



100K Ultramarathon Participant Guide

Title
Sponsor:



100k Ultramarathon
Presented by:



Welcome to 2021 Birkie Trail Run Festival!

The Ultramarathon participant guide contains everything you'll need to know to be prepared for a great race day on Saturday, September 25th. The Birkie staff has been hard at work making certain that from bib pick-up, to the course, aid stations, post-race festivities, 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.

Thanks for participating in the Ultramarathon event at the 2021 Birkie Trail Run Festival! We look forward to seeing you on Friday night for the mandatory Ultramarathon meeting and again bright and early Saturday morning at the start!

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

Thank you!



BIRKIE
2021 **Trail Run
Festival**

COVID19 Policy

Based on CDC guidance and levels of COVID19 transmission in local communities, all attendees of the Birkie Trail Run will be required to wear masks in indoor spaces. Masks are encouraged 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

Directions to the American Birkebeiner Trailhead are found under "Get There."

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

There is no Saturday morning bib pick-up available for Ultramarathon runners.

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.



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MANDATORY Pre-Race Briefing

All Ultramarathon runners must attend a mandatory pre-race briefing on Friday, September 24, at 6:00 p.m. at the American Birkebeiner Trailhead. Last minute course information, weather, drop bag procedures, food, and medical information will be discussed. Relay teams are strongly encouraged to send at least 1 team member. Call us at 715-634-5025 or email kristy.maki@birkie.com if you have questions about the meeting.

Vendor Fair

Along with bib pick-up on Friday from 3:00 p.m. to 7:00 p.m., and again on race day until 3:00 p.m, visit our great sponsors on site.

- Backroads Coffee (Saturday morning after 6:30 am only- send in your support crew!)
- Leki Poles
- Anderson's Maple Syrup
- Earth Rider Brewery
- Birkie Store
- Sidas USA
- Icebug

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.



BIRKIE 2021 **Trail Run Festival**

Saturday, September 25

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 for the Ultramarathon start available at the American Birkebeiner Trailhead. Follow the signs- the first ones there get the best spots!

Race Day Event Schedule

- **5:30 AM Ultramarathon**
- **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 & Age Group Awards
- 11:35 AM Half Marathon Awards - Overall, Age Class and WI USATF Championship
- 11:45 AM Kid's Warm-Up & 1 km Race
- 12:45 PM Marathon Awards - Overall, Relay and Costume
- 1:15 PM Marathon Age Group Awards
- 3:00 PM Final Marathon Finish Cut-Off
- **6:00 PM Ultra Champion Awards**
- **11:00 PM Final Ultra Finisher Cut-Off**



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On the Course

Race Courses

The Ultramarathon course is a mix of ski and singletrack trails. There are plenty of ups and downs, rock, roots, and grass covered trail to keep you interested! The mix of trail types will never have you bored!

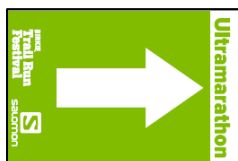
The Birkie Trail Run Festival shares common trails for each of the different race distances. As such, the route for each race will be fully marked with color-coded signage unique to each specific race. The Ultra course will follow the start of all courses for the first 4.5 miles. Right after the first aid station, Timber Trail, the course will deviate from the Marathon/Half Marathon course. The Ultramarathon course will continue south on the Birkie Skate Trail- please watch for this intersection just 100 meters after the Timber Trail warming hut/aid station. The Ultra course will reunite with the Marathon/Half Marathon course around mile 22/52. Please read the [Ultra Course Description](#) document on www.birkie.com for detailed information about the Ultra course.

Course Marking and Signs

Ultramarathon runners will follow the **lime green directional arrow signs and flagging tape tied in trees** found along the race course. Please remain alert and follow the correct Ultra signs. On race day, the pre and post-sunset sections of the course will be marked with reflective tape on signs and flagging to aid you along your way. You must have a headlamp!

Arrows confirm your direction!

Indicates a right turn onto a new trail.



Indicates a left turn onto a new trail.



Continued on next page.

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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.



Aid Stations



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

Each aid station will be supplied with self-serve water, Nuun Endurance hydration, and GU energy gels. Please bring your own hydration vessel- disposable cups will not be available. Food options will vary at each aid station. Items to expect include bread, tortillas, cheese, peanut butter & jelly, salty snacks, broth, cookies, pickles, fig bars, string cheese, bananas, oranges, candy, etc. Snack items are in individual packages. Sandwiches, quesadillas, and soup will be made for you at request. Please make sure all packaging ends up in the garbage. There are toilets and basic first-aid supplies available at each aid station.

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

Drop Bags

Runners may have drop bags transported to aid stations. All drop bags **must have** the **runner's name and the name of the aid station clearly marked** on them: Timber



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Trail, Fire Tower, Boedecker, Stadium, Birkebeiner Trailhead (or BTH; start/finish area). You may bring your drop bags to the 6 pm Friday meeting or leave them in the designated area near the start by 5:15 am Saturday morning. Timber Trail will not have drop bags at the station the first time through. Drop bags may be picked up by crew members at the aid stations. Any bags not picked up at aid stations will be transported back to the finish, but will not arrive until the aid station closes. Drop bags will not be transported for relay teams.

All runners **must start with a headlamp** and **must have a headlamp leaving any aid station after 5:00 pm, on the second loop. Please pack your drop bag accordingly.**

Ultra Relay Teams

Teams are made up of 2, 3, or 4 runners and are placed in one overall category (no men's, women's, mixed, or master's categories). Teams will receive a slap bracelet and can exchange as many times as you like as long as the exchange takes place at one of the Ultramarathon aid stations. Drop bags will not be transported for relay teams and while it is encouraged for at least 1 team member to attend, teams are not required to attend the Ultra Info meeting on Friday night. However, the meeting is helpful to hear last minute course information. Bibs must be picked up on Friday, September 24 before 7:00 PM. Please designate one team member to pick up bibs and participant shirts for the team. You will get the shirt sizes requested during registration. There is no bib pickup for Ultra Relay on Saturday, September 25!

Finish

The Ultramarathon race will finish at the American Birkebeiner Trailhead. All Ultramarathon runners must cross the finish line by 11:00 pm 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 by 11:00 p.m. to be considered an official finisher. Transport back to 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.

Relay Leg	Aid Station	Miles from Start	Miles to Next Aid Station	Cut-Off Time	Pacer
1	Timber Trail 1 - South	4.5	3.4	N/A	No
2	Fire Tower 1 - South	7.9	3.3	N/A	No
3	Boedecker 1 - Southbound	11.2	6.1	N/A	No
4	Boedecker 1 - Northbound	17.3	8.1	N/A	No
5	Stadium 1	25.4	5.2	N/A	Yes

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6	Birkebeiner Trailhead (BTH/Start and Finish line)	30.6	4.5	N/A	Yes
7	Timber Trail 2 - South	35.1	3.4	3:30pm	Yes
8	Fire Tower 2 - South	38.5	3.3	4:30pm	Yes
9	Boedecker 2 - Southbound	41.8	6.1	5:30 pm	Yes
10	Boedecker 2 - Northbound	47.9	8.1	7:15 pm	Yes
11	Stadium 2	56.0	5.2	9:30 pm	Yes
	Finish	61.2	0	11:00 pm	

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 and Drive Route

Please see the [Ultra Details and Directions](#) document on www.Birkie.com for driving directions for your crew.

Please note, pacers will be allowed from the Stadium Aid Station on the first lap to the finish. Pacers may not carry gear for racers.

Spectators are encouraged to share their photos from the day's events on social media using the hashtag **#BirkieFever**.

Track a Runner Instructions

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

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 or on the Festival grounds at any time.



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Safety

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

All runners will need a **headlamp** for the race. Sunrise at the American Birkebeiner Trailhead is at 6:56 am and sunset at 6:56 pm. **Runners will not be allowed to leave any aid station after 5:00 pm without a light.** Please stash a headlamp in your drop bag at the appropriate aid station. Please note that no headphones or ear buds are allowed on the course.

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. 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.

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 Kemps chocolate milk after their run. To save time on Saturday, please [register](#) your kids in advance for this free event.

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

Tracking, Results, and Awards

Sign up [here](#) to get notifications when participants cross timing mats at Timber Trail aid station, Boedecker aid station, Stadium aid station, and the Finish Line. Check live results [here](#) throughout the day.

Celebrate the Ultramarathon Champions at 6pm! Awards will be presented to the top 3 women and top 3 men in the race. First place overall female and male will also receive a certificate for a pair of Salomon trail-running shoes! There are no age group awards in the Ultramarathon.



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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 & thanks for
participating in the 2021
Birkie Trail Run Ultramarathon!**

Good Luck Runners!





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
- **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
- **Backroad Coffee** – Official Coffee of the Birkie
- **Marketplace Foods**
- **Icebug**



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