

PRESIDENT'S MESSAGE

Welcome to another season of cross-country skiing on the Miramichi. The Miramichi Cross-Country Ski Club is a full service club, and our many activities are described in this newsletter. As you will see, we offer something for everyone - lessons from Beginner to Expert, the popular children's Jackrabbit Program, family and social events, moonlight skis, and entertainment.

This year we are improving and adding to our extensive trail system. Our goal is to double the length of the touring trail (Beginner/Intermediate) over the next few seasons.

Although we emphasize the social and recreational aspects of cross-country skiing, we also offer competitive skiers a challenging Expert Trail groomed for classic and freestyle (skating).

The clubhouse will be open over the Christmas Holidays and on weekends, and most weekday afternoons throughout the season.

We welcome your comments and advice, and we can always use volunteers.

Come out and enjoy winter. Happy skiing!



Gerald Smith
President, M.C.C.S.C.

OPEN HOUSE WEEK

MIRAMICHI CROSS COUNTRY SKI CLUB

DECEMBER 27 - 31

DAILY 1 TO 4 PM

NO TRAIL FEES ALL WEEK

TUESDAY, DECEMBER 27,

JACKRABBIT DAY

FREE HOT CHOCOLATE FOR JACKRABBITS

TRAINING SESSION FOR LEADERS

SUPERVISION FOR JACKRABBIT LEADERS CHILDREN

LUCKY DRAW - CANADIAN TIRE GIFT

WEDNESDAY, DECEMBER 28

BIG BROTHERS /BIG SISTERS DAY

FREE HOT CHOCOLATE FOR LITTLE BROS/ LITTLE SIS

EQUIPMENT PROVIDED

SKIING VIDEOS

LUCKY DRAW - SPORTS EXCELLANCE TRACADIE

THURSDAY, DECEMBER 29

TECHNIQUE DAY

1 PM - DENIS RUSSELL OF PODIUM SPORTS

HOW TO BUY THE RIGHT SKI EQUIPMENT

2 PM - DENIS RUSSELL OF PODIUM SPORTS

WHAT'S NEW ?

3 PM - GERALD SMITH

WAXING CLINIC

LUCKY DRAW - PODIUM SPORTS GIFT



FRIDAY, DECEMBER 30

SKI SWAP & SALE

2 PM BRING ALONG WHAT YOU NO LONGER NEED

LOOK FOR SOMETHING YOU DO!!!

SKIING VIDEOS TO WATCH

LUCKY DRAW FOR A FREE PREPAID CLUB MEMBERSHIP

WIN WHAT YOU PAID!!!

SATURDAY, DECEMBER 31 GET READY FOR 1995

1:30 PM ***FREE ADULT SKI LESSON***

WITH GERALD SMITH

SKIING VIDEOS

GENERAL PUBLIC AND OLD MEMBERS WELCOME

COME ALONG MEET OLD FRIENDS AND NEW

WE MAKE WINTER FUN



TRAILS UPDATE

The Miramichi Cross Country Ski Club boasts some of the best groomed trails in New Brunswick.

The last few weeks have been very busy ones. Trails have been widened, brush cutting completed, overhanging branches removed, some drainage problems have been corrected and a dangerous turn and intersection modified. Our scenic trails are not only beautiful to behold, they'll be sure to offer you shelter, even on the coldest of days, from harsh winter winds.

We are pleased to offer a new extension to the Orange Touring Trail providing several more kilometres through a gently rolling area of forest west of the Blue Trail, terminating at the club house. The Club currently offers 5 kilometers of expert freestyle, 5 kilometers of intermediate and approximately 19 kilometers of recreational touring. All trails are colour coded as to their degree of difficulty and are clearly marked.

We are always working at improving our directional signage on the trails and anticipate having a new scaled map of the trails available for our club members. These improvements should further enhance the beauty of the Nelson trails. This year we feel our trails will be second to none!

While you are enjoying a leisurely ski, catch a glimpse of a fleeing whitetail deer or a busy brown squirrel gathering pine cones. Whether you are an elite racer or an enthusiastic novice, come out and enjoy our picturesque trails!



Podium
sports

STORE HOURS

Monday to Friday 9am to 9pm
Saturday 9am to 5pm
In December SUNDAY 1pm to 5pm

J.M.R. SPORTS LTÉE
3625 Principale
C.P. 998
Tracadie, N.B. E0C 2B0
Tél.: (506) 395-9135

COUNT THE KILOMETRES

Spending time on the ski trails is a great way to help you get in shape and enjoy the winter months. If you are looking for an even greater reward then the **NEW BRUNSWICK TOURING AWARD PROGRAM** is for you.

To qualify for an award, pick up a registration form at the clubhouse. List the dates and kilometres you travel during the ski season. Kilometres have to be completed on a marked or groomed trail. Return the registration form to the clubhouse at the end of the ski season.

TOURING AWARD REQUIREMENTS

<u>AGE</u>	<u>BRONZE</u>	<u>SILVER</u>	<u>GOLD</u>
0 - 7	025 KM	050 KM	075 KM
7 - 9	040 KM	100 KM	150 KM
10 - 13	060 KM	150 KM	250 KM
14 - 16	100 KM	200 KM	400 KM
<u>MEN & WOMEN:</u>			
17 - 60	150 KM	300 KM	500 KM
60 - 70	150 KM	250 KM	350 KM
70 +	100 KM	200 KM	300 KM





JACKRABBITT PROGRAM 1994 - 1995

Welcome to the 1994 - 1995 Jackrabbitt season.

The program will operate out of the Miramichi Cross Country Ski Club in Nelson-Miramichi behind the Village Hall and Fire Department off Route 126.

The program is designed to teach children the fundamentals and proper techniques of cross country skiing in a relaxed, fun atmosphere. Children from ages 4 to 13 get acquainted with cross country skiing and fitness.

Children are encouraged to participate at their own level of interest and expertise.
"The essential ingredient of Jackrabbitt activities is fun"

The Jackrabbitt Program provides a Skill Awards Program so children can measure their progress and experience the satisfaction of earning awards for newly acquired skills.

The Jackrabbitt Program will run on Saturdays from 1:00 pm to 2:30 pm for eight weeks commencing January 7, 1994.

Bring your family to Open House Week, December 27 th . to 30 th. and register the children for the Jackrabbitt Program.

