2016 Birkie Trail Run & Trek Ultra-Marathon Guide

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2016 Birkie Trail Run & Trek
100K Ultra-Marathon



Welcome to the Birkie Trail Run & Trek 2016!

This ultra-marathon participant guide contains everything you'll need to know to be prepared for a great race day on October 1. The Birkie staff has been hard at work making certain that from bib pick-up, to the course, to aid stations, to post-race festivities, and everything in between, we've created the best possible race experience for you. As always, our number one priority is that you have a safe and successful race.

Thanks, for participating in the ultra-marathon event at the 2016 Birkie Trail Run & Trek! We look forward to seeing on Friday night! Let's get started!



Friday, September 30

Bib Pick-Up

Bib pick-up is available at Birkie Ridge from 1:00pm to 8:00pm on Friday, September 30. Directions to Birkie Ridge are found under "Get There."

There is no race day bib pick-up available for ultra-marathon runners.

Bibs

Your bib is a unique identifier and must be worn and visible on the front of your body at all times on race day. Your timing chip will be attached to the back of your bib. Do not remove, alter or fold the timing chip in any way.

MANDATORY Pre-Race Briefing

All ultra-marathon runners must attend a mandatory pre-race briefing on Friday, September 30, at 6:00 p.m. at the Veteran's Community Center, 10534 Main Street, Hayward, Wisconsin. Questions? Call us at 715-634-5025.

Vendor Fair

New this year! Check out our new Birkie Vendor Fair with great gear, clothing, and more! The Vendor Fair will be open during bib pick-up at Birkie Ridge and on race day.

- Salomon
- FITS
- Hydro Flask
- Bjorn Daehlie
- Gear West
- Bliz Eyewear
- Bergans of Norway
- Altra Running Shoes
- Julbo Eyewear
- Skratch Labs
- Riverbrook Bike & Ski
- RooSport Magnetic Pocket
- Mainstream Boutique
- The Corner Deli
- Hayward Coffee Company
- Birkie Store
- And more!

Getting There

The race start and finish lines are located at Birkie Ridge Trailhead on U.S. Highway 63. Whether coming from the north or south, Birkie Ridge is very easy to find. Watch for large yellow parking signs marking the entrance to Birkie Ridge on U.S. Highway-63.

From Hayward, take U.S. Highway-63 north to the Birkie Ridge trailhead, located 12.5 miles north of Hayward, WI and 2.4-miles north of Seeley, Wisconsin.

From Cable, take U.S. Highway-63 south to the Birkie Ridge trailhead, located 5-miles south of Cable, Wisconsin.

Parking

There is ample parking available at Birkie Ridge trailhead. Upon arrival, you'll be directed to enter on the south end of the trailhead and guided to your parking spot. When it is time to leave, you'll exit only to the north. Just follow the arrows!

Please note, pets are not allowed on the race course or in the event tent at any time. Thank you!

Race Day Event Schedule

- 5:30 AM Ultra-Marathon Start – Presented by HydraPak
- 8:00 AM Marathon Start (25.8 miles) – Presented by CARLSON MD
- 8:30 AM Marathon Relay Start (25.8 miles) – Presented by FITS
- 9:00 AM Nordic Trek Start (10 miles) – Presented by Out There Shop
- 10:00 AM Half-Marathon Start (12.4 miles) – Presented by Hydro Flask
- 10:30 AM 5K Start – Presented by Corner Deli
- 11:00 AM Other events - post-race party in the tent – food, live music, celebration!
- 11:30 AM Kid's Warm Up & 1K Race
- 8:00 PM Ultra Champion Awards at Rivers Eatery! Let the celebration begin!
- 11:00 PM Ultra-Marathon final cut-off at Birkie Ridge

Go Cup Free

The ABSF is strongly encouraging participants to help make the Birkie Trail Run & Trek a clean race by hydrating with a SoftFlask or other personal hydration vessel. That being said, aid stations will continue to provide disposable cups to ensure hydration of all runners.

Race Course

The ultra is held on a single-loop course starting and finishing at the Birkie Ridge Trailhead, with the exception of the first and last 1.5 miles which are out and back on the Birkie Ridge spur trail.

- From the start to mile 6, the ultra utilizes the marathon course.
- From this point it crosses County Highway OO and continues south utilizing the Birkie Trail, Makwa Trail, Hatchery Creek Trail, as well as a two-mile section on Phipps Fire Road and an ATV trail to Hatchery Creek Park, at the southern end of the course.
- From Hatchery, it turns back north on the Hatchery, Makwa and Birkie Trails for a total round trip of 30 miles back to Highway 00.
- Then, it rejoins the marathon course for 10-miles and branches off utilizing the Ojibwa Trail to the northern end of the course at the Birkie Trailhead.
- From there it heads back toward the south on the Birkie skate and classic trails to rejoin the marathon course where it left off, making a 6-mile loop.
- Then, it returns to the marathon course for the final 10 miles back to Birkie Ridge Trailhead.

Total Ultra Course Distance: 62.1 miles

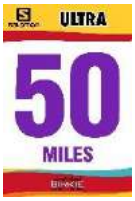
Course Marking and Signs

Ultra-marathon runners will follow **purple arrows and signs** located throughout the race course. The ultra-course will be fully marked by Friday, September 30, with purple directional arrows and barrier tape. The post-sunset sections of the course will be marked with green glow sticks to aid you along your way. Because the Birkie Trail Run & Trek shares common trails for all events, at various times you'll see unique, color-coded signs specific to the other races happening on race day. In addition to the purple ultra-marathon signs, you will also see red, yellow, pink, and green markers on portions of the ultra-course route. **Please follow the purple signs and arrows.**

Arrows confirm direction



Mile Markers count-down each 5 miles to the finish.



Aid Stations

Each aid station will be supplied with water, Nuun Hydration, Coke, GU energy gels, fruit, cookies, salty snacks, and peanut butter and jelly sandwiches. Grilled cheese sandwiches and soup will be available at stations 8, 9, 10, and 11. There are toilets and basic medical care available at each aid station. Please note that there is a 9-mile segment between the Gravel Pit and Boedecker aid stations when runners are heading north, plan accordingly.

Runners must check in at each aid station.

Additional aid station information is in the *Ultra Details and Directions* document that will be emailed to you.

Drop Bags

Runners may have drop bags transported to aid stations. All drop bags must have the runner's name and the name of the aid station clearly marked on them. Large sturdy plastic bags will be supplied at the pre-race briefing on Friday evening or you may drop your own bags at that time. Do not bring drop bags to the start in the morning. Drop bags may be picked up by crew members at the aid stations. Any bags not picked up at aid stations will be transported back to the finish area at Birkie Ridge.

Cut-Off Times

Participants will not be allowed to continue on the course past the cut-off times noted below and must reach the finish by 11:00pm to be considered an official finisher. Transport back to Birkie Ridge will be provided for those not making the cut-off times. Please review the chart below illustrating aid station locations and associated cut-off times.

	Aid Station	Miles from Start	Miles to Next Aid Station	Cut-Off Time	Pacer
1	Birkie Ridge Start	0	3.7	N/A	No
2	Boedecker Southbound	3.7	7.9	N/A	No
3	Gravel Pit Southbound	11.6	5.9	N/A	No
4	Mosquito Brook Southbound	17.5	4.4	N/A	No
5	Hatchery Park	21.9	4.5	N/A	Yes
6	Mosquito Brook Northbound	26.4	3.8	N/A	Yes
7	Gravel Pit Northbound	30.2	9	N/A	Yes
8	Boedecker Northbound	39.2	5.5	4:30 pm	Yes
9	Timber Trail Northbound	44.4	3.3	6:00 pm	Yes
10	Birkie Trailhead	49.2	6.4	7:30 pm	Yes
11	Timber Trail Southbound	56.2	6.2	9:00 pm	Yes
12	Birkie Ridge Finish	62.1	0	11:00 pm	

Dropping Out

If you need to drop out of the race you must report in at an aid station or to a race official near the finish area at Birkie Ridge, notifying them of your status.

Crew Support

For crew details, please see the *Ultra Details and Directions* document that will be emailed to you separately.

Please note, pacers will be allowed from Hatchery Aid Station to the finish. Pacers may not carry gear for racers.

Spectators are encouraged to share their photos from the day's events on social media using the hashtag #BirkieFever.

Safety

Runners will need a head-light for at least a portion of the race. Sunrise on Birkie Ridge is it at 7:06pm and sunset at 6:44pm. Runners will not be allowed to leave an aid station after 5:00pm. without a head-light. Please note that no headphones or ear buds are allowed on the course.

Runners may be asked to withdraw from the race if, upon assessment, the event medical team feels that it is too dangerous for the runner to continue.

Trail Race for the Kids

Birkie Ambassadors, elite athletes, will be hosting the kid's activities at Birkie Ridge Trailhead at 11:30am. Activities include warm-ups, a free 1K race for kids ages 12 and under, followed by donut holes and chocolate milk.

CXC Experience Zone

Central Cross Country Ski Association (CXC Skiing) will be on hand with their experiential vehicle featuring a range of sports including: mountain biking; biathlon; ski jumping; adaptive sport; Ski-Ergs; and an agility course; allowing visitors to try their hand at any number of activities. The CXC Experience will be open both Friday, September 30 and Saturday, October 1.

Post-Race Festivities

There will be a post-race BBQ Party with live music following the other Birkie Trail Run & Trek events from 11:00am to 3:00pm in the big tent at Birkie Ridge. Ultra crew and supporters can purchase a meal for $5.00 and beverages are available to all for a small fee.

Ultra Awards and Post-Race Festivities

All runners who reach the finish before the official cut-off time at 11:00pm will receive an insulated HydroFlask commemorating the achievement.

First place overall, male and female, in the Ultra will receive a certificate for a pair of Salomon trail-running shoes.

The Ultra Awards Ceremony and Post-Race Party begins at 8:00pm at River's Eatery in Cable with live music, an awards ceremony, and lots of celebrating. All ultra-marathon runners will be treated to a hot meal and a cold beverage. Finishers and over-all Champions will receive their awards at the post-race celebration. Rivers Eatery is one of the finest hangouts on the trail and is known for good pizza, good beer, and good people. Share your stories and enjoy live music at the after party

Where to Stay

Lodging options are available from the regional tourism offices. Camping is available at Birkie Ridge Trailhead. You can pitch your tent or park your camper within sight of the start/finish! Camping is available at Birkie Ridge on Friday, September 30th and Saturday, October 1st, for a $10 per night. There will be portable toilets, water, and a community fire pit available. No generators or pets are allowed at the campground.

- Pre-register until Thursday, September 29 at 11:00pm
- Check-in and register on site from 3:00 to 8:00 p.m. Friday and at bib pick-up on Saturday. Check-out is by noon on Sunday
- Visit www.birkie.com/run/events/birkie-trail-run to register for Camping at Birkie Ridge Trailhead

Please call 715-634-5025 or email us at birkie@birkie.com with any questions!

Have a great race and thanks for participating in the 2016 Birkie Trail Run Ultra-Marathon! Good luck!

With special thanks to our amazing sponsors without whom the Birkie Trail Run & Trek would not be possible!

Salomon – Title Sponsor Birkie Trail Run & Trek
CARLSON MD - Presenting Sponsor Marathon
FITS - Presenting Sponsor Marathon Relay
Hydro Flask - Presenting Sponsor Half-Marathon
HydraPak - Presenting Sponsor 100K Ultra
Out There Shop - Presenting Sponsor Nordic Trek
Corner Deli - Presenting Sponsor 5K, Post-Race BBQ & Beverage
GU – Official Energy
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