

slumberland
BIRKIE[®]
Ski. Run. Bike. Live!



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

PRESENTED BY

BRENT CARLSON, MD

carlsonmd.com



January 21,
2023

PARTICIPANT GUIDE

TABLE OF CONTENTS

Registration	3
Schedule	4
Directions & Parking	5
Bib Pick-up	6-7
Birkie Tour Course Information	8-11
Birkie Tour Course Marking	12
Aid Stations	13
Night Race Course Information	14-15
After Party!	16
Night Race Awards & Results	17
Birkie Store	18
Proud Partners	19

TOUR BY DAY - RACE BY NIGHT!

The Birkie Tour course is changing AND a night race is now part of the event! Ski the Birkie Trail and revamped trails around Mt. Telemark at a relaxed pace during the day. Enjoy a nice meal, rest up, and then come back for racing under the stars! Choose both events or just one - create your own adventure!

REGISTRATION

Know anyone who still needs to register?

[REGISTER HERE!](#)

C
O
S
T

Tour	\$75
Night Race	\$65
Combo	\$120
Register for the Tour and the Race to save \$20 on your registration!	

Note: All participants must pre-register before the tour or the race! No on-site registration available.

BIRKIE TOUR SCHEDULE

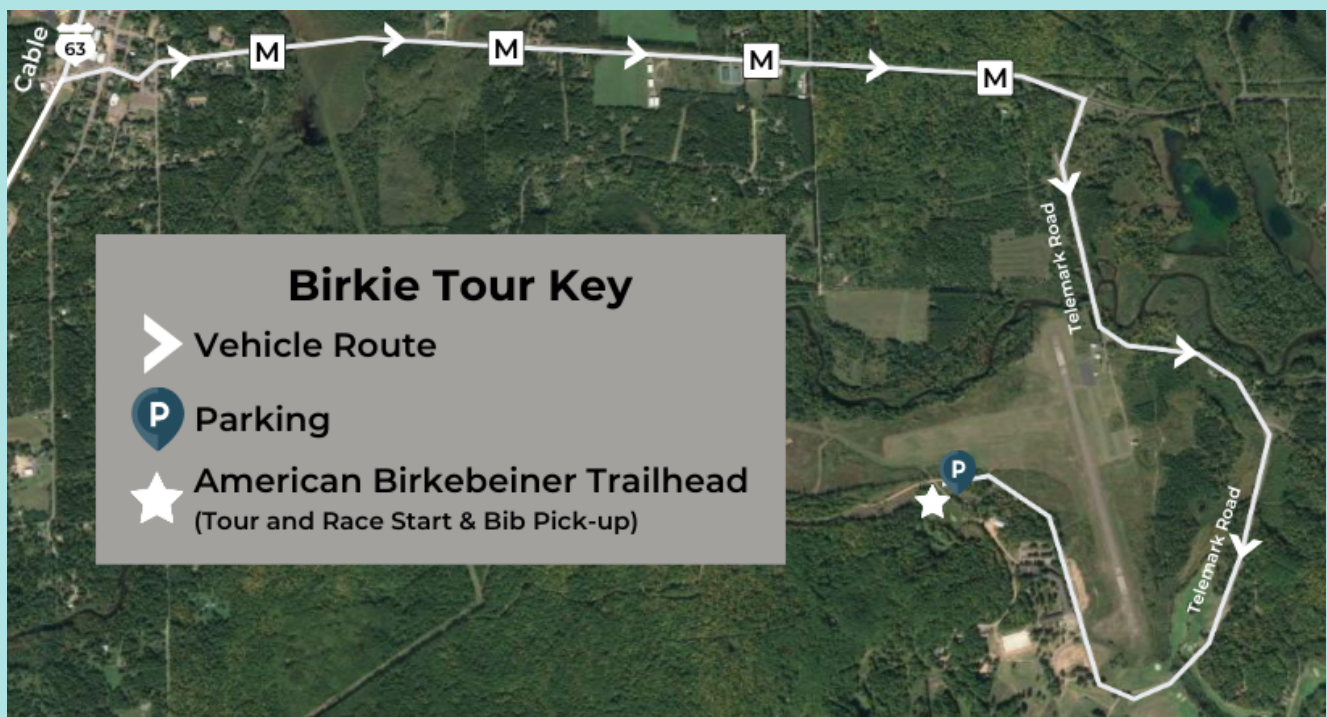
9:00 am-11:00 am	Bib Pick-up
10:00 am-11:30 am	Birkie Tour Start
10:30 am	Timber Trail Opens
10:30 am	Boedecker Opens
11:30 am	After Party Begins!
1:00 pm	Boedecker Closes
2:00 pm	Timber Trail Closes
3:00 pm	Birkie Tour Cut-off
4:30 pm-6:00 pm	Night Race Bib Pick-up
5:30 pm	FREE Kids Glow Ski!
6:00 pm	Team 20k Start
6:05 pm	10k Start
6:30 pm	Post Race Party Begins!
6:45 pm	10k Award Ceremony
7:00 pm	20k lap Aid Station Closes
7:45 pm	20k Award Ceremony
8:30 pm	Night Race Cut-off
Thanks for a great day on the trails!	

GETTING THERE

Check in for the Birkie Tour at the Derksen Great Hall at American Birkebeiner Trailhead, Cable, Wisconsin.

GPS Coordinates: 46.193510, -91.249866

Arrive at the start from Telemark Rd. Take Hwy M east from Cable for 2 miles, then take a right (south) on Telemark Rd. and follow the signs to parking and/or check-in.



BIB PICK-UP

Derksen Family Great Hall

American Birkebeiner Trailhead

Birkie Tour & Race | 9:00 am - 11:00 am

Night Race | 4:30 pm - 6:00 pm



Note: the Birkie Tour bibs are not chipped, as the Tour is not a timed event. Birkie Tour and Night Race bibs must be worn to ensure safety of participants.

PARTICIPANT SWAG

At bib pick-up, Birkie Tour and Night Race participants will receive their custom water bottle as well as their afternoon meal and beverage tickets! Remember to bring your tickets for your complimentary meal and drink!



Note: Meal is only served from 11:30am-3pm. Additional snacks and hot chocolate will be available for Night Race participants.



BACKROADS COFFEE

Backroads Coffee will be at bib pick-up on Saturday morning to warm you up! Grab a cup to-go with your Birkie Tour swag!

RACE ON THE GLOW WITH OCSA!

Shine a light for ovarian cancer awareness. Thanks to proud race partner, Ovarian Cancer Symptom Awareness, night racers will be able to light up the trail with colorful glowsticks!

Night race participants can pick-up their glowsticks by visiting the OCSA booth from 9:00 am - 6:00 pm during bib pick-up inside the Derksen Family Great Hall!



BIRKIE TOUR COURSE INFORMATION

Birkie Tour Start | 10:00 am - 11:30 am

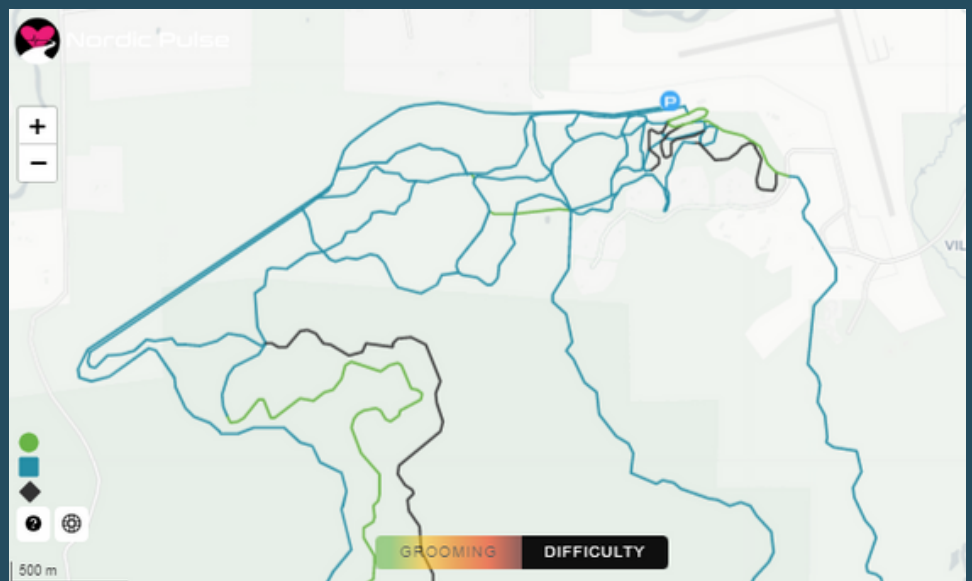
Birkie Tour Cut-Off | 3:00 pm

The Birkie Tour will start and finish at the American Birkebeiner Trailhead. You choose the distance you want to enjoy! Venture far or stay close by the Trailhead- you have the option to ski Birkie Skate and Classic trails, Mt. Telemark trails, and the competition loops right at the American Birkebeiner Trailhead.



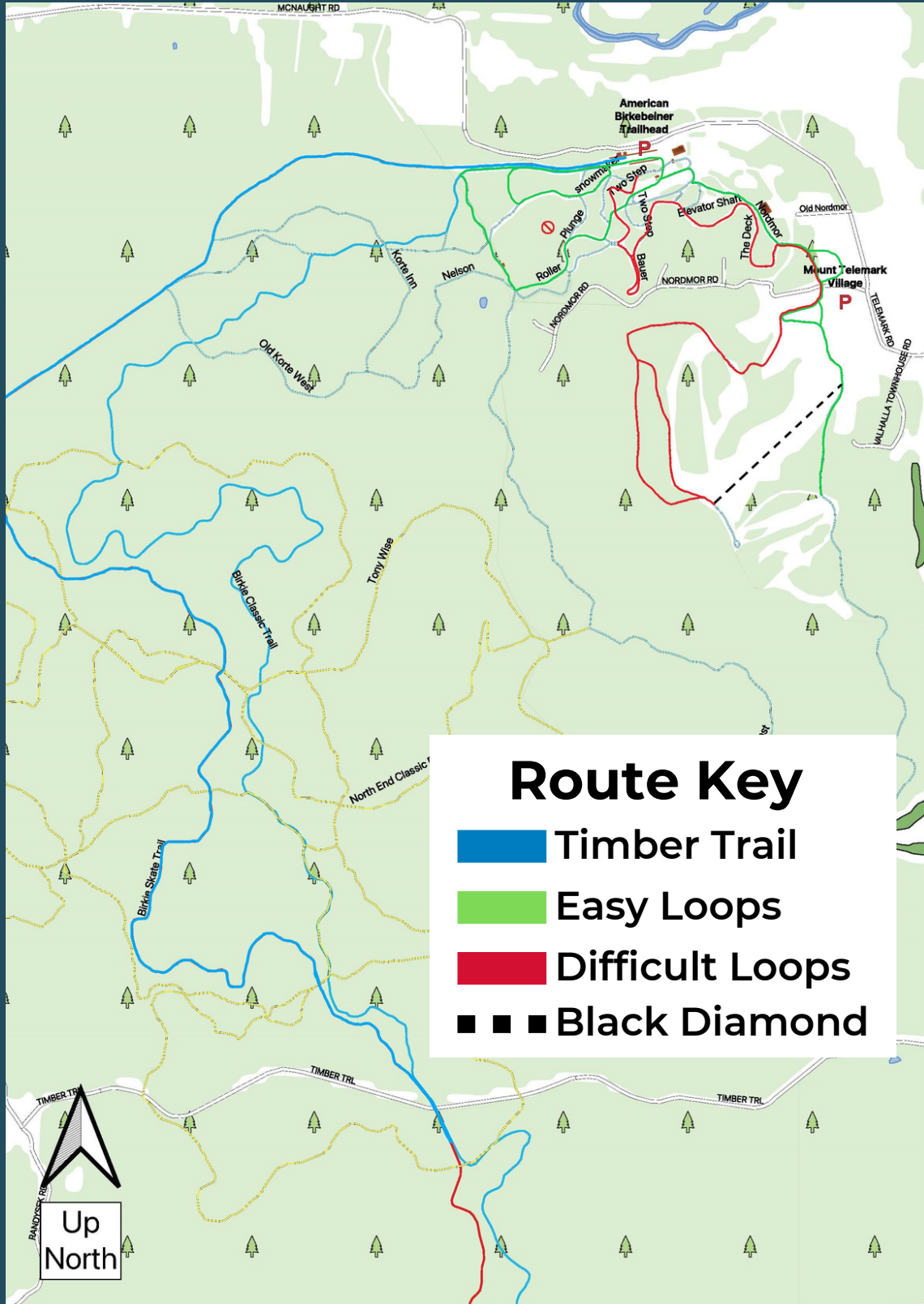
TELEMARK TRAILS

With many kilometers of groomed competition loops at the American Birkebeiner Trailhead, the Birkie Tour is a great opportunity for skiers of all abilities to have a great day on the trails!

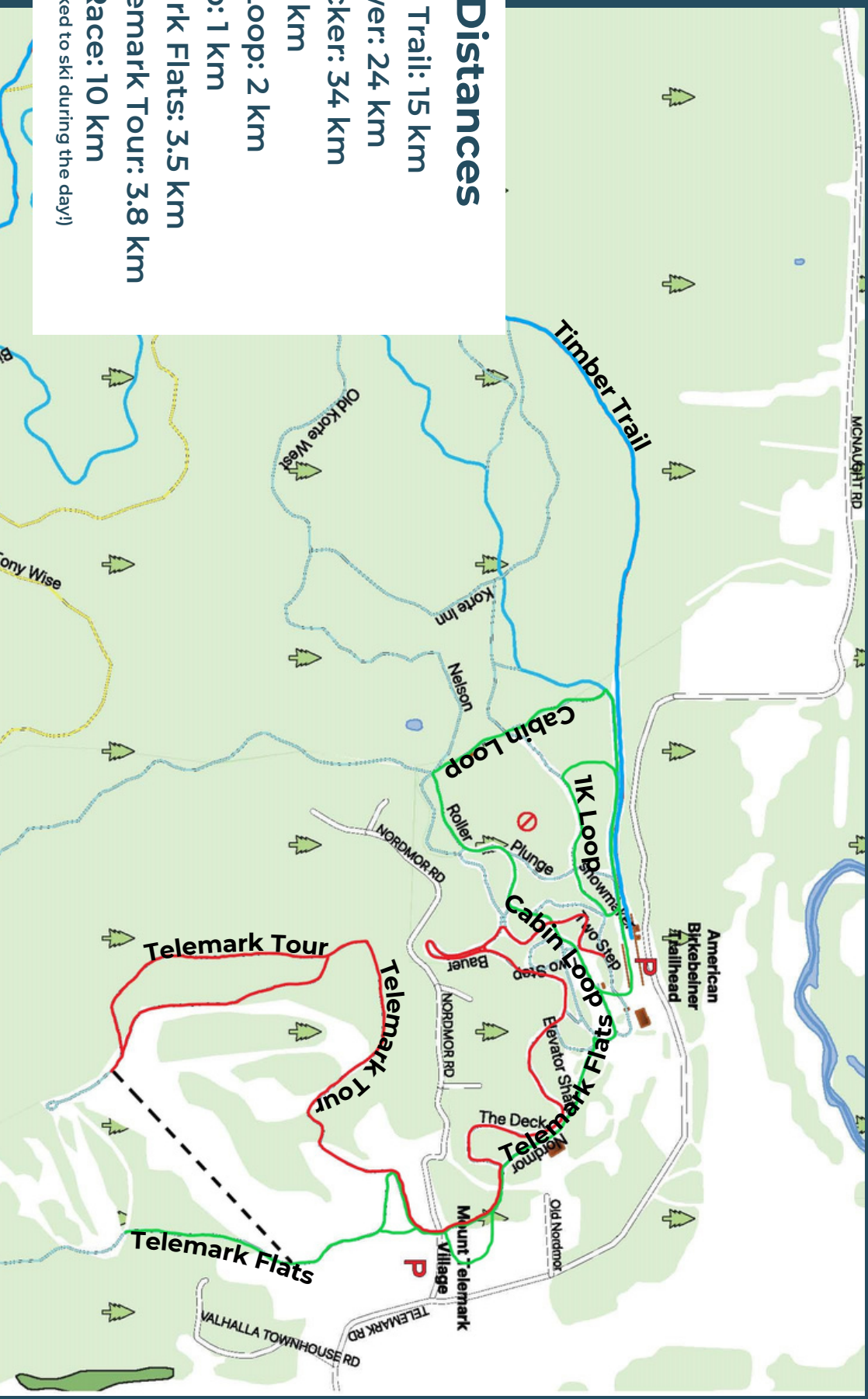


Check out the [Birkie Trail Conditions Map](http://www.Birkie.com/trail) to view the trails and their difficulty levels.

BIRKIE TOUR COURSE INFORMATION



BIRKIE TOUR COURSE INFORMATION



Distances

Timber Trail: 15 km
Firetower: 24 km
Boedecker: 34 km
OO: 44 km
Cabin Loop: 2 km
1K Loop: 1 km
Telemark Flats: 3.5 km
Mt. Telemark Tour: 3.8 km
Night Race: 10 km
(will be marked to ski during the day!)

Note: the only staffed aid stations will be at the American Birkebeiner Trailhead, Timber Trail, and Boedecker. Ski at your own risk.

BIRKIE TOUR AMBASSADORS

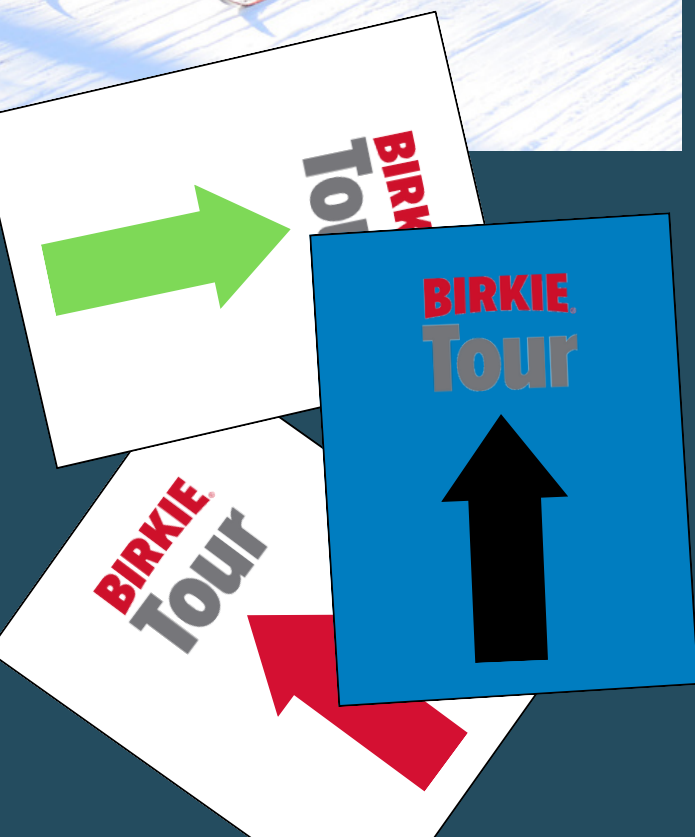


The course will be patrolled throughout the day by Birkie Tour Ambassadors. Ambassadors have a lot of Birkie Trail experience and can assist with waxing and share their knowledge of the Birkie Trails and Birkie Races. Look for the white Ambassador bibs!

TOUR MARKINGS

Various loops will be marked with colored signage and arrows, to indicate loop direction and difficulty.

Please be mindful of signage along the trails and follow the flow of traffic.

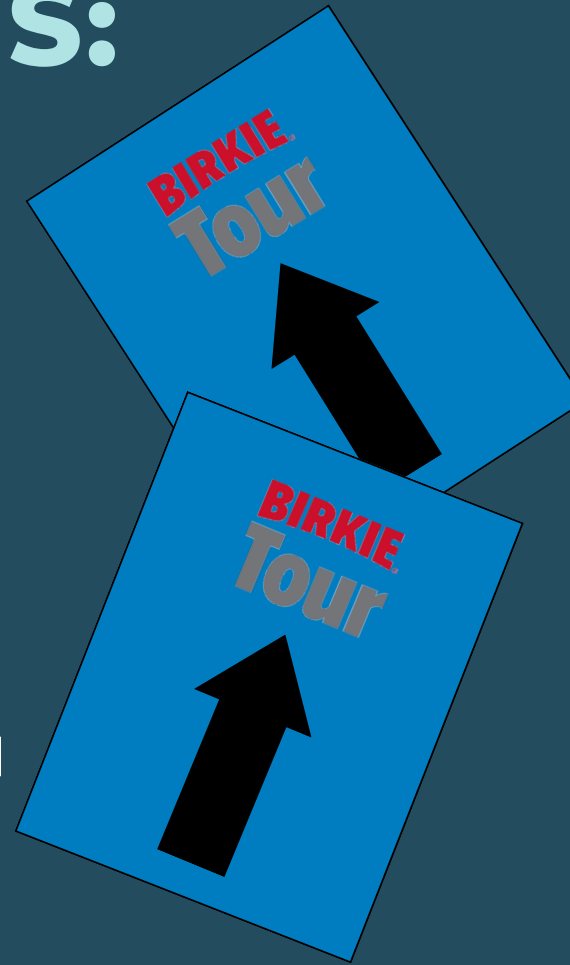


TOUR MARKINGS: EXPLAINED

TIMBER TRAIL & BOEDECKER

If you wish to ski out to Timber Trail or Boedecker and back, the trail will be marked with blue signs and black arrows.

Note: There will be no supplemental course signage or aid stations beyond Boedecker. Ski further at your own risk.

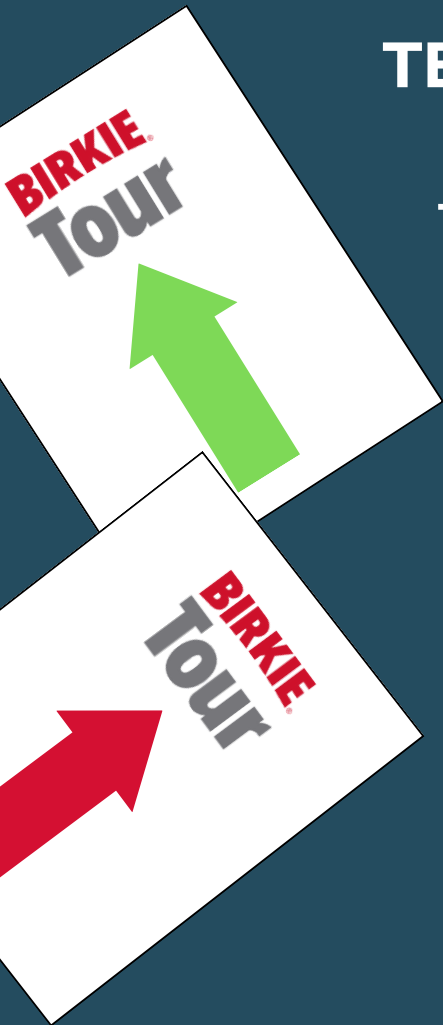


TELEMARK & COMPETITION LOOPS

Various loops will be marked around Mt. Telemark village and the Birkie Trailhead for you to explore. Roam to the cabin, climb up Mt. Telemark, or anything in between!

These loops will be marked with white course signs and colored arrows, distinguishing difficulty. Green arrows indicate easy loops and red arrows indicate more challenging courses.

Ski at your own risk.



AID STATIONS

Aid stations will be supplied with:

- **Nourishment** - water, Nuun Endurance, GU gels and/or GU chews
- **Comfort** - shelter, toilets, and basic medical care
- **Finish Line** - enjoy water, Nuun Endurance, and GU to recover!

Birkie Tour Aid Stations

Aid Station	Kilometers from Start	Kilometers from Finish	Cut-Off Time
Start (BTH)	0 km	However many kilometers you choose!	11:30 am
Timber Trail	7 km (on skate trail)	7 km (on classic trail)	2:00 pm
Boedecker	16 km (on skate trail)	18 km (on classic trail)	1:00 pm
Finish (Derksen Great Hall)	34 km (or whatever distance you choose!)	0 km	3:00 pm

Team 20k Night Race Aid Stations

Aid Station	Kilometers from Start	Kilometers from Finish	Cut-Off Time
Start (BTH)	0 km	20 km	6:00 pm
20k Lap (BTH)	10 km	10 km	7:00 pm
Finish (Derksen Great Hall)	20 km	0 km	8:30 pm

10k Night Race Aid Stations

Aid Station	Kilometers from Start	Kilometers from Finish	Cut-Off Time
Start (BTH)	0 km	10 km	6:05 pm
Finish (Derksen Great Hall)	10 km	0 km	8:30 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.

TEAM 20K RACE

Start | 6:00 pm
Cut-Off | 8:30 pm

Are you up for the 20k challenge? Grab a partner and get ready to ski! 20k registrants will complete two laps of the 10k course. Race partners are required to ski both laps together to ensure safety throughout the race. Team results will be calculated after the second team member crosses the finish line!



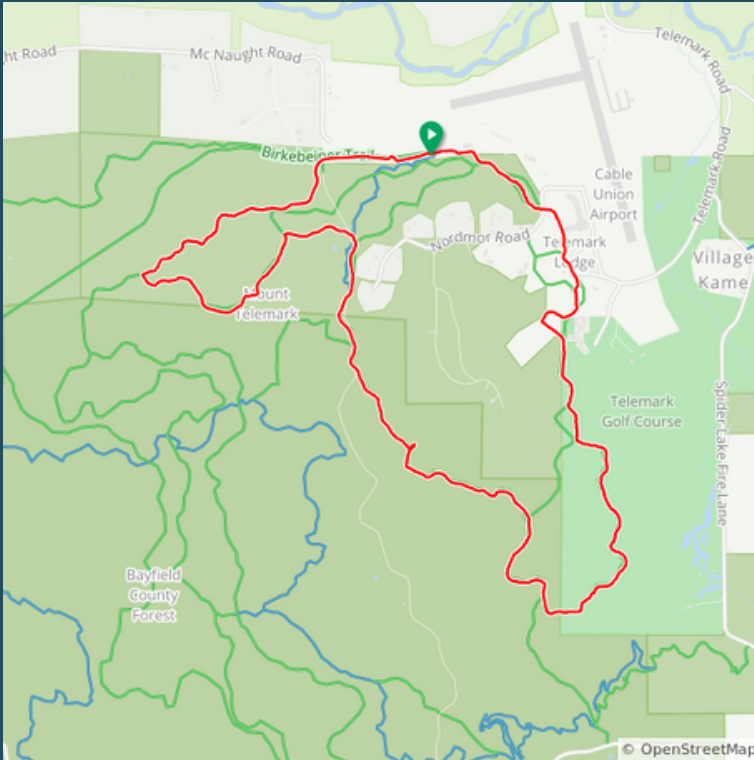
10K RACE

Start | 6:05 pm
Cut-Off | 8:30 pm



Sprint under the stars, or set your own pace for the 10k race! This is an individual event, starting just after the partner 20k race. Skiers will make one lap through the course, starting and finishing at the American Birkebeiner Trailhead!

NIGHT RACE COURSE INFORMATION



The Birkie Tour Night Race course will start at the American Birkebeiner Trailhead, wind through Birkie Skate and Classic trails, up and down trails on Mt. Telemark, and finish at the Trailhead.

COURSE MARKINGS

The race course will be marked with yellow signs with black arrows and fluorescent tape. They will indicate when participants must go straight, right, or left. There will also be signs indicating the lap for the team 20k race.

HEAD LAMPS REQUIRED

As the race will be hosted under the stars, all participants are required to wear a head lamp throughout the duration of the race.

Headlamps will not be provided, and must be supplied by the participant.



BIRKIE TOUR AFTER PARTY

Derksen Family Great Hall
11:30am - 3:00pm

After your Tour, enjoy lunch and a beverage inside the Great Hall! Lunch is provided by Louie's Bar and Bites. Beer is provided by Earth Rider Brewery - the Official Beer of the Birkie!

Don't forget to present your meal and drink tickets to claim your fare!

Earth Rider Beer and root beer will also be available for purchase.



MENU:

Chili
Chicken & Rice Soup
Roll
Cookie

Vegetarian options available upon request.

S'MORES & MORE!

Derksen Family Great Hall
6:30pm - 8:30pm

After racing under the stars, join us for a s'mores and hot chocolate bar! In addition to aid station offerings, all night race participants can enjoy additional sweet treats to refuel after the 10k or 20k partner race!



NIGHT RACE AWARDS & RESULTS

[LIVE Results Here](#)

AWARD SCHEDULE	
6:45 pm	10k Awards
7:45 pm	20k Awards

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

Note: you must be present to receive your award!

10K AWARDS

Overall Awards:

Top 3 Male & Female Finishers

TEAM 20K AWARDS

Overall Awards:

Top Male Team

Top Female Team

Top Mixed Team

BIRKIE STORE

Derksen Great Hall
9:00 am - 6:00 pm

Commemorate your ski or race at
the Birkie Tour by shopping at
the Birkie Store!





PROUD PARTNERS

Title Sponsor



BRENT CARLSON, MD
carlsonmd.com

Supporting Sponsors



SWISSMISS.

Gold Circle Elite Sponsors



KWIKTRIP

