

BIRKIE **Trail Run Festival**

2020 Birkie Trail Run Festival Participant Guide

Title Sponsor:



Welcome to the 2020 Birkie Trail Run!

This participant guide contains everything you'll need to know to be prepared for a great race day on Saturday, September 26th or Sunday, September 27th. From the USATF Half Marathon MUT Championship to the Marathon, the 5K, and every event in between, the Birkie staff & volunteers have been hard at work making certain you'll have the best possible race experience. As always, our number one priority is for you to have a safe and successful race. We think you'll find the Birkie Trail Run will be a great day in the north woods!

Let's get started!

Safety Precautions and Protocols

The 2020 Birkie Trail Run will look differently than in a typical year given the status of Covid-19 in our community, country, and world. The American Birkebeiner Ski Foundation (ABSF) takes the planning, protocols, precautions, and safety of participants, volunteers, local communities, and staff, very seriously. We have worked closely with Bayfield County Public Health to ensure all Centers for Disease Control (CDC) and local public health recommendations and guidelines are in place for the Birkie Trail Run.

In order to comply with the number of people we are allowed to have onsite at any given time, spectators will not be allowed to attend the Birkie Trail Run event. Fans can watch the start of the race from home by following the link on www.Birkie.com.

We know this may feel like an inconvenience, but closely adhering to all Public Health guidelines is essential in allowing us to continue to hold in-person events.



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Your Health

Do not attend the event if you have felt unwell at any time in the 72-hours prior to Saturday, September 26 or Sunday, September 27. You may change your event participation to virtual for any reason before your event by emailing registration@birkie.com.

Pre-Event Health Survey

Please complete the following health check within 24-hours of attending the Birkie Trail Run event:

- If you have been in contact with someone who has been diagnosed with Covid-19 in the past 14-days, please stay home.
- If you have been experiencing, or have been in contact with anyone experiencing, the following symptoms in the past 14-days, please stay home.
 - cough
 - shortness of breath or difficulty breathing
 - fatigue
 - fever or chills
 - muscle pain or body aches
 - headache
 - sore throat
 - new loss of taste or smell
 - congestion or runny nose
 - nausea or vomiting
 - diarrhea

Mandatory & Suggested Health Precautions for In-Person Event

- Face masks are required in the start/finish areas.
- Face masks are required at aid stations if you cannot stay physically distanced.
- Practice physical distancing at start, finish, aid stations, and on-course.
- Call out to a fellow runner in order to maintain physical distancing while passing.
- Please be courteous and avoid others if you need to spit or blow your nose.
- Be ready to run prior to entering the start corral. Have your race number adhered to the front of your shirt, pre-race warm-up completed, hands washed or sanitized, restroom used, mask on, etc.
- Please no spectators on-site.
- Pre- and post-race activities have been eliminated to discourage crowds gathering.
- Please arrive no more than 1-hour prior to your event and leave the finish line area after receiving your snack bag and beverage. Thank you for your cooperation.
- Please warm-up away from the start/finish area. Suggested areas will be posted – look for signs when you arrive in the parking lot.
- Increased hygiene and cleaning protocols will be in place throughout the event.
- Limited volunteers will be at the event.
- Medical volunteers will be limited on-course; please do not attempt your event if you are not well-trained or are unprepared.



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USATF MUT Half Marathon Championships

Welcome all USATF runners! We are proud to once again be hosting the USA Track and Field (USATF) Mountain Ultra Trail Half Marathon Championships! In order to win the overall title or age group medal in the USATF MUT Half Marathon Championships, you must have a USATF license. Join now to drive competitive excellence and popular engagement, to continue to develop the nation's best athletes, and to grow the sport at all levels. www.usatf.org.



Race Registration

Registration for individual events is available **online** until 7:00pm CT on Friday, September 25, 2020. The deadline for relay team registration was Wednesday, September 23rd.

Please note, pets are not allowed on the racecourse, at aid stations or in the start/finish area at any time.

Bib Pick-Up

Bib pick-up is available at the American Birkebeiner Trailhead during the following times:

- Friday, September 25 - 4:00pm to 7:00pm (all events)
- Saturday, September 26 – 1 hour before the specific event (ex: Nordic Trek)
- Sunday, September 27 – 1 hour before the specific event (ex: Marathon)

Directions to the American Birkebeiner Trailhead are found under “Getting There” (found on next page).

Please email registration@birkie.com with any bib or event issues before arriving at bib pick-up.

Bib pick-up is available by drive-up only. Please travel from Cable, WI, on Highway M to Telemark Road, drive past the old Telemark Lodge, and into the event parking lot area. Please follow the signs, choose the lane for your event, pull forward, and wait in your car. Staff will assist you as soon as they can. If you have participants in multiple events, choose the lane for one event and a staff member will collect all bib packets for you. You may pick up bib packets for other members of your family.

Marathon Relay Teams – Team bibs and t-shirts will be all be packaged together. Please assign one member of the team to pick up the packet for the entire team.



Please note there is no race day or in person registration.



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Your Bib

Your bib is a unique identifier and must be worn and visible on the front of your body at all times on race day. Do not remove, alter, or fold the timing chip in any way.

Getting There

The race start is located at the [American Birkebeiner Trailhead](#). Access to the venue is available only from Telemark Road. From Hwy M, take Telemark Road south, drive past the old Telemark Lodge and follow the signs to parking and/or bib pick-up.

Parking

There is ample parking available at the American Birkebeiner trailhead.

Warm-Up

Please do not warm up on any of the racecourses or near the start/finish line area. There will be signs posted in the parking area indicating recommended warm-up areas. Please stay physically distanced during warm-ups.

Entering the Start Area

It is essential that we limit the number of participants in the start area at any given time. Please do not arrive early to the start area to watch other starts or to warm-up.

Please tune your radio to **87.9 FM** and listen for race information. You will be given specific instructions on when you should leave your car and enter the start area and your start corral.

Friday, September 25

Bib pick-up is available at the American Birkebeiner Trailhead from 4:00pm to 7:00pm on Friday, September 25 for all events.

Saturday, September 26

Race Day Bib Pick-Up

You may pick-up your bib on race day, 1 hour before your start time at drive-up bib pickup in the parking area.

- 7:00am to 8:00am - Half Marathon only
- 11:00am to 12:00pm - Trek and Ultra only
- 3:00pm to 4:00pm - 5K and Ultra only



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Saturday, September 26/Continued

Race Day Event Schedule

- 8:00am Half Marathon Start
 - 8:00am USATF Start
 - 8:05am Open Start Corral 1
 - 8:10am-8:35am Start Corral 2-9 (every 5 minutes)
- 12:00pm Trek Start
 - 12:00pm Start Corral 1
 - 12:05pm Start Corral 2-4 (every 5 minutes)
- 4:00pm 5K Start
 - 4:00pm Start Corral 1
 - 4:05-4:30pm Start Corral 2-7 (every 5 minutes)

Sunday, September 27

Race Day Bib Pick-Up

Race day bib pick-up is by drive-up only in the parking area.

- 5:00am to 5:30am - Ultramarathon only
- 5:30am to 6:30am - Ultramarathon Relay only
- 7:00am to 8:00am - Marathon
- 7:30am to 8:30am - Marathon Relay

Race Day Event Schedule

- 5:30am-5:45am Ultramarathon Start
- 6:30am Ultra Relay
- 8:00am Marathon Start
 - 8:00am Start Corral 1
 - 8:05am Start Corral 2
 - 8:10am Start Corral 3
 - 8:15am Start Corral 4
 - 8:20am Start Corral 5
- 8:30am Marathon Relay Start
 - 8:30am 3-person Relay Start
 - 8:35am 6-person Relay Start



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Race Timing

Gun Start Timing

The USATF start is a gun start - everyone in the start corral will have the same start time.

Chip Start Timing

Start corrals 2-9 in the Half Marathon, and all the start corrals in the Trek, 5K, Ultramarathon, Ultra Relay, Marathon, and Marathon Relay, will be chip timed - your time starts when you cross the start line. You may choose to start at the exact start time of your corral or take a more relaxed and physically distanced approach and start shortly thereafter. Please note, the next start corral will begin lining up 2-minutes before their scheduled start time.

Timing provided by PrimeTime Timing.

Racecourse Marking and Signs

The Birkie Trail Run shares common trails for each of the different race distances. As such, the route for each race will be fully marked with color-coded signage unique to each race. At various times during your run or trek you will see signs for other events. For your convenience, your bib color corresponds to your race's directional arrows on the course.

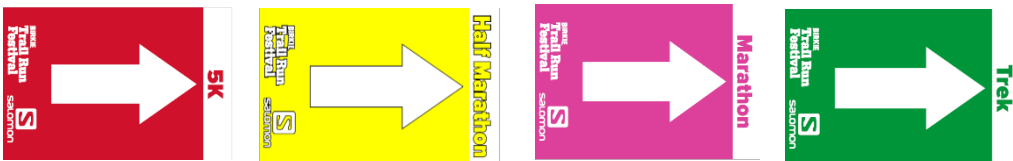
Along with arrows on the trail, ribbons will be hanging from trees to help mark your way along the course. Ribbon colors match the arrows and bib colors for each event.

For your convenience, course maps and elevation profiles will be posted in the parking area and are available at www.Birkie.com.

Please note the color designated for your event, be alert, and follow the correct events signs located along the trail!

Designated colors, by event:

- 5K – Red
- Half Marathon – Yellow
- Marathon/Marathon Relay – Pink
- Nordic Trek - Green



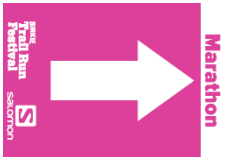
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Racecourse Marking and Signs/Continued



Please Note! Signs indicate only three possibilities.

1 - Indicates a right turn onto a new trail



2 - Indicates a left turn onto a new trail



3 - Indicates continuing straight on the current trail.



Mile Markers

Each mile will be identified with “miles to go” markers, in corresponding colors.



Please Note! Mile markers count down to the finish.



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Aid Stations

You will be given GU, Anderson's Maple Syrup Pure Fuel, and a Clif bar at bib pick-up for use on-course. Please carry any energy needs that you may have for your event, aid stations will only be providing water and Nuun Endurance.

- Half Marathon & Trek - There are two aid stations to serve your hydration needs.
- The marathon course has 5 aid stations to serve hydration needs.
- There will be no aid station on the 5K course.
- Please remember this is a cup-less race; bring your own hydration vessel!
- No food will be available at the aid stations, please carry whatever energy/food that you might require during your race.
- Water and Nuun Endurance are available from touchless stations at each aid station location.
- The Stadium aid station will provide a touchless Nuun station and water in 10-oz. water bottles only.
- As you approach an aid station, and if it appears you are unable to stay physically distanced from others, please put on your mask.
- With fewer volunteers at the aid stations, please make certain all of your garbage goes in the provided receptacles.
- There are toilets and basic first aid supplies available at each aid station.

Birkie Green & Cup-less Racing

The American Birkebeiner Ski Foundation is celebrating its first anniversary of Birkie Green, an initiative designed to inspire solutions to address changing climates and implement sustainability practices wherever possible. As part of our Birkie Green initiative, the Birkie Trail Run Festival will be completely cup-less this year. Please plan to bring your own hydration vessel. Thank you for your support!



Aid Station Details

Marathon & Marathon Relay

Marathon and Marathon Relay				
Relay Leg	Aid Station	Miles from Start	Distance	Cut-Off Time
1	Start to Timber Trail	4.5	4.5	N/A
2	Timber Trail to Stadium	8.3	3.8	N/A
3	Stadium to BTH (start)	13.1	4.8	N/A
4	BTH to Timber Trail 2	17.6	4.5	12:30pm
5	Timber Trail 2 to Stadium 2	21.6	3.8	1:30pm
6	Stadium 2 to Finish	26.2	4.8	3:00pm



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Aid Station Details/Continued

Half Marathon

Half Marathon				
	Aid Station	Miles from Start	Miles to Next Station	Cut-Off Time
1	Start to Timber Trail	4.5	4.5	N/A
2	Timber Trail to Stadium	8.3	3.8	10:30am
3	Stadium to Finish	13.1	4.8	12:00pm

Trek

Trek				
	Aid Station	Miles from Start	Miles to Next Station	Cut-Off Time
1	Timber Trail	4.5	4.5	N/A
2	Timber Trail to Stadium	8.3	3.8	3:15pm
3	Stadium to Finish	9.0	0.5	3:00pm

Race Cut-off Times

Participants will not be allowed to continue on the course past the cut-off times (noted on the preceding tables). Transport back to the American Birkebeiner Trailhead will be provided for those not making the cut-off times. Should you need transport, please have your mask available.

Safety

Medical volunteers will be limited on-course. Please do not attempt your event if you are not well-trained or are unprepared. Runners may be asked to withdraw from the race if upon assessment the event medical team feels that it is too dangerous for the runner to continue.

Dropping Out

If you need to drop-out of any event, you must report to an aid station volunteer or Birkie staff in the Finish line area notifying them of your status.

If You Need Assistance on Race Day

If you have any questions, please see any of the following representatives on race day:

- Race chief - blue bibs
- Volunteers – orange bibs
- Bike Patrol and EMT staff – identified by their uniforms
- Medical Staff – in the identified medical tent

Please call 715-634-5025 or email us at birkie@birkie.com with any questions!



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Relay Exchanges

Relay exchanges may only be made at the aid stations and as identified on the course map. Please stay physically distanced as you are waiting for your teammate to arrive at the aid station. Once a relay team member crosses the first line (marked on the ground), the second relay team member may leave the aid station by crossing the second line (marked on the ground).

Each team is identified by the last 3 digits of their bib number. Each individual team member is identified by the first digit of the bib number.

- 3-Person relay teams must have 2 to 3 runners and may exchange at any of the 5 Marathon aid stations.
- 6-Person relay teams must have 4 to 6 runners and may exchange at any of the 5 Marathon aid stations.

Relay Team Driving Route



Please Note! Please be careful of runners crossing the road and remember that no pets are allowed on the trail at any time!

From the American Birkebeiner Trailhead, follow the exit signs past the start line and continue on McNaught Rd. In 1.9 miles, take a left onto Randysek Road. In 2.5 miles, turn left onto Timber Trail Road. The aid station is in 0.9 miles.

From the Timber Trail Aid Station, continue east on Timber Trail Road. You will cross the racecourse twice - please be cautious! In 1.5 miles, take a left onto Spider Lake Fire Lane and continue for 2.15 miles. Take a left onto Telemark Road, follow the signs to the parking area. Once parked, follow the walking path to the Stadium Aid Station.

After the exchange, walk back to the parking area and around to the start line which is now the BTH aid station. Leg #4 will start lap 2 of the course and head back to Timber Trail.

Finish

Congratulations – you did it! Take a moment to stop at the selfie station to capture a photo of your accomplishment. Please use your own personal phone or let a Birkie staff take a picture of you to remember your day (you'll be able to find your photo in the Facebook Birkie Trail Run album). Photos will be posted on Facebook within 48-hours of your event.

Finishers may pick up a snack bag, created by Northern Lakes Coop, immediately after the finish line. Earth Rider beer and Kemps chocolate milk will help you rehydrate after your event.



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Finish/Continued

Unlike most years, the finish line will not be a place to gather and share race stories. Please enjoy your finish line fare at your vehicle (before you depart the event grounds) or once you arrive at your final destination. As you depart the Birkie Trail Run event, you will exit on McNaught Rd.

Race Awards

All awards will be mailed to winners. Unfortunately, there will be no awards ceremony at the 2020 Birkie Trail Run.

5k Overall and Age Group Awards

- First place overall male and female winners will be awarded a certificate for a pair of Salomon trail-running shoes and a podium award.
- Second and Third place overall male and female winners will receive a podium award.
- Top three male and female age group winners will be awarded in the following categories:
 - Under 8, 9-10, 11-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

Half-Marathon Overall and Age Group Ceremony and USATF MUT Half Marathon Championship

- Runners who are members of USA Track & Field are eligible for medals for:
 - Top male and top female
 - Top male masters (40+) and top female masters (40+)
- First place male and female overall winners will be awarded a certificate for a pair of Salomon trail-running shoes and a podium award.
- Second and Third place overall male and female winners will receive a podium award.
- Top three male and female age group winners will be awarded in the following categories:
 - 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Marathon Overall, Marathon Relay, and Marathon Age Group

- First place male and female overall winners will be awarded a certificate for a pair of Salomon trail-running shoes and a podium award.
- Second and Third place overall male and female winners will receive a podium award.
- Marathon overall male and female winners will be awarded a Visa check card courtesy of Carlson MD:
 - 1st \$200, 2nd \$100, 3rd \$50
- Each team member of the overall 3- and 6-person marathon relay team winners, in the following categories, will be awarded a certificate for a pair of Salomon shoes:
 - Open Men; Open Women; Open Mixed; 40+ Men; 40+ Women; 40+ Mixed
- Top three male and female Age Group winners will be awarded in the following categories:
 - 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

Trek

Please note, there are no age categories or awards in the Trek event, but participants will receive a finish time.



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The Birkie Store

We're sorry to miss you at this year's race. Visit us at Birkiestore.com for a wide variety of gifts and gear to remember your race! Wear your love of the Birkie on your sleeve with wardrobe items from the Birkie Store!

New in 2020 - Satellite Expo at New Moon Ski & Bike!

Visit [New Moon on Hwy 63](#), Hayward, WI, and check out their Race Bib Offer. While there, please visit **FITS Socks**, **Sidas**, and **Anderson's Maple Syrup** in their tent and trailer showrooms, located outside in the New Moon Ski & Bike shop's parking lot. Special thanks to New Moon Ski & Bike for making a safe, socially distanced Expo another part of the 2020 Birkie Trail Run experience!

- **Hours:**
Friday: 9:00am – 8:00pm
Saturday: 8:00am – 6:00pm
Sunday: 9:00am – 4:00pm

Please call 715-634-5025 or email us at birkie@birkie.com with any questions!

Virtual Participation Instructions

For runners participating in the Birkie Trail run as virtual participants, you must complete your event between Friday, September 25 and Sunday, September 27.

- Complete your distance within the time limits of your event (ex: Marathon must be completed in 8 hours or less)
- Complete your distance in one consecutive period with one time reported
- Individual relay members may run any distance, at any time, during the three days, but each leg distance must be completed in 1-day (ex: member #1 may run 6-miles on Friday, member #2 may run 6-miles on Sunday, and member #3 may run 14-miles on Saturday - if they are registered for a 3-person marathon relay. Distances cannot be split up by individual runners over multiple days.
- The total distance for a relay team must add up to the event distance
- Submit all results at www.RunSignUp.com.
 - Search for Birkie Trail Run.
 - Click on results at the top.
 - Search for your name or bib number and enter in your time.
 - See how you compare with other virtual participants!

For all Birkie Trail Run participants - If you have felt unwell at any time in the 72-hours prior to Saturday, September 26 or Sunday, September 27, you may change your event participation to virtual for any reason before your event by emailing registration@birkie.com.

Good luck Runners!



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Our Amazing Sponsors

Shout-out to our amazing sponsors without whom the Birkie Trail Run Festival would not be possible!

- **Salomon** – Title Sponsor, Birkie Trail Run Festival
- **Carlson MD** – Presenting Sponsor, Marathon
- **FITS** – Presenting Sponsor, Marathon Relay
- **Sidas** – Presenting Sponsor, 100K Ultra Marathon
- **Northern Lakes Co-op** – Post-Race Snack Bag
- **Earth Rider Brewery** – Official Birkie Beer
- **Clif Bar** – Official Bar
- **GU** – Official On-Course Energy
- **Nuun** – Official On-Course Hydration
- **Kemps** – Finish Line Recovery
- **Anderson's Maple Syrup** - Official Maple Syrup of the Birkie
- **Hayward Coffee Company**
- **Marketplace**



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