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Live the Legend: Ski the Canadian Birkie Long Start, Short Start and Barnebirkie Events

Last Chance to Register February 8th, 2023 Noon, Virtual Birkie starts Feb. 13

Dream Big.

LIVE THE LEGEND.

February 10-27, 2023

CANADIAN birkie ski festival.

Register today! Learn more at [CanadianBirkie.com](#) #CdnBirkie #DreamBig #LivetheLegend

SPONSORED BY:

Alberta, Global, Imperial, MADSHUS, mud, CIBC, and others.

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On February 11, 2023, the Canadian Birkie Ski Festival will feature its iconic Long Start and Short Start events out of the Ukrainian Cultural Heritage Village and the Waskahagan Staging Area of Cooking Lake-Blackfoot Provincial Recreation Area. The festival will also feature the children's Barnebirkie in Edmonton at Hawrelak Park on February 12.

"Conditions are looking great leading up to this year's cross-country ski festival. It's time to **Dream Big, Live the legend,**" says Dave Cooper, President of the Canadian Birkebeiner Society."

Nearly 1300 skiers have registered for the Long and Short Start in-person events. Organizers are finalizing the course and event preparations that will include the amenities of a full-scale Birkie. This will see the return of spectators, nutritious food stations, music and heated changing trailers at the finishing area. Alberta-sourced bone broth and local sausages will be served in a larger Festival Tent.

New this year! The top male and female finishers of each age category in all timed races will receive a \$100 gift card to either Mud Sweat and Gears or Mountain Equipment Company. The top male and female of the 55 km with pack Torkskeklubben Birkebeiner, as well as the 55 km Birkie Lite, will receive a \$250 gift card from Mountain Equipment Company.

Almost 500 volunteers are expected to help orchestrate Birkie Saturday, which includes the running of food stations at 10 locations strategically placed over the 2/4 km and 8 km circuit, and the 13 km, 31 km and 55 km courses.

"It's always amazing to watch the Birkie community come together. That's why the Birkie is so much more than a cross-country ski race. It's an opportunity for cross-country skiers of all ages and abilities to celebrate winter, our sport and our community," says Cooper.

Registration for the Canadian Birkie will close February 8, 2023 (MST) at noon. Registration for the Virtual Canadian Birkie closes February 27, 2023 (MST) Go to: [Register](#)

A Canadian Birkie fundraiser with the Ukrainian Canada Congress will provide much needed help for Ukrainians now residing in Alberta, as a result of the 2022 Russian invasion of Ukraine. "It seems right to do this because of the close connection we've had with the Ukrainian Heritage Cultural Village, which has served as the start of the Birkie long courses for over 25 years," says Cam McGregor, Canadian Birkebeiner Society. Pledge

cards will be inserted into skier registration packages and Vohon, the renowned Ukraine dance ensemble, will perform at the Vikings' Feast.

COVID-19 and Respiratory Infection Measures for all Canadian Birkie 2023 events

Vaccines **are not required** for participation in the Canadian Birkie 2023. Masking **is also not required** for participation. The Canadian Birkebeiner Society carefully follows Alberta Health Service Guidance ([June 2022](#)) in developing its Covid-19 and Respiratory Measures for preventing infections. More details about the Canadian Birkie Covid and Respiratory Infection policy can be found here: <https://canadianbirkie.com/covid19-protocols/>

Canadian Birkie Ski Festival Schedule

Spectators can watch the finish line from their home via this [livestream](#).

Birkie Friday, February 10

Nordic Fair and Registration Pick up, noon to 8 pm, Woodvale Facility and Golf Club

Birkie Saturday, February 11

Start at Ukrainian Cultural Heritage Village

Drive to start at UCHV, return by shuttle bus

55 km with 5.5 km pack Torskeklubben Birkebeiner, 8.50 a.m.

55 km Madshus Birkie Lite, 8.50 a.m.

31 km Imperial Oil Birkie Tour, 8.50 a.m.

At the Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area

Access shuttle bus to and from Bethel Transit Terminal in Sherwood Park

2/4 km Birkie Ole's Tour, 10:50 a.m.

13 km Global Edmonton Mini Birkie, 1:20 p.m.

4/8 km Mud Sweat and Gears Fun Ski, 1:20 p.m.

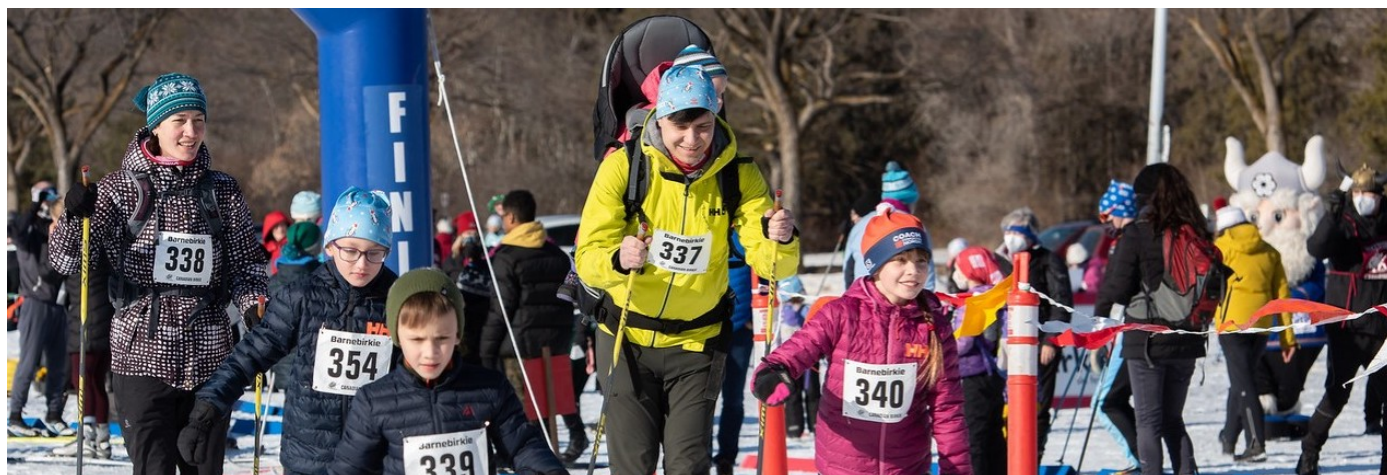
Vikings' Feast, Woodvale Facility and Golf Club, 6:00 p.m.

Birkie Sunday, February 12, 11:00 a.m. – 2 p.m.

Barnebirkie Family Ski at Silver Skate Festival in Edmonton's Hawrelak Park, 9330 Groat Rd NW in Edmonton.

500 m, 1.5 km and 3 km Barnebirkie Family Ski Events and Winter Games, 11 a.m.

Families with their own cross-country skis are welcome.



Barnebirkie Family Ski

On Sunday younger families can continue Canadian Birkie celebrations at the Barnebirkie Family Ski in Hawrelak Park from 11 am to 2 pm. This event gives people a chance to experience a Birkie event in the Edmonton. At the Barnebirkie, children can cross-country ski and join in several winter games. “A new generation of Birkebeiner skiers and their families can enjoy winter fun with Klistor the Jack Rabbit and Vikings in a safe, outdoor setting,” said Roberta Hyland. Kids ski free when registered with an adult. At the finish line, hand-made birch wood medallions will be handed out. Barnebirkie sponsor Madshus will once again be at the prize table. A Viking costume prize will be awarded. Participants can also email a photo of their Barnebirkie costume to coordinator@canadianbirkie.com in the Viking Costume Contest.

Registration closes February 11 at 12 noon and may occur on site at Hawrelak Park. The event runs from 11:00 am to 2:00 pm. For details about the Barnebirkie, go to <https://canadianbirkie.com/birkie-sunday/> This year is the fifth year the Barnebirkie has been organized in partnership with the Silver Skate Festival.

“At your own Place, At your own Pace” -- Virtual Canadian Birkie, February 10-27, 2023

Those who prefer a more distanced setting can join people from North America in the third Virtual Birkie from February 13-27, 2023. Participants can ski classic, skate ski, snowshoe,

skate or skijor. Depending on where they live, some may choose to roller-ski, cycle, run or walk. Participants choose their day and Birkie distance of 2, 4, 8, 13, 31 or 55 kilometres [at your own place, at your own pace.](#)

Groups and organizations are encouraged to enlist their family, friends and organizations for the Most KM Group Award. For details, go to: <https://canadianbirkie.com/virtual-birkie/> Participants can post their photos and tag them on Facebook @CdnBirkie, on Twitter @canadianbirkie and/or on Instagram @canadianbirkie. They can also join our Virtual Canadian Birkie Facebook Group. We would love to hear specific information about the location, day, distance and any other details.

Visit our blog at for real-life stories about Canadian Birkie preparations, training and more at: <https://canadianbirkie.com/blog/>

The Birkebeiner Legend

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 in hiding near Lillehammer. Two brave Birkebeiner warriors rescued the prince and carried him by skis in the dead of winter to safety. They travelled 55 kilometres from Gudbrandsdal valley over two mountain ranges to Rena in Osterdal valley. The young prince, later crowned King of Norway, ended the civil war.

The Birkebeiners (Birchbarkleggers) got their name from wrapping and tying birch bark around their legs from the knees down, like gaiters. This kept the snow out and protected their legs in battle. In the longest race of the Canadian Birkie, skiers still carry a 5.5-kilogram weight that symbolizes the Crown Prince Haakon Haakonsson. <https://canadianbirkie.com/birkie-legend/>

Media Contacts

Canadian Birkebeiner Society

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Pictures available on request via: coordinator@canadianbirkie.com

For media passes to the Canadian Birkie, please contact:

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A brief Situation Report of weather conditions and event participation in the **Canadian Birkie Long Start** events will be available on **Saturday, February 11, from 9:00-10:00 a.m.** by contacting 780-264-6761.



Canadian Birkie Ski Festival

Feb 10-12, 2023

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