

BIRKIE[®] Trail Run

September 24, 2022

PRESENTED BY



PARTICIPANT GUIDE

SEVEN EVENTS, ONE AMAZING DAY!

Welcome to the Birkie Trail Run 2022! We are glad to welcome you to the rolling hills, beautiful forests, and the twists and turns of the famous Birkie Trail. A warm welcome to our USATF athletes, as we are also pleased to be hosting the USATF Half Marathon Trail Championships.

Who's ready for some hills for breakfast?

This participant guide contains everything you need to know to have an amazing race weekend!

REGISTRATION

Know anyone who still needs to register?

[REGISTER HERE!](#)

**Register online until 7:00 p.m. on
Friday, September 23, 2022.**

There are no in-person or race-day registrations.

**All registration changes and Team Relay registrations
must be complete by Wednesday, September 21st at
11:59 p.m.**

**Race day registrations are only permitted for the
1k Kids Fun Run until 11:30 am on Saturday,
September 24, 2022.**

**Bibs will be handed out at bib pick-up and the start of
the race.**

**Age Restrictions - Participants in the Half Marathon and
Marathon Relay must be 13 years old or older by September
24, 2022. Marathon participants must be 18 years old or older
by September 24, 2022.**

PROUD RACE SPONSORS



BRENT CARLSON, MD
carlsonmd.com

26.2

MARATHON



SIDAS

26.2

MARATHON RELAY



13.1

HALF MARATHON



8.5

NORDIC TREK



3.1

5K



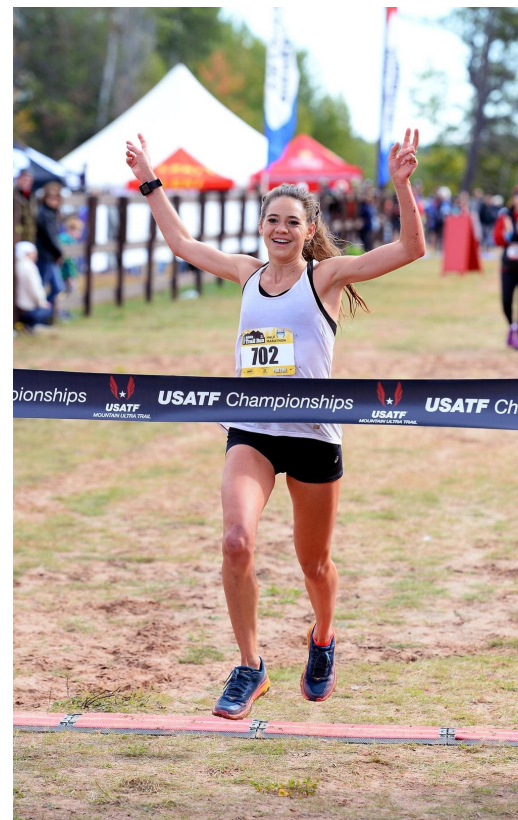
**Hayward Area
Memorial Hospital**
Right here in the place we love.

KIDS FUN RUN

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.*

PARTICIPANT WAIVER

All USATF participants must complete a **waiver and release of liability agreement** in order to compete at the USATF Half Marathon Trail Championships. These forms will be made available at bib pick-up.



RACE WEEKEND SCHEDULE

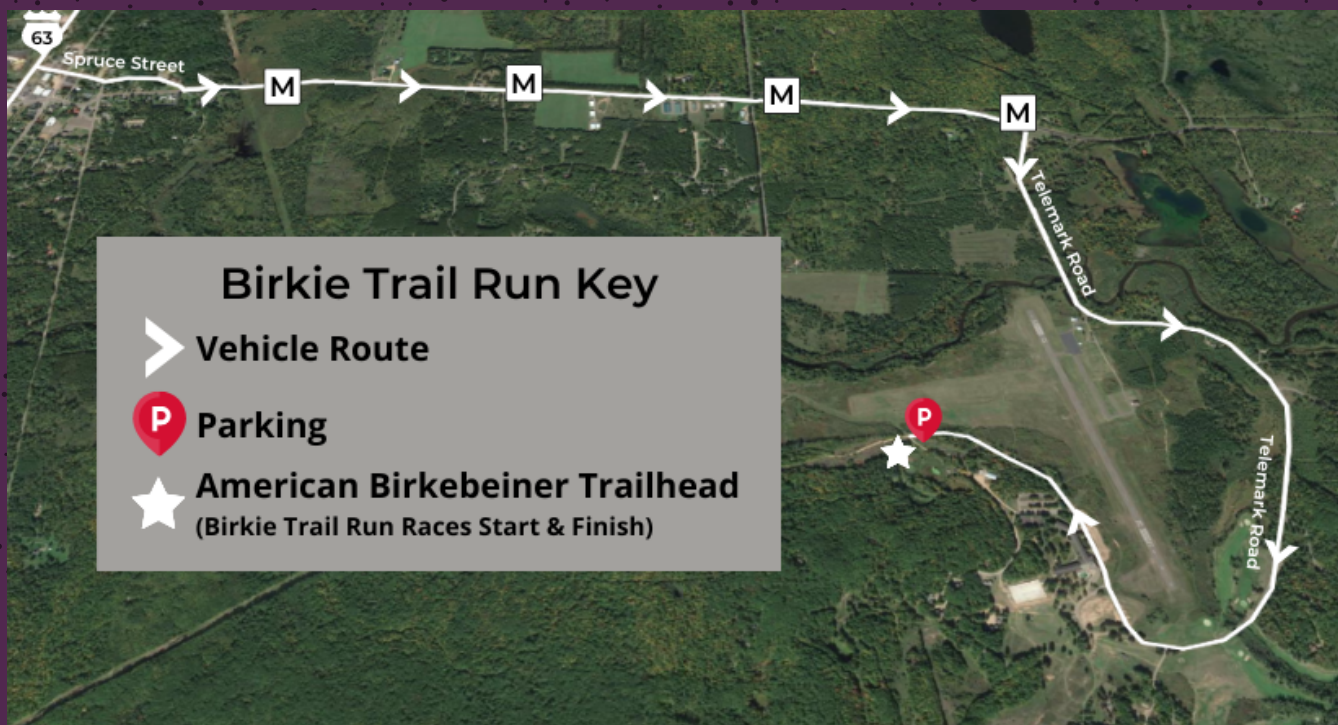
FRIDAY	
3:00-7:00 pm	Bib Pick-Up
3:00-7:00 pm	Birkie Trail Run Expo
6:00 pm	Training Run with Team Birkie
SATURDAY	
6:30-9:30 am	Bib Pick-Up
7:00-3:00 pm	Birkie Trail Run Expo
8:00 am	Marathon Start
8:30 am	Marathon Relay Start
9:00 am	Dive for the Dirt Obstacle Course Open
9:15 am	Half Marathon Start
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 USATF National Championship
12:00 pm	Kid's Warm Up & Kids Fun Run with Team Birkie
12:45 pm	Marathon Awards - Overall, Relay
1:15 pm	Marathon Age Group Awards
3:00 pm	Final Marathon Finish Cut-Off
SUNDAY	
9:00 am	FREE Rollerski Clinic with Team Birkie at Telemark!

GETTING THERE

All of the races will start and finish at the American Birkebeiner Trailhead, Cable, Wisconsin.

GPS Coordinates: 46.193510, -91.249866

Note: Cable Fall Fest traffic detour - access Hwy M via Spruce Street off of HWY 63. Arrive at the start from Telemark Rd- take Hwy M east from Cable, take a right (south) on Telemark Rd. and follow the signs to parking and/or bib pick-up.



BIB PICK-UP

Derksen Family Great Hall
American Birkebeiner Trailhead

Friday | 3:00pm-7:00 pm
Saturday | 6:30am-9:30 am



We encourage all participants to avoid the rush and pick up their bibs on Friday, if at all possible!

MARATHON RELAY BIBS

Please designate one team member to pick up bibs, participant shirts, and meal/beverage tickets for the team.



PARTICIPANT SWAG

At bib pick-up, participants will receive their t-shirt as well as their meal and beverage tickets!

Remember to bring your tickets with you after the race for your complimentary meal and drink!



Participants who purchased a HydraPak Speed cup during registration will also receive their cup at bib pick-up.



Reminder: The Birkie Trail Run is a cupless event!

BACKROADS COFFEE

Get revved up for your race with the best coffee in the north woods!

Backroads Coffee will be at bib pick-up on Friday and Saturday to put a pep in your step. Grab a cup to-go with your race swag at bib pick-up!



BIRKIE[®] Trail Run EXPO

American Birkebeiner Trailhead

Friday | 3:00-7:00 pm

Saturday | 7:00-3:00 pm

Check out great new gear, ask questions, and get guidance from Birkie Trail Run partners! This is THE place to connect with organizations that support your passion for running and the Birkie community.

PARTNERS



COURSE MARKINGS

The Birkie Trail Run shares common trails for each of the different race distances. For convenience, your bib color corresponds to each race's directional arrows and flagging tape along the course.

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



MILE MARKERS

Each mile will be identified with “miles to go” markers, in corresponding colors. Races will have a mile marker for every mile, counting down to the finish.



Find Course Maps and Descriptions here:

<https://www.birkie.com/run/events/birkie-trail-run/>

AID STATIONS & CUT-OFF TIMES

Aid stations will be supplied with:

- **Nourishment** - water, Nuun Endurance, and GU
- **Comfort** - shelter, toilets, and basic medical care
- **Finish Line** - enjoy water, Nuun Endurance, bananas, pickles, and Kemp's chocolate milk to recover!

Note: Cups will NOT be provided at aid station locations.

Participants are encouraged to bring their own hydration vessel.

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) to Timber Trail	4.5	21.7	3.8	N/A
2	Timber Trail to Stadium	8.4	17.9	4.8	N/A
3	Stadium to BTH (Start)	13.1	13.1	4.5	11:30 am
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 (BTH)	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
Start (BTH) to Timber Trail	4.5	8.6	3.8	10:45 am
Timber Trail to Stadium	8.4	4.8	4.8	11:45 am
Stadium to Finish (BTH)	13.1	0	0	1:30 pm

Nordic Trek Aid Stations

Aid Station	Miles from Start	Miles from Finish	Miles to Next Station	Cut-Off Time
Start (BTH) to Timber Trail	4.5	4	3.8	11:30 am
Timber Trail to Stadium	8.4	0.2	0.2	1:00 pm
Stadium to Finish (BTH)	8.5	0	0	1:30 pm

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.

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 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.



Find Driving Route Instructions here:

<https://cdn.birkie.com/wp-content/uploads/2022/09/2022-BTR-Marathon-Aid-Station-Directions-and-Map.pdf>



DROP-OUTS

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.

Trail runs traverse difficult terrain, and you can expect to add up to 20% more time per mile than in a road race.

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.



PLEASE NOTE:

Please be careful of runners crossing the road (Timber Trail) and remember that no pets are allowed on the trail at any time!

SPECTATORS

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 Derksen Family Great Hall, or on the American Birkebeiner Trailhead grounds at any time.

TRACK YOUR RUNNER



Want to track your runner virtually?

Sign up to get notifications when participants cross timing mats at:

- Timber Trail Aid Station
- Stadium Aid Station
- Finish Line

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

FOR THE KIDS!



Dive for the Dirt
Saturday | 9:00-3:00 pm

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

**Hayward Area
Memorial Hospital
1k Kids Fun Run**
Saturday | 12:00 pm

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.



AWARDS & RESULTS

LIVE Results Here

Award ceremonies for overall and age-group event champions will be awarded at the podium outside of the Derksen Family Great Hall.

Note: you must be present to receive your award!

AWARDS SCHEDULE	
11:00 am	5k Overall & Age Group Awards
11:35 am	Half Marathon Awards - Overall, Age Class, and USATF National Championship
12:45 pm	Marathon Awards - Overall, Relay
1:15 pm	Marathon Age Group Awards



<https://icebug.com/birkietrailfest>

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

Team members of the overall first place 3-person and 6-person Marathon Relay teams will also receive a gift certificate for a pair of shoes!



KEMPS 5K AWARDS

Overall Awards:

- 1st Place Male & Female - Icebug gift certificate
- Top 3 Male & Female Finishers receive a podium award

Age-Class Awards:

- Top 3 Male & Female Finishers - 8 and under, 9-10, 11-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ receive an award



ANDERSON'S MAPLE SYRUP HALF MARATHON AWARDS

Overall Awards:

- 1st Place Male & Female - Icebug gift certificate
- Top 3 Male & Female Finishers receive their cash prize and a podium award

Cash Prizes:

- 1st Place - \$1,000
- 2nd Place - \$800
- 3rd Place - \$600
- 4th Place - \$400
- 5th Place - \$200

Age-Class Awards:

- Top 3 Male & Female Finishers - 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ receive an award



USATF HALF MARATHON TRAIL CHAMPIONSHIP AWARDS



The first male and female USATF members across the finish line will win the USATF Half Marathon Trail Championships! Make sure your USATF number is current or become a member [here](#).

USATF Member Age Group Awards:

- Open (Top 10), 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94



CARLSON MD MARATHON AWARDS

Overall Awards:

- 1st Place Male & Female - Icebug gift certificate
- Top 3 Male & Female Finishers receive their cash prize and a podium award
- Cash Prizes:
 - 1st Place - \$200
 - 2nd Place - \$100
 - 3rd Place - \$50



Custom Glass & Carafe

SIDAS MARATHON RELAY AWARDS

Overall Awards:

1st Place team in each category will receive Icebug gift certificates!

Relay Categories:

- Open Men
- Open Women
- Open Mixed Gender
- Men's Master (40+)
- Women's Master (40+)
- Mixed Gender Master (40+)



LEKI POLES NORDIC TREK

Note: there are no overall or age group awards for the Nordic Trek event, but participants will receive a finish time and virtual certificate.

POST-RACE PARTY

American Birkebeiner Trailhead
and Derksen Family Great Hall

Saturday | 10:30-3:00 pm



You have crossed the
finish line - CONGRATS!
Now it is time to
celebrate your race with
a post-race meal and
beverage!

Race registration includes a hot meal from Lynn's Custom Meats and Catering, along with a cold beer from Earth Rider, the Official Beer of the Birkie. Non-alcoholic options, as well as non alcoholic beer that will be provided by Athletic Brewing.

Don't forget to bring your meal and beverage tickets with you to claim your fare!

Meals will be available to purchase for spectators. Earth Rider Beer and root beer are also available for purchase. Bottled water is free for all participants and spectators.

MENU:

Brats

Veggie Burgers

Potato Salad

Apple Slices

Cookie



PROUD SPONSORS

Title Sponsor



SWEDISH TRACTION FOOTWEAR

Gold Circle Elite



Presenting Sponsors



Carlson MD
Presenting Sponsor
Marathon



Sidas
Presenting Sponsor
Marathon Relay



Anderson's Maple Syrup
Presenting Sponsor
Half Marathon



Leki Poles
Presenting Sponsor
Trek



Kemps
Presenting Sponsor
5K



Hayward Area Memorial Hospital
Presenting Sponsor
1K Kids Race

Supporting Sponsors

