CANBERRA CROSS COUNTRY SKI CLUB, INC

Off Piste



2018, ISSUE 2

7 T H | | | | N F | 2 0 | | 8

SPECIAL POINTS OF INTEREST:

CCCSC July Lodge Weekends— 6-8 & 27-29 July— Page 6

INSIDE THIS

Important 2
Dates

Thredbo Alpine 3
Society—
Evening Cocktails & Film
Night

Ski Tour Grad- 4

Ski Tour Pro- 5-7 gram 2018

CCCSC July 8
Lodge Week-

Ski and Snow 8 Photos

Kosciuszko Tour 10 Entry Form

Club Commit- 12 tee Contacts

Social Club 13 Meetings 2018

CCCSC 14 Membership Form

President's Piece

Winter is here and the anticipation builds as we wait for that first big dump of snow to start the cross country ski season. The start of June also means that memberships are now due for renewal. If you haven't already renewed your membership for 2018 please do

so ASAP. This will ensure that you continue to receive newsletters, updates and access to the members only section of our website.

We had a great turnout for our social meeting on 23 May. Club members Ken Moylan, Alan Levy and Gale Funston shared their experiences competing in the World Loppet ski racing circuit in Europe, with beautiful photos and epic tales of endurance, plus a little bit of culture and history.



Trish Woods at Egg Rock, Mt Buffalo, 20 Aug 17 Photo: Alan Levy

2018 Membership Subscriptions

Membership Subscriptions for the 2018 season are now due, and can be paid on Register Now, via the Club website, or via the form on page 13.

July Newsletter Deadline

Deadline for articles for the July 2018 Off-Piste is 29th June 2018.

President's Piece (cont'd)

"Volunteers required for Kosciuszko Tour ski race."

Indoor skiing in Canberra! A company called Vertikal have opened an indoor ski slope at Fyshwick. Vertikal claim that their indoor slope can be used for cross country training (including Telemark and 'uphill' training). They have invited club members to attend a free demonstration, put on especially for us, on Monday 18 June from 6-7 pm at Unit 11, Building 3, 1 Dairy Rd.

Lodge weekends: There are

still some vacancies for the July lodge weekends. Book soon to reserve a spot.

Kosciuszko Tour ski race. Planning is well underway for the club's own Kosciusko Tour race on August 2018. Race organiser Rowan Christie is looking for volunteers who may be able to help out either before the race or on the day. If you are interested, please contact Rowan or myself for more information.

The next social meeting is on Wednesday 13 June. Di Thompson from National Parks Association will give a talk on a very topical (and controversial) issue, the impact of feral horses in the fragile country of Kosciusko National Park. Hope you can join us for what promises to be a very interesting evening.

Jo-Anne Clancy President

Important Dates

6-8 July – July school holiday lodge weekend: Join us at Kalkite for a weekend of beginner lessons and easy tours. Ideal introduction to xc skiing for families. Held in conjunction with the Snowsports 'Come and Try' day on Saturday.

27-29 July – July mid-season lodge weekend. Join us at Kalkite for a weekend of club lessons and tours to suit all levels.

4-12 August – Perisher Nordic Week: A fun week of events for all levels of xc skier.

18 August – CCCSC Kosciuszko Tour ski race.

2018, ISSUE 2 PAGE 3

Thredbo Alpine Museum—Evening Cocktails and Film Night







EVENING COCKTAILS & FILM NIGHT

Thredbo Historical Society invites you to evening cocktails, talk and films by

RANDY WIEMAN

AUSTRALIAN, NZ & EUROPEAN FREESTYLE SKIING CHAMPION OF THE 1970s PRESIDENT PROFESSIONAL FREESTYLE COMPETITORS ASSOCIATION 1978-1983 PRINCIPAL OF HOTSHOTS PHOTOGRAPHY AND VIDEO - THREDBO

Randy will show unique freestyle film of the period (Aerials-Ballet and Moguls) and talk on Australia's transition from hot-dogging to today's freestyle skiing disciplines.

TUESDAY 3 JULY 2018 (6:00 PM for 6:30 PM - 8.30 PM) AT THE MAWSON CLUB

10 HEARD STREET, MAWSON, ACT

Following welcome drinks and nibbles, Randy will show a spectacular film and speak on the evolution of freestyle skiing.

This will be followed by hot finger food - Club Bar Available.

Also available TO PURCHASE will be the book "THREDBO: PIONEERS, LEGENDS, COMMUNITY"

Author Chas Keys will be present for book signings

With every purchase receive a complimentary book "Starting Thredbo" by Geoffrey Hughes.

Entry: Members \$25 & Non Members \$28

Further Information: Alan Fredericks President THS: 02 9449 7610 or Mobile: 0417 401 403

RSVPs ESSENTIAL BY THURSDAY 28 JUNE 2018 TO ANNE COLLET:

Mobile: 0412 803 234 ,Phone: 5100 3823 or Email: rainmakerrealty@grapevine.net.au

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.



Ski Tour Program 2018

Date

Tour Description

With the absence of snow and most people still in hibernation there is not much to include in the Tour Program at present, apart from the July Lodge Weekends. Once the snow does arrive and people are available to lead tours then 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.

Monday.

Evening talk at Vertikal Indoor Snow Sports (Fyshwick)

The Vertikal Indoor Snow Sports Centre has recently opened in Fyshwick and they have kindly agreed to talk to our club members about the facility with a

Friday to Sunday, 6 to 8 July

A weekend of skiing with accommodation in Kalkite

seating available. Starting at 6pm, going for roughly one hour. (Located at Unit 11, Building 3, 1 Dairy Road, Fyshwick)

All Standards

Join other members of the Canberra Cross Country Ski Club for a weekend all about learning how to cross country ski. This weekend is being held in conjunction with the 'Come and Try' cross country ski lessons at Perisher organised by Snowsports ACT.

live demonstration of skiing on the mats. They have a nice fireplace and ample

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.

Friday - Arrive at lodge accommodation in evening.

Saturday – 'Come and Try open day' lessons and tours for all levels of skiers, and social night dinner back at lodge.

Sunday - Tours for all levels of skiers led by experienced club members.

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), \$150 (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 website or by contacting Jo-Anne Clancy.

Saturday, Come & Try Day

7 July This event is run jointly by NSW & ACT Snowsports and <u>Perisher X-Country</u>.

Open to everyone who is new to Cross Country Skiing! Cost per person is \$22 for the day. The day involves a two hour lesson from 9.00am to 11.00am by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Please arrive by 8.30am to be graded into groups.

For any enquiries on the Come & Try Day, contact Wendy on 0422 240 483 or info@snowsportsact.com.au

Saturday, Beginner Tour (Perisher)

7 July Basic Skills Rolling Terrain Short Distance

An easy afternoon tour for Beginners following the morning 'Come and Try Event', most likely on the nordic trails at Perisher.

Leader

Ski Tour Program 2018 (cont'd)

Date	Tour Description
Sunday, 8 July	Perisher Area Basic & Intermediate Skills Rolling Terrain Short Distance An easy tour somewhere in the Perisher area.
Sunday, 8 July	Ski de Femme Fitness, fun and Female is the order of the day for the annual SnowSports ACT "Ski de Femme" held at the Perisher Cross Country Centre. Girls and women of all ages and abilities are tutored by a variety of expert coaches in both the skating and classical disciplines. The day is not confined to beginners, and instructors will be able to take intermediate and advance classes in Classic or Skate. A morning tea and a BBQ lunch is included in the \$35 registration fee. Please arrive at the Nordic Shelter by 8.30am. Registrations online and will also be
Sunday, 15 July	Perisher Area Basic & Intermediate Skills Rolling Terrain Medium Distance A tour starting from Perisher and exploring the surrounding area. Possible destinations could include The Porcupine, towards Dainers Gap or towards Charlotte Pass.
Tuesday, 17 July	Mid-Week Tour All Standards A mid-week tour. Could be anywhere but most likely starting from Perisher.
Friday to Sunday, 27 to 29 July	A weekend of skiing with accommodation in Kalkite All Standards The weekend is focussed more on touring, but lessons can be arranged subject to demand. This 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), \$150 (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. Friday – Arrive at lodge accommodation in evening. Saturday – Tours for all levels of skiers led by experienced club members, and social night dinner back at lodge. Sunday – Tours for all levels of skiers led by experienced club members. Bookings can be made through the Register Now link on the club website or by contacting Jo-Anne Clancy.
Saturday, 28 July	Perisher to Charlotte Pass Intermediate Rolling Long Start at Perisher and ski to Charlotte Pass and return. May stop for coffee at The Chalet or explore the great snowgums nearby.
Sunday, 29 July	Perisher Area Basic & Intermediate Skills Rolling Terrain Medium Distance A tour starting at Perisher and exploring the surrounding area.

Ski Tour Program 2018 (cont'd)

Date	Tour Description	Leader
Sunday, 29 July	Beginner Tour (Perisher) Basic Skills Rolling Terrain Short Distance An easier tour in the Perisher area for beginners.	
Sunday, 5 August	Race – Boonoona Open A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.	
Wednesday, 8 August	Race – KAC XC Classic 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.	
Thursday, 9 August	Race – Sundeck Handicap Race A 7.5km handicap race around the Perisher trails, stating at 11am, followed by lunch at the Sundeck Hotel.	
Saturday, 11 August	Race – Snowy Mountains Classic 2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.	
Saturday, 18 August	Race - Kosciusko Tour 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 Kosciusko Tour ski race either as a racer or volunteer helper. Further details are on the Club website.	
Saturday, 25 August	Race – Kangaroo Hoppet 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.	

"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

The club is hosting two July lodge weekends for members. The early July weekend is held in conjunction with the 'Come and Try' cross country ski lessons at Perisher (organised by Snowsports ACT) and is a great weekend for families and beginners. The later weekend is more focussed on touring, but lessons can be arranged subject to demand.

These weekends are a great opportunity to learn to ski or develop new skills, go on tours appropriate to your skiing level and meet other members, while staying in comfortable shared accommodation close to the mountains. Families with children are welcome. Both weekends include two nights' accommodation in Kalkite. The cost for accommodation for a weekend is \$70 single (in shared bunk room) \$150 couple (in private room) \$200 family (3-5 persons in private room). Please note this fee does not include lessons, ski hire, transport or food costs.

Dates: 6-8 July (school holidays) and 27 – 29 July

Program: Friday – Arrive at lodge accommodation in evening.

Saturday – 'Come and Try open day' lessons and tours, social night dinner back at lodge.

Sunday – Tours for all levels of skiers led by experienced club members.

Numbers are strictly limited. Bookings can be made through the Register Now link https://www.registernow.com.au/secure/Register.aspx?E=30143 or by contacting Jo-Anne Clancy.

Ski and Snow Photos



Dave Drohan, Trish Woods and Carol Taylor skiing at Mt Buffalo below The Horn, 20 Aug 17 . Photo: Alan Levy

Ski and Snow Photos (cont'd)



Bruce Porter skiing below Tantangara Mountain near Kiandra, 10 Sept 17 Photo: Alan Levy

John Carr skiing underneath a snowgum near Dead Horse Gap, 2 Sept 17

Photo: Alan Levy



Returning to campsite, below Burrungubugge Gorge, from Bluff Tarn, 5 Nov 2017 Photo: Tony Brown





Magnificent Jagungal Snow Gum on Tarn Bluff, above Bluff Tarn. There was plenty of snow around Bluff Tarn but had melted on the bluff. The following night, and morning, we had another couple of cms of snow. 5 Nov 2017 Photo: Tony Brown

PAGE 10 2018, ISSUE 2

Canberra Cross-Country Ski Club KOSCIUSZKO TOUR ENTRY FORM 10:00 am Saturday 18 August 2018 **Family Name** First Name(s) Postcode: □ Please keep me E-mail address informed on the Kosciuszko Tour by email Mobile Work Home Gender Male Female (Entrants must be at least 14 years old) CCCSC Other Club Name of club: Classic Freestyle Team Entry (Optional) Fancy Family **ADF Service** (must have 3 people per Club П

Conditions of Entry

Names of other team

Address

Telephone

Birth year

Club name

Technique:

Team name

members

team)

The Entrant, by entering and starting agrees to:

- be at least 14 years old,
- be responsible for their fitness and ability to take part in the event,

dress

1.

- 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.

Canberra Cross-Country Ski Club (CCCSC) reserves the

- 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 18 August,
- make no refund if the race is varied or cancelled on or after 18
- 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
- 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	Signature of Entrant (or Parent/Guardian if Competitor is under 18 years of age)
Please send completed entry form and payment (cheque or money order) to: KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602		line (Visa/Mastercard/PayPal) at Register Now ww.registernow.com.au/secure/Register.aspx?

2018, ISSUE 2 PAGE II

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
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

Fun and fitness in the snow

The Home of Free-heel Skiing

Web: www.cccsc.asn.au
Email: cccscinfo@gmail.com

Club Committee Contacts

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Webmaster Nick Reese cccscwebmaster@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



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 13 June 2018

Still Hammered by Hooves

Guest Speaker: Dianne (Di) Thompson

The Alpine (Vic) and Kosciuszko National Parks continue to be beaten by the impacts of the hooves and eating habits of introduced animals – feral horses, deer, pigs, etc. Recently a few National Park Association members, after a five-year gap, revisited the source of the Murray River and Cowombat Flat. Unfortunately these areas have deteriorated further, primarily from feral horses. Similar but different damage on the Tantangara Plain, an occasional skiing and past walking area. What might the point of no return be? What is the cost? Where are the grasslands and our native macropods? Catchments and water quality and quantity. Managed herds – where? Why are Namadgi's ecosystems in such good health?

Wednesday 27 June 2018

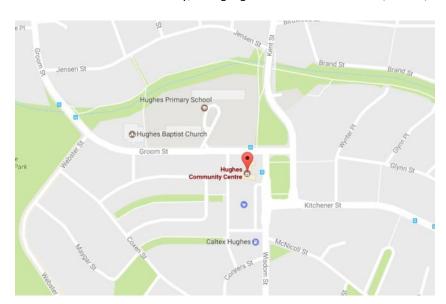
From Pintubi St to Jagungal (Aboriginal placenames in the snowfields and thereabouts)

Guest Speaker: John Giacon

There are a number of Aboriginal placenames in the snowfields, but even more on the roads to the snow. We will look at:

- the shape of Aboriginal words, including placenames
- a list of names from this area that are, or very likely are, of Aboriginal origin
- the few names in the list whose meaning is known
- some placenames from other areas

John Giacon researches and teaches Gamilaraay, a language from around Tamworth/Moree/Gunnedah.



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.

To join ONLINE go to

Application for Membership 2018
Canberra Cross Country Ski Club Inc
ABN 55 670 450 108
PO Box 6234 O'CONNOR ACT 2602

www.cccsc.asn.au and click REGISTER NOW

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MEMBER DETAILS					MEN	IBER	PREFE	MEMBER PREFERENCES	ES.			
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All other information will be kept confidential with only summarised results reported	ults reported.	,	•	•		-						
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We apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.	CSC) and agree	to be b	ound by	the Cor	stitution	of CCC	SC whil	e membe	ers.			
Signed by or for each member above:												
Have you ever been a member of the CCCSC before? YES □	M 🗆 ON	hat Da	ate did y	What Date did you join				:				
Make cheques payable to: "CCCSC" Mail this form and your cheque to "CCCSC, PO Box 6234 O'CONNO! Bring this form and your cheque or cash to a CCCSC meeting.	ONNOR ACT 2602" or	Į.	SS 87	Membership fees: \$50 for single mer \$75 for household	Membership fees: \$50 for single membership \$75 for household membership	bership	S					
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