

44TH ANNUAL
Slumberland American Birkebeiner

Official Race Guide

FEBRUARY 22-25, 2018



Greetings Skiers & Friends of the Birkie!

Welcome to the north woods and the land of Birkie Fever! 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 secret weapon to all things Birkie.



Since our last Birkie week of events, there have been some changes that impact buses, parking, the start areas, and more. With that in mind, I ask that you PLEASE read these pages – you'll be glad you did! The ABSF staff has compiled everything in an easy to follow guide – the perfect tool for new Birkie skiers and seasoned Birchlegger's alike! Friday and Saturday race information - [Prince Haakon, Kortelopet](#), and [Slumberland American Birkebeiner](#) – is even color-coded for ease of use.

The communities in and around Hayward are committed to bringing you a world-class experience that exceeds your expectations at every turn. We eagerly await your arrival in Birkieland!

“We're glad you're here!”

From the ABSF staff, board of directors, volunteers and participating communities – we're glad you're here and wish you an amazing Birkie week experience both on and off the trail!

#BirkieFever,

Ben Popp
Executive Director
American Birkebeiner Ski Foundation



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2018 Birkie Week Schedule of Events

THURSDAY

THURSDAY

February 22, 2018

- 9:00am Birkie Adaptive Ski Events - *Presented by Becker Law*
10:00am Barkie Birkie Skijor - *Presented by Northern Lakes Feedmill*
12:00pm Barnebirkie - *Presented by Johnson Bank and Swiss Miss*
1:00pm-8:00pm Birkie Expo - Hayward High School, Hayward, WI
2:00pm Junior Birkie - *Presented by Gear West & Rossignol*
4:15pm Junior Birkie Relays - *Presented by Gear West & Rossignol*
5:30pm Birkie Giant Ski - *Presented by Hayward Area Chamber of Commerce*
5:30pm Birkie Bash Pasta Buffet Celebration 2018 - Steakhouse & Lodge, Hayward, WI

FRIDAY

FRIDAY

February 23, 2018

- 7:30am Worldloppet Passport Holder's Breakfast Gathering - Flat Creek Inn & Suites, Hayward, WI
9:00am-8:00pm Birkie Expo - Hayward High School, Hayward, WI
10:45am Kortelopet - *Title Sponsor Slumberland Furniture Presented by Marshfield Clinic*
1:15pm Prince Haakon - *Title Sponsor Slumberland Furniture, Presented by Corner Deli (Northern Lakes Cooperative)*

SATURDAY

SATURDAY

February 24, 2018

- 8:15am 44th Slumberland American Birkebeiner
Title Sponsor Slumberland Furniture, Presented by SWIX

SUNDAY

SUNDAY

February 25, 2018

- 9:00am Birchleggings Club Awards Breakfast - Steakhouse & Lodge, Hayward, WI
9:00am On-Snow Ski & Bike Demo - American Birkebeiner Trailhead, Cable, WI
9:30am Fast & Female Champ Chat - Great Hall at American Birkebeiner Trailhead, Cable, WI

Details for events can be found within the pages of the Official 2018 Race Guide or in the Visitor Official Spectator guide (flipside).

With Special Thanks To Our 2018 Sponsors

slumberland
FURNITURE

it's a
good
life.®



First Things First! Get the Free Birkie App!

• **New in 2018!** Before race day, be certain to download the new Birkie Event App to your iPhone or Android phone! The official Birkie app provides LiveTracking during the race for all registered participants in the Kortelopet, Prince Haakon, and American Birkebeiner; LiveRanking; leaderboards; selfie filters; interactive course maps; the weather forecast; a countdown clock; and more! The Birkie Event app is free and available in the Apple Store or from the home page of www.Birkie.com.

Birkie Celebration of Events Begins! Thursday, February 22, 2018

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

- Races begin at Hayward City Beach and finish on the Birkie Finish Line at Fourth and Main Street in Downtown Hayward.
- Parking and accessible spots located at the Big Fish Parking Lot near the start area and 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. Estimated travel time :10 minutes.
- Race day bib pick-up from 8:00 am to 9:00 am in the big tent at Hayward City Beach.
- 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 Champions Stage on Celebration Plaza at 10:15 am.



Barkie Birkie Skijor Races – Races Begin at 10:00 AM

- Races start and finish at the Birkie Finish Line at Fourth and Main Streets.
- 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.
- Race schedule - 5 km Expert Race Individual Start at 10:00 am and 3 km Novice Race Individual Start at 10:45 am.
- No dogs are allowed in the Celebration Tent after the Barkie Birkie Skijor races.



Barnebirkie Youth Ski Tour - Begins at 12:00 PM

- 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.
- Parking at the Big Fish Parking Lot near the start area with continuous shuttle service to the Hayward Intermediate school (Purple Wave Start) and Celebration Plaza near the finish area (see the wave table at the 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.



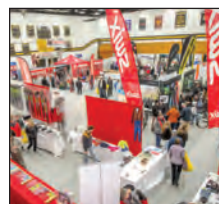
(Barnebirkie Youth Ski Tour - continued)

- 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 are allowed on the course. Thank you!
- 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 1:00PM

- The Birkie Expo is home to over 50 vendors and **American Birkebeiner**, **Kortelopet**, and **Prince Haakon** bib pick-up. Pick-up your bib, get your race day supplies, and check out the latest in Nordic gear. And, its the only place to pick-up your Birkie Gear Bag.
- 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

- Races begin at Hayward City Beach and finish at the Birkie Finish Line on Main Street, Downtown Hayward.
- Parking is available at the Big Fish Lot near the start area with shuttle buses running continuously to Celebration Plaza near the finish area.
- Individual online race registration closes at 6:59 pm on Wednesday, February 21.
- Race day bib pick-up from 1:00 pm to 3:30 pm in the big tent at Hayward City Beach start area.
- 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.
- Elite skiers will be on site to cheer on junior skiers, and meet & greet.



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	1.2 km

(Junior Birkie - continued)

Junior Birkie Team Sprint Relays Begin at 4:15 PM

- Bib pick-up from 1:00 pm to 3:30 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 heat.
- Elite awards at 5:30 pm at the Champion’s Stage.
- Skiers are invited to the Gear West tent at the Finish Line for Nuun Hydration and Cliff Bars.
- Top team awarded after each heat.



Jr. Birkie Team Sprints Relay

Start Time	Heat	Distance
4:15 PM	HS & U16 Boys	3 x 800m
4:20 PM	HS & U16 Girls	3 x 800m
4:25 PM	U14 Boys	2 x 500m
4:30 PM	U14 Girls	2 x 500m
4:35 PM	U12 Boys	2 x 500m
4:40 PM	U12 Girls	2 x 500m
4:45 PM	U8 & U10 Boys and Girls	2 x 500m

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 2018 a celebration and fundraiser in support of the ABSF Phase II Capital Campaign.
- Live music, tasty pasta 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 - \$25 per person or register online at www.Birkie.com
- Location: Steakhouse & Lodge, 5860 T Bone Lane, Hayward



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

How to Use this Race Guide

This guide is your secret weapon for navigating all things Birkie. Along the edges of each page of the guide, you'll notice color-coded tabs indicating the day and race specific information - **blue** for **Kortelopet** and **Prince Haakon**, and **red** for **Slumberland American Birkebeiner**. Please read this information carefully! Ready? Let's get started!

Kortelopet - 29K & Prince Haakon - 15K 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!

Pre-Race Bib Pick-Up - Thursday, February 22

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
- Map: See page 32

Pre-Race Bib Pick-Up - Friday, February 23

Slumberland American Birkebeiner

- Where: Birkie Expo, Hayward High School,
- When: Friday, February 23 - 9:00 am to 8:00 pm
- Map: See page 32

Kortelopet

- Where: Bib Pickup tent at the Highway 00 Trailhead
- When: 9:00 am to 11:00 am
- Map: See page 15

Prince Haakon

- Where: Bib pick-up tent at the start area near Phipps Road
- When: 12:00 pm to 1:00 pm

Bib Pickup - Saturday, February 24

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: Saturday, February 24 - 7:00 am to 10:00 am
- Map: See page 16

Credentials Required for Bib Pick-Up

- All registered participants received a 2018 Bib Confirmation email. You must bring a paper or electronic copy of this confirmation, along with your photo ID to pick up your bib.
- You may pick up a bib for another skier, only if you are also picking up your own bib. To do so, you must have a paper or electronic copy of the other skier(s) Bib Confirmation email(s), copy of driver's license, and signed authorization.
- Entries are non-transferable between individuals.

Birkie Gear Bag Pick-Up!

- **New in 2018!** Birkie Gear Bags! If you pre-purchased a Birkie Gear Bag as part of your **Kortelopet, Prince Haakon** or **American Birkebeiner** registration, you'll receive your Birkie Gear Bag only after you've picked up your bib(s) and at a separate location right before you exit the Birkie Expo. Plastic bags are not available to those who ordered a Birkie Gear Bag - thank you for helping us to reduce our use of plastic!
- The Birkie Expo is the only place you can pick-up your new Birkie Gear Bag.



Race Day!

Friday & Saturday, February 23 & 24, 2018

Getting Around on Race Day! Friday & Saturday

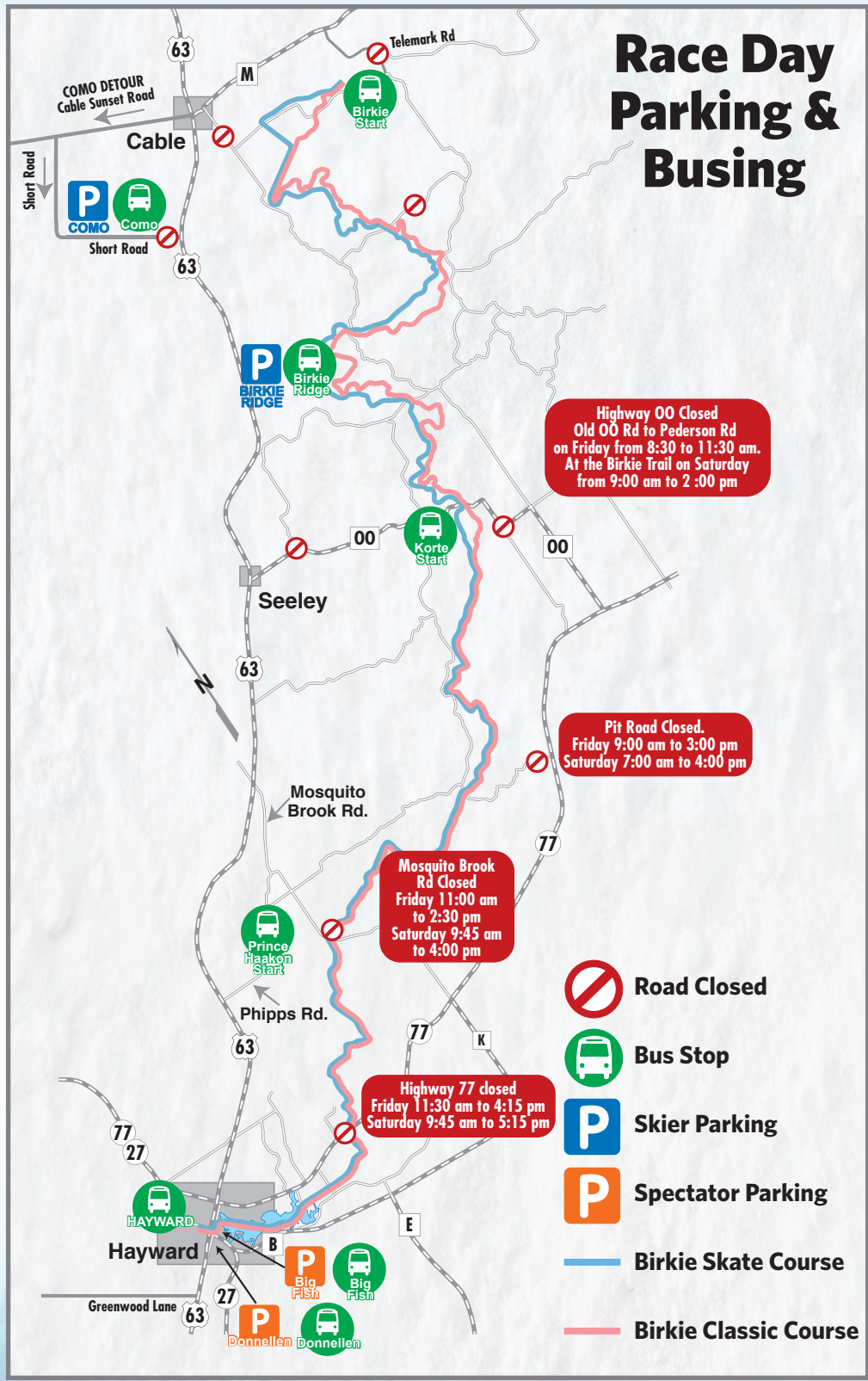
Participants and spectators of the **Slumberland American Birkebeiner**, **Kortelopet** and **Prince Haakon** must utilize the following designated parking lots and skier drop-off locations.

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

New in 2018!

- 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!

Race Day Parking & Busing



Highway 00 Closed
 Old 00 Rd to Pederson Rd
 on Friday from 8:30 to 11:30 am.
 At the Birkie Trail on Saturday
 from 9:00 am to 2:00 pm

Pit Road Closed.
 Friday 9:00 am to 3:00 pm
 Saturday 7:00 am to 4:00 pm

Mosquito Brook Rd Closed
 Friday 11:00 am to 2:30 pm
 Saturday 9:45 am to 4:00 pm

Highway 77 closed
 Friday 11:30 am to 4:15 pm
 Saturday 9:45 am to 5:15 pm

(Getting Around on Race Day - continued)

Skier Parking Lots & Drop-Off P

- Access to the race start areas for the **Slumberland American Birkebeiner**, **Kortelopet**, and **Prince Haakon**, is provided from the locations indicated below.
- Skiers will be bused from Skier Parking lots to the race start areas.
- Spectators may ride skier buses to race 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.
- Please see the map on page 11 for additional information. All skier parking lots and drop-off areas are indicated with a **P**.

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

- Birkie Ridge is identified by the **P** on the map on page 11.
- Birkie Ridge Parking Lot is 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.
- Dropping off a skier? 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. 23 - 24	Bus to Start	Return from Start	Return from Finish
Kortelopet - Friday	8:45 am to 11:30 am	9:00 am to 12:30 pm	12:30 pm to 5:30 pm
Prince Haakon - Friday	11:30 am to 1:30 pm	12:00 pm to 1:45 pm	12:30 pm to 5:30 pm
American Birkebeiner - Saturday	6:15 am to 10:00 am	6:45 am to 10:30 am	11:00 am to 6:30 pm

Como Parking Lot - Slumberland American Birkebeiner Only

- Como Parking Lot is identified by the **P** on the map on page 11.
- 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.
- Dropping off a skier? 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 - 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

Saturday Only!


Slumberland American Birkebeiner skiers! Know Your Parking **ABC's**!

Attention!

Birkie Ridge and

Como are the only parking & skier drop-off lots available on Saturday!

Bus Stop Locations

- Here is everything you'll need to know about bus stops for the **Slumberland American Birkebeiner**, **Kortelopet**, and **Prince Haakon** races.
- Please see the map on page 11 for additional information. All Bus Stops are indicated with a .

Kortelopet Start

Highway OO Trailhead Bus Stop

Feb. 23	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. 23	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. 24	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. If you are uncertain which bus to board, please ask a volunteer!
- Please do not use this area as a skier pick-up location.

Feb. 23 & 24	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, and Worldloppet Breakfast 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 (Friday/Saturday) and Birkie Dorm Housing at the Wesleyan Church, Hayward (Friday/Saturday). Check with your hotel to see if they participate in this service.
- There is also a special, one time, service to the **Kortelopet** start from the Worldloppet Breakfast at Flat Creek Inn & Suites, Hayward, WI (Friday only).
- Bus pick-up:
 - Friday to the **Kortelopet** start at 9:00 am
 - Saturday to the **Slumberland American Birkebeiner** start at 6:15 am

(Getting Around on Race Day - continued)

Spectator Parking Lots

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 conveniently located parking areas in close proximity to the National Fresh Water Fishing Hall of Fame with one common & central 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

Race Day!

Friday & Saturday, February 23 & 24, 2018

Kortelopet - 29K & Prince Haakon - 15K

Slumberland American Birkebeiner - 50K/55K

At the Start

For the first time ever, the **Slumberland American Birkebeiner** will depart from the start venue at the American Birkebeiner Trailhead! Congratulations to all skiers who are a part of this unique moment in American Birkebeiner History!

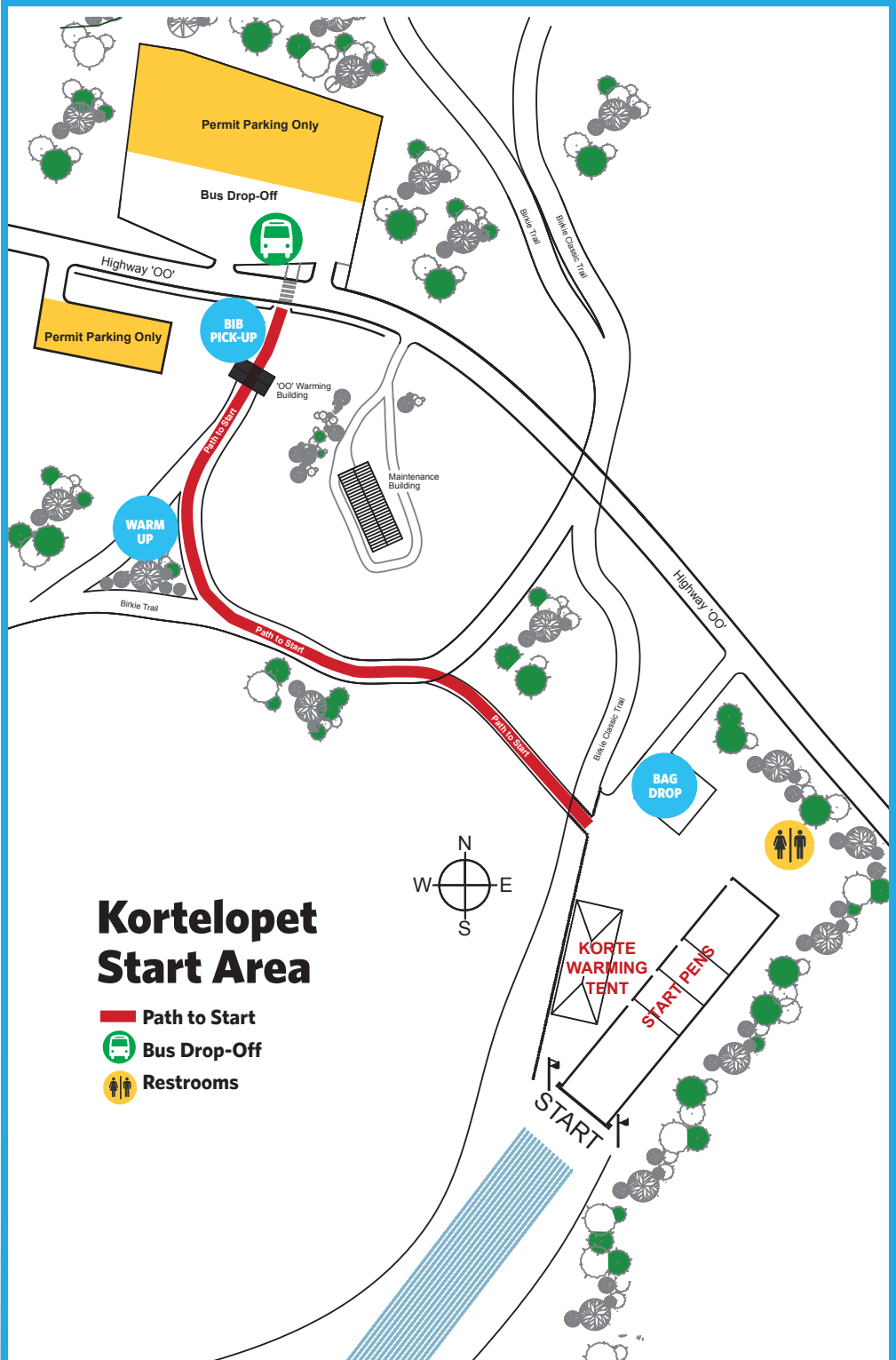
Bus Drop-Off at the Start: See Start Area Maps on Pages 15 & 16

- **Kortelopet** bus drop-off is on the north side of Highway 00 at the '00' 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 See Start Area Maps on Pages 15 & 16

- **Kortelopet** - The designated warm-up loop at the '00' Trailhead utilizes the Birkie Trail and the West Loop. Access to the warm-up area is from the '00' 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.
- 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!

Kortelopet



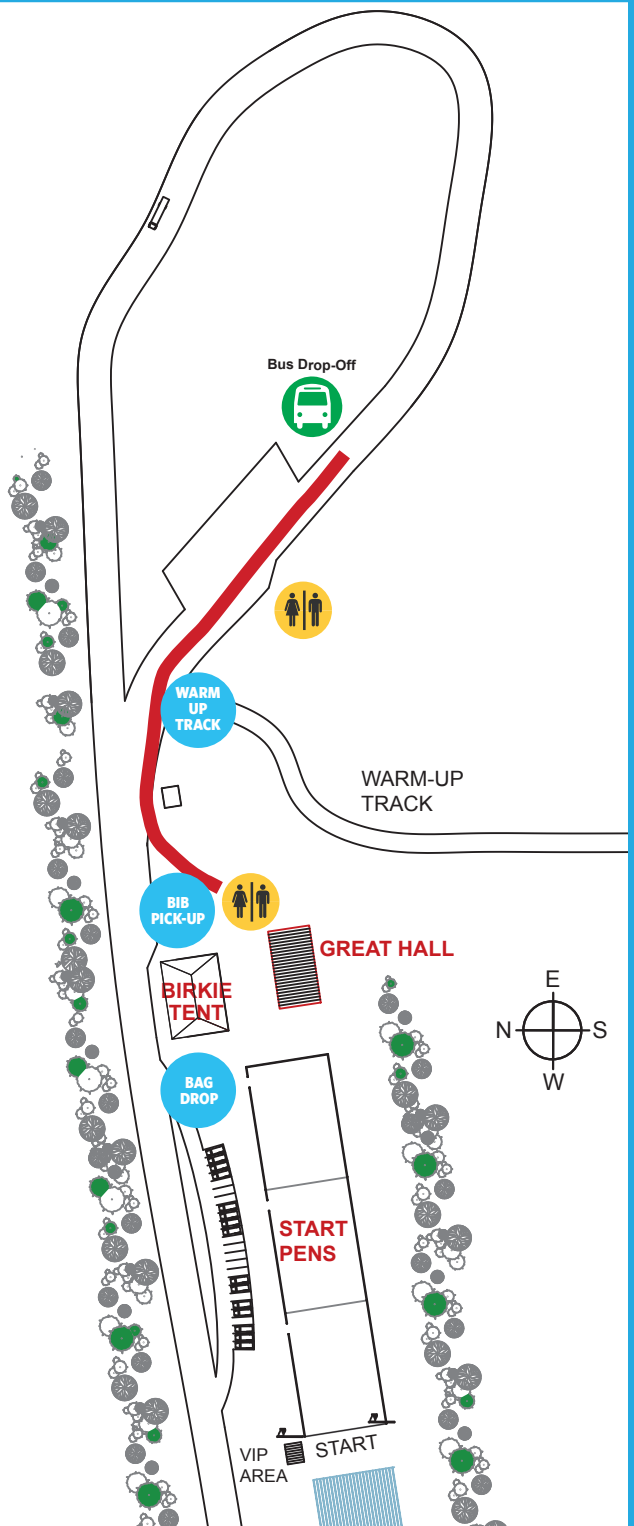
Kortelopet Start Area

- Path to Start
- Bus Drop-Off
- Restrooms

American Birkebeiner

American Birkebeiner Start Area

-  Path to Start
-  Bus Drop-Off
-  Restrooms



(At the Start - continued)

Bag Drop-off

- **New in 2018!** Birkie Gear Bags! If you pre-purchased a Birkie Gear Bag as part of your **Kortelopet**, **Prince Haakon** or **American Birkebeiner** registration, we thank you for helping us to reduce the number of plastic bags that end up in the trash each year. Please make certain to place your bib number in the plastic sleeve atop the Birkie Gear Bag.
- If you are a **Kortelopet**, **Prince Haakon**, or **American Birkebeiner** skier who did not pre-purchase a Birkie Gear Bag, you will receive a plastic drop bag at bib pick-up.
- Birkie Gear Bags and plastic 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 closed or tied securely before dropping it off. Once your 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 leading up to the start line. There is a gate located on the front side of each pen. Skiers will advance through the pens toward the start line.
- 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 the three-gate process will be given entry priority over those entering from the side gates
- Skiers in Pens 2 and 3 must be on foot; please put your skis on only after entering Pen 1.
- Skiers are released from Pen 1 at the scheduled time for each wave.
- Skiers must line up in the classic tracks, not between the tracks.
- The lifting of the Start Gate is the official wave start.

Wave Tables

Wave Tables - Kortelopet & American Birkebeiner

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 start and finish time.

Timing Procedure

Kortelopet and Slumberland American Birkebeiner

- All Skiers MUST start at their designated wave start time (see preceding Wave Tables).
- Starting before the assigned start time will 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

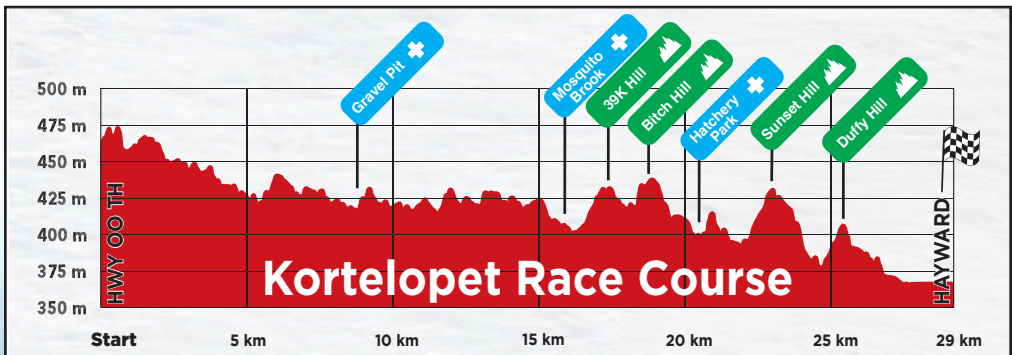
Race Course (see map page 20)

- 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.
- Be alert, 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.

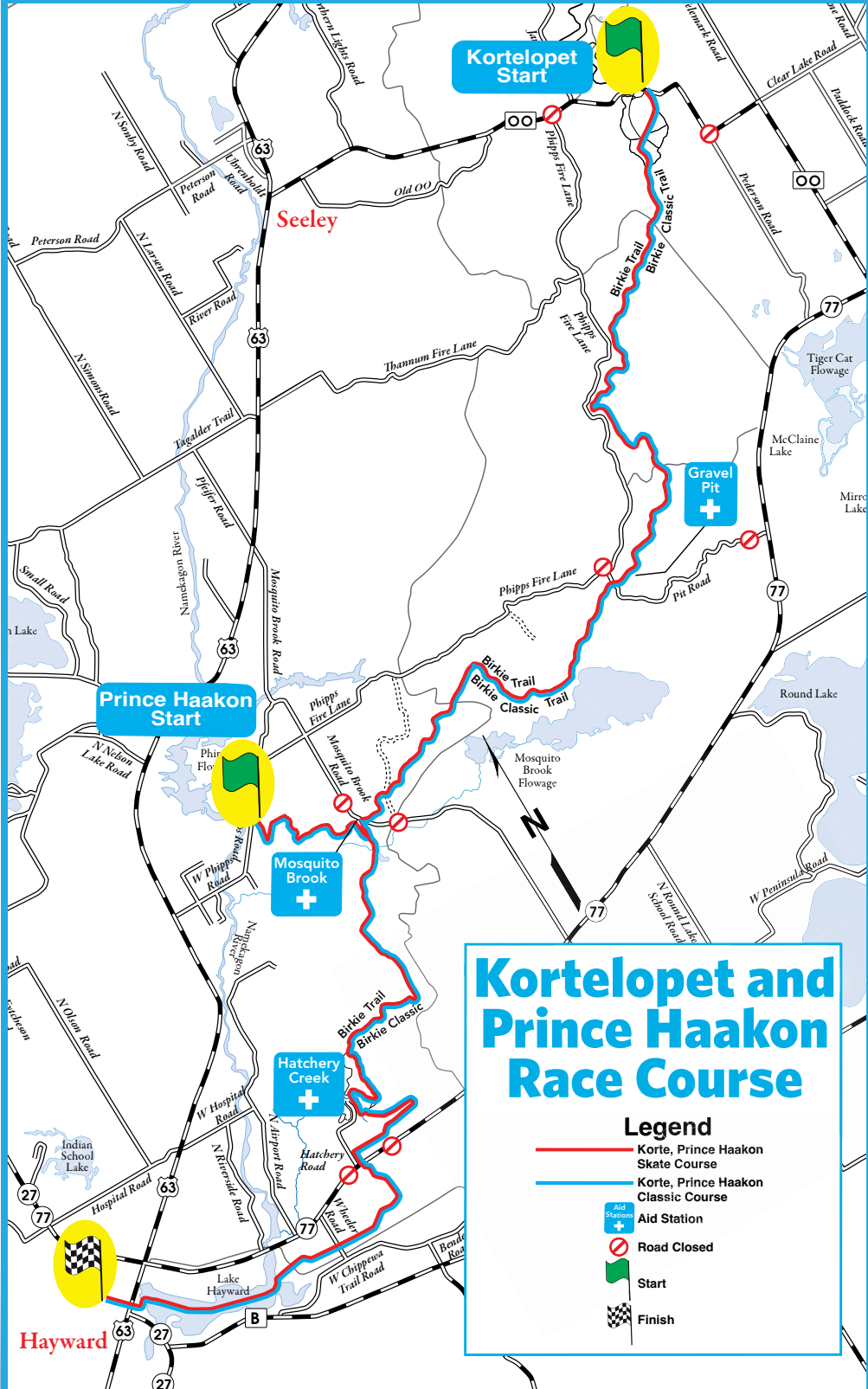
Prince Haakon

Race Course (see map page 20)

- 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 when merging with Kortelopet skiers.
- On course signs will mark each kilometer and count down to the finish line. Signs will also announce the approach of upcoming aid stations.



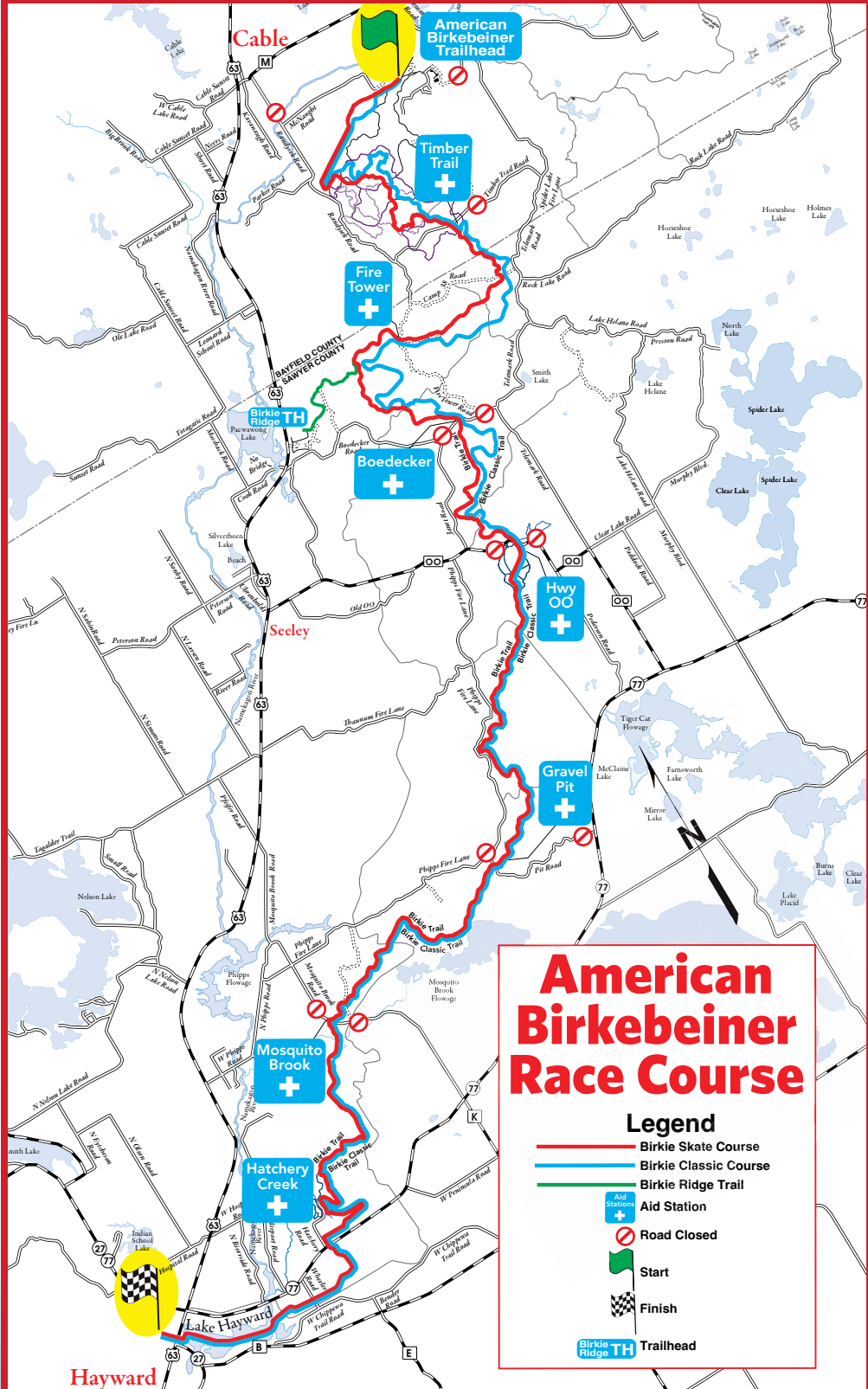
Slumberland American Birkebeiner On Course information continues on page 22



Kortelopet and Prince Haakon Race Course

Legend

- Korte, Prince Haakon Skate Course
- Korte, Prince Haakon Classic Course
- + Aid Station
- / Road Closed
- 🚩 Start
- 🏁 Finish



American Birkebeiner Race Course

Legend

- Birkie Skate Course
- Birkie Classic Course
- Birkie Ridge Trail
- + Aid Station
- / Road Closed
- 🚩 Start
- 🏁 Finish
- TH Trailhead

Hayward

(On Course - continued)

Slumberland American Birkebeiner

The American Birkebeiner Classic Course (see map page 21)

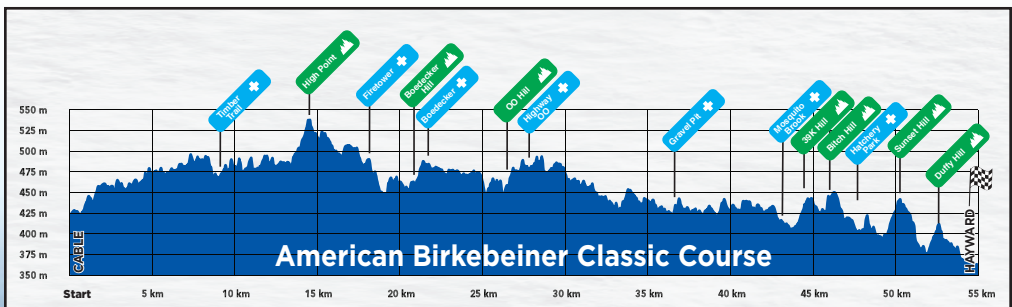
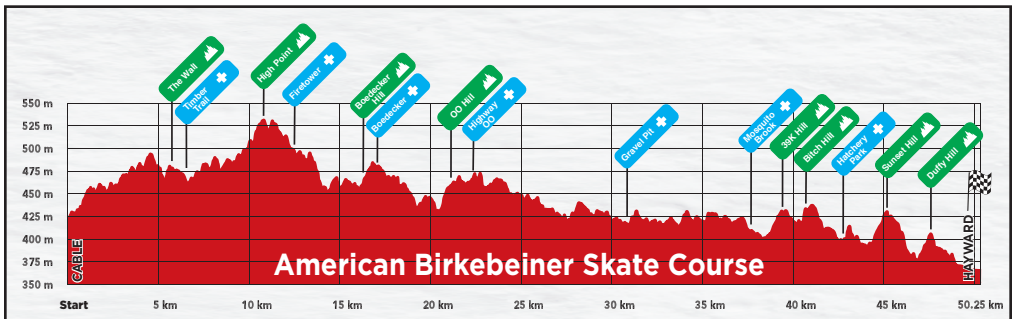
- The first 500 meters of the course is shared by both classic and skate. It is 30 meters (90 feet) wide with six classic tracks on the left.
- After the first 500 meters the classic course bears left onto a separate course, set with 3 classic tracks. The course continues for the next 26 km to the Highway OO road crossing where it rejoins the skate course. From this point classic and skate races join 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 21)

- 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 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 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 - Classic and Skate

- North of Highway OO, the skate and classic courses come together at four locations: Powerline, Timber Trail, Fire Tower, and Boedecker Aid Stations. The courses touch but do not cross. Classic skiers keep left, Skaters keep right!
- On course signs will mark each kilometer and count down to the finish line. Signs will also announce the approach of upcoming aid stations.



Aid Stations - What to Expect

- Fuel up with Nuun Hydration, GU Energy Gels, water, and bananas at the aid stations.
- **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 the 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 either the aid station Chief or a Birkie medical volunteer at any aid station location, 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 to retrieve your 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 & More!

- **New for 2018!** Before race day, be certain to download the new Birkie Event App to your iPhone or Android phone! The official Birkie app provides LiveTracking during the race for all registered participants in the **Kortelopet, Prince Haakon**, and **American Birkebeiner**; LiveRanking; leaderboards; selfie filters; interactive course maps; the weather forecast; a countdown clock; and more! The Birkie Event app is free and available in the Apple Store or from the home page of www.Birkie.com.

Navigating the Finish Zone

Kortelopet, Prince Haakon, and American Birkebeiner races will have the same finish line experience.

Finish Zone (map page 25)

- **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 finisher will receive a medal; multiple year finishers 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 2018 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.

Finish Zone & Birkie Village & Celebration Plaza

FRIDAY KORTELPEET & PRINCE HAAKON

SATURDAY SLUMBERLAND AMERICAN BIRKIEBEINER



(Navigating the Finish Zone - Continued)**Drop Bag Pick-Up**

- If you dropped a Birkie Gear Bag or a plastic drop bag at the start of the **Kortelopet**, **Prince Haakon**, or **American Birkebeiner**, 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 Birkie Gear Bag or drop bag for you.

Changing Area

- After picking up your drop bag, you will exit the restricted Finish Zone. Proceed approximately one block along Fifth Street to the Hayward Intermediate School located on the right. The Changing Area is located in the gymnasium of the School. Watch for signs!
- Skis are not allowed in the school. 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.

Birkie Village - Begin Your Post Race Celebration! See map on page 25

- Birkie Village will be the first opportunity to reunite skiers with their friends and family after the finish.
- Birkie Village is home to the skier's Finish Line Food Tent, results kiosk, Evolution of Cross Country Ski Equipment Museum, 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 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 non-skiers 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 printouts are available at kiosks located in Birkie Village. Remember, there may be finishers from later waves who may displace your result as printed.
- You can also track your finish results on the new Birkie app and online at www.Birkie.com.
- Please submit any discrepancies to www.Birkie.com by March 18, 2018.
- Pick-up a copy of the Sawyer County Record commemorative results issue available throughout the Cable and Hayward areas on Sunday morning. Reminder, the next 2018 Birch Scroll will be published in the fall and will contain all race results.

(Birkie Village - Continued)**Evolution of Cross-Country Ski Equipment Museum**

- The display will highlight competitive cross-country ski equipment used before modern Winter Olympic Games. The display starts with the 1924 Winter Olympics known as the Olympic Winter Games in Chamonix, France.

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.

Celebrate on Celebration Plaza! See map on page 25

- 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 music, food, drink, and Birkie Brew-Ski!
- Open Thursday, Friday and Saturday - from 10:00 am to 6:00 pm, and Sunday - 8:00am to 1:00pm (Birkie Store only)
- 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 Trucks serving a variety of delicious hot food options.

Charging Station

- Stop on by the information booth in Celebration Plaza and charge your smart phones! People's Bank Midwest has arranged for an outdoor charging station, courtesy of Norvado.

Share the Fun!

- Share your Birkie week experiences! Please tag us in your posts!
- Official Birkie 2018 Hashtags:

#BirkieFever #Birkie2018



LIKE US on Facebook American Birkebeiner
[Facebook.com/AmericanBirkebeiner](https://www.facebook.com/AmericanBirkebeiner)



FOLLOW US on Twitter @birkie
[Twitter.com/birkie](https://www.twitter.com/birkie)



FOLLOW US on Instagram @americanbirkebeiner
[Instagram.com/americanbirkebeiner](https://www.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! **Kortelopet**, Friday at 12:45 pm; **Prince Haakon**, Friday at 2:30 pm; **Slumberland American Birkebeiner** on Saturday at 11:30 pm (skate) and 12:30 pm (classic).

Birkie Store

- The Birkie Store is home to all official Birkie, American Birkebeiner, Kortelopet, and Prince Haakon gifts and items to commemorate your race.
- Birkie Week Store hours on Celebration Plaza:
- Feb 22 - 25
 - Thursday through Saturday - 10am to 5pm
 - Sunday - 8am to 1pm

(Birkie Village - Continued)**Red Bull Fire Truck & Wigwam**

- Swing by and celebrate with some tunes at the Red Bull Fire Truck! Be sure to check out the Wigwam!
- Feb 23 & 24
 - Friday - 11:00 am to 3:00pm
 - Saturday - 10:00 am to 4:00pm

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

Awards**Age Group Awards**

- **Kortelopet** and **Slumberland American Birkebeiner** - Age-Group Awards - the top three male and female Kortelopet skiers in each 5-year age-group will be awarded a prize which can be picked up in the Birkie Store, located on Celebration Plaza.
- Age-group awards may be picked up in the Birkie Store on Celebration Plaza:
 - Friday - 2:00 pm to 5:00 pm
 - Saturday - 10:00 am to 5:00 pm
 - Sunday - 8:00 am to 1:00 pm
- **Prince Haakon** - No age group awards.

Over-All Awards - Celebration Plaza**Friday, February 24**

- **Kortelopet**
 - The top three male and female finishers, in both classic and skate, will be recognized on the Champions Stage - 12:45.
- **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 during the following hours:
- **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 - 10:00 am to 5:00 pm
 - Sunday - 8:00 am to 1:00 pm.

Birchlegger Awards

- Skiers who finish their 20th American Birkebeiner race earn the status of *Birchlegger*.
- Personalized awards are given for reaching the landmarks 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, located 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, 2018. 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 Birkie Office during the following hours:
 - Friday - 12:00 pm to 4:00 pm
 - Saturday - 12:00 pm to 5:00 pm
 - Sunday - 8:00 am to 1:00 pm.

More!

Worldloppet Passport Holder's Gathering

- Worldloppet Passport holders are invited to attend an informal, European-style, breakfast gathering on Friday, February 23, at Flat Creek Inn & Suites on Highway 27 in Hayward, WI. Pre-registration is available at www.Birkie.com.
 - 7:30am - Coffee Social
 - 8:00am - Breakfast
- A fee will be collected the morning of the Breakfast
- Busing to the Kortelopet Start will be available - bus departs at 9:00 am!

Birchleggings Club Awards Breakfast

- Birchleggings skiers are invited to attend the annual Birchlegging's Awards Breakfast on Sunday, February 25, at 9:00 am at the Steakhouse and Lodge on Highway 27 in Hayward.
- Join the Birchleggings crowd in celebration of 20 or more Birkies completed!

(MORE! - continued)**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, 2018. 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!

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 both are:

- Wednesday - 8:00 am to 5:00 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

Comfort Zones! (See map on page 25)

New in 2018! Need a space to warm-up and chill-out? Check out one of the three Comfort Zones!

- **Slumberland Furniture - Comfort Zone**
 - Warm beverages and plenty of comfortable places to rest when you come in out of the cold! Welcome!
 - Location: Slumberland Furniture, Highway 63
- **Market Place Food's Presents: Kemp's Kid Zone**
 - Family friendly with FREE snacks for kids 12 and under, including hot dogs, cheese curds, S'mores, fruit, and hot chocolate, all within a 20 x 30 heated tent!
 - Plus, warm-up near the toasty warm fire pits! Join us!
 - Location: Marketplace Foods parking lot
- **CLIF Lodge**
 - Warm up and enjoy complimentary snacks, drinks, and activities. After your race, get your finisher medal engraved and stay for the Apres-Ski party!
 - Location: Corner of Highway 63 & Main Street

Saving Snow

- Watch the film and learn about actions you can take in your community to save the winters we love! Film features footage and interviews from the American Birkebeiner. Showings at the Park Center, Highway 63, Hayward, WI
- Thursday, Feb. 22 at 6:00 pm; Saturday, Feb 24, 6:00 pm; Sunday, Feb 25, 12:00 pm; tickets \$5 at the door
- Brought to you by the Birchleggings Club, Citizens' Climate Lobby, Cool Planet Skiers, Fred Thomas Resort

Sunday, February 25, 2018

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

- Location: American Birkebeiner Trailhead, near Cable, WI
- Try the newest skis, boots, poles & fat tire bikes
- Vendors galore!
- **First Time Ever! Early Birkie 2019 Registration! SURPRISE! Details on Site!**

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

- Join elite athletes for a morning of games, skiing, fitness, inspiration, and more! Designed to encourage young female athletes.
- Advance registration is required. Tickets available at www.fastandfemale.com
- Location: American Birkebeiner Trailhead in the Great Hall

AMERICAN BIRKEBEINER SKI FOUNDATION - 2018-2019

Birkie Events Calendar

2018

February 22	Birkie Week Festivities & Events Begin
February 23	Kortelopet & Prince Haakon
February 24	44th Slumberland American Birkebeiner
February 25	Fast & Female Champ Chat, On Snow Ski & Bike Demo
March 9 & 10	Fat Bike Birkie
May 1	Registration Opens For: 2019 Slumberland American Birkebeiner, 2019 Kortelopet, 2019 Prince Haakon, 2019 Birkie Tour, 2019 Fat Bike Birkie
May 15	Lumberjack Run 5K Run/Walk Registration Opens
July 21	Lumberjack Run 5K Run/Walk
August 4	ABSF Annual Meeting & Fun Day
September 28 & 29	Birkie Trail Run Festival

2019

January 1	2019 Birkie Trail Run Festival Registration Opens
January 13	Birkie Tour
February 22	Kortelopet & Prince Haakon
February 23	45th Slumberland American Birkebeiner
February 24	Fast & Female Champ Chat, On Snow Ski & Bike Demo
March 8 & 9	Fat Bike Birkie

We Hope to See You in the North Woods Soon!

slumberland
BIRKIE
Ski. Run. Bike. Live!

DATES SUBJECT TO CHANGE

Year-Round Calendar of Events at www.Birkie.com

slumberland
BIRKIE[®]
Ski. Run. Bike. Live!
**Map of
 Downtown Hayward**

-  **Spectator parking**
-  **Start venue parking**
-  **Bus stop**
-  **No street parking**
-  **Comfort Zone**
-  **Restrooms**

