View this email in your browser

Canadian Birkie News

Birkie Dryland Training Open for Registration

Get ready for the XC Ski season with the Birkie Dryland Training. Dryland XC Ski Classes focus on ski ski-specific fitness (aerobic, anaerobic, strength, flexibility) and skills (balance, agility, technique) and how to prepare for the Birkie. It is of significant benefit in preparing the body for the higher volumes and intensities needed for cross-country skiing when the snow comes to stay.

Two Dryland Training Classes

This year the Birkie offers two Dryland groups

- **Saturday Fall Dryland Training Class**
  - 9 am - 10.30 am | 4 sessions | Starts September 9, 2023 |
  - Registration closes September 8th
  - LEARN MORE

- **Wednesday Fall Dryland Training Class**
  - 6.30 pm - 8 pm | 4 sessions | Starts September 13
  - Registration closes September 11th
  - LEARN MORE

More about Birkie Training:

- Like to know more about the advantages of Dryland training? Read it here: https://canadianbirkie.com/three-advantages-of-birkie-fall-dryland-training/
- More Birkie training courses will be launched in September. Check our website and newsletters for the latest information

---

July 23, 2023 - Biking Like a Viking took place and attended by over 200 riders. Drevisuals pictures give a great impression of this inaugural Birkie biking event. Have a look here: Photos Biking Like a Viking

---

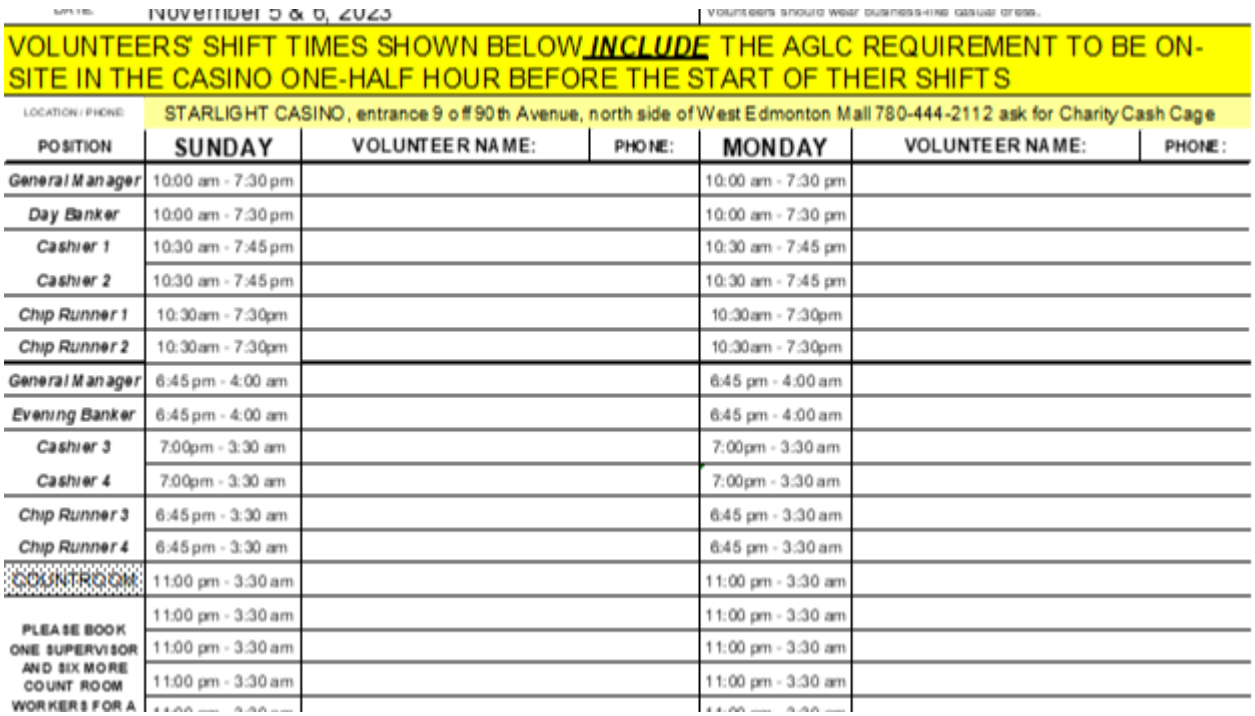
Casino Volunteers Needed | November 5 & 6, 2023

Keeping the Birkie affordable is critical. The Society does this through grants including funds from a bi-annual Casino. This year, it will be held at the Starlight Casino (West Edmonton Mall) on Sunday 5th and Monday 6th November 2023. There are Day and Evening shifts available for General Managers, Bankers, Cashiers, and Chip Runners. The Society will buy you lunch or dinner and you will get a chance to hang out with fellow Skiers and Birkie-Volunteers.

Sign up now

Would you like to volunteer? Spots are assigned on a first volunteer-first serve basis. To sign up or if you have questions, email Peter Kershaw at BirkieCasino23@Gmail.com

A casino volunteer needs to be 18 years and registered with the Alberta Gaming and Liquor Commission. Past casino volunteers are very welcome. First time volunteers, please contact Peter before signing up.



November 5 & 6, 2023

VOLUNTEERS' SHIFT TIMES SHOWN BELOW ***INCLUDE*** THE AGLC REQUIREMENT TO BE ON-SITE IN THE CASINO ONE-HALF HOUR BEFORE THE START OF THEIR SHIFTS

LOCATION / PHONE: STARLIGHT CASINO, entrance 9 off 90th Avenue, north side of West Edmonton Mall 780-444-2112 ask for Charity Cash Cage

POSITION	SUNDAY	VOLUNTEER NAME:	PHONE:	MONDAY	VOLUNTEER NAME:	PHONE:
General Manager	10:00 am - 7:30 pm			10:00 am - 7:30 pm		
Day Banker	10:00 am - 7:30 pm			10:00 am - 7:30 pm		
Cashier 1	10:30 am - 7:45 pm			10:30 am - 7:45 pm		
Cashier 2	10:30 am - 7:45 pm			10:30 am - 7:45 pm		
Chip Runner 1	10:30am - 7:30pm			10:30am - 7:30pm		
Chip Runner 2	10:30am - 7:30pm			10:30am - 7:30pm		
General Manager	6:45 pm - 4:00 am			6:45 pm - 4:00 am		
Evening Banker	6:45 pm - 4:00 am			6:45 pm - 4:00 am		
Cashier 3	7:00pm - 3:30 am			7:00pm - 3:30 am		
Cashier 4	7:00pm - 3:30 am			7:00pm - 3:30 am		
Chip Runner 3	6:45 pm - 3:30 am			6:45 pm - 3:30 am		
Chip Runner 4	6:45 pm - 3:30 am			6:45 pm - 3:30 am		
COUNTROOM	11:00 pm - 3:30 am			11:00 pm - 3:30 am		
PLEASE BOOK ONE SUPERVISOR AND SIX MORE COUNT ROOM WORKERS FOR A	11:00 pm - 3:30 am			11:00 pm - 3:30 am		
	11:00 pm - 3:30 am			11:00 pm - 3:30 am		
	11:00 pm - 3:30 am			11:00 pm - 3:30 am		

Canadian Birkie Ski Festival

February 9-24, 2024

Canadian Birkebeiner Society
7240 82 Avenue NW
Edmonton, AB T6B 0G1

phone: 780-430-7153
email: ski@canadianbirkie.com
website: canadianbirkie.com

King Haakon Circle Sponsors

Alberta Government
Global Edmonton
Imperial Oil
Madshus
Mud Sweat and Gears
Torskeklubben Edmonton
Ukrainian Cultural Heritage Village

Prince Haakon Circle Sponsors

Boxx Modular
Melcor
Special Event Rentals
Strathcona County
Wingspan Studio
7 Summits Snacks

Inga Fra Varteig Circle Sponsors

Alley Kat Brewing Company
Arrkann RV
Bone to Broth
Fast Trax
Flaman
Ostrem Chemicals
Salomon
Totem Outdoor Outfitters
Track 'N Trail

Want to change how you receive these emails?
Unsubscribe from this list.

Copyright © 2023 Canadian Birkebeiner Society, All rights reserved.