



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

Canadian Birkie E-News:  
September 2015



### **Birkie 28**

It's been an excellent summer for people who live an active Birkie lifestyle; many, many weeks of hot, dry weather to get out there and enjoy our amazing parks, trails, rivers and lakes (as long as you could avoid the smoky areas). Sure hope you were able to take advantage of the opportunity to play and explore. The long range fall forecast calls for a mild autumn; great news for your fall dryland training. The colours are already spectacular in the valley and out at Blackfoot and Elk Island, so take the opportunity to get out and enjoy them.

As you and your family start picking key activities and events for the winter, don't forget to pencil in the Canadian Birkie. We have a few exciting changes this year to tell you about to help with your planning.

### **Make a Date with Birkie 28**



Nice ring to that. As you start dropping dates into your seasonal calendar, here are some you'll want to note:

Birkie Opening Ceremonies – Friday, February 12, 2016,  
11:30 am - noon  
Nordic Fair – Friday, February 12, 2016, noon – 8 pm  
Birkie 28 – Saturday, February 13, 2016 - day  
Vikings' Feast - Saturday, February 13, 2016 – evening

## **Birkie Registration Deadlines**

### Registration Deadlines:

November 18, 2015 - Early Bird – lowest rates so register by this date and save!!!

January 20, 2016

February 10, 2016

Registration will be up on our website by the beginning of October.

**Register early to save money!**

## **Birkie Registration Fees A Very Good Buy**

The Birkie Board has considered the registration fee structure for Birkie 28 and no changes are anticipated for the 2016 Birkie. Our fees remain among the lowest in Canada for major events including other marathon events and major loppets, especially considering we host a point-to-point winter loppet (citizen's race), run in a rural park environment. This requires a lot of transportation, tents / other infrastructure and other support. We work hard to provide the highest quality event possible at the lowest cost.

## **NEW!!! Skate Event – An Historic First at the Canadian Birkie!**



The 2016 Canadian Birkie will include a Skate Ski event. 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.

## **Birkie Training Group: Fall Dryland Session Register Now!**

Skiers keen on kick-starting their ski season with group dryland training are invited to our 5-week Birkie Training Group (BTG) Dryland Session that will run Sunday evenings from 6:30 - 8 pm from September 27 – October 25, 2015.

This session 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 is here. And it will, of course, be lots of fun! For more information and to register click [here](#).

The regular 15 week BTG Winter Session will run Sunday evenings, November 1 – February 7, from 6:30 – 8 pm. Registration will open by early October. We will also have a 10-week BTG Mid-week Session running Wednesday afternoons from November 25 - February 3. Both BTG Sessions will take a break over the winter holiday.

### **Birkie Learn to Loppet**

Our long-running, highly successful five-week Birkie Learn to Loppet program leading up to Birkie weekend will also be offered this winter, with registration opening in October. This year, while our emphasis will remain on classic lessons, we will be adding the option of skate skiing lessons to those who want to prepare to ski the Birkie Skate Ski event.

### **NEW!!! Gold Bar Snowmaking**



Canmore examples of snow guns and trail snow we can expect

Our friends at the Edmonton Nordic Ski Club (ENSC) have been working on an initiative over the last 14-15 years, spearheaded by Edmonton's champion trail builder, Rick Mooney. Rick has worked hard to help secure and build the Gold Bar trails as well as the ENSC Biathlon range and trails (both of which venues have hosted Canadian National Championships!) and now has successfully led the lengthy campaign to secure snowmaking on a substantial training loop in Gold Bar Park. This snowmaking project has taken much time, patience and nurturing (research, partner-building, fund-raising, grunt work on the trail itself).

Nordic skiers in Edmonton will be the grateful beneficiaries of all of Rick's and the ENSC's persistence and hard work. There will be something for everyone, from beginner to advanced athlete. The snow will be made with nine state-of-the-art snow guns (like those used at the Canmore Nordic Centre and other prime Nordic ski areas), and subsequently pushed around the trail, packed and groomed for both classic and skate skiing. Snowmaking will primarily be done to get the ski season started in November (as soon as it's cold enough to make snow), and will only augment natural snow beyond that, if and as necessary to keep us all skiing.

Big thanks to the City of Edmonton for helping fund the project as well as supporting operating costs by providing water and power.

This snowmaking will provide Edmontonians, including Birkie skiers, with reliable snow. Stay tuned for updates on this tremendous initiative.

### **Birkie Volunteers Pitching in**



Brian Lucas and Nordahl Flakstad at the MS Bike Tour

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

Migratory Bird Festival  
Johnson MS Bike Tour (Camrose)  
Tour de l'Alberta - bike festival

We welcome you to sign up on our website if you are interested in volunteering for or at this year's Birkie. There're a wide variety of jobs, including many that allow you to still ski your Birkie.

### **Birkie Office**

The Canadian Birkebeiner Society's office is located in the Sentinel Business Centre in South Edmonton:

#103, 9920-63 Avenue  
Edmonton, AB T6E 0G9

**Office Hours:**

Mondays and Thursdays 12 - 4:30 p.m.

Tuesdays, Wednesdays and Fridays 10 - 2:30 p.m.

Please call ahead

**Telephone:**

(780) 430-7153

All general inquiries can be emailed to the Office Administrator, Nicole Brenda, at [ski@canadianbirkie.com](mailto:ski@canadianbirkie.com).

The General Manager, Glenda Hanna, is available by email at [manager@canadianbirkie.com](mailto:manager@canadianbirkie.com), Monday to Friday from 9 - 5 p.m.

### **Training for Your Best Birkie: Step up Interval and Hill Training**

Autumn offers a great window for building your base of endurance and strength toward skiing your best Birkie on February 13th. Try to incorporate some running/jogging, Nordic walking/hiking, road/mountain biking, swimming and/or roller skiing and some strength, core work and stretching. Include some interval training (going up a hill on foot, bike or roller ski to get your heart rate up and allowing your heart rate to drop back down during and following the descent). At a minimum, incorporate training on some hilly trails, to get your cardiovascular system adapting to the



rolling terrain you'll ski in the Birkie.

At least once a week, try to build in some ski-specific strength activity. Walking or running with long strides or bounding up a trail that climbs out of the river valley or just on the grass up a ski hill or other good hill in town, is great example of ski-specific exercise. Use ski poles about 10 cm shorter than your normal classic length poles. Start with a number of repetitions you can handle reasonably easily and increase them week by week. If this is too easy, add a daypack with some weight in it to increase resistance. Picture yourself gracefully gliding rather than trudging up the hills on the Birkie trail, enjoying the benefits of the fun work you'll do out in the autumn green and gold.

We're only 20 weeks from the start line!

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See you out on the trails!

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