

48TH ANNUAL
Slumberland American Birkebeiner®
&
Birkie® Week Events

Official Race Guide

February 23-27, 2022



slumberland
BIRKIE
Ski. Run. Bike. Live!

Welcome back to Birkieland!

On behalf of the ABSF Board of Directors, the staff, volunteers, and community, welcome to Birkie 2022! While it has been a bit of a winding road to get here, we are excited to provide you with a first class Birkie experience that will connect you to old friends, challenge you, empower you, give you many smiles, and leave you inspired to keep on living the lifestyle we so love!



Please, please, please read this guide. The team has gone to great lengths to get this information compiled for you in an "easy to consume" way to help ensure you have a seamless Birkie week. It has been over 2 years since we all got together to do a "normal Birkie" and some things have changed...so again, please take the time to read this whether it is your first Korte, 3rd Prince Haakon or 16th Birkie!

Our number one goal is to ensure that your event experience is safe, while still having as many of the "usual" Birkie components as we can. To do that there are a few modifications/adjustments/restrictions and I ask you to do your part. Please follow all guidelines and posted rules (like masks indoors and on buses) for the safety of our community, volunteers, and fellow participants. Thanks in advance.

“Do your part!”

Know that the Birkie team has been working hard for the last year to provide you a first-class event experience and we are looking forward to hosting you! Any questions, please read and reach out - we are here to help.

Good luck - race fast, have fun, and enjoy Birkie Week.

See you in the north woods soon!



Ben Popp
Executive Director
American Birkebeiner® Ski Foundation



Follow Us @AmericanBirkebeiner



Follow Us @birkie

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COVID-19 Precautions

Our medical team has worked closely with local health authorities and resources while utilizing CDC recommendations to determine protocols.

- We encourage all participants, spectators, and volunteers to get vaccinated.
- Face Coverings are required (ages 2 and up) in all indoor locations, regardless of vaccination status.
- Face coverings are optional in outdoor areas.
- If you have tested positive for COVID-19 since Valentine’s Day, please do not attend Birkie Week in person.
- By participating in Birkie Week, you voluntarily assume all risks related to COVID-19 exposure.



COVID-19 Policy



Schedule of Events

The American Birkebeiner Ski Trail officially closes on Sunday, February 20 at 11:59pm. Birkie Ridge will remain open.

WEDNESDAY

February 23, 2022

8:00am-9:00am American Birkebeiner Open Track Start

11:00am-11:45am Kortelopet Open Track Start

11:00am-11:30am Prince Haakon Open Track Start

THURSDAY

February 24, 2022

9:30am Barkie Birkie Skijor - *Presented by Northern Lakes Cooperative*

10:00am-8:00pm Birkie Expo - Hayward High School, Hayward, WI

11:30am Barnebirkie - *Presented by Johnson Financial Group & Swiss Miss*

2:00pm Jr. Birkie Individual Races & Team Sprints - *Presented by Rossignol*

5:00pm Birkie Giant Ski - *Presented by Hayward Area Chamber of Commerce*

5:30pm Birkie Bash Celebration - Steakhouse & Lodge, Hayward, WI

FRIDAY

February 25, 2022

7:30am Worldloppet Breakfast - Flat Creek, Hayward, WI

9:00am ParaBirkie - *Presented by Becker Law*

9:00am-8:00pm Birkie Expo - Hayward High School, Hayward, WI

10:15am-5:00pm Kortelopet - *Presented by Salomon*

1:15pm-5:00pm Prince Haakon - *Presented by Northern Lakes Cooperative*

SATURDAY

February 26, 2022

8:15am-6:00pm 48th Slumberland American Birkebeiner

Title Sponsor Slumberland Furniture

SUNDAY

February 27, 2022

9:00am-12:00pm Ski & Bike Demo

American Birkebeiner Trailhead - Cable, WI

Busing at a Glance

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
2/23 - Wednesday Open Track Events (OT)		
Spectator Parking Lot	American Birkebeiner OT Start	7:15 am - 8:00 am
Spectator Parking Lot	Kortelopet OT Start	10:00 am - 10:30 am
Spectator Parking Lot	Prince Haakon OT Start	10:00 am - 10:30 am
2/24 - Thursday Events		
Spectator Parking Lot	Registration (Recovery Zone) Bus Stop	9:30 am - 4:30 pm
Celebration Zone Bus Stop	Spectator Parking Lot	9:30 am - 4:30 pm
2/25 - Friday Events		
Birkie Ridge Skier Parking Lot	Kortelopet Start Bus Stop	8:00 am - 12:30 pm
Birkie Ridge Skier Parking Lot	Prince Haakon Start Bus Stop	11:30 am - 1:45 pm
P.H. Farm Skier Parking Lot	Prince Haakon Start Bus Stop	11:30 am - 1:45 pm
Spectator Parking Lot	Celebration Zone Bus Stop	10:00 am - 5:30 pm
Recovery Zone (Finish) Bus Stop	Birkie Ridge Skier Parking Lot	12:30 pm - 5:30 pm
Recovery Zone (Finish) Bus Stop	Premium Parking at the Kortelopet Start (permit holders only)	12:30 pm - 5:30 pm
Recovery Zone (Finish) Bus Stop	P.H. Farm Skier Parking Lot	12:30 pm - 5:30 pm
2/26 - Saturday Events		
Birkie Ridge Skier Parking Lot	American Birkebeiner Start Bus Stop	6:15 am - 10:30 am
Cable Skier Parking Lot	American Birkebeiner Start Bus Stop	6:15 am - 10:30 am
Celebration Zone Bus Stop	Spectator Parking Lot	9:00 am - 6:30 pm
Recovery Zone (Finish) Bus Stop	Birkie Ridge & Cable Skier Parking Lots	12:30 pm - 6:30 pm
Recovery Zone (Finish) Bus Stop	Premium Parking at the American Birkebeiner (permit holders only)	12:30 pm - 6:30 pm

Detailed parking and busing information can be found on pages RG14-15.

2022 American Birkebeiner Title Sponsor

slumberland FURNITURE

Gold Circle Elite Sponsors



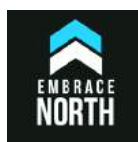
ARIENS|CO



Presenting Sponsors



2022 Supporting Sponsors



Wednesday, February 23, 2022

Open Track Events – Begin at 8:00 AM

- Introducing the Open Track (OT) experience – same great events and inspiring downtown finish, with a more relaxed atmosphere.
- **Distances:** American Birkebeiner OT - 50K/55K, Kortelopet OT - 29K, Prince Haakon OT - 15K
- **Bib Pick-Up:** Tuesday, 4-7pm or Wednesday, 6:30-10:00am in the Celebration Zone, downtown Hayward.
- **Getting to the Start:** Each race starts at a different location; spectators are welcome to ride buses (see schedule on page RG-14).
- **Finish:** Racers are expected to finish on Main Street from 12 pm-4 pm.

BIRKIE.
Open Track

Thursday, February 24, 2022

Barkie Birkie Skijor Races – Begin at 9:30 AM

- **Location:** All races start and finish on Main Street.
- **Bib Pick-Up:** Thursday, 8:30am-9:45am in the Celebration Zone.
- **Awards:** Awards are presented immediately following races in the Celebration Zone. Prize packages from Kali's Kreations and Kradle My Pet will be awarded.
- **More:**
 - Dogs are not allowed in the Celebration Zone after the Barkie Birkie Skijor races.



More Info

Start Time	Group	Location
8:30 to 9:15 am	Warm Up	Golf Course only
8:30 to 9:45 am	Bib Pick-Up	Celebration Zone Tent
9:30 am	5km Start	Main Street
10:15am	3km Start	Main Street
10:40am	1km Start	Main Street

Birkie Expo – 10:00 AM – 8:00 PM

- Over 50 vendors
- Bib pick-up for the Slumberland American Birkebeiner, Kortelopet, and Prince Haakon
- Birkie Store merchandise
- Location: Hayward High School, 10320 Greenwood Lane.
- Parking is available on-site.



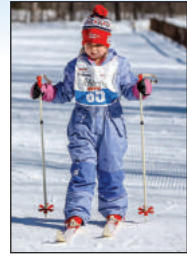
Expo Vendors



Barnebirkie Youth Ski Tour - Begins at 11:30 AM

- **Location:** Events begin behind the Hayward Intermediate and Primary Schools and finish on Main Street.
- **Parking:** Continuous shuttle bus service is available to/from the Spectator Lot from 9:30am-4:30pm.
- **Bib Pick-Up:** 9:30-11:30am in the Recovery Zone. Register online anytime before the start of the race.
- **Awards:** Individual medals are awarded at the finish line.
- **Celebrate:** Swiss Miss Cocoa and cookies provided by the Sons of Norway in the Celebration Zone.
- **More:** To preserve the integrity of the course, spectators must stay on the pedestrian path and sidewalk areas.
- **Only kids and adults on skis are allowed on the course.**

Start Time	Wave	Distance
11:30 am	Purple	500 m (0.3 miles)
11:35 am	Red	3 km (1.9 miles)
11:40 am	Green	1 km (0.6 miles)



JOHNSON
FINANCIAL GROUP.
BANKING WEALTH INSURANCE

SWISS MISS

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BIRKIE



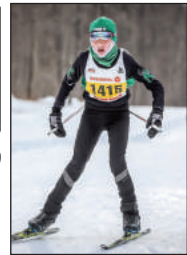
More Info

Junior Birkie Mass Start Freestyle Races - Begin at 2:00 PM

- **Location:** Races begin behind the Hayward Intermediate and Primary Schools and finish on Main Street.
- **Parking:** Continuous shuttle bus service is available to/from the Spectator Lot from 9:30am-4:30pm.
- **Bib Pick-Up:** 9:30am to 3:00pm in the Recovery Zone. Registration closes at 6:59pm on Wed. February 23.
- **Awards:** Awards for each age group are presented after each race at the Champions Stage in the Celebration Zone.



More Info



ROSSIGNOL

Junior Birkie Team Sprint Relays

Races begin immediately following Junior Birkie individual races

- **Location:** Relay races start and finish on Main Street. the Spectator Lot from 9:30am-4:30pm.
- **Bib Pick-Up:** 9:30am to 3:00pm in the Recovery Zone. Registration closes at 6:59pm on Wed. February 23.
- **Awards:** Awards are presented to the top team in each age group following each race in the Celebration Zone.

Jr.
BIRKIE



ROSSIGNOL

Map on Page RG-11

Birkie Giant Ski – Races Begin at 5:00 PM

- **Location:** Races start and finish on Main Street.
- **Bib Pick-Up:** Bib pick-up for team captains is available Monday through Wednesday – 9am-5pm and Thursday from 9am-3pm, at the Hayward Area Chamber of Commerce.
- **Awards:** Awards are presented immediately following races.
- **Costume Contest:** The team that wins the costume contest will receive free entry into the 2023 Birkie Giant Ski.



Hayward Area
CHAMBER OF
COMMERCE

Birkie Bash – 5:30 PM to 8:30 PM (Buffet closes at 8:00 PM)

- The Birkie Bash pasta feed includes a pasta & salad bar, Earth Rider Beer, and live music by Molly and the Danger Band.
- **Special Guest: Kikkan Randall** – You'll hear her commentary on the Olympics, athlete development and more.
- **Win Prizes!** One attendee will win a Heartwood Stay & Play weekend and another will win a pair of Madshus skis.
- **Tickets:** Tickets **must** be purchased in advance - \$25 per person/\$12.50 for ABSF members. Tickets available at bit.ly/BirkieBash22
- **Location:** Steakhouse & Lodge, Hayward, WI 54843



Get Tickets



Spectator Parking Lot

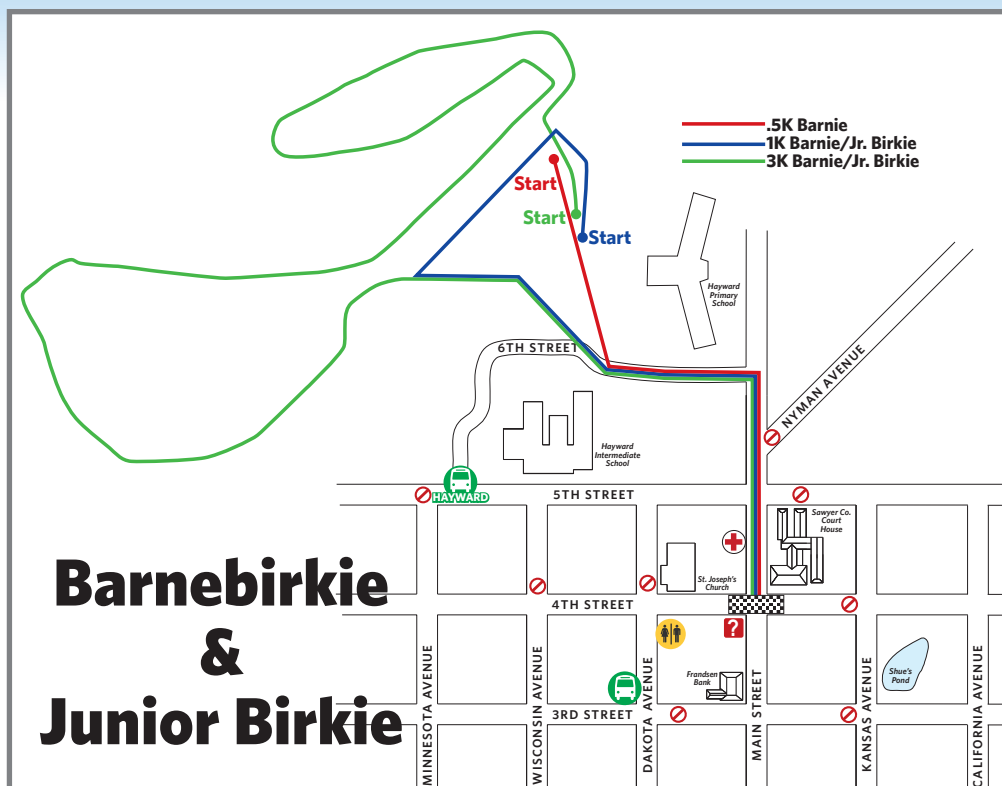
	Continuous Round-Trip Shuttle Service from Spectator Parking Lot to Celebration Zone Bus Stop	Continuous Round-Trip Shuttle Service from Spectator Parking Lot to Recovery Zone Bus Stop
Thursday, February 24	9:30 am to 4:30 pm	9:30 am to 4:30 pm
Friday, February 25	9:30 am to 4:30 pm	9:30 am to 4:30 pm
Saturday, February 26	9:30 am to 6:30 pm	Unavailable

Real-Time Race Tracking App

- Use this QR code or visit rrt.me/app to download the participant tracker app
- Open the app and search “2022 Birkie” in the app and follow prompts to add skier(s)
- Please note, timing becomes more accurate after skiers pass intermediate timing points



Tracker



BIRKIE STORE

AMERICAN BIRKEBEINER
FEBRUARY 24-27, 2022
AMERICAN BIRKEBEINER 501 FOUNDATION

AMERICAN BIRKEBEINER
FEBRUARY 24-27, 2022
AMERICAN BIRKEBEINER 501 FOUNDATION

48th AMERICAN BIRKEBEINER 2022

BIRKIE
Ski. Run. Bike. Live!

Celebration Zone, Feb. 24-27

- Thursday: 10am - 5pm
- Friday: 10am - 5pm
- Saturday: 9am - 5pm
- Sunday: 9am - 1pm

Birkie Expo, Feb. 24-25

- Thursday: 10am - 8pm
- Friday: 9am - 8pm

BIRKiestore.com

Friday, February 25, 2022

Worldloppet Breakfast Gathering

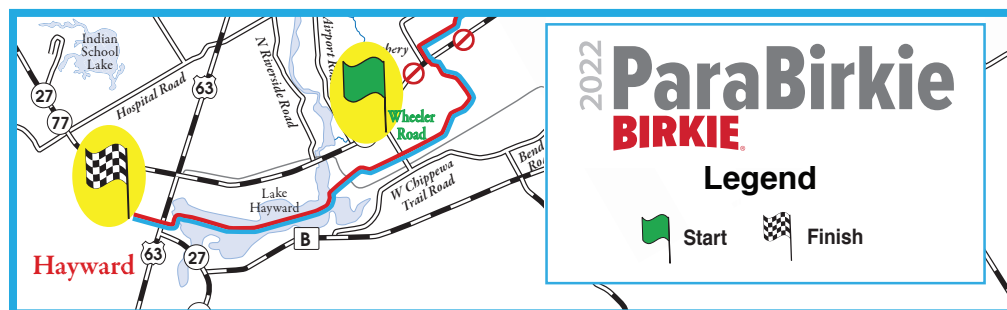
- **Who:** All skiers are invited to join Worldloppet Passport holders and Worldloppet Master Skiers for a European-style breakfast.
- **Where:** Flat Creek, Hayward, WI
- **When:** 7:30 am coffee & social, 8 am breakfast
- **Tickets:** \$16 in advance, \$18 at the door
- Kortelopet skiers in attendance may bus to the start after breakfast. Bus departs at 9:00am.



Get Tickets

ParaBirkie - Race Begins at 9:00 AM

- **Location:** The race begins at Wheeler Road and finishes on Main Street.
- **Parking:** Participant parking is available at the Wheeler Road start area, adjoining the Birkie Trail. Accessible parking is also available adjacent to the Celebration Zone and on each block near Main Street
- **Awards:** All finishers receive a finisher medal, HydroFlask courtesy of Becker Law, and JoLe Bar prize package.



Birkie Expo - 9:00 AM to 8:00 PM

- **Location:** Hayward High School, 10320 Greenwood Lane.

Ski Waxing Area

- **How it works:** Bring your own iron, wax, and supplies. Wax benches and heated space provided.
- **Where:** New Moon Ski & Bike Tech Room at the Samuel C. Johnson Family Outdoor Center
 - The entrance is located on the far side of the building.
- **When:** 24 hours a day during Birkie Week, except on Friday, when hours are limited to 12:00 pm to 8:00pm.



PASTA FEEDS

St. Joseph Church, 4pm-7:30pm; 5th & Dakota Ave

All you can eat pasta • \$10 adults | \$5 ages 6-12 | Free 5 & under

Spider Lake Church Youth Center, 4pm-7pm 11255 N State Hwy 77

Spaghetti Plate • \$10 adults | \$6 12 & under

Bib Pick-Up

Credentials Required for Bib Pick-Up

- You must bring a paper or electronic copy of your 2022 bib confirmation email and a photo ID to pick up your bib.
- You may pick up a bib for another skier, only if you are also picking up your own bib. You must have a paper or electronic copy of the other skier(s) bib confirmation email(s), copy of photo ID, and signed authorization.
- Entries are non-transferable between individuals.

Open Track Events

- Tuesday, 4-7pm Celebration Zone, downtown Hayward
- Wednesday, 6:30-10:00am Celebration Zone, downtown Hayward

Barkie Birkie Skijor Races

- Thursday, 8:30am-9:45am in the Celebration Zone, downtown Hayward

Barnebirkie Youth Ski Tour

- Thursday, 9:30-11:30am in the Recovery Zone, downtown Hayward

Junior Birkie Races

- Thursday, 9:30am-3pm in the Recovery Zone, downtown Hayward

Kortelopet

- Thursday, 10am-8pm, Birkie Expo
- Friday, 8:30-11am, at the start*

Prince Haakon

- Thursday, 10am-8pm, Birkie Expo
- Friday, 12pm-1pm, at the start*

Slumberland American Birkebeiner

- Thursday, 10am-8pm, Birkie Expo
- Friday, 9am-8pm, Birkie Expo
- Saturday, 7-10am, at the start*


Birkie Gear Bag Pick-Up

- If you ordered a Birkie gear bag you can pick it up before you exit the Birkie Expo.
- If you are unable to pick up your bag at the Birkie Expo, you can have it mailed to you. Visit birkie.com for details.

***If you ordered a Birkie gear bag, you will NOT be able to pick it up at the start, you will be given a plastic drop bag.**



Getting to Your Race

- Masks are required on all buses. 
- Allow plenty of drive time to get to skier parking lots due to traffic on race day
- Allow at least 30 minutes to park and board a bus
- Plan to arrive at the start 30 minutes before your start gate time
- If you miss your start, you will be allowed to start in the next available wave of the same technique

Wednesday, Feb. 23

- **American Birkebeiner OT**
 - Bus from the spectator lot (7:15-8am)
 - Get dropped off at the start
 - Park at the start*.
- **Kortelopet OT**
 - Bus from the spectator lot (10-10:30am)
 - Get dropped off at the start
 - Park at the start*.
- **Prince Haakon OT**
 - Participants **must** bus from the Spectator Lot (10-10:30am), located in the city of Hayward. There is no parking at the start.

*There is no return bus service to the Open Track start lines. If you park at the start you must arrange transportation to retrieve your vehicle.

Friday, Feb. 25

- **Kortelopet**
 - Birkie Ridge to Start: 8am-12:30pm, estimated ride time 20 min.
 - Recovery Zone back to Birkie Ridge: 12:30pm-5:30pm
- **Prince Haakon**
 - Birkie Ridge to Start: 11:30am-1:45pm, estimated ride time 20 min.
 - Prince Haakon Farm Lot to Start: 11:30am-1:45pm, estimated ride time 10 min.
 - Small lot with limited parking
 - Recovery Zone back to Birkie Ridge: 12:30pm – 5:30pm
 - Recovery Zone back to Prince Haakon Farm Lot: 2:30pm-5:30pm

Saturday, Feb. 26

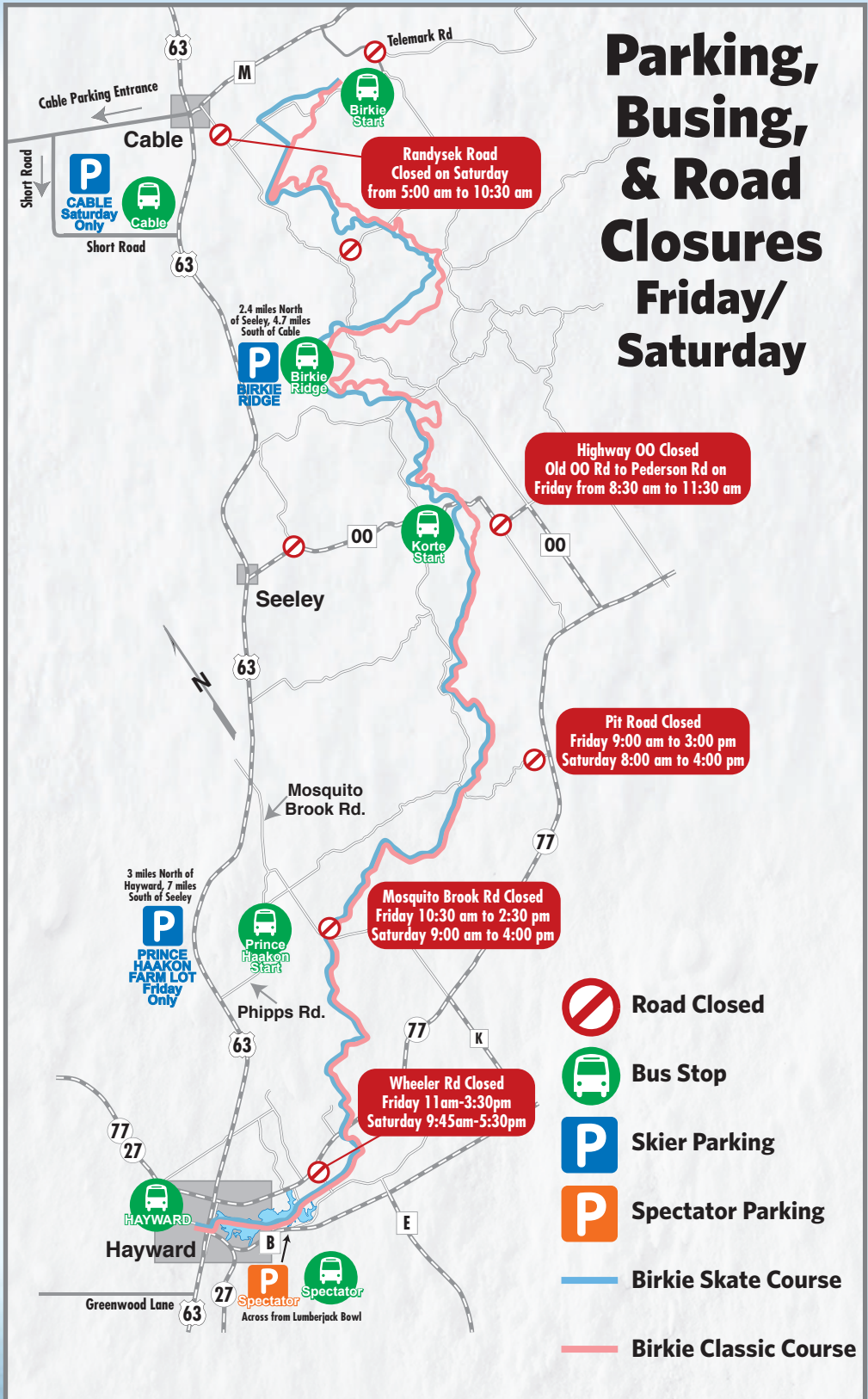
Slumberland American Birkebeiner

- Birkie Ridge to Start: 6:15am-10:30am, estimated ride time 30 min.
- Cable Lot to Start: 6:15am-10:30am, estimated ride time 25 min.
- Recovery Zone back to Birkie Ridge & Cable Lot: 12:30pm-6:30pm

Additional Info

- **Dropping off a skier?** Drop-off areas are designated at each parking lot. Follow the signs to the drop-off location, drop off skier(s) and immediately exit the lot.
- **Spectator?** Spectators may ride skier buses to the race start areas. Preference will be given to skiers boarding the bus. Buses will return spectators to skier parking lots after the start of each race.

Parking, Busing, & Road Closures Friday/ Saturday



Race Day Bag Drop

▪ Guidelines

- Only Birkie gear bags and plastic bags received at bib pick-up will be accepted.
- Absolutely **no** skis, poles, or other bags will be accepted.
- If using a Birkie gear bag, your bib number must be displayed in the plastic sleeve at the top of the bag.
- Do not overfill your bag or place items in the outside pockets.
- Close, buckle, or tie your bag before dropping it off.
- Once your bag is dropped it cannot be retrieved until it arrives in the recovery zone.

▪ Race Specific Information

- **Kortelopet** and **Slumberland American Birkebeiner**
 - Bag drop is arranged by wave.
 - Classic and skate waves drop in the same location.
- **Prince Haakon** and all **Open Track** events
 - There is only one drop zone in the start area.

▪ Picking up your bag

- All bags will be transported to the Recovery Zone in downtown Hayward.
- The American Birkebeiner Ski Foundation is not responsible for lost or stolen items.

Start Procedure

Kortelopet and **Slumberland American Birkebeiner** – Friday & Saturday

- There are three start pens leading to the start line. Skiers should enter at the back of gate 3, where they will advance through the pens toward the start.
- Skiers who enter through the back of gate 3 will be given entry priority over those entering from the side gates.
- Skiers may enter the designated pen area based on their wave assignment at the designated time for their wave.
- Skiers may **not** put on their skis until they enter Pen 1.
- Skiers must line up in the classic tracks, not between the tracks.
- The lifting of the Start Gate is the official wave start.

Timing Procedure

Kortelopet and **Slumberland American Birkebeiner**

- Starting before your assigned start time will lead to disqualification.
- Skiers who miss their start will be allowed to start in the next available wave of the same technique. You must follow the instruction of the Gatekeepers.
- Race times for the Elite and U20 waves will be determined by Gun Time (all skiers in the wave receive the same starting time). All other waves will be determined by Net Time (start time is assigned to each skier when they cross the start line).

Prince Haakon

- All start times will be recorded when you ski through the start tower.
- Winners will be based on chip time and not based on the first to cross the finish line.

Wave Tables

Kortelopet

Wave	Gate 3 Entry	Gate 2 Entry	Gate 1 Entry	Start Time
Elite Skate Men			10:05	10:15
U20 Men		10:05	10:13	10:15
Elite Skate Women	10:05	10:15	10:20	10:25
U20 Women	10:15	10:20	10:23	10:25
Elite Classic Men/Women	10:20	10:25	10:30	10:35
U20 Classic Men/Women	10:25	10:30	10:33	10:35
Wave 1 Classic	10:30	10:33	10:35	10:40
Wave 1 Skate	10:30	10:35	10:40	10:45
Wave 70	10:35	10:40	10:45	10:50
Wave 2 Classic	10:40	10:45	10:50	10:55
Wave 2 Skate	10:45	10:50	10:55	11:00
Wave 3 Classic	10:50	10:55	11:00	11:05
Wave 3 Skate	10:55	11:00	11:05	11:10
Wave 4 Classic	11:00	11:05	11:10	11:15
Wave 4 Skate	11:05	11:10	11:15	11:20
Wave 5 Skate	11:10	11:15	11:20	11:25

Prince Haakon Start Timetable

1:15	U19/U16 Boys
1:20	U19/U16 Girls
1:25	Competitive Start
1:25 to 1:35	Relaxed Start

Slumberland American Birkebeiner

Wave	Gate 3 Entry	Gate 2 Entry	Gate 1 Entry	Start Time
Spirit of 35 + Inga & Warriors				8:15
Women Skate Elite Skate			8:15	8:30
Men & Women Elite Classic		8:15	8:30	8:35
Wave 1 Classic	8:15	8:30	8:35	8:40
Men Skate Elite Skate	8:30	8:35	8:40	8:50
Wave 1 Skate	8:35	8:40	8:50	8:55
Wave 2 Classic	8:40	8:50	8:55	9:00
Wave 2 Skate	8:50	8:55	9:00	9:05
Wave 70 Skate & Classic	8:55	9:00	9:05	9:10
Wave 3 Classic	9:00	9:05	9:10	9:15
Wave 3 Skate	9:05	9:10	9:15	9:20
Wave 4 Classic	9:10	9:15	9:20	9:25
Wave 4 Skate	9:15	9:20	9:25	9:30
Wave 5 Classic	9:20	9:25	9:30	9:35
Wave 5 Skate	9:25	9:30	9:35	9:40
Wave 6 Classic	9:30	9:35	9:40	9:45
Wave 6 Skate	9:35	9:40	9:45	9:50
Wave 7 Skate	9:40	9:45	9:50	9:55
Wave 8 Skate	9:45	9:50	9:55	10:00

2022 Official Race Bibs

Korte & Prince Haakon



Open Track Events



Slumberland American Birkebeiner



Special Bibs



BIRKIE
Open Track



Detailed Map

Cable

American Birkebeiner
OT Start
8am-9am

slumberland
FURNITURE

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Timber Trail

Open 8:20-10am

Open 8:30-11am

Fire Tower

+

Birkie Ridge

TH

Boedecker

+

Open 9am-12pm

Kortelopet
OT Start
11:00-11:45am

P

salomon

Hwy 00

+

Open 9:30am-12:15pm

Gravel Pit

+

Open 10am-1pm



Prince Haakon
OT Start
11:00-11:30am

+

Mosquito Brook

+

Open 11am-2pm

Open 11:30am-2:30pm

Hatchery Creek

+

Open 11:30am-2:30pm

+

+

+

+

+

+

+

+

+

+

Wednesday Open Track Events

Legend

- Birkie Skate Trail
- Birkie Classic Trail
- Birkie Ridge Trail
- Kortelopet Course
- Prince Haakon Course
- Aid Stations +
- Road Closed
- Start
- Finish
- P Parking
- Bus Stop
- Birkie Ridge TH Trailhead

Hayward

Speculator

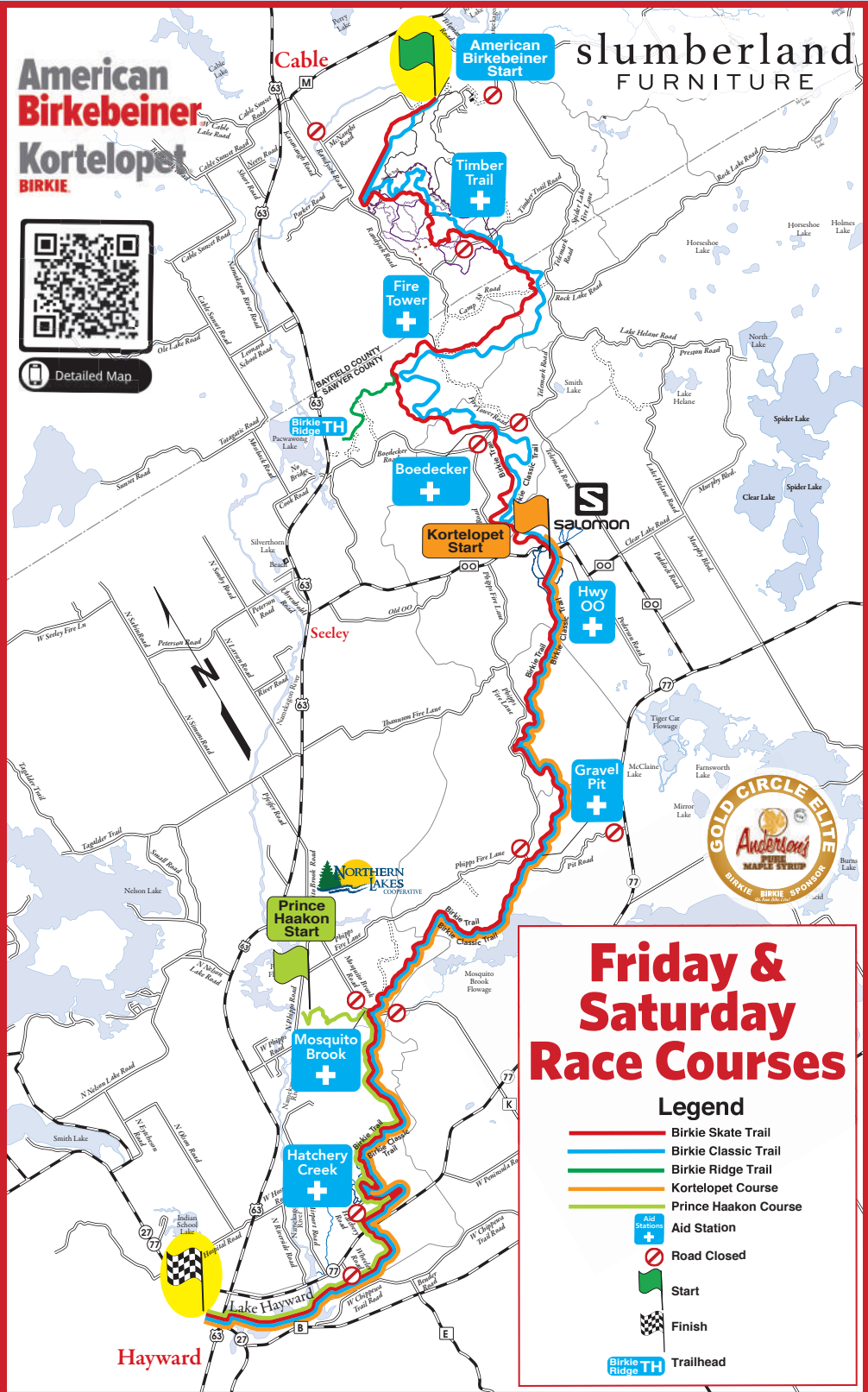
Across from Slumberland Bowl

**American
Birkebeiner
Kortelopet**
BIRKIE



Detailed Map

slumberland
FURNITURE

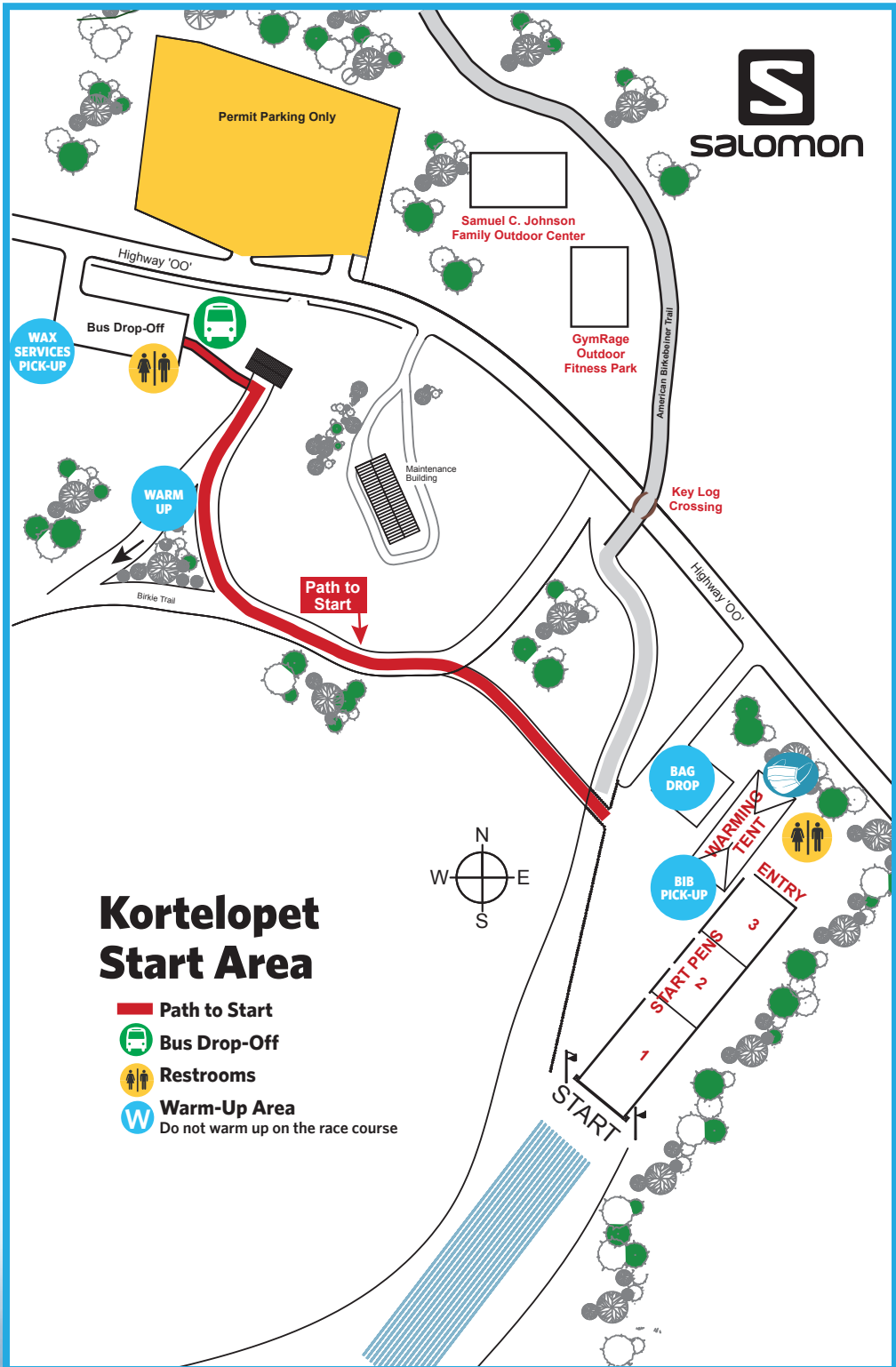


Friday & Saturday Race Courses

Legend

- Birkie Skate Trail
- Birkie Classic Trail
- Birkie Ridge Trail
- Kortelopet Course
- Prince Haakon Course
- + Aid Station
- / Road Closed
- Start
- Finish
- TH Trailhead

Kortelopet



Kortelopet Start Area

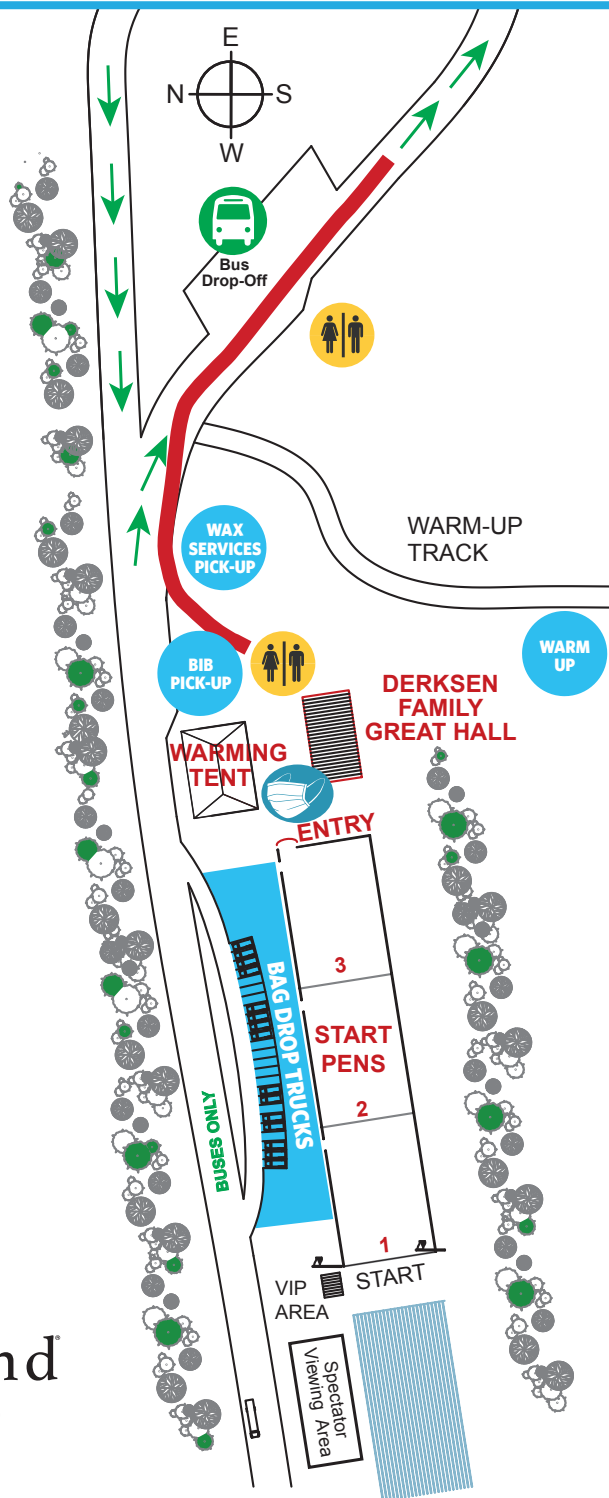
- Path to Start
-  Bus Drop-Off
-  Restrooms
-  Warm-Up Area
Do not warm up on the race course

American Birkebeiner

Slumberland American Birkebeiner Start Area

-  Path to Start
-  Bus Drop-Off
-  Restrooms
-  Warm-Up Area
Do not warm up on the race course

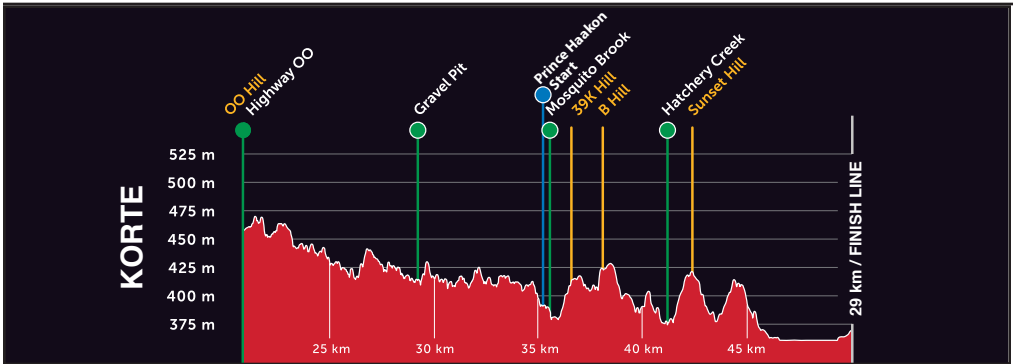
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Course Profiles

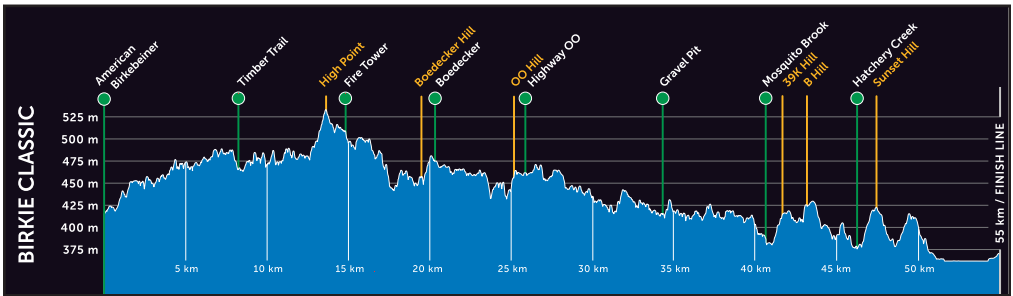
Kortelopet and Prince Haakon* Profile

* **Prince Haakon** begins at Mosquito Brook



Slumberland American Birkebeiner Profile

Classic Course



Skate Course



Navigating the Course - Classic and Skate

- North of Highway OO, the skate and classic courses come together at four locations: Powerline, Timber Trail, Fire Tower, and Boedecker Aid Stations. The courses touch but do not cross. Classic skiers keep left, Skaters keep right!
- On-course signs count down distance to the finish line.

Aid Stations – What to Expect

- **Fuel Up!** Water, Nuun, GU products and food options at the aid stations. Find out exactly what will be there at birkie.com.
- **Trash Penalty!** If you are throw trash anywhere along the trail, you may receive a 15 minute time penalty added to your official finish time. Report trash violations by emailing birkie@birkie.com.
- **Wax:** SWIX kick wax is available at each aid station.
- **Poles:** SWIX replacement poles are available at each aid station, ask a volunteer for help. After the race, return the loaned pole to the Lost & Found.



Aid Station Locations and Cut-Off Times

Kortelopet, Prince Haakon & OT Cut-Off Times

Aid Station Location	Distance from Start Kortelopet	Distance from Start Prince Haakon	Friday Cut-off Time	Open Track Cut-off Time
Gravel Pit Aid Station	9 km	—	1:30 PM	1:00 PM
Mosquito Brook Aid Station	15 km	—	2:30 PM	2:00 PM
Hatchery Park Aid Station	21 km	7.5 km	3:35 PM	2:30 PM
Finish Line	29 km	15 km	5:00 PM	4:00 PM

Slumberland American Birkebeiner & OT Aid Stations & Cut-Off Times

Aid Station Location	Distance from Start Classic	Distance from Start Skate	Saturday Cut-off Time	Open Track Cut-off Time
Timber Trail Aid Station	8.5 km	7 km	11:10 AM	10:00 AM
Fire Tower Aid Station	15 km	12 km	12:00 PM	11:00 AM
Boedecker Aid Station	20.5 km	16.5 km	12:55 PM	12:00 PM
Highway OO Aid Station	26 km	21 km	1:40 PM	12:15 PM
Gravel Pit Aid Station	35 km	30 km	3:00 PM	1:00 PM
Mosquito Brook Aid Station	41 km	36 km	3:55 PM	2:00 PM
Hatchery Park Aid Station	49 km	44 km	5:00 PM	2:30 PM
Finish Line	55 km	50 km	6:00 PM	4:00 PM

Dropping Out or Missing the Cut-Off Time

- It is imperative that we know if a skier drops out!
- Skiers who drop out must report to an Aid Station Chief or Birkie medical volunteer, transport to the finish zone will be provided.
- Skiers who miss a cut-off time will be transported to the finish zone.

Aid Station Medical Care

- Each aid station is equipped with a shelter and staffed by medical professionals.
- The course is continually patrolled by members of the National Ski Patrol.

Finish Zone

No spectators are allowed in the Finish Zone, see map on page RG-27

Medical Care

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone.



**Hayward Area
Memorial Hospital**
Right here in the place we love.

Medals and Pins - Traditional & Open Track Events

- All finishers will receive a commemorative pin indicating the total number of races completed (2022 included).
- Proceed toward the sign and aisle that corresponds to the year sticker affixed to your bib; this will ensure you receive the correct award.

Refreshments & Nutrition

- Nuun hydration, Kemp's chocolate milk, and JoJe bars.
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone.

Recovery Zone

Spectators may reunite with skiers in the Recovery Zone.

Birkie Gear Bag & Plastic Bag Pick-Up

- You must have your bib with you to claim your Birkie gear bag or plastic bag.
- Go to the sign indicating your wave number, show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag.
- Friends/family can pick up your bag if they have your bib.

Changing Area

- Changing space only, there are no showers available.

Finish Area Food Tent - Skiers Only

- Enjoy a Nuun hydration drink, soup (vegetarian and gluten free options available), banana, and bread.
- Food is available for spectators in the Celebration Zone.

Recovery Amenities & Fluid

- Biometric screenings provided by Fluid Health & Fitness
- Sauna access from Jotunn Sauna - reserve a time at the Expo.
- Athletic Brewing non-alcoholic beer and water from Ice Mountain

Real-Time Race Tracking App

- Use this QR code or visit rtrt.me/app to download the participant tracker app
- Open the app and search "2022 Birkie" in the app and follow prompts to add skier(s)
- Please note, timing becomes more accurate after skiers pass intermediate timing points



 Tracker

Finish Zone • Recovery Zone Celebration Zone

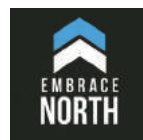


Celebration Zone

Open to all skiers and fans!

Earth Rider Beer Garden

- The Earth Rider Beer Garden proudly serves Earth Rider Beer, crafted from cold, clear, Lake Superior water.
- Earth Rider Beer Garden hours:
 - Friday: 10:00 am to 5:00 pm
 - Saturday: 10:00 am to 5:00 pm



Embrace North Sauna - Friday & Saturday

Birkie Store in the Celebration Zone

- The Birkie Store is home to official Birkie apparel, gifts, and commemorative items.
- Birkie Store hours in the Celebration Zone:
 - Thursday: 10:00 am to 5:00 pm
 - Friday: 10:00 am to 5:00 pm
 - Saturday: 9:00 am to 5:00 pm
 - Sunday: 9:00 am to 1:00 pm



Information Booth & Charging Station - Birkie Store

- Provided in collaboration with Frandsen Bank and Norvado.
 - Thursday: 10:00 am to 5:00 pm
 - Friday: 10:00 am to 5:00 pm
 - Saturday: 9:00 am to 5:00 pm

FRANSEN BANK & TRUST



Race Results - Birkie Store

- **Kortelopet**, **Prince Haakon**, and **Slumberland American Birkebeiner** skiers can stop by the race results station in the Birkie Store to pick-up their personal results printouts. Remember, there may be finishers from later waves who may displace your result as printed.
- You can track your finish results online at birkie.com.
- Please submit any discrepancies at birkie.com by March 31, 2022.



Race Results Selfie Station

- Visit the selfie station, input your bib number, and snap a picture with your finishing time in the background.
- Use **#birkiefever** **#Birkie2022** in your posts!

Awards – Celebration Zone

Champions Stage Awards Ceremonies

Friday, February 25

12:45 pm - Kortelopet Awards

- The top three male and female finishers (classic and skate)

3:00 pm - Prince Haakon Awards

- The top three male and female finishers (no technique distinction)

Saturday, February 26

Slumberland American Birkebeiner Awards

- 11:30 am – Skate Champions Ceremony
 - Top three male and female finishers
 - Tony Wise Award
 - Sprint Bonuses presented by Madshus
 - Prize money will be awarded to the first six male and female competitors
- 12:30 pm – Classic Champions Ceremony
 - Top three male and female finishers on champions stage
 - Prize money will be awarded to the first three male and female competitors



Awards for Pick-Up

Awards pick-up at Birkie Store in the Celebration Zone unless noted

Slumberland American Birkebeiner

- Age group awards - top three male and female skiers (classic and skate)
- Special recognition: 10 years; 20 years **Birchlegger**; 30 years **Uberlegger**; 40 years
- Wave Winners - the first male and female finishers in each wave (classic & skate), will receive a pair of premium pillows from Slumberland Furniture (excludes Elite Wave).
- Pick-up is at the Slumberland Furniture, Hayward, WI.
 - Saturday – 1:00pm to 6:00pm
 - Sunday – 9:00am to 6:00pm



Kortelopet

- Age group awards - top three male and female skiers (classic and skate)
- Wave Winners - the first male and female finishers in each wave (classic & skate) will receive a Salomon backpack (excludes elite wave).
- Skiloper Recognition: 10 years: Ti; 20 years; Tjue, 30 Years: Tretti

If you can't pick up your award in person, you may request that it be shipped to you, at your expense, until March 31, 2022. Email birkie@birkie.com for details.

Worldloppet International Ski Federation

- The Worldloppet is an international sports federation of cross-country skiing marathons and promotes the sport worldwide
- **Worldloppet Passport Stamping**
 - American Birkiebeiner - Traditional & Open Track
 - Kortelopet - Traditional & Open Track



Skiers may purchase a Worldloppet Passport and receive an official stamp from the Birkie Office during the following hours:

- Friday, 12:00 pm to 4:00pm
- Saturday - 12:00 pm to 5:00 pm

Hospitality Zones!

See map on page RG-27

Need a space to warm-up, chill out, and watch the race?

- **Ariens Lodge**
 - Earth Rider beer & ice bar
 - Wed. 11am-7pm
 - Thur.-Sat 9am-7pm
 - Coffee & pastries from Backroads Coffee
 - Wed. 9am-3pm
 - Thur.-Sat. 9am-3pm
 - Ariens Sno Thro raffle - benefiting the LCO Boys & Girls Club
 - Kids Zone Crafts - Thur. 1-4pm
 - Autographs with Team Birkie - Thur. & Fri. 3-5pm
- **Slumberland Furniture - Hospitality Zone**
 - Warm beverages and plenty of comfortable places to rest when you come in out of the cold.
 - Location: Slumberland Furniture, Highway 63

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- **The Village at Marketplace**

Exciting family-friendly area includes:

- **Kemps Kids Zone—Free Snacks for Kids!**
 - Free hot dogs from Old Wisconsin, cheese curds, s'mores, fruit and hot chocolate for kids.
 - 20'x30' heated tent in addition to toasty-warm fire pits.
- **Live Music** - Sean Okamoto, Friday & Saturday
- **Try samples of Fat Tire Beer and Wisconsin Cranberries**
- **Live Reindeer Display**



Follow Us @AmericanBirkebeiner



Follow Us @birkie

AMERICAN BIRKEBEINER SKI FOUNDATION

2022 Calendar of Events

2022

February 23	Birkie Week Festivities Begin!
February 23	Birkie Open Track
February 24	Birkie Expo, Barkie Birkie Skijor, Barnebirkie, Junior Birkie, Birkie Giant Ski, Birkie Bash
February 25	ParaBirkie, Kortelopet 29K, Prince Haakon 15K
February 26	48th Slumberland American Birkebeiner 50K/55K
February 27	Birkie On-Snow Ski & Bike Demo,
March 12	Fat Bike Birkie – Vendor Expo, Races & Tour
May 1	Registration Opens for: 2023 Slumberland American Birkebeiner, Kortelopet, Prince Haakon, Birkie Tour, Seeley Hills Classic, Fat Bike Birkie
May 15	Registration Opens for Birkie's Lumberjack 5K Run/Walk
June 4-5	Epic Bike Fest
July 30	Birkie's Lumberjack 5K Run/Walk As part of Lumberjack World Championships
September 23-24	Birkie Trail Run Festival
October 8	Telemark Ascent
December 1	Birkie Trail Passes are Required
December, TBD	Birkie Ladies Fat Bike Getaway

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BIRKIE[®]
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DATES SUBJECT TO CHANGE

Year-Round Calendar of Events
at www.Birkie.com

Following the Race

Live Race Coverage

- CXC & The American Birkebeiner Ski Foundation are excited to once again bring you live web broadcasting of the Slumberland American Birkebeiner and Kortelopet, free of cost.
- Watch online at birkie.com or on the Birkie Facebook page @AmericanBirkebeiner.
- Snowmobiles, equipped with cameras, will capture Kortelopet and Slumberland American Birkebeiner freestyle/skate elite skiers as they journey to the finish line on the snow-covered Main Street of Hayward, WI.
- If video transmission issues occur, there will be a delayed broadcast of the programs.
- Viewing Schedule:
 - Kortelopet: Friday, February 25, 2022 live at 9:45am
 - Slumberland American Birkebeiner: Saturday, February 26, 2022 live at 8:00am

Live Race Coverage - Radio

- From pre-race Birkie stories, to exciting live coverage from Main Street, and celebratory post-race skier interviews, local radio stations WRLS 92.3 and WOJB 88.9 will have the latest Birkie news.

Race Day Photos!

- MarathonFoto is the official on-course race photographer Wednesday, Friday, and Saturday.
- Your bib number must be visible and readable by photographers.
- You'll be notified when photos are uploaded and ready to view. Until then, remember www.Marathonfoto.com



If You See Something...Say Something!

- To send an anonymous tip to law enforcement officials for activities related to and during Birkie week events, please text: **TIP BIRKIE** (followed by a message or report) to telephone number **888777**

ABSF/Birkie Office & Tony Wise Museum of the American Birkebeiner

The American Birkebeiner Ski Foundation (ABSF) office and the Tony Wise Museum of the American Birkebeiner are located at 10527 Main Street, Hayward, WI.

- Wednesday - 8:00 am to 4:00 pm
- Thursday - 8:00 am to 5:00 pm
- Friday - 8:00 am to 6:00 pm
- Saturday - 7:00 am to 7:00 pm
- Sunday - 8:00 am to 1:00 pm

Lost & Found

- **Location:** Veteran's Community Center, see map on page RG-27.
- **Hours:** Friday 1:00 to 6:00 pm; Saturday 11:00 am to 7:00 pm; Sunday 8:00 am to 1:00 pm; and Monday 8:00 am to noon.
- Upon request, found items will be shipped to the owners, at the owner's expense, until March 31, 2022. Call 715-634-5025 should you desire to find a lost item.

Please Thank Our Amazing Birkie Volunteers!

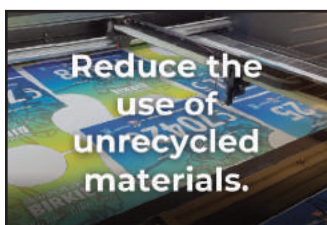


Proud Sponsor of Birkie Volunteers!



**Hayward Area
Memorial Hospital
& Water's Edge**

Right here in the place we love.



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5 Areas of Focus to Reduce Our Footprint

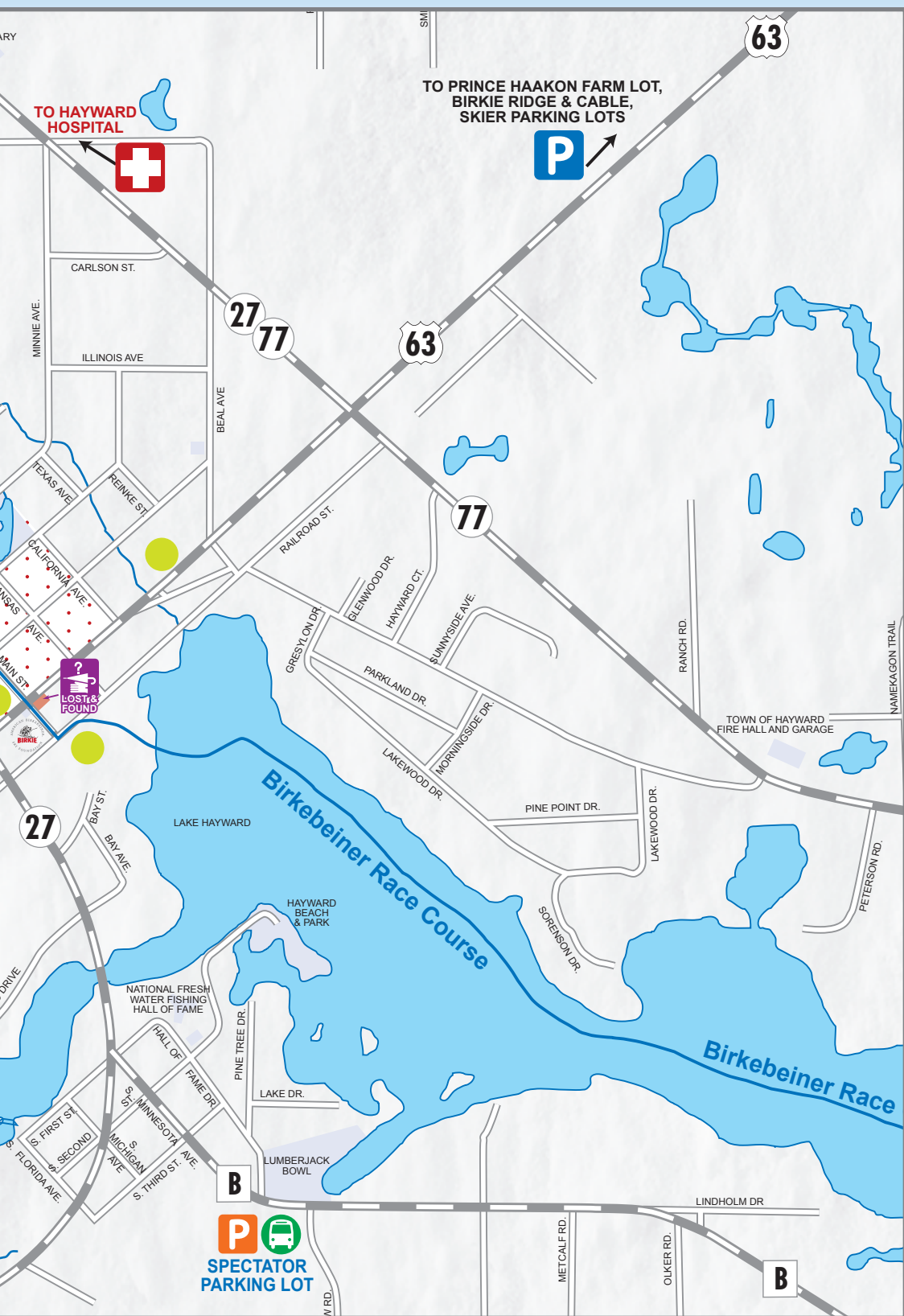


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Downtown Hayward

Detailed Map of Main Street on RG-27

-  **Spectator parking**
-  **Start venue parking**
-  **Bus stop**
-  **No street parking**
-  **Hospitality Zone**
-  **Restrooms**







Park at Slumberland!

We're close to Main Street.

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WED. 11AM — 7PM
THUR. - FRI. 9AM — 7PM



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YOURSELF
after the Race**



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- ORANGE
- WATERMELON



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- Finish Line Medical Provider



Hayward Area
Memorial Hospital



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RIDER**
BREWERY

**OFFICIAL BEER
OF THE BIRKIE**





JUNE 4 & 5, 2022
HAYWARD, WI

**LIVE MUSIC
SATURDAY
@ 4PM**

- Big Wave Dave
- Molly & the Danger Band
- TBA

SINGLETRACK

SATURDAY
34 mi full
17 mi half

REGISTER AT
epicbikefest.com

**MUSIC, FOOD
& BEER TENT**

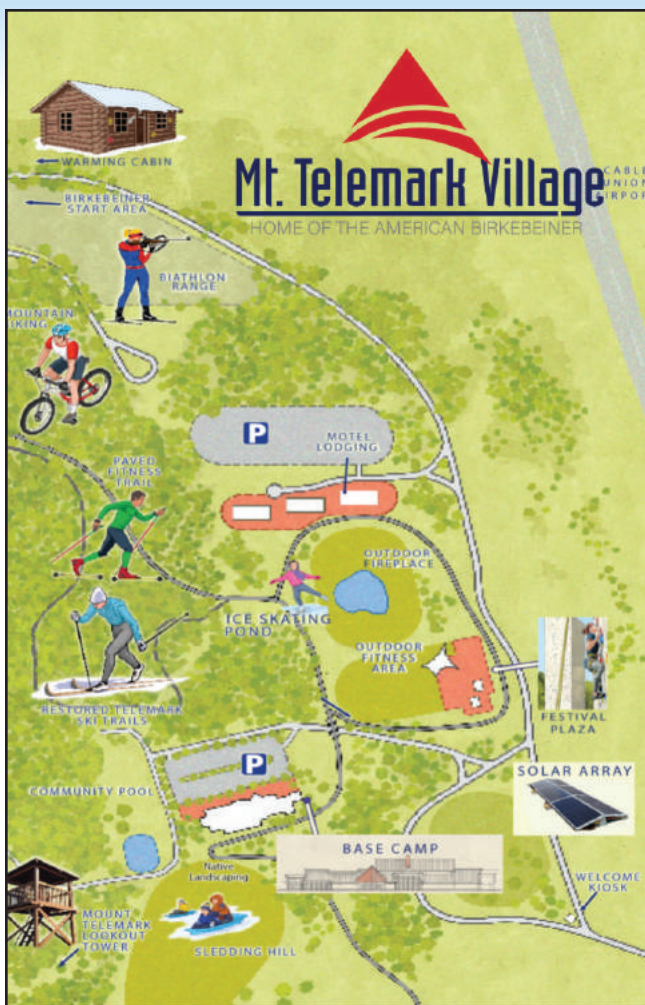


GRAVEL

SUNDAY
70 mi full
25 mi half

EQUAL PRIZE MONEY
FOR MEN & WOMEN

HOSTED BY THE AMERICAN BIRKEBEINER SKI FOUNDATION



The mission of the American Birkebeiner Ski Foundation is to promote and conduct the finest international cross country ski competition; to serve as good stewards of the American Birkebeiner Trail; and to support healthy and active lifestyles among people of all ages and abilities.

We are proud recipients of a \$762,000 grant for Mt. Telemark from the Capital Tourism Program of the State of Wisconsin.

This grant combined with the generous support of Birkie Friends has catapulted our vision for a revitalized Mt. Telemark.

Learn more & get involved at www.birkie.com or email Andrew.Wall@birkie.com directly.

