



Canadian Birkebeiner prepares for first cross-country ski experience of the season

Full Moon Birkie set for Friday, December 13th

---For immediate release on December 5, 2019---

The Canadian Birkebeiner Society is pleased to announce the first event of the Birkie season, the Full Moon Birkie, will be held on Friday, December 13th. This is the third year the event will be held, and it continues to grow each and every year.

This one-of-a-kind experience sees participants of all skill levels ski between two and 12 kilometres along a route in the Cooking Lake-Blackfoot Provincial Recreation Area underneath the glow of the full moon. Hot chocolate and snacks will also be provided. Registration is \$10 per skier so a safe and controlled experience can be offered.

We will also have a guest that should prove to be a hoot for the kids. The Beaverhill Bird Observatory will be showcasing one of their magnificent owls, allowing participants to learn a little more about the birds that live in the area. Please check our website for more information on registering children for the event.

"Our Full Moon Birkies offer Edmontonians a unique experience to enjoy an evening in a beautiful winter landscape lit by the moon," said Jim Black, President of the Canadian Birkebeiner Society. "It is pure coincidence the Full Moon Birkie falls on Friday the 13th, but we expect it will add more fun to the atmosphere."

Should conditions not be favourable for skiing, a brand new moonlight walking experience will be offered. Participants will walk a looped circuit of four kilometres, while still enjoying the majesty of the wilderness at night.

The organisation of the Full Moon Birkie is possible due to the many volunteers who are passionate about having the Canadian Birkebeiner Festival close to home. The goal of the organisation is to help people enjoy the sport of cross-country skiing and to be more active. The event would also not be possible without a partnership with Alberta Parks and the Cooking Lake-Blackfoot Provincial Recreation Area.

For more information about the event, please visit <https://canadianbirkie.com/full-moon-birkie/>, or follow us on social media ([@canadianbirkie](#) on Twitter and [Instagram](#), and on [Facebook](#)).

Media Contacts, Canadian Birkebeiner Society:

Jim Black, President: 780-914-3956 | nelabjs@telusplanet.net

Peter Kershaw, Organiser, Full Moon Birkie Series: 780-662-3626 | gpeterkershaw@gmail.com

Canadian Birkebeiner Society

7240 – 82 Avenue, Edmonton, AB, Canada, T6B 0G1 | Ph: (780) 430-7153 | ski@canadianbirkie.com | canadianbirkie.com

About the Canadian Birkebeiner Society:

Since 1985, the Canadian Birkebeiner Society organises Canada's largest classic cross-country ski festival held on the second weekend of February each year: The Canadian Birkie. Along with organising the Canadian Birkie, the non-profit aims to involve participants of all ages in cross-country skiing, promoting an active and healthy winter lifestyle. Birkie Saturday offers race events with short and long distances, starting with the two or four kilometre Birkie Ole's Tour for younger skiers to the 55 kilometre Torskeklubben Birkebeiner for the more advanced skier. Birkie Sunday aims to promote cross-country skiing for families and offers mini-races and opportunities to get familiar with the sport.

Along with the main event Birkie Festival, Full Moon Birkies are organised 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 longest race of the Canadian Birkie, skiers still carry a 5.5 kilogram weight that symbolises the Crown Prince Haakon Haakonsson.