

Canadian Birkie News

Jan, 14, 2021 [View this email online](#)



Birkie with restrictions

Our volunteers on the Birkie board and committees have worked since the summer planning your 2021 in-person Canadian Birkie. They designed ski events to follow Alberta Health guidelines for outdoor gatherings with a maximum of 100 people. Our permit with Alberta Parks for the use of Birkieland, the Cooking Lake Blackfoot Provincial Recreation Area, follows this limit.

The current COVID situation has forced authorities to ban all organized outdoor events. We hope that the numbers and restrictions change by Feb. 12th. The Birkie Board Directors will be meeting in late January to decide the status of this year's in-person ski events. Luckily our NEW **Virtual Canadian Birkie** is not affected by these restrictions. Keep training and we will keep you posted.



Virtual Birkie Grand Prize

WIN a Cross Country Ski Weekend in the Canadian Rockies courtesy of **Castle Mountain Chalets**. These two nights in Banff National Park are valued at \$459. Huge thank you to our amazing Virtual Canadian Birkie cash and prize **sponsors**: Castle Mountain Chalets, Alley Kat Brewery, Global Edmonton, Imperial Oil, and Torskeklubben. Share pictures from your Virtual Birkie experience to enter the Virtual Birkie prize contests! **Here** are the details.



Virtual swag and promos

Our Birkie Thermal Phone Covers is exclusively available to Virtual Birkie participants. This cool swag just arrived in the office. They are ready to keep your phone from freezing on the trails. See an up close photo **here**.

Check out Global Edmonton's wonderful Birkie ad. Thanks so much to our volunteer Tanner Babiuk for the footage and to Global Edmonton for promoting the Birkie on their television station.



55 km winner skiing Cdn Birkie in Norway

Reese Bendiksen, the female gold medal winner of the 2020 55 km with pack Torskeklubben Birkebeiner, signed up for our **NEW Virtual Canadian Birkie**. This year she is going to compete in the 55 km VIRTUAL Canadian Birkie from Norway. Read more about Reese [here](#).



Most Kilometres Group Award

Sign up your office, department, organization, family or friends for the Virtual Canadian Birkie Most KM Group Award. You can sign up for different activities, different distances and even different places around the world. Once you have picked your group name, ask your team members to select this award on their registration form. Details [here](#).



Learn Hydration and Fueling

Join Elevation Physiotherapy for a FREE **live seminar** on Jan 16th at 9 am. Lisa Podlecki, a Registered Sports Dietitian, will discuss fuelling and hydration during race day at the Birkie.



Barnebirkie postponed to 2022

Our Birkie Board of Directors made the difficult decision to cancel the Barnebirkie ski event on Birkie Sunday. This fun family event took place in 2019 and 2020 at Silver Skate in Hawrelak Park in Edmonton. Due to the inherent mingling nature of our young registrants this event does not work during a pandemic. Our little Vikings primarily come to the event to ski, hang out, eat hotdogs and play with their friends. We determined that physical distancing would be difficult to enforce. Our Board Director in charge of Birkie Sunday, Roberta Hyland, said, 'We will be back bigger and better in 2022!'.



Want to contribute to science?

Sport psychology researchers at Lakehead University asked the Birkie to help promote their study. The study examines how endurance athletes' perspectives on achievement relate to their thoughts and attitudes towards pain. They need people who consistently take part in an endurance sport and who think that doing so is important and meaningful. Taking part in the study involves completing an **online survey** that will take about 20 minutes. It is anonymous and confidential.



Got questions?

We put together two new web pages of frequently asked questions. One page details in-person Birkie [questions and answers](#) and the other Virtual Birkie [questions and answers](#) for you. Refer to them and/or [contact us](#).

Please do not reply to this newsletter, office [contact](#) information below.
Photo credit: JaN Studios

Canadian Birkie Ski Events
Feb 12-21, 2021

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

Alberta
Government



Ukrainian Cultural
Heritage Village
Село спадщини
української культури

TORSKEKLUBBEN
EDMONTON

Global
EDMONTON

Imperial
Esso Mobil

Prince Haakon Circle Sponsors

BOXX
MODULAR

MELCOR
LIVE. WORK. SHOP. PLAY.

Wingspan
studio.com