

SPECIAL
POINTS OF
INTEREST:

- Spring & Summer Trip Reports & Photos
- Membership Renewal
- Activities & Dates for 2023

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2023, ISSUE 1

2 MAY 2023



*Snowcave on Strezlecki Creek near Watsons Crags, Sun 12 February 2023.
Photo: Sonja Weinberg*

2023 Membership Subscriptions

Membership Subscriptions for the 2023 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 and on page 18. [Register Now](#) is the preferred and easiest method.

Next Newsletter

The next newsletter will be produced in early June. Deadline for contributions is 6 June. Please send any articles or photos to cccseditor@gmail.com

The 2023 snow season approaches

Welcome to the first Off Piste newsletter for the 2023 season. The temperatures are dropping and it's time to start thinking about the start of the snow season.

The Canberra Cross Country Ski Club will be active in a range of activities throughout the ski season. We'll be looking to provide a good range of ski tours. This does, of course, depend on members offering to lead trips. It would be great if new and previous leaders can contribute to the club in this way – see the message from our tour coordinator on page 4. We'll be looking to support beginners and others in developing their skills, including by supporting the Come & Try Cross Country Skiing days (8 & 22 July).

CCCSC members will also be involved in racing events, including the club's own event, the Kosciuszko Tour (19 August). There'll also be accommodation and tours organized in Victoria in the Mt Beauty area later in the season in the lead-up

to the Kangaroo Hoppet (26 August). And our program of social meetings begins on 24 May, with further meetings on 14 and 28 June (and beyond) – see details on page 17. We are hoping you can join us in these activities.

In the meantime, you may want to look to buy or sell some quality second-hand gear at the Canberra Snow Sale on 13 May at EPIC (see below) or help out with the set up of the event on the Friday and the Sale on the Saturday (see page 4). Our club will also have a stall at this event.

And why not consider participating in the last of our off-season events, a weekend of day-walks and car-camping in northern Kosciuszko National Park – details on the club website..

Here's to a great 2023 ski season.

Membership for 2023

Membership fees for 2023 can be paid via this [Register Now](#) link (preferred) or by completing the pdf form available on the website on the Forms page., or on page 18 of this newsletter.

Fees for 2023:

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



 **SNOWSALE**
CANBERRA

MAY 13

EPIC - Exhibition Park in Canberra
Federal Highway and Flemington Rd
Mitchell ACT

Sat. May 13 - 8.30am to 1.30pm

Drop off items for the Sale
Friday 12 May, 12.00pm – 6.00pm

Collection of unsold items
Saturday 13 May, 3.00pm – 4.00pm

The Canberra Snow Sale has been running for 30 years and is a great opportunity to buy and/or sell new and pre-loved snow sports equipment.

All proceeds from the event go toward supporting local ACT snow sports programs and events.

More information
snow.org.au/snowsale
Wendy Olsen: sale@snow.org.au

Activities & Dates – 2023

Sat 13 May – **Snow Sale** (Exhibition Park – Mitchell) (see further details on page 2)

Sat & Sun, 20 & 21 May - Walks and car camp (Gavels and Vickers Huts) (see details on club website)

Wed 24 May – **First CCCSC Social Meeting for 2023** (see further details on page 17)

Fri & Sat nights, 7 & 8 July - **July Lodge Weekend (Kalkite)**

Sat 8 July - Come & Try Skiing Open Day

Fri & Sat nights, 21 & 22 July - **July Lodge Weekend (Kalkite)**

Sat 22 July – Come & Try Skiing Open Day

Sat 5 to Sat 12 August - **XC Ski Week (Perisher)**

Sat 5 August - PXC Cup

Sun 6 August – Boonoona Open

Mon 7 August – KAC XC Classic

Tues 8 August – Coffee Tour

Wed 9 August – Charlotte Pass Open & NSW Twilight Relays

Thur 10 August – Sundeck Handicap

Fri 12 August – Coffee Tour

Sat 12 August- Snowy Mountains Classic

Fri & Sat nights, 18 & 19 August - **Kosciuszko Tour Weekend (Kalkite)**

Sat 19 August – Kosciuszko Tour

Sun 20 to Sun 27 August - **Victoria Skiing (Falls Creek)** (see further details on page 16)

Sat 26 August – Kangaroo Hoppet

Tour leading — please consider!

Hello skiers — winter will soon be here.

Our club ski tours get us onto snow, out into places we'd not see alone, give us great company on snow and a safe, enjoyable experience to develop xc ski skills.

So — we need tour leaders to do this. It doesn't take special training - many of our club members already have experience with weather challenges and varying terrain — all it takes is a wish to share the mountains and to return the benefits we've had from trip leaders ourselves.

If you'd like to consider leading a tour this winter, I'd like to hear from you soon! A good tour program needs a wide variety of tours — from beginners around the Perisher trails to intermediate runs a bit further afield, to longer explorations in rolling and more challenging terrain.

- Tours for beginner and less experienced skiers as well as more challenging tours
- Tours in a variety of places across the high country (snow willing)
- Tours across the winter and spring
- Weekend and mid-week tours (now many of us are retired)
- Longer tours and snow-camps

Experienced tour leaders — please let me know what you'd like to do, and particularly if you're open to filling "gaps" in timing or places.

New leaders - if you're at all interested, we can discuss options and perhaps link up with a more experienced tour leader to give you confidence. Taking an easy tour over familiar ground is good way to start — and provides a great day for newer skiers.

We usually set out tours with these details:

- Name of Tour
- Description
- Terrain: Gentle / Hilly / Steep / Rough
- Length: Short (< 8km & < 200m climb) / Medium (8km - 15km or 200m - 600m climb) / Long (> 15km or > 600m climb)
- Skill : Basic / Intermediate / Advanced / Telemark/XC Downhill
- Name of Tour Leader & Contact Details

Bill Stanhope,
2023 tour coordinator

cccstours@gmail.com

NSW Alps Snow Depth

Annual peak at Spencers Creek (elevation 1830m)



CANBERRA SNOW SALE – XC WORKERS WANTED!!

FRIDAY 12 MAY (Set-Up) 11:30am-7pm

SATURDAY 13 May (Sale Day) 8am – 4:30pm

The CANBERRA SNOW SALE is a significant event for the snowsports community and the proceeds will directly benefit local snowsports activities.

If you can help with the set-up on Friday and the Sale on Saturday, your contribution will be greatly appreciated. It is an entertaining activity. You might find the bargain of the century AND/OR clear a space in your ski store! Contact nswxcl@gmail.com if you can help and for more information.

Racing News

Check the racing calendar in this newsletter for all the events this season and entry details. The [PXC website](#) is also a great source of information.

Perisher XC Ski Week: 5 - 12 August 2023

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 on the famous coffee tours. The club can provide discount accommodation and car pooling for members who wish to take part in this fun week. For more information contact Jo-Anne Clancy on 0411 156 959 or cccscanberra@gmail.com. Details of the various events are on the Perisher X-Country website at this [link](#).

Kosciuszko Tour: Saturday 19 August at Perisher Valley

The club will once again run the Kosciuszko Tour event at Perisher. The distance is approximately 15-18 km and can be done using freestyle (skate) or classic technique. We always try to choose an interesting course that takes entrants away from the regular trails to explore more of the Perisher Range (snow and weather permitting). Online entry will be available soon through the Snow Australia entry system and a link will be provided to members. A hardcopy entry form is also contained in this newsletter on page 19, and on the club website.

Volunteers are needed to help run the Kosciuszko Tour, including course marshals and timing assistants. There are many tasks that can be done by racers or non-racers, before, during or after the event. Any assistance is appreciated! To find out more contact Jo-Anne Clancy on 0411 156 959 or cccscanberra@gmail.com. Discounted accommodation near Jindabyne is available for volunteers.

Come & Try Days at Perisher

The Come & Try Ski days will be conducted at Perisher in July 2023 on:

- Saturday 8 and 22 July, Meet at Perisher Cross Country Ski Centre at 8:30am.

Further information about the Come & Try Day on 8 July is contained on the Snow Australia website at this [link](#).

For Club members there will also be:

- Sunday 9 and 23 July - further skill building
- Beginner ski tours in the afternoon on both weekends.
- Accommodation during the come try.

Accommodation:

The club organises accommodation throughout the ski season at Kalkite. Contact the club at cccscanberra@gmail.com for more information.

Trip Report - Skiing in Summer! - 3 December 2022

On Saturday, 3 December 2022, Ken Moylan led Alan Levy and Mike Hinchey for a ski to Mt Kosciuszko. A ski in Summer! Woo hoo! I can't remember the last time I skied so late in the season.

The Route

We caught the chairlift up Thredbo and made sure we caught it down again at the end of the day. We followed the metal walkway to Rawson's Pass before putting our skis on. From there we ascended the snow drift from just above Lake Cootapatamba to the summit, before turning back to follow the Cootapatamba Cornice along Kosciuszko South Ridge to a sheltered spot for lunch and then dropping down the ridge just downstream of Lake Cootapatamba. We paused and contemplated at Evan Hayes' memorial plaque before following the snow lead across Cootapatamba Creek and up to Etheridge Gap. Another short walk along the metal path brought us to the final patch of snow, where we traversed to the far end and made our final turns for the season. Finally, a brisk walk back to ensure we caught the last chair down Thredbo.

The Story

During the drive to Thredbo, Alan speculated that we would be the highest skiers in Australia. Thredbo was buzzing with mountain bikers. The Friday Flat car parks were busy and the No. 2 overnight car park was close to full — we had to look hard to find a space. The chairlift was busy carrying MTBs and riders up to the top and the trails down had a constant flow of riders. It felt like an in-season ski day. However, we were the only people carrying skis.

We had a pleasant surprise at the ticket office — the Winter long requirement from the NPWS for a completed trip intention form had been abolished. I just hope it isn't reinstated. The metal path to Mt Kosciuszko was busy too. Groups of friends or families steadily progressed along the way — most commenting with some surprise on our skis.

The column at Kosciuszko's summit was busy. When we arrived, there might have been some four to six dozen people up there, taking in the view, getting photo-



*Alan and Ken near the top of Mt Kosciuszko, Sat 3 December 2022.
Photo: Mike Hinchey*



Mike on the summit of Mt Kosciuszko, along with the crowds. Sat 3 December 2022. Photo: Ken Moylan

graphed on the top, or making the 'guess where I am' telephone call. We also enjoyed being at the top, taking in the views of the Main Range to the North, the plains of the Murray River to the West, and contemplating the white patches around us.

After a short rest, we were glad to leave. Alan watched Mike and Ken telemark down Kosciuszko on the firm, consistent snow. Mike controlled and steady. Ken carving Ss on the snow. Alan settled into his bombproof snowplough stance and made his way down after the others. And for a few, sweet minutes, Alan truly was the highest skier in all of Australia.

Best Bits

- Skiing in December! I'll never get over that.
- Beautiful Summer weather.

Worst Bits

- We did have to walk a long way.
- The last day of the season.

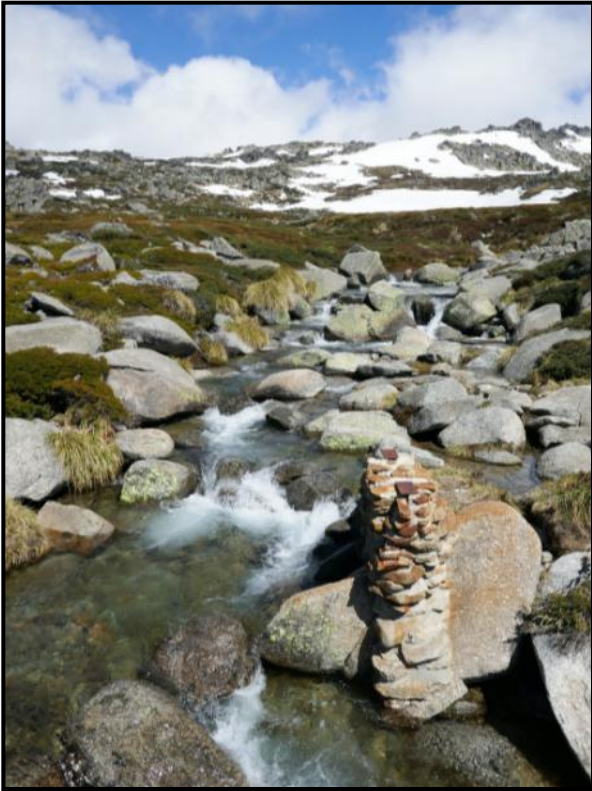
Snow Report

Spring snow wherever it was. Nice and controllable.

Map of the Day

The Sutmap Mt Kosciuszko 1:40000. (Although any map covering Mt K. will do.)

Ken Moylan



*Stream above Thredbo, Sat 3 December 2022.
Photo: Ken Moylan*



On the south ridge of Mt Kosciuszko, Sat 3 December 2022. Photo: Mike Hinchey



*The plaque dedicated to Evan Hayes, on the slopes of
Mt Kosciuszko near Lake Cootapatamba,
Sat 3 December 2022. Photo: Alan Levy*



The long walk back to Thredbo, Sat 3 December 2022. Photo: Alan Levy

Trip Report - January Wildflower Walk and High Camp

— 21-22 January

With the likelihood of an afternoon storm six of us, John Giacon, Melinda Brouwer, Kathryn Dwan, Alan Levy, Ian Turland and myself headed out from Guthega on the recently upgraded track to Illawong and beyond. We left the footpad after crossing the Snowy and headed into the Pound, a delightful cirque surrounded by peaks and full of flower gardens.

We lunched in the upper Pound before heading upwards to what we thought was the Mt Anderson summit but it turned out to be a scrubby knoll. When the alpine scrub got a bit bothersome Alan and Melinda freelanced before we regrouped in a saddle behind the false summit. By then a thunderstorm had livened things up quite a bit and we were on the wet side. Nevertheless we made our way around the summit and found a very respectable camp site in a saddle to the west of Mt Anderson overlooking the Craggs. By then the rain had stopped but the temperature had dropped considerably.

We adjourned up to the western peak of Anderson for a hoped for port toast to the sunset but were presented only with rampant thunderstorms over Victoria. Deer droppings were evident across the alpine herbfields and we even came across a sambar antler shed on the side of the peak. (they're endangered in their native India).

The Sunday dawned bright and sunny and we made an early start over the summit of Mt Anderson and down to the footpad that led towards Mt Twynam. Once in the saddle between the peaks we dropped off into the headwaters of Pounds Creek for a break before heading back into the Pound proper and rejoining the footpad down to the suspension bridge. We arrived back at Guthega early in the afternoon but feeling well and truly exercised.



Flowers on Anderson West Ridge, with Watsons Craggs in the distance.
Photo: John Giacon



John and Melinda at the campsite on Anderson West Ridge.
Photo: Mike Hinchey

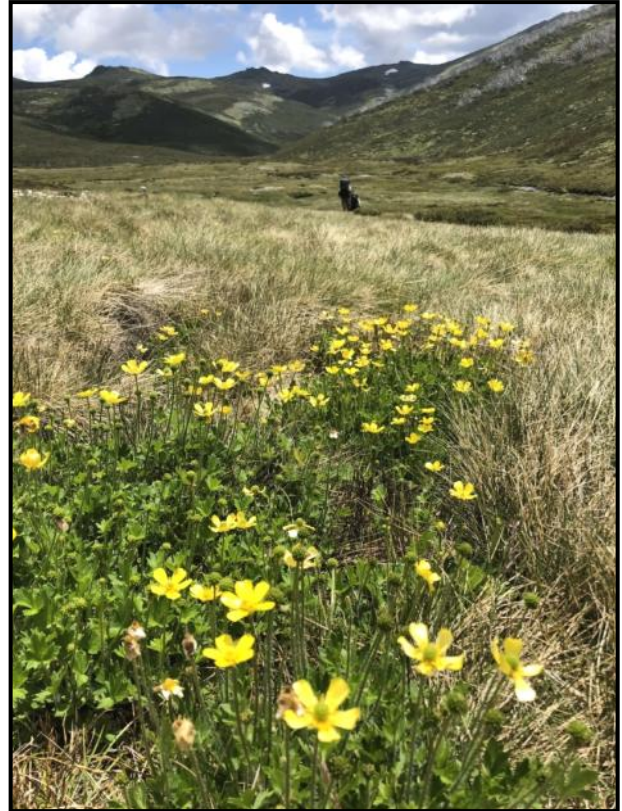
(Continued on page 9)

The wild flowers have been a couple of weeks late this year because of the wet summer but they flower in waves of species. The dominant species on our trip were Eyebright *Euphrasia* with meadows of Snow daisies *Celmisia*.

Mike Hinchey



Snowdrift near Mt Anton. Photo: Mike Hinchey



Pounds Creek valley. Photo: John Giacon



Mike, John, Melinda and Kathryn enjoying port whilst waiting for the elusive sunset. Photo: Alan Levy

Trip Report - The Sentinel — 11 & 12 February

Seven of us (Melinda Brouwer, Sonja Weinberg, Mike Hinchey, Sandy Fritz, Greg Thompson, Kathryn Dwan and myself) met up at the F2 bakery in the old shopping centre in Jindabyne for coffee at 8:30am before heading on to Charlotte Pass where we were also joined by Helen Cromb. It was a beautiful sunny day except for the very strong winds, which were gale force up high. Charlotte Pass was also very crowded as there were large tents set up at the turning circle for a charity walk to Mt Kosciuszko, with cars parked a long way down the road.

We headed off just after 10am and walked down to the Snowy River then followed the walking track towards Blue Lake. After a morning tea break at Soil Conservation Creek we continued following the track past the Blue Lake turn off (from where we saw waves on the lake due to the wind) and reached the top of the ridge where the Sentinel came in to view. The wind was so strong that we could hardly stand up and it was difficult to enjoy the views. We then followed the track north along the top of the ranga before veering off left and heading down to the Sentinel ridge to reach our campsite at 12:15pm, after a walk of 7km. This campsite is normally quite sheltered but the strong north-westerly winds meant there was little shelter, and buffeted the tents as we set them up.

During the afternoon some of us walked up towards the start of Watsons Crag to the saddle above Watsons Creek where we enjoyed views to the north to Mt Anderson, Mt Tate and Mt Jagungal. The flowers were also very good considering it had snowed the weekend before. On the return walk to the tents Kathryn and myself decided to explore a steep gully on the side of Watsons Crag which formed the headwaters of Strezlecki Creek. There was still a lot of snow in this gully and the creek flowing underneath this snow formed an amazing snow cave. We scrambled down some rocks to the creek and were able to go under the snow to get some spectacular photos of the creek through the snow



Walkers on The Sentinel ridge. Photo: Alan Levy



Flowers. Photo: Sonja Weinberg

cave. We were lucky to see the snow cave as it looked to be melting fast and wouldn't be around for too much longer.

In the late afternoon we sat around on the grass close to the waterfall near the campsite to cook our dinner, before heading up on to the high point of the Sentinel to watch the sunset. There was no cloud so the sunset colours weren't that great, but it was a great place to enjoy some port and chocolate and watch the view. During the night the winds dropped

off and by morning the campsite was quite still.

We were up early the following morning to watch the sun rise over the peaks. At the same time a fleet of 5 small aircraft flew low over and around us before heading off back from where they had come from. After breakfast I took the rest of the group back up the hill to show them the snow cave. Melinda and

(Continued on page 11)

(Continued from page 10)

Sonja were staying on an extra night so they left us here to continue walking north to Mt Anderson, whilst the rest of us headed back to the campsite to pack up our tents and head off back to Charlotte Pass. We left about 11:45am and retraced our route back to the Snowy River where we stopped for lunch. After the slog up the hill we were back at the cars by 2:15pm. We stopped for coffee again in Jindabyne before heading our separate ways.

It was another excellent trip and it was good to show people the great campsite location at the top of The Sentinel and the amazing views of the Western Fall. The strong wind on the Saturday was a problem but the flowers, views, snow cave and the company made up for this.

Alan Levy



Campsite near The Sentinel Photo: Alan Levy



The snow cave on Strezlecki Creek, from above and below. Photos: Kathryn Dwan

Trip Report - Geehi Flats - 18-19 March

A few people had to drop out of this club trip unfortunately, but three of us (Mike Hinchey, Caroline Archer and myself) decided to head off to explore the huts of the Geehi valley. On the Saturday morning Caroline and myself drove to Kalkite to pick up Mike, then we continued along the Alpine Way past Thredbo and Tom Groggin until we reached the Geehi campground in the large open valley next to the Swampy Plains River.

We arrived around 11:30am, selected a place to camp, had lunch then headed off on an afternoon walk of about 7km. We visited five huts in the valley, including Geehi Hut, Keebles Hut, Old Geehi Hut and Doctors Hut (all built of river stones) and Tyrells Hut. The walking was easy along a fire trail, but we had to wade across the Swampy Plains River six times in order to reach all the huts. As it was a very warm day the river crossings were quite refreshing. Mike also did some fishing and returned with two trout. After dinner we walked out onto the large grassy field near the campground to view and photograph the starry night sky.

On the Sunday morning we crossed over to the east of the Alpine Way to follow a trail to Doctor Forbes Hut. From the road it was an easy 1km walk to the hut, with only one river crossing (the Geehi River) to negotiate. This trail is also the start of the Hannells Spur track which climbs up to Mt Townsend and Kosciuszko, with the highest elevation gain in Australia. Doctor Forbes Hut was destroyed in the 2003 fires and reconstructed in 2010 and sits next to the Swampy Plains River upstream of the Geehi campground. As this was the hottest day of the year so far, we spent time cooling down along the banks of the river whilst Mike did some more successful fishing.

We arrived back at the campsite at 12:30pm, had lunch, packed up and headed off around 1:30pm. It was 1.5 hours driving back to Kalkite and another 2 hours to Canberra, so 3.5 hours driving each way. A long way to go, but with an enjoyable camp, easy walks, and visiting two huts I hadn't been to before, it was a great weekend. Hope to do this again next season.

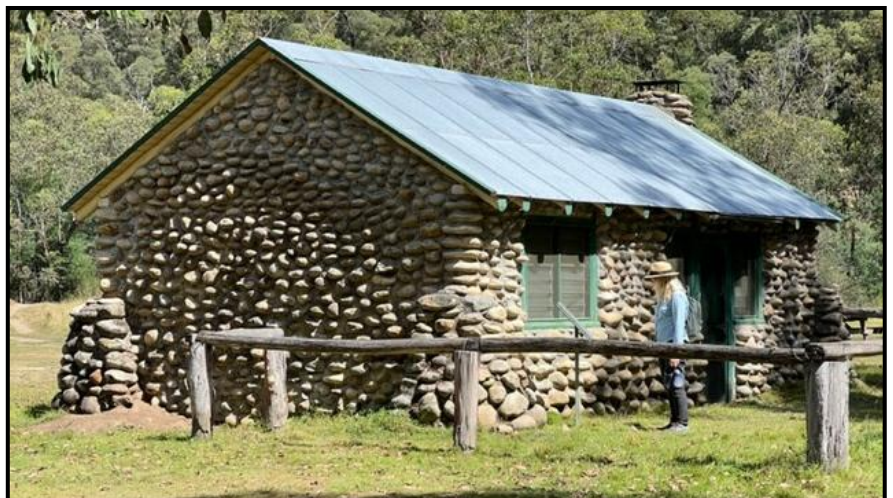
Alan Levy



The Swampy Plains River and Main Range beyond. Photo: Alan Levy



Doctor Forbes Hut. Photo: Mike Hinchey



Old Geehi Hut. Photo: Mike Hinchey



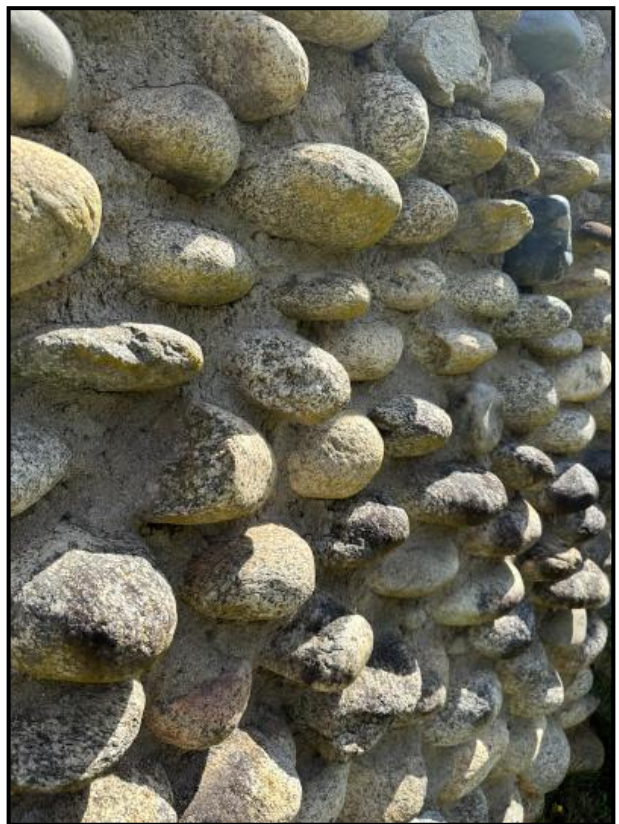
Wading across the river. Photo: Caroline Archer



Trout for dinner. Photo: Mike Hinchey



The night sky. Photo: Alan Levy



The huts in the valley are built of river stones. Photo: Alan Levy

Day	Start	Race	Location	Contact	Contact No.
April / May					
Apr 2	9:00am	Come & Try Rollerskiing – equipment supplied	Canberra	Finn Marsland	0408 147 940
Apr 15/16	9:00am	AUS Rollerski Championship Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 29	1:00pm	FIS Melbourne Rollerski International (Teardrop) FIS	Melbourne	Finn Marsland	0408 147 940
Apr 30	9:30am	FIS Lake Mtn Rollerski & Skike Hill Climb (F) 4/10km	Lake Mountain	Andrew Paul	0488 642 782
June					
Sat 10	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 10	1:00pm	Snow Mountains Nordic Rollerski Challenge	Jindabyne	Tim Greville	0428 159 336
July					
Sat 1	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 1	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
Sun 2	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0447 642 270
Sun 2	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	0428 228 860
Sun 2	1:00pm	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 8	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 8	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 8	11:00am	Snow Trek & Travel High Plains Tour (F) 1/2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sat 8	1:00pm	Wilderness Cup	Perisher		
Sun 9	10:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0447 642 270
Sun 9	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 15	9:30am	NSW Sprint Champ's (F)	Perisher	P Cunningham	0477 356 835
Sat 15	9:30am	Vic Junior Sprint Champ's (C)	Falls Creek		
Sun 16	9:30am	ACT Distance Champ's (C)	Perisher	P Cunningham	0477 356 835
Sun 16	10:00am	Vic Junior Distance Champ's (F)	Falls Creek		
Mon 17	9:00am	NSW/ACT/QLD XC Schools Nordic Events Day	Perisher	www.interschools.com	
Sat 22	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sun 23	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	0427 006 246
Sun 23	10:00am	Cooma Open (F) 10km	Perisher	Bolt	0447 642 270
Sun 23	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Tues 25	8:30am	NSW/ACT Interschools	Perisher	www.interschools.com	
Sat 29	9:30am	AUS Open Sprint Champ's (C) ** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 30	10:00am	AUS Open Champ's 15/15 (F) ** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 30	11:00am	Lake Mountain Challenge (F) 2/5/15km	Lake Mountain	Ray Malins	0428 228 860
August					
Wed 2 – Fri 4		AUS Secondary Schools Ski Team Championship	Falls Creek	Ann Bellingham	0427 006 246
Sat 5	9:30am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sat 5	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sun 6	9:00am	Victorian Interschool XC Championships	Mt Buller	www.interschools.com.au	
Sun 6	10:00am	City Tatts Boonoon Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900
Sun 6	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Mon 7	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Kathy Hatton	02 9411 5974
Wed 9	11:00am	Charlotte Pass Open (C) 5km	CharlPass	Kathy Hatton	02 9411 5974
Wed 9	5:00pm	NSW Twilight Relays (F)	Perisher	Peter Ward	0409 338 978
Thu 10	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 12	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 12	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sat 12	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sun 13	10:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 13	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	0427 006 246
Sun 13	10:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 13	10:30am	Tullicutty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sat 19	9:30am	AUS Open Sprint Champ's (F) ** CC/FIS	Falls Creek		
Sat 19	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C/F) 18km	Perisher	Jo-Anne Clancy	0411 156 959
Mon 20	9:30am	AUS Open Champ's 10/10 (C) ** CC/FIS	Falls Creek		
Mon 21	1:00pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Wed 23	9:00am	NSW/ACT/QLD/SA Interschool Races	Perisher	www.interschools.com.au	
Thu 24	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 26	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					
Sat 2	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com	
Sat 2	9:30am	AUS Junior Championships Sprint (C) ** FIS	Perisher	P Cunningham	0477 356 835
Sun 3	10:00am	AUS Junior Championships Distance (F) ** FIS	Perisher	P Cunningham	0477 356 835
Fri 8	9:00am	Australian Interschool XC Championship	Buller	www.interschools.com.au	
Sat 9	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336
Sat 9	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 9 / Sun 10		Perisher Cup	Perisher	Kim Easdale	0412851615

Online entries: <https://www.snow.org.au/events/list/>



RACE SECRETARIES

National
Peter Cunningham
0477 356 835
peter.petercunningham@gmail.com

Northern
Peter Ward
M 0409 338 978
Peter.leslie0@gmail.com

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: cccsccanberra@gmail.com

**Fun and fitness
in the snow**

Club Committee Contacts

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



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



Victoria Club Lodge Ski Week - Sun 20 - Sun 27 August 2023 - open to all members

Week of the Kangaroo Hoppet

Opened - open to all club members. Non club members are welcome to register an interest. If you have not joined us previously for the Victoria week you will need to be a club member to take up the booking..

Skiing - Ski tours will be organised throughout the stay at the surrounding cross country ski fields, usually Falls Creek but sometimes at Mt Buffalo or Mt Hotham. Most of our ski tours are intermediate skills. The Kangaroo Hoppet is on Saturday 26 August - register at <https://hoppet.com.au> for those who are joining the participant event.

Accommodation - Tawonga/Tawonga South

Dates: Sunday 20 - Sunday 27 August

You can stay for a shorter period. The amount of interest will guide if we need more accommodation.

Cost - It is expected to be not more than \$100 per night per person and is expected to be less depending on the numbers (people staying longer will pay less).

Meals - There are shared meals on most nights (no shared meal on Sun 20, Sat 26) *(and poss Mon 21 depending on numbers)*.

Contribute to household activities - everyone will need to contribute to keeping the kitchen and common areas clean. This will include an equal share of activities, for example kitchen duty both washing up and putting dishes away, keeping the kitchen clean, emptying bins, putting things away e.g. at the end of a night. making sure the table is cleared and food put away. It is important that this does not become the responsibility of a few people and supports us all to have a great holiday.

Register interest

Contact us before the end of May if possible via email ccscscanberra@gmail.com. You will need to confirm the dates in early June 2023 as we will need to confirm accommodation arrangements.

Gale Funston

Selwyn Snow Resort reopening

The Selwyn Snow Resort at Mt Selwyn is due to reopen on the June Long Weekend on **Sat 10 June** after being closed for the last three years following the fires in early 2020. The resort was originally meant to reopen in early July last year but the rebuilding effort took longer than expected and the reopening was postponed until this year. With Selwyn operating this year, this may help spread the crowds and take some of the pressure off the parking at Perisher.

The Selwyn snow cams are now up and running, which should help in assessing the snow conditions in that part of the park.

Some recent articles on the status of the reopening:

- <https://the-riotact.com/selwyn-snow-resort-powering-ahead/651811>
- <https://www.canberratimes.com.au/story/8167138/it-was-apocalyptic-after-fires-and-a-pandemic-selwyn-finally-set-to-reopen/>

Social Meetings 2023 (All Welcome)

Wednesday 24 May 2023

Photos (Summer Activities) and Socialising

Speaker: Club Members

The first meeting of the year will be used for Club members to catch up and socialise, and to show some of their best photos from last season or over the summer break. Members are welcome to bring along photos on a memory stick.

Wednesday 14 June 2023

Introduction to XC Skiing & Club ski tours

Speaker: Club Members

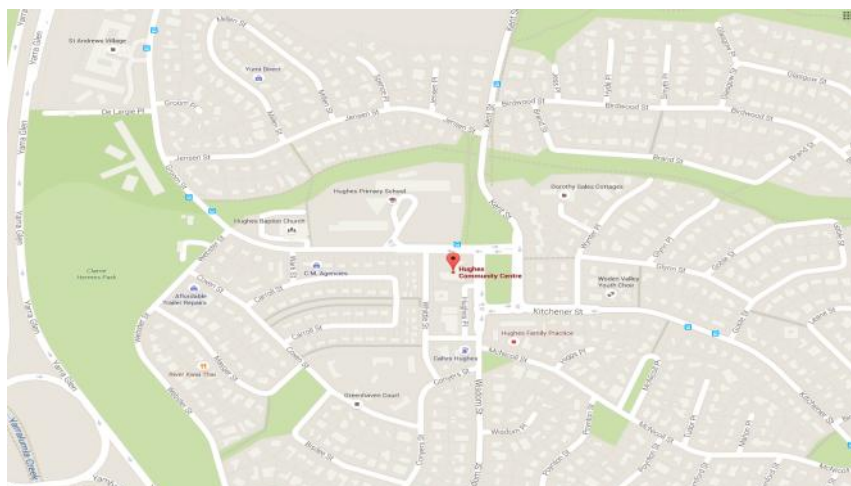
Aimed more at new members to the club or those new to XC skiing, at this meeting club members will describe how our club tours operate, the different types of ski gear available, and the best skis and equipment to use on club tours.

Wednesday 28 June 2023

A kaleidoscope of skiing experiences in NSW and Victoria and beyond

Speaker: Nic Bendeli

Nic will be showing a selection of images of various ski trips in NSW and Victoria, including some touring, some racing, some camping, a bit of everything. Hopefully to expand viewers' ideas of some possibilities with "free heels".



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.



Application for Membership 2023
Canberra Cross Country Ski Club Inc
ABN 55 670 450 108

To join ONLINE go to
www.cccsc.asn.au **and click REGISTER NOW**

MEMBER DETAILS

Tick the box if you **do not** wish your:

- email to be distributed on the email list ☐;
- Information on the members only area of the website that includes your name ☐ suburb ☐ email ☐ No ☐ and preferred phone numbers ☐ No ☐
- Blank box means agreement to information on members page

All other information will be kept confidential with only summarised results reported.

Postal address (Number, Street, Suburb or Town, State, Postcode)

Member 1			Year of Birth
First Name	Last name		
<input checked="" type="checkbox"/> email			
<input checked="" type="checkbox"/> Phone	<input checked="" type="checkbox"/> Phone		
Member 2			Year of Birth
First Name	Last name		
<input checked="" type="checkbox"/> email			
<input checked="" type="checkbox"/> Phone	<input checked="" type="checkbox"/> Phone		
First and last name of other household Members and Year of Birth			Y o B
Member 3			
Member 4			Y o B
Member 5			Y o B

I/we apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.

Signed by or for each member above:

Have you ever been a member of the CCCSC before? YES ☐ NO ☐ What Date did you join

Make cheques payable to: "CCCSC"

Mail this form and your cheque to "PO Box 799, DICKSON ACT 2602" or

Bring this form and your cheque or cash to a CCCSC meeting.

Membership fees:

\$50 for single membership

\$75 for household membership

\$

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 19 August 2023

Family Name			
First Name(s)			
Address			Postcode:
E-mail address			
Telephone	Work	Home	Mobile

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

The Entrant, by entering and starting agrees to: <ul style="list-style-type: none"> be at least 14 years old, be responsible for their fitness and ability to take part in the event, 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: <ul style="list-style-type: none"> vary or cancel any race arrangements to suit weather or snow conditions, post variation or cancellation notices on cccsc.asn.au and at the race office, refund the entry fee paid less expenses if the race is cancelled before 16 August, make no refund if the race is varied or cancelled on or after 16 August, 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,

Signature of Entrant (or parent/guardian if entrant under 18 years of age)

Standard Entry Fee (received by Friday 18 August)	\$30
Late Entry Fee (to 9.00 am Saturday 19 August)	\$40
Enter online (Visa/Mastercard) - https://www.perisherxcountry.org/events/local/	Or send completed entry form and payment (cheque) to: CCCSC Race Secretary 303 Hindmarsh Drive Rivett ACT 2611

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and use the XC trail network to the Porcupine and return for 18km. This makes it a great warm-up event for the Kangaroo Hoppet.

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 necessary.

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

There will be a drink station on the course, but it is recommended that entrants carry additional water and snacks.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

	TIME
Open for late entries	7:45am to 9:00am
Pick up bibs and ankle transponders	9:15am to 9:45am

START

	TIME
Pre-race briefing	9:45 am
Race Start	10:00am to 10:15am

RACING - This is a tour race so there is no calling of "track" – please go around slower skiers.

FIRST AID/DRINK STATIONS – drink station(s) on course and at Perisher Cross Country (Nordic) shelter after finish line.

SAFETY - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that 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.

TIME

FINISH: Outside Perisher Cross Country Ski Centre (Nordic Shelter)

Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm
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PRESENTATION:

TIME

Presentation (includes nibbles, tea and coffee – drinks can be purchased at bar)	2:15pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the presentation and posted on the PXC events web page	