

**The MCCSC is affiliated with
Cross Country New Brunswick
And
Cross Country Canada**



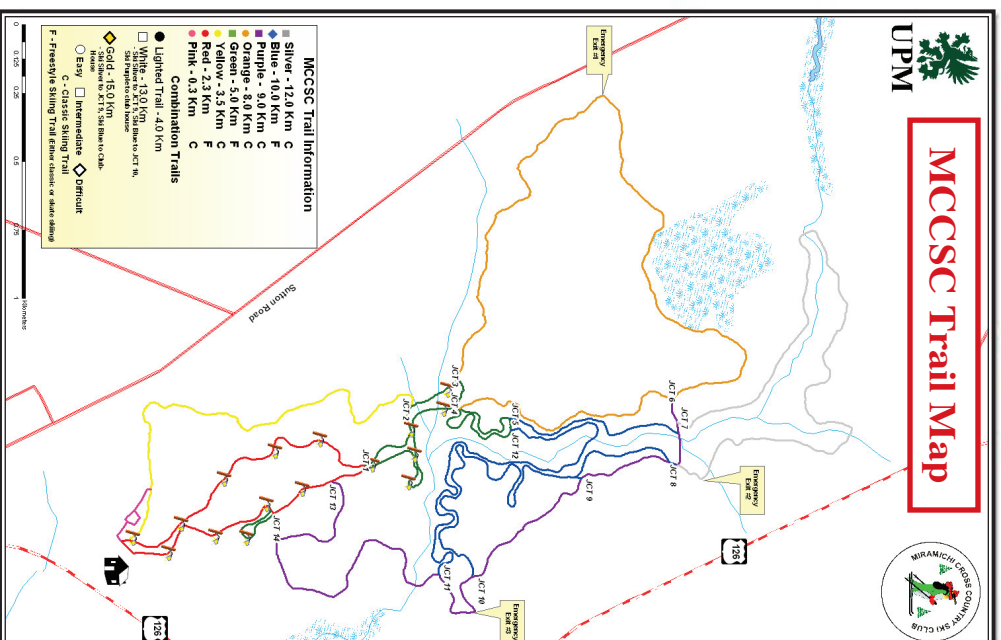
JACKRABBIT SKIING LESSON



SKATE SKIING CLINIC



LOPPET START



**OUR TRAILS ARE OPEN FROM
DAWN UNTIL 10 PM EACH DAY.**

(CLOSURES HAPPEN FROM TIME TO TIME BECAUSE OF
HEAVY SNOW/FALL. OR WHEN IT RAINS BUT THIS MAY
ONLY BE FOR A FEW HOURS AT A TIME, A FEW TIMES IN
THE SEASON)

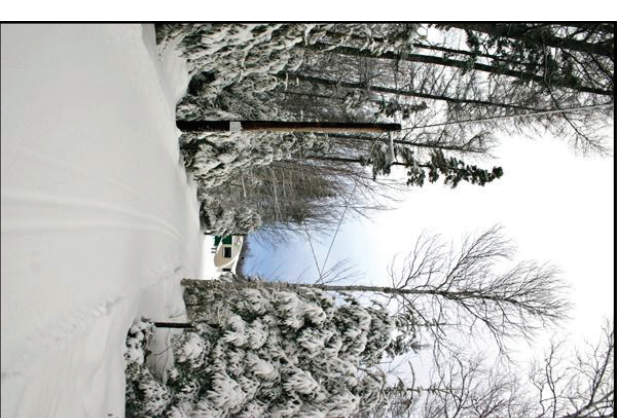
CROSS COUNTRY SKIING IS AN EXCELLENT FORM OF
OUTDOOR ACTIVITY IN THE WINTERTIME FOR PEOPLE OF
ALL AGES, AT ALL LEVELS OF FITNESS.

OUR TRAILS PROVIDE SOMETHING FOR EVERYONE.

THE PURPOSE OF THE MCCSC IS TO PROMOTE CROSS
COUNTRY SKIING IN THE MIRAMICHI AREA BY PROVID-
ING FACILITIES AND PROGRAMS. THE MCCSC IS A NON-
PROFIT CORPORATION ESTABLISHED IN 1975.



**MIRAMICHI CROSS COUNTRY
SKI CLUB
NELSON – MIRAMICHI**



**THE “VERY BEST” TRAILS
IN NEW BRUNSWICK**

LOCATION – 131 NELSON STREET (RT. 126),
NELSON – MIRAMICHI
(BEHIND THE BYRON GOODIN CIVIC CENTRE)
(INSIDE THE CITY LIMITS)
PH. 506 622-6991
POSTAL ADDRESS – P.O. Box 791, MIRAMICHI, NB
E1V 3V4

visit — <http://www.skimiramichi.com>

Cross Country Skiing provides the best exercise of any activity, in terms of cardiovascular health and overall fitness. Yet it can have a low impact on muscles and joints and participants can be active at an intensity level they are comfortable with. With fresh air in bright sunshine or by moonlight in a winter wonderland, it can make winter worth waiting for.



Young family with child being towed in a PULK

Some of Our Recent Community Supporters

(Without whose generosity the MCCSC could not provide the services and opportunities outlined here)

A Bound Corporation
Beaubear Co-op
Castle Machine Works
City Argo
City of Miramichi
Club Member Volunteers
Country Charm Bakery
Dr. Kris Wierzchoslowski
Dr. Paula Keating
Hitelman Construction
I Line Electric
Incline Sport
Mr. Bill Fraser MLA
NB Dept. of Wellness Culture and Sport
Northumberland Co-op
Mr. Robert Breaux
Siddalls Engraving
Sign Warehouse
Smith and Smith Law Firm
Sunny Corner Enterprises
The Goodie Shop
The Honourable John Foran MLA
UPM Miramichi
Weyerhaeuser Canada

My Shadow

I kick, I stride, double pole and glide.
It seems in endless repetition
East and South, it's good to be out,
My shadow is my companion
In morning I find he lags behind;
He lets me set the pace.
Homeward bound, it turns around:
It's me that's giving him chase.
On either side, matches kick and glide:
We head in the same direction.
Silent and strong, we belong
He's not mine by election.
In the chalet he fades away.
The why I've never inquired.
On a cloudy day, he will stay.
I assume that he gets tired.

Bunny Dempsey

(an honorary life-time member of the MCCSC)

Events

- Open House
- Socials
- Annual Miramichi Ray
Thibodeau Loppet
- Clinics
- Lessons for All
- Awards Dinner and AGM

Season Memberships fees for individuals and families are available at very reasonable costs. Inexpensive day and evening passes are also available.



The MCCSC in partnership with **COMMUNITIES RAISING CHILDREN- EVERY CHILD COUNTS IN NORTHUMBERLAND COUNTY** is pleased to offer the free use of ski equipment for children aged 3 to 5 yrs old. Please call the club for details. 622-6991

TRAILS

25 Kilometers of well groomed dedicated trails (something for everyone ... beginner trails to expert competitive skate skiing trails). See the map on the reverse side.

4 kilometers of lighted trails open until **10:00 pm** each evening

There is a cozy clubhouse with a fire that is always on, a kitchen and wash-room facilities.



Programs/Services Offered by the Miramichi Cross Country Ski Club

- Free Adult Introductory Lessons
- The Jackrabbit Instructional Program for young skiers
- Clinics for: Classic Technique, Skating Technique and Waxing
- A Limited Ski Rental Program for adults
- Skis, boots and poles for 3 to 5 yr olds are available for use free of charge.
- A PULK for towing toddlers and infants.