

KICK And GLIDE

THE NEWSLETTER OF THE N.S.W. NORDIC SKI CLUB INC.
P.O. Box A683, Sydney South, N.S.W. 1235
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Choosing and Fitting Telemark Boots: Choosing the Right Boot for You



Reprinted with the kind permission of Dr Telemark at telemark tips.com

Ask yourself what kind of tele skiing you want to do. Are you looking for boots to drive lightweight skis with a lot of touring and relatively low angle turning? (Scarpa T-3 or Garmont Libero type).

Are you going to be skiing resorts as well as backcountry and you are riding a short/moderate length but fat ski?(T-2 or Veloce class boot). Or maybe you like to ski at the resort a lot and your ride of choice happens to be some long and fat boards. Or perhaps your idea of backcountry fun is ripping 45 degree chutes, jump turning no fall zones all day and you want a lot of boot to help you ski at the max level, with weight considerations being secondary to performance (T-1 or Gara class). Or maybe you're a racer, if so you can skip this part altogether; you know what you need.

The above paragraph has some basic things to think about, but many people tour in heavy boots or rip chutes in light boots. Style and personal preference have a lot to do with class of boot selection. One mistake you do not want to make though, is to ask a light boot to drive a too heavy ski. Choose carefully here, those 200 cm Snow

Rangers will overpower those T-3's and maybe even T-2's. Length of ski does matter, the T-2's would be fine on a shorter pair of 'Rangers. The light tele boots will give good turn performance with lighter, shorter skis but remember, the longer, fatter and heavier the skis the beefier the boot should be. If in doubt ask around, see what others are using who have the same or similar skis.

When it comes to selecting the make of boots (rather than the model) fit is the primary criteria. The Scarpa, Garmont and Crispi boots are all

Next Meeting:

Wednesday

26th June 2002

Preparing your skis for the winter

From Warren McCourt

& Your Special Place in the Snow

Bring your slides of your favourite place in the snow that you visited on a trip

MEETINGS: 7.30 pm SHARP on the fourth Wednesday of each month from April to October, in the LOWER hall of the McMahon's Point Community Centre, 165 Blues Point Road, McMahon's Point (just down from Lavender Street and opposite the "Old Commodore Tavern").

quality boots. The Scarpa and Garmont telemark boots have the advantage of numbers, a lot of tele skiers are on them and the track record is good. Crispi is a rising star in the tele-boot world and many people like their flex and thinner, almost non-rocker sole for what they claim to be better feel. The most important thing, though, is fit, fit, fit! Scarpas are said to fit "normal" feet best and Garmont boots have always been best for wider, high volume feet. I am told that this will be changing as Garmont has been modifying their boots to make them fit more like the Scarpa's. Anyway, once you decide on the class of boot that is best for you, try the different manufacturer's to see which fit the best.

Fitting Telemark Boots

Start by being aware that Scarpa boots run big. The sizes are made to the British standard so you try about, or a little more than, one full size smaller than your street shoe size. Getting the right shell size is more critical than ever with modern plastic boots. The fore-foot flexes at a predetermined point and no amount of break-in is going to change it. Having the bellows at the right place is very important to avoid toe pinch.

To see if the shell size is in the ball park, remove the liner and insert your foot into the shell. Move your foot up until your toes just touch the front of the boot. If the shell size is about right, there should be approximately one and one half to two fingers width of space from the back of your heel to the back of the inside of the boot shell. At this point I recommend that you are an active participant in the fitting of your boots. Use your own hand to check the space, your fingers are proportionate to the rest of your body (at least somewhat) and it is your foot that is in the shell not the salesman's. Also, you will get a feel for the amount of space there. If you have two fingers width it should be a snug two fingers, not a "loose" two. Try to stand flat in the shell, sometimes this is hard to do while bending down to check the space but try to have your foot in as neutral position as possible.

A word about sales people. As the resident web tele-industry cynic, I have to warn you that you should be making the call as to fit. Some of the people working in the shops out there do know their stuff but even a good boot fitter is also a sales person. They may be trying to get you into the perfect fitting boot but they also may be trying to get you into a boot that they need to reduce stock of. I know it sounds harsh but it happens. Be prepared, proactive, and know your stuff when you go into the shop.

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Back to fitting. Ok, you think you may have the right shell, now put the liners back in (you did check both boots right? Most of us have one foot that is larger than the other, in my case my left foot is a full half size larger than my right, I go two fingers on the right and the left ends up being one and a half! Consider starting the fit with the larger foot). Now put your skis on the floor (I forgot to tell you this... bring your skis with you to the shop) and get into your bindings. The boots will flex much differently in the bindings than they do without them. Drop into several different tele stances including a real low stance. How do they feel? If they are pinching your toes in the shop they will do it on the snow too, so try a bigger size. Too much slop? try a smaller size. Can't find a size that eliminates toe pinch but still holds your foot snug? try another brand or consider that you may have to go with the non-toe pinch boots and use custom footbeds or other adjustments to tighten up the fit.

If you are already using custom footbeds, by all means use them while fitting. If you anticipate using footbeds such as the Superfeet, then try the boots on with those in.

Wiggle your toes inside the boot with all the buckles tightened up. If you can't wiggle your toes freely you should try a larger size. Toes that are pinched tight in the boots will be cold toes on the snow, among other problems. When I say wiggle, that is exactly what I mean, just barely moving the toes is not wiggling.

Another thing I like to do is to simulate kicking steps. Find a padded or carpeted wall or spot that you can kick (sometimes shops have a high, carpet covered bench set up for boot fitting that works), do this with the boots snugged up like you would have them for hiking. That would be with the upper buckle and power strap loose and the lower buckle(s) snug to reduce foot movement. Give a few kicks and see if your foot slides forward in the boot much. If it does and

your toes jam up hard against the toe box, you will be miserable kicking steps and downhill performance is probably not going to be too great either. Try a smaller size or different boot.

Many experienced alpine skiers will buy their boots really tight to start, anticipating a lot of "pack out" of the liner. Be careful here, my experience has been that telemark boots don't seem to pack out as much as alpine boots (I have no idea why). I fit my boots by using a single thin sock then switch to a thick sock later when the liners have "packed out" a bit and that is usually all I need to do. I have also used a simple, flat neoprene innersole like you use in running shoes, slipping it under the stock footbed to take up a bit more room. Don't buy boots that are uncomfortably tight in the shop and expect the "pack out" to make them more comfy... it might not happen.

Some will disagree, but I would err on the side of larger boots. Tight tele boots are not fun, your feet will always be cold due to constricted circulation, toe pinch can be more of a problem, and a host of other foot problems can occur if you spend a lot of time in them. This does not mean that I think you should get your boots so big that your feet are swimming in them, just that given the choice I think it is easier to find ways to take up a bit of room than it is to create more room in plastic boots. Remember, take your time in the shop fitting your boots. Modern telemark boots last a long while so a little extra time spent here only makes sense. Listen to the shop person's advice if you think they know what they are doing but prepare yourself and trust your own judgment as well.

Using Your New Boots

Many telemark boots have forward lean levers on the back of the boots. These should be released when walking, hiking or skinning. Not only are the boots more comfortable this way but it is easier on the boot too. Some of these mechanisms are a simple one position affair like on the T-2's while the T-1 and Gara both have two or three positions. Experiment with the setting to see how much forward lean you like when turning. I know a guy that leaves them up even while skiing down, he prefers the cuff to move. I don't recommend this but try the various settings if you have them.

Some boots have cant control settings allowing you to adjust the cuff to conform to either a bow legged or knock kneed skier's leg. These are located on the outer part of the cuff and should be adjusted if you think you might benefit from it. I

discovered that I am a bit bowlegged when I noticed that the hair on my shin was more worn off on the outside than the inside where the cuff rubs! This method did not work for Laurie though (thank goodness). There is more information on this in the "Canting for Telemark.." article on the site.

When buckling up tele boots many of us like to start with the power strap. This holds everything together while you do the buckles, then you can come back and re-tighten the power strap.

Final Thoughts

There are many things that can be done with ski boots to make them fit better after you buy them but most of these things are outside the scope of this article (and my expertise), you will need an expert boot fitter to help here. Many telemark skiers have replaced the stock liner with Thermo-flex liners and swear by them for increased comfort as well as weight savings. I have a partner who has put them in his T-1's and they now weigh less than stock T-2's! These liners are available at a lot of alpine shops, often at low cost. I have always stayed with the stock Scarpa liner, arguably the finest ski boot liner made.

Choose, fit and use your boots wisely and you will be happy with this very important part of the telemark setup. ❄

Lost and Found

If anyone has seen or picked accidentally Rosemary Rayfuses's map of the Artic at the last meeting please call Anne Mackenzie on h)9958 2747 or w) 9667 6402. They are hard to obtain and Rosemary needs it back urgently.

Presidential Turns *By Anne MacKenzie*

For those of you who are on the Club's email distribution list, you will know of the issue of the Nordic Shelter. For those of you who do not receive or have not yet read Michael Stevens' email on behalf of KCros - there is a very distinct possibility that the Nordic Shelter will not be open this winter on account of it not having the appropriate public liability insurance. "Not public liability insurance again Anne", I hear you cry, but the issue has not yet resolved itself and our world of Club outdoor activities may still change dramatically come July 1.

While the Club appears to have secured cover for 2002/3, the broader social issues of tort law reform and personal responsibility have not been resolved. As both Michael in his emails and Ian

Cross in the last K&G have noted, it is probably now the time for writing to your local member. This is because no member of the Club should find themselves being sued by someone who fell over because the Club failed to erect a sign stating that snow can be slippery and caution should be exercised when travelling over snow.

Of course, any insurance cover the Club manages to procure will probably not cover us for being eaten by polar bears, but as Rosemary Rayfuse very eloquently pointed out at our last meeting, travelling with a dog is supposed to protect against, or at least warn of the presence of, "Bruno". Notwithstanding Rosemary's dislike of skiing on sea ice, she claims she is now interested in skiing to the North Pole next northern spring. So, if you have always hankered after the great white northern expanses, talk to Rosemary.

Our next Club meeting will not be travelling to such exotic climes but will rather feature Warren's waxing work room (ski preparation) and pictures of your special places in the snow. If you have slides or photos of Club trips or great snowy vistas to which you have been and wish to talk about, let Aaron Dean (0401 621 796) know before the meeting. I'm sure that the snow fever will well and truly have descended on us by next meeting, so if you are wanting to participate in any of the instructionals, please let the co-ordinator know as soon as possible. Also, for those of you bringing beginners to the beginners instructional and don't know what to do with yourselves while the beginners are being put through their paces, I am proposing to lead some 2B day trips for those more experienced skiers. Give me a ring.

And for those of you who need a feed before the meeting, join me and other Club members at the Commodore's bistro from 6.30 for a quick bite to eat. Until Wednesday 26 June! ✱

Warning! Warning!

If you have not renewed your membership by June 30th this will be your last Kick and Glide. You will also not be allowed to go on any of the club trips until you renew. You know what you have to do.

Membo's Mumbo – with John Lock

Hello and welcome to the 2002 season, which seems to be off to a great early start, touch wood. Those lucky enough to be heading down for the June long weekend should be in for a treat!

A disturbing pattern has arisen, where there is snow on June long weekends when I can't get down to enjoy it, and this year is no exception. Next year I might submit a long range weather forecast. In conjunction with El Presidente I have re-designed the membership form, hoping to make it clearer and easier to fill out than before.

Also, partners in family membership get true 'equal opportunity' for having their details published (or not), and for getting their one e-copy of the newsletter. An extra feature for this year was sending out the forms 'pre filled in' with the April newsletter. This was to make it easier to just sign, check (and cheque) and send back. In doing this, I also check that our database has your details correct. Blank forms were in the May posted newsletter, so you could give them to your friends who want to join. There is a membership form on the website for e-enhanced members to download and mail to friends.

Approximately half the members from last year have re-joined at time of writing. For the remaining half, time is fast running out. This will be the last Kick and Glide you receive until you are financial again. Note there is a delay between posting and my receiving your forms, so please have them in the post by 26th June to ensure they reach me in time for the July newsletter. We will be changing the password on the website this year for security reasons, so those receiving the newsletter by website need to renew by this time also. ✱

Waxing Your Waxless Skis

by Noel Charonnat

Since one glides on the tips and tails of "no wax" skis, these areas need to be GLIDE waxed the same as skating skis (which are all glide).

Waxable skis require a "kick wax". There are two basic types of "wax" that go in the kick zone of waxable striding skis: hard wax (that's the rub-on and cork smooth kick wax in the little round tins), and klister (that's the gooey stuff in the small "toothpaste" tubes - klister is Norwegian for "glue"). The kick wax has to match the type of snow (new, old, temperature, moisture content) to provide grip yet not "ice" (collect snow). This can be problematic, but when the kick wax is right, waxable striding skis have much better kick. They always have better glide than no-wax skis.

No-Wax (or waxless) refers to the kick zone. These skis have a pattern area that works in place of a kick wax. No-wax skis work by pushing the ski DOWN and holding it there. The pattern (fish

scales) deforms the snow and resists rearward motion. Two important points here:

A) Push down, not rearward. The "fixed" ski becomes set in place and the skier moves forward (transferring momentum to this next gliding ski). It may look like the ski is kicked backwards (like a mule), but this is simply an after effect of gliding onto the other ski. The longer the entire foot is kept flat on the ski (bend at the ankles), the longer the ski will remain "gripped" to the snow. When the heel is raised, the ski will slip. Instead of trying to kick backwards, kick the other ski forwards. Pretend there is a soccer ball at the feet (right below you); kick the ball and land on that ski in a gliding motion. The technique of striding is the same with waxable or no-wax skis.

B) A no wax ski must be able to deform the snow to grip. There are certain conditions where no-wax skis will give very little or no grip, such as on hard icy tracks or when the tracks become "glazed" (pressed smooth with use; being hard and shiny).

Unlike a waxable ski where the kick wax can be adjusted for different snow conditions, a no-wax ski must have one pattern that works in all (or most) conditions. Therefore, the camber of the ski needs to be fairly soft and the pattern must always "drag" a little, rubbing on the snow. This is what causes the zinging sound. It is also the reason why no-wax skis are always slower (have less glide) than waxable skis.

Because the pattern area is always rubbing on the snow, it is important for it to be glide-waxed as well. The easiest way to do this is with a rub-on wax.

The most common product used for glide on no-wax skis is Maxiglide, which is essentially a Teflon wax dissolved in a "vehicle" (liquid) that evaporates, leaving behind a waxy film on the surface of the ski base. Most wax companies make some sort of paste wax for this purpose. We think TOKO's Dibloc High Fluor Paste Wax is an excellent product for this purpose, superior to liquids and semi-pastes. It does not make the skis smell like "wet dog" as some other products do.

The no wax pattern area can also be "hot waxed" similarly to the gliding areas of the skis. Start with a soft wax, like a yellow wax. Wipe off the wax when still warm and liquid with Swix Fiberlene paper (*or tissue paper-eds*). Next, iron in a little harder glide wax, but this wax must not be too hard. Be somewhat generous with the wax; the crayon method does not work well because of the "scales". Have several pieces of Fiberlene ready for IMMEDIATE removal of the wax right

Whispering Pines unit 1, also known as Le Petit Chateau Lock, is a 2 bedroom unit in Jindabyne. It is ideal for 4 people, and also has a sofa bed and spare mattress if you don't mind sleeping in the lounge room. A sauna and laundry are share with 2 other units at the site. Accommodation is available for NSW Nordic Ski Club members at a 20% discount. For July this price per weekend is \$300, for August \$400 and for September/October \$250. Weekly rates are also available. Contact: XXX, work X or home Y
Have a great ski season!

behind the iron. Remove all the surface wax from the pattern when the wax is still molten. After the skis have cooled, brush the kick zone with a soft brass or new nylon hand brush.

It is possible for skiers to have a ski shop do an occasional hot waxing (tips, tails, and the pattern), and then apply the TOKO Paste Wax along the entire base every time they ski. This will simplify the waxing process, and yield good gliding skis in most snow conditions. Note that really cold or wet snow is always slow (less glide). Avoid alpine (downhill ski) shops and only go to good XC ski specialty shops. Properly done, after hot waxing there should be NO wax remaining on the surface, but the ski base should feel waxy when pressed with a thumb. **Copyright** Noel Charonnat 2001.



*A meeting of the waxing therapy group with Warren McCourt and Canadian friend before the Cariboo Marathon this past February**

Kick and Glide Classifieds

Size 40 Asolo Leather Boots in very good condition. Good for touring and turning. \$50
ph J

190cm Fischer skis with Voile 3 pin plus cable bindings and shims. Suitable for resort telemarking or used with skins. Excellent condition
\$250 ph W

Nordic Tid Bits

News from around the club and the world of cross-country skiing.

***Many club members have been watching “Southern Exposure”** on Tuesday nights recently on the ABC. This was a documentary series on our favourite place, Kosciusko National Park and some of the activities, characters and challenges of this great place. Sure enough some well known X-C identities have also featured including Warren and Debbie Feakes and club member/instructor Mark Abernathy who used his school teacher training to tell joggers they couldn't run in the Park. He would have been wonderful in a playground. The series was good and if anyone video taped the last episode, please let Anne Mackenzie or Warren McCourt know as it maybe good to show at a meeting in the future.

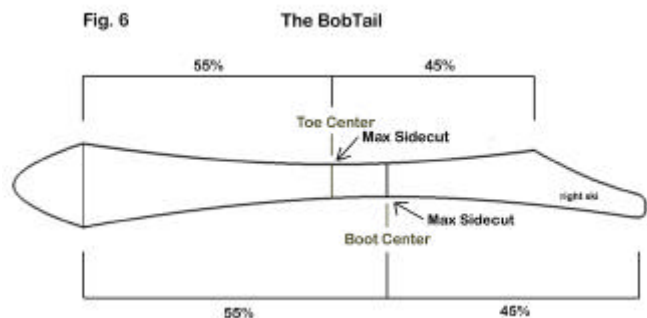
***The big push to get telemark skiing accepted as an Olympic Winter Games event** has begun. The FIS(Federation of International Skiing) feels that the best shot tele has, as far as a marketable event goes, is the race known as the "Classic". It combines many aspects of tele skiing into a single contest. Competitors must run high speed gates at the top of the course where they are watched carefully to ensure that they are executing legitimate tele turns. Mandatory airs are included as well as a tighter, twisting turn segment. Finally, the racers are required to complete a cross country style leg of the course where they required to skate across flats and sometimes uphill as well. It's a grueling race coupling flat out speed, finesse and power with raw endurance.

***Talking about the Winter Olympics,** Warren McCourt has a video of the cross-country and biathlon events from this year's Olympics and Paralympics at Salt Lake City. Taped from American and Canadian TV (thanks to club members Stan and Jeanette Macdonald) ,its inspirational stuff. Warren is prepared to lend it to those who are interested.

***Great May snow falls have ensured an early start to the season.** With snow falls and cold weather from the third week of May on, it has left at the time of printing over 40cm of snow at Spencer's Creek and more on the Main Range. More is expected in the next couple of weeks and many hopeful trips in June are now looking pretty damn good.

***A new shape of telemark ski has been designed.**

Called the BobTail it incorporates the unique physics of the tele turn by having assymetrical skis (one for the right foot and one for the left). One edge as given by the diagram of a right hand ski below is shorter than the other. Designer ScottyBob Carlson gives the reasoning behind it. “In a tele turn, your downhill leg is relatively straight. Your downhill foot lies flat on the ski and is in front of your center of gravity. It is also lower than your uphill foot. As a result of this position, it is relatively easy to pressure your downhill ski. Meanwhile your uphill foot is behind your center of gravity and above your downhill foot. It pressures the ski only with its forefoot, and receives its energy from a bent leg. It is relatively difficult to pressure your uphill ski. The BobTail makes it all equal by shortening the outside edge, the pressure per centimeter along that edge is increased. Thus, less pressure is required on the uphill ski to equalize the lineal pressure with the downhill ski. Since less pressure is required, posture is more upright and feet are closer together. This makes turn transitions quicker and easier.” For more information visit www.scottypob.com *

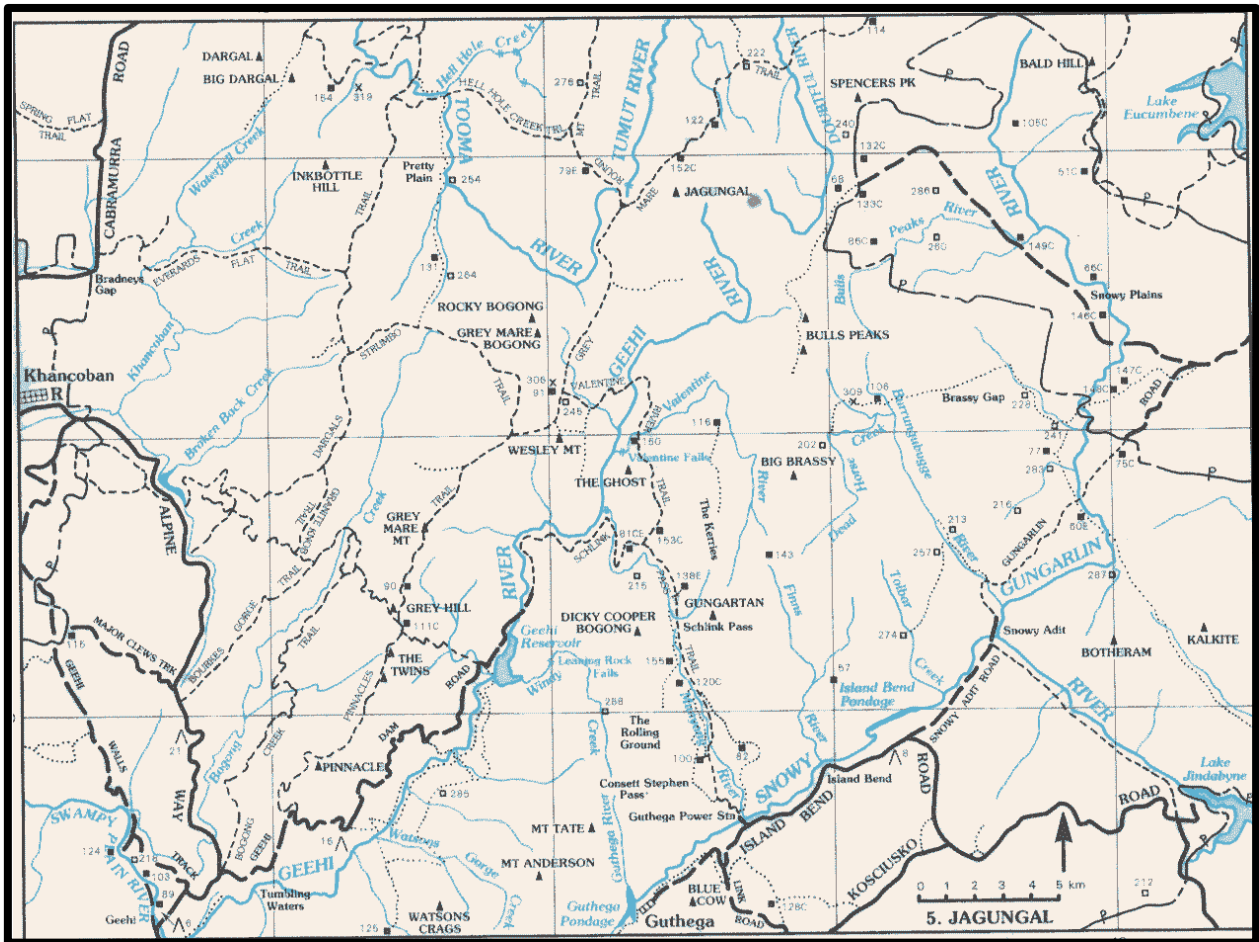


Off the Beaten Track Notes – Kenn Clacher

Whites River and Beyond (see map overleaf)

Whites River corridor, which provides access to the Main Range from Munyang (Guthega) Power Station on the Snowy River, provides quick and relatively easy access to the central part of the Snowy Mountains ski fields. It can be used for leisurely day trips or for much longer trips to just about anywhere.

From the Jindabyne – Perisher road turn right just past Rennix Gap and follow the signs to Guthega. About 11km after the turnoff turn right to the signposted Munyang Power Station. Park in the car park there. A toilet open to the public is located in the Power Station building. On Friday night one can camp at the rest area shown on the Kosciusko 1:50,000 map at GR 322 786.



(Map Courtesy of “Bushwalking in Kosciuszko National Park”-Charles Warner)

Standard:

Skiing is generally easy, as there is little or no tree skiing. Coming back down the hill to Mungyang can be tricky. If so, just remove your skis and walk the tricky bits.

Day Trip:

Mungyang to Schlink Hilton and return. Map: Kosciuszko, 1:50,000.

From the Mungyang car park, take the road marked on the map that goes up the hill beside the switchyard. It can require considerable walking in marginal snow conditions.

Then just follow the road to Schlink Pass and gently downhill to the Schlink Hilton hut. Alternatively, if you are looking for a really easy day, Horse Camp hut (GR 253 782) is a pleasant spot. To return from Schlink pass, you can take all the left turns in the road and return via the Disappointment Spur track. The top part of this is shown on the sketch map accompanying this article, but not on the Kosciuszko map. Nevertheless it is there.

Overnight Trip

For an overnight trip, ski to Schlink Hilton hut (GR 244 845). Strong parties could get to Mawsons or Valentines hut easily in a day with good snow and weather. You will need the Khancoban 1:50,000 map for this.

If going to Mawsons hut, the creek that the road crosses at GR 244 834 is open and a delightful ski to either Gungarten Pass and Valentine Creek, or to the Kerries, thence to Mawsons.

If going to Valentines hut, ski to the road junction at GR 234 859, then follow the Valentines Fire Trail across the marked ford. Most parties then ski up to the saddle at GR 233 873 and follow the tributary to Duck Creek, then to the hut (leave the creek about 500m before the hut to avoid trees).

From Valentines or Mawsons Huts, you can return via the other. Either of these huts puts you within a half-day’s skiing of Mt Jagungal. So if you have another day to spare, take daypacks for an exhilarating day’s skiing. Jagungal is climbed easily from the south via either the Strumbo range and the south-west ridge, or from the south-east via the Toolong Range. Either way, the ski down is terrific, if you can see. Just ask Kathy Hussellbee!❄

The Public Liability Crisis Hits Home

By Warren McCourt

Though many of us would like for it to go away, the public liability insurance crisis has hit the Nordic Shelter at Perisher Valley. As we go to print, the X-C Committee of the NSW Ski Association has found that the shelter no longer has is covered for public liability and no one will offer it. If it is unable to get cover then either the Nordic Shelter will be closed this winter (other than for certain race days) or the X-C Committee may have to hand back the lease to the N.P.W.S. and give up any hope of a shelter extension.

One of the most incredible facts revealed was that the Skiing Australia policy which has always covered the Nordic Shelter, stopped covering from 1st July last year! The X-C Committee was misled that it was covered and only found out in May of this year that this was not the case.

Additionally for some unknown reason the shelter was not included when the Skiing Australia policy was renegotiated in February.

A desperate search is on at the moment but racers, tourers and school groups maybe forced to use the National Parks Building at Perisher Valley this year. If this doesn't appeal to you then there is something you can do. The N.S.W. Cross Country Committee has asked you to write to the CEO of Skiing Australia, Hugh Whan and ask why the shelter was not covered in their policy and tell him how much the shelter means to you. Address is Level 32 Rialto South Tower 525 Collins St Melbourne or info@skiingaustralia.org.au While you are at it send a letter to Premier Bob Carr or his Minister for Sport and Recreation, Morris Iemma at lakemba@parliament.nsw.gov.au and tell them what you think of this situation and what they have to do.*

CALENDAR AND TRIPS PROGRAM –2002

The system for classifying trips is based on terrain and fitness and is as follows

Terrain:

1. Flat or slightly undulating terrain similar to the area around the ski trails at Smiggin Holes
2. Steeper and longer hills, more trees or varying snow conditions similar to the Perisher Ski trails or the Main Range
3. Steep and deep terrain requiring good technique similar to the Western faces of the Main Range or Mt Wheatley

Fitness:

- A. You can ski or walk with a daypack for a total time of 3-4 hours in a day (this excludes rest stops).
- B. You can ski or walk with a daypack for a total time of 4-6 hours in a day
- C. You can ski or walk with a daypack for a total time of 6 hours or more in a day

In applying these fitness gradings to weekend trips you will need to be able to ski with a weekend pack for the periods indicated.

So trips will be denoted by 1B or 2A for example. **If you would like to go on a trip but are not sure whether your ski technique or fitness or equipment is adequate, do not hesitate to call the trip co-ordinator for more details.** The Trips Secretary is also happy to discuss these matters and may be able to help with suggestions about suitable trips.

Unless otherwise noted, you should give the coordinators for your chosen trip at least **7 days notice** of your intention to attend. The map used for the majority of trips is the **CMA Mt. Kosciuszko 1:50,000**. NB: New Series maps have been issued for the majority of the Kosciuszko National Park. Grid References given in instructions and past newsletter articles will need to be converted to the new co-ordinates before use. Any requirement for other maps is noted where applicable. Thredbo, Perisher and Mt. Selwyn Ski Touring maps, published by the Australian Ski Association, are also handy. Any trips that involve an instructional element have to be reported to the National Parks & Wildlife Service. Call the Sawpit Creek office at 02 6456 1700.

Note that trips will leave the designated departure point on the first-mentioned date. You will need to allow time to travel to the departure point to be there on time. This will normally mean leaving Sydney the previous evening. Contact the Trips Secretary Ian Cross on 0414 353 884 if you wish to include a trip on the program, or if you have any suggestions for trips you would like to see on the program, or for trips listed as still requiring a co-coordinator. Please leave a message (!) stating your name and that you called about skiing if he is not available. The only way to ensure a trip happens is to volunteer to be the co-coordinator.

If at the last minute you decide to you want to co-ordinate a trip, you must contact the Trips Secretary to authorise it as a club trip. A trip will only be posted by Webmaster if it has been authorised by the Trip Secretary. However this should not be considered as a substitute for putting trips into Kick and Glide.

A special weather forecast for the Snowy Mountains may be obtained by calling the "Snowfax" faxback service on (02) 019 725 379. See *Kick & Glide* of September 1996 for a comparison of fax forecasting services. A forecast is also available on the Internet via a link from the club's website, or direct from the Bureau of Meteorology's website on www.bom.gov.au.

- June 22-29 **Pygmy Possum Lodge, Charlottes Pass.** Resident instructor. Day trips to suit all. Comfortable evenings in well equipped lodge, accommodation \$180 (Singles supplement \$50) Co-ordinator Bruce (h) or.
- June 24-26 **Ski Trip. Mid-Week Snow Camping (Mon -Wed)** Dead Horse Gap -Cascades Hut (or elsewhere, depending on snow). Grade 2B. Co-ordinator C
- June 25 **Full Moon.**
- June 26 **Club Meeting Members Talks about preparing your skis for the season and pictures of people's favourite places** - Mahon's Point Community Centre 7.30 pm
- June 29-30 **Beginners Snow Camping Tour.** Grade 1A Perisher Valley - Charlotte Pass - Mt Guthrie – Perisher map (1:25k) Perisher Valley 8525-2S Co ordinator I (h) or email to :
- July 6-7 **Bushwalker's Wilderness Rescue – Navigation Shield.** Andy is again organising some N.S.C. teams and will take enquiries from interested club members. Beginner to expert teams catered for. Also beginners should be able to get experienced people to help them. One or two day event entries. Entries will need to be submitted by June 24. Ph. (h.)
- July 13-14 **Classical Technique practice.** Get ready for racing or just improve your technique for backcountry skiing. Co-ordinator A – (h)
- July 13-14 **Main Range Beginner Snow camping- Grade 2A.** We'll head down to the snow on Friday night and camp at Snowline, Jindabyne. On Saturday drive up to Thredbo and take the Crackenback Lift to Eagles Nest. From there it's an easy traverse (a few ups and downs) for a couple of kilometres across to the Rams Head region where camp will be set up. The remainder of the Saturday and up until early afternoon Sunday will be spent skiing the slopes between North and South Rams Head.
No prior snow camping experience necessary, you'll be shown the tricks of camping out in snow. Maps: NSW Ski Association Thredbo Ski Touring Map (preferable) or Mount Kosciusko 8525 - 11 & 111 Co-ordinator P (m) Email:
- Jul 13-14 **Two Day Main Range Tour.** Grade 2B Munyang - Schlink Pass - Dicky Cooper Bogong - The Granite Peaks - Consett Stephen Pass - Whites River hut - Munyang map (1:25k) Geehi Dam 8525-2N Co ordinator I (h) or email to :
- July 13 - 14 **2 – Day Tour. Main Range from Thredbo.** Camping at The Grandstand or Wilkinson's Crk. Side trips to Carruthers and Kosciusko. Grade 2B. Maps: Mt. Kosciusko 1:50,000 and Thredbo Ski Touring Map. Co-ordinator (h).
- July 20-21 **Beginners Instructional Weekend.** Instruction in skiing technique. Club and professional instructors. Numbers limited. Book early. Donation for costs - Adults \$40, children \$20. Co-ordinator Paul Campbell-Allen (h.) Accommodation Co-ordinator J (h). For those wanting accommodation in John's lodge, it is available for \$70 (2 nights). Pre-paid 2 weeks in advance.
- July 20-21 **Two Day Tour, South of Kossie.** Grade 2B Thredbo – Cootapatamba – Wilkinson's Ck – Swampy Plain Ck – Leather Barrel Ck – Thredbo. Co-ordinator K (h.)
- July 20-21 **Wilderness Sports' Telemania 1.** Perisher Valley. Contact Bruce Easton at Wilderness Sports Jindabyne.
- July 20-21 **Cascade Hut Ski Tour – Grade 2B** We'll head down to the snow on Friday night and camp at Snowline, Jindabyne. On Saturday drive up to Dead Horse Gap, leave the cars there and ski along the Cascade Trail over Bobs Ridge and down into the Cascade Creek Valley. Either snow camp or if there's room in the hut bunk down in it. Map:Thredbo 8524-N Co-ordinator P (m) Email:
- July 24 **Full Moon.**
- July 24 **Club Meeting – K to K (Kiandra to Kossie) – 75th** Anniversary of first crossing – History of K to K – McMahan's Point Community Centre 7.30 pm
- July 27-28 **Skating Instructional** Skating is about freedom from grip. Learn this technique and take your skiing out of the intermediate rut or if you have done it before learn the "the new skate technique" that will give you more power and efficiency. Co-ordinator W
- Aug 2-5 **4 Day Tour – Greymare. Grade 3C.** Munyang – Valentines – Grey Mare – Munyang. Co-

- coordinator K (h).
- Aug 3-4 **Cabramurra Tour 15km (C)** One of the highlights of the racing season, a 15km classic for citizen racers on some of the best x-c terrain in Australia.Coordinators W A
- Aug 3-4 **First Intermediate Instructional Weekend.** Co-ordinator P (h.) Donation for costs - adults \$40, children \$20 Accommodation Co-ordinator J(h).
- Aug. 3 – 5 **3 – Day Tour. Eucumbene Dam to Jagungal,** via Cesjacks. Climb the holy mountain with day packs on the 2nd day. Grade 2B. Maps: Eucumbene and Khancoban 1:50,000. Co-ordinator P (h).
- Aug 3-4 **Two Day Brindabella Tour.** Grade 2B Picadilly Circus - Brindabella Mt - Picadilly Circus map (1:25k) Cotter Dam 8627-11-N Co ordinator I (h) or emailto:
- Aug 6-9 (Tue-Fri) **MAIN RANGE SNOW CAMPING / TOURING – GRADE 2A** - Head out from Thredbo and set up camp in the region of Lake Albina / Club Lake. From there we will spend four days covering the area on day tours; Mt Kosciusko, Mt Townsend, Blue Lake, Mt Twynam and anywhere else that takes the group's fancy. Maps: NSW Ski Association Thredbo Ski Touring Map (preferable) & Mount Kosciusko 8525 - 11 & 111 Co-ordinator (m) Email:
- Aug 10 **Wilderness Sports' Telemania 2.** Perisher Valley. Contact Bruce Easton at Wilderness Sports Jindabyne.
- Aug 10-11 **2nd Intermediate Instructional.** Co-ordinator PCA (h) Donation for costs - adults \$40 children \$20. Accommodation co-ordinator J
- Aug 10-11 **Two One Day Trips.** Mt. Selwyn area, exact routes yet to be decided. Grade easy 2B. Organise your own accommodation with your car group. Co-ordinator P (h), (w).
- Aug 10-11 **Two Day Tour – Guthega – Rolling Grounds.** Grade 2B Co-ordinator C (h)
- Aug. 10 - 17 **Kiandra to Kosciusko. 5 – 7 day trip to celebrate the 75th anniversary of the first crossing.** Going over Jagungal, weather permitting. If not, then Grey Mare hut a possibility. Limit of 6. Grade 2C. Co-ordinator (h).
- Aug 14 **KAC Martini - 8km Perisher to Charlotte's Pass.**
- Aug16 **Snowy Mountain's Classic.** 42km, 21km 7km (F) races. Perisher Valley. The big races for the year for NSW skiers. Races for different standard skiers and ambitions. Team Nordic always has plenty of participants and teams Co-ordinator W
- Aug 16-18 **Co-ordinators training 3 Day Trip.** Navigation, weather, first aid, group management, snow shelters, search & rescue, etc. Highly recommended even if you never plan to lead a trip. Co-ordinator I (h), (w), mob.
NB: the change of dates (Fri-Sun)
- Aug 17-18 **Two One Day Trips** Grade 2B, Mt Selwyn and Tantangara. Routes to be determined by snow conditions. Camping at Adaminaby Caravan Park or organise your own accommodation. Co-ordinator (h)
- Aug. 24 - 25 **Cascade Hut.** 2 – Day tour. In via Horse Flat, out via Cascade Trail. Limit of 8. Grade : easy 2B. Map: Thredbo 1:50,000. Co-ordinator (h).
- Aug 24-25 **Two One Day Trips.** Grade 3C. Co-ordinators T SAT. from dead horse trail head Climb up to horse flat , explore ,look at Murray river and Vic alps, ski back down through trees very much off piste.
SUN -Plan A. Weather suitable plan a.- organize car shuffle for chairlift up Thredbo, ski Ramsheads and through trees to dead horse gap.
- Plan B. For poor visibility weather.- ski from dead horse gap up best sheltered valley we can find: Home ; Mobile; Email
- Aug 24 – Sept 1 **K to K – Kiandra to Kosciuszko – 75th Anniversary Trip of first crossing.** Grade Medium/Hard. Leave cars at Cooma, get transported by bus to Kiandra and dropped off, ski for half a day, then progressively ski to Thredbo via all the Peaks and slopes enroute, Probably staying in huts on some nights. Bus from Thredbo to Cooma. Carry a 7 day pack to give flexibility. Maps: Denison, Eucumbene, Kancoban, Kossie, etc. Leader I (H) (W) (Fax) (M)

- Aug 25 – Sept 1 **Lockie's Resort Week.** Resort week, staying at Chateau Lock. Co-ordinator J(h).
- Aug 28 **Club Meeting**
- Aug 31 **Kangaroo Hoppet 42km, 21km, 7km (F) Falls Creek** part of the World Loppet Circuit this internationally renowned citizen race is essential. Different standard of skiers are catered for. We have had 10 participants before, lets see if we can get that number again. Co-ordinator W
- Sept 7-10 **Kosciuszko to Kiandra 75th Anniversary Trip of first crossing.** Grade 3C. Co-ordinator (h)
- Sept 7-8 **Bushwalkers Wilderness Rescue – Training Exercise.** Contact I.
- Sept 7-8 **Wilderness Sports' Telefest.** Thredbo. Contact Bruce Easton at Wilderness Sports Jindabyne.
- Sept 8-13 **Kids day trips.** (Young kids) Location dependant on the weather. Some cross-country & some downhill days with the kids. Co-ordinator I.
- Sept 14-15 **TWO DAY SKI TOUR - GRADE 2B:** We'll head down to the snow on Friday night and camp at Snowline, Jindabyne. On Saturday drive up to Guthega and head out towards Illawong Hut, cross the Snowy River and up towards Mt Twynam where we will set up camp in one of the protected bowls. The rest of the weekend will be spent skiing this region and possibly touring across to Blue Lake. Ski back to Guthega on Sunday afternoon. Maps: NSW Ski Association Perisher Ski Touring Map (preferable) or Mount Kosciusko 8525 - 11 & 111 Co-ordinator P (m) Email
- Sept 15 **Kosciuszko Tour 18km (F).** Thredbo to Perisher Valley. Co-ordinator
- Sept 20-22 **Perisher Ski Patrol Back-Country Training, 3 day Trip.** Ramshead – Kosci – Abbot Range. Volunteer help maybe wanted from the club to help train these people. If room available, then club members welcome to come also. Co-ordinator I.
NB: the change of dates (Fri-Sun)
- Sept 21 **3 Peaks Walk** Start/finish Katoomba Railway Station Co-ordinator L (h)
- Sept 25 **Club Meeting**
- Oct 5-7 **October Long Weekend Trip.** Grade 2C Thredbo - Kossie - Wilkinsons Creek - Thredbo map (1:25k) Perisher Valley 8525-2S Co-ordinator I (h) or email to :
- Oct 7-9 **Mid-Week Spring Snow Camping.** Mon. – Wed. Guthega – Tin Hut Grade 2B. Co-ordinator .
- 12 – 13 Oct. **Charlotte's Pass Weekend.** End of season party. Ski the main range by day, enjoy lodge accommodation at post season prices by night. This tentative date will be confirmed by July newsletter. Grade: anything goes. Co-ordinator .
- Nov 27 **AGM**
- April 2003 **April 2003 The North Pole - the last degree.** Professionally led ski trip from the Russian side. Fly via Moscow and Ryazan to Ice Station Borneo and then ski the last degree (or two). Helicopter pick up at the Pole and return to Moscow. Approximately 2 weeks, exact dates to be determined. Grade 1C. Serious expressions of interest to the co-ordinator Rosemary Rayfuse at r.rayfuse@unsw.edu.au. Alternative venues in Greenland or the Canadian Arctic will also be considered if sufficient interest exists.