

# Canadian Birkie News

Sep, 27, 2019 [View this email online](#)



## **Birkie training starts now!**

Want to train for the long distance Birkie events? Our instructors focus on building ski specific stamina, strength and technique.

**Birkie Winter Sessions** on Saturdays, 9:00 - 10:30 am starts Oct. 12  
**Lower Gold Bar Park** in Edmonton. **Register Today!**

How about a three week program designed for beginner cross country skiers to introduce them to the fun of the Canadian Birkie?

**Birkie Rookie Package** on three Sundays from 1 -3 pm starts Jan 19  
**Strathcona Wilderness Centre**, Strathcona County. **Find out more.**



## **New World Ranking for Birkie Skiers**

Your future Birkie 55 km and 31 km results will be listed on the Worldloppet ranking [webpage](#)! Ranking is based on your top three ski marathon finishes and you can use it for your Worldloppet wave placement. Check out Canadian Birkebeiner February 8, 2020 events on the NEW Worldloppet Global Ski Marathon [Calendar](#).



## **Birkie registration opens October 10<sup>th</sup>**

Birkie online [registration](#) opens Thursday, October 10, 2019 at Noon.

The first 100 people to sign up for a 2020 Canadian 13, 31 or 55 km ski event will receive a free \$8 souvenir Birkie mug. 2018/2019 Secure your Spot registrants are not eligible for this mug deal.

You can start training earlier and save up to \$50.



## **2019 registrants get a deal in 2020**

We were very sad to cancel our 2019 Birkie Saturday ski events due to extreme cold. Thank goodness many of our 13, 31 and 55 km skiers signed up by November 30, 2019 and got the Secure your Spot deal. They will be receiving an email shortly on how to transfer their 2019 registration to the upcoming 2020 Birkie.

To help out the skiers who signed up between December and February, we are giving them 30% off the 2020 Birkie ski events. These registrants will also be receiving an email soon with a discount code.



## We need your help

We are looking for Sponsors, Volunteers, and Board Directors. Check out our [Sponsorship](#) webpage and [Volunteer](#) webpage today and support the Canadian Birkie Ski Festival. If you are interested in sponsoring or becoming a Board member please contact our President, Jim Black at 780-430-7153 [ski@canadianbirkie.com](mailto:ski@canadianbirkie.com). If you are interested in a volunteer position, please fill out the form on our [volunteer webpage](#). Thank you for your assistance in improving people's physical and mental health throughout the winter.



## Local skier meet-ups this weekend

**Edmonton Nordic Ski Club AGM and potluck**

Saturday, September 28, 4 pm – 7 pm

Goldstick Pavilion, Edmonton

Bring: Dish to share, a plate and utensils

**Join the Birkie at the SWC Open House**

Sunday, September 29, 1 – 4pm

**Strathcona Wilderness Centre**

52535 Range Road 212, Ardrossan

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

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