

**SPECIAL
POINTS OF
INTEREST:**

- COVID Restrictions
- Upcoming events

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2021, ISSUE 2

28 JUNE 2021



Ice formations.
Photo: Sharon Roberts

Next Newsletter

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

President's Piece

At the time of writing, we had seen some snowfalls to start the season but skiing opportunities have been limited by "sub-optimal" snow conditions – which is code for saying that the snow had turned to ice. Nonetheless, further snowfalls should start to build on this base and we are hoping for some good skiing as we move further into the season.

The club's "lodge weekends" on the first two weekends of July are a good opportunity for beginners and others to develop their skills. These tie in with the Come and Try Cross Country Skiing lessons at Perisher on 10 July and the Ski de Femme lessons on 11 July, also at Perisher. There will also be tours organised by the club on those weekends, tailored to those who are new, or newish, to cross-country skiing.

There are a range of other tours on the program – as detailed in this newsletter and on our website. We will be looking to increase the suite of tours on offer, so please contact our tour coordinator, Ralph Gailis, if you are able to lead a tour. Additional tours at all levels are welcome.

The club's Kosciuszko Tour Ski Race will be held on 31 July. Details are contained in this newsletter and the club's website (at cccsc.asn.au/home/kosciuszko-tour/). All skiers are welcome to participate in the race, whether you are a serious racer or intending to "pace yourself" a bit more. And please consider volunteering to assist with the running of the race.

Some of you might have seen a recent ABC news item on the Mountain Safety Collective (MSC). The club's July 2020 newsletter provided a summary of this initiative, which is aimed at promoting safety for those entering the backcountry areas of Australia's NSW and Victorian snowfields. The website, www.mountainsportscollective.org, seems to be a useful resource and I would encourage club members going into the backcountry to access the information it contains. The club has joined MSC as a member to support this initiative.

Ian Turland,
President

Social Meetings

COVID restrictions mean there is currently a limit of 42 people at the Social Meetings.

The Club is required to provide a COVID Safety Plan for the Social Meetings, and this is contained on page 16 in this newsletter for information.

To assist with contact tracing, people attending the Social Meetings are required to check in via the QR code using the **Check-In CBR** app on their mobile device, otherwise sign in via a written list.

Accessing the Members Page

When logging in via the 'Member Login' page, you need to use the "Username" and "Password" provided to members via the email "CCCSC Ski Tours Tue 15-6-21 to July 21" on 13 Jun 21 or via subsequent email when joining the club.

New and renewing members for 2021 will receive a new Username and Password before the changeover on 12 July 2021.

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

Nordic Shelter Covid-19 Restrictions

From **Sat 26 June**, the implementation of the NSW Covid-19 restrictions means that the Nordic Shelter has reverted to the same scenario as last winter - access to toilets and wax room only, with the addition of access to the ski locker room. Please continue to scan the Service NSW QR code at the front door and wear a face mask in the Nordic Shelter.

Perisher Resort has also advised that all guests must wear fitted face coverings in all indoor areas including Skitube. Face coverings are highly recommended in outdoor areas.



Membership for 2021

Membership Subscriptions for the 2021 season are now due, and can be paid on Register Now via the Club website, or by using the pdf form also available on the website on the Forms page. [Register Now](#) is the preferred and easiest method.

Fees for 2021:

- \$50 for a single membership
- \$75 for a household membership

Racing round-up

Kosciuszko Tour

The CCCSC Kosciuszko Tour will be held (Covid restrictions permitting) on Saturday 31 July at Perisher Valley. The course will be approximately 18 kilometres and will go wherever the best snow is on the day. There will be a few changes this year due to Covid19. These include no food or snacks at the drink stations, with racers encouraged to carry their own. Instead of a formal presentation there will be a free BBQ lunch outside the Nordic shelter and a brief prize giving ceremony. Bring plenty of warm clothing to wear before and after the race as entry to the Nordic shelter may be restricted.

Online entry to the Kosciuszko Tour is now available at [Kosciuszko Tour \(FS/CL\)](#), or you can complete the entry form included in this newsletter on page 18. Note: to use the online entry system you need to have a 'SnowID'. If you do not have a SnowID or are unsure if you have a SnowID, please visit [Snowracer](#). It is free to register for a Snowracer membership and obtain a SnowID. All enquiries regarding SnowID, please refer to Ski & Snowboard Australia at info@skiandsnowboard.org.au

Volunteers are needed to help run the Kosciuszko Tour, including course marshals and timing assistants. If you are available on the 31 July and would like to help out, please send a text to Jo-Anne Clancy on There is accommodation available for volunteers on the weekend of the race.

Jo-Anne Clancy

Racing/Kosci Tour coordinator

Other Events

The citizen racing kicks off next weekend with the 'Clean out the cobwebs; 5 km freestyle race at Perisher. There will then be races every weekend. Check the race calendar in this newsletter for more details.

XC Ski Week at Perisher

[XC Ski Week](#) is a week for all XC enthusiasts whether you're a beginner, a seasoned racer or a recreational skier. Be a part of a week-long celebration of this great sport. Plenty for all – test yourself via a race, improve your skiing or simply have fun in the snow.

During XC Ski Week there is plenty of camaraderie generated from being with old friends and in making new friends. Skiers benchmark themselves against others, comparing their performances to what was achieved 12 months previously – and this is just one avenue for some earnest banter. The XC community appreciates and welcomes new skiers from different regions and backgrounds with varying skills and abilities - the common thread being our love for cross country skiing. It's not all about racing either, with two mystery coffee tours offered during the week.

Budget accommodation is available during XC ski week for members. Contact cccscanberra@gmail.com for more information.

July Lodge weekends and Come and Try lessons

Unfortunately, the latest round of Covid19 restrictions for [holiday rentals in NSW](#) will impact our lodge weekends. Numbers attending the first lodge weekend (2-4 July) will need to be reduced to meet the new visitor limits. All those who have booked on the first lodge weekend will be contacted to discuss options. If the restrictions are extended beyond 9 July, this could affect the second lodge weekend on 9-11 July.

If you have registered for the Come and Try lessons or Ski de Femme, the event organisers will contact you if there are any changes.

(Continued on page 4)

(Continued from page 3)

Come and Try XC ski lessons and Ski de Femme

Come and Try lessons will be held at the Perisher Cross Country Centre on **Saturday 10 July**. The lessons are perfect for beginners and those wanting to refresh their skills. The day involves a two hour lesson in the morning (9am to 11am) followed by a BBQ lunch. Cost per person is \$25 for the day. Please arrive by 8.30 am to be graded into groups. You need to bring your own XC gear or hire it from Wilderness Sports (Jindabyne & Perisher) or Rhythm Sports (Cooma). Note these lessons are organised and run by Snow Australia.

The 3 July Come & Try Day has been cancelled due to the latest COVID restrictions.

Registration for the **10 July** event and further information about the day is contained [here](#).

For more information, please contact Wendy Olsen - wolsen@snow.org.au

Ski de Femme: Fitness, fun and Female is the order of the day on **Sunday 11 July** for the annual "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 scrumptious morning tea and a BBQ lunch is included in the \$35 registration fee. Please arrive at the Nordic Shelter by 8.30am. This event is also run by Snow Australia,

For more information contact Rhonda Cunningham - rjcunningham119@gmail.com

Accommodation at Kalkite during August

Accommodation at Kalkite will be available to Club members from Sunday, 8 August 2021 until the first week of September, similar to what occurred last year. The cost is \$40 per night/person. Email cccscanberra@gmail.com to express interest.

Victoria Skiing

Club members are going to Victoria from 24 to 29 August 2021 to ski and some are doing the Kangaroo Hoppet ski race. Club members are welcome to join us for day tours, après ski drinks, and one evening out for dinner. You will need to find your own accommodation.

E-mail cccscanberra@gmail.com to express interest.

Gale Funston

Ski Racks for Sale

The ski Racks, Thule brand, are in good order but alas the keys are missing. They fit vehicle without manufacturers roof racks. Price: \$80.

Joy McKay

Contact: cccscanberra@gmail.com



Alpine Backcountry Rental - a new ski rental shop in Berridale

John Morrell has recently opened a new ski rental shop “**Alpine Backcountry Rental**” in Berridale, a branch of his Japanese backcountry shop that is the leading backcountry rental service in central Hokkaido, Japan. The shop is located in the Berridale Shopping centre between Fleets Ski Hire and the Berridale Pharmacy, in the front section of the original Berridale bakery in a classic bluestone building.

Alpine Backcountry Rental is a specialist backcountry ski shop based on extensive experience both in Australia and overseas. The range of equipment reflects the many years of experience both exploring, touring, climbing and guiding in the backcountry.

Equipment available for rent:

Alpine Touring - Tech or Frame Bindings

Telemark - Resort or pattern based

Nordic - Both Classic or skating options.

Split Boards

Pattern Based Touring

Backcountry & Avalanche Safety

Accessories



An extensive range of backcountry retail items and spare parts are also available.

Opening Hours

Saturday & Sunday: 7:00 am to 7:00 pm.

Monday to Thursday: 8:00 am to 6:00 pm.

Friday: 8:00 am 6:00 pm but open by appointment to 11:00 pm or later if we have sufficient warning.

Note: Opening hours may be subject to change. Please contact us:

Phone: 0488 11 6368

Email: jm@alpinebackcountry.com.au

Further details are available on the website: <https://alpinebackcountry.com.au/>



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

Ralph Gailis, 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
Friday to Sunday, 2 to 4 July	<p>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.</p> <p>Kalkite Lodge Weekend</p> <p>All Standards</p> <p>This 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. Held in the July school holidays, so is great for families with kids. It includes two nights' accommodation in Kalkite, lessons, tours, group dinner. Held in conjunction with the Snowsports 'Come and Try' day on the Saturday. <i>(Come & Try lesson now cancelled due to current COVID restrictions).</i></p> <p><u>Friday</u> – Arrive at lodge accommodation in evening. <u>Saturday</u> – 'Come and Try open day' lessons and tours for all levels of skiers, and social night dinner back at lodge. <u>Sunday</u> – Tours for all levels of skiers led by experienced club members.</p> <p>There is some accommodation available in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. The cost for accommodation for a weekend is \$80 (single), \$160 (couple), \$210 (family of 3), or \$250 (family of 4). Please note this fee does not include lessons, ski hire, transport or food costs. Bring your own food and linen.</p> <p>Please email cccscanberra@gmail.com if you are interested and would like accommodation.</p>	
Saturday, 3 July	<p>Perisher – Beginner & Intermediate Ski Tours</p> <p>Basic-Intermediate Skills, Gentle Terrain, Short Medium Distance</p> <p>During the day, an experienced CCCSC member (Gale) will lead a short easy ski tour in the Perisher area – ideal for new XC skiers or those who want a gentle reintroduction to XC skiing. At the same time, another club stalwart (Ken) will take the more adventurous on an intermediate tour. We will meet at the Perisher Nordic shelter and probably follow the trail network. If the snow is good, we may detour off trail for short sections.</p>	
Friday to Sunday, 9 to 11 July	<p>Kalkite Lodge Weekend</p> <p>All Standards</p> <p>This, the second of two club weekends and 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. This weekend is held in conjunction with the Snowsports 'Come and Try' day on the Saturday. In addition there is a Ski de Femme day on the Sunday. Beginner tours will be organised for Saturday afternoon and Sunday, led by experienced club members.</p> <p>Please email cccscanberra@gmail.com if you are interested and would like accommodation. Same costs and details as above.</p>	
Saturday, 10 July	<p>Come & Try Day</p> <p>This event is run jointly by NSW & ACT Snowsports and Perisher X-Country. Open to everyone who is new to Cross Country Skiing! Cost per person is \$25 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 at the Nordic Shelter by 8.30am to be graded into groups. Participants will need to bring their own cross country equipment. For any enquiries on the Come & Try Day, contact wolsen@snow.org.au</p> <p><i>(This event is not affected by the current COVID restrictions - yet!)</i></p>	Register Here

Date	Event Description	Leader
Saturday, 10 July	Perisher Area Basic Skills, Flat–Rolling Terrain, Medium Distance An easy tour somewhere in the Perisher area. We will meet at the Perisher Nordic shelter and probably follow the trail network. If the snow is good, we may detour off trail for short sections. People doing the Come & Try lesson can join the tour during the afternoon.	
Sunday, 11 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 registration fee. Please arrive at the Nordic Shelter by 8.30am. \$35 registration fee. Registration will be available on the day from 8.30am. Participants will need to bring their own cross country equipment. For any enquiries about the Ski de Femme day, contact: Rhonda Cunningham on 0400 718 047 or rjcunningham119@gmail.com	
Sunday, 11 July	Perisher Area Basic Skills, Flat–Rolling Terrain, Medium Distance An easy tour somewhere in the Perisher area. People doing the Ski de Femme lesson can join the tour during the afternoon.	
Saturday, 17 July	Smiggins Area Basic-Intermediate Skills, Rolling-Hilly Terrain, Short-Medium Distance Will start at Smiggins and explore the surrounding area, which could include along the Link Road, the plateau containing the old XC trails, the slopes of Mt Piper, or down to Pipers Creek Hut.	
Tuesday, 27 July	Mid-Week Tour All Standards, Rolling-Hilly Terrain, Medium Distance A mid-week tour. Could be anywhere but most likely starting from Perisher or Dainers Gap. Could change the day depending on the weather.	
Saturday, 31 July	Race - Kosciuszko Tour Our Club is running this ski race, which will start at Perisher and likely be held on the Perisher trails, starting at 10am. This will be a good warm up for the races being held during Perisher XC Week in early August. Participate in the Kosciuszko Tour ski race either as a racer or volunteer helper. Further details are included on the Club website. Let Jo-Anne know if you can help out as a volunteer on the day.	Register here
August	Kalkite Accommodation Accommodation at Kalkite will be available to Club members from Sunday, 8 August 2021 until the first week of September, similar to what occurred last year. The cost is \$40 per night/person. Email cccscanberra@gmail.com to express interest.	

Date	Event Description	Leader
Saturday 7 to Saturday 14 August	Perisher XC Ski Week XC Ski Week is a week for all XC enthusiasts whether you're a beginner, a seasoned racer or a recreational skier. Lots of races and fun events (see below). For more information visit the Perisher X Country web site.	
Sunday, 8 August	Race – Boonoona Open <i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i>	
Monday, 9 August	Race – Charlotte Pass Open <i>A 2-3km Classic sprint race held at Charlotte Pass. Skiers leave the gate at 30-second intervals which are different to all races during XC Ski Week. This race has traditionally been a club race for Kosciusko Alpine Club (KAC) members but it is open to all. An excellent lunch is provided after the race at the KAC lodge at Charlotte Pass.</i>	Register on the day
Monday, 9 August	Perisher Area All Standards, Rolling Terrain, Medium Distance A tour for those staying down for Perisher XC week or anyone else who wants to come along. May explore the Perisher trails or the edge of the plateau overlooking the Crackenback Valley. Meet at the Perisher Nordic Shelter at 9:30am.	
Tuesday, 10 August	Mystery Coffee Tour #1 <i>The Mystery Coffee Tour leaves the Nordic Shelter at 9.45 am. A guide is provided which will take you on a tour over some wonderful skiing terrain. As the name implies, it's a mystery as to where and when the coffee is supplied. It could be out on the plains or via a visit to a warm location within Perisher, Smiggins or Guthega. Tour to be approx 5 - 10 km in length, dependent on the numbers and the prevailing weather. Bring \$10 to cover the cost of having great coffee and food.</i>	
Wednesday, 11 August	Race – KAC XC Classic <i>This is the biggest race of the week and has a long history of over 45 years. It is the only point to point race of the week, starting in Perisher Valley at 10:30am and finishing in Charlotte Pass. Classic and Freestyle. Many Club members participate in this event, then have lunch at the Chalet, followed by a leisurely ski back to Perisher.</i>	Register on the day
Thursday, 12 August	Race – Sundeck Handicap Race <i>A 7.5km handicap race around the Perisher trails, starting at 11am. After the event as part of the entry fee, the Sundeck Hotel puts on a great lunch and drinks. This is also a fundraising event where all monies go towards XC Skiing.</i>	Register on the day
Friday, 13 August	Mystery Coffee Tour #2 <i>As per the Tuesday event, the Mystery Coffee Tour leaves the Nordic Shelter at 9.45 am. The same format will apply as per Tuesday event, it's a mystery.</i>	
Saturday, 14 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Saturday, 28 August	Race - Kangaroo Hoppet <i>Club members will be in Victoria to participate in the 42km Kangaroo Hoppet, 21km Australian Birkebeiner and 7km Joey Hoppet ski races at Falls Creek.</i>	

Trip Report - Perisher Trails - Sunday 20 June

Seven of us (Bill Stanhope, Kathryn Dwan, Rupert Grayston, Trevor Potts, Sharon Roberts, Penny Rossiter and myself) met at the Perisher Nordic Shelter just after 8:30am on a cold, cloudy morning. The snowfall in the previous days had either been wet snow or liquid snow (rain) which had then frozen and turned to ice, so the skiing conditions were not that great.

We headed off along the 7.5km trail but had difficulty climbing the hills on the solid surface as there was no soft snow for the skis to grip. It was like concrete. Some areas on the flats higher up were a bit softer and provided some nice skiing but most of the time it was a battle against the ice. However most trees were covered in rime or ice and provided a spectacular sight. We had a morning tea stop near the top of the 7.5km trail then headed back to the Nordic Shelter on a softening cover of snow. In the treed areas near the Nordic Shelter the snow was less icy compared to the exposed areas to the east near the escarpment. Arnold and Geraldine had set up the BBQ at the Nordic Shelter so I took advantage of this for my lunch.

The sun was starting to appear and the snow was softening nicely, so after lunch we skied up Rock Creek then around the Porcupine Link trail in an anticlockwise direction before heading back across the valley to the 7.5km trail again. The highlight was stopping at the large rock overlooking the Thredbo Valley. The views and the ice formations on the rocks and trees were great. The snow was more icy in this area but we successfully made our way back to the Nordic Shelter before heading home around 4pm.

Not the best snow surface to ski on but the group had an enjoyable day and it was good to be out there. More snow is needed to allow the Perisher Trails to be groomed and to improve skiing elsewhere, but hopefully drier snow rather than the wet snow that has been falling so far this season.

Alan Levy



*Group at the 5 & 10 km trail junction.
Photo: Sharon Roberts*



*Ice covered trees.
Photo: Alan Levy*



*Sharon enjoying the view
of the Thredbo Valley.
Photo: Rupert Grayston*



Alan, Sharon, Rupert, Bill and Penny at the viewpoint on the Porcupine Link trail. Photo: Rupert Grayston



Arnold and Geraldine preparing the BBQ at the Nordic Shelter. Photo: Sharon Roberts



Kathryn, Bill, Trevor and Rupert on the trail. Photo: Alan Levy

Regenerate Earth

At the Social Meeting on 23 June members enjoyed an interesting film and discussion by soil microbiologist and climate scientist Walter Jehne, and ecology cinematographer Stephen Curtain, about the regeneration of alpine wetlands.

Regenerate Earth was established in January 2019 after having previously been Healthy Soils Australia since 2005. Regenerate Earth works with graziers, farmers, scientists, advocates, business and local, state and federal government on industry strategies, government policies and community initiatives. The organisation's goal is to find innovative ways to increase the amount of land being transitioned to regenerative agriculture management. One aspect of this is Hydrological Reinvigoration and whether we can rehydrate and cool the Australian Alps to increase soil hydrology and reduce wildfire incidence.

Further information about their activities is available on the website: <https://www.regenerate-earth.org>

Snowchains for Sale

Flexible cable chains; diamond chain pattern:

(1) Excellent condition (never used) – fits the following tyre sizes:

175-13; 165-14; 155-15; 165/75-14; 185/70-13; 175/70-14; 195/65-13; 185/65-14; 180/65-365; 200/65-340; 195/60-14; 185/55-15; 195/50-15. Price: \$45

(2) Very good condition – fits the following tyre sizes:

205-14; 205/70-15; 235/50-16; 235/50-16; 225/70-14; 215-14; 215/65-15; 215/55-16; 215/50-17; 195-15; 225/50-16; 225/45-15. Price: \$25

Contact Ian Turland,

Trip Report - Disaster on a Ski Tour - Tuesday 15 June

My first ski tour this season was fatal for my faithful waxing Fisher E99s.

Our party had considered skiing the ungroomed snow near Dainer's Gap, but it was too hard and too base-less to enjoy. My ski lived a little longer. We moved on to Perisher, to a 1/3 full car-park. Quite the change from reports of yesterday.

Looking for some skiing worthwhile, we took to the Perisher trails, aiming to reach the untouched Prussian Plain. We had just reached the outward leg of the 10km trail when the call of morning tea became too strong. So too was the call of a better view, so we skied through a little saddle to the inward leg of the 10km trail. Little did I expect that this would spell the end of my ski.

The start-of-season snow was firm on top, but yielded easily to my body weight. Somehow, the tips and tails of my skis were all that were supporting my weight and, without a fuss, one ski folded in half, right beneath my heel. "Oh my golly, gosh, goodness." Not the exact thought that went through my mind, but it is all that you will know. I limped through the snow, hoping that the others were waiting for me on the groomed trail. Rowan Christie, top chap that he is, returned to me and ensured that I returned to my fellows. We all had morning tea and commiserated over my broken ski.

After a joyous repast, I fared them well, and they me, and began my trudge back to the safety of the Nordic Shelter. After a few hundred metres of breaking through the groomed snow with every step, I decided to move the binding. Three of four screws yielded to the efforts of my trusty Leatherman tool and I was able to rotate the NNN-BC

binding around the front-most screw. My tools were sufficient to screw in only the under-arch screw, which stabilised the binding with only a millimetre thick layer of plastic. It wasn't a strong repair, but it might get me back.

The broken ski no longer post-holed into the groomed snow with every step, but I still had no glide. I tried skiing on one leg, just like one of those exercises we do when working on our balance. Pretty soon my leg got too tired to keep me up. Pretty soon the broken ski was dragging in the snow. Pretty soon I was stopping suddenly. The fall broken by my hip wasn't too bad, but the fall broken by my chin, shoulders and hands was less fun. I went back to just hobbling on the snow.

It was very slow going, but not as bad as the day I tore three ligaments. The last 1.1km, along the 2.5km trail, took about 37minutes, or worse than 1.8km/hr. Another reminder that trying to move along snow is hard work and slow going when you are without your skis.

I finished the day by skiing through the Perisher car park. The skis were trashed anyway and I wanted to save my boots.

Does anyone know a one-legged skier? I have a cheap ski for them.

Wax of the Day:

Swix Purple Klister, followed by Missing Base overlaid by Bitter Tears.

Ken Moylan



Ian Turland, Rohan Christie, Mike Hinchey and Adam Lilley on the 10km trail near the Prussian Plain turnoff - Tues 15 June. One person had to turn back earlier (see photo below). Photo: Alan Levy



Ken Moylan and his broken ski - Tues 15 June. Photo: Alan Levy

Day	Start	Race	Location	Contact	Contact No.
Rollerski Calendar					
Feb 13/14	9:00am	Canberra Rollerski International Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 10/11	9:00am	AUS Rollerski Championship Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 24	1:00pm	North-East Victoria Rollerski (F)	Wodonga	Finn Marsland	0408 147 940
2022	TBC	Victorian Rollerski/Skike Championship (C & F)	Lake Mountain	Andrew Paul	0488 642 782
May 29/30	TBC	Yarra Bend Rollerski Criterium (F) FIS	Melbourne	Finn Marsland	0408 147 940
June					
Sat 12	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Sun 13	1:00pm	Snow Mountains Nordic Rollerski Challenge	Jindabyne	Finn Marsland	0408 147 940
Sun 20	10:00am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 26	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
July					
Sat 3	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 3	10:00am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sun 4	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	0427 006 246
Sun 4	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0447 642 270
Sun 4	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	03 9728 1894
Sun 4	1:00pm	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Sat 10	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Sat 10	11:00am	Snow Trek & Travel High Plains Tour (F) 1/2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sat 10	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sun 11	8:30am	ACT Ski de Femme	Perisher	R Cunningham	0400 718 047
Sun 11	11:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0447 642 270
Sun 11	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5	Falls Creek	Len Budge	0417 352 845
Sun 11	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Fri 16	TBC	South Australia / South-West NSW Interschols Races	Falls Creek	www.interschools.com.au	
Sat 17	9:30am	NSW Sprint Champ's (F)	Perisher	Peter Ward	0409 338 978
Sat 17	9:30am	Vic Junior Sprint Champ's (F)	Falls Creek	Ben Derrick	0400 110 046
Sun 18	10:00am	ACT Distance Champ's (C)	Perisher	Peter Cunningham	0477 356 835
Sun 18	10:00am	Vic Junior Distance Champ's (C)	Falls Creek	Ben Derrick	0400 110 046
Sat 24	11:00am	Cooma Open (F) 10km	Perisher	Bolt	0447 642 270
Sun 25	10:00am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sun 25	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Sat 31	9:30am	AUS Open Sprint Champ's (C) ** CC/FIS	Falls Creek	Marg Jowitt	0400 333 846
Sat 31	10:00am	Canberra X-C Ski Club Kosciusko Tour (C/F) 18km	Perisher	Jo-Anne Clancy	0411 156 959
August					
Sun 1	9:30am	AUS Open Champ's 5/10 (F) ** CC/FIS	Falls Creek	Marg Jowitt	0400 333 846
Wed 4 - Fri 6		AUS Secondary Schools Ski Team Championship	Falls Creek	Ann Bellingham	03 5754 4005
Sat 7	9:30am	AUS Open Sprint Champ's (F) * CC/FIS	Perisher	Peter Ward	0409 338 978
Sat 7	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sun 8	9:00am	Victorian Interschols XC Championships	Mt Buller	www.interschools.com.au	
Sun 8	9:00am	AUS Open Champ's 10/15 (C) * CC/FIS	Perisher	Peter Cunningham	0477 356 835
Sun 8	1:00pm	City Tatts Boonoonoon Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900
Sun 8	11:00am	Snow, Trek & Travel Mini Series #1 (C) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Mon 9	11:00am	Charlotte Pass Open (C) 5km	CharlPass	Kathy Hutton	02 9411 5974
Mon 9	6:00pm	NSW Night Relays (F)	Perisher	Peter Ward	0409 338 978
Wed 11	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Kathy Hutton	02 9411 5974
Thu 12	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 14	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 14	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sat 14	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	03 9728 1894
Sun 15	9:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 15	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sun 15	11:00am	Lake Mountain Challenge (F) 2/5/15km	Lake Mountain	Ray Malins	03 9728 1894
Sat 21	9:30am	AUS Junior Championships Sprint (F) ** FIS	Perisher	Peter Ward	0409 338 978
	pm	TBC Aus Junior XC-Cross event			
Sun 22	10:00am	AUS Junior Championships Distance (C) ** FIS	Perisher	Peter Cunningham	0477 356 835
Sun 22	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	0427 006 246
Mon 23	1:00pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Wed 25	9:00am	NSW Interschols Races	Perisher	www.interschools.com.au	
Thu 26	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 28	9:30am	Kangaroo Hoppet (F) 42km CC/FIS			
	9:40am	Australian Birkebeiner (F) 21km	Falls Creek	Race Secretary	03 5754 1045
	9:50am	Joey Hoppet (F) 7km			
September					
TBC		ANC NZ Continental Cup Sprint (F) CC/FIS	Snow Farm	www.snowfarmnz.com	
TBC		ANC NZ Continental Cup 5/10km (F) CC/FIS	Snow Farm	www.snowfarmnz.com	
TBC		ANC NZ Continental Cup 10/15km Mass (C) CC/FIS	Snow Farm	www.snowfarmnz.com	
Sat 4	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com	
Sat 4	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336
Sat 4	11:00am	Snow, Trek & Travel Mini Series #2 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sun 5	11:00am	Royston Road Rush (F)	Lake Mountain	Ray Malins	03 9728 1894
Wed 8		Australian Interschols XC Championship	Mt Buller	www.interschools.com.au	
Sat 11 / Sun 12		Perisher Cup	Perisher	Kim Easdale	0412851615



RACE SECRETARIES
National and NMC Peter Cunningham M 0477 356 835 peter.petercunni nham@gmail.c om
Victoria Andrew Walker 0407 072 152 awalk347@gmail. com
LEGEND
F Freestyle Race
C Classic Race
* Senior
Selection
** Junior
Selection
CC Continental
Cup
FIS FIS Race
Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. Updates will be posted at www.ausxc.com/



Canberra Cross Country Ski Club

Web: www.cccsc.asn.au

Email: cccsc Canberra@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 Alan or Ken.



Canberra Cross Country Ski Club (CCCCSC)

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 ensuring they use the 'Check in CBR' App, or recording their names and phone numbers on a register to avoid the need for multiple people touching the pen and paper used to complete the register;
 - iii. Ensuring a strict limit of 42 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 use the '**Check in CBR**' App on entry to the meeting room. Each room has information on how to download the Check in CBR App and the QR code. Anyone who does not have the app or a smart phone must provide their name and phone number on a written list for contact tracing should it be necessary.
 - 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 CCCCSC Committee will continue to monitor the effectiveness of each of these safety measures and adjust them as necessary.

Social Meetings 2021 (All Welcome)

Wednesday 14 July 2021

Australian “White Sherpas” 1988 Everest climb

Speaker: Pat Cullinan

Pat Cullinan re-lives his journey of a decade-long preparatory campaign, culminating in a strong Australian team climbing Everest in 1988 without any high altitude Sherpa assistance. Pat’s Everest journey starts with cross-country skiing in KNP, culminates with Everest’s summit, and ends with cross-country skiing in KNP.

Wednesday 28 July 2021 or Wednesday 11 August 2021 (tbc)

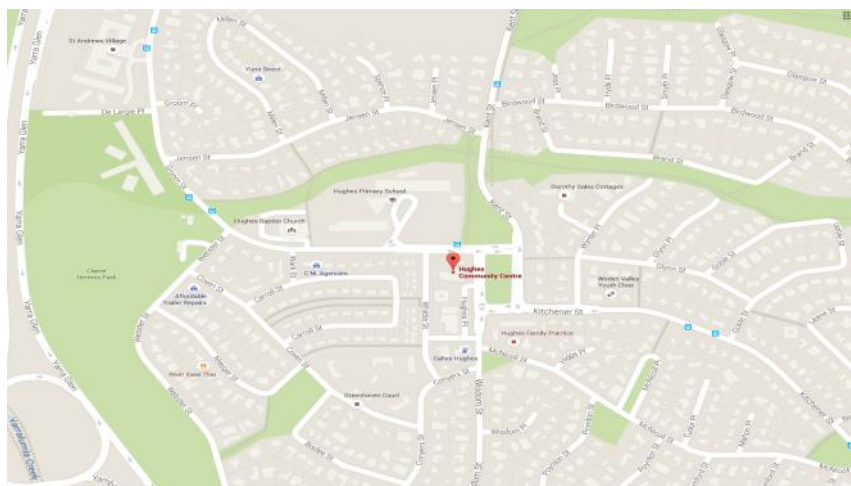
Skiing in New Zealand

Speaker: Ian Turland

There is some great cross-country skiing to be had in New Zealand, with stunning backdrops of the Southern Alps, even if it means taking a chance with the weather. Ian will present at a forthcoming club meeting on a trip to New Zealand, which included participation in an instruction course on the Pisa Range near Wanaka, independent skiing on the Pisa Range and the Two Thumb Range near Lake Tekapo and a few days skiing the runs at Cardrona and Treble Cone, also near Wanaka.

(We are currently trying to tee up another speaker for 28 July. If this doesn’t eventuate then Ian will move his New Zealand talk forward from 11 August to 28 July. Timing for the presentation will be notified on the club’s website)

Wednesday 11 August 2021



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.

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 31 July 2021

Family Name			
First Name(s)			
Address			Postcode:
E-mail address			<input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email
Telephone	Work	Home	Mobile

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

Conditions of Entry

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,
- 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 right to:

- 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 30 July,
- make no refund if the race is varied or cancelled on or after 30 July,
- make no refund, credit or exchange if the Entrant withdraws before starting,
- close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results,
- refuse entry or participation to any Entrant.

Technique: Classic <input type="checkbox"/> Freestyle <input type="checkbox"/>	
Standard Entry Fee (Received by Friday 30 July)	\$20
Race Day Entry Fee* (To 8:45 am Saturday 31 July)	\$30

Sign here

(Signature of Entrant or Parent/Guardian if Competitor is under 18 years of age)

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from the Perisher Nordic shelter and follow a course that may include Prussian flat, the Porcupine, Johnnies Plain or the Kosciuszko Road. The race will finish at the Perisher Nordic Shelter. The total distance will be around 18km.

Changes - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

Tracks - A classic track and freestyle track will be set and marked with flags where possible.

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start 15 minutes after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

If the weather conditions are poor, entrants may be required to carry a small pack of safety equipment including an all-weather jacket, extra clothing, and drink and food.

There will be drink stations on the course, but it is recommended that entrants carry additional water especially if the weather is mild and sunny.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

	TIME
Open for late entries	7:45am to 8:45am
Pick up bibs and ankle transponders	9:00am to 9:30am

START

	TIME
Pre-race briefing at Nordic shelter	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 on the course and at the Nordic shelter.

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.

Presentation

Entry includes a BBQ lunch at the Nordic shelter after the race. A short awards ceremony will be held at the shelter when the results are finalised.

Covid-19

The race organisers will work with local stakeholders and authorities to ensure the Kosciuszko Tour is safe for all officials and participants

All changes and procedures that will take place at our events will follow a COVID-safe plan that will reflect the government requirements in place at the time to ensure we deliver a safe event.

To assist us in this

- Online entry is preferred. This avoids congestion on race day and allows us to contact entrants to keep them updated on any developments
- All participants must provide their own food/snacks to consume while racing
- Participants must be aware of any Covid19 restrictions in place on the date of the event and abide by them.

Check the NSW Government Covid-19 website at <https://www.nsw.gov.au/covid-19> for the latest updates