



TURKEY **BIRKIE**®

Cross-Country Ski Festival
See friends, train hard, and have fun!



PARTICIPANT GUIDE

November 24-26th, 2023

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COLD TEMPS ARE COMING!

The temperatures may be warm now, but the snowmaking crew will be working hard to have skiable trails by Saturday or Sunday if possible. Enjoy Thanksgiving and then start the ski season in a healthy way- whether that is by skiing, running, pole hiking, or roller skiing!

Get ready to glide on early snow, take a lesson, or simply enjoy a day being active in the north woods! While you're being active, try out new skis and gear to prepare for the cross country ski season during on-site demos!

REGISTRATION

Note: all attending must register, even if you already have an all-access pass!

[Click to Register!](#)

Adult	\$35 or FREE*
12 and under	FREE**

*if you already have a Birkie Trail All-Access Ski Pass

**free - but please register!

TURKEY BIRKIE SCHEDULE

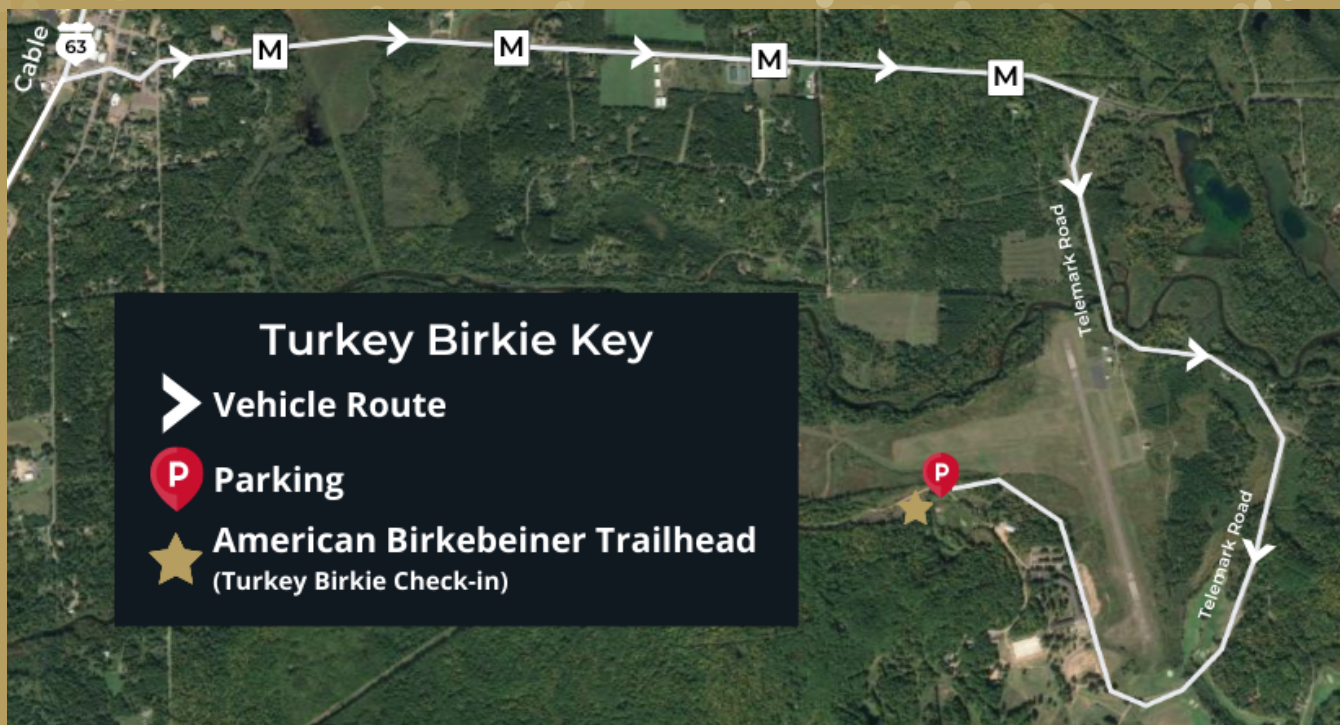
FRIDAY	
8:00 am - 4:00 pm	Check-in
11:00 am - 3:00 pm	Ski Demos
10:00 am - 11:30 am	Group Bounding Workout - lead by Ben Popp
3:00 pm	Raffle & Happy Hour! Presented by Tattersall
7:00 pm	Event Closed
SATURDAY	
8:00 am - 4:00 pm	Check-in
9:00 am - 2:00 pm	Ski Demos
10:00 am - 11:30 am	Group Trail Run - lead by Ben Popp
3:00 pm	Raffle & Happy Hour! Presented by Earth Rider
7:00 pm	Event Closed
SUNDAY	
8:00 am - 1:00 pm	Check-in
9:00 am - 12:00 pm	Ski Demo
5:00 pm	Event Closed

Note: if you are on the trails beyond the check-in hours, you must remove personal items from the Derksen Family Great Hall.

GETTING THERE

Check in for the Turkey Birkie Cross Country Ski Festival in the Derksen Family Great Hall at American Birkebeiner Trailhead, Cable, Wisconsin.

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



CHECK-IN

Everyone must check-in at the Derksen Family Great Hall to receive their Turkey Birkie gaiter.

Check-in Hours	
Friday	8:00 am - 4:00 pm
Saturday	8:00 am - 4:00 pm
Sunday	8:00 am - 1:00 pm

Note: After you have checked in and received your gaiter, you do not need to formally check-in again throughout the duration of the weekend.

Neck gaiters must be visible at all times!

NECK GAITER & STORE VOUCHER

Register and receive the 2023 Turkey Birkie neck gaiter! The gaiter will be your entry pass, while also keeping you warm out on the trails!

First 250 participants to check-in will receive a \$10 Birkie Store voucher.

Redeem online:

birkiestore.com



BACKROADS COFFEE

Get revved up for your day on the trails with the best coffee in the north woods! Backroads Coffee will be available for purchase at check-in during Turkey Birkie. Grab a cup before you hit the trail.



HOURS

**Friday - Sunday:
8:00 am - 11:00 am**

RAFFLE PRIZES!

New to the Turkey Birkie this year - amazing raffle prizes! Check in at the Derksen Family Great Hall on Friday or Saturday to be entered to win.

You'll want to stick around for this - must be present to win.

- **One FREE Ski de She Race entry**
- **One FREE Birkie Tour + Night Race entry**
- **One Airport Parking Pass for the 50th American Birkebeiner!**
- **One Birkie Gear Bag**



VENUE MAP



MORE ACTIVITIES!

As the weather and temperatures will dictate snows presence at Turkey Birkie this year - consider bringing your running shoes, hiking poles, or roller skis to Mt. Telemark Village to stay active!

The loop noted in **red** will be available for skiing, should the weather cooperate. Trails noted in **navy blue** are dedicated for those who wish to run/roller ski on pavement. Hike up to the top of Mt. Telemark! Check out the Kawabaming Observation Tower by following the **gold** trails.

GROUP TRAINING SESSIONS

While we wait for snow, join Executive Director, Ben Popp at the Derksen Family Great Hall for some dryland group training opportunities!



Group Training Schedule

Friday	10:00 am - 11:30 am
Saturday	10:00 am - 11:30 am

FRI. - BOUNDING

Come ready with your classic poles! There will be a brief warm-up, followed by bounding up Mt. Telemark. A hard, but fun workout!

SAT. - TRAIL RUN

Join Ben at the Derksen Family Great Hall for a recovery run. Come with your running shoes and blaze orange. Be prepared to run on various ski trails and portions of the George Hovland paved trail.

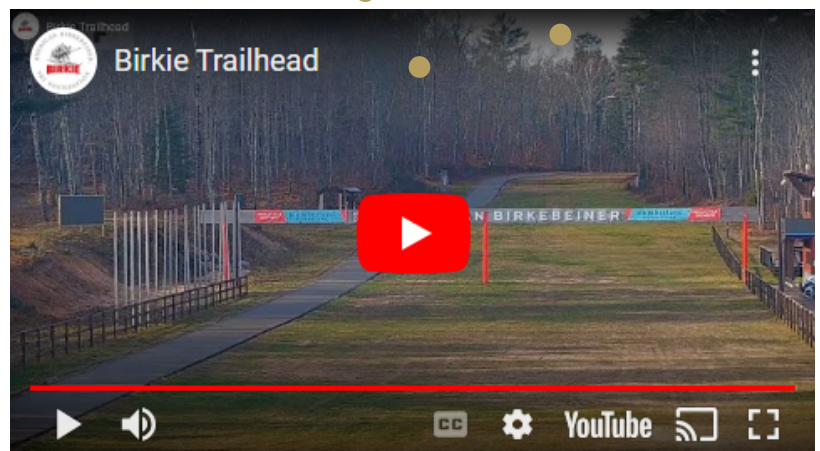
TRAIL HOURS & CONDITIONS

Trail Hours	
Friday	8:00 am - 7:00 pm
Saturday	8:00 am - 7:00 pm
Sunday	8:00 am - 5:00 pm

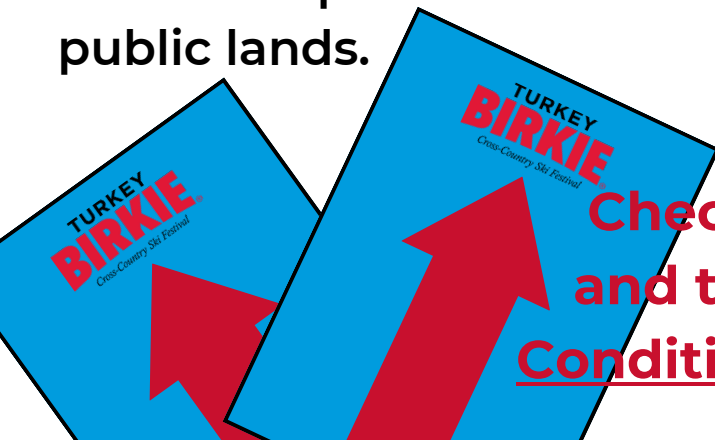
Note: if you are on the trails beyond the check-in hours, you must remove personal items from the Derksen Family Great Hall.

You will be skiing on the Tormondsen Family Snowmaking Trail. The trails available may vary, depending on Mother Nature. Please be mindful of the course signage and follow the flow of traffic!

Hunting season is upon us. We encourage participants to wear **blaze orange** when possible, as the Birkie trail is both on private and public lands.



Check out the live Birkie Trail cams and the Birkie Trail Grooming & Trail Conditions Report for further updates!



SKI LESSONS

Though snow may fly a little later into the weekend - the CXC lessons are **NOT** cancelled. Dryland training and lessons are a great opportunity to develop technique and prepare for the snow!

Lessons for All Levels!

- Learn to Ski
- Beginner
- Intermediate/Advanced

Register Now!

Must register for lessons in advance.
Cost in addition to Turkey Birkie Registration.



CXC ski ties and neck gaiter included in lesson registration!

CXC Academy Ski Lessons

Friday	1:30 pm - 3:00 pm	Skate
Saturday	9:00 am - 10:30 am	Classic
	1:30 pm - 3:00 pm	Skate
Sunday	9:00 am - 10:30 am	Classic

Advanced Ski Lessons with Bryan Fish

Friday	12:30 pm - 2:30 pm	Skate Technique and Progressions
Saturday	12:30 pm - 2:30 pm	Classic Technique and Progressions
Sunday	11:00 am - 1:00 pm	Review of Classic and Skate Progressions, Q&A

ON-SKI DEMOS

Get ready for the cross country ski season with new gear from Atomic! Demo new skis, boots, and other various accessories - just in time to add them to your holiday gift lists!

Demo Schedule	
Friday	11:00 am - 3:00 pm
Saturday	9:00 am - 2:00 pm
Sunday	9:00 am - 12:00 pm



ATOMIC

TURKEY **BIRKIE**®

Cross-Country Ski Festival

PROUD SPONSORS

SALOMON



Kwik Trip



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