

# Learn to Loppet

## Improve your skiing technique in preparation for the 2018 Canadian Birkebeiner “Flying over the Snow with Skis”

Lessons are NOT cancelled due to inclement weather!

**Lesson 1:** Saturday, January 6 - 4 hours including a basic waxing session\*

09:30: Introduction to the course

10:00: Basic kick-waxing techniques – instruction and hands-on

11:30: Lunch (bring your own) and test your waxing

12:00 to 1:30: Introductory lesson and group reassignments as needed

Meet at [Tiger Goldstick Park Pavilion](#), 4210-101 Ave (west of Imperial oil refineries)

Travelling east on 101 Ave, turn north at the first set of lights just past 50th St. Follow road to building.

- Bring your skis, boots, poles & waxes
- Bring a lunch
- Dress appropriately (layers) for both indoors and out.
- Learn and practice your waxing technique and be prepared to test your waxed skis outside and then start your introductory lesson on snow!

**Lessons 2 – 5:** Monday nights, 7 – 9 p.m., January 8 thru to Jan 29, on-snow ski lessons – dress appropriately

Meet at [Gold Bar Park](#)

On the south side of the river go north on 50 St, turn at last right, follow the road to parking lot, meet at pavilion

**Lesson 6:** Saturday Feb 3 or Sunday Feb 4, two-hour skiing techniques and trail etiquette at [Cooking Lake-Blackfoot Provincial Recreation Area](#) with time and date to be arranged by Instructors based on weather and ski conditions.

**Birkie Event: 2018 Birkebeiner events (55, 31, 13 km) are scheduled for Saturday Feb 10, 2018**

**“Lesson” 7:** Evening of February 12, combined wrap-up celebration for Birkie Training Groups (food & drink provided), details/venue TBA

### Instructors for Learn-to-Loppet:

All instructors are CANSI (Canadian Association of Nordic Ski Instructors) certified for teaching cross-country ski lessons and have skied the Birkie many times.

**Discounts** for LTL participants off Birkie event registration

- \$15 off 55 km events
- \$10 off 31 km event
- \$5 off 13 km event

\*Through MEC sponsorship of the Birkie, Learn to Loppet participants will have free access to additional and more advanced waxing clinics offered by MEC in January – details to follow.