

Canadian Birkie News

Aug 31, 2021 [View this email online](#)



Dryland and Winter Training

Birkie Training Group Fall Dryland Session starts September 11, 2021. Get ready for the ski season with five Saturday morning sessions. You will get one and a half hours of ski walking, ski bounding, strength, core work, and stretching. Registration now open; [sign up here](#).

Birkie Training Group Winter Session starts October 23, 2021. The focus of the program is to build ski specific stamina and strength, and to refine Classic ski techniques with an emphasis on skills necessary to ski the Birkie. To register, [click here](#).



The Birkie needs your help

The Birkie needs your input and skills to organize the Canadian Birkie Ski Festival. There are key volunteer positions available for you. Please check out

our [volunteer webpage](#) for a list of available jobs to sign up for. We look forward to having you become a part of our fun crew!



Casino time!

One of the Canadian Birkebeiner Society's most important fundraisers is the Casino. Please mark your calendar and be available to help on October 4 and 5, 2021 for our next Casino. Our non-profit organization will need all hands on deck to fill these critical positions. Thanks so much in advance for supporting the Birkebeiner. Sign up to [volunteer here](#).



Registration opens in October

We are very excited to produce the 2022 Canadian Birkie Ski Festival running February 11-13, 2022, for you. Registration will open in October; keep an eye out for more details on our website and in our next Birkie newsletter. We sold out last year and hope to do the same this year.



Instructions for 2021 registrants

The 2021 Birkie in-person ski events were postponed to the 2022 Birkie due to the world pandemic. The Birkie office will email instructions to all 2021 in-person ski event registrants in October. This correspondence will detail how to re-register for their pre-paid 2022 Birkie in-person ski event.



Welcome Mary Ann!

We are very pleased to announce our new Birkie Administrator is Mary Ann Merritt. You may know her as a Birkie ski training instructor, who has a passion for cross country skiing. She is also an excellent bookkeeper and office manager; she is the perfect fit! Make certain to drop by or phone in to give her a big Birkie welcome.



Office reopened

After a year and a half of working remotely, our Birkie office is finally open again. Our headquarters is still located on Whyte Avenue in Edmonton at 7240 – 82 Avenue. You can call the Birkie anytime at 780-430-7153 or email us at ski@canadianbirkie.com.



What's your view?

The [Human Dimensions Research Lab](#) at the University of Alberta wants to hear from visitors to the Cooking Lake - Blackfoot Provincial Recreation Area. This research project is an investigation into the values, perceptions and behaviours of visitors to the park. The management of hunting and non-hunting activities can be adapted to optimize user experiences. Take this 30 minute [survey here](#). It is not aimed at changing park policies and the funding agency is [Alberta Conservation Association](#).

Please do not reply to this newsletter, office [contact](#) information below.
Photo Credit: Jan Studios; Roy Merritt; Virtual Birkie participants

Canadian Birkie Ski Events
Feb 11-13, 2022

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



phone: [780-430-7153](tel:780-430-7153)
email: ski@canadianbirkie.com
website: canadianbirkie.com

King Haakon Circle Sponsors



Prince Haakon Circle Sponsors

