

BIRKIE
**Trail Run
Festival**

100K Ultramarathon Participant Guide

Title Sponsor:



Ultra Event Sponsor:



Welcome to Birkie Trail Run 2020!

The ultramarathon participant guide contains everything you'll need to know to be prepared for a great race day on Sunday, September 27, 2020. The Birkie staff has been hard at work making certain that from bib pick-up, to the course, to aid stations, and everything in between, we've created the best possible race experience for you. As always, our number one priority is for you to have a safe and successful race.

Let's get started!

100K Ultramarathon Presented by:



BIRKIE **Trail Run** **Festival**

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, 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 at the event, please limit the number of people you have on your race crew. We understand that it takes a large support system to run an ultramarathon, however, there is a limit to the total number of people we are allowed to have on-site at any given time (all venues and on-course).

- No spectators are allowed at the Start/Finish area and you are allowed 2 crew members at each aid station.
- Please bring only the support crew essential to assist you throughout your race.
- We are not able to have the same number of volunteers at the event as we normally would. As a result, we cannot provide the same level of food and care at aid stations as we have in the past.
- Each runner will receive two lanyards for crew member use. Crew members must wear a visible lanyard at each aid station, or they will be asked to wait in their vehicle.
- The best place for your crew to station themselves will be:
 - Fire Tower and Boedecker aid stations at any time
 - American Birkebeiner Trailhead aid station after 1:00 pm
 - Stadium aid station after 2:00pm (when the marathon race is complete).

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.

Your Health

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



BIRKIE **Trail Run Festival**

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 and at aid stations if you cannot stay physically distanced.
- Practice physical distancing at start, finish, aid stations, and on-course.
- Call out to fellow runners 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.
- The ultramarathon start window is from 5:30am to 5:45am. Your time starts when you cross the start line. If you hope to be in the top 10, please start at 5:30am.
- Please no spectators on-site.
- Pre- and post-race activities have been eliminated to discourage gathering.
- Please arrive no more than 45-minutes prior to your event and leave the finish line area after receiving your snack bag and beverage. Thank you for your cooperation.
- 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 the ultramarathon if you are not well trained and prepared.

BIRKIE **Trail Run Festival**

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

Friday, September 25

MANDATORY Pre-Race Briefing

All ultramarathon runners must attend a mandatory virtual pre-race briefing on Friday, September 25, at 6:00pm. The meeting will be recorded. Attending the virtual pre-race briefing “live” is the best way to have your questions answered. Watch for an email with the virtual pre-race briefing meeting link. If you don’t receive one, email kristy.maki@birkie.com.

If you are unable to attend at 6:00pm on Friday and require the link to the recorded meeting, please email kristy.maki@birkie.com.

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
- Saturday, September 26 - 11:00am to 12:00pm & 3:00pm to 4:00pm
- Sunday, September 27 - 5:00am

Directions to the American Birkebeiner Trailhead are found under “Get There” (found below).

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.

Sunday, September 27

Getting There

The race start is located at the [American Birkebeiner Trailhead](#). Access to the venue is only from Telemark Road, east of Cable, WI. From Hwy M, take Telemark Rd. south past the old lodge and follow the signs to parking and/or bib pick-up. Exit the start/finish area on McNaught Road by following the posted signs.

Parking

There is ample parking for the ultramarathon start/finish available at the American Birkebeiner trailhead.



BIRKIE Trail Run Festival

Race Day Event Schedule

- 5:00am Bib Pick-Up Opens
- 5:30am Ultramarathon Start
- 6:30am Ultramarathon Relay Start
- 8:00am Marathon Start
- 8:30am Marathon Relay Start
- 3:00pm Marathon Finish Cut-Off
- 11:00pm Ultramarathon Finish Cut-Off

On the Course

Racecourses

The Birkie Trail Run events use 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 specific race. The ultramarathon is 2 laps of a 31-mile (50K) course. The ultramarathon course will follow the marathon course to the first aid station at Timber Trail. The ultramarathon course will then continue south on the Birkie Skate Trail, turn north on the Birkie Classic Trail, and rejoin the marathon course after crossing Timber Trail Road. Ultramarathon runners will not go through Timber Trail aid station on their way north. After passing through the start line, ultramarathon runners will begin lap 2 of the 2-lap course. Please read the [Ultra Course Description](#) document on www.birkie.com for detailed information about the ultramarathon course.

Course Marking and Signs

Ultramarathon runners will follow the **lime green directional arrow signs and ribbons tied in trees** found along the racecourse. Please remain alert and follow the correct ultramarathon signs. On race day, the post-sunset sections of the course will have reflective tape on both the ultramarathon signs and ribbons designed to aid you along your way. A head lamp is required after dark!

Arrows confirm your direction!

Indicates a right turn onto a new trail.



BIRKIE Trail Run Festival

Course Marking and Signs/Continued

Indicates a left turn onto a new trail.



Indicates you maintain a straight course on the current trail.



In addition, throughout the ultra course, **lime green** mile marker signs will count down in 5-mile increments to the finish line. Lime green ribbons will be found at the approximate half mile marks.



Start Line

Only registered ultramarathon participants and staff will be allowed at the start line. You may arrive at the venue any time after 4:45am, but do not enter the start corral more than 10-minutes before the 5:30am start. Runners may start anytime between 5:30am and 5:45am. Your time starts when you cross the start line. Any runner hoping to be in the top 10 is encouraged to start at 5:30am.

BIRKIE **Trail Run Festival**

Aid Stations



Runners must check in at the race start, at each aid station along the racecourse, and at the race finish. Failing to do so may result in disqualification!

All runners must check in at every aid station so we can monitor your progress. Please don't leave the station before giving the ultramarathon volunteer your name, status update, and time out.

As you approach an aid station, and if it appears you are unable to stay physically distanced from others, please put on your mask. Touchless water stations are 6-feet apart, but you may have to stand in line for water or for the touchless Nuun hydration system. With fewer volunteers at the aid stations and contact concerns, please make certain all of your garbage goes in the provided receptacle. Thank you.

Aid stations will offer hydration options and a limited variety of prepackaged food. Touchless water and Nuun Endurance will be available. Small cans of cola, bananas and oranges, salty snacks, Cup of Noodles, Uncrustables, Pop Tarts, raisins, miniature candy bars, string cheese, granola bars, and fig bars will be available.

You will be given GU, Anderson's Maple Syrup Pure Fuel, and a Clif bar at bib pick-up for use on-course.

Hot water will be available at Timber Trail, Fire Tower, Boedecker, and American Birkebeiner Trailhead aid stations. The Stadium aid station will have limited provisions and food; water will be available only in 10-oz .disposable water bottles. There are toilets and basic first aid supplies available at each aid station.

The first trip through Timber Trail aid station will offer hydration only. Also, ultramarathon bags will not be at this location until your 2nd lap.

Additional aid station information is available in the [Ultra Details and Directions](#) document that was also emailed to you.

BIRKIE **Trail Run Festival**

Drop Bags

Runners may have drop bags transported to aid stations. All drop bags must have runner's name, bib number, and the name of the aid station clearly marked on them. Drop bags will be accepted before 5:15am in the parking lot of the race start. Drop bags will not be available at Timber Trail your first time through, but will be at Fire Tower and subsequent aid stations. You will visit most of the aid stations more than once and utilize the same drop bag each time. Ultramarathon drop bags will be spread out at each aid station - look for bib numbers on signs to indicate where your bag is located. Please try to stay as physically distanced from other runners as possible and wear your mask if you are in close proximity to any other runners or volunteers. Crew members may pick up your drop bags at aid stations after you have been through for the last time. Any bags not picked up at aid stations will be transported back to the finish area. All runners must have a headlamp when leaving any aid station after 5:00pm so make sure to place one in the appropriate drop bag.

Ultramarathon Relay Teams

Teams are comprised of two, three, or four runners and are placed in one overall category (no men's, women's, mixed or master's categories).

Teams can exchange as many times as they'd like, as long as the exchange takes place at one of the ultramarathon aid stations. Please stay physically distanced as you are waiting for your teammate to arrive at the aid station. Once your teammate crosses the first line (marked on the ground), you may leave from the second line (marked on the ground).

Teams will be given GU, Clif, and Anderson's Maple Syrup Pure Fuel at bib pick-up for use on course.

Relay teams will not have drop bags.

Relay participants are invited to attend the Friday night meeting to learn more about course details, however, relay team participation is not required at the meeting.

Bib pick-up is Friday, September 25 from 4-7:00 pm or 5:30-6:30 am on Sunday, September 27.



BIRKIE Trail Run Festival

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 2020 Birkie Trail Run will be completely cup-less this year. Please plan to bring your own hydration vessel.



Finish

The ultramarathon race will finish at the American Birkebeiner Trailhead. All ultramarathon runners must cross the finish line by 11:00pm to receive finish credit.

Cut-Off Times

Participants will not be allowed to continue past the cut-off times noted below and must reach the finish line by 11:00pm to be considered an official finisher. Transport back to the American Birkebeiner Trailhead will be provided for those not making the cut-off times. Please review the chart below for aid station locations and associated cut-off times.

Total Miles	Aid Stations	Cut-Off Times	Pacer
0	American Birkebeiner Trailhead- Start		
4.5	#1 Timber Trail– South		
7.5	#2 Fire Tower-South		
10.4	#3 Boedecker-South		
15.5	#4 Boedecker– North		
19	#5 Fire Tower– North		
26.5	#6 Stadium Aid Station		Yes
31.4	#7 American Birkebeiner Trailhead Aid Station		Yes
36	#8 Timber Trail 2– South	3:30 PM	Yes
39	#9 Fire Tower 2– South	4:30 PM	Yes
41.8	#10 Boedecker 2– South	5:30 PM	Yes
45.8	#11 Boedecker 2– North	6:30 PM	Yes
49.3	#12 Fire Tower 2– North	7:30 PM	Yes
56.8	#13 Stadium Aid Station	9:30 PM	Yes
62	#14 Finish	11:00 PM	Yes

BIRKIE Trail Run Festival

Dropping Out

If you need to drop out of the race **you must report in at an aid station or to a race official at the American Birkebeiner Trailhead** notifying them of your status. You may also call Stephanie Martin at 218-256-8765. Failure to report a drop out may lead to charges incurred by emergency rescue teams.

Crew Support

Please see the [Ultra Details and Directions](#) document on www.Birkie.com for driving directions for your crew. Each runner will receive two lanyards for use by crew members. Crew members must wear the visible lanyard at each aid station, or they will be asked to wait in their vehicle.

Please note, one pacer per runner is allowed on the second lap of the course from the American Birkebeiner Trailhead aid station to the finish line. Pacers may not carry gear for racers.

Safety

For the safety of every participant, it is very important that we are able to track runners at every point along the racecourse. **Ultramarathon runners are required to check in at the start, at all aid stations, and if they drop out of the race!**

All runners must have a headlamp for the race. Sunrise at is it at 6:59am, with sunset at 6:51pm. **Runners will not be allowed to leave any aid station after 5:00pm without a headlamp.** Please stash a headlamp in your drop bag at any aid station you anticipate could be after 5:00pm.

Medical team members will be found on course (on ATVs and bicycles) and at various aid stations to check on ultramarathon participants throughout the day. Medical volunteers will be limited on-course. Please do not attempt the ultramarathon if you are not well trained and prepared. 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.

Ultra Awards

Sadly, there will be no awards ceremony at the 202 Birkie Trail Run.

- First place overall female and male will receive a certificate for a pair of Salomon trail-running shoes.
- The top three male and females will be mailed podium plaques after the event.



BIRKIE **Trail Run Festival**

After the Race

Unfortunately, we will not be able to gather and celebrate together at the venue after the race. After the race you'll receive a snack bag from Northern Lakes Coop, Kemps chocolate milk, and a beer from Earth Rider. Please enjoy the items at your vehicle (before you depart the event grounds) or once you arrive at your final destination.

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!

Our Amazing Sponsors

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

- **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**



BIRKIE
**Trail Run
Festival**

Have a great race & thanks for
participating in the 2020
Birkie Trail Run Ultramarathon!

Good Luck Runners!



salomon



salomon