

BIRKIE
**Trail Run
Festival**

2021 Birkie Trail Run Festival Participant Guide

Title Sponsor:



Welcome to the 2021 Birkie Trail Run Festival

This participant guide contains everything you need to know to be prepared for a great race day on Saturday, September 25th. From the USATF Half Marathon Trail 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!

**Please note, pets are not allowed on the race course,
at the aid stations, start/finish line, or the venue at any time.**

Thank you!



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COVID-19 Policy

Based on CDC guidance and levels of COVID-19 transmission in local communities, all attendees of the Birkie Trail Run will be required to wear masks in indoor spaces. Masks are suggested for participants in the start area or anywhere it is difficult to maintain 6 ft. distance from others. Participants are encouraged to be vaccinated or have a negative COVID-19 test before coming to the Birkie Trail Run and Hayward/Cable area. Complete a symptom self-checker before attending the event and do not attend the event if you are feeling ill for any reason.

Additional precautions: indoor spaces will be limited at the 2021 Birkie Trail Run; aid stations will offer self-serve water and Nuun and again be cupless; Ultramarathon food preparation on course will be limited; masks will be available at the start/finish, aid stations, and bib pickup.

Any participant, volunteer, spectator, or staff that exhibits symptoms of COVID-19 should stay home.

Friday, September 24

Bib Pick-Up

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

- Friday, September 24th - 3:00 pm to 7:00 pm
- Saturday, September 25th – 6:30 am to 9:30 am (There is no Ultramarathon bib pick up Saturday morning.)

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.

Marathon Relay Teams – Please designate one team member to pick up bibs and participant shirts for the team. You will get the shirt sizes requested during registration.



BIRKIE Trail Run Festival

Birkie Green & Cup-less Racing

The American Birkebeiner Ski Foundation is continuing to implement 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. Please plan to bring your own hydration vessel.



USATF Half Marathon Trail Championships

Welcome all USATF runners! We are proud to once again be hosting the USA Track and Field (USATF) Half Marathon Trail Championships! In order to win the overall title or an age group medal in the USATF Half Marathon Trail 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



Wisconsin USATF- *If you're running the half marathon, we encourage you to join the USATF to be eligible for Championship awards! An [Individual Adult Membership](#) includes discounts and inside info on all things running.*

Bibs

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.

Late Race Registration

Registration for individual events is available online only until 7:00 pm CT on Friday, September 24th.

Relay Teams must be registered by 11:59 pm CT on Wednesday, September 22nd.

Kids may register for the 1k fun run until 11:30 am on Saturday, September 25th. This is the only event with Saturday registration available. Bibs will be handed out at bib pickup and the start of the race.



Please note there is no race day registration for 5K, Nordic Trek, Marathon, Relay, Half Marathon, or Ultramarathon.



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Vendor Fair

The American Birkebeiner Trailhead (BTH) is also home to the Birkie Trail Run Festival Vendor Fair- your source for running information. The Vendor Fair will be open during bib pick-up on Friday from 3:00 p.m. to 7:00 p.m. and again on Saturday until 3:00 p.m.

- Birkie Store
- Backroads Coffee (Saturday am only)
- Anderson's Maple Syrup
- Earth Rider Brewery
- Icebug
- Sidas USA
- Leki Poles

Saturday, September 25

Race Day Bib Pick-Up

You may pick-up your bib on race day, Saturday, September 25th from 6:30 am-9:30 am at Bib Pick-up in the Great Hall, located at the American Birkebeiner Trailhead in Cable, WI. (No Ultramarathon bib pick-up on Saturday.)

While at bib pickup, enjoy a fresh cup of coffee courtesy of Backroads Coffee!

Getting There

The races start and finish at the American Birkebeiner Trailhead in Cable, WI. The only entrance into the venue is from Telemark Road. Follow the signs to parking and bib pick-up.

- **From Hayward**, On U.S. Highway 63, drive north to Cable, WI 16.7 miles from the U.S. Highway 77 intersection in Hayward, WI. Turn right onto Hwy M, continue for 2.3 miles, and take a right onto Telemark Rd. Follow the signs to parking.
- **From Cable**, take Hwy M, continue for 2.3 miles, and take a right onto Telemark Rd. Follow the signs to parking.
- **From locations east of the American Birkebeiner Trailhead**, from Hwy M, turn south on Telemark Rd. Follow the signs to parking.
- **GPS Coordinates**: 46.193510, -91.249866

Parking

There is ample parking available at the American Birkebeiner Trailhead. Follow the signs and parking volunteer directions.



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Race Day Event Schedule

- 5:30 AM Ultramarathon Start
- 6:30 AM Ultramarathon Relay Start
- 6:30 AM Bib Pick-Up Opens
- 8:00 AM Marathon Start
- 8:30 AM Marathon Relay Start
- 9:00 AM Dive for the Dirt Kid's Obstacle Course Open
- 9:15 AM Half Marathon Start
- 9:30 AM Trek Start
- 9:45 AM 5K Start
- 10:30 AM Post-Race Party Begins
- 11:00 AM 5K Overall Awards
- 11:35 AM Half Marathon Awards - Overall and USATF Championship
- 11:45 AM Kid's Warm-Up & 1 km Race
- 12:45 PM Marathon Awards – Overall and Relay
- 3:00 PM Final Marathon Finish Cut-Off
- 6:00 PM Ultramarathon Champion Awards
- 11:00 PM Final Ultramarathon Finisher Cut-Off

Race Courses

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

Please see course descriptions at www.Birkie.com for mileage between aid stations and distances of each leg of the race.

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

Course Marking and Signs

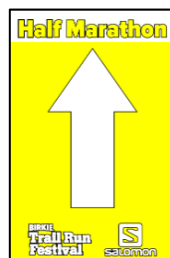
Designated colors are:



5K – RED



Marathon – PINK



Half – YELLOW



Trek – GREEN



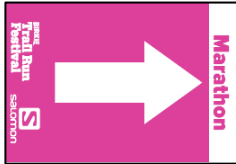
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Course Marking continued, on next page.

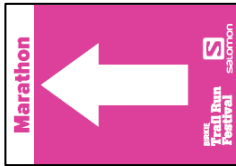


Please Note! Signs are hung to indicate only three possibilities.

1 -Indicates a right turn onto 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. Races will have a mile mark for every mile, while the Ultramarathon will be every 5 miles.



Please Note! Mile markers count down to the finish



See course maps here: <https://www.birkie.com/run/events/birkie-trail-run/>



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Aid Stations

Aid stations will provide self-serve water, Nuun Endurance, and water. GU energy packets will also be available. Volunteers will be at each station to assist you, but please bring your own hydration vessel! There are toilets and first aid available at each aid station. Please run with your HydraPak reusable SpeedCup or your own vessel!



Please Note! Trail runs traverse difficult terrain, and you can expect to add up to 20% more time per mile than in a road race. Participants should plan to carry their own hydration and nutrition supplies between stations.

Aid Station Details

Marathon Aid Stations & Relay Exchange Zones					
Relay Leg	Aid Station	Miles from Start	Miles from Finish	Miles to Next Station	Cut-Off Time
1	Start (BTH) – Timber Trail	4.5	21.7	3.8	N/A
2	Timber Trail to Stadium	8.3	17.9	4.8	N/A
3	Stadium to BTH (Start)	13.1	13.1	4.5	N/A
4	BTH to Timber Trail (2)	17.6	8.6	3.8	12:30 pm
5	Timber Trail (2) to Stadium (2)	21.6	4.8	4.8	1:30 pm
6	Stadium (2) to Finish	26.2	0	0	3:00 pm

Half Marathon Aid Stations					
Aid Station		Miles from Start	Miles from Finish	Miles to Next Station	Cut-Off Time
1	Start (BTH) – Timber Trail	4.5	8.6	3.8	N/A
2	Timber Trail to Stadium	8.3	4.8	4.8	N/A
3	Stadium to Finish	13.1			1:15 pm

Nordic Trek Aid Stations					
Aid Station		Miles from Start	Miles from Finish	Miles to Next Station	Cut-Off Time
1	Start (BTH) – Timber Trail	4.5	4.0	3.8	N/A
2	Timber Trail to Stadium	8.3	0.2	0.2	N/A
3	Stadium to Finish	8.5	0	0	1:30 pm



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Finish Line

Enjoy a cold Kemp's chocolate milk at the finish line!

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.

Safety

Medical teams will be found at the start/finish area, aid stations, and patrolling the course on bicycles and ATVs.

Runners may be asked to withdraw from the race if, upon assessment, the event medical team feels that it is too dangerous for the participant to continue.

No headphones or ear buds are allowed on the course.

Dropping Out

If you need to drop-out of any event, you **must report** to an aid station Chief (look for the Grey with Orange Race Chief bib) or to the bib pick-up area at the American Birkebeiner Trailhead to notifying them of your status.

Kids Activities

Dive for the Dirt - An obstacle course for kids, Dive for the Dirt gets kids moving under, over, and through obstacles for fun and exercise!

Kids 1k (0.6 miles) Fun Run – At 11:45am, kids will gather at the Dive for the Dirt start where Team Birkie will lead them through pre-run warm-ups and a fun run through the woods. The run will end at the main finish line and is untimed. Kids can enjoy cold Kemp's chocolate milk after their run. To save time on Saturday, please [register](#) your kids in advance for this free event.

Please Share with Your Cheering Posse

The Birkie Trail Run Festival racecourses traverse the remote forests of northwest Wisconsin. You can cheer on you runner(s) along the course at the start line or you can drive to an aid station location. If you are planning to cheer on a runner at an aid station, please take care when parking, watch for runners and volunteers, and do not block the road's exit or entrance. Parking is limited at the aid stations. **Please keep away from the immediate area around the volunteer workers and out of the way of runners and trekkers.** Please remember that pets are not allowed on the course, in the Vendor Fair Tent, or on the Festival grounds at any time.



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Track a Runner Instructions

Sign up here to get notifications when participants cross timing mats at Timber Trail aid station, Stadium aid station, and the Finish Line.

<https://runsignup.com/Race/RegistrationLookup/?raceId=97559>

Relay Exchanges

Relay exchanges may only be made at the aid stations as identified on the course map and are executed by the passing of a slap bracelet that is received at bib pick-up. Each team is identified by the last 3 digits of their bib number. Each individual team member, or leg of the race, 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

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. Parking is limited.

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 (where you originally entered), follow the signs to the parking area. Once parked, follow the walking path to the Stadium Aid Station.

After the exchange, walk 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.

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

After the Race

Enjoy your accomplishment with a post-race meal provided by Northern Lakes Cooperative. On the menu is an Italian chicken or portabella sandwich, chips, and dessert. And of course, there will be beverages! All participants will get 1 Earth Rider



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beer (non-alcoholic beverages also available). Spectators can purchase beverages for a small fee.

Awards and Results

Check live results [here](#) throughout the day.

Award ceremonies for overall event champions (1st, 2nd, 3rd place) will be held on the Champion's Stage outside of the Great Hall. Age group ceremonies will not happen this year, but please pick up your age group award at bib pickup before you leave! Awards will not be mailed.

Please note, you must be present to receive your award!

Courtesy of Salomon, Birkie Trail Run Festival title sponsor, first place male and female finishers in the Marathon, Half Marathon, Ultramarathon, and 5K will receive a certificate for a pair of Salomon trail-running shoes!

5k Overall Ceremony at 11:00 am

- First place overall male and female winners will be awarded a certificate for a pair of Salomon trail-running shoes.
- Second and Third place overall male and female winners will receive a podium award.
- Top three male and female age group winners can pick up their awards at the bib pick-up table/tent.
 - Under 8, 9-10, 11-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

Half-Marathon Overall Ceremony and USATF Half Marathon Trail Championship at 11:35 am

- Runners who are members of USA Track & Field Wisconsin Association 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.
- Top three male and female age group winners can pick up their awards at the bib pick-up table/tent
 - 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Marathon and Relay Overall Ceremony at 12:45 pm

- First place male and female overall winners will be awarded a certificate for a pair of Salomon trail-running shoes



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- 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

Marathon Age Group Ceremony at 1:15 pm

- Top three male and female age group winners can pick up their awards at the bib pick-up table/tent:
 - 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

Nordic Trek

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

If You Need Assistance on Race Day

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

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

Where to Stay

Lodging information for locations in and around the Hayward, Seeley, and Cable areas is available from regional tourism offices and on Birkie.com.

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

**Have a great race and thanks for participating in
the Birkie Trail Run Festival 2021!**

Good luck!



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Our Amazing Sponsors

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

Thank you!

- **Salomon** – Title Sponsor, Birkie Trail Run Festival
- **Sidas USA** – Presenting Sponsor of the 100K Ultramarathon
- **Carlson MD** – Presenting Sponsor of the Marathon
- **Earth Rider Brewery** – Presenting Sponsor of the Marathon Relay, Official Beer of the Birkie
- **Anderson's Maple Syrup** – Presenting Sponsor of the Half Marathon, Official Maple Syrup
- **Leki Poles** – Presenting Sponsor of the Trek
- **Kemps** – Presenting Sponsor of the 5K Run/Walk
- **Hayward Area Memorial Hospital & Waters Edge** – Presenting Sponsor of the Kids 1K and "Dive for the Dirt"
- **Northern Lakes Cooperative** – Post-Race Food Lunch
- **GU** – Official On-Course Energy
- **NUUN** – Official On-Course Hydration
- **Backroads Coffee** – Official Coffee of the Birkie
- **Marketplace Foods**
- **Icebug**



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Title Sponsor



Presenting Sponsor
Marathon



Presenting Sponsor
Marathon Relay



Presenting Sponsor
100K Ultra /Ultra Relay



Presenting Sponsor
Half Marathon



Presenting Sponsor
Trek



Presenting Sponsor
5k



Presenting Sponsor
1k Kids Race



Presenting Sponsor
1k Kids Race

