



For Immediate Release

**“Dream Big, Live the Legend”  
Birkie 2023 Registration Opens October 13, 2022**



It's time to dream again and live the Birkebeiner legend.

Follow your personal dream. Become part of a winter festival inspired by the toughness and dedication of Norwegian Birkebeiner warriors who saved a royal baby in 1206.

<https://canadianbirkie.com/birkie-legend/>

Ski this timed classical event of up to 55 km along groomed trails in the majestic Cooking Lake-Blackfoot Provincial Recreation Area, east of Edmonton. Get fit on the ski trails and re-discover the beauty of winter.

Registration for the Canadian Birkie 2023 opens on October 13, 2023. Participants have two weeks to sign up at last year's prices before the registration fees go up November 1st.

<https://canadianbirkie.com/registration/>

“Last year, we welcomed almost 1,500 skiers back to this winter festival that is special to so many,” says Birkebeiner Society President Dave Cooper. “The Society showed its ability to stage an event that was safe to ski and volunteer at, thanks to our dedicated skiers, volunteers, Board and committee members.”

The Canadian Birkebeiner Society offers a range of ski events for people of all ages and skills. Information on the Virtual Birkie, the opportunity to ski the Birkie at your own place at your pace, will be available shortly.

Cross-country ski training, an important part of preparing to ski a Birkie course, is available through the Canadian Birkebeiner Society (<https://canadianbirkie.com/training/>). Local cross-country ski clubs and other organizations across Alberta also offer cross-country training.

Participants who purchase **Secure your Spot** insurance at the time of registering for the Canadian Birkie Saturday will have their registration carried forward to the next year, if the event is cancelled due to extreme weather or snow conditions.

For more information, go to: [Registration](#)

## Related Information:

### Birkie Events

#### **Birkie Saturday, February 11, 2023**

55km with pack Torskeklubben Birkebeiner

55km Birkie Lite

31km Imperial Oil Birkie Tour

13km Global Edmonton Mini Birkie

8km Birkie Fun Ski

2/4 Ole's Tour

#### **Birkie Sunday, Feb. 12, 2023**

Barnebirkie family ski

### Quick Facts

**About the Canadian Birkebeiner Society** Since 1985, the Canadian Birkebeiner Society has organized the largest classic cross-country ski event in Western Canada, on the second weekend of February, with participants from all over Canada and over the U.S. border.

The non-profit society aims to involve participants of all ages in cross-country skiing, promoting an active and healthy winter lifestyle. In addition to the Canadian Birkie Ski Festival, the Canadian Birkebeiner Society organizes other ski events to allow people to enjoy cross-country skiing in a friendly and fun atmosphere.

The Canadian Birkie Ski Festival allows participants to relive the Birkebeiner legend of how two Birkebeiner warriors rescued the future Norwegian Crown Prince by skiing him to safety in the middle of winter. In the longest race of the Canadian Birkie, skiers still carry a 5.5-kilogram weight that symbolizes the Crown Prince Haakon Haakonsson.

**Media Contacts, Canadian Birkebeiner Society**

Dave Cooper, President: 780-298-2856 c | [president@canadianbirkie.com](mailto:president@canadianbirkie.com)

Delianne Meenhorst, Marketing Director: 587-986-7832 c | [dmeenhorst@yahoo.com](mailto:dmeenhorst@yahoo.com)

Jess Phillips, Birkie Coordinator: 780-430-7153 | [coordinator@canadianbirkie.com](mailto:coordinator@canadianbirkie.com)

Pictures are available on request via: [coordinator@canadianbirkie.com](mailto:coordinator@canadianbirkie.com)