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Explore Nature's Beauty at the Full Moon Birkie, January 7, 2023



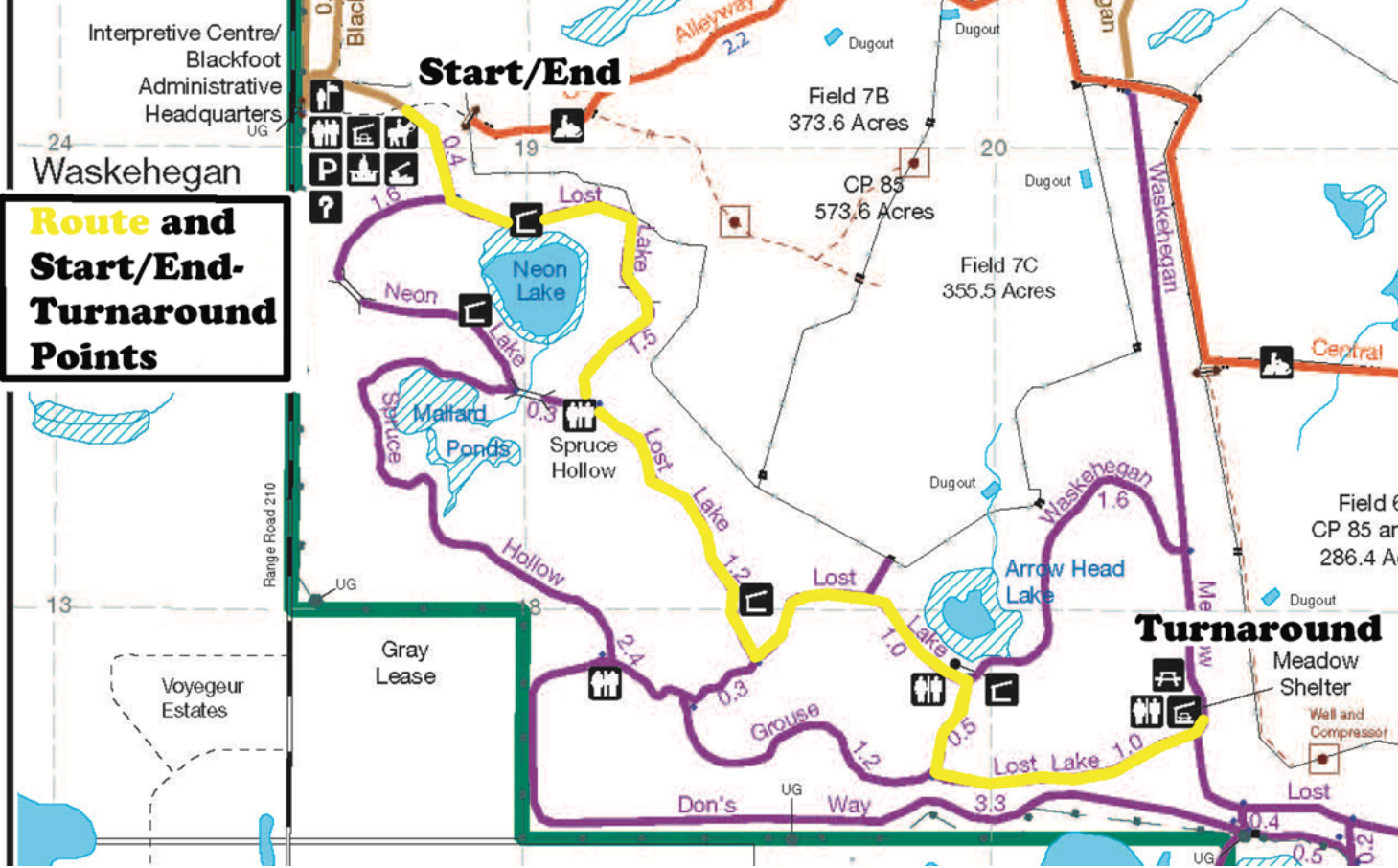
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Canadian Birkebeiner Society volunteers, Peter Kershaw and Patrick Finley, invite you participate in a unique event where you will experience the beauty of winter at the January 7 Full Moon Birkie Ski.

"Few people contemplate skiing at night without a lit trail. A night ski under moon light and the stars is unique. No plowed streets or walkways, just hare and deer tracks cutting around and through the trees and shrubs.

"The snow surface twinkles with moonlight and the hoar frost on the plants sparkles under the glow of the headlamp. Perhaps the coyotes will be yipping or an owl hooting. A subdued colour-changing snowflake light marks every 250m along the trail," says event organizer Peter Kershaw.

Event Details: Full Moon Birkie, January 7, 2023, 6 pm to 10 pm, \$15
Follow the lure of a moonlit, Lost Lake Trail to Meadow Hut and back (Be sure to wear a headlamp). Distance is up to 12km return from the Waskahegan Staging Area, in Blackfoot Cooking Lake Provincial Recreation Area.



What You Should Know
The Canadian Birkebeiner Society carefully monitors participants and weather conditions. Participants must register in advance. Participants check in and out at the heated Waskahegan Staging Area shelter, ski with a buddy and have a functioning head lamp.
While skiing, stick to the right-hand track, as others may be travelling downhill on their return lap.

Since the return trip is the same as the route out, participants may turn around at any point. At approximately 3 km along the trail, there will be a manned open fire. The heated Meadow Shelter at 5.5km will provide hot drinks and the chance for a short break before returning to Waskahegan Staging Area. The total return ski is just short of 12km.

Dress warmly in layers that can be shed or added to regulate body temperature. Carry spare foot, hand and headwear and water or a hot drink in a backpack.

Your registration includes a backup Moonlight Experience if snow conditions are inadequate for skiing. Also Kids ski free when entered with an adult.

Events like these happen thanks to the commitment of our volunteers. Why do they do it? "The Canadian Birkie is truly a one-of-a-kind event. Perhaps just as important as the event itself, the volunteers and participants are some of the most positive and pleasant people I have had the joy of being around," says Patrick Finley.

So why not try it for yourself and see?
<https://canadianbirkie.com/full-moon-birkie/>

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

Backgrounder

ACCESSIBLE AND AFFORDABLE SHORTER DISTANCE EVENTS AT THE CANADIAN BIRKIE SKI FESTIVAL
As part of its goal of promoting a healthy lifestyle in a way that encourages participation, the [Canadian Birkie Ski Festival 2023](#) offers a variety of distances that make cross-country skiing as accessible and affordable as possible. These include the well-known 55 km with pack Torskeklubben Birkebeiner, the 55 km Madshus Birkie Lite and the 31km Imperial Oil BirkieTour offered on February 11, 2023. In addition, the following shorter distance events are a great introduction to cross country skiing at a low cost.

MARK THESE SHORTER EVENTS IN YOUR CALENDAR

Full Moon Birkie, January 7, 2023

At the Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area
6 pm to 10 pm \$15
Described above.

Birkie Saturday, February 11, 2023

At the Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area
9 am to 5 pm, \$10-\$75
2/4 km Birkie Ole's Tour: \$10; kids ski free when entered with an adult.
4/8 km Mud Sweat and Gears Birkie Fun Ski. \$25. For teens and adults.
13 km Global Edmonton Mini Birkie. \$55 to \$75. Provides a taste of the longer Birkebeiner.

Birkie Sunday, February 12, 2023

At the Silver Skate Festival in Hawrelak Park
11 am to 2 pm, \$10
500 m, 1.5 km and 3 km Barnebirkie Family Ski Events and Winter Games: kids ski free when entered with an adult.

Virtual Canadian Birkie, February 13-27, 2023

At your own place, At your own pace, \$10-\$20
Join people from around the world participating in the Canadian Birkie virtually. You can classic ski, skate ski, snowshoe, skate, or skijor. Choose your day and distance: 2, 4, 8, 13, 31 or 55 kilometres. Access the Virtual Canadian Birkie Facebook Group at: [Virtual Canadian Birkie](#)

New Moon Birkie, February 18, 2023

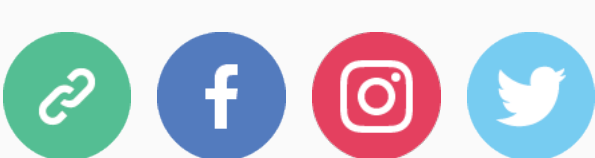
At the Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area
6:00 pm to 10:00 pm, \$15
Experience a New Moon ski, from the Waskahegan Staging Area along Lost Lake Trail to Meadow Hut. Headlights are required as there will be no full moon. Up to 12 km return. <https://canadianbirkie.com/full-moon-birkie/>
Not a complete list of all Birkie offerings. Visit <https://canadianbirkie.com/> for the complete list.

Quick Facts

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
Dave Cooper, President: 780-298-2856 c | president@canadianbirkie.com
Delianne Meenhorst, Marketing Director: 587-986-7832 c | dmeenhorst@yahoo.com
Jess Phillips, Birkie Coordinator: 780-430-7153 | coordinator@canadianbirkie.com
Pictures are available on request via: coordinator@canadianbirkie.com

Media information can be found at: <https://canadianbirkie.com/newsletters/>



Canadian Birkie Ski Festival
Feb 10-12, 2023
Canadian Birkebeiner Society
7240 82 Avenue NW
Edmonton, AB T6B 0G1

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

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