



21 years of service to the Miramichi

MIRAMICHI

P.O. Box 100
Miramichi, N.B.
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January 16, 1996

Dear Dr.

This letter concerns your health. The holiday season is behind us and the best of winter lies ahead. Now is a good time to consider the benefits of cross-country skiing.

You are already familiar with the many studies confirming the total body workout derived from cross-country skiing. It is arguably the best aerobic exercise. However, the benefits of cross-country skiing go beyond weight control, stress relief and cardiovascular fitness. Cross-country skiing is an enjoyable outdoor family activity.

The Miramichi Cross-Country Ski Club offers exceptional scenery, safe well-marked trails with plenty of rest areas and picnic tables. You will meet your friends and colleagues on the trails and at our moonlight ski/social evenings. We are a full service ski club offering programs for adults and children. Would you like lessons, waxing tips, information about equipment? -- Call the clubhouse at 622-6991.

We enclose for your consideration a copy of our membership application form. Non-members are also welcome to enjoy our facilities for a nominal daily trail fee.

Take time for yourself and enjoy the winter. We look forward to seeing you on the trails.

Yours very truly,

MIRAMICHI CROSS-COUNTRY
SKI CLUB

Gerald Smith, President

GFS/mb