



# Birkie Trail Run

## Marathon, Marathon Relay, and Half Marathon Course Description

Trail Type	Description
<b>Ski Trails - 80%</b>	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. This creates a seemingly endless run of steep ups and downs. Most of the climbs are small (less than 50 feet) 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 a large amount of total climb. The descents are equally steep and relentless.
<b>Singletrack Trails - 20%</b>	These trails are built and maintained by the CAMBA and the ABSF for mountain biking. They are all intermediate 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 smooth with differing amounts of rocks and roots depending on the section of trail. There are many tight switch backs. Please stay on the marked trail at all times; cutting these would be considered not running the entire course and harmful to the trail and forest. Thank you, and have fun!

Race Leg	Aid Stations	Length	Section Details
<b>1, 4</b>	American Birkebeiner Trailhead - Start to Timber Trail	<b>4.5</b>	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 singletrack 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.
<b>2, 5</b>	Timber Trail to Stadium Aid	<b>3.9</b>	The second leg of the course will take you out on more gentle rolling hills on the old Kortelopet trail. The course will turn onto singletrack 0.8 miles into this leg. The course will stay on singletrack for 2.2 miles, the longest singletrack section on this course. After popping out of the singletrack, you will be back on ski trail, headed into the Stadium Aid Station via the old Korte trail for 0.9 miles. Still plenty of rolling hills, but this leg has the least elevation climb.
<b>3, 6</b>	Stadium Aid to American Birkebeiner Trailhead	<b>4.8</b>	The third leg leaves the Stadium aid station and heads out on the Birkie Roller to once again intersect with the old Kortelopet trail. 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 .25 mile ascent up the face of the hill to the top! Enjoy the view and then begin the downhill descent on singletrack to the finish for the final 1.5 miles.