

**Melbourne
Nordic
Ski
Club
Inc.**



CROSSWORDS

Club Nights 8:00pm each month (Days vary please check in this newsletter) at Hawthorn Library Meeting Room, 584 Glenferrie Road, Hawthorn Melway 45, grid D11

Correspondence should be addressed to Melbourne Nordic Ski Club Inc. P O Box 1265 Camberwell, Vic 3124
MNSC Web Site: <http://www.melbourne-nordic.org.au>

May 2009 Vol 28 No 1

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Next Meeting

Wednesday 13 May

8.00pm

Sue Gertzel

Get Fit with Physios



President's Report

Our first club meeting on Wednesday May 13th gives us the opportunity to get together and chat about our plans for XC skiing in 2009! We have a great offer for skiers interested in ski fitness. We will be drawing a prize for members who join by May 13! Sue Gertzel is offering us a free membership for Get Fit with Physios Ski Fitness Program which goes for 2 evening sessions over 8 weeks in May and June valued upto \$318.80. The prize is available to members who have not previously enrolled in the Get Fit with Physios Ski Fitness Program. Sue will also be talking to us at the meeting about ski fitness at home. Also please come prepared to participate in a little bit of ski fitness exercise at the club meeting.

John Banks and Peter Ritchie have been busily working over the summer organizing a Melbourne Nordic Ski Club Second hand gear show to be held at the Boroondara Peppercorn Centre (584a Glenferrie Road. Hawthorn. Victoria 3122) on Sunday May. 31st



May. There will also be a buying night at the Wilderness Shop on Tuesday 12th May. All details are in X- words.

Many of us have been touched by the dreadful bushfires of Black Saturday.

And our best wishes go out to Carol Pagnon, Ruth Morley and Judy Hume who lost houses in the fires at Marysville. The Lake Mountain ski resort was also damaged, but it apparently will be ready for winter. The resort is encouraging visitors as a means of helping the local community recover. The current cold snap and snowfall on the alps is a welcome sign of approaching winter.

Looking forward to seeing you at the Club meeting!

Glenn Patmore, Acting President

MNSC Office Bearers

President (Acting)

Glenn Patmore

Vice President

Ian Cochrane

Contact: enquiry@melbourne-nordic.org.au

Phone: Messagebank: 03 9517 0106

Secretary John Joyce

Treasurer Jill Edwards

Membership Andrew Phillips

Publicity Meg Bate

Accommodation Marvena van Kann

Ordinary Member Peter Ritchie

Race Secretary Martin Boland

Seconded John Banks

JOIN the Victorian National Parks Association!



As a VNPA member you'll enjoy:

- Victoria's largest bushwalking and outdoor activities program, tailored To all levels and interests including activities especially for the Under 35's.
- Our informative quarterly magazine, *Park Watch*, and monthly newsletter *Update*.
- Discounts on VNPA books, including visitor guides to the most popular parks.
- Volunteer days with 'Friends of' groups who work for parks and threatened species.

A VNPA Membership Card, which entitles you to discounts at various Outdoor Stores.

You can join now - simply go to www.vnpa.org.au - phone (03) 9347 5188

Picture of Lake Mountain on front page taken by Peter Campbell Taken 10 April 2009

(http://en.wikipedia.org/wiki/File:2009_Lake_Mountain_after_bushfire_DSC_0335.JPG)

Accommodation Report

Booking Policy:

The club membership fee must be paid before making any accommodation booking. This requirement is waived for a potential club member who wants to experience **ONE** of our weekends before joining. An extra \$15 is charged to cover costs, such as lessons that might be provided.

The cost of accommodation for **ANY** weekend must be paid in **FULL** at the time of booking. School age children are half price unless otherwise stated.

Booking and payment for all weekends must be made 1 month prior to the event, preferably at the club meeting by cash or cheque. At other times payment can be made by mailing a cheque or by direct transfer.

Cancellations due to lack of snow, ill health or any other reason will only be refunded if the person cancelling finds **an alternative place taker**.

Late bookings may be accepted in special circumstances (accompanied by payment in full) but accommodation cannot be guaranteed and monies will be refunded if unavailable.

Accommodation is allocated on a first come, first served basis and places are limited, so book early! At the May meeting be prepared to book and pay for Ski de Gens as it is your only opportunity to book and pay at a meeting. Don't forget that you have to pay your membership first. Fill out the accommodation booking form in Crosswords **carefully before** the meeting and bring your money!

Five weekends are on offer again this year. Please remember that even if the snow is disappointing this will not prevent participants from having a most enjoyable, social weekend. Activities may include bushwalking, trips to local attractions such as wineries and trout farms and delicious

meals at any one of the wonderful pubs, cafes or restaurants that abound in the area.

Carpooling:

The Club encourages carpooling, but the responsibility of arranging a place in a car, or a carload of passengers lies with the passenger or driver. You will be able to organise your carpool on line. If you are a driver or a passenger you will need to provide the time you are leaving and your departure point. Passengers should either make their way to the driver's departure point or to a convenient pick up spot that is "en route", to be agreed upon with your driver. Passengers contribute to the cost of travel according to the current schedule of the club's carpooling policy.

**DON'T MISS OUT -
BOOK EARLY FOR THE
FOLLOWING:**

Ski de Gens (includes Ski de Femme) : 3rd July – 5th July

Mountain Creek Holiday Centre
Self-catering, bring your own bedding, linen and towel.

or Kiewa Country Cottages
Self-catering, bedding/linen/towel supplied.

Lessons for all (tout le gens) and day tours will be organised on the Saturday. Tours for those interested will be planned for Sunday or there will be Ski de Femme workshops for women as usual in the Nordic Bowl area, beginning at 10.00am. Saturday night we usually dine out in Mt Beauty.

Payment deadline: 13th May meeting or 5 June by post or bank transfer.

Marouka Lodge – Hotham 17th – 19th July

Self catering, BYO sleeping bag, linen, towel

Austin Maloney has kindly organized this official club weekend again. As before, there is an opportunity to stay longer. Small

groups set off to explore the many trails between Hotham and Dinner Plain each day.

For further details see Austin's article in this issue of Crosswords.

Payment deadline: 9th June meeting or 19th June by post or bank transfer.

Howman's Gap 24th July – 26th July

Howman's Gap Alpine Centre, Falls Creek entrance.
Catered, BYO sleeping bag, linen, towel

This is the annual Club weekend – a great way to get to know other members. Lessons are provided at all levels of experience, tours are organised and on Saturday evening we all get together for some fun.

6 meals are catered (**including Friday dinner, so don't forget to indicate on the accommodation form if you will be there in time**); Pillows are supplied and some blankets but you need to B.Y.O. linen and towel.

Please indicate on the accommodation form if you have any food allergies or are vegetarian.

Payment deadline: 9th June meeting or 26th June by post or bank transfer.

Mt Stirling 8th– 10th August

Robyns Nests on Ailsa St and Highton Lane, Mansfield

Self-catering, bedding/linen/towel supplied

This weekend is timed to coincide with the Justoyota Stirling Silver race, hosted by MNSC. This is a great opportunity to ski somewhere different! You can race, help out or just ski. Saturday night we usually dine out in Mansfield

Payment deadline: 14th July meeting or 14th July by post or bank transfer.

**Late Season, including
Hoppet/Birkebeiner/Joey Races
29th – 31st August**

Carvers Log Cabins or Kiewa Country Cottages.
Self-catering, bedding/linen/towels supplied.

This is a wonderful opportunity to enjoy spring skiing either by going on a tour or by participating in the Joey Hoppet, Birkebeiner or the Hoppet races. These races attract competitors from all over the world and are held at Falls Creek on the Saturday.

Joey, 7km,
Birkebeiner 21km and the
Hoppet. 42 km.

Some take racing seriously, others just enter for fun. Another option for the less energetic members is to help staff the MNSC drink station. Help is always welcome and an enjoyable day is assured. Saturday night we get together at a Mt Beauty café to swap/hear race stories before attending the presentation.

Payment deadline: 14th July meeting or 31st by post or bank transfer.

**Please use the booking form
provided in Crosswords.**

For further information visit our website: www.melbourne-nordic.org.au. For questions that are not answered by Crosswords or our website please contact:

Marvena van Kann
Accommodation Officer
Phone: 9686 5758 (before 9.30 pm)



*Maurka Lodge,
Mt Hotham*

**Maurka Lodge, Mount
Hotham**

As in all recent years, a weekend for MNSC members at Marouka Lodge had been arranged.

This is the only club weekend with on snow accommodation. A groomed ski trail lead from the lodge door to the village trail network, and on to Dinner Plain.

This Year's accommodation rates are significantly cheaper than last years.

Dates

In Friday 17th July

Out Sunday 19th July

Cost \$116

Extension

You may stay a third night (Sunday 19th July) and ski on Monday Cost \$40

Bookings \MNSC Accommodation Officer

Other Information

Club meetings or Austin Maloney

Other Marouka Bookings

Some club members usually extend their stay into the week following the club weekend. These booking are not made through MNSC but through Austin Maloney.

Marouka booking at other times of the season (also through Austin Maloney) are sometime available.

**World Winter Masters Games
2010 registration opens**



Registration is now open for the first World Winter Masters Games in 2010: online registration for the event scheduled to

be held in Bled (SLO) from 25th-31st January 2010, opened exactly a year before the event, on 25th January 2009.

The World Masters Games are organized by the International Masters Games Association. The aim of the World Masters Games is to support the Olympic movement and promote the 'sport for all' philosophy of the Olympic Charter by encouraging mature athletes to practice sports regularly and to participate in Masters Games.

The first World Winter Masters Games 2010 will allow anyone over the age of 25 to participate in an Olympic style experience. There are no qualifications or national teams, only age criteria. The social aspect of the competition is just as important as the sports one. More than 5,000 athletes from more than 60 countries are expected to compete in six different disciplines: Alpine Skiing, Cross-Country Skiing, Ski Jumping, Biathlon, Ice Hockey, and as presentation sport, Indoor Football (futsal). The skiing competitions will be held in Kranjska Gora (Alpine Skiing), Planica (Ski Jumping) and Pokljuka (Cross-Country Skiing and Biathlon).

For more information or to register, visit to www.2010mastersgames.com

Kangaroo Hoppet 19



G'day everyone!
Autumn is here and winter is approaching. It's time to dust down the skis and start work on the body.

The Mount Beauty Half Marathon is on Saturday 23th of May.

This is the first event of the Great Alpine Challenge, Australia's longest triathlon. (The three events are spread over five months!) A run (21km, 10km or 3 km), a ski (the 42km Kangaroo Hoppet or the 21km or 7km events) and a ride (the 55km Mitta to Mount

Beauty mountain bike ride held at the end of October).

Full information and on-line registration can be found. [Click Here](#)

Earlybird entries for the Kangaroo Hoppet now open.

Saturday 29 August 2009 – Falls Creek Australia's Worldloppet Ski Race

On-line registration is now open for the Kangaroo Hoppet, Australia's international cross country ski marathon, the Australian Birkebeiner race (21km) and the Joey Hoppet (7km), [Click Here](#) for Online Registration.

Please help us stay in touch by notifying us if you change your postal address or your email.

If you would like to be removed from our email or postal lists, please advise.

Warmest regards

Helen

Race Secretary

<info@hoppet.com.au>

The Annual Melbourne Nordic Ski Club



Mega Buying Night

The Wilderness Shop

Date: 12 May 6pm -9pm

Address: 969 Whitehorse Rd,
Box Hill, Vic, 3128,
AUSTRALIA

ph (03) 9898 3742

fax (03) 9899 5398 email

www.wildernessshop.com

MNSC Mailing List

To subscribe to the list

Send an email to

melbnordic-request@vicnet.net.au

In the body or subject of the email type subscribe . You will then receive an email back asking for confirmation. Click the link contained in the email, Fill in your real name and confirm and you will be subscribed.

To unsubscribe from the mailing list:

Send an email to [melbnordic-](mailto:melbnordic-request@vicnet.net.au)

[request@vicnet.net.au](mailto:melbnordic-request@vicnet.net.au) In the body or subject of the email type unsubscribe . You will then receive an email back asking for confirmation. Click the link contained in the email, Confirm and you will be unsubscribed.

Posting messages

Once you are a member of the list, you can post messages to it. You address your message to melbnordic@vicnet.net.au Your message will be sent to every member of the list. Please be polite and only send messages related to activities for Club members.

See the Web Site (link from the Events Calendar), for etiquette for posting messages.

Club Venues

- Lake Mountain Ski School
9.30 am each winter Saturday & Sunday
- The Camp. Lake Mountain
12.30 pm each winter Saturday & Sunday
- Lake Mountain Ski School
10:30am Wednesday, Mid week Skiers
- Marysville Bakery, Marysville
(On the way back from Lake Mountain)
4:30 pm “apres ski”!
- Windy Corner Nordic Shelter,
Falls Creek.
Most winter lunchtimes
- Euroa Café
84 Binney Street, Euroa
(A great place for a feed on the way home from Falls Creek or Mt Hotham)

Crosswords Deadlines

Friday 29 May 2009

Friday 3 July 2009

Friday 31 July 2009

Friday 28 August 2009

Friday 25 September 2009

Friday 30 October 2009

Articles in electronic format and on time are most appreciated. Photographs sent to the editor can be scanned for inclusion in Crosswords—please remember to include an appropriate caption

Please send to the Editor:

Meg Bate

2/5 Austral Court

Heidelberg Vic 3084

Email: editor@melbourne-nordic.net.au

MNSC Meetings 2009

Wednesday 13 May

Tuesday 9 June

Tuesday 14 July

Tuesday 11 August

Wednesday 9 September

Monday 12 October

8:00pm at

Hawthorn Library Meeting Room,

584 Glenferrie Road,

Hawthorn Melway 45, grid D11

Need to eat before meeting? Why not join in with MNSC members before hand for dinner at:

Glenferrie Hotel Time: 6.30

Burwood Road, just west of Glenferrie Rd.

**Melbourne
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Membership Application Form for 2009

<http://www.melbourne-nordic.org.au/>

P.O. Box 1265 Camberwell, Victoria, 3124

Melbourne Nordic Ski Club Fees	Each	Qty	\$
DUE 1st May 2008			
Full time Student under 26	\$15		
Single Membership	\$38		
Family Membership	\$50		
Total Due			\$

If renewing, please tick box

Title	Given Name	Family Name	Occupation	Year of Birth	Ski Level (B / M / A)

(Ski level = Beginner (B), intermediate (M) or advanced (A))

Fill in below if you are a New Member, or a current Member with a change of details

Phone: Home Business Mobile

Address: No & Street

Town State Postcode

Email

Emergency contact person

Relationship **Phone**

Please tick boxes below for areas of interest:

- | | | | |
|----------------------------------|--|--|--|
| <input type="checkbox"/> Classic | <input type="checkbox"/> Lessons | <input type="checkbox"/> Telemarking | <input type="checkbox"/> Family Trips |
| <input type="checkbox"/> Skating | <input type="checkbox"/> Fitness Training | <input type="checkbox"/> Backcountry | <input type="checkbox"/> Day Tour (Weekend) |
| <input type="checkbox"/> Racing | <input type="checkbox"/> Social Activities | <input type="checkbox"/> Touring/Camping | <input type="checkbox"/> Day Tour (Mid-Week) |

Any Other

How did you hear of Melbourne Nordic Ski Club Inc (MNSC)? Please Circle:

Friends Ski Shop Ski Show Brochure Web Search Other

I consent to my name, suburb, phone numbers and email address being published in the Club contact list, 'Yellow Pages': Yes No

I prefer to receive 'Crosswords' via: Email Mail

As a member(s) of the Melbourne Nordic Ski Club Inc. (MNSC) I/We agree to be bound by the Club Rules in Force from time to time.

Signed **Accepted**

Date **Date**

2009 AUSTRALIAN CROSS COUNTRY SKIING RACE CALENDAR

Day	Start	Race	Location	Contact	Contact No.
June					
Sun 28	10:30am	Junior Joey Series 1	Falls Creek	Jenny Kromar	0439 999 788
July					
Sat 4	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tony Greville	02 4844 5047
Sat 4	10:00am	Birkebeiner Classic 2.5/5/10km	Falls Creek	J Bottomley	03 5754 1101
Sun 5	10:00am	Ski de Femme (F) 1/2.5/5km	Falls Creek	Ronice Goebel	03 5754 4910
Sun 5	11:00am	Cooma Clean Out the Cobwebs (F) 5km	Perisher	Klaus Pinkas	02 6285 4648
Sat 11	10:00am	ACT Open/Junior Champs (C) 2.5/5/10km	Perisher	P Cunningham	0411 129 363
Sat 11	11:00am	Snowgum Wodonga High Plains Tour (F) 2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sun 12	9:00am	NSW Open/Jun Team Sprint (C)	Perisher	Toni Hulme	02 9594 0285
Sun 12	11:00am	Cooma Clean Out the Waxbox (C) 5km	Perisher	Klaus Pinkas	02 6285 4648
Sun 12	11:00am	YMCA Howmans Gap Victorian Interclub Relay Championships (C/F) 5/2.5km #	Falls Creek	Len Budge	0417 352 845
Wed 15	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	CharlottesPas	Rex Cox	02 6457 5223
Sat 18	10:00am	Vic Junior Championships (C) 2.5/5/10km	Falls Creek	Ben Derrick	0400 110 046
Sat 18	9:00am	Come & Try XC Skiing open day	Perisher	P Cunningham	0411 129 363
Sat 18	11:00am	Cooma Open (F) 10km	Perisher	Klaus Pinkas	02 6287 5393
Sun 19	10:00am	Vic Junior Championships (F) 2.5/5/10km	Falls Creek	Ben Derrick	0400 110 046
Sun 19	9:00am	NSW Interschool Races (Nthn, Sydney and ACT)	Perisher	Peter Ward	02 6457 1161
Sun 19	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mountai	Malachy O'Dola	03 577722432
Fri 24	10:00am	Aust Open/Junior Pursuit Champs */**	Perisher	Toni Hulme	02 9594 0285
Sat 25	9:30am	ACT Sprint Championships (C) Open/Jun */**	Perisher	P Cunningham	0411 129 363
Sun 26	10:00am	Aust Team Sprints (F) Open/Jun */**	Perisher	P Cunningham	0411 129 363
Sun 26	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788
Sun 26	11:00am	Inter-schools Classic (C) 0.5/1.5/2.5km	Lake Mountai	Rob Osborne	03 9813 4860
Sun 26	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mountai	Malachy Dolan	03 577722432
August					
Sat 1	11:00am	Hotham to Dinner Plain (F) 12km #	Mt Hotham	Mick Sinclair	03 9398 0316
Sat 1	10:00am	NSW Nordic Cabramurra Tour (C) 15km	Cabramurra	Warren McCourt	02 6242 6613
Sat 1	10:10am	NSW Nordic Cabramurra Juniors (C) 7.5km	Cabramurra	Warren McCourt	02 6242 6613
Sun 2	10:00am	NSW Open/Junior Champs (F) 2.5/5/10/15km	Perisher	Toni Hulme	02 9594 0285
Sat 8	9:30am	Aust Sprint Champ's Open/Jnr (F) */** CC/FIS	Falls Creek	J Bottomley	03 5754 1101
Sat 8	11:00am	Justoyota Stirling Silver (F) 5/15 km #	Mt Stirling	Martin Boland	0408 693 975
Sat 8	9:00am	Victorian Biathlon Championships – Distance (F)	Mt Hotham	Alan Hope	03 9325 1816
Sun 9	10:00am	Aust Open 15/30 km Championships (F) *	Falls Creek	J Bottomley	03 5754 1101
Sun 9	10:00am	Falls Creek Junior Cup 2.5/5/10 (F) **	Falls Creek	J Bottomley	03 5754 1101
Sun 9	9:00am	Victorian Biathlon Championships – Sprint (F)	Mt Hotham	Alan Hope	03 9325 1816
Sun 9	11:00am	City Tatts Nottage Int. Boonoon Open (C/F) 5km	Perisher	Carl Melvey	02 9130 3309
Sun 9		Vic Interschool XC Championships	Mt Buller	Rob Osbourne	03 9813 4860
Mon 10	6:00pm	NSW Night Relays (F)	Perisher	Peter Ward	02 6457 1161
Wed 12	11:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Sue Clark	02 9411 5974
Thu 13	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.co	
Fri 14	11:00am	Charlotte Pass Open (C) 5km	Charlottes Pa	Sue Clark	02 9411 5974
Sat 15	10:00am	Aust Open/Jnr 2.5/5/10 (F) */** CC/FIS	Perisher	Toni Hulme	02 9594 0285
Sat 15	11:00am	Bullfight Charge (F) 3.5/8km #	Lake Mountai	Malachy O'Dola	03 577722432
Sat 15	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	Lake Mountai	Malachy O'Dola	03 577722432
Sun 16	10:00am	Aust Junior Championships 2.5/5/10/15 (C) **	Perisher	Toni Hulme	02 9594 0285
Sun 16	10:00am	Aust Open Championships 10/15km (C) */CC/FIS	Perisher	Toni Hulme	02 9594 0285
Sun 16	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km #	Mt Baw Baw	Warwick Davis	03 97445987
Sat 22	9:00am	Australian Biathlon Championships – Distance (F)	Mt Hotham	Alan Hope	03 9325 1816
Sat 22	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	P Cunningham	02 6299 9641
Sun 23		ANC NZ Continental Cup 10/15km (C) CC/FIS	Waioriau NZ		
Sun 23	9:00am	Australian Biathlon Championships – Sprint (F)	Mt Hotham	Alan Hope	03 9325 1816
Sun 23	10:00am	The Wallaby & The Wombat 15/7km (F)	Falls Creek	Race Secretary	03 5754 1045
Sun 23	10:00am	ACT Ski De Femme	Perisher	R Cunningham	02 6299 9641
Sun 23	10:30am	Junior Joey Series 3	Falls Creek	Jenny Kromar	0439 999 788
Mon 24		ANC NZ Continental Cup Sprint (F) CC/FIS	Waioriau NZ		
Tue 25		ANC NZ Continental Cup 5/10km (F) CC/FIS	Waioriau NZ		
Wed 26	9:00am	NSW Interschool Races	Perisher	Peter Ward	02 6457 1161
Thu 27	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 29	9:30am	Kangaroo Hoppet (F) 42km CC/FIS	Falls Creek	Race Secretary	03 5754 1045
Sat 29	9:40am	Australian Birkebeiner (F) 21km	Falls Creek	Race Secretary	03 5754 1045
Sat 29	9:50am	Joey Hoppet (F) 7km	Falls Creek	Race Secretary	03 5754 1045
September					
Wed 2 – Fri 4		Aust Secondary Schools Ski Team Champ's			
Sat 5	10:30am	Charles Derrick Memorial Langlauf (C) 10/5km #	Mt Hotham	Ben Derrick	0400 110 046
Sun 6	10:00am	Canberra X-C Ski Club Kosciusko Tour (C) 18km	Thredbo	Jo-Anne Clancy	0411 156 959
Sun 6	10:30am	Junior Joey Series 4	Falls Creek	Jenny Kromar	0439 999 788
Wed 9	8:00am	Subaru Australian Interschool XC Champ	Falls Creek	Rob Osbourne	03 9813 4860
October					
Oct 3/4		Perisher Cup	Perisher	Klaus Pinkas	02 6285 4648



SKI & SNOWBOARD AUSTRALIA

RACE SECRETARIES

National & ACT
Peter Cunningham
29 Redwood Ave
Jerrabomberra ACT 2619
ph (02) 6299 9641
fax (02) 6214 9888
mob 0411 129 363
peter.cunningham@countryenergy.com.au

New South Wales
Toni Hulme
4 Marie Dodd Crescent
Blakehurst. NSW. 2221
Ph: (02) 9594 0285
Mob: 0425 217987
Fax: (02) 9594 1061
sangha@optushome.com.au

Victoria
Rae Moore
PO Box 65
Churchill Vic 3842
ph (03) 5122 1885
raem@sympac.com.au

LEGEND

F Freestyle race
C Classic Race
* Senior Selection Race
** Junior Selection Race
CC Continental Cup
FIS FIS Race
Vic.XC Challenge

ABA Race Secretary
Alan Hope
14 Severn Street
Yarraville Vic 3013
Ph 03 9325 1816
Email: alhope@melbpc.org.au
<http://www.biathlon.asn.au>

Event details, times and dates may be subject to change without notice.

Skiers should confirm details with race organisers. An updated calendar will be posted at www.hoppet.com.au/xc

For further details of other Biathlon races please visit: www.sportnet.com.au/biathlon/national

**Melbourne
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ACCOMMODATION BOOKINGS *for* 2009

PAYMENTS BY BANK TRANSFER: BSB 063 143 ACCT 1007 1359. INCLUDE NAME & INITIAL AND EVENT CODE (SEE FIRST COLUMN)

Event Code	Event-Venue	Dates		Catered (C) /self-catered (SC) bedding/linen/towels (BLT) provided/byo	Cost		Numbers		Car Pool Circle Either/both	\$
		In	Out		Adult	Child	Adult	Child		
SG	Ski de Gens Mt Beauty Bush Lodge Kiewa Country Cottages	Friday 3 July	Sunday 5 July	SC; byo BLT SC; BLT provided	\$50 \$80	\$25 \$40			Driver Passenger	
ML	Hotham – Marouka Lodge	Friday 17 July	Sunday 19 July Monday 21 July	SC, byo BLT	\$116 \$156	NA			Driver Passenger	
HG	Club Weekend Howmans Gap Alpine Centre	Friday 24 July	Sunday 26 July	6 meals provided, byo BLT	\$233	<i>Tert Stud:</i> \$220 5-16 yrs: \$207 2-5 yrs: \$103			Driver Passenger	
	Vegetarian (Circle)			Yes/No						
	Friday night dinner			Yes/No						
ST	Mt Stirling: Robyns Nests' on Ailsa and on Highton	Friday 7 August	Sunday 9 August	SC, BLT provided	\$97	\$49			Driver Passenger	
KH	Late Season/Hoppet Carvers Kiewa Country Cottages	Friday 28 August	Sunday 30 August	SC, BLT provided	\$75	\$38			Driver Passenger	
NameMember Number.....					cash/cheque/transfer			Receipt No	
Phone	W.....H.....Email.....									