

Greetings Skiers & Friends of the Birkie!

Welcome to Birkie 2017!

Inside this Official Participant Guide you'll find everything you need to know to navigate Birkie week like a pro. From schedules and maps, to parking and the logistics of getting around on race day, this guide is your ticket to all things Birkie!

Please, please please, take the time to READ THESE PAGES! The ABSF staff has spent countless hours poring over the details so that you'll be prepared to seamlessly move your way through Birkie week without a hitch.

With the kid's events back on Thursday, the Kortelopet and Prince Haakon on Friday, and all events finishing on

Hayward's snow-covered Main Street, cowbells will be ringing louder than ever! Add to

that the new Kortelopet and Prince Haakon start venues, the inaugural use of the new American Birkebeiner Trailhead race start area, and 2017 is shaping up to be a year to remember!

With of all these changes, it is more important than ever that you take the time to read about the various new event details, including: new bus schedules; new bus pick-up locations for skiers (no Donnellan Field); the new Birkie Village; and the exciting new Celebration Plaza (live music and BIRKIE BREW-SKI!).

ging louder than ever! Add to he ace 66 Welcome to BirkieLand!

We're glad you're here!

Flip this book over and you'll find the official Birkie week Visitor Guide. We've worked closely with our friends at the Sawyer County Record so that Birkie week spectators have all the details they'll need for a great Birkie week experience. Be sure to share it with your family, friends, and traveling companions.

From the ABSF staff, board of directors, volunteers, and participating communities – welcome to Birkieland! We're glad you're here! And, whether this is your first Birkie, your tenth Korte, your second Prince Haakon, or your fourth Barkie Birkie, we hope you have an amazing Birkie week experience!

#BirkieFever

Ben Popp

Executive Director

American Birkebeiner Ski Foundation

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2017 Birkie Week Schedule of Events

THURSDAY

February 23, 2017

8:00am Worldloppet Breakfast, Flat Creek Inn & Suites 9:00am Birkie Adaptive Ski Events - *Presented by Becker Law*

10:00am Barkie Birkie Skijor - Presented by Northern Lakes Co-Op Feed Mill

11:15am Nikkerbeiner Parade

11:45am Opening Ceremonies on Champions Stage, Celebration Plaza

12:00pm Barnebirkie - Presented by Johnson Bank and Swiss Miss

1:00pm Slumberland American Birkebeiner Expo2:00pm Junior Birkie - Presented by Gear West

4:20pm Birkie Sprints - Presented by FITS and Madshus

5:30pm Birkie Giant Ski - *Presented by Hayward Area Chamber of Commerce*5:30pm Birkie Bash Pasta Buffet, Capital Campaign Phase 2 event, Steakhouse

& Lodge

FRIDAY

February 24, 2017

9:00am Slumberland American Birkebeiner Expo

10:45am Kortelopet - Title Sponsor Slumberland Furniture

Presented by Marshfield Clinic

1:15pm Prince Haakon - Title Sponsor Slumberland Furniture,

Presented by Northern Lakes Co-op Corner Deli

SATURDAY

February 25, 2017

8:15am 44th Slumberland American Birkebeiner

Title Sponsor Slumberland Furniture, Presented by SWIX

7:00pm Birkebeinerne (The Last King), Norwegian Feature Film

SUNDAY

February 26, 2017

9:00am On-Snow Ski & Bike Demo 9:30am Fast & Female Champ Chat

12:00pm Birkebeinerne (The Last King), Norwegian Feature Film

Details for events can be found within the pages of the Official Participant Guide or in the Visitor Official Spectator guide (flipside).

With Special Thanks To Our 2017 Sponsors



























































































THURSDAY

February 23, 2017

Thursday Birkie Events

Birkie Adaptive Ski Races - Races Begin at 9:00 AM

- Parking and accessible spots located at the Big Fish Parking Lot near the start area and at Celebration Plaza near the finish area.
- Shuttle buses will run between the Big Fish Parking Lot and Celebration Plaza from 8:30 am to 5:00 pm.
- Race day bib pick-up from 8:00 am to 9:00 am in the big tent at Hayward City Beach.
- Races begin at Hayward City Beach and finish on the Birkie Finish Line at Fourth and Main Streets in downtown Hayward.
- Race schedule 3 km Mass Start at 9:00 am and 1 km Mass Start at 9:05 am.
 Assistance will be provided should skiers need help over the International Bridge.
- Awards on the Champion's stage on Celebration Plaza at 10:15 am.



- Parking located at Birkie Village on Fourth Street and Minnesota Avenue.
- Race day bib pick-up from 8:30 am to 10:30 am at the Celebration Tent located on Celebration Plaza.
- Races start and finish at the Birkie Finish Line at Fourth and Main Streets.
- Race schedule 5 km Expert Race Individual Start at 10:00 am and 3 km Novice Race Individual Start at 10:45 am.

Nikkerbeiner Vintage Ski Parade & Opening Ceremonies 11:15 AM & 11:45 AM

- Parking is available at the Big Fish Lot near the start area with shuttle buses running continuously to Celebration Plaza near the finish area.
- There is no fee required to participate in the Nikkerbeiner Vintage Ski Parade. However, advance online registration is required. Last minute registration is available at 10:00 am in the big tent at Hayward City Beach.
 - m in the 5 am and finishes on Havward's
- Nikkerbeiner kicks off at the Hayward City Beach at 11:15 am and finishes on Hayward's Main Street.
- Opening ceremonies and torch lighting will take place at the Champion's Stage on Celebration Plaza at 11:45 am.

Barnebirkie Youth Ski Tour - Begins at 12:00 PM

- Parking at the Big Fish Parking Lot near the start area with continuous shuttle service to Hayward Intermediate School (Purple Wave start) and Celebration Plaza (near the finish area). See the Wave Table on top of page 7.
- Registration and bib pick-up from 10:00 am to 12:00 pm in the big tent at Hayward City Beach. Be sure to stop by the Birkie Store and Fast & Female tables to check out the latest gear!





- Barnebirkie Youth Ski Tour begins at Hayward City Beach and finishes at the Birkie
 Finish Line on Main Street, downtown Hayward. Help will be provided should skiers
 need assistance over the International Bridge. Medals awarded at the finish line.
- To preserve the integrity of the course, spectators must stay on the pedestrian path and sidewalk areas; only kids and adults on skis are allowed on the course. No pets please.
- Swiss Miss Cocoa and cookies provided by the Sons of Norway are in the big tent on Celebration Plaza, downtown Hayward, following the ski tour.

Start Time	Wave	Distance	Start Location	Recommend Age/Ability
12:00 pm	Red	3 km (1.9 miles)	Beach	8 to 13 years old - Experienced skier - skis up and over the International Bridge.
12:05 pm	Yellow	3 km (1.9 miles)	Beach	8 to 13 years old - Experienced skier - skis up and over the International Bridge.
12:10 pm	Green	1 km (0.6 miles)	Beach	5 to 10 years old - Experienced skier - skis up and over the International Bridge.
12:15 pm	Orange	1 km (0.6 miles)	Beach	5 to 10 years old - Experienced skier - skis up and over the International Bridge.
12:30 pm	Purple	500 m (0.3 miles)	Intermediate School	3-8 years old - Novice skier - does not ski over the International Bridge.

Slumberland American Birkebeiner Expo - Opens at 1:00 PM

- The Slumberland American Birkebeiner Expo is home to over 50 vendors and American Birkebeiner, Kortelopet, and Prince Haakon bib pick-up.
- Thursday Expo hours from 1:00 pm to 8:00 pm.
- Located at Hayward High School, 10320 Greenwood Lane.



Junior Birkie Mass Start Freestyle Races - Races Begin at 2:00 PM

- Parking is available at the Big Fish Lot near the start area with shuttle buses running continuously to Celebration Plaza near the finish area.
- Race registration closes at 6:59 pm on Wednesday, February 22.
- Race day bib pick-up from 1:00 pm to 3:30 pm in the big tent at Hayward City Beach start area.
- Races begin at Hayward City Beach and finish at the Birkie Finish Line on Main Street, downtown Hayward. See Start Table below.
- Awards for each age group are presented after each wave at the Champions Stage on Celebration Plaza.
- Skiers are invited to the Gear West tent at the Finish Line for Nuun Hydration and Clif Bars.

Start Time	Age Group	Distance	
2:00 PM	U16 & High School Boys	5 km	
2:15 PM	U16 & High School Girls	5 km	
2:30 PM	U14 Boys	3 km	
2:45 PM	U14 Girls	3 km	
3:00 PM	U12 Boys	3 km	
3:15 PM	U12 Girls	3 km	
3:30 PM	U8 & U10 Boys	1.2 km	
3:45 PM	U8 & U10 Girls	1.2km	196



Birkie Sprints - Elite & Junior Birkie Team Sprint Relays Begin at 4:20 PM

- Parking at the Big Fish Parking Lot near the start area with continuous shuttles to Celebration Plaza near the finish area (see the heat table below).
- Bib pick-up from 1:00 pm to 3:00 pm in the big tent at the Hayward City Beach.
- Relay races start and finish on Main Street at the Birkie Finish Line, downtown Hayward.
- Awards for all Age Groups are presented after each final heat.
- Skiers are invited to the Gear West tent at the Finish Line for Nuun Hydration and Clif Bars.

Start Time	Heat	Distance	
4:20 PM	Elite Men Semifinal #1	2x2x800m	
4:25 PM	Elite Men Semifinal #2	2x2x800m	
4:30 PM	Elite Women Semifinal #1	2x2x800m	
4:35 PM	Elite Women Semifinal #2	2x2x800m	
4:40 PM	HS & U16 Boys Final	3 x 800m	
4:45 PM	HS & U16 Girls Final	3 x 800m	
4:50 PM	U14 Boys Final	2 x 500m	
4:55 PM	U14 Girls Final	2 x 500m	
5:00 PM	U12 Boys Final	2 x 500m	
5:05 PM	U12 Girls Final	2 x 500m	
5:10 PM	U8 & U10 Boys and Girls Final	2 x 500m	
5:15 PM	Elite Men Final	2x2x800m	
5:20 PM	Elite Women Final	2x2x800m	

Birkie Giant Ski - Races Begin at 5:30 PM

- Bib pick-up from 9:00 am to 5:00 pm at the Hayward Area Chamber of Commerce, corner of Highway 63 and Main Street at the base of the International Bridge.
- Birkie Giant Ski races start at the intersection of Main and Second Streets in downtown Hayward
- Awards are presented immediately following the final race.



Birkie Bash Pasta Buffet - 5:30 PM to 8:00 PM

- Kick off Birkie week at Birkie Bash 2017 a celebration and fundraiser in support of the ABSF Phase 2 Capital Campaign.
- Live music by Molly & the Danger Band, pasta and salad buffet, cold beverages, BIRKIE BREW-SKI, good company, and fantastic auction items including a lifetime entry for all ABSF events!
- Tickets available at the door \$50 per person
- Location: Steakhouse & Lodge, 5860 T Bone Lane, Hayward



Additional information for all Thursday events at www.Birkie.com/ski

FRIDAY

February 24, 2017

Kortelopet - 29K & Prince Haakon - 15K

SATURDAY

February 24, 2017

Slumberland American Birkebeiner - 50K/55K

Before the Race

The following information is critical for race participants of the **Slumberland American** Birkebeiner, Kortelopet and Prince Haakon ski races. Please read this information in its entirety to ensure you're ready for race day!

Bib Pick-Up - Thursday, February 23

Slumberland American Birkebeiner, Kortelopet and Prince Haakon

- Where: Birkie Expo, Hayward High School, 10320 Greenwood Lane, Hayward
- When: 1:00 pm to 8:00 pm

Bib Pick-Up - Friday, February 24

Slumberland American Birkebeiner

- Where: Birkie Expo, Hayward High School
- When: Friday, February 24 9:00 am to 8:00 pm

Kortelopet

- Where: Bib Pickup tent at the Highway OO Trailhead
- When: 9:00 am to 11:30 am

Prince Haakon

- Where: Bib pick-up tent at the race start area
- When: 12:00 pm to 1:15 pm



Bib Pickup - Saturday, February 25

Slumberland American Birkebeiner

- Where: At the bib pick-up tent near the bus drop-off area at the American Birkebeiner Trailhead near the start of the race.
- When: 7:00 am to 10:00 am

Credentials Required for Bib Pick-Up

- All registered participants received a 2017 Bib Confirmation email. You must bring a paper or electronic copy of this confirmation, along with your photo ID to pick up your bib.
- Someone else may pick-up your bib, if they are also picking up their own bib. To do so they must have a paper or electronic copy of your bib Confirmation email(s) and a signed note authorizing them to pick-up your bib.

Transfer of Entries

- Entries are non-transferable between individuals.
- It will be considered a violation of event rules if a participant competes under a false identity.
- Allowing another individual to participate in the bib assigned to you will result in their disqualification and a fine imposed on both parties.

Transfer Between Events, Waves or Techniques

- The deadline for all requests for race, wave or technique transfer was January 27, 2017 - no transfer requests are allowed after this date.
- Skiers must compete in the technique for which they have registered and been issued a bib number. If you ski a different technique you will be credited for finishing the race but not given a finish time, will not be included in the official race results, nor be eligible for awards

Race Day

Slumberland American Birkebeiner, Kortelopet and Prince Haakon

See Getting Around on Race Day on page 27.

At the Start

For the first time ever, the **Slumberland American Birkebeiner** will depart from the brand new start venue at the American Birkebeiner Trailhead! Kortelopet and Prince **Haakon** skiers also depart from exciting new start venues! Congratulations to all skiers who are a part of this unique moment in American Birkebeiner history! Please see Race Start Venue maps on pages 11 and 12.

Bus Drop-Off at the Start:



- Kortelopet bus drop-off is on the north side of Highway OO at the 'OO' Trailhead. Skiers will walk approximately 400 meters (5-10 minutes) to the race start area.
- Prince Haakon bus drop-off is on Phipps Road and adjacent to the start area.
- Slumberland American Birkebeiner bus drop-off is 400 meters (1/4 mile) to the east of the Start. Please allow 5-10 minutes to walk to the start area pens.

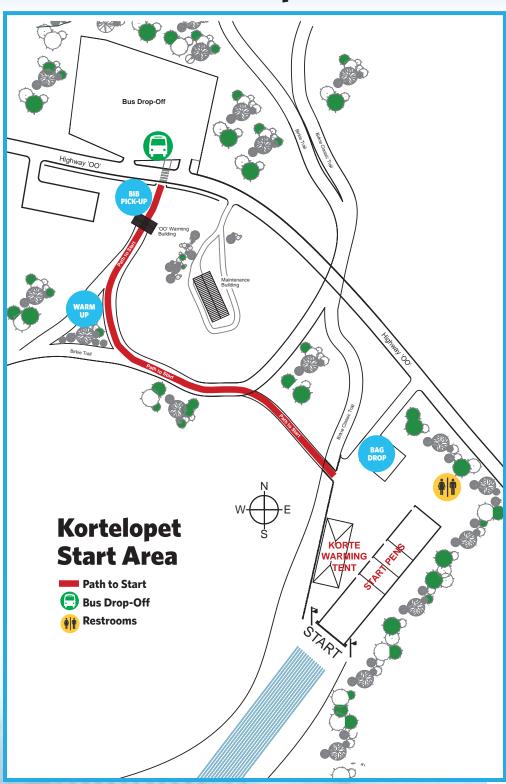
Warm-Up Skiing



- Kortelopet The designated warm-up loop at the 'OO' Trailhead utilizes the Birkie Trail and the East Loop. Access to the warm-up area is from the 'OO' Trailhead Warming Cabins. The walk from the warm-up area to the race start area is approximately 250 meters.
- Prince Haakon There is a warm-up track adjacent to the north side of the race start area.
- Slumberland American Birkebeiner There is a designated warm-up loop at the start venue. Access to the warm-up area is 100 meters west of the Bus Drop-Off and near the bib pick-up tent.
- The Slumberland American Birkebeiner, Kortelopet and Prince Haakon race courses are closed to all prior to the start. Do not warm up on the course at any time.

The Kortelopet and Prince Haakon Race Courses will both close at 4:00 pm on Thursday afternoon. The American Birkebeiner Race Course will close at 4:00 pm on Friday afternoon. Courses may close early if conditions warrant.

Kortelopet



American Birkebeiner



Bag Drop-off

- Kortelopet and Prince Haakon A yellow drop bag will be given to each skier at bib pick-up. Slumberland American Birkebeiner - A white drop bag will be given to each skier at bib pick-up.
- Drop bags should be used to hold clothing and small personal items that skiers will need at the race finish.
- Please note! No other bags will be accepted. NO SKIS WILL BE ACCEPTED.
- Please do not overfill your bag and make sure it is tied securely before dropping it
 off. Once the bag is dropped-off, it may not be retrieved until bag pick-up in the
 Finish Zone.
- Bag drop-off by race:
 - **Kortelopet** and **Slumberland American Birkebeiner** Bag drop-off is arranged by wave. Drop your bag in the zone marked with the sign that has your wave number. Classic and skate waves of the same number go in the same drop area.
 - Prince Haakon There is only one drop-off zone.
- All bags will be transported to the Finish Zone in Hayward.
- The American Birkebeiner Ski Foundation is not responsible for lost or stolen items.



Start Procedure

Kortelopet and Slumberland American Birkebeiner - Start Procedure

- There are three start pens behind the start line. There is a gate located on the back of each pen.
- Skiers may enter the designated pen area based on their wave assignment and at the designated time for their wave (see tables below).
- Skiers entering through back pens will be given entry priority over those entering from the side gates
- Skiers in Pens 2 and 3 must be on foot. Skiers may put their skis on only after entering Pen 1.
- Skiers must line up in the classic tracks set in the snow. Do not line up between the tracks.
- The wave start is indicated by the lifting of the Start Gate.

Kortelopet Waves	Pen/Gate 3 Entry	Pen/Gate 2 Entry	Pen/Gate 1 Entry	Wave Start Time
Boys U20 Skate	_	_	10:30	10:45
Girls U20 Skate	_	10:30	10:45	10:50
Boys U20 Classic	10:30	10:45	10:50	10:55
Girls U20 Classic	10:45	10:50	10:55	11:00
Wave 70	10:50	10:55	11:00	11:05
Wave 1 Classic	10:55	11:00	11:05	11:15
Wave 1 Skate	11:00	11:05	11:15	11:20
Wave 2 Classic	11:05	11:15	11:20	11:25
Wave 2 Skate	11:15	11:20	11:25	11:30
Wave 3 Classic	11:20	11:25	11:30	11:35
Wave 3 Skate	11:25	11:30	11:35	11:40
Wave 4 Classic	11:30	11:35	11:40	11:45
Wave 4 Skate	11:35	11:40	11:45	11:50

Slumberland American Birkebeiner Waves	Pen/Gate 3 Entry	Pen/Gate 2 Entry	Pen/Gate 1 Entry	Wave Start Time
Spirit of 35 + Inga & Warriors	_	_	_	8:15
Women Elite Skate	_	_	8:15	8:30
Men & Women Elite Classic	_	8:15	8:30	8:35
Wave 1 Classic	8:15	8:30	8:35	8:40
Men Skate Elite Skate	8:30	8:35	8:40	8:50
Wave 70 Skate & Classic	8:35	8:40	8:50	8:55
Wave 1 Skate	8:40	8:50	8:55	9:05
Wave 2 Classic	8:50	8:55	9:05	9:10
Wave 2 Skate	8:55	9:05	9:10	9:15
Wave 3 Classic	9:05	9:10	9:15	9:20
Wave 3 Skate	9:10	9:15	9:20	9:25
Wave 4 Classic	9:15	9:20	9:25	9:30
Wave 4 Skate	9:20	9:25	9:30	9:35
Wave 5 Classic	9:25	9:30	9:35	9:40
Wave 5 Skate	9:30	9:35	9:40	9:45
Wave 6 Classic	9:35	9:40	9:45	9:50
Wave 6 Skate	9:40	9:45	9:50	9:55
Wave 7 Skate	9:45	9:50	9:55	10:00

Prince Haakon - Start Procedure

- Skiers looking for a high energy start experience can line-up for the starting gun at 1:15 pm.
- Skiers looking for a more casual start experience can depart at their own pace between 1:15 pm and 1:30 pm.
- Race times will be determined by Net Time (start time is assigned to each skier when they cross the start line).

Timing Procedure

Kortelopet and Slumberland American Birkebeiner

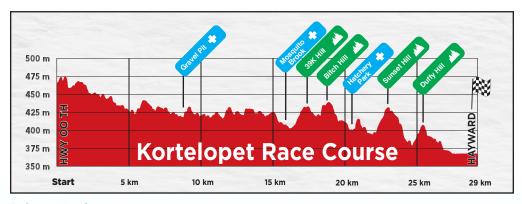
- All Skiers MUST start at their designated wave start time (see preceding tables).
- Starting before the assigned start time may lead to disqualification.
- Skiers who miss their start will be allowed to start in the next available wave of the same technique. You must follow the instruction of the Gatekeepers.
- **Kortelopet** Race times for the U20 Waves will be determined by Gun Time (all skiers in the wave receive the same starting time). All other waves will be determined by Net Time (start time is assigned to each skier when they cross the start line).
- Slumberland American Birkebeiner Race times for the Elite Waves will be determined by Gun Time (all skiers in the wave receive the same start time). All other waves will be determined by Net Time (start time is assigned to each skier when they cross the start line).

On Course

Kortelopet

Race Course (See Map Page 16)

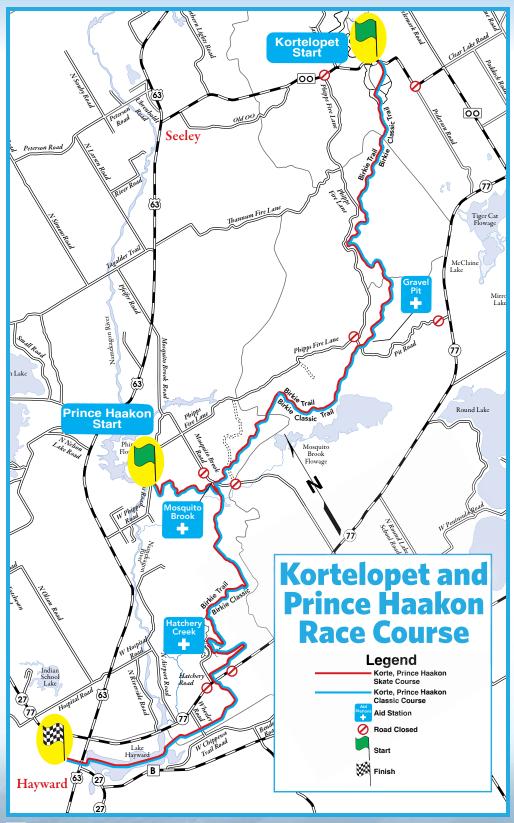
- The first kilometer of the course is 20 meters (70 feet) wide with six classic tracks and four skating lanes. The remainder of the course is 9 meters (30 feet) wide with two classic tracks and two skating lanes.
- Prince Haakon skiers will merge onto the course at 16 kilometers from the start.
- There will be signs marking each kilometer and counting down to the finish line. Additionally, signs will announce the approach of upcoming aid stations.



Prince Haakon

Race Course (See Map Page 16)

- The first 2 kilometers of the course are 3 meters (14 feet) wide with one classic track and one skate lane. The remainder of the course is shared with the Kortelopet skiers and is 9 meters (30 feet) wide with two classic tracks and two skating lanes.
- Skiers need to be cautious in the narrow first kilometers of the Prince Haakon course and also when merging with Kortelopet skiers.
- There will be signs marking each kilometer and counting down to the finish line. Additionally, signs will announce the approach of upcoming aid stations.





Slumberland American Birkebeiner

The American Birkebeiner Classic Course (See Map Page 17)

- The first 500 meters of the course is shared by both classic and skate. It is 30 meters (90 feet) wide with six classic tracks on the left.
- After the first 500 meters the classic course bears left onto a separate course, set with 3 classic tracks. The course continues for the next 26 km to the Highway OO road crossing where it rejoins the skate course. From this point classic and skate races join together for 29 kilometers to the finish, with two tracks on the left and skate lanes on the right. Total distance is 55 kilometers.

The American Birkebeiner Skate Course (See Map Page 17)

- The first 500 meters of the course is shared by both classic and skate. It is 30 meters (90 feet) wide with six skating lanes on the right.
- After the first 500 meters the skate course bears right onto a separate course, which is 9 meters (30 feet) wide.
- The Skate Course continues for the next 21 kilometers to the Highway OO road crossing where it rejoins the classic course. From this point skate and classic races join together for 29 kilometers to the finish, with two tracks on the left and skate lanes on the right. The total distance is 50 kilometers.

Navigating the Course - American Birkebeiner Classic and Skate

- North of Highway OO, the skate and classic courses come together at four locations: Powerline, and aids stations at Timber Trail, Fire Tower and Boedecker. The courses touch but do not cross. Classic skiers keep left, Skaters keep right!
- There are signs marking each kilometer, counting down to the finish.
- There are signs warning of the approach of the aid stations.





Aid Stations - What to Expect

- Fuel up with Nuun Hydration, GU Energy Gels, water, and bananas at the aid stations.
- Move forward through the aid station to the furthest open table to receive food and hydration. Stay on the outside of the course to bypass the aid station.
- Plan ahead! Be sure to carry hydration and nutrition with you between aid stations. Some stretches between aid stations are longer than others (see distances on tables below). Be Prepared!
- There are replacement ski poles, tools, and Swix kick wax at each aid station.
- If you need to exchange a ski pole, a volunteer will assist you and will record your name and bib number. Please return the new pole to Lost & Found (located in the Veteran's Center on Main Street & Highway 63) after the race and we will make every effort to get your broken pole back to you.



Aid Station Locations and Cut-Off Times



Kortelopet & Prince Haakon Cut-Off Times				
Aid Station Location	Distance from Start Kortelopet	Distance from Start Prince Haakon	Cut-off Time	
Gravel Pit Aid Station	9 km	_	1:30 PM	
Mosquito Brook Aid Station	15 km	_	2:30 PM	
Hatchery Park Aid Station	21 km	7.5 km	3:35 PM	
Finish Line	29 km	15 km	5:00 PM	

Slumberland American Birkebeiner Aid Stations & Cut-Off Times

Aid Station Location	Distance from Start Classic	Distance from Start Skate	Cut-off Time
Timber Trail Aid Station	8.5 km	7 km	11:10 AM
Fire Tower Aid Station	15 km	12 km	12:00 PM
Boedecker Aid Station	20.5 km	16.5 km	12:55 PM
Highway OO Aid Station	26 km	21 km	1:40 PM
Gravel Pit Aid Station	35 km	30 km	3:00 PM
Mosquito Brook Aid Station	41 km	36 km	3:55 PM
Hatchery Park Aid Station	47 km	42 km	4:45 PM
Finish Line	55 km	50 km	6:00 PM

Dropping Out or Missing the Cut-Off Time

- Skiers unable to continue the race must immediately report to a Race Chief at any aid station, or at a results kiosk in Hayward. It is imperative that we know if a skier drops out!
- Skiers who do not reach the identified aid stations by the designated cut-off times will be directed to leave the course and will not receive a finish time or credit for completing the race.

- Transportation to the Finish Area will be provided.
- Skiers must keep their bib to access the drop bag pick-up area and participant changing area.
- If you send another person to pick-up your drop bag, they must have your bib in order to retrieve the bag.

Aid Station Medical Care





- Each aid station is equipped with a shelter and staffed by a professional medical team.
- The course is continually patrolled by members of the National Ski Patrol.

Skier Tracking

- Family, friends and fans can follow their favorite skiers with live tracking provided by RaceMyRace at www.racemyrace.com/trackmybirkie
- Kortelopet and Prince Haakon RaceMyRace, provides the time when skiers reach Mosquito Brook aid station and Lake Hayward, as well as an estimate of when they will reach the finish.
- Slumberland American Birkebeiner RaceMyRace, provides the time when skiers reach Fire Tower, Highway OO, Mosquito Brook aid stations and entry to Lake Hayward, as well as an estimate of when they will reach the finish.

Navigating the Finish Zone

Kortelopet, Prince Haakon, and American Birkebeiner all have same finish line experience.

Finish Zone (See map page 22)

- Congratulations! After crossing the finish line at Main Street and 4th Street in downtown Hayward, you will enter the Finish Zone, an area accessible to skiers and officials only.
- No spectators will be allowed in the Finish Zone. You should plan on reuniting with your companions at Birkie Village or on Celebration Plaza. It will take :30 to :45 minutes to navigate the Finish Zone and Changing Area before you reach Birkie Village.

Medical Care

 A team of trained medical professionals from Marshfield Clinic will be serving those in need of assistance in a medical tent in the Finish Zone.

Medals and Pins

- Skiers will proceed up Main Street to collect their finisher medal or pin.
- Kortelopet and Slumberland American Birkebeiner - First time finishers will receive a medal and the rest will receive a pin indicating the number of races they have completed. Each skier's bib contains a sticker indicating the number of years of completion (including the 2017 race).



- Prince Haakon All finishers will receive a medal commemorating the race.
- Look for signs to indicate which aisle corresponds to your year or race to get the correct award.
- Proceed further and you will receive a pair of ski straps to conveniently hold your skis together as you navigate the rest of the Finish Zone.

Refreshments

After you leave the medal and award area, Nuun Hydration and Kemp's Chocolate
 Milk recovery drinks will be available. In addition, Clif Bar energy bars will be
 provided. Please remember to recycle your milk jugs and dispose of trash in the
 designated containers found throughout the Finish Zone.

Drop Bag Pick-Up



 If you dropped a yellow Kortelopet, yellow Prince Haakon, or white Slumberland American Birkebeiner drop bag at the start, please proceed through the Finish Zone to the pick-up area on 5th Street. Go to the zone indicated by your wave number, show the volunteer your bib number and they will retrieve your bag for you.



Changing Area CHANGIN

- After picking up your drop bag, you will exit the restricted Finish Zone and proceed 100 m (300 feet) further along Fifth Street, and on your right, to the Changing Area located in the gymnasium of the Hayward Intermediate School. Watch for signs!
- You may leave your skis and poles in the ski storage racks across the street. This area is unattended and you leave your equipment at your own risk.
- Access to the Changing Area is for skiers only, you must show your bib to enter.
- After changing, please exit the Changing Area from the opposite side of the gym from which you entered.
- No showers are available in the Hayward Intermediate School.





Finish Zone - Birkie Village **Celebration Plaza**



Birkie Village - Begin Your Post Race Celebration!

- Birkie Village will be the first opportunity to reunite skiers with their friends and family after the finish.
- Birkie Village is home to the Skiers Finish Area Food Tent, Results Kiosk, the CXC Experience Zone, and ski storage racks.

Skiers Finish Area Food Tent

- As you exit the Changing Area you will be facing Birkie Village and the Skier's Finish Area Food Tent, both located directly across the street.
- Here skiers can enjoy a bowl of soup, roll, bananas, and cookies.
- Sorry, no soup or food items are available for friends and family. Food for nonskiers is available from vendors on Celebration Plaza between Main Street and Dakota Avenue.

Race Results Kiosk

- Kortelopet, Prince Haakon and Slumberland American Birkebeiner skiers -Personal results print outs are available at Kiosks located in Birkie Village and on Celebration Plaza. Remember, there may be finishers from later waves who may displace your result as printed.
- You can also track your finish results on www.racemyrace.com/trackmybirkie
- Online results will be available after 5:00pm at www.Birkie.com
- Please submit any discrepancies to www.Birkie.com via the online form by March 13, 2017.
- Pick-up a copy of the Sawyer County Record commemorative results issue available throughout the Cable and Hayward areas on Sunday morning.

Experience CXC

 Experience CXC is a hands-on opportunity to experience biathlon. Experts will be on hand to answer questions on waxing, training, technique, and more.

Celebrate on Celebration Plaza!

- Located between Main Street and Dakota Avenue, skiers, friends, family, and fans are invited to gather on Celebration Plaza to watch the live race on the jumbo screen, share stories, shop in the Birkie Store, celebrate with live music, food, drink, and BIRKIE BREW-SKI!
- Open Thursday, Friday, & Saturday 10:00 am to 6:00 pm; Sunday 8:00 am to 1:00 pm
- **New!** Birkie Store will be conveniently located on the Celebration Plaza!
- New! Birkie Brew-Ski! The Birkie Beer Garden will proudly be serving Birkie Brew-Ski - A Legendary Amber Ale crafted just for the Birkie by Lucette Brewing Company
- **New!** Visit the Food Court serving a variety of delicious hot food options.
- **New!** Live Music Stage in Celebration Plaza! Jam to the music of:
 - Friday Feb 24th
 - Sean & Ian Okomoto
 - Woodblind
 - The Boomchucks
- Saturday Feb 25th
 - Brodv & Bill Olson
 - Hobo Nephews of Uncle Frank
 - Molly Otis

Wi-Fi and Charging Station

• **New!** Enjoy free Wi-Fi and a charging station on Celebration Plaza, courtesy of the American Birkebeiner Ski Foundation! Please use the hashtag #BirkieFever and tag us when sharing your photos and videos!

LIKE US on Facebook
American Birkebeiner
Facebook.com/AmericanBirkebeiner

FOLLOW US on Twitter @birkie

Twitter.com/birkie

FOLLOW US on Instagram
a americanbirkebeiner
Instagram.com/americanbirkebeiner

Champions Stage

Join in the celebration! Help us in congratulating the champions of the Kortelopet,
 Prince Haakon, and American Birkebeiner as they take to the podium and receive their awards! Friday at 12:00 pm and 2:30 pm; Saturday at 11:30am and 12:30 pm.

Birkie Store

- The Birkie Store is home to all official Birkie, American Birkebeiner, Kortelopet, and Prince Haakon gifts and items to commemorate your race.
- Hours:
 - Thursday 10:00 am to 5:00 pm, Friday 10:00 am to 5:00 pm, Saturday 9:00 am to 5:00 pm, Sunday 8:00 am to 1:00 pm

Awards

Age Group Awards

- Kortelopet and Slumberland American Birkebeiner Age-Group Awards the top three male and female skiers in each 5-year age-group will be awarded a prize which can be picked up in the Birkie Store, located in the Celebration Plaza.
 - Friday 2:00 pm to 5:00 pm, Saturday 1:00 pm to 5:00 pm, Sunday 8:00 am to 1:00 pm.
- Prince Haakon Skiers will not receive age-group awards.

Over-All Awards - Champions Stage, Celebration Plaza Friday, February 24

- Kortelopet
 - The top three male and female finishers will be recognized in a ceremony on the Champions Stage - 12:00 pm - U20 Skate, U20 Classic, Classic Kortelopet, and Skate Kortelopet
- Prince Haakon
 - 2:30 pm Overall top finishers (no technique distinction)

Saturday, February 25

- Slumberland American Birkebeiner
 - American Birkebeiner Champions will be recognized in a ceremony on the Champion's Stage in Celebration Plaza. The top three male and female finishers will be honored.
 - 11:30 am American Birkebeiner Skate Champions Ceremony
 - 12:30 pm American Birkebeiner Classic Champions Ceremony

10-Year Awards

- Kortelopet Skiers who complete their 10th race will be awarded with a personalized plaque which can be picked up in the Birkie Store located on Celebration Plaza. Hours noted below.
- Slumberland American Birkebeiner Skiers who complete their 10th race will be awarded with a personalized plaque which can be picked up in the Birkie Store, located on Celebration Plaza.
 - Friday 2:00 pm to 5:00 pm, Saturday 1:00 pm to 5:00 pm, Sunday 8:00 am to 1:00 pm.

American Birkebeiner Wave Winners! Win Your Wave - Win a Pair of Pillows!

- In each Birkie wave, the 1st Male & Female skiers, in both Classic & Skate, will each receive a pair of premium pillows from Slumberland! Waves include: 1,2,3,70,4,5,6,7.
- The ABSF will provide Slumberland with the wave winner list. Skiers will pick-up their prize pillows at Slumberland, Hayward, on Highway 63.

Birchlegger Awards

- Skiers who finish their 20th American Birkebeiner race earn the status of *Birchlegger*.
- Personalized awards are given for reaching the milestones of 20, 30, and 40 years.
- Members of this honored group are invited to a breakfast hosted by the
 Birchleggings Club® held on Sunday at 9:00 am at the *Steakhouse & Lodge Restaurant* in Hayward.
- If a Birchlegger is unable to attend the breakfast, they may pick up their award at the Birkie store on Celebration Plaza on Saturday from 1:00 pm to 5:00 pm.

Mailing of Awards

• If you are unable to pick up your award you may request to have it shipped to you, at your expense, until March 31, 2017. Call the Birkie Office at 715-634-5025 for details.

Worldloppet Passport Stamping

- The American Birkebeiner is a founding member of Worldloppet and the Kortelopet is a charter member of Worldloppet, the premier association of International long-distance ski races. American Birkebeiner and Kortelopet finishers can commemorate their finish with a stamp in their own Worldloppet Passport.
- Passports will be stamped at the Worldloppet table located in the Birkie Store on Celebration Plaza during the following hours:
 - Friday 12:00 pm to 4:00 pm, Saturday 11:00 am to 5:00 pm, Sunday 8:00 am to 1:00 pm.

Ski Storage

- Ski racks are available to store your skis after the race.
- Use at your own risk! The ABSF is not responsible for lost equipment.

More!

Slumberland American Birkebeiner Expo

- The home to bib pick-up, the Birkie Store, and over 50 vendors!
- Hours:
 - Thursday 1:00 pm to 8:00 pm
 - Friday, 9:00 am to 8:00 pm
- Located at Hayward High School, 10320 Greenwood Lane, Hayward, WI

Lost & Found

- Check for missing items at the Veteran's Community Center, Highway 63 and Main Street, at the base of the International Bridge.
- Hours: Friday 1:00 to 6:00 pm; Saturday 11:00 am to 7:00 pm; Sunday 8:00 am to 1:00 pm; and Monday 8:00 am to noon.
- Upon request, found items will be shipped to the owners, at the owner's expense, until March 31, 2017. Call 715.634.5025 should you desire to find a lost item.
- Each year, thousands of skis, poles, sunglasses, and more, are lost during Birkie week - and they all look the same! Please label all equipment and clothing before coming to the Birkie. You'll be glad you did!

Wax Cabin

- Back by popular demand, the Birkie Wax Cabin is where you'll find expert advice and space for preparing your skis for race day.
- The Birkie Wax Cabin is located at 16291 Woodridge Lane, Haywardl.
- Wax tables are provided, please bring your own wax and tools.
- Hours: Thursday 3:00 to 9:00 pm and Friday 1:00 to 9:00 pm.

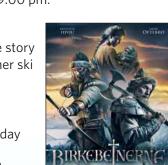
BIRKEBEINERNE (THE LAST KING) - 2 Showings

- Rooted in Norwegian history, this feature film tells the story of the very legacy upon which the American Birkebeiner ski race is based.
- Cheer on Torstein and Skervald while watching this Norwegian feature film
- 2 Showings: 7:00 pm on Saturday & 12:00 pm on Sunday
- Rated R with English subtitles.
- Tickets are \$10 at the door and all proceeds support the ABSF Capital Campaign
- Location: Park Theater, just north of Main Street on Highway 63, near the base of the International Bridge.



Birkie Store

• With multiple locations during Birkie week, the Birkie Store is your source for all official Birkie gifts and gear! Look for the Birkie Store at the Slumberland American Expo, on Celebration Plaza, and a pop-on store in the big tent at Hayward City Beach (Thursday only).



ABSF/Birkie Office & Tony Wise Museum of the American Birkebeiner

The American Birkebeiner Ski Foundation (ABSF) office and the museum are located at 10527 Main Street at the foot of the International Bridge. Birkie week hours are:

Wednesday - 8:00 am to 4:00 pm, Thursday - 8:00 am to 5:00 pm, Friday - 8:00 am to 5:00 pm, Saturday - 7:00 am to 7:00 pm, Sunday - 8:00 am to 1:00 pm



Getting Around on Race Day!

Friday & Saturday

Participants and spectators of the Slumberland American Birkebeiner, Kortelopet and Prince Haakon must utilize the following designated parking lots and skier drop-off locations.

- Access to the starting areas for all races is restricted to buses and permitted vehicles only.
- **Do not plan to park in Downtown Hayward**. Spectator parking lots must be used for those planning to spectate on Main Street. Personal vehicles are not allowed on the streets in the vicinity of the Main Street corridor.
- Please obey all signs, posted road closings, and detours.

Important Changes in 2017!

- There will be no busing to the race start areas from Donnellan Field! Donnellan Field is designated for spectator access to Downtown Hayward only!
- Skier drop-off at the Cable Business Park is no longer available.
- Skier drop-off is now available in designated areas at both the Birkie Ridge and Como Parking Lots. See details below!



Getting Around on Race Day! Friday & Saturday

Skier Parking Lots & Drop-Off See Page 30 for Map

- Access to the race start areas for the Slumberland American Birkebeiner. **Kortelopet**, and **Prince Haakon**, is only provided from the designated locations. Skiers will be bused from the Skier Parking lots to the race start area.
- Spectators may ride skier buses from the start areas. Preference will be given to skiers boarding the bus. Buses will return spectators to designated skier parking lots after the start of each race.

Birkie Ridge Parking Lot . Kortelopet, Prince Haakon, American Birkebeiner

- Located off of Highway 63, 2.4 miles north of Seeley, WI and 4.7 miles south of Cable, WI.
- Estimated bus time from Birkie Ridge Parking Lot to the Kortelopet start area is :20 minutes; Prince Haakon :20 minutes; American Birkebeiner :30 minutes.
- A special section of the lot will be designated for skier drop-off. Follow the signs to the drop-off location, drop-off skiers, and exit the lot.

Feb. 24 - 25	Bus to Start	Return from Start	Return from Finish
Kortelopet - Friday	8:45 am to	9:00 am to	12:30 pm to
	11:30 am	12:30 pm	5:30 pm
Prince Haakon - Friday	11:30 am to	12:00 pm to	12:30 pm to
	1:30 pm	1:45 pm	5:30 pm
American Birkebeiner -	6:15 am to	6:45 am to	11:00 am to
Saturday	10:00 am	10:30 am	6:30 pm

Como Parking Lot - Slumberland American Birkebeiner Only

- Como Parking Lot is located 1.3 miles west of Cable, WI., off of Highway 63.
- Estimated bus time to American Birkebeiner start is:25 minutes.
- A special section of the lot will be designated for skier drop-off. Follow the signs to the drop-off location.

Feb. 25 - Saturday	Bus to Start	Return from Start	Return from Finish
Slumberland	6:15 am to	6:45 am to	11:00 am to
American Birkebeiner	10:00 am	10:30 am	6:30 pm

Spectator Parking Lots See Page 30 for Map P



Donnellan Field - Hayward, WI

Feb 24 & 25	Bus Service to Finish	
Friday	10:00 am to 5:30 pm	
Saturday	9:00 am to 6:30 pm	

Big Fish - Hayward, WI

• There are four convenient parking areas in close proximity to the National Freshwater Fishing Hall of Fame with one central Bus Stop and pick-up location.

Feb 24 & 25	Bus Service to Finish	
Friday	10:00 am to 5:30 pm	
Saturday	9:00 am to 6:30 pm	

Getting Around on Race Day! Friday & Saturday

Bus Stops See Page 30 for Map



Kortelopet Start - Highway OO Trailhead Bus Stop

Feb. 24	Bus to Birkie Ridge Parking Lot from 'OO' Trailhead	Bus from Finish Area to 'OO' Trailhead
Friday	9:00 am to 12:30 pm	12:30 pm to 5:30 pm

Prince Haakon Start - Phipps Road Bus Stop



Feb. 24	Bus to Birkie Ridge Parking Lot from Phipps Road Bus Stop	Bus from Finish Area to Phipps Road Bus Stop
Friday	11:30 am to 12:45 pm	Not available

American Birkebeiner Start - American Birkebeiner Trailhead Bus Stop



Feb. 25	Bus to Como and Birkie Ridge Parking Lots from American Birkebeiner Trailhead	Bus from Finish Area to American Birkebeiner Trailhead
Saturday	6:45 am to 10:30 am	11:00 am to 6:30 pm

Finish Area Bus Stop - Downtown Hayward

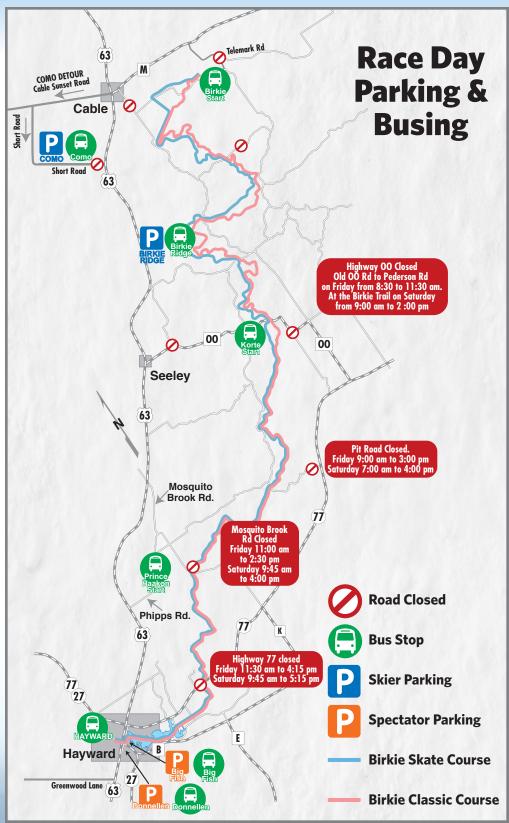


- The Finish Area Bus Stop is adjacent to the Hayward Intermediate School and is the only busing location in downtown Hayward.
- This bus stop is for both the skier and spectator parking lots.
- Volunteers will assist you in getting on a bus that will take you back to your parking lot.
- Please do not use this area as a skier pick-up location.

The state of the s				
Feb. 24 & 25	Bus to Como & Birkie Ridge from Finish Area Bus Stop	Bus to Big Fish & Donnellan from Finish Area Bus Stop		
Friday	12:30 pm to 5:30 pm	10:00 am to 5:30 pm		
Saturday	12:30 pm to 6:30 pm	9:00 am to 6:30 pm		

Special Hotel & Dorm Bus Service to Race Start Areas

- There is special, one time, service to the Kortelopet and Slumberland American **Birkebeiner** start areas from select Hayward hotels and Birkie Dorm Housing at the Wesleyan Church, Hayward. Check with your hotel to see if they participate in this service.
- Bus pick-up:
 - Friday to the **Kortelopet** start at 9:00 am
 - Saturday to the Slumberland American Birkebeiner start at 6:15 am





February 25, 2017

Sunday Birkie Events

Birkie On-Snow Ski + Bike Demo - 9:00 am to 2:00 pm

- Location: Highway 'OO' Trailhead, near Seeley, WI
- Try the newest skis, boots, poles & fat tire bikes
- Vendors galore!

Fast & Female Champ Chat - 9:30 am to 12:00 pm

- Girls ages 8-18 can join elite athletes for a morning of games, fitness, inspiration, and more! Designed to encourage young female athletes.
- Advance registration is required. Tickets available at www.fastandfemale.com.
- Parent and coach seminar also offered.
- Location: Havward High School

BIRKEBEINERNE (THE LAST KING) - 12:00 pm

- Rooted in Norwegian history, this feature film tells the story of the very legacy upon which the American Birkebeiner ski race is based.
- See details on Page 25.

AMERICAN BIRKEBEINER SKI FOUNDATION - 2017-2018

Birkie Events Calendar

2017

March 11 Fat Bike Birkie

May 1 2018 Slumberland American Birkebeiner Ski Marathon Registration Opens

2018 Kortelopet Registration Opens
2018 Prince Haakon Registration Opens
2018 BirkieTour Registration Opens
2018 Fat Bike Birkie Registration Opens

May 15 Lumberjack Run/Walk Registration Opens
July 22 Lumberjack Run/Walk Around Lake Hayward

August 5 American Birkebeiner Ski Foundation Annual Meeting & Fun Day!

September 30 Birkie Trail Run Festival

2018

January 1 2018 Birkie Trail Run Festival Registration Opens

January 14 BirkieTour

February 22-25 45th Anniversary – American Birkebeiner and Birkie Week Events

March 10 Fat Bike Birkie

Join us for a year-round schedule of fun, healthy, active lifestyle events!



