

45NORTH FAT BIKE BIRKIE

Presented by Freewheel Bikes

Race Participant Guide 2017

-REVISED-

Welcome to the 45NORTH Fat Bike Birkie 2017! This race participant guide contains all of the key information you'll need to be prepared for a great weekend. Our number one priority is for you to have a safe and successful race. With that in mind, the American Birkebeiner Ski Foundation (ABSF) staff has made a few changes to the race course. After continued warm weather, followed by rain, and dropping temperatures, the Birkie Trail is simply too icy to safely host 1200 riders. The new course will be a 9.4K loop on trails in and around the Birkie Trail area. The course change should have little impact on your overall race day experience.

The Birkie team 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 you this weekend!

Schedule of Events

Fat Friday - 3.10.17

- | | |
|--|--------------------|
| • Course Opens for Pre-Riding | 10:00 AM – 3:00 PM |
| • Fat Bike Expo, Bike Plate Number Pick-Up, & Bike Demos | 10:00 AM – 7:00 PM |
| • Novice Criterium: 15 minutes + one lap | 4:30 PM |
| • Kid's Criterium: 5 laps - ages 10 to 14 | 5:00 PM |
| • Expert Criterium: 25 minutes + one lap (Cash Prizes!) | 5:30 PM |

Super Saturday – 3.11.17

- | | |
|--|--------------------|
| • Bib pick-up | 7:30 PM -- 8:30 AM |
| • Races will start & finish at the American Birkebeiner Trailhead in Cable, WI with race start times as follows: | |
| ▪ The Big Fat | 9:00 AM |
| ▪ The Chico | 9:10 AM |
| ▪ Bike Demos | All Day |

Funday Sunday – 3.12.17

- | | |
|--|---------------------|
| • Bike Demo - "OO" Trailhead | 9:00 AM -- 12:00 PM |
| • CAMBA Guided Single Track Rides - "OO" | 10:00 AM Start |

Getting to the American Birkebeiner Trailhead

- From U.S. Highway 63 in Cable, WI, take County Highway M east for 2 blocks, bear right on Reynolds Street for one block, turn right on Randysek Road for 0.8 miles, turn left on McNaught Road for 1.9 miles to the American Birkebeiner Trailhead.

Where to Park

- There is ample on-site parking at the [American Birkebeiner Trailhead](#).
- Watch for parking attendants and follow their directions to the designated parking areas.
- Please obey all parking signs and do not park in front of the official start area or the Great Hall.
- Parking is available in designated areas only!

Bike Plate Number Pick-Up

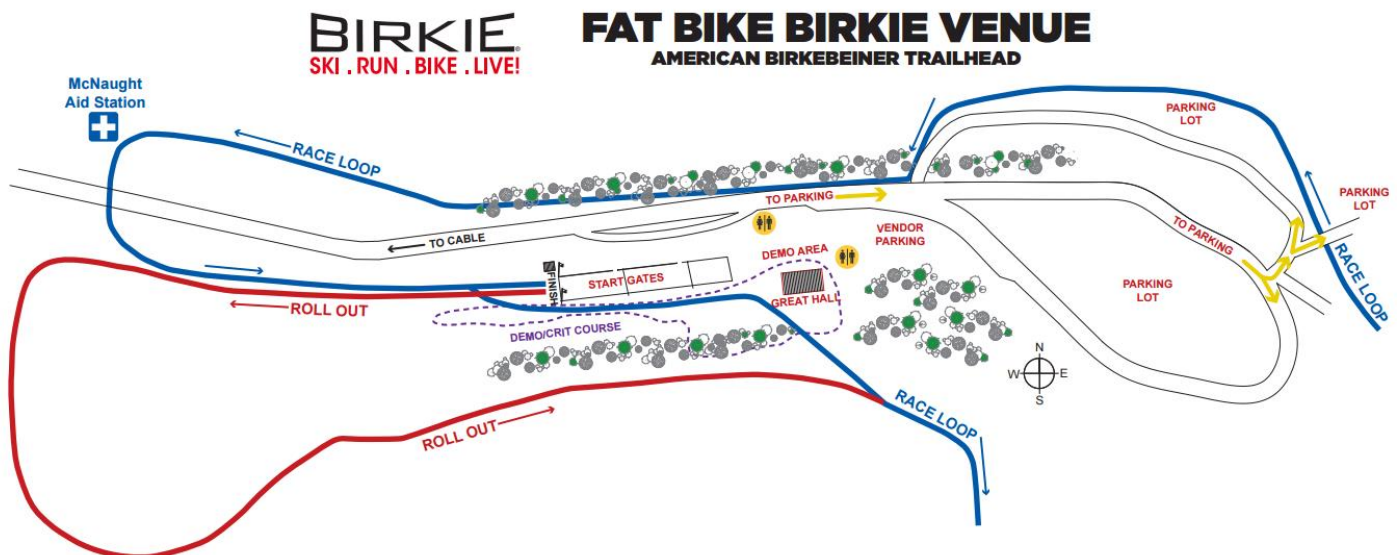
- Bike plate number pick-up is located inside of the Great Hall at the American Birkebeiner Trailhead from 10:00 am to 7:00 pm on Friday and 7:30 am to 8:30 am on race day.
- Along with your bike plate number, you'll also receive your meal and beverage tickets (don't forget to bring them with you to the post-race party!).
- We encourage all participants to avoid the rush and pick-up their bike plate number on Friday!

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 Great Hall. You'll find new bikes, gear, studs, clothing, tires, and more! Make sure to take a fatty for a test ride, who knows, you could be riding your next bike!
- Vendors include: 45NORTH; Freewheel Bike; Salsa; SURLY; iSSi; 9:ZERO:7; HED.; GU Energy; Borah Teamwear; Framed Bikes; TREK; Dirt Bicycle Components; Wildcat Groomers; Hayward Coffee Co; BEFAST sportgear; MAXXIS; MAGURA; velofix; BEMER Group.
- There will be Birkie Brew-Ski & Birkie Brats available as well as free coffee from Hayward Coffee Company!
- CAMBA will also be on hand selling raffle tickets for the big prizes at the After Party at the Sawmill.

Fat Bike Birkie Venue

[View Larger Version of Map](#)



Course Conditions

- The Birkie Trail crew has been hard at work preparing the 9.4K looped course for race day.
- The course is a mix of snow, grass and icy patches. The snow-free sections are frozen hard, fast, and will be bumpy.
- As is normal for an off-road race, riders should use caution at all times and ride within their own limits.
- Be prepared for conditions and make smart riding choices.

Pre-Riding the Course

- The Fat Bike Birkie race course will be groomed and marked for pre-riding on Friday, March 10 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.

Fat Bike Birkie Race Day!

No Gear Check

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

Start Gates

The Big Fat

- There are four start gates for the 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 8:00am.
- 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

- There is one gate for the Chico Race.
- Riders may enter through Gate 4 immediately after the Big Fat race roll-out.

Roll-Out

- Both the Big Fat and the Chico races will start with a race roll-out for the first 1.8 kilometers.
- All riders must stay behind the roll-out vehicle until the flag is waved, officially signaling the beginning of the race.
- Please do not hang-on to the roll-out vehicle at any time.

Race Courses

- Both races run on the same course consisting of a 1.8 km roll-out and a 9.4 km race loop.
- The Big Fat race consists of one lap on the roll-out and 5 laps of the race loop.
- The Chico race consists of one lap of the roll-out and 2 laps of the race loop.
- The course is primarily a 15 to 20-foot-wide with a few wider sections.
- While the map indicates a longer course distance, our GPS indicates a distance of an estimated 49K for the Big Fat and 21K for the Chico race courses.

The Race Loop is Marked with Blue Arrows



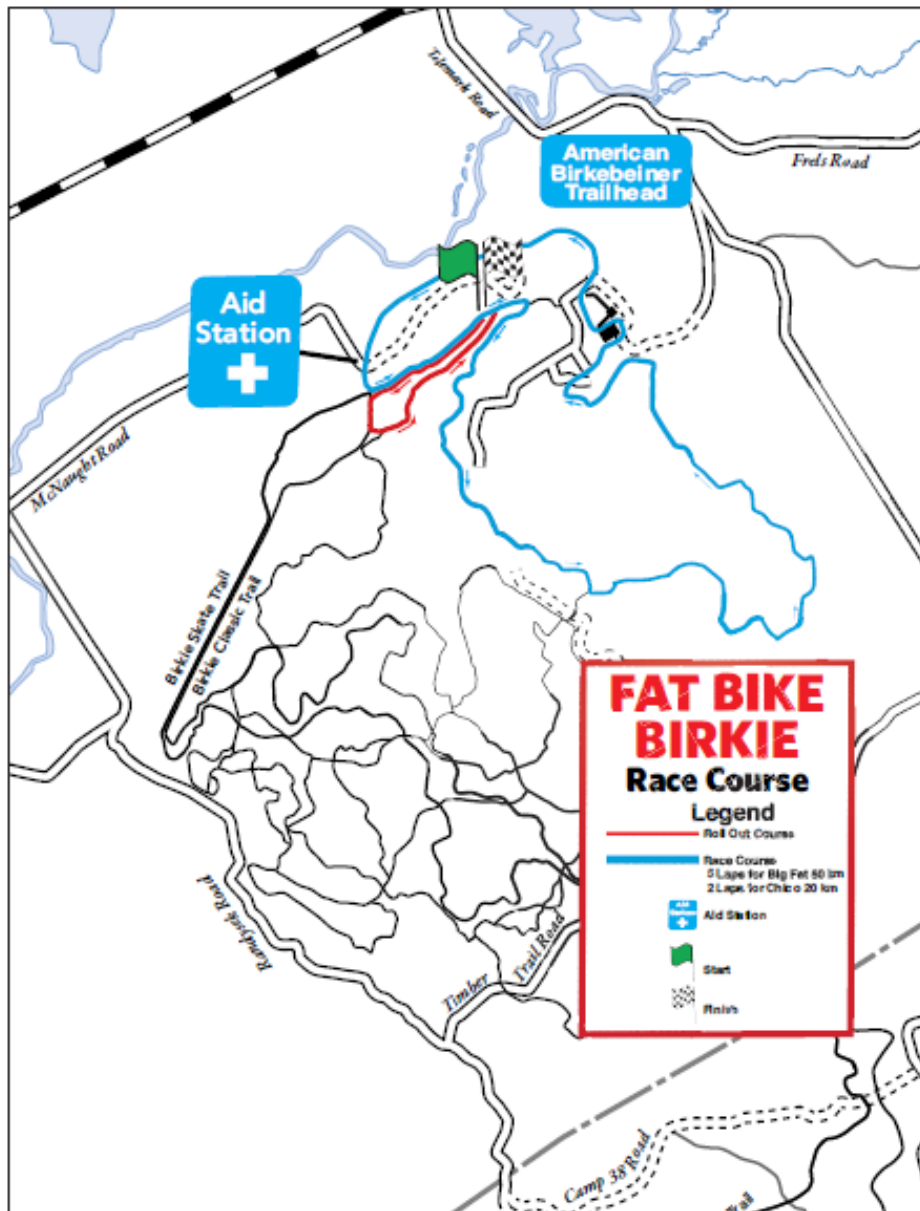
The Roll Out Loop is Marked with Red Arrows



Caution!

- Faster riders will be overtaking slower riders on the course.
- If you are being overtaken, please make every effort to yield the course to the overtaking riders.
- There will be a lead ATV vehicle in front of the Big Fat riders.
- Riders must keep track of their own number of laps.

[View Larger Course Map](#)



Aid Stations

- There is one aid station on the course located at the McNaught Road crossing.
- Big Fat riders will visit the station 5 times and Chico riders will visit it twice during their respective races.
- **NOTE:** On the final trip through the aid station, riders will only have 400 meters to the finish line.
- The aid station will close at 1:25 pm.
- Teams who are providing hand-ups are asked to do so only at the exit of the aid station.

Fat Bike Birkie Course Timetable		
	Km from start	Cut-off Time
Race Start	0	
Mc Naught 1	10.5	
Mc Naught 2	20	11:15
Mc Naught 3	29.5	12:20
Mc Naught 4	39	1:25
Mc Naught 5	48.5	none
Race Finish	48.9	2:30

Aid stations will be supplied with:

- Nourishment - water, Nuun Hydration, GU Energy Gels, and cookies
- Comfort – shelter, toilets and basic medical care
- **We strongly recommend that all participants also carry their own supplies between aid stations!**

Tech Support

- Mechanics and supplies will be in the lap area and also on course.

Cut-Off Times

- Participants in the Big Fat race will not be allowed to continue on the course past the posted cut-off times noted in the chart above.

Dropping Out of the Race

- If for some reason you need to drop-out of the race, you must report to the aid station Chief or at the bike number plate pick-up area in the Great Hall.

The Finish

- There will be a signs located 100 meters before the finish line directing riders to stay right to lap or left to finish the race.
- Riders are responsible for keeping track of their own number of laps as well as choosing the correct lane when it is time to finish.
- There will be a sign at 100 meters before the finish line counting down the number of laps for the leaders of the Big Fat race

Sneak Peek at the Trail

- Check out the [Trail Genius coverage](#) of the 2015 Fat Bike Birkie. While the 2017 race will feature a different course, the videos and maps give you a good idea what to expect and will provide a sneak peek at the area's hilly terrain.

Your Posse

- We encourage spectators, friends and family to watch riders at the race start & finish at the American Birkebeiner Trailhead in Cable.
- The Fat Bike Birkie traverses the beautiful, albeit remote, forest of Bayfield County.
- There is no road access to the race course.
- The only place to see the riders is at the American Birkebeiner Trailhead which is where the race both starts and finishes.
- Spectators can see riders in two locations:
 - When riders are on their way to the aid station
 - When riders are in the lap/finish area
- Spectators - please stay away from the aid station.

Riders Arrival

- The first Chico riders are expected to arrive around 10:00 am.
- The first Big Fat riders are expected to arrive 10:55 am.

Results & Awards

- Race results for both the Big Fat and the Chico 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 outside of the Great Hall.

The Big Fat

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

The Chico

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

Age Class Awards

- The top three age class finishers, men and women, will be awarded prizes in the following categories:
 - The Big Fat - 18-29, 30-39, 40-49, 50-59, 60-69, 70+
 - The Chico - 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+

Award Ceremony Times:

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

Winners must be present to receive their award!



Let's Get This Party Started!

Post-Race Fajitas & Brew-Ski!

Your race is over and now it's time to celebrate! Beginning at 11:00am, the post-race party begins in the Great Hall. Your race registration includes a delicious meal of chicken or veggie fajitas, sangria soup (alcohol free), and a sugar cookie, along with a cold Birkie Brew-Ski or root beer on tap, all presented by Northern Lakes Co-Op Corner Deli. All food and beverages will be located in the Great Hall. Don't forget to bring your meal & beverage tickets to claim your fare! Your first beer is free! Skål!

Spectators, friends and family can purchase a meal for just \$5.00. On tap Birkie Brew-Ski and root beer are available for purchase. Be sure to auger in as there'll be awards, door prizes, and more during the post-race party in the Great Hall.

The celebration continues, Saturday afternoon from 4:00 pm to 8:00 pm, at the After Party at the Sawmill Saloon in Seeley. This event is a fundraiser for CAMBA and you'll find raffles, door-prizes, and more! It's a party you won't want to miss!

Share!

Share your photos and videos on Facebook @AmericanBirkebeiner or on Twitter @birkie! Please use #BirkieFever and #FatBirkie2017

If you have any questions, please reach out to birkie@birkie.com!

See you in Cable soon!

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With Special Thanks to our Amazing Sponsors!

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