

2020 Birkie Trail Run



Marathon, Marathon Relay, and Half Marathon Course Description

Type	Description		
Ski Trails	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.		
Leg	Aid Stations	Length	Section Details
1, 4	American Birkebeiner Trailhead- Start to Timber Trail	4.5	The opening leg has some of the toughest climbs of the course. A rolling start on the wide Birkie Skate Trail will lead to some tougher hills on the Powerline section. The hills will continue when the course turns into the woods, but most won't be quite as steep as the Powerlines. A final descent into Timber Trail will have you at the first aid station.
2, 5	Timber Trail to Stadium Aid	3.8	The second leg of the course will take you out on more gentle rolling hills on the old Kortelopet trail. As you get closer to the Stadium Aid Station, you'll run on the Roller Coaster Trail (you'll soon know why it's called that), and then head into the aid station via more of the old Kortelopet trail. Still plenty of rolling hills, but this leg has the least elevation climb.
3, 6	Stadium Aid to BTH Aid	5.07	The third leg leaves the Stadium aid station and heads out on the Birkie Roller to once again intersect with the old Kortelopet trail. The course will take you on rolling terrain that gradually climbs around Mt. Telemark until you pop out on the steep face of Mt. Telemark. Down hill running might be on your mind, but first you need to make the final ascent up the face of the hill to the top! Enjoy the view and then begin the downhill descent to the finish for the final mile!