

45th Annual

Slumberland American Birkebeiner[®]
and Birkie[®] Week Events

Official Participant Guide

February 21 - 24, 2019



slumberland
BIRKIE[®]
Ski. Run. Bike. Live!

Greetings Skiers & Friends of the Birkie!

On behalf of the ABSF board of directors, the staff, volunteers, and all of our surrounding communities, welcome to the north woods and the 2019 Slumberland American Birkebeiner week of events!

Whether you're a new skier or a seasoned veteran, Birkie week offers you the chance to celebrate cross-country skiing with new friends and old, as well as help us to write Chapter 45 in the Big book of Birkie.



Inside this Official Participant and Spectator Guide you will find everything you'll need to navigate Birkie week like a pro. There have been some changes since last year, so do yourself a favor and **READ THIS** guide, you'll be glad you did! From schedules and maps, to parking and the logistics of getting around on race day, this easy-to-follow guide has all the answers. We've even color-coded Friday and Saturday race information - **Prince Haakon, Kortelopet**, and **Slumberland American Birkebeiner** - for your convenience. This guide is the perfect tool for new Birkie skiers and seasoned Birchlegger's alike!

“See you in the north woods soon!”

While you have been training, we have been planning and preparing to ensure you have the world class experience you have come to expect from the Birkie.

Please reach out to our team if you have any questions - we aim to please!

See you in the north woods soon!


A handwritten signature in black ink that reads "Ben Popp".

Ben Popp
Executive Director
American Birkebeiner Ski Foundation



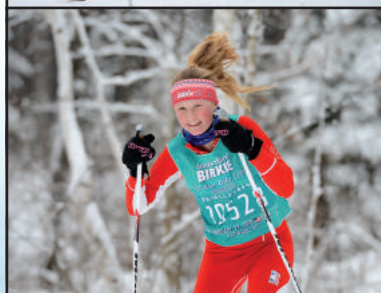
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2019 Birkie Week Schedule of Events

Tuesday, February 19 - American Birkebeiner Ski Trail officially closes on Tuesday at 11:59 pm! Birkie Ridge will remain open for skiing leading up to race day.

THURSDAY

February 21, 2019

- 9:30am Barkie Birkie Skijor - *Presented by Northern Lakes Feedmill*
- 10:00am-8:00pm Birkie Expo - Hayward High School, Hayward, WI
- 11:30am Barnebirkie - *Presented by Johnson Financial Group & Swiss Miss*
- 1:30pm Jr. Birkie - *Presented by Gear West & Rossignol*
- 3:45pm Jr. Birkie Team Sprints - *Presented by Gear West & Rossignol*
- 5:30pm Birkie Giant Ski - *Presented by Hayward Area Chamber of Commerce*
- 5:30pm Birkie Bash Celebration - Steakhouse & Lodge, Hayward, WI

FRIDAY

February 22, 2019

- 7:30am Worldloppet Breakfast
Flat Creek Inn & Suites, Hayward, WI
- 9:00am - 8:00pm Birkie Expo - Hayward High School, Hayward, WI
- 10:00am Birkie Adaptive Ski - *Presented by Becker Law*
- 10:30am Kortelopet - *Title Sponsor Slumberland Furniture
Presented by L.L. Bean and Salomon*
- 1:15pm Prince Haakon - *Title Sponsor Slumberland Furniture,
Presented by Corner Deli (Northern Lakes Cooperative)*

SATURDAY

February 23, 2019

- 8:15am 45th Slumberland American Birkebeiner
Title Sponsor Slumberland Furniture, Powered By SWIX

SUNDAY

February 24, 2019

- 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 - OO Trailhead
Samuel C. Johnson Family Outdoor Center

Event details are found within the pages of the Official 2019 Participant Guide or Visitor Official Spectator guide (flipside).

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**Apple
Awards**

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Getting Around During Race Week February 21 - February 23, 2019

Busing at a Glance

	Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Thursday Events			
	Spectator Parking Lot	Registration (Recovery Zone) Bus Stop	9:30 am to 4:30 pm
	Celebration Zone Bus Stop	Spectator Parking Lot	9:30 am to 4:30 pm
Friday Events			
	Birkie Ridge Skier Parking Lot	Kortelopet Start Bus Stop	8:00 am to 12:30 pm
	Birkie Ridge Skier Parking Lot	Prince Haakon Start Bus Stop	11:30 am to 1:45 pm
	Spectator Parking Lot	Celebration Zone Bus Stop	10:00 am to 5:30 pm
	Recovery Zone (Finish) Bus Stop	Birkie Ridge Skier Parking Lot	12:30 pm to 5:30 pm
	Recovery Zone (Finish) Bus Stop	Premium Parking at the Kortelopet Start (permit holders only)	12:30 pm to 5:30 pm
Saturday Event			
	Birkie Ridge Skier Parking Lot	American Birkebeiner Start Bus Stop	6:15 am to 10:30 am
	Como Skier Parking Lot	American Birkebeiner Start Bus Stop	6:15 am to 10:30 am
	Celebration Zone Bus Stop	Spectator Parking Lot	9:00 am to 6:30 pm
	Recovery Zone (Finish) Bus Stop	Birkie Ridge Skier Parking Lot & Como Skier Parking Lot	12:30 pm to 6:30 pm
	Recovery Zone (Finish) Bus Stop	Premium Parking at Start the American Birkebeiner (permit holders only)	12:30 pm to 6:30 pm

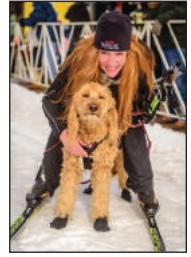
Detailed information regarding skier parking lots, the spectator parking lot, and busing schedules are found within the pages of this guide.



Birkie Celebration of Events Begins! Thursday, February 21, 2019

Barkie Birkie Skijor Races – Races Begin at 9:30 AM

- **Bib Pick-Up:** Race day bib pick-up from 8:30 am to 9:45 am at the Celebration Tent located in the Celebration Zone at 4th Street and Dakota Avenue.
- **Event Location:** Races start at Main Street and 2nd Street and finish at the Birkie Finish Line at Main Street and 4th Street.
- **Schedule:** Race schedule - 5 km Expert Race Individual Start at 9:30 am and 3 km Novice Race Individual Start at 10:15 am.
- **Awards:** Awards are presented immediately following races in the Celebration Zone.
- **More:**
 - No dogs are allowed in the Celebration Zone after the Barkie Birkie Skijor races.
 - Race day registration is available (unless race is full) in the Celebration Zone tent from 8:30 am to 9:45 am.



Start Time	Group	Location
8:30 to 9:15 am	Warm Up	Golf Course only
8:30 to 9:45 am	Bib Pick-Up	Celebration Zone Tent
9:30 am	Expert 5 km Start	Main & 2nd Streets
10:15 am	Novice 3 km Start	Main & 2nd Streets
Following Novice race	Awards	Celebration Zone

Barnebirkie Youth Ski Tour - Begins at 11:30 AM

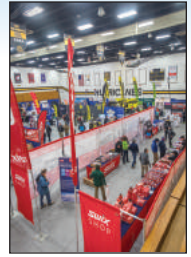
- **Parking:** Parking at Spectator Parking Lot with continuous shuttle bus service to the Recovery Zone (registration area), and from the Celebration Zone to Spectator Parking Lot. See maps on pages RG-27 and RG-38/39.
- **Bib Pick-Up:** Registration and bib pick-up from 9:30 am to 11:30 am in the Recovery Zone tent at 5th Street and Wisconsin Avenue.
- **Event Location:** Barnebirkie Youth Ski Tour begins behind the Hayward Intermediate and Primary Schools and finishes at the Birkie Finish Line on Main Street, Downtown Hayward. See maps on pages RG-27 and RG-38/39.
- **Awards:** Individual medals are awarded at the finish line.
- **Celebrate:** Swiss Miss Cocoa and cookies, provided by the Sons of Norway, are in the big tent in the Celebration Zone, Downtown Hayward, following the ski tour.
- **More:** 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!



Start Time	Wave	Distance	Start Location	Recommend Age/Ability
11:30 AM	Purple	500 m (0.3 miles)	Behind Hayward Intermediate and Primary Schools	3 to 8; Beginning skier
11:35 AM	Red	3 km (1.9 miles)	Behind Hayward Intermediate and Primary Schools	8 to 13; Intermediate to Advanced
11:40 AM	Green	1 km (0.6 miles)	Behind Hayward Intermediate and Primary Schools	5 to 10; Intermediate to Advanced

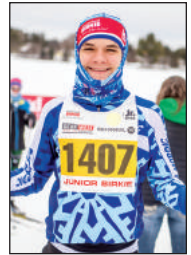
Slumberland American Birkebeiner Expo - Opens at 10:00 AM

- The Birkie Expo is home to over 50 vendors and American Birkebeiner, Kortelopet, and Prince Haakon bib pick-up. Get your race day supplies, check out the latest Nordic gear, and pick-up your event bib in one convenient location.
- Located at Hayward High School, 10320 Greenwood Lane.
- Parking is available in the Hayward High School lot
- Thursday Expo hours from 10:00 am to 8:00 pm.



Junior Birkie Mass Start Freestyle Races - Races Begin at 1:30 PM

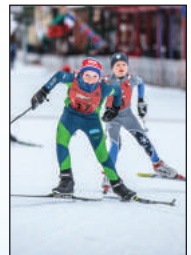
- **Parking:** Parking at Spectator Parking Lot with continuous shuttle bus service to the Recovery Zone and from the Celebration Zone to Spectator Parking Lot. See maps on pages RG-27 and RG-38/39.
- **Bib Pick-Up:** Race day bib pick-up from 12:30 pm to 3:00 pm in the Recovery Zone tent at 5th Street and Wisconsin Avenue.
- **Event Location:** Races begin behind Hayward Intermediate and Primary Schools and finish at the Birkie Finish Line on Main Street, Downtown Hayward. See maps on pages RG-27 and RG-38/39.
- **Awards:** Awards for each age group are presented after each race at the Champions Stage in the Celebration Zone.
- **Celebrate:** Skiers are invited to the Gear West tent at the Finish Line for Nuun Hydration and Clif Bars.
- **More:** Race registration closes at 6:59 pm on Wednesday, February 20. There is no race day registration available.



Time	Event	Distance
1:30 PM	U8 & U10 Boys	1.2 km
1:45 PM	U8 & U10 Girls	1.2 km
2:00 PM	HS & U16 Boys and 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

Junior Birkie Team Sprint Relays Begin at 3:45 PM

- **Parking:** Parking at Spectator Parking Lot with continuous shuttle bus service to the Recovery Zone and from the Celebration Zone to Spectator Parking Lot. See maps on pages RG-27 and RG-38/39.
- **Bib Pick-Up:** Race day bib pick-up from 12:30 pm to 3:00 pm in the Recovery Zone tent at 5th Street and Wisconsin Avenue.
- **Event Location:** Relay races start and finish on Main Street at the Birkie Finish Line, downtown Hayward.
- **Awards:** Awards for top team in each age group are presented after each race at the Champions Stage in the Celebration Zone.
- **Celebrate:** Skiers are invited to the Gear West tent at the Finish Line for Nuun Hydration and Clif Bars.
- **More:** Relay race registration closes at 6:59 pm on Wednesday, February 20.



Jr. Birkie Team Sprints Relay

Time	Race	Distance
3:45	U8 & U10 Boys & Girls	2 x 500
3:50	HS & U16 Boys	3 x 800
3:55	HS & U16 Girls	3 x 800
4:00	U14 Boys	2 x 500
4:05	U14 Girls	2 x 500
4:10	U12 Boys	2 x 500
4:15	U12 Girls	2 x 500

Birkie Giant Ski - Races Begin at 5:30 PM

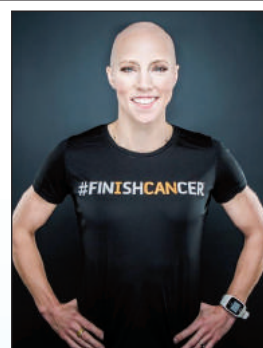
- **Bib Pick-Up:** Bib pick-up for team captains on Tuesday & Wednesday from 9:00 am to 5:00 pm, Thursday from 9:00 am to 3:00 pm, at the Hayward Information Center, corner of Highway 63 and Main Street at the base of the International Bridge. Bib pick-up is also available at the Giant Ski start line after 5:00 pm on Thursday.
- **Event Location:** Birkie Giant Ski races start at the intersection of Main and Second Streets in Downtown Hayward.
- **Awards:** Awards are presented immediately following the final race.
- **Celebrate:** Stop into one of the fine Hayward establishments to celebrate or swing by the Birkie Bash!



Hayward Area
CHAMBER OF
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Birkie Bash - 5:30 PM to 8:30 PM

- Gather your posse and kick-off Birkie week at Birkie Bash 2019
- Live music by Molly & the Danger Band, carbo load at the pasta & salad bar, enjoy cold beverages, and Birkie Brew-Ski!!
- Meet Kikkan Randall, Olympic gold medalist, and support her on her journey to #FINISHCANCER and get AKTIV Against Cancer. You could win a framed bib, autographed by Kikkan Randall! And, one lucky skier will win a pair of custom Madshus skis!
- Tickets available at the door - \$25 per person/\$12.50 for ABSF members, or register online at www.Birkie.com
- Location: Steakhouse & Lodge, 5860 T Bone Lane, Hayward



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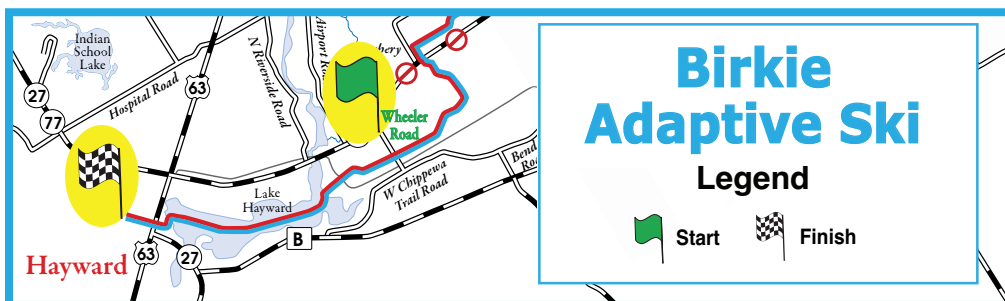
Friday, February 22, 2019

Birkie Adaptive Ski Race - Race Begins at 10:00 AM

- **Parking:** Participant parking is available at the Wheeler Road start area, adjoining the Birkie Trail. Accessible parking is available adjacent to the Celebration Zone and on each block near Main Street
- **Bib Pick-Up:** Detailed bib pick-up information was sent to participants in advance of race day.
- **Event Location:** The race will begin at Wheeler Road and finish at the Birkie Finish Line at Fourth and Main Street in Downtown Hayward. Assistance will be provided should skiers need help over the International Bridge.
- **Schedule:** The 3.7k race will begin at 10:00 am.
- **Awards:** All finishers receive a finisher medal. Top awards will be given at the Champions Stage in the Celebration Zone immediately following the race.
- **Celebrate:** Skiers are invited to celebrate in the Celebration Zone following their race.



BRENT CARLSON, MD
carlsonmd.com



Additional information about all Birkie Week events
is available at www.Birkie.com/ski

How to Use this Race Guide for Friday, February 22 & Saturday, February 23 Races

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 21

Slumberland American Birkebeiner, Kortelopet and Prince Haakon

- Where: Birkie Expo, Hayward High School, 10320 Greenwood Lane, Hayward
- When: 10:00 am to 8:00 pm
- Map: See pages RG-38/39

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

Slumberland American Birkebeiner

- Where: Birkie Expo, Hayward High School,
- When: 9:00 am to 8:00 pm
- Map: See pages RG-38/39

Kortelopet

- Where: Bib pick-up tent at the Highway OO Trailhead
- When: 9:00 am to 11:00 am
- *No Birkie gear bag pick-up at the start*
- Map: See page RG-18

Prince Haakon

- Where: Bib pick-up tent at the start area near Phipps Road
- When: 12:00 pm to 1:00 pm
- *No Birkie gear bag pick-up at the start*

Bib Pickup - Saturday, February 23

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
- *No Birkie gear bag pick-up at the start*
- Map: See page RG-19

Credentials Required for Bib Pick-Up

- All registered participants received a 2019 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!

- 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. Your Birkie Gear Bag may be shipped to you for a fee, please see www.Birkie.com for details.
- **U.S. Ski & Snowboard Membership:** If you became a member of U.S. Ski & Snowboard during your race registration, your special gift (U.S. Ski & Snowboard/Birkie hat) will be included in your packet at bib pick-up.



Getting Around on Race Day!

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

Skier Parking Lots & Drop-Off **P**


- There is **one** skier parking and drop-off lot for the **Kortelopet** and **Prince Haakon** located at Birkie Ridge.
- There are **two** skier parking and drop-off lots for the **Slumberland American Birkebeiner** located at Birkie Ridge and the Como lot.
- Skiers will be bused from designated skier parking lots **only** to the race start areas.
- Please see the map on page RG-15 for additional information. All skier parking lots and drop-off areas are indicated with a **P**.
- Dropping off a skier? A special section of the Birkie Ridge and Como lots will be designated for skier drop-off. Follow the signs to the drop-off location, drop-off skiers, and exit the lot.
- 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.

#BirkieFever

#Birkie2019

Skier Parking Lots - Friday, February 22


Birkie Ridge Parking Lot - Kortelopet and Prince Haakon

- Birkie Ridge is identified by the  on the map on page RG-15.
- 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.


Friday, February 22	Birkie Ridge to the Race Start	Recovery Zone to Birkie Ridge	Recovery Zone to Race Start (for premium parking permit holders only)
Kortelopet - Friday	8:00 am to 12:30 pm	12:30 pm to 5:30 pm	12:30 pm to 5:30 pm
Prince Haakon - Friday	11:30 am to 1:45 pm	12:30 pm to 5:30 pm	Unavailable

Skier Parking Lots - Saturday, February 23

Birkie Ridge Parking Lot - Slumberland American Birkebeiner

- For all traffic traveling north on Highway 63 (from all points south)
- Birkie Ridge is identified by the  on the map on page RG-15.
- 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 **American Birkebeiner** start area is :30 minutes.


Como Parking Lot - Saturday, February 23 - Slumberland American Birkebeiner

- For all traffic traveling south on Highway 63 (from all points north)
- Como Parking Lot is identified by the  on the map on page RG-15.
- 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.

Saturday, February 23	Birkie Ridge & Como Lots to the Race Start	Recovery Zone to Birkie Ridge & Como Lots	Recovery Zone to Race Start (for parking permit holders only)
American Birkebeiner	6:15 am to 10:30 am	12:30 pm to 6:30 pm	12:30 pm to 6:30 pm

Parking Lot Map on Page RG-15

Bus Stop Locations

- All Bus Stops are indicated with a 
- Bus stop locations for **Kortelopet**, **Prince Haakon**, and **Slumberland American Birkebeiner** races are found on the map on page RG-15.
- Bus stop locations for all Spectator parking are found on the map on pages RG-15 and RG-38/39.

Recovery Zone Bus Stop - To Skier Parking Lots

Near Downtown Hayward

- The Recovery Zone bus stop is adjacent to the Hayward Intermediate School
- If you are uncertain which bus to board to return to your parking lot, please ask a volunteer!
- Please do not use this area as a skier pick-up location.

Friday, February 22 Friday	Recovery Zone to Birkie Ridge Parking Lot	Recovery Zone to Race Start for Premium Parking Permit Holders Only
	12:30 pm to 5:30 pm	9:00 am to 12:30 am - Kortelopet

Saturday, February 23 Saturday	Recovery Zone to Birkie Ridge & Como Skier Parking Lots	Recovery Zone to Race Start for Premium Parking Permit Holders Only
	12:30 pm to 6:30 pm	12:30 pm 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). If you're staying at Wesleyan Church Dorm Housing, you will be notified of bus pick-up time. **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).

Spectator Parking Lot

Spectator Parking Lot - Hayward, WI

	Continuous Round-Trip Shuttle Service from Spectator Parking Lot to Celebration Zone Bus Stop	Continuous Round-Trip Shuttle Service from Spectator Parking Lot to Recovery Zone Bus Stop
Thursday, February 21	9:30 am to 4:30 pm	9:30 am to 4:30 pm
Friday, February 22	10:00 am to 5:30 pm	Unavailable
Saturday, February 23	9:00 am to 6:30 pm	Unavailable



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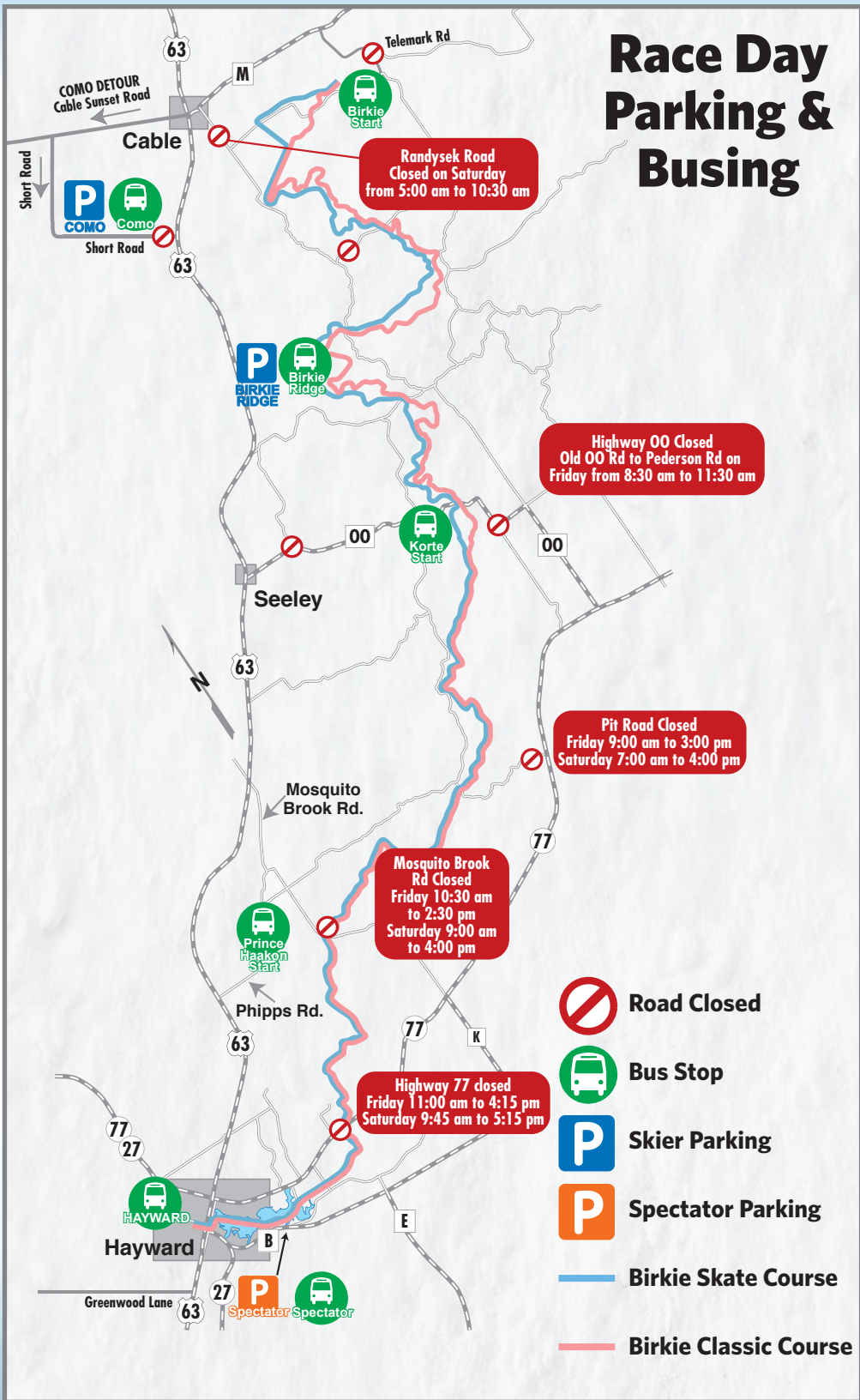


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Race Day Parking & Busing



Race Day!

Kortelopet – 29K & Prince Haakon – 15K Slumberland American Birkebeiner – 50K/55K

At the Start

Bus Drop-Off at the Start: See Start Area Maps on Pages RG-18 & RG-19

- **Kortelopet** bus drop-off is on the south 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 See Start Area Maps on Pages RG-18 & RG-19

- **Kortelopet** - The designated warm-up loop at the 'OO' Trailhead utilizes the Birkie Trail and the West Loop. Access to the warm-up area is on the south side of Highway OO and adjoins the path to the start (see map on page RG-18). 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!

Bag Drop-off

- 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.
- 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 do not overfill your bag, do not place items in the outside pockets, and make sure your bag is closed, tied or buckled, before dropping it off. Once your bag is dropped-off, it may not be retrieved until bag pick-up in the Recovery Zone.
- 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.
- Please note! No other bags will be accepted. NO SKIS WILL BE ACCEPTED.

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 Recovery 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, between 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 on page RG-20).
- 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.

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.
- Your time starts when you cross the start line (net time).

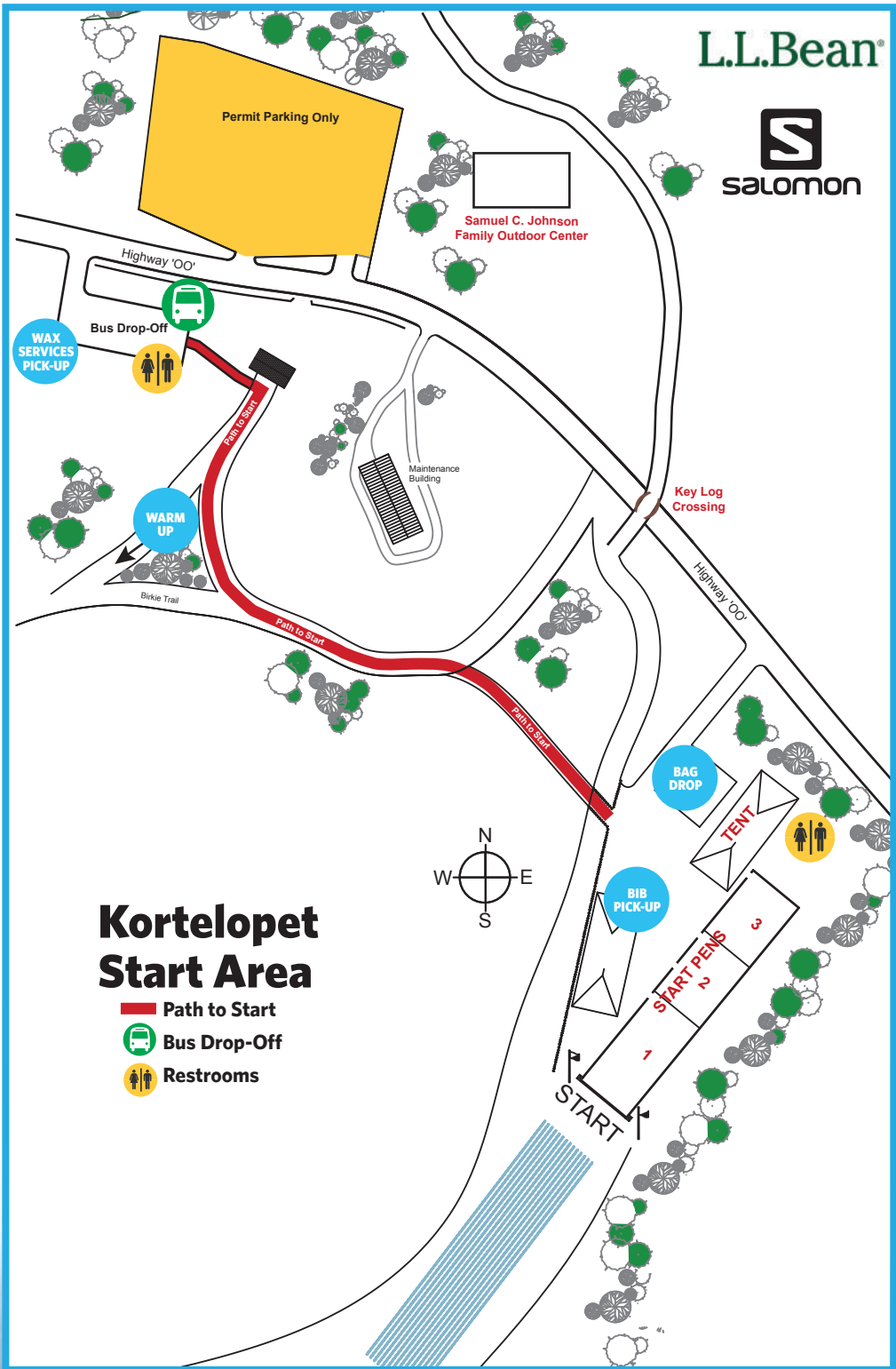
Timing Procedure

Kortelopet and Slumberland American Birkebeiner

- All Skiers MUST start at their designated wave start time (see tables on page RG-20).
- 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** and **Slumberland American Birkebeiner** - Race times for the Elite 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).

Kortelopet

L.L.Bean®



Kortelopet Start Area

- Path to Start
- Bus Drop-Off
- Restrooms

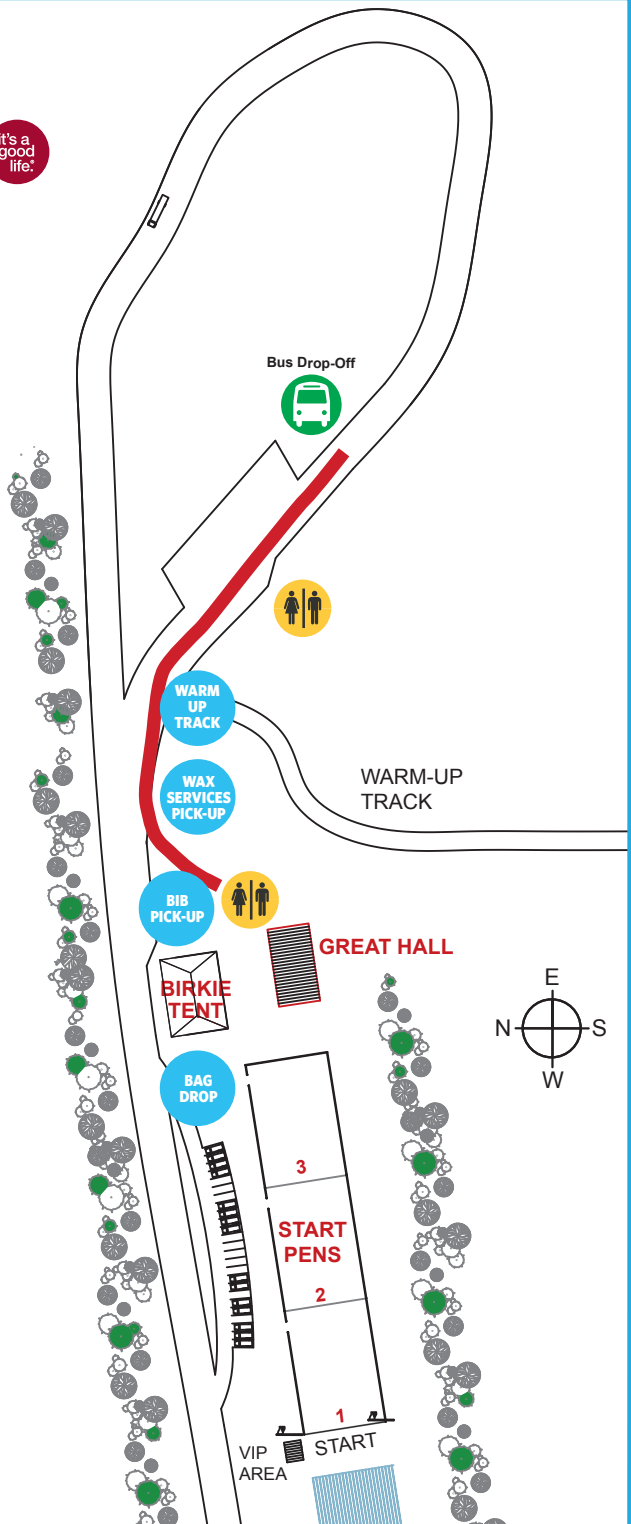
American Birkebeiner

slumberland
FURNITURE it's a good life.

SWIX

American Birkebeiner Start Area

-  Path to Start
-  Bus Drop-Off
-  Restrooms



SATURDAY SLUMBERLAND AMERICAN BIRKEBEINER

Wave Tables

Kortelopet

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

Slumberland American Birkebeiner

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



On Course

All race courses will be marked by signs that identify each kilometer and count down to the finish line. Signs will also announce the approach of upcoming aid stations.

Kortelopet

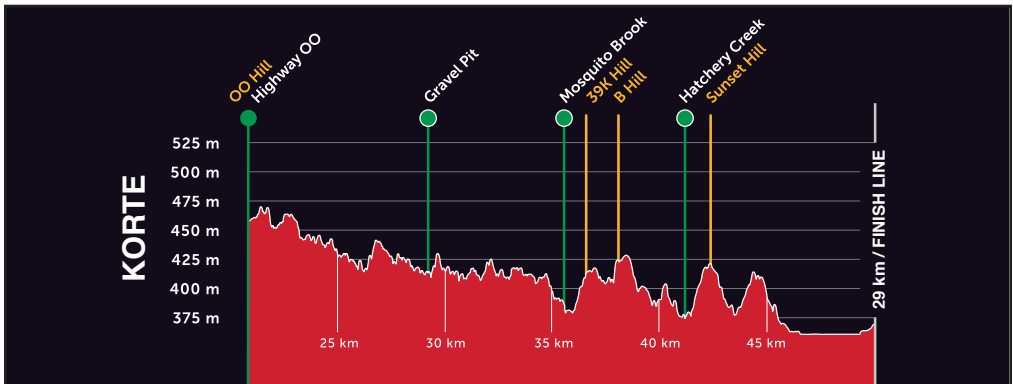
Race Course (see map page RG-23)

- 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.

Prince Haakon

Race Course (see map page RG-23)

- 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.



Slumberland American Birkebeiner

The American Birkebeiner Classic Course (see map page RG-24)

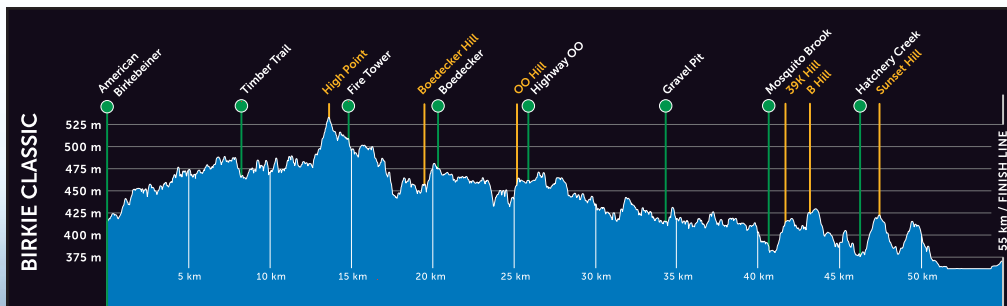
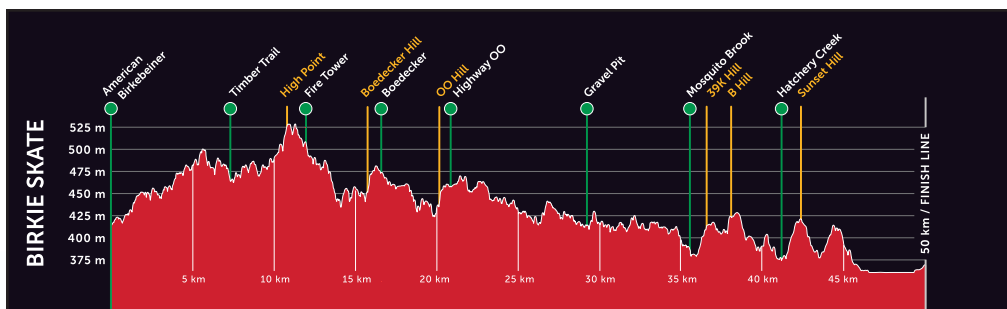
- The first 500 meters of the course is shared by both classic and skate. It is 30 meters (90 feet) wide with six classic tracks on the left.
- After the first 500 meters the classic course bears left onto a separate course, set with 3 classic tracks. The course continues for the next 26 km to the Highway OO aid station where it rejoins the skate course. Skiers will travel over the Key Log Crossing bridge spanning over Highway OO. 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.

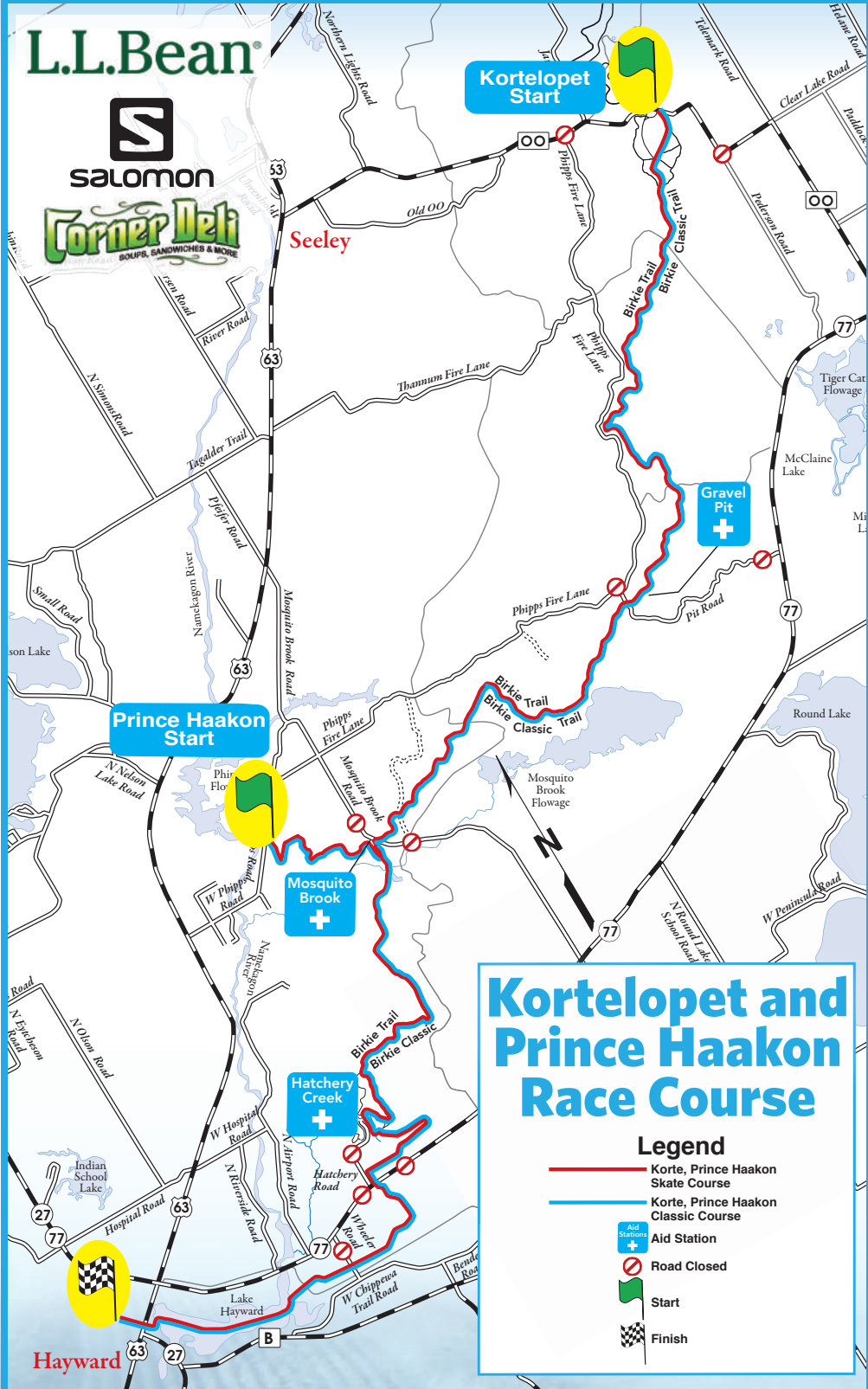
The American Birkebeiner Skate Course (see map page RG-24)

- 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 26 km to the Highway OO aid station where it rejoins the classic course. Skiers will travel over the Key Log Crossing bridge spanning over Highway OO. 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.

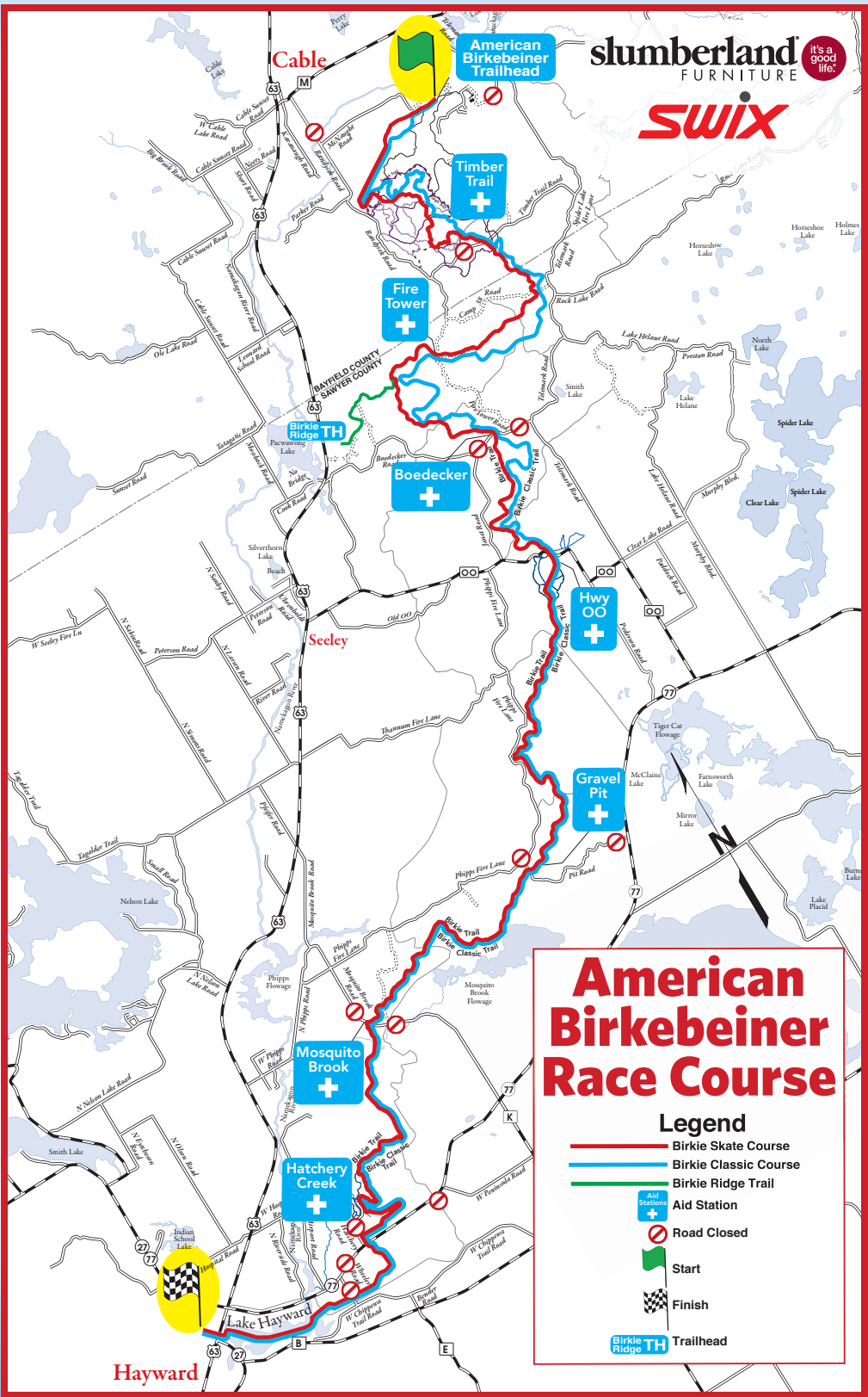




Kortelop and Prince Haakon Race Course

Legend

- Korte, Prince Haakon Skate Course
- Korte, Prince Haakon Classic Course
- Aid Station
- Road Closed
- Start
- Finish



American Birkebeiner Race Course

Legend

- Birke Skate Course
- Birke Classic Course
- Birke Ridge Trail
- + Aid Station
- / Road Closed
- ▬ Start
- ▬ Finish
- TH Trailhead

Aid Stations - What to Expect

- Fuel up with Nuun Performance, GU Energy Gels, water, bananas, and more, 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 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. After the race, please return the loaned pole to Lost & Found and retrieve your broken pole. Lost and Found is located in the Veteran's Center on Main Street and Highway 63 in Hayward.

Aid Station Locations and Cut-Off Times

Kortelopez & Prince Haakon Cut-Off Times

Aid Station Location	Distance from Start Kortelopez	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	49 km	44 km	5:00 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. It is imperative that we know if a skier drops out!
- Skiers who do not reach an aid station by the designated cut of time will not receive a finish time or credit for completing the race, must forfeit their race, and will be transported to the finish area.
- 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.
- Buses run from each aid station to the finish line area for skiers unable to continue the race.

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.



Navigating the Finish Zone

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

Finish Zone (map page RG-27)

- **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. Skiers should plan to reunite with their companions in either the Recovery Zone or the Celebration Zone.

Medical Care

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone.



Medals and Pins

- **Kortelopet** and **Slumberland American Birkebeiner** – First time finishers will receive a medal; multiple year finishers will receive a pin indicating the number of races they have completed. Each skier's bib has a sticker affixed to it, this sticker indicates the total number of years of completion (including the 2019 race).
- **Prince Haakon** - All finishers will receive a medal commemorating the race.
- Proceed toward the sign and aisle that correspond to the year sticker affixed to your bib; this will ensure you receive 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

- Nuun and Kemp's Chocolate Milk recovery drinks, as well as Clif Bar energy bars, will be available in the Finish Zone.
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone.

Finish Zone • Recovery Zone Celebration Zone

FRIDAY KORTELOPET & PRINCE HAAKON

SATURDAY SLUMBERLAND AMERICAN BIRKEBEINER



Recovery Zone - Begin Your Post Race Celebration!

See map on page RG-27

The Recovery Zone is the first post-race opportunity to reunite skiers with their friends and family, it is home to the skier's Finish Line Food Tent, results kiosk, ski racks, and more.

Drop Bag Pick-Up



- Head to the Recovery Zone to pick-up your Birkie gear bag or plastic bag.
- Go to the sign indicating your wave number, show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag.

Changing Area



- Changing tents are located in the Recovery Zone.
- There are no showers available.

Ski Storage

- Ski racks are located in the Recovery Zone and are available to store your skis while you change and recover.
- Use at your own risk! The ABSF is not responsible for lost equipment.

Skiers Finish Area Food Tent

- 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 in the Celebration Zone between Main Street and Dakota Avenue.

Recover with Elevated Legs

- Ski Hard...We'll help you Recover. Elevated Legs will be onsite this year offering Relaxing Compression Massages in the their Mobile recovery studio. Stop by and experience the amazing difference Elevated Legs Patent Pending athletic recovery system can have in helping you recover faster from your race.



Race Results Kiosk

- **Kortelopez**, **Prince Haakon** and **Slumberland American Birkebeiner** skiers - Personal results printouts are available at the kiosk in the Finish Area Food Tent. Remember, there may be finishers from later waves who may displace your result as printed. You can track your finish results online at www.Birkie.com.
- Please submit any discrepancies to www.Birkie.com by March 15, 2019.
- 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 2019 Birch Scroll will be published in the fall and will contain all race results.

For up to the minute race information,
visit www.Birkie.com and follow us on social media!

Celebrate in the Celebration Zone See map on page RG-27

- Located between Main Street and Dakota Avenue, skiers, friends, family, and fans are invited to gather in the Celebration Zone to watch the live race on the jumbo screen, share stories, shop in the Birkie Store, celebrate with food, drinks, and Birkie Brew-Ski!
- Open Thursday, Friday and Saturday - from 10:00 am to 6:00 pm, and Sunday - 8:00 am to 1:00 pm (Birkie Store and awards only)
- The Birkie Brew-Ski Beer Garden will proudly be serving Birkie Brew-Ski, a Legendary Amber Ale crafted just for the Birkie by Lucette Brewing Company!
- Visit the food trucks serving a variety of delicious hot food options.

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 Store hours in the Celebration Zone:
- February 21 - 24
 - 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 - 9:00 am to 1:00 pm



Information Booth

- Staffed by wonderful Birkie volunteers, the Celebration Zone information booth will be open:
 - Friday - 10:00 am to 5:00 pm
 - Saturday - 9:00 am to 5:00 pm

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.
- Charging station will be available on both Friday and Saturday:
 - Friday - 10:00 am to 5:00 pm
 - Saturday - 9:00 am to 5:00 pm



Race Results Kiosk

- Kortelopet, Prince Haakon, and Slumberland American Birkebeiner skiers can stop by the race results kiosk, near the Information Booth and the Birkie Store, to pick-up their personal results printouts. Remember, there may be finishers from later waves who may displace your result as printed. You can track your finish results online at www.Birkie.com.
- Please submit any discrepancies to www.Birkie.com by March 15, 2019.

Public WiFi

- Enhanced public wifi is available in the Celebration Zone and on Main Street, courtesy of the American Birkebeiner Ski Foundation.



Boosted Cell Coverage

- The Celebration Zone, downtown Hayward, and the Recovery Zone, all have boosted cell coverage, courtesy of Verizon.

Share the Fun!

- Share your Birkie week experiences! Please tag us in your posts!
- Official Birkie 2019 Hashtags:
#BirkieFever #Birkie2019



LIKE US on Facebook **American Birkebeiner**
Facebook.com/AmericanBirkebeiner



FOLLOW US on Twitter @birkie
Twitter.com/birkie



FOLLOW US on Instagram @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! **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).

Awards

Awards may be picked up in the Birkie Store, located in the Celebration Zone, during the following hours:

- Friday - 2:00 pm to 5:00 pm
- Saturday - 9:00 am to 5:00 pm
- Sunday - 9:00 am to 1:00 pm

Over-All Awards - Celebration Zone**Friday, February 22****Kortelopet**

- 12:45 pm - The top three male and female finishers, in both classic and skate techniques, will be recognized on the Champions Stage

Prince Haakon

- 2:30 pm - The top three male and female finishers (no technique distinction) will be recognized on the Champions Stage

Saturday, February 23**Slumberland American Birkebeiner**

- **American Birkebeiner** The top three male and female champions will be honored in a ceremony on the Champion's Stage in the Celebration Zone.
- 11:30 am - **Slumberland American Birkebeiner** Skate Champions Ceremony. The Madshus Sprint Champions will also be recognized at this time.
- 12:30 pm - **Slumberland American Birkebeiner** Classic Champions Ceremony

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 honored with an award which can be picked up in the Birkie Store, located in the Celebration Zone.
- **Prince Haakon** - No age group awards

Recognition Awards

Korteløpet – Skiløper

- **Korteløpet** skiers who reach the milestones of 10, 20, and 30-years are recognized as a Skiløper – Ti (10), Skiløper –Tjue (20), Skiløper – Tretti (30). **Korteløpet** skiers who reach the landmarks of 10, 20, and 30-years, will receive a personalized award which can be picked up in the Birkie Store located in the Celebration Zone.

Slumberland American Birkebeiner – Birchlegger & Uberlegger

- Skiers who reach the milestone of 20-years are recognized as a Birchlegger and at 30-years are recognized as an Uberlegger.

Slumberland American Birkebeiner Skiers who reach the landmarks of 10, 20, 30, and 40-years will receive a personalized award. Skiers may pick-up their award in the Birkie Store in the Celebration Zone on Saturday from 1:00 pm to 5:00 pm, or at the Birchleggings Club Breakfast.



- **Birchleggings Club Awards Breakfast** - Birchlegger and Uberlegger skiers are invited to attend the Birchleggings Club Breakfast on Sunday, February 24, at 9:00 am, at the Steakhouse and Lodge Restaurant in Hayward. Tickets are available at the door.

Wave Winner Awards

- On race day, check race “Results” on the home page of Birkie.com to see if you’re a wave winner.

Slumberland American Birkebeiner – Award Courtesy of Slumberland

- In each wave, the first male and female, in both classic and skate techniques, will receive a pair of premium pillows from Slumberland.
- Award pick-up is at the Slumberland Furniture Store, Hwy 63 in Hayward, WI.
- Saturday - 9:00 am to 6:00 pm
- Sunday - 9:00 am to 6:00 pm

Korteløpet – Award Courtesy of Salomon

- In each wave, the first male and female, in both classic and skate techniques, will receive a special gift from Salomon.
- Award pick-up is at the Clif Lodge, on the corner of Main Street & Highway 63, at the base of the Birkie Bridge.
- Friday - 11:00 am to 5:00 pm
- Saturday - 9:00 am to 5:00 pm

Mailing of Awards

- If you are unable to pick-up your award in person, you may request that it be shipped to you, at your expense, until March 29, 2019. Call the Birkie Office at 715-634-5025 or email at birkie@birkie.com for details.

**Contact the Birkie at birkie@birkie.com
or 715-634-5025**



Worldloppet International Ski Federation

- The Worldloppet is an international sports federation of cross-country skiing marathons and promotes the sport around the world. The **American Birkebeiner** is a founding member of Worldloppet and the **KorteloPET** is a charter member. There are 20 Worldloppet races from America to Europe, and Asia to Oceania – ski the world!
- **Worldloppet Passport Stamping** - The completion of a Worldloppet race is a remarkable achievement and worth recording! **Slumberland American Birkebeiner** and **KorteloPET** skiers may secure a Worldloppet Passport and commemorate their finish with an official stamp. Passports will be stamped at the Birkie Office during the following hours:
 - Friday, 12:00 pm to 4:00pm
 - Saturday - 12:00 pm to 5:00 pm
 - Sunday - 8:00 am to 1:00 pm
- **Worldloppet Passport Holder's Breakfast Gathering** - Join Worldloppet Passport holders, Masters, and skiers alike for an informal, European-Style breakfast gathering on Friday, February 22, at Flat Creek Inn & Suites on Highway 27 in Hayward, WI. Pre-registration is encouraged and available at www.Birkie.com/live/worldloppet.
 - 7:30 am - Coffee & Social
 - 8:00 am - Breakfast
 - Tickets are available at the door.
 - Important Note! **KorteloPET** skiers will be transported to the KorteloPET - bus departs at 9:00 am.

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 15, 2019. 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 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

Hospitality Zones! (See map on page RG-27)

Need a space to warm-up, chill out, and watch the race? Stop by one of the Hospitality Zones!

- **Slumberland Furniture - Hospitality Zone**

- Warm beverages and plenty of comfortable places to rest when you come in out of the cold! Welcome!
- Location: Slumberland Furniture, Highway 63

- **The Village at Marketplace**

- Watch the skiers pass right by you on the way to the finish! This exciting family-friendly area includes:
 - **Kemps Kids Zone—Free Snacks for Kids!**
 - Family-friendly with free hot dogs from Old Wisconsin, cheese curds, s'mores, fruit and hot chocolate for kids, all in a 20x30 heated tent! Plus, warm up next to the toasty-warm fire pits! Join us!
 - **Pulled Pork Sandwiches—Free to All Spectators!**
 - Courtesy of Kretschmar Deli Meats!
 - **Brat Stand**
 - Featuring hot "Birkie® Brew-Ski Brats," only from Marketplace. Brats are \$5 each, cash only.
 - **Beer Station**
 - Serving the Birkie's own "Birkie® Brew-Ski Beer"
 - **Sauna with Friends!**
 - Mobile Sauna and Hangout from Sauna Society Outfitters. Info and reservations: www.saunasocietyoutfitters.com/birkie

CLIF Lodge

- Join the Snow Party at the CLIF Lodge! Warm up and enjoy complimentary snacks, drinks, swag and medal engraving at a prime location to cheer on your skiers!
- Location: Corner of Highway 53 & Main Street at the base of the American Birkebeiner International Bridge



Sunday, February 24, 2019

SUNDAY EVENTS

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!

• **Birkie 2020 Registration - Special Offer!**

- Stop by any vendor at the Birkie On-Snow Ski & Bike Demo to pick-up your unique discount code for Birkie 2020 Registration!
- One per person and limited quantity available! This one time offer will guarantee you the best possible Birkie 2020 registration rate!
- See you at the demo!

FRIDAY EVENTS

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. Kikkan Randall, Olympic Champion cross-country skier and President of Fast and Female USA, will be at this very special event! Kikkan is a passionate "Get-Active"ist promoting healthy lifestyles.
- For Girls ages 8-18, space is limited!
- Advance registration is recommended. Tickets available at www.fastandfemale.com
- Location: Samuel C. Johnson Family Outdoor Center at the OO Trailhead.

SATURDAY EVENTS

More Info You Need to Know!

Skier Tracking - Share this with your family and friends!

- It's easy for friends and family to track your progress on their Smartphone.
- Download the RTRT.me Mobile App at <http://rtrt.me/app/birkie2019> or search for "rtrt.me" in your App Store.
- Once the app is downloaded to a Smartphone, search for and select the "2019 Birkie" event.
- Participants, family, and friends can use Live Tracking to get status of skiers in real-time using the Live Tracker & Leaderboard. Users will get details such as time, pace, position on the map, and estimated finish time.
- Details on the home page of www.Birkie.com.

Race Day Streaming Video

- Friends and family can watch streaming video of Kortelopet, Prince Haakon and American Birkebeiner skiers at points along the race course.
- Four stationary cameras will capture various points along the race course including: the Kortelopet and American Birkebeiner race start areas; Prince Haakon, Kortelopet, and American Birkebeiner skiers as they approach the American Birkebeiner International Bridge; and all skiers as they cross the Finish Line in Downtown Hayward.
- Live stream link is available on the home page of www.Birkie.com.

Full Race Coverage

- Snowmobiles, equipped with cameras, will capture American Birkebeiner freestyle elite skiers as they journey to the finish line on the snow-covered Main Street of Hayward, WI.
- The entire race, covering both male and female Champions, will be “live” streamed shortly after completion of the finish of the actual race.
- Check out the home page of www.Birkie.com for details.

Say Cheese - MarathonFoto Has You Covered

- While you focus on skiing your best race, MarathonFoto will focus on capturing your special moments. As the official on-course race photographer, MarathonFoto will be with you every step of the way. So smile for the cameras along the Kortelopet, Prince Haakon, and American Birkebeiner race course!
- Your bib number must be visible and readable by MarathonFoto photographers.
- You'll be notified when photos are uploaded and ready to view! Until then, remember www.Marathonfoto.com!

Live Race Coverage

- From pre-race Birkie stories, to exciting live coverage from Main Street, and celebratory post-race skier interviews, local radio stations WRLS 92.3 and WOJB 88.9 will have the latest Birkie news.

If You See Something...Say Something!

- To send an anonymous tip to law enforcement officials for activities related to and during Birkie week events, please text: TIP BIRKIE (followed by a message or report) to telephone number 888777 or on Twitter, send a message to @birkiealert - thank you!



See You at the Finish Line!

BIRKIE® STORE

Celebrate Your Birkie Fever!
Shop the Birkie Store!



Birkie Week Store Hours & Locations!

Birkie Expo – Feb 21-22

- Thursday - 10am to 8pm
- Friday - 9am to 8pm

www.BirkieStore.com

Celebration Zone - Feb 21-24

- Thursday & Friday - 10am to 5pm
- Saturday - 9am to 5pm
- Sunday - 9am to 1pm

AMERICAN BIRKEBEINER SKI FOUNDATION - 2019-2020

Birkie Events Calendar

2019

February 21	Birkie Week Festivities & Events Begin
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	45NRTH Fat Bike Birkie
May 1	Registration Opens For: 2020 Slumberland American Birkebeiner, 2020 Kortelopet, 2020 Prince Haakon, 2020 Birkie Tour, 2020 Fat Bike Birkie
May 15	Lumberjack Run 5K Run/Walk Registration Opens
August 3	Lumberjack Run 5K Run/Walk
August 10	ABSF Annual Meeting & Fun Day
September 27 & 28	Birkie Trail Run Festival

2020

January 1	2020 Birkie Trail Run Festival Registration Opens
January 19	Birkie Tour
February 20	Birkie Week Festivities & Events Begin
February 21	Kortelopet & Prince Haakon
February 22	46th Slumberland American Birkebeiner
February 23	Fast and Female Champ Chat, On Snow Ski & Bike Demo
March 6 & 7	45NRTH 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**
-  **HZ Hospitality Zone**
-  **Restrooms**

