



Ski the Canadian Birkebeiner February 12-13, 2016

Sweet Sweet Summer!

Canadian Birkie E-News:
May 2015



2015 Canadian Birkebeiner Post-Event Survey Results



The Birkie Society is ecstatic about the exceptionally high response rate in this year's post-event survey. An astounding 650 respondents (41% of our 1,600 skiers in 2015) completed the survey and the data suggests these individuals are highly representative of the population who ski the Birkie. Many respondents took the time to include specific written feedback and suggestions and these are all being considered by the relevant Board and Loppet Committee members. Thank you, one and all, to the respondents for reaffirming what we're doing well and helping us build an even better Birkie in the future.

Please review the [Survey Results](#)

We are quite sure the high response rate wasn't tied to the Birkie swag prizes we offered, but to love of the event. Regardless, we know you will want to know the winners. Congratulations to:

Name	Hometown	Prize
Mikael Turgeon	Yellowknife	Birkie Tech Shirt
Rosalie Gelderman	Edmonton	Birkie Ball Cap
Linda Hallonquist	Sherwood Park	Birkie Scarf
Kelli Palfy	Edmonton	Birkie Tech Shirt
Greg MacKenzie	Edmonton	Birkie Ball Cap
Mike Niven	Edmonton	Birkie Scarf
Nancy Howse	Saskatoon	Birkie Tech Shirt
Kerri Webb	Peace River	Birkie Ball Cap
Andy Lenz	Edmonton	Birkie Scarf

*** NEW***

Birkie Training Group: Summer Boot Camp



No snow? No problem! Enjoy **your** Birkie life year round. If you're looking to get or keep fit in general, or to get a jump start on your fall xc ski dryland training and keep those ski specific muscles sharp, join our coaches, Roy and Olivier, Saturday mornings from 9 -10:30 am for fun and fitness. The training will focus on varied cardio and strength so you'll be able to make the most of your other summer activities and be really ready to hit the snow come November.

Specific activities will include strength and conditioning, ski walking and bounding, ski technique exercises and drills, cycling, a bit of running, plus balance, agility and flexibility. Our goal is to help you build a solid strength/endurance base with attention to developing cross country ski muscles, mechanics and energy systems.

Program Dates: June 6 – August 8, 2015 (ten weeks, Saturday morning 9-10:30 a.m.)

Location: Will start at Gold Bar for first day, but will select weekly locations in the river valley based on group and activity.

Cost: \$195 (adjusted a bit lower than our other programs as it's expected most people might miss a session or two for summer vacation). Wrap-up party included.

Register on Zone4 [here](#).

Memory Keepers

The Birkie 27 [slideshow](#), one of our best slideshows ever, is available on the Birkie website.

Bike 'n Ski Award



Hope all the sunny, warm weather has supported lots of you getting out on your bikes more than ever this spring. Cycling is a great cross-training activity for laying down your aerobic base and building leg strength and endurance. If you're reasonably bike fit, please consider joining our partners at the MS Society in the annual Leduc to Camrose Johnson MS Bike Tour on June 13 -14. Following the tour, Bike 'n Ski Awards will be presented to individuals who completed both a long course Canadian Birkebeiner and the Leduc to Camrose Bike Tour this year and recipient lists will be retained on each organizations' website. Time is getting tight to register for the ride, so visit the MS Society [website](#) and sign up

Your Canadian Birkie Board



AGM Attendees



Allan Mayer (Past President) &
Nordahl Flakstad (President)

The Canadian Birkebeiner Society AGM was held on May 27 including Board elections. A resolution was passed that allows for the election of additional Members at Large. Your Birkie Board for 2015-16 is:

President – Nordahl Flakstad
Vice President – Cameron McGregor
Past President – Allan Mayer
Treasurer – David Becker
Secretary – Ken Bagnall
Marketing Director – Mae Nandlall
Sponsorship Director – Dave Cooper
Festival Director – Mae Nandlall
Program Services Director – Vacant
Human Resources Director – Brian Lucas
Member at Large – Doug Kelker
Member at Large – Lawrence Vincent
Member at Large – Peter Kershaw

A huge thank you to Allan Mayer who has served the Board as President for three years with boundless energy and wisdom. Thanks also to Anne Bradley, who retires from her role as Program Services Director. Allan and Anne, you've both been a blast to work with and we'll miss you dearly.

We welcome Mae Nandlall, who is taking on the Marketing portfolio (and already busy laying out a monthly plan for our branding and marketing strategy). In addition, Mae will be retaining her Festival Director role (and she has seven kids; what's your excuse?) We also extend Birkie cheers to Lawrence Vincent (our current Food Stations Chief on the Loppet Committee) and to Peter Kershaw who have joined the Board as Members at Large.

We are currently seeking one more person to join this dynamic, exciting Board, in the role of [Program Services Director](#). While we certainly warmly welcome all applications, we would be very happy to see some interest expressed by women. We naturally want our Board to better reflect our Birkie skier population demographics.

Birkie Volunteers in Action This Summer

Birkie volunteers will be waving the Canadian Birkie flag and helping out at the following events this summer:

[Migratory Bird Festival](#)

Sunday May 31, 11 am – 2 pm. at the John Janzen Nature Centre. The Festival (and the 7 K run/3.5 K walk it follows) promotes awareness of the Wildlife Rehabilitation Society of Edmonton. Great family fun – scavenger hunt, nature walks, face painting and

educational games, as well as food trucks.

[Johnson MS Bike Tour](#)

Saturday June 13 in Camrose, drop by and visit the Birkie booth in the Alley Kat (also a Birkie sponsor) Beer Garden from 11 a.m. to 11 p.m.

[Tour de l'Alberta](#)

Sunday August 9. Birkie volunteers man a food station at Alberta's biggest one-day bike festival. We're currently seeking volunteers to join us; please [email](mailto:manager@canadianbirkie.com) us (manager@canadianbirkie.com) if interested.

Live Your Best Birkie Lifestyle

With great trails and waterways to explore and play on or along, we do hope you walk, run, cycle, roller ski, paddle or get out and do whatever other active sport or activity appeals to you. Play lots, stay fit, stay happy and we'll looking forward to touching base in the fall.

Birkie office spring/summer [hours](#) apply.

See you out there!

Glenda



TORSKEKLUBBEN



SPENCER ENVIRONMENTAL
MANAGEMENT SERVICES LTD.



STEEPLEJACK

WESTCOR

SCAFFOLDING
FIREPROOFING
REGULATION

MELCOR
DEVELOPMENTS LTD.

Alberta
Cooking Lake/Blackfoot PRA

Edmonton



STRATHCONA
COUNTY



Ukrainian Cultural
Heritage Village
Центр української
культури 43-367794

Global
EDMONTON