



Welcome to Fall!

Canadian Birkie E-News:
September 2016



Event Coordinator Position Available

There is still time to get your application in for the Event Coordinator Position at the Canadian Birkie. Come join our team! See the job posting [here](#).

Birkie Training Group Fall Dryland Session: Registration Open!

****Starts this week! Space Available****



Skiers who wish to get a jump start on the ski season will want to register for our 5-week Fall Dryland Birkie Training Group (BTG) Session. It runs Sunday evenings from 6:30 - 8 pm starting September 18th.

This course will focus on activities like Nordic walking and ski bounding, cycling, strength and core work, stretching, etc; with an eye to making the transition smoothly from general to ski-specific fitness (e.g. aerobic and anaerobic, strength, flexibility) and technical (e.g. ski specific balance and agility). The program will be of significant benefit in preparing the body for higher volumes and intensities of ski specific training once the snow comes to stay.

We need a minimum of 6 registrants to run the course, so sign up soon! For more information and to register, click [here](#).

Other Birkie Courses Coming Up

We will have more courses available this year including:

The Birkie Training Group (BTG) Winter Session starting in October

The BTG Mid Week Session (daytime lessons) starting in November and

The ever popular **Learn to Loppet Lessons** starting in January

Details on these courses will be including in upcoming newsletters and will be updated on our website in the [Training](#) tab as available.

Loppet Chiefs Needed

If you have been thinking of giving back to your Birkie, the Canadian Birkebeiner Society is seeking some new Loppet Chiefs in the following positions:

Volunteer Coordinator - assists loppet and Board committee members with meeting their need for volunteers; maintains a list of current and potential volunteers and coordinates volunteer recognition.

Chief of Course - responsible for properly preparing and maintaining the course to ensure the safety of the participants.

Chief of Transportation - responsible for planning and implementing the transportation logistics to get participants to and from the event site. Responsible for transportation and parking signage relating to skiers and spectators for all Birkie events.

You would be working with a great team and training and/or mentoring is provided. If you have an interest in one of these positions or want to learn more about them, please contact the [office](#).

Popular 31 km Event Welcomes New Sponsor

This year's 31 km event will be named "**Erika's Tour**" and be part of an awareness-building campaign for a new suicide prevention charity – the Erika Legacy Foundation. JV Driver, a longtime sponsor of the Mini-Birkie, will be moving its support to the 31 km event. Bill Elkington, head of the Leduc-based international industrial contracting firm, founded the charity in honour of his daughter Erika, who was an avid Birkie skier and always enjoyed the 31 km tour.

**29 km Skate Event
New this year!**



A new 29 km skate event will be offered in 2017. Although the Birkie will remain centred around classical skiing, we appreciate there are many skiers - young (and not so young), fast (and not so fast), fit (and not quite there yet) - who really enjoy skate skiing and would love a means of participating on the day.

The skate event will start at the Ukrainian Cultural Heritage Village approximately an hour after the 31 km and 55 km classical races and end at the Waskahegan Staging Area, the same finish as all the other events. The course follows the gently undulating and winding Blackfoot trails and is perhaps a shade or two gentler than the 31 km and 55 km routes.....not that it matters if you're fast and fit....but if you're not, it should be a pleasant day nonetheless. We're quite excited about it!

You can see the new route [here](#).

Birkie Swag



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



The Merchandise Store is now open! Jackets, caps, scarves, tubes, mitts, selfie sticks, books, prints and more! (shirts will be available in January 2017)

For details and to purchase, get your Birkie souvenir [here](#).

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