



Canadian Birkie E-News:
October 2016

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



Welcome Allen!

The CBS is pleased to welcome Allen Jacobson on board as our Birkie Coordinator. Allen brings a wealth of experience in event, festival and project management in the sport, cultural, arts and municipal sectors. He has worked in the business and non-profit communities and is an avid cross country skier as well as a professional musician. Allen is looking forward to contributing to a successful “Spirit of the Ski”. He can be reached at coordinator@canadianbirkie.com.

Registration is open!

Registration is now open for the 28th Canadian Birkebeiner Ski Loppet, *Spirit of the Ski*. The Nordic Fair and registration package pick up is February 10th, 2017 and the Birkie ski events are February 11th. Register by November 16 to secure the best early bird savings.

For details on the events and to register, click [here](#).

In recognition of the cancellation of the 2016 Birkie, all registrants from last year are eligible for 15% off their registration for the 2017 Birkie. You will receive a notice with your promo code by Friday October 14th; if you do not receive this notification and you believe this is an error, please contact the [office](#) before you register.

The 2016/17 Birkie Board of Directors

Please welcome the 2016/2017 Canadian Birkebeiner Society (CBS) board. It is comprised of a great group of volunteers with a diversity of professional and volunteer experience. Many of them have been involved with the society in various roles from Loppet to Logistics. Several of the members are brand new and we are looking forward to the passion, energy and enthusiasm they bring to our Society.

President - Cameron McGregor

Vice President - Mark Ryan

Treasurer - Lawrence Vincent

Secretary - Peter Kershaw

Chief of Loppet - Jim Black

Festival Director - Mae Nandlall

Human Resources Director - Dave Johnston

Marketing Director - Leandra Grenier-Green

Sponsorship Director - Dave Cooper

Program Services Director - Nikki Sandie

Director (Historian) - Doug Kelker

Director at Large (Marketing) - Natalie Kristoff

Director at Large (Training) - George Foxcroft

Loppet Chief Positions **WE NEED YOU!**

Want to develop new skills and meet new people? Have you been thinking about how to give back to your Birkie? We are looking for Loppet Chiefs for this year's event. Join our group of dynamic, enthusiastic and committed volunteers in the following positions (training and/or mentoring is provided):

Volunteer Coordinator This official assists Loppet and Board committee members with meeting their need for volunteers, maintains a list of current and potential volunteers and coordinates volunteer recognition.

Signage This official plans the signage requirements of all events and coordinates the distribution, setting up and dismantling of signs

and banners where needed. Works with each Chief on signage requirements and obtains signs as necessary.

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.

Long Patrol This official recruits patrollers/controllers for all of the long-course events and supervises the distribution and protocols of the course officials on event day.

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.

If you, or someone else you know, are interested in these roles, please contact the [office](#).

Birkie Training Group Winter Session

The 15 week Birkie Training Group (BTG) Winter Session will start Sunday, October 23, 6:30-8 p.m. at Gold Bar Park. Register soon to avoid disappointment, it fills up fast.

The winter session will focus on activities like Nordic walking and ski bounding until there is enough snow, and then classic ski technique and ski specific fitness and strength, as well as core work and stretching. The program will include one ski-day out at Cooking Lake-Blackfoot Provincial Recreation Area (Blackfoot) and will be of significant benefit in preparing skiers for long course Birkie events (31 km or 55 km).

Course participants will be offered a discount on Birkie registration fees. For more details or to register, click [here](#).

Learn to Loppet

Whether you aim to improve your skiing skills, finish the 13 km Mini Birkie or improve your personal best time in the 55 km, the Birkie Learn to Loppet ski lessons will help you achieve your personal goals.

The program includes a basic wax clinic, four ski lessons at Gold Bar park and one ski-day out at Cooking Lake-Blackfoot Provincial Recreation Area (Blackfoot) to help you discover and enjoy the trails and terrain in 'Birkieland'.

Course participants will be offered a discount on Birkie registration fees. For more information and to register, click [here](#).

Birkie Rookie Package

This 3 week program is held at the Strathcona Wilderness Centre (SWC) and is designed for beginner cross country skiers to introduce them to the fun of the Canadian Birkebeiner.

The classes (Sundays; January 22nd, 29th and February 5th from 1 - 3 p.m.) provide skill development and instruction, and includes registration in the 13 km Birkie event February 11, 2017. Ski equipment from SWC can be provided with the course. Registration is done through SWC, details can be found in the [SWC Program Guide](#).

New Event Details for 2017

29 km Skate-Ski Event

We are offering a 29 km skate-ski event in 2017. The event will start at the Ukrainian Cultural Heritage Village an hour after the classic-ski events have departed. It will occur almost exclusively on trails independent from the classic ski trails and will be a great opportunity for skate skiers to participate in the Birkie. More information can be found [here](#).

Wave Starts

This year's Canadian Birkie will feature three start waves, with a mix of skiers from the two 55 km (with pack and lite) and the 31 km classic event. There will be three start waves; 9:00 am, 9:15, and 9:30, based on skier speed instead of event selection. More details can be found [here](#).

Birkie Legend

In the year 1206 a civil war raged in Norway. The infant prince and direct heir to the throne, Haakon Haakonsson, was in danger so two brave Birkebeiner warriors carried him 55 km by skis in the dead of winter to safety. The young prince, later crowned King of Norway, ended the civil war.

The Birkebeiners (Birchbarkleggers) got their name from tying birch bark around their legs from the knees down, similar to gaiters. This kept the snow out, and protected their legs in battle. They used one long and one short ski - the long ski for gliding and the short ski for pushing, which they would alternate from one leg to the other. They used only one pole with a pointed end and a flared end, which served as propulsion, a weapon and a drinking vessel. The pointed end could be used as a weapon and the flared end was used to

push themselves forward in the snow. The flared end was also detachable and could serve as a drinking vessel.

880 years later (1985) the Canadian Birkebeiner Society is formed and the 5.5 kg (12 lb) pack represents the weight of the prince in the 55 km event with pack. The Birkebeiner tradition has been associated with strength, courage and determination. It has also been a “family” event from the very beginning given that the infant Crown Prince was a participant in the first ever Birkie in 1206.

More Birkie Lore to follow.

Merchandise



Take a piece of the Birkie home with you with Canadian Birkebeiner Merchandise!



The Merchandise Store is open early this year. Jackets, caps, scarves, tubers, mitts, selfie sticks, books, prints and more! (Shirts will be available in January 2017).

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

