

## **Birkie Learn to Loppet: Improve your skiing technique in preparation for the 2017 Canadian Birkebeiner**

***Lessons are NOT cancelled due to winter weather!***

**Lesson 1:** Saturday, January 7 (4 hours including a basic waxing session)

Meet at Tiger Goldstick Park Pavilion 4210-101 Ave (just east of 50th Street on 101 Avenue, turn north at the first lights, follow the road to building).

- Bring a lunch or snacks
- Bring your skis, boots, poles, waxes, etc. We will only be demonstrating and practicing kick-waxing technique, so make sure your skis have glide and base waxing in place and be prepared to test your kick-waxing outside and then start your introductory lesson on snow
- Dress appropriately (layers) for both indoors and out

09:30: Introduction to the course

10:00: Basic waxing techniques – instruction and hands-on

11:30: Lunch and test your waxing

12:00 to 1:30: Introductory lesson and group reassignments as needed

**Lessons 2 through 5:** Monday nights January 9 thru to Jan 30, 7:00 p.m. to 9:00 p.m. (on-snow ski lessons – dress appropriately)

Meet at Gold Bar park shelter 10955 50 St. (go North on 50 Street on the *south* side of the river, turn at last right, follow road to parking lot, meet at park shelter)

**Lesson 6:** Saturday Feb 4 or Sunday Feb 5 (or at an earlier date by agreement). 2 hours on-trail skiing techniques, trail etiquette and getting to know “Birkieland”. Times and dates to be arranged with Instructors.

**The 2017 Birkebeiner ski events are scheduled for Saturday Feb 11.**

**“Lesson” 7:** February 13, post-Birkie celebration, at Alley Kat Brewery (9929 60 Avenue): Story Telling! Beer, soft drinks & food provided!

### **Instructors for Learn-to-Loppet**

All instructors are CANSI (Canadian Association of Nordic Ski Instructors) certified for teaching cross country ski lessons and most have skied the Birkie many times.

**Note:** Birkie Learn to Loppet participants will be offered Birkie registration at a discount; \$15 off of 55 km registration, \$10 off of 31 km registration, or \$5 off 13 km registration. Details to follow.

**Note:** Through MEC sponsorship of the Birkie, registered Birkie training course participants will have free access to additional and more advanced waxing clinics offered by MEC – details to follow.