



# COLD FACTS

NEWSLETTER OF THE ILLAWARRA ALPINE CLUB LIMITED

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Cover Photo: Lucy Ainge at speed in the US Nationals, Sun Valley – March 2006

#### **In this Issue:**

- [Message from the Editor](#)
- [From the President](#)
- [From the Webchief](#)
- [Lodge Maintenance](#)
- [From the Booking Officer](#)
- [From the Club Captain](#)
- [Interview with Lucy Ainge \(extract\)](#)
- [First Tracks](#)
- [Last Run](#)
- [End-of Season event for 2006](#)

#### **Message from the Editor**

Welcome to Winter 2006 folks!  
Now...who forgot to pay the 'Snow invoice' for this year's supply?? I suspect someone at NPWS may have missed this payment and resulted in SnowyHydro turning off the cloud-seeding and cancelling our delivery. I wonder if they take credit card payments over the phone?

Nevermind, Kirk and Mel are cooking up a storm in the Lodge kitchen and believe me, this is not the season to start that aggressive diet you've been planning – it's just not worth missing out!

#### **From the President**

Hello everyone,

Given the slow start to the season, I think it is time to start the ritual snow dancing and see if we can't get a bit more of the white stuff falling down there!! It is the end of July already and Perisher-Blue still does not have all lifts open. So, a rather disappointing season so far, but I am glad to see that you and your guests are still heading down to the Lodge to enjoy the mountains, and especially what I understand is the absolutely fabulous meals from our new management team. I am looking forward to sampling them myself in August!

The most important thing for me to update you on this issue is the status of the questionnaire in relation to the lodge improvements. As I mentioned in the last edition of Cold Facts, a motion was passed at the AGM in April directing the committee to send a questionnaire to members to ascertain their priorities in relation to the future lodge improvements. This questionnaire will provide invaluable feedback in relation to what you want from your ski lodge and will determine future maintenance projects.

The framework of the questionnaire is completed and we are in the process of seeking advice and input from a few experts – architects, builders etc so we can finalise it and get it in the mail to you.

The next edition of Cold Facts will be a "special edition" and will be totally devoted to the questionnaire.

Happy skiing (even if it is only on the man made snow in Front Valley ☺)

*Fiona Montgomery*

### **From the Webchief**

As always, submissions for the website are encouraged. Please contact me by email: [webchief@iacski.com](mailto:webchief@iacski.com) with any items that may be of interest.

Our website is constantly being improved and updated – be sure to bookmark and visit on a regular basis for news, developments and an extensive directory of member services and Club contacts.

*Viola Hallahan*

### **Lodge Maintenance**

Wow a working bee with 1,2,3 .....16 people! What a great roll up...not sure if they turned up for the booze or Karen Irvine's fine cooking. Thanks to the first timers such as Ian Bailey and his lovely friend Sue, Linda Barbour, Dennis Walsh, not too sure about Jonathan?? He could have stayed at home, but they all had a good time. And to the regulars Jonathan Mandl and Eric, Bob Davis, Tim Lee, Greg Eager, Phil, Karen, Mike and Geoff thanks for all the help. The jobs completed were: repairs to stone wall finally complete, painting of men's toilets and bathroom area plus a general cleanup of all rooms and common areas. The one disappointing thing was that we took alcohol home. We also had a lot of help from Mel and Kirk plus had a great time meeting them, lovely people. I hope to see another strong turnout in November - all welcome just remember bring your own aspro clear.

T.D.

### **WIN an MP3 player!**

Groove to your favourite 32 track songlist while painting or a –fixin' at the next Working Bee! Win one of two 128Mb MP3 players by identifying these two past skiing legends who were following the action at the Torino Olympics this year. Who are they?



Entries close 13 August – random draw by IAC  
President Fiona - winner announced in next Cold Facts  
– enter by emailing both names to [coldfacts@iacski.com](mailto:coldfacts@iacski.com)  
or mail Attn: Bookings – IAC, PO Box 359 Figtree NSW 2525.

### **From the Booking Officer**

After spending a fantastic week at the lodge, I'm back into the swing of things. Mel & Kirk (our new managers) did an exceptional job looking after us. You need to ski hard all day to work off their great meals.

The bookings are going well. For the season we have 3153 beds booked out of a possible 3680 (85% occupancy). Keep checking the vacancy page as it is updated regularly. You never know, someone might do a last minute cancellation for the night you want. Late September – mid week still has a lot of vacancies for a last minute spring ski.

Thankyou to the members who pay their final balance before the due date, however I still have to ring a few members to remind them of payments. Please pay on time, it makes my job a lot easier.

Guests of Members now have their \$2 fee included in the current accommodation rates per night – this is no longer necessary to pay as a surcharge when booking and paying for your Guests. Remember to read and understand the regulations regarding Guests and make sure they are aware of their obligations and duties assigned during their stay.

Just to remind members, lunch is not included on the day of arrival. You are welcome to have lunch, just email me before your arrival date and I will notify the managers, so they have enough food available. The fee for lunch is \$5 a head, a lot cheaper than lunch on the slopes.

If you have a recognised medical condition that requires a particular diet or avoidance of a specific food, please advise me via email well before your arrival date. The managers are good, but do need a little notice.

Enjoy your winter holiday and ski hard!

*Julie Irvine*

### **From the Club Captain : Club Racing Report**

With a great start to the Junior Racing Development program in early July, the current squad of 6 trained in both Alpine race technique and XC skating. Young Blythe Fairweather was welcomed this season as our latest participant and is already looking great on-course and keen to master XC. All our Juniors returning for 06 continue to work hard refining their good technique and look forward to the second segment in Aug/Sept plus competing for IAC in the upcoming representative and Club events.

Please remember that the door is always open to our Club's commitment to the Junior RD program and new participants are always welcome!

Special thanks to Mike Edmondson for expert instruction and training with our Junior team in XC skating technique once again this season!

### **Calling all keen Racers!**

Be sure to plan to join a dedicated team this August (Sat 19<sup>th</sup>) to defend the Senior Interclub Championships. Please contact Geoff or Jonathan to confirm your part in the Senior's success again in 06. (Alpine, Snowboard and XC) El Presidente Fiona says we must retain this trophy at all costs!

Don't forget the Club Championships following on the Sat 26<sup>th</sup> August – all welcome in Junior and Senior events for great fun and/or glory.

Lock in your part in our 06 defence of the Smiggins Bowl – let's not risk handing this piece of silverware over, so we need YOU to join in on Alpine, XC and Snowboard on September 16. Please reserve this day on the calendar and bring the whole crew along for a great day of family racing and fun. Consider talking to Geoff/Jonathan NOW to find options for car-pooling and lifts down for this weekend or daytrip.

### **Cold Facts talks to IAC Member and talented Junior athlete Lucy Ainge after her successful 05/06 season in the US including an outstanding 4<sup>th</sup> placing (SG) in the US Junior National Championships in March**



*What's been your PB to date? Coming 4th this year in the Super-G at Sun Valley?*

I think so, but it's hard to compare everything – to say what's more important compared to other races, but at the moment that would be my best achievement. I've done well in the Australian pool of skiers, but in America it's so much more competitive. To come 4th in that field... it means a lot more than winning here.

I haven't been doing Speed events for very long, I've only done three Speed series. You can't do Speed in Australia, and I don't get much opportunity to compete overseas because I'm not there for the right times and snow conditions. I've just gone and done some races and found I really like it. To do well in the Super-G was a really big thing for me.

*An awesome result – you enjoy going flat-stick on a fast course – wider spaced gates?*

Yeah, it's hard to explain... it something that just comes to you. My Coaches didn't think I'd be good at Speed because I get really nervous and didn't think I'd take a straight line because I'd be too scared... but I just go for it - and when I get to the bottom I'm so excited I just want to go back up and do it again! But when I get back up to the top again I think 'uh oh...'

*Like... "did I just come down that??!!"*

Yeah!

All my friends say when I'm in the Start say ' don't worry, you're fine, you'll get to the bottom and you always go really fast' but I can't help but be so nervous at the top. I think nerves help you sometimes, because if I'm not nervous sometimes I don't ski so well. It gets your heart rate up and gets you going... just as long as you're not overly nervous!

*Are you used to taking a lot of risk when you're racing?* Sometimes I don't take enough risk, in the tech events at the moment I'm skiing to finish.

Sometimes in racing it's easier to be the 'dark horse' and come from behind, which is kind of what I did in the Super-G, I started further back because I hadn't lowered my points yet and I came through to the front... whereas in the Downhill, I started earlier because I was in the top fifteen with my points.

So I had a bit of expectation – to do well – in the training runs I'd come 8th and 9th and I really wanted to do well. When it came to the race day, because I was trying so hard, I sort of stiffened up.

In the Super-G I didn't expect to do well, I just skied it and got to the bottom and yeah, it was great! You have to try and 'switch off' sometimes.

*Do get involved with preparing your own gear and equipment?*

Yep, I have to do that stuff. Over in America, the Coaches are always there to help, and when you get new skis, there's a lot of preparation you have to do before you even ski on them.

*Bases and edges?*

Yes, but because I don't do that very often, the Coaches will show me what to do, and watch and make sure that I'm the one that's in charge of that. So usually day-to-day maintenance of my skis I take care of, and then if I have a problem, I can get help with that. Back in Australia, Jindy Sports have helped me out a lot. I've only really come to understand ski tuning in the last couple of years, before that, Dad did all my tuning! Dad used to spend the nights before I was racing, putting the finishing touches to my skis.

I've found especially with speed skis, because I've only skied Speed events these last two years, they take a lot of taking care of, more than any other skis. You have to wax them as much as you can. Rub-on waxes you can use just before a race, but you'd use softer waxes every day for training, it depends on the snow conditions. You have all your brands – I keep some very simple waxes handy.

*Are we going to see you around Perisher Blue this season?*

Yep, I'm there all holidays, most of the time, in and out of exams.

I drop into Illawarra when I can, especially when my cousins are down – I don't get to see them very often so it's always good.

*Read the full interview with Lucy at the IAC website under 'News / Issues'*

## First Tracks

### Alpine Racing Ski waxing – selection & technique

Selecting the right wax to match snow conditions depends on many factors, including the terrain and snow type. The most important factors that influence wax selection are:

- \*Snow temperature
- \*Air temperature
- \*Air humidity

Choosing between hydro-carbon, highly fluorinated waxes and additives can be confusing. The best method is to choose a brand of waxing products and stay with it. Most manufacturers explain their waxing system very well, so it will become easier to choose and mix the right combinations to match the snow conditions.

The following are some key points to consider for wax selection:

- \*Highly fluorinated waxes are the best and are most expensive.
- \*Low fluorinated waxes work well in all conditions (best in very cold, dry snow conditions)
- \*Hydrocarbon waxes are inexpensive and are very good for training and travel.

### Win this Holmenkol Ski/Board tuning kit and Billabong reversible 'beanie' (navy/white)



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## Last Run

A bloke walks into Smiggs Pub and says "Hey, you guys wanna hear a snowboarder joke?" The bartender says, "I'm a snowboarder, the guy on your right is a snowboarder, same with the guy on your left, and the guy behind you is a snowboarder." So he says, "OK. I'll tell it a little more slowly then..."

Q: Why do lifties only get a half hour lunch break?

A: Because any longer and they need to be retrained!

Q: What's the difference between two large pizzas and a ski instructor?

A: Two large pizzas can feed a family of five.

Q: How does a snowboarder introduce themselves?

A: Ohhh - sorry dude!

Q: What's the difference between a fixed term savings account and a ski bum?

A: The fixed term savings account will eventually mature and make money.

### End-of Season event for 2006

## Illawarra Combined Clubs Cruise Sydney Harbour Cruise

(Illawarra Alpine Club - Thirroul Ski Club - Snow Country Lysaght Alpine Club - Steelmakers Alpine Club - Illawarra Master Builders Alpine Club)

Illawarra Members are invited to the combined annual get together to celebrate another fantastic year on the slopes.

We have booked a harbour cruise, which includes a three-course meal and dancing on board a three level catamaran through Aquablue Charters.

[www.aquabluecharters.com.au](http://www.aquabluecharters.com.au)

When: 28th October 2006

Where: Sydney Harbour - King St Wharf

Cost: \$55pp

Bar: Available on board



Hurry - numbers are limited as the boat has only capacity for 130 people

(Event organiser Gai Curtis "Maranatha" Thirroul Ski Club Phone 02 42 850871)