

**SPECIAL
POINTS OF
INTEREST:**

- Trip Reports & Photos
- AGM Notice

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2020, ISSUE 3

4 SEPTEMBER 2020



Snow gums near Pretty Point - 24 Aug 20. Photo: Lachlan Kennedy

Next Newsletter

The next newsletter will be produced in early October. Deadline for contributions is 2 October. Please send any articles or photos to ccsceditor@gmail.com

President's Piece

It's been a slow start to the season in terms of snow conditions but some good recent snowfalls will hopefully translate into some great skiing ahead. The arrival of Spring heralds longer days and more mellow weather. This is often the best time for backcountry skiing and I am certainly looking forward to getting out there.

Racing opportunities have pretty much disappeared this year with the Covid restrictions but some of our members have made the best of the situation by participating in "Hoppet 2020 ... Do It Your Way" and Virtual Merino Muster, a good chance to test yourself – against yourself.

Our revived social meetings have provided a chance for members to get together and hear about the adventures in which our members have participated, including Dave Drohan's mountain climbing in South America and Alan Levy presenting on how to squeeze in some Loppet races in the Northern Hemisphere before Covid brought the racing program to an abrupt halt.

Our Annual General Meeting (AGM) will be held on 23 September and I would urge members to attend. It's your club and, although it probably generally works best that its running ticks along in the background, the AGM is a good chance for members to review its operation. Nominations for all committee positions are open. In particular, **I would urge members to consider standing for the Secretary or Tour Coordinator positions**, where the incumbents have expressed a need or preference to stand down or move to other positions within the committee. I can vouch that it is a friendly committee and committee positions do not entail an onerous level of labour.

As well as the business part of the AGM, as our final social meeting, we will also indulge in imbibing a little gluhwein over an informal, but informative I think, exchange on what we have found useful to develop our skiing skills. I know that I have found inputs from different sources over the years very helpful and that incremental improvements in my abilities (still limited!!) have enhanced my skiing enjoyment.

Ian Turland,
President

Social Meetings

COVID restrictions mean there is currently a limit of 20 people at the Social Meetings. Rather than just turning up to a social meeting, people now have to book online beforehand so the Club can control the number of people attending the Social Meetings. Before each meeting the Club will set up a booking page on Register Now and make the booking page link available to Club members via a Club news email and on the Club website.

The Club was also required to provide a COVID Safety Plan for the Social Meetings, and this is contained on page xx in this newsletter for information.

Accessing the Members Page

When logging in via the 'Member Login' page, you need to use the "Username" and "Password" previously provided to members via the email "CCCSC May 2020 Update and Newsletter" on 25 May 20.

Please do not log in with your email address as this will not work.

Membership for 2020

2019 financial members have had their membership extended to cover the 2020 season at no cost.

In lieu of membership fees you are invited to donate to help maintain the Club's finances.

Donations may be made:

- On line via the Club website and Register Now at <https://www.registernow.com.au/secure/Register.aspx?E=40128>
- In cash which saves processing fees charged by Register Now.
- By direct deposit to the Club's NAB account which also saves on fees:
Name: Canberra Cross Country Ski Club
BSB: 082 906
Account #: 15 538 0191
Reference: Donation

New members can join the club in 2020 for a reduced rate of \$10 individual or \$20 family via the Register Now link: <https://www.registernow.com.au/secure/Register.aspx?E=39730>

Perisher & Thredbo Weekend Access Restrictions

Due to the demand for visitors to the ski resorts and snowy parts of Kosciuszko National Park this winter, the NSW Police and Transport for NSW have decided to establish road blocks on both the Alpine Way and Kosciuszko Road on Saturday and Sundays from approximately 9:30am through to 4:00pm for the foreseeable future. NSW National Parks and Wildlife staff (NPWS) will be assisting at these road blocks.

The only people allowed through the road block will be those with a valid lift ticket, or booked accommodation including campground bookings. Visitors who have completed the Trip Intention Form will only be allowed through while there are enough car parking spaces.

You may wish to keep this in mind when driving up the mountain on weekends.

CCCSC Insurance Cover

Members are advised that the Canberra Cross Country Ski Club's insurance only covers public liability (i.e. it protects members, committee members and leaders) from the consequences of court action.

It is not practical or affordable for the Club to provide personal accident insurance. Members are therefore encouraged to arrange their own personal accident insurance to suit their individual requirements.

Please note that this arrangement (re Personal accident Insurance) is one that CCCSC has followed for many years."

Notice of the Annual General Meeting of Canberra Cross Country Ski Club Inc

Date: Wednesday 23 September 2019

Time: 7.45pm

Place: Room 3, Hughes Community Centre, Wisdom Street, Hughes, ACT

This is to advise you of the upcoming annual general meeting of the members of the Canberra Cross Country Ski Club Inc.

The details of this meeting are as follows:

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

Mountain Misadventures

by **Lachlan Kennedy**

When you are learning to cross country ski a misadventure is a face plant in front of the Nordic Shelter. The further you go into the back country, misadventures have a tendency to have more consequences.

A few examples.

Years ago we were skiing in spring along the Mueller Saddle above Lake Albina. There was heaps of sunshine, but a very brisk south westerly wind. As we were admiring the view, a breathless person ran up from the Lake, and asked us if we had seen his tent fly go past on the breeze. We hadn't so he went off into the Snowy River valley to keep looking for it.

On another occasion on the Main Range we came across a skier with only one ski. He was looking for his other ski, which had taken off on an excursion on its own down into the Club Lake valley.

Dome tents can sometimes behave like bowling balls. A club member left his one morning to do a bit of skiing. Somewhat away from his tent the rain started and the wind picked up. He headed back to his tent to shelter, but it was missing. The snow holding the pegs had washed away, and the tent had rolled off downwind for a kilometre or so. He found it, with all his kit tumbled about, but the tent was intact.

These are trivial examples. But some snow travellers have much more serious misadventures. Two historical cases on Mt Bogong in particular stand out for the national attention they got.

The Cleve Cole Tragedy

In August 1936, three very experienced skiers Cleve Cole, Mick Hull and Howard Mitchell attempted a ski traverse across Mt Bogong from Falls Creek. A very good account of their experience can be found in Dick Johnsons book 'The Alps at the Cross-roads' published by the Victorian National Parks Association in the 1970's.

The skiers encountered a blizzard as they climbed up towards Bogong's summit from the Big River. In the poor visibility they were unable to find the summit cairn. They built a snow cave and waited for the weather to abate. Every attempt to find the summit cairn failed. Their food ran out. After three and a half days the blizzard did not ease, and so they made a desperate last attempt to get off the mountain.

They abandoned all their equipment and once more tried to find the summit cairn. Miraculously they were successful. Using their compass and their knowledge of the mountain from previous trips, they should have now been able to find the Staircase Spur, the only exit off the mountain. In the blinding snow, every attempt to find the spur failed. They decided to descend into a gully and traverse around the contour hoping to find the spur. They were relying on the direction of the wind to help them locate the spur in the poor visibility, but the wind changed as they made the traverse, and they crossed the spur without realising their mistake.

They were now committed to a bush bash down the mountain towards the Big River with only the clothes they were dressed in. By night they sheltered in hollow logs,

and during the day struggled along the rugged banks of the Big River. Cleve Cole's strength failed him, and they decided Howard Mitchell would continue down the valley to get help, while Mick Hull (who was strong enough to continue) stayed with Cleve Cole. They had not eaten for 5 days.

After 2 more days Mitchell got to a mining settlement. A large search party was quickly organised, and 2 days later Mick Hull and Cleve Cole were stretchered back to the mining settlement. Cleve Cole could not be revived.

The epic ski trip and rescue received national attention. Mick Hull and Howard Mitchell got silver medals from the Humane Society for their care of Cleve Cole. (Which makes you wonder what you have to do to get a gold medal.) A stone hut was built as a consequence of his death in 1937 and is named after him.

The genesis of this tragedy was that they probably would not have had access to reliable up to date weather forecasts when they left. Once they encountered the blizzard, it seems their best option was to try to get out down the Staircase Spur, rather than turning back. And finally the poor visibility in the blizzard forced them to rely on the wind direction to work out when they had reached the Staircase Spur.

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Top Left: Bill Waters (front) helping to carry Mick Hull (stretcher) Top Right: E.C. Robinson of the SCV and miners with headlamps for night searching. Lower Left: Some of the miners who took part in the search. Lower Right: The President of the SCV, Mr S.C. Stephens; E.C. Robinson, and miners out on the search.



Cleve Cole Hut

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The Gadsden Tragedy

This was another tragedy on Mt Bogong in August 1943.

Georgina Gadsden was leading a party of 8 skiers up the Staircase Spur. They encountered a blizzard, and stayed safely in Bivouac Hut. The next day, while the blizzard still blew, she and two of her skiing companions (Edward Welch and John McCrae) decided to leave the slower skiers at the bivouac and make for Cleve Cole Hut. Exactly why they wanted to get to Cleve Cole hut so quickly is unclear. They died suddenly in a blizzard about fifty metres from the Summit Hut, but it was completely buried in snow. Their bodies were discovered the next day by the remaining skiers who had left the hut when the blizzard finished. They found an empty bottle of rum was found near one of the victims.

The deaths alone would have attracted a lot of attention. But then Georgina's body could not be found. Things got really sensational. After all, how could a corpse disappear?

Luckily, a member of the recovery team had his hat blown off by a gust of wind, and as he chased it downhill he spotted Georgina's frozen body. The snow holding it on the ridge had softened after the blizzard and her body had tobogganed away downhill into Doorway Creek.

There was huge public interest in the cause of death. Their bodies were found in the open in postures that suggested sudden death. One skier had his sleeping bag partially out of his back pack. Newspaper letter writers indulged in wild speculation that they may have died of food poisoning, or that they had breathed in so much snow in the blizzard that they had died of lung congestion.

Georgina's death was referred to a coroner. The Victorian Ski Club was very critical of his inquiry for not ordering an autopsy on her body. The coroner instead simply found that she died of 'exhaustion'. For the Club, and skiers generally, this was a lost opportunity to discover if alcohol had in any way contributed to her death.

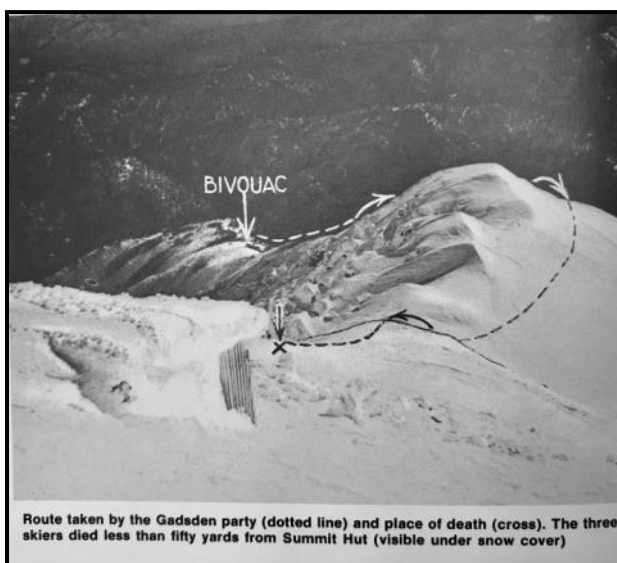
It is now accepted everywhere that

drinking alcohol when you are seriously cold is potentially deadly. Alcohol dilates blood vessels, which means warm blood moves to your skin, and you feel warm. But this sensation of warmth is paid for with a drop in your core temperature. If your core temperature is already low, that can mean the temperature of your blood returning to your heart drops even further and if your blood gets too cold, your heart suddenly stops working. Even drinking in a hut or tent before you have warmed up can be dangerous.

Cleary Georgina Gadsden, Edward Welch and John McCrae's decision to make for the Cleve Cole hut was fatal, but what caused them to go for the summit in a blizzard, and why they did not turn back in time, is a mystery.

Every mountain misadventure is unique, but some themes repeat themselves in different forms - failure to turn back in time; injury; lost or damaged equipment; experienced skiers encountering conditions beyond their experience; seeking safety somewhere else when the party is safe, but may be very uncomfortable, where it is. Luckily, we now have Personal Locator Beacons, mobile phones and GPS navigation, so plain simple getting lost is rare now.

I think the most challenging case I have ever read is that of a party of walkers on Mt Washington New Hampshire in the USA whose guide apparently got hypothermia, and through his consequential poor decisions, the whole party perished in a storm. I will leave you with that interesting thought.



Route taken by the Gadsden party (dotted line) and place of death (cross). The three skiers died less than fifty yards from Summit Hut (visible under snow cover)

Members are encouraged to submit their own favourite misadventure story for the next edition of the newsletter.

Ski Tour Photographs - 2020



Trish Woods, Celia O'Donnell and Carol Taylor at the Nordic Shelter - Sat 8 Aug. Photo: Daniele Leyder



Ice covered trees on the Perisher trails - Sun 9 Aug. Photo: Alan Levy



Ken Moylan, Trish Woods, Alan Levy and Gale Funston near Paralyser Gap - Thur 6 Aug. Photo: Daniele Leyder



John Giacon, Sonja Weinberg, Melinda Brouwer and Ken Moylan at Pipers Creek Aqueduct Hut near Smiggin Holes - Mon 10 Aug. Photo: Alan Levy



View from the Paralyser plateau towards Betts Creek valley - Thur 6 Aug. Photo: Daniele Leyder



Garry Boxsell, Jacqui Rosier, John Giacon & Sonja Weinberg at the Plains of Heaven - Tues 11 Aug. Photo: Alan Levy



Having lunch outside Teddys Hut on a club tour from Dead Horse Gap - Mon 24 Aug 20. Photo: Alan Levy



Adam Lilley telemarking down the side of Brindle Bull Hill. On a Club tour from Dead Horse Gap to Teddy's Hut and return. Monday 24 August 2020 Photo: © Ken Moylan



Melinda Brouwer skiing towards Smiggin Holes. On a Club trip near Smiggin Holes - Monday 10 August 2020. Photo: © Ken Moylan



Gale Funston, Alan Levy & Ken Moylan before heading out onto the trails. Skiing the Virtual Snow Rake (21km version of Merino Muster). Perisher Trails. Sunday, 23 August 2020. Photo: © Ken Moylan



Skiers heading down the Thredbo River. On a Club tour from Dead Horse Gap to Teddy's Hut and return. Monday, 24 August 2020. Photo: © Ken Moylan



Ken Moylan, before starting the Virtual Australian Birkebeiner (21km version of Kangaroo Hoppet). Outside the Perisher Nordic Centre. Perisher Valley. Monday, 17 August 2020. Photo: Alan Levy

Trip Report - Guthega - Paralyser - Spencers Creek - 6 August

I have wanted to ski along Spencers Creek for some time and on 6 August finally did it. On a good weather day, with Robin Collins, Dave Drohan and Melinda Brouwer, our group made its way up towards Farm Creek from Guthega and then onto the Perisher Range.

Conditions were icy in parts on top but the views were great and we had an enjoyable run down from the Paralyser towards Betts Creek, which we then followed to Spencers Creek. Greater snow depth would have been good but following the creek was quite manageable. There were rocks to negotiate and then we were in among the trees and we had to cross a tributary creek before breaking out of the trees and again following the bank of Spencers Creek and, finally, on to Illawong Lodge and (mostly a walk, given the paucity of snow) back to Guthega. A good day's skiing and it was satisfying to explore some new territory.

Ian Turland

Dave and Robin skiing above Betts Creek. Photo: Ian Turland



Melinda, Robin and Dave near Farm Creek. Photo: Ian Turland



Melinda near Spencers Creek. Photo: Ian Turland



*Robin Collins, Dave Drohan and Melinda Brouwer climbing the slopes near The Paralyser
- Thur 6 Aug. Photo: Ian Turland*

Trip Report - Happy Jacks Road - 25 August

On Tuesday 25 August some of us that were staying at Kalkite drove north to the Eucumbene Dam wall, past the houses at Eucumbene Cove village and along the Happy Jacks Road as far as the snow would allow. We parked our vehicles along the road then began our ski tour along Happy Jacks Road towards Bald Hill. I had been on a club trip to this area once before in June 2000 and had always been keen to return to this area. The weather was absolutely perfect and there was more snow than on my previous visit.

On the trip were Ken Moylan, Ian Turland, Melinda Brouwer, John Giacon and myself. As deep snow



Lake Eucumbene and Bald Hill in the distance, taken from the Eucumbene Dam wall - 25 Aug 20. Photo: Alan Levy

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had stopped our toy 4WDs (ie - Subaru's) from reaching the locked gate, we parked our cars and walked along the road for about a kilometre until we were able to ski. Some private vehicles had been along the road so we had to ski along the side away from the vehicle tracks. The lower sections passed through some beautiful forest, including patches of alpine ash. As the road climbed higher the snow depth increased, the vehicle tracks disappeared and the skiing improved. After two hours we stopped for a late morning tea near the turnoff into Adams Hut, although we were not able to see the hut and not sure if it is still there.

From here the road climbed more steeply up the slopes of Bald Hill. The deep snow on this section of the road was very cold and powdery and some of us had balling up problems with our skis. We saw many small wallabies in the snow plus a large furry wombat that was standing stationary by the side of the road. Higher up we had excellent views to the west of Snowy Plain, the Bulls Peaks and Mt Jagungal. We ran out of time to get to the summit of Bald Hill so stopped lower down near the Bourkes Trail intersection where we had lunch overlooking Lake Eucumbene though the burnt forest.

Afterwards we had a fast descent back down the road in our ski tracks, and were back at the cars by 4pm. Thanks to Ken for organising the trip to this interesting area.

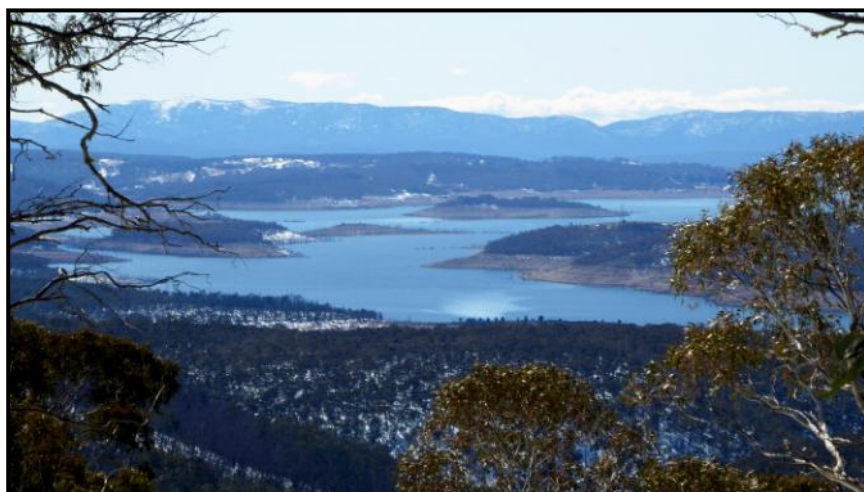
Alan Levy

Wax of the Day: A difficult day for waxing, starting with refrozen snow at the start changing through to wet snow and cold, dry snow in patches towards the top. Universal klister was tried for the way up. It was good to start with, but had severe balling up problems in the patches of dry snow. After cooling the skis on the snow at lunchtime, purple stick was applied over the klister. This combination worked well enough to very well on the way down, with much less balling up and good grip and glide.

Ken Moylan



Skiing along Happy Jacks Road. Photo: Alan Levy



Overlooking Lake Eucumbene. Photo: Alan Levy



Ken, Melinda, Ian and John on the Happy Jacks Road. Photo: Alan Levy



Looking west from the lower slopes of Bald Hill to Mt Jagungal and Snowy Plain - 25 Aug 20. Photo: Alan Levy



We saw this cute wallaby, as well as many others, on the trip. Photo: Alan Levy

*Another wombat photo!
This wombat was resting at the side of the road as we skied past.
Photo: Alan Levy*



Trip Reports: Virtually Skiing 3 Races

2020 has been a memorable year, for several wrong reasons.

This year's racing season was cancelled, to constrain that virus. And with international travel stopped and interstate travel unwise, the Merino Muster and Kangaroo Hoppet both went virtual.

Instead of travelling days to a distant course and being with hundreds of other skiers, we would now travel to our local ski area and ski against hundreds of virtual Strava tracks.

I wanted to get some racing this year, to get onto and enjoy my light and fast racing skis, so I entered both the Virtual Snow Rake and the Virtual Australian Birkebeiner.

Race - the First

Alan Levy and I joined the virtual crowds outside the Perisher Nordic Shelter on a fine Monday in August. The caretakers, Arnold and Geraldine, had comfortable seats on the balcony, cheering on the skiers doing their Virtual Kangaroo Hoppets.

A mother was getting her daughters' skis ready by applying grip wax (Swix Red Klistor). The place felt the busiest it'd been all season.

After a few photographs and starting Strava, we took off. Luke the Groomer had been working his skills all around the central network and it was pure joy to glide along the trails on our light & fast racing skis.

One lap of the 7.5km trail later, we were back at the Nordic Shelter, at the virtual drinks station (our day-packs with food and drink), checking our Strava statistics.

Disappointment!

The 7.5km trail, which in our plan needed only 3 laps to complete



The Spectator Gallery. Alan Levy (below), Arnold D'Bras & Geraldine. Perisher Nordic Centre. Perisher Valley. Monday, 17 August 2020. Photo: © Ken Moylan

and exceed our 21km virtual race length, was only 6.9km in length!.

I felt ripped off.

Not a mere rounding error of 0.1km, the trail length was short by 0.6km. We had to think of another race route.

The second lap involved bits and pieces of Paddy's Link and the 10km trail. Apart from the length, this lap was slower because we kept coming across other virtual Hoppeteers and we just had to stop and chat.

By the time we'd finished that lap, time was getting on, we were actually getting tired, but only a handful of kilometres remained.

A short-cut variation of the 5km trail brought us home and an official finish to our Virtual Australian Birkebeiners.

Wax of the Day: I looked on with jealousy at the racers on their waxing skis. My hairy skis ran OK, but always with a whirring under-foot.

Race - the Second

Looking for another challenge, I had entered the Virtual Snow Rake, the 21km version of New Zealand's

Merino Muster.

On the following Sunday, Alan Levy, Gale and I again joined the virtual race crowd on a less fine day. It was cold, windy and fresh snow was in the air. A Gore-tex day.

Luke the Groomer had extended his work to include Rock Creek and the Porcupine Link trails, which we took to with great enjoyment.

Over the course of the day, Alan and I skied the Porcupine Link and Rock Creek trails in both directions and the 10km trail backwards (a first for me).

Skiing the trails backwards adds new variety to the Perisher Trails - some previously sharp uphill became fun drops and long downhill easy glides became long uphill steady efforts.

In between squalls we again kept stopping to chat with other racers, catching up and the rest.

Alan and I finished our day coming down the Rock Creek trail. On this day, our skis ran wonderfully on the groomed

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"I felt ripped off"

"It felt very European to sit in the sun and enjoy our drinks."

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snow with a soft cover of fresh.

Gale's Strava had turned itself off and all her effort counted for nothing. As some cyclists say, "if it's not on Strava then it didn't happen".

How disappointing.

However, Gale remembers skiing the distance and the feeling of accomplishing it in that day's weather.

Wax of the Day: Layers of Toko Purple stick and Swix Purple stick.

It was a good day for waxing.

My skis gripped and glided well all day, only needing adjustment as the day warmed and the wax wore off.

Rumour has it that Jo-Anne Clancy did her 21km during the following week on a beautiful sunny day.

Race - the Third

Gale had not yet generated an official record for her Virtual Australian Birkebeiner.

We must ski the distance, but how?

The following Saturday, the last for August, was a good day for it.

The sun was out, the wind low, and Luke the Groomer had extended the track grooming almost to Charlotte's Pass.

A party of six set out from Perisher - Alan Levy, Sonja Weinberg, Rupert Grayston, Penny Rossiter, Gale and myself.

We made sure that Gale's Strava was recording and her phone was safely wrapped up so it wouldn't be disturbed all day.

Our way out roughly followed the Summit Road to the Charlotte Pass pass, with a deviation to climb a nose on the Paralyser for morning tea.

We lunched at the pass, taking in views of the Main Range and enjoying the warm sunshine.

For our return, we dropped in (literally - we skied down the downhill slopes) to the Chalet in CP village for hot drinks and cold beers. Apart from the snow machinery buzzing past, it felt very European to sit in the sun and enjoy our drinks.

We finished the day by skiing the back way to Perisher, along the roller coaster of Johnnies Plain, up and up the long hill to Wheatley Gap and down Rock Creek.

We started the final descent fairly late, about 16:00, and Rock Creek was starting to ice up.

Compared to my racing skis swishing on the forgiving trail a weekend earlier and supplying me with confidence, my touring skis clattered on the now hard and icy trail and drained away that same confidence.

At the end of the day, we checked Gale's Strava.

It had worked!

Gale had skied her Virtual Australian Birkebeiner. What a relief.

Wax of the Day: Of course after a week of warm days and cold nights the snow had changed.

Swix Universal Klistar worked perfectly all day, just needing a top-up at lunchtime to replace what had rubbed off.

To get Gale's 21km ski for her Virtual Australian Birkebeiner, we skied from Perisher to Charlotte's Pass and back.

Addendum:

Due to how hard skiing 42km around Perisher is, I did my Virtual Kangaroo Hoppet by riding from Dickson to Lake George and back, a distance of twice 42km.

Ken Moylan



Gale, Ken, Penny & Sonja skiing below The Paralyser, Sat 29 Aug.
Photo: Rupert Grayston

Touring News

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 at cccstours@gmail.com.

Ken Moylan, Tour Coordinator

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.

Date	Event Description	Leader
	Ski tours will be advertised in Off-Piste, at the Social Meetings and on the Club web site. The web site will be updated with any new tours as soon as they are advised.	
Monday 31 August to Friday 4 Sept and Monday 7 Sept to Friday 11 Sept	Day Tours from Guthega Intermediate Skills Hilly & Steep Terrain Medium Distance <p>I will be in residence in Guthega from the 23 August for 3 weeks. I am running XC ski tours for my club, the Australian Ski Club, and I am happy for CCCSC members to come along. <u>Tour Dates:</u> Monday 31 August to Friday 4 September inclusive and Monday 7 September to Friday 11 September. Tours will depend on ability levels, weather and snow conditions. Tours are always leaving Guthega and have a reputation for good humour and finding something interesting to do. I am happy to provide free tuition if required.</p> <p>If anyone is interested in accommodation with me at my lodge in Guthega it is available for the second week, arriving Sunday 6 September and departing Saturday 12 September. The cost is \$50 per night per person, each room has its own ensuite and you won't have to share unless you want to. We have a COVID management plan in place. We have our own oversnow ARGO vehicle that will pick you up from the carpark.</p> <p>If people want to attend a tour please ring the ASC lodges landline 0264575296 the day before for accurate info about the next day's tour.</p> <p>If people want accommodation or more information on accommodation in Guthega then please email me and phone me.</p>	
Friday, 11 September	Tate West Ridge Intermediate Skills Hilly & Rolling Terrain Medium Distance <p>Will start at Guthega, cross the dam wall and climb past Guthega Trig and head out to Consett Stephens Pass and on to Tate West Ridge, which provides great views of the Main Range and Geehi Valley.</p>	
Saturday, 12 September	Not the Kosciuszko Tour – Thredbo to Perisher Intermediate Skills Rolling Terrain Long Distance <p>This tour will re-create the glory days of the Kosciuszko Tour ski race by following the original route from Thredbo to Perisher. The tour will involve a car shuffle and the purchase of a lift ticket at Thredbo. 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.</p> <p>We are encouraging new members and members who have not skied or skied much this year. Places are limited due to the logistics in having cars at Thredbo and Perisher. Thredbo back country lift ticket is \$42. We are also looking for members who may be up at Perisher on the day who can give people lifts back to Jindabyne in the afternoon.</p>	
Saturday, 12 September	From Perisher Basic-Intermediate Skills Rolling Terrain Medium Distance <p>Will start at Perisher NPWS Station. The preference is to go to The Paralyser and back, however if the visibility and weather were not conducive then the tour will likely be along the Kosciuszko road to the village trail and thence to Charlotte Pass. Return would be via the nordic trail over Johnnies Plain and Wheatley Gap.</p>	
Tuesday to Friday, 15 to 18 September	Schlink Hut Basecamp Intermediate Skills Rolling-Hilly Terrain Long Distance <p>Will start at Munyang Power Station and head up the road to Schlink Hut. Will camp or stay in the hut and spend a few days exploring the surrounding area – Tin Hut, Mawsons Hut etc. May extend the trip by an extra day if the weather is OK.</p>	

Date	Event Description	Leader
Saturday, 19 September	Ramshead Range and Mt Kosi South Face / Leatherbarrel Ck Advanced Skills Hilly & Steep Terrain Long Distance Start from Dead Horse Gap and head up to the central Ramshead Range area. Bag the Ramshead and one or two other peaks nearby. Ski down to Lake Cootapatamba, and depending on time available, ski up and down Kosi South Face, or else head down to Leatherbarrel Creek. Return back the same route to Dead Horse Gap. Much of this trip has gorgeous views above the tree line (weather permitting), though the run back to Dead Horse Gap involves some steep downhill tree skiing, so good ability through obstructed terrain is needed. If weather is bad, we will do something in the area below the treeline or reschedule to an adjacent day. I am prepared to go on weekdays.	
	Late September Ski Tours Tours for the second half of September will be advised on the website and by email to club members.	
Saturday & Sunday, 10 & 11 October	Main Range Snowcamp Basic-Intermediate Skills Rolling & Hilly Terrain Medium Distance Start from Charlotte Pass and camp somewhere on the Main Range, either below Club Lake or near the Snowy River beyond Snowy Bridge. Spend the weekend exploring the slopes and surrounding area.	

From the 'Albury Banner and Wodonga Express', Friday 3 September 1926 p.10

'WOMEN CROSS ALPS

'Misses Kathleen Ahem and Marjorie Good, of Prahran, arrived in Omeo from Hotham Heights, after completing a remarkable journey across the snow-clad Alps from Bright. Both women are experienced on skis, having learned the art in Switzerland, Alaska, and other places. They left the Road Board patrol's cottage, Hotham Heights, 6,000ft. above sea level, while a driving snowstorm raged, and skied across to the eastern snowline at Rundells, a distance of 11 miles. The total distance covered on skis was more than 20, miles. They were the first women to cross the Alps on skis in midwinter, and the first women to climb Mount Loch, one of the highest peaks in the snow area, at this time of the year.'

Snow Trek & Travel

161 High Street, Wodonga, VIC 3690

The Cross Country Ski Specialists, **Snow Trek and Travel**, based in Wodonga, remain open during the stage 3 restrictions in regional Victoria. Their on-line store remains a current point of contact and they will continue shipping customer purchases Australia-wide. For customers in NSW and those within the border bubble, they are able to offer a pick up and delivery service in and around Albury.

Snow Trek and Travel have been long-time sponsors of the Kosciuszko Tour, run by our Club.

Please visit their website www.crosscountryskier.com.au

or phone 02 6056 6605, email stt@xcskier.com.au



WEIGHT LOSS FOR SNOWMEN.

Camping

There will be no restrictions in 2020 on backcountry camping, however a Trip Intention Form still needs to be completed.

However, for car camping, such as at Island Bend, Thredbo Diggings or Ngarigo, the number of sites available has been reduced for this season. To camp at these campgrounds now requires completing an online booking form on the NPWS website at:

Island Bend Campground: https://nsw.rezexpert.com/book?business_code=500649&type_id=3805

Ngarigo Campground: https://nsw.rezexpert.com/book?business_code=500649&type_id=3814

Thredbo Diggings Campground: https://nsw.rezexpert.com/book?business_code=500649&type_id=3826

You are allowed to book up to 2 campsites, for up to 7 days, and up to 90 days in advance. A maximum of 6 guests per booking. The sites are not allocated. The campsites are still free but there is a \$6 booking fee per site.

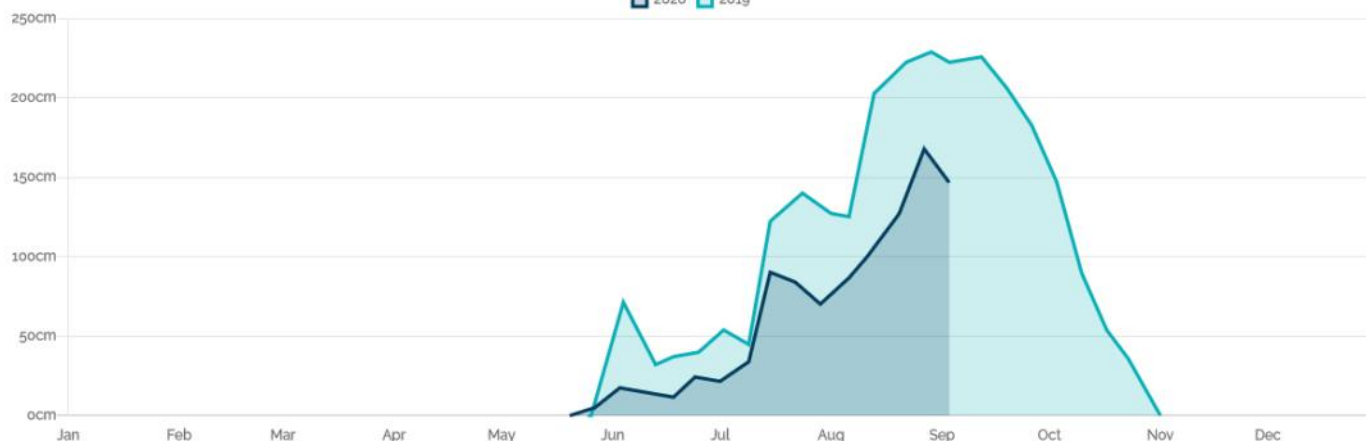
- Only the people booked can stay. Additional people will not be allowed on arrival.
- You are responsible for maintaining the contact details of your guests.

The links to the Trip Intention Form page and Campground booking pages are also contained on the Club website, under the Tours menu.

Spencers Creek

CURRENT LEVEL 146.6cm AS OF 03 SEP 2020

2020 2019



A comparison of the Spencer's Creek snow depth with 2019, as at 3 September There is less snow depth than last year but hopefully the spring skiing will continue well into October.

The Bureau of Meteorology has stated that the snow depths in winter 2020 at the Snowy Hydro Spencer's Creek snow course have generally been around 50 to 75% of those reported for the same time in 2019.

Trip Intention Form

Anyone doing on-snow sporting activities that occur outside of the resort slopes, such as cross country skiing, snow shoeing and snowboarding in the backcountry, will be required to complete a Trip Intention Form, available on the NPWS website at the following link: <https://www.nationalparks.nsw.gov.au/trip-intention-form>. This form is also required for skiing on the cross country ski trails at Perisher.

The central purpose of asking for trip intention forms is to monitor the number of visitors in a given location and track who was with whom in the case of a Covid-19 occurrence. The Trip Intention Form requires the following information:

- Name, email address and phone number of your emergency contact.
- Details of all members in your group, including any known medical conditions.
- Start and finish times, dates and locations.
- Details of vehicles at your start and finish points, including registration numbers.
- Trip location, intended route/s, camping spots, key features or deviations from standard routes.
- The hex or UIN number of your Personal Locator Beacon (PLB). (if applicable)
- Details of the equipment you'll be carrying.

Trip Intention Forms can be submitted online on the National Parks website and should be lodged prior to the visit or heading off on the trip.

After submitting the form online, you will receive an email with your trip intention form number and a summary of your trip details. The summary of your trip details will be emailed to:

- You or the person in your group who completed the trip intention form.
- Your emergency contact/s.

For Club ski tours, it is expected the Tour Leader will complete a Trip Intention Form for the group and provide the details to any other participants and drivers heading up for the tour.

Completed Trip Intention Forms are not a condition of entry into Kosciuszko National Park and will not be checked at the Park entry stations, however NPWS personnel or the police may ask visitors in backcountry areas or track-head locations to show evidence that they have completed a Trip Intention Form.

Portable Rope Tow

For the skier who has everything!

The Zoa PL1 is a portable rope tow system currently in development. The system is small enough to fit in a backpack and the estimated weight will be about 4kgs and have enough charge to haul a skier up 800m.

Battery Voltage: 44.4V

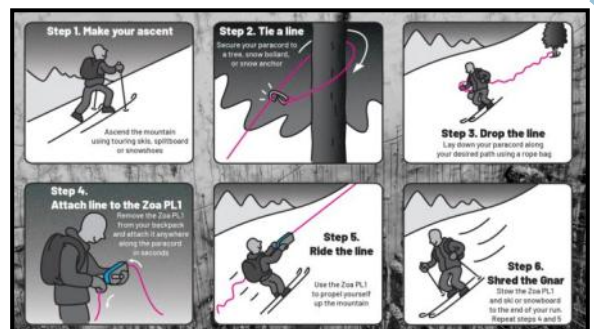
Line Weight: (6.61 grams/meter)

How will it work? The idea is that you wrap some paracord around your anchor (likely a tree or

something similarly stable), ski or ride downhill with the other end of the cord, then use the device to propel yourself back up the cord after your run; repeat as necessary.

A removable handle makes for easy stowing and less risk of damaging yourself or the Zoa PL1 in the case of a crash. An adjustable throttle allows the user full control over the ride up.

<https://www.zoaeng.com/>





Canberra Cross Country Ski Club

Postal Address:

33 Brunswick Circuit, Kaleen, ACT 2617

Web: www.cccsc.asn.au

Email: cccscanberra@gmail.com

**Fun and fitness
in the snow**

Club Committee Contacts

Position	Name	Email	Phone
President			
Vice President			
Secretary			
Treasurer			
Membership Secretary			
Tour Coordinator			
Kosciuskzo Tour Coordinator			
Meeting Coordinator			
Newsletter Editor			
Webmaster			



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 two 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



Canberra Cross Country Ski Club (CCCSC)

COVID 19 Safety Plan for

Participants in Social Meetings at the Hughes Community Centre

1. For the safety of all participants in our social meetings we must all agree to observe the following requirements in addition to taking all common sense precautions:
 - a. Take notice of and act in accordance with signage regarding hygiene measures.
 - b. Hard surfaces used will be wiped and disinfected at the start and end of each session (chairs, bench tops, light switches door handles etc) using the disinfectant and cloths provided.
 - c. Physical distancing of at least 1.5m must be maintained between meeting participants at all times.
 - d. A Committee member will be assigned to be the meeting COVID19 safety coordinator during each meeting to be responsible for the following:
 - i. Bringing hand sanitizer, disposable gloves for use in cleaning and catering for tea and coffee.
 - ii. Greeting all incoming participants and recording their names and phone numbers on the register to avoid the need for multiple people touching the pen and paper used to complete the register;
 - iii. Ensuring a strict limit of 20 people in Meeting Room #3;
 - iv. Ensuring the distancing requirements are maintained during meetings.
 - e. All participants must use the hand sanitizer provided upon arrival.
 - f. All social meeting participants must provide their name and phone number for every meeting they attend.
 - g. All meeting participants who develop COVID like symptoms after a meeting – or later discover they had close contact with someone who had the symptoms before a meeting – should self-isolate immediately and inform a Committee member so that appropriate action can be taken.
2. The CCCSC Committee will continue to monitor the effectiveness of each of these safety measures and adjust them as necessary.

Social Meetings 2020 (All Welcome)

Wednesday 9 September 2020

The North American touring smorgasbord: what does the continent offer?

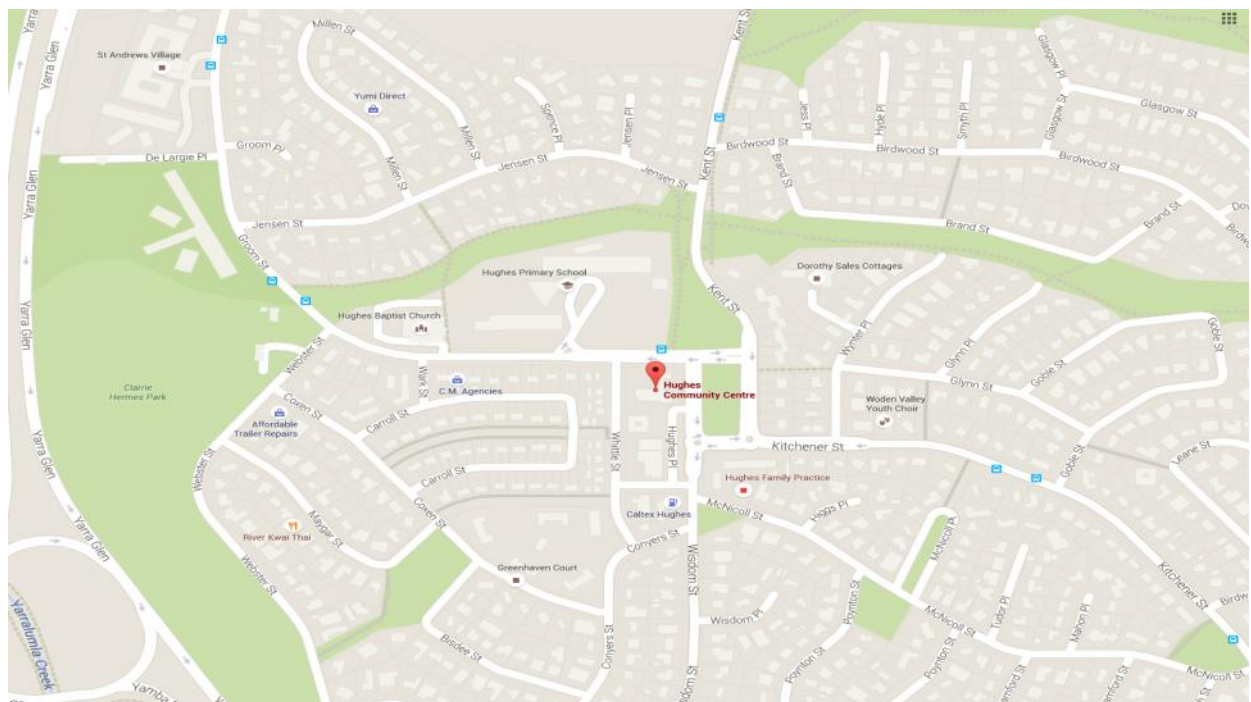
Speaker: Robin Collins

An overview of Robin's skiing in North America and what the continent has to offer backcountry skiers. Over the decades, I have accumulated over 100 days of a large range of (mostly pleasant) experiences in Canada and the US. These trips have been mostly self-organised. Highlights for me include long (more than 5 day) cabin to cabin trips: my first high level traverse in British Columbia and a 100-mile ski from Vail to Aspen. Amongst shorter trips the following stand out: skiing solo amongst the largest trees in the world in California, passing moose in Denali (Alaska), and waking up high in the Canadian Rockies to a fine and sunny -43 morning.

Wednesday 23 September 2020

Annual General Meeting

Please come along and have your say on how we can best run the Club, and vote in the new Club Committee. See AGM agenda items on page 3.



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.