

# Canadian Birkie News

Dec 18, 2018 [View this email online](#)



## Bring family, friends to Full Moon Birkie

You are invited to the first of four [Full Moon Birkie Ski Events](#) taking place on Saturday, December 22, 2018. We will be skiing and walking under the light of the Full Moon! Thanks to [Beaverhill Bird Observatory](#) and [United Cycle](#), we will have a live owl exhibit and a Fat Bike demonstration. Grab family, friends, skis, walking sticks, headlamps and [register](#) today!



## New Years Eve is the next Birkie deadline

December 31, 2018 is the next cut-off date for early registration for the Canadian Birkie Ski Festival. You could save up to \$30 off our ski event registration. [Sign up today](#) and start getting ready for the fun. Check out the brand new [4/8 km Imperial Oil Birkie Fun Ski](#) event for recreational adults.



## Celebrating our 30th with 30% off

- Sign up 10 people in the 4/8, 13, 31 or 55 km ski events and get 30% off.
- Sign up four people in the 4/8, 13, 31 or 55 km ski events and get 25% off.

First-come, first-served; limited packs available. Pick a name for your group, and email it with your skier names to the [office](#). We will send you your promo code. Valid until Jan. 31, 2019.

Creative Design: WingspanStudio.com



## Buy yourself a ski present

Sign up [online](#) for January cross country ski lessons:

**Learn to Loppet** Our ever popular lessons for all levels - whether you want to improve your skills or ski a personal best. Sessions start January 5th.

**Birkie Rookie Package** lessons are at the Strathcona Wilderness Centre. They are designed for beginner skiers and include registration in the 13 km Mini Birkie.



## **Ski the Birkie Trails as a volunteer**

We are looking for Patrollers to be positioned on the course to assist Birkie skiers. You do not have to be a good skier to participate; some volunteers ski the whole course or as little as 2 to 5 km. See details [here](#).

There are many other ways to get involved. Check out the brief [description of positions](#) and [sign up](#) online to volunteer today.



## **Birkie Story Contest**

Attention all Birkie Skiers! We invite you to send us your funniest, most memorable and triumphant Birkie recollections. There are so many epic

stories of perseverance, love and hilarity since 1985 so here is your chance to share them and commemorate our past. Check out the details and prizes [here](#).



## **Massage at the finish line**

Sports Recovery Massage services will be available at the Birkie finish line. The Canadian Sports Massage Therapist Association members will be on-site to assist you. As experts in athletic injuries and treatments, they will help you to decrease your recovery time. Just \$32 for a 20-minute session; limited spots. Register [here](#).



## **Pack and Course Updates**

Thank you for all your feedback on the weight of the 55 km Birkebeiner pack. We really appreciate the tremendous amount of phone calls and emails we received.

A large majority prefer the original 5.5 kg or 12 lb weight, so there will be no change to the weight requirement. Although some of you may think of changing your vote when you get to the 50 km mark!

Updated 13, 4/8 and 2/4 km maps are posted on the website. The 55 and 31 km course routes remain the same as last year.



## Have a happy holiday

On behalf of our board, staff and volunteers, we wish you a very happy holiday season. We hope you enjoy winter outside, and we wish you good physical and mental health throughout 2019. See you at the Birkie!

Please do not reply to this newsletter, office contact information below. Please note that the office is closed for the holidays Dec 22, 2018 - Jan 2, 2019.

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