

SPECIAL POINTS
OF INTEREST:

Annual General Meeting—26 September
2018—Page 2

October Lodge Weekend — 20-21 October
2018 — Page 2

INSIDE THIS
ISSUE:

Trip Photos— Porcupine—12 August 2018	3
A distance comparison of a “touring” versus “turning” ski	4-5
Trip Report—Dead Horse Gap Area— 25 August 2018	6
Trip Report— Dainer’s Gap— Tuesday 14 August	7-8
Trip Photos—Lake Catani—20 August 2018	9
Trip Photos— Victoria— 20 August 2018	10-12
Kosciuszko Tour Photos— 18 August 2018	12-13
Ski and Snow Photos	14-16
Ski Tour Grading	17
Ski Tour Program 2018	18
Club Committee Contacts	20
Social Club Meetings 2018	21

Off Piste

2018, ISSUE 5

6TH SEPTEMBER 2018



President’s Piece

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Spring is here but don’t despair – the excellent snow cover will ensure we can keep skiing for many more weeks! The club has a packed spring program. Bookings for our famous Charlotte Pass October lodge weekend are now open (see this issue for more

information) and our tour program stretches all the way into November.

This newsletter captures some of the action that took place in August. It is always a busy month with social meetings, touring, Perisher XC week, our very own Kos-

ciuszko Tour race, and finally Victoria week and the Kangaroo Hoppet. The wild, windy weather in the first half of the month proved challenging, with race courses changed and some tours cancelled. The second half of the month provided some fantastic skiing



Gale Funston racing in the 2018 Australian Birkebeiner.

Saturday, 25 August 2018.

© Top Shots Photography, Falls Creek, VIC.

2018 Membership Subscriptions

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

October Newsletter Deadline

Deadline for articles for the October 2018 Off-Piste is 5th October 2018.

The club's
Annual General Meeting
will be held on
Wednesday
26th September.

President's Piece (cont'd)

weather.

The club's Annual General Meeting will be held on Wednesday 26th September. All committee positions will fall vacant and it would be

great to get some new people on the committee. If you are interested in nominating, please contact me or another committee member for more information. More hands make light work etc.

In the meantime, enjoy the spring skiing (don't forget the sunscreen).

Jo-Anne Clancy

Annual General Meeting

Annual General Time Date and Venue. See Social Club Meetings—Page 21 for further details.

Date:	Wednesday 26 th September 2018
Time:	7.45pm
Place:	Room 3, Hughes Community Centre, Wisdom street, Hughes, ACT

October Lodge Weekend

The Club lodge weekend will be held at the Southern Alps Ski Club lodge at Charlotte Pass on the weekend of 20 & 21 October. Accommodation for the nights of Friday 19 & Saturday 20 October has been arranged.

This is always a popular weekend, with Club ski tours held around Charlotte Pass or on the Main Range on the Saturday and Sunday. At present there is a deep cover of snow on the Main Range, so there should be good skiing during October.

People will need to bring along food, linen and towels for the weekend. The intention is to have a community dinner on the Saturday evening where people bring along an entree, main course or dessert to share with others.

The cost per person for accommodation will be \$49 per night. The cost per family will be \$113 per night. Payment will need to be made prior to the weekend via the Register Now site, details of which will be

advised on the Club Web site and by email.

The register now hyperlink for the October lodge weekend is: <https://www.registernow.com.au/secure/Register.aspx?E=31775>

Please advise Alan Levy via email alanlevy@pcug.org.au if you are interested in attending.

"Grand Coalition" formed

A "Grand Coalition" of regional environmental and bushwalking groups has been formed to protest the NSW legislation to protect feral horses in the Kosciuszko National Park. The group includes the National Parks

Association of the ACT, the National Parks Association of NSW, the Canberra Bushwalking Club, the Invasive Species Council, the Conservation Council ACT, the NSW Nature Conservancy and others. One action proposed is

for a protest walk from Sydney to the summit of Mt. Kosciuszko. Anyone interested in participating can register on the dedicated website <http://savekosci.org>.

Trip Photos—Porcupine—12 August 2018



Carol Taylor leading up Rock Creek. On a CCCSC ski tour, from Perisher Valley to Porcupine Rocks and beyond. Sunday, 12 August 2018. Photographer: Ken Moylan.

Bill Stanhope cruising the Porcupine Link trail. On a CCCSC ski tour, from Perisher Valley to Porcupine Rocks and beyond. Sunday, 12 August 2018. Photographer: Ken Moylan.



Jenny Lyons cruising the Porcupine Link trail. On a CCCSC ski tour, from Perisher Valley to Porcupine Rocks and beyond. Sunday, 12 August 2018. Photographer: Ken Moylan.



Shaffique Aljoofrie Cruising the Porcupine Link trail. On a CCCSC ski tour, from Perisher Valley to Porcupine Rocks and beyond. Sunday, 12 August 2018. Photographer: Ken Moylan.



A distance comparison of a “touring” versus “turning” ski

Recently, my son Scott and I completed a three day return trip from Munyang to Jagungal.



Scott & Dave on Jagungal summit. Photo supplied by Dave Drohan.

Scott was borrowing a lot of my ski gear, so we were forced to use different types of skis.

One was a “touring” ski, the other was a “turning” ski. A touring ski has a longer length, so it tracks and glides well and does not have much side cut. In recent years, I have observed these skis becoming less common in the Australian back country, as it takes greater skill to use downhill.

The shorter “turning” ski with greater side cut allows for easier turning on descents. How-

ever, it does have one big disadvantage, which is the subject of this article.

On day three of our trip, I took the opportunity to test the two type of skis we were using. I have always wanted to obtain some data, on just how much the daily range can be influenced by comparing these two type of skis. The touring ski was a Madshus – VOSS: 200 cm long (side cut 60-50-55). The turning ski was a Madshus – EON: 175cm long (side cut 83-62-70). Both ski types used the NNBC binding and boot system and

had been waxed with the same glide wax.

For this experiment, I selected a gentle incline, 95m long and tested both skis without my pack. (If I ever repeat these tests, I’ll keep my pack on). There was a slight cross wind and the snow was wet. After a few runs to set the track, Scott recorded my runs.

The combined average speed of the touring ski was 10.1 km/hr. Whereas, the combined average of the turning

A distance comparison of a “touring” versus “turning” ski (cont’d)



Dave skiing a test run. Photo supplied by Dave Drohan.

The average times converted to km/hour are as follows:

	Touring ski		Turning ski	
Km/hr	Incline	Decline	Incline	Decline
Average speed	8.4	11.9	7.6	11.0

The combined average speed of the touring ski was 10.1 km/hr. Whereas, the combined average of the turning ski was 9.3 km/hr. Therefore the touring ski may cover 800m extra per hour. It is tempting to extrapolate this figure (as a very rough guide) that you may be able to ski up to 5 km extra each day on touring skis.

Thus for general undulating terrain, the touring ski should always outperform the turning ski, over a set distance. The turning ski comes into its own on steeper descents, such as Main range.

I expect, if this type of experiment was conducted with plastic boot and cable bindings, used on Telemark and AT skis, against a touring ski, the difference would even be more stark.

I’ve included a summary of the data for those interested.

Dave Drohan

Summary:	Touring ski		Turning ski	
	Incline	Decline	Incline	Decline
Sample No.	4	4	5	5
Mean (seconds)	40.8	28.9	44.9	31.1
Std Dev (seconds)	0.7	0.3	2.0 **	0.7

Note ** The uphill runs of the turning ski did not track well. This may explain the wider standard deviation figure.

Trip Report—Dead Horse Gap Area—25 August 2018

With many of the club busy down in Victoria chasing kangaroos there were just three of us who piled into one vehicle after a social coffee at the Parc Cafe in Jindabyne. It was a fine sunny day and the Thredbo car park was already full by 9.30 in the morning so we hastened to the Cascade trail car park and managed to bag one of the last parking spaces. We were Margaret Mahony, Paul Davis and Mike Hinchey.

We clawed our way up the bank of the upper Thredbo river on hard icy snow to avoid the trauma of the firetrail and certainly didn't envy the skier

we saw about to embark from the car park towing a sled resplendent with a porta potty for another party of thirteen snow campers. What became of him we never found out.

We were headed for the Devil's dolmen, a curious rock formation up on Bob's ridge reminiscent of the neolithic tombs of Celtic Europe.

Fortunately the ice was more forgiving once we crossed the bridge on the upper Thredbo river and we made good time up Bob's ridge hoping for an exhilarating run down later in the day. Alas that was not quite to be.

A leisurely lunch was had once we reached the dolmen, the obligatory photos taken, and the run back down to the river commenced. But the snow was by now heavy and it was more of a downhill shush than a wedel. We were down at the river before we knew it enjoying some memorable views of the Ramshead range plastered in heavy snow.

An enjoyable and energetic, while short trip, left us all satisfied we'd had a good work out.

Mike Hinchey



Paul Davis contemplating the neolithic workmanship of the dolmen—25 August 2018. Photographer: Mike Hinchey

Margaret Mahony enjoying the view of the Ramsheads from Bob's ridge. 25 August 2018. Photographer: Mike Hinchey



Trip Report—Dainer's Gap—Tuesday 14 August 2018

I put a mid-week trip on the program and was joined by Ken Moylan, Ralph Gailis and Melinda Brouwer. The snow around Dainers Gap had looked fairly good a few days previously, so I decided to go skiing in this area. After a coffee break in Jindabyne we arrived at the Dainers Gap carpark around 9:40am. The weather was sunny and breezy but there was cloud over the Main Range to the west. There looked to be a good snow cover on the Plains of Heaven side of the road however we decided to ski on the eastern side towards Thompsons Plain and out to the Pretty Point viewpoint.

From the road at Dainers Gap we climbed up the snow slope towards the pole line and towards the northern end of Thompsons Plain. The snow was very soft and heavy and had a lot of grass poking through. In some places the snow cover was deep, but on the western facing slopes and

windswept areas it was quite thin and we had to weave our way on the patches of snow between grass. Higher up we arrived at an old fence line and the snow poles that lead south to Perisher. There was a good view of Mt Kosciuszko and Mt Perisher in the distance, but to the west there was a layer of cloud covering the Main Range.

We continued east across an open valley and arrived at Pretty Point, an amazing viewpoint directly overlooking the Thredbo River valley and Lake Jindabyne below. The snow here was deep and powdery. We stopped for morning tea on an exposed ledge above a steep snow slope, which was out of the wind and provided great views. Afterwards we skied south over a small saddle and had lunch amongst some trees close to the escarpment, with views of Bullocks Flat carpark below.

We retraced our route back to Dainers Gap in the early after-

noon. The cloud over the Main Range had by now completely disappeared but it was still windy. With the cloud gone the views now included the Kerries, Munyang Valley, the Rolling Grounds, Mt Tate, most of Perisher Resort (Smiggin Holes, Back Perisher and Mt Perisher) and Mt Kosciuszko. The ski back down the slope to the Gap was made difficult by the very soft snow and marginal snow cover, but we survived and were back at the car around 3pm. Another good trip completed. We could easily have gone to Perisher or Smiggins to ski on a much better snow cover but it was good to be able to ski in this area for a change.

Ken's Wax of the Day: Started with Swix Purple Extra stick. This worked well enough until about noon. A layer of Swix Red stick was added, due to the snow warming over the day.

Alan Levy



Ralph Gailis, Melinda Brouwer and Ken Moylan – 14 August 2018. Photographer: Alan Levy

Trip Report—Dainer's Gap—Tuesday 14 August 2018 (cont'd)



Ralph Gailis at Pretty Point, with Lake Jindabyne in the distance – 14 August 2018. Photographer: Alan Levy



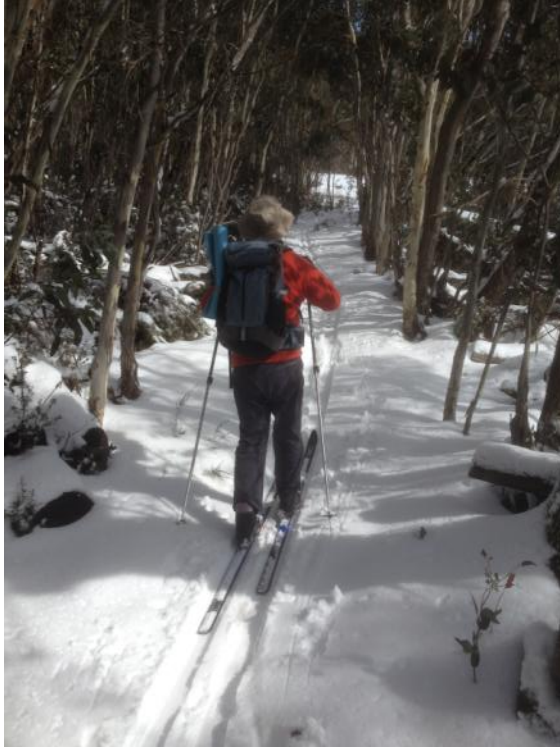
Alan Levy and a thin snow cover. On a CCCSC ski tour, from Dainer's Gap to Pretty Point. Tuesday, 14 August 2018. Photographer: Ken Moylan.



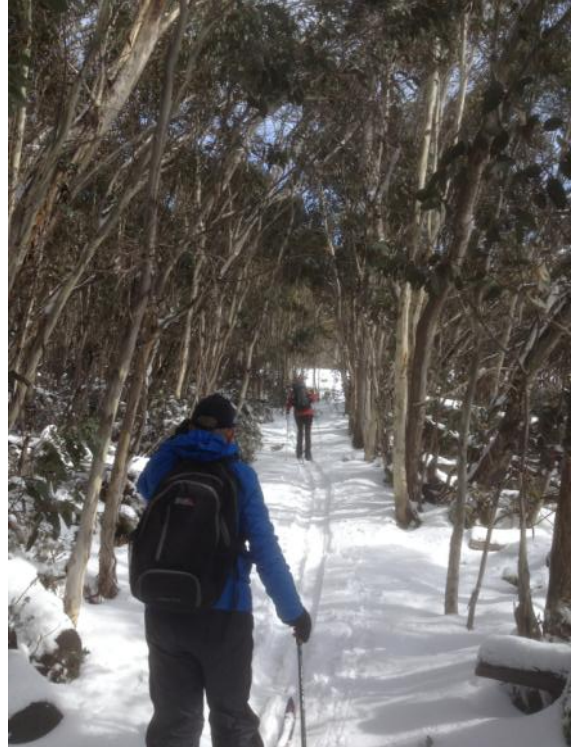
An outstanding snowgum. Note the colours and bark regrowing over the dead wood. On a CCCSC ski tour, from Dainer's Gap to Pretty Point. Tuesday, 14 August 2018. Photographer: Ken Moylan.

Trip Photos—Lake Catani—20 August 2018

These photos are all from a tour, lead by Alan Levy, from The Chalet, Mt Buffalo, VIC, to around most of Lake Catani, on Monday, 20 August 2018.



Alan Levy skiing along a narrow avenue. On a tour around Lake Catani, Mt Buffalo, VIC. Monday, 20 August 2018. Photographer: Ken Moylan.



Keith Vallard and Anne Campbell skiing along a narrow avenue. On a tour around Lake Catani, Mt Buffalo, VIC. Monday, 20 August 2018. Photographer: Ken Moylan.



Ken Moylan & Ralph Gailis, with Lake Catani behind them. On a tour around Lake Catani, Mt Buffalo, VIC. Monday, 20 August 2018. Camera: Ken Moylan's

Trip Photos—Victoria—23 August 2018



Ralph Gailis, John Giacon and Margaret Baz at Cresta Valley, Mt Buffalo, with The Horn in the distance. 23 August 2018. Photographer: Alan Levy



Margaret Baz trying to hold up Egg Rock, Mt Buffalo. 23 August 2018. Photographer: Alan Levy



The Kangaroo Hoppet. 25 August 2018. Photographer: Alan Levy

Trip Photos—Victoria—20 August 2018 (cont'd)



*Throne of Skis art installation.
Windy Corner, Falls Creek, Vic-
toria. August 2018. Photogra-
pher: Ken Moylan*

*Margaret Baz and John
Giacon on the summit of
The Horn, Mt Buffalo. 23
August 2018 . Photogra-
pher: Alan Levy*



*Margaret Baz, Jo-Anne
Clancy, Gale Funston and
Ken Moylan before the
start of the Kangaroo Hop-
pet at Falls Creek. 25 Au-
gust 2018 . Photographer:
Alan Levy*

Trip Photos—Victoria— 20 August 2018 (cont'd)



Ken Moylan on the trail between Mt Buffalo Chalet and Lake Catani. 20 August 2018 . Photographer: Alan Levy



Wombat on the Reservoir Road at Mt Buffalo. 20 August 2018 . Photographer: Alan Levy

Kosciuszko Tour Photos— 18 August 2018



Peter Cunningham giving the race briefing. Jo-Anne Clancy is also in the picture. Inside the Perisher Nordic Shelter, before the start of the 2018 Kosciuszko Tour. Saturday, 18 August 2018. Photographer: Ken

Kosciuszko Tour Photos— 18 August 2018 (cont'd)



Jo-Anne Clancy and Margaret Mahoney, race officials behind the late-entry and bib-handout desk. Alan Levy and John Giacon also shown. Inside the Perisher Nordic Shelter, before the start of the 2018 Kosciuszko Tour. Saturday, 18 August 2018. Photographer: Ken Moylan



Alan Levy happily showing his proper race position. Inside the Perisher Nordic Shelter, before the start of the 2018 Kosciuszko Tour. Saturday, 18 August 2018.

Photographer: Ken Moylan



Ken Moylan after the 2018 Kosciuszko Tour, featuring an ice beard. Outside the Perisher Nordic Shelter, after running the 2018 Kosciuszko Tour. Saturday, 18 August 2018. Photographer: Ken Moylan

Ski and Snow Photos



CCCSC Members before the start of the 2018 Sundeck Cup race. They are: (L2R) Marg Mahoney, Bruce Porter, Sue Willians, Rowan Christie, Alan Levy, Ken Moylan. Outside the Perisher Nordic Shelter, Perisher Valley. Thursday, 9 August 2018. Photographer: Ken Moylan



Ken Moylan racing in the 2018 Kangaroo Hoppet. Saturday, 25 August 2018.

© Top Shots Photography, Falls Creek, VIC.

Ski and Snow Photos (cont'd)



Sunrise through the Enchanted Forest up towards South Ramshead. 12 August 2018

Photographer: Tony Brown



Snow Gum covered in ice taken between Dead Horse Gap and South Ramshead. 12 August 2018

Photographer: Tony Brown



Snow Gum protruding from the snow and covered in ice taken around South Ramshead area. 18 August 2018

Photographer: Tony Brown

Ski and Snow Photos (cont'd)



Sunset from South Ramshead. The only time we seen the sun for the 3 days we spent camped up towards South Ramshead. 17 August 2018

Photographer: Tony Brown



Snow Gum covered in ice following a night of high wind and quite a bit of snow taken not far from our camp site. 19 August 2018

Photographer: Tony Brown



Nice line of Snow Gums on the way up to South Ramshead taken during reasonably heavy snow around sunrise, although no sun to be seen. 19 August 2018

Photographer: 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.



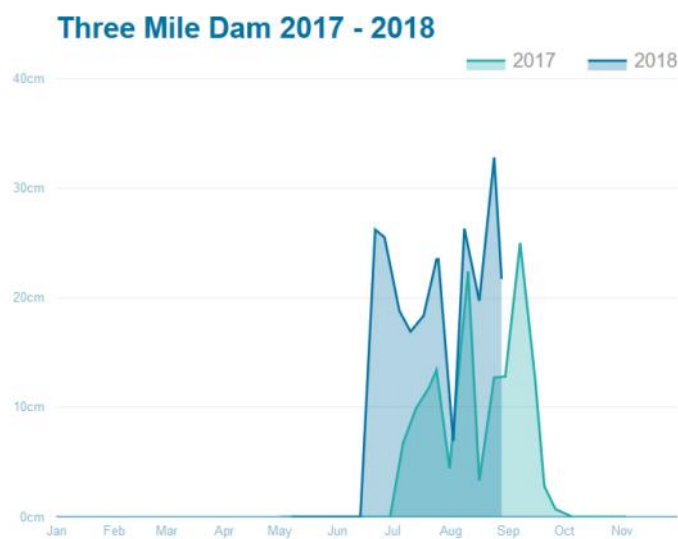
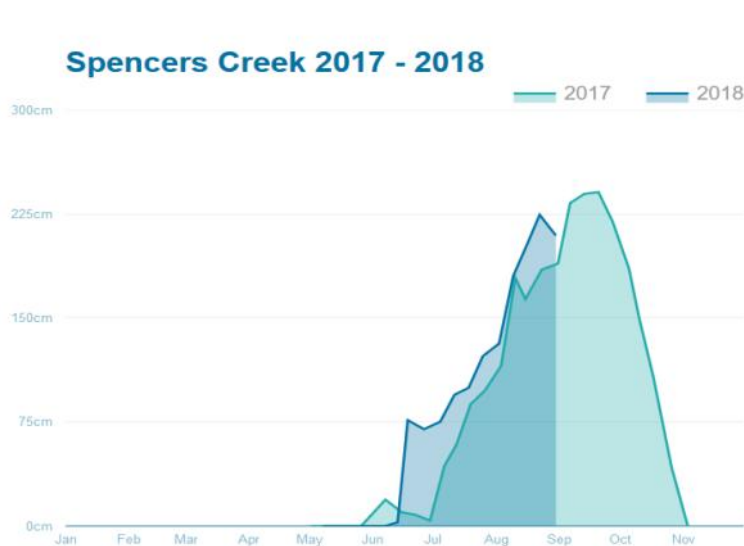
Ski Tour Program 2018

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.	
Saturday, 8 September	Not the Kosciuszko Tour Intermediate Skills Rolling terrain Long Distance 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.	JC
(or the following weekend if the weather is better)		
Saturday, 15 September	Smiggins/Mt Piper Area Basic-Intermediate Skills Rolling Terrain Short Distance Will do an easier ski tour in the Smiggins or Mt Piper area, starting either at Perisher or Smiggins.	BS
Saturday, 22 September	Guthega Area (& Car Camp) Intermediate Skills Hilly & Steep Terrain Medium Distance Will start at Guthega, cross the dam wall then and 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 or Thredbo Diggings on the Saturday night and do another ski on the Sunday as well.	AL
Sunday, 23 September	Ramsheads Visit Intermediate skills Hilly & Steep terrain Medium distance From Dead Horse Gap, climb up onto the Ramsheads and take in the views. The last time I lead this, we visited South and Centre Ramshead, so I would like to get to North Ramshead.	KM
Wednesday, 3 October	Mid-Week Tour All Standards (Basic & Intermediate) A mid-week tour. No particular destination yet but just wherever the snow is good.	AL
Thursday to Thursday, 4 to 11 October	A Week on Top (near Mount Twynam?) Advanced Skills Hilly Terrain Medium Distance A snow camping / photographic / telemarking adventure on top of the Main Range, probably near based Mount Twynam.	SD
Various dates through October & November	Main Range Spring Campaign Medium to Long, Rolling. I want to run a series of day tours from Charlotte Pass to various destinations on the Main Range. They will start when the road to Charlotte Pass is open. Destinations include: * Little Austria & Lake Albina; * Rawson's Pass & Snowy River (North Arm & South Arm); * Blue Lake; * Club Lake; * Watson's Crags & The Sentinel.	KM
Friday 19th to Sunday 21 st October	Lodge Weekend at Charlotte Pass The Club will hold an end of season lodge weekend at the Southern Alps Ski Club lodge 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 on the Events page on the Club website.	

Ski Tour Program 2018 (cont'd)

Date	Tour Description	Leader
Saturday, 3 November	Mt Townsend Visit Intermediate Skills Rolling Terrain Long Distance 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.	KM

Snowy Hydro Snow Depth—1 September 2018





Business Name

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	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 Club Meetings 2018 (All Welcome)

Wednesday 12 September 2018

Skiing in Finland

Guest Speaker: Martin Linsley

A trans-Finland Border to Border adventure, starting with skiing Silver Star in Canada

Wednesday 26 September 2018

Annual General Meeting of Canberra Cross Country Ski Club Inc.

The annual general meeting of the members of the Canberra Cross Country Ski Club Inc. The details of this meeting are as follows:

Date:	Wednesday 26 th September 2018
Time:	7.45pm
Place:	Room 3, Hughes Community Centre, Wisdom street, Hughes, ACT

At the meeting, members will have the opportunity to:

- find out about the club's activities and finances
- ask questions about the club's activities and finances
- speak about any items on the agenda
- vote on any resolutions proposed

At the meeting, members will be asked to vote to:

- accept the minutes of the last annual general meeting and any general meeting held since the last annual general meeting
- accept the president's report
- accept the treasurer's report and annual financial statements
- elect the committee



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.