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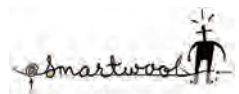
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COMMENT

You don't have to be on skis to enjoy Birkie Week here in Hayward, a fact that tens of thousands of spectators attest to every year. With everything that's going on, you can have a hard time keeping up.

And with 25 years of Birkie coverage under my belt, here's one thing I've learned: There's always a new way to see things. If you've always watched the Barnebirkie kids finish, this year check out the start line. Find a new spot on Main Street. See things from a different angle.

Have fun, be safe, and give 'em plenty of cowbell!

— Paul

Visitor

Your Guide to Wisconsin's Northwoods

(UPS - 795-860)

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CONTENTS

Welcome to the Birkie.....	SG6
Spectator's Guide to Events.....	SG8-10
Meet the 2020 Warriors and Inga	SG12
Historical Vignettes - Working for Wise. SG	14
Serendipity by Suzy.....	SG18
Northwoods Nature: Glaciers	SG20
Detours & Road Closures.....	SG22
Spectator Q&A:	
Everything you need to know!	SG24-28
Parking, Potties, and Meeting Places	SG30
The Bookworm Sez	SG32
Pasta Feeds.....	SG34
Ring them bells!.....	SG34
Skier recognition	SG34
No crossing Main!	SG34
When Will they Finish?	SG36
Hospitality Zones.....	SG36
What do the Bibs Mean?.....	SG38-40
Visitor Calendar.....	SG42
Birkie Crossword.....	SG44
Cartoon: Up North with Leroy.....	SG48



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WELCOME TO THE BIRKIE!

The Slumberland American Birkebeiner ski marathon — the Birkie — is North America’s largest cross-country ski marathon, and the third largest in the world...

The course spans 50 kilometers from Cable to Hayward for skaters, and 55 kilometers for classic skiers.

- The 29-kilometer Kortelopet is the second largest cross-country ski race in North America.
- In 2020, approximately 11,000 skiers will participate in the Birkie, Kortelopet, and 15-kilometer Prince Haakon (pronounced “HO-ken”).
- The Birkie is part of the Worldloppet circuit of 20 international ski marathons.
- Over 250,000 skiers have finished Birkie ski events — the Birkie, Kortelopet, and the Prince Haakon — since the races began in 1973.
- An estimated 40,000 spectators and skiers gather in the Hayward and Cable area for this annual celebration of winter Nordic sports. Spectators join in the celebration on Hayward’s Main Street by ringing cowbells and cheering on skiers.

The History of the Birkie

The Birkie was founded in 1973 by Tony Wise who patterned the ski marathon after the Birkebeiner Rennet, which had been held in Norway since 1932. Both events honor and re-create a historic Norwegian event — in 1206 two warrior soldiers (called “Birkebeiners” because of the birch-bark leggings they wore) skied infant Prince Haakon to safety during the Norwegian civil war. Prince Haakon subsequently became King of Norway, and the Birkebeiner soldiers became a Norwegian symbol of courage, perseverance and character in the face of adversity.

The first American Birkebeiner Ski Marathon had 35 participants, as compared with nearly 11,000 today. Wise’s vision also shaped cross-country skiing when he brought the world together with the founding of the Worldloppet, an international sports federation of cross-country skiing marathons. Since the Worldloppet’s inception in 1978, 2.5 million skiers have finished Worldloppet races.

In honor of the Birkie’s roots, each year three skiers and an infant dress as the original Birkebeiner warriors, Inga (mother of Prince Haakon) and Prince Haakon. The warriors and Inga ski the Birkebeiner Classic from Cable to Hayward on traditional wooden skis and in



full-period costume. A baby doll is carried along the trail to symbolize wee Prince Haakon. In the final stretch of the race, a real infant Prince joins Inga and the Warriors for the race to the finish line in downtown Hayward. It is a true celebration of the roots, legacy and traditions of the race.

A Legendary Trail

The Birkie Trail is a 100-plus kilometer trail system that weaves its way through these north woods. Used year-round by skiers, runners, bikers, trekkers, and hikers alike, this trail is groomed by the American Birkebeiner Ski Foundation and is available for use by outdoor enthusiasts nearly 365 days a year. The Birkie Trail was named the Number 1 cross-country ski destination in the US by USA Today/10Best.

The Birkie Mission

The mission of the American Birkebeiner Foundation is to promote and conduct the finest international cross-country ski competition and healthy, active lifestyle events; to serve as good stewards of the American Birkebeiner Trail; and to support healthy and active lifestyles among people of all ages and abilities.

Today, the Birkie has grown into much more than just a race. Today the Birkie represents a year-round, healthy, active lifestyle that provides events for thousands of outdoor fitness enthusiasts of all ages and abilities.

From the iconic Birkie race that started it all, to the Birkie Trail Run Festival and the Fat Bike Birkie (the world’s largest fat bike race), the Birkie Trail has become a mecca for outdoor enthusiasts year-round. In fact, over 100,000 visitors utilize the Birkie Trail each year. •

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SPECTATORS' GUIDE TO EVENTS

Birkie events begin on Thursday and include activities for all ages and abilities.

Thursday, February 20

Barkie Birkie Skijor – 9:30 a.m.

- Skiers & dogs enjoy the sport of skijoring and show off their “Barkie Fever” as they race down Hayward’s Main Street in 3K sport or 5K expert events. Presented by Northern Lakes Cooperative Feed Mill

Barnebirkie Youth Ski Tour- 11:30 a.m.

- This is where Birkie dreams begin! Imagine 1,000 youth skiers, ages 3-13, skiing from the Hayward Intermediate and Primary schools and finishing on Hayward’s snow-covered Main Street. Three race lengths for different ages and skill levels. Presented by Johnson Financial Group and Swiss Miss

Birkie Expo - 10 a.m.-8 p.m.

- Home to bib pick-up, this two-day event finds over 11,000 skiers and vendors galore preparing for the largest cross-country celebration in North America. Located at Hayward High School

Junior Birkie – 1:30 p.m.

- The next generation of passionate skiers, between 6 and 19 years of age, charge their way toward Main Street in 1.5K, 3K, or 5K races. Races begin behind Intermediate and Primary schools. Presented by Gear West and Rossignol

Junior Birkie Team Sprints Relay – 3 p.m.

- Junior Team relay sprints on Hayward’s Main Street make for an afternoon of action-packed excitement. Presented by Gear West and Rossignol

Birkie Giant Ski - 5 p.m.

- Under the twinkling Lure of Lights, skiers and non-skiers alike compete in teams of six on giant 25-foot long skis on Hayward’s snow-covered Main Street. Sponsored by Hayward Area Chamber of Commerce

Birkie Bash Celebration 2020 – 5:30 p.m. - 8:30 p.m. (buffet ends at 8)

- An annual pilgrimage for Birkie skiers, the Birkie Bash pasta feed includes dinner and live music by Molly and the Danger Band. Special guest Kikkan Randall will fill us in on the latest on the exciting Coop FIS Cross Country World Cup coming to Minneapolis in March, plus Kikkan will draw two winners for two prize packs to the World Cup in Minneapolis. And one lucky skier will win a pair of custom Madshus skis. Tickets MUST be purchased in advance at birkie.com. \$25 per person/\$12.50 for ABSF members. Location: Steakhouse & Lodge.

Friday, February 21

Birkie Expo – 9 a.m. to 8 p.m.

- Home to bib pick-up, this two-day event finds over 11,000 skiers and vendors galore. Located at Hayward High School

Birkie Adaptive Ski Events – 9 a.m.

- Adaptive athletes ski in one of three categories: sit-skiers, standing adaptive skiers, and visually impaired skiers. Begins at Wheeler Road and finishes on Main. Presented by Becker Law

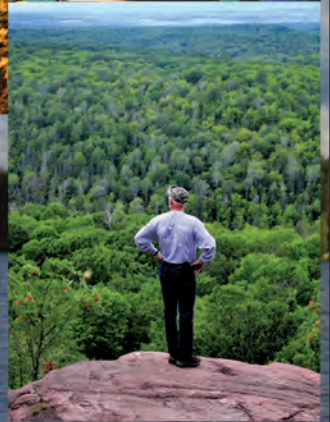
Kortelopet – 29K Classic & Skate – 10:15 a.m.

- North America’s second largest cross-country ski race departs from the Highway OO Trailhead and ends on Hayward’s snow-covered Main Street. Title Sponsor Slumberland Furniture, and Presented by L.L. Bean and Salomon.

If you think this looks fun...



You should see our **other seasons.**



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SPECTATORS' GUIDE TO EVENTS

Friday, February 21

Prince Haakon 15K – 1:15 p.m.

- In honor of the infant Prince Haakon, a future Norwegian King, who was rescued and skied to safety by Birkebeiner warriors, this exciting race ends amongst cheering fans and the ringing cowbells in downtown Hayward. Title Sponsor Slumberland Furniture, Presented by Northern Lakes Co-op

Saturday, February 22

46th Annual Slumberland American Birkebeiner – 50K Skate/55K Classic – 8:15 a.m.

- The “Birkie” is North America’s largest ski-marathon. Skiers make their

way from the American Birkebeiner Trailhead in Cable to Hayward on the legendary Birkie Trail. Skiers will make their way up and over the Birkie Bridge and finish on Hayward’s snow-covered Main Street. The Greatest Show on Snow! Title Sponsor Slumberland Furniture.

Sunday, February 23

Sunday On-Snow Ski & Fat Bike Demo – 9 a.m. to 2 p.m.

- Everyone from newbie skiers to elites can try out the latest in new equipment — skis, poles, boots, bindings, and fat bikes — at the American Birkebeiner Trailhead in Cable. Vendors galore!

More Birkie-inspired events throughout the year!

Lumberjack 5K Run/Walk – Aug. 1, 2020

- Channel your flannel at the Lumberjack Run/Walk. Held in conjunction with the Lumberjack World Championships — another iconic Hayward festival. This 5K run/walk is a great way to embrace your inner lumberjack. Run/Walk starts and finishes in legendary Lumberjack Bowl on the shores of Lake Hayward. Yoho! Info at www.lumberjackworldchampionships.com.

Fat Bike Birkie – 47K & 21K & 10K Tour— March 6 & 7, 2020

- March 6 Expo & Demos, March 7 races, post-race and after parties. The Fat Bike Birkie is the largest Fat Bike race in the world. Fat biking is the fastest growing sport in cycling, so enjoy this once-a-year chance to ride fat bikes on the groomed, snow covered American Birkebeiner Ski Trail. Three race options:

47K, 21K, and 10K tour.

Birkie Trail Run Festival – Sept. 25 & 26, 2020

- Make it a weekend! On-site camping, great events, expo, vendor demos, food, cold beverages, bonfires, turning leaves, stars, and more. September 25 – Expo begins, camping & north woods fun! September 26 – Ultra, Marathon, Marathon Relay, Ultra Marathon Relay, Half-Marathon, Nordic Trek, 5K, 1K for kids. Details on all Birkie events are available at www.Birkie.com. New Venue: The American Birkebeiner Trailhead in Cable

For additional information on these and other American Birkebeiner Ski Foundation events, visit www.Birkie.com.

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Minnesota trio carries on a longstanding Birkie tradition

The American Birkebeiner Ski Foundation (ABSF) has chosen three Minnesota residents as the winners of the 2020 Birkie Warriors and Inga Contest.

The selected cross-country skiers will reenact the 800-year-old legend that inspired the creation of the American Birkebeiner ski race, which will celebrate its 46th year on Feb. 22, 2020.

This year's winning trio consists of David Kettula of International Falls as Skjervald, Vergil Pinckney of Rochester as Torstein; Tasha Pinckney of Rochester as Inga, and Baby Caelan Pinckney as Prince Haakon.

"Throughout Birkie week this trio brings to life the legacy of the Birkebeiners," said Ben Popp, ABSF executive director. "Torstein, Skjervald and Inga are important threads in the greater fabric of the overall Birkie experience." The contest winners were selected by judges who know exactly what it takes to ski the 55-kilometer Birkie Classic Trail on wooden skis and in full period costume. Each year, the contest judges are the previous year's contest winners.

Each group that enters the contest is required to submit an essay outlining their skiing abilities and why they should be selected as the next "Birkie Royalty." Together, the Kettula/Pinckney trio has a long history of Birkie week participation and a definite case of Birkie Fever. The 2020 Slumberland American Birkebeiner will be the 30th Birkie for David Kettula (Skjervald). When he lined up on the start line 30 years ago, it was the very first ski race he'd ever participated in and he hasn't missed a Birkie race since.

"We were all together when I received the email that said we made it. We all let out a Birkie yell. It is a once-in-a-lifetime honor," Kettula said.

Kettula's daughter, Tasha Pinckney (Inga), has an equally impressive Birkie track-record. She will ski her 10th Birkie in 2020. Pinckney has also skied two Kortelopet races, along with four Junior Birkie and 10 Barnebirkie races.

"When I found out we won, I couldn't stop smiling," Pinckney recalled. "I started thinking about training on wooden skis, what costumes we would wear, and when the elite skiers might pass us! I've been skiing since I could walk and



David Kettula, Tasha Pinckney, Caelan Pinckney and Vergil Pinckney carry on the Birkie tradition.

am so excited to portray Inga for my 10th Birkie and to cross the finish line with my son."

Tasha's husband, Vergil Pinckney (Torstein), did not grow up as a cross-country skier, but it didn't take long for him to catch Birkie Fever after meeting Tasha; 2020 will be Vergil's second Birkie.

"I married into a skiing family but had never cross-country skied before I met my wife," Vergil said. "After I watched my wife and father-in-law ski the 2015 Birkie, I started to get the fever. I definitely have it now and am honored to represent the warriors who saved the Last King of Norway."

In addition to skiing the entire 55-kilometer Birkie Classic race, the trio will pick up baby Caelan Pinckney (Prince Haakon), Tasha and Vergil's son and David's grandson, at the American Birkebeiner International Bridge and carry him across the finish line on Hayward's Main Street to signify the safe delivery of Prince Haakon to Trondheim, Norway.

Coincidentally, Feb. 22, the date of the 46th Slumberland American Birkebeiner, also happens to be Caelan Pinckney's first birthday. Popp said the entire Birkie community will be pleased to share a hearty "Happy Birthday" with the young warrior prince and his family.

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HISTORICAL VIGNETTES

Each year, when Hayward and Cable fill with skiers and spectators over Birkie weekend, the name of a man who has been gone for 25 years still comes up constantly in conversation: Tony Wise.

Wise was the founder of the American Birkebeiner and instrumental in the founding of the World-loppet. He started the Lumberjack World Championships, operated Historyland, and owned and operated Telemark Resort. In Hayward and Cable, Wise's legacy is unequalled.

For this Birkie issue of the Visitor, we're reprinting a story written for the Sawyer County Record's Trailblazer Magazine in 2008, in which Cable resident Rich Elliker recalls his experiences working for Wise.

My Life According to Tony Wise

RICH ELLIKER'S STORY

BY KRISTINE LENDVED

If not for a fateful phone call from a Mr. Tony Wise in the winter of 1968, Rich Elliker might never have set foot in this section of the state.

Rich Elliker and his wife, Carol, are well-known citizens of this area. Anyone who follows music in the region will have heard Elliker's trombone in bands like Jazznocracy, the Big Woods Big Band and the Northwinds Brass Band. "Trombone player" was not, however, the career path Elliker started out on.

Before the 1968 phone call, Elliker had already strayed from the "straight and narrow" path when he quit his job as a federal employee to take a temporary, three-month, summer job at a resort in central Wisconsin, the Silver Spur Ranch near Gresham. His conservative parents were appalled. Elliker, who had by that time served a number of years as a "paper-shuffler," first for the Social Security administration and then for NASA, knew that, if he hit his decade,

he would be locked-in for life. A "paper-shuffler" is not what Elliker was born to be.

In search of winter employment, Elliker had sent resumés out to a handful of ski resorts, and Tony' Wise's Telemark Resort in Cable is the one that called his number. He had listed "playing the trombone" among his hobbies, and was quite astonished to learn that was the reason for the call. He had been playing the horn since the 5th grade, but he had never been financially compensated for doing so.

At least he thought that's why Mr. Wise was calling. The caller spoke so quickly that Elliker admits he found much of the conversation unintelligible, but he did manage to pick out key words and phrases such as "Telemark," "Sunday at one o'clock" and "sit in with the band."

Working on faith, Elliker made the long trek north from Chicago and presented himself to Mr. Wise at Telemark's Rathskeller, trombone in hand, on Sunday at 1 p.m. Wise introduced him



PHOTO FROM "TELEMARK MEMORIES," 2007

The Ratnicks in 1968: From left, Stan Stangle on tuba; Marv Kuehn on accordion; Rich Elliker on trombone; Norrie Reykdal on electric bass; and Bob Honigmann on vocals.

to the rest of the Rathskeller band and disappeared. Elliker managed to fake his way through a couple of sets and, at a break, encountered Mr. Wise again, who said, "Yeah, yeah, good, good," by way of advising him that he was hired.

Thus began Elliker's 10-plus year career as a Ratnick, the essential Rathskeller band. Unlike "paper pusher," this was an identity he felt comfortable being locked-in to. The band played in "the dungeon" (as the musicians called it) every Saturday and Sunday afternoon through the ski season, regaling the raucous patrons with polkas and Dixieland jazz, Wise's favorite kind of music. The character of "The Rat," located in the basement of the old Ski Chalet, was a magnet for skiers. Elliker and the rest of the Ratnicks loved playing their tails off for what always seemed to be a room packed full of skiers who loved to drink beer and polka in their noisy boots. Elliker is pretty certain that some of them never made it out to the ski hill. He is very certain that they all had fun, musicians and skiers alike.

That it was Wise and not band-leader Tommy "Trumpet" Reykdal who hired Elliker is characteristic of the way things happened at Telemark and in all of Wise's purview.

"Tommy called the tunes," said Elliker, "but not the shots. That was Tony." The musicians were always accepting of anyone who Wise invited to sit in.

Elliker received \$30 per gig as a Ratnick,



PHOTO FROM "TELEMARK MEMORIES"
Entrepreneur Tony Wise.

HISTORICAL VIGNETTES



PHOTO: TERRELL BOETTCHER, FOR THE RECORD

Members of the Ratnicks play a polka during the Telemark 60th anniversary celebration in December 2007. Rich Elliker, far left, plays with Bill Evans, Tommy Reykdal, accordianist Jim Peko and Norrie Reykdal. Tuba player Jerry Gunn and drummer Doggie Berg are partially hidden behind the others.

along with free skiing. Elliker had started skiing a few years previous and was pleased with this job perk, especially since he had the free time to take advantage of it. In the second winter of his tenure as a Ratnick, Elliker was approached by Jim Bauer, then director of Telemark's Ski School, inquiring if he'd be willing to teach skiing during his weekdays. Elliker started out teaching beginners. He later acquired certification as a ski instructor and taught downhill skiing for over 25 years. Thus, another of his "hobbies," through the aegis of Mr. Wise, evolved into another way to make a living — a living in the Northwoods.

After a couple of winter seasons, Elliker was pressed by Wise to remain in his employment through the summer season. Elliker was offered a choice; he could run the smorgasbord upstairs at the Clark House at Historyland in Hayward, or he could pilot the Namekagon Queen as it toured Lake Hayward. Did he have any experience piloting a boat? Well, Elliker admitted, he had once driven a boat pulling a water-skier. "Okay, you drive The Queen."

In retrospect, his experience might not initially have been sufficient to the task of handling a 35-foot, double-decker paddle-wheeled scow which accommodated as many as 50 passengers.

He acquired the nickname "Captain Crunch" after an early collision with the dock, but the job was his and he performed it for 14 summers. His responsibilities included offering a little historical and informational repartee, which he tried to lace full of wry humor, which he can only hope his passengers noticed and appreciated. The job was always an adventure, the boat not being exactly in tip-top shape. Many times the Historyland mechanic had to resurrect the ancient vessel overnight so it could sail another day.

Once ensconced as a year 'round employee and area resident, Elliker found himself with another obligation. It fell to him to man the tennis courts at Telemark in the shoulder seasons, which included playing sets with Wise whenever the boss felt like it, in whatever the weather.

"We must have played hundreds of sets through the years," said Elliker, "and my main claim to fame on the courts was that I never lost a set to Tony."

It wasn't so much that Elliker was a good player, he said. It was that Wise was not a good player. Beating Elliker also in a tennis match, he said, was one of the very few things that Wise applied his determination to but did not accom-

CONTINUED ON PAGE SG45



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SERENDIPITY by Suzy

TEST YOUR BIRKIE KNOWLEDGE

Suzy's been laying low this winter, trying her hardest to keep from falling and breaking a nail — well, these days, more likely a hip. But one weekend that brings her out onto the street, cowbell in hand, is Birkie weekend. Suzy loves to cheer on all of those skiers with their colorful spandex, cheerful optimism, and snot-covered beards. Who wouldn't, right? Hopefully she'll see you on Main Street.

And while you're there, impress your fellow spectators with your knowledge of the Birkebeiner by mastering Suzy's little quiz. Get 10 right and you're in the first wave; get 8-9 and you're an easy strider; get 7 or less, you might want to rethink your wax choices!

1. The first American Birkebeiner took place in what year?
 - a. 1948
 - b. 1973
 - c. 1984
2. Who was the founder of the American Birkebeiner?
 - a. Bill Koch
 - b. Suzy Chaffee
 - c. Tony Wise
3. How many skied the very first Birkebeiner?
 - a. 35
 - b. 73
 - c. 246
4. The original Norwegian Birkebeiner commemorates the rescue of what young prince?
 - a. Prince Rogers Nelson
 - b. Prince Ranier
 - c. Prince Haakon
5. How many volunteers does it take to pull off "Birkie Week" each year?
 - a. 2,500
 - b. 13,500
 - c. 8
6. What berry is used in "Birkie Soup"?
 - a. Strawberry
 - b. Gooseberry
 - c. Blueberry
7. How many times has the Birkie been cancelled because of snow (or lack of) conditions?
 - a. 1
 - b. 2
 - c. 4
8. How many women skied the first Birkie?
 - a. 6
 - b. 8
 - c. 1
9. Who is the only Birkie founding skier who has skied every race?
 - a. Ernie St. Germaine
 - b. Jacqui Lindskoog
 - c. Ole Enlena
10. Who was Rosie's Field named after?
 - a. Jack Pine Rosie
 - b. Rosie the Riveter
 - c. Rose Marie Martinson

Answers

1. b; 2. c; 3. a; 4. c; 5. a; 6. c; 7. b; 8. c; 9. c; 10. c

OFFICIAL "HOSPITALITY ZONE" BIRKIE WEEK 2020

WARM UP HERE!



Park here, too!

Stop inside for warm beverages and plenty of comfy places to hang out!

We are close to Main Street!

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Warm up, hang out and take a break from the action



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Northwoods Nature

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ODE TO THE GLACIERS

BY EMILY STONE • CABLE NATURAL HISTORY MUSEUM

What do you love most about Northern Wisconsin? Rolling hills traversed by some of the best trails in the country, winding back roads, ice-covered lakes, and shady green forests are some of my favorite features. Have you ever wondered why all these wonderful things come together in Northern Wisconsin? Maybe you know that this region was shaped by glaciers, but have you ever really sat down and appreciated everything that the glaciers did for us?

I love glaciers. I had never seen one in person until a vacation to Glacier National Park this summer, and yet they have vastly improved my quality of life. Whether you realize it or not, you also experience the joys of glaciers whenever you whiz down a rolling ski trail; hike merrily up and down hills; enjoy the stomach-dropping exhilaration of catching air on your snowmobile; or fish on one of Wisconsin's more than 10,000 lakes.

The landscape around Cable and Hayward was shaped during the Wisconsin Glaciation (named for us!) of the Quaternary Ice Age (which is still going on in Greenland and Antarctica). It began about 100,000 years ago, hit its maximum extent about 21,000 years ago, and the last glacier had retreated out of Wisconsin into Canada by 10,000 years ago.

The very recent (geologically speaking) visit of a glacier here has had a profound impact on what the landscape looks like. As glaciers advanced across the land they scraped, carved, and plucked

up rocks from along their path, and carried the sediments with them, suspended inside the ice mass. Like a conveyor belt, they brought many tons of sediment south with them. Two lobes of ice flowed into our area, and their lateral margins met somewhere near Cable.

Our landscape emerged when the glaciers met their demise. A warming climate caused the ice to melt faster here at the glacier's toe than could be replenished by new snow in Canada. Huge chunks of ice from the melting edges of the glacier broke off and were left behind, and then glacial outwash rivers carrying meltwater and debris off the glacier buried those ice cubes. Well-insulated, the ice lay hidden under layers of sand, gravel, and cobbles for centuries.

As the ice melted, basins of all shapes and sizes appeared where it had been. Sometimes these basins, called kettles, filled with water and became lakes. Others are perched far above the water table and stay bone-dry. The landscape of sandy, rocky soil pockmarked by kettles is called a "pitted outwash plain." The Rock Lake ski and mountain bike trails east of Cable are a prime example of this topography, and in my opinion, a prime place for recreation because of it. The Birkie Trail takes advantage of the varied topography so much that its hills are legendary.

Even the spectacle of Mount Telemark, towering over the Birkie's start line, owes its existence to the glaciers. Rivers flowing on top of the melting glacier carried tons of sediment

CONTINUED ON PAGE SG48

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DETOURS AND ROAD CLOSURES

Detours

Tuesday 7 am to Wednesday at 8 am - Highway 63 closed at Main St for Bridge installation. Detour on Dakota/5th St/Kansas.

Friday 11:30 am to 4 pm – Highway 77 closed at Hatchery Park Rd for the Korteloped. Detour on Highway 27/County Highway B/County Highway K

Saturday 11:30 am to 4 pm – Highway 77 closed at Hatchery Park Rd for the Birkebeiner Race. Detour on Highway 27/ County Highway B/County Highway K

Monday 8 am to 10 pm - Highway 63 closed at Main St for Bridge removal. Detour on Dakota/5th St/Kansas.

Friday and Saturday - Truck Detours, 8 am to 5 pm, STH 77-CTH K to CTH B to STH 27 to USH 63 to 77

City of Hayward Road Closures

Tuesday
All Day - Main Street between Highway 63 and Railroad Street

Wednesday
All day - Main Street between Highway 63 and Railroad Street
After 5 pm – Main Street between Railroad Street to 5th Street
After 5 pm –Railroad Street between Kansas Street and Main Street

Thursday
Railroad Street between Kansas Street and Main Street
Main Street between Railroad Street to 5th Street
8 am to 4 pm only – Main Street between 5th and 6th Streets reduced to one lane. No

crossing Main Street at 5th Street

Friday

Railroad Street between Kansas Street and Main Street
Main Street between Railroad Street to 5th Street
9:30 am to 5 pm - 5th Street from Main Street to Minnesota Avenue. East 5th Street to Nyman Avenue open all day.

Saturday

Railroad Street between Kansas Street and Main Street
Main Street between Railroad Street to 5th Street
7:30 am to 6 pm - 5th Street from Main Street to Minnesota Avenue. East 5th Street to Nyman Avenue open all day.

DURING THE KORTELOPET AND BIRKIE

Road Closures			
Day	Event	Location	Time
Friday	Korteloped/Prince Haakon	Hwy OO	8:00-11:30 am
		Pit Road	9:00am-3:00pm
		Mosquito Brook Rd	10:30 am-2:30 pm
		Hatchery Rd	10:00am-4:00pm
		Hwy 77	10:30am-4:00pm
		Wheeler Rd	11:00am-4:30 pm
		Duffy Rd	11:00am-4:30 pm
Saturday	American Birkebeiner	Randysak and Phillipi	5am-10:30 am
		McNaught Rd	5am-10:30 am
		Timber Trail Rd	5am-11:30am
		Randysak Rd	5am-12pm
		Pit Rd	8am-4pm
		Mosquito Brook Rd	9am-4pm
		Hatchery Rd	9am-5:30pm
		Hwy 77	9:45am-5:15pm
		Wheeler Rd	9:45am-5:30pm
		Duffy Rd	9:45am-5:30 pm

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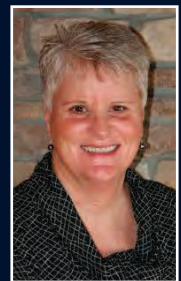
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SPECTATOR Q & A

Everything you need to know Birkie week... and perhaps some things you don't!

Q: What events are there this weekend besides the Birkie on Saturday?

A: There are many great events for spectators, such as the Barkie Birkie, the Birkie Giant Ski, the Barnebirkie, the Junior Birkie, the Slumberland American Birkebeiner Expo, the On-Snow Ski & Bike Demo, and much more! Check out the calendar of events on pages SG8, SG10, and RG4.

Q. Where is the Birkie office? Is it open?

A: The Birkie office is located at 10527 Main Street in Hayward. Hours Birkie week are Wednesday, 8 a.m.-4 p.m.; Thursday 8 a.m.-5 p.m.; Friday 8 a.m.-6 p.m.; Saturday 7 a.m.-7 p.m.; and Sunday 8 a.m.- 1 p.m., Monday 8 a.m. – 4 p.m.

Q. Can I find out if someone I know is registered for the race?

A: Confirmation of registration can be found online at www.Birkie.com. Click on the race registered for. Under Registration, click on "Am I Registered?" A new tab will open and then you can search by first and last name to see if you or anyone else is registered and what race they are registered for.

Q: Can I follow my skier's progress during the race?

A: Yes! Track an athlete on your Smartphone. First, download the RTRT.me Mobile App at <http://rtrt.me/app/birkie2020> or search for "rtrt.me" in your App Store. Once the app is downloaded to your phone, search for and select the "2020 Birkie" event. Participants, family, and friends can use Live Tracking to get status of participants in real-time using the Live Tracker & Leaderboard. Users will get details such as time, pace, position on the map, and estimated finish time.

Q: Is there any streaming trail video?

A: Friends and family can watch streaming video of Kortelopet, Prince Haakon and American Birkebeiner skiers at points along the race course, including: the American Birkebeiner Trailhead start area; midpoints along the race course; 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.

Q: Where and when is the Birkie Expo? Can I go even though I'm not a skier?

A: The Birkie Expo is in the Hayward High School, 10320 Greenwood Lane, Hayward. It will be open on Thursday, February 20 from 10 a.m. to 8 p.m. and on Friday, February 21 from 9 a.m to 8 p.m. The Birkie Expo is open to anyone.

Q: What roads are closed and when? Are there detours?

A: See page 22 of this edition of the Visitor.

Q: Can someone pick up a bib for a registered skier?

A: You may only pick-up someone else's bib if you are picking up your own bib. To do so, you must have a paper or electronic copy of the other skier's bib pick-up confirmation email and a signed note from the other skier authorizing you to pick-up their bib.

Q: What is the Finish Zone?

A: The Finish Zone is a secure space for skiers and extends from the Finish Line to down 5th street after they finish the race.

Q: What is at the Recovery Zone?

A: Recovery Zone is the first opportunity to reunite skiers with friends and family after the finish. There is a changing tent for skiers, ski racks, a food tent (only for finishing skiers), Gu Recovery, and a Results Kiosk.

Q: Where is Celebration Zone and what happens there?

A: Located between Main Street and Dakota Avenue, skiers, friends, family, and fans are invited to gather at Celebration Zone to watch the live race on the jumbo screen, share stories, shop in the Birkie Store, and celebrate with food and drink. Open Friday and Saturday from 10 a.m. to 6 p.m., The Earth Rider Beer Garden will proudly be serving Earth Rider brew. There will also be food trucks serving a variety of delicious hot food options.



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To Workouts



SPECTATOR Q & A

Q: Is there anywhere to charge my phone?

A: There is a Free Charging Station at the Celebration Zone Information Booth, courtesy of our friends at People's Bank.

Q: Where (and what?) is the Birkie Store?

A: 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 Zone are: Thursday & Friday, 10 to 5; Saturday 9 to 5; and Sunday, 9 to 1.

Q: Where is the Champions Stage and when are the champions awarded?

A: Join in the celebration! Join in congratulating the champions of the Kortelopet, Prince Haakon, and American Birkebeiner as they take to the podium and receive their awards. Friday at 12:45 p.m. and 3 p.m.; Saturday at 11:30 a.m. and 12:30 p.m.

Q: Where is the Tony Wise Museum of the American Birkebeiner?

A: The Tony Wise Museum of the American Birkebeiner is free to the public and is located at 10527 Main Street, at the foot of the International Bridge. Birkie week hours are: Wednesday 8 to 5; Thursday 8 to 5; Friday 8 to 6; Saturday, 7 to 7; and Sunday 8 to 1.

Q: I'd like to try skiing or fat biking. Is there a time or place where I can try these sports?

A: Head to the American Birkebeiner Trailhead near Cable for the Birkie On-Snow Ski + Bike Demo, Sunday from 9 to 2. Try the newest skis, boots, poles and fat tire bikes. Vendors galore!

Race Day:

Q: Can I sign up for an event the day of?

A: Yes, for some events. You can sign up for the Barnebirkie the day of. You can register online at www.Birkie.com/ski or the site will provide you with information on how to sign up in person. **You cannot sign up for the Birkebeiner, the Kortelopet or the Prince Haakon on Saturday.**

Q: Where is the start? The finish? Parking?

A: The Slumberland American Birkebeiner starts at the American Birkebeiner Trailhead near Cable. The Kortelopet starts at the Highway OO Trailhead east of Seeley. The Prince Haakon starts off of Phipps Road outside of Hayward. All three races finish on the snow-covered Main Street of Hayward. See Where to Park on page SG30.

Q: Can I park at the start areas to watch the races begin?

A: Although there is no spectator parking at the start areas, spectators may ride skier buses to the Kortelopet, Prince Haakon and American Birkebeiner starts. Preference will be given to skiers boarding the bus. Buses will return spectators to designated skier parking lots after the start of each race (See the map in the Official Participant Guide [you're holding it... just flip this book over]) for a map that shows parking and busing information. Access to the starting areas for all races is restricted to buses and permitted vehicles only. Spectator access is by bus only and from designated skier parking lots.

Q: What time do I really need to be on the bus to see a wave start?

A: Total time 1 hour 15 minutes from arrival at parking lot. 15 minutes to park, 30 minutes on the bus, 15 min to navigate to the start area, 15 minutes to settle in and watch the spectacle and see the waves start the race! This may be more time than necessary, but better safe than sorry!

Q: Where is the official Lost & Found?

A: 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 to 6; Saturday 11 to 7; Sunday 8 to 1; and Monday 8 to noon. Upon request, found items will be shipped to the owners, at the owner's expense, until March 31, 2020. 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!

Q: Where will the results be posted?

A: Personal results printouts are available at kiosks located in Recovery Zone and Celebration Zone. Remember, there may be finishers from later waves who may displace your result as printed. Online results will be available at www.Birkie.com. Pick-up a copy of the Sawyer County Record commemorative results issue available throughout the Cable and Hayward areas, available early Sunday morning. Note: There will not be a Birch Scroll published until Fall 2020.



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SPECTATOR Q & A

Q: As a spectator, how should I dress?

A: Dress in layers. Although we cannot predict weather, standing around for hours in the snow or in the cold means your body will need an extra layer or two to stay warm. Focus on keeping your extremities, like fingers, toes and your nose, warm throughout the day.

Q: Where can I park on race day?

A: See Where to Park on page SG30.

Q: How will I know when the first finishers are headed to their Main Street finish?

A: Listen for the bells! Churches throughout Hayward ring their bells to herald the arrival of the first finishers: a wonderful, small-town tradition.

Q: Is there a good place to watch the big race on Saturday?

A: The best vantage point to watch any of the races is from downtown Hayward.

The Finish: You'll see skiers as they make their way over the International Bridge to the sounds of ringing cowbells, cheering crowds, and witness their anticipation as they near the finish line. It is an exciting and moving experience for all. There's plenty of space for spectators along Main all the way to the finish.

The Start: If you choose to watch the start of the Kortelopet, Prince Haakon or Slumberland American Birkebeiner races, please see Where to Park on page SG30 for details on how to access the start areas. You can't park at start areas; you will have to take a bus. But you'll still have fun.

The Middle: With many road closures and limited access, spectators are strongly discouraged from attempting to watch any race at any mid-point along the course route. You can, however, watch the LiveStream of the start of the Kortelopet and American Birkebeiner, and the finish of the Kortelopet, Prince Haakon and American Birkebeiner at www.Birkie.com.

Q: What do the different colored bibs mean?

A: Good question! See pages SG38-40 for a key explaining the bibs of many colors.

Q: What's up with the cowbells?

A: You can't hear clapping when people are wearing mittens, can you? Rumor has it that the cowbell tradition started in Switzerland. Cows were kept in barns in the winter, so

their bells were available as noise makers at ski races. And hey, who doesn't have a fever for more cowbell?

Q: Where is a good place to eat?

A: Just about everywhere. The Hayward, Cable and Stone Lake areas are a year-round tourism destination, and there is a surprising variety of wonderful restaurants in the area. Or, if you're in downtown Hayward, swing by Celebration Zone for tasty fare from a variety of food vendors. Try something new!

Q: I'd like to become a Birkie volunteer. How do I do it?

A: Sign-up for volunteers is on www.birkie.com/volunteer. There are oodles of jobs and hundreds of shifts to choose from.

Q: Where do I find a good post-race wrap up and results, and get a souvenir of a fun weekend spent in the Hayward and Cable areas?

A: The local newspaper, the Sawyer County Record, publishes a special, free Results Edition! It is printed and distributed early Sunday morning (weather permitting), so look for your copy in Hayward and Cable area stores, gas stations and restaurants on Sunday morning. Copies are also available outside the Birkie office and outside the Sawyer County Record office, located at 15464 County Highway B, Hayward. The official results issue of the Birch Scroll will be published Fall 2020.

Q: I had a great time in Hayward. Where can I find information on things to do here during the rest of the year?

A: There are lots of ways to keep up with what's going on in Hayward

- Subscribe to the local paper, the Sawyer County Record, 715-634-4881 or hayward-wi.com
- Visit the paper's website often, www.haywardwi.com
- Subscribe to a 10-issue season of the Visitor, \$20, by calling 715-634-4881
- Visit the Birkie's website, www.birkie.com
- Visit the Hayward Area Chamber of Commerce website, www.haywardareachamber.com
- Visit the Hayward Lakes & Convention Bureau website, www.haywardlakes.com.
- Visit the Cable Area Chamber of Commerce's website, www.cable4fun.com

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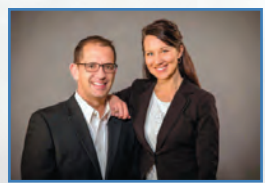


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WHERE DO SPECTATORS PARK?

To make navigating Birkie week easier for spectators, the American Birkebeiner Ski Foundation has designated one lot specifically for spectator parking. There will be continuous shuttle service to and from this lot.

Thursday, February 20

Parking

- The Downtown/Spectator Parking Lot is the designated spectator parking lot during Birkie week.
- Downtown/Spectator Parking Lot is located off Hwy. B. There will be signs to direct traffic. Follow the signs to the lot's entrance.
- On Thursday, families on their way to the Barnebirkie or Junior Birkie may catch a shuttle from the Downtown/Spectator Parking Lot directly to registration and bib pick-up in the Recovery Zone tent. Shuttles will run continuously from Downtown/Spectator Parking Lot to the Recovery Zone and back again. Shuttles are available from 9:30 a.m. to 4:30 p.m.
- Shuttle buses will run continuously from the Celebration Zone on Dakota Avenue to Downtown/Spectator Parking Lot after Thursday's events. Shuttle Buses will run from 9:30 a.m. to 4:30 p.m.
- Municipal Lots – On Dakota Avenue and Second Street in Hayward; Highway 63 and Main Street near the base of the International Bridge

Friday & Saturday, February 21 & 22

Where NOT to Park: DOWNTOWN HAYWARD!

- Spectators of the Kortelopet, Prince Haakon, and Slumberland American Birkebeiner should not plan to park in downtown Hayward. Personal vehicles are not allowed on the streets in the vicinity of the Main Street corridor.
- The spectator parking lot must be used for those planning to spectate on Main Street. Please obey all signs, posted road closings, and detours.
- Access to the starting areas for all races is restricted to buses and permitted vehicles only. (Info on how spectators can get to start areas is at the end of this section.)

Friday, February 21

Where TO Park:

- Downtown/Spectator Parking Lot - See Thursday above.

Shuttle Buses:

- Spectator shuttle buses will run continuously between Downtown/Spectator Parking Lot and the Celebration Zone on Dakota Avenue. Shuttles will run from 10 a.m. to 5:30 p.m.
- Shuttle buses from the Recovery Zone to Birkie Ridge (Kortelopet & Prince Haakon) and the P.H.Farm (Prince Haakon only) skier parking lots, will run continuously between 12:30 p.m. and 5:30 p.m.
- Volunteers will assist you in getting on a bus that will take you back to your parking lot. Please do not use this area as a skier pick-up location.

Saturday, February 22

Where TO Park:

- Downtown/Spectator Parking Lot - See Thursday at left.

Shuttle Buses:

- Spectator shuttle buses will run continuously between Downtown/Spectator Parking Lot off Hwy. B and the Celebration Zone on Dakota Avenue. Shuttles will run from 9:00 a.m. to 6:30 p.m.
- Shuttle buses from the Recovery Zone to Birkie Ridge and the Como Lots, the dedicated American Birkebeiner skier lots, will run continuously between 12:30 p.m. to 6:30 p.m.
- Volunteers will assist you in getting on a bus that will take you back to your parking lot. Please do not use this area as a skier pick-up location.

What if I want to cheer on my skier at the START of the race?

- Spectators may ride skier buses to the Kortelopet, Prince Haakon, and Slumberland American Birkebeiner 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 "Getting Around On Race Day" for details (flip book over to find skier busing information in the Race Guide).

WHERE CAN I GO TO THE BATHROOM?

Please do not rely on local businesses for the use of their restroom facilities. There are many places to go ... when you have to go!

- Porta-potties, off Main Street at all the cross streets from Railroad to 4th.
- Celebration Zone and Recovery Zone.

WHERE CAN I MEET MY SKIERS AFTER THE RACE?

Celebration Zone

- All are welcome to come to Celebration Zone to watch others finish, share their race stories, and fuel-up.
- Downtown restaurants will also be open for both the spectators and skiers alike.

Recovery Zone

- The first opportunity to reunite skiers with friends and family after the finish.
- Skier Food tent (food is for skiers only!), results kiosk, ski storage racks and more!



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The Bookworm Sez...

By Terri Schlichenmeyer

“What Doesn’t Kill Us”

by Scott Carney

c.2017, Rodale
\$26.99, 240 pages

You might need an extra blanket tonight.

Or three, because the temperature doesn’t seem to match your comfort level. Brrrrrrrr. Yes, it’s winter and yes, the mercury plunges, but that doesn’t mean you like being cold – although, as you’ll see in “What Doesn’t Kill Us” by Scott Carney, cold might be keeping you alive.

With very little between him and a snowy wind, had Scott Carney questioned his own sanity on his way to the top of Africa’s highest mountain some months ago, few would have blamed him. Temps dived but there he was, on a purposeful quest.

A journalist by trade, Carney was looking for modern-day snake-oil salesmen for a book he was writing when he came across Dutchman Wim Hof, who claimed he could teach people to do simple, but extraordinary, things to increase endurance and productivity. His methods, as a skeptical Carney learned first-hand by signing up for Hof’s course, tapped into that which our ancestors naturally did.



Continued on SG49



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Pasta nosh and carbo load

Local spots are hosting pre-Birkebeiner dinners:

- Birkie Bash Pasta Buffet, 5:30-8:30 p.m. Thursday, Feb. 20. Kick-off Birkie week at Birkie Bash 2020. Live music, tasty food, cold beverages, good company, and meet Kikkan Randall, Olympic champion. Tickets are \$25 per person; register online at www.Birkie.com.
- St. Joseph's Catholic Church on Dakota Avenue in Hayward annual spaghetti feed from noon to 7 p.m. Friday, Feb. 21. Spaghetti with meat or vegetarian sauce, salad, bread, cake and beverage. All you can eat.

- Cable Community Center Spaghetti Feeds, Thursday, Feb. 20 4-8 p.m. and Friday, Feb. 21, 4-8 p.m., Cable Community Center, Hwy. M. Spaghetti, bread, refreshments and desserts. Hosted by the American Legion, a fundraiser for Northwoods Preschool.
- Carbo load and fuel your engine at any of a multitude of great local restaurants in the greater Hayward and Cable area. Restauranters are eager for your business, and hope to see you return at other times of the year.

What do those ringing bells mean?

As the first skiers make their trek across Lake Hayward, a chorus of bells will play from churches located near Main St. These bells signal to all spectators that the final sprint up Main St

is imminent and everyone heads to their favorite viewing spot to cheer the lead group on as they race to the finish line.

How are skiers recognized?

Completing the Birkie is no small feat. First year skiers are awarded a medal and every year after, a pin. When a skier completes their 10th Birkie, they receive a 10-year plaque with their name on it. Once a skier has completed 20 Birkies — and they don't have to be consecutive — they are named a Birchlegger and awarded a special plaque and pin to commemorate their achievement. And then there are the Uberleggers — skiers who complete 30 Birkies! Uberleggers receive another special pin upon reaching this impressive milestone. Birchleggers

and Uberleggers also wear a unique bib.

Kortelopet Recognition Program

Like Birkie skiers, Kortelopet skiers are a dedicated bunch. In addition to the medal and pins, there is also a Skiloper Kortelopet Recognition Program. Skiloper, Norwegian for "skier," is the Kortelopet's recognition for skiers who reach the milestones of 10 (Skiloper – Ti), 20 (Skiloper – Tjue) and 30-years (Skiloper – Tretti). Skiloper skiers wear a unique bib like Birchleggers and Uberleggers.

Spectators must cross Main at the bridge

NEW in 2020! There will be no spectator crossing on Main St. this year. All crossings will take place at the International Bridge across Hwy 63. Spectators can cross Main St. in the pedestrian

crosswalks underneath the bridge and then cross Hwy 63 as needed on the pedestrian stairs over the bridge.

If you see something... SAY SOMETHING!

Safety of spectators and participants is always foremost in everyone's mind.

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.

Phone: 888777

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THE SKIERS CROSS THE FINISH LINE!

KORTELOPET (FRIDAY)

	Men	Women
Lake Hayward	11:20 a.m.	11:40 p.m.
Finish	11:30 a.m.	11:55 a.m.

PRINCE HAAKON (FRIDAY)

	Men	Women
Finish	2 p.m.	2:10 p.m.

SLUMBERLAND AMERICAN BIRKEBEINER (SAT.)

	Women	Men
Highway OO	9:25 a.m.	9:40 a.m.
Lake Hayward	10:35 a.m.	10:40 a.m.
Finish	10:45 a.m.	10:45 a.m.

Check out the Hospitality Zones!

2020: Need a space to warm-up and chill-out? Check out one of the Hospitality Zones in downtown Hayward.

- **Slumberland Furniture:** Warm beverages and plenty of comfortable places to rest when you come in out of the cold! All are welcome. Location: Slumberland Furniture, Hwy. 63.
- **CLIF Lodge:** Warm up and enjoy complimentary snacks, drinks, and activities. New Belgium Brewing will be pouring Fat Tire beer throughout the day, with Happiest Hours from 3-5 p.m. Location: Corner of Hwy. 63 & Main Street at the base of the Birkie Bridge.
- **The Village at MarketPlace**
 - 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.

- Pulled Pork Sandwiches, free to all spectators! Courtesy of Kretschmar Deli Meats.
- Try samples of Birkie Brew-Ski Brats.
- Grilled cheese sandwiches and more from Civil Air Patrol.
- Live reindeer from Noel Productions.

Location: Marketplace Foods parking lot

Earth Rider Finish Line Pop-Up Taproom

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Birkies



Birchlegger:
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to each year's 35 skiers
who have skied the
most Birkies



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WAVE 2:
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WAVE 3:
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WAVE 4:
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WAVE 7:
Skate Skiers



Wave 8:
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GET OUT & HAVE FUN!

THE VISITOR WINTER CALENDAR

February

- 14: Community Skating Party, 7:30-9 p.m., Hayward Sports Center. Skate rental available. Every Friday.
- 15: Snake Feeding at 10 a.m. Meet Emory and Digger, the Cable Natural History Museum's live snakes, and watch them eat a mouse. Info: cablemuseum.org. Every Saturday.
- 15: Bingo for Paws. Every Saturday, 4 p.m. to 6 at Fish Tales Pub and Grub, 12502 Cty. Rd. B. \$1 bingo cards, 50/50 cash raffle. Each game prizes are split 50/50 between winner and the Northwoods Humane Society. Info: (715) 634-0879.
- 15: The Church of Cash at the Park Center, Hayward, 7:30 p.m. Johnny Cash tribute.
- 15: Walleyes for Northwest Wisconsin Ice Fishing Event, Lac Courte Oreilles Boat Landing.
- 15: Drummond Sno-Jacks 21st annual Barstool Races, 11 a.m. - 4 p.m., Black Bear Inn, Drummond.
- 15: Fishing Has No Boundaries Chili Cook-off Fundraiser, 2-6 p.m., Fish Tales, Hwy. B, Hayward.
- 20-23: American Birkebeiner Weekend!
- 20: Farmer's Market at NorthLakes Community Clinic, Hayward, 10 a.m.-2 p.m.
- 25: Science at the Sawmill, Nature Trivia Night, with Cable Natural History Museum. 6-8 p.m. Register by Feb. 24, 715-798-3890 or cablemuseum.org.
- 27: Bats at the Weiss Library, 6 p.m., with Brian Heeringa. Info: 715-634-2161.
- 27: Birthday Card Making, at the Weiss Community Library with Marty Zych, 1 p.m. Preregistration re-

- quired, 715-634-2161.
- 29: Snowshoe Adventure on the Hayward Library Trails, with Emily Stone. 10:30 a.m. at library. Register by Feb. 28, 715-634-2161; call to reserve snowshoes if necessary, 715-798-3890.

March

- 4: Dinner Lecture at the Ranch: "Life as an Itinerant Wildlife Photographer" with Keith Crowley. Meet at 5:30 p.m. at the Ranch in Hayward. Optional dinner and conversation after the presentation. Register by March 2 at cablemuseum.org or 715-798-3890.
- 5: Farmer's Market at NorthLakes Community Clinic, Hayward, 10 a.m.-2 p.m.
- 5: First Thursday at the Park Center featuring Kim Ritchie/Squirrel Cage, 7:30 p.m., hosted by Chad Kostner.
- 5: Women's Hour: The Great Fight to Win the War (19th Amendment), 1 p.m., Weiss Community Library.
- 6-7: The Fat Bike Birkie, premier on-snow fat bike event in North America. Three events to choose from. Info: birkie.com.
- 6-7: World's Longest Weenie Roast Weekend, Lakewoods Resort, Cable. Fundraiser for Great Divide Ambulance Service and Namakagon Volunteer Fire Department.
- 7: Stone Lake Sledding Party, 11 a.m. to 4 p.m., Stone Lake Wesleyan Church.
- 7: Barnes Area Historical Association annual "Big Ca\$h" Winter Fest Raffle and Fundraiser, noon to 5:30 p.m., Barnes VFW Hall, Lake Road Barnes. Food, beverages, silent auction, meat raffles, door prize drawings. Drawing at 4:30 p.m. Need not be present to win. Info and tickets, 715-795-3065.
- 8: Park Center presents the Reunion Road Band, featuring Solid Joe Lindzius, 2 p.m. matinee.
- 10: Cycling to Heaven: How to Plan a Cycling Trip to Europe, with Mike and Barb Kelly, 6 p.m., Weiss Community Library, Hayward.
- 12: Dinner Lecture at the Rookery: "Assessing Prey for an Endangered Carnivore" with Ally Scott. Meet at 5:30 p.m. at the Rookery Pub. Optional dinner and conversation after the presentation. Register by March 11 at cablemuseum.org or 715-798-3890.
- 12: Thursday Theater at the Weiss Library, Hayward. 1 p.m. "The Hate I Gave."
- 12: Wildlife Ecology and Habitat Management, 6 p.m., Weiss Library.
- 13: Park Center presents Duke Turnstone & The Power Trio, blues. 7:30 p.m.
- 14-15: Children's Miracle Network Bowling Fundraiser, Riverside Lanes, Hayward.
- 19: Farmer's Market at NorthLakes Community Clinic, Hayward, 10 a.m.-2 p.m.
- 21: Shamrock Shuffle, 5K plus a 1K for kids. Main Street, downtown Hayward. Kids race starts at 9:50 a.m.; 5K at 10.
- 27-29: Annual Figure Skating Show at Hayward Sports Center.
- 27-29: Great Fire Hockey Tournament at Hayward Sports Center.
- 27: Annual SCOPE fundraising banquet. 5-10 p.m., Steakhouse & Lodge, Hayward.
- 31: Drones and Robotics in the 21st Century, 6 p.m. at the Weiss Community Library, Hayward. Presented by Mike Kelly.

HISTORICAL VIGNETTES

continued from page SG16

plish.

Although he was an employee, Elliker considered Tony Wise to be a friend. When asked what he admired most about Wise, Elliker talked about Wise's great vision and creative and entrepreneurial energy.

As examples, he points to the world-class events that this area is known for, that sustain these communities — namely the American Birkebeiner and

Continued on SG45



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The Birkie Crossword

by Leslie Rogers and Aloha Nordic

ACROSS

1. Title deer of a 1942 Disney film
6. How you might feel after winning the \$7500 1st place prize
10. Chocolate or yellow Barkie Birkie Skijor participant
13. Talk show host DeGeneres
14. Not yesterday or tomorrow
15. Roth ___ (financial planning for future years)
16. Landmark 3K from the Main Street finish
18. High tennis shot
19. European mountain range that is a frequent winter Olympics setting
20. 4x5k or Team Sprint, for example
22. Bro or sis
25. Summer Zodiac sign
26. "___ or energy?" (aid station question)
27. Gets up (Your group ___ on Birkie race morning)
29. Slow-___ muscles (good for endurance events like the Birkie)
31. "___ the Explorer" (Nickelodeon show)
32. ___ birkie ("Children's Birkie")
33. Letters before an alias
36. Jet black, like an octopus's defense
37. Uses a bench, iron, scraper, and brush
38. Prophetic sign
39. Keep one ___ on the trail and the other on skiers around you!
40. Bird that symbolizes spring (and the start of your training for next year's Birkie!)
41. Leave out (Don't ___ any part of your training!)
42. Music ___ loudly from speakers on Main Street
44. Reduces training volume before a big race like the Birkie
46. What doves and olive branches symbolize
47. Long slithering fish
48. Crossing the finish line is like a ___ of sunshine
49. Wax type that minimizes friction
50. Trendy berry in Birkie breakfast bowls and smoothies
51. Participated in the

1	2	3	4	5	6	7	8	9	10	11	12		
13					14					15			
16					17					18			
				19				20	21				
22	23	24		25			26						
27			28			29	30						
31					32					33	34	35	
36					37				38				
39				40					41				
		42	43				44	45					
	46					47				48			
49						50							
51				52	53	54				55	56	57	58
59				60					61				
62				63					64				

- Birkie Trail Festival, maybe
52. Skier who has competed in 20 Birkies
59. ___ fishing (popular winter Wisconsin pastime)
60. Sun Valley state
61. Courage or audacity, a characteristic of the Birkie warriors and skiers
62. The P of KPH
63. Nordic skiing is a true full-___ workout
64. What you try to do the night before the Birkie

DOWN

1. The Fresh Prince of ___-Air
2. Pie ___ mode (Your post-Birkie treat!)
3. "I have a dream" speaker, for short
4. Flying insect that lives in a hive
5. Opposite of exhale (which you sometimes have to remember to do when exercising hard!)
6. Lines of people (like spectators on Main Street)

7. 2020 U.S. ski team alum Sargent
8. What you leave at the Birkie Ridge or Como parking lot
9. Drink water or Nuun at an aid station, say
10. Norwegian town from which Inga and the warriors fled
11. Loudly cheering, like the Main Street crowd
12. Prince Haakon at the time of his escape, for one
14. Mistake made on a keyboard
17. Amber ___, legendary Birkie Brew-Skis
21. And so on: Abbr.
22. Bjornsen of the U.S. ski team
23. Twisted humor
24. American ___, the continent's largest cross country ski race
26. Gets from Cable to Hayward first
28. "___ cheese!" (Photographer's words)
29. Uber or Lyft competitors
30. Small songbird
32. Sweetie pie

34. Actress Knightley
35. Nervous and jittery (how you might feel in the starting pens)
37. Had on (like a race suit)
38. Alley ___ (basketball play)
40. It has a timing chip and goes over your ski suit
43. Irish fellow
44. Color of the Prince Haakon race bibs
45. Visitors from other planets
46. 1st - 6th ___ finishers win prize money
47. Reverberation
49. Wax type that provides traction
50. Sore (how you may feel after the Birkie!)
53. Wedding vow
54. "Way cool!"
55. Gu offering found at aid stations
56. Test for some college srs.
57. Night before a big day (like Friday night for the Birkie)
58. Single unit in a gym set

Solution on SG48

HISTORICAL VIGNETTES

continued from page SG43

the Lumberjack World Championships, Wise's surviving and successful "brain-children."

Elliker said that Wise was "a real taskmaster" who expected and received a lot from his employees who were, in turn, deeply loyal to him, even through the hard times. Elliker is also mindful of the fact that, were it not for that 1968 phone call, he might never have come here, to this beautiful place that he has now called home for over 50 years.

Elliker holds dear his final memory of working for Wise, when he was part of the group of musicians who marched and wailed Dixieland music on their horns behind the horse-drawn hearse for Wise's New Orleans-style funeral in 1995. Elliker feels like they truly offered Wise a proper send-off, and that it was just the sort of event Wise would have loved.

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Northwoods Nature

From SG20

with them. When the rivers plunged into a large crevasse, the sediment was deposited in a pile at the bottom. After the glacier melted, a 1,700-foot-tall pile of sand called a “kame” was revealed. Mount Telemark is the tallest kame in Wisconsin.

Another river system — flowing under the glacier — built its bed in relief. The ice above was easier to erode than the frozen ground below. So as the river flowed through its icy tunnel, it deposited the extra sand and gravel that it couldn’t carry in a long, sinuous ridge called an esker. The “Esker” mountain bike trail now traces that ridge near Mount Telemark, which is the longest esker in Minnesota or Wisconsin.

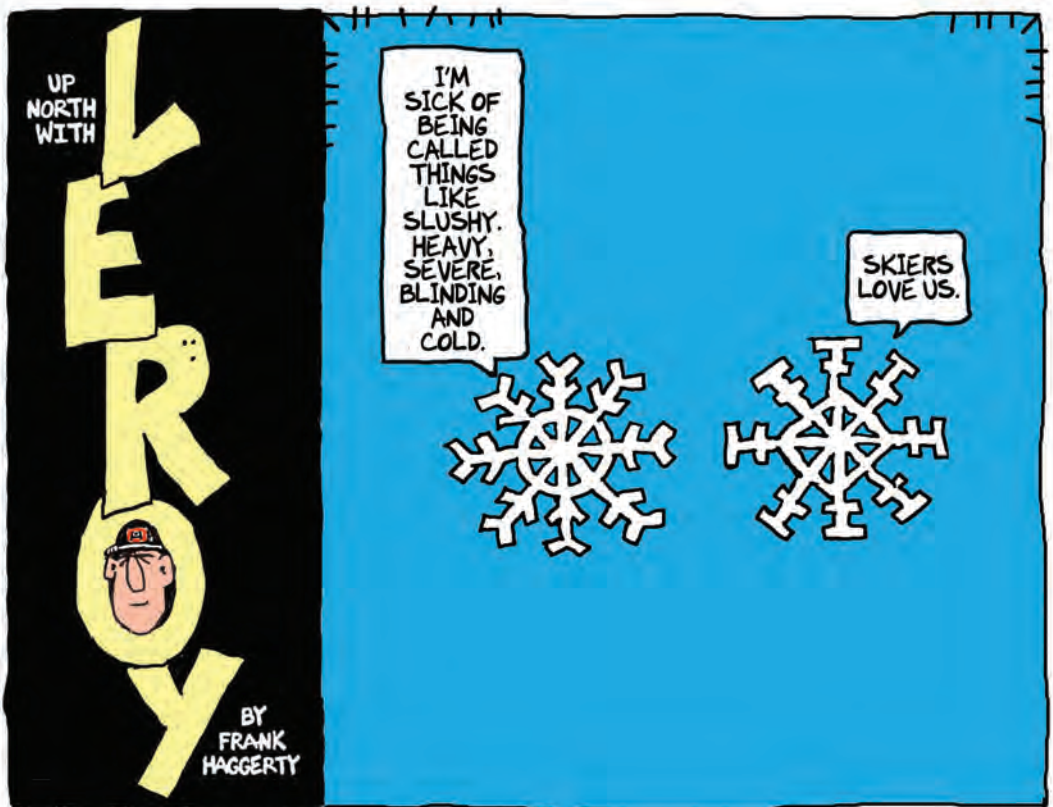
Not only did the glaciers shape the physical landscape, they continue to impact our human uses of it. Unlike regions to the south and north, we don’t have extensive farming. Not only are there too many hills, but the soil just keeps growing glacially deposited rocks. Happily, many trees grow just fine in this type of soil. Our local

crops are beautiful, working forests, jam-packed with amazing trail systems and fun for everyone.

Next time you’re out on one of those trails, take a moment to appreciate the wonderful legacy of the glaciers.

Birkie Crossword Solution

1	2	3	4	5	6	7	8	9	10	11	12									
B	A	M	B	I		R	I	C	H	L	A	B								
13	E	L	L	E	N	T	O	D	A	Y	I	R	A							
16	L	A	K	E	H	A	Y	W	A	R	D	L	O	B						
				19	A	L	P	S		20	21									
22	23	24		25		26														
S	I	B		L	E	O				W	A	T	E	R						
27				28		29	30													
A	R	I	S	E	S		T	W	I	T	C	H								
31						32						33	34	35						
D	O	R	A				B	A	R	N	E		A	K	A					
36						37						38								
I	N	K	Y				W	A	X	E	S		O	M	E	N				
39						40							41							
E	Y	E					R	O	B	I	N			O	M	I	T			
						42	43					44	45							
							B	L	A	R	E	S		T	A	P	E	R	S	
						46							47			48				
							P	E	A	C	E			E	E	L		R	A	Y
49										50										
G	L	I	D	E						A	C	A	I							
51										52	53	54								
R	A	N					B	I	R	C	H	L	E	G	G	E	R			
59										60										
I	C	E					I	D	A	H	O									
62										63										
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The Bookworm Sez

From SG32

Today's humans live in what Carney says is an "ocean of perpetual comfort." We don't have to catch our food or spend much time in extreme climates; conversely, early humans didn't have the comforts of deli lunches or down coats. That difference – the hardships they endured, as opposed to the physical comforts we almost demand – has negatively shaped humanity through obesity, diabetes, autoimmune disorders, lost ability to intuit direction, lessened navigational aptitude, and other once-innate skills that might be lying dormant but that "we don't use... very much anymore."

Skills lost - but Carney was determined to find them again. He followed, then tweaked, Hof's methods before and after endurance testing in a Colorado laboratory. He tackled an OCR (obstacle course race) to see if it was as challenging as he'd heard. He studied how we're able to control physical reflexes, even when we don't think we can. He trained with 25-pound weights in a swimming pool, learned breathing techniques, checked in with the U.S. military, and returned to

Hof's compound.

Which is how he ended up on Mt. Kilimanjaro, nearly naked, and knee-deep in snow...

So could you do it?

The answer may be yes – author Scott Carney tells you how – but there are many aptly-placed "don't try this at home" warnings on the pages of "What Doesn't Kill Us."

There's a reason for that, actually: what Carney discovered can be very dangerous if tried improperly or inappropriately. Readers may note, for instance, that nearly all practitioners of the Hof method are men; Carney hints at a reason which, when added to the intriguing first-person accounts and tantalizing possibilities, made me want more gender-balanced investigation. Even so, and that aside, there's no limit to the sense of swashbuckling adventure, limit-pushing, and derring-do you'll find here.

Certainly, this book is for super-athletes, but it's also a great read for sofa slugs who want better health, thrills, and a few pounds gone.

If you're looking for something that will make you look forward this year by looking backward, "What Doesn't Kill Us" won't leave you cold.

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