

# Canadian Birkie News



## 3rd party pick up allowed

Due to changes this week in Alberta Health Services and Nordiq Alberta COVID-19 regulations, we are now allowed to have third party bib pick up. Canadian Birkebeiner Society (CBS) has in turn revised their [CBS COVID-19 protocols](#) to reflect this new change.



## Bring QR code ID to fair and feast

Please note that your QR Code and ID are still required to access [Nordic Fair](#). Registration pick up is from Noon to 8 pm, Friday, February 11 at Woodvale in Edmonton. It is also required to enter the Vikings' Feast at 6 pm, Saturday, February 12 at Woodvale Facility. QR codes for COVID vaccinations are

required for people 12 years and older; and QR code and identification is required for people 18 years and older.



## Revised skier checklist

Read the revised Birkie Skier Checklist and the Canadian Birkie Program [here](#). You will also find course maps and descriptions. There is a webpage of frequently asked questions: [in-person Birkie answers](#). If you can't find your question, email us at [ski@canadianbirkie.com](mailto:ski@canadianbirkie.com).



## Volunteers set up course

Chief of Course, Jim Black, says 'the course is in good shape with a solid base'. Volunteer sign crews were out this week on snowmobiles setting things up. They cover over 75 kilometres of trails, to create six ski events in Cooking Lake-Blackfoot Provincial Recreation Area. Please note the 55 km Birkie Lite and 55 km with pack Torskeklubben Birkebeiner had to be rerouted due to weather and is now only 54 kilometres long. Snow is forecasted tonight in Birkieland! A total

of three groomers will track set Friday and through the night. See you Saturday morning!



## Virtual Birkie starts Monday

The Virtual Canadian Birkie runs from Valentines Day to February 28. Grab a friend and enjoy winter. Check out the 4 for 3 deal and the Merino wool Birkie toque [here](#). There are over \$3,100 prizes to be won in the Virtual Birkie [photo contest](#). Lots of chances to win! Check out all the Virtual Birkie details [here](#).



## Ski under the moonlight

Grab your headlamp and go! The Full Moon Birkie is Saturday evening, February 19 at Cooking-Lake Blackfoot Provincial Recreation Area, leaving from the Waskahegan Shelter. Ski under the moonlight with a family member or friend! Post-ski hot bevs and snacks provided. [Register online now](#) for only \$10.



## Last chance for Barnebirkie

Last and only chance to register for the Barnebirkie at the [Nordic Fair!](#) You can pick up your Barnebirkie bib at the Nordic Fair or on site. Enjoy Viking costume contests, official start arch, decorated ski course and gift bags! You will get a chance to meet a mascot and a Mayor! [Details here.](#)



## Ask a Physio Q & A again

If at first you don't succeed try, try again. Our first attempt at Live Facebook didn't work; so we are going to try again on Wednesday, February 16, 2022 at 6 pm. Sunny Deol, Physiotherapist will be available to answer your musculoskeletal questions about stretching, assessing injuries, and recovery techniques. Get ideas and suggestions about ankle, foot, knee, hip, back tweaks and sprains, and how to prevent injuries. Join us online on Feb. 16 at 6 pm [@pursuitofmotionphysio Facebook Page.](#)



## Livestream of finish line

Because there are no spectators allowed due to the pandemic, we have set up a [finish line and results livestream](#). Volunteers, coaches, speakers, and para-nordic guides/assistants are allowed to ride Birkie shuttle buses, and be at start and finish areas. A parent of a registered child or youth can accompany them on Birkie shuttle buses and at start/finish lines.



## Tickets available for Vikings' Feast

Join us at the Vikings' Feast on Birkie Saturday. You will enjoy a beef and chicken buffet, draw prizes and a slideshow of the days' ski events. This fun get-together takes place at Woodvale Facility and Golf Clubhouse, 4540-50 St., Edmonton, on Saturday, February 12, 2022 at 6:00 pm. Buy your [tickets here](#)



## Canadian Birkie Ski Festival

Feb 11-28, 2022

### Canadian Birkebeiner Society

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