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Seeley Hills CLASSIC

January 14-15, 2023

PARTICIPANT GUIDE

slumberland
BIRKIE
Ski. Run. Bike. Live!

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BE A PART OF THE TRADITION!

Steeped in history and local ties, the race was started in 1992 as the new skating technique was sweeping the cross country ski world. Afraid that the beauty of classic skiing would soon become a thing of the past, local Seeley skiers started a classic only race to preserve and showcase the technique into the future. Gary Penman added prize money to attract the Midwest's top skiers and the Seeley Hills Classic lives on as a testament to classic skiing and the Seeley area. Today, with the help of the American Birkebeiner Ski Foundation, the Seeley Hills Classic's legacy is still as strong as it was in 1992.

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!](#)

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

Age Restrictions - Participants must be 15 years of age or older on race day to compete in the 42K event. Participants must be 10 years of age or older on race day to compete in the 22k event.

Race changes may be made until 7:00pm Thursday, January 12th.

To change your race event:

- Log in to your RunSignUp Profile [HERE](#)
- Scroll down to your event and click on "Manage Registration"
- Click on "Transfer Event" (along both top and bottom menus).
- Then select which new race you want to transfer to and complete new registration. You will be charged any differences and/or associated fees in the final cart.

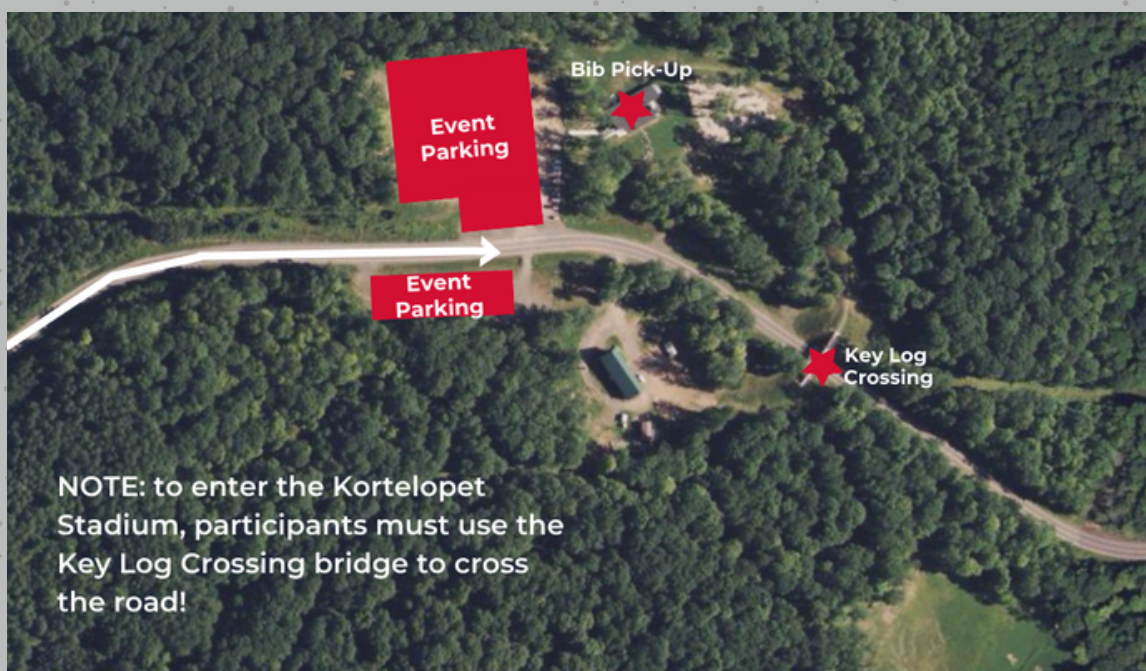
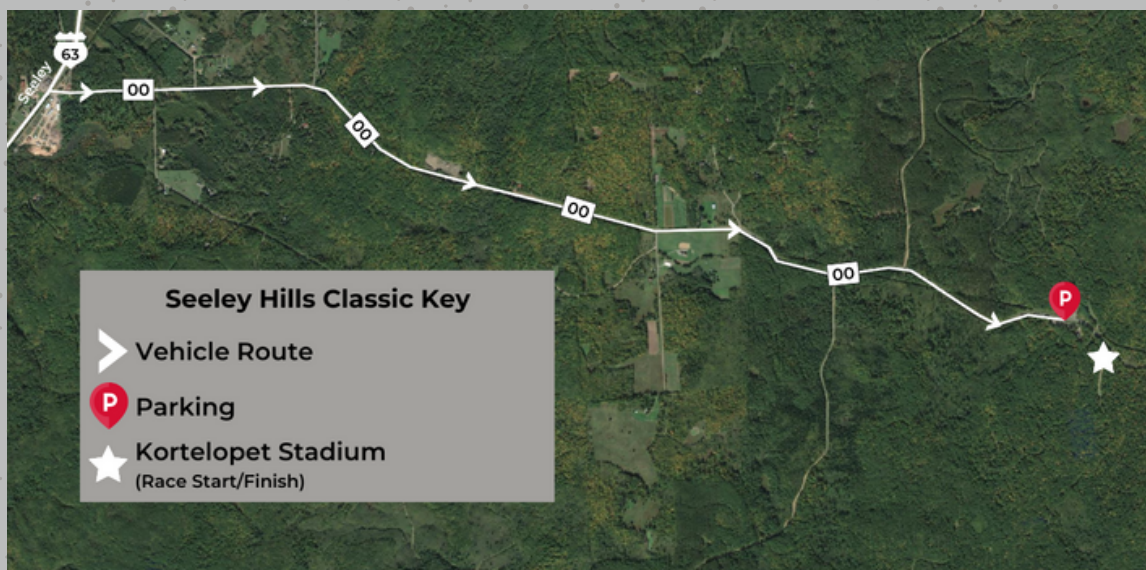
RACE WEEKEND SCHEDULE

FRIDAY		
Time	Action	Location
4:00-7:00 pm	Bib Pick-up	Samuel C. Johnson Family Outdoor Center
SATURDAY		
Time	Action	Location
7:00-9:30 am	Bib Pick-up	Samuel C. Johnson Family Outdoor Center
9:00 am	SuperTour 30k Start	Kortelopet Stadium
10:00 am	42k Start	Kortelopet Stadium
10:05 am	22k Start	Kortelopet Stadium
12:00 pm	Post-Race Party Begins!	The Sawmill
2:00 pm	Awards Ceremony	The Sawmill
2:30 pm	Raffle Drawing	The Sawmill
3:00 pm	Finisher Cut-Off	Kortelopet Stadium
4:00 pm	End of Soup Service	The Sawmill
Thanks for a great day of classic skiing!		
SUNDAY		
Time	Action	Location
10:00 am	SuperTour Classic Sprint Start	The American Birkebeiner Trailhead
Come out and cheer for an amazing day of classic sprint competition!		

GETTING THERE

All races will start and finish at the Hwy 00 Trailhead in the Kortelopet Stadium in Seeley, WI.

Parking is available at 00 in the north and south lots at the Samuel C. Johnson Family Outdoor Center. Please use the Key Log Crossing to access the Kortelopet Stadium from the north side and do not cross directly on the road.



BIB PICK-UP

**Samuel C. Johnson Family
Outdoor Center**

Friday | 4:00pm-7:00pm

Saturday | 7:00am-9:30am

Don't want to pin your bib to the race suit?
Visit the Pioneer Midwest tent for a cloth bib
to wear in addition to your race bib.

**Note: Pioneer Midwest cloth bibs will not be chipped and
must be returned to Pioneer Midwest upon finishing your
race.**

PARTICIPANT SWAG

At bib pick-up, participants will
receive their custom Swix Seeley
Hills Classic hat!

Remember to bring your bib
and/or hat to the Sawmill after the
race - which will serve as your
meal ticket.



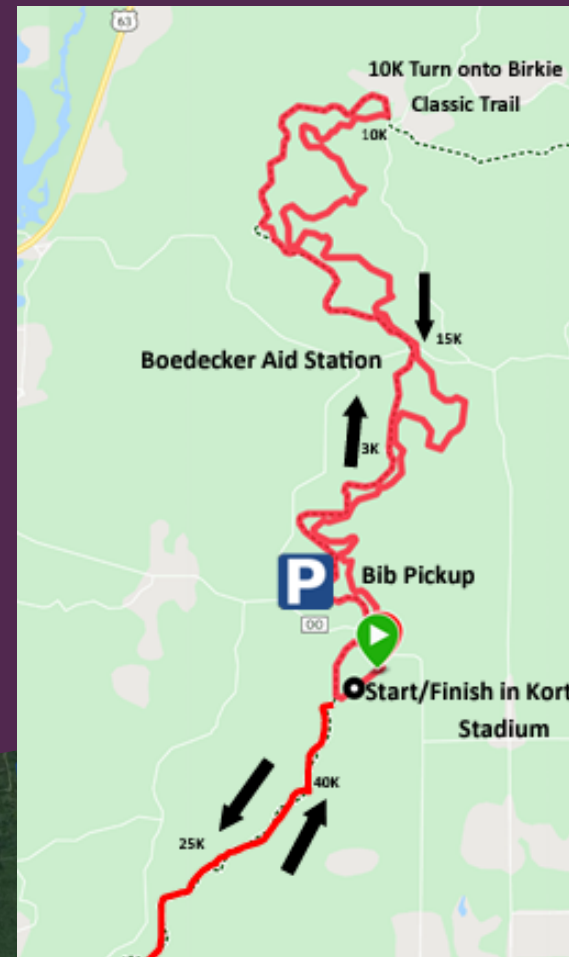
BACKROADS COFFEE

Get revved up for your race with
the best coffee in the north woods!
Backroads Coffee will be available
for purchase at bib pick-up on
Saturday. Grab a cup to-go with
your race swag at bib pick-up!

COURSE INFORMATION

The 42K race will start at OO in the Kortelopet start area and make its way over Hwy OO on the Key Log Crossing. The course will go north on the Birkie Skate Trail, turn around at Fire Tower, and head south on the Birkie Classic Trail. The race will continue on at OO, heading south beyond Gravel Pit for 2K before skiing 180 degrees and heading north to OO and the finish in the Kortelopet stadium.

The 22K race will begin at the Kortelopet stadium. The course will go south 11K, turn around, and head north to finish in the Kortelopet stadium.



Find Course Maps and Descriptions here:

<https://www.birkie.com/ski/events/seeley-hills-classic/>

COURSE MARKINGS

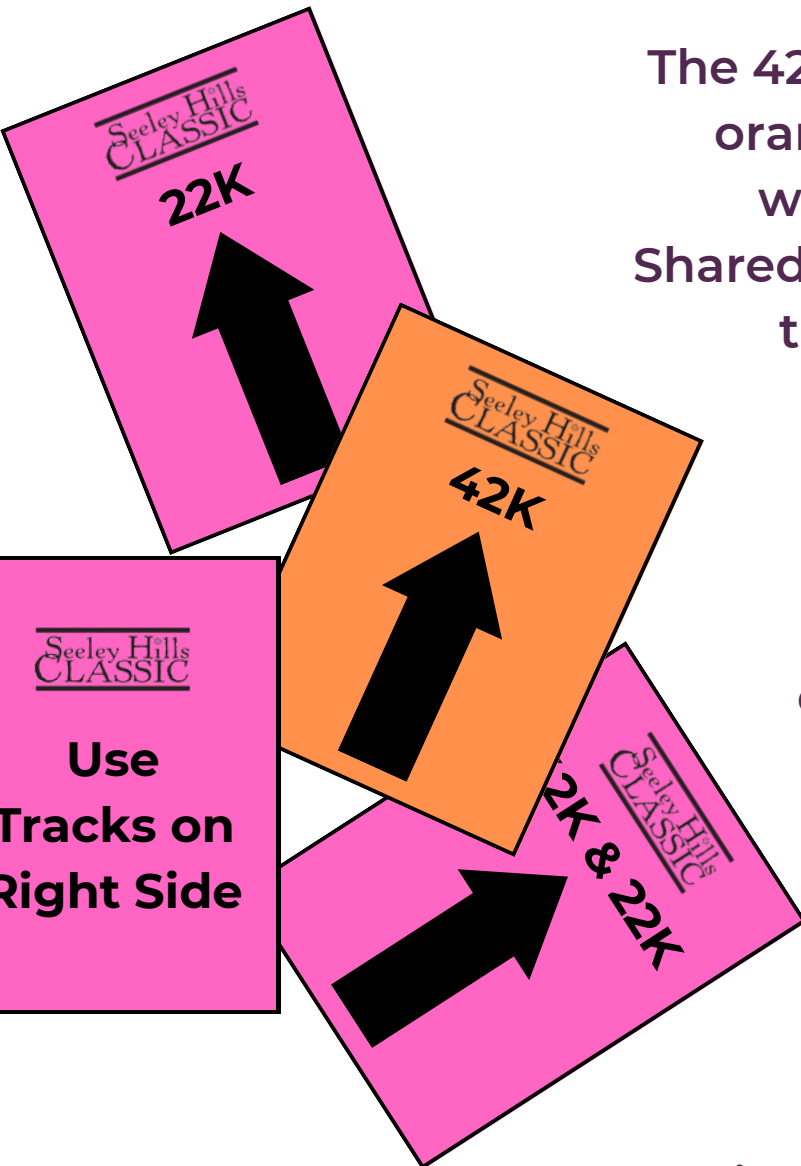
The 42k course will be marked with orange signs, and the 22k course will be marked with pink signs. Shared sections of the trail between the 42k and 22k course will be marked with pink signs.

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

WAX POLICY

The American Birkebeiner Ski Foundation requires all participants of all events on the Birkie Trail to use non-fluorinated waxes.

As part of the US Super Tour and US Ski and Snowboard, no fluorocarbon waxes will be allowed at the 2023 Seeley Hills Classic.



AID STATIONS & CUT-OFF TIMES

Aid stations will be supplied with:

- **Nourishment** - water, Nuun Endurance, GU gels/chews, and sandwich cookies!
- **Comfort** - shelter, toilets, and basic medical care
- **Birkie Green** - consider going green and carrying your own hydration vessel!

42k Aid Stations

Aid Station	Kilometers from Start	Kilometers from Finish	Cut-Off Time
Start	0 km	42 km	10:00 am
Boedecker (Northbound)	5 km	37 km	N/A
Boedecker (Southbound)	15 km	27 km	12:30 pm
Gravel Pit (Southbound)	29 km	13 km	N/A
Gravel Pit (Northbound)	33 km	9 km	2:00 pm
Finish	42 km	0 km	3:00 pm

22k Aid Stations

Aid Station	Kilometers from Start	Kilometers from Finish	Cut-Off Time
Start	0 km	22 km	10:05 am
Gravel Pit (Southbound)	9 km	13 km	N/A
Gravel Pit (Northbound)	13 km	9 km	2:00 pm
Finish	22 km	0 km	3:00 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 Samuel C. Johnson Family Outdoor Center will be provided for those who do not make the cut-off times.

POST RACE PARTY

The Sawmill Saloon

Seeley, WI

Saturday | 12:00-4:00 pm



You have crossed the finish line - **CONGRATS!**
Now it is time to celebrate your race with a post-race meal at the Sawmill Saloon in Seeley, WI!

Race registration includes a hot cup of soup from the Sawmill! Meals will also be available to purchase for spectators.

Remember to bring your bib and/or hat to the Sawmill after the race - which will serve as your meal ticket.



AWARDS & RESULTS

[LIVE Results Here](#)

AWARDS SCHEDULE	
1:00 pm	SuperTour Awards
2:00 pm	42k & 22k Overall and Age Group Awards
2:30 pm	Raffle Drawing

Award ceremonies for overall and age-group event champions will be awarded at the Sawmill.

Note: you must be present to receive your award and/or raffle prize!

PENMAN AWARD



The Penman Award will be presented to the top 3 male and female finishers of the 42k!

Special thanks to Pioneer Midwest for supporting classic skiing and Gary Penman's hope that classic skiing live on and be celebrated!

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42K AWARDS

Overall Awards:

- Top 3 Male & Female Finishers receive the Penman Award cash prize and a podium award.

Cash Prizes:

- 1st Place - \$1,000
- 2nd Place - \$250
- 3rd Place - \$125

Age-Class Awards:

- Top 2 Male & Female Finishers - 29 and under, 30-39, 40-49, 50-59, 60-69, 70+ receive an award



22K AWARDS

Overall Awards:

- Top 3 Male & Female Finishers receive a finisher certificate and a podium award.

Age-Class Awards:

- Top 2 Male & Female Finishers - 29 and under, 30-39, 40-49, 50-59, 60-69, 70+ receive an award



RAFFLE PRIZES

Raffle prizes provided by Title Sponsor,
Pioneer Midwest!

- 2 pairs of Hjul Skate Roller Skis with Bindings
- 1 pair of Leki Race Poles
- 1 pair of Salomon RC10 Skin Skis

Note: registered participants will be automatically placed into the raffle drawing. Participants must be present to win.

Seeley Hills CLASSIC

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