

slumberland
BIRKIE
Ski. Run. Bike. Live!

BIRKIE TOUR 2022

Participant Guide

Birkie Tour Day-of Schedule

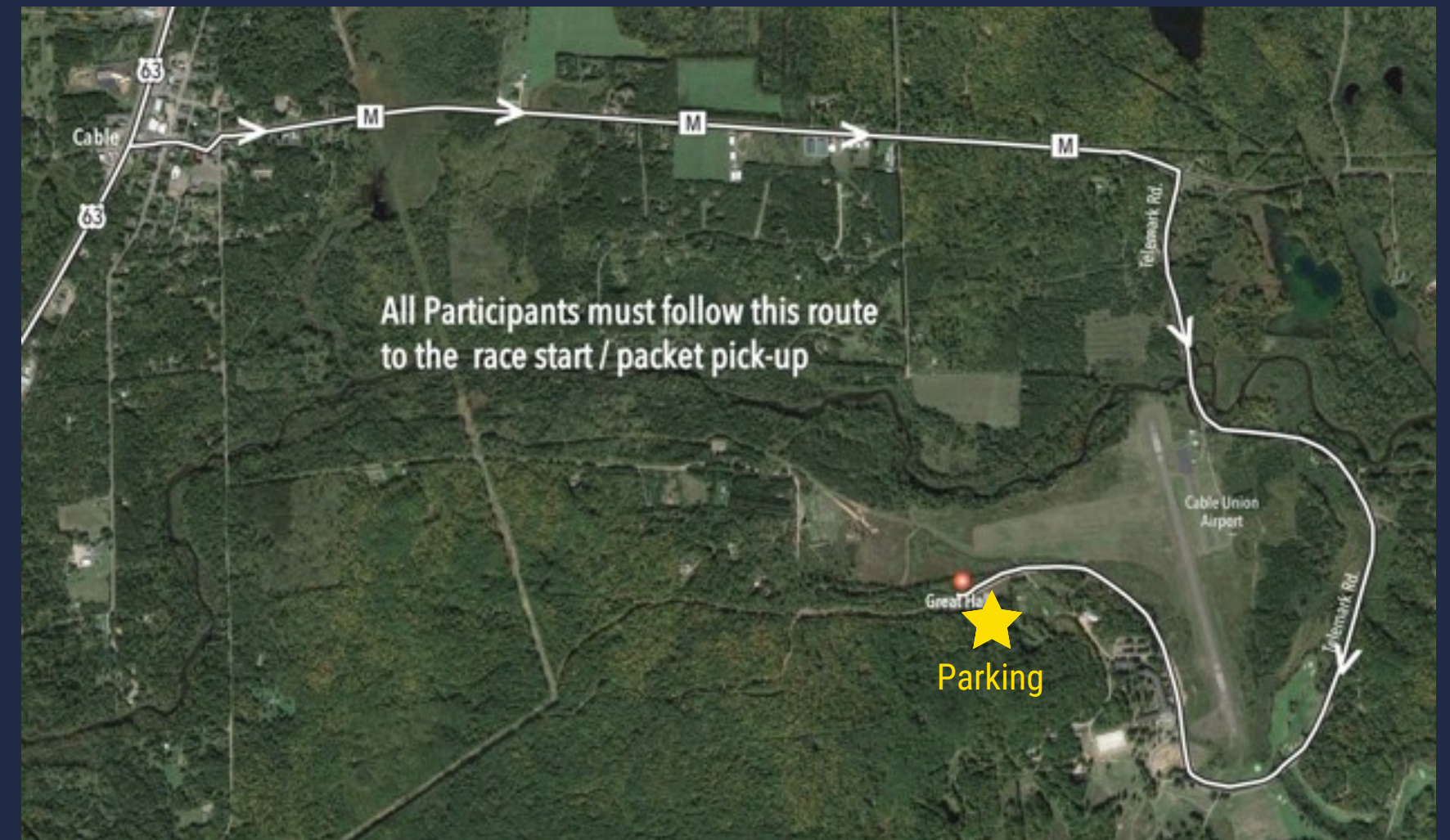
Time	Action	Location
7:30	Bib pick-up begins	Great Hall
8:00-10:00	Birkie Tour Start Window	Trailhead
9:15	Timber Trail Opens	Timber Trail
9:30	Fire Tower Opens	Fire Tower
9:45	Boedecker Opens	Boedecker
10:00	Bib pick-up closes	Great Hall
10:30	After party begins	Great Hall
12:45	Boedecker Closes	Boedecker
1:30	Fire Tower Closes	Fire Tower
2:00	Timber Trail Closes	Timber Trail
2:45	Raffle drawing	Great Hall
3:00	All athletes finish	Trailhead
3:00	Clean Up	Great Hall
Thanks for a great day out on the trail!		

BIRKIE TOUR START AND PARKING

PLEASE USE TELEMAR RD. TO MAKE YOUR WAY TO THE TRAILHEAD AND BIB PICK-UP.

PARTICIPANTS ARE ASKED TO PARK IN THE TEAR DROP PARKING LOT AND WALK TO BIB PICK-UP AT THE GREAT HALL. THE TOUR WILL BE STARTING AND ENDING AT THE AMERICAN BIRKEBEINER TRAILHEAD.

PORTALETTS WILL BE STATIONED AT THE START/FINISH AND AT EACH AID STATION.



BIRKIE TOUR BIBS AND GIFT



*PARTICIPANTS RECEIVE BIB, BLANKET, AND 6 RAFFLE TICKETS AT BIB PICK-UP

TRAIL AMBASSADORS AND WORLDLOPPET CREDIT

Be on the look-out for Birkie Trail Ambassadors on the trail throughout the Birkie Tour. Identified by their unique bibs, these wonderful volunteers are familiar with the trail system and available should you need assistance.

Skiers participating in the Birkie Tour may use the event to gain credit for their Worldloppet Passport. To gain Worldloppet Gold credit you must check in at the OO Aid Station; for Worldloppet Silver credit you must check in at the Franzen Fire Tower Aid Station. Please have an aid station volunteer mark your bib or use a radio to share your information with officials back at the start area. All skiers requesting credit must provide the distance and time it took them to complete their ski. Upon completion, Worldloppet passports will be stamped in the bib pick-up area near the Great Hall.

BIRKIE Tour

Aid Station
 18km Tour
 27km Tour
 47km Tour

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AID STATIONS

-TIMBER TRAIL

-FIRE TOWER

-BOEDECKER

SAMUEL C. JOHNSON FAMILY

-OUTDOOR CENTER

COURSE INFORMATION

Choose your own distance with the Birkie Tour! While the Birkie Tour is not a timed race, it is an amazing opportunity to become comfortable with the legendary American Birkebeiner Trail System. Skiers can choose their challenge of 15km, 26km, or 46km tour.

The Birkie Tour makes a counter-clockwise loop heading south on the Birkie Skate Trail and returning north on the Classic Trail. The Birkie Tour starts and ends at the American Birkebeiner Trailhead, located at 14875 McNaught Road, Cable, Wisconsin. Rest assured that you will be in great hands as you begin your ski, as there will be ample course signage, kilometer markers, shortcut signs, Birkie Trail Ambassadors, and medical staff to help keep you on course throughout your Birkie Tour!



AID STATION DETAILS

SKI AROUND THE WORLD WITH US!

TIMBER TRAIL - NORWAY

Distance:
7km from start on Skate Trail
8km to finish on Classic Trail

Hours:
9:15 am - 2:00 pm

Food:
Hot Chocolate
Kringles
Bananas
Nuun
GU

FIRE TOWER - SWEDEN

Distance:
12k from start on Skate Trail
14k to finish on Classic Trail

Hours:
9:30 am - 1:30 pm

Food:
Dinty Moore Stew
Blueberry Soup
Nuun
GU

BOEDECKER ITALY

Distance:
16k to Boedecker on Stake Trail
10k to 00 and back on Classic
Trail
20k to finish on Classic Trail

Hours:
9:45 am - 12:45 pm

Food:
Backroads Coffee
Biscotti (provided by Backroads)
Nuun
GU
Bananas

SAMUEL C. JOHNSON FAMILY OUTDOOR CENTER (HWY 00 Trailhead)

Distance:
20k to 00 on Skate Trail
26k from 00 to finish on
Classic Trail

Building Hours:
7:00 am - 9:00 pm

Amenities:
Vending Machines,
Backroads Coffee for sale,
indoor bathrooms

Participants are encouraged to bring and fill personal hydration vessels at each aid station. A limited number of cups will be available.
Bibs are required to be served at the aid stations.



Birkie Tour Cut-Off Times

Location	Kilometers from the Start	Time
Start	0km	10:00 AM
Boedecker Aid Station - Southbound	16km	11:40 AM
Boedecker Aid Station - Northbound	26km	12:45 PM
Firetower Aid Station - Northbound	32km	1:30 PM
Timber Trail Aid Station - Northbound	38km	2:00 PM
Finish	46km	3:00 PM

BIRKIE TOUR AFTER PARTY

After your ski, please join us for an after party in the Great Hall with food provided by the Northern Lakes Cooperative and a beer from Earth Rider Brewery! Food service will begin at 11:00 am and end at 3:00 pm. Thanks to our generous sponsors, we have amazing raffle prizes, which we will be drawing for at 2:45 pm during the after party! Embrace North sauna and ice baths will be at this year's Birkie Tour offering their suana experience. With locations in Linden Hills, MN and Lululemon Mall of America, we are excited to offer this experience at the Tour. Check them out at embracenorth.com and on Instagram @embracenorth.

MENU

Earth Rider Beer or Root Beer
Philly Beef Sandwich
Portabella Sandwich (veg. option)
with peppers and onions
Steakhouse Potato Salad
Triple Caramel Brownie



BIRKIE TOUR RAFFLE

PRIZES

- 1 pair of Madshus Skate Skis
- 1 pair of Madshus Classic Skis
- 1 pair of Salomon Classic Skis
- 1 \$400 prize package from EnjoyWinter
- 1 pair of Swix Triac 3.0 Poles from New Moon Ski and Bike Shop
- 4 bags of Backroads Coffee Beans with an ABSF Travel Mug

Each participant will receive 6 raffle tickets at bib pick-up. Participants place one ticket per bucket at every aid station skied through during their Birkie Tour. The drawing will take place in the Great Hall at 2:45 pm. Winners do not need to be present to receive prize, as the prizes will be shipped!



COVID PRECAUTIONS

MASKS REQUIRED INDOORS

MASKS IN DROP-OUT VEHICLES

AID STATION SERVICE OUTSIDE

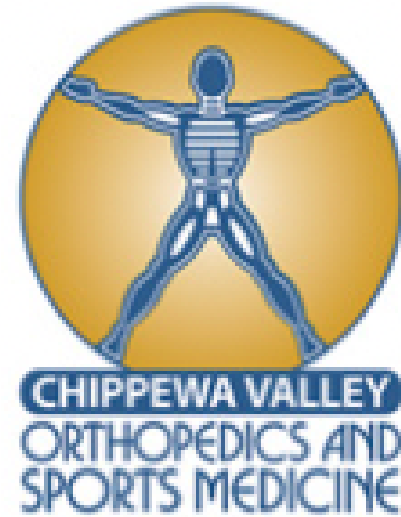
EATING OUTSIDE IS ENCOURAGED

SOCIAL DISTANCING IN THE GREAT HALL



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SPONSOR**

**BIRKIE®
Tour**



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