

# LEARN TO LOPPET 2012

In its 21<sup>th</sup> year!

Learn how to race the Birkie and improve your skiing technique in preparation for the February 11<sup>th</sup>

Canadian Birkebeiner  
"CANADA'S PREMIER SKI EVENT"

**REGISTRATION FEE:** \$ 120.00 postmarked on or before December 21/11  
\$ 140.00 after December 21/11  
Maximum 50 students

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

## Course Content

### Saturday (up to 5 hours)

#### Lesson 1: January 7

Waxing Session/ski testing:

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

### Mondays

#### Lesson 2: January 9

- ◆ First lesson on Classic technique & diagonal stride

#### Lesson 3: January 16

- ◆ Classical technique: diagonal stride & double pole

#### Lesson 4: January 23

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

#### Lesson 5: January 30

- ◆ Classical technique: uphill & terrain skiing

#### Lesson 6: February 6

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

#### Lesson 7: February 13

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

## Place & Time

### Saturday January 7

#### 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 50<sup>th</sup> ST, turn North at the 1<sup>st</sup> lights, follow road to building).

- ◆ Classroom waxing sessions
- ◆ Also, bring your skis, poles & waxes and be prepared to test your skis. 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: 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,

klister, secrets, hands-on small

groups

**Every Monday January 9 thru to February 6**

- ◆ 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 3 XC Ski Coach, is a coach with Edmonton Nordic and is in his 19<sup>th</sup> year with Learn-to-Loppet.

### Bill Thompson

Is a CANSI Level 2 Instructor, is the co-ordinator of and is in his 20<sup>th</sup> year with Learn-to-Loppet.

### Don Mallon

Is a CANSI Level 2 Instructor, teaches with Edmonton Nordic and is in his 15<sup>th</sup> year with Learn-to-Loppet.

### Ken Burgess

Is a CANSI Level 3 Instructor, teaches with St. Albert Nordic and is in his 15<sup>th</sup> year with Learn-to-Loppet.

### Jim Brohman

Is a CANSI Level 3 Instructor, teaches with Edmonton Nordic and is in his 7<sup>th</sup> year with Learn-to-Loppet.

### Roy Merritt

Is a CANSI Level 3 instructor, a NCCP Level 2 XC ski Coach, teaches with Edmonton Nordic and is in his 3<sup>rd</sup> year with Learn-to-Loppet.

Sponsored by:  
THE CANADIAN BIRKIEBEINER  
SOCIETY  
[ski@canadianbirkie.com](mailto:ski@canadianbirkie.com)  
[www.canadianbirkie.com](http://www.canadianbirkie.com)

LEARN-TO-LOPPET IS A  
NON-PROFIT PROGRAM

# LEARN-TO-LOPET 2012 REGISTRATION FORM

**COST OF COURSE: \$ 120.00 (postmarked on or before December 21, 2011)**  
**\$ 140.00 (after December 21, 2011)**  
**(in the event that the Learn To Loppet 2012 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

What do you consider is a long ski for you? \_\_1 km \_\_ 5 km \_\_ 15 km\_\_ 30 km\_\_ over 30 km

Are you comfortable skiing down hills? \_\_\_\_\_

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 4, 2012***