

Canadian Birkie News

Sept. 4, 2020 [View this email online](#)



Register for training

Birkie Dryland Training starts September 19, 2020. Get ready for the ski season with five Saturday morning sessions. You will get one and a half hours of ski walking, ski bounding, strength, core work, and stretching. Safety precautions in place. [Register](#) today!

Birkie Winter Training starts October 24, 2020. Get prepared for long distance events with 15 Saturday one and a half hour sessions. You will build ski specific stamina and strength, and refine your ski technique. Instructors will follow safety guidelines. Limited class size so [sign up](#) today!



Write your elected official

We are overjoyed that more than 1,500 of you took the time to respond to our August letter asking for support for the continuation of Alberta Parks' critical

role in trail maintenance and Birkie event staffing at the Cooking Lake Blackfoot Provincial Recreation Area. The Birkie board is doing what it can, including advising the government of the incredible response to our survey, but your continued help is appreciated.

Next we need you to contact your Alberta Member of the Legislative Assembly, the Minister of Parks and the Premier. In doing so, you will be joining the Canadian Birkebeiner Society and the many other skiers who are also petitioning the government for continued support in their areas. Click [here](#) for suggested text and email addresses.



Planning a safe Birkie

We are working with our public health authorities and monitoring the current situation to ensure a safe environment for everyone. As such we may have to decrease the number of events and total number of participants. We are investigating different scenarios to abide by government health guidelines. Additional information will be posted on our website in October.



Birkie staff working remotely

Our Birkie office is located at 7240 – 82 Avenue in Edmonton, yet our two part-time Birkie staff are primarily working remotely. You can call the Birkie at 780-430-7153 to reach them. You can also email ski@canadianbirkie.com, or arrange for pick-up and drop-off at our office.

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

Canadian Birkie Ski Festival
Feb 12-14, 2021

Canadian Birkebeiner Society
7240 82 Avenue NW
Edmonton, AB T6B 0G1



phone: 780-430-7153
email: ski@canadianbirkie.com
website: canadianbirkie.com

