



For Immediate Release

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Fast and Female Champ Chat Empowering Young Female Athletes at Birkie 2016

Elite and Champion Nordic Athletes Kikkan Randall and Caitlin Gregg to host!

Hayward, WI (February 2016) — From fitness to inspirational stories, Fast and Female's 3rd annual Champ Chat at the Birkie will start a conversation for young, female athletes during Birkie weekend.

On Sunday, February 21, from 9:45 a.m. until 12:15 p.m. in the Hayward High School gymnasium, girls from ages 8-18 can participate in games, go through a fitness circuit and listen to stories from US Ski Team Members Kikkan Randall and Caitlin Gregg. The fitness stations will incorporate balancing, agility and ski techniques and practices.

Champ Chat at the Birkie, provided by the American Birkebeiner Ski Foundation (ABSF), is a unique opportunity for girls who are interested in sports to meet other girls, connect with professional skiers and hear about life on the World Cup from Kikkan Randall, the head of the United States division of Fast and Female. Randall is a four-time Olympian and World Champion from the United States. She is known for her strong sprinting ability, pink hair and positive personality. She will be joined by elite athlete and Nordic champion, Caitlin Gregg.

There will also be a Parents and Coaches Seminar, which will provide information on raising female athletes. Holly Hart, who is the mother of Annie Hart, a SMS-T2 skier and Birkie Ambassador, will be in attendance. Stillwater High School Ski coach Kris Hansen will also be at the event. Stillwater High School has the largest ski team in the Midwest and Hansen provides a great atmosphere for all of her skiers.

"Champ Chat at the Birkie is a great space for girls to get encouragement from elite athletes to stay and thrive in sports and physical activity," Kristy Maki, ABSF Sport Development and Operations Manager, said. "It shows that girls can do something with their love for sports in the future, too."

Parents, coaches and girls can sign up online at fastandfemale.com or at the door. There is a \$25 participant fee and a \$20 parent and coach fee. Check in will begin at 9:45 a.m. Girls will receive a free t-shirt and a chance to get an autograph from Kikkan Randall. This money will go to the Fast and Female organization.

Fast and Female's mission is to keep girls in sports while they are growing up and to empower girls to continue working hard in sports and physical activity. They offer events like the Champ Chat at the Birkie in both Canada and the United States.

"We are excited to be bringing the opportunity to meet with Kikkan Randall and learn about empowerment and skills to girls in the Birkie community again this year," said Ben Popp, ABSF Executive Director.

About the American Birkebeiner® Ski Foundation and Birkie® Events

Located near Hayward and Cable, Wisconsin, the American Birkebeiner Ski Foundation (ABSF), a 501(c)(3) organization, is known for its signature American Birkebeiner Ski Marathon held each February. Today, the Birkie has grown to encompass a variety of year-round, silent sport events that promote a healthy, active lifestyle for thousands of outdoor fitness enthusiasts. The ABSF also acts as steward of the legendary Birkie Trail, providing year-round grooming, mowing and maintenance to all 107 kilometers. From the iconic American Birkebeiner ski race, to the Birkie Trail Run & Trek, and Fat Bike Birkie, the ABSF and the Birkie Trail attract skiers, runners, bikers, trekkers, and hikers, from casual day-trippers to elite athletes. Learn more at www.birkie.com. *BIRKIE Ski. Run. Bike. Live!*

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