**INVITATION to CROSS COUNTRY SKI**



**GG students of any grade are invited to participate in the**

**Ray Thibodeau Miramichi Loppet\***

Sunday February 2nd, 2020 11:00 a.m. Start (*Please be on site by 10:00 AM!*)

At the

Miramichi Cross Country Ski Club (MCCSC) in Nelson, Miramichi

Style – **Classic**

Distances – **Your Choice! 2.5, 5, 8, 12 or 24 km**. (12 and 24 km not recommended for new skiers)

Equipment – **Skis, boots and poles** – they may be available on loan from the club if you do not have your own.

Cost for registration – **Gretna Green will look after registration costs.** This will include a lunch, and a participation medal. **The first 50 students to register will also receive a MCCSC winter toque.
Note:** Participants who wear the toque from last year’s loppet, will be entered for a draw prize.

TO REGISTER: Email Mr. Ryan or fill out attached sheet and send back to school.

REGISTRATION DEADLINE – **Wednesday, January 29th**

\*A Loppet is a non-competitive mass participation cross country ski event for people of all ages regardless of ski experience or ski ability. The Ray Thibodeau Loppet attracts a wide variety of cross country skiers from across New Brunswick. Come out and have a good time with good exercise and fun with family and friends.

**HOW TO DRESS FOR CROSS COUNTRY SKIING:**

“Dress in LAYERS”! Try to avoid heavy snow pants and heavy winter jacket. You can become quite warm when skiing. Long underwear and loose-fitting lighter pants may be the best combination, with a tee shirt, sweatshirt and light jacket. Winter hat and gloves are a must! **Try to avoid cotton next to the skin** as it can get wet and feel cold. Pay attention to the weather forecast and take it into consideration.

If you have any questions, please contact Mr. Ryan. Brandon.ryan@nbed.nb.ca

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