

Ski with Friends in 2010!

Since 1985, the Canadian Birkebeiner Cross Country Ski Festival has been about family, friends and fun. This year, we want to make it easier than ever for you to bring your friends and family together on our trails.

If you know someone who has never skied in the Birkie before, have your friend register and you both have a chance to win great draw prizes at the Nordic Fair. So talk it up with everyone you know, and Ski with Friends in 2010!

Enter Online

Register and pay securely online at www.eventsonline.ca. Online registration closes 9:59 p.m. MST, Wednesday, February 10, 2010. Nominal fee charged for on-line registration.

By Mail

Complete the entry form and mail to the Canadian Birkebeiner Society, 103, 9920 - 63 Avenue, Edmonton, Alberta, Canada T6E 0G9. **Mailed entries must be received by February 7, 2010.**

Confirmation e-mail immediately when registering online. Confirmation mailed if no e-mail address is given and if your entry form is mailed in and processed before January 26, 2010. Sorry, we cannot process faxed entries.

Birkie events, trail conditions, directions, and course maps are on our website at www.canadianbirkie.com.

Gold Sponsors

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The Canadian Birkebeiner has been celebrating the Birkebeiner legend since 1985. Make 2010 your year to celebrate and Ski the Legend with Friends!

TO VOLUNTEER OR FOR INFORMATION CONTACT:

Canadian Birkebeiner Society
Ph: (780) 430-7153 / Fax: (780) 435-5243
E-mail: canadianbirkie@telus.net
www.canadianbirkie.com

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Ski the Canadian Birkebeiner

February 12 & 13, 2010
Edmonton, Alberta, Canada

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Birkie Ski Events Saturday, Feb. 13, 2010

All events are classic (diagonal stride) technique on double tracked courses.

“Long” point-to-point events start at Ukrainian Cultural Heritage Village and finish at Waskehegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area:

-  55 km Torskeklubben Birkebeiner 9:00 a.m.
(5.5 kg over the shoulder backpack)
-  55 km StatoilHydro Birkie Lite 9:00 a.m.
(same route/no pack)
-  31 km Edmonton Journal Tour 9:30 a.m.

“Short” loop events start and finish at Waskehegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area:

-  Ole's Tour (2.5 or 4 km options) 11:00 a.m.
Ski with the Birkebeiners in an untimed fun event.
-  13 km Mini Birkie 1:30 p.m.
Scenic loop course to Meadow Shelter and back.



Chip Timing

Mass start chip timing for 55, 31 and 13 km events. Deposit not required, but if chip is not returned at finish line, a \$40 fee will be charged.

Learn to Loppet Ski Lessons

The Birkie is a ‘loppet’—a recreational mass participation cross country ski event. Learn how to prepare for a loppet and improve your skiing technique. Five ski lessons in the Birkie classic technique. Monday evenings, January 11 to February 8. One daytime class, Saturday, January 9, classroom waxing instruction and practice. Lesson information on Birkie web site.

Birkie Nordic Fair & Bib Pick-up

Friday, Feb. 12

12:00 - 8:00 p.m. Holiday Inn Convention Centre
Bib, timing chip, and information book pick-up during these hours is mandatory. Last minute course changes, waxing tips and weather conditions will be posted.

The Vikings' Feast

Saturday, Feb. 13

6:00 p.m. Holiday Inn Convention Centre
Après ski, feast with your friends! Catered meal fit for hungry Birkebeiners. Order tickets on your entry form. Sells out every year!

Award Presentations

Saturday, Feb. 13

8:30 p.m. Holiday Inn Convention Centre
Banquet ticket not required to attend awards. Top 3 overall finishers in each timed event and special awards. Special awards include Haakon Haakonsson Award which is presented to skiers who have completed 55 km long distance Birkebeiner events at Norway, USA and Canada. Submit copies of results with paper entry or by e-mail to canadian-birkie@telus.net. The awards for the top 3 age class winners in 55 km events will be presented at the finish line.

Host Hotel and Accommodations

Holiday Inn Convention Centre (780) 468-5400
4520 - 76 Avenue, Edmonton, Alberta
Find hotels offering Birkie rates on our website.

Sanctioned by Cross Country Alberta
Seeding Qualifier for American Birkebeiner



Parking/Shuttles/Mini bus

- Parking at Ukrainian Cultural Heritage Village (55 and 31 km starts) with free bus shuttle from finish line at Waskehegan back to your vehicles.
- Parking for short starts (Ole's Tour, 13 km) at Uncas Parking Lot with free bus shuttle to and from Waskehegan start and finish. No parking at Waskehegan.
- Mini bus transport to starts available from Holiday Inn Host Hotel. Pre-book your seat (\$5) at Birkie Bib Pick-up information booth on Friday, Feb. 12, 2010.

Food and Medical Stations

Refreshment stations located along the courses and at the finish line. First aid, medical, and evacuation support at all stations. Dress appropriately for changing weather and wind chill. You are responsible for ensuring you are physically able to participate!

Retail Stores

Get your ski gear, clothing, wax and extra brochures from our retail sponsors in Edmonton:

- Campers Village – 10951 - 170 Street
- Fast Trax – 7326 - 101 Avenue
- Mountain Equipment Co-op – 12328 - 102 Avenue
- Totem Outdoor Outfitters – 7430 - 99 Street
- Track 'N Trail – 10148 - 82 Avenue