made in the early 1980's."

### Wednesday 12 September 2018

#### Skiing in Finland (Martin Linsley )



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.