



## FAT BIKE BIRKIE

### Race Participant Guide 2016

Welcome to the Fat Bike Birkie 2016. This race participant guide contains all of the key information you'll need to know to be prepared for a great weekend. Our number one priority is for you to have a safe and successful race. The American Birkebeiner Ski Foundation (ABSF) staff has been hard at work making certain that from bike number plate pick-up, to post-race festivities, and everything in between, we've created the best possible race experience for you. Thanks, for participating in the Fat Bike Birkie! We look forward to seeing this weekend!

### Schedule of Events

#### Fat Friday

- Course Opens for Pre-Riding 10:00 AM – 3:00 PM
- Fat Bike Expo/Bike Plate Number Pick-Up & Bike Demos 1:00 PM – 8:00 PM
- Novice Criterium: 15 minutes + one lap (SWAG Prizes!) 4:30 PM
- Kid's Criterium: 5 laps - ages 10 to 14 (SWAG to all Riders!) 5:00 PM
- Expert Criterium: 25 minutes + one lap (Cash Prizes!) 5:30 PM

#### Super Saturday

- **Bib pickup 7:30-8:30 AM**

Races will start & finish in downtown Cable, Wisconsin with race start times as follows:

- 47K Fat Bike Race (aka The Big Fat) 9:00 AM
- 20K Fat Bike Race (aka The Chico) 9:15 AM
- Bike Demos All Day

#### Funday Sunday

- Bike Demo - "OO" Trailhead 9:00 AM - 12:00 Noon
- CAMBA Guided Singletrack Rides - "OO" 10:00 AM Start

#### Pre-Riding the Course

The Fat Bike Birkie race courses will be groomed and marked for pre-riding on Friday, March 4 from 10:00am to 3:00pm. Please note that riding the Birkie Trail system during the winter is only allowed on the days designated for the Fat Bike Birkie event.



## Course Conditions

The Birkie trail crew has been hard at work grooming the course for a velcro ride on race day. However, we can't control the weather and recommend that riders be prepared to race in varied course conditions. If you're wondering what tires you should be riding, if you need studs, or tips on how to prepare for race course conditions, check in with the expert vendors at the Fat Bike Birkie Expo, with local bike stores, or pre-ride the course on Friday to get a feel for the trail.

## The Expo

You'll find everything you'll need at this year's Fat Bike Birkie Expo! Check out the vendor booths both inside and outside of the Big Fat Celebration Tent. You'll find new bikes, gear, studs, clothing, tires, and more! Make sure to take a fattie for a test ride, who knows, you could be riding your next bike!

## Bike Plate Number Pick-Up

Bike plate number pick-up is located inside the Big Fat Celebration Tent in downtown Cable from 1:00pm to 8:00pm on Friday and 7:30am to 8:30am on race day. You'll also receive your BBQ & beverage tickets (don't forget to bring them with you to the Post Race Party!). We encourage all participants to avoid the rush and pick-up their bike plate number on Friday!

## Parking

There are six designated parking areas located throughout the town of Cable, Wisconsin. Please park only in the lots designated on the parking map found on the last page of this document. And, please respect the no parking signs on area streets, as well as privately owned parking lots for local businesses. Make certain to plan ahead as some of the designated lots are located a few blocks from the start and may require crossing Highway 63. We ask that you exercise caution when traversing the roads to access the Fat Bike Birkie race start.

## No Gear Check

Please plan to store your extra clothing and gear in your vehicle. There is no gear check at the start and the ABSF is not responsible for lost or stolen articles.

## Race Day Start Line Common Courtesies

The folks in Cable, Wisconsin are incredibly supportive of silent sports activities and welcome visitors to the area with open arms. It is important to remember that the start and finish areas are surrounded by homes and private businesses. With that in mind, please be respectful of their spaces.

- Observe posted restrictions
- Do not park in local business parking lots – only park in designated lots
- Respect private property
- Exercise modesty if and when changing clothes
- Use the designated portable and public toilets - please do not use the bushes
- Don't litter and please try to leave the community even tidier than you found it



## Start Gates

### The Big Fat Race – 47K

- There are three start gates along Randysek Road for the 47K Big Fat Race
- Your specific start gate is labeled on your bike number plate
- You may leave your bike in your assigned gate once gates are opened at 7:00am. Riders must be with their bikes by 8:45am, unattended bikes will be removed at 8:45am
- Any bike with an improper gate number will be removed from that specific gate area

### The Chico – 20K

- There is only one gate for the Chico 20 km Race
- Riders in this race are asked to stay out of the start area until after the 47K race rolls out

## Roll-Out

- Both races will start with a roll-out from the start, down Randysek Road, onto McNaught Road, and onto the Birkie Classic Trail
- The race officially begins after the roll-out vehicle pulls off the course, and immediately after the turn onto the Birkie Classic Trail
- All riders must stay behind the roll-out vehicle until it pulls off of the race course

## Race Courses

Both races utilize the same course for the first 12K, beginning with the roll-out on Randysek and McNaught Roads, then turning onto the Birkie Classic Ski Trail until the first aid station at Timber Trail Road.

The two races split at approximately 300M past the aid station, with the Big Fat 47K continuing south on the Birkie Classic Trail, and the Chico 20K course turning north on the Kortelopet Trail. The courses do not rejoin until both return to McNaught Road with 3K left until the finish.

The course is groomed to a minimum width of 7M (25') with the exception of the approach areas leading to the aid stations. Please use caution in the aid stations and respect the course dividers as riders will be approaching from both directions.

Please note, there are kilometer markers placed periodically along the course counting down the distance to the finish.

- The Big Fat 47K course countdown begins at 40K to the finish and is marked every 5K until the final 5K, when it is marked every kilometer.
- The Chico 20K course countdown begins at 15 km to finish and is marked every 5K until the final 5K, when it is marked every kilometer.



## Aid Stations

There are three aid stations in the 47K race. Riders will pass through each aid station twice, once southbound, and again northbound.

47K Aid Station Locations	Distance from the Start
Timber Trail - Southbound	12 kilometers
Fire Tower - Southbound	18 kilometers
Boedecker - Southbound	23 kilometers
Boedecker - Northbound	26 kilometers
Fire Tower - Northbound	31 kilometers
Timber Trail - Northbound	36 kilometers
Cable - Finish	47 kilometers

There is one aid station on the 20 km course. Riders will pass through it once while traveling southbound.

20K Aid Station Locations	Distance from the Start
Timber Trail - Southbound	12 kilometers
Finish	20 kilometers

Each aid station will be supplied with water, Nuun Hydration, GU gels, and cookies. Additionally, there are toilets and basic medical care available at each aid station.

**We strongly recommend that all participants carry their own supplies between aid stations!** Teams who are providing hand ups are asked to do so only at the exits of the aid stations.

## Cut-Off Times

Participants in the 47K race will not be allowed to continue on the course past the following cut-off times.

Time	Location	Distance from the Start
11:45 am	Boedecker Aid Station - Southbound	23 kilometers
12:10 pm	Boedecker Aid Station - Northbound	26 kilometers
12:50 pm	Fire Tower Aid Station - Northbound	31 kilometers
1:30 pm	Timber Trail - Northbound	36 kilometers
3:00 pm	Cable - Finish	47 kilometers



## Dropping Out of the Race

If for some reason you need to drop out of the race, you must report to an aid station Chief or at the bike number plate pick-up area in the Big Fat Celebration Tent. If you choose to drop out of the race for medical reasons, please notify the aid station Chief. Basic medical care is available at each aid station.

## The Finish

Please use caution when coming into the finish area! The final 3K of the race is on Cable roadways. Riders will find three 90 degree turns as they proceed to the finish area, the first at 1K out, the second at 200M out, and the third with 100M to the finish.

Riders in the 20K race should beware of 47K riders coming into the finish. Please yield to the finishers who may be overtaking you. All riders are asked to exit the fenced area, located behind the finish line, as soon as possible.

## Results & Awards

Race results for both the Big Fat 47K and the Chico 20K are based on gun time. Everyone is assigned the same start time and each rider's finish time is recorded as they cross the finish line. Race results will be posted on a board located just south of the Big Fat Celebration Tent.

### The Big Fat – 47K

Prizes will be awarded to the top three overall finishers, men and women, in the Big Fat 47K race. Awards include trophies and cash prizes.

### The Chico – 20K

Trophies will be awarded to the top three overall finishers, men and women, in the Chico 20K race.

### Age Class Awards

The top three age class finishers, men and women, will be awarded prizes in the following categories:

- The Big Fat 47K - 18-29, 30-39, 40-49, 50-59, 60-69, 70+
- The Chico 20K – 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+

### Award Ceremony Times:

- 11:30am
  - The Big Fat 47K Overall
  - The Chico 20K Overall
  - The Chico 20K Age Group
- 12:30pm
  - The Big Fat 47K Age Group

**Winners must be present to receive their award.**



## Post-Race BBQ & Brewski

Your race is over and now it's time to celebrate! Beginning at 11:00am, the post-race party begins in the Big Fat Celebration Tent. Your race registration includes a BBQ chicken or BBQ lentil sandwich and a cold craft beer or root beer on tap - all found in the heated Big Fat Tent at the finish line. Don't forget to bring your BBQ & beverage tickets to claim your fare! Your first beer is free. Spectators, friends and family can eat for just \$5 and on tap brewskis and root beer are available for purchase. Be sure to auger in as there'll be awards, door prizes, and more at the post-race party.

The celebration continues, Saturday afternoon and evening, at the After Party at the Sawmill Saloon in Seeley, hosted by Fat-Bike.com! This event is a fundraiser for CAMBA fat bike and you'll find vendors, raffles, door-prizes, games and more! It's a party you won't want to miss!

## Your Posse

We encourage spectators, friends and family to watch riders at the start and finish in downtown Cable.

The Fat Bike Birkie traverses the beautiful, albeit remote, Bayfield and Sawyer County Forests. There is extremely limited road access to the course. We ask that spectators stay away from the Timber Trail and Fire Tower Aid Stations. Both areas are located on narrow, rough roads, and have very limited parking. Plus, access is limited to emergency vehicles and volunteers only.

If your posse wants to see you on the course, the best place to watch is at the Boedecker Aid Station. Check out the [Google map](#) at [Birkie.com](#) for directions.

The first Chico 20K riders are expected to arrive around 10:10am, with the first Big Fat 47K riders estimated for arrival around 10:55am.

## Sneak Peek at the Trail

Check out the [Trail Genius coverage](#) of the 2015 Fat Bike Birkie. While the 2016 race will feature a slightly different course, the videos and maps give you a good idea what to expect on the trail and a sneak peek at its terrain.

See you in Cable! If you have any questions, please reach out to [birkie@birkie.com](mailto:birkie@birkie.com)!



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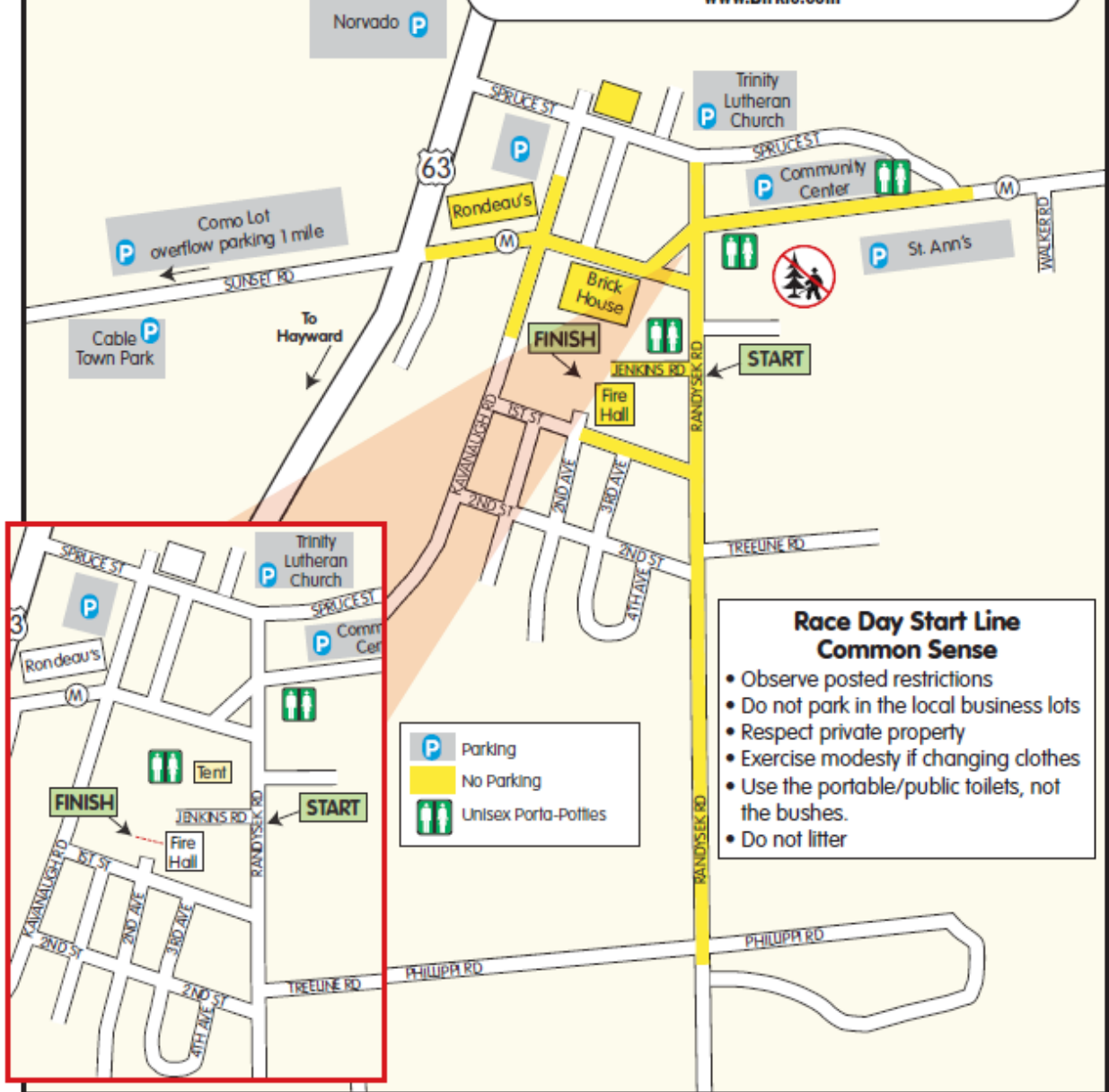
# FAT BIKE BIRKIE Parking Guide

## Parking Lot Recommendations in Cable

- Cable Community Center Lot
  - Norvado Lot
  - Cable Town Park
  - Como Lot
  - St. Ann's Catholic Church
  - Trinity Lutheran Church
- Cry Hwy M east of State Hwy 63  
 State Hwy 63 north of Cry Hwy M  
 Sunset Rd. east of State Hwy 63  
 Short Road  
 Cry Hwy M east of State Hwy 63  
 Spruce St. & Randyssek Rd.

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