

What Is It All About?



Cross country ski column

Skiers rejoice! The snow is here

Jo Anne Nimchuk

Skiers on the Miramichi rejoice! The snow is here, hopefully, to stay.

The Miramichi Cross Country Ski Club could not have timed Saturday's dry land clinic any better.

This Saturday, the club will be hosting an open house from 1:00 p.m. followed by the dry land clinic from 1:30 p.m. until 3:00 p.m.

From 3:00 to 3:30 p.m., there will be a touring presentation by the club's tour leaders. Then a tour of the trails begin about 3:30 p.m.

Trails chairman David Veysey says the trails this year have been expanded to include two kilometers. This will be a chance for those who are not familiar with the trail system to tour the circle before the season starts.

A spaghetti supper will be served from 4:00 to about 6:00 when a movie featuring the Jack Rabbit Program will be shown.

President Norm Brown says this movie is of a general interest to all skiers, not just those concerned with the Jack Rabbit Program.

Special Draw

This fall, as a fund raising project, the club is selling tickets on a draw for five cords of hardwood. Tickets for the draw to take place on Saturday night are still available from any member of the executive.

Emphasis on the Student Skier

Vernon Goodfellow, who is in charge of youth development in the club, will be holding an introduction to the school program on Sunday.

The session starts at 1:00 at the Club House.

Students from the Grades 7 through 12 throughout the Miramichi as well as teachers are encouraged to come out to this introductory afternoon.

Goodfellow will explain the program, and the courses at the club will be shown. Appropriate clothing and gear will be discussed.

The school program is composed of three short races and three marathons, all centred around the ski facility.

The first race is slated for December 18, with the second timed for December 31.

The marathon at Kouchibouguac is one of the those in which participants of the school program will be taking part.

The students will also be competing in the Charlo Marathon and the North 100.

For information contact Vernon Goodfellow, 622-7914.

If all goes well on Sunday, the provincial team's coach, Grant Mitchell, or their manager, Jim Wolstenholme, both from Fredericton, will be on hand to speak to the group on the aspect of ski racing and the development so far.

For those who are unsure of the location of the ski house, just watch for the Penguin on Skis.

The club house is situated on Williston Road in Douglastown. Norm Brown assures all that the club's emblem will be erected before the weekend giving direction to new skiers.

Cross-country season approach



SKI THE MIRAMICHI

PRESIDENT'S MESSAGE

On behalf of the executive members of the Miramichi Cross Country Ski Club, I would like to take this opportunity to welcome both former members and newcomers to the upcoming 1983/84 skiing season.

A lot has happened since the end of the last ski season. A youth grant, which ran from the beginning of June to the 6th of October, has put the finishing touches on our club house facilities and trail system.

Along with our other successful club programs, we have added a brand new program this year. Not only is it new to the club but it is a first for the province of New Brunswick. This is the "school program." The school program, which is detailed in this newsletter, is very important to the club as it provides a way of introducing the youth to the club and to the many programs available. It is also important to the community as it provides another area of competitive sport available to the children as well as a vehicle in which a young skier can eventually participate in provincial and national competitions.

This year the MCCSC is in a position to offer its members a club and program which ranks with the best in the province.

I would like to thank the executive members who have worked so hard all year long to make these programs possible.

Please read the attached outlined programs and plan to be a part of the fastest growing winter sport in North America and also a part of the Miramichi Cross Country Ski Club. Its your club and your participation is needed to make the programs a success.

Yours in skiing,

Norman Brown, President

EXECUTIVE MEMBERS 1983/84 SEASON

President.....	Norman Brown	622-7661
Vice President.....	Jan Ellingsen	773-7702
Past President.....	Ray Thibodeau	773-7581
Youth Development.....	Vernon Goodfellow	622-7914
Secretary.....	Rena Snell	773-9214
Membership Secretary/Treasurer.....	Cathy Bielak	773-9176
Instruction So-Ordinator.....	Ray Thibodeau	773-7581
Trials.....	Dave Veysey	622-3858
Tours.....	Dave Tweedie	773-7300
Social.....	Edith Boudreau	773-4734

Torch old wax before storing snow skis

Jo Anne Nimchuk

Although spring has a lot to offer the avid cross country and down hill skier, many are seriously thinking of storing their skis for the season.

It is important to keep in mind that the storage area for your skis and boots should be neither humid or dry.

To begin, boots, skis and poles should be cleaned with soap and water.

After cleaning the skis, all excess or caked on wax should be removed with a torch. Then coat the ski or the wood base with pine resin or tar. To the bindings and clamps, apply a coat of sewing machine oil or small engine oil so they will not squeak next season.

The boots can be cleaned and polished, and silicone treated as would ordinary shoes. If the boots are not lined, a good idea would be to stuff them with newspaper, so that during storage, the boots will retain their shape.

Poles, except for Tonkin poles, require no special attention. If you do have Tonkin, coat them with a layer of varnish or verathane.

To store, cross country skis should be laid horizontally on two wooden crossbars, with the base of the ski upwards.

The crossbars should be even so the skis will lay straight and the curve will not be altered. The boots should also be placed in the bindings. This measure will help to preserve the camber of the skis.

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Etiquette rules to remember while out skiing

1. If the trails are crowded, please ski on the right hand track only; for a smoother flow of skiers; or allow passing.

2. When overtaking, another skier, call "Track" and proceed only after the person has stepped off to one side.

3. If you hear "Track" behind you, please allow the right-of-way to a faster skier.

The membership drive was a tremendous success, and from the interest show the club will soon be expanding.

Ticket sales for the dance have been progressing well, since the membership drive.

Remember the date, Saturday the 1st of December, at the club house.

Spaghetti dinner, dance to Disc Jockey, refreshments, and numerous prizes, are all part of the first social event of our club.

New members are especially welcome, if you are thinking of joining the ski club, come along and get acquainted.

To entice members to attend our first dance, numerous prizes will be given out; for door prizes, spot dances etc.

These prizes were donated

Wally Boudreau

by Miramichi merchants businessmen to help promote our club.

Co-operation from merchants has been terrific; as an example; during our membership drive, held recently, in the Douglastown Mall, a display of the latest ski equipment, and clothing, with accessories was presented.

The Eastern Sport representative also visited our club house on Williston Road in Douglastown, and said he thought we had one of the best club houses he has seen, and offered a 10% discount to all club members that shop in his store.

Remember the club house will be open around 7 p.m. and the disc jockey music will start around 9 p.m. on Saturday the 1st for our first social of the year...

“We had a great morning,
THANKS 😊 .” Eel Ground School

Cross-Country Skiing

Very Popular On The Miramichi

by Wally Boudreau

According to the Canada Fitness Survey, skiing is now regularly enjoyed by almost four million people from coast to coast. If all the cross-country skis in the basements, closets and garages were laid end to end, they would completely encircle the country.

Many of these skis belong to the members of the Miramichi Cross Country Ski Club. The club house is located on Williston Road in Douglastown. It has been there for about three years now, after being moved from Nordin, which had been its home.

Cross-Country Ski Marathon To Be Held

The 7th Annual Cross-Country Ski Marathon "Boules de Neige" will be held Sunday, January 27, 1985, at Kouchibouguac National Park.

For registration forms and further information, write to: Les Boules de Neige Club, P.O. Box 46, Richibucto, N.B., E0A 2M0.

Previous to that, it was a lumber camp, in the shape of a Quonset hut; although it has seen better days it has never seen busier ones. It has been painted, refurnished as a ski warm-up shack, and apres-ski social centre. Its five sections of Quonset design make it large enough for a stove and a small kitchen or canteen area, plus relaxing area with tables, and a large log burning heater stove to sit around and put your feet up for warming the toes.

Many events attract the skiers to the club house. For the young, there is the "Jack Rabbit" Program. It is named after Norway's 105 year old, Herman 'Jack-rabbit' Smith-Johannsen, who now resides in Canada. Long may he glide! This program is, to give boys and girls ages six to thirteen, a chance to have fun, learn to ski and enjoy some tours. Every Saturday afternoon the Shell-sponsored program teaches and tests for badges, trophies, and certificates and, in doing so, improves the level of skill of our youngsters. This program is supported by the Department of Youth and Recreation of the Province.

The School program, for both junior and senior students is also carried out on Saturday afternoons. Training programs and instruction is provided by Canadian Ski Instructors Association, and the school teachers. Ribbons are awarded and tours and races of 5 Km. and 10 Km. are arranged each week-end. Don't be intimidated by the word race; even beginners are welcome to come, and participate in these events.

CANSI (Canadian Association of Nordic Ski Instructors) has been the leading participant in training our tour leaders. A le-



vel one, tour leader course of four days is spaced over two week-ends. The first week includes map and compass, equipment, knots and weather, while weekend two, deals with an overnight tour, assessment of shelter building, outdoor skills, and teaching skills. These tour leader courses are available to members to ensure that our tours and marathons are properly conducted.

The Club members regularly travel to

other clubs in the area and participate in tours/races and marathons. The Kouchibouguac National Park tour, called "Boule de neige" is one of the maritime favorites. The course follows a variety of trails in the Park. Each person registered is given a check point card. There are five check points along the trail. Refreshments are provided at each check point and transportation is available if a person is unable to continue. Check point cards must be turned in, in order to receive a participation badge.

Smaller warm-up tours are held frequently at the Miramichi Club House, which is open every week-end and manned by volunteers. The club owns a ski-doo and track setter machine, which is used to open the trails after snow storms and more often if needed. Two more trails were added this year to the over twenty kilometers of trails available to the skiers. The executive meets every month, and puts out a news letter, and articles in the paper about events.

The Miramichi Cross Country Ski Club is also responsible along with the Bathurst Ski Club, for the North 100 Marathon from Bathurst to Douglastown. This is a 100 kilometer, two day affair, first started in 1978. It is a real challenge to skiers in this province; and the event gets bigger every year.

Social events and apres-ski warm-ups are becoming more popular, as the club house is open every Saturday and Sunday afternoon. The old lumber camp is even utilized by certain Guide and Brownie groups in the summer months.

The Miramichi Cross Country Ski Club welcomes visitors any time.

Skating style revolutionizing cross-country

Method encroaches on tradition and it's faster, more expensive

BY KEVIN COX
The Globe and Mail
CALGARY

Feb 6, 87
Globe & Mail

The oldest winter sport in the world — cross-country skiing — is undergoing a reluctant revolution.

The graceful kick and glide style that is as old as the sport itself is being replaced at all levels by a rapid side to side technique that is more like speed skating than skiing.

The technique, introduced by Swedish skiers into international competition over the last decade, is definitely faster than gliding in the frozen track and side-stepping on uphill. Top international skiers say they can cut as much as 10 minutes off their time over a 50-kilometre course.

But many of the recreational skiers, taking up snow skating to improve their speed, are finding it isn't as easy as Canadian champion Pierre Harvey makes it look.

The shorter skis, boots with stiffer ankles and poles that are more than a foot longer than traditional ones are expensive. A recreational package at The Norseman cross-country skiing store in Calgary is about \$300, while an ordinary cross-country package might cost about \$200.

Top of the line skating skis by Karhu or Fischer feature edges for digging into the snow on the kick and some skis even have grooves that form a type of pocket to help the sideways motion of the ski.

"They (skating skis) are a little

more expensive but if you want to be first you have to skate," Lillian Ofstad, co-owner of the Norseman said.

She said most of the skating sets are being sold to competitive skiers, because recreational skiers often go in deep snow where the skating technique is not effective.

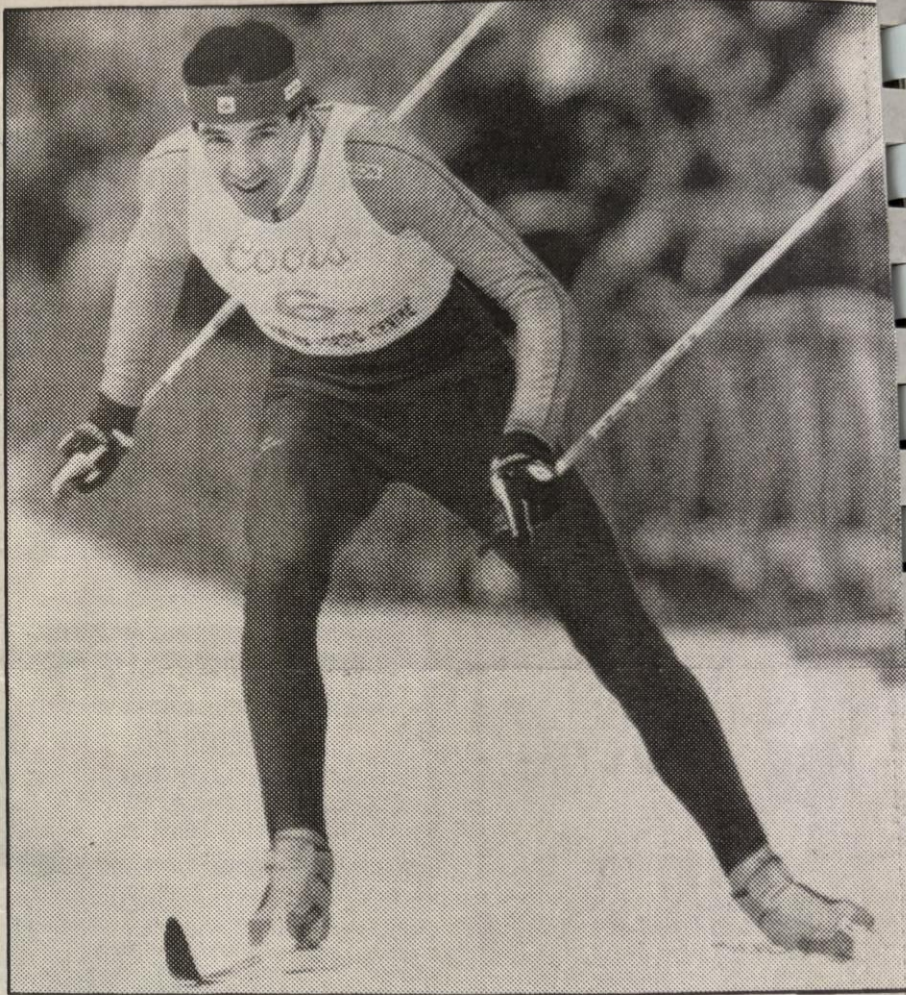
One of the biggest advantages of snow skating, the fact that the skis need only a light coating of gliding wax, is also one of the major reasons that there has been so much resistance to the technique being allowed in all competitions. The Alberta loppet series, for example is 50 per cent classical and 50 per cent open-style skiing. In the 1988 Calgary Winter Olympics, half the competitions will allow skating and in the other races video cameras will be watching to catch anyone not using the kick and glide.

Traditionally cross-country skiers use vast quantities of wax as they try to match grip and glide with weather conditions.

"If they had brought in skating (to all international competitions) the waxing industry would have been decimated," Jarl Omholt-Jensen, a former Canadian cross-country ski team member and now a publicist for the sport, said.

He noted that wax manufacturers such as Swix are among the major sponsors of citizen and international events.

The snow-skating technique also requires trails at least five metres wide, and some of the tours and



Canadian Press

Pierre Harvey shows skating style that is causing rumpus.

races, particularly in mountainous areas, can't accommodate it. The skating can also ruin the frozen tracks that have been set in most ski areas for classical skiers.

According to Harvey, the preferred skiing technique depends on the skier.

"I would not say that skating is more difficult but it is more muscular, you see the skiers with big legs in that," he said. "The classical style is more cardiovascular, but the best athletes will do them both well."



15 January 1984

Enjoying the recent snowfall

'Snow, at last' provides a healthy, outdoor recreation for Miramichi families like the Wassons of Newcastle. Enjoying a weekend outing on trails of the Miramichi Cross Country Ski are Timmy, Manford and Lois Wasson. Two major snowfalls since the New Year and

snow forecast for Wednesday night should guarantee enough snow to satisfy skiers, snowmobilers, snowshoers and other winter enthusiasts. (Jean-Guy Lizotte photo)



Miramichi Leader 25 Jan 1984

Gliding along

During official races of the Miramichi Cross Country Ski Club, participants can ski more peacefully knowing that a skier trained in first aid is nearby. David Wood of the St. John Ambulance was on hand for a recent weekend event. (Jean-Guy Lizotte photo)



Jan 1984

Even spills are fun

Taking a spill is all part of the fun of cross country skiing for this unidentified individual. The ski trails of the Miramichi Cross Country Ski Club will again be open this weekend for what is expected to be some good skiing. (Jean-Guy Lizotte photo)

“thanks to you, Norm, Dave and everyone else who helped groom your trails and keep us informed about their conditions. All nine of us from our club enjoyed this past weekend immensely and consider your club to be one of the most welcoming ones we have ever been to. The others with us were skiing your trails for the first time ever and were astonished to realize you were only an easy four hour drive from Halifax. I'm sure they will "spread the word" so you may see even more of us next year!”

(Steve and Skiers from Halifax)



A fresh fallen snow, a newly plowed road, and a sunny winter afternoon proved too much temptation for Grace Fraser and Helen Bird of Chatham. Both women hit the road in their cross country ski gear on Wednesday afternoon, taking advantage of the perfect weather conditions. (Joanne Cadogan photo)



Hitting the hill

Jason Herbert and his Ghostbuster T-Shirt enjoy a downhill trip at the Miramichi Cross Country Ski Club on Saturday afternoon in Douglstown. Every Saturday the Jack Rabbit program for children is held at the Ski Club. (Brian Richard Photo)



Instructors Ray Thibodeau, Jim Miller on trail

New skiing course catches on in hurry

THE MIRAMICHI

A provincial program to introduce people to cross-country skiing has taken off, says co-instructor Ray Thibodeau.

The success of the program, Skicade, comes despite a later than expected winter start. The program began Friday, but "we're already booked until the end of February," he said in an interview.

Thibodeau and co-instructor Jim Miller, with a van and equipment, will be travelling the province until the end of March to meet the demand.

"Jim and I will be teaching people the various Skicade objectives," Thibodeau said.

Those include: safety information, basic instruction on the fundamentals, the opportunity to try skiing, and having fun.

The instructors have a combined 30 years of experience in cross-country skiing. Miller is at level 3 in the Canadian Association of Nordic Ski Instructors (CANSI). There are four levels.

"I'm one of the few, rare people who have made a living off being a ski instructor the last

five years," he said. Two of those years were spent teaching in Europe.

Thibodeau is the coaching development coordinator for Cross Country New Brunswick. He's also on the high performance committee.

A van, complete with skis, poles and boots, allows participants in the clinics to be well-equipped.

The clinics differ depending on who they're geared for, Thibodeau said.

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Julia Donahue of Newcastle was the top female in the 10 K Miramichi Loppett on Sunday. Her time of 53:59 was the best not only for her age (12-13), but also best female overall. (Brian Richard photo)



“We were also impressed by the young skier, Emma Septon (hope I got the name right), who was busy accumulating kilometers for your Paula Keating Award”













“You have what we feel is the best club in the Maritimes for beautiful trails and a warm, welcoming atmosphere. we look forward to spending many future weekends on your trails.” (Skiers from Halifax)









“Snowshoed the 2 km, it was
beautiful and so much fun!
Stopped with a hot chocolate
thermos ½ way! We will be
back someday.

Thanks 😊.”Katrherine, Trevor
and Amy MacDonald –
Fall River NS













To ALL who spend hours volunteering
for MCCSC in many ways, please know
that their efforts are greatly
appreciated by two "people [who]
travel from as far away as Halifax to
ski!" Our many thanks.

Warm regards to everyone,
Grace and Richard (Beazley)





“Next season, we hope to do more skiing at your club than the two times this year. Your club is always so friendly and welcoming and your trails are wonderful. And you have real snow - something quite rare here in the Halifax area!

“Plus we plan to bring more friends from our Martock Club next year. Have a great summer.” Steve

MIRAMICHI CROSS-COUNTRY
SKI CLUB INC.

WRONG WA

Please DO NOT
Walk on Trails









Capt White's comments speak for themselves. The cadets had a great time and want to do it again. Norm, Janice. Yves, Dana, Denis. Nic and all the groomers at the Ski Club. Thanks for the oppportunity to use the facility and most important allow 30 young people have some fun.

Thank you so much
Moe Morrison













Four Nordic Telemark Mountain Skiers

This sculpture was donated to the Miramichi Cross Country Ski Club by the late Edith Boudreau. Edith and her husband Wally, were long-time contributing MCCSC members and recognized as Honourary Life Members.

(Nordic Skiing - only the toes are attached to the skis)

“Came skiing for the first time.
Really enjoyed the day.” Liane
Underhill

Miramichi Cross Country Ski Club gearing up

Jo Anne Nimchuk

Skiers and outdoor enthusiasts may be a little disappointed this winter to learn from the Old Farmers' 1984 Almanac that the weather is expected to be colder and drier than usual.

Snowfall is forecasted to be 40 to 50 cm less than in other years.

Skiers, especially, don't let this piece of news dishearten you. A good snow base on the trails is the only essential ingredient, other than equipment, skill and apres ski, to a fun season.

The Miramichi Cross Country Ski

Club is already gearing up for the season. A membership drive is slated for this weekend, November 25 and 26, at the Northumberland Square and Douglastown.

On Friday evening, from 7:00 p.m. to 10:00 p.m. members of the executive and some of the ski instructors will be there to answer any questions the general public might have on the sport.

Memberships will also be taken. The membership fee structure comes under two categories.

In the family membership, the first adult is charged \$15, with the

second adult paying \$10. Students are \$7 while pre-teens (7 to 12) are \$3. For children under the age of six there is no charge.

In the single membership category, the general, or adult fee is \$15 and for students who possess a student card, \$7.

Information on the trail system at the club will be available, as well as information on the different programs offered by the club.

President Norman Brown says there may be an equipment demonstration at the Square. Tips on buying equipment and clothing will be provided.

This year's executive consists of president, Norman Brown; vice-president, Jan Ellingsen; past president, Rheel Thibodeau; youth director, Vernon Goodfellow; secretary, Rena Snell; membership secretary-treasurer, Cathy Bielak; instruction co-ordinator, Rheel Thibodeau; Trails, Dave Veysey; Tours, Dave Tweedie; Social, Edith Boudreau.

Rheel Thibodeau is now taking

registration for ski school. The fees for instruction are \$3 per lesson for club members, and \$5 per lesson for non-members.

More information about the starting date of the school and the instruction will be released at a later date.

On Saturday, along with a continuation of the membership drive, the club will be having a bake sale.

The sale starts at 11:00 a.m. and runs until 4:00 p.m.

The M.C.C.S.C. will be hosting an open house at the ski club in Douglastown on Saturday Dec. 3. The clubhouse will be open from 1:00 p.m. Tours will be given of the trails and the facilities.

There will also be a special supper. More details will be published next week in this column.

On Sunday, December 4 there will be an introduction to the school program. This starts at 1:30 p.m. and students are encouraged to attend. For more information contact Vernon Goodfellow, 622-7914.



Miramichi Cross Country Ski Club
Nelson-Miramichi NB











MCCSC
MAR 1995

MCCSC March 1995



Ray Thibodeau at club winter 1998



“Our first trip! Beautiful day,
great people and an awesome
trail. We will be back – thank
you.” Karen, Emma, Deanna
and Kitt



Norman helping John Chamberlain
putting skis on for first time.
January 1977







“Love the trails! We had an amazing time. Saw a deer! 😊.”

Emily, Angela and Ben Larkin









“Had an awesome weekend.
Great trail and facilities. Thanks
for your hospitality.” Martock
Nordic Ski Club





NO
MOTORIZED
VEHICLES
OR HUNTING
PRIVATE
PROPERTY
VIOLATORS WILL
BE PROSECUTED



WRONG WAY

