

BIRKIE
**Trail Run
Festival**



Birkie Trail Run

Marathon & Relay Course Description

Type	Description
Ski Trails	<p>Ski trail sections of the course range from 10 to 30 feet wide and are mostly grass covered. Some sections have a dirt “goat path” formed on them, some do not get much summer use and are grass covered from edge to edge. The trails are built in a region with glacial topography, littered with potholes and ridges. The ski trails were built to attack the terrain with the slopes going directly up the fall line. This creates a seemingly endless run of steep ups and downs. Most of the climbs are small (less than 50 feet) but are steep, with slopes between 10 and 20%. It is very different terrain from alpine regions, but equally challenging with hundreds of small to medium climbs adding up to a large amount of total climb. The descents are equally steep and relentless.</p>
Single-Track Trails	<p>These trails are built and maintained by the Chequamegon Area Mountain Bike Association for mountain biking. They are all intermediate to expert level trails. They are much less steep than the ski trails as they utilize switchbacks on the slopes rather than heading directly up the fall line. They are generally more winding than a typical hiking trail. The surface is mineral soil with all of the organics removed. The drainage is very good and there are only a few wet spots after a heavy rain. The trails are generally smooth with differing amount of rocks and roots. There are some built “rock gardens” that are easy to navigate. There are many tight switch backs, always stay on the marked trail; cutting switchbacks would be considered not running the entire course.</p>

Leg	Aid Stations	Length	Section Details
1	Birkie Ridge Start to Boedecker Southbound	3.7	The opening leg has the toughest climbs of the course. It starts with 1.8 miles of steady climbing on the Birkie Ridge Trail. At the top it turns onto the Birkie Skate Trail and descends sharply for 3/4 mile, followed by one mile of rolling hills and then the big climb to Boedecker. Look for 20% slope in the final climb!
2	Boedecker Southbound to Boedecker Northbound	4.8	The second leg makes a loop heading south on the Birkie Skate Trail and returning north on the Birkie Classic Trail. It features mostly rolling terrain with a few larger hills in the middle. The Half Marathon course cuts off on the left at about 1.25 miles into the leg and rejoins on the left at 1.5 miles before the return to Boedecker.
3	Boedecker Northbound to Timber Trail Northbound	5.2	This leg begins by continuing north with a significant downhill on the Birkie Classic Trail. This descent continues as the course turns onto the Seeley Pass single track trail. The descent ends at the “Ball Fields”, a clearing from an old CCC camp. A steady climb begins here. The trail steepens after crossing an ATV trail and then intersects with the Birkie Classic Trail again. The course turns right onto the northbound Birkie Classic Trail to the aid station. Make note that the Half Marathon course continues on the single track at the Birkie Classic intersection. The final section of the leg has small rolling hills.
4	Timber Trail Northbound to Timber Trail Southbound	4.7	Pay close attention to the course markers as there are many trail intersections in this leg! The fourth begins by continuing north on Birkie Classic Trail. The first turn is a left onto the Ojibwe single track. Note that the Ultra Marathon course turns right at the intersection. Stay on the single track until a left-hand turn takes you onto the North End Trail ski trail. After a short distance on the North End Trail, the course will take a left turn onto single track, then another left turn onto North End Ski Trails. The final turn is back on to Birkie Skate Trail, heading south to the aid station. This may be considered one of the tougher legs as there are many medium sized, steep hills.
5	Timber Trail Southbound to Fire Tower	5.2	This leg begins by running southbound on the Birkie Skate Trail, turns right onto North End Ski Trails, and then onto the Ojibwe single track. The course then crosses the Birkie Trail onto the 38 Special single-track trail and climbs steadily to the high point of the course at 1,730 feet above sea level. At the summit, it turns back on to the Birkie Skate Trail for a quick, steep descent to the aid station.
6	Fire Tower to Birkie Ridge Finish	2.6	The final leg follows the Birkie Skate Trail to the Birkie Ridge Trail where the course completes its loop and returns back to finish at the Birkie Ridge Trailhead. This is the shortest and fastest section and is almost all downhill. However, there are three short steep climbs on this 360-foot drop to the finish.

