

LEARN TO LOPPET 2010

In its 19th year!

Learn how to race the Birkie and improve your skiing technique in preparation for the February 13th

Canadian Birkebeiner

"Ski with Friends in 2010"

REGISTRATION FEE: \$ 110.00 postmarked on or before December 19/09

\$ 130.00 after December 19/09

Maximum 50 students

6 LESSONS: 15 HOURS OF EXPERT INSTRUCTION, INFORMATION & GREAT WINTER FUN!!

Course Content

Saturday (up to 5 hours)

Lesson 1: January 9

Waxing Session/ski testing:

- ◆ Learn to wax your own skis, what waxes to use, when & why

Mondays

Lesson 2: January 11

- ◆ First lesson on Classic technique & diagonal stride

Lesson 3: January 18

- ◆ Classical technique: diagonal stride & double pole

Lesson 4: January 25

- ◆ Classical technique: downhill & one-step double pole

Lesson 5: February 1

- ◆ Classical technique: uphill & terrain skiing

Lesson 6: February 8

- ◆ Waxing tips for the Birkie
- ◆ Classical Technique, Fun race & technique review

Lesson 7: February 15

- ◆ Post-Birkie celebration:
- ◆ Story Telling
- ◆ Beer, pizza & prizes!!

LEARN-TO-LOPPET IS A
NON-PROFIT PROGRAM

Place & Time

Saturday January 9

9:30 a.m: Waxing Session

- ◆ Meet at Tiger Goldstick Park Clubhouse, 4210-101 Ave (west of Imperial Oil Refineries OR travelling east on 101 Ave, just east of 50th ST, turn North at the 1st lights, follow road to building).

- ◆ Classroom waxing sessions
- ◆ Also, bring your skis, poles & waxes and be prepared to ski. Dress for both!

Saturday Agenda

9:30: Introduction to the course, Q&A

10:00: Basic waxing lecture

10:20 to 11:30: smaller group hands-on-waxing your skis

11:30 to 12:15: skiing/testing your wax/lunch

12:15 to 1:30: Intermediate waxing. Glide waxes, wax layering, hands-on small groups

2:00: waxing for the Birkie, klisters, secrets, hands-on small groups

Every Monday January 11 thru to February 8

◆ 7:00 p.m. to 9:00 p.m.

- ◆ Meet at Lower Goldbar Park (go North on 50 St, south side of river, turn at last right, follow park road, meet at pavilion)

- ◆ Lessons are NOT cancelled due to winter weather!

Instructors

Terry Protz

Is a CANSI Level 3 instructor, a NCCP Level 2 XC Ski coach, is a coach with Edmonton Nordic and is in his 17th year with Learn-to-Loppet.

Bill Thompson

Is a CANSI Level 2 instructor, is the co-ordinator of and is in his 18th year with Learn-to-Loppet.

Don Mallon

Is a CANSI Level 2 instructor, teaches with Edmonton Nordic and is in his 13th year with Learn-to-Loppet.

Ken Burgess

Is a CANSI Level 3 instructor, teaches with St. Albert Nordic and is in his 13th year with Learn-to-Loppet.

Sponsored by:
THE CANADIAN
BIRKEBEINER
SOCIETY

canadianbirkie@telus.net
www.canadianbirkie.com

LEARN-TO-LOPPET 2010 REGISTRATION FORM

COST OF COURSE: \$ 110.00 (postmarked on or before December 19, 2009)
\$ 130.00 (after December 19, 2009)
(in the event that the Learn To Loppet 2010 course is cancelled, all \$ refunded)

Make cheque payable to "Canadian Birkebeiner Society".

Mail cheque and Registration Form to "Canadian Birkebeiner Society"
#103, 9920-63 Avenue, Edmonton, AB T6E 0G9.

Enrolment is limited so don't delay!

Name: _____ Address: _____

City: _____ Postal Code: _____

Phone (H): _____ Phone (W): _____

Email: _____

In order to place you in a group of skiers of like-ability, please answer ALL of the following questions:

Years XC skiing: _____ Previous XC Ski instruction: YES NO
Age category (circle one): under 35 36-45 46-55 56+
Do you see yourself as a (circle one): Beginner Intermediate Advanced Skier
Did you enter & participate in any ski races last year? (circle one): YES NO
Would you consider your fitness level is (circle one): Below Average Average Above Average

WAIVER: I hereby release Cross-Country Alberta, the Canadian Birkebeiner Society, their agents, sponsors, employees and volunteers for any and all rights and claims for damages which may have occurred against me and for any and all injuries which may occur in conjunction with the transportation and operation of this program.

Signature of Participant: _____

Date: _____

REGISTRATION DEADLINE: JANUARY 6, 2010