



SKI DE SHE

PARTICIPANT GUIDE

AMERICAN BIRKEBEINER TRAILHEAD | CABLE, WI
FRIDAY, JAN 19 - SUNDAY, JAN 21
2024

slumberland
50th BIRKIE[®] EST 1973
Ski. Run. Bike. Live!

TABLE OF CONTENTS

Registration	3
Schedule	4
Directions & Parking	5
Venue Map & Bib Pick-up	6-7
Backroads 20k Course Information	8-9
Riverbrook 10k & 5k Course Information	10-11
Gear West 30k Course Information	12-13
Aid Stations	14
After Party!	15
Awards & Results	16-18
Proud Partners	19

RACE WITH CONFIDENCE

Welcome to Ski de She! With many distances and techniques to choose from, expand your skills and build race confidence in an encouraging, yet competitive environment! Whether you are new to racing, or a seasoned competitor, the race course around Mt. Telemark is the perfect venue for your race! After your race, get to know your new friends by the fire with post-race fuel and the Tattersall happy hour!

REGISTRATION

Know anyone who still needs to register?
It's not too late!

[**REGISTER HERE!**](#)

Race (Any Distance)	\$95
Race - 18 & under (Any Distance)	\$50

All participants must be 13 years of age or older **on race day** to register for the 20k or 30k!

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

RACE SCHEDULE

Time	Action
8:00-12:30 pm	Bib Pick-up
8:00-2:00 pm	Birkie Store Open
9:00 am	Backroads 20k Classic Start
11:00 am	Riverbrook 10k Freestyle & 5k Freestyle Start
11:00-2:00 pm	After Party!
12:15 pm	Gear West 30k Skate Start
<p>All good things must come to an end! We ask that all race-only participants leave the Derksen Family Great Hall by 2:30 pm so camp activities can resume.</p>	

Note: see pg. 12 for further awards ceremony schedule!

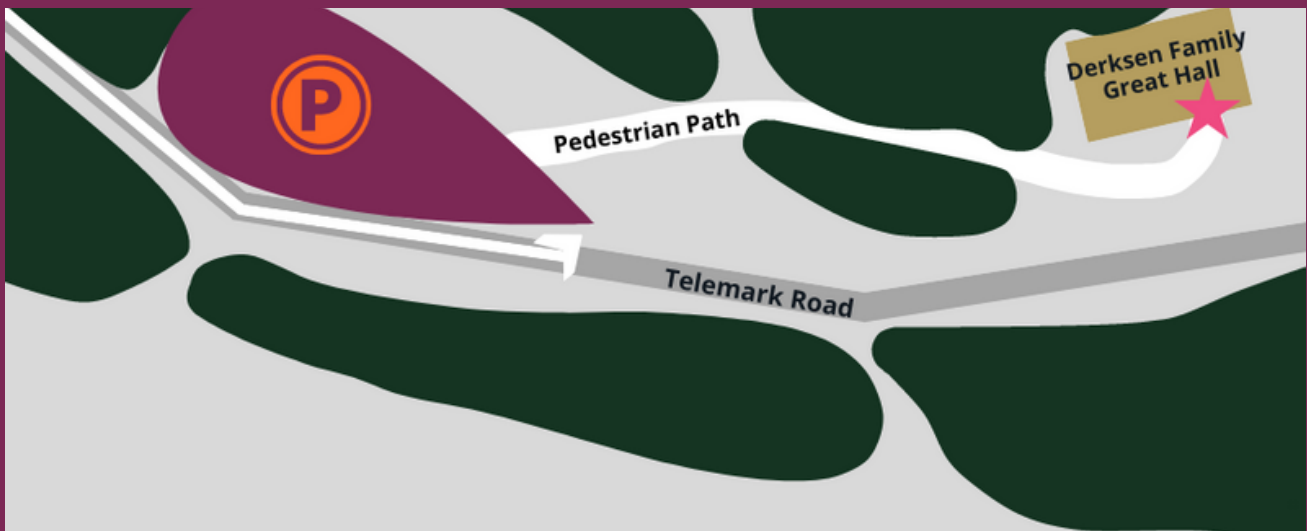
Thank you for a great day of racing!

GETTING THERE

Check in for Ski de She outside of the Derksen Great Hall at **American Birkebeiner Trailhead**, Cable, Wisconsin.

Address: 42010 Telemark Rd, Cable, WI 54821

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



VENUE MAP



BIB PICK-UP

American Birkebeiner Trailhead -
Outside the Derksen Family Great Hall
8:00 am - 12:30 pm



PARTICIPANT SWAG

At bib pick-up, participants will receive their race bib, custom race t-shirt, and beverage ticket!

BACKROADS COFFEE



Get revved up for your race with the best coffee in the north woods. Backroads Coffee will be at bib pick-up on Saturday morning to warm you up. Grab a cup to-go with your Ski de She swag!

BIRKIE STORE

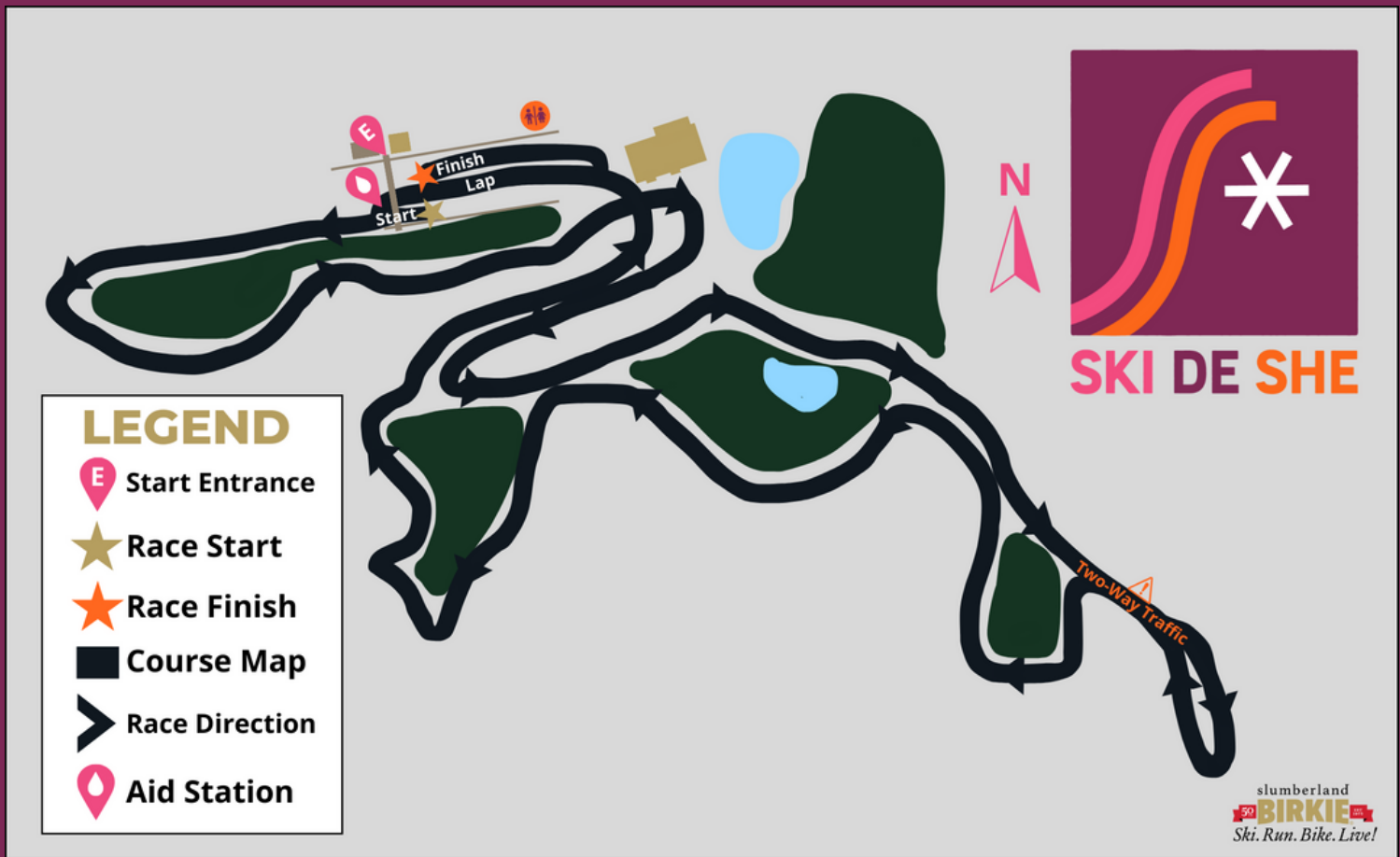
Derksen Family Great Hall

8:00 am - 2:00 pm

Commemorate your race at Ski de She by shopping at the Birkie Store during bib pick-up or the post-race party! Treat yourself - you've earned it!



BACKROADS 20K COURSE MAP



COURSE MARKINGS

The race courses will be marked by orange signs with purple arrows. They will indicate when participants must go straight, right, or left. There will also be signs indicating the lap for the 20k participants.

Be alert! Skiers must be prepared to make their lap or finish decision quickly as they make their way over the tunnel before re-entering the stadium.



BACKROADS 20K COURSE DESCRIPTION

All race courses will start and finish at the American Birkebeiner Trailhead. The 20k Classic Race, presented by Backroads Coffee will complete 5 laps. Each lap is roughly 4k.

All race distances are subject to change depending on course and conditions.

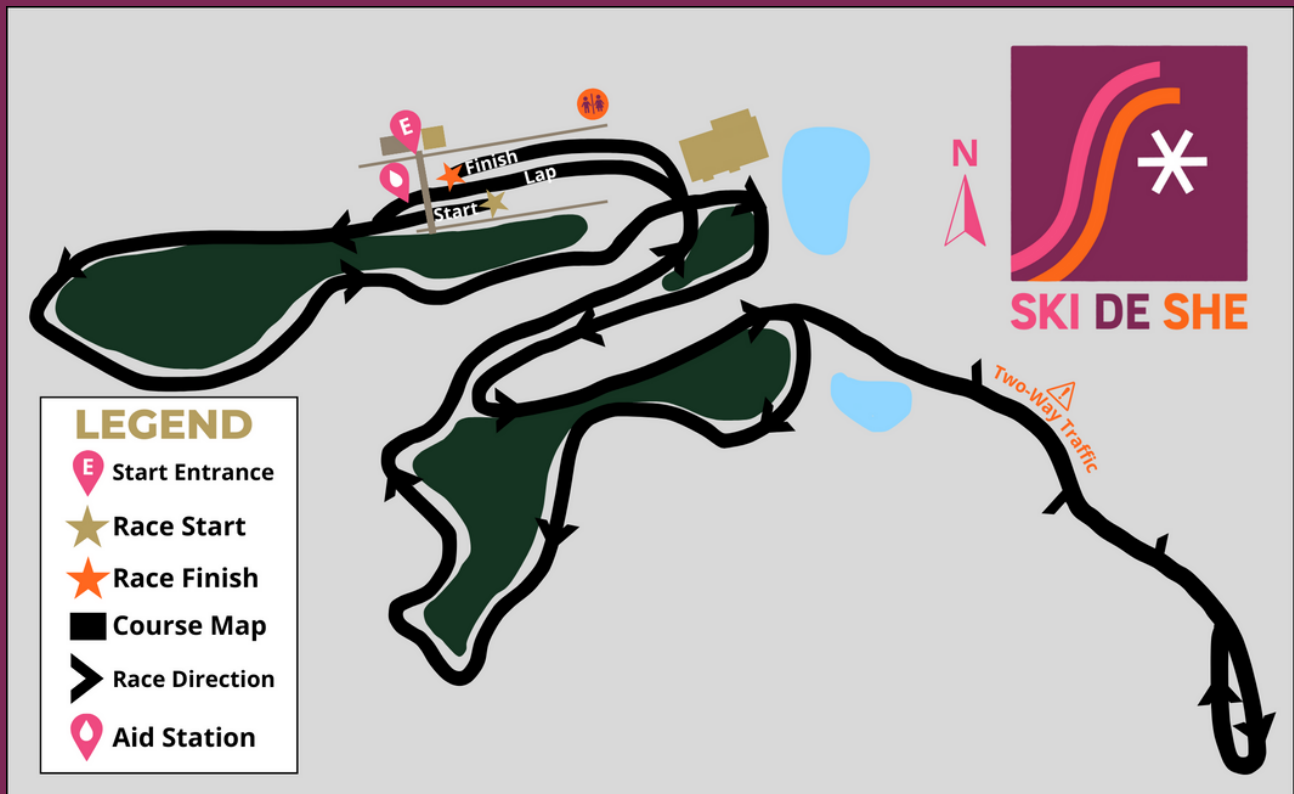
From the start, go down the main Birkie Trail approximately 600m, then make a left to pick up the old Korte inbound. Continue on that trail all the way to/up and over the tunnel, then a hard right on the on the other side. Continue through the competition stadium. At the top of that short hill it's a 180° turn, then a short downhill.

After a slight bend to the left look for a harder right onto Nordmor trail. After climbing easy up Nordmor, look for a short left, pay attention to the turn around (loop) near Telehenge, it's a new piece. Make the loop and you're headed back on Nordmor, the only (very) short two-way piece. Then a hard left onto the Deck loop, which will take you up then downhill, with a fast bend to the left, to the climb up to the Elevator Shaft.

Then it's straight down to the base of the World Cup making a left to begin that long climb. At the top it's a hard right and you'll be headed down to Twisted Sister, a soft right and hard left - be ready for this one, it's fun! Get through Twisted Sister and it's a hard right (at the very top) headed back towards the competition stadium. Then downhill, make a left and head for a trip through the tunnel. Once through there look for lap and/or finish lanes. It would be a good idea to familiarize yourself with how those lanes are marked and/or laid out.

Have fun, be careful & courteous, enjoy!

RIVERBROOK 10K & 5K COURSE MAP



COURSE MARKINGS

The 10k and 5k race course will be marked by orange signs with purple arrows. They will indicate when participants must go straight, right, or left. There will also be signs indicating the lap for the 10k.

Be alert! Skiers must be prepared to make their finish decision quickly as they make their way over the tunnel before re-entering the stadium.



RIVERBROOK 10K & 5K COURSE DESCRIPTION

All race courses will start and finish at the American Birkebeiner Trailhead. The 10k Freestyle Race, presented by Riverbrook Bike + Ski will complete 2 laps. The 5k Freestyle Race will complete 1 lap. Each lap is roughly 4k. ***All race distances are subject to change depending on course and conditions.***

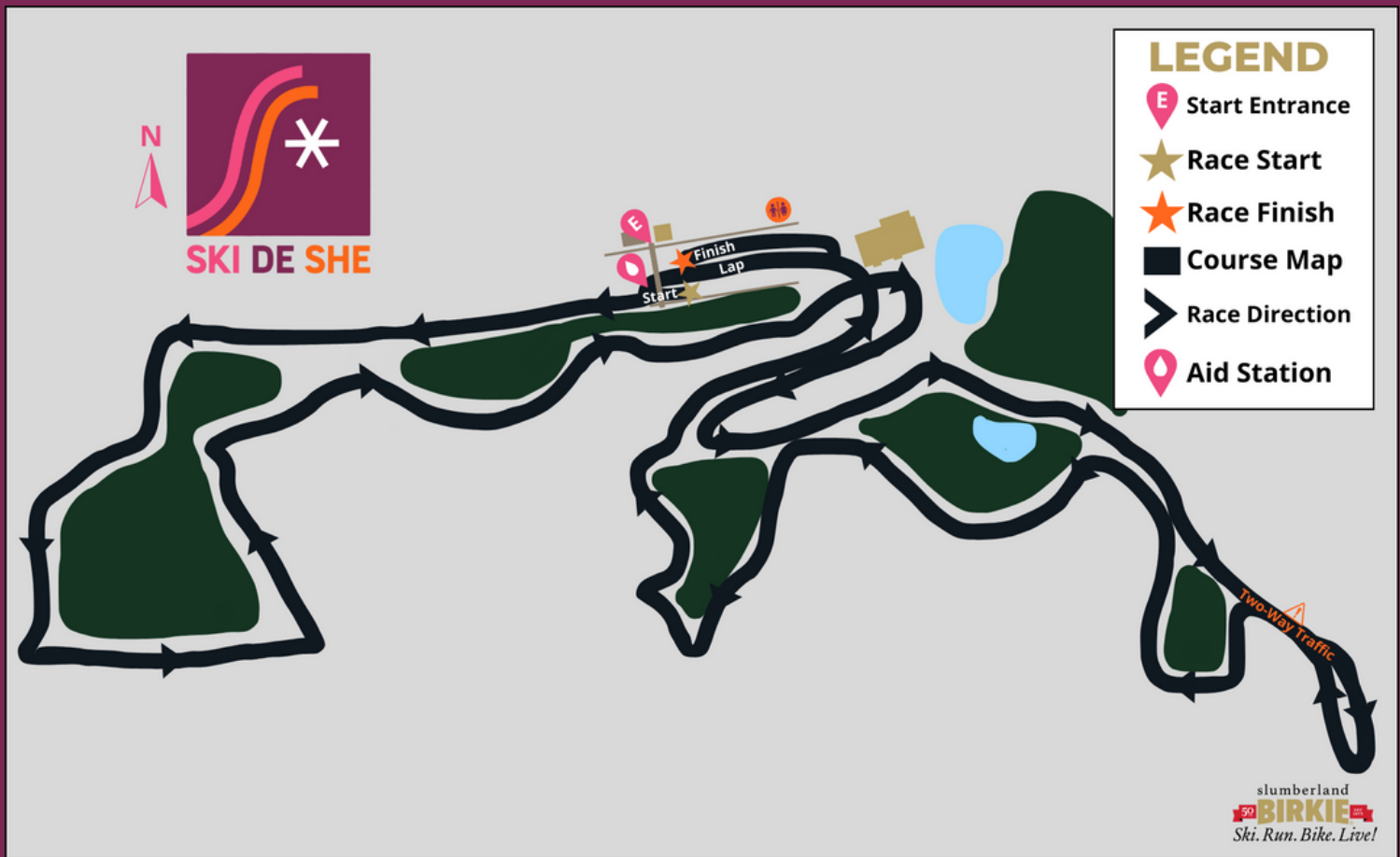
From the start, go down the main Birkie Trail approximately 600m, then make a left to pick up the old Korte inbound. Continue on that trail all the way to/up and over the tunnel, then a hard right on the on the other side. Continue through the competition stadium, uphill, 180° turn at the top, then downhill.

After a short jog to the left look for a harder right onto Nordmor trail (the only long two way section). After climbing easy up Nordmor pay attention to the turn around (loop) near Telehenge. Back down Nordmor, again the only long two way, then a HARD left onto the Pond Trail which will take you to the base of the World Cup climb, a short right then left. At the top it's a hard right and you'll be headed down to Twisted Sister, a soft right and hard left - be ready for this one, it's fun!

Get through Twisted Sister and it's a hard right(at the very top of the hil) headed back towards the competition stadium. Then downhill and headed for a trip through the tunnel. Once through there look for a lap lane, if doing 2 laps, or the finish lane sign. It would be a good idea to familiarize yourself with how those lanes are marked and/or laid out.

Have fun, be careful & courteous, enjoy!

GEAR WEST 30K COURSE MAP



COURSE MARKINGS

The race courses will be marked by orange signs with purple arrows. They will indicate when participants must go straight, right, or left. There will also be signs indicating the lap for the 30k participants.

Be alert! Skiers must be prepared to make their lap or finish decision quickly as they make their way over the tunnel before re-entering the stadium.



GEAR WEST 30K COURSE DESCRIPTION

All race courses will start and finish at the American Birkebeiner Trailhead. The 30k Skate Race, presented by Gear West will complete 5 laps. Each lap is roughly 5.3k. ***All race distances are subject to change depending on course and conditions.***

From the start, go down the main Birkie Trail to the Birchlegger's Bell, easy left turn onto the Classic Trail, then make a left at the top to pick up the old Korte outbound. Continue on that trail to the Roller, make a hard left (go down a nice long hill). At the top of the next hill turn left, go past Uller Hytte, take a hard right onto inbound old Korte. Then all the way to/up and over the tunnel, then a hard right on the on the other side.

Continue through the competition stadium, uphill, 180° turn at the top, then downhill. After a short jog to the left look for a harder right onto Nordmor trail (the only two way section). After climbing easy up Nordmor pay attention to the turn around (loop) near Telehenge. Back down Nordmor, again the only two way, then a HARD left onto the Deck Trail which will take you up then down and then back up on your way to the Elevator Shaft. That brings you to the base of the World Cup climb, it's a left and make a nice long climb up.

At the top it's a hard right and you'll be headed down to Twisted Sister, a soft right and hard left - be ready for this one, it's fun! Get through Twisted Sister and it's a hard right(at the very top) headed back towards the competition stadium. Then downhill and headed for a trip through the tunnel. Once through there look for a lap or finish lane. It would be a good idea to familiarize yourself with how those lanes are marked and/or laid out.

Have fun, be careful & courteous, enjoy!

AID STATIONS

The aid station for the 10/20/30K races is located in the start area. It will be supplied with:

- **Nourishment** - water, sandwich cookies, & bananas. On-course energy is sponsored by UnTapped: Mapleaid hydration, energy gels, & waffles.
- **Birkie Green** - consider going green and carrying your own hydration vessel!

Finish Line - enjoy water, UnTapped Mapleaid hydration, bananas, and additional snacks to recover! Head inside the tent for after race snacks.

BACKROADS 20K AID STATION

Location	Distance from Start	Cut-Off Time
Start	0k	9:00 am
Laps 1-4 (Birkie Trailhead)	4k, 8k, 12k, 16k	--
Finish	20k	3:30 pm

RIVERBROOK 10K AID STATION

Location	Distance from Start	Cut-Off Time
Start	0k	11:00 am
Lap 1 (Birkie Trailhead)	4k	--
Finish	10k	3:30 pm

GEAR WEST 30K AID STATION

Location	Distance from Start	Cut-Off Time
Start	0k	12:15 pm
Laps 1-4 (Birkie Trailhead)	5.3k, 10.6k, 15.9k, 21.2k	--
Finish	30k	3:30 pm

Note: final race distances are subject to changes depending on course and conditions.

SKI DE SHE AFTER PARTY!



**Derksen Family Great Hall
11:00 pm - 2:00 pm**

After your race, enjoy post-race snacks and a beverage inside the Derksen Family Great Hall or outside by the fire, cheering on the rest of your friends as they complete their race!

SNACKS:

Water
UnTapped Mapleaid
Stroopwaffles
Granola Bars
Trail mix
String cheese
Fruit



TATTERSALL

distilling

HAPPY HOUR

Celebrate your race with a beverage from our proud race partner, Tattersall Distillery!

All participants will receive one drink ticket during bib pick-up to redeem their free drink!

AWARDS & RESULTS

[LIVE Results Here](#)

AWARDS SCHEDULE

11:30 am	20k Overall and Age-Group Awards
12:30 pm	10k & 5k Overall and Age-Group Awards
2:30 pm	30k Overall and Age-Group Awards

Award ceremonies for overall and age-group event champions will be awarded at the podium inside of the Derksen Family Great Hall.

Note: you must be present to receive your award!

HOLLY BROOKS

Joining us for the awards ceremony is 2-Time Olympian, Holly Brooks! You will not want to miss her inspirational story and presentation of awards!



30K AWARDS

Overall Awards:

- Top 5 finishers receive a cash prize.
The top 3 finishers receive a podium award, and flowers.

Cash Prizes:

- 1st Place - \$1,000
- 2nd Place - \$750
- 3rd Place - \$500
- 4th Place - \$250
- 5th Place - \$150

Age-Class Awards:

- Top 3 finishers - 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



20K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 17 and under, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



10K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 13-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.

5K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 12 and under, 13-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



SKI DE SHE

PROUD RACE PARTNERS



Riverbrook
BIKE & SKI

GEAR WEST



TATTERSALL

distilling

Gold Circle Elite Sponsors

SALOMON



KWIKTRIP



maloja