



SPECIAL
POINTS OF
INTEREST:

- Summer Trip Reports & Photos
- Membership Renewal
- Activities & Dates for 2024

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4 MAY 2024



On the 27km course. Ken Moylan and Alan Levy racing in the 46th Gatineau Loppet. Parc de la Gatineau, Gatineau QC, Canada., Sunday, 18 February 2024. Photo: © Marathon Photos Live

2024 Membership Subscriptions

Membership Subscriptions for the 2024 season are now due, and can be paid on the [Revolutionise Sport](#) web page. With the change over to Revolutionise Sport for registration, everyone, including previous members, will need to register as a 'New Member' for this year. The cost for membership in 2024 is:

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

(Note: the amounts shown in Revolutionise Sport will appear to be lower, but will equal the correct membership fee once the processing charge has been added).

This year marks the 40th Anniversary of the Club.

Next Newsletter

The next newsletter will be produced in late June. Deadline for contributions is 20 June. Please send any articles or photos to cccscditor@gmail.com

Editor's Note

Welcome to the first newsletter for the 2024 ski season. After a very bad season last year (lack of snowfall, icy conditions, short season) here's hoping that this year will be a more normal season. A few club members have been skiing overseas already this year in Europe, Japan and North America.

This July marks the Club's 40th anniversary. The Club began in 1984 and in 2004 a 20th anniversary magazine was produced for its members at the time. A pdf version of this magazine has been loaded onto the Members Page on the club website for those interested in reading about the early days of the club.

Page 3 of this newsletter lists the dates for many of the upcoming activities. This month has the ACT Ski & Snowboard Sale, a special Perisher Trails work party, and the first Social Meeting. Ski tours will hopefully commence in June. In July are two Come and Try weekends and the Kosciuszko Tour ski race. August has the Perisher XC Week events and the Kangaroo Hoppet in Victoria.

CCCSC tour leader development 2024 starts with Navigation information/training/refresher - part 1 practical night at the 22 May 2024 social meeting.

One change this year is that there will be less social meetings. Apart from two meetings in June, all other months will only have one social meeting at the Hughes Community Centre. Another change is that the club is moving to a new membership registration system via the 'Revolutionise Sport' website for membership and payments due to imminent closure of the Register Now site which we have used for the last few years. Existing club members will need to register as a 'new member' on the Revolutionise Sports registration page when joining up this year as the new system does not contain details of their current membership status.

Once the snow starts falling our tour coordinator Bill will be keen for members to put trips onto the Tour Program. There is a need for more tour leaders to help take the load off the existing small number of tour leaders and to add more variety to the Tour Program. Bill is happy to accompany any new leaders on their first tour and to provide support as required. Contact Bill if interested.

Alan Levy



 **SNOWSALE**
CANBERRA

MAY 11

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

Sat. May 11 - 8.30am to 1.30pm

Drop off items for the Sale
Friday 10 May, 12.00pm - 6.00pm

Collection of unsold items
Saturday 11 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 snow sports programs and events.

More information
snow.org.au/snowsale
sale@snow.org.au

Activities & Dates – 2024

Sat 11 May – **Snow Sale** (Exhibition Park – Mitchell) (see further details on page 2)

Sat & Sun, 18 - 19 May - **Perisher Trails Working Bee** (see further details on page 4)

Wed 22 May – **First CCCSC Social Meeting for 2024** (see further details on page 23)

Fri & Sat nights, 5 & 6 July - **July Lodge Weekend (Kalkite)** (see further details on page 5)

Sat 6 July - Come & Try Skiing Open Day

Fri & Sat nights, 12 & 13 July - **July Lodge Weekend (Kalkite)** (see further details on page 5)

Sat 13 July – Come & Try Skiing Open Day

July 2024 - **Club's 40th Anniversary**

Fri & Sat nights, 26 & 27 July - **Kosciuszko Tour Weekend (Kalkite)**

Sat 27 July – Kosciuszko Tour

Sat 3 to Sat 10 August - **XC Ski Week (Perisher)** (www.perisherxcountry.org)

Sat 3 August - PXC Cup

Sun 4 August – Boonoona Open

Mon 5 August – KAC XC Classic

Tues 6 August – Coffee Tour

Wed 7 August – Charlotte Pass Open & NSW Twilight Relays

Thur 8 August – Sundeck Handicap

Fri 9 August – Coffee Tour

Sat 10 August- Snowy Mountains Classic

Tues 20 to Sun 25 August - **Victoria Skiing (Falls Creek)** (see further details on page 6)

Sat 24 August – Kangaroo Hoppet

Tour leading – please consider!

Calling for new and renewed tour leaders for the 2024 season - without ski tour leaders, we don't have ski tours to go on.

Why new, why you? The club has recently had only a small core of dedicated leaders, and we'd like to broaden the tour offering and spread the load (even tour leaders like to be followers sometimes). So, if you've enjoyed a tour or two, why not lead one?

It's not difficult or burdensome - and it is rewarding! You can lead easy tours, moderate tours, even challenging ones - to the places you'd like to go (and we can help you choose new favourite places too).

If you're thinking you could lead a ski tour, and would like to talk about it or ease into it, I am happy to chat and help - and to come along on your first tour to offer a little support and encouragement. If you'd like to have a coffee chat to see if it's for you, then I'd be delighted to meet up after 15 June.

Please email me - Bill Stanhope - at cccstours@gmail.com. I'll be away wandering across Spain in May and June - but it'll still be possible to communicate whilst I'm away.

If you'd like to speak to other experienced tour leaders, then Alan Levy and Ken Moylan would also be happy to chat. Their contact details, and mine, are in the club directory for members.

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

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,

2024 tour coordinator cccstours@gmail.com

SPECIAL PERISHER TRAILS WORK PARTY

Sat 18 - Sun 19 May (and maybe 20 May)

If you plan to attend, please contact Peter Ward (nswxcl@gmail.com) so we can plan the work for the weekend. Likewise, let him know if you can attend any of the extra days after the weekend to take part in the Bridge Project.

Accommodation for the weekend is available courtesy of Canberra Alpine Club, Perisher. Contact Peter Cunningham (peter.petercunningham@gmail.com). Bring bed linen, towels, drink and food to share for a social dinner.

CANBERRA SNOW SALE – XC VOLUNTEERS WANTED!!

SATURDAY 11 May (Sale Day) 8:30am – 1:30pm

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

Volunteers are needed at the door to check items against purchase numbers as customers leave. Volunteer on Saturday from 8.30am. Any amount of time is appreciated.

Contact Peter Cunningham at peter.petercunningham@gmail.com or 0477 356 835 if you can help and for more information.

Come & Try and Skill Building Weekend / Days Perisher

5-7 July and 12-14 July 2024

The Come & Try and Skill Building weekend is aimed at beginners and people who have done some skiing and need more skills or completed last year's Come & Try. <http://cccsc.asn.au/home/lessons/>

Meeting Place - all lessons and skill building will start at the Perisher Cross Country Ski Centre

Activities:

Saturday 6 and 13 July: Come & Try Ski Lesson – Meet at 8:30am. (9am - 11am).

Registration is at the Snow Australia website. The link will be provided shortly once available.

Saturday 6 and 13 July: Skill Building – Meet 12pm

Sunday 7 and 14 July: Ski Lessons / Skill Building 9-2pm Ski Lesson /skill Building meet at PCCSC

Food bring your own, there is also a sausage sizzle at lunch time at the Perisher Cross Country Ski Centre or food outlets in Perisher.

Who The Lessons and skill building will build on your current skill level. If last year was your first time to ski or cross country skiing or you attended last years Come & Try we recommend you attend. The lessons and our experienced club members who are leading the skill building will help build your skills needed to tour.

Like all sports we need to do more than one ski lesson / skill building to develop our competence to go on cross country ski tours that interest you.

A great opportunity for beginners or members to learn to ski or develop their basic skills, go on tours appropriate to their skiing level and meet other members.

CCCSC Membership – The Come & Try ski lesson on Saturday is open to anyone. The Skill Building and accommodation is for CCCSC members

Accommodation is being offered see <http://cccsc.asn.au/home/lessons/> There is an accommodation discount for a family of 4 and over sharing the same room.

As the traffic is very congested in Perisher people will need to leave Kalkite by 6.30am. We recommend you stay in the area to ensure you get on to the mountain for the ski activities.

Accommodation

There is accommodation available at Kalkite across the winter season for cross country skiers and snow activity. Some weeks/weekends are reserved for club activities otherwise it is possible to book for most other times.

Two lodge weekends at Kalkite will take place in the July school holidays, coinciding with the 'Come and Try XC' beginner ski lessons on Saturday 6 July and Saturday 13 July. Easy tours will also be provided by club members on both days..

These weekends are very popular, and spaces are limited. A registration link will be available shortly.

For more information or to express your interest in attending the July lodge weekends or at other times during the season please contact cccscanberra@gmail.com

Victoria Club Lodge Ski Week - Tue 20 - Sun 25 August 2024

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 24 August - register at <https://hoppet.com.au> for those who are joining the participant event.

Accommodation – Mount Beauty Caravan Park (The Park)

Dates: Tue 20 - Sunday 25 August

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

Type - Shared accommodation across Yurts and Units. Most accommodation have a bathroom facility although the two yurts do not and will need to use the Parks facility. People can also book their caravans into power sites.

Cost - It is expected to be not more than \$130 per night per person and is expected to be less depending on the numbers (people staying longer will pay less).

Meals – People will self cater all meals for themselves. We will have dinner together with our self catered meal.

Contribute to household activities - everyone will need to contribute to keeping the kitchen and common areas clean in their yurt/cabin. 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 cccscanberra@gmail.com. You will need to confirm the dates in early June 2024 as we will need to confirm accommodation arrangements.

Gale Funston

Warren Miller film - 2024

Canberra Sat 11 May - 6:30 PM Dendy Cinemas, and

Jindabyne Thur, 13 Jun - 7.00pm Jindabyne Cinema.

For other locations and ticket purchase see <https://www.warrenmiller.com.au/> (go to buy ticket choose Australia).

Warren Miller's **ALL TIME** is bringing 74 years of filmmaking reimagined to a theatre near you this May. And this season, it's all about good turns and good snow on good hills with good people. Narrated by Jonny Moseley, ALL TIME dives deep into elements that Warren himself first identified as the stuff of which snowy dreams are made. From the birth of ski towns like Sun Valley and Aspen to icons and innovators like the original hotdoggers, the film brings the best of seven decades along with humor and inspiration from today—featuring Maine's finest athlete, Donny Pelletier, and the next generation of skiers and riders at Woodward Park City.

In addition to the main feature from Warren Miller, this year's tour will exhibit 2 local films from presenting partner Arc'teryx. Delve deep into what makes winter so special as we share stories from local film makers Divya Gordon and Taylor Bennie-Faull. This will serve as the perfect entree to the two-year party for Warren Miller's 75 seasons on snow.

Some club members are attending the movie in Canberra on 11 May. Contact cccscanberra@gmail.com if interested.

Racing News

Congratulations to club members Alan Levy, Ken Moylan and Monika Binder, who competed in international World Loppet events during our summer. A special congratulations to Alan who was awarded his World Loppet Master medal for completing 10 different Loppet races. We'll hear more about their adventures in the newsletter and at the club social meeting.

Check out the 2024 race calendar in this newsletter for all the upcoming events and entry details. The [PXC website](#) is also a great source of information.

Autumn training

There's only a month to go before the official start of the ski season! If you are looking to tone up those ski muscles and improve cardio fitness before the snow arrives, here are some suggestions.

Snow Australia has a free 8 week online ski training program. See **SnowReady** <https://www.snow.org.au/snowready/> for more info and to access the sessions.

Roller ski training sessions will be held every Sunday at 9.00 at Stromlo Forest Park. You need to join ACTNSW XC (cost \$110) and then pay for the sessions (\$20 each or \$90 for the term). Some roller ski equipment may be available to borrow. For more information contact Jules Craig on 0416246466.

If roller skiing isn't your thing, try ski walking with poles for a good ski-specific work out. Ski walking with poles is diagonal striding without the glide. Think of the arm and leg swinging as pendulums while striding on foot up a gradual incline. The key is not to reach too far up the hill with the foot and to make a complete weight transfer (hip over foot) upon footfall. The opposite arm plants the pole as your foot lands.

It is important to have ski poles that are about sternum-high in height, or about 10 cm shorter than your classic poles. Old downhill ski poles work well. While ski walking, keep the poles angled so that the hands are low, and the arms can swing freely forward. The hand is pushing the pole down and back, finishing just past the upper leg. The pole will plant further back than when on skis.

Hill bounding resembles striding up a steep hill on skis. It is more explosive than ski walking. To practice, start with a jog up a moderate hill, then make each footfall more explosive. Lifting the front knee will help extend the bound. Poles are planted angled back with hands low. The kick will be assisted by the pole push.

Perisher XC ski week: 3 - 11 August 2024

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. See the [PXC website](#) for more details. The club can provide discount accommodation and carpooling 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

Kosciuszko Tour: Saturday 27 July at Perisher Valley.

The club will once again run the Kosciuszko Tour event at Perisher. Unfortunately last year we had to cancel due to the lack of snow, so here's hoping for a good cover this season. 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.

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.

Here's hoping that, unlike last year, we get to have a full season of events this year!

Trip Report - The Sentinel – 20 & 21 January

Six of us (Garry Boxsell, Trevor Lewis, John Giacon, Mike Hinchey, Kathryn Dwan and myself) met up at Jindabyne on Saturday 20 January for coffee before continuing on to Charlotte Pass. Two other club members, Sharon Roberts and Helen Cromb, also joined us at the Charlotte Pass turning circle at 10am and we then headed off on the walk towards The Sentinel. The weather was mostly overcast and breezy, which helped keep most of the flies away. After crossing the Snowy River we followed the walking trail past Blue Lake and up to the saddle below Carruthers Peak, before heading north along another track then cross country to the start of the Sentinel ridge.

We arrived at our campsite around 12:15pm where we set up our tents and had lunch. This is the fourth year in a

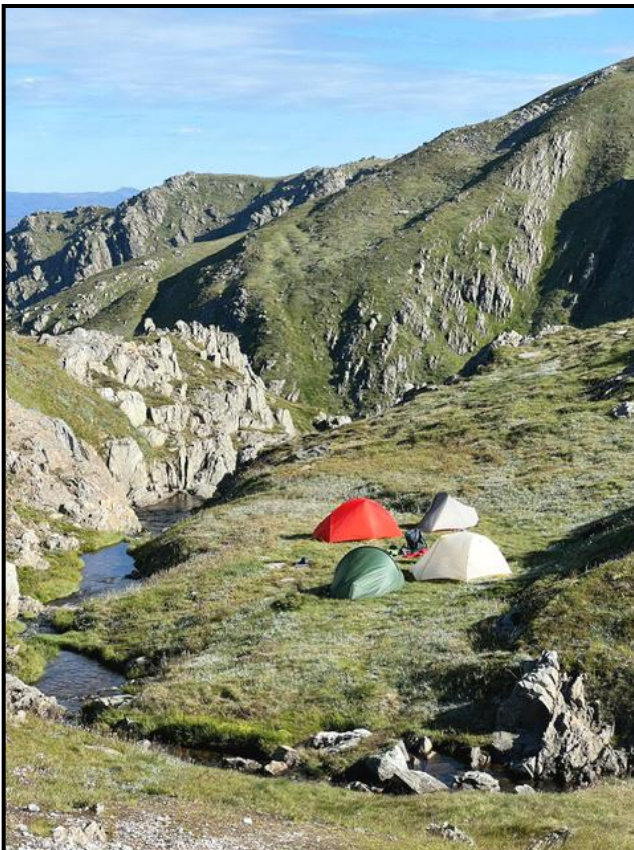
row I have camped in this location, at one of the best campsites in the mountains. The campsite is located right next to a creek, with flat ground and lush grass, and sheltered from the west by a ridge beyond which is one of the most spectacular views in the mountains.

On the Saturday afternoon we did a walk out to the far end of Watsons Crag. Along the way we passed extensive areas of small yellow flowers which were spectacular. At the end of the Crag we could look down to Canyon Falls in the lower reaches of Lady Northcote Canyon close to Opera House Hut. We got back to the campsite around 5:15pm and had dinner before heading out to a viewpoint at the top of The Sentinel to watch the sunset over the Victorian Alps to the west.

The following morning Garry led some of the group out to the trig point on top of The Sentinel. Whilst they were away the wind started to increase considerably causing some of the tents to collapse or loosen their pegs. Eventually everyone returned, packed up the campsite and we headed off around 11am. We stopped for lunch along the track above Soil Conservation Creek then continued to the Snowy River to commence the long climb back up to Charlotte Pass. By this time the wind gusts were gale force.

We were back at the cars around 2:30pm and headed to Jindabyne for coffee before continuing back to Canberra.

Alan Levy



Campsite at the top of The Sentinel ridge, 20 Jan 24.
Photo: Mike Hinchey



Walking back after climbing to The Sentinel trig, 21 Jan 24. Photo: Sharon Roberts



Tree covered rock on Watsons Crag, 20 Jan 24. Photo: Alan Levy



Early morning view of our campsite near the top of The Sentinel, 21 Jan 24. Photo: Alan Levy



Some of the group heading out to The Sentinel, 21 Jan 24. Photo: Alan Levy

Trip Report - Snowy Vale Lodge Weekend - 17-18 February

Canberra Cross Country Ski Club (CCCSC) members had a rare opportunity. For the first time Mike Hinchey offered CCCSC an overnight stay at his lodge, Snowy Vale, and bush walking in the area.

After a postponed start in December 2023 due to weather, on Saturday 17 and Sunday 18 February 2024 the weekend was finally off and running.

Mike describes Snowy Vale as being located on the Snowy Plains at an altitude of 1570m, 9km east of Mt Jagungal. It is a beautiful location amongst snow gums and granite rocks. It comprises much of the catchments of the Gungarlin and Bulls Peaks Rivers and is an extensive salient of private land that extends into the middle of the Kosciuszko National Park approximately half way between Kiandra and Guthega. It offers superb sub-alpine scenery and wild flowers in the warmer seasons and often rewards skiers with good Nordic skiing opportunities in winter.

With 4WD-only access twelve people and five 4WDs started at the old school house on Eucumbene Road. Now we really did feel like we were in a convoy. Mike led the way up over Nimmo Hill and through the farm land. Nimmo Hill gave us the first glance of the wooded area and open plains. Nimmo Hill is about 14 km from the lodge which is important for Winter skiers as it was sometimes the start of the trek into the lodge. In more recent years, cars could get closer before the snow stopped them and they skied in. Once we crossed the bridge over the Gungarlin River and got to the stream, we were pleased to see the water level was low enough to cross.

Our first stop on the property was Wallace's Hut. It is well maintained (thanks to Snowy Vale members) and used by bushwalkers and skiers. Many an intrepid bushwalker/skier has been glad to stop for the night before travelling deeper into the national park. Some have been Snowy Vale members themselves who found the last steep climb to the lodge a little too far for the day after the ski in. The hut has an old-world charm with a few modern comforts.

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The convoy on Snowy Plains. Photo: Gale Funston



Snowy Vale Lodge. Photo: Mike Hinchey



Wildflowers in bloom. Photo: Mike Hinchey

(Continued from page 10)

Mike attended to a few chores as we explored the hut and surrounds.

Back on the road it was an easy drive to the front door of the lodge. For those who were first time visitors were pleasantly surprised at the extent of the lodge and its facilities. Once set up we headed off to the Top Hut part of Snowy Vale. It is always interesting to look at huts and hear a tale or two about them.

Our next destination was to venture into Kosciuszko National Park to Cesjack's Hut. It was a sunny day, the flowers were out and a fairly easy walk. It is great to see old huts. So many have been removed or lost that the remaining ones are always a treasure to go to, even if it is a quick look inside or eating your afternoon tea against the outside wall of the building.

We returned with plenty of daylight left and able to get our things sorted and explore the grounds. After watching the moon rise and a relaxing night our attention turned to where to walk tomorrow. The options were Mount Jagungal, Bulls Peaks or a wander up the delightful Bulls Peaks River towards Flanagan's Hut. The important point was how steep and far with many different routes being considered. With no definitive answer we left it to the morning to make the decision.

With the help of Mike's local knowledge three walks were chosen. A local walk on the property, up Bulls Peaks River towards Flanagan's hut, and for the very adventurous beyond Flanagan's hut towards Bulls Peaks.

The walk up the river was a good walk and tested your strength in walking across reasonable divots in the grass. After lunch Bulls Peaks beckoned and most of the group took to the hill.

David led the party of five who were interested in getting to Bulls Peaks, but we're under no illusion as to how far it was. David's account notes after leaving Mike's small party, we walked up the good track to the private Bulls Peaks lodge. From there the track became very difficult to follow in places up to the ridge over a gain of 165m. However, with my



Group photo. Photo: Gale Funston



Approaching Cesjacks Hut. Photo: Roslyn Carroll

off-line map app, I was able to ensure we remained on course. When the majority reached the top, we had a short break to take in the alpine grass. We then climbed a small rise that had a large rock cairn on it. From previous ski trips in the area, I had often wondered its purpose. Now I knew it would be useful, as to when to leave the ridge, when heading to the lodge below.

We could see the Bulls Peaks to the South of us, but with an extra 6km return walk and the steep ascent (est, an extra 2 hours) in front of us to get to there, the party felt it would be a peak too far, as we didn't want Mike's group to be waiting for us. Therefore, Bulls Peaks would have to wait till next

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time. So we headed back along the ridge and linked up with the route we used the day before. As it turned out, we made it back 5 mins before Mike's group!

The remaining three returned the way we came and diverted to Wallace's Hut and after a rest we followed the track winter skiers take to get to the lodge. It was a little steep towards the top. Skiers have been known to crawl up the last part of the track when it is late, dark and they are tired from the long ski in.

We were surprised to see the Bulls Peaks party had already returned by the time we got to the lodge. After cleaning the lodge the convoy was on its way back to Eucumbene Road.

At the end of the trip it was an easy lodge weekend packed with adventure.

Gale Funston



Overlooking Snowy Plains. Photo: Mike Hinchey



Group outside Cesjacks Hut. Photo: Roslyn Carroll



*Mike Hinchey sitting on Wallace's Hut's verandah.
Photo: Gale Funston*



*The Bulls Peak group climbing to the Cairn.
Photo: David Drohan*



*Group at Flanagans Hut.
Photo: Roslyn Carroll*

Trip Report - Four Mile Hut & Vickers Hut - 27-28 April

This was another of the summer activities put on for club members. 8 people (Jo-Anne Clancy, Paul Dagleish, John Giacon, Ken Moylan, Gale Funston, Greg Lawrence, Caroline Archer and myself) met up in Adaminaby at 9am for coffee before continuing on to the Mt Selwyn resort carpark. From here we followed the Mt Selwyn cross-country ski trail east across the plateau to the Tabletop Fire Trail then south to the saddle and along another track to the newly rebuilt Four Mile Hut. At the saddle we passed the newly rebuilt sliprail which Mike Hinchey had a hand in resurrecting. We arrived at the hut just after midday, had lunch and explored the new hut before walking back to the Mt Selwyn carpark in the afternoon.

The rebuild of the new Four Mile Hut is very good. The hut looks almost identical to the original hut which burnt down four years earlier. It is located about 50 metres to the north of the hut ruins, which are still there. This hut was always a popular ski tour destination, and hopefully we will again be able to ski to it this coming season.

We then car camped overnight at the Three Mile Dam campground in perfect weather. Thanks to Caroline for bringing along some firewood which enabled us to huddle around a fire during the evening. Later on the strong moon combined with the fog on the lake provided an amazing sight. We then endured a cold night in the tents, listening to the nearby horses.

After a leisurely pack up of the campsite on the Sunday morning we headed off at 10am and drove just north of Kiandra to do a short walk to a mystery destination before driving north for another 30 minutes along the Snowy Mountains Highway to the start of the Prosser Fire Trail. We then walked 3km to the newly rebuilt Vickers Hut, one of the few buildings in the park built of logs. The trail to the hut was quite steep and descended a long way into the valley, which meant a big climb on the way out. We were back at the cars around 2:30pm and then headed our separate ways.

A great way to spend the weekend.

Alan Levy



*The original Four Mile Hut above (in 2018) and the newly rebuilt hut (below).
Photos: Alan Levy*



The newly rebuilt sliprail at Four Mile Saddle. Photo: Alan Levy



The group camping at Three Mile Dam. Photo: Alan Levy



Jo-Anne, Paul, Ken and Gale on the plains north of Kiandra. Photo: Alan Levy



The group at Vickers Hut. Photo: Ken Moylan

A few photos from the Worldloppet ski races held in Japan and North America in February 2024 that a few club members participated in. A presentation of this trip will be given at the social meeting on 26 June.



The Sapporo International Ski Marathon is held on the outskirts of Sapporo, Japan. The numerous large hills make this one of the toughest loppet courses. The snow conditions and weather this year were perfect. Sunday 4 February 2024.

Photo: Alan Levy

Ken Moylan and Monika Binder on the 17km ski trail at Takino Park, south of Sapporo, Thursday, 1 February 2024. This area was a good place to train for the race.

Photo: Alan Levy



Easter Island in the snow! Replica moai statues at Makomania Takino Cemetery, near Sapporo, Wednesday, 31 January 2024.

Photo: Alan Levy





Ken Moylan and Marg Hayes at a frozen waterfall in Gatineau Park, near Ottawa, Tuesday 13 February 2024.

Photo: Alan Levy

The Canadian Worldloppet race, the Gatineau Loppet, is held on snow covered roads within Gatineau Park, a huge parkland area close to Gatineau in Quebec, and across the river from Ottawa.

Sunday 18 February 2024.

Photo: Alan Levy



Racing on the only snow in Wisconsin.

This ribbon was 10km of artificial snow winding and looping through paddocks and woods.

One day of the 50th Annual American Birkebeiner festival.

Cable, Wisconsin, USA.

Thursday, 22 February 2024.

Photo: © Ken Moylan



Ken Moylan and Alan Levy, before the 44th Sapporo International Ski Marathon.

Shirahatayama Athletic Field, Sapporo, Hokkaido, Japan

Sunday, 4 February 2024.

Photo: Monika Binder



On the 50km course. Ken Moylan racing in the 46th Gatineau Loppet. Parc de la Gatineau, Gatineau QC, Canada. Saturday, 17 February 2024.

Photo: © Marathon Photos Live



Alan showing off his Worldloppet Master certificate. After the 44th Sapporo International Ski Marathon. Shirahatayama Athletic Field, Sapporo, Hokkaido, Japan. Sunday, 4 February 2024.

Photo: © Ken Moylan



Ken Moylan racing in the 44th Sapporo International Ski Marathon. (Bottom right corner, in the hat). Shirahatayama Athletic Field, Sapporo, Hokkaido, Japan. Sunday, 4 February 2024. Photo: © All Sports Community, Japan.



Alan Levy on the ski trails. Takino Suzuran Hillside Park, Sapporo, Hokkaido, Japan. Thursday, 1 February 2024. Photo: © Ken Moylan.

A mass produced American cherry pie. Wisconsin, USA. Tuesday, 20 February 2024. Photo: © Ken Moylan.





AUSTRALIAN CROSS COUNTRY SKIING
2024 RACE CALENDAR
 Final 28/03/2024



Day	Start	Race	Location	Contact	Contact No.
April / May					
Apr 13/14	9:00am	AUS Rollerski Championship Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 27	1:00pm	FIS Melbourne Rollerski International (Teardrop) FIS	Melbourne	Finn Marsland	0408 147 940
Apr 28	9:30am	FIS Lake Mtn Rollerski & Skike Hill Climb (F) 4/10km	Lake Mountain	Finn Marsland	0408 147 940
June					
Sat 8	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 8	1:00pm	Snow Mountains Nordic Rollerski Challenge	Jindabyne	Tim Greville	0428 159 336
Sat 29	10:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
Sun 30	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	0428 228 860
Sun 30	1:00pm	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
July					
Sat 6	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 6	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 6	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sun 7	10:00am	Wilderness Sports Cup	Perisher	Geraldine Blanch	0488 955 325
Sun 7	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 13	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 13	11:00am	Cross Country Skier High Plains Tour (F) 1/2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sun 14	10:00am	Cooma Clean Out the Waxbox (C) & Clean out the Waxbox (F)	Perisher	Bolt	0447 642 270
Sun 14	10:00am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Race Secretary	0409 332 642
Sat 20	9:30am	Vic Junior Sprint Champ's (F)	Falls Creek	Finn Marsland	0408 147 940
Sat 20	9:30am	ACT Sprint Champ's (C)	Perisher	Peter Cunningham	0477 356 835
Sun 21	10:00am	Vic Junior Distance Champ's (C)	Falls Creek	Finn Marsland	0408 147 940
Sun 21	9:30am	NSW Distance Champ's (F)	Perisher	Peter Ward	0409 338 978
Sun 21	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 27	9:30am	AUS Open Sprint Champ's (C) *I** CC/FIS	Falls Creek	Race Secretary	0409 332 642
Sat 27	10:00am	Canberra X-C Ski Club Kosciusko Tour (C/F) 18km	Perisher	Jo-Anne Clancy	0411 156 959
Sun 28	10:00am	AUS Open Champ's 15/15 (F) *I** CC/FIS	Falls Creek	Race Secretary	0409 332 642
Sun 28	10:00am	Cooma Open (F) 10km	Perisher	Bolt	0447 642 270
Sun 28	11:00am	Lake Mountain Challenge (F) 2/5/15km	Lake Mountain	Ray Malins	0428 228 860
August					
Thu 1	9:30am	AUS Secondary Schools Ski Team Championship	Falls Creek		
Sat 3	9:30am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sat 3	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sat 3	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	
Sun 4	9:00am	Victorian Interschool XC Championships	Mt Buller	www.interschools.com.au	
Sun 4	10:00am	City Tatts Boonoona Open (C/F) 5km	Perisher	Michael Stemdale	0412 043 900
Sun 4	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Mon 5	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Kathy Hatton	02 9411 5974
Wed 7	11:00am	Charlotte Pass Open (C) 5km	Charl Pass	Kathy Hatton	02 9411 5974
Wed 7	5:00pm	XC Week Twilight Relays (F)	Perisher	Peter Cunningham	0477 356 835
Thu 10	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 10	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 10	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sun 11	10:00am	ACT & NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 11	10:00am	Rocky Valley Rush/Sun Val Ramble (22.5/15/7.5km) (F)	Falls Creek	Race Secretary	0409 332 642
Sun 11	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sat 17	9:30am	AUS Open Sprint Champ's (F) *I** CC/FIS	Perisher	Peter Cunningham	0477 356 835
Sun 18	9:30am	AUS Open Champ's 10/10 (C) *I** CC/FIS	Perisher	Peter Cunningham	0477 356 835
Wed 21	9:00am	NSW/ACT/QLD/SA Interschool Races	Perisher	www.interschools.com.au	
Thu 22	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:30am	Kangaroo Hoppet (F) 42km CC/FIS			
Sat 24	9:40am	Australian Birkebeiner (F) 21km	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:50am	Joey Hoppet (F) 7km			
September					
Sat 31	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com	
Sat 31	9:30am	AUS Junior Championships Sprint (F) ** FIS	Falls Creek	Race Secretary	0409 332 642
Sun 1	10:00am	AUS Junior Championships Distance (C) ** FIS	Falls Creek	Race Secretary	0409 332 642
Fri 6	9:00am	Australian Interschool XC Championship	Perisher	www.interschools.com.au	
Sat 7	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sun 8	10:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336



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
awaik347@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/

Online entries: Perisher events - <https://www.snow.org.au/events/list/>
 KAC Cross Country Classic & Charlotte Pass Open - <https://alpinetiming.com.au/registrations/>



Canberra Cross Country Ski Club

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			
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.



ACT Dryland and Rollerskiing Training

Times - 8 x Sunday mornings (9-10.30) Sessions: 5 May to 30 June 2024

Cost - \$80 for semester or \$20 for a single session, plus
\$110 NSWACT XC annual registration fee

Location Stromlo Forest Park

Valdis is back in Australia and is ready to start regular Sunday morning training for Term 2 for ACT based athletes (or other NSWACT athletes who would like to travel and join in).

Training will follow the same format as previous terms with experienced athletes 7am for 7:15-8:45am early training. Followed by 9am for 9:15-10:30am for juniors, masters and others. Training will mostly occur at Stromlo Criterium Track, with occasional sessions at Coombs Halfcourt.

Training will commence Sunday 5th May with the last Sunday of the term being June 30th. Please note that there will be no training in the ACT on Sunday June 9th due to the long weekend training camp scheduled for Jindabyne. However, a bonus training session is scheduled for this coming Sunday 7th April for experienced roller skiers to coincide with the ACT come and try day.

To take part in Canberra training sessions you must have a 2024 NSWACT XC Registration and have been to the NSWACT XC Team App Store to purchase either the Term 2 training item (\$80 for the term) or single sessions for \$20 each. Registration for NSWACT XC Canberra Dryland Training is open to current NSWACT XC members only. If you are not a current NSWACT XC member, please purchase annual NSWACT XC Registration in the Team App Store or contact us. NOTE – NSW Active Kids Vouchers can be used to purchase Annual NSWACT XC Registration. RSVP for training sessions via training notices and make payments in the NSWACT XC Team App Store by 8pm on Friday prior to training sessions.

Relevant Websites:

https://nswxc.teamapp.com/clubs/18595/articles/8291469-act-dryland-and-rollerskiing-training-for-term-2?detail=v1&expires_at=1717199999

Login to the stack team app <https://www.teamapp.com> - search for

Team - NSWACT XC <https://nswxc.teamapp.com/?webpage=v1>

Training - list of training session and RSVP - <https://nswxc.teamapp.com/clubs/18595/events?list=v1>

NAWACT XC store - pay for activities and registration fees - <https://nswxc.teamapp.com/clubs/18595/store?list=v1>



Welcome to Snowready

Developed by Snow Australia, SnowReady is a Free online Exercise Program designed to deliver a fun and interactive ski and snowboard fitness program aimed at people of all ages and abilities. The 8 week program is designed to develop strength, endurance and coordination for Snowboarders, Skiers or Cross Country skiers alike.

Hosted by 3 x Olympian Sami Kennedy-Sim, SnowReady contains 8 episodes, and also features other Australian Winter Olympians and Snow Australia Program staff who provide helpful tips to help you get the most out of your next Snow Trip.

See: <https://www.snow.org.au/snowready/>

Social Meetings 2024 (All Welcome)

Wednesday 22 May 2024

Navigation ski touring - information/training/refresher - part 1 - Tour Leader skills and Photos (Summer Activities) and Socialising

Speaker: Club Members

The first meeting of the year opens with Navigation for ski touring, and socialising with the opportunity for members 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. One presentation will be of a recent trip to Norway, Greenland and Iceland seeking the northern lights.

Wednesday 12 June 2024

Introduction to XC Skiing

Speaker: Club Members

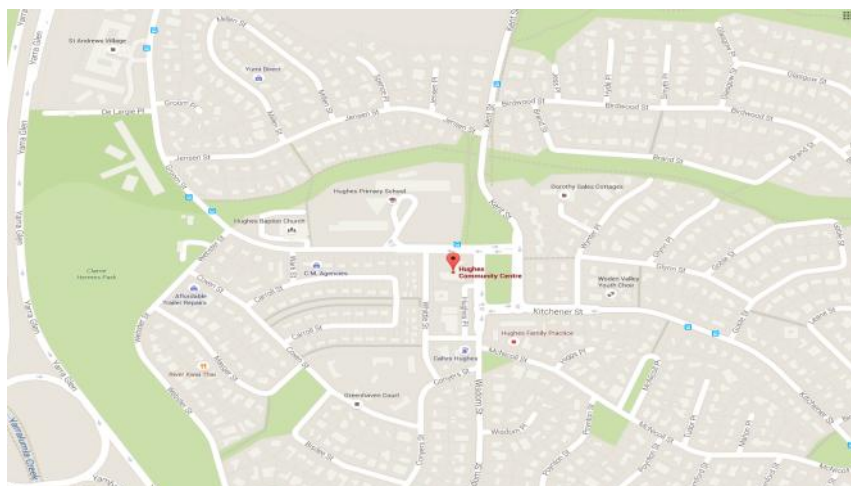
A night for new members and beginners to learn about cross-country skiing and the CCCSC. Club members will talk about ski equipment and clothing required for cross country skiing, and about the club and its activities.

Wednesday 26 June 2024

Skiing Racing in Japan, Canada & USA

Speaker: Ken Moylan, Alan Levy

Ken and Alan will show photos and talk about their overseas trip earlier this year to do Worldloppet ski races in Japan (Sapporo International Ski Marathon), Canada (Gatineau Loppet) and the USA (American Birkebeiner).



Meetings are held at the Hughes Community Centre, Hughes Place, Hughes, Canberra, Canberra on the 4th Wednesday of every month from mid May to October, and on the 2nd and 4th Wednesdays in June. Door opens at 7.30 pm for 7.45 pm start. Light refreshments will be provided.



Club members heading towards Flanagan's Hut, Sunday 18 February 2024. Photo: Roslyn Carroll