

Your voice for cross-country skiing in Kosciuszko National Park

October 2012 Newsletter

KCros is a special interest group with a primary focus on the issues of service and facilities for cross country skiers in Kosciuszko National Park. Experience has shown that a unified, well-organised representation is more effective than many small scattered voices. KCros has the mandate of various XC organisations and independent skiers to address issues on their behalf with a single strong voice.

KCros exists to ensure that the views and needs of cross country skiers are addressed and met in the operation and future development of Kosciuszko National Park.

KCros is aware of the differing needs of beginners, novices, children, seniors, racers, the physically disadvantaged, ski orienteerers and biathletes, day tourers, back country tourers and snow campers.

KCros provides the structure for varied and unrelated cross country skiing groups as well as independent skiers to speak with one voice on issues that affect safe and enjoyable participation in their chosen sport anywhere within Kosciuszko National Park. KCros will identify and investigate relevant issues of concern to cross-country skiers. When necessary, KCros will co-ordinate lobbying activities and establish an effective lobby network wherever and whenever it is needed.

From the President

Hi everyone, what a great year's skiing was had by all. A few of us (not I) who have their priorities sorted are still out there enjoying some great spring skiing, up high.

Firstly, by way of introduction, after spending 2 years as vice president under Laurinda Allan, I have taken over as president. Those who spend a lot of time based in the Nordic Shelter will know me as always having the very skinny (racing) skis on, with myself huffing & puffing around the trails, either training or racing. Whilst my background is mainly in racing, I believe the future of cross country skiing requires seeing the whole package grows, whether you are on the Perisher trails or further afield on your touring skis on the main range. Whether you are a tourer, a recreational track skier, a racer or a mixture, both the KCros committee and I are committed to assisting all who ski in the Park. Yes, KCros is there to provide a strong voice when the interests of cross country skiers are being negatively impacted, but we also have a role to assist where we can, to be proactive in promoting Cross Country Skiing.

Changes to the KCros committee

As flagged by Laurinda in our last newsletter, she and Margot Flynn stood down, with both having done a fine job. Margot did a great job as treasurer, introducing new procedures and streamlining our banking. Laurinda spent 10 years on the committee, the last 2 as president. Over the last 12 months or more, Laurinda was very busy with the Waste Transfer Station (WTS), and spent a large

amount of time working closely with NPWS to help ensure the best possible outcome, both prior to the final decision to build and afterwards. Laurinda has formed an excellent working relationship with NPWS, and this can only help KCros' future discussions, where and as needed with Parks. After discussions with Peter Ward, it seems more positives than negatives have occurred during the first winter of WTS operations. Peter W reports more on this later in the newsletter.

Who's new in the zoo: We on the committee are very happy that Bruce Wharrie & Marg Hayes are now vice president and treasurer respectively. Bruce & Marg are very proactive about putting forward ideas to help improve the sport. They also come with a lot of experience from working in overseas XC resorts. They have previously managed the Nordic Shelter and will be back there again in 2013.

The KCros Website

Updating and reworking the KCros website remains one of the committee's main goals for the coming year. The new look website will eventually house copies of the newsletter, info about issues, an email form, links to websites with safety and skiing info, and a donation form & bank transfer details.

A reminder: Those who currently get the newsletter by post but would be happy to receive it via email, please send your request for a change to:

kcrosmail@gmail.com Switching to email delivery of your newsletter assists KCros, firstly by reducing our mail out and printing costs, and secondly by allowing us to contact you more promptly about any new issues that arise.

Finally, I wish you all a safe and enjoyable spring & summer, whether you're staying put in Australia or venturing overseas in search of more white stuff.

Wayne Pethybridge

Where your donations go

KCros is a not for profit organisation and relies on donations for the following:

- Printing & postage costs for 2 newsletters per year
- Sponsoring 1 up & coming junior athlete – \$500 towards training costs per year
- Running the KCros Tour. (KCros, along with other sponsors, also provide some prizes.)
- In 2012-2013, costs associated with website renovations

Remaining monies are donated to the Nordic Shelter to assist with their increasing costs. We are very grateful to receive whatever donation is affordable, \$10 or more per year is much appreciated.

Sporting Shooters in National Parks

In the last newsletter we reported our concerns with the only-just-passed bill allowing recreational shooters access to National Parks. Emails were sent to key members in state parliament, as mentioned in our last newsletter, with zero information coming back since then. Committee members have communicated with two Liberal state members, only to find that they had little knowledge of how things will be regulated. Finally, from internet searches and speaking with recreational shooters it appears the regulations have not been finalised. When the bill is passed so far ahead of the regulations, it is no surprise that there is considerable concern.

Regardless of the politics involved and/or how effectively this may control feral animals compared with present methods, my main concern is with having other park users in close proximity to shooters. It should be obvious to responsible persons that this concern applies to both summer and winter park use. I believe we still need to be asking questions and making the point that we are concerned. As it appears this is going ahead we must communicate to those responsible that it is essential that the areas where shooting might be allowed be restricted, well regulated and well managed.

To be fair and to present both sides of the story, shooting does take place now in NSW State Forests where Game Council NSW is the managing body. From my brief investigations I have found that there appear to be very strict controls in place, with shooting in these areas highly regulated. Very limited areas are set aside, with a number of safe guards in place to mitigate risk, and with representatives of Game Council NSW policing these designated areas.

In National Parks I believe Game Council NSW is responsible for setting the regulations. I do not know who will be responsible for policing these regulations on the ground, i.e., National Parks Rangers or Game Council NSW or a mixture of both or whether sufficient funding will be provided by the State Government to police these areas effectively.

As there are many unknowns and nothing is guaranteed, I believe it is prudent to continue to be vocal about our concerns. This is very important as we must proceed with the hope that the final rules governing hunting takes our concerns into account. Those who wish to lobby on this issue should contact those listed below. Please note that a contact at Game Council NSW has been added since the last newsletter.

Robin Parker, Minister for Environment, Minister for Heritage: office@parker.minister.nsw.gov.au
John Barilaro, member for Monaro, Acting Speaker, (National Party): monaro@parliament.nsw.gov.au
Robert Brown, Shooters and Fishers Party: robert.brown@parliament.nsw.gov.au
Brian Boyle, Chief Executive Officer, Game Council NSW ea@gamecouncil.nsw.gov.au

KCros will be putting our concerns to Game Council NSW; the others have been contacted previously.

Wayne Pethybridge

NSW Cross Country Marketing and Development sub-committee formed

There is a new push to do more with respect to promoting race week, (now called "Cross Country Ski Week") and XC skiing as a whole. This sub committee will work under the guidance of the NSW Snowsports XC committee. Presently so much is done by so few; there is a lot to do. Here is an opportunity to have a group solely working on marketing and promotions for XC in NSW. Hopefully this group will also attract new blood to assist with completing certain tasks – many hands make light work as they say.

A core group of David Hislop (Sydney), Bruce Marshall (Jindabyne) & myself (Canberra) are organising a strategic planning meeting with a small group initially. Other meetings pre-season in 2013 are likely to be open to a much larger audience to get further ideas and direction. As part of promoting "Cross Country Ski Week" we have listed this event on the visitnsw.com website, check it out.

We are always keen to hear from people who would like to offer assistance/expertise. If you have skills in marketing & promotion – or would like to lend a hand – please send an email to: wpethybridge@fastmail.fm with the header: *NSW XC Marketing Group*

Cheers Wayne Pethybridge

From the Secretary

The AGM for 2012 was held on 4 August at Snowy Gum Lodge at Smiggins. It followed a happy social get together and KCros Tour prize giving in front of the open fire at the Lodge – warmly appreciated after the inclement conditions in which the race was run. The new committee is listed in the AGM report later in the newsletter.

NB: All emails should be sent to: kcrosmail@gmail.com

Margaret McCawley

From the Treasurer

As the new treasurer I'm still learning all facets of this position. Thanks to all the wonderful people who have donated money to KCros. Thanks Ray Britten, Wally Blumenfeld, Nina Loder, David and Anne Roxburgh and Lyndall Hatch. Your money will be used for a good cause. If anyone else would like to donate, it is possible to do so via direct deposit or to send a cheque. See the donation form later in the newsletter.

Marg Hayes

From the Membership Secretary

We picked up a few new members through over winter and a few existing members went over to email only.

Comments I received from members on the Waste Transfer Station were generally positive over winter, and the single road access is excellent. Without it our access to the Nordic Shelter would be very urban.

By the way our email policy is to send everything as a blind copy, that is, no one can see other email addresses.

Bruce Vote

KCros Tour 2012

The KCros Tour was held on August 4th and unfortunately, due to a lack of snow at the time, it had to be held on the Perisher Valley trails. The KCros committee worked together with NPWS and the groomer to put an 11km course together, which largely reversed around the 10km, but included some interesting links between the usual trails put in during the grooming. Going by the feedback from competitors, we again managed to put an interesting course together, but still we live in the hope of putting an event on at the Smiggins Trails (but only on a nice day).

Race day was very windy and snowy, and everyone breathed easier seeing we were not on the windswept steppe of the Smiggins Trails. Despite sending a track setter around about half an hour before the event, the snow drifted in and there were some interesting backcountry-like conditions on some of the back trails. Former Australian Junior team member Jackson Bursill took off from the start, and despite being accompanied by junior Matt Bull for the first 2km cleared out to win easily in 38.46. Former Cooma resident Sarah Slattery won the women's title in 47.55. Matt Bull won the 5km junior race in 22.14. Although the number of entries was smaller this year, with 24 – there was a competing junior race in Victoria – those present seemed to enjoy the race, and despite the conditions everyone managed to finish without troubling the ski patrol.

Afterwards we all travelled down to Snowy Gums Lodge at Smiggins for the presentation and refreshments. This is a great little event and Laurinda Allen did a marvellous job of getting together some great prizes from some of the local businesses and retailers. On a personal note, although Laurinda is no longer President of KCros, I hope she stays involved with the race in the future, and I thank her for her efforts in making the presentation a great event.

My thanks to Technical Delegate Peter Cunningham and Chief of Course Wayne Pethybridge as well as those KCros members who helped out on the day. The support makes continuing this important event on the calendar a lot easier.

Warren McCourt (Race Coordinator)

“The KAC” 2012

It had been 10 years since I last stood at the start of the KAC cross country ski race and I was starting to question my sanity, again. As predicted on the BOM web site, the wind was howling down the valley – 60 to 70 km/h they had said, and a headwind of course. I consoled myself that at least the rain they had mentioned hadn't arrived. I was having trouble just standing up, so how was I going to manage to ski the 8km to Charlotte Pass? Curling up with a good book for the day suddenly seemed a much better idea. How do the weather gods always know which day the KAC race is being held?¹

If only I had selected the classical skiing option when I entered the race a month before – classical skiing is

marginally less difficult in really windy conditions than skating. The classical skiers had started 15mins earlier, so I assumed my friends Kathy, Gwen and Anne would probably be heading over Perisher Gap by now. Waking from my daydream I heard a “GO” and a jumbled mess of skaters tried to defy the wind and each other and head off up the hill. The young hot shots and pros got off to a good start and powered away out of sight. Somewhere behind, the rest of us were battling to stay upright. Once around the first bend the wind seemed to ease a little so I headed over to the snowcat lanes to the right of the skating tracks to try to get my rhythm sorted and overtake a few slower skiers. I caught up with a group ahead and tagged on behind, all of us skating in perfect time. Perhaps a new sport for the next winter Olympics – synchronised skating?



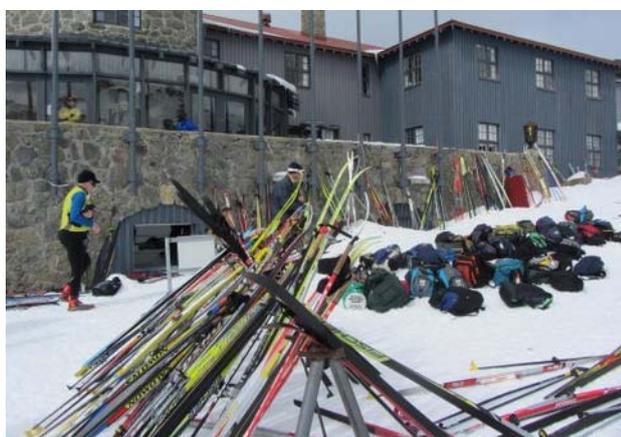
It's a long 2km climb up to Perisher Gap, and I was looking forward to getting to the top. The other side of the gap, the road follows a long, gentle downhill to Betts Creek, allowing you to get your breath back and give aching muscles a bit of a rest. Well, that was my memory. Just as we reached the gap the wind let us have its full fury and I was almost knocked over backwards. It had also taken its anger out on the road and left a horrible rutted, icy track for us. And getting down that hill was such hard work. If I just stood up and let the skis glide downhill, as I had hoped would be possible, I was blown backwards up the hill. So by a combination of double polling and skating I somehow managed to inch myself forward against the wind. Looking around briefly I could see everyone else was having the same trouble. Finally we reached Betts Creek, where the road flattens out, but unfortunately it also turned directly into the wind and conditions got even worse. Just to keep us on our toes, the wind began to gust then lull a little, so between gusts we managed a few skates then, wham, we were hit front on and knocked for six. It became a bit of a game trying to sense when each gust would hit me. Again I tagged on the back of a group thinking that drafting might help, but the wind just changed to a cross wind instead and beat me yet again.

I was starting to wonder how my other skating friends were faring when up ahead I saw a familiar purple hat flying back towards me, like it was fitted out with a turbo jet engine. (OK, maybe I was hallucinating at this stage, but Gwen did have to chase her hat a number of times). We were coming up to Mt Sugarloaf, where the track

1 *Ed note: And before that the Paddy Pallin Classic, aka Project Blizzard [shudder]...*

leaves the road and heads up and over a pretty decent hill, then down to the valley and home straight. Ah, I thought, of course the route will be on the leeward side of Sugarloaf and we should get some respite from the wind at last. But my memory played tricks on me again, and the wind just swung around to hit us head on again. And I had to work very hard to get down that lovely downhill too.

About this time I started to feel my energy levels becoming severely depleted. Thank goodness I forced down that second piece of toast at breakfast. I could see Charlotte Pass village up ahead, about one km away I guessed, but would I ever get there? It seemed a very long way, but finally I stumbled across that finish line, to be greeted with cheers and smiles from two cross country stalwarts, Sue Edmondson and Margaret McCawley. Really made my day! Sue and Margaret in fact went through as much as we did, standing out in the bitter wind for over an hour cheering all the racers in.



Afterwards, in the warmth of one of the lodges, we all replenished our energy with hot pumpkin soup and crusty bread, while we lived it all again, swapping stories of hardship with friends. The wind got even stronger and the course tougher as the afternoon wore on. It may not have been my most fun day skiing, but it certainly was the most memorable.

Sue Attreed

KCros again supports Junior Skiing

KCros is again contributing a \$500 prize for an up and coming skier in the NSW Cross-Country Ski Awards. Last year's award went to Damon Morton, a 15 year old biathlete who used the money to ski in Europe. Damon went on to win a number of biathlon races in Europe and in 2012 was the top Junior XC skier in the country.

KCros is looking forward to finding another worthy recipient for the award, and to hearing their stories as they develop their overseas skiing careers this summer.

Warren McCourt

XC race acknowledgements

At the end of the season it is most appropriate to remember that races do not just happen, and we all should give a special THANK YOU to the organisers, the route planners, the course setters and groomers, the flag markers, the entry takers, the TDs, the drink stall helpers, the race timers, bib collectors, the computer

operators in the race office, the prize donors and prize organisers and the prize holding venues. This takes a big body of people and most go out of their way, giving freely of their time on the snow to help and often stand out in all weathers for a considerable time. Computer activated ankle straps did make this year a little easier for determining the results of the races but checking is always needed. A very special mention has to be made of Leslie Ludwig and her helpers who consistently provided the barbecue food at the Nordic Shelter for hungry racers, and for preparing the plentiful and lovely food at the dinner held in the Shelter following the night relays which helped raise funds for the NSW Ski Association.

Margaret McCawley

KCros AGM 2012

(Held 4 August at Snowy Gums Lodge, Smiggin Holes.)

The meeting was opened by the president, Laurinda Allan, at 2.10 pm with 24 people present.

Laurinda welcomed all and said the meeting was her 'swan-song' as she was retiring after about 10 years on the Committee. Laurinda gave thanks to the contributions made by individual committee members and the great contribution they continue to make from KCros to XC skiing. She also praised 'the two Peters', Peter Ward and Peter Cunningham, for their continuing commitment to the sport. Laurinda said one of the main issues this year had been the WTS at Perisher and, although its development went ahead close to the Nordic Shelter and XC trails in spite of initial protest, there had been considerable modifications to the project that favoured XC skiing, and also that a good working relationship has been continued with NPWS. The KCros junior scholarship (in 2011 given to Damon Morton) was also mentioned favourably, as was the newsletter.

The new committee was voted in as follows;

President: Wayne Pethybridge, nominated by M Flynn, seconded by M McCawley

Vice President: Bruce Wharrie, W Pethybridge, S Edmondson

Secretary: Margaret McCawley, S Edmondson, M Flynn

Treasurer: Marg Hayes, M McCawley, S Edmondson

Membership Secretary: Bruce Vote, S Poole, S Edmondson

Race Secretary: Warren McCourt, W Pethybridge, S Poole

Publicity Officer: Adrian Blake nominated by the meeting

Newsletter Editor: Stephen Poole, M McCawley, W Pethybridge

Public Officer: Marg Hayes, L Allan, S Poole

Web Manager: Ron Perry nominated by the meeting

All positions were accepted by general vote.

General Business included the following topics;

- Ongoing fine tuning of operational issues with respect to the Waste Transfer Station.
- Acknowledgement of Tim Greville's fine work with respect to coordination work on the trails over the previous summer.
- Discussed the issue of snowmobiles travelling on XC trails over Sugar loaf.

- Discussed possible new interest in XC skiing by management at Charlotte Pass.
- Discuss the results of a group meeting with local politician John Barilaro MP. The main topic of interest /concern being the new ruling by the NSW Government allowing shooters in the Park.
- It was suggested a letter of thanks be written to NPWS saying the new snow fences on the route up to the Nordic Shelter had been a great success for collection of snow in the Bowl.
- Peter Ward presented a report on the Nordic Shelter indicating the high cost of its operation – greater than \$12000 p.a. with \$4400 of this being for electricity, expected to rise to \$5000.
- Pat Edmondson made a motion to the meeting that Laurinda Allan and the Committee be thanked for their good work during her term concerning the eventual franchise agreement and the handling of the building of the WTS near the Bowl. This was seconded by Sue Edmondson and passed with applause by the meeting.

The meeting closed at 3.21 pm.

Margaret McCawley

KCros Committee Meeting 11/8/2012

(Held at 'The Man' after the Snowy Mountains Classic.)

The first meeting of the new committee started at 1.30 pm. Attending were Wayne Pethybridge, Margaret McCawley, Warren McCourt, Stephen Poole, Marg Hayes and Bruce Wharrie. With limited time available before the “Snowy Mountain Classic” presentations got under way, the following items were discussed.

*** Next Newsletter**

*** Full KCros Tour debrief**

*** Nordic Shelter – Future presentation / signage**

Here we discussed that signage to the cross country skiing Precinct/ Nordic Shelter which needs to be much more prominent, with the word Shelter being possibly changed to Centre. The name could be Cross Country Centre but needs more input from others.

Finally Wayne asked committee members what they thought was important for KCros to do for XC Skiing, and got the following responses:

Bruce Wharrie: Good trail head (i.e., Nordic Shelter) signage is needed.

Warren McCourt: Promote the sport better. (Marg Hayes suggested articles about XC skiing would be good in the local Jindabyne paper the “Valley Echo” with Carole Thomas being the person to contact.)

Margaret McCawley: Was concerned about equipment for new skiers and children and asked could we have organisers of the community second-hand ski gear sales give their details to us for the web site or even for the KCros email list. Was secondly concerned about a drop in donations to KCros now the newsletter is being sent out electronically.

Stephen Poole: Suggested a need for flatter terrain for novice XC skiers. (Warren McCourt agreed that another

flatter trail would be good, with better drainage around the bowl area, and also made the suggestion of the setting up of night skiing.)

Wayne Pethybridge: Emphasised the need to continue climate-proofing the trail e.g., removing more rocks on 7.5 km and other loops, more snow fences with continued help from NPWS & volunteers.

Marg Hayes: Said there was a need for more women in the sport, and that days like Ski de Femme needed more publicity. (It was suggested dates like this could go on the KCros web site.)

The meeting closed promptly at 2.30 pm.

Margaret McCawley

Impact of the Waste Transfer Station

The re-location of the access trail from the car park to the shelter is a vast improvement, heaps of snow beside the fences and the trail is now located away from the water courses – a positive impact.

Access trail for XC skiers – low impact on way to shelter but greater impact on return to car park. Oversnow vehicles are stopping as required before crossing trail. Lots of mud from tracks of vehicles being left on trail, especially in marginal snow conditions - this will be partly addressed during the summer with a larger concrete apron at the exit point from WTS. Deep ruts being left in trail with soft snow conditions which is a problem in the afternoon with skiers having much greater speed when crossing the trail – restoring the trail to good condition at the end of the access period is not evident.

Operation hours have been discussed with NPWS – we would prefer that work is completed as soon as possible after lunch leaving the access trail clear for XC skiers at the end of the day. We have relaxed agreed access times in the morning to allow for work to be completed, but NPWS need to negotiate further with Charlotte Pass resort to establish an earlier closing time for the WTS.

The noise from steel tracked vehicles on concrete is becoming an issue – this is one of the least desirable impacts of the WTS.

Impact on the sprint loop this year was negligible, but we have enjoyed a better than normal snow year – not a lot of snow but it has been dry. The full impact on the sprint loop will not be evident until we have a year of average snow with more rain during the season. The snow fencing and bridging over the creek have helped maintain the loop in good condition.

The ambience of the whole cross country bowl area has certainly been reduced by the construction of the WTS.

Peter Ward

Winter Wrap Up 2012

We have enjoyed one of the best winter seasons for many years. The snow conditions have been ideal for most of the season and, combined with the excellent grooming, we have experienced some of the best tracks you could wish for.

NSW athletes have performed well at all levels and it is

pleasing to see the newer members of our squad performing at high levels in their age groups. Full results of all events can be found on the NSW and AUS XC websites. A number of NSW athletes will qualify for the AUS XC Team, and will also figure prominently in the top rankings of Juniors and Seniors for the 2012 season.

The two Interschools days were highlights of the season. The sun was shining, the snow was great and there was some serious competition in some of the divisions. The wind was a factor in the Nationals but the overall feeling of the day was very positive. In the lead up to the competition days we had literally hundreds of athletes being coached and instructed by various groups including those NSW athletes who had obtained their instructor qualifications through the Training Grants and support from both the NSW Government and local instructing organisation K7. There was certainly a carnival-like atmosphere at the Nordic Shelter.

Planning is now under way for summer dry land training in both Sydney and Jindabyne and also for the overseas competition period. The presentation day and AGM will be held late October/early Nov.

The NSWXCC will be represented at some planning sessions which are scheduled for the coming months to map out strategies and objectives which will help to promote the sport and recreational activity of cross country skiing and hopefully increase participation. Next year Bruce Wharrie and Marg Hayes will be managing the Nordic Shelter, and they are looking forward to the experience once again.

Peter Ward

Skiing in October

It's already October however there's still lots of skiing opportunities, so pull out your touring skis (de-rust and *steelo* back those forgotten metal edges!) and come to Kosciuszko National Park for some superb skiing in sunny warm conditions. There has been so much snow this season that even though the Perisher Nordic trails are virtually finished there are lots of other ski touring opportunities. The Main Range is still plastered with snow; it's still possible to ski continuously from Schlink Pass to Mt Kosciuszko with the southern and eastern facing slopes having the deepest snow.



During the last week I have personally skied the Rolling Grounds, Mt Tate, Mt Twynam, Mt Northcote, Mt Clarke, Mt Kosciuszko and everything in between. Less than 1 kilometre upstream of Charlotte Pass the Snowy River still has massive 3 metre high snowbridges across; meaning you can even avoid the cold river crossing. Following the Snowy River upstream is a dramatic river full of small waterfalls with rushing water churning over many large rocks.



Only today (1st Oct) the road to Charlotte Pass has finished being cleared, even though the drift at the pass is over 4 metres deep. However, as of this afternoon the road was only officially open to Spencers Creek, making access a lot easier. You can attach your skis to your bike to access snow up higher.

If you are into telemarking steep Main Range gullies, I suspect the snow will hold out for many weeks to come.



So make the most of a great snow year and come for some brilliant spring skiing. (but be aware of potential hidden deep water holes if there are fresh spring snow falls. – just ask Bruce Wharrie, even snow shoes did not assist walking on hidden water – and right in the middle of the Perisher 10km Nordic trail!)

Marg Hayes

Russia joins the Worldloppet

March 2013 marks a milestone, with Russia hosting the 16th race in the Worldloppet circuit. The Russian race (*Vodkaloppet?* Ed.) will be held at Rybnisk (360km north of Moscow) in mid-March on the same weekend as the Norwegian Birkebeiner race. The Russian marathon will

be a 50km freestyle or 25km classical race. So, if you've always wanted to visit Russia here's a good excuse to visit before the next Winter Olympics and mix culture with skiing. Pack your bags and head OS, but it's a long way so travel a few weeks earlier and ski a few other Worldloppet races too.

Whilst you may think that the Worldloppet circuit is only for elite athletes, in fact the majority of Worldloppet skiers are average skiers with average fitness, but who do have a passion to ski. Determination, perseverance and stamina are more important than being a top skier. As long as you can ski 8-10km an hour and keep on going, you too can succeed and become a Worldloppet master. Each Worldloppet event offers long races (42km-90km) which satisfy the criteria for the gold Worldloppet stamp, however what many skiers don't know is that each Worldloppet race also offers shorter races (17-45km). Successful completion of a short race rewards the skier with the silver Worldloppet stamp.

the Worldloppet races in each of the 16 member nations; either the short or long race is eligible. This will take at least 2 Northern winters due to scheduling clashes as multiple races are held on some weekends.

So now is the time to dust off your skis, start a regular fitness program, book flights and accommodation and head to the Northern Hemisphere for some superb skiing with a purpose. The added bonus is that you'll meet lots of like-minded people and make some great international friends. 2013 is a great time to go, as there are bargain international airfares currently being advertised and the exchange rate is certainly in our favour. If you would like any further information please feel free to email us (marg.hayes@hotmail.com; bwharrie@hotmail.com) as we have skied all the Worldloppet races, proving any persistent (or crazy!) person can achieve this goal. Good luck and safe travels!

Marg Hayes & Bruce Wharrie



To become a Worldloppet master skiers must ski 10 different Worldloppet races in any of the 16 member countries during their lifetimes: Australia, Czech Republic, Austria, Italy, Germany, France, Japan, Estonia, Canada, Finland, USA, Sweden, Poland, Switzerland, Norway and Russia host events. For a gold medal one must ski 10 long races; a silver medal is given for 10 shorter races; longer races may also be included.

To become a *Global Worldloppet* skier you need to ski

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KCros Annual Donation Form

(This form is also available from our website: www.kcros.org.au)

Please return completed form to: KCros PO Box 425 Jindabyne NSW 2627

We are the lobbying and communication group for XC Skiing, and are a non-profit organisation. Donations fund the running of KCros. All committee positions are voluntary.

(PLEASE PRINT ALL CONTACT DETAILS CLEARLY)

1. Family Name.....Continuing Member/New Member

Family Members' Names (*Include ages where under 15 yrs*)

.....
.....

OR

2. Organisation.....

Mailing Address (*must be completed*)

.....
.....

Your email address:.....

(We need you to write this very clearly)

Future newsletters will be sent to you via email. Please email our Membership Secretary, Bruce Vote, so we have your correct email address and know it is working: kcrosmail@gmail.com

If you still require a printed newsletter please tick here.....

How to give a donation to KCros:

1. Direct Transfer

Bank: Westpac Name of Account: Kosciuszko Cross Country Skiers

BSB: 032 728 Account No: 11 9369

(Please include your name in the description/reference section)

2. Cheque/Money Order payable to KCros

(Please do not mail cash, and note that we are unable to accept payments via cards)

(i) Single Membership \$10..... (ii) Family Membership \$20..... (iii) Donation \$.....

(Please tick the relevant box on the line above, and specify the amount of any donation)

3. Cash donations can be placed in the secure box marked 'KCros donations' in the Sverre Kaaten Nordic Shelter

Comments or suggestions for KCros can be written below, overleaf, or a separate sheet attached.

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Please return this form to:

Nordic Shelter
 NSW Cross Country Committee
 PO Box 107, Jindabyne NSW 2627
 Phone / Fax (02) 6457 1161
 Email: nswxc1@gmail.com



*Sverre Kaaten
 Nordic Shelter
 Perisher Valley*

Personal Details:		
First Name		
Last Name		
Business Name		
Mailing Address		
Town/Suburb	State	Post Code
Phone #	E-mail address (Please print clearly)	
Fax #		

Donation (for the operation, upkeep and upgrading of the Nordic Shelter):
 I/We donate the sum of: \$50 \$100 \$250 \$500 \$1000 Other-\$ _____

Payment Details: Please indicate your payment method by ticking the appropriate box.
 Cash Direct Deposit Cheque BPay DATE ___/___/___

I require a receipt (Note: donations are not tax deductible) Yes
 I would like to receive XC skiing news and information Yes
 I would like to receive winter daily Perisher XC track reports Yes

PAYMENT OPTIONS		
<p>DIRECT DEPOSIT</p> <p>BANK: Westpac ACCT NAME: The NSW Ski Association BSB: 032-728 Acct # 168910</p> <p>Include "NS Your Name" in the description/reference field.</p> <p>* Please forward your donation form to an address above.</p>	<p>CHEQUE</p> <p>Make Cheques payable to: NSW Snowsports XC</p> <p>* Please attach the cheque to your donation form and forward to an address above.</p>	 <p>BILLER CODE: 126359 REFERENCE #: 690007011</p> <p>* Please attach the deposit details to your donation form (so your donation can be easily identified) and forward to an address above.</p>

	<p>The Cross Country Committee of NSW Snowsports is the caretaker of the Sverre Kaaten Nordic Shelter, located at the Cross Country Skiing Trailhead in Perisher Valley, and is responsible (with the help of many volunteers) for the upkeep and operation of the Nordic Shelter. The Nordic Shelter is freely available to all XC skiers. All operating expenses are met through fundraising activities and donations. The Cross Country Community appreciates your support.</p>
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