

BIRKIE
Trail Run
Festival



Birkie Trail Run

Ultramarathon Course Description

General Description of the Trails and Terrain		
Type	Trail Names	Description
Ski Trails 48 of 61 miles 79% of total	Birkie Ridge, Birkie Skate, Birkie Classic, North End Ski Club Trails	<p>The ski trail sections of the course range from 10 to 30 feet wide. They are mostly grass covered. Some sections have a dirt “goat path” formed on them, some do not get much summer use and are grass covered from edge to edge. The trails are built in a region with glacial topography, littered with potholes and ridges. The ski trails were built to attack the terrain with the slopes going directly up the fall line. This creates a seemingly endless run of steep ups and downs. Most of the climbs are small (less than 50 foot height difference) but are steep, with slopes between 10 and 20%. It is very different terrain from alpine regions, but equally challenging with hundreds of small to medium climbs adding up to large amount of total climb. The descents are equally steep and relentless.</p>
Single-Track Trails 13 of 61 miles 21% of total	Seeley Pass, Flow Mama, Ojibwe	<p>These trails are built and maintained by the Chequamegon Area Mountain Bike Association for cycling. They are all intermediate to expert level trails. They are much less steep than the ski trails utilizing switchbacks on the slopes rather than heading directly up the fall line. They are generally more winding than a typical hiking trail. The surface is mineral soil with all the organics removed. The drainage is very good and there are only a few wet spots after a heavy rain. They are generally smooth with a relatively low amount of rocks and roots. There are some built “rock gardens” that are easy to navigate. There are many tight switch backs, stay on the marked trail at all times; cutting these would be considered not running the entire course.</p>

Detailed Description by Sections

Section	Section Miles	Total Miles	Pacer	Section Details	Aid Station Details
#1 American Birkebeiner Trailhead- Start to Timber Trail	4.5	4.5	N	The opening leg has some of the toughest climbs of the course. A rolling start on the wide Birkie Skate Trail will lead to some tougher hills on the Powerline section. The hills will continue when the course turns into the woods, but most won't be quite as steep as the Powerlines. 2.3 miles into the course is the first single track section of 0.5 miles, followed by rolling hills on the Birkie Skate Trail. A final descent into Timber Trail will have you at the first aid station.	
#2 Timber Trail– South to Fire Tower - South	3.4	7.9	N	This section continues on the Birkie Skate Trail for 0.7 mi before turning onto single track. The next 2 miles are a climb on single track until you reach the High Point of the Birkie Skate Trail. At High Point, turn right and take the Birkie Skate Trail to Fire Tower Aid Station.	The first time through Timber Trail, there will be self-serve water, Nuun, and energy food. Cabin and toilet are trailside.
#3 Fire Tower- South to Boedecker- South	3.3	11.2	N	This leg continues south on the Birkie Skate Trail with some significant downhill trends. You will continue with big climbs and descents until you reach Boedecker Aid Station.	Full-service aid station with hot food. Cabin and toilet are trail side.
#4 Boedecker- South to OO	2.7	13.9	N	Again, continue south on the Birkie Skate Trail, this time all the way to the Samuel C. Johnson Family Outdoor Center. The course is rolling hills with a large climb into OO.	Full-service aid station with hot food. Cabin and toilet are trail side.
#5 OO to Boedecker - North	3.4	17.3	N	Turn north on the Birkie Classic Trail to begin you trip back to the start area. The course gradually climbs up on this section.	Water and bathrooms are located inside the building at OO. There is no aid station here.

Section	Section Miles	Total Miles	Pacer	Section Details	Arrival Station Details
#6 Boedecker – North to Stadium Aid	8.1	25.4	N	Stay on the Birkie Classic Trail through Boedecker for 0.5 miles. Turn right onto single track for 1.8 miles then take another right onto the Birkie Classic Trail. Follow the ski trail for 3.6 miles, then back on the single track for 2.2 miles. As you get closer to the Stadium Aid Station, you'll run on the Roller Coaster Trail (you'll soon know why it's called that), and then head into the aid station on ski trails.	Full-service aid station with hot food. Cabin and toilet are trail side.
#7 Stadium Aid to BTH Aid	5.2	30.6	N	Leave the Stadium aid station and head out on ski trails around Mt. Telemark. The course will take you on rolling terrain that gradually climbs around Mt. Telemark until you pop out on the steep face of Mt. Telemark. Down hill running might be on your mind, but first you need to make the final ascent up the face of the hill to the top! Enjoy the view and then begin the downhill descent to complete lap 1 and head out on lap 2!	Water, Nuun, & grab & go food only (no hot food). Toilets available.
#9 American Birkebeiner Trailhead- Start to Timber Trail	4.5	35.1	Y	Leaving the start area for the 2 nd time, once again the wide Birkie Skate Trail will lead to some tougher hills on the Powerline section. The hills will continue when the course turns into the woods, but most won't be quite as steep as the Powerlines. 2.3 miles into the course is the first single track section of 0.5 miles, followed by rolling hills on the Birkie Skate Trail. A final descent into Timber Trail will have you at the aid station.	Cabin and toilets are trail side. Limited food availability.
#10 Timber Trail– South to Fire Tower - South	3.4	38.5	Y	This section continues on the Birkie Skate Trail for 0.7 mi before turning onto single track. The next 2 miles are a climb on single track until you reach the High Point of the Birkie Skate Trail. At High Point, turn right and take the Birkie Skate Trail to Fire Tower Aid Station.	Full-service aid station with hot food. Cabin and toilet are trail side.
Section	Section Miles	Total Miles	Pacer	Section Details	Arrival Station Details

#11 Fire Tower - South to Boedecker - South	3.3	41.8	Y	This leg continues south on the Birkie Skate Trail with some significant downhill trends. You will continue with big climbs and descents until you reach Boedecker Aid Station.	Full-service aid station with hot food. Cabin and toilet are trail side.
#12 Boedecker - South to OO	2.7	44.5	Y	Again, continue south on the Birkie Skate Trail, this time all the way to the Samuel C. Johnson Family Outdoor Center. The course is rolling hills with a large climb into OO.	Full-service aid station with hot food. Cabin and toilet are trail side.
#13 OO to Boedecker - North	3.4	47.9	Y	Turn north on the Birkie Classic Trail to begin you trip back to the start area. The course gradually climbs up on this section.	Water and bathrooms are located inside the building at OO. There is no aid station here.
#14 Boedecker – North to Stadium Aid	8.1	56	Y	Stay on the Birkie Classic Trail through Boedecker for 0.5 miles. Turn right onto single track for 1.8 miles then take another right onto the Birkie Classic Trail. Follow the ski trail for 3.6 miles, then back on the single track for 2.2 miles. As you get closer to the Stadium Aid Station, you'll run on the Roller Coaster Trail (you'll soon know why it's called that), and then head into the aid station on ski trails.	Full-service aid station with hot food. Cabin and toilet are trail side.
#15 Stadium Aid to Finish!	5.2	61.2	Y	Leave the Stadium aid station and head out on ski trails around Mt. Telemark. The course will take you on rolling terrain that gradually climbs around Mt. Telemark until you pop out on the steep face of Mt. Telemark. Down hill running might be on your mind, but first you need to make the final ascent up the face of the hill to the top! Complete the downhill decent to the Finish Line!	Water, Nuun, & grab & go food only (no hot food).
Total Miles		61.2			