



LIVE THE  
LEGEND.



**CANADIAN**  
**birkie**  
Ski Festival.

**Program Guide**

**February 10-27, 2023**

   #CdnBirkie #DreamBig #LivetheLegend **CanadianBirkie.com**





Edmonton  
Red Deer  
Spruce Grove  
Sherwood Park

# Mix It Up, Try A Fatbike!



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Torskeklubben of Edmonton's mission is to support, assist and promote education in Scandinavian languages and culture, and awareness of the heritage contribution of Scandinavian immigrants to Canada and North America.

Torskeklubben (Cod Club) is an inclusive community that meets on the first Tuesday of every month to socialize, enjoy a traditional Norwegian meal of torsk (codfish) and Linie aquavit, and listen to an interesting guest speaker.

Join us!!!

**TORSKEKLUBBEN IS A FOUNDING SPONSOR AND PROUD SUPPORTER OF THE CANADIAN BIRKENBEINER**

**TORSKEKLUBBEN**  
BY EDMONTON 



**Find out more:**  
**[torskeklubben.ca](http://torskeklubben.ca)**

## Mayor of City of Edmonton



On behalf of City Council and the people of Edmonton, welcome to the 2023 Canadian Birkie Ski Festival!

Edmonton is a winter city, which means we have a passion for outdoor excitement and adventure, even when our climate is at its most challenging. The Birkie Festival is a fun way to stay active, compete in cross-country skiing and meet other winter enthusiasts.

The City of Edmonton encourages people of all ages and abilities to enjoy the benefits of physical activity. We celebrate active living, recreation and sport as these create positive social and cultural change by improving health and wellness. Community partners such as the Canadian Birkebeiner Society are vital to helping us achieve this goal.

I commend the Canadian Birkebeiner Society for executing another successful festival. Thanks to your work, Edmonton has a place on the global competition stage and both visitors and residents can explore all that our great city has to offer.

Good luck to all the competitors!

Amarjeet Sohi  
Mayor, City of Edmonton

## Mayor of Strathcona County



On behalf of Strathcona County, I want to extend best wishes for the Canadian Birkie Ski Festival!

Strathcona County has been a longstanding supporter of the Birkie, and we would like to thank the organizers for all of the hard work that goes into putting this great event together once again.

Good luck to all the skiers. We hope you and your families enjoy your time in Strathcona County, participating in the fun of the Canadian Birkebeiner.

Rod Frank  
Mayor, Strathcona County



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## MLA for Strathcona-Sherwood Park and Minister of Technology and Innovation



Congratulations on the 33<sup>rd</sup> anniversary of the Canadian Birkie Ski Festival!

It is an honour to bring greetings on behalf of the provincial government at the largest classic-style cross country skiing event in Canada. Welcome to all of you who have traveled from across our province and country to be with us today.

In the spirit of the history of this prestigious race, the Birkebeiner embodies individuals who overcome challenges, dream big and face adversity. It represents a positive and engaging community of individuals who celebrate their culture and traditions in a way that brings them together. With thousands of participants every year, as well as hundreds who attend and volunteer, the Birkie has become an important tradition for many Albertans.

This year's theme is "Dream Big, Live the Legend". The legend of the Norwegian trek speaks to protecting what is most important and valuable in our lives. With such a rich history, today there are thousands of skiers and volunteers joining in the 17 days of cross-country ski fun. Thank you to all the participants and volunteers for making this event such a highlight in our community. We are incredibly grateful to the organizers, participants and volunteers that have made this dream a reality.

I am proud to call Strathcona County and Alberta my home. I am grateful for the contributions you have made to our community by attending, volunteering, or participating in order to celebrate the rich history and culture embedded within our province.

Sincerely,  
Hon. Nate Glubish  
MLA for Strathcona-Sherwood Park  
Minister of Technology and Innovation





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# There' *snow* better time to start!



## Alberta Parks offer a variety of cross country ski opportunities for every level of adventurer.

- Classic, skate-ski, or skijor on over 100 km of trails at Cooking Lake-Blackfoot Provincial Recreation Area just 40 km east of Edmonton.
- World class ski experiences at Canmore Nordic Centre with exceptional trails among the stunning Rocky Mountains.
- Track-set trails with ample views of snow-covered mountain peaks at William A. Switzer near Hinton.

Explore more winter opportunities in a park near you by visiting [albertaparks.ca](http://albertaparks.ca)

Alberta



# MESSAGE FROM THE PRESIDENT

## FOR 2023, WELCOME BACK TO A GENUINE BIRKIE

After our Covid cancellation of 2021 and our bare-bones “safe” Birkie of 2022, we are delighted to be able to offer a full scale event this year. From the great Red Barn start to our finish 55 kilometres later, the tracks are great, the food stations are set, and the festival area is ready to receive the tired but happy skiers.

A larger festival tent, heated change trailers, award ceremonies, Alberta-sourced bone broth and local sausages are hot and ready, along with other food items and ... the return of our beer garden. This year we will continue to offer hand sanitizer, wipes and masks, in-line with public health recommendations.

The snow has been great, and we expect a lot of skiers will join us, certainly if our first Full Moon event is any indication. More than 150 enjoyed a clear and wonderful evening back on Jan. 7, about double what we normally expect. So perhaps there is a bigger desire to return to events like this in our post-Covid world. We have a second night ski planned for Feb. 18.

After the departure of Alberta Parks support for the running of our event, our loppet committee stepped up last year with an enhanced safety program which we feel is the best ever offered for a Birkie. We have streamlined this for 2023, with improved communications. Our snowmobiles with toboggans are crewed by wilderness rescue experts, who have the training and equipment to quickly evacuate

injured skiers to ambulance/transport access points along the course. This is a very big deal for an event through the virtual wilderness that is “Birkieland,” aka Cooking Lake Blackfoot Provincial Recreation Area.

The Canadian Birkebeiner Society is partnered with the UNESCO Beaver Hills Biosphere, a public society which encourages local municipalities and citizens to work to protect this amazing area. Elk Island National Park and Cooking Lake Blackfoot are at the core of this glacial moraine landscape, and we ski in the middle of it. The area was important to Indigenous people, and provided much of the wood to build Edmonton more than a century ago. Now parts are a nature reserve, a special place so close to a major city.

There is a strong community that supports the Birkie, including our sponsors and volunteers. And the society thanks them all. Without them, there would be no Birkie.

This winter festival was inspired by the toughness and dedication of the original Birkebeiners in Norway who saved a royal baby.

So enjoy the day. And let's “Dream Big and Live the Legend!”

Dave Cooper,  
President of the Canadian  
Birkebeiner Society



# LIVE THE LEGEND.





# IMPORTANT INFORMATION

Welcome to the 2023 Canadian Birkie Ski Festival.

We anticipate a great Birkie and congratulate you for joining the adventure and accepting the challenge. Here are a few notes to remember for the big day.

**1. Classical Technique Only** Skating is NOT allowed - no gliding on herringbone; no sideways pushing except on corners (up to five pushes maximum per corner).

**2. Keep Right** The left lane is for passing only. Please be courteous and if you hear the call "Track", get out of the way safely and quickly.

**3. Food Station Etiquette** In fairness to skiers passing through, don't stop in the track; step well to the side.

**4. Ears Alert** For safety, do not ski with headphones.

**5. Stay on Your Course** Changing events during the race is not allowed. Anyone not passing all checkpoints on their registered course will be a DNF or DSQ.

**6. There is no parking at the Short Start or Finish Line** Regular shuttles will be available for skiers and spectators from Waskahegan to Bethel Transit Terminal in Sherwood Park.

**7. Cold Temperatures** Dress appropriately in layers, and bring clothing and wax for changing weather. Have adequate hand and head protection; keep well hydrated and well-fueled. Starts may be delayed and/or courses modified for safety. Please check Birkie Social Media for updates on conditions.

**8. Warm Temperatures** Drink lots of liquids at food stations. Peel layers as necessary.

**9. Bib Visibility** Please wear your bib only on your front and over top of your jacket for visibility.

**10. Timing Chip** Attach the timing chip to either ankle before you leave your vehicle the morning of the event. A volunteer will collect your chip from you at the Finish Line. It is very important to return the chip immediately after your race or there will be a \$60 replacement fee.

## EMERGENCIES

Be alert, be safe. In emergency situations, check the reverse side of your bib.

**IF YOU SEE ANY PROBLEMS ON THE TRAIL, A SKIER OR VOLUNTEER IS INJURED, OR THERE IS A MEDICAL EMERGENCY**

**TEXT 825 977-7555**

**(cell service for voice calls is not reliable)**

**DO NOT CALL 911. THEY WILL NOT FORWARD ANY INFORMATION TO US. THERE WILL BE NO EVACUATION OFF THE COURSE.**

Please include in your text your location (which course you're on, last km sign or food/aid station passed), and the nature and severity of the situation. They will mobilize the appropriate response. If there are "dead spots" in cell phone coverage, please move to a hill or clearing if possible.

If you see an injured skier on the trail, provide what aid you can. Have someone stay with the injured skier and try to keep them warm. Send a skier to the nearest food station and/or locate a Birkie Ski Patroller, who have cell phones. Controllers/Patrollers are stationed along the course and are authorized to pull you from the event if they deem it is unsafe for you to continue.

Please use care on downhill sections. Please do not ski on closed-off sections; doing so could result in disqualification. If you cannot continue, stop at any Food/Aid Station to get a lift to the Finish Area. Give them your bib and timing chip information and let them know that you wish to withdraw.

## MEDICAL AID

If you experience a medical concern, seek assistance. Food/Aid Stations and Finish

Line have First Aid Teams and Course Patrollers have cell phones. First Aid personnel will have white bibs with a blue Star of Life on them or on the uniform of their respective ambulance service.

Evacuation skidoos or vehicles are available at all Food/Aid Stations and we have quick access to ambulance.

Please write any health conditions or medications in the space provided on the back side of your bib so it is accessible to Medical Staff if needed.





# COVID-19

All provincial mandatory public health restrictions were lifted on June 14, 2022.

- **Proof of COVID-19 vaccination will not be required to participate in the 2023 Canadian Birkie Ski Festival.**
- **Masking is not a requirement for participation. Masks will be offered for participant's use at their own discretion.**

Alberta Health Services provided General Guidance on COVID-19 and other Respiratory Infections (June 2022) to event organizers in reducing the risk of transmissions of infections. These guidelines can be found [here](#).

This guidance recommends good practices for preventing infections, including getting vaccinated against COVID-19, staying home when sick, proper hand hygiene and respiratory etiquette, enhanced cleaning and disinfecting, and maintaining adequate ventilation.

The Canadian Birkebeiner Society takes this guidance very seriously and will reflect good practices and due diligence toward the prevention of infection.

## COVID-19 AND RESPIRATORY INFECTION POLICY

Applies to all Birkie participants including athletes, volunteers, staff, spectators, and suppliers and service providers at all Festival activities. These Festival activities include:

- Full Moon Birkie (January 7)
- Volunteer's Night (February 8)
- Nordic Fair (February 10)
- Canadian Birkie Saturday and Viking's Feast (February 11)
- Barnebirkie at the Silver Skate Festival (Canadian Birkie Sunday, February 12)
- New Moon Birkie (February 18)

## Measures for Birkie Festival Events

- Participants are asked to stay home if they are experiencing symptoms the day of the event.
- Hand sanitizer and disinfecting wipes will be provided at entrance/exits to indoor Festival venues, such as the Red Barn, Festival Tent, changing facilities, Volunteer's Night, Nordic Fair, Viking's Feast, and Barnebirkie food station.

- Masks will be provided at these Birkie venues for participants to use at their discretion.
- Some participants may prefer to wear their own masks and to carry a small hand sanitizer.
- Participants may wish to wear masks on Strathcona County buses to and from the parking lot.
- The Birkie Patrollers and medical volunteers at all food/aid stations and at the finish line will adhere to protocols for the isolation and evacuation of any participants who exhibit initial symptoms during the event.

## Provision of Food at Canadian Birkie Events

- Events with tables for eating, such as the Festival Tent, will be provided with disinfectant wipes for participants to use in wiping down surfaces prior to sitting down.
- This gives participants an active role in helping to ensure everyone's health and safety.
- Hand sanitizer and disinfectant wipes will be provided at food stations.
- On site signage will remind participants of the importance of hand hygiene and respiratory etiquette (such as observing appropriate spacing between individuals).



## DREAM BIG, LIVE THE LEGEND

# Birkie Day Volunteers!

There are approximately 500 volunteers helping you enjoy your Birkie! Volunteers and Photography Crew wear a maroon volunteer bib. Organizers and Parking Attendants wear a yellow vest or jacket.

**Please thank the volunteers during the day –  
We couldn't run the Birkie without them.**



## Thank you Volunteers!





# BIRKIE FRIDAY PROGRAM

The Canadian Birkie Ski Festival is a multi-day celebration of cross-country skiing and Nordic legends. It is one of Canada's premier nordic ski events and one of only three Birkebeiner Loppets in the world. Norway and the USA host the other two.

## FRIDAY, FEBRUARY 10

Location: Woodvale Facility and Golf Clubhouse  
4540 - 50 Street, Edmonton (Millwoods Golf Clubhouse)

### NORDIC FAIR & REGISTRATION PACKAGE

#### PICK-UP: 12:00 – 8:00 PM

Visit our sponsors' booths, pick up your registration package, buy Birkie souvenirs, get the latest waxing advice, pre-weigh your 55 km pack, and enjoy a sample of Alley Kat beer.

#### Wax Area Provided

A waxing area will be provided at the Woodvale Facility. Bring your own equipment and supplies and please remember to clean up when you are done.

#### Bibs

At the Registration Table you will receive a Tyvek bib with your Event Name and Participant Number on it, as well as four safety pins. To ensure your bib number is visible at all times, use the safety pins to attach your bib to the front of your shirt/jacket.

Ensure you write your name, timing chip number and any health conditions or medications with permanent marker in the space provided on the reverse (back) side of your bib.

In an effort to reduce, reuse and recycle, we ask that if you have a Red (skied every year in a 55 km event), Blue (skied at least 20 years in a 55 km event) or Purple (skied at least 10 years in a 55 km event) cloth bib from previous years that you re-use it. Please bring any extra cloth bibs you may have and return them at the Nordic Fair registration table.

### Rental Timing Chip Instructions

All 55 km, 31 km & 13 km event participants will receive a GoChip timing chip with ankle strap from the Registration area at the Nordic Fair. It will record the actual time you cross the start line and finish line, not just a mass start time. There are no timing chips for 2/4 km and 4/8 km ski events.

Refer to the Current Results page of the Birkie website ([canadianbirkie.com/results](http://canadianbirkie.com/results)) for the link to live results, as well as a link to the livestream of your event. Timing units will be placed at some Food/Aid stations on the Long Courses to provide live interim results, so your friends and family can see where you are on the route and watch you cross the finish line in real time!

Please verify your chip at the checker station before you leave the Fair.

Attach the timing chip to either ankle before you leave your vehicle the morning of the event.

A volunteer will collect your chip from you at the Finish Line. It is very important to return the chip immediately after your race or there will be a \$60 replacement fee.

### Clothing Bag and Tag

You will also receive a tag with a zip tie in your registration package to attach it to your spare clothing bag. You can bring a duffel bag or a backpack to keep your warm clothing and other items in for use after the race and we will transport it to the Clothing Tent at the Finish Line/Stadium Area. Skiers should use a felt pen to write their bib number clearly on both sides of the tag. This tag will be used to locate your bag after the event.

### Updates

Information will be provided at the Nordic Fair and on social media.

**Make sure you bring your bib, timing chip, and tagged personal clothing bag on race day.**

## VIKINGS FEAST

### Saturday, February 11, 2023

**Location:** Woodvale Facility and Golf Clubhouse

4540 - 50 Street, Edmonton

**Price:** \$40 Adults; \$15 Youth (11 and under)

**Time:** Doors open at 6 pm; dinner at 6:30 pm

**Join us** for this wonderful apres-ski celebration of culture, community and a successful BIRKIE! Buffet dinner, awards, draw prizes and more! Feel the Birkie Spirit!

**Purchase admission to the Vikings' Feast when registering for an event or online at [www.canadianbirkie.com/vikings-feast](http://www.canadianbirkie.com/vikings-feast). Limited availability at Nordic Fair and at the door.**

**Please check in with your name at the entrance.**



# BIRKIE SATURDAY PROGRAM

## LONG COURSE SKI EVENTS - SATURDAY, FEBRUARY 11

All Long Course Events, 55 km and 31 km, will start just south of the Red Barn at the Ukrainian Cultural Heritage Village (UCHV), 50 km east of Edmonton on HWY 16, and finish at Waskahagan Staging Area in the Cooking Lake-Blackfoot Provincial Rec Area.

### Long Course Events

55 km with pack Torskeklubben Birkebeiner,  
55 km Madshus Birkie Lite  
31 km Imperial Oil Birkie Tour

### Parking and Shuttle

Skiers must drive or be dropped off at the UCHV, there is no shuttle from Sherwood Park to the long starts (except for those coming from the Host Hotel). Skiers using the Host Hotel shuttle must register in advance with Birkie office. Shuttle buses will be available at the Finish Line (Waskahagan Staging Area) which go back to UCHV or to the Bethel Transit Terminal in Sherwood Park. Shuttles will run all day. Give yourself plenty of time to get to the start area and please put your bib on your front and timing chip on your ankle before you leave the parking lot.

### UCHV to Waskahagan Transport

One van will be provided for Short Course Event participants to go from UCHV to Waskahagan (Finish Line, Short Start) Catch it outside the Red Barn at 9:45 am sharp! All others going to the finish line must park at the Bethel Transit Terminal in Sherwood Park and catch a shuttle bus.

### Start Times

8:50 am Official Program at start line for 55 km and 31 km  
9:00 am Start of Wave 1  
9:10 am Start of Wave 2  
9:20 am Start of Wave 3  
9:30 am Start of Wave 4  
9:40am Start closed No skiers to start after 9:40 am for safety (sweeping) reasons. No pulks/sleds allowed.

### Once You're There

Dress appropriately in layers and bring extra clothing and wax for changing weather. Look for the wax thermometer near the barn for basic guidance. Track'n Trail will be there to provide wax advice.

The Red Barn is a heated facility located at the south end of the parking lot. Space is very limited. Indoor washrooms at the UCHV are not available, but there will be outdoor porta-potties (see map).

Pack weigh-in for 55 km with pack Torskeklubben Birkebeiner Skiers takes place near the exit from the Red Barn en route to the muster and start grids (see map). Please give yourself time to get your pack weighed and checked off. Packs must weigh a minimum of 5.5 kilograms at both the Start and Finish of the event and must be of the over-the-shoulder type; fanny packs do not qualify. Anything can be used for weight. Please weigh your pack in advance at home or at the Nordic Fair.

Bring a duffle bag or backpack to keep your warm clothing and other items in for use after the race. In your race package you will find a tag and zip tie to attach to your clothing bag. It is very important to clearly mark your BIB NUMBER on your tag. Leave it at the Clothing Trucks located near the Red Barn (see map) and your gear will be transported and put in the Clothing Tent for pickup at the Finish Line.

Place yourself on one of the start lanes based on your estimated skiing time. Please self-seed within your wave with the faster skiers to the front.

Take care to study the map of your course prior to race day. 55 km course distances are marked with green signs. The 31 km course is marked with blue signs. The courses split and merge a few times but junctions are well-flagged. Make sure you stay on route. Have fun!

## SHORT COURSE SKI EVENTS - SATURDAY, FEBRUARY 11

All Short Course Events start and finish at the Waskahagan Staging Area in Cooking Lake-Blackfoot Provincial Recreation Area.

### Short Course Events

13 km Global Edmonton Mini Birkie  
4/8 km Mud Sweat and Gears Birkie Fun Ski  
2/4 km Birkie Ole's Tour

### Parking and Shuttle

There is NO parking at the Short Start/Finish Line. Skiers and spectators MUST PARK at Bethel Transit Terminal (Broadview Rd, Sherwood Park). Free shuttle buses run continuously between Bethel Transit Terminal and Waskahagan from 8:30 am until 5:30 pm. Buses leave when they are full (about every 10-15 minutes) and the ride takes approximately 30-45 minutes. Please leave sufficient travel time. Arrive at the bus terminal a minimum of 1 1/2 hours before your start time. Plan for a 10-minute walk to the start line.

### Start Times

2/4 km Birkie Ole's Tour  
10:50 am Official Program at Start Line  
11:00 am Start  
11:15 am 2/4 km start line closed. No skiers allowed to start after 11:15 am for safety/sweeping reasons. Ole's 2 km skiers should follow the carrot signs (see map) and turn right as they reach the Lost Lake trail. At this point those skiing 4 km will turn left onto Lost Lake and follow 4 km signage. This is an untimed event. No pulks/sleds allowed.

### 13 km Global Edmonton Mini Birkie

1:20 pm Official Program at Start Line  
1:30 pm First wave start  
1:35 pm Second wave start  
1:45 pm 13 km start line closed and 13 km sweeps leave. yourself in one of several lanes provided based on your estimated skiing time (self-seeding – start with folks of similar ability please) and follow the red signage. No pulks/sleds allowed.

### 4/8 km Mud Sweat and Gears Birkie Fun Ski

2:00 pm Start  
2:15 pm 8 km start line closed. No skiers allowed to start after 2:15 pm for safety/sweeping reasons. Skiers can decide to complete the 8 km distance as they enter the Finish area after completing their first 4 km loop (see map) and the Stadium Food Station will be available to them. However, no skiers will be allowed to start a second loop after 3 pm. This is an untimed event. Pulks/sleds allowed; please start at the back.



# BIRKIE SATURDAY PROGRAM

## Once You're There

Dress appropriately in layers and bring extra clothing and wax for changing weather. Indoor washrooms are not available, but there will be outdoor porta-potties. Bring a duffle bag or backpack to keep your warm clothing and other items in for use after the race. In your race package you will find a tag and zip tie to attach it to your clothing bag. It is very important to clearly mark your BIB NUMBER on both sides of your tag. You can leave it at the Clothing Tent in the Finish Line Area. Plan on a 10-minute walk to the start line. Totem will be there to provide wax advice.

## THE FINISH LINE

All events finish at the Waskahegan Staging Area. Please be sure to give your timing chip to a Finish Line Volunteer. There is a \$60 fee for chips not returned. Clear the area quickly to make room for other skiers. Blankets and medical aid are available.

Join us in our Festival Tent after your race! Hot food, drinks, and alcoholic beverages will be available for purchase. Award presentations will take place throughout the day.

## CLOTHING TENT AND CHANGE TENTS

All clothing bags will be available in the Clothing Tent, including bags transported from the Long Start. There are two heated change trailers, as well as multiple single person outdoor change tents available on-site. Please change out of your wet clothes as soon as possible after racing.

## RESULTS

Unofficial results and Finish Line will be live streamed at [www.canadianbirkie.com/results](http://www.canadianbirkie.com/results). All results will be finalized by 6 pm. If you have any questions regarding posted results, please speak to a volunteer who will refer you to the Results Official.

## VIKINGS' FEAST

Location: Woodvale Facility and Golf Clubhouse, 4540 - 50 Street, Edmonton Time: Doors open at 6 pm, Dinner at 6:30 pm. Tickets available at [canadianbirkie.com/vikings-feast](http://canadianbirkie.com/vikings-feast) and the Nordic Fair.

Check in with your name at the door. Cost: \$40 Adults; \$15 Child (11 and under)

The Canadian Birkebeiner is  
proud to partner with the MS Society:



# BIRKIE SUNDAY PROGRAM

## BARNEBIRKIE SKI EVENTS, SUNDAY, FEBRUARY 12

Barnebirkie ski events are for children and their parents. The Canadian Birkebeiner Society is excited to partner with Silver Skate Festival to host the Barnebirkie classic-style cross-country ski events. These winter fun activities are where Birkie dreams begin!

11:00 am to 2:00 pm, William Hawrelak Park, 9330 Groat Rd NW, Edmonton. Parking available on site.

## Schedule

11:00 - 11:45 am Park, pick up bib, unload gear, and get ready to ski.

11:50 am - Official Program at Start Line

Noon to 2:00 pm - Ski 500 m, 1.5 km or 3 km distance

2:00 pm - Experience the Silver Skate Festival

## Registration

On-line registration is open until Saturday, February 11 at 12 Noon. No onsite registration available.

## Registration package pickup

1) Friday, February 10, 2023 at the Nordic Fair at Woodvale Facility, 4540 - 50 St Edm. Noon to 8:00 pm

2) Sunday, February 12, 2023 on-site at 11:00 am.

## Parent and Spectator Etiquette

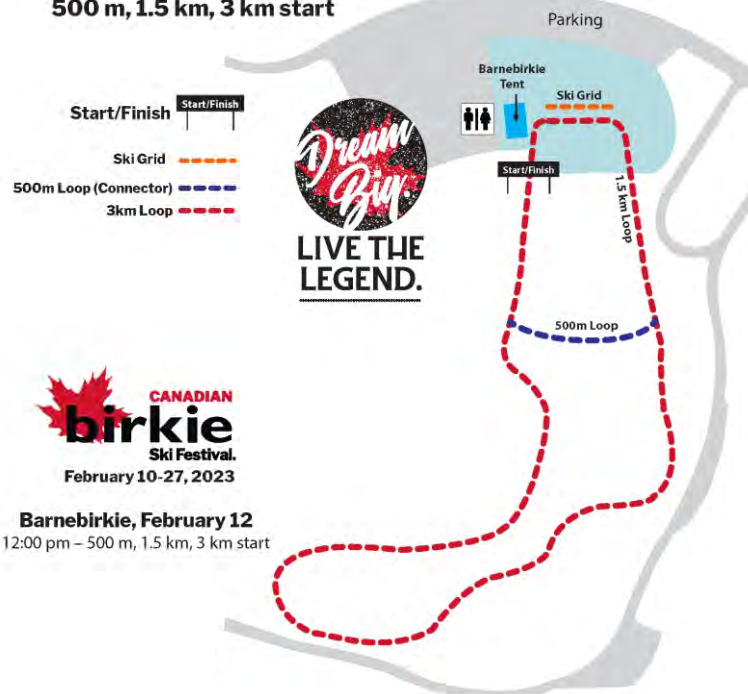
Adults accompanying Barnebirkie skiers on course must be on skis to retain the integrity of the course. No pets please.

## Clothing and Footwear

Dress for the weather.

## Canadian Birkie Ski Festival 2023

### Barnebirkie 500 m, 1.5 km, 3 km start



# 31/55 km Skier Experience

**Feb 10 - Nordic Fair**  
12 Noon to 8pm, Woodvale Facility

Pick up Registration Package and Swag  
Meet sponsors



**Feb 11 - Race Day**  
Cooking Lake-Blackfoot Provincial Recreation Area

## Travel to UCHV

Drive and park or get a ride from a friend/  
family member

# Ski

WAVE 1  
9:00 am

WAVE 2  
9:10 am

WAVE 3  
9:20 am

WAVE 4  
9:30 am

**Finish**



**Festival Tent**

**Free shuttle back to UCHV**



**Viking's Feast**  
6pm, Woodvale Facility



**Feb 12 - Barnebirkie**  
11am, Hawrelak Park



**Feb 13 - 27 - Virtual Birkie**





## 2/4km, 4/8km, 13km Skier Experience

**Feb 10 - Nordic Fair**

12 Noon to 8pm, Woodvale Facility



Pick up Registration Package and Swag  
Meet sponsors

**Feb 11 - Race Day**

Cooking Lake-Blackfoot Provincial Recreation Area

**Travel to Waskahegan Stadium**

Free bus from Bethel Transit Terminal

# Ski

2/4 km  
10:50 am

4/8 km  
2:00pm

13 km  
1:20 pm



**Finish**



**Festival Tent**

Free bus back to Bethel Transit Terminal



**Viking's Feast**

6pm, Woodvale Facility



**Feb 12 - Barnebirkie**

11am, Hawrelak Park



**Feb 13 - 27 - Virtual Birkie**



**LIVE THE  
LEGEND.**

**Our CITY. Our NEWS.**



**Global News Hour at 6**  
with Carole Anne Devaney & Scott Roberts

**Global**   
**NEWS**



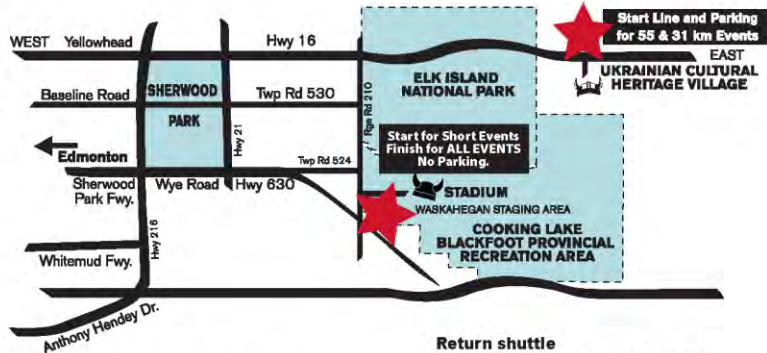
## Canadian Birkie Ski Festival 2023

### Venues

#### Edmonton



Silver Skate Festival in Hawrelak Park: Birkie Sunday Barnebirkie Fun Ski. Parking Available.



Return shuttle  
1. Finish Line to Ukrainian Village  
2. Finish Line to Bethel Station

#### Edmonton



Woodvale Community Facility: Nordic Fair, Registration Package/Bib Pick-up, Waxing area, Vikings' Feast. Parking available.

#### Sherwood Park



Bethel Transit Terminal: Shuttle bus to/from the start of short events (13, 4/8 and 2/4 Ole's Tour) and Finish Line for all events. Parking available.



LIVE THE LEGEND.



February 10-27, 2023

## Canadian Birkie Ski Festival 2023

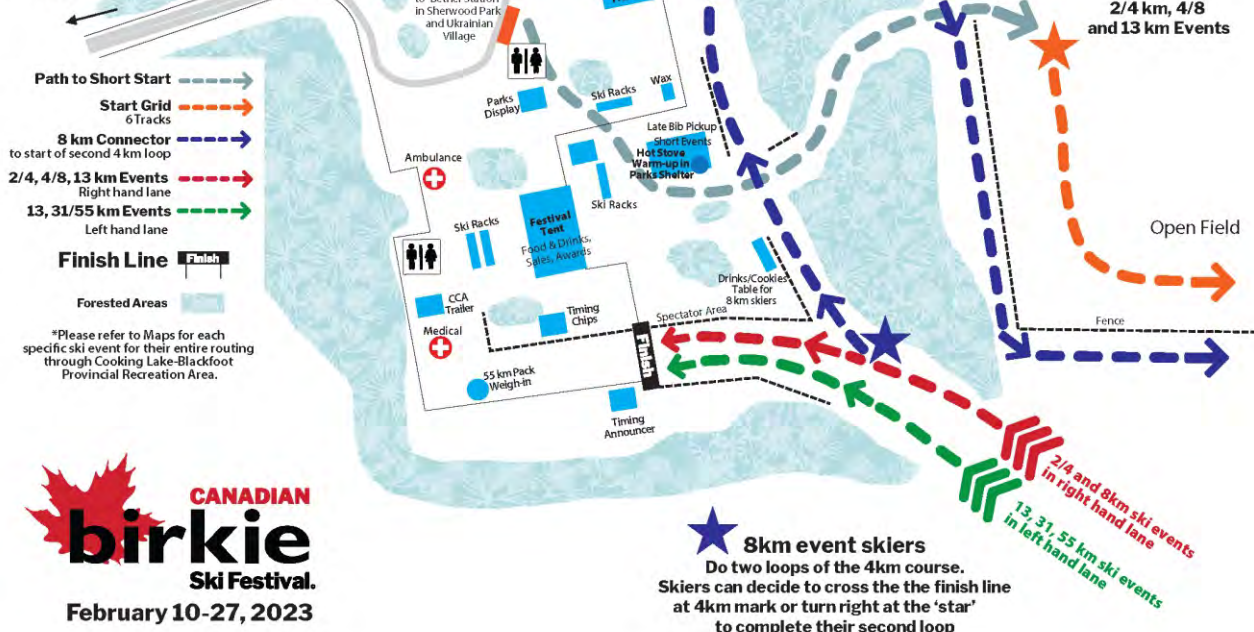
### Short Start and Finish Line

Waskaghegan Staging Area, Cooking Lake Blackfoot Provincial Recreation Area

Finish for all events  
Start for 2/4, 4/8 and 13km

\*Please note there is no parking at Waskaghegan. Volunteer parking only.

Volunteer parking is near the Interpretive Centre at the park entry.



LIVE THE LEGEND.

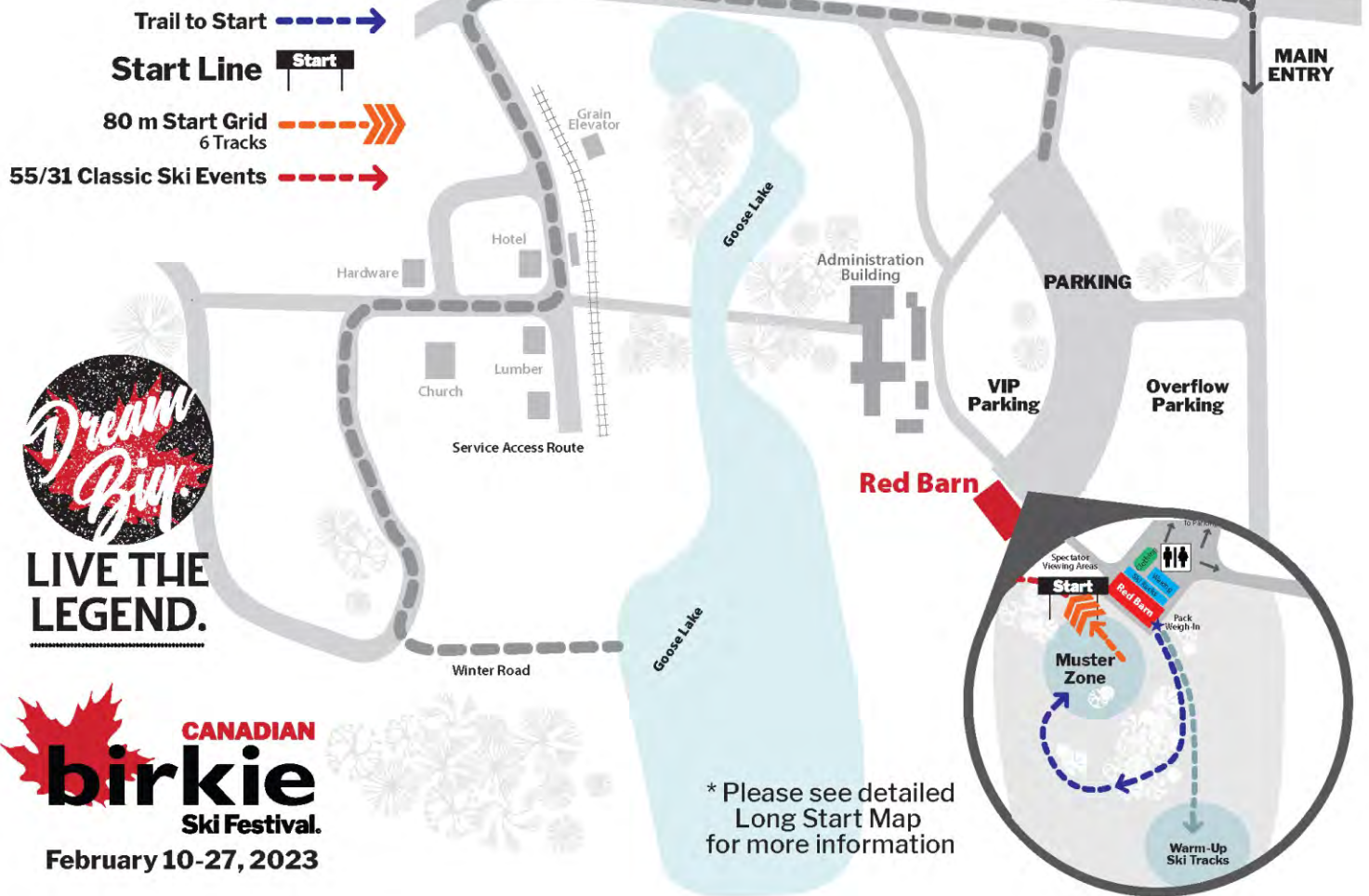
Short Start  
2/4 km, 4/8  
and 13 km Events



February 10-27, 2023



## Canadian Birkie Ski Festival 2023 Ukrainian Village Long Start













## Canadian Birkie Ski Festival 2023

### 2/4 km and 4/8 km Events

#### Waskahegan Staging Area

Refer to Short Start and Finish Line Map



LIVE THE LEGEND.



February 10-27, 2023

2 km Loop

4 km Loop   
4 km skiers make one loop

8 km Loop   
Connector

8 km skiers make two loops using the Connector Path to start their second lap.  
8 km event is for people 12 years and older.

## Canadian Birkie Ski Festival 2023

### 13 km Event



LIVE THE LEGEND.

#### WASKAHEGAN Staging Area

Refer to Stadium Map

13 km Ski Event

Other Trails

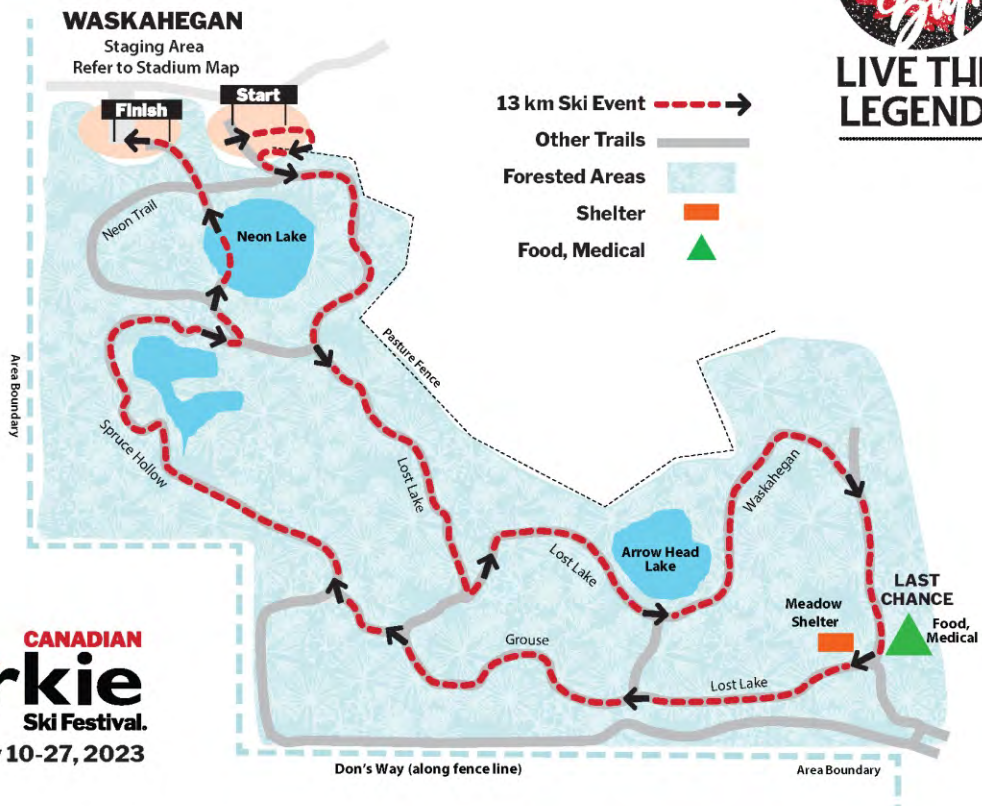
Forested Areas

Shelter

Food, Medical



February 10-27, 2023

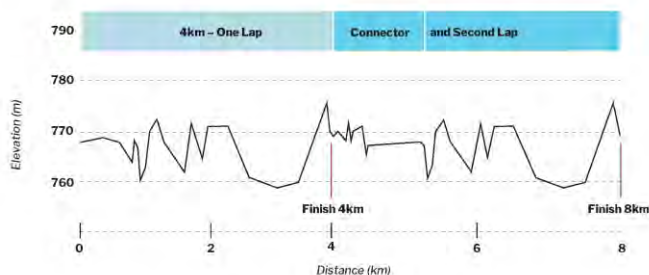


# Elevations 2023

## 4 and 8 km Routes

Elevation (m) vs. Distance (km)

Please note scale. These courses are over a gently curving, wide trail. Beginning skiers will have plenty of space to make turns and speed corrections where necessary.

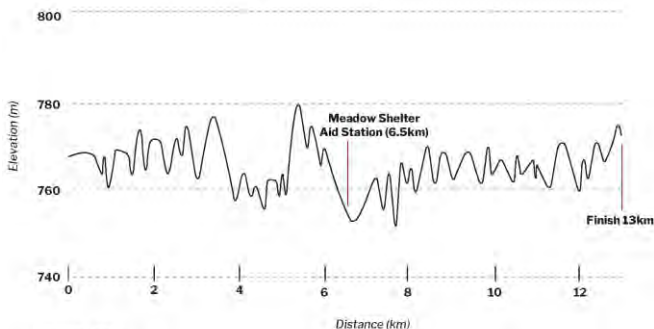


Total Gain: 72m (4km), 145m (8km)  
Total Loss: 73m (4km), 150m (8km)

## 13 km Route

Elevation (m) vs. Distance (km)

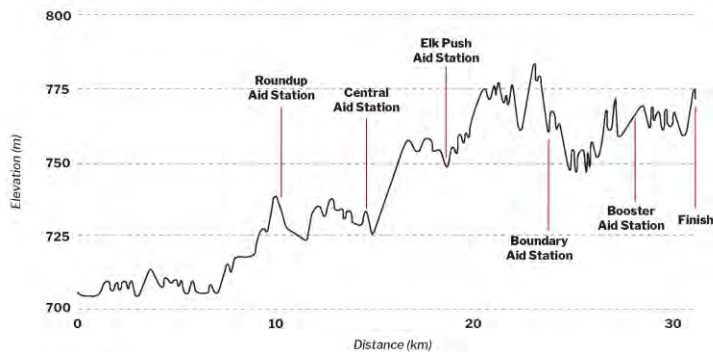
Please note scale. Some downhill sections represent moderate drops occurring on wide and gently curving trails. Sharp turns along the course are marked in advance. Conditions should be addressed easily by intermediate skiers. Beginning skiers may wish to snowplow some sections.



Total Gain: 297m  
Total Loss: 297m

## 31 km Route

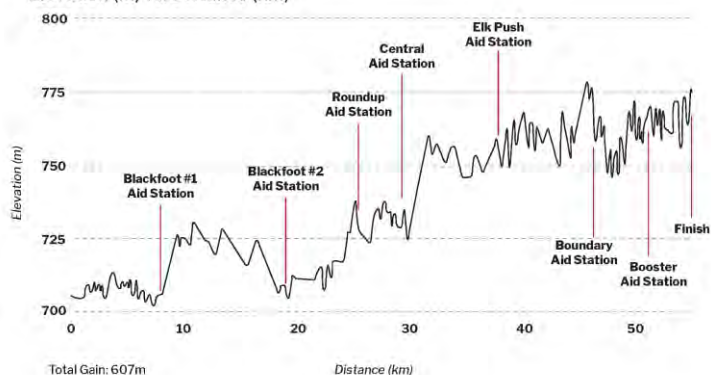
Elevation (m) vs. Distance (km)



Total Gain: 450m  
Total Loss: 387m

## 55 km Route

Elevation (m) vs. Distance (km)



Total Gain: 607m  
Total Loss: 540m



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## Food/Aid Station Information

Distances between Food/Aid Stations range from 4 to 8 km for the 55 km event, and between 6 and 10 km for the 31 km and 13 km events. First Aid and evacuation support is available at all stations. Some stations have extra poles and wax kits; please return any borrowed poles to the Finish Line Officials. Drinks and pre-packaged snacks will be available for you. If you have allergies or special dietary needs, please ensure you bring suitable nourishment for yourself.

In fairness to skiers passing through, don't stop in the track; step well to the side. There will be an Alberta Parks outhouse or portable toilet at every Food/Aid Station.

Station closing times for the courses are listed here. If you have not reached a Food/Aid Station by the stated cut-off time you will be requested to end your ski and will be transported to the Finish Line. The finish line closes around 5:15 pm. We don't want people out on the course after dark! Closing times for each station are based on skiing an average of 9-minute kilometers over the 55 km distance. 55 km skiers have 8 hours to ski the course. Be sure to thank your volunteers!

## COURSE PROFILE DESCRIPTION FOR 31/55 km EVENTS

Starting at the Ukrainian Cultural Heritage Village, the 31 km and 55 km routes rise some 60 m before finishing at the Waskahagan Staging area in Cooking Lake-Blackfoot Provincial Recreation Area. The Blackfoot trails are through knob and kettle post glacial terrain and the rise isn't noticeable as it is spread out with ups and downs as opposed to a large hill or long steady climb.

There are some sections that are quite flat but most of the 31 km and 55 km routes are up and down through reasonably gentle hills. There are occasional steeper hills that – depending on your abilities - may require some herringboning or snowplowing. There is the odd hill, particularly on the 55 km route, that can be tricky due to a curve part way down or at the bottom. If we feel it is not an obvious challenge or is more than might be expected – we install **CAUTION** SIGNS. Depending on conditions you can certainly build up a fair speed on some of the hills ...but there is nothing of the 100 metre long variety as at the Canmore Nordic Centre. Ski as the conditions dictate and keep your eyes up!

The 55 km has three hillier and more challenging sections. All are separate from the 31 km. We think you'll enjoy them.

- The first is a tour through the northeastern region of the park. This area has been visited a few times in previous Birkies. Be prepared for fast rolling sections, some quick steep climbs and thrilling descents with nice open sightlines to enjoy your tuck and glide;
- The second is an additional loop branching off at Central Station through the Islet Lake area. It is quite hilly and several hills have challenging curves particularly on a fast day. Use some caution and you will be fine. This is a pretty section;
- The third is along Wanisan and Siksika trails – a very beautiful stretch with smaller rolling hills and several 'interesting' steeper ones (up and down) that will test your technical skills.....particularly as your legs may be getting a bit tired. Save some energy for this area and you will enjoy it.

The 31 km has nothing that a reasonably skilled recreational skier can't easily negotiate. The 55 km is purposefully a bit more challenging through sections where it is separate from the 31 km... though again nothing that can't be negotiated by a reasonably skilled skier (though with a bit more prudence in spots).

Dan Leskiw, Chief of Course

## CUT-OFF and FINISH LINE TIMES

The Official Course Sweep and Medical Volunteers are authorized to remove slower skiers from the event. We appreciate your cooperation in ensuring the safety for all.

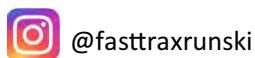
Station	55/31 km	13 km
Blackfoot 1	10:45am	-
Blackfoot 2	12:15pm	-
Roundup	1:45pm	-
Central	2:15pm	-
Elk Push	2:45pm	-
Boundary	4:15pm	-
Booster	4:45pm	-
Last Chance (Meadow)	-	3:30pm
Finish Line	5:15pm	5:15pm



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# CANADIAN BIRKEBEINER AWARDS

## Overall and Age Category Medals

All medals will be awarded at the finish line in the Festival Tent. Medals as well as vouchers from our sponsors will be given to the top three overall male and female winners for:

- 55 km with pack Torskeklubben Birkebeiner
- 55 km Madshus Lite Birkie Lite
- 31 km Imperial Oil Birkie Tour
- 13 km Global Edmonton Mini Birkie

The top three winners in each age and gender category for the 55 km pack, 55 km lite and 31 km will also get a medal and voucher from our sponsors.

We will award male and female 18 years and under age category winners with special wooden medallions for:

- 13 km Global Edmonton Mini Birkie

Please be advised that there are NO age group category medals given out for:

- 4/8 km Mud Sweat and Gears Birkie Fun Ski
- 2/4 km Birkie Ole's Tour

2/4 and 4/8 km participants will receive wooden medallions at the finish line.

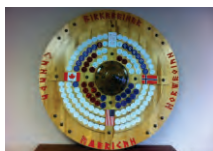
Official results posted by 6 pm on Birkie Saturday at <https://www.canadianbirkie.com/results>

## 55 km Medallions and Pins

Medallions for first time 55 km finishers will be presented at the finish line. For those who have previously skied a 55 km event, you can pick up your pin at the Information Desk in the Festival Tent.

## Haakon Haakonsson Award

The Haakon Haakonsson award recognizes dedication to the Birkebeiner tradition. It is an award that is exclusive to the Canadian Birkebeiner, but awards all skiers who have skied in the Norwegian, American, and Canadian Birkebeiner long-distance events. In addition to receiving a beautiful handcrafted stein, recipients' names are preserved for posterity on the CANBi shields. Hundreds of skiers from Canada, the USA, and other international skiers have earned this award since its inception in 1992.



## Ole Hovind Award

Ole Hovind was one of the pioneers of skiing in Alberta, active from the 1920's to the 1980's. He had significant influence over the people who would become the founders of the Canadian Birkie Ski Festival. The Ole Hovind Award was created at the very first Birkebeiner in 1985 in Ole's memory and is presented annually to the skier who best represents the spirit of the Birkebeiner and the things which Ole valued – skiing for the sheer joy of it, having fun, joking a lot, achieving something and

24 just getting out there and doing it.

## John Toonen Award

John Toonen was one of the original participants of the Canadian Birkebeiner Ski Festival, a Haakonsson award winner, and a red bib skier (skied every Birkie for the first 15 years). John passed away in 2002 at the age of 57. His spirit lives on through the John Toonen Memorial Award; a beautiful wooden plaque with recipient names etched on individual plates. This award is presented annually to the oldest skier in a 55 km event (with pack or lite). It alternates between male and female.



## Founders and Builders Awards

The Founders and Builders Award is presented to an individual or group who has worked to create the Canadian Birkie Ski Festival and/or who has been a key contributor to growing this event over the years.

## Kankkunen Cup

This trophy celebrates life-long participation in skiing and competition by recognizing the oldest skier to complete a non-55 km event. The trophy honours the dedication of the entire Kankkunen family to skiing in general and to the Birkie in particular and features a carved wooden Finnish kuksa (drinking cup).

The meeting held to set up the Edmonton Nordic Ski Club in 1978 was held in Sylvi and Elmer Kankkunen's living room overlooking Rundle Park which illustrates their long-term commitment to the sport of cross-country skiing in Edmonton.

Sylvi, Elmer and their children Susan, Marlene and Andy participated in numerous Birkies over the years and Sylvi continued to participate for many years after Elmer's passing. In fact, some Birkie skiers have had the dubious distinction of being passed in the Mini-Birkie by this Finnish grandmother!



## Most KM Group Award

The Most KM Group Award is given to the organization or group whose members have the highest combined distance travelled. There is one award given to the top crew in the in-person Birkie ski events and another award given to the top team in the virtual Birkie events.

## Bike 'N Ski Award

The Bike 'n Ski Award celebrates individuals who complete a long distance Canadian Birkebeiner Society ski event and a Multiple Sclerosis Society – Alberta and NWT Division bike tour. The person must complete a 31 km or 55 km in-person Birkie ski event, as well as a Leduc-Camrose MS Bike Tour or the Hinton Mountain Bike Tour. You get a ceramic mug and a registration discount as your prize.



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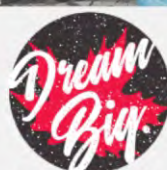
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**CANADIAN  
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**February 10-27, 2023**



## Stay Connected!

Follow the fun as we post updates, results, and photos to our social media feeds!

#CdnBirkie #Dreambig #Livethelegend #VirtualBirkie #XCSki



Facebook: @cdnbirkie

Twitter: @canadianbirkie

Instagram: @canadianbirkie

## Photography

Birkie photographers will be taking pictures of the events and participants during the day. Videographers will also be taking video at the start, finish and on the course.

A photo slideshow will be presented at the Vikings' Feast and available on the website shortly thereafter.

Photos of skiers will be available after the event for purchase from our Birkie photographers, JaN Studios at janstudios.com

## Provincial Regulations

Courses and Finish Line are staged in a Provincial Recreation Area and all rules and regulations must be followed. No alcohol is allowed in the park. Dogs are not allowed on the ski trails, and must be leashed in the parking lots and pedestrian areas. Bikes must be kept off the ski trails. Do not litter along the ski trails.

Thank you for following the rules and being courteous.

Skiing is not allowed at or out of the Ukrainian Cultural Heritage Village except on Birkie Saturday, February 11, 2023. Pre-race training on the long courses at that end of the Cooking Lake-Blackfoot PRA may be accessed through the Blackfoot Staging Area southeast of the UCHV site.

## No Smoking, No Vaping & No Cannabis

There is No Smoking, No Vaping, and No Cannabis in the Waskahegan Finish Line.

## Lost and Found

A Lost and Found box is located at the Clothing Tent in the Finish/Line Area. Unclaimed items will be taken to the Birkie office for pickup. Please email or call the office if you are missing something. At the end of April unclaimed articles will be donated to charity.

## Full Moon Birkie!

Cross-country Ski under the light of the full moon, or by light of your headlamp under the new moon!  
#fullmoonbirkie #newmoonbirkie

**Full Moon Birkie:** Saturday January 7, 2023

**New Moon Birkie:** Saturday February 18, 2023

**Place:** Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area

**Time:** 6:00 – 10:00 p.m.

**Cost:** \$15 per person. Kids 12 and under ski free when registered with an adult. All funds raised go directly back into supporting the Birkie.

Register today at [canadianbirkie.com/full-moon-birkie](http://canadianbirkie.com/full-moon-birkie).

## BIB COLOURS

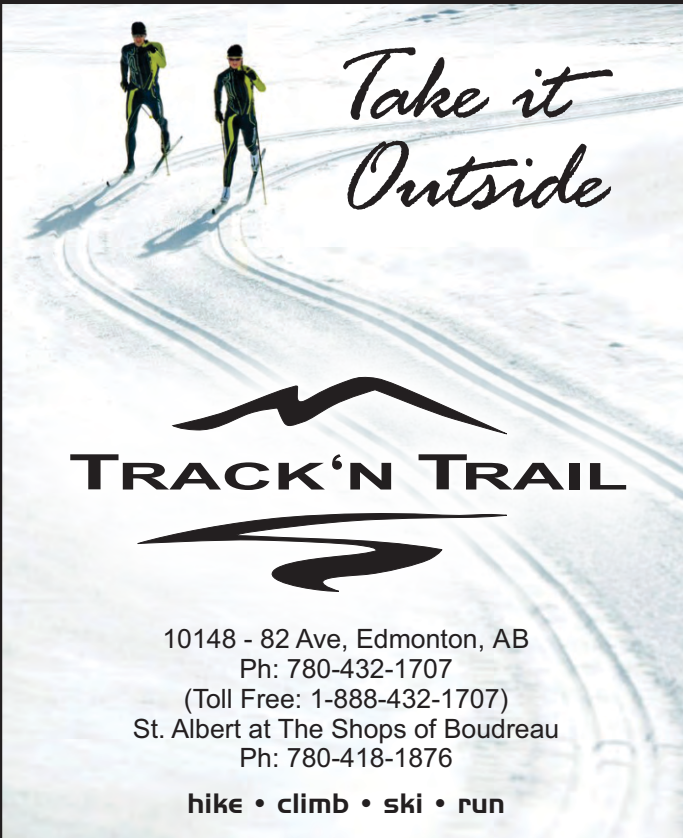
Red cloth	Skied all previous 55 km Canadian Birkebeiners
Blue cloth	Skied 20 or more 55 km Canadian Birkebeiners
Purple cloth	Skied 10 or more 55 km Canadian Birkebeiners
Light red paper	55 km Torskeklubben Birkebeiner w/pack
Light green paper	55 km Mashus Birkie Lite
White paper	31 km Imperial Oil Birkie Tour
Light blue paper	13 km Global Edmonton Mini Birkie
Orange paper	4/8 km Mud Sweat and Gears Birkie Fun Ski
Yellow paper	2/4 km Ole's Tour
White paper	500 m, 1/3 km Barnebirkie

In an effort to reduce, reuse and recycle, we ask that if you have a Red, Blue or Purple cloth bib from previous years that you re-use it or bring in any extras you may have to the Registration Table.



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Phil Dunn

### Prince Haakon Level (\$50-99)

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### Inga Fra Varteig (\$1-49)

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# VIRTUAL BIRKIE, FEBRUARY 13 to 27, 2023



***Go at your own pace, at your own place!***

You are invited to join thousands of people around the world completing the Canadian Birkie virtually. This 15-day event takes place from **February 13 to 27, 2023**. You can classic ski, skate ski, roller-ski, skijor, cycle, run, ice skate, snowshoe, or walk in a 2, 4, 8, 13, 31 or 55 kilometer event.

## **Your Virtual Birkie includes the opportunity to:**

- You could be part of the free giveaway contest for a Birkie registration for any 2024 event including the post-race Viking Feast. \*
- Upload your results and see your ranking
- Compete with people around the world
- Download a commemorative bib
- Print an official participant certificate and hang it on your wall
- Join our special Virtual Canadian Birkie Facebook Group
- Contribute to our non-profit's effort to promote cross-country skiing
- Have a great excuse to go outside and enjoy winter!

**All the above** for \$20 per person.

*\*conditions apply*

See Virtual Birkie Photo Contests - Canadian Birkebeiner Society ([canadianbirkie.com](http://canadianbirkie.com))

### **Cross-Country Skiing in a scenic spot Contest**

Do you love the beauty of the outdoors? Capture yourself on scenic spot with your cross-country skis on camera while completing the Virtual Canadian Birkie. Then post or email the image!

### **Best Viking Costume Contest**

Like to add some fun to the Virtual Birkie? Dress up like a Viking, then post or email your picture to [marketing@canadianbirkie.com](mailto:marketing@canadianbirkie.com). A boat load of warriors will select the winner and let you know who conquered the contest!

### **Most Kilometer Group Award**

Sign up your friends, office, department or organization for the Most KM Group Award. See details on our website <https://canadianbirkie.com/most-km-skied-group-award/>

**[Go to canadianbirkie.com/virtual-birkie/](https://canadianbirkie.com/virtual-birkie/) for more details.**





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## Music Fest

Join us as we celebrate the annual Ukrainian Village Music Fest on Sunday, July 16 on site at the Ukrainian Cultural Heritage Village. Enjoy a day filled with music, food and history.

## Children's Day Camp

These programs allow children to become little villagers as they make crafts, play historic games and experience the Ukrainian Cultural Heritage Village. Register for one of our camps before March 31 to receive a special early bird rate.  
[www.fouvs.ca/summer-camps](http://www.fouvs.ca/summer-camps)

## Photo Contest

We invite you to enter our 2023 photo contest for a chance to have your photo featured in our 2024 calendar! Submit a photo from the Birkie or any visit to the Ukrainian Cultural Heritage Village for a chance to win. Share your photo with [#fouvs](https://twitter.com/fouvs) [calendar2024](https://twitter.com/fouvs)



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Subject to change. While quantities last.

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# BIRKIE BLOW-OUT

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2022 BIRKIE MERCH



The Nordic Fair  
Friday, February 10  
12pm-8pm  
Woodvale Facility  
& Golf Club



Subject to change. While quantities last. \*Spend \$20 or more & get ski wraps at no additional charge.  
One set per person. Not available with online orders.





# CANADIAN BIRKEBEINER SOCIETY



## 2023 Board of Directors

- President: Dave Cooper
- Vice President: Vacant
- Treasurer: Darcy Randa
- Secretary: Chris Hanstock and Jim Black
- Past President: Cam McGregor
- Director of Fund Development: Keven McGhan
- Director at Large: Victoria Lee
- Director at Large: Patrick Finley
- Chief of Loppet: Charles World
- Ex-Officio: Keith Bocking
- Director of Marketing: Delia Meenhorst
- Director of Human Resources: Monica Muzzolini
- Director at Large: Ben Gready

## 2023 Birkie Loppet Committee

- Chief of Loppet: Charles World
- Chief of Safety: Ted Luyckx
- Chief of Course: Dan Leskiw
- Assistant Chief of Course: Jim Black
- Chief of Stadium/ Logistics: Randy Stebner
- Assistant Chief of Stadium: Steve Lord
- Assistant Chief of Food Stations: Ross Johnson
- Assistant Chief of Food Stations: Grant Chaney
- Chief of Festival Tent: Jay Ross Smith
- Chief of Emergency Response and Patrols: Dave McCashin
- Assistant Chief of Emergency Response and Patrols: Quinn McCashin
- Chief of Signage, Chief of Alumni: Brian Lucas
- Chief of Transportation: Mike Stern
- Chief of Registration: Kirsten van der Meer
- Chief of Long Start: Ukrainian Cultural Heritage Village (UCHV)
- Chief of Short Start: Dave Cooper
- Medical Co-Chief: Corrina Fowlow
- Medical Co-Chief: Kayla Bailey
- Chief of Volunteers: Monica Wartenberg
- Assistant Chief of Volunteers: Alex Zukowsky
- Chief of Clothing Services: Kimberly Currie
- Chief of Timing/ Finish Line: Victoria Lee
- Chief of Communications: Aneta Thompson
- Recording Secretary: Carolene Kuschminder
- Cooking Lake-Blackfoot Provincial Recreation Area Operations: Ben Featherstone

## 2023 Birkie Marketing Committee

- Marion Hinteregger
- Roberta Hyland
- Brian Lucas
- Joan McCracken
- Delianne Meenhorst
- Darlene Mitansky
- Jess Phillips

## 2023 Birkie Staff

- Birkie Coordinator: Jess Phillips
- Birkie Administrator: Mary Ann Merritt
- Birkie Assistant: Alma Gilbertson



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# ABOUT THE CANADIAN BIRKEBEINER SOCIETY

The Canadian Birkebeiner Society is a not-for-profit organization formed in 1985 by five enthusiastic skiers. Their main purpose was to organize the annual Ski Festival and to promote cross-country skiing.

Today, the Society is comprised of a volunteer Board, Loppet Committee, Marketing Committee and two part-time staff members. They all work together to ensure successful, sustainable and enjoyable Birkie events.

Volunteers are integral to the society and the Birkie events and we are pleased to have about 500 volunteers donating over 10,000 "human hours" annually.

Visit the Website for more information and to register as a Volunteer: <http://canadianbirkie.com/volunteers>. This is a great way to contribute, meet new people, and share your passion for the sport of cross-country skiing and your community.

## The Birkebeiner Legend: Skiing Through History

In the year 1206 a civil war raged in Norway. The infant prince and direct heir to the throne, Haakon Haakonsson, was in danger and being hidden near Lillehammer. Two brave Birkebeiner warriors rescued the prince and carried him to safety; skiing 55 kilometers over two mountain ranges in the dead of winter. The young prince, later crowned King of Norway, ended the civil war and brought great peace and prosperity to the land.

The English translation of Birkebeiner is "Birchlegs", which described the warriors' snow gaiters. Their battle leg protection was made of birch bark wrapped around the lower legs and secured with leather straps. Today, a Birkebeiner has come to mean a person strong in adversity; never daunted by trial and hardship.

The dramatic flight of the Birchlegs and the Infant Prince is commemorated every year by the Norwegian Birkebeinerrennet ski race which parallels the historic route over the mountains between Lillehammer and Rena.

In 1985, some 127 hardy participants skied the first "Canadian Birkebeiner" in very cold conditions, reminiscent of the brutal winter in the original Norwegian Birchlegs saga. Since 1985, tens of thousands of skiers have relived the legend here, many skiing the premier event - 55 kilometers with a 5.5 kg pack. The Canadian Birkebeiner, with distances for all ages and abilities, has grown to become one of the largest and friendliest cross-country ski festivals in Canada. It is one of only three of its kind in the world.



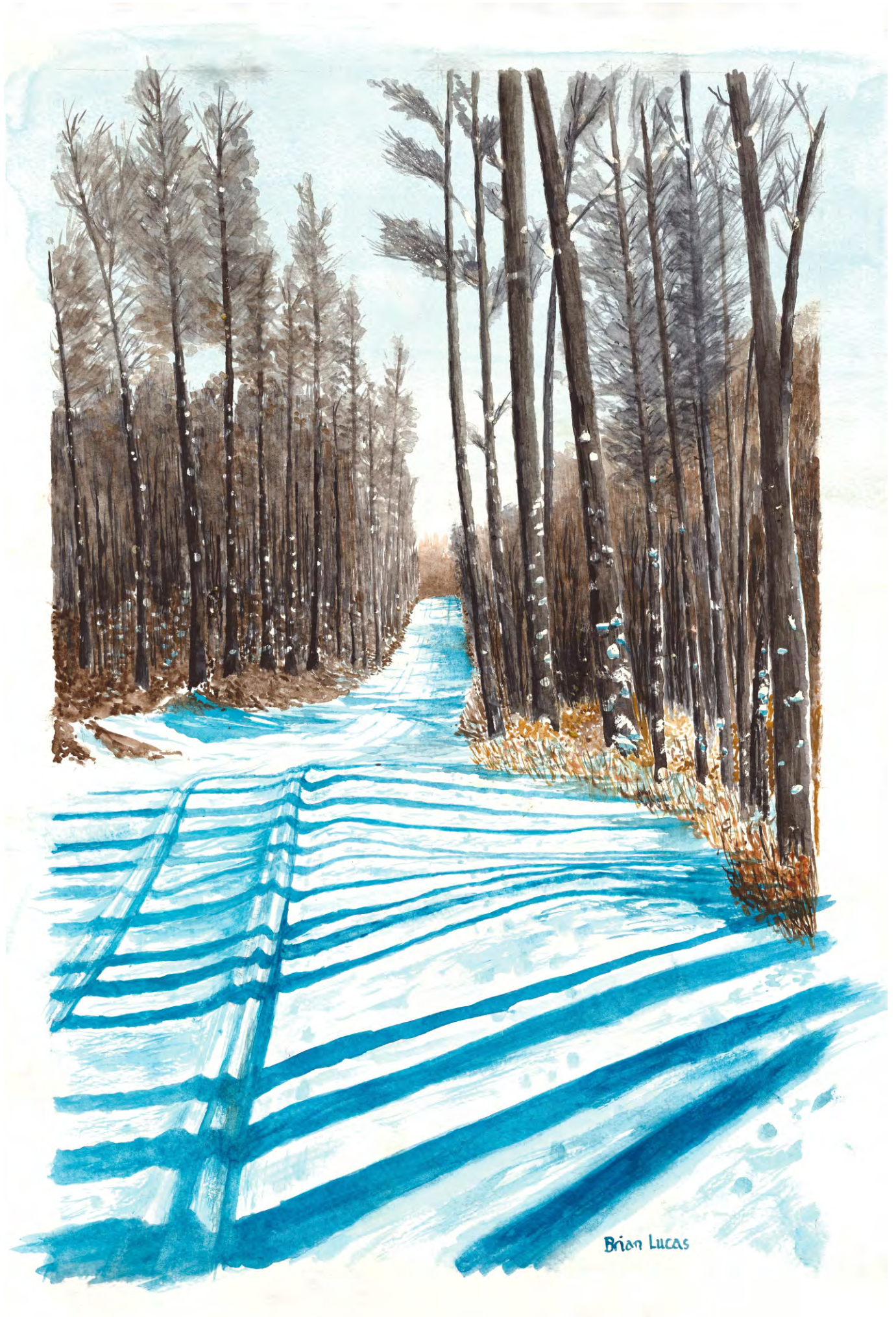
## Canadian Birkebeiner Society

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Connect  
with us!







Brion Lucas