

Fat Bike **BIRKIE®**

Race Participant Guide 2020

Presented by



Welcome to the 2020 Fat Bike Birkie!

Important Update!

Start Times Have Changed! All Races Are Starting Earlier! Details Inside!

This race guide contains the key information you'll need to be prepared for a great weekend. Our number one priority is for you to have a safe, enjoyable, and successful ride. With that in mind, the American Birkebeiner Ski Foundation (ABSF) staff has been hard at work making certain that from bike plate pick-up, to post-race festivities, and everything in between, we've created the best possible experience for you.

Thanks for participating in the Fat Bike Birkie!

We look forward to seeing you this weekend!



Schedule of Events

Friday - 3.6.20

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

Saturday – 3.7.20 **NEW START TIME!**

- **Parking access from Telemark Road ONLY- see parking instructions for details!**
- Bike plate number pick-up **6:30 AM -- 7:30 AM**
- Races will start & finish at the American Birkebeiner Trailhead in Cable, WI with **revised** race start times as follows:
 - **47K Big Fat Bike Race 8:00 AM**
 - **21K Half Fat Bike Race 8:15 AM**
 - **10K Fun Fat Bike Tour 8:30 AM**
 - Fat Bike Birkie Expo and bike demos All Day

Fat Bike Birkie Parking - **Friday Only!**

From Highway 63, head east on Highway M in Cable, WI. Turn right onto Randysek Road (heading south). Turn left onto McNaught Road (heading east) and follow it to the American Birkebeiner Trailhead. Follow the signs to the designated parking areas - parking lot and roadside. Please obey parking signs to stay out of muddy areas and avoid getting stuck!

Pre-Riding the Course

All Fat Bike Birkie courses will be groomed and marked for pre-riding on Friday, March 6 from 10:00am to 3:00pm. Please note that riding the Birkie Trail system during the winter is only allowed on March 6 & 7, the days designated for the Fat Bike Birkie event.

Course Conditions

The Birkie Trail crew has been hard at work grooming the course for race day. However, we can't control the weather and recommend that riders be prepared to race in varied course conditions. Friday night's forecast is for an overnight low of 26° with a Saturday high of 50°. The trail will be solid in the morning but will soften as the day goes on.

If you're wondering what tires you should be riding or need tips on how to prepare for varying racecourse conditions, check in with the expert vendors at the Fat Bike Birkie Expo, or pre-ride the course on Friday to get a feel for the trail. Please be sure you are riding with the correct tire pressure - the wrong pressure can cause trail damage leading to difficult riding for you and those behind you. As always, ride smartly and be prepared for varying conditions.

Fat Bike BIRKIE

The Expo – 2 Full Days!

With loads of vendors inside and demos outside, you'll find everything you could possibly need at the Fat Bike Birkie Expo. On both Friday and Saturday, you can check out the best in fat bikes, the latest gear, studs, clothing, gloves, tires, on-the-spot repairs, and much more!

Want to test out a new bike? If you'd like to get a taste of riding on groomed single track, as well as on the Birkie Trail, look for the conveniently located demo course to the south of the Great Hall. Follow the signs to experience a fun ride. Who knows, you could be riding your next bike!

Expo Vendors include: Freewheel Bike Shop, Earth Rider Brewery, Anderson's Maple Syrup, Northern Lakes Co-op - Corner Deli, Otso Cycles, Salsa Cycles, 45NRTH, Teravail, Framed Bikes, Terrene Tires, Specialized, 1 UP USA, Sidas Insoles, UnTapped Maple Syrup, Borah Teamwear, Toko Gloves, Hayward Coffee Co., Nuun Hydration, GU Energy, Clif Bar, and the Birkie Store for your Fat Bike Birkie mementos.

Cold Earth Rider beer will be for sale on Friday and Saturday. If you have a hankering for a brat, you're in luck! On Friday and Saturday, the Seeley Lions will be on-site selling delicious brats!



Bike Plate Number Pick-Up

Bike plate number pick-up is located inside the Great Hall at the American Birkebeiner Trailhead from 10:00am to 7:00pm on Friday and 6:30am to 7:30am on race day. We encourage all participants to avoid the rush and pick-up their bike plate numbers on Friday, if at all possible.

At bike plate number pick-up, you'll also receive your meal ticket (1) and beverage ticket (1). Remember to bring them with you after the race for your complimentary meal and drink. You'll also pick up your participant t-shirts at bike plate pick-up. T-shirt sizes are available on a first come, first served basis.

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



Saturday Parking – Please Note Change in Parking!

There is plenty of snow on the course and plenty of mud in the parking lots! In order to avoid any mud-related parking issues, we've made several changes to where and when you can park your vehicle.

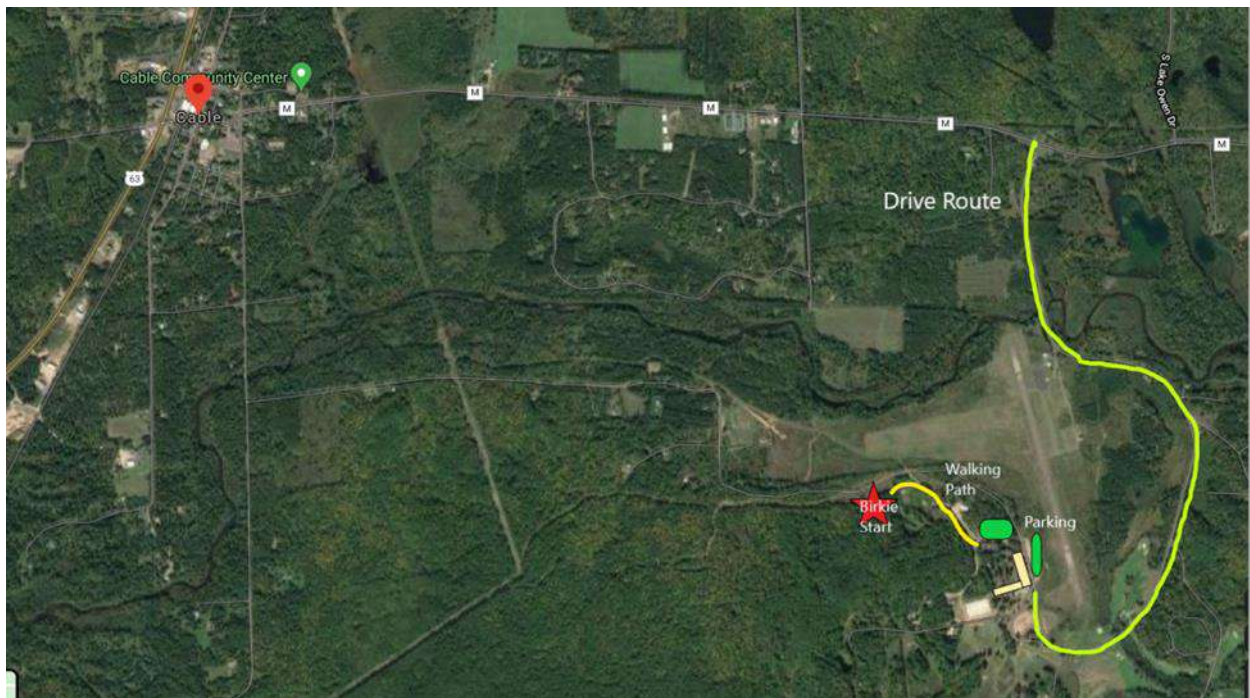
Important! Plan for an Early Arrival!

Please plan to arrive at the start area early on Saturday morning to allow yourself extra time to park. While there is plenty of room to park your vehicle, and ride your bike to the start, it can get congested and take more time than you might anticipate to park 1000+ vehicles.

How to Get There – Saturday Only!

From Highway 63, head east through Cable, WI, on Highway M to Telemark Road. Turn right (south) on Telemark Road to near the old Telemark Lodge. Watch for parking attendants and follow their directions to the designated parking areas and available parking spaces. A riding and walking path, separate from the road, will get you to the start and help you to stay out of any mud. Parking is available in designated areas only! See map below.

Our goal is to keep everyone out of the mud so that you can leave when you want to and not get stuck!



No Gear Check

Please be prepared to store your extra clothing or gear in your vehicle. There is no gear check at the start area and the ABSF is not responsible for lost or stolen articles. We strongly encourage you to label all of your gear!

Required Gear

All riders are required to wear helmets during all Fat Bike Birkie events.

Fat Bike BIRKIE

Start Gates

The Big Fat Race – 47K

- There are four start gates for the 47K Big Fat Race
- Your specific start gate is labeled on your bike number plate
- You may leave your bike in your assigned gate once gates are opened at 7:00am
- Unattended bikes will be removed at 7:45am
- Any bike with an improper gate number will be removed from that specific gate area
- **Race starts at 8:00am**

The Half Fat– 21K

- There is one gate for the Half Fat 21K Race
- Riders may enter through Gate 4 immediately after the 47K race rolls out
- **Race starts at 8:15am**

The Fun Fat Tour- 10K

- There is one gate for the 10K Tour
- Riders may enter through Gate 4 after the 21K race rolls out
- **Start time is 8:30am for this untimed event**

Roll-Out

- 47K and 21K races will start with a race roll-out for the first **500** meters.
- All riders **must** stay behind the roll-out vehicle until the flag is waved, officially signaling the beginning of the race. Please do not hang-on to the roll-out vehicle at any time.



Course Maps

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

- [The Big Fat 47K](#)
- [The Half Fat 21K](#)
- [The Fun Fat 10K Tour](#)

Racecourses

Both races and the 10k tour are run on a looped course utilizing portions of the Birkie Ski Trail and the old Kortelopet Trail. The course is groomed to varying widths depending on the type of trail that is utilized. Please use caution in the aid stations and respect the course dividers as riders will be approaching the aid stations from both directions.

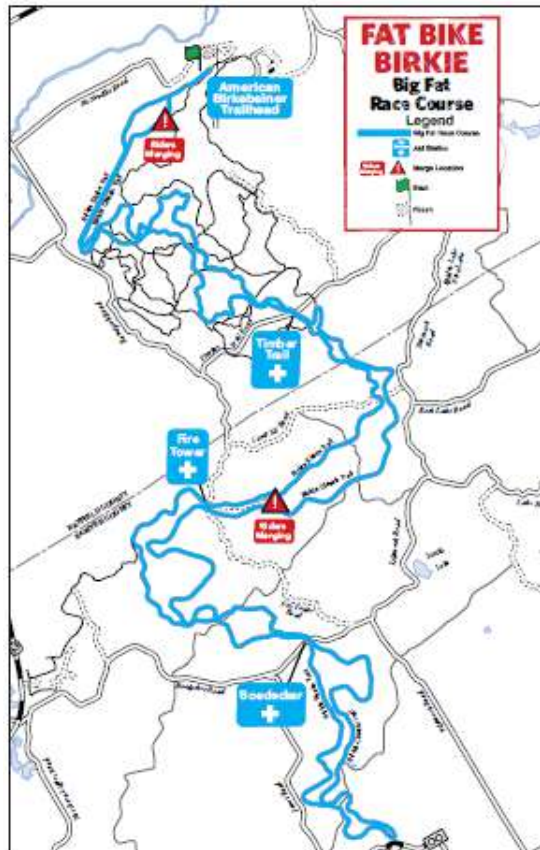
The Big Fat 47 Kilometer Race ➡

[The Big Fat Course Map](#) (click link for larger map)

The Big Fat race is marked with **blue arrows**. The race rolls out on the Birkie Skate Trail and makes a left-hand turn onto the Birkie Classic Trail at the end of the powerlines. The course follows the Birkie Classic Trail south for 23 kilometers to County Highway OO, then turns north on the Birkie Skate Trail for 21 kilometers. On the return trip, after the powerlines, riders will veer right on the Birkie Classic Trail. The course takes another right as the Birkie Classic Trail merges with the Skate Trail 500m from the finish.

Please note, there are kilometer markers placed periodically along the course counting down the distance to the finish.

- The Big Fat 47K course countdown begins at 40 kilometers to the finish. The course is marked every 5 kilometers until the final 5 kilometers, where it is marked every kilometer.
- Please stay in the 47K finish corridor in the final 500m.
- Please follow blue arrows!



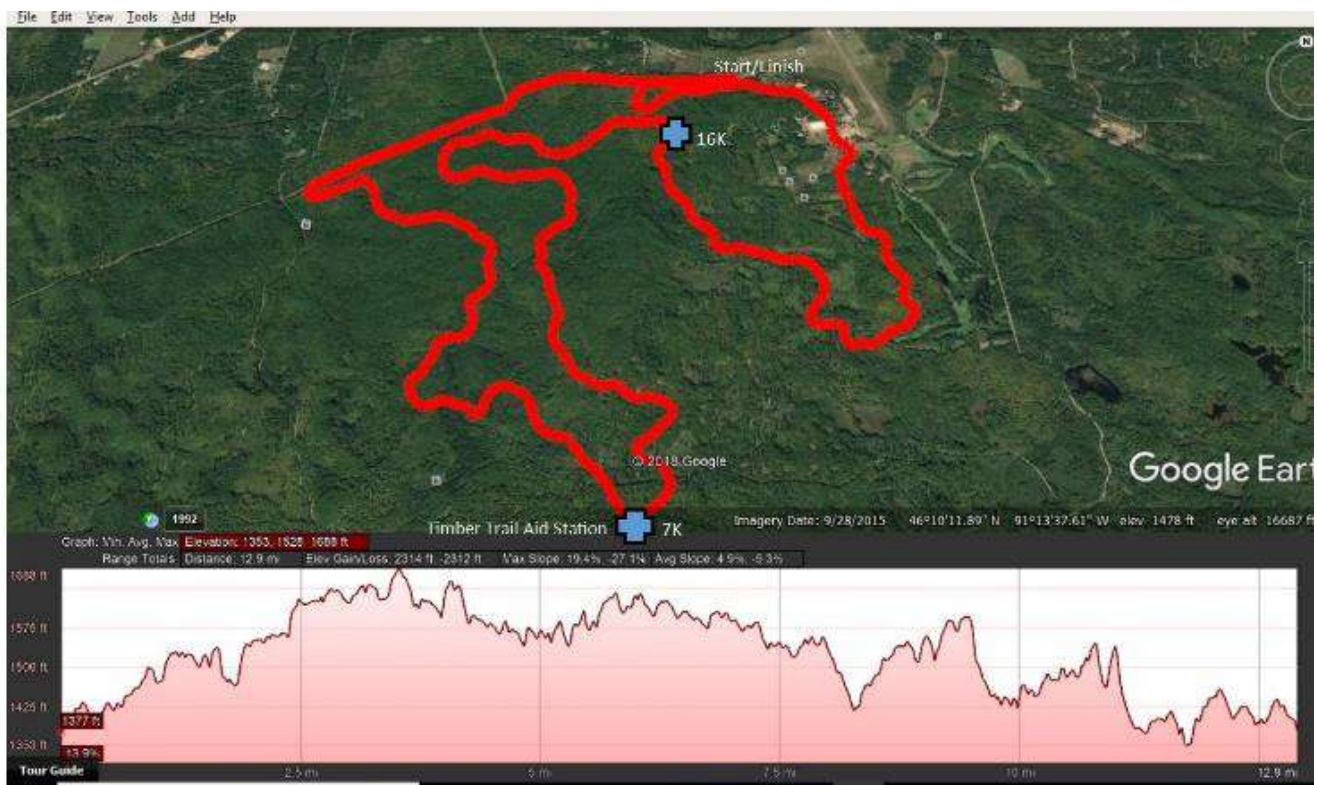


The Half Fat 21 Kilometer Race


[The Half Fat Course Map](#) (click link for larger map)

The 21K race is marked with **pink arrows**. The course follows the Birkie Skate Trail to the end of the powerlines where it takes a left turn into the Birkie Classic Trail. The course continues on the Birkie Classic Trail to Timber Trail. From the Timber Trail aid station, 21K riders will stay to the left and ride a short section of Birkie Classic Trail before turning left onto the old Kortelopet Trail. **Please be aware of the course split!** After the split, riders will experience rolling hills with some bigger climbs as the course gets closer to Mt. Telemark. The course wraps around Mt. Telemark, travels through the Telemark downhill area (think Cheq 40 finish), goes behind Telemark Lodge, and continues for another 2 kilometers where it takes two hard rights, for the last 500m on the Skate Trail and into the Finish Line. Please stay in the Half Fat finish corridor the last 500 m.

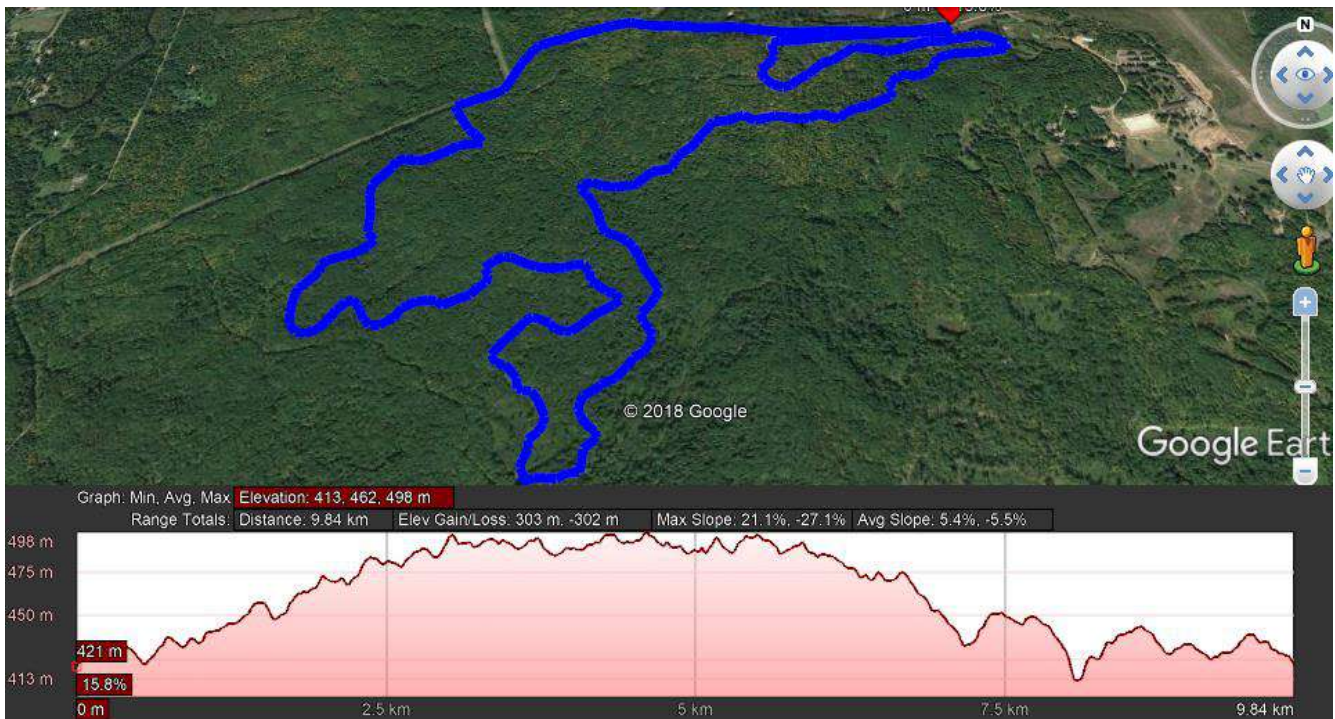
Please note, there are kilometer markers placed periodically along the course counting down the distance to the finish. The Half Fat 21K course countdown begins at 15 kilometers to the finish. The course is marked every 5 kilometers until the final 5 kilometers, where it is marked every kilometer. Please follow pink arrows!



Fat Bike BIRKIE

[10K Tour](#) - (click link for larger map) 

The 10K Fun Fat Tour is marked with **orange** signs. The 10K tour course will start the same way as the 47K and 21K races. At the beginning of the powerline area, the race will take a left onto a smaller trail. The course quickly turns to the right and travels to an intersection where another right turn is quickly followed by a left turn onto the Birkie Classic Trail. The course follows the 47K and 21K races until it turns to the left for a short distance before turning left and rejoining the 21K course. The 10K tour follows the 21K course until the aid station where the 10K course turns to the left and the 21K turns to the right. After the left turn, the course will turn again to the left and connect for the last time with the 21K course. Two more right hand turns, and the course will make its way to the finish line. Please be courteous and give the right of way to 21K racers where the courses intersect. Please follow orange arrows! The 10K tour is untimed - enjoy yourself out there!



Aid Stations

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

Fat Bike Birkie - 47K Big Fat Course Timetable		
Big Fat 47K Aid Stations	Distance from the Start	Cut-Off Time
Timber Trail Southbound	8 kilometers	9:00
Fire Tower Southbound	14 kilometers	9:30
Boedecker Southbound	19 kilometers	10:00
Boedecker Northbound	29 kilometers	11:15
Fire Tower Northbound	34 kilometers	11:40
Timber Trail Northbound	38 kilometers	12:20
Finish	47 kilometers	2:00



Aid Stations/Continued

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

Half Fat 21K Aid Station Location	Distance from the Start	Cut-Off Time
Timber Trail	8 kilometers	9:15
16K	16 kilometers	10:20
Finish	21 kilometers	11:30

There is one aid station for riders on the 10K Fun Fat tour. Riders will pass through the aid station once during their ride at about 8K. The aid station is the same one used by the Half Fat at their 16K mark.

Fun Fat 10K Aid Station Location	Distance from the Start	Cut-Off Time
8K	8 kilometers	10:20
Finish	21 kilometers	11:30

Aid stations will be supplied with:

- Nourishment - water, Nuun Endurance, GU Energy Gels, and cookies
- Comfort – shelter, toilets and basic medical care (no bathroom available at the 16K Half Fat aid station and 8K Fun Fat aid station)
- Tech Support – A limited number of tools will be available at each aid station. Riders are encouraged to bring their own tools and supplies, there is no guarantee that aid stations will have the tools necessary to fix the problems you may have.

We strongly recommend that all participants carry their own supplies between aid stations!

Teams who are providing hand-ups are asked to do so only as riders exit the aid stations.

Cut-Off Times

Participants in the 47K and 21K races, as well as the 10K Fun Fat tour, will not be allowed to continue on the course past the posted cut-off times.

Dropping Out of the Race

If for some reason you drop-out of the race, you must report to an aid station Chief or at the bike number plate pick-up area in the Great Hall. It is important that we know where all participants are.

The Finish

All riders will finish the last 500m in their respective finish corridors. After finishing, riders are asked to exit the fenced area, located behind the finish line, as soon as possible after crossing the finish line to avoid congestion.



Results & Awards

Race results for both the Big Fat 47 kilometer and the Half Fat 21 kilometer are based on gun time. Everyone is assigned the same start time and each rider's finish time is recorded as they cross the finish line. The 10K Fun Fat tour is an untimed event. Race results can be found online at www.Birkie.com.

The Big Fat – 47K

- Prizes will be awarded to the top three overall finishers, men and women, in the Big Fat 47K race. Awards include trophies and cash prizes.

The Half Fat – 21K

- Trophies will be awarded to the top three overall finishers, men and women, in the Half Fat 21K race.

Age Class Awards

- The top three age class finishers, men and women, will be awarded prizes in the following categories:
- The Big Fat 47K - 18-29, 30-39, 40-49, 50-59, 60-69, 70+
- The Half Fat 21K – 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+

Award Ceremony Times:

- 10:30am
 - The Big Fat 47K Overall
 - The Half Fat 21K Overall
 - The Half Fat 21K Age Group
- 11:30am
 - The Big Fat 47K Age Group

Winners must be present to receive their awards!

Post-Race Chicken Sandwich & Beverage!

Your race is over and now it's time to celebrate! Beginning at 10:30am, the post-race party begins in the Great Hall. Your race registration includes a hot meal from the Northern Lakes Co-Op's Corner Deli along with a cold beer from Earth Rider, the Official Beer of the Birkie. Root beer is also available. All food and beverages are in the Great Hall. Don't forget to bring your meal and beverage tickets with you to claim your fare! Your first beverage is free - cheers! Spectators, friends and family can purchase a meal for just \$5.00. Earth Rider Beer and root beer are available for purchase - Beer \$5, Root Beer \$3, Water \$2 - cash and credit accepted.

Your Posse

We encourage spectators, friends and family to watch riders at the race start and finish at the American Birkebeiner Trailhead in Cable. The Fat Bike Birkie traverses the beautiful, albeit remote, Bayfield and Sawyer County forests. There is extremely limited road access to the racecourse. We ask that spectators stay away from the Timber Trail and Fire Tower Aid Stations. Both areas are located on narrow, rough roads, and have very limited parking. Access is limited to emergency vehicles and volunteers only. Thank you for your cooperation. If your posse wants to see you on the course, the best place to watch is at the Boedecker Aid Station or the OO turn around. Check out the [Google map](#) at Birkie.com for directions.

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Riders Arrival

The first Half Fat 21-kilometer riders are expected to arrive around 9:05 am, with the first Big Fat 47K riders estimated for arrival around 9:45 am.

Sneak Peek at the Trail

Check out the [Trail Genius coverage](#) of the 2015 Fat Bike Birkie. While the 2020 race will feature a slightly different course, the videos and maps give you a good idea of what to expect on the legendary Birkie Trail and will provide a sneak peek at its hilly terrain.

Streaming Video

There will be [several cameras](#) located throughout the race start, near OO, and at the finish. All cameras will be streaming video throughout the day. The video will not be recorded; however, your friends and family can watch your race from afar. Find the cameras at www.Birkie.com.

Share!

Share your photos and videos on Facebook @AmericanBirkebeiner, on Twitter @birkie, or on Instagram @americanbirkebeiner! Please use #BirkieFever and #FatBirkie2020

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

See you in the north woods soon!



Fat Bike BIRKIE.

Special Thanks to our Amazing Sponsors!

