



Canadian Birkie E-News:  
November 2016

## Birkie Feb 10/11, 2017 - *Spirit of the Ski*



### Registration



Looking for some motivation to get out and get active this winter? What better way than to register for the Birkie!

Our Early Bird Registration deadline is **WEDNESDAY, NOVEMBER 16**. Register earlier to get the best rate! You can sign up all of your family members at one time.

Don't forget to get your tickets for the Vikings Feast Celebration which takes place on Saturday, February 11 after the Birkie ski events. More information [here](#).

The next registration deadline is January 18 and final registration for all events is February 8, 2016.

Get registration details [here](#).

### Social Media



Please **join** our very active social media campaign in order to increase awareness and appreciation of the Canadian Birkie. We want to give our active outdoor lifestyle enthusiasts – yes YOU! - the opportunity to share your love of the Birkie!

We'll be working to provide skiers with information and support, and to provide all of our users with real-time updates prior to, during and following our events. Our social media accounts are listed under:

Facebook – [Canadian Birkebeiner Society](#)

Twitter - [@canadianbirkie](#)

Instagram – [Canadian Birkie](#)

Linked In - [The Canadian Birkebeiner](#)



Share your memories, challenges, and triumphs, and help us maintain this amazing tradition - 28<sup>th</sup> Canadian Birkie Feb 10-11, 2017. #SpiritOfTheSki

## Birkie Training Programs



**Birkie Training Group (BTG) Winter Session** is in full swing. Instructors are working very hard with their groups. The skiers in this group will be wonderfully fit by Birkie day.

**\*\*STARTING SOON!\*\* BTG Mid-Week Session** runs for 10 weeks, beginning **November 25<sup>th</sup>**. There is still some room to register in this training group to get some great training and have a lot of fun with instructor Laura Maser. Register [here](#).

**Birkie Learn to Loppet**, our popular 5-week program starts January 7 but almost always fills early so do NOT hesitate...[register now](#).

**Birkie Rookie Package** is a new offering in conjunction with the Strathcona Wilderness Centre. If Nordic skiing is new to you and you don't own your own gear, this is a great opportunity (can use your own gear as well). Registration is ongoing through the [SWC Program Guide](#).

## Organizing Committee

### NOTICE to BIRKIE SKIERS - WE NEED YOU!!!

Taking on a Chief or Assistant Chief role on the Organizing Committee need not preclude you from skiing the race and we really need your `been there ...done that!' skier perspective. We can pair you with someone who can look after any race day responsibilities freeing you to `go there ....do that'.

Being a Chief or Assistant Chief is far from onerous. We have a monthly meeting (Monday nights usually) that is quite interesting and gives a good overview of issues facing the Birkie. Most of the organizing tasks adherent to each position can be addressed from home by email/phone etc, or short "get togethers" with a few other chiefs. We need the following Chief/Assistant Chiefs:

**Chief of Registration:** This official is responsible for preparing reports as needed, coordinating the preparation and distribution of race packages, and preparing start lists for event officials. They will also provide registration information at the Long Start and process late package pick up.

**Chief of Long Patrol:** This official recruits patrollers/controllers for all of the long-course events (55, 31 and 29 km) and supervises the distribution and protocols of the course officials on event day

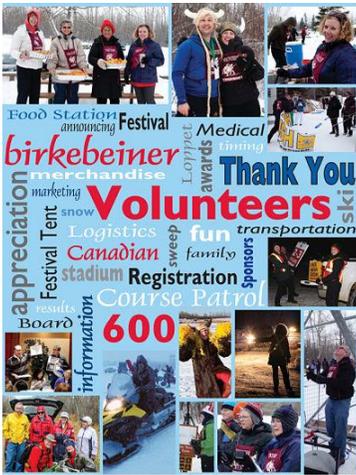
**Chief of Short Patrol:** This official recruits patrollers/controllers for all of the short-course events (13, 4 and 2.5 km) and supervises the distribution and protocols of the course officials on event day

**Chief of Short Start:** This official coordinates the 13 km Mini-Birkie and the 2.5/4 km Ole's Tour events and starts.

**Assistant Chiefs:** Many Loppet Committee positions are big enough for two! If you would like to assist one of our existing Chiefs, please let us know. Training/mentoring provided.

Sign up for these positions [here](#) or contact the [office](#).

## Volunteers



It takes approximately 550 volunteers to plan, organize and run the Birkie each year. There are many different positions, but some areas where we need the most volunteers are:

**Ski Patrol:** people are stationed or ski along parts of the courses to marshal skiers, monitor steep hills and support anyone in need of assistance

**Long Course Sweeps:** The Tail-end Charlies that enjoy a long, slow ski while they make sure every participant makes it off the trail safely

**Food/Aid Station:** sign up as an individual or group and help nurture skiers as you provide refreshments and encouragement to them

**Festival Tent:** Refreshment service for hungry skiers after the event

**Timing and Finish Line:** tasks might include collecting timing chips and assisting skiers at the finish line or running results to the Awards volunteers

Sign up for these or other positions [here](#).

## Birkie Board Members

The CBS is thankful to have so many talented and committed board members. Joining the Board of the Canadian Birkebeiner Society is a wonderful way to get involved and to make a significant contribution to the cause.



We would like to feature **Dave Cooper – Sponsorship Director**

Dave is responsible for soliciting and coordinating with sponsors for the society's events. He is great at meeting with and engaging past sponsors and in developing the very critical "new sponsor" base. We thank Dave for his efforts, his energy and his consistent good cheer!

## Merchandise

Do your Christmas shopping early!



The Merchandise Store is open!

Jackets, caps, scarves, tubers, mitts, selfie sticks, books, prints and more! (Tech shirts will be available in January 2017).

For details and to purchase your Birkie merchandise, click [here](#).

## Birkie Legend



The Birkebeiner has come to mean a person strong in adversity, never daunted by trial and hardships. The dramatic flight of the Birchlegs and the Infant King is commemorated in Norway every year by the Norwegian Birkebeinerrennet ski race, which parallels the historic route over the mountains between Lillehammer and Rena.

In 1985, some 127 hardy participants participated in the first "Canadian Birkebeiner" in very cold conditions, reminiscent of the brutal winter in the original Norwegian Birchlegs saga. Since then, thousands of skiers have relived the legend here, skiing the historic 55 km distance with a 5.5 kg (12 lb) pack, as a symbol of the child who was brought to safety by the Birchlegs in 1206. The Canadian event has grown to become one of the largest and friendliest cross country ski festival in Canada.

Modern day Birkebeiners ski the long distance events starting from Ukrainian Cultural Heritage Village, a provincial historic site, through

Elk Island National Park, to Cooking Lake-Blackfoot Provincial Recreation Area which boasts a legendary cross-country ski trail system.



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