



KCros PO Box 425 Jindabyne NSW 2627.

www.kcros.org.au

YOUR VOICE FOR CROSS-COUNTRY SKIING IN KOSCIUSZKO NATIONAL PARK

NEWSLETTER – Early winter 2010

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 cross-country organisations and independent skiers to address these 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 KCros AGM

The 2010 KCros AGM will be held at Snowy Gums Lodge, across from the ticket office at Smiggin Holes, at 1pm on Saturday 31 July 2010, after the KCros Tour.

From the President

Welcome to the winter edition of the newsletter. So far there have been snow flurries, but no serious falls. Predictions are that July and August will be good. Optimism is an essential state of mind for XC skiers! There is quite a bit of news to report.

Proposed Waste Transfer Station at Perisher

There are some major works planned for Perisher that will have a direct effect on the beginners/sprint loop between the Nordic Shelter and the back of the fire station, and on the access for XC skiers from the car park. They will also affect the general amenity of the area. A Waste Transfer Station (WTS) and NPWS Workshop are planned for the area directly behind the fire station. In the 2001 Master Plan, this area was

designated as a service area. A new NPWS Administrative Building is also planned between the road and the ambulance station.

The major impacts on XC skiing are as follows:

- The main access route to the trails and Nordic Shelter is being moved to the far right, if looking from the road.
- At one point skidoo traffic to the WTS and XC skiers going up or down the hill will cross paths.
- The site of the WTS will affect the bottom end of the beginners/sprint loop. Approximately 6m of the loop will be lost, including the bank that helps people around the corner. The fence that separates the loop from the traffic to the WTS will be quite close. There are a couple of boggy areas where the new track will go.
- There will be a visual and noise impact on the area from above the Nordic Shelter to the road.

NPWS is very aware of these impacts and plans to offset them where possible. They plan some earth works to improve the new access route, and to reduce the water that flows through there. They also want to have new snow fences in place along this route to assess their impact. It is expected that this will improve our access. The traffic intersection with skiers will have a stop sign for the traffic. The boggy areas in the new loop will have some covering to hold the snow. The visual impact of the WTS building has been reduced from 900 to 450m² and designed so that all waste disposal is internal. Extra snow fences are proposed to gather more snow for the redesigned track loop. At the moment Hans Oversnow does 75% of rubbish collection for lodges, which leaves 40 lodges and hotels doing their own rubbish removal. NPWS plans to introduce curb side rubbish collection in the future which will result in far less traffic to the WTS.

The main areas of concern for KCros are the danger of an accident between a skier and a vehicle at the intersection between our access trail and the oversnow route, and the visual and noise impact on the XC bowl from above the Nordic Shelter to the main road.

Before this can go ahead, an Environmental Impact Statement needs to be carried out. This will take about six months and should be completed around October this year. KCros will endeavour to be consulted in this process. When the EIS is complete there will be a period of public consultation, where we can all have a say.

NPWS is planning to make information available this winter, both in the Nordic Shelter, and at an information session on site with Parks officers. KCros will post

information on our website about this process. If you are around the trails this winter, look in the Nordic Shelter for information, and ask around to find someone who can point out where all this is going to happen. Pass the word to other skiers too. The more discussion, the more likely we are to come up with ideas that benefit everyone.

Opening of road between Perisher & Spencers Creek

As well as the above, NPWS has been busy in a number of areas. Of particular benefit to XC skiers is the opening of the road between Perisher and Spencers Creek in the shoulder periods at the beginning and end of the season. This was an issue that got a strong response in the survey on the last newsletter. The RTA has total responsibility for the roads in Kosciuszko National Park and in the past has been reluctant to open this part of the road, regardless of snow conditions. There has been an agreement between the two departments for Parks to provide more parking at Spencers creek, and for the RTA to open the road as far as it is feasible in September, if it is clear and if there is less than a 40% chance of snow in the next 24hrs. However, there is no parking overnight. To find out if the road is open, listen to the local road reports, check the RTA website (regional road reports), or phone the visitors centre on 6450 5600. If you have any problems with this service please let me know.

Snow Poles

Snow poles on several trails have been improved. There has been a lot of work on the pole line from Charlotte Pass to Seaman's Hut. There is a trial of new fold-down poles in some sections between Thredbo and the Snowy bridge; these will be folded down in summer to prevent walkers damaging the fragile bogs in the area. The poles along the touring trail from Charlotte's to Perisher have been repaired.

Flying Fox at Guthega

Many of you will know the flying fox that crosses Old Farm Creek at Guthega. It is being decommissioned and there is now a bridge across the creek. So the days of feeling your heart in your mouth as you launch into space, clutching your gear and wondering how you are going to get off on the other side are over.

Acting Treasurer's Report (hat #2)

We currently have approximately \$2340 in our account. At our last committee meeting, we decided to establish a **scholarship for young Olympic hopefuls**. We will kick it off with \$500; potential applicants should contact Warren McCourt, 0418 335 718, gabs_waz@yahoo.com with enquiries. We will continue to donate some funds to the Nordic Shelter which still has debt, and have included a donation form for this if you would like to donate directly. 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.

Many thanks to those who sent in a donation after the last newsletter: Andrew, Sharon, Brendon and Anita Kelly, Denis and Mary Vanzella, Robin Gibson, Gary and Helen Parker, Wally Blumenfeld, Douglas Thorne, Wes Powell, Alex, Claudia, Anton and Monica Beremy, Michael Stenning, Bill Hamilton, Donald, Natasha, Isabella and Campbell Parish, Sue Hilton, Bruce and

Harison Marshall, Michelle McFarlane, Malcolm Hass, Martin and Helen Brady, Guido and Michelle Belgiorio-Netts, Graham and Diana Jones, Nina Loder, Peter and Robyn Tuft, Bill Watson, Bruce fry, Donald and Mary Barnes, John Da Costa, Sandra and Richard Riedel, Arthur Adams, Michael Stevens, Ian Landon-Smith, Colin Stoner, Craig Alexander, Robyn Workman, Ian and Lenore Thompson, Sandy Downing, John Pierce and Family, Ken Clacher and Edith Baker, Ross Scott, Dr Peter Duffy, A Ihsche, David Whitelaw, Christina Webb, Libby and Gary Bolton, Marg Hayes and Bruce Wharrie, Kevin and Patricia Mc Hugh, Rhonda Boxall, Wayne Pethybridge, Margaret McCawley, Laurinda Allan, Stephen Poole.

Survey Results

Many thanks to members who responded to our survey in the last newsletter. We had 59 responses (with more still coming). 34% thought the boggy area on route to the shelter was a problem. Note that there will be works before this winter to try to improve this, as part of the WTS preparations. 10% wanted more walking tracks for snow shoeing. 12% found the new 2 ½ km trail easier. 7% had some problems using the signage around the trails. 27% were happy with the 2009 snow grooming. 22% wanted the road to Spencers Creek cleared earlier. 47% wanted their newsletter sent by email.

Just a reminder that you need to be self sufficient as a XC skier, and no more so than on the main range. Ski safe and have a good winter.

Laurinda Allan

From the Secretary

The committee has been active during the warmer part of the year, holding meetings in both October 09 and March 10 and following up allotted tasks. Items discussed were many, and included access to XC routes, future car parking, promotion of our sport, our web page, the emailing of the Newsletter, new trails and snow fences, daily trail reports, the Cabramurra tour, membership lists, education about snow grooming and our donations. The WTS was the main subject of the March meeting.

The 2010 KCros AGM will be held at Snowy Gums Lodge, across from the ticket office at Smiggin Holes, at 1pm on Saturday 31 July 2010, after the KCros Tour. The Treasurer's position is currently unfilled but all positions will be open for election. Please email or speak to one of the current committee beforehand if you are interested in joining the committee. It is a great way to meet other skiers and become more involved in XC skiing matters, and to help keep our sport viable.

Check the Bureau of Meteorology's web page www.bom.gov.au as extended forecasts are improving all the time. The winter climate outlook (ENSO Report) seems tentatively optimistic for precipitation, stating: 'No climate models suggest a return to El Niño conditions.' On the home page try the trial of the graphical forecast service: 'Forecast Explorer'. Currently this only relates to Victoria, but by zooming in on the Vic ski fields you can get a quick 7 days graphical forecast line with one click. The Snowy Hydro page

www.snowyhydro.com.au has a graphical means to compare snow depths from year to year.

Margaret McCawley

From the Membership Secretary

From now on many members will receive the newsletters by e-mail. This is a worthwhile saving in dollars and in paper. Last newsletter, I know some members missed out on receiving the newsletter. This has been resolved.

Some past members have moved and we no longer have valid contact details. I would ask existing members to help any way they can to trace these past members. Simply e-mail me the details: adrian.blake@ieec.org

If you are a member of a club, please encourage the club and its members to join. The more we have the more effective is our voice.

Adrian Blake

KCros committee (as of June 2010)

President	Laurinda Allan laurinda_allan@yahoo.com.au 0410 474 584
Vice President	Wayne Pethybridge
Treasurer	<i>vacant</i>
Membership Secretary	Adrian Blake adrian.blake@ieec.org.au
Secretary	Margaret McCawley
Newsletter Editor	Stephen Poole
Web Master	Ron Perry
Racing Representative	Warren McCourt

The KCros Tour – July 31!

Following the demise of the NSW Nordic Cabramurra Tour, KCros has stepped up to the plate to maintain the tradition of a classic citizen race in NSW on that same weekend in July.

However, in keeping with the tradition of putting on something different that weekend, KCros will be holding the 12km classic on the Smiggin Holes ski trails. Known for more gentle terrain and beautiful outlooks than the Perisher trails, this event should be a great change of scenery for those in the middle of the hectic race scene, as well providing a less intense atmosphere for those wanting to potter along at the back of the pack.

The race will start at 10.00am on Saturday July 31 at the trail head (far end of Smiggins carpark), and will be 3 laps of a 4 km course. The KCros Junior event, also over a 4km course, will start at 10.10am.

KCros will supply large tents for shelter and changing, however if the weather is too severe or the snow cover is insufficient the event will be held at Perisher Valley.

KCros intends to have an award ceremony with complementary drink and food at Snowy Gums Lodge in Smiggins (just across from the ticket office). Shortly afterwards, at 1 pm, KCros will hold its AGM at the lodge. For any enquiries, please contact Warren McCourt on 0418 335 718 or gabs_waz@yahoo.com.

Warren McCourt

Snow Grooming of XC Trails

As groomed trails are so important to a large section of the XC community, it is appropriate we spend some time on this area, be it for education or general knowledge purposes.

First up, the reason why we groom our trails is to have a compacted surface to ski on, thus allowing us (with much practice) to either improve our skiing technique or to simply help us ski effectively and efficiently – it's great being able to balance on your skis and not break through. Other factors like overall smoothness of the groomed surface, trail direction, width and surface conditions of the groomed snow are also important.

Grooming trails is not an easy task. Many believe it is more difficult to get the grooming right on the cross country trails than the downhill slopes, for 3 main reasons:

1. we are on skis which are far less robust than typical downhill skis, therefore less forgiving when there are either icy or softer-than-optimal surface conditions
2. there is the addition of classical tracks, and
3. the track inclination, camber and direction is forever changing

NPWS has an excellent 2 page brochure titled *Snow grooming of cross-country ski trails*, which goes into some detail about the affects of terrain and wind on grooming, grooming methods and equipment, types of snow and their different grooming requirements, plus some general facts. It is well worth getting a copy of this brochure if you want to find out more; please enquire at NPWS visitor centres in Jindabyne or Perisher.

Future KCros Newsletters will go into more detail, discussing the important aspects of good grooming.

The grooming of the Perisher trails system is co-managed by the Nordic community and NPWS with Hans Oversnow being the contractor supplying the service. All parties are working closely together to continually improve overall quality of snow grooming.

Wayne Pethybridge

NSW XCC report Mid-June 2010

1. NORDIC SHELTER

There were many favourable reports from users of the Nordic Shelter last winter. Although heavily used at times, everyone seemed to find a niche to enjoy some rest and relaxation. The event management room upstairs is also working well and removing that extra bit of congestion and crowding from the public area. The race-results staff also enjoy peace & quiet in their own room.

Running costs for the past year were close to \$10,000. Costs included: Insurance, electricity, NPWS fees, cleaning products and other small items of expenditure. Income for the past year was also around \$10,000 including \$5,000 from the barbeque, \$2,000 from K7 and \$3,000 from the donation box. The cost of the remaining major works is estimated to be about \$15,000-\$20,000 and will hopefully be funded by the last of the ASF fundraising (see below).

Summer works:

The final Occupation Certificate will be obtained shortly. That will be a great psychological milestone for all the people and organisations that have been involved in the upgrade of the Nordic Shelter over the last ten years!

The past summer saw a return to a more normal program of repairs and maintenance with a few large (and expensive) projects left to complete during the next year – re-cladding of the north wall and replacement of the gable window; safety grills on the south ground floor windows; and thanks to a scurrilous thief, replacement of a length of stainless steel wire on the deck. Solar panels are being investigated.

Significant summer works included the completion of the safety fence around the Shelter, continued upgrade of the wax benches (thanks Wayne) and the donation of two large exterior analogue clocks donated by *The Sydney Clock Company*.

Fundraising:

The \$100/100 People Australian Sports Foundation fundraising program for the extension that has been running since 2002 will formally end in October. It has been a wildly successful program that the ASF is using as an example of a creative way to raise funds. Fundraising will continue forever, of course, but time is running out to make tax-deductible donations. A donation form is attached – please help us get the last jobs completed.

2. TRAILS – WORK AND DEVELOPMENT

Over the summer, NPWS and volunteers replaced poles on the main tracks and the Thompsons Plains trail towards Dainers (more to do). Snow fences have been installed by NPWS in the wet area near the Shelter, new signage and numbering of poles is being completed and the alternate 2.5km access trail is being planned. With luck, some of the large rocks will be blasted and cleared by NPWS before it snows.

Introduction of trail fees

Trail fees are on the agenda again. XC representatives have identified modest trail fees as an important means to support the NPWS contribution to the maintenance and development of the Cross Country trails in Perisher and Smiggins. It is envisaged fees will be used to fund identified infrastructure development and equipment purchase, rather than being absorbed into general funds. The cross country community will be kept informed as this discussion continues and input will be sought. KCros will be a vital conduit for information and opinion.

Winter trail and grooming reports

With a permanent presence at the Nordic Shelter following the establishment of the manager's flat, the XC community was able to be closely involved with grooming decisions for the trails. The NPWS fund the trail grooming and Hans Oversnow has the contract for the next few years. Our representative at the Shelter liaises with the grooming contractor on a daily basis and determines which trails will be groomed and at what time of the day depending on temperature, snowfalls, etc. Weekly meetings with NPWS and Hans Oversnow were held to review the budget and make plans for the coming week. We are very pleased with this arrangement which

has resulted in a high quality of grooming and a variation of trails from day to day. A full email report is issued at 7am on a daily basis from the Shelter with current snow and weather conditions included as well as the trail grooming carried out for that day. If you would like to receive the report send a request to Leslie at nswxc@bigpond.com.

3. 2010 EVENTS

During 2009 the Masters Series was introduced to encourage participation in all levels of competition including state and national titles. We obtained an airfare for 2 to New Zealand, sponsored by Justine Couper of *MTA Travel*. The winner was drawn randomly from all who satisfied the criteria, i.e., competing in 9 out of 14 events during the season. The winner for 2009 was David Cigana, father of Gabriella.

2010 will see the 2nd year of the NSW Masters Cross Country Skiers competition. Competitors over 30 years of age who compete in at least seven of the nominated events during the 2010 season, including at least two of the three NSW/ACT or National events, will be in a draw at the end of winter to win one of a number of wonderful prizes! This competition is about participation rather than winning and includes citizen events such as the KAC, the Cooma "Clean Out" races, the Kosci Tour and even the Night Relays. A new event to be included is the KCros Tour at Smiggins. So not only will you have fun, but you will have as good a chance as anyone to win a holiday! There is a registration requirement and details will be posted at the Nordic Shelter and on www.nswsnowsports.com.au. Or contact Peter Ward via nswxc@bigpond.com.

The full Australian Cross Country Race Calendar for 2010 is available on the NSW Snowsports and Snowsports ACT websites. Membership of both organisations, race licences, etc, are available on the Ski And Snowboard Australia website.

Online Entry System:

Online entry will be trialled this winter for some events. We are keen for as many people to use this system as possible before it is opened up to the wider community. The entry site will be accessed through the NSW Snowsports and Snowsports ACT websites, so have a look. We look forward to your registration and feedback.

4. ATHLETE NEWS

Over the coming winter you will see some Olympic logos around the place. Ben Sim represented Australia in a number of Cross Country events. Alex Almoukov and Nick Almoukov, as his coach, represented Australia in Biathlon. Amy and Callum Watson also qualified, but there weren't enough places for them all. We are very proud of all them! What great athletes and role models.

You will also see a wildly enthusiastic group of young athletes – the NSW Team and Squad – training at the Shelter on the trails with coaches Nick Almoukov and Cameron Morton, assisted by others. Amongst their numbers are many of the nationally top-ranked junior and senior skiers. It will be interesting to watch them compete and progress over the winter.

Several NSW Team members are being coached in Biathlon by Nick and Cameron (both Olympic Biathlon

coaches). Friedl Bartsch's Laser Biathlon system is being set up this winter for them and other users. Arrangements aren't finalised but the range may be periodically available for skiers to try one of the most popular snowsports disciplines worldwide.

5. CONTACTS

For further information about programs, events and facilities, check the NSW, ACT and SSA websites or email nswxc@bigpond.com.

Peter Ward
XC Chairman
NSW Snowsports

Perisher 2.5 Km Loop.

It is generally recognized that easier/flatter terrain in the Perisher XC loops would be of great benefit to the skiing community, especially helping with the development and enjoyment of new and existing skiers. As noted in the NSW XCC report above, work should have been completed by now to make the final 2.5 km loop downhill easier to ski. The next step is to be able to bypass the first climb out of the Nordic Bowl, which affects all except the sprint loops. Our lovely heart-starter hill would still be groomed, giving skiers two options.

The preferred easier trail would traverse just below the tree line facing the main road, all the way until approximately the low part of the existing track at the 1 km + mark, e.g., the clover leaf. The issue with this part of our trail system is it collects lots of sun, and thus snow cover can be a problem. Having high snow groomer traffic in such areas also raises environmental concerns.

After discussions with Peter Ward he reported that, snow permitting, a trial trail will be groomed in this area this coming winter to help in fine tuning the optimal trail location. Once the final route is known, major snow fencing works can be completed to ensure good snow cover is present for similar amounts of time to what we have with the present trail system; snow fences on the Perisher XC trails have proven to be very successful in trapping and retaining snow.

I think everyone would agree that if we can change the Perisher XC loops to allow the option of a much gentler start to the day, then this would make the trails much more practical and appealing to the majority of skiers.

Wayne Pethybridge

Faezor Biathlon Up & Running in 2010

Friedl Bartsch reports that Faezor Biathlon will be starting up again this winter at the Nordic Shelter in Perisher Valley.

Friedl has done a lot of work in making new steel frames which will make the targets easier to install in the pre season and are also stronger and more durable to help withstand the severe winds that often occur during blizzard conditions.

There has been a renewal of interest with a number of keen junior biathletes ready to use the system this

season. Our olympian, Alex Almoukov being one such person who will be keen to use the Faezor system.

For those who are interested in learning more or competing, please call Toni Hulme. Toni is co-ordinating the Biathlon activities up in Perisher. Toni's contact details are 02 9594 0285 or 0406 420380.

Friedl Bartsch/Toni Hulme

XC skiing in the Czech Republic; *the personal experiences of Troy & Leslie X*

This year we skied in the Czech Republic, Germany and Austria. We had previously done an exploratory trip in spring 2008, as we found it difficult to make sense of the information available on the web or in travel books.

In February 2010, we flew to Frankfurt via Seoul with Asiana airlines, picked up a VW Passat wagon with snow tyres fitted, and hired chains and a ski rack. Fortunately, the skis fitted inside the wagon as the only ski rack available was a magnetic one with absolutely no security so went unused. Car hire can be problematic as some companies have restrictions about taking cars into Eastern Europe. We used Europcar and had no problems.

Conditions were very cold with the worst winter in a decade, which of course meant lots of snow. We skied at 6 different locations over 5 weeks, and also visited some tourist highlights. Many villages in the Czech Republic have their own ski area with lifts.

Czech roads are not great, with very few major roads. Snow clearing services are excellent but travel is still slow; we found driving there in winter much harder than expected. We have driven in Canada in winter previously, so thought it would not be a problem. Road signs are in Czech with virtually no English, and are not always self-explanatory! On our first day we were stopped by the police for driving down a closed road. There was a series of detours due to road works on the reasonably major road we were on, and conditions just kept deteriorating until the police pulled us over. They spoke little English and were quite officious and unhelpful, and fined us. We would like to think that Aussie cops would have been a little more helpful to obviously confused tourists.

Another day we were run off the road by a truck hogging the centre of the road. Once the car was on the soft edge we were in the ditch with no hope of driving out. What do you do in a foreign country without the NRMA? Fortunately for us some helpful locals had the same problem caused by the same truck 100m further along. They hailed another passing truck with a tow rope whose driver found the well hidden towing loop in the boot of the Passat, attached it and pulled us out. The roads are not wide and the shoulders are often not well cleared.

First ski stop was Bedrikov on the Czech/Polish border which hosts a loppet in January. It was so cold our ski patterns would not hold so we used kicker skins. There are heaps of accessible, well-groomed tracks through mostly pine forests, with a huge trail network called the

Jizerska Magistrála of over 170km in the region. The people were not outgoing and friendly, however, if we initiated contact they would chat and help. This was generally common throughout the entire Czech trip, and we realised why Australians are seen as friendly.

We decided to move on to the Jeseníky Mountains via Locket, a beautiful old town on the river. We stayed in a huge mansion with a restaurant that had its own micro-brewery in the cellar (heaven). Next day, travel was so slow – due to the snow – that we did not make it to Jeseník; we were often held up by trucks.

We stayed just out of Jeseník at Horní Lipová village in a charming pension. We had booked 3 nights, but ended up staying 9 it was so good, with great snow, trails, food, etc. Trails were plentiful and through mixed forests. Most days we skied uphill (not too steep) for the day and were rewarded with a long schuss home. This area is serviced by the railway system so it was possible to ski one way to nearby villages and catch the train back.

The mountain bistros served hearty, cheap food. A Czech speciality is delicious fruit dumplings served hot with fruity sour cream sauce. An open-air mountain hut served schnapps, sausage, tea, etc. Midweek it worked on an honour system, and was manned only on weekends.

Local topo maps were available in WGS84 but were far from comprehensive so a GPS is good to have. Some trails were not marked and those marked as maintained weren't always. The area has lots of trails for cycling in summer to add to the complexity, and my GPS went into fruitcake mode; the Garmin help desk was not helpful.

Kvilda is another great area with good trails, through mixed beech and pine forests. The tourist office provided free maps that were ok. The trails were very well signposted, so short journeys to nearby villages were easy. Surprisingly little German or English was spoken, despite being close to the German border. From Kvilda, we crossed the border into the Bavarian Forest to Mauth, Finnstreu and Spielgau. More good trails and forests to ski in, some up high, plus trails up and down valleys.

The German side was a little more expensive but not hugely. The roads certainly improved but language issues surprisingly remained. Locals only spoke dialect German which was hard to understand, however, they were friendlier.

Our final ski destination was west in the Bavarian Alps. The weather had started to warm up and the snow was deteriorating (late February). We stayed in the German town of Mittenwald, but skied in Austrian glacial valleys near Seefeld at 1350m. Here the scenery is magic, surrounded by huge, rugged mountains. There are many linked trails in the valley, but they are pretty flat and heavily used, especially on weekends. People of all ages ski, many with dogs, or just sun themselves on well

located benches at the side of the brilliantly signposted trails. Some trail fees apply.

We took Fischer Outbound skis with cable bindings and lightweight boots. These are the widest skis we know of that still fit in a track, but we were very often the slowest on the trails with our heavier gear. We only found a few off-piste telemark opportunities. Kicker skins are useful.

Cheap accommodation and delicious food were common during the entire trip. Troy was in heaven with the range of superb salamis and sausages. Lunch spots on the trails were rare, and snow was cold and deep so our sitopons were not used much. Breakfasts were generally huge, so we often only had snacks at lunch time.

We did not have a computer or mobile phone with us, so making bookings was hard as internet cafes were rarer than expected. Making phone calls was useless because whoever answered would speak only Czech, with no English or German; I speak a little German.

To sum up, we had a fabulous trip with great skiing, but language difficulties made navigation, bookings, etc, more difficult than expected.

Take a GPS, a car navigation system and a language aid with you. We are happy to provide more information; contact us via email: troy430@gmail.com

Troy and Leslie

A reminder from the editor

Every single member should receive this newsletter via email (or download), not on paper. Why?

- * No trees consumed, more environmentally sound, and less traffic to the new Waste Transfer Station needed
- * Less work and running around required of volunteers
- * Lower costs – no printing, labels, envelopes, stamps, etc; important for our not-so-wealthy organisation
- * Reduced lead times, thus speedier delivery
- * Newsletters are much easier to archive
- * We can have as many or as few pages as desired without constraints due to printing and mailing costs – the newsletter could come out more often if issues arose
- * Many ski club newsletters are paperless and their annual subscriptions are much higher
- * Even one paper copy gums up the whole works
- * We'd like to move *solely* to delivery via email in PDF format from the next issue (later in 2010), so...
- * Please contact adrian.blake@ieee.org ASAP so we know where to email your newsletter. (And don't forget to let us know when your details change.)
- * No internet? We remind you that:
 1. Virtually all public libraries offer free internet access, many McDonalds have hotspots, as do others such as: <http://www.unwired.com.au/get/storefinder.php?p=3>
 2. Free email accounts are available from yahoo, gmail, hotmail, etc, etc. Just sign up.

Please return this form to:

Nordic Shelter
 Cross Country Committee
 PO Box 107
 Jindabyne NSW 2627
 Ph (02) 6457 1161
 Fax (02) 6457 1161
 e-mail: wardp@snowy.net.au



Sverre Kaaten Nordic Shelter

“100 people / \$100”

NSWSA Cross Country Committee
 ASF project # 202240

Pledge/Donation Form

Personal Details		Please print clearly so we can issue correct details on your receipt	
Title			
First Name			
Last Name			
Business Name			
Mailing Address			
Town/Suburb	State	Post Code	
Phone ()	Mobile	E-mail address (Please print clearly)	
Fax ()			

New Pledge:

I/We pledge the sum of: \$100 \$250 \$500 \$1000 Other-\$ _____ per year over ____ years,
 (I understand that any pledge intention is not binding and may be altered by me/us should circumstances necessitate.)

Pledge Payment:

Please find attached my annual pledge payment of \$ _____, **.OR:**

Donation (Single):

I/We donate the sum of: \$100 \$250 \$500 \$1000 Other-\$ _____ .

I would like my gift to benefit the Sverre Kaaten Nordic Shelter.

*However I understand that my donation is made unconditionally to the Australian Sports Foundation Limited. **

Signature _____ Date / /

Payment Details:

Please indicate your payment details by ticking the appropriate box. **AMOUNT**

\$ _____ Cheque** Cash Visa Bankcard Amex
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** Please make cheques payable to **Australian Sports Foundation Ltd**

~~ Notes: The ASF places an administration levy of 2% on all donations made by credit card.

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 Tel (02) 6214 7868 Fax (02) 6214 7865
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The Australian Sports Foundation Ltd. (ASF) was established by the Australian Government to assist organisations to raise funds through public & corporate donations for the development of sport in Australia. Pursuant to the ASF's listing in the Income Tax Assessment Act (1997) (div 30, S 30-90), donations of \$2 or more to the ASF are tax deductible.

Donors must contribute unconditionally to the ASF to claim a tax deduction, however the ASF's structure makes it possible for you to indicate a registered project as the preferred beneficiary of your gift. The Sverre Kaaten Nordic Shelter (NSWSA XCC)-202240 is a registered project.

All claims are subject to being accepted by the Commissioner of Taxation. If either an individual or business is uncertain of their position they should seek their own professional advice.

ANNUAL DONATION FORM

(This form can also be downloaded from the website)

Send to: KCros PO BOX 425 Jindabyne NSW 2627

We are the lobbying and communication group for XC Skiing

Donations fund the running of KCros. We are a non-profit organization.

All committee positions are voluntary.

(PLEASE PRINT ALL DETAILS CLEARLY)

Family Name..... Continuing member/New member

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

.....

or Organisation.....

Mailing Address *(mandatory)*

.....

.....

.....

Your email.....

(We need you to print this especially clearly!)

Future newsletters will be sent to you by email. You can send your email address to Adrian Blake: adrian.blake@ieee.org, and should also advise him of changes.

Please consider whether you could possibly receive the newsletter via email.

If not, tick here:..... NB: We would like to know why not so we can facilitate uptake; please tell us:.....

How to pay: Make Cheque/Money Order payable to **KCros**

No Cash through Post *please* and we are **unable** to take Cards

Single \$10	Family \$20	Donation \$..... <i>Donations are always welcome</i>
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(Cash Donations can be placed in the secure box marked 'KCros donations' in the Nordic Shelter)

Please write any suggestions to and/or comments about KCros in the box below



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Address label here

Sender: KCros PO Box 425 Jindabyne NSW 2627
