

2021 Birkie Week Frequently Asked Questions

Please check back frequently as this list of questions will be updated regularly. If you have a question that is not mentioned below, please submit it to us at birkie@birkie.com. Information noted below is subject to change. The questions below have been sorted by subject area and are found as follows:

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Birkie Week 2021: Five-Days of Races Overview

What is the plan for Birkie Week 2021?

• The 47th Annual Slumberland American Birkebeiner (Birkie), Kortelopet (Korte) and Prince Haakon races, combined, will be spread out over five-days, February 24-28, 2021, with limited and staged start waves each morning to reduce congestion and close-contact in the start, on-trail, and in finish areas.

How will you provide a safe experience for skiers?

• In order to provide a safe event experience, the ABSF has removed all indoor spaces, all tents, and there will be no busing. We have limited touch points, established on-site safety protocols and practices, as well as reduced congestion at the start, finish, and on-course.

Where will the race start and finish?

 The Slumberland American Birkebeiner, Kortelopet, and Prince Haakon races will start at the American Birkebeiner Trailhead where skiers will ski a looped course returning to the American Birkebeiner Trailhead to finish their races.

Will the races be the same length as in 2020?

- All three races will be a bit shorter in 2021, given the looped nature of the race course:
 - Slumberland American Birkebeiner 43k (Skate/Freestyle & Classic)
 - Kortelopet 26K (Skate/Freestyle & Classic)
 - Prince Haakon 14K (Freestyle)

Will each race have a separate race day?

• All three races – Birkie, Korte, and Prince Haakon – will be combined each day. Skiers will ski out of the waves they have qualified for within the race day's overall wave structure.



Will there be both skate/freestyle and classic skiers on the course at the same time?

- No, race days will be dedicated by technique:
 - Wednesday, February 24, 2021 Freestyle/Skate
 - o Thursday, February 25, 2021 Freestyle/Skate
 - o Friday, February 26, 2021 Classic
 - o Saturday, February 27, 2021 Freestyle/Skate
 - Sunday, February 28, 2021 Classic

Are the Birkie and Korte races (timed) or are they considered a ski tour (untimed)?

• Yes, the Birkie and Korte are timed races.

How will results be posted?

• Results will be posted by day, as well as the 5-day overall results.

Will there be age group awards?

Yes, there will be age group awards determined upon completion of all race days. Age group awards
are based on chip time and are a fun addition to race week. We will not be adjusting times from one
race day to the next for age group recognition awards.

Where will the Kortelopet race turn around and how long will the race be?

• The Kortelopet race will be 26K and the map is available here:

Where will the Prince Haakon race turn around and how long will the race be?

• The Prince Haakon race will be 14K and a map is available here.

Will spectators be allowed to watch the start and finish of the races?

• Spectators will not be allowed in the start, on-course, and finish areas of the races.

If you cancel the event, will I get a refund?

• We will be hosting the Birkie, Korte, and Prince Haakon in February. Participant registration fees are used to cover the hard costs that are incurred when an event is planned, for instance: full-time staff to coordinate and execute the event plan, purchase of participant hats, ordering of bibs, aid station supplies, procuring of communication radios, maintenance of the trail, event infrastructure (Porta-Potties, signage, etc.). With these hard costs already in play, we are unable to issue refunds or deferrals on registration fees. Please let us know if you have any questions.

Will you provide maps, course layouts, and vertical profiles for both the Birkie & Korte races?

- Yes. There is a basic course map available now.
- The current <u>vertical profile maps</u> are still accurate for the Birkie to the OO aid station, and then in reverse order back to the start/finish area from there.
- The current Kortelopet <u>vertical profile maps</u> are still accurate to just south of the Fire Tower aid station and then in reverse order back to the start/finish area.
- New race specific vertical profile maps are being created.

When will you release the plan for all other Birkie Week events?

- We will release information about the Birkie Expo, Barnebirkie, Barkie Birkie Skijor, On-Snow Ski & Bike Demo, and Birkie Bash in the coming weeks.
- Barnebirkie, Junior Birkie, and Barkie Birkie Skijor race schedules and details will be determined before skiers are required to submit their race day requests for Birkie, Korte, and Prince Haakon 2021.
- The Birkie Giant Ski has been postponed until 2022.



Virtual Race Option

How will the virtual Birkie, Korte, and Prince Haakon work?

- For skiers who aren't able to travel to Hayward/Cable, or for skiers who don't feel comfortable attending
 the in-person race in February of 2021, the ABSF is offering a virtual event for the American
 Birkebeiner, Kortelopet, and Prince Haakon races.
- Skiers wanting to race in the virtual event must choose it during the registration process.
- Skiers will receive their bibs and participant hats in the mail so they can wear them on race day.
- Skiers must complete their event on skis or roller-skis between Wednesday, February 24 and Sunday, February 28, and must complete their race within the allowed time.
- Skiers may complete their event from wherever they are.
- Participants must track their race using a GPS based app or have a reliable eyewitness verify their results in writing. Skiers will submit their results to receive credit for the race and their finisher pin. Specific details forthcoming.
- Participants already registered for the Birkie, Korte, or Prince Haakon will be able to change to the virtual option in November. Details on how to switch to the virtual option are coming soon.
- Virtual race times will not impact wave placement in 2022. Specific details forthcoming.

How long will the virtual race distances be?

- Slumberland American Birkebeiner 43k (Skate/Freestyle & Classic)
- Kortelopet 26K (Skate/Freestyle & Classic)
- Prince Haakon 14K (Freestyle)

If I am registered for the in-person race, can I switch to the virtual race?

 Yes, skiers registered for the in-person race may switch to the virtual race experience. Details and deadline information coming soon.

If I am registered for the virtual race, can I switch to the in-person race?

No, if a skier is registered to ski the virtual option, they are unable to switch to the in-person race.

Can we ski the virtual Birkie, Korte, or Prince Haakon earlier than February 24 through February 28?

• The virtual race must be completed during February 24 and 28th and during the time allowed for completion of each individual race.

Will the Virtual race count toward my completed Birkie, Korte or Prince Haakon?

• Yes, if a skier completes their race within the race dates window, February 24-28, within the allotted time, and submits their race information, their race will be counted.

Can I roller-ski the virtual race?

• Yes, skiers must complete their event on skis or roller-skis between Wednesday, February 24 and Sunday, February 28, and must complete their race within the allowed time.

During Birkie week, can I ski the virtual race on the Birkie Trail south of OO?

• Yes, however we cannot guarantee the trails will be groomed. We will be focusing our grooming efforts on the Birkie Week race course between the American Birkebeiner Trail and the OO Trailhead.

Why such a short window for the virtual option?

It is important that skiers feel a part of the greater Birkie week of events. By skiing/roller-skiing their
race while others are doing the same builds a common excitement and energy of being a part of
something larger.

What is the deadline for switching to the Virtual Birkie, Korte, or Prince Haakon?

We will be sharing this information as race day draws nearer.



Will the Virtual Birkie race option count as a Worldloppet race?

• If you complete the Birkie's race, you will receive credit for completing a Birkie for ABSF purposes. However, a virtual Birkie will not count as a Worldloppet race in 2021. The Worldloppet has introduced their own virtual program for 2021. You may view the program at www.Worldloppet.com.

Safety Protocols

Will I need to wear a mask when skiing?

- Everyone will be required to wear masks in the start/finish and all common areas.
- As of today, once on the trail, skiers may remove their masks. It is possible that CDC guidelines and public health mandates may change and masks may be required on course.
- If skiers are unable to comfortably socially distance at any aid station, we ask that they wear their masks.
- All skiers are asked to have a mask on their person in case of emergencies.

Will the ABSF be selling Birkie masks?

• Birkie masks are currently available in the Birkie online store at www.BirkeStore.com.

How many skiers will be on site or on the course per day?

We are working with a statistician to model the overall flow of each race day (considering average pace
of skiers in each wave, start times, aid station timing, etc.). We are confident we can safely host all
three races over 5-days.

If Birkie week is canceled for travel restrictions or no snow, will all skiers be able to participate virtually?

 If we were unable to host the 2021 in-person Birkie, a virtual option would be made available to all skiers.

Is this the final plan or will there be changes in the future?

The ABSF continues to work very closely with both Bayfield and Sawyer County Public Health officials
to ensure all Centers for Disease Control (CDC) and local public health guidelines are in place for all
upcoming events. Event plans are subject to change should public health mandates, guidelines or laws
be amended.

Is it possible that state or federal mandates will shut down the race?

We continue to work closely with public health officials and follow all guidelines and mandates. If we
were mandated to eliminate the in-person event, the 2021 virtual Birkie would still be held from
wherever each participant lives.

If Covid-19 continues to rise, will you change Birkie events?

We are uncertain if anything will change between now and February. We continue to work very closely
with public health officials in both Bayfield and Sawyer counties and will comply with all public health
quidelines and mandates in place during Birkie week.

If COVID-19 subsides or there is a vaccine available by race week, will you switch back to a regular Birkie schedule?

 From lodging and race infrastructure to road closures, permits, aid station needs, and everything in between, we are logistically unable to switch back to a traditional Birkie week experience. We believe this year will be one for the history books as people "remember when" they were a part of this unique Birkie experience.



Will all participants be required to submit negative COVID-19 tests before participation?

- No, however, we ask that all participants complete a self-health check within 24-hours of attending their race. Details will be provided in advance of races.
- All skiers will be asked to stay home if unwell at any time in the 72-hours prior to traveling to the Hayward and Cable areas.

Are you concerned about the health risks to your staff, volunteers, and the community?

• Of course, the safety of our participants, volunteers, staff and the greater community in our No.1 priority. We have successfully held numerous events, to date, and are confident that we can provide a safe Birkie experience for all. We have numerous safety procedures, protocols, and measures in place and are counting on the support of participants, staff, and volunteers to do their part in helping to keep Birkie week a safe experience for all involved.

How will you enforce the no spectator on course policy?

• We are required to follow all public health guidelines and policies and will take necessary steps to ensure they are enforced for the safety of our participants, volunteers, and staff.

Is there anything else I need to know?

On the Birkie Event Update page, we've shared links to the Bayfield and Sawyer County Public Health
Departments for your convenience in identifying the current public health status in the area. Safe travel
practices are a shared responsibility between permanent and seasonal residents, area visitors,
municipalities, the tourism industry, local businesses and workplaces to prevent the transmission of
COVID-19.

Selecting My Race Day

How and when will I be able to choose my race day?

- In November, Birkie, Korte and Prince Haakon participants will have the opportunity to choose their February race date. Registered skiers will receive an email allowing them to choose from available dates. Once inventory capacity in each pre-qualified wave and date has been reached, that date and time will no longer be available.
- Any registered skier may also choose to switch to the virtual race option to be skied during the same time window as in-person races.
- Skiers will be placed in the wave in which they've earned.
- Final details on race day selection are coming soon.

How will you determine the order in which skiers will receive their race day selection emails?

 Emails will be sent to skiers in the order in which they registered for Birkie, Korte, and Prince Haakon races.

Once I choose my race day, can I switch it to another day?

• Please choose the date you prefer. Once you've chosen your race day you are unable to switch to another day.

If I am part of a group who wants to ski on the same day and time, can that happen?

- This will likely depend on when your group registered. Emails will be sent to skiers in the order in which they registered for February races.
- The race day selection email will provide a variety of days available; you will each need to select the same day (if available) to ensure you can travel to the race together. At this time, we cannot guarantee that a group will be able to ski on the same day.
- Of course, each skier will be placed in the wave in which they have earned placement.

What happens if the day I'd like to ski has already reached capacity? Will you have a waiting list?



We will not be offering a waiting list for race day selection. Each day and wave are inventory based.
 Once a wave and day are filled, they will be removed from the consideration set. Skiers must choose from the available dates or they may also choose to ski the virtual option.

If I am racing both the Birkie and a Korte, will I be guaranteed to ski the Kortelopet first?

 We are unable to guarantee that you will be able to ski the Kortelopet first. When you receive your Birkie and Korte race day selection email you will be provided with the available dates from which to make your race day choices.

If I am considering switching from the Korte to Birkie or vice versa, can I make that change on my race day selection form?

- If you are considering switching from one race to another, or plan to change your technique, we encourage you to make this adjustment before receiving your race day selection form.
- The race day selection form does not provide an opportunity to switch your race or technique.
- To make race technique or race changes, prior to your race day selection, click here: https://www.signmeup.com/site/reg/register.aspx?fid=DH2VVG7

Race Registration, Waves, and Timing

How will Birkie, Korte and Prince Haakon waves be blended into the overall race day?

• Individual Birkie, Korte, and Prince Haakon waves will be inserted into the overall race day schedule based on the average pace of each individual wave.

What about my wave? Will I get to ski out of the wave I've earned?

 Yes, you will ski out of the wave in which you have qualified to ski on the race day you selected on your race day selection form.

How many skiers will be in each wave and what will the wave schedule look like each day?

• Skiers will be released in small and socially distanced waves. Final wave schedules and event timing will be released in the near future.

Will elite and wave 1 skier have the same race day option?

• Yes, elite and wave 1 skiers will race on each of the five days. Overall Birkie skate champions will be crowned on Saturday, while overall Birkie classic champions will be crowned on Sunday.

Will all elite skiers ski on the same day and will there be a gun start?

 Elite skiers will not all ski on the same day. Yes, the elite wave will have a physically distanced gun start.

If I ski the Birkie, will Korte skiers be in my wave?

No, Birkie, Korte, and Prince Haakon waves will be separate. However, the average pace of each
wave, from each race, will determine when a particular wave will leave the start area. Individual Birkie,
Korte, and Prince Haakon waves will be interspersed (Example: a Birkie wave will leave, followed by a
Korte wave, followed by a Birkie wave).

When is the deadline for deciding if I want to change to a different race or change my technique?

• The wave upgrade, <u>race</u>, <u>and technique change deadline request</u> for Birkie, Korte, and Prince Haakon 2021 is January 19, 2021 by 4pm CT.

Can I register to ski more than one event during the five days of Birkie Week?

- Yes, you will need to register for each event individually and you will need to select separate race days when contacted to do so.
- Participants will receive credit for only one Birkie, one Korte, and one Prince Haakon race each year.
 For example, while a skier may choose to ski the Birkie skate race one day and the Birkie classic race the next, they will only receive credit for skiing one Birkie ski race in 2021.



• Skiers may register for and ski the Birkie, the Korte, and the Prince Haakon and will receive credit for skiing if they successfully complete the unique and individual races.

How will you compare the times from the different race days?

We will not be adjusting times from one race day to the next.

How will 2021 race times impact wave placements in 2022:

• We are still determining how race times from 2021 will be considered in 2022 wave placement. Details on this topic are forthcoming.

Will virtual race times and in-person race times be treated the same for future wave placement?

• Virtual skiers will receive credit for skiing their races, however, their times will not impact or be considered for future wave placement.

What formula will be used for wave placement for 2022?

• This is yet to be determined.

Will there be an American Birkebeiner champion crowned each day? Or, will there the champions be crowned later in the week?

• Slumberland American Birkebeiner champions will be crowned on Saturday (skate/freestyle) and Sunday (classic).

Will there be an elite skier red group?

Yes, there will be a red group. Details are to be determined.

If I signed up for the Birkie and on race day choose to ski the Korte, will I get credit for the Korte?

- No, skiers must ski the race they are registered for, just like in a normal year.
- Participant movement is modeled to ensure that aid stations and the finish area will not experience overcrowding. If participants ski a shorter course, we can't guarantee the spread will be appropriate.
- You can formally change your race until January 19.

Can I show up and ski on a day other than the day I'm supposed to?

 No, you must race on your assigned day. Your chipped bib is your personal identifier and will only be valid on your assigned race day.

Can we defer our race registration to 2022?

• No. If skiers are uncomfortable skiing in 2021, they may opt to select the virtual race option.

I registered for the Virtual race; can I still participate in the in-person race?

• Once you've chosen the virtual option, you are unable to go back to the in-person event. We need to plan for and control the number of participants on site at all times. Thank you for your understanding.

Will there still be a Wave 70 for both the Kortelopet and the Birkebeiner?

• Yes, there will be a Wave 70 in both races. The start order for all waves is still being developed.

Can I still register for the Birkie, Korte, and Prince Haakon races?

Yes, registration is open for all three races at Birkie.com.

How many participants are you anticipating for all the races?

• Registration is still open for the Slumberland American Birkebeiner, Kortelopet, and Prince Haakon races. Each day is capped to limit the number of skiers on course.

Will there be U19/U16 Prince Haakon waves or Kortelopet scholarships in 2021?

• We are unable to accommodate U19/U16 waves in the Prince Haakon in 2021. Also, the Kortelopet scholarship program has been postponed until 2022.



Training, Planning, Lodging

How can I best prepare for my race experience?

- We encourage you to begin training for your February race with self-sufficiency in mind. Skiers will
 have to carry more of their own energy needs on race day. As you are training, determine what your
 personal needs will be on race day and be prepared to meet them.
- We're changing the format of the 2021 Birkie Tour (January 31, 2021) to closely resemble the race courses and aid stations that Birkie, Korte, and Prince Haakon skiers will experience in February. The Birkie Tour will be a good dry run for skiers to test their race day strategy in a safe manner. Details on Birkie Tour 2021 to be announced.

When will we receive race day confirmation in case we need to change our lodging?

We realize that a large part of the expense of participating in Birkie Week races is connected to travel
and lodging. We are starting the race day selection process in November and will notify skiers with
plenty of time to adjust lodging. If any additional changes are required in the overall Birkie Week
schedule, we will make every attempt to update you in as timely a manner as possible.

Is the ABSF working with local hotels to help them make a safe environment for skiers?

 The ABSF is working with local Chambers of Commerce and businesses to provide a positive Birkie week experience. We encourage you to check with your local motel, hotel, or lodging location, on their COVID-19 safety protocols.

Will hotels be flexible with one- or two-night stays?

• While we have no control over specific policies within each lodging location, we are working closely with Chambers of Commerce and local businesses to encourage flexibility and to provide a positive Birkie Week experience for all.

Will dorm housing be available in 2021?

No, dorm housing will not be offered in 2021.

Bib Pick-Up & the Birkie Expo Experience

How are you handling bib pick-up?

 We are exploring numerous options and will be making an announcement on this in the very near future.

Will it be possible to pick up our bib packets on race day?

• Yes, however details are still being finalized.

Will there be an Expo in 2021?

• We are researching options and will be finalizing the overall Birkie Expo experience in the near future

Race Day Transportation & Parking

If there is no busing, how will I get to the start area?

 Skiers will be required to drive their own vehicles to the start area at the American Birkebeiner Trailhead, Cable, WI, where they will ski a looped course, returning to the American Birkebeiner Trailhead. Skiers will use their own vehicles as their pre- and post-race warm space.

Where will I be able to park?

• There will be ample, conveniently located skier parking available adjoining the American Birkebeiner Trailhead and start/finish areas. Parking will be walkable from the start and finish areas.

How long will it take me to walk to the start area or to my car after the race?

• The skier parking area is an estimated :10-minute walk from either the start or finish.



Will there be special preferred parking available at the start in 2021?

 Yes, the ABSF will once again be offering a limited number of premium parking passes for purchase very near the start area for each separate day of race week. In mid-January, preferred parking will first be offered to ABSF members; any remaining spaces will be offered for purchase to Birkie, Korte, and Prince Haakon participants. Additional details coming soon.

Can a driver drop off a racing skier? If so, do they have to stay in the car, or can they watch the race start?

• Yes, a driver can drop a skier off at the start. The driver may choose to wait in the car or come back to pick up their skier later. Spectators are not allowed to wait in the start, on-course, or in the finish areas.

What access roads will you be using to get to the start of the race?

- The race start is located at the <u>American Birkebeiner Trailhead</u>. Access to the start venue and parking will be available only from Telemark Road.
- After the race, skiers will exit the parking lot via McNaught Road.

Race Day

When should I arrive in the parking area, how will I know when to head to the start, and can I arrive early?

- It is essential that we limit the number of participants in the start area at any given time.
- Upon arrival in the parking area, skiers will remain in their warm cars and will listen to race information on a dedicated FM radio station. Watch the <u>Birkie Trail Run safety video</u> for an example of this process.
- Skiers will receive specific instructions on when to leave their cars, by wave, for the race start area.

Will there be a baggage drop in 2021 for the Birkie or Korte races?

No, there will not be a baggage drop in 2021. Skiers will need to use their personal vehicles for storage
of their personal belongings.

Will there be a tent or warm space to wait until my race starts?

 For safety purposes, all tents, indoor and gathering spaces have been removed from the race start and finish areas. Skiers will use their personal vehicles to stay warm pre-race and to warm up post-race.
 There is no bag drop and your walk to the start will be approximately:10 minutes.

Will there be a warm-up track available?

• It is likely that there will not be a warm-up track available on race day.

Will there be aid stations on the course and where will they be located?

- Slumberland American Birkebeiner
 - Fire Tower Aid Station 12K
 - OO Aid Station 20.5K
 - Boedecker Aid Station 26K
 - Timber Trail Aid Station 36K
- Kortelopet
 - Fire Tower Aid Station 12K
 - o Timber Trail Aid Station 19K
- Prince Haakon
 - Timber Trail Aid Station 7K

Will I need to carry my own food and hydration on race day?

• Skiers will need to be more self-reliant on race day by carrying their own on-course energy or food. Hydration will be available at each aid station.

How will energy drinks and water be dispensed at the aid stations on the race course?



• While final details are still in the works, the Birkie team is working on innovative, touchless, and safe hydration dispensing options. Details to be announced at a later date.

Can I have someone meet me along the trail with food or drink?

• Spectators are not allowed at the start, on-course, or finish areas of the race. We ask that skiers be prepared and more self-reliant by carrying their own energy/gels/blocks/bars. While some skiers may choose to carry their own liquids, hydration will be available at on-course aid stations.

Will there be aid station and race cut-off times?

• Yes, as in a traditional Birkie, Korte, and Prince Haakon event, there will be on-course cut-off times.

Will the race course be freshly groomed for each technique on each race day?

• The Birkie grooming crew will groom the race courses, by technique, in advance of each race day. Since it is only classic skiers on Friday and Sunday of Birkie week, how many classic tracks will be set?

• It depends on snow conditions and grooming capabilities. As always, the Birkie grooming crew will do their very best to provide an amazing race course.

Will there be any classic tracks on the downhills during the freestyle/skate race?

 We are considering this; however, we also need to maximize space on the trail for the greatest passing ability. We'll announce this closer to race day.

After leaving the OO aid station, will skiers in the first waves potentially come upon skiers in later waves still headed to OO?

Yes, however, we are in the midst of modeling to keep skiers spaced out on the trail. As in a traditional
year, waves are comprised of like paced skiers. By using this information, we are able to determine
when to release each wave so as to spread skiers out to prevent congestion on the trail and at aid
stations.

How will you make sure that fast final wave skiers will not overtake other skiers?

• Unfortunately, are unable to determine the speed and pace of a new Birkie or Korte skier. Fortunately, the Birkie trail is wide and there will be ample space for passing and social distancing.

What are the hours of each race day? When will the waves start and what will the final cutoff time be?

• We are working on final modeling and details regarding when waves will start, how much time will be between the waves, and how much time skiers in each wave will need on course.

How will you be handling teams on race day? Will trainers/coaches be allowed on-course?

• If teams require additional information, please reach out to us directly at birkie@birkie.com. Only participants are allowed in the start area, on-course, and in the finish area. No spectators or support crews are allowed in common areas.

Other

What is the best way to keep updated on Birkie events?

- Keep checking the Birkie Event Updates page on Birkie.com.
- Please make certain to add <u>Birkie@Birkie.com</u> in your contact list to ensure you are receiving event emails.
- Watch for the new Birkie App which will be able to alert you of all the changes and needed information.

When will the Birkie Trail be closed during race week?

• The Birkie Trail will be closed from the American Birkebeiner Trailhead to the OO Trailhead beginning Tuesday, February 23 through the final day of racing on Sunday, February 28th.

Will the Trail be groomed south of OO during Birkie Week?

We will be focusing our grooming efforts on the race course between the American Birkebeiner
Trailhead and the OO Trailhead throughout Birkie Week. Our grooming crew will do the best they can,
however, it is possible that the trail south of the OO Trailhead will not be groomed that week.



Will roads be open to spots along the trail for spectators?

• Spectators are not allowed in the start, on-course or finish areas of the race. Roads may be closed or there may be restricted access to most race course access points.

When is the deadline to guarantee a Birkie or Birkie Junior gear bag?

The deadline to order a 2021 Birkie Gear bag has passed. However, Birkie Junior gear bags are still
available during registration for the Junior Birkie and Barnebirkie youth events

If I am uncomfortable attending the event, can I still get my bib and hat?

• Yes, additional details will be available as we draw nearer to the events. Those uncomfortable attending the in-person event may also switch to the virtual race option. Details coming soon.

Will you ban spitting on the Trail?

We ask participants to be aware of others around them and to be courteous in their actions. If a runner
must spit, we ask them to please move to the side of the trail and make sure no one is in direct line
behind them.

What will the volunteer needs be during Birkie Week?

• While working on the overall race plans, we are also reviewing our Birkie week volunteer needs. We will post all volunteer positions on www.Birkie.com/volunteer in the coming months.

Does the registration insurance available on the event page at Birkie.com cover a pandemic?

• The optional AIG Regsaver registration insurance policy, as offered on individual Birkie event pages, will cover your registration if you are ill, injured, or if another covered peril occurs. For specifics on what is covered, please <u>click here</u>. Registration insurance will not cover event cancellation due to a pandemic.