

The Vikings are coming!



and



Presents

BIRKIE SUNDAY

An Inner City Festival of Nordic Skiing
Featuring:

The Inner City relay Sprints
750 m, 2km and 4km Global Mini-Birkie Loppets
A "Double Pole" sprint challenge
A Fancy Dress competition
Other fun events for kids

Sunday, February 11, 2018 at Gold Bar Park, Edmonton



Information at:

- canadianbirkie.com/birkie-sunday or edmontonnordic.ca

Registration:

- \$10 per registrant
- Advanced Registration required for all events
- Register on Zone4 by going to either of the websites above

Other information:

- Draw Prizes for registered skiers - sponsored by Track 'N Trail
- Hot drinks and snacks will be provided free to all registered skiers
- Food and hot drinks will be available for skiers/spectators to purchase from Food Trucks on site



BIRKIE SUNDAY DETAILS

Event: Inner City Relays and Team Sprints

Who: Everyone!! – Juniors to Masters 😊

Times and Distances:

- 09:00 am – Prologue (Juveniles and up): Start at 15s intervals: 600 m to 1.5 km distances
- 11:00 am – Mini-midget Sprint Relays – 2 skiers (2 x 600 m)
- 11:20 am – Midgets Sprint Relays – 2 skiers (2 x 750 m)
- 11:40 am – JV/JR B/G Sprint Relays– 2 skiers (2 x 1.5 km)
- 12:10 pm – Masters Sprint Relays– 2 skiers (2 x 1.5 km)
- 12:45 pm –JR/Open M/W Sprint Relays– 2 skiers (3 x 1.5 km)
- 13:30 pm Award Ceremonies

Brief Description:

- Juveniles and up will ski their respective relay distances in the Prologue
- Combined individual prologue times will be used to seed teams for their relay start
- Prizes for fastest combined prologue times

Event: 750m, 2 km and 4 km Global Mini-Birkie Classic Ski Loppets

Who: Jackrabbits, Juniors, Novices, and Families

Time: 10:30 am – Start of Loppets around Gold Bar Lake

Brief description:

- Fun, untimed, events is the Inner City version of famous Ole’s Two-Bit Tour
- Explore and “plunder some loot” on the trail!
- First part of course will feature mainly flat terrain
- Optional second 2 km loop on more adventurous tracks for those wanting more action and plunder
- All junior skiers completing the Loppets will receive a memento of their achievement
- Viking skiers younger than 8 years old should be accompanied by an adult

Event: The “Double Pole” (DP) Sprint Challenge:

DP a 100m track! Open to any skier registered for other events. **All attempts made between 11:30 am to 13:30 pm will be timed.** Prizes awarded for the fastest times in different age categories.

Event: Fancy Dress Competition:

Prizes will be awarded for the **“Best Dressed Viking”** and will be judged at **10:15 am** just before the start of the Mini-Birkie Loppets.

Other fun activities are being planned:

- Try your luck in the Multi-person ski challenge
- Adventure ski park activities for jackrabbits
- Photo shots as Viking “Birkebeiners”

