

# Canadian Birkie News

November 6, 2018 [View this email online](#)



## Training sessions now available

The Birkie is about 90 days away and our training programs have already begun. There are 19 skiers taking our Birkie Training Group Winter session. Register for an upcoming group training opportunity:

### **Birkie Training Group Mid-Week Session**

The focus will be on developing ski specific fitness and improving technique and efficiency on skis. More details [here](#).

- Tuesday afternoons, Noon to 1:30 pm
- 10 sessions starting November 20, 2018
- Plus additional sessions in "Birkieland"

### **Birkie Learn to Loppet Lessons**

Whether you aim to improve your skiing skills, finish the 13 km event or improve your personal best time, the Birkie Learn to Loppet ski lessons will help you achieve your personal goals. More details [here](#).

- Monday evenings, 7:00 p.m. to 9:00 p.m.
- 6 sessions starting January 7, 2019
- Includes a wax clinic plus an additional session in "Birkieland"

### **Birkie Rookie Package**

This course is designed for beginner cross country skiers to introduce them to the fun of the Canadian Birkebeiner. More details [here](#).

- Sunday afternoons, 1:00 p.m. to 3:00 p.m.
- 3 sessions starting January 20, 2019
- Includes registration in the 13 km Birkie event



## Learn skills and make a difference

Learn to run a sports event while volunteering. You are invited to help our Loppet committee and learn from the best! Join a fun, supportive group. The following positions are vacant:

**Chief of Signage:** This job ensures course and sponsor signage are visible

**Chief of Short Starts:** This person manages the set up the 2 km, 4 km, and 13 km start areas

**Assistant Loppet Chief:** The Chief's right-hand person and a great way to learn a role

**Chief-at-Large:** This role helps with small projects and is a good way to learn major event planning

**Assistant Loppet Chiefs:** Help an existing chief with their duties in the following areas:

- Ass't Chief of Volunteers
- Ass't Chief of Course
- Ass't Chief of Transportation
- Ass't Chief of Equipment & Logistics
- Ass't Chief of Finish/Timing

See our full list of Loppet Committee positions [here](#). Sign up with our [volunteer application](#) or contact our Chief of Loppet, Jim Black at the [Birkie office](#) today. He would love to talk to you.



## Group to run a food station needed

Do you know of a community organization that might be available to help out at the Birkie? We need a group of eight to 12 people to operate one of our food stations on Saturday,



February 9, 2019. We provide all the equipment, food and drink. There is even a bonus; there is a heated shelter at this location! You will be handing out food and drinks to very grateful skiers! This is a great experience for a service group or other sort of volunteer organization. Contact our Chief of Food Stations, Danielle Layman through the [office](#).



## Secure your spot!

You have until the end of November to register and still get our NEW carry-forward credit guarantee. Sign up before December and if your ski event is cancelled for any reason, your registration transfers to the same event in 2020. You get a full carry-forward credit! After November 30, 2018, the normal No Refund policy resumes. See [Birkie deals](#) here.



## Mark your calendars for Full Moon Birkie

You and your friends can have fun skiing under the light of the full moon! We provide patrollers, sweep, hot chocolate and bonfire, so you just need skis and a headlamp! New for this year: there are four ski events in our [Full Moon Birkie Series](#) to choose from!

- Saturday, December 22, 2018
- Friday, January 18, 2019
- Sunday, February 17, 2019

- Friday, March 22, 2019

**Time:** 6:00 p.m. - 10:00 p.m.

**Place:** Cooking Lake-Blackfoot Provincial Recreation Area, **Waskahegan Staging Area**

**Cost:** \$10 per skier #fullmoonbirkie

**Registration:** Opening soon - stay tuned to social media and the website



## Pack or no pack; that is the question

Or is the question how much to pack? The Canadian Birkebeiner Society would like your input on the weight of the 55 km event pack. Should we lower the weight?

The Norwegian Birkebeiner recently reduced their pack weight from 4.5 kg to 3.5 kg. Their event crosses through exposed mountain passes so skiers must carry survival gear, which means they do not have a Birkie Lite option. The American Birkie does not require a pack.

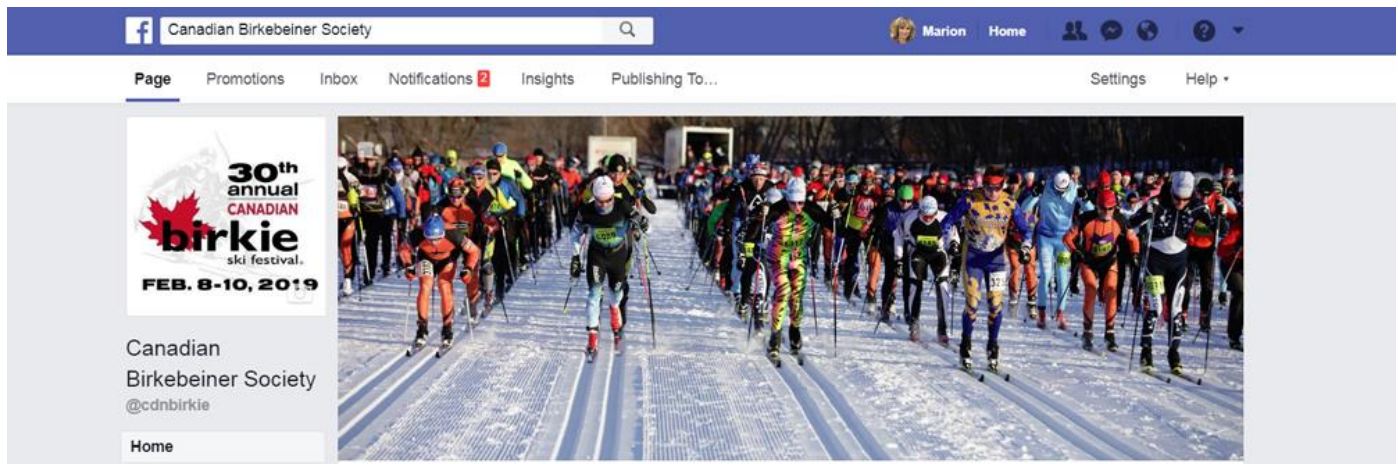
The Canadian Birkie has always been 5.5 kg. Our 55 km with pack Torskeklubben Birkebeiner event provides access to many food stations and medical assistance along the route. The Canadian Birkebeiner Society does not require you to carry survival gear as a formal requirement.

What do you think the weight should be? Please **contact us** at the Birkie office with your opinion.



# Celebrate World Snow Day in Birkieland!

On January 20th, 2019 you are invited to celebrate World Snow Day at the **Waskahegan Staging Area** in the Cooking Lake Blackfoot Provincial Recreation Area. The Friends of the Blackfoot and the Canadian Birkebeiner Society are hosting a Birkie **Hot Chocolate Sunday**. Spend the day skiing track-set trails and return to a warm fire and hot chocolate. World Snow Day put our event on their map; check it out at <https://world-snow-day.com>. The Birkie is representing Alberta around the globe!



## Help the Birkie reach 2,000 likes

The Birkie just got over 1,000 likes on our Facebook page! Our next goal is 2,000 likes. Please follow us on **Facebook**, **Twitter** and/or **Instagram**. You will be the first to hear our most current ski training, race and festival news. This will also help us get the word out and promote cross country skiing to a wider audience. So thanks in advance for liking and sharing our posts!

### Canadian Birkie E-News

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