

# Canadian Birkie E-News

## DECEMBER NEWSLETTER

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Thank you for your patience as we work out some kinks to our re-vamped newsletter.

Don't forget to [register](#) for Birkie 2018 before the next Early Bird rate closes January 17, 2018. The final registration date is February 7, 2018. Hashtag #skiisinflight

Please note our Office is closed December 23 to January 1, 2018. Everyone here at the Birkie would like to wish you all the best over the holidays!

## BIRKIE SUNDAY

Look out, the Vikings are coming!

Birkie Sunday is a fun-family celebration of skiing presented by the Canadian Birkebeiner Society and Edmonton Nordic Ski club. Sunday February 11, 2018 at Gold Bar Park, Edmonton. The fun begins at 9 am. Registration: \$10 per registrant.

### Featuring:

- Inner City Sprints and Relay
- 2 and 4 km Global Mini-Birkie Loppets
- A Double Pole Sprint challenge
- Fancy dress competition – with prizes
- Hot drinks and snacks for registered Skiers

For more details and to register, see our website [here](#) or Edmonton Nordic's website [here](#).

Just a reminder that [Ole's Tour](#) is still being held Saturday, February 10 at Waskehegan Staging area in the Cooking Lake-Blackfoot Provincial Recreation Area, as usual. The Birkie is pleased to be able to offer two family-fun events in 2018.

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## MERCHANDISE

We are very pleased to add several items to our Birkie Catalogue:

- Men's and Women's vests, black with red or blue trim
- A tech t-shirt that feels like cotton! Including Aqua FX ® for wicking properties and Freshcare ® for anti-microbial properties

Click [here](#) to see these fabulous new items!

## FULL MOON BIRKIE

Join us for our inaugural FULL MOON BIRKIE - January 31, 2018. This is a chance to enjoy a pre-Birkie ski with friends in the heart of Birkie-land!

We will start at the [Waskehegan Staging area](#) in Cooking Lake-Blackfoot Provincial Recreation Area and ski to Meadow Shelter and back (12 km out and back) under the light of the FULL MOON.

Hot beverages at the start and mid-point, hot soup at the finish line. Must ski with at least one other person.

- Location: [Waskahegan Staging Area](#) (RR201)
- Time: 7-10 p.m.
- Register: \$10

[Registration](#) is open!

## BIRKIE LEARN TO LOPPET

Whether you aim to improve your skiing skills, finish the 13 km Tour or improve your personal-best time in the 55 km with pack, the Birkie Learn to Loppet (LTL) 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 day out at Cooking Lake-Blackfoot Provincial Recreation Area to help you experience the terrain where the Birkie takes place.

Course participants will be offered a discount on Birkie registration and are offered free admission to wax clinics (beginner and intermediate) held in January by MEC. Price increases after December 22. Check our [website](#) to register and for more details.

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## BIRKIE ROOKIE PACKAGE

Our friends at the Strathcona Wilderness Centre (SWC) are holding a 3-week program designed for beginner cross-country skiers to introduce them to the fun of the Canadian Birkebeiner.

The classes (Sundays January 21 to February 4 from 1 - 3 p.m.) provide skill development and instruction, and includes registration in the 13 km Birkie event February 10, 2018. Ski rentals available. Click [here](#) for more information.

## 10 FOR 10 SKI CLUB CHALLENGE

Be part of the NEW Birkie Ski Club Challenge! Register 10 members on your team, get 10% off each registration fee and compete against other ski clubs for cash prizes!

- First Place - \$1,000
- Second Place - \$750
- Third Place - \$500

Check out the [Challenge here](#).

## SPIRIT NORTH

The Canadian Birkebeiner Society has chosen to partner with Spirit North this year to enhance the opportunities for Indigenous children and youth in the celebration of cross-country skiing.

This year, Spirit North will provide community members from Indigenous communities across Alberta with the opportunity to participate in their first ever Birkie! Becky Scott is Chief Executive Officer of the Program and is no stranger to the Birkie. We are looking forward to their participation.

Click [here](#) to donate to Spirit North. Your donation will help Spirit North continue to connect, empower, and inspire Indigenous children and youth with the transformative power of sport and play.

Or, this year you can take part in Spirit North's Birkebeiner pledge form. Ski your kilometres and raise money for a great cause! For more information on the pledge forms, please contact [info@spiritnorthxc.ca](mailto:info@spiritnorthxc.ca) or call 587-879-8933.

Want more information on Spirit North? Click [here](#) to get more details on this wonderful program.

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## VOLUNTEERS NEEDED

Volunteering with the Birkie is a great way to meet new folks, have a lot of fun and contribute to The Legend! We can always use a few more volunteers and at this time, we are looking for the following:

**Chief of Short Patrol:** Responsible for the safety of skiers on the 2.5/4 km and 13 km Birkebeiner courses on event day. Reports to the Chief of Loppet and supervises several ski patrollers. An ability to ski is recommended.

**Assistant Chief of Stadium** (Chief in training for 2019): Principal duties include assisting the Chief of Stadium in the following: Planning (layout), set-up/take-down of all equipment and facilities, overseeing race day operations and traffic flow in the Stadium area (finish line area).

Even if you're just interested in volunteering for a few hours or a day during Birkie week, please visit our [volunteer](#) webpage to see available positions and to sign up.

## VOLUNTEER FEATURE

The Medical Chiefs position for the Birkie ski event is held by two second-year University of Alberta Medical Students. At the beginning of each school year, the current chiefs choose two students from the first-year class to involve in the process of planning first aid for the event, so that they are prepared for the next year when they become the Medical Chiefs. Elle Surgent and Megan Findlay are the two students currently acting as the Chief Medical Officers.

Elle is from Edmonton and likes to stay active during the Edmonton winters by cross-country skiing, downhill skiing, snowshoeing, and yoga. Megan loves to cross country ski in her free time and is very excited to be one of the Medical Chiefs for the upcoming Birkebeiner. They were both involved in planning last year and are already working on organizing the first aid kits, stations, and volunteers for this coming year's event.

## ALUMNI GROUP

We have established a Birkie Alumni Group for former Chiefs from the Loppet Committee and former Board members, though we may consider expanding it in the future. The intention is to record our history and acknowledge past contributions to the Birkie.

We have a good record of most members going back to 2000 and have sent email letters to everybody (we hope!) from that period. If you haven't received an email it is possible we have your email address wrong and ask that you contact the [office](mailto:ski@canadianbirkie.com) ([ski@canadianbirkie.com](mailto:ski@canadianbirkie.com)) to update it. If you were a Loppet Chief or Board member between 1985 and 2000, or know of someone from that period, we would like to hear from you.

# BIKE 'N SKI AWARD

The Birkie and MS Society continue to team up for the Bike 'n Ski Award, encouraging and supporting skiers and cyclist to stay fit year round with cross training and recognizing individuals for participating in both of these extraordinary events.

If you've cycled either the Road Bike Tour – Leduc to Camrose or the Hinton Mountain Bike and are registering in a long course (55 or 31 km) ski event, **contact** the office to receive \$10 off your registration.

Participants will receive a special Bike n' Ski ceramic mug following the completion of both events.

The Johnson MS Bike – Leduc to Camrose is the largest and longest standing MS Bike event in Canada. All you need is a bike and the passion to end MS. Register today at [www.msbike.ca](http://www.msbike.ca) and receive a discount on your registration by entering promo code **bikenbirkie18**.

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