

# 2023 Birkie Trail Run

## 5K Course Description



Type	Description
<b>Ski Trails</b> 60%	Ski trail sections of the course range from 10 to 30 feet wide and 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, creating a rolling repeat of steep ups and downs. Most of the climbs are small (less than 50 feet) but can be steep, with slopes up to 10%. It is very different terrain from alpine regions, but equally challenging with numerous small to medium climbs. The descents are equally steep and relentless.
<b>Single-Track Trails</b> 40%	New to the 5k course this year is 1.25 miles of freshly constructed single-track mountain bike trails. Built over the summer season, these trails are the first of many miles of up-and-coming additions to the Telemark trail system. These are intermediate level, featuring winding terrain that switchbacks up the slopes rather than heading directly up the fall line. The surface is mineral soil with all the organics removed. Averaging 3 to 4 feet wide, these fresh trails are wider than your usual single-track, affording plenty of opportunity to pass other runners. Get excited to be among the first to traverse these trails in their inaugural running race!

Leg	Aid Stations	Length	Section Details
1	American Birkebeiner Trail and Korte Inn	1.0	The opening leg of the 5k will have you running west on the Birkie classic ski trail. The wide trails will allow you to spread out and vie for position before hitting the first hill just before the half mile mark. Turning around after the ascent, the Korte Inn will bring you back downhill before turning you onto the new gravel of the single-track loop.
2	Single-Track Loop	1.25	The gravel single-track will route you through an aggressively winding 1.25-mile loop through the forest. While this section is not particularly hilly, it boasts a large number of brief up-and-downs, switchbacks, and sharp, banked curves. Being newly constructed, this course segment is virtually free of rocks and roots, making for an enjoyable jaunt through this section of the 5k.
3	Korte Inn to Stadium	0.85	The final leg of the race will have you rejoin the old Kortelopet ski trail, bringing you down into the stadium and past the aid station before running steeply back up the last steep grade of the course. You can thank us later for not routing the course all the way to the top of Mt. Bauer! After descending from the hills, you’ll skirt the perimeter of the stadium before running up and over the tunnel to finish back near the start area.

