

Canadian Birkie News

October 1, 2018 [View this email online](#)



Line up for Birkie 2019

Online **registration opens** Thursday, **October 11th** at noon. It is our 30th event and we are set to celebrate! We are offering major benefits for people who sign up early and bring all their friends. We want to thank you for embracing winter and participating in the Birkie ski festival! See registration details [here](#).



Early birds get the mittens

The first 100 people to sign up for the 13, 31 or 55 km ski events will receive official Canadian Birkie mittens. These red, white and black mittens have a \$15 retail value. Don't lose your mittens! Sign up early. See Birkie deals [here](#).



Secure your Spot

No snow? No problem! We listened to your comments and are now offering you a 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](#).



1st time in 4 yrs ski fees go up

For the first time since the fall of 2014, our non-profit organization will raise fees for the 13, 31, and 55 km ski events. Equipment, tents, food, transport, trailers and fuel costs have increased over the past five years. Our society will once again be able to deliver excellent races that our skiers come to expect. Remember if you sign up early, you automatically save up to \$30.



Advanced training now open

Birkie Training Groups (BTG) are aimed at people wanting to ski the 31 km or 55 km Birkie events. The instructors focus on building ski specific stamina, strength and technique for intermediate to advanced skiers. Students will meet at Lower Gold Bar park but there will also be some longer ski days planned to help you learn and enjoy the trails and terrain in 'Birkieland', the Cooking Lake-Blackfoot Prov. Rec. Area.

BTG Winter Session

- Saturday mornings, 9:00 - 10:30 am
- 15 sessions starting October 13, 2018
- [Register now](#)

BTG Mid-Week Session

- Tuesday afternoons, Noon – 1:30 pm
- 10 sessions, starting November 20, 2018
- [Register now](#)



Beginner training now open

Birkie Rookie Package

This program is held at the Strathcona Wilderness Centre (SWC) and is designed for beginner cross country skiers to introduce them to the fun of the Canadian Birkebeiner. The package will prepare participants to ski the **13 km Birkie** and includes registration in the ski event.

- Sundays 1 - 3 p.m.
- 3 sessions January 20 to February 3, 2019
- Registration through SWC
- Find out more [details](#)

Birkie Learn to Loppet

Whether you aim to improve your skiing skills, finish the 13 km event or improve your personal best time in the 55 km, these lessons will help you achieve your goals. Introduction and wax clinic at Gold Stick pavilion, Mondays at Lower Gold Bar pavilion and one ski day out at Cooking Lake-Blackfoot Prov. Rec. Area to introduce you to the trails and terrain in 'Birkieland'.

- One Saturday 9:30 a.m. - 1:30 p.m., four Mondays 7 - 9 p.m. and one Saturday session 10 a.m. - 12 p.m.
- Starts in January, 2019
- Registration opens end of October
- Find out more [details](#)



**30th Annual
CANADIAN
birkie
Ski Festival.**

February 8-10, 2019

Please do not reply to this newsletter, contact information below.

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