
Birkebeiner Bulletin

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Official Newsletter of the Birkebeiner Nordic Ski Club

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Bulletin copy closes the 1st of each month — May to October

Our Norwegian Instructor Kristian on the job



Norwegian Kristian Holmsen enjoying his first day on snow at Falls Creek with National Team and Club member Katerina Paul from Taggerty (Photo: Finn Marsland)



Office Bearers 2016/17

Officers

President	Ronice Goebel
Vice President	Blair Hume
Secretary	Doug Hamilton (03) 5754 1826
Treasurer	Ann Bellingham
Social Secretary	Kerry Lucas

Committee Members

Margaret Trnka
Jim Gargan
Ian Franzke
Allan Marsland
Michelle Forrer
Nick Wright
Alice Hamilton
Penny Goebel
Tony Keeble
Megan Benne

Volunteer Positions

Bulletin Editor & Website Administrator	Paul L'Huillier
Membership Secretary	Jim Gargan
Clubhouse Stewards	Tony Keeble & Megan Benne
Ski de Femme	Alice Hamilton & Ronice Goebel
Skidoo Steward	Ian Franzke
Bush S&R Victoria Delegate	Ian Franzke

Sub-Committees

Race Committee	Margaret Trnka (Secretary) Michal Trnka Ronice Goebel Nick Wright Doug Hamilton Paul L'Huillier
Junior Committee	Michelle Forrer (Convenor) Ronice Goebel Kate Prest
Search & Rescue Committee	Ian Franzke (Convenor) Jim Gargan
Club reps. on Hoppet Board	Bill Little Ronice Goebel
Hoppet Race Committee	Ben Derrick (Chairman) Allan Marsland (Race Director) Helen L'Huillier (Secretary)

Click [HERE](#) to view all Hoppet Race Committee members

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President's Message



Winter Greetings Everyone

The ski resorts are off to a great start and there are plenty of smiles as skiers resume winter friendships and come in from a refreshing and exhilarating ski on fabulously groomed trails. Whoever said skiing in AUS is either marginal or ordinary? After

16 Worldloppet, the most recent being in Isafjord Iceland this year, I boldly declare we have some of the best trails on a good day!

We have plenty going on as a club over the next two months, so please enjoy the Clubhouse and one of the many programs we are offering, and of course the fresh mountain air.

Thanks go to all the committee members (and those co-opted) who are working behind the scenes to develop and grow our sport. A special thanks also goes to Paul L'Huillier for making sure we are informed by sending out website Posts via email, maintaining the website and Birkebeiner Bulletin, and chasing up volunteers to ensure our races are run well. The May, June and July BNSC Bulletins give some insight into what is happening across the xc ski community from grassroots to national level programs.

It is said that clubs are on the wane. But this is a great club with a lot of collective energy. To that end, this is a call out from me to ask everyone to do at least ONE THING for BNSC this winter. It can be assisting at Junior Joeys, sweeping or vacuuming the club house, being an official at a race or even making scones for Ski de Femme. Whatever it is, one thing will make the load lighter for our club and add to the general camaraderie.

See you out there.

Ronice

Proudly supporting our local community

**Mount Beauty & District
Community Bank® Branch**

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VICTORIA Local Infrastructure

Sport and recreation



2016 Activities Calendar

July

- | | | |
|---------------|--|----------------|
| Sat 2 | • Birkebeiner Classic (C) 2.5, 5 & 10km – 10am | Margaret Trnka |
| Thur 21 | • Mid-Season Dinner – Roi’s Restaurant (Two courses, subsidised \$15) | Kerry Lucas |
| Sat/Sun 23/24 | • Level 1 XC Coach - On-Snow Technique - Falls Creek.
For information click this link < https://www.skiandsnowboard.org.au/events/3277/ > | Finn Marsland |
| Sat/Sun 30/31 | • Australian JUNIOR Championships – Perisher Valley NSW | |

August

- | | | |
|---------------|--|------------------|
| Sat 13 | • Ski de Femme – Falls Creek | Alice Hamilton |
| Sun 14 | • Rocky Valley Rush/Sun Valley Ramble (15/7.5 km) (C) – 10:30 am | Margaret Trnka |
| Sat/Sun 20/21 | • Australian SENIOR Championships (Sprint F – Distance C) – Falls Ck | Margaret Trnka |
| Thur 25 | • Falls Creek Invitation Night Sprints (F) | Finn Marsland |
| Sat 27 | • Kangaroo Hoppet Worldloppet Race 9:30am (7, 21, 42km - F) | Helen L’Huillier |

September

- | | | |
|-------|--|--|
| Sat 3 | • Merino Muster Worldloppet Race (NZ) (7, 21, 42km - F) < http://www.merinomuster.com > | |
|-------|--|--|

Note: Adult Instruction/Coaching Clinic Timetable is on page 8.

2016 Junior Calendar

July

- | | | |
|---------------|--|--|
| ----- | • Junior Birkie Coaching (<i>refer to club website for timetable</i>) | |
| Sat 2 | • Birkebeiner Classic (C) 2.5, 5 & 10km – 10am – Falls Creek | |
| Sun 3 | • Junior Joey #1. Meet at the Nordic Bowl, Falls Creek – 11am | |
| Sat/Sun 9/10 | • Birkie Junior Development Camp – Bogong Village & Falls Creek | |
| Sat/Sun 16/17 | • Victorian Junior Championships – Sprint (C), Distance (F) – Falls Creek | |
| Sat 23 | • Junior Joey #2. Meet at the Nordic Bowl, Falls Creek – 11am | |
| Sun 24 | • Snow, Trek & Travel Mini Series #2 (F) – 11am – Falls Creek | |
| Sat/Sun 30/31 | • Australian Junior Championships – Sprint (C), Distance (F) – Perisher Valley NSW | |



August

- | | | |
|-----------------|---|--|
| ----- | • Junior Birkie Coaching (<i>refer to club website for timetable</i>) | |
| Sat 6 | • Snow, Trek & Travel Mini Series #3 (C) – 11:00am – Falls Creek | |
| Sun 7 | • Junior Joey #3. Meet at the Clubhouse Falls Creek at 11:00 am. | |
| Sat 27 | • Joey Hoppet 9:50 am (7km-F) – Falls Creek | |
| Wed 31 – Sept 2 | • Australian Secondary Schools Ski Team Championships | |

September

- | | | |
|-------|--|--|
| Sun 4 | • Snow, Trek & Travel Mini Series #4 (F) – 11:00 am – Falls Creek | |
|-------|--|--|

Junior Joey events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snoaines (treasure hunt with maps & clues) and family dress-up days. The juniors then progress to the Birkebeiner Junior Program (Junior Birkies) which gives the children an opportunity to improve technique and further develop their personal skiing skills.

Contact – Michelle Forrer – **Mob:** 0417 206 672 – **Email:** <mishforrer@gmail.com>



2016 Casserole Dinner

Kerry Lucas

This was held on Saturday 11th June (Queens Birthday Long Weekend) at the Outdoor School Bogong. It was more an intimate gathering of 34 members attending this year (22 adults and 12 children)

As usual the evening was enjoyed by everyone with the kids having their place to play and lots of yummy casseroles and desserts!

The Ian Ryan Award was awarded to Helen L'Hullier this year and we had a discussion on new club ski jerseys with samples presented and modelled!

After dinner we adjourned to the new Kiewa Environment Auditorium to hear Ewan Silvester give his presentation about ecology on the Bogong High Plains which was very interesting. Thank you Ewan.

Other years the dates and numbers have been:

BOEC	2013	110 Attended	QBLW
BOEC	2014	66 Attended	1 week after QBLW
BOEC	2015	100 Attended	QBLW
BOEC	2016	34 Attended	QBLW



Ewan Silvester & Kerry Lucas



New Club Jersey

Kerry Lucas

Jerseys are Australian made by Kerry Lucas of SACUL Tawonga South. They are technical performance ski jerseys and manufactured from high quality, Italian, mid-weight, brushed fabric, offering excellent stretch, wind resistance and great thermal protection.

Members have been notified about ordering via an email POST on the website and on the Club's facebook page.

Orders closed on 30th June. Kerry said another production run could be made later in the season depending on demand.



Modelling by Blair Hume (vice president) & partner Julie Smith

*SIZES: (Chest cms)				
Men's:				
XS 85-90	S 90-95	M 95-100	L 100-105	XL 105-110 XXL 110-115
Women's:				
8 85-90	10 90-95	12 95-100	14 100-105	16 105-110
Children's:				
8 66cms	10 72cms	12 75cms	14 77cms	
*COST:				
<ul style="list-style-type: none"> Mens & Womens: \$125.00 (\$105 for juniors under 18 years) Children: \$75.00 This low price is due to a Club subsidy.				
*Payment Details: Please pay by Direct Credit into the Club's bank account Birkebeiner Nordic Ski Club Inc. BSB: 063-722 Account: 1001 2154 and add a reference, of surname and Jacket (e.g. 'PSmith Jacket')				
*Ordering — Email to sales@sacul.com.au by 30/6/2016 for a mid July delivery. (Another production run may be done later in the season depending on demand)				
Note: Samples will be available in the Clubhouse for the first week of the school holidays. Orders must be to Kerry by 30 th June 2016. Either: Email (preferably) or mail to Sacul, PO Box 241, Tawonga South 3698.				



Brian Goss

Dedicated to his family and the community

By ALEX CRAIG

IT was standing room only at the Mt Beauty Senior Citizens Centre on Monday last week when people of all ages and from all walks of life came to farewell Brian Goss, who died in the Mt Beauty Hospital on May 30.

Brian Henry Goss was born and educated in Tasmania and after finishing school in Launceston he completed an electrical apprenticeship with the Tasmanian Railways.

In 1956 he moved to Hobart where he married his wife Gwen, immediately moving to New Zealand and then to the Solomon Islands to work for the British High Commission there.

With the imminent arrival of their first child, Brian and

Gwen moved back to Tasmania, and Brian took up a position as a shift operator at Waddamana.

Three more children followed in swift succession, and with his job coming to a close Brian took up work with the SEC as an operator, and moved his family to the Kiewa Valley.

At last the family realised that they had found a place they wanted to stay, purchased land in Roper Street and built a home.

Brian swiftly rose to the position of group operation officer, a position he held until his retirement.

He became actively involved in local community groups, with roles in Little Athletics, the Lions Club, Youth Group and the Golf

Club, and his passion for cross country skiing led to his taking on the position of inaugural president of the Birkebeiner Nordic Ski Club in 1977, and was chair of the Hoppet organising committee and chief of race for five years.

Moving beyond local groups, Brian was a councillor for 10 years, and shire president for two.

Brian was a dedicated and involved family man who introduced his children to the pleasures of skiing, camping, shooting and more recently sailing, and took great delight in sharing his skills and enjoyment with his children and later, his grandchildren.

Brian leaves his widow Gwen, four children and 11 grandchildren.

Mid-Season Dinner Roi's Restaurant

Don't miss out this year.

This will be held on **Thursday 21 July** at Roi's Restaurant, Kiewa Valley Highway Tawonga, starting at 6pm. The two course meal is subsidised \$15.00 by the club. Members pay for their own drinks.

Our Social Secretary Kerry Lucas needs to know if you will be attending..

RSVP by Monday 18th July to Kerry Lucas:

- Email <km.lucas@bigpond.com>,
- Tel: 5754 1341 or
- Mob: 0407 814 114

Falls User Guide

A new web based resource

Click this link <www.fallsuserguide.com>

The website covers both winter and summer activities at Falls Creek and includes excellent maps of all village and High Plains cross country ski trails (*refer to the image below*).





Euroloppet – Switzerland

Oldrich Sadilek

Oldrich is a member from Bairnsdale and reports here on his first experience in a Euroloppet race.

For my first Euroloppet race I have chosen Obergoms in the Swiss canton of Valais. Obergoms is located on a high plateau between 1250 and 1350 meters above the sea level. First time visitor is smitten by its natural and cultural environment, the villages with their innumerable, sun-baked wooden houses and abundance of chapels. It was no doubt the most beautiful and picturesque high valley of the Alps that I have seen.

I have arrived five days before the race to give myself a chance to acclimatize and of course try the racetrack at my leisure. I stayed in the village of Ulrichen. The start and finish of the race was 2 kilometres from my hotel. Gommerlauf offers 3 races. One race 21km in CT, and 2 FT races of which one is 21km and the other 42km. The shorter races were run on Saturday and the longer race on the following day. All three races are credited as Euroloppet races.

Being a newcomer to cross country skiing Gommerlauf was the race for me, relatively flat but scenic race track (with small bumps in the ground)

I have to agree after talking to fellow skiers that Gommerlauf is one of the most attractive and memorable ski marathons. The racetrack is dotted with spectators from local villages and many visitors. Their encouragement and the ringing of the cow bells set up a unique experience that this skier will cherish for a very long time. My only wish is return to Ulrichen, unfortunately my priority is to complete 8 Euroloppet races within 10 years.



Oldrich in full stride



Birkie Bits

by Nordic Ned

Birkebeiner Classic Race & Federal Elections

Members please note that the Birkebeiner Classic club race is on Saturday 2nd July starting at 10 am on the same day as the Federal Elections. There is no voting at Falls Creek or Tawonga so please make other arrangements. Victorians can vote at Mount Beauty between 8 am and 6 pm at the Mt Beauty Primary School - Lakeside Ave. Interstate polling only will be in the Community Centre next to the Bakery.

New Clubhouse access track

At a pre-season working bee a new access track was cut by Blair Hume from Windy Corner through the trees below the Clubhouse. This was requested by the Falls Creek Resort Management as there is still a safety issue with members accessing the Clubhouse via the track next to the SES building and walking along the apron in front of the Workshops. As from this season, members are asked to use this new track. Of course, members can still use the road and the steep hill if they wish.

Falls Creek User Guide

Click this link <www.fallsuserguide.com>

Australian XC Skiing Training Diary

Allison McArdle (currently coaching in Canada) is heading a project to update and reprint the Australian XC Skiing Training Diary. This will be the 5th reprint and update since it was first produced in 1986. It is anticipated that it will be available for this winter.

Discover XC website

An introductory web portal that aims to boost cross country skiing participation at grassroots level. The website is now live for people to browse. Click this link <www.discoverxcski.com> For more information on getting started in the sport check out the *Get Started* section on the website!

National XC Skiing Website

Click this link to check it out <www.ausxc.com>. The National Race Calendar and seasons results can also be viewed on the site.

Stella Ajaninew XC Journal for 'This Week in Falls Creek & Mount Beauty' publication.

Following the footsteps of other XC Journalists such as Finn Marsland, Paul Kovacs and Katarina Paul, Stella has taken on the job this winter. Ken Bell produces the free publication each week during winter. It's available Friday afternoons from many locations at Falls Creek and Mount Beauty.

Online Race Entries

Online entries for the following races are now LIVE:

- Rocky Valley Rush – Falls Creek
- National Senior Championships – Falls Creek
- Kangaroo Hoppet – Falls Creek
- NSW Assorted Online Entries – P Valley

Visit the Club's website Home Page for the links.

Ski de Femme registration is live as well. Visit the Club website and look under Programs.



Clubhouse New Access Track



Start



End

Hoppet Polo Shirt — orders close 30 June 2016



Our model, none other than the Hoppet Board Chairman Allan Marsland

Orders for the 2016 Limited Edition Hoppet Polo Shirt close June 30th. Cost \$50.00.

How to order (online only)— Go to the Hoppet website by clicking this link <www.hoppet.com.au> and on the lefthand side look under Latest News and click the link. You can order when you enter **online** up until June 30, and collect your order when you pick up your race pack from the Hoppet Shop in Mount Beauty, or you can *email us with your credit card details and the size you require* even if you are not entering the Hoppet. Another way to purchase the shirt is to log onto the Hoppet Registration entry site, set up a profile then go to the 'Shop' tab, to order and pay for the a shirt (no entry required).



Instruction/Coaching Clinics



This season BNSC is excited to welcome **Kristian Holmsen** as our invited coach from Fossum IF Ski Club in Oslo Norway. Kristian will coach our Junior Birkies, run adult instruction sessions, work with Mt Beauty Primary and Secondary Schools, run a waxing clinic for club members and provide assistance to the Victorian Junior XC Ski Team. No doubt he will be a great classic skier and we will see him enter a few races too.

Adult Instruction Timetable

JULY	TUES 12 11:00-12.30 pm	CLASSIC INTERMEDIATE
	SAT 16 10:00-11.30 am	SKATE INTERMEDIATE
	SAT 23 2:00-3.30 pm	SKATE INTERMEDIATE - ADV
	TUES 26 11:00-12.30 pm	CLASSIC BEGINNER
AUGUST	SUN 7 1.30-3 pm	SKATE BEGINNER
	THURS 11 9.30 – 11 am	CLASSIC INTERMEDIATE
	SUN 14 2:00-3.30 pm	SKATE INTERMEDIATE
	TUES 16 11-12.30 pm	SKATE INTER/ADVANCE
	THURS 25 9.30 – 11 am	SKATE INTERMEDIATE

Meeting place & time — Nordic Bowl Race Hut 15 minutes before the start of the session. If using waxed skis for the classical sessions make sure your skis are waxed and ready to go.

During winter, Kristian will be out on the tracks offering adult ski skill *development* sessions.

Limited numbers in each session so places will be allocated on a *first-in first-served basis*.

Bookings essential — To Nick Wright (*BNSC liaison committee member*): Email: <wright.nick@bigpond.com>.



Membership 2016

Jim Gargan – Membership Secretary

Yes, June (it's now July) is time to sign up for your club membership. You need to be a paid up member by 30th June at the latest.

The AGM decided to keep membership fees the same as last year.

Please log on, register, and pay with your credit card.

Click [\[HERE\]](#)

Here are some helpful hints.

1. Ignore any request for a password at the start. You have to **start a new membership** each year. Look for the small blue link on the right hand side: "Start a new membership with this address". Otherwise just fill in the boxes.
2. *Families*: Please enter just one adult for the family membership, preferably the one with the family surname, and then list the other family members in a single line in the box provided. That means only one form for you to fill in, and one payment of \$75.
3. *Couples or parent and child*: Enter one adult, then click on 'add another person' (don't check out yet!). You may need to create a password in order to add the second person. Ignore any further requests for another password for the second person before proceeding to checkout.

Having trouble? **Email**: Jim <jegargs@gmail.com>

Mob: 0409 493 202

Fees: Family \$75.00, Single \$35.00, Junior/Student \$25.00 and Associate/S&R member \$25.00.

New Members

We welcome the below new members*:

- Jenny Farrington — Mount Beauty
- Hamilton Family — Tawonga Sth
- Kusz Family — Tawonga Sth
- Mordes Family — Brighton
- Pammer Family — Alexandra
- Price Family — Ivanhoe East
- Proft Family — Whitefield

**provisional until approved by committee*



Ski de Femme — Saturday 13th June 2016
Online Registration is necessary. Please click [\[HERE\]](#)




**NEW FOR 2016
HOPPET
TRAINING GROUP**

Starts Monday July 11th

Skate Technique: Will suit intermediate and experienced skiers and provide structure to your Hoppet preparation. Get some training advice and kilometres in the legs. May help improve your time and how you feel.

Meet **Kristian** at 10 am (At the Clubhouse) — Sessions 10 am–12 noon
Up to 10 people can join.

Cost: \$40.00 (6 sessions)

Contact — Ronice to register **Mob:** 0409 332 642
Email: <ronice.goebel@gmail.com>



JUNIOR BIRKIES

If you are ready to graduate from Junior Joeys, and are in year 5 to 9, then come along on Sundays from 10.30am to 12.00

STARTS Sunday 10th July (this day is part of Junior Birkie camp, so come along for the day if you can)

Meet at the clubhouse and get ready to rock and roll, and ski! That means getting there ready to ski by 10.15 am!

You will have fun and learn a few more skills to get you zipping around the horseyards quicker or ready to race!

Coaching will be every Sunday until the Hoppet.

It's free for belonging to this great club!!

COACHES include your favorite super keen club coaches and our **guest coach Kristian Holmeson from Oslo Norway.**

REGISTRATION A MUST : Parents to contact **Ronice**, OR sign up juniors at the club house, and complete the medical form. The weekly program will be available at the clubhouse. Parents are encouraged to be involved.

NOTE - Times will vary when National races that BNSC organizes are scheduled.

Check club notice board regularly.

Contact Ronice: Tel: 5754 4910 / **Mob:** 0409 33 2642
Email <ronice.goebel@gmail.com>



Looking Back

by Nordic Ned

1985 High Plains Winter Crossing

Andrew Walker & Phil Rumpff

Editor: This is a follow up article to the short one that appeared in the *June 2016 Birkebeiner Bulletin* about the 1985 High Plains Winter Crossing (not 1987 as previously reported). Andrew Walker and Phil Rumpff share their experience of that crossing.

Andrew — Yes, it was Friday 6th September 1985, the day before the Charlie Derrick Memorial Race, which was after the Australian Birkebeiner. The latter had been brought forward in 1985 to tag onto the end of an International Race Week that included the Australian Championships and other events. Konrad Hallenbarter (SUI), Audun Endestad (USA), Christina Brugger (SUI), Anette Boe (NOR) Tuula Erkkila (FIN) and Pal Gunnar Mikkelplass (NOR) were the strong internationals participating that year.

Audun Endestad had been working on the High Plains Crossing all week, trying different routes from Timms Lookout to Mt Jim, taking advantage of fine weather and a quite good snow cover. Christina was also doing a lot of skiing. They were both staying at Howmans Gap Camp, being fed by Phil Rumpff, and with Keith Jeffcott and Andrew Walker as the Howmans instructors. **Note** — 1985 was the year skating began as the dominant cross-country technique, following developments from the previous northern winter.

I think I had a sick day in bed on the Thursday and the crossing talk got to a climax on Thursday night. Friday was to be the day, as clear skies and firm snow had again been forecast. Phil committed to the Crossing, and I could not pass up a big day out and committed as well, with extra pasta.

Four of us were focussed to do the crossing - Audun, Christina, Phil and myself. I think Keith drove us down to Mountain Creek Campground in his powder blue Valiant, or was it David Jones in his big FWD. Three (Christina, Phil and Andrew) set off in light at 7:00 am, walking and running, from the Mountain Creek Campground. Audun chose to delay for a while, I think, so we could guide him down to T Spur to the Big River crossing. Anyway the delay was inadequate, as Audun passed us up below Bivouac hut, running.

The snow surface was so firm and coarse to the summit ridge, just like a 14mm spray seal on road, secure for walking in runners. Skis on by 9:00 am, although we were skating, the skis actually were classic, no skate specific ski yet available (remember it was 1985 and skating had only started internationally the year before), and glide waxed full length. Terrifyingly fast run across the top and down past Cleve Cole, following Audun's tracks.

Phil — Just beyond Cleve Cole at around the old Maddisons Hut site Audun's ski track took a wrong turn and a detour down the Long Spur along the Alpine Walking Track. From memory this was a fairly substantial detour and from memory we hunted around a bit until we found his return tracks heading in the correct direction down T Spur. The snow must have been softening enough to see his tracks which were unmistakable. Skating tracks like Audun's had probably never been seen on Bogong. I recall following his tracks down the T Spur until I could no longer ski then following his tracks on foot until we reached the snowline. Surprisingly we were still following the markers on the trees and emerged at the Big River Crossing without problems. My recollection is of all crossing together (the river flowing at 1m) and starting up Duane Spur until we reached the snowline below Ropers Hut and started skiing again. However Andrew may be right and possibly it was just Christina and myself. I was close enough

to see Christina ahead most of the way to the back of Mount Bundarra but after Ropers it was essentially every woman/man for themselves.

Andrew — I took runners, now well wetted by Big River, so after changing shoes on Duane Spur as an excuse for resting, I never saw Christina and Phil again. Up Duane Spur, past Ropers Hut and on to Mt Nelse, to have another terrifyingly fast run down Mt Nelse and across to now the Paralyser (Watchbed Creek Track).

Phil — At Warby Corner I passed and had a brief conversation with Jenny Van Der Ploeg but otherwise saw no others except Rene Welsh and Peter Dingle until after Charlie Derrick Hut.

Andrew — At Watchbed Creek, Rene Walsh and Peter Dingle were waiting, providing much needed food for us and even more-needed encouragement to keep going - Phil and Christina were only ten minutes ahead, apparently.

Phil — At Langfords, I noticed Audun's and Christina's tracks had gone over the top of Basalt Hill but for me the strain was beginning to be felt and I took the line of least resistance along the road to Cope Hut. Then back on the pole line to Cope Saddle and around the Cope West aqueduct, crossing at the head of the gully to rejoin the pole line just before Fletchers yards. By this time I was in a bit of trouble with cramping in the quads and was resorting to stuffing snow down the legs of my race suit in a desperate attempt to alleviate the cramps and keep moving. Although I could still see Christina at times until the descent into the Cobungra I was getting slower and slower and beginning to wonder if I was ever going to make it. As Andrew says it probably was beautiful skating on still reasonable snow but I was not feeling much love.

Continued on P11



Audun Enderstad (USA Olympian)



Continued from P10

Andrew — Still sunny and no wind, with beautiful, but tedious single skating following three sets of skate marks on firm white snow, which I assumed to be made by Audun, Christina and Phil. Across to Mt Jim, crossing an aqueduct on High Plains Creek, and down to Dibbins Hut, the lower bits in runners, more time lost in changing.

Phil — For me it was a big struggle up Swindlers with cramp persisting and a very tired body wanting to stop. I was beginning to get a bit desperate by Charlie Derrick Hut and tried to attract the attention of a couple of hot shot junior skiers (the Evans Bros) as they passed nearby going down the Spur. Unfortunately they could not hear me and I plugged on eventually making it to the Loch carpark.

Andrew — The long haul up Swindlers Spur up to beside Mt Loch was by counting 100 skates to one side and change. I don't recall how bad I felt, but I had to keep going as daylight was starting to fade. Eventually the terrifying Loch Spur downhill before passing by the Charles Derrick Memorial Cairn to the top of Brockhoff tow and at last to the Loch carpark. I was bundled into someone's (Sini Roos – a leader on that week's Howmans Ski Camp) car and whisked away to the General Store where the other three were recovering, although Audun might have been out skiing?

Phil – Of course in 1985 it was pre the widespread use of sports drinks and although we were possibly aware of the need to hydrate it wasn't ingrained like it is today and we certainly weren't carrying accessible water or drinking enough. Thus we were almost certainly skiing dehydrated and underfed for a 55km walk / ski with 3000m of climb and 2000m of descent. With 30 years of hindsight it's reasonable to say that if our bodies were still capable of doing this today we would go about a little differently.

Recorded times:

- Audun — 5hrs 53min
- Christina — 8hrs 17min
- Phil — 8hr 45min
- Andrew — 9hrs 53min

Andrew — After a night in APEA Ski Club, and moving only slowly, the next day I could only watch in awe as Audun and Christina cleaned up in the Charlie Derrick race.

Phil — I went back to Howmans that night and was back at work at 6.30am, also in awe when I heard of Audun and Christina efforts in the 'Charlie. My diary records "no skiing" Saturday or Sunday. "Legs very stiff and sore".

In retrospect, the Crossing was a great day out with people we all enjoyed skiing with, a wonderful venture in perfect conditions with terrific support people. As a sixteen year old living on the Murray, I have only the vaguest recollection from the radio news of Charlie's passing in 1967 on the same venture, hopefully we keep his memory living on in 1985.

Editors note: The winter crossing was from the Mountain Creek Campground, up Mt Bogong (1,986m), across the Bogong High Plains to the Mt Hotham Loch Carpark. Skiers had to climb ~2,620m and descend ~1,420m over the ~55km distance.

The previous record was established by Danny Flynn (Wangaratta Ski Club member) in 1975 using the classical style at 10hrs 15min. I believe it was the first time a record was created.

Like all records there created to be broken. I hear that some others are keen to 'have a go'.

Clubhouse Rules

Tony Keeble & Megan Benne

Clubhouse is for day use only

For the comfort of others the committee asks all members to please observe the following rules:

1. No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)
2. Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.
3. No outdoor footwear or wet clothes upstairs.
4. Clean up after yourself - no dishes to be left on the sink.
5. Take all your rubbish home. We do not have a rubbish bin in the clubhouse.
6. If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off
7. Lock the door if are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.





Increasing the Coaching Capacity of Our Club

Level 1 XC Coach - On-Snow Technique - Falls Creek

This course will

- give you confidence to assist junior programs
- update your knowledge of ski techniques and tick off the ON SNOW component of the LEVEL ONE XC ski coaching qualification.

DATE : July 23/24.

VENUE : Falls Creek

PRESENTERS : AUSXC Falls Creek Training Centre Coach Robert Jones and BNSC Winter Coach Kristian Holmsen from Norway.

Two Level 1 XC Coach On-Snow Technique Workshops are HALF DAY workshops and cover the basics of teaching classic and freestyle cross country skiing techniques, what to look for when assessing skier technique, using apps and video for evaluating technique, and tips and tricks for getting everything to “click”. For past coaches it will also be an excellent opportunity to refresh your understanding of ski technique and see if much has changed in recent years.

The course is only available to registered coaches. If you would like to become a registered coach you need to complete the Australian Sports Commission Basic Coaching General Principles, online through the ASC website prior to attending the course. This also applies to instructors wanting to attend the course. A copy of the Coaching Principles certificate needs to be emailed to the National Coaching Director prior to the course: allison.c.stoddart@gmail.com

FOR MORE INFO:

Click this link

<<https://www.skiandsnowboard.org.au/events/3277/>>

Course details:

Coach Level 1 –Falls Creek Nordic Bowl

Saturday 23rd July - 1:00-4:30pm *Classic Technique Workshop* (on-snow): diagonal stride, double pole, kick-double pole & herringbone

Falls Creek Nordic Bowl

Registration Fee: \$66

Coach Level 1 – *Freestyle Technique Workshop* (on-snow): offset, single-time, double-time & free skate

Sunday 24th July - 12:30-4:00pm

Registration Fee: \$66.00

***Pre-requisite** – *Community Coaching General Principles*

Please note that a basic understanding of the different ski techniques is required in advance of the course.

For more information on the Falls Creek Technique workshops contact:

- Finn Marsland – SSAXC Program Director: <finn.marsland@gmail.com>
- Allison McArdle – SSAXC National Coaching Director: <allison.c.stoddart@gmail.com>



Worldloppet Race
3rd September 2016

Snow Farm, Cardrona NZ

<<http://www.merinomuster.com>>