



# Telemark Ascent

## 2020 Birkie Telemark Ascent Participant Guide

### Welcome to the Telemark Ascent!

The participant guide contains everything you'll need to know to be prepared for a great race day on Sunday, October 4<sup>th</sup>, 2020. Birkie staff has 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.

### Safety Precautions and Protocols

The Telemark Ascent has put safety protocols into place that make this bike race look different than your typical race 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 Telemark Ascent.

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 Telemark Ascent event. Fans can watch the start of the race from home by following the link on [www.Birkie.com](http://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.

### Your Health

Do not attend the event if you have felt unwell at any time in the 72-hours prior to Sunday, October 4.

### Pre-Event Health Survey

Please complete the following health check within 24-hours of attending the Telemark Ascent event:



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- 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 Health Precautions for In-Person Event

- No spectators on-site.
- Face masks are required in the start/finish areas.
- Face masks are required anytime you cannot stay physically distanced.
- Practice physical distancing at start, finish, and on-course.
- Call out to a fellow biker 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 ride prior to entering the start corral. Have your bike plate on, pre-race warm-up completed, hands washed or sanitized, restroom used, mask on, etc.
- Please arrive no more than 45 minutes prior to your event and leave the finish line area after receiving your snack and beverage. Thank you for your cooperation.
- Please warm-up away from the start/finish area.
- Pre- and post-race activities have been eliminated to discourage crowds gathering.
- 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.

## Race Registration

Race day registration is available online only. Please register before arriving at the event so the registration team can have your bike plate ready for pick-up. Registration will close at 10am on Sunday, October 4.



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## 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 bib pick-up.

## Parking

There is ample parking available at the American Birkebeiner trailhead.

## Bib Pick-Up

Bib pick-up is available at the American Birkebeiner Trailhead Sunday morning, October 4 from **9am-11:30am**. Please arrive at bib pick-up no more than **45** minutes before your scheduled start.

Bib pick-up is available by drive-up only. From Highway M, turn south on Telemark Road, drive past the old Telemark Lodge, and into the event parking lot area. Please follow the signs, choose a lane by the bib pick-up tent, pull forward, and wait in your car. Staff will assist you as soon as they can.

Please email [registration@birkie.com](mailto:registration@birkie.com) with any bib or event issues before arriving at bib pick-up.

## Bike Plate

Your bike plate is a unique identifier and must be placed on the front handlebars of your bike. Do not remove, alter, or fold the timing chip in any way. Make sure the plate is secure by using the provided twist ties.

## 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.

It will take less than 5 minutes to get from the parking lot to the start area. Please follow the below schedule:



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Time of Day	Leave Car	Enter Start Corral	Start
9:45 AM	Elite start leave car		
9:50 AM	10:00 am start leave car	Elite start enter corral	
9:55 AM	10:05 am start leave car	10:00 am start enter	Elite start
10:00 AM	10:10 am start leave car	10:05 am start enter	10 am start
10:05 AM	10:15 am start leave car	10:10 am start enter	10:05 start
10:10 AM	10:20 am start leave car	10:15 am start enter	10:10 start
10:15 AM	10:25 am start leave car	10:20 am start enter	10:15 start
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11:35 AM	11:45 am start leave car	11:40 am start enter	11:35 start
11:40 AM	11:50 am start leave car	11:45 am start enter	11:40 start
11:45 AM		11:50 am start enter	11:45 start
11:50 AM			11:50 start

## Race Timing

### Gun Start Timing

The Elite start at 9:55am is a gun start - everyone in the start corral will have the same start time.

### Chip Start Timing

The remaining start corrals 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



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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

There are no aid stations on course. Please ride prepared and carry your own hydration and energy. You will receive GU and Anderson's Maple Syrup Pure Fuel in your bib packets for use on course. Please do not drop trash on the course!

The 2-lap, 1-lap, and ½ lap all share the same course. Please watch for signs that indicate where the ½ lap course turns left 0.5 miles into the race, the 2-lap and 1-lap races continue straight. The 2-lap course will split near the finish line and lap near the start line for lap 2 of the race.

The course is marked with pink Telemark Ascent signs. There are steep climbs on the course. If you cannot ride up every hill, please walk on the right and ride on the left. Please wear a mask if you cannot stay physically distanced on course.

Course maps are found on the [Telemark Ascent website](#).

## Race Cut-Off Times

½ Lap: 1pm  
1-Lap: 2pm  
2-lap: 2pm

## Safety

All riders must wear a helmet at all times when on a bike. Medical volunteers will be limited on-course. Please do not attempt your event if you are not well-trained or are unprepared.

## 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 Telemark Ascent album). Photos will be posted on Facebook within 48-hours of the event.



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Finishers may pick up a snack and drink immediately after the finish line. Fat Tire beer and water will help you rehydrate after your event.

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 Telemark Ascent event, you will exit on McNaught Rd.

## Awards and Prizes

No awards ceremony will be held on site. All awards will be mailed to overall winners and age group winners. Randomly drawn winners will be notified on their bib packets.

### Grand Prizes

- [Framed Minnesota Bike](#)  
Winner drawn at random from all registered participants.  
MSRP – \$1,800
- [1Up USA – 1 ¼” Single Equip-D Rack](#)  
Winner drawn at random from all registered participants.

### Overall Fastest Male & Female for Each Distance

*1 Lap, 2 Lap*

- One free entry each to Fat Bike Birkie 2021
- \$50 Kwik Trip gift card
- \$150 off the purchase of a Sidas Thermic product from Sidas web store

### Overall Fastest Male & Female Youth for Each Distance

*1/2 Lap, 1 Lap*

- \$50 New Moon Ski & Bike gift card for the top 4 youth riders for each youth distance

### Youth Age Group Awards

*Winner of each age group: Male & Female | 11-14, 15-18*

- \$10 Kwik Trip gift card

### Adult Age Group Awards

*Winner of each age group: Male & Female | 19-29, 30-39, 40-49, 50-59, 60+*

- \$20 Kwik Trip gift card



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## Tandem Bike Division Award

The 2-lap (26 mile) race will have a tandem bike division, mixed age and gender, 1 winner

- \$20 Gear West gift card for each rider

## Additional Prizes

(3) \$20 Gear West gift card prizes for random winners!

(10) \$20 Freewheel Bike Gift Certificates

## Thanks to our Sponsors!



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