

Learn how to race the Birkie and improve your skiing technique in preparation for the Canadian Birkebeiner "Ski with Friends in 2010"

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

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

Monday nights

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!!

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).
- ◆ **Bring your skis, poles & waxes, be prepared to ski!**

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, klister, secrets, hands-on small groups

Every Monday January 12 thru to February 9

- ◆ 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

There are 5 or 6 instructors, depending on numbers registered. All instructors are at minimum CANSI Level 2 certified for teaching cross country ski lessons. Most instructors teach at clubs in the Edmonton region, and have skied the Birkie many times.

LEARN-TO-LOPPET IS A NON-PROFIT PROGRAM. Registration fees are set to cover costs to the Birkebeiner organization and instructors. Sponsored by: THE CANADIAN BIRKEBEINER SOCIETY