



FAT BIKE BIRKIE

Race Participant Guide 2018

Welcome to the 45NORTH Fat Bike Birkie 2018! This race participant guide contains all the key information you'll need to be prepared for a great weekend. Our number one priority is for you to have a safe, enjoyable, and successful race. With that in mind 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

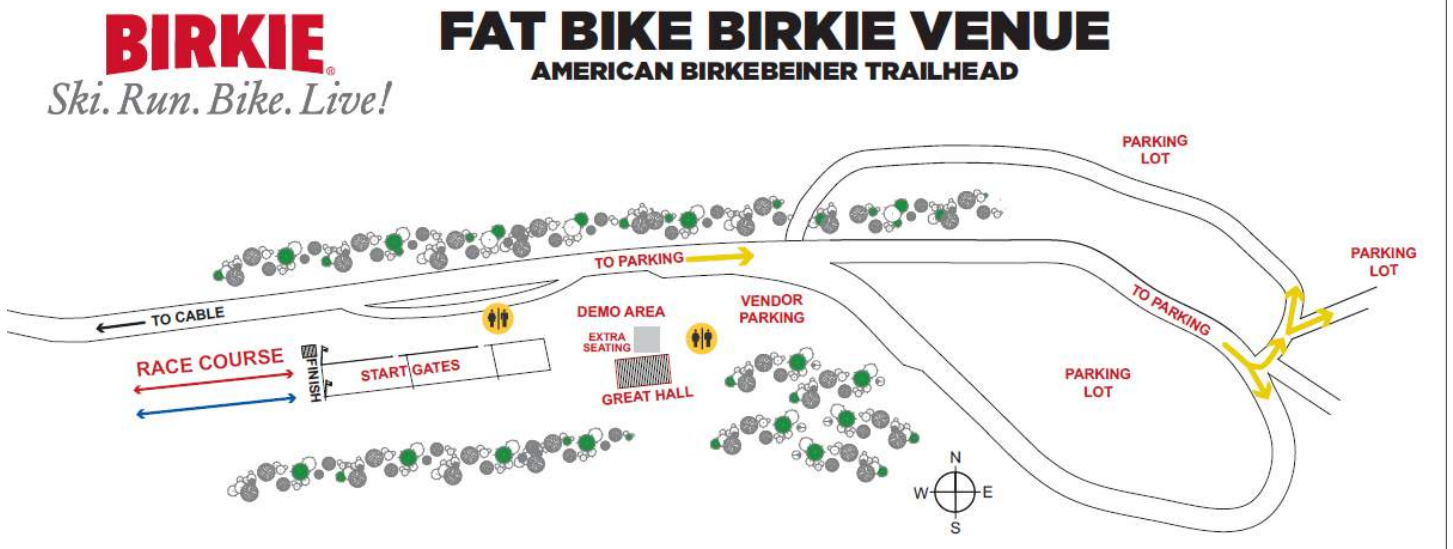
Friday - 3.9.18

- Course opens for pre-riding 10:00 AM – 3:00 PM
- Fat Bike Birkie Expo, bike plate number pick-up, & bike demos 10:00 AM – 7:00 PM

Saturday – 3.10.18

- Bike plate number pick-up 7:30 AM -- 8:30 AM
- Races will start & finish at the American Birkebeiner Trailhead in Cable, WI with race start times as follows:
 - 47K Fat Bike Race (aka The Big Fat) 9:00 AM
 - 21K Fat Bike Race (aka The Chico) 9:15 AM
 - Fat Bike Birkie Expo and bike demos All Day

Fat Bike Birkie Venue – [View Larger Version of Map](#)





Pre-Riding the Course

Both Fat Bike Birkie race courses will be groomed and marked for pre-riding on Friday, March 9 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 race day. However, we can't control the weather and recommend that riders be prepared to race in varied course conditions. Friday's forecast is for an overnight low of 8° with a high of 36° on Saturday - that means the trail will be firm and fast in the morning and softening as the day goes on. If you're wondering what tires you should be riding 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. As always, ride smart and be prepared for conditions.

The Expo – 2 Full Days!

You'll find everything you'll need at the Fat Bike Birkie Indoor Expo & Outside Demos--for two full days this year, Friday and Saturday! Check out the best in fat bikes and get everything else you need from gear, to studs, clothing, gloves, tires, on-the-spot repairs, and more! Make sure to take a fattie for a test ride. Who knows, you could be riding your next bike!

Vendors include: 45NORTH; Freewheel Bike, Salsa, Whiskey, iSSi, Borah Teamwear, Framed Bikes, GU Energy, Hayward Coffee Co., HED, New Moon Ski & Bike, Otso Cycles, Specialized, Terrene Tires, Toko, Trek, and Velofix.

Bike Plate Number Pick-Up

Bike plate number pick-up is located inside 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. 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!

Bike plates cannot withstand high driving speeds- please put your bike plate on at the venue. Please make sure the numbers on your bike plate are visible on the front of your bike. Do not bend or break the timing chip.

Parking

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!

[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.



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 and the ABSF is not responsible for lost or stolen articles.

Start Gates

The Big Fat Race – 47K

- There are four start gates 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 8:00am. 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 – 21K

- There is one gate for the Chico 21K Race
- Riders may enter through Gate 4 immediately after the 47K race rolls out

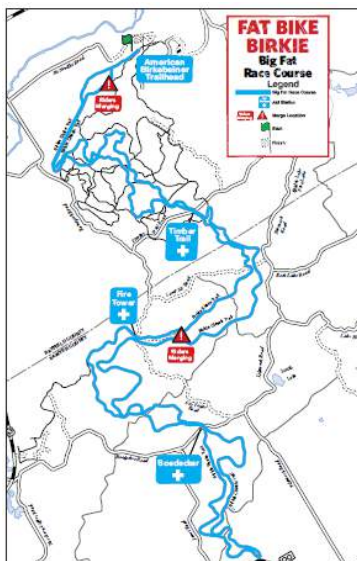
Roll-Out

- Both races will start with a race roll-out for the first **500** meters.
- All riders must stay behind the roll-out vehicle until the flag is waved, officially signaling the beginning the race. Please do not hang-on to the roll-out vehicle at any time.

Course Maps

Larger versions of the course maps are available on www.Birkie.com or through the links below.

- [The Big Fat 47K](#)
- [The Chico 21K](#)





Race Courses

Both races are run on a counter-clockwise looped course utilizing portions of the Birkie Ski Trail and the old Kortelopet Trail. The course is groomed to a minimum width of 7 meters (25') except for 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 the stations from both directions.

The Big Fat 47 Kilometer Race



The Big Fat Course Map

The Big Fat race is marked with **blue arrows**. It follows the Birkie Skate Trail south for 21 kilometers to County Highway OO, then turns north on the Birkie Classic Trail for 26 kilometers, before returning to the finish.

Caution! There is one location where the Chico course merges onto the Big Fat course at 600 meters from the finish line.

The Chico 21 Kilometer Race



The Chico Course Map

The Chico race is marked with **pink arrows**. The new Chico course follows the Birkie Skate Trail to Timber Trail. From the Timber Trail aid station, Chico riders will stay to the left and ride a short section of Birkie Classic Trail to the old Kortelopet Trail. From there, riders will experience rolling hills with some bigger climbs as the course gets closer to Mt. Telemark. The course wraps around Mt. Telemark and has a large downhill (think Cheq 40 finish), goes past Telemark Lodge, continues for 1K where it meets the Big Fat Course on the Birkie Classic Trail, takes a hard right, and heads into the Finish Line.

Caution! There is one location where the Chico course merges onto the Big Fat course 600 meters from the finish line.

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 40 kilometers to the finish. The course is marked every 5 kilometers until the final 5 kilometers, where it is marked every kilometer.
- The Chico 21K course countdown begins at 15 kilometers to the finish. The course is marked every 5 kilometers until the final 5 kilometers, where it is marked every kilometer.

Live Tracking

Track your racer! Live tracking is available for both the Big Fat and Chico races. Follow along on the Birkie app. Please note that the live tracking is based on your rider's split times as they go through Powerlines and OO in the Big Fat, and Powerlines and Valhalla in the Chico. The finish times are approximate and will not be calculated correctly until the rider goes through at least one split. The free Birkie app is available at www.Birkie.com.



Aid Stations

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

Fat Bike Birkie Course Timetable		
Big Fat Aid Stations	Distance from the Start	Cut-Off Time
Timber Trail Southbound	7 kilometers	10:00
Fire Tower Southbound	12 kilometers	10:30
Boedecker Southbound	16.5 kilometers	11:00
Boedecker Northbound	26.5 kilometers	12:15
Fire Tower Northbound	32 kilometers	12:45
Timber Trail Northbound	38.5 kilometers	1:40
Finish	47 kilometers	3:00

There are two aid stations on the 21-kilometer course.

21K Aid Station Location	Distance from the Start	Cut-Off Time
Timber Trail	7 kilometers	10:00
16K	16 kilometers	11:30
Finish	21 kilometers	12:30

Aid stations will be supplied with:

- Nourishment - water, Nuun Performance, GU Energy Gels, and cookies
- Comfort – shelter, toilets and basic medical care
- Tech Support – Velofix will be at the Timber Trail aid station to help with any on course bike issues. A mechanic from New Moon Ski and Bike will be at the 16K aid station on the Chico course.

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 as riders exit the aid stations.

Cut-Off Times

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

Dropping Out of the Race

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

The Finish

Riders should be cautious where the two courses merge together at 600 meters to the finish. Chico riders, 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 after crossing the finish line.



Results & Awards

Race results for both the Big Fat 47 kilometer and the Chico 21 kilometer 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 the Great Hall.

▪ **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 – 21K**

Trophies will be awarded to the top three overall finishers, men and women, in the Chico 21K 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 21K – 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 21K Overall
 - The Chico 21K Age Group
- 12:30pm
 - The Big Fat 47K Age Group

Winners must be present to receive their award.

Post-Race Chicken Gyros & 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, along with a cold Birkie Brew-Ski or root beer on tap, presented by Northern Lakes Co-Op Corner Deli. All food and beverages are 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 (a legendary amber ale) and root beer are available for purchase- \$4, cash and credit accepted.

The celebration continues, Saturday afternoon and evening, at the After Party at the Sawmill Saloon in Seeley, WI. This event is a fundraiser for the Chequamegon Area Mountain Bike Association (CAMBA) and you'll find raffles, door-prizes, and more! It's a party you won't want to miss! See birkie.com or CAMBA for more details.

Your Posse

We encourage spectators, friends and family to watch riders at the race start and finish at the American Birkebeiner Trailhead in Cable. The Fat Bike Birkie traverses the beautiful, albeit remote, Bayfield and Sawyer County forests. There is extremely limited road access to the race 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. Thank you for your cooperation. 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.



Riders Arrival

The first Chico 21-kilometer riders are expected to arrive around 10:10 am, with the first Big Fat 47K riders estimated for arrival around 10:55 am.

Sneak Peek at the Trail

Check out the [Trail Genius coverage](#) of the 2015 Fat Bike Birkie. While the 2018 race will feature a slightly different course, the videos and maps give you a good idea what to expect on the legendary Birkie Trail and will provide a sneak peek at its hilly terrain.

Share!

Share your photos and videos on Facebook @AmericanBirkebeiner, on Twitter @birkie, or on Instagram @americanbirkebeiner! Please use #BirkieFever and #FatBirkie2018

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

See you in the north woods soon!





Special Thanks to our Amazing Sponsors!

