



## ***The Greatest Adventure on Snow!***

Canadian Birkie E-News:  
October 2015



### **Change is in the Air**



Our mild and completely lovely autumn is drawing to a close, with more leaves on the ground than left clinging to branches; the spectacular views of the valley are now more subdued. The calendar may tell us that there is only one month of fall gone and two more left till the official start of winter, but we know different. We can smell the difference in the air when we walk, run or bike in the woods. We're used to dressing for the weather, not the calendar, and, in our neck of the woods, to start storing away our bikes and tuning up our skis well before December 22<sup>nd</sup>.

Thinking about the shifting seasons, we're reminded of how we are organically wired to accept and in fact, relish change. Your friends here at Birkie embrace change, and we constantly strive to learn and grow. We know our skiers value us as a learning organization, willing to take some risks and try new things to grow and serve our skiing public. We hope you'll be excited about and will share the news of some of the changes we're making this year.

### **2016 Canadian Birkie Registration is Open!**

Registration is now open for the 28<sup>th</sup> edition of the Canadian Birkebeiner Ski Loppet. The Nordic Fair is February 12, 2016 and the Birkie is February 13. [Register](#) by **November 18 to secure the best early bird savings.**

Additional registration deadlines are:

January 20, 2016

February 10, 2016

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**Birkie 28 Events  
and Their Sponsors**

55 km Torskeklubben Birkebeiner With Pack  
55 km Spencer Environmental Birkie Lite  
40 km Birkie Skate  
31 km Beaver Hills Tour -Sponsored by the Beaver Hills Initiative  
13 km JV Driver Mini-Birkie  
2.5/4 km Ole's Tour – Presented by Steeplejack

**NEW!!! The 40 km Birkie Skate** – This new event will be the longest skate race in Western Canada this year. It will occur almost exclusively on trails independent from the classic ski trails. The event will be 40 km in length, starting at Ukrainian Cultural Heritage Village (on Goose Lake) an hour after the 31 km classic event has departed. The new course will overlap for only a few kilometres of the classic course (from the lake to the gate) and will traverse unique, wide trails (most are equestrian trails except during Birkie week) till the common finish chute at Waskehegan.

More details will be released in upcoming e-newsletters.

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**Birkie Training Group:  
Winter Session  
REGISTER NOW!!!**

The 15 week Birkie Training Group (BTG) Winter Session will run Sunday, November 1 – February 7, from 6:30 – 8 pm. In its third year, all 20 spots generally fill up within a week, so register soon to avoid disappointment. The winter session will focus on activities like Nordic walking and ski bounding until we have snow, and then classic ski technique and ski specific fitness and strength, as well as core work and stretching. The program will be of significant benefit in preparing skiers for long course Birkie events (31 km or 55 km). [More details or to register.](#)

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**Birkie Training Group:  
Mid-week Session  
REGISTER NOW!!!**

Our Birkie Mid-week session group meets Wednesday afternoons, November 25 - February 3, from 1:00 – 2:30 pm for instruction and training. The program has expanded to ten sessions from eight previously. Eight of the ten sessions this winter will be at Gold Bar and two will involve afternoon skis out at Blackfoot. [More information.](#)

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**Birkie Learn to Loppet  
REGISTER NOW!!!**

This stalwart program in our Birkie stable will see a few exciting changes this offering, in response to feedback from instructors and skiers. The program will involve a wax clinic, four lessons, one pre-Birkie ski lesson/race prep session at Blackfoot, and a wind-up pizza party. [More information.](#)

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**Birkie Rookie Package  
Registration opens Wed.**

Want to get a taste of cross country skiing and experience the Birkie? This is the program for you. This special new package, co-provided by the Birkie and Strathcona Wilderness Centre (SWC) includes:

Full equipment rentals for lessons and Birkie day  
Three lessons from professional instructors  
Trail passes at the SWC for all three lesson days and  
Registration in the 2016 Canadian Birkebeiner 13 km Mini Birkie

[More information](#)

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**Snowmaking Underway  
Soon in Edmonton**



The Edmonton Nordic Ski Club Snowmaking project at Gold Bar is in the infrastructure installation phase. We have every reason to believe we will be on snow in Edmonton very soon. Stay tuned.

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**Birkie Volunteers:  
Amazing in Every Way**



We welcome Amy Bradley to the board as our new Program Services Director (Merchandise, Awards), and with that position filled, we celebrate having a full Board of Directors.

Thanks to everyone who came out to help give the Birkie trails their annual 'Shave and a Haircut Two-bits' treatment. Birkie volunteers come out as groups or individuals to help trim back shrubs, pick up big sticks and generally just get the trails ready for snow and skiers.

We welcome you to [volunteer](#) for any of a wide variety of jobs, including many that allow you to still ski your Birkie. We currently have [vacancies](#) on our Loppet Committee.

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**Bike 'n Ski Award**

The Canadian Birkebeiner and MS Society of Canada – Alberta & Northwest Territories Division continue to team up for the Bike 'n Ski Award, encouraging and supporting skiers and cyclists to stay fit year round, and recognizing individuals for participating in both of these extraordinary events. Individuals participating in both will receive a special Bike n' Ski ceramic mug following their completion of both



events and have their names added to our [award list](#) on our website.

If you cycled the 2015 Johnson MS Bike Tour – Leduc to Camrose and are interested in skiing a long course event at the 2016 Canadian Birkebeiner, call the Birkebeiner office at 780-430-7153 to receive \$10 off of your registration in this year's Birkie.

Registered already for the 2016 Canadian Birkebeiner and interested in the 2016 Johnson MS Bike Tour? Call the MS Society office at 780-463-1190 to receive \$10 off your registration in the 2016 Leduc to Camrose Tour (Registration opens Nov. 23, 2015).

[More information.](#)

### Birkie Merchandise



The Merchandise Store is now open! Get your Birkie souvenir and merchandise [here](#).

### Ski Swap Season



The Edmonton Nordic Ski Swap will be held at the Edmonton Ski Club on Sunday November 1, 2015 from 1 – 3 p.m. (Note daylight savings time 'fall back'). Note the change in venue from the school site used for many years. This event is virtually always on the first Sunday in November, but had to be moved last year only. Sellers are asked to come at 12:30 to set up and buyers will be admitted starting at 1 pm.

[More info.](#)

See you out on the trails!



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