

Your voice for cross-country skiing in Kosciuszko National Park

July 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 orienteers 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.

Notice of 2012 KCros AGM

The AGM will be held at Snowy Gums Lodge, across from Smiggin Holes ticket office, 2pm Saturday 4 August 2011, after the KCros Tour.

From the President

Hi everyone. At the time of writing we've had two falls of about 30cm each, the first of lovely, dry, squeaky snow. By the time you read this there will hopefully be lots more.

Waste Transfer Station at Perisher Valley

The WTS has been built and will be operational this winter. Regular bi-monthly meetings have been held over summer, with NPWS and stakeholders to keep everyone informed and to monitor the building process. I, Wayne Pethybridge, Bruce Vote and Pat Edmondson have been able to represent KCros at these meetings. I was impressed with how Andrew Logan, the Manager of the Municipal Services Unit, NPWS, and responsible for the building of the WTS, has kept the process transparent. He plans to continue these meetings into the operational phase of the WTS, until everyone considers them unnecessary. Andrew has given us a more detailed update, with photos, in this newsletter. At a meeting in December, we walked around the building site with the construction manager and the environmental manager,

who is independent of NPWS. We were able to see the stringent measures that were taken to prevent runoff and protect the surrounding area from damage. At that time the footings weren't in place due to wet weather.

Today I attended another site inspection. The building is finished and it does look big up close. I have included 2 photos, one a close up and the other taken from the Nordic Shelter which shows the building size in relation to those around it. Andrew Harrigan stressed that Parks are open to feedback and suggestions, and that they want everything to be operating inside the building, not outside. There will be a sign on the WTS with a 24 hour contact number to report noise, odour and out of hours issues. I think it's important that we speak to Parks about anything that is not working well or causing problems, from traffic issues to snow harvesting to noise and litter.

The WTS will be in full operation this winter.

The KCros website

We are updating and reworking the KCros website (kcros.org.au), as much information on it has become out-dated. The new look website will eventually house copies of the newsletter, info about issues, an easy way for you to email us, links to websites with safety and skiing info, and a donation form + bank transfer details.

Changes to the KCros committee

At the AGM on the 4th August at Snowy Gums at Smiggins, Both I, and Margot Flynn who has been treasurer for 2 years, will be stepping down from our positions, and the committee. I'd like to take the opportunity to thank Margot for her efforts. She has organised electronic banking to streamline our operations, and introduced internet transfers for donations to make things easier for members.

I joined the KCros committee in about 2002 as treasurer, and have been President for the last three years. It has been enjoyable and worthwhile, with the main issue recently being the Waste Transfer Station. I think the importance of having an independent group to represent the interests of XC skiers was evident in this dispute, and I look forward to KCros continuing that role in future.

I hope you all have a safe and enjoyable winter.

Laurinda Allan

From the Secretary

The use of email has allowed the committee to keep in touch more frequently, and phone-hook-ups were used for meetings on 8 November 2011 and more recently on 2 and 24 May. Main topics on the agendas have been the progress of the construction of the WTS at Perisher, the sorting out of electronic letter addresses, the KCros Tour

and the update of the KCros web page. At the end of May a letter was drafted for sending to politicians with our concerns, on behalf of KCros and all XC skiers, about the NSW Government allowing shooting and hunting in the KNP.

KCros 2012 AGM

The 2012 AGM will be held on 4 August 2012 after the finish of the KCros Tour that starts at 10 am at the Smiggin Holes tracks. The gathering for the results and the AGM will be in the Snowy Gums Lodge at Smiggins. A guest speaker will be present so members can be brought up-to-date with the latest matters affecting XC skiing. Finger food will be available for competitors and for a small charge for non-competitors from about 12 noon, with the AGM commencing after the conclusion of prize giving. Please try to stay on.

Tell others about your trip

Our web page has held some reports about members' overseas ski trips providing very useful information and hints for others going to those locations. Sadly, these have become dated over time so we'd like to ask those members who have travelled recently, and would like to share with others to write for the newsletter; this way trip details can be published sooner afterwards and impart more current information. Trips need not be confined to overseas experiences: the Main Range, the northern KNP, the Victorian Alps, etc., could all be of interest. Please keep your article to about a page in length and feel free to include a photo or two – but note these should be kept to 640x480 pixels maximum size, after cropping. Please DO NOT send high resolution images! Material can be submitted to: kcrosmail@gmail.com

Margaret McCawley

KCros Committee Members 2011-2012

President:	Laurinda Allan laurinda_allan@yahoo.com.au
Vice President:	Wayne Pethybridge
Treasurer:	Margot Flynn margotflynn1@gmail.com
Secretary:	Margaret McCawley
Membership Secretary:	Bruce Vote kcrosmail@gmail.com
Newsletter Editor:	Stephen Poole
Publicity Officer:	Adrian Blake
Web Master:	Ron Perry
Race Secretary:	Warren McCourt

From the acting Treasurer

While Margot is having a wonderful time in Europe (again), I'm filling in as Treasurer. We currently have approximately \$2660 in our account. We appreciate all donations to KCros, as they pay for the newsletter and allow us to have a fighting fund and support worthy XC causes. The Nordic Shelter continues to need funds to pay for operating expenses (see Peter Ward's article) and we have included a donation form for this should you like to donate directly to them.

Many thanks to those who sent in donations after the last newsletter: K&P McHugh, P Trickett, AE Dixon, CP&JS

Wall, NE Loder, PJ&AE Amos, MJ Brady, Kuringai Alpine Lodge, R Horder, GA&CA Peters, R Scott, DW Landon-Smith, JP&SE Edmondson, KA Moylan, RA&SF Riedl, A Ihsche, WG&K Stoyles, F Rath, Tatersals Ski Club, Dalon Trading, WM Blumenfeld, C Webb, BA Brown, DE&N Parish, the Burton family, D Barnes, T Harker, R Boxall, Belgiorno-Nettis, J Momsen, R Pillans, P Viljakaine, K Clacher, K Saw.

Laurinda Allan

From the Membership Secretary

STOP PRESS. KCros now has its own email address: kcrosmail@gmail.com This will be the avenue for all newsletters and notices for the 190 members listed on our email list, which is about 1/3 of our members and growing. We would like more, as email distribution saves scarce donation money so if you are still on snail mail please add your email address to the enclosed form. If you are concerned about not keeping copies, why not create a KCros folder on your computer and save to that. That way you can add other stuff about XC skiing like race results, photos of fun skiing days and ideas for good ski tours. By the way, our email policy is to send everything as a blind carbon copy, so no recipient sees any email address other than their own.

Since last winter, we have lost a few addresses from members moving house; this doesn't happen as often with email addresses, but please advise us of changes there too. If you know of anybody who has moved, please send them the donation form on the last page. This newsletter will also be available at the Nordic Shelter soon after publication.

Bruce Vote

KCros Tour 2012

Recently I was doing a trail maintenance weekend up on the Smiggins trails. As I was walking around the trails, snipping at growing trees and replacing trail markers, I thought what a great trail for a cross-country ski race.

That's when I remembered the KCros Tour! Even though for the last couple of years we have had to hold the race on the Perisher trails (due to poor snow), the KCros Tour is fast gaining a reputation as a fun and innovative event at the beginning of Cross-Country Ski Week.

This year's event will be held on August 4th (usually a reliable time for snow) on the Smiggin Holes trails. If you have never been there, the trails are at the far end of the car park at Smiggins, adjacent to the electrical substation. It is one of the few remaining classical citizens' races in the country, and skiers over 18 will do 3 laps of the beautiful undulating 4km course. For those who like to catch the view whilst racing there are some wonderful views of the Main Range from the trail.

In keeping with tradition there will be a 4km junior race starting 10 minutes later. This is a great event for all young skiers to get out and thrash about and enjoy the thrill of citizen racing. And that is what it is, citizen racing, racing for everyone to enjoy. That is why KCROS continues to sponsor this event.

Afterward there is what many consider to be the reward for the day, lunch at the Snowy Gums Lodge in Smiggins. The lodge has put a great feed on in recent years (part of the race fee) and coupled with a fun awards and prize giving ceremony has capped the day off. It will be the same this year.

It will be great to see you again this year. Remember races start at 10.00am and 10.10am on August 4th so get there nice and early to get your entry in and avoid the crawl of traffic along Kosciusko Road in the morning.

Warren McCourt (Race Organiser)

Barbara Blake 1951 – 2012

Most of you will not realise it but Barbara was a founding member of KCROS back in the 1990s, and was very active for many years.

Barbara's association with skiing started in her pre-teens on family holidays to Perisher and Thredbo; these were all alpine skiing trips. On one of these trips she broke her leg early on, and spent the remainder of her time in Cooma Hospital. Her father taught her the finer points, all on heavy wooden skis and with leather lace-up boots.

In her teens, lift tickets were a string of printed perforated docketts and the operator would tear one off each time as you used the lift. Being a young, good-looking girl it wasn't hard to convince the lifties to give her free rides. After finishing school and during her university holidays she worked as an instructor at Smiggin Holes for one or more seasons. She met her first husband and like many toured the world, going overland starting at Darwin. Finally, she returned to live in Cooma. Sometime in the early 70's she was introduced to cross country skiing, and as she was naturally very fit this came easily to her. After divorcing, she moved to Bega but continued to ski, almost exclusively XC. She was introduced to Geoff and Fran Barker at Berridale where she frequently stayed.

There she also met John Caldwell and Rolf Kjarnslie when they visited Australia. Barbara now became an XC skiing teacher and taught many of our well-known, high-profile competitors at various times. It was while staying at the Barker's that she met myself (her future husband), but that is another story.

After our marriage in Austria we settled in our house in Mulach Street, Cooma. I had known Sue and Pat Edmondson all my life as my mother went to school with Sue, so when KCROS began we were both part of the organisation from the early days. Amongst other things we got to produce, print, and dispatch newsletters, and I can recall hand stapling, hand folding, taping and sticking stamps on hundreds of newsletters.

Barbara was much more active than myself in KCROS. With a young family our involvement was a little erratic but we never stopped skiing. Barbara was famous for towing our daughter Colleen in a sled when she entered in the KAC, putting in a very respectable time. They then changed the rules to ban assisted competitors. She did it again in the Paddy and shocked officials and onlookers when she paused to breast-feed Colleen.

Barbara began to lose interest in the mid 1990s for a number of reasons, but nevertheless we had a family holiday in Europe in 1997, the aim of which was to ski as much as possible. It was there that that our children really learned to ski, and they still do so. After that Barbara lost interest and only skied on a couple of occasions.

In late January this year she died of acute liver failure. Like many she put in an enormous effort into XC, teaching, racing, organising events and in management.....

Adrian Blake

Sport Hunting in National Parks

The KCros committee was recently horrified to read about the state government plan to allow recreational hunting and shooting in National Parks. This plan is now a reality with the bill being passed on the 21st June, which breaks a pre-election promise. The main reason given is to reduce feral pests, however, in a media release the National Parks Association points out that similar strategies in other places have not worked: www.npansw.org.au The Invasive Species Council also condemns this move and explains why it is not effective, and may even make the problem worse: www.invasives.org.au

Robin Parker, the Minister for the Environment, stated on television that alpine areas will be exempt in KNP. We are concerned that the state government is unfamiliar with the wide use of the park by XC skiers (and bushwalkers), compared to alpine skiers in their clearly designated areas. Our ski season also extends far beyond the alpine ski season.

We have emailed our concerns to the following:

- Robin Parker, Minister for Environment and Minister for Heritage: office@parker.minister.nsw.gov.au
- John Barilaro, member for Monaro, Acting Speaker, National Party member: monaro@parliament.nsw.gov.au
- Robert Brown, Member of the Shooters and Fishers Party: robert.brown@parliament.nsw.gov.au

We encourage you to do the same and to contact your local member, findable at www.parliament.nsw.gov.au From there you can use the top search bar, or click on LEGISLATIVE ASSEMBLY, then Members and from there sort by name, electorate or party.

Even though the bill has been passed, there is a lot of opposition and the more voices that are heard in protest the more care that will be taken in how it is implemented; it may even become unworkable.

Laurinda Allan

Damon Morton: Have gun – will travel

Damon Morton was awarded the Ray Lindupp Award for the most improved junior NSW XC Team athlete with outstanding results for the 2011 Australian XC Ski season. He would like to thank KCros for sponsoring this award and supporting his European racing in 2011-2012.

Following are two articles on Damon's efforts in Europe.

#1. After training and racing with the NSW Biathlon team from the 15th December Damon heads to Kontiolahti, Finland, on Tuesday 14th for the U19 Biathlon World Youth Championships from February 20.

Damon, who is both a fast skier, and a fast and accurate shot with his .22 rifle, has a promising future in what is arguably one of the toughest Winter Olympic sports. His future looks exciting given he will set a record as the youngest male to represent Australia at a Biathlon Junior World Championship. He will race against athletes 3 & 4 years his senior, from European countries where Biathlon is one of their national sports. The experience will provide Damon with racing exposure at the highest level, and an indication of what he needs to do to become competitive with the world's best in future years.

#2. Damon has been in Europe training and racing since the middle of December with NSW Biathlon and now with the Australian Biathlon Team. He has journeyed over 5000 km to participate in races throughout central Europe, and has achieved a number of personal best performances with shooting, and some outstanding and very consistent results. This has included 4 victories at 'national' level races in three different countries. The following is a summary of Damon's best results:

January 5: 8th in U17 Biathlon Alpen Cup 7.5km Pursuit; 15 penalties (all European Regional Cup), Martell, Italy

January 14: 1st U17 10km Austrian National Champs Mass Start, Hochfilzen; 4 penalties

January 22: 1st U19 10km Mass Start Swiss Cup, Trin, Switzerland; 2 penalties

January 29: 1st U19 10km Mass Start British Championships, Ruhpolding, Germany; 6 penalties

February 10: 1st U17 10km Individual Austrian National Championships, Eisenerz, Austria; 3 penalties

Touring Europe for 10 weeks in the winter, and living in apartments and hotels away from home at such a young age to do Biathlon, an unknown sport in Australia, is extremely tough. Whilst Damon's peers at Orbost Secondary College have already begun Year 10, he has been studying work set by his teachers for an hour a day since arriving in Europe. He has also kept a daily journal for English, written reports on each of his races, prolifically read books on his Kindle for enjoyment, and begun to learn German by correspondence through the VSL. Down time on the Internet and iPod games is limited to an hour a day, and he watches movies only when on 'road trips.' To keep in touch with his Mum and sisters, Damon regularly Skypes them.

Touring Europe is also an extremely expensive exercise. Worse still Kontiolahti, Finland, (site of the World Juniors) is one of the most expensive places on Earth! As Damon does not have any 'sponsors' he has relied on grants and donations as well as his parents and grandparents for financial support.

Damon would like to thank the following: East Gippsland Sports Foundation, Amelia McGuinness Australian Snowsports Development Foundation, NSW XC and Biathlon, KCros, the Hoppet, Orbost Opp Shop, Ray Hack – Eastwood, Australian Junior XC ski team.

Damon's results indicate he is currently on par with the best U17 juniors for his age in Europe in Biathlon. He and NSW XC and Biathlon are seeking a major sponsor to help them realise the potential of talented juniors like Damon and support them to compete at the highest level. If you would be interested in sponsoring Damon please contact Tim Bull's office, the Local Member for East Gippsland or NSW XC or Biathlon

Postscript: Damon finished 66th out of 100 competitors in the 7.5km sprint at the World Junior Biathlon Championships in Kontiolahti, Finland in February. This is a great result as Damon is 15 and relatively new to the sport, competing against boys who are four years older than him. Well done Damon; we are looking forward to your progress in the sport.

Warren McCourt

Waste Transfer Station

Construction of the Access Road and Waste Transfer Station (WTS) in Perisher Valley commenced in November 2011 and as of 31 May 2012, has been handed over to NPWS ready for operation this winter. Despite the wet weather in the early part of the year and very bad ground conditions for the foundations, the contractor managed to complete the project ahead of time.



The operation of the WTS is now the focus of NPWS as we prepare for this winter. An Operational Environmental Management Plan (OEMP) has been prepared to guide NPWS in the operation, and minimise impacts on the environment and neighbours. Key issues will be odour and noise controls, wind-blown litter management and traffic movements.



NPWS wants to hear of any issues related to the WTS. Comments can be made at the Perisher Valley office, by phoning 6457 4444 during business hours (7 days a week) or the 24 hour contact line on 1800 629 104.

Approximately 300m of new snow fence has been installed around the entrance to the Nordic area from

Kosciuszko Road, and a steel crossing is in place at the bottom of the ski bowl to help keep the snow out of the drainage channel.

Andrew Logan, NPWS

NSW XCC Report

There have been some well attended training camps in Sydney, including roller skiing, strength and conditioning, etc., this year. Coaching staff included senior skiers d'Arcy Baxter, Ewan Watson, Callum Watson and Sarah Slattery; Andrew Murphy conducts the strength and conditioning training. Senior coach Cameron Morton has also attended some of the Sydney sessions and combined the XC training with some Biathlon training. There has been great interest from some schools that compete at Interschools, and we have a number of new members as a result.

There has also been a renewed effort in the Jindabyne area with 12-15 athletes training on a regular basis with Tim Greville and Anthony Evans. The first combined pre-season camp was held during the June long weekend.

The Nordic Shelter refurbishment is just about finished. The final window replacement on the Northeast side of the old building was completed in autumn. All windows are now double glazed with aluminium frames and all timber cladding has been replaced with colorbond. Some minor stone repair is all that remains, and will be done in October this year; the fund-raising program and expenditure through the Australian Sports Foundation will then be concluded. Fund-raising will continue as before, except donations will not be tax deductible. We need to ensure a healthy bank balance to fund future maintenance and to pay yearly running costs – averaging about \$12,000 p.a. See the form later in the newsletter.

The competition season started with the Paddy Pallin Junior event on Sat June 30 – a fun event for all the wee members of the community – lots of hot dogs and prizes. The Cooma Ski Club season opener “clean out the cobwebs” was on July 1. To access the full race calendar go to www.nswsnowsports.com.au, select “X-country” on the top menu, then “Race Calendar and Event Registration” from the drop-down list. Online event registration began from June 18.

If you would like a daily snow and track grooming report from the Nordic Shelter, please email nswxc1@gmail.com and request it. If you don't want this, but would like an occasional newsletter, please send an email to the same address.

Peter Ward

Learning to ski XC

What is this cross country skiing, what do I do, where do I go and whom do I see?

To learn to XC ski efficiently and effectively is a great thing to aspire to. It is a great feeling when your technique is coming together and you find yourself able to ski further and further using the same effort. That being said, like any new undertaking, it requires a lot of

time and practice to learn and improve new skills. There is a lot to consider when trying to get the most out of your learning experience. It is important to have a go, be positive and to have fun. Different people learn different ways and at different rates, so don't give yourself a hard time if things are not falling into place as easily as you thought they might. As with anything new, practice, practice, practice is what is required, and generally you are the better for it as you have got that little bit more mileage, experience and knowledge under your belt.

Generally, beginner skiers start out learning classical rather than skating technique. Some people with a downhill skiing or off-snow skating background might want to learn to skate first, but generally speaking classical technique is first on the agenda.

You can make it as simple or as involved as you like, depending on your future skiing goals. Your goals might simply be to get around a trail without falling – the other extreme being to ski like an Olympic champion. No matter what your goals are, first things must come first. One must become self-sufficient on one's skis, learning enough of the basics to enjoy an out & back journey or a ski around the trails. Cross country skiing is very safe with injuries occurring relatively rarely.

The following factors all have an influence on your learning/ skiing experience, whether you are a beginner or are experienced. With some factors you have full control, with others less control or no control at all, e.g., with the weather.

- *Your own personal fitness/attributes:* One doesn't have to be super fit but both cardiovascular fitness and general strength will help.
- *Your ski gear: skis, boots & poles:* A mid-point between mobility and control is helpful at first. Light touring skis would be a good start, and one should err on the short side with ski length as shorter skis are more manoeuvrable and easier to control. Boots, similar to skis, should not be too heavy and must match the binding system. Select boots that fit the shape of your feet first, then get the bindings to suit – not vice versa. Poles for classical beginners should not be higher than 5 cm from top of shoulder; typically touring poles have traditionally been “armpit length,” while classical racing poles might be up to 5cm longer. Slightly shorter poles (and skis) are easier to handle at first.
- *Weather:* Varies greatly! Important to make the best of both good and bad weather. Skiing in difficult conditions will make you a better skier when the sun does shine. However, you are excused from skiing in pouring wet and miserably cold conditions. See you at the Nordic Centre for a hot drink.
- *Consider the snow surface you have to ski on:* Generally easier to learn on groomed learning areas or trails. Whether groomed or not the snow surface can vary greatly, and is easier to ski on some times than others, e.g., ice and soft slush can be problematic. Differing conditions add to the challenge of learning to ski, so don't give yourself a

hard time if skiing in difficult snow as we all have these issues.

- Get advice and assistance or instruction on how to ski: It's good to get pointed in the right direction as early as possible; this reduces chances poor technique will need unlearning.
- Be comfortable! Having suitable clothes, food & drink, sunscreen, sunglasses and suchlike reduces distractions and allows you to put all your effort into learning to ski. NB: This does not mean you need to buy fancy clothes at first, just that you need to be sensible about things, i.e., no cotton (!), no super-heavily insulated Arctic survival gear, etc.

You might have excellent skiing equipment and have great weather but if there is sheet ice out on the trails this will likely make it hard to even stand up. If one or more of the factors above are making life difficult, don't give yourself a hard time, but instead accept that this is part and parcel of the challenge involved in learning to ski. As mentioned, your next time out will be a whole new experience once you have more practice, experience & knowledge under your belt.

Cross country skiers are generally a very friendly, down to earth and helpful bunch of individuals who like nothing better than to see new people coming into the sport. Don't be afraid to ask for advice or information in your quest to learn more. In all learning situations it is often useful to get more than one opinion (!). In the end though it is up to you to put it all together and decide what is most important or best for you.

During the early stages it is good to have confidence you are indeed being pointed in the right direction. It's best to learn to do things the right way, rather than acquiring bad habits or inefficient techniques and having them embedded in your skiing DNA thereafter. A good course of action is to get lessons from qualified instructors. After a lesson, take time to practice what you have learned, and then or at the end of the day write down what you were told by the instructor; you can review this at a later time, perhaps when you next go skiing. Once you have practised and assimilated what has been taught so far, and are ready for more technical input you may want more lessons to further your skiing.

Companies teaching XC skiing in the Perisher area:

- K7 Adventures: www.k7adventures.com
- Wilderness Skiing: www.wildernesssports.com.au
- Paddy Pallin: www.paddypallin.com.au/jindabyne

Other ways to access ski lessons include:

- NSW Nordic Ski Club: <http://nordicskiclub.org.au>
- Canberra Cross Country Ski Club: www.cccsc.asn.au
- ACT Ski De Femme: This is a half day of ski lessons for women, for levels from beginners upwards, on July 22 at the Perisher Nordic Shelter. Contact Rhonda Cunningham on 0411 129 363 or (02) 6299 9641

I look forward to seeing you up there giving it a go, and having fun in the snow.

Wayne Pethybridge

Australian Nordic Ski Foundation

Qualified and talented instructors and coaches are at the heart of the snow sports sector. Recently a group of instructors decided to create a foundation to raise funds to develop coaching and instructors. This non-commercial group is called the Australian Nordic Ski Foundation, and is in the process of being registered by the Australian Sports Foundation. It will have an independent Board of Directors, and will not be competing for money that is available for athletes.

The Australian Nordic Ski Foundation will be officially launched during National Interschools in September by patron and long-time supporter of the Nordic ski sector, Peter Weinert. For more information please email info@nordicskifoundation.com

Laurinda Allan

NPWS' Perisher trail report

We must start with a huge thank you to all the volunteers, 20 recorded – plus most likely more. We had over 1000 hours of volunteer support to improve trails and work on the publicly accessible and community owned Sverre Kaaten Nordic Shelter in the last year.

After summer works, the new things you'll see include:

- A large amount of snow-fencing has been erected at various locations to facilitate longer groom-able life of the trails. We are also trialling slightly higher fences at strategic locations.



- Further rock splitting has been carried out along the valley trail.
- Valley trail poles are there along the entire length and the trail has its own arrow colour – yellow.



- A large, ongoing job has been work on marker poles on the Smiggins 2 & 4k and Perisher's 2.5, 5, 7.5, 10k & Porcupine Link trails plus the start of the Porcupine Track. Poles have been re-erected, replaced, new poles installed where lacking, and we have commenced rationalising marker arrows.
- A slight re-route at the start of the 10k has been formalised with marker poles
- A small re-route on the Mt Piper trail will allow grooming if we get sufficient snowfalls

- We have two NEW trial trails, both marked with star pickets and orange conduit
- Marker poles are in the process of being fitted with individual number plaques
- New signage before winter

NEW Trial trails

As part of working with the community to improve or diversify XC opportunities, we are trialling two trails:

- Snowy Mountain Classic Link, between outgoing and incoming sections of the 10k and starting about 150m after Paddy’s Link; we see this as an alternative to Paddy’s Link.
- A ~3 k loop (currently Possum Loop) running along a ridge between the water tanks and the 7.5k at its most southerly point. This loop will be groomed infrequently if at all, and is intended to provide a back country trail for skiers and snowshoers within the bounds of the trail network. It will also provide a good protected higher track in limited snow.

Numbered Poles and marker arrow rationalisation



We are in the ongoing process of giving each pole on the trail system a unique number; this will continue for the next few years until complete. The numbering relates to a state-wide NPWS asset management system. Benefits were apparent last season when issues on the track could be localised to a specific pole number. We also see benefits for medical evacuation or lost persons. Each pole has a grid reference recorded, and ultimately we envisage trail maps might include some of this information.

The numbering system works thus: Each trail has a unique two letter or digit prefix and each pole a unique suffix. For example, on the 2.5k a pole will have the prefix 25 and a suffix starting from 10 and set out to increment in 10’s (unless new poles are inserted). Further examples:

- The first pole on the Porcupine Link (from where it leaves the 7.5k) is:

PL 10

- The first pole on the 5k is:

50 10

Rationalisation of the marker arrow system has commenced

Colours:

- White for 2.5k (Smiggin Holes 2k)

- Blue for 5k (Smiggin Holes 4k)
- Green for 7.5k
- Red for 10k
- Yellow for Valley Trail
- Orange for links and touring trails

The rationale:

- When skiing clockwise around the trails at a particular section of trail you should see poles with:
 - The shortest trail colour at the top and the longest trail at the bottom, with every other trail in sequence between
 - Stand-alone sections of trail will have only one colour, either orange, indicating a touring or link trail, or the appropriate colour for that particular trail



When skiing counter-clockwise around the trails you will (eventually) see poles with only upside down markers the colour of the shortest trail you are on, to guide you home – as illustrated on the left. NB: This is not yet consistently the case.

NEW Signs

We are currently installing signs to better define use of the trails. These include:

- Signs with warning lights to notify when the groomer is operating on the ski trails. Please observe warnings for your safety, and to ensure newly groomed tracks have time to set sufficiently (consolidate) prior to skiing on them.
- While accessing the Nordic shelter you will notice signs that ask walkers to keep to one side, and skiers (on skis!) to the other.
- We also have signs to formalise snowshoe crossing locations, to minimise safety risks and conflicts between skiers and snowshoers.

We anticipate after this year’s effort we can start giving the touring trails increased attention over winter, and into the next work party season. We are also looking at having volunteer work available on the trails over winter. So, for this winter and next year we hope to have a big volunteer program; if you are interested in helping please put your name down when the call for help goes out.

As always we benefit from community input on making the trails safer and more enjoyable, so please don’t hesitate to contact us with ideas, comments and feedback.

Ranger *Tim Greville*:

tim.greville@environment.nsw.gov.au

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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 years*)

.....
.....

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)

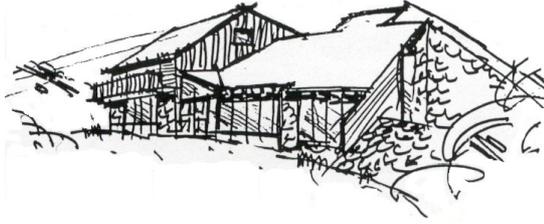
3. Cash donations can be placed in the secure box marked 'KCros donations' in the Sverre Kaaten Nordic Shelter

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>
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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.



Postage

Address label here

• **Sender: KCros PO Box 425 Jindabyne NSW 2627**
