

BirchScroll[®]

Volume 45, Fall/Winter 2017

❄ Tips for Touring
the Birkie Trail!

❄ Advice From 4x
Birkie Champ!

❄ Snowmaking on
the Horizon!

slumberland
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Ski. Run. Bike. Live!

– Jessie Diggins, Nordic Skier, 2018 Winter Olympics

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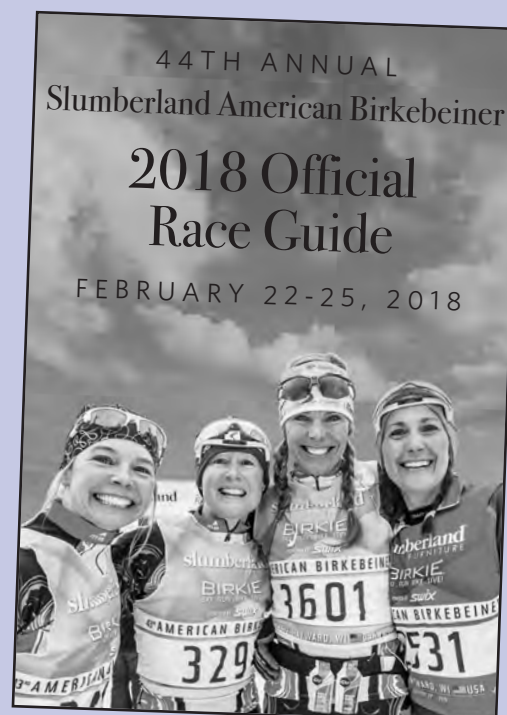
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2018 Official Race Guide

This issue of the Birch Scroll® contains general information in anticipation of February's Birkie events. As in past years, a dual-purpose Official Race Guide & Visitors Official Spectator Guide will be available online, with a printed copy available to all participants at bib pick-up. The ABSF is working in cooperation with the Sawyer County Record on the flip-book style magazine. Like previous years, the guide will be your secret weapon to all things Birkie!



**Watch for the Official Race Guide
on www.Birkie.com!**

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Cover Photo by Bob Pearl, ABSF Photographer

Birkie Team – 2018

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Colleen Graham	Barnebirkie Finish	Karen Manske	Junior Birkie
Jane Mandli	Barnebirkie Finish	Susan Fibert	Main Street Celebration Zone
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Heather Peterson	Finish Line Medals - Birkie	Eric Hansen	Mosquito Brook Food Station - Korte
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Lisa Hawkinson	Finish Line Medals - Korte	Noah Lattin	Road Crossings/Snow Covering
Robin Kranig	Finish Line Medical - Birkie & Korte	Joe & Bean Timmerman	Start - Barnebirkie
Dr. Adam Atkins	Finish Line Medical - Birkie & Korte	David Paulson	Start - Kortelopot
Sunny Schelvan	Finish Line Soup Tent	Jesse Cain	Start - Prince Haakon
Nate Oltesvig	Finish Line Soup Tent	Katie Hancock	Start Stewards - Birkie
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#BirkieFever

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Greetings from BirkieLand!

Since 1984, when the American Birkebeiner Ski Foundation officially became a small northern Wisconsin non-profit, the ABSF has been guided by a strong mission to promote world-class events, act as great stewards of the Birkie Trail, and be tireless advocates for an active, outdoor lifestyle. Today, we have an unbelievable staff, an amazing community of volunteers, and a dedicated board of directors, all who feel deeply responsible for carrying out the ABSF mission. And, while last year Mother Nature dealt winter enthusiasts a tough hand, it has only magnified our commitment and desire to deliver stellar event experiences, while providing opportunities for all to experience the Birkie lifestyle we treasure.



As fall turns to winter and 2018 planning takes centerstage, there is palpable excitement in BirkieLand. While our summer and fall have proven to be wet (wettest on record in Wisconsin as of this writing), the operations staff has done a terrific job of maintaining the trail. I can happily report that the Birkie Trail is in great shape, prepped, and ready for snow! Check out our trail cams (www.birkie.com/trail/webcams) and trail reports (www.birkie.com/trail) for the latest updates.

Of course, the amazing updates to the Birkie Trail would not have been possible without the many donors to our Phase 2 Capital Campaign. Thanks to their generosity, ALL the trailhead aid stations now have running water for year-round use (partially powered by solar)! Thank you to our donors for believing so strongly in what we do and in embracing our Phase 2 goals!

“As fall turns to winter and 2018 planning takes centerstage, there is palpable excitement in Birkie-land.”

Solar water-heating is just one step toward going green...we are also reducing our carbon footprint by eliminating as many plastic drop bags as possible by introducing new reusable Birkie gear bags. Special thanks to the over 5,000 of you who have answered our call and claimed one of the bags as your own.

Please take time to read the pages of this issue of the Birch Scroll and you'll learn about our research and planning for initial snowmaking (see page 12); two new events that will give you more time on the trail and boost your training for February races - the Double Pole Derby in December and the Gitchi Gami Games in January (see page 7); and so much more!

Whether this season brings your 14th Birkie, a first Korte, your 2nd Barkie Birkie, or a 5th Prince Haakon, we want you to have the best possible Birkie experience. Don't hesitate to reach out to me or the Birkie staff if have you have any questions or need help with any race related matters. Let it snow!

Can't wait to see you in the Northwoods soon!

Ben Popp
Executive Director
American Birkebeiner Ski Foundation



The Mission of the American Birkebeiner Ski Foundation

- To promote and conduct the finest international cross-country ski competition and active lifestyle events;
- To serve as good stewards of the American Birkebeiner Trail;
- To support healthy and active lifestyles among people of all ages and abilities.

Farewell Allan & Welcome Kristy!

Allan Serrano, event director extraordinaire, is off on his next adventure. We wanted to take a moment to acknowledge Allan and thank him for all he's done for the ABSF. For over three-years, Allan has made his indelible mark on every Birkie event. Through his passion, energy, expertise, and humor, Allan challenged the ABSF team to raise the bar higher, push ourselves harder, and do our part to deliver amazing Birkie experiences for all. He's a heckuva guy and will be missed by the entire Birkie team. Never fear, you'll see Allan on the world stage as technical delegate for FIS races, and much more, as he continues his Nordic skiing inspired career. And, we know he'll be back to visit often. We wish him amazing adventures and special days with his family. *Allan, happy trails to you, until we meet again!*

Good Fortune

We were fortunate to have had Allan Serrano on the Birkie Team for three-years and equally as fortunate to have Kristy Maki working alongside him the entire time. As a result, when the time came to select Allan's successor, the ABSF didn't need to look far. Kristy assumes the role of Event Director with tremendous experience, insight, passion, and the skills to make this transition as seamless as possible. We look forward to the upcoming season and Kristy's special kind of Birkie magic.

I Can't Think of a Better Place to Be

—Kristy Maki, ABSF Event Director

Simply put, I love to cross-country ski (and bike, and run, and basically anything that embodies the Birkie lifestyle). It is for this reason that three-years-ago, I began working for the ABSF. After participating in Birkie events for 25-years, I couldn't think of a better place to be. Growing up, cross-country skiing was an integral part of my family's life and continues to be today. I understand, personally, how important Birkie Events are to so many - from great traditions and athletic pursuits, to lifestyle changes and amazing experiences, Birkie events can be life-altering. They certainly have been for me.

Outgoing Event Director, Allan Serrano, has done a fantastic job of continuing to grow and streamline Birkie Events. He leaves me with some mighty big shoes to fill. However, having worked beside him for sev-

eral years, I understand the level of commitment, planning, and cooperation required to bring world-class events to life. Becoming the

Event Director of the American Birkebeiner Ski Foundation is an amazing privilege and I promise to bring my passion for being active to every Birkie event. It is my goal to provide the attention to detail and strong infrastructure needed to ensure that every participant, volunteer, and partner has a great Birkie experience.

As the ABSF continues to grow, keeping the Birkie spirit, lifestyle, and fun in everything we do will be paramount. I'm



thrilled to continue to work with the great team at the ABSF and to create best-in-class events that participants and volunteers will want to return to year-after-year! I look forward to meeting as many of you as possible in the coming months and years, and hope to see you at a Birkie event soon!

A New Look for Birch Scroll 2018

In 2018, our Birch Scroll magazine will undergo a bit of a transformation. We're consolidating from three issues per year to one, annual, commemorative issue. Slated for fall 2018, the enhanced Birch Scroll will include sections dedicated to skiing, running, biking, and living the Birkie lifestyle. From training tips and Birkie Fever stories, to Birkie results, the latest ABSF news, and our 2017/2018 annual report, we think you'll find the refreshed issue more robust and insightful than ever. In the meantime, we'll be more active on Facebook, Twitter, Instagram, and other social media platforms. And, you'll continue to receive the @BirchScroll eZine six times per year. We promise to keep feeding your Birkie Fever wherever you live, work, and play!



Proud to Have Been a Part of It All

—Allan Serrano

When I rolled into Hayward on February 19, 2014 I was overwhelmed with Birkie Fever. It was cold, the snow was deep, Birkie traffic signs were up, and WOJB was broadcasting Birkie news non-stop. It was a stirring moment. I had not been to town for Birkie Week since before I moved east in 1996. I was returning to serve as the Technical Delegate to the American Birkebeiner for the International Ski Federation (FIS). It was exhilarating to see the tiny towns of Cable and Hayward immersed in Birkie Festivities that was, frankly, deeper than the snow that record-breaking winter.

Going back further, I will confess, as a young Minnesota skier aspiring to cross-country greatness, I didn't put a lot of stock

in Birkie. I disregarded it as just a lot of hoopla that distracted from the "real" racing at the Super Series and US Nationals. Although, even

at that time, I was impressed by the magnitude of skiers crammed into the start at Rosie's Field in the weather shortened race of my first Birkie in 1991. Older and wiser, I found myself appreciating the true magnitude of the Birkie on that trip in 2014 and even more profoundly when I was hit right between the eyes with it when I became the ABSF Event Director later that same year.

The American Birkebeiner is the closest thing that people have to a homecoming in the American cross-country skiing community. It is the nexus for everyone who has ever even considered putting on a pair of skis. From Birkie Founder, Ernie St Germaine skiing every single race, to the many US Ski Team alumni making their pilgrimage to Wisconsin, to the person skiing the "Cold Turkey Birkie" because their buddies dared them they couldn't do it, and the thousands like them, all anxiously await Birkie Week each year. Then there's young Ben Popp who did his first Barnebirkie in the 1980's, graduated to Elite Wave Skier, and then to ABSF Executive Director, proof that the Birkie changes lives. Knowing this



passion was real, I made it my mission to provide the highest quality experience for every person, from volunteer to participant, in every ABSF event.

I am in awe of the legions of volunteers, staff, and skiers, who wrangled the Birkie, come hell or high water, over the 41-years before I came on the scene. All these people inspired my work. I am very proud to have been part of a staff that worked to ensure the future of Birkie racing; overhauling the Birkie Week schedule; building the new Birkie and Korte start venues; developing the aid station infrastructure; enhancing the finish celebration area; finding efficiencies in parking and busing; and streamlining registration and wave placement. These, and so many other projects, large and small, show how vital the ABSF is at hosting the Birkie and dozens of other events year-round.

I am very sad to leave this work behind. There have been so many great people, fantastic moments, and worthy projects. The remaining ABSF staff have great skill, experience, and leadership. I have great confidence that this team will successfully continue the mission. I want to thank my co-workers for the fantastic time we had in fulfilling the mission together; the communities of Cable, Lenroot, Spider Lake, Round Lake, and Hayward, for embracing the chaos with a smile; the selfless volunteers; and the skiers, bikers, runners, walkers, and friends for making Birkie part of their life. It has certainly been an important part of mine.



Two New Events!

Dbl. Pole Derby

BIRKIE

Dec. 30, 2017

Youth & Citizen Skiers are Welcome!

American Birkebeiner Trailhead

Fundraiser for Youth Ski Teams!

Gitchi Gami Games

BIRKIE

Jan. 20 & 21, 2018

American Birkebeiner Trailhead

Super Junior National Qualifying Race!

Details & Registration at www.Birkie.com

Navigating the Legendary Birkie Trail

Tips & Tricks for Skiing the Birkie Trail

The Birkie Trail is open for adventure nearly 365 days a year. In winter, the trail is a cross-country skiing wonderland blanketed in beautiful snow. After Birkie groomers work their magic, a professionally groomed ski trail beckons adventurous spirits to explore the winding trails, bridges and rolling hills found throughout. Rated the No. 1 cross-country ski destination in the United States*, the Birkie Trail meanders through Bayfield and Sawyer Counties in northwest Wisconsin. The Birkie Trail system is over 100-kilometers long, yet is easy to access through any of the well-marked trailheads. Before you venture out on the trail, pick-up a map at any trailhead location, visitor center, or at the Birkie office in Hayward, WI. During the snow-filled days of winter (Dec 1 – March 31), there is an annual (or daily) fee required to use this amazing resource to pay for grooming costs (see page 12).

Envied worldwide, the legendary Birkie Trail is a world-class Nordic destination, and home to the American Birkebeiner – North America's largest cross-country ski-race - the Birkie Trail is a massive, impeccably-groomed, trail system designed for all silent sports enthusiasts to enjoy year-round. During the winter months, however, only cross-country skiing is allowed on the groomed Birkie Trail, except for March 9-11 for the Fat Bike Birkie weekend of events.

Fish Hatchery Park

Fish Hatchery Park Trails provide access to the Birkie Trail. Rolling terrain offers either an easy, yet varied, stroll or a more challenging workout, depending on how hard you choose to push it. Toilets, water, and an indoor shelter are found here. Water is now available year-round. Spend a moment on the stone bridge listening to the babbling brook and taking in the beauty of the surrounding forest.

Directions: From Highway 63 in Hayward, go east on Highway 77 for 2.1-miles to Hatchery Road. Turn left (north) onto Fish Hatchery Road and go 0.7-miles to the trailhead.

Mosquito Brook Trailhead

Just off Mosquito Brook Road, you'll park adjacent to the Birkie Trail. Head south for a nice long climb and you'll run into "B-hill" in just a few kilometers (you'll quickly

learn how it earned its moniker). Or, choose the trail north which is a bit more rolling with more downhill coming back. The Birchlegger Cabin located here now features water 24/7 every month of the year. A pit toilet is available on the Birkie Trail 100' south of the cabin.

Directions: From the intersection of Highways 63 and 77 in Hayward, take Highway 63 north 3.0-miles and turn right (east) onto W Phipps Road, go 1.7-miles and turn right (east) onto Phipps Fire lane. Go 0.4-miles and turn right (south) onto Mosquito Brook Road. Go 0.9-miles to the trailhead.

Highway OO Trailhead

Known as roughly the halfway point of the American Birkebeiner ski race, 'OO' provides large parking areas and easy access to the Birkie Trail. There are loads of activity options from this location. From Thanksgiving to March, cross-country skiers can take advantage of the lighted ski trails! Try the 'OO' loops on the east side for a gentle and level trail. The west side of the trail is very hilly and a great place to practice your downhill skills. Try the Birkie Trail south for nice, rolling terrain - the climb up "Happy Hill" might not make you happy, but, if you imagine kids swooshing down it on skis, you'll know where it earned its name! Options heading north include the Birkie Skate and Birkie Classic Trails. The 'OO' Trailhead offers toilets, water, picnic tables, and an indoor shelter.

Directions: From the intersection of Highways 63 and 77 in Hayward, go 9.4-miles north on 63 to County OO, turn right (east) onto County OO and drive 3.4-miles to the trailhead.

Boedecker Trailhead

The Mandli Cabin at Boedecker Trailhead has recently been updated! Improvements include better parking access, an expanded cabin space, and a well for water availability year-round. This is a popular trailhead for those seeking a gentle or easier ski adventure. Make a 3-mile loop south of the cabin on the Birkie Skate Trail & return on the Birkie Classic Trail for the flattest terrain around. If you're looking at hills for training, go north of the cabin for a tour of the big, beautiful, Birkie hills.

Directions: From Hayward, travel north

10-miles to Seeley, WI. From Seeley, travel 2.3-miles to Janet Road, turn left and travel 1.6-miles to Boedecker Road, turn right and drive .4-miles to the trailhead. Parking is available on both sides of the road. The Boedecker Cabin is on the north side of the road approximately 50-feet from the parking area.

Birkie Ridge Trailhead

Located just off Highway 63, the hike from Birkie Ridge Trailhead is worth the long, gradual and steady climb as you're rewarded with the spectacular vista found just 1.5K up the trail at the Dave Nelson Memorial Overlook. The view of the Namekagon River and the cranberry bogs is breathtaking! Continue skiing and you'll join the Birkie Trail about 3-kilometers from the Birkie Ridge Trailhead. Sorry, there are no facilities at the Birkie Ridge Trailhead location.

Directions: From the intersection of Highways 63 and 77 in Hayward, drive 12.5-miles north (through Seeley, WI) to Birkie Ridge, located on the east side of Highway 63.

North End Trailhead

Just off Randysek Road, a trip out of the North End Trailhead will provide you with a tour of the notoriously rolling hills found in the area. You'll wind your way along the North End Ski Trails for less than 1-kilometer until you reach the Birkie Trail. From there, heading to the north leads you to the infamous Power Lines, and to the south, a long adventure toward Hayward. Choose either route - it's challenging in either direction! The North End trails features a classic only ski loop. The North End Cabin offers changing rooms. Both the North End Cabin and trails are maintained by the North End Ski Club.

Directions: From the intersection of Highways 63 and 77 in Hayward, head north on Highway 63 for 17.2-miles, turn right onto County M for .2-miles, turn right onto Randysek Road and head south 2.0-miles to the trailhead.

American Birkebeiner Trailhead

Home of the start of the legendary American Birkebeiner ski race, the American Birkebeiner Trailhead is the jewel in the crown that is the Birkie Trail. It's a great launching point

(continued on page 39)

A Sign of the Times

Birkie Trail Wayfarer Signs Mark the Way

From the first race in 1973 until 1977 the race course primarily followed unplowed backroads. The Birkie Trail, as we know it today, was designed in 1977 by ski legend, Sven Wik. Trail construction began in spring of 1978 and was supervised by Bob Treeland and Marty Hall, USA Ski Team Coach. It was built with assistance from Bayfield and Sawyer Counties, with much of the construction labor provided by the Wisconsin National Guard.

In the 1970s, each kilometer of the Trail was identified by a signpost carved with a number identifying its distance from Hayward. One of the original posts, a true Trail treasure, is on display in the Tony Wise Museum of the American Birkebeiner. Eventually these carved posts were replaced with new signposts, each mounted with American Birkebeiner signs and kilometer numbers counting up from Hayward. Over the years, the signs became quite familiar to Birkie Trail users.

In 2006 construction began on what has become known as the Birkie Classic Trail. This created a conundrum with the kilometer markers. The new "Classic" Trail separated from the "Birkie" Trail on the Cable Union Airport property and merged back just south of the Highway OO crossing. From start to finish, the Classic trail was 54-kilometers and the Birkie Trail was 50-kilometers long. From the merge point south toward Hayward, there were two sets of markers, one for Birkie Trail and one for

the Classic Trail. Both markers were in the same location, on opposite sides of the trail, and each had a unique kilometer number counting up toward Hayward's Main Street finish line. Even more changes came to pass in 2015 including; rerouting the course into Hatchery Park to relocate the Highway 77 aid station; the addition of a new section of trail near the former Rosie's field; followed by the addition of the American Birkebeiner Trailhead and new race start area. It was time to create new kilometer markers.

With the change in kilometer signs came the opportunity to provide improved information for trail users. It was during this time that portions of the trail were officially renamed the Birkie Skate Trail (red signs), with other sections called the Birkie Classic Trail (blue signs). The new wayfaring signs reference the distance between the intersection of 4th and Main Streets in Hayward, north to each kilometer marker on the Trail.

As you look at the signs you'll see that they indicate which direction you are heading, north toward Cable, or south toward Hayward, as well as the distance to the nearest trailhead. For example, if you are at the 10-kilometer sign facing north (10-Kilometers from the 4th and Main Street finish line in Hayward), and the red Birkie Skate sign reads: 40 km to Cable – 3 km to Mosquito

Brook Trailhead, while the 10-kilometer blue Birkie Classic sign reads, 45 km to Cable – 3 km to Mosquito Brook Trailhead. If you turn south and face the same signs they'll both read: 10 km to Hayward - 2 km to Hatchery Trailhead.

The new wayfaring signs are bright, easy to read, and will help trail users orient themselves to their current location. In addition, in inclement weather, the signs will safely direct visitors to the nearest shelter at any one of the many Birkie trailhead locations. The next time you're on the trail, check them out, we think you'll like what you find.



Adopt A Kilometer of the Birkie Trail!

Become a *Birkie Trail Friend* and you can show your love of the trail, all while making a difference. By adopting a kilometer, you'll be helping to defray the costs of ongoing trail maintenance. Many of our *Birkie Trail Friends* go the extra "K" by visiting their kilometer year-round to make certain it is free from debris.

We'll commemorate your kilometer adoption with a Birkie Trail Friend placard on the new kilometer trail signposts; placards stay in place for a period of three-years.

The *Birkie Trail Friend* program also gives you the chance to honor or remember someone special to you or your family.

If you'd like to learn more about adopting your own special "K," visit www.Birkie.com/trail/birkie-trail-friends.



Birkie Trail Friends, John Garrett & Colleen Graham and their Special "K."

How to Make Your Next Birkie your Best

—Caitlin Gregg, Birkie Ambassador &
Four Time Birkie Champion

The 2018 American Birkebeiner is going to be special. With two years to prepare this can be the year of your best Birkie yet. My first Birkie was epic. Nothing went right, I struggled to sleep the night before, I lost a glove mid-race, I missed my feeds, and I even found myself facing the wrong direction twice - but I still made it to Main Street. I have gone on to win the race four times and I feel like it goes better each year. I would like to share some tips to make this year's Birkie your best ever.

#1 Build on Past Experience. Reflect on past Birkies and think about what went well and what can be improved. The only thing worse than a mistake is one that you make multiple times. Schedule in a practice Birkie to your training plan. The best option is to sign up for the Birkie Tour which gives you a chance to ski on the course and to sample the fares at the aid stations. Plus, it is a great excuse to enjoy the Birkie Trail with friends without the stress of racing.

#2 Good Food. Try the new Indian restaurant after the race. Plan in advance a meal that you know sits well with your system. Check out the restaurant menu online, sup-

port one of the many local past feeds, or set up accommodations that include a kitchen.

#3 Get a Good Night Sleep. Birkie morning starts early, so make sure that isn't too big a shock for your system. Write out your race day schedule in advance so that you know what time you will be waking up and think about adjusting your sleep pattern in the weeks leading up to the race. Take the time to make good lodging arrangements in advance.

#4 Snacks are Key! Pack plenty of snacks and hydration for your entire race day. I usually consume upward of 3-5 water bottles filled with my custom Birkie Sports drink from Infinit Nutrition. The feed stations along the course and the volunteers are incredible and make sure you take advantage of them early! I always start my first feed when I am only 5K into the race and continue drinking and eating all the way to the Highway 77 crossing. Have a plan to eat and drink when you cross the finish line so that you are recovered for the post-Birkie Bash.

#5 Learn the Start Area. When you get to the start line immediately get a lay of the land. Learn where the bathrooms are, learn where the warm building or tent areas are



and most importantly learn which truck you will be running from once you drop your warm-ups off! (I have missed this detail before and the Birkie does a fantastic job of delivering everyone's bag, but you do have to get it onto the truck! Oops!)

#6 Get Ready to Go!!! Make sure you are ready for a fast start! No matter what wave you start in the excitement to get out on course is high and the pace from the line is always quick! Be ready for a short 30-second effort that will help you steer clear of any falls or broken equipment. I am never the first off the line (we have 50K to go!!!) but I know that if I don't start fast I will be trampled before I reach the end of the double pole zone! Practice some shorter harder efforts in anticipation of a quick pace.

#7 Stay Positive! The American Birkebeiner is a long event with all kinds of things that can arise. Make sure you feel ready for everything from exciting weather or poor wax to broken poles. Knowing that the moment you leave the start line there are endless possible scenarios that can arise and welcoming them with a smile and bit of humor can go a long way. The epic experiences are the ones that you remember and make the best stories.

May the 2018 Birkie be your best one yet!



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Low Snow, No Snow? We're working on that!

—Jeff Tumbleson, ABSF Board of Directors

We all know winters seem to be changing...warmer, shorter, less snow.....ugh! Before, during, and immediately after last year's race cancellation, the Birkie Team jumped into action. We began formally researching and formulating a plan for the future. We all know that to guarantee the future of Nordic skiing we must include snowmaking in our plans. It's the best way to guarantee that we aren't forced to repeat the weather driven happenings surrounding race week 2017 – although, it was a heck of a great party!

Now, we know that covering 50-kilometers of trail is nearly impossible. And, while Italy's Marcialonga race does it often, they also have the resources of the Italian army and roughly five alpine snow areas to draw upon. Reality for the ABSF is a plan that can cover 5, 10, or maybe even up to 20-kilometers. We fully recognize that we must start small with 1.5 to 2-kilometers, with plans and full intentions of expanding solidly in place.

This is a BIG plan and the Birkie Team, the likes of Ben Popp – ABSF Executive Director, Mike Mandli - Trail Committee Chair, Jim Sokup – ABSF



Operations Director, and several others who make up the team, are working tirelessly to develop and ultimately implement the plan.

By working with and learning from the leading snowmaking experts, like HKD, we have already established an estimated cost of just over \$300,000 per kilometer. While that number is not small, in the long run it

delivers the basics required to ensure skiing for years to come. The estimate includes a permanent skiing venue and the infrastructure required to make it happen - site preparation work, a well, a pump house, burying water lines, and the equipment to bring it to life.

So, here's our goal: create a snowmaking venue (starting from the American Birkebeiner Trailhead) capable of continuing Nordic skiing in Wisconsin, the Midwest, and beyond. This venue will ultimately allow us to host local, regional, and even national events, which in turn will keep more people on skis. However, we haven't lost sight of our ultimate goal – to preserve, support, and save the Birkie, should Mother Nature deal us a blow in future years.

We know this is not an easy task. Let's face it, it's a huge commitment. We are confident that through grants, donations, sponsorships, and the ABSF's own hard-earned money, we will make snow happen.

We know this plan is key to ensuring the future of skiing and necessary to guarantee we have a solid place to continue doing the sport we all love. Let it snow!

Birkie Trail Season Ski Pass

With snow on the horizon and skiing soon to follow, the ABSF reminds all those who enjoy winter use of the American Birkebeiner Trail System to purchase a Birkie Trail Pass. The pass gives skiers access to all 100+ kilometers of the groomed trail system and is required for each individual who utilizes the groomed trails from December 1, 2017 to March 31, 2018. Skiers have the option of purchasing daily or season passes. Season passes come complete with a carabiner to attach to clothing or an optional armband pass holder is available for \$5.00. Birkie Trail passes are not required from April 1 through November 30 each year.

One of the core tenets of the ABSF mission is to serve as good stewards of the American Birkebeiner Trail system. All proceeds from the sale of Birkie Trail passes are used to defray the over \$350,000 in ABSF annual grooming and maintenance expenses, including: year-round equipment care, maintenance, mowing, brushing, downed tree removal, signage and gate replacement, erosion control, plowing, lighting of 5K of trails, and more.

During the winter months it takes three ABSF trail staff members, on PistenBully groomers, an estimated 36-hours to groom the full 100+ kilometer trail system from end to end. What makes this grooming feat even more remarkable is that, for safety reasons, the majority of the work is completed at night to reduce the potential for interaction with skiers on the trail.

For details on the Trail Pass program and information on where to purchase passes, please visit www.Birkie.com/trail, call us at 715-634-5025, or stop in and see us at the Birkie Office. If you enjoy the beautiful Birkie Trail system, please support its ongoing maintenance by purchasing your required pass this ski season. Thank you!



The Birkie Endowment – Long Term Support for the Birkie Lifestyle

—Jim Coors, President, Foundation for the
Endowment of the American Birkebeiner

The Birkie used to be just a long, tough, but incredibly enjoyable ski race through the north woods. Now the term “Birkie” has taken on a greater vision – promotion of an active, healthy, environmentally-responsible lifestyle. You can help make this vision of the Birkie lifestyle a permanent reality.

The Foundation for the Endowment of the American Birkebeiner (FEAB), known more simply as the Birkie “Endowment,” was established to support the Birkie vision far into the future. The Endowment is a 501(c)(3) not-for-profit organization with an independent board of trustees; Jim Coors, Paul Eckerline (ex officio), Joe Hoida, Mark Hooley, John Garrett, Mike O’Meara, and Ben Popp (ex officio). The Endowment’s sole function is to establish and oversee a permanent endowment to support the ABSF. As the Birkie Endowment grows, it will generate more and more income that can be used by the ABSF to ensure the continuity of essential functions. To ensure the highest level of operational oversight, the Endowment has established a partnership with the Eau Claire Community Foundation to manage the investment of Endowment funds.

The Birkie Endowment will grow by two means, outright donations and planned giving. To jumpstart the endowment, we’ve established the Endowment “Forerunner” donation program. The first 35 donors of \$25,000 or more will be designated Endowment Forerunners and be forever recognized



ENDOWMENT FOR THE AMERICAN BIRKEBEINER

as the essential core supporters who brought the Birkie Endowment to life. Why 35? Because there were 35 Birkie founders – the first to do the race in 1973.

Endowment Forerunners can spread their contribution over five years, and groups of individuals can band together for a single Forerunner contribution. Forerunners will be recognized on the Honor Wall at the “OO” trailhead and throughout ABSF communications. Five Forerunners have already stepped forward as of this writing.

Apart from the Forerunner program, there are many other ways donors can establish specific funds within the Endowment to support donor-designated activities such as volunteer support, trail maintenance, ... All ideas are welcome.

Promoting planned giving is one of the most important roles of the Endowment. There are more than 60,000 living Birkie participants, many of whom have returned

year-after-year simply because the Birkie has become an essential part of their lives. Many have asked for an easy way to include the Birkie in their estate plans to pay back for all that they’ve enjoyed and, equally important, to allow others to experience in the future. Planned giving will provide an ever-growing income stream for the Birkie.

All contributors to the Endowment, whether by direct donation or estate plans, will become members of the Birkie’s Legacy Circle. Birkie Legacy Circle members will receive a personalized certificate and a distinctive “Birkie Legacy Circle” crest on their race day bib. There are special events and receptions planned for Birkie Legacy Circle members every year.

The Endowment was established to help you help the Birkie. For more information visit the Endowment’s website <https://endowment.birkie.com> or contact us directly.



Three-cheers for Volunteers!

We've heard it time and time again, "Birkie Volunteers are the Best!" We couldn't agree more!

Well before before Birkie events take shape, we have countless hearty souls and helping hands assisting with everything from course-marking and bib packet processing, to aid-station supply distribution, and event logistics, just to name a few.

Over the years, Birkie volunteers have helped an estimated 250,000+ skiers reach the finish line at ABSF events. Not only that, they play a key role in assisting the Birkie staff, our local communities, and business partners; volunteers bring their own enthusiastic brand of Birkie Fever to everything they do!

Often the first point of contact a participant or spectator has with the ABSF, volunteers put their best foot forward with a smile, a cheery attitude, and a bounce in their step. This year, our posse of volunteers will once again help us to welcome the world to north-western Wisconsin. We couldn't be happier to be work side-by-side with this amazing group! We've said it before and will say it again, we truly couldn't host our world-class events without the continued support of our dedicated volunteers.

Groups, Clubs & Organizations! It Takes a Village!

Did you know that our Birkie volunteers are often members of other non-profit groups?



Whether Scouts, school groups, church youth groups, high-school sports teams & clubs, or local civic organizations, the ABSF helps countless community organizations with their own fundraising efforts. Our volunteer programs include an opportunity for non-profit groups to earn a stipend through their volunteerism during Birkie events year-round.

If this sounds like something your group or club may be interested in, or if you know of a non-profit organization who would like to earn up to \$5.00 per hour for their services, reach out to ronda.tworek@birkie.com with the subject line: Volunteer Group. Through this volunteer program everyone who assists with Birkie events as part of a greater group can earn money for their own organization.

Have You Got the Right Stuff?

Birkie Race Chiefs are uber volunteers who lead our other dedicated volunteers to make sure that event participants have a safe and amazing Birkie experience. Birkie Chiefs are the backbone of the volunteer corps and we couldn't produce ABSF events without them. These super volunteers support Birkie efforts year-round. Not only do the Race Chiefs help organize their own group of volunteers, some even lead the charge in our smaller events like the Junior Birkie or Barkie Birkie Skijor. No matter where a Race Chief is stationed, we rely heavily upon their skills



and expertise.

With the retirement of a few Race Chiefs this past season, we're looking for a few dedicated men and women to don the Birkie Race Chief jacket (Yes! You do receive an awesome Birkie jacket!). If you think you've got *the right stuff* to be a Birkie Race Chief, please email ronda.tworek@birkie.com with the subject line: Race Chief.



BIRCHLEGGINGS SKIERS!

ARE INVITED TO ATTEND THE ANNUAL

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SUNDAY MORNING, FEBRUARY 25, 9 A.M.

AT THE STEAKHOUSE ON HWY 27 IN HAYWARD.

JOIN THE BIRCHLEGGING CROWD IN
CELEBRATION OF 20 OR MORE BIRKIES COMPLETED!

2018 FIS Cup Races Place Birkie on World Stage

The American Birkebeiner is no stranger to the world stage and 2018 will be no different. From the earliest days, it has been Birkie tradition to encourage the best skiers from around the world to compete in the American Birkebeiner. We expect our field of international athletes to be very strong in 2018 as the American Birkebeiner will be a part of two major Cup series.

FIS World Loppet Cup

After a year off in 2017, the Birkie is back on the FIS World Loppet Cup (FWC) calendar. FWC is the premier International series of Loppet racing featuring classic and freestyle techniques. Elite marathon skiers

compete for the title of overall Cup champion and a prize purse of \$24,000. Previous FWC overall winners include Birkie Champions Sergio Bonaldi (ITA) and Tom Reichelt (GER). The only top three overall finish by an American skier was achieved in 2015 by Holly Brooks, former Birkie Ambassador and Birkie Champion.

FIS SuperTour Continental Cup

FIS designates nine regions of the world to host Continental Cup Series. The "SuperTour" is the Continental Cup Series for the United States. This is the stepping stone to the top level of Olympic-style ski competi-

tions, the World Cup. In 2018, the American Birkebeiner will be one of seven stops on the SuperTour featuring the best rising stars in the USA trying to earn their spot on the World Cup.

Qualifying for Cup Races

To qualify, skiers must meet a performance standard, based on FIS points, to be eligible to participate in the Cup races. FIS is the International Federation of Skiing. FIS Cup skiers are assigned a position at the front of the Birkie elite skate waves, both women's and men's, and Cup skiers start the race together.



FIS SuperTour Continental Cup Schedule

January 1, 2018	Dolomitenlauf	60 km	AUT
February 4, 2018	König Ludwig Lauf	50 km	GER
February 11, 2018	La Transjurassienne	68 km	FRA
February 18, 2018	Tartu Maraton	63 km	EST
February 24, 2018	American Birkebeiner	50 km	USA
March 3, 2018	Demino Skimarathon	50 km	RUS
March 11, 2018	Engadin Skimarathon	42 km	SUI

2017-2018 WORLDLOPPET RACE SCHEDULE

	8.12.17	USHUAIA LOPPET	ARG
	8.26.17	KANGAROO HOPPET	AUS
	9.2.17	MERINO MUSTER	NZL
	1.4.18	VASALOPPET CHINA	CHN
	1.14.18	BIRKIE TOUR	USA
	1.20/21.18	DOLOMITENLAUF	AUT
	1.28.18	MARCIALONGA	ITA
	2.3/4.18	KÖNIG LUDWIG LAUF	GER
	2.4.18	SAPPORO INT. SKI MARATHON	JPN
	2.10/11.18	LA TRANSJURASSIENNE	FRA
	2.11.18	TARTU MARATON	EST
	2.17/18.18	GATINEAU LOPPET	CAN
	2.18.18	JIZERSKÁ PADESATKA	CZE
	2.18.18	TARTU MARATON	EST
	2.24.18	AMERICAN BIRKEBEINER	USA
	2.24/25.18	FINLANDIA-HIIHTO	FIN
	2.25/26.18	VASALOPPET	SWE
	3.3.18	BIEG PIASTOW	POL
	3.3.18	DEMINO SKI MARATHON	RUS
	3.4.18	VASALOPPET	SWE
	3.11.18	ENGADIN SKIMARATHON	SUI
	3.16/17.18	BIRKEBEINERRENNET	NOR
	4.28.18	FOSSAVATNSGANGAN	ISL

www.Worldloppet.com

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PASSPORT HOLDERS GATHERING

WORLDLOPPET PASSPORT HOLDERS ARE INVITED TO ATTEND AN INFORMAL

EUROPEAN-STYLE BREAKFAST BUFFET GATHERING

FRIDAY, FEBRUARY 23, 2018

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Path to PyeongChang

—Jessie Diggins, Birkie Ambassador & Member, U.S. Ski & Snowboard Team

As we look back to summer and fall training four years ago, you may recall your social media feeds blowing up with “#roadtoSochi” hashtags. Athletes from all different sports documented and shared what their journey was like while training for the upcoming Olympics and striving to make the team. Four years later, we’re back at it...only everyone loves a good alliteration, so “Path to PyeongChang” sounds much better! I’d like to share with you an inside look at what my personal journey has been like so far.

Unfortunately, there’s nothing mind-blowing, because for the most part I’ve changed absolutely nothing about how I train and live! I’m still training with my club team, SMS, out of Stratton, VT, (and making regular visits home to Minnesota). A typical day of training for me is a morning session and an afternoon session, with intervals 2-3 times a week and strength 2 times per week. My training is periodized in waves, with weeks building in volume and intensity then a recovery week to let it all

sink in. My coach, Jason Cork, writes my plan and I work closely with him to continue improving my technique. It’s a never-ending game because there is always something to fix, some little tiny improvement to make. Which I love, because it will never be boring!

One thing that has changed is that I’ve had to be smarter, and learn when to say no. Dealing with media is especially interesting because while most reporters are amazing, there are also ones who assume that I’m a skiing machine and not a person with feelings. At the end of the day, Olympic selection is both wonderful and stressful! There can be a ton of perceived pressure - both internal and external - when it comes to results. I deal with this by only thinking one day at a time. Once I’ve built out my goals and plan for the year with my coach, I know what I need to accomplish each day and each training session to get there. So, I don’t worry about getting a medal or qualifying for the team...I think about my technique during the session I’m currently doing and hitting my goals for that workout. And at the end of the day, it’s good to remember that we’re all just people going for big goals and putting everything we have toward them!

It’s also easy to get over-excited with training and get stuck in the “more is better” mentality, and over-train. This is the great irony of being a full-time skier: the more of

your life you dedicate to the sport, the more you realize you sometimes have to sit and rest rather than keep skiing. Even when it’s a gorgeous bluebird day and the tracks are calling! This is something I’ve always struggled with. But, when I remind myself that an Olympics is on the line, it becomes easier to see the big picture and be able to prioritize training quality over all else. Learning to train smarter has been a huge part of the improvements I’ve seen in my racing over the past few years.

The bottom line is that there are no secrets, just an incredible amount of hard work, sweat, and focused training time. I feel so lucky to have a hardworking team of coaches, techs, teammates and supporters to be on this journey with. I’ve got some big, big goals set for the Games and I’m doing everything I can to make them a reality!

*If you’d like to follow my journey, see more photos and stories on my instagram (@jessiediggins), Facebook athlete page (Jessie Diggins) and website: jessiediggins.com





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Training Tips from the Experts

—Courtesy of Salomon

Fall is an exciting time of year to be a cross-country skier. To help you prep for your ski season, we've gathered a few insider tips from elite skiers Jessie Diggins' and Erika Flowers'.



Courtesy of Salomon

My World Cup Training Checklist

—Jessie Diggins

1. Test your pacing with intervals. I'll do threshold and race pace intervals so that my body gets used to the different speeds. By practicing 5km vs. 30km race pace I know how to pace myself during each race so I don't blow up!
2. Test your fueling before, during, and after. During training, and especially intervals in the fall, I test out different drink mixes (Bioenergy Ribose for sugar and Nuun for electrolytes) and timing of food so that on race day I know how my stomach will feel.
3. Test your race suit. This may sound silly, but mid-race chafing can really ruin a race day! Test out what clothing you're going to be wearing during the race while training so you know what to expect. For me, I know exactly how my Podiumwear suit will feel which makes me confident.
4. Test your technique. I work with coaches and teammates to play around with technique in the spring, summer and fall so

that during race season I feel confident in how I'm skiing and try not to change anything the week of the race.

5. Test your skis...perhaps the most important piece! I spend a lot of time on my Salomon boards making sure I know how they feel in different snow conditions and how the classic skis kick. That way, on race day my skis feel like an extension of myself!



My Tips for Prepping for Birkie

—Erika Flowers

1. Start slow and steady: Don't worry about your heart rate or training zone too much, just practice skiing continuously for 2-3 hours and keep the pace easy.
2. Work your threshold zone: My favorite pre-Birkie workout is 5X8 minute inter-

vals at threshold pace. I do this workout throughout training and a week or so before the race. I like bringing a few different pairs of Salomon skis and trying a different pair for each interval to see which perform best at higher speeds.

3. Fuel is your friend: Fueling is an easy but often forgotten secret ingredient to success. In the two to three days before the Birkie, increase your intake of carbohydrates and water to make sure your body is primed. During the race, carry a drink belt and drink sports drink on every downhill. Plan to take a gel every 10-15km and practice opening and eating all of it while skiing at threshold or race pace.
4. Preview pinch points: Ski the first few kilometers of the course a few days before to see where the power lines go into the woods and the course narrows. Remember that once in the woods, passing becomes a lot more challenging. Checking out the designated feed zones (aid stations) and hills is also a good way to familiarize yourself with the course.
5. When it hurts, smile!

Feel free to follow both Jessie and Erika as their seasons progress at:

- www.jessiediggins.com, @jessiediggins
- www.newerikaflowers.com, @eflowers89.



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A proud supporter of the American Birkebeiner *since 1978*, we are once again pleased to take a lead role in this international event by co-sponsoring the Barnebirkie race.

Embedded in our culture is a genuine sense of mission to make every community where we live and work better because we're there. It's a philosophy anchored in the philanthropic spirit of our founder and demonstrated in the way we do business and the individual actions of our associates; *which is why we're proud to support the American Birkebeiner.*

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www.Birkie.com/museum

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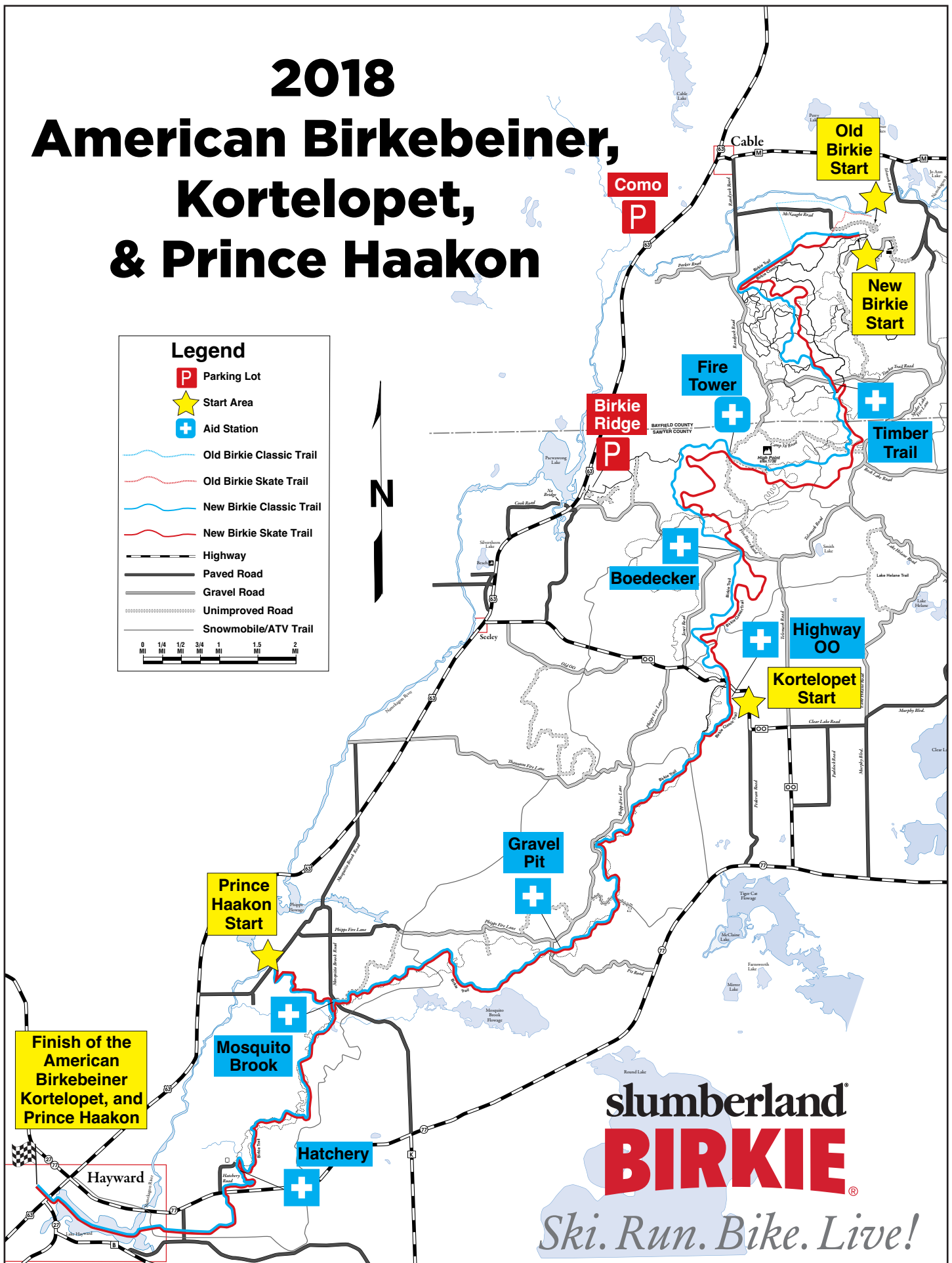
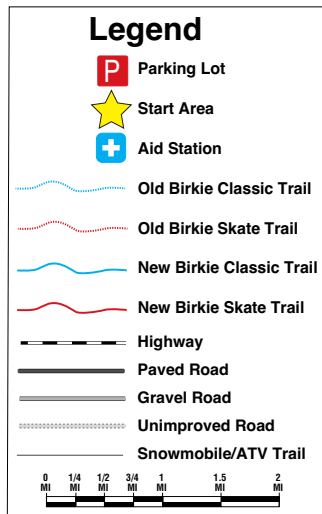
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2018 American Birkebeiner, Kortelopet, & Prince Haakon



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AMERICAN BIRKEBEINER SKI FOUNDATION - 2017-2018

Birkie Events Calendar

2017

December 30 Double Pole Derby

2018

January 1 2018 Birkie Trail Run Festival Registration Opens
January 14 Birkie Tour
January 20 & 21 Gitchi Gami Games
February 22 Birkie Week Festivities & Events Begin
February 23 Kortelopet & Prince Haakon
February 24 44th Slumberland American Birkebeiner
February 25 Fast & Female Champ Chat, On Snow Ski & Bike Demo
March 9 & 10 Fat Bike Birkie
May 1 Registration Opens For:
2019 Slumberland American Birkebeiner, 2019 Kortelopet,
2019 Prince Haakon, 2019 Birkie Tour, 2019 Fat Bike Birkie
May 15 Lumberjack Run 5K Run/Walk Registration Opens
July 21 Lumberjack Run 5K Run/Walk
August 4 ABSF Annual Meeting & Fun Day
September 28 & 29 Birkie Trail Run Festival

We Hope to See You in the North Woods Soon!

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BIRKIE

Ski. Run. Bike. Live!

Schedule & Dates Subject to Change

Year-Round Calendar of Events at www.Birkie.com

Race Change Deadline!

The deadline for requesting the following changes is Friday, January 26, 2018 by 4:00pm CST.

- **Birke to Korte – Fee \$15**
 - No additional fee if technique change is made at the same time
- **Korte to Birkie – Fee \$30**
 - No additional fee if technique change is made at the same time
- **Technique Change – Fee \$15**
 - Please be aware that some waves may be closed so you will be placed in the next available wave
- **Wave Change Requests – Fee \$15**
 - Results from certified Birkie qualifying races can be used to move into a new wave, see details at Birkie.com
 - Please be aware that some waves may be closed so you will be placed in the next available wave

For your convenience, visit www.birkie.com/change-upgrade-request to make any changes to your registration. Please note that credit card information will be required. Also, please remember to use the name that you originally registered under (ex: James Smith vs. Jim Smith). Thank you!

Schedule of Events!

THURSDAY, FEBRUARY 22, 2018



9:00am	Birkie Adaptive Ski Events
10:00am	Barkie Birkie Skijor
12:00pm	Barnebirkie
1:00pm	Birkie Expo
2:00pm	Junior Birkie
5:30pm	Birkie Giant Ski
5:30pm	Birkie Bash Celebration 2018

A FULL DAY OF FUN FOR EVERYONE! ALL EVENTS END ON HAYWARD'S MAIN STREET!

Register Now!
See Birkie.com/Ski for Details!

slumberland
BIRKIE
Ski. Run. Bike. Live!

ALL THURSDAY EVENTS END ON HAYWARD'S MAIN STREET. REGISTER NOW! VISIT BIRKIE.COM/SKI FOR DETAILS!

BIRKIE **Adaptive Ski** Thursday, February 22 9:00am

Para-athletes compete head-to-head!

1.2K & 3K Events

❄ Standing Adaptive

❄ Sit-Ski

❄ Visually Impaired

Events Finish on Main Street!



Sponsored by
BeckerLaw office, S.C.

Ski. Run. Bike. Live!



Barkie BIRKIE Skijor

Thursday, February 22

10:00am 5K Expert
10:45am 3K Sport

On Hayward's Main Street!
#BarkieFever

Sponsored by
FEED MILK

Barne[®] BIRKIE[®]

WHERE BIRKIE
DREAMS BEGIN!

Thursday, February 22

12:00pm

- ❄️ 1.2K & 3K & .5K Distances
- ❄️ Ages 3-13
- ❄️ Cookies! Cocoa! Medals!



Presented by
JOHNSON BANK **SWISSMISS**

BIRKIE[®] Expo

February
22 & 23

Thursday 1pm – 8pm • Friday 9am – 8pm



Bib & Birkie Gear Bag Pick-Up!

Vendors Galore!

Located at Hayward High School

ALL THURSDAY EVENTS END ON HAYWARD'S MAIN STREET. REGISTER NOW! VISIT BIRKIE.COM/SKI FOR DETAILS!

Jr.[®] BIRKIE[®]

Thursday, February 22

2:00pm

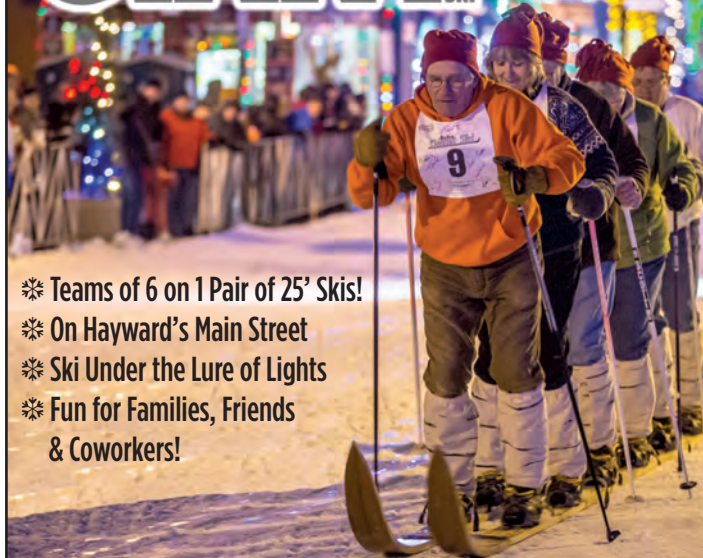
- ❄️ Ski Over the International Bridge!
- ❄️ 1.2K, 3K, 5K
- ❄️ Ages 6 to 19
- ❄️ Meet Elite Skiers at Relay Sprints!



Presented by
GEAR WEST
XC SKI & RUN GEARWEST.COM

BIRKIE[®] GIANT[®] Ski

- ❄️ Teams of 6 on 1 Pair of 25' Skis!
- ❄️ On Hayward's Main Street
- ❄️ Ski Under the Lure of Lights
- ❄️ Fun for Families, Friends & Coworkers!



Thursday, February 22

5:30pm

Presented by
Hayward Area
CHAMBER OF
COMMERCE

BIRKIE BASH CELEBRATION 2018

Thursday, February 22

5:30pm to 7:30pm

The Steakhouse & Lodge

- Pasta & Salad Buffet! Live Music!
- Birkie Brew-Ski! Good Company!
- Fantastic Auction Items!
- \$25 per person
- Tickets Available at the Door or Register at www.Birkie.com



Be a Birkie Insider! Become a Birkie Volunteer!

- Inside and Outside Shifts!
- Over 2000 Volunteers Needed!
- Give Back to the Events You Love!
- Ski One Day & Volunteer the Other!
- Sign-Up! www.Birkie.com/volunteer





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BIRKIE®

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FRIDAY, FEBRUARY 23, 2018

Schedule of Events

Kortelopet **BIRKIE**®

- 10:45 a.m. Kortelopet Boys U20 Skate
- 10:50 a.m. Kortelopet Girls U20 Skate
- 10:55 a.m. Kortelopet Boys U20 Classic
- 11:00 a.m. Kortelopet Girls U20 Classic
- 11:05 a.m. Kortelopet Wave 70
- 11:15 a.m. Kortelopet Wave 1 Classic
- 11:20 a.m. Kortelopet Wave 1 Skate
- 11:25 a.m. Kortelopet Wave 2 Classic
- 11:30 a.m. Kortelopet Wave 2 Skate
- 11:35 a.m. Kortelopet Wave 3 Classic
- 11:40 a.m. Kortelopet Wave 3 Skate
- 11:45 a.m. Kortelopet Wave 4 Classic
- 11:50 a.m. Kortelopet Wave 4 Skate

Prince Haakon **BIRKIE**®

- 1:15 p.m. Prince Haakon Gun Time Start Begins
- 1:30 p.m. Prince Haakon Start Window Closes

Both Races Finish on Hayward's Snow-Covered Main Street!

This schedule is subject to change. Please see www.Birkie.com for updates to the event calendar. Final information will be available in the Race Participant Guide in advance of February events.

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BIRKIE

Ski. Run. Bike. Live!

SATURDAY, FEBRUARY 24, 2018

Schedule of Events

American Birkebeiner®

8:15 a.m.	Birkie - Spirit of 35
8:15 a.m.	Birkie - Inga & Warriors Start
8:30 a.m.	Birkie - Women Skate Elite Skate
8:35 a.m.	Birkie - Men & Women Elite Classic
8:40 a.m.	Birkie - Wave 1 Classic
8:50 a.m.	Birkie - Men Skate Elite Skate
8:55 a.m.	Birkie - Wave 70 Skate & Classic
9:05 a.m.	Birkie - Wave 1 Skate
9:10 a.m.	Birkie - Wave 2 Classic
9:15 a.m.	Birkie - Wave 2 Skate
9:20 a.m.	Birkie - Wave 3 Classic
9:25 a.m.	Birkie - Wave 3 Skate
9:30 a.m.	Birkie - Wave 4 Classic
9:35 a.m.	Birkie - Wave 4 Skate
9:40 a.m.	Birkie - Wave 5 Classic
9:45 a.m.	Birkie - Wave 5 Skate
9:50 a.m.	Birkie - Wave 6 Classic
9:55 a.m.	Birkie - Wave 6 Skate
10:00 a.m.	Birkie - Wave 7 Skate

This schedule is subject to change. Please see www.Birkie.com for updates to the event calendar.
Final information will be available in the Race Participant Guide in advance of February events.



Birkie On-Snow Demo Ski & Bike

First Time Ever
2019 Registration Surprise!

Sunday, February 25, 2018

9am to 2pm

At the American Birkebeiner Trailhead!

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BIRKIE

Ski. Run. Bike. Live!

Vendors Galore!

**Try the newest skis,
boots, poles, bikes!**

Fast and Female – Champ Chat!

**A Morning of Elite Racers & Fun!
Hang out with your heroes!**

Sunday, February 25, 2018 • 9:30am – 12:00pm

**In the Great Hall
American Birkebeiner Trailhead!**

For Girls 8-18!



Register at www.Fastandfemale.com



INNOVATIVE PASSION FOR SKIING



Photo: Ian Coble

www.madshus.com



Dr. Brent Carlson

Orthopedic Surgeon & Birkie Skier

Dr. Carlson is a board certified orthopedic surgeon who has special interest in skiing and other sports-related injuries. As a repeat elite wave Birkie® skier, he understands what it takes to get skiers of all abilities back on the race course.



Surgical Expertise includes:

- Arthroscopic surgery of the Hip, Knee & Shoulder
- Total Hip, Knee and Shoulder Replacement
- Hand & Wrist Surgery



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

BRENT CARLSON, MD
carlsonmd.com

PROUD SPONSOR OF:

- "00" Nordic Center
- Birkie Ski Race
- Birkie Trail Run Marathon
- Birkie Tour Presenting Sponsor



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Seeing patients in Eau Claire, Chippewa Falls, Hayward and Stanley.
For an appointment call **800.322.1747**

BIRKIE. Trail Run Festival

September 28 & 29, 2018

8 events

Something for everyone!



Birkie.com/Run

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BIRKIE

Ski. Run. Bike. Live!



On-site Camping & Bonfire

Great Food & Craft Beer

Expo & Live Music

Amazing Trail & Peak Fall Leaves



59th Annual **LUMBERJACK** World Championships

INTERNATIONAL LUMBERJACK COMPETITION AT
HISTORIC LUMBERJACK BOWL, HAYWARD, WISCONSIN

Thursday-Saturday
July 19-21, 2018

www.lumberjackworldchampionships.com

Lumberjack Bowl is the original start of the first American Birkebeiner!

Meet the Birkie 2017-2018 Birkie Ambassadors!

The American Birkebeiner Ski Foundation's Birkie Ambassador program is comprised of some of the brightest stars in cross-country skiing. These incredible athletes live the Birkie lifestyle every day and are inspiring others to do the same. The ABSF Birkie Ambassadors currently compete in cross-country skiing, Nordic combined, and biathlon; and all at elite levels. We're thrilled to introduce you to the 2017-2018 Birkie Ambassadors.

We asked them for their thoughts on being a Birkie Ambassador; here's what they had to say.

Jessie Diggins

Hometown: Afton, Minnesota
Where I am Now: Stratton, Vermont
Team: US Ski Team, Stratton Mountain School Elite Team



"Cross-Country skiing is a lifetime sport - you can enjoy it at any age, at any stage of the sport. It's a great way to get outside and be active and healthy since it's a full body sport that uses your legs, core and arms, and demands balance, power and endurance. It's fun to race in Cross-Country ski races like the Slumberland Birkie, and it's also fun just touring around and enjoying the beautiful trails."

Caitlin Gregg*

Hometown: New York City, NY
Where I am Now: Minneapolis, MN
Team: Team Gregg/Madshus

**Caitlin is a 4X American Birkebeiner Champion, the only skier to hold that honor.*



"I love the camaraderie to race on the same course and the same day as 10,000 other people. I love reliving and sharing those moments, both the good and the bad. I love that bond that you share with others from the expo leading up to the race, to your feeding strategy for the race and to skiing across Lake

Hayward and through the crowds of people up Main Street to the finish line."

Brian Gregg

Hometown: Winthrop, WA
Where I am Now: Minneapolis, MN
Team: Team Gregg/Madshus



"The Birkie encompasses an active and healthy year-round lifestyle and I love being a part of that. I know that for myself a day that I get out to run, bike, ski, roller ski, or walk is a better day because of those activities. I am excited to inspire others to improve their lifestyle through fitness."

Annie Hart

Hometown: Stillwater, Minnesota
Where I am Now: Stratton, Vermont
Team: US Ski Team, Stratton Mountain School Elite Team



"I hope that by sharing my excitement, passion, and dedication to the sport of cross-country skiing that others will give it a try, and fall head over heels in love with it like I have. I want to reach out to as many people as possible, and I can't imagine a better organization to do this through than the Birkie."

Kyle Bratrud

Hometown: Eden Prairie, Minnesota
Where I am Now: Marquette, Michigan
Current Team: CXC Elite Team



"I understand the importance of giving back to the Nordic community that has been so supportive of me in my skiing career. Watching the faces of young skiers as they reach their next skiing goal is a wonderful thing. It is

just one of the reasons I volunteer as a coach for the Northern Michigan University team. Since last year's race did not happen, my Birkie Fever is at an all-time high as I wait another year to compete in my first Birkie!"

Adam Loomis

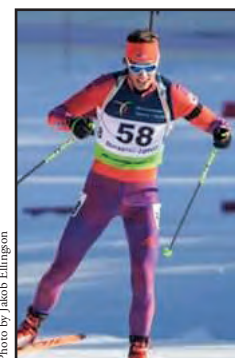
Hometown: Eau Claire, WI
Where I am Now: Park City, UT
Current Team: USA Nordic Combined Team



"Representing the Birkie is truly an honor for me. I know first-hand how important this organization and all the Birkie events are to our community. I grew up progressing through years of Barnebirbies, the Junior Birkie and the Kortelopect, all the while watching family and friends racing in the full Birkebeiner. It's the peak of so many skiers' seasons, and for good reason. As a Birkie ambassador, I hope to inspire others to experience all the joy, satisfaction and pride that comes with participating in these events."

Paul Schommer

Hometown: Appleton, WI
Where I am Now: Lake Placid, NY
Team: US Biathlon A Team/Moose Nordic



"Being a Birkie ambassador not only means representing the greatest ski race in the world but the fun filled pursuit of a healthy lifestyle through participation in silent sports. When I was introduced to skiing it opened up a whole new world of opportunity that I never knew existed growing up."

*Good Luck in 2018
to our
Birkie Ambassadors!*

Improving the Birkie Trail Experience 365 Days a Year

The American Birkebeiner has been enhancing the quality of lives for nearly half a century. For generations, ABSF events and the world-class Birkie Trail system have been motivating adventurous spirits to embrace an active, outdoor lifestyle. In support of providing the infrastructure, spaces, and places to keep that spirit alive, the ABSF's *Honoring the Legacy – Ensuring the Future* Capital Campaign is changing the face of the Birkie Trail for participants, volunteers, visitors, and surrounding communities.

What began just a few short years ago with the building of the American Birkebeiner Trailhead and the International Bridge, the Capital Campaign has now expanded to include infrastructure throughout the Birkie Trail itself and its usability for all.

Phase 2 of the *Honoring the Legacy-Ensuring the Future* Capital Campaign has received a groundswell of support with over 2200 loyal donors who have contributed \$1,456,374 or approximately eighty-seven percent of our overall goal as of this writing!

Phase 2 Dollars – Come to Life!

Whether you're enjoying a leisurely ski on the Trail or are in the midst of a Birkie event, you'll see how Phase 2 donations have come to life throughout the Birkie Trail. From beautiful new trailside warming cabins at Timber Trail, Gravel Pit and Fire Tower, and a renovated Boedecker cabin, amenities throughout the trail system are better than ever and available for users year-round. Each of the trailside warming cabins now offers convenient picnic tables, toasty



**Proposed Recreational Tunnel
Beneath Highway 77**



Planned Outdoor Recreation Center at OO

warm woodstoves, and a welcoming ambiance available to users all-season-long. From new wells for availability of drinking water year-round to solar-powered generators for green energy, we think you'll find the Birkie Trail the perfect cross-country ski destination for race day and every day.

Each trailside cabin has a benefactor who graciously donated the resources to help make the improvements happen. From the Derksen cabin at the American Birkebeiner Trailhead to the most recent cabin dedication at FireTower, courtesy of Greg and Marilyn Franzen, we are incredibly grateful for the ongoing support of so many.

Phase 2 has also funded the creation of an exciting new Kortelopet start area, beautiful new wayfaring trail kilometer markers (see page 9), and much more!

As the sole steward of the over 100-kilometer Birkie Trail system, the ABSF spends an estimated \$350,000 annually on ongoing trail maintenance, mowing, and grooming. Phase 2 funding has enabled the Birkie to secure a dump truck, snowplow, skid steer, snow bucket, and an Arctic Cat snowmobile to help make it all happen.

Phase 2 – Looking Forward!

The resources from Phase 2 will also fund a beautiful new outdoor recreation center to be located east of Seeley, WI, on Highway OO. The 4000-square foot center will provide skiers, runners, and bikers with heated changing areas and restrooms, a kitchen, a gathering room to socialize, a bike

and ski tech maintenance repair room, a classroom, and a conference room. This beautiful structure will be the ideal space from which to launch every silent sport enthusiast's next Birkie adventure!

We're almost to the finish line and with your help will complete Phase 2 fundraising with the goal of purchasing a new, larger Piston Bully groomer to keep the trail at its best, installation of a new recreational tunnel under Highway 77 to get Trail users safely across the roadway, an initial investment in snowmaking equipment (see page 12) and a Birkie Trail bridge over Highway OO.

With your consideration, generosity, and support, we'll cross the Phase 2 finish line. We promise to use the resources wisely and will keep working to enhance your Birkie experience throughout the year.

If you want to help us develop this exciting vision, please contact Audun Mikkelsen, ABSF Development Director, audun.mikkelsen@birkie.com or 907-433-9265. Thank you!



Proposed Bridge Over Highway OO

With Thanks

We make every effort to ensure accuracy when acknowledging our generous donors. Unfortunately, we inadvertently omitted the following in our 2016-2017 Annual Report. We apologize for the oversight and thank these wonderful folks for their gracious support of the *Honoring the Legacy – Ensuring the Future* Capital Campaign. Thank you!

\$10,000 - \$24,999

Tom & Jan Cogbill

\$500 - \$999

Erick & Elizabeth Wikum



GET BETTER.

We can help you, so you can perform at your highest level. Our specialists treat just about any sports related injury including sprains and strains, as well as a torn MCL, ACL or rotator cuff.

Sports Medicine

marshfieldclinic.org/sportsmedicine



The Basics: The Etiquette of Aid Stations & Racing

There are a lot of great things to expect on race day for every Birkie, Korte, and Prince Haakon skier: an energy-filled bus ride; a world-class trail; an exhilarating finish on Hayward's Main Street; and a well-deserved après-ski celebration with family and friends.

While you may have mapped out your pre-and post-race plans, it's most often the journey in-between where things happen that you weren't prepared for. It's also what makes the race great, yet it's also what can make it challenging. From a skier bumping into you, to someone skiing over your skis, to getting poles tangled, or maybe even navigating a crash or two, the following rules of the trail will help you to have a safe, efficient, and enjoyable journey to the finish line.

Etiquette at the Start

The start line of the race is when excitement and nerves reach their peak. When the starter counts down and excitedly yells "go," it's natural to want to take off in a sprint. However, it's just the start of a long journey; the best thing to do is relax and let it all happen. Follow these simple tips to ease the tension and make a few friends at the start of the race.

- The earliest you may enter the outermost pen is :15 minutes prior to the start of your wave. You will be allowed into the second pen :10 minutes prior to the start and you'll enter the starting pen :05 minutes before your wave start. Treat the other skiers the way you'd like to be treated and you're already on your way to a great race experience.

- Skate skiers: Double pole until the track ends. You're not going to win (or lose) the race in the first 100m. Relax and give the skier in front of you some room. At some point while double-poling, you may need to slow down; give yourself time and space to react.
- Classic skiers: Line up in a track, not between tracks. Tracks are intentionally spaced apart from each other to allow one skier per lane, but not any more than that. Following this simple rule will help to avoid bottlenecks, broken poles, and crashes. Bottom line, a skier between the tracks will cause issues for everyone.

Passing Etiquette

Most likely, every racer will either pass or be passed by another skier. Here are some tips to keep it friendly while trading positions:

- Pass only when there is enough space! Don't force it. There will be other opportunities to pass. In the meantime, take advantage of the energy saved.
- Announce your intention to pass - "on your left" or "on your right" are the most commonly understood announcements. This is a very easy and simple courtesy to follow.
- If you hear a passer's announcement, give the passing skier more space, if possible. If you want to earn your sportsmanship badge, give the passing skier a "nice work!" as she or he skis by.
- Skate skiers: Respect your classic skiing counterparts and keep your skate strides off the classic tracks!

- Use caution while drafting. The trailing skier in a draft will often carry more speed than the lead skier which can cause issues on the uphill.

Aid Station Etiquette

Aid stations are a crucial part of the race and most of us want to minimize our time spent there while maximizing the benefits.



Here are a few tips to getting in, getting aid, and getting out smoothly:

- When entering an aid station, always ski to the furthest open table.
 - As you approach an aid station, announce what you need - Nuun, water, banana, etc. An informed volunteer can help to get you in and out as quickly as possible.
 - Throw all nutrition wrappers at the aid station! Please don't throw them on the trail between aid stations! Leave no trace!
 - If you need to stop for a rest, replace a
- (continued on page 37)*



8 Things People Don't Tell You When You Start Nordic Skiing

—Corey Towle, *Gear West*,
2013 Prince Haakon Champion &
Nordic Ski H.S. Coach

As the resident newbie to Nordic skiing at Gear West in Long Lake, MN (I learned to ski in the winter of 2013), I was tasked with coming up with eight things people don't tell you when you start Nordic skiing.

#1 There is a difference between Classic and Skate. Once I figured that out, I was good to go. Check in with Gear West or your local ski shop and they'll help you determine which technique is best for your abilities, interests and right equipment to support your decision.

#2 Skate skiing is NOT running. I wish I'd known! The first three times I attempted to skate ski the only forward progress I made was falling on my face. I'd stand up (or at least attempt to) and then fall on my face a little bit farther along the trail. Here's my tip...don't pick up your knees and if you have time, take a lesson prior to your first ski event!

#3 Boot fit matters! When I started skiing I got the cheapest pair of combi boots I could find; not the wisest choice. Nowadays when I am picking a new boot I literally try on every single option possible. Comfort is king!

#4 Even though it is cold outside, you will sweat in a race. Wear a lightweight wicking baselayer! There are lots of great options out there, learn how to layer!

#5 Did I mention you're are going to sweat? Stay hydrated, get an insulated water bottle (otherwise it'll freeze) and don't resort to eating the snow!

#6 What is the deal with all the different bindings? Why are they different? Why can't there just be one system? Good news! Things are moving in that direction, but remember, not every ski & binding will fit your old pair of boots! Your local Nordic expert can help you find the boots, skis, and bindings to make your skiing adventures a success!

#7 Wax matters! To what degree depends on your goals. Racing this year? If you don't feel confident in your waxing skills, sign-up for a professional wax service before

race week. Gear West offers a race wax service or check in with your local ski shop - you will eliminate the big wax worry during Birke weekend.

#8 15°F is not cold. In fact, if there's no wind, that temp is about as perfect as it gets - you won't overheat and your skis will glide beautifully. That being said, no matter the temp, there's nothing like the feeling of crisp air, freshly waxed skis, and a corduroy of freshly groomed snow just waiting for you. While you can't control the weather, you can control your gear, your wax, your hydration, your apparel, and your training. And remember, no matter the temp, with the right gear and wax...you'll have a great time on the trail!

If you have questions about Nordic skiing or your gear, reach out to a cross-country skiing professional at Gear West or your local ski shop. Nordic experts have one common goal, to help you have an amazing ski experience.



GEAR WEST
XC SKI & RUN GEARWEST.COM

Congratulations, Kristina!

Each year, the American Birkebeiner Ski Foundation hosts an official Birkie t-shirt design contest. We're pleased to share that Kristina Morse, Seeley, WI, is the official 2018 contest winner. In addition to her design skills, Kristina embraces the Birkie lifestyle as an avid biker, skier, and she enjoys spending time on the Trail with her friends and family.

With a nod to the good old, red, white and blue, Kristina's design brings to life the determination and pride of a Birkie skier in the greatest show on snow!

As part of her prize package, Kristina will receive two complimentary race registrations for any Birkie event hosted in 2018 or 2019; VIP parking at the Birkie race start; one pair of Fischer RCS skate or classic skis, and a choice of bindings, installation, and ski fitting provided by our friends at New Moon Ski & Bike Shop in Hayward, Wisconsin.

The official 2018 Birkie t-shirt is available for purchase online at www.BirkieStore.com and in the Birkie Store, 10527 Main Street in Hayward, WI.

Congrats Kristina!



The Basics: The Etiquette of Aid Stations & Racing *(continued from page 35)*

pole, or wax your skis, move to the far end of the aid station, off to the side, and out of the flow of skiers.

- Check the trail to make sure it is clear before you reenter the flow of skiers.
- If you choose to bypass an aid station, slow down and use caution skiing around stopped skiers.

Crashes

Ideally, navigating the course will go as smooth as silk. If a crash happens, stay calm and follow these tips:

- Stay in the "lane" you are in. If you are unhurt and just need to get back on your feet, don't move off to the side. You are easier to avoid if you stay in one place.
- If you witness a crash, announce "skier down!" Do your best to pass the word back so others can be forewarned.
- If you do break a pole in a crash, or at any point along the course, there are replacement poles for your use at aid stations. After the race, return the borrowed pole to Lost & Found and retrieve your broken pole. **Tip:** Before race week, be certain to label all your equipment so it can be quickly returned to you at Lost & Found!

Your Bib, Your Race

The bib assigned to you may only be worn by you. Here's why:



- We track each participant by their assigned bib. If something were to happen to a skier, emergency contact information is retrieved using the information associated with the bib number. Having the wrong information could cause issues for the skier involved, volunteers, medical staff, and family/friends.
- You are only allowed to ski the technique that you signed-up for. We mon-

itor which course each person skis and will not include a skier in the results if they choose to complete a course other than that for which they are registered. Skiers have until January 26, 2018 to change their technique for February races (see details on page 22).

- If becoming a Birchlegger is in your future, we need to track your race and your results. No switching of bibs is allowed.

While this covers some of the basic etiquette and rules of the trail, for a full description of the Participant Rules, visit

www.birkie.com/ski/events/birkie and scroll down to Race Policies.

The Birkie staff appreciates the ubiquitous sportsmanship and camaraderie displayed every year by nearly every participant. Our goal is for every skier, spectator, and volunteer to have an amazing Birkie, Korte, and Prince Haakon race experience.

Birkie week events are designed to challenge you and leave you with a perpetual grin of accomplishment on your face and Birkie Fever in your heart.

See you in February!

FESTIVAL OF RACES
February 10-11, 2018
Traverse City, MI
REGISTER NOW
www.vasa.org

North American VASA
Freestyle Skiing & Fat Bike Races
(6k, 11k, 28k & 51k) (12k & 35k)
Saturday, 2.10.18

Hagerty Insurance
VASA Classic
(6k, 16k, & 34k)
Sunday, 2.11.18

Back this year
Collegiate Challenge

34th Annual

25k RUSH
X-C Ski Races
CLASSIC / FREESTYLE

TAKE THE "CHALLENGE" EXPERIENCE THE "RUSH"

Pepsi Challenge Cup Races
50k Freestyle & 50k Classic

Great River Energy Rush Races
25k Freestyle & 25k Classic

Giants Ridge Race
8k Spring Celebration

50k & 25k Races
Prior to Jan. 14 \$70
Jan. 15 – Feb. 16 \$80
Feb 17 – Race Day \$90

8k Race
\$35 18 years & under
\$50 over 18 years old
Through Race Day

SATURDAY, MARCH 3, 2018 **GIANTS RIDGE BIWABIK, MN**

Birkie Qualifier • Proud ASM Member • Great Race Course & Trails • Spaghetti Feed & Much More!

For more information, call, write or e-mail:
Pepsi Challenge Headquarters • P.O. Box 505 • Biwabik, MN 55708
Phone: (218) 865-8072 • 1-800-688-7669 ext. 8072
E-mail: pepsichallenge@guestservices.com • www.pepsichallengeskirace.com

Rock the Nordic Step Turn

—Kim McKenney, XC Ski Nation Coach

The Nordic step turn is the perfect cross-country ski technique for you; it checks all the boxes. The step turn:

- is used in both skate and classic skiing,
- is done on all types of terrain - flats, uphill and downhill,
- is good for skiers of all levels,
- builds agility, balance and coordination,
- helps you maintain speed or even accelerate out of corners, and
- prevents kick wax from scraping off classic skis on downhill so you can get up the next hill more easily.

Best of all, the step turn is one of the coolest moves you can make on cross-country skis. Rock the step turn and enjoy the admiration and envy of other skiers.

How the Step Turn Works

The step turn is a cornering technique, unique to Nordic skiing. Unlike alpine skis, which can carve through turns, cross-country skis are long and straight, with very little side cut. They have to be stepped around curves, with the skis hitting successive tangents around the arc.

The mechanics of a step turn are quite simple. The skier tilts the skis onto their edges and steps around the corner. With every step, the skis alternate between a V-position (tails closer together than tips) and a parallel position.

The V-shape of the skis is similar to skate skiing. The key difference is how the skis are edged. In skate skiing you work off the inside edges of both skis, but in step

turning both skis are edged onto the same side, either right or left, depending on the direction of the turn.

The inside ski is purely directional, which means it's simply lifted up, then set down on a better tangent as the skier rounds the corner.

The outside ski can push in a skating motion to generate extra propulsion, even on classic skis. It's one of the few times a skate kick (leg push) is legal in a classic ski race.

At its most basic level, a step turn is simply about picking up your feet. That's why everyone can get started learning step turns. Stand in place on flat ground and step from one ski to the other as quickly as you can.

There you go! You just started learning the step turn.

Practice Tips

- Begin on skate gear, if you can - it's easier.
- Ski in circles - tight circles, large circles, half circles and crazy 8's.
- Practice in both directions, but more often on your weak side.
- Choose the right terrain for your ability. Flats are easiest, but don't wait too long to try downhill and uphill.
- It's easier to push with the outside ski at slower speeds. At high speeds, there's no time to push and the skier just quickly steps from ski to ski around the turn.

Overcoming Fear of Downhill Step Turns

There's no shame in feeling nervous about the downhill. Nordic ski gear is far



less stable than downhill gear and trail conditions are often sketchy. But if you've developed to the level where your skill isn't holding you back, it's your fear, then try these tricks:

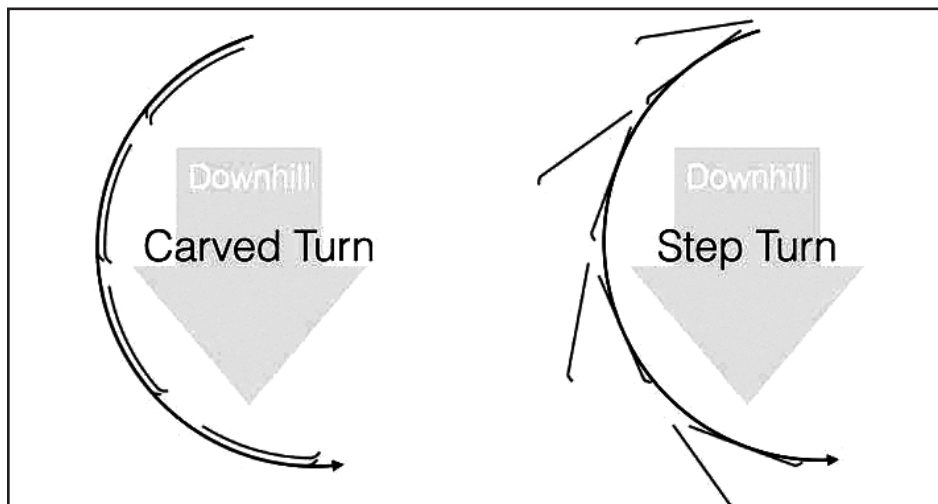
- Brake hard, then step turn: Apply a strong braking action as you enter the turn to get your speed well under control, then take a few steps out of the turn. Over time you'll brake less and step more. Braking as you enter the turn and accelerating out is the optimal way to take many downhill turns anyway.
- Count your steps: This mental trick works wonders because it distracts your brain with a new task - counting - as opposed to its usual job of freaking out. Be non-judgmental and tell yourself even zero is OK. Just count.

Small Gains Add Up

In a long-distance race like the American Birkebeiner, small efficiencies pay off big by the time you reach the finish line. The seconds you gain using a powerful skill like step turns can make a substantial difference to your finish time.

Plus, who doesn't want to feel like a boss on their skis?

XC Ski Nation is an online learning resource for Nordic skiers that includes demo videos of top level skiers, slow motion technique analysis and drills. There's even a video course that teaches how to step turn.



Navigating the Birkie Trail

(continued from page 8)

for the Birkie Skate and Classic trails, as well as the North End Trails. Enthusiasts will experience glacial pot holes, ridges, and a continuous series of rolling hills. Amenities at the American Birkebeiner Trailhead include the Derksen Cabin, a beautiful warming shelter available 24/7, complete with heat, water, and a flush toilet! The American Birkebeiner Trailhead's Great Hall, also located at the trailhead, is a hub for a variety of events all-year-through.



Directions: From the intersection of Highways 63 and 77 in Hayward, head north on Highway 63 for 17.2-miles, turn right onto County M for .2-miles, turn right onto Randysek Road for .8-miles, turn left onto McNaught for 1.5-miles to the trailhead.

Gravel Pit Trailhead

Gravel Pit Trail Head provides a unique access point to the Birkie Trail. With rolling terrain in either direction, it is a great place to launch your next skiing adventure. As you head south to Mosquito Brook, the terrain will slowly take you down in elevation, while heading north will climb you to 'OO' on the over 9-kilometer one-way trip. The Gravel Pit Trailhead now features water 24/7 every month of the year, as well as a fireplace for warmth!

Directions: From Highway 63 in Hayward, go east on Highway 77 for 8-miles to Pit Road. Turn left (north) onto Pit Road and - miles to the trailhead parking lot on your right. The cabin will be up the trail 100-meters.

Firetower Trail Trailhead

Firetower Trailhead provides a remote respite from the relentless hills of the northern Birkie Trail. Situated very close to the highest point on the trail (high point is just 1.0-kilometer north of the cabin), both the Birkie Skate & Birkie Classic Trails converge here. The Franzen trail side cabin, located at Firetower Trailhead, now features water 24/7

(continued on page 40)

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(continued from page 39)

every month of the year and a welcoming fire-place for warmth! We don't recommend access to this trailhead by car in the winter months; rather plan to ski-in, stop, enjoy, and ski-out.

Directions: From the intersection of Highways 63 and 77 in Hayward, head north on Highway 63 for 17.2-miles, turn right onto County M for .2-miles, turn right onto Randysek Road for 5-miles. No winter access by car.

Timber Trail Trailhead

For those looking for challenging terrain, look no further than Timber Trail Trailhead. Rolling hills in either direction provide the ultimate training ground for those seeking a good workout! The trail side cabin located here now features water 24/7 every month of the year, along with a fireplace for warmth!



Directions: From Hayward, head north on Highway 63 for 17.2-miles, turn right onto County M for .2-miles, turn right onto Randysek Road for 3-miles, turn left onto Timber Trail Road for 1-mile to the trailhead. Parking and the cabin are on your right side.

New Additions to the Birkie Trail

With the safety and access of all trail users in mind, the ABSF has been working feverishly to make the trails more accessible, to improve trail shelters, to add wells for water access, and much more. Thanks to the hundreds and hundreds of donors to the ABSF's Honoring the Legacy – Ensuring the Future Capital Campaign, many of the original plans have come to fruition. Trail users will find two new trailhead buildings, drilled wells at warming shelters, new wayfaring signs for easy navigation, and improved parking throughout the trail system. Plans are in place for a new Highway 77 underpass near Fish Hatchery Park and a 'OO' pedestrian overpass. All the updates, both planned and completed, will improve the access, usability, and safety of the entire Birkie Trail system for visitors, event participants, volunteers, and all who utilize the extensive trail system throughout the year.

**As voted by USA TODAY's 10Best Readers' Choice travel award contest 2016*

Slumberland American Birkebeiner

The Science Behind Ski-Testing

A Chat with Peter Blom, Madshus R&D & Test Crew

August and September are crunch time for any R&D Nordic ski test crew. We caught up with the Madshus team to see just how they test skis in advance of ski season.

Location: Torsby Ski Tunnel

The indoor Torsby Ski Tunnel in Sweden is 1.3-kilometers long and follows the natural topography, so there are both hills and slopes along the way. The temperature is always a comfortable 26.6 Fahrenheit.

Indoor Ski Tunnels for Testing

The dawn of indoor ski tunnels, in the mid-2000s, significantly eased the workday for the Madshus research and development department, test crew, and service technicians.

From August until snow is reliably found outside, the Torsby ski tunnel is a part of the Madshus test lab and office.

"With the ski tunnel in Torsby only a few hours away, we can manufacture skis early in the week and be on the snow testing by midweek," says Peter Blom, who has been part of the Madshus test crew for a decade.

Convenient & Reliable = Better Test Data

While nothing beats real winter, Blom explains that the tunnels offer some advantages to traditional testing on the glaciers. For starters, the tunnel is close to the factory. A trip to the glaciers in Central Europe would require extended travel, more



Photo: Lars Sjogvist

Torsby Skitunnel.

logistics, and no easy opportunity to return to the factory to adjust and retest.

"From August until October, we are in the tunnel almost every week. That means we test a lot more than we would if we had to travel far to test. The more we test, the more we know and the better the skis get. Because the tunnel offers such reliable and consistent conditions, we test a lot, and accumulate a huge amount of testing data that is easily comparable, both day to day and year to year, as well as model to model and

case by case," he explains.

The snow conditions in the tunnel are more like winter than summer snow conditions on the glaciers. There is no wind and no sudden changes in temperature or snow consistency in the tunnel, which makes the test data more accurate and reliable.

"The glaciers have very inconsistent temperatures and conditions. Some days it can be a blizzard and bitter cold, the next day you have baking sun and slush. In the tunnel, we know exactly what the snow and the temperature will be like," Blom says.

Access to the skiers

With near perfect conditions in the tunnel, Blom and his crew frequently run into amateur, and beginner skiers, as well as professionals, including Team Madshus World Cup skiers, national teams, and World Cup wax technicians. This allows for easy interaction, exchange of experiences, and improves the testing with real-time, on-site feedback.

Thanks, Peter, for the sneak peek into the tunnel and a look at how team Madshus tests their skis!





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The Secret Weapon to Your Training? Poles!

—Judith Young, New Moon Ski & Bike Shop

From specializing in Giant Slalom during his time alpine skiing, to teaching whitewater canoeing, high-energy and adrenaline-fueled sports have always been on the menu for Chris Young. In the '90s, shortly before he started working at New Moon, he fell in love with cross country skiing and mountain and road biking. But due to a sports injury to the spine as a teen, for many years Chris was sidelined from doing most of the activities he loved, including not being able to ski the Birkie since 2004.

Last September, Chris had major back surgery, fusing 3 vertebrae, and enduring a long but amazingly successful recovery—(and after another neck surgery in March) he's again skiing, mountain biking, hiking, and plans on doing the Birkie once again in 2018. Looking back, he credits pole hiking with the majority of his gains in balance, strength, mobility, and fitness after his surgery.

Walking was crucial to his recovery, and Chris knew that many elite athletes recommend training with poles, so he thought that using his ski poles could help him not only aerobically, but also with his balance which was not the greatest post-surgery. At first, he could only go a few hundred yards twice a day on flat pavement. By 3-months he was hiking at a good pace on hilly terrain 3-4 miles and sometimes up to 7 miles a day. The poles were the key to Chris getting out there, feeling safe, getting his heart rate up, and improving his endurance.



Pole hiking offers many benefits, not the least of which is simplicity—just grab your poles and go. Using poles can help your balance, giving you more confidence to increase your stride and maintain your forward momentum on tricky terrain. Poles alleviate the stress on your legs, knees, ankles, and feet associated with repetitive motions by recruiting other muscles to take on more of the work. They better your posture, improve your breathing and lung capacity, which can increase your overall endurance.

If you're a skier, training on the off season can be tricky—a lot of workouts can keep you in shape, but many don't really cross over specifically to nordic skiing. Ben Popp, executive director of the American Birkebeiner® advocates using poles in your workout. "Not only are you working on spe-

cific movements that relate to skiing, you are burning more calories, improving muscle memory and coordination as well as providing extra stability in situations that can be slippery or uneven. If you are training to go fast, poles are an excellent way to work on upper body fitness and muscle memory. For beginning skiers, they help with coordination, balance and upper body/core muscle development."

Don't be afraid to get back to basics. A pair of ski poles and a walk in the woods can do wonders—Chris is living proof of that. You can see him back on the snow this winter bombing down the hills like it was 15 years ago—some things never change.



Please Join Us in Giving Thanks!

November is a month rooted in giving thanks. It's a time of coming together, of community spirit, of reconnecting with family and friends, and of gratefulness for the goodness surrounding us each day. What better time to pause, reflect upon, and celebrate, the amazing Birkie volunteers and their contributions to the ABSF each year. From supporting a year-round calendar of Birkie events, youth development programming, and acting as ambassadors to the thousands of Birkie visitors each year, to handing out thousands of bibs, serving thousands of meals, marking miles of trail, stuffing thousands of envelopes, and every other imaginable task that needs completing to create a world-class event...our Birkie volunteers are stellar.

Next time you have opportunity, we'd be grateful if you'd share your thanks with our selfless and dedicated volunteers. We couldn't create the Birkie experience for our thousands of event participants without them!





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Birkie Trail Run Festival 2017 – One for the Record Books!

Mark Your Calendar for September 29, 2018!

Once again, runners and trekkers were welcomed with ideal temperatures, sunny skies, colorful leaves, and cool autumn breezes for the 16th Annual Birkie Trail Run Festival and the 2017 USATF Half Marathon Trail Championship race. With a record field of over 1200 runners in the day's events, participants were amped up for the festival which included an ultra-marathon, marathon, marathon relay, half marathon, 5K, 10-mile Nordic trek, and fun run for kids.



Birkie Half Marathon & USATF Half Marathon Championship Race

The Birkie half marathon proved to be the most competitive and exciting event of the day as it played host to the USATF Half Marathon Trail Championship. The appeal of the National Championship race enticed participation from some of the best elite trail runners from across the U.S. The elite field didn't disappoint.

Joseph Gray, Colorado Springs, CO, blew through the finish line amongst the cheering crowds at Birkie Ridge. The 33-year-old emerged from the forested trail and into the final stretch with Justin Grunewald, Minneapolis, MN, not far in his rearview mirror. Gray finished with a time of 1:10:11, with Grunewald, age 31, on his heels at 1:10:51. No stranger to the top step on the podium, Gray has amassed 13 U.S. National titles.



"It was a dream come true to run on so many miles of grass. I was amazed at the Birkie Trail course, it was heaven out there," said Gray, after collecting his USATF National Championship award. "I really dug the course, there was awesome energy, it was well marked, lots of enthusiasm from spectators along the way. It was a great day."

Twenty-six-year-old, Ashley Brasovan, ripped it up on the trail and flew across the finish line with a time of 1:18:30. While not a stranger to running in the mountains, this was Brasovan's first trail run.



"When I'm going to compete, I'm going to run hard. You just go out and see whose

day it is going to be. I really wanted to podium today, it was a really great day," said Brasovan. "Everyone has been super friendly and laid back, the race was well run, spectators were great, running my race was just the cherry on top. I'd love to come back next year."

Ultra Marathon

Saturday's running events started early with the Ultra race (100 kilometers) at 5:30 am. Ultra marathon runners left Birkie Ridge with headlamps aglow as they made their way into the woods and the beginning of their journey on the Birkie Trail. The Ultra runners, proving their endurance and determination, were the first to start and last to finish their event. 26 brave souls started the race, with the first runners finishing over 11 hours later.

Full Festival of Events!

The robin-egg-blue-sky-day continued with a variety of events for the hundreds of running and trekking enthusiasts in the festival. All running and trekking events took place on the scenic and rolling hills of the Birkie Trail and single-track sections of the CAMBA (Chequamegon Area Mountain Bike Association) trail system. The festival was rounded out with live music, great food, Birkie Brew-Ski craft beer, CXC experiential truck, and the Dive for the Dirt obstacle course for kids. The 2018 Birkie Trail Run Festival is slated for September 29, 2018.

Thanks to our many sponsors! Salomon – Title Sponsor Birkie Trail Run Festival; CARLSON MD - Presenting Sponsor Marathon; FITS - Presenting Sponsor Marathon Relay; HydraPak - Presenting Sponsor Half-Marathon; The Rivers Eatery - Presenting Sponsor 100K Ultra-Marathon; Corner Deli - Post-Race Food & Beverage; GU – Official Energy; NUUN – Official Hydration; Hayward Area Memorial Hospital & Waters Edge – Presenting Sponsor: Dive for the Dirt.

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2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - ULTRA-MARATHON



Results by PrimeTime Timing



NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	GENDER	CITY	STATE
BARON, MICHAEL	15:41:00	12	6	M	OREGON	WI
BIRKEL, BRAD	11:38:00	1	1	M	MIDDLETON	WI
BLASZAK, MEGAN	13:55:00	4	2	F	MARQUETTE	MI
BLOCK, TRAVIS	15:55:00	14	8	M	FARIBAULT	MN
BOSS, STEVE	17:27:00	17	10	M	HAYWARD	WI
BOWER, MATTHEW	11:54:00	2	2	M	SAINT PAUL	MN
CABAN, MALWINA	15:32:00	9	5	F	BLOOMINGTON	MN
COMINETTI, LAURA	15:20:00	7	4	F	CROSS PLAINS	WI
CONKLIN, SCOTT	15:41:00	13	7	M	GREEN BAY	WI

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	GENDER	CITY	STATE
GIEBEL, YANIHA	15:40:00	10	6	F	SAINT PAUL	MN
HAGEDORN, STEVE	17:26:00	16	9	M	TWO HARBORS	MN
KELBY, TOM	14:48:00	5	3	M	WEBSTER	WI
KIDDER, BENJAMIN	15:40:00	11	5	M	MINONG	WI
NORTON-BOWER, HEATHER	13:49:00	3	1	F	ST. PAUL	MN
PARR, ALLISON	14:54:00	6	3	F	HAYWARD	WI
SAARI, LYNN	16:50:00	15	7	F	ROCHESTER	MN
TEBBE, PATRICK	15:26:00	8	4	M	LE SUEUR	MN

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - MARATHON



Results by PrimeTime Timing



NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	AGE GROUP	CITY	STATE
BORUFF, JOHN	4:39:36	55	38	10	M 30-39	MINNEAPOLIS	MN
BRANDT, ERIC	4:06:33	12	9	2	M 40-49	BLOOMINGTON	MN
BRAUND, TAMMI	4:25:32	21	5	3	F 30-39	CUSHING	WI
BURDICK, BECKY	4:43:15	30	8	1	F 40-49	PLYMOUTH	MN
BUTTON, MARTY	5:23:55	40	10	2	F 50-59	STILLWATER	MN
CHABLUK, KEN	4:36:05	26	19	6	M 50-59	WINNIPEG	MA
CHRISTIANS, EDGAR PAUL	4:51:00	34	26	9	M 50-59	MINNEAPOLIS	MN
CORBY, SEBASTIAN	4:42:21	29	22	8	M 30-39	MARINE ON ST. CROIX	MN
CURRELL, DANIEL	5:00:47	37	28	8	M 40-49	ST. PAUL	MN
DEZELAR, WILLIAM	4:33:20	24	18	5	M 40-49	ST. PAUL	MN
DOWLING, HOLLY	5:53:24	50	15	1	F 60-69	VERONA	WI
EKSTRUM, RICHARD	4:24:45	20	16	4	M 40-49	PLYMOUTH	MN
ELVESTER, ANDY	2:52:53	1	1	1	M 30-39	MINNETONKA	MN
EVERT, JOHN	5:00:56	38	29	10	M 50-59	NASHOTAH	WI
GARRETSON, LISA	5:33:21	43	12	5	F 18-29	MINNEAPOLIS	MN
GAZZOLA, ROBERT	4:06:25	11	8	3	M 50-59	ST PETER	MN
GOYKE, ANDREW	4:42:10	28	21	7	M 50-59	ASHLAND	WI
GRIENOW, GRANT	4:14:10	17	13	7	M 30-39	MINNEAPOLIS	MN
HAWKINSON, DAVID	4:14:10	16	12	6	M 30-39	PRIOR LAKE	MN
HOWLAND, CALEB	4:12:59	14	10	4	M 30-39	WOODBURY	MN
KAROFKY, JILL	5:53:24	51	16	4	F 50-59	MADISON	WI
KASPAREK, ALEX	3:15:04	2	2	1	M 18-29	SUPERIOR	WI
KASPAREK, LYNETTE	5:40:31	46	14	3	F 50-59	SUPERIOR	WI
KERSCHER, BRYCE	4:54:47	36	27	2	M 18-29	FLORENCE	WI
KLEIN, MARA	3:59:46	8	3	2	F 18-29	SAINT PETER	MN
KOTTKE, RANDY	4:03:03	10	7	2	M 50-59	ST. MICHAEL	MN
KRESLINS, ULDIS	3:51:32	6	5	1	M 40-49	ST. LOUIS PARK	MN
LAACK, CARISSA	3:58:23	7	2	1	F 30-39	WAUSAU	WI

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	AGE GROUP	CITY	STATE
LAACK, JON	4:00:43	9	6	3	M 30-39	WAUSAU	WI
LILLEMO, JOHN	5:28:07	42	31	12	M 50-59	NORTH MANKATO	MN
LOWDER, ANDREA	4:25:56	22	6	3	F 18-29	CHANHASSEN	MN
LOWDER, MARK	4:25:58	23	17	5	M 50-59	CHANHASSEN	MN
LYNG, ROBERT	4:48:24	32	24	8	M 50-59	BURNSVILLE	MN
MABIE, RENEE	4:53:16	35	9	1	F 50-59	WAUWATOSA	WI
MANSON, DANIEL	5:51:14	49	35	14	M 50-59	MINNEAPOLIS	MN
MARION, STACEY	4:33:49	25	7	4	F 18-29	MADISON	WI
MCCARTHY, JOHN	6:14:31	54	37	2	M 60-69	WAUKESHA	WI
MILLER, ANDREW	3:39:40	4	3	2	M 30-39	MILWAUKEE	WI
NAVARRO, RENA	5:23:55	41	11	4	F 30-39	LAKE NEBAGAMON	WI
NELSON, MICHAEL	4:49:07	33	25	9	M 30-39	GRAND FORKS	ND
OHLINGER, KURT	5:48:58	48	34	10	M 40-49	MILWAUKEE	WI
PALME, DWAYNE	4:47:49	31	23	7	M 40-49	CHIPPEWA FALLS	WI
PALME, KATHY	6:08:37	53	17	5	F 50-59	CHIPPEWA FALLS	WI
PALOMARES, ALLAN	5:39:16	45	32	9	M 40-49	APPLETON	WI
PILARSKI, KEVIN	3:43:05	5	4	1	M 50-59	MAHTOMEDI	MN
PRATT, MICHELLE	3:33:20	3	1	1	F 18-29	ALBANY	NY
SCHRECK, BART	4:13:22	15	11	5	M 30-39	ROCKFORD	IL
SIGL, JESSICA	4:09:18	13	4	2	F 30-39	SEYMOUR	WI
STATZ, STEVE	5:13:32	39	30	11	M 50-59	ROCK SPRINGS	WI
THON, STEVE	5:55:59	52	36	1	M 60-69	CABLE	WI
VITEK, CHRISTOPHER	5:42:51	47	33	13	M 50-59	ROSEMOUNT	MN
WALKER, TROY	4:39:34	27	20	6	M 40-49	BARABOO	WI
WEBER, KLAUS	4:21:33	19	15	3	M 40-49	EVANSTON	IL
WICKLUND, BRIAN	4:14:39	18	14	4	M 50-59	MARINE ON ST. CROIX	MN
WILDENBERG DE, LIZ	5:38:32	44	13	2	F 40-49	WEST BRANCH	IA

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - HALF MARATHON



Results by PrimeTime Timing



NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	AGE GROUP	CITY	STATE
AHARAM, PARRISH	1:54:42	71	52	10	M 40-49	EVERGREEN	CO
ALBERTSON-JUNKANS, LADIA	2:28:03	173	79	28	F 30-39	ISSAQUAH	WA
ALBRIGTSEN, TOBIAS	1:18:06	8	8	3	M 18-29	MADISON	WI
BACKER, ALICIA	2:29:30	177	82	30	F 30-39	VIKING	MN
BACON, MARAN	2:30:25	181	86	17	F 50-59	HAYWARD	WI
BARRY, WILLIAM	2:02:40	99	64	1	M 70-79	EAU CLAIRE	WI
BASTIC, ELIZABETH	2:39:49	200	101	20	F 50-59	APPLETON	WI
BAUER, LYNNE	2:26:56	166	74	16	F 50-59	SUPERIOR	WI
BENIKE, KATIE	2:20:40	146	60	11	F 40-49	ROCHESTER	MN
BENSON, MARK	1:47:32	51	41	8	M 50-59	OSCEOLA	WI
BERG, KAREN	2:36:53	195	96	4	F 60-69	MINNETONKA	MN
BERGH, JEFF	1:42:16	42	35	10	M 18-29	WOODBURY	MN
BILGRIEN, BRITT	2:03:39	104	38	17	F 30-39	PHILLIPS	WI
BILTZ, BRETT	1:35:47	26	21	7	M 18-29	MENASHA	WI
BLOOM, SCOTT	1:56:19	75	54	16	M 50-59	EDINA	MN
BOETTCHER, NICOLE	3:22:09	226	120	32	F 40-49	HAYWARD	WI
BORRE, LYNN	2:24:19	157	68	14	F 50-59	WISCONSIN RAPIDS	WI
BORUFF, ABBY	2:25:28	159	70	25	F 30-39	MINNEAPOLIS	MN
BOUGHNER, JAMES	2:29:01	174	95	13	M 60-69	GORDON	WI
BOWLER, BILL	2:18:38	138	81	10	M 60-69	WAUSAU	WI
BOXX, TAYLOR	2:23:41	155	66	24	F 30-39	EAU CLAIRE	WI
BRADLEY, AMBER	2:59:10	218	113	29	F 40-49	CYPRESS	TX
BRASOVAN, ASHLEY	1:18:29	11	1	1	F 18-29	WESTMINSTER	CO
BRATRUD, MICHAEL	1:52:06	63	48	13	M 50-59	EDEN PRAIRIE	MN
BROWN, SCOTT	1:37:41	32	26	6	M 40-49	MINNEAPOLIS	MN
BUBLA, LAURA	2:59:22	219	114	39	F 30-39	MCFARLAND	WI
BUCKINGHAM, TIM	1:35:48	27	6	1	M 50-59	BIG RAPIDS	MI
BUCKINGHAM, TODD	1:16:17	6	22	2	M 18-29	BIG RAPIDS	MI
BURDICK, BOBETTE	2:28:02	172	78	16	F 40-49	EAU CLAIRE	WI
BURGER, HEIDI	2:01:34	95	34	7	F 50-59	HAYWARD	WI
CARLSON, AMY	2:39:04	196	97	35	F 50-59	MONDOVI	WI
CARPENTER, DENEEN	2:59:47	221	116	23	F 50-59	CABLE	WI
CASTELLANO, JIM	2:36:08	192	99	29	M 50-59	PITTSVILLE	WI
CHRISTENSEN, DONN	2:46:03	205	101	4	M 70-79	WASHBURN	WI
CLEMENTS, SCOTT	2:03:55	107	68	19	M 50-59	BLOOMINGTON	MN
COE, MITCH	2:15:56	135	80	14	M 40-49	WEBSTER	WI
COENEN, PETER	1:26:31	19	17	8	M 30-39	DULUTH	MN
COGGER, BENJAMIN	1:16:29	7	7	5	M 30-39	DULUTH	MN
COLEMAN, NICOLE	1:40:29	35	7	3	F 30-39	ST. PAUL	MN
CROFT, DEBRA	3:36:28	230	123	26	F 50-59	CARLTON	MN
DELONG, PHIL	2:04:01	108	69	20	M 50-59	LAND O' LAKES	WI
DEMENG, JENNY	2:34:21	187	90	19	F 40-49	RUSH CITY	MN
DEWITT, KATRINA	2:39:07	197	98	22	F 40-49	MARENGO	WI
DEZELLAR, JACQUE	1:56:53	77	23	5	F 50-59	EDEN PRAIRIE	MN
DONER, SAMANTHA	1:35:55	28	6	3	F 18-29	MAMMOTH LAKES	CA

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	AGE GROUP	CITY	STATE
DREGER, OLIVIA	2:05:01	111	42	1	F 13-17	MARATHON	WI
DUFFY, BRIAN	2:33:34	184	97	18	M 50-59	HAYWARD	WI
DUFFY, CLAUDIA	2:33:34	185	88	17	F 20-29	HAYWARD	WI
DUFFY, HUGH	1:36:33	29	23	2	M 50-59	HAYWARD	WI
DUFFY, THOMAS	3:36:28	229	107	1	M 80+	HAYWARD	WI
ENGEL, TYLER	2:00:43	91	61	16	M 18-29	WATERTOWN	WI
ERHOLTZ, BRANDY	1:30:32	23	4	1	F 40-49	DILLON	CO
ERICKSON, STEPHANIE	2:06:06	115	44	18	F 30-39	SARONA	WI
ETTESTAD, ADAM	2:23:03	152	89	19	M 30-39	CHANHASSEN	MN
ETTESTAD, TARA	2:23:03	153	64	23	F 30-39	CHANHASSEN	MN
EVAVOLD, CHRISTOPHER	1:47:41	52	42	9	M 50-59	FOXBORO	WI
EYSNOGLE, LAURA	1:57:56	81	26	9	F 30-39	EAU CLAIRE	WI
FALKENBERG, BETTY	2:36:48	193	94	19	F 50-59	THORP	WI
FINK, DAVID	2:20:13	145	86	11	M 60-69	ST. LOUIS PARK	MN
FITZSIMMONS, BECKY	2:39:20	198	99	23	F 40-49	WASECA	MN
FLETCHER, CAROLYN	2:03:23	102	37	2	F 60-69	SAINT PAUL	MN
FOUDRAY, WILLAM	1:38:54	34	28	8	M 40-49	EXCELSIOR	MN
FOWLER, TERI	3:07:10	222	117	24	F 50-59	GAHANNA	OH
FRANE, KRISTIN	2:56:54	216	112	28	F 40-49	HAYWARD	WI
GAST, ANDREW	2:42:36	202	100	19	M 40-49	CHIPPEWA FALLS	WI
GAST, DAWN	3:10:52	223	118	31	F 40-49	CHIPPEWA FALLS	WI
GERDES, CALEB	2:08:39	122	72	15	M 30-39	CHIPPEWA FALLS	WI
GIEBEL, CRAIG	3:14:36	224	106	21	M 40-49	SAINT PAUL	MN
GLENN, KAYLA	2:41:05	201	102	36	F 30-39	--	--
GOODSETT-WEIN, CATHERINE	3:30:25	228	122	25	F 50-59	WEST BEND	WI
GOYKE, ELI	1:59:47	88	58	15	M 18-29	ASHLAND	WI
GRAHAM, COLLEEN	2:55:27	213	109	5	F 60-69	HAYWARD	WI
GRAUCH, CHRIS	1:18:40	12	11	1	M 40-49	NEDERLAND	CO
GRAVESSEN, COLETTE	2:23:23	154	65	12	F 50-59	TREGO	WI
GRAVESSEN-SEIS, JESSICA	1:51:11	62	15	6	F 30-39	CHETEK	WI
GRAY, ANDREA	2:01:13	93	32	14	F 30-39	EVANSVILLE	WI
GRAY, JOSEPH	1:10:11	1	1	1	M 30-39	COLORADO SPRINGS	CO
GRAY, RYAN	2:21:34	148	87	18	M 30-39	EVANSVILLE	WI
GREGG, BRIAN	1:18:17	9	9	6	M 30-39	MINNEAPOLIS	MN
GRUBER, BOB	2:10:02	127	74	13	M 40-49	MARSHFIELD	WI
GRUNEWALD, JUSTIN	1:10:50	2	2	2	M 30-39	MINNEAPOLIS	MN
GUENTHER, JAN	1:45:18	50	10	1	F 50-59	LONG LAKE	MN
GUNTHER, MELISSA	2:29:07	175	80	29	F 30-39	BARRON	WI
HAHN, JOHN	1:54:39	70	51	15	M 50-59	MADISON	WI
HALL, ALYSSA	2:39:20	199	100	24	F 40-49	NORTH MANKATO	MN
HALLIN, LESLIE	2:56:20	214	110	27	F 40-49	THORP	WI
HAMILTON, SARAH	1:59:27	87	30	12	F 30-39	HAYWARD	WI
HAMM, GERALDINE	2:44:31	204	104	25	F 40-49	WAUPACA	WI
HANSON, ALLEN	1:43:46	45	38	2	M 60-69	GREENWOOD	MN
HARRINGTON, MARIA	1:57:51	79	25	10	F 18-29	HAYWARD	WI

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - HALF MARATHON



Results by PrimeTime Timing



NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	GENDER	AGE GROUP	CITY	STATE
HARRISON, KAREN	2:22:01	151	63	11	F	50-59	FLORENCE	WI
HASSLER, BETH	2:12:05	129	54	3	F	60-69	PLYMOUTH	MN
HAWKS, HAYDEN	1:14:01	4	4	1	M	18-29	ST. GEORGE	UT
HAWKS, LEVI	1:21:24	14	13	5	M	18-29	IVINS	UT
HEADSON, STACY	2:27:51	170	76	26	F	30-39	KIMBERLY	WI
HECHT, DOROTHY	2:35:14	190	92	20	F	40-49	ALTOONA	IA
HEINZELMAN, KIMBERLY	3:22:09	227	121	33	F	40-49	THORP	WI
HENRY, ASHER	1:30:59	25	5	2	F	30-39	SUNNYVALE	CA
HESS, NICHOLAS	1:41:49	39	32	9	M	18-29	COTTAGE GROVE	WI
HEXUM, GREGORY	1:19:12	13	12	2	M	40-49	ESKO	MN
HOFFMAN, JAMES	2:26:24	164	92	20	M	30-39	PLYMOUTH	MN
HOFFMAN, MARY	2:26:25	165	73	15	F	18-29	PLYMOUTH	MN
HOWE, JAMES	1:42:03	41	34	7	M	50-59	LAKEWOOD	CO
HOWE, SARAH	2:54:28	212	108	22	F	50-59	LAKEWOOD	CO
HUPPERTS, STEFAN	1:40:37	36	29	8	M	18-29	HOUGHTON	MI
IGNATOWSKI, MARK	1:52:09	64	49	11	M	30-39	MINNEAPOLIS	MN
IHR, BETH	2:07:36	119	48	7	F	40-49	EDINA	MN
JACKSON, NATHAN	1:45:05	49	40	10	M	30-39	EAU CLAIRE	WI
JAHR, KEVIN	1:49:02	54	43	13	M	18-29	DULUTH	MN
JENNERMAN, MARK	2:05:52	114	71	21	M	50-59	EAU CLAIRE	WI
KACHELMEIER, PAUL	2:08:41	123	73	8	M	60-69	MONONA	WI
KASTEN, MIKE	2:33:05	183	96	17	M	40-49	CHIPPEWA FALLS	WI
KLEVEN, THOMAS	1:50:04	57	44	10	M	50-59	MINNEAPOLIS	MN
KNUTSON, SARA	1:59:06	85	28	11	F	30-39	MILWAUKEE	WI
KOBERSTEIN, NATALIE	1:55:27	74	21	9	F	18-29	MADISON	WI
KOLINSKI, CHRISTINE	2:09:34	124	51	8	F	40-49	ELY	MN
KOLLODGE, GERALD	2:13:40	132	77	23	M	50-59	SALT LAKE CITY	UT
KOMP, ANDREW	1:29:46	21	18	4	M	40-49	CHETEK	WI
KRANZ, AMBER	1:28:58	20	3	1	F	30-39	BOISE	ID
KRUBSACK, ANDY	2:26:08	160	90	16	M	40-49	DULUTH	MN
KRUBSACK, BECKY	2:26:08	161	71	13	F	40-49	DULUTH	MN
KRUEGER, WENDY	2:17:47	136	56	10	F	40-49	APPLETON	WI
KUHLMAN, DAN	1:44:53	48	39	3	M	60-69	LECOMPTON	KS
LAFRANCE, JOEL	1:23:29	16	15	7	M	30-39	PLYMOUTH	MN
LAGESE, DALE	2:53:09	211	107	31	M	50-59	HOMER GLEN	IL
LAGESE, JONI	2:53:06	210	104	21	F	50-59	HOMER GLEN	IL
LANG, DAYTON	2:50:54	209	103	30	M	50-59	SHOREVIEW	MN
LANN, ELIZABETH	2:06:40	117	46	5	F	40-49	EAGAN	MN
LASOTA, RANDY	2:10:25	128	75	9	M	60-69	MINNETONKA	MN
LEFOR, JAMES	2:57:36	217	105	20	M	40-49	SUPERIOR	WI
LEHR, SARA	2:01:53	97	35	2	F	40-49	ASHLAND	WI
LEININGER, SARAH	2:21:18	147	61	22	F	30-39	DULUTH	MN
LINDSKOOG, MARK	1:50:36	60	47	12	M	50-59	MINNEAPOLIS	MN
LIPSCOMB, GEORGE	2:46:28	206	102	14	M	60-69	ROBERTSVILLE	MO
LUND, GREG	2:14:42	134	79	25	M	50-59	EAU CLAIRE	WI
LYNG, JULIA	1:49:43	56	13	2	F	50-59	BURNSVILLE	MN
LYONS, JAY	2:03:29	103	66	18	M	50-59	MINNEAPOLIS	MN
MACONE, LINDSAY	2:30:25	179	84	16	F	18-29	SPOONER	WI
MACONE, MOLLY	2:30:25	180	85	31	F	30-39	COTTAGE GROVE	MN
MAHONEY, KEVIN S.	2:00:02	90	60	4	M	60-69	EAU CLAIRE	WI
MAKELA, STEVE	1:40:52	37	30	4	M	50-59	MOOREHEAD	MN
MAKI, DANIEL	1:59:51	89	59	13	M	30-39	DULUTH	MN
MAKI, KENNETH	3:36:29	231	108	5	M	70-79	HAYWARD	WI
MANKE, KAREN	1:59:19	86	29	1	F	60-69	STILLWATER	MN
MARANOWICZ, HARRY	2:27:31	168	94	3	M	70-79	HAYWARD	WI
MAST, NICK	1:54:58	72	53	14	M	18-29	ST. PAUL	MN
MCCABE, LESLIE	2:59:45	220	115	30	F	40-49	DULUTH	MN
MCCALLEY, CARMODY	2:01:15	94	33	15	F	30-39	FAIRPORT	NY
MCCONNELL, CANDICE	2:06:34	116	45	4	F	40-49	HAYWARD	WI
MCDOWELL, ROSS	2:03:11	100	65	14	M	30-39	APPLETON	WI
MCDOWELL, SUSAN	2:03:12	101	36	16	F	30-39	APPLETON	WI
MCKOWN, KEVIN	2:26:57	167	93	27	M	50-59	MIDDLETON	WI
MCLEAN, KELSEY	2:18:27	137	57	21	F	30-39	THIEF RIVER FALLS	MN
MICHALEK, DAWN	2:07:13	118	47	6	F	40-49	WAUKESHA	WI
MICKELSON, KATY	1:52:59	67	17	7	F	18-29	DULUTH	MN
MICKELSON, AUDUN	1:58:28	83	56	17	M	50-59	HAYWARD	WI
MORENO, DANI	1:23:40	17	2	2	F	18-29	SANTA BARBARA	CA
MORTENSON, KELLY	1:24:07	18	16	3	M	40-49	ST. PAUL	MN
MUNNS, LUCAS	1:42:21	43	36	11	M	18-29	EAU CLAIRE	WI
NAGEL, ALLISON	2:00:56	92	31	13	F	30-39	FAIRPORT	NY
NAGEL, JONATHAN	2:21:34	149	88	12	M	60-69	BROOKLYN	NY

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	GENDER	AGE GROUP	CITY	STATE
NEUFELD, TOM	1:41:42	38	31	5	M	50-59	MINNEAPOLIS	MN
NEWMAN, JULIE	2:07:44	120	49	10	F	50-59	SUPERIOR	WI
NIGON, RENEE	1:50:59	61	14	5	F	30-39	MILWAUKEE	WI
NORMAN, CALVIN	1:43:12	44	37	12	M	18-29	MARQUETTE	MI
NORMAN, DOUG	2:26:19	163	91	26	M	50-59	BROOKFIELD	WI
OLSTADT, JON	2:19:25	141	84	15	M	40-49	EAU CLAIRE	WI
OWEN, TIM	1:52:14	65	50	14	M	50-59	RICHFIELD	MN
PATNAUDE, MARY	2:34:21	186	89	18	F	50-59	DULUTH	MN
PAUTSCH, KATHIE	1:53:45	69	19	4	F	50-59	HAYWARD	WI
PERALA, HILDE	2:29:07	176	81	17	F	40-49	HERMANTOWN	MN
PERKINS, TRACIE	2:36:48	194	95	21	F	40-49	THORP	WI
PIETER, PATTY	2:05:05	112	43	9	F	50-59	WOODBURY	MN
PIOTE, KELLY	2:27:56	171	77	27	F	30-39	HAYWARD	WI
PROCTOR, DEB	1:52:43	66	16	3	F	50-59	HAYWARD	WI
QUEDNOW, DEBBIE	2:24:17	156	67	13	F	50-59	OGEA	WI
QUEDNOW, JEFFREY	1:18:19	10	10	4	M	18-29	OGEA	WI
QUEDNOW, MIKE	1:41:55	40	33	6	M	50-59	OGEA	WI
REED, BETH	2:04:36	110	41	8	F	50-59	ASHLAND	WI
RIETH, JULIE	2:26:15	162	72	14	F	40-49	ST. PAUL	MN
RING, DAVID	2:01:50	96	62	5	M	60-69	FORT ATKINSON	WI
ROBERG, JEFF	1:58:53	84	57	11	M	40-49	ANDOVER	MN
ROLOFF, SHANNON	2:48:36	207	105	18	F	18-29	WAUSAU	WI
ROUSAR, KELLY	2:09:42	125	52	20	F	30-39	MINNEAPOLIS	MN
SCHMIDT, GREG	2:03:48	106	67	12	M	40-49	EDINA	MN
SCHNEIDERMAN, FELICIA	2:21:49	150	62	12	F	40-49	DULUTH	MN
SCHOLLMEIER, TONY	1:57:55	80	55	12	M	30-39	MINNEAPOLIS	MN
SCHULL, MOLLY	2:04:27	109	40	11	F	18-29	HAYWARD	WI
SHANKWITZ, AMELIA	1:48:23	53	11	5	F	18-29	BOZEMAN	MT
SHANKWITZ, MEREDITH	2:09:48	126	53	12	F	18-29	AMES	IA
SIGL, TYLER	1:13:02	3	3	3	M	30-39	SEYMOUR	WI
SKILLICORN, BRAD	1:37:25	31	25	5	M	40-49	WINONA	MN
SMITH, BRENT	1:30:32	22	19	1	M	60-69	CARLTON	MN
SOBALEVA, KATSARYNA	1:53:45	68	18	7	F	30-39	CHICAGO	IL
SPEALDE, ALISON	2:08:35	121	50	19	F	30-39	WASHBURN	WI
STAN, KATHRYN	2:12:12	130	55	9	F	40-49	ST. PAUL	MN
STANISZEWSKI, JERRY	2:34:48	188	98	28	M	50-59	EAU CLAIRE	WI
STANISZEWSKI, KELLY	2:49:53	208	106	26	F	40-49	EAU CLAIRE	WI
STATZ, MEGAN	3:44:56	232	124	40	F	30-39	MOUNT HOREB	WI
STEFFENS, MORGAN	1:44:19	46	8	4	F	18-29	MENASHA	WI
STEVENS, JAMES	2:02:28	98	63	6	M	60-69	COTTAGE GROVE	WI
STEWART, JUSTIN	1:14:06	5	5	4	M	30-39	SPRINGFIELD	IL
STITH, ANDREW	2:18:49	140	83	17	M	30-39	LARAMIE	WY
STITH, BENJAMIN	2:18:49	139	82	16	M	30-39	CHEYENNE	WY
STRAND, TAYLOR	3:15:18	225	119	19	F	18-29	BLAINE	MN
SUHR, DAVID	2:13:41	133	78	24	M	50-59	SEEN PRAIRIE	MN
TAGGART, TOM	2:05:21	113	70	7	M	60-69	LA CROSSE	WI
TALO, TAMMY	2:27:51	169	75	15	F	40-49	GREENVILLE	WI
TURNER, YASMIN	1:58:13	82	27	10	F	30-39	HAYWARD	WI
TURNER, MELISSA	2:36:05	191	93	34	F	30-39	HAYWARD	WI
ULLMAN, KATE	1:56:29	76	22	8	F	30-39	ASHLAND	WI
VANCE, KRISTIN	2:35:14	189	91	33	F	30-39	ANKENY	IA
VEER, DALE	1:50:12	59	46	11	M	50-59	COON RAPIDS	MN
VINER, JOHN	1:37:09	30	24	3	M	50-59	MOUNT HOREB	WI
VRACAR, AMY	2:43:44	203	103	37	F	30-39	CHICAGO	IL
WALL, MADELINE	2:19:58	142	58	13	F	18-29	LOMA LINDA	CA
WALLER, AMANDA	1:49:14	55	12	6	F	18-29	LADYSMITH	WI
WARD, EMMERSON	1:50:04	58	45	9	M	40-49	AFTON	MN
WARD, SUSAN	2:03:45	105	39	3	F	40-49	AFTON	MN
WATZKE, BRIAN	2:20:06	143	85	2	M	70-79	WAUNAKEE	WI
WEBB, SARAH	2:20:12	144	59	14	F	18-29	ST. LOUIS PARK	MN
WENTWORTH, EMILIE	2:33:05	182	87	32	F	30-39	CHIPPEWA FALLS	WI
WESPETAL, ANNE	1:44:20	47	9	4	F	30-39	MINNEAPOLIS	MN
WESTERHAUS, ELIZABETH	2:56:42	215	111	38	F	30-39	STILLWATER	MN
WESTMARK, ELSA	2:24:58	158	69	15	F	50-59	APPLETON	WI
WICK, TONJA	1:57:47	78	24	6	F	50-59	COMSTOCK	WI
WILSON, KEITH	1:30:42	24	20	9	M	30-39	NAKNEK	AK
WIRSLING, JULIE	2:29:40	178	83	18	F	40-49	WINTER	WI
WOOLDRIDGE, COLTON	1:22:02	15	14	6	M	18-29	FARMINGTON	MO
ZAK, MATT	1:38:41	33	27	7	M	40-49	EVELETH	MN
ZIMMERMAN, DOUG	2:13:38	131	76	22	M	50-59	BECKER	MN
ZIMMERMAN, JILL	1:55:17	73	20	8	F	18-29	MINNEAPOLIS	MN

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - 5K



Results by PrimeTime Timing

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	GENDER	AGE GROUP	CITY	STATE
AHMANN, MARY	49:49:00	169	89	20	F	50-59	WOODBURY	MN
ANDERSON, JIM	28:58:00	49	33	3	M	60-69	CABLE	WI
ANDREWS, ADAM	42:43:00	145	72	14	M	40-49	CEDAR RAPIDS	IA
BACON, ANYA	41:42:00	141	72	8	F	13-17	HAYWARD	WI
BACON, JOEL	44:52:00	154	75	18	M	50-59	HAYWARD	WI
BAKKUM, LAURIE	1:14:32	216	125	18	F	60-69	SPOONER	WI
BALDUS, BILL	41:07:00	137	67	16	M	50-59	MINNEAPOLIS	MN
BENNETT, NODIN	40:01:00	133	65	3	M	1-8	HAYWARD	WI
BERENS, AMY	35:55:00	108	51	12	F	30-39	MADISON	WI
BERENS, KATHLEEN	46:30:00	162	85	10	F	60-69	STEVENS POINT	WI
BERNDT, JULIE	43:08:00	150	76	6	F	60-69	RHINELANDER	WI
BIEBEL, KAREN	49:49:00	168	88	19	F	50-59	WOODBURY	MN
BLACK, JEAN	44:54:00	155	80	8	F	60-69	LAKE BARRINGTON	IL
BOHAG, BEV	1:14:30	214	123	16	F	60-69	SARONA	WI
BOLES, MALLORY	28:52:00	48	16	6	F	13-17	PRESCOTT	WI
BOTHUN, DARALD	33:10:00	84	48	3	M	70-79	ROCHESTER	MN
BREED, BRITTANY	28:52:00	47	15	5	F	13-17	RICE LAKE	WI
BREED, MITCHELL	27:22:00	38	28	2	M	30-39	RICE LAKE	WI
BREED, SHANON	56:08:00	185	102	22	F	30-39	RICE LAKE	WI
BRETTING, KASEY	37:03:00	115	56	6	F	18-29	MARENGO	WI

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - 5K



Results by PrimeTime Timing

NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	GENDER	AGE GROUP	CITY	STATE
DAHMAN, TERENCE	34:53:00	102	57	7	M	60-69	LACROSSE	WI
DARTANYAN, ANNA	32:43:00	78	33	4	F	18-29	MAPLE GROVE	MN
DERYOUNG, JEFF	56:30:00	192	86	21	M	50-59	BARNES	WI
DEYOUNG, MICHELE	36:52:00	113	54	10	F	50-59	BARNES	WI
DIMPEL, MARGARET	52:11:00	176	95	2	F	70-79	EAU CLAIRE	WI
DUFFY, CAROL	1:05:25	211	120	2	F	80-99	HAYWARD	WI
DUFFY, HOLLY	1:05:21	208	117	18	F	40-49	HAYWARD	WI
DUFFY, LILY	1:05:24	210	119	9	F	18-29	HAYWARD	WI
ELLINGBOE, CHRIS	57:28:00	199	90	8	M	18-29	SHAKOPEE	MN
ELLINGBOE, ERIN	57:27:00	198	109	8	F	18-29	SHAKOPEE	MN
ENGLISH, JODIE	44:38:00	153	79	12	F	40-49	WOODBURY	MN
ERICKSON, KEVIN	56:30:00	193	87	22	M	50-59	EAU CLAIRE	WI
ERICKSON, KIMBERLY	56:41:00	196	107	23	F	50-59	EAU CLAIRE	WI
EWEN, EMILY	31:05:00	69	28	2	F	18-29	ST. LOUIS PARK	MN
FARRELL, LARRY	30:08:00	64	40	2	M	70-79	DES MOINES	IA
FEDOROWICZ, GERRI	41:07:00	136	70	14	F	50-59	MINNEAPOLIS	MN
FENTON, KEN	29:39:00	58	38	11	M	50-59	WAUPACA	WI
FERN, ALLISON	39:53:00	131	67	16	F	30-39	WEBSTER	WI
FLETCHER, CAROLYN	49:49:00	170	90	21	F	50-59	NORTH OAKS	MN
FOUDRAY, KAEI	24:25:00	12	11	1	M	11-12	EXCELSIOR	MN
FRAME, BRUCE	27:14:00	36	27	9	M	50-59	COON RAPIDS	MN
FRAME, KEN	26:16:00	25	19	6	M	50-59	HAYWARD	WI
FRANTI, GRETA	56:19:00	188	104	22	F	50-59	RICE LAKE	WI
FRANTI, THEODORE	34:23:00	96	56	14	M	50-59	RICE LAKE	WI
FRANZ, SUSAN	41:25:00	140	71	15	F	50-59	ROSCOE	IL
FULLER, NANCY	37:00:00	114	55	3	F	60-69	MIDDLETON	WI
GREENLAY, AMY	44:38:00	152	78	11	F	40-49	WOODBURY	MN
GRIEBENOW, KEITH	30:45:00	67	41	4	M	60-69	PRIOR LAKE	MN
GRIEBENOW, LAURA	38:02:00	121	60	7	F	18-29	MINNEAPOLIS	MN
HAHN, RANDY	26:20:00	27	21	6	M	40-49	WAUNAKEE	WI
HALVERSON, JOSHUA	18:53:00	1	1	1	M	13-17	CAMERON	WI
HANSEN, LUCAS	26:20:00	26	20	1	M	9-10	HAYWARD	WI
HANSEN, RYAN	26:21:00	28	22	7	M	40-49	HAYWARD	WI
HEILMANN, JOSEPH	29:45:00	59	39	12	M	50-59	NEW PRAGUE	MN
HERNANDEZ CARR, MIRTA	50:01:00	171	91	9	F	13-17	GOLDEN VALLEY	MN
HILLS, LORA	1:05:21	209	118	19	F	40-49	HAYWARD	WI
HINTZKE, JAMES L	50:09:00	173	81	11	M	60-69	NEW BERLIN	WI
HINTZKE, LYN M	1:26:16	221	130	20	F	60-69	NEW BERLIN	WI
HO, JENNIFER	29:01:00	51	17	2	F	40-49	INVER GROVE HEIGHT	MN
HOBBS, NANCY	22:50:00	10	1	1	F	50-59	COLORADO SPRINGS	CO
HOLMES, SHAWN	39:43:00	130	66	15	F	30-39	WASHBURN	WI
HOLUB, TANYA	27:57:00	44	13	1	F	30-39	PRESCOTT	WI
ISHAM, MELODY	36:20:00	111	52	4	F	9-10	HAYWARD	WI
JOHANSEN, SAMUEL	36:06:00	109	58	3	M	13-17	SUPERIOR	WI
JOHNSON, DEENA	1:02:32	203	113	17	F	40-49	HAYWARD	WI
JOHNSTON, BRIAN	25:21:00	20	15	4	M	40-49	MAPLE GROVE	MN
KAISER, MARISSA	35:45:00	106	49	10	F	30-39	CABLE	WI
KING, ALIE	32:36:00	77	32	3	F	9-10	SUPERIOR	WI
KING, MICHAEL	33:59:00	91	53	11	M	40-49	SUPERIOR	WI
KINNEY, SCOTT	29:08:00	54	35	10	M	50-59	EAGAN	MN
KLEVEN, KARI	33:54:00	90	38	8	F	50-59	MINNEAPOLIS	MN
KLIPP, JANET	34:10:00	93	40	2	F	60-69	SARONA	WI
KLIPPEL, BARBARA	1:04:41	206	115	1	F	80-99	HAYWARD	WI
KLIPPEL, KATHLEEN	1:04:43	207	116	24	F	50-59	MERRILL	WI
KOEHLE, KITTY	50:37:00	175	94	1	F	70-79	HAYWARD	WI
KOEL, PETER	24:42:00	18	14	4	M	50-59	GREENVILLE	WI
KOEL, LISA	31:00:00	68	27	6	F	50-59	GREENVILLE	WI
KOHLER, REGAN	34:03:00	92	39	6	F	30-39	HAYWARD	WI
KOMP, RILEY	41:07:00	135	69	5	F	11-12	CHETEK	WI
KRIZAN, STEVEN	47:01:00	164	79	20	M	50-59	NEWBURGH	IN
KUMMETH, BECKY	45:23:00	158	82	18	F	50-59	HUDSON	WI
LABAHN, JOHN	25:37:00	23	17	5	M	40-49	ROANOKE	IN
LAGESE, SCOTT	46:57:00	163	78	19	M	50-59	KANKAKEE	IL
LAIRD, BENJAMIN	27:38:00	41	29	2	M	9-10	HAYWARD	WI
LAIRD, MICHAEL	27:38:00	43	31	8	M	40-49	HAYWARD	WI
LESSARD, HEATHER	48:01:00	165	86	18	F	30-39	HAYWARD	WI
LINDQUIST, LISA	33:00:00	82	36	7	F	40-49	INVER GROVE HEIGHT	MN
LOWDER, TOM	24:27:00	13	12	3	M	18-29	CHANNASSEN	MN
MALM, SHEENA	50:19:00	174	93	20	F	30-39	DRESSER	MN
MANISKE, BRUCE	26:55:00	33	26	2	M	60-69	STILLWATER	WI
MANSON, ERIKA	1:06:49	212	121	25	F	50-59	MINNEAPOLIS	MN
MANSON, MONA	1:06:49	213	122	5	F	70-79	DEERFIELD	WI
MARENDA, ELLEN	38:09:00	122	61	13	F	30-39	BARABOO	WI
MARJON, JOACHIM	19:11:00	2	2	1	M	30-39	ROCHESTER	MN
MARJON, LAUREN	30:00:00	62	23	3	F	30-39	ROCHESTER	MN
MAST, BRIAN	26:28:00	29	23	7	M	50-59	HAYWARD	WI
MAST, KATHY	37:07:00	116	57	11	F	50-59	HAYWARD	WI
MCABEE, LISA	1:04:18	204	114	24	F	30-39	MADISON	WI
MCABEE, RYAN	1:04:19	205	91	7	M	30-39	MADISON	WI
MCCARVER, AVA	36:44:00	112	53	7	F	13-17	FOREST LAKE	MN
MCCARVER, JEANNIE	30:15:00	65	25	4	F	40-49	FOREST LAKE	MN
MCCLONE, KATE	27:10:00	35	9	3	F	13-17	APPLETON	WI
MCCLONE, OLIVIA	28:38:00	45	14	2	F	11-12	APPLETON	WI
MCDONALD, BETH	56:29:00	191	106	14	F	40-49	HOUTON	WI
MCDONALD, BRANDEN	56:28:00	189	85	17	M	40-49	HOUTON	WI
MCGRATH, CHRISTOPHER	22:43:00	9	9	2	M	50-59	HAYWARD	WI
MCGRATH, CINDI	27:32:00	40	12	4	F	50-59	HAYWARD	WI
MEZA, STELLA	24:28:00	15	3	1	F	9-10	LAC DU FLAMBEAU	WI
MEZA, SYLVIA	24:31:00	16	4	2	F	13-17	LAC DU FLAMBEAU	WI
MICKELSON, LORI	25:19:00	19	5	2	F	50-59	SAGINAW	MN
MOFFA, MARK	41:08:00	138	68	17	M	50-59	MPLS	MN
NAME	FINISH TIME	OVERALL PLACE	GENDER PLACE	DIVISION PLACE	GENDER	AGE GROUP	CITY	STATE
MURRAY, CHAD	43:03:00	148	74	15	M	40-49	EAU CLAIRE	WI
MURRAY, DANIEL	43:02:00	147	73	3	M	11-12	EAU CLAIRE	WI
MYERS, DEB	53:01:00	180	99	3	F	70-79	PLYMOUTH	MN
MYERS, LARRY	42:09:00	142	70	7	M	70-79	PLYMOUTH	MN
NAHVI, JALEH	32:52:00	80	35	6	F	40-49	INVER GROVE HEIGHT	MN
NELSON, CARMEN	39:37:00	128	64	5	F	9-10	ELY	MN
NELSON, JUNE	39:36:00	127	63	3	F	1-8	ELY	MN
NELSON, KARL	28:59:00	50	34	1	M	1-8	MEDICINE LAKE	MN
NELSON, MONICA	35:45:00	107	50	11	F	30-39	GRAND FORKS	ND
NIENTSTAEDT, LISA	26:58:00	34	8	3	F	50-59	VANCOUVER	WA
ONCONOR, JIM	37:50:00	120	61	4	M	70-79	HAYWARD	WI
OLSEN, DENISE	29:49:00	61	22	3	F	40-49	HAYWARD	WI
OLSEN, LOLA	29:48:00	60	21	2	F	9-10	HAYWARD	WI
OLSON, SCOTT	25:39:00	24	18	5	M	50-59	BLOOMINGTON	MN
PEARCE, CHARLES	36:10:00	110	59	6	M	30-39	DODGEVILLE	WI
PEARCE, SARAH	39:43:00	129	65	14	F	30-39	DODGEVILLE	WI
PECHEK, ELISE	39:57:00	132	68	4	F	60-69	DULUTH	MN
PETERSON, BOB	22:24:00	8	8	1	M	50-59	BARRON	WI
PHILLIPS, JACKSON	46:14:00	161	77	4	M	11-12	STONE LAKE	WI
PHILLIPS, SAMANTHA	46:14:00	160	84	17	F	30-39	STONE LAKE	WI
PUIA, JACKIE	56:28:00	190	105	4	F	70-79	MILWAUKEE	WI
PUIA, RONALD	55:28:00	183	83	8	M	70-79	MILWAUKEE	WI
RADCLIFFE, DENISE	37:40:00	119	59	13	F	50-59	EAGAN	MN
RIEGELMAN, BILL	56:13:00	186	84	13	M	60-69	MIDDLETON	WI
RIEHLER, JOAN	56:13:00	187	103	14	F	60-69	MIDDLETON	WI
RIEHLER, AMY	34:28:00	98	42	8	F	30-39	EAGAN	MN
RIENDL, ANNE	1:20:21	218	127	19	F	60-69	WAUKESHA	WI
ROBBINS, ROBERT	33:29:00	87	50	10	M	40-49	HAYWARD	WI
ROHDE, CLAIRE	29:06:00	53	19	3	F	11-12	WOODVILLE	WI
ROHDE, EMILY	31:19:00	71	30	5	F	30-39	WOODVILLE	WI
ROLOFF, CHRIS	1:22:15	219	128	26	F	50-59	WAUSAU	WI
ROLOFF, VERONICA	1:22:15	220	129	10	F	18-29	WAUSAU	WI
RUBIN, ANNA	34:34:00	99	43	5	F	18-29	FARMINGTON	MN
RUBIN, JOHN	22:16:00	6	6	2	M	18-29	FARMINGTON	MN
RUBIN, MICHAEL	38:58:00	126	64	8	M	60-69	BIRCHWOOD	WI
RUNYARD, MALLORIE	48:35:00	166	87	19	F	30-39	IXONIA	WI
RUSTAD, KRIS	44:07:00	151	77	7	F	60-69	TREMPEALEAU	WI
SAHS, MARVA	1:14:32	215	124	17	F	60-69	SPOONER	WI
SANTODONATO, ELIZABETH	59:25:00	201	111	15	F	60-69	WOODBURY	MN
SANTODONATO, SISTO	41:21:00	139	69	6	M	70-79	WOODBURY	MN
SAUNDERS, GAVIN	34:14:00	94	54	4	M	9-10	WOODRUFF	WI
SAUNDERS, JOSHUA	34:15:00	95	55	12	M	40-49	WOODRUFF	WI
SAUNDERS, MADELINE	52:43:00	178	97	10	F	13-17	WOODRUFF	WI
SAUNDERS, SHARON	52:43:00	179	98	13	F	40-49	WOODRUFF	WI
SCHILLER, TERI	30:20:00	66	26	1	F	60-69	MINNEAPOLIS	MN
SCHULL, MARGIE	35:14:00	104	47	9	F	50-59	HAYWARD	WI
SCHUSTER, SHANNON	35:09:00	103	46	8	F	40-49	GREEN BAY	WI
SIZEMORE, KAREY	35:36:00	105	48	9	F	40-49	PRESCOTT	WI
SIZEMORE, SHELBY	27:29:00	39	11	4	F	13-17	PRESCOTT	WI
SKOW-ANDERSON, ANNA	31:05:00	70	29	3	F	18-29	ST. PAUL	MN
SKOW-ANDERSON, MATTHEW	29:24:00	56	36	5	M	18-29	ST. LOUIS PARK	MN
SKUSTAD, AKSEL	38:42:00	124	63	2	M	1-8	ELY	MN
SKUSTAD, AVA	38:45:00	125	62	4	F	11-12	ELY	MN
SLINING, JASON	20:34:00	3	3	1	M	40-49	IRONWOOD	MI
SMITH, ELIZABETH	29:12:00	55	20	5	F	50-59	LAKE ELMO	MN
SMITH, TRISTAN	21:49:00	4	4	2	M	13-17	LAKE ELMO	MN
SOLBERG, PAUL	56:33:00	194	88	18	M	40-49	BARNES	WI
SOMERVILLE, LORI	1:02:31	202	112	16	F	40-49	HAYWARD	WI
SOMMER, DANIEL	33:42:00	89	52	13	M	50-59	MCFARLAND	WI
SPENCER, JOE	55:02:00	181	82	12	M	60-69	ROCHESTER	MN
SPENCER, SHARON	55:02:00	182						

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - TREK



Results by PrimeTime Timing

NAME	FINISH TIME	GENDER	CITY	STATE
ALLEN, ANN	3:03:12	F	BLOOMINGTON	MN
ALTMAN, JOAN	2:43:07	F	ROCKFORD	IL
ANDERSON, EMILIE	3:21:17	F	MINNEAPOLIS	MN
ANDERSON, EVELYN	3:19:47	F	MINNEAPOLIS	MN
ANDERSON, THOMAS	3:19:48	M	MINNEAPOLIS	MN
ARRIGONI, KARLA	2:15:35	F	RICE LAKE	WI
BARTHOLOMEW, GORDON	3:27:16	M	MADISON	WI
BERGE, EMILY	3:09:41	F	EAU CLAIRE	WI
BIERMAN, SONJA	2:40:10	F	CLEAR LAKE	WI
BONO, MICHAEL	2:56:47	M	MINNEAPOLIS	MN
BRAUN, MARGIE	2:40:41	F	HAYWARD	WI
BRIDGE, MARIE	3:34:09	F	EXCELSIOR	MN
BROWN, KATHIE	3:43:11	F	RICE LAKE	WI
BRUNSVOLD, ERICK	3:21:15	M	TOFTE	MN
BUONOCORE, LISE	3:51:19	F	FAIRPORT	NY
CAITHAMER, JACKIE	4:19:43	F	SPOONER	WI
CAULEY, KATHI	2:44:44	F	FORT ATKINSON	WI
CHELLEN, LAURALEE	2:26:07	F	EXCELSIOR	MN
CRISLER, TRACY	1:52:12	F	RICE LAKE	WI
CROMER, GRETCHEN	3:43:08	F	TOMAH	WI
CURRAN, SHELLEY	2:25:47	F	EXCELSIOR	MN
DAWSON, CECILY	2:25:51	F	RHINELANDER	WI
DELOSH, KEN	3:22:59	M	WAYZATA	MN
DEVANIE, MAURA	3:04:26	F	MADISON	WI
DEVANIE, SANDRA	3:15:11	F	HAYWARD	WI
DIRKX, DONNA	2:19:17	F	MINNEAPOLIS	MN
DIRKX, VALERIE	2:19:12	F	MADISON	WI
ERICKSON, KRISTINE	2:29:43	F	EXCELSIOR	MN
FIEDLER, BRUCE	2:32:50	M	COTTAGE GROVE	MN
FIELDS, WENDY	2:25:21	F	GOLDEN VALLEY	MN
FISHER, ASHLEY	2:40:10	F	BOVEY	MN
FLEISHER, COLLEEN	2:48:17	F	CAROL STREAM	IL
FREED, AMY	2:25:47	F	EXCELSIOR	MN
GAGE, PAUL	2:36:24	M	EDINA	MN
GAGE, SHERYL	2:36:24	F	EDINA	MN
GAYNOR, JENNY	3:02:26	F	MINNEAPOLIS	MN
GAYNOR, MEG	3:02:27	F	NASHOTAH	WI
GAYNOR, TERRY	3:03:48	M	NASHOTAH	WI
GAYNOR, VICTORIA	3:03:49	F	NASHOTAH	WI
GLADSTONE III, WILLIAM	3:51:19	M	KALAMAZOO	MI
GLADSTONE, JANET	3:51:16	F	KALAMAZOO	MI
HAGEDORN, HARRIET	3:55:34	F	TWO HARBORS	MN
HANGGI, BARBARA	2:55:27	F	ANDOVER	MN
HAUFF, MARY	2:19:14	F	MINNETONKA	MN
HICKMAN, CHRIS	2:56:46	M	MINNEAPOLIS	MN
HOFFMAN, DEAN	4:19:43	M	BROOKFIELD	WI
HOLLAND, ELIZABETH	2:40:40	F	CABLE	WI
HOULE, MARIA	2:51:28	F	PRINCETON	MN
HUNT, CYNTHIA	3:09:42	F	EAU CLAIRE	WI
ICKS, ABETT	2:52:29	F	CABLE	WI
JACKSON, ROBERT	2:41:42	M	STAR LAKE	WI
JONES, ANDREA	2:30:49	F	TONKA BAY	MN
KAFTAN, GEORGIA	3:34:09	F	CAMBRIDGE	WI
KAUL, JULIE	3:53:37	F	HUDSON	WI
KENT, CAROL	2:49:56	F	EAU CLAIRE	WI
KLEIN, CARL	2:14:07	M	WAUSAU	WI
KLEINHEINZ, DONNA	3:03:11	F	NORTON	OH
KLEINSCHMIDT, DARLA	3:11:57	F	TURTLE LAKE	WI

NAME	FINISH TIME	GENDER	CITY	STATE
KOCH, JILL	2:11:06	F	WAYZATA	MN
KOWALSKI, JANICE M	2:55:28	F	WEYERHAEUSER	WI
KRUSE, JACKIE	3:15:09	F	CABLE	WI
KURKIEWICZ, KATHLEEN	2:56:07	F	RICE LAKE	WI
KYLE, JULIA	3:11:58	F	EAU CLAIRE	WI
LUND, LISA	3:34:09	F	EXCELSIOR	MN
MARQUARD, JANE	2:54:33	F	LINO LAKES	MN
MARQUARD, ROBERT	2:54:33	M	BROOKLYN PARK	MN
MENNERICK, ERIKA	2:46:41	F	SOUTH ELGIN	IL
MUENCH, LOUIS	2:51:30	M	CUMBERLAND	WI
MURRAY, ELSA	2:30:09	F	EAU CLAIRE	WI
MURRAY, KELLY	2:30:09	F	EAU CLAIRE	WI
NELSON, BARBARA	3:17:54	F	EAGAN	MN
OLSON, JULIANA	2:35:10	F	WAUNAKEE	WI
PANGI, JOE	2:52:40	M	EAGLE RIVER	WI
PEARSON, JAMES	2:36:44	M	HASLETT	MI
PORTER, COLLEEN	3:21:22	F	PLYMOUTH	MN
QUINN-JERECZEK, DIANA	2:43:51	F	DULUTH	MN
RASMUSSEN, DANA	2:56:46	F	MINNEAPOLIS	MN
RETENMUND, JODI	1:55:02	F	RICE LAKE	WI
RICKERT, SUSAN	2:56:46	F	ST. LOUIS PARK	MN
RIEDEL, BRIAN	2:50:28	M	EAU CLAIRE	WI
ROBARGE, LYNNE	2:15:36	F	RICE LAKE	WI
ROESLER, KAREN	2:33:54	F	MINNEAPOLIS	MN
RUSTAD, ALAN	2:44:32	M	TREMPEALEAU	WI
RYAN, ANNE	3:09:41	F	EAU CLAIRE	WI
SALMON, JESSICA MEG	3:35:38	F	ASHLAND	WI
SATHER, CHRISTOPHER	3:27:53	M	MINNETONKA	MN
SATHER, JEANNETTE	3:27:53	F	MINNETONKA	MN
SCHROEDER, DANA	2:56:46	F	MINNEAPOLIS	MN
SCHWARTZ, RALPH	2:27:46	M	SAINT PAUL	MN
SEVERSON, MARY	3:51:18	F	NORTH MANKATO	MN
SHARPE, REBECCA	2:58:05	F	MINNEAPOLIS	MN
SHIMON, DANI	3:23:03	F	MINNEAPOLIS	MN
SLETTEN, CHERYL	3:31:44	F	WAUPACA	WI
SLETTEN, PAUL	3:05:57	M	WAUPACA	WI
SNOW, JOANNE	3:27:31	F	MADISON	WI
STEPHANIE, BIXLER	2:14:07	F	RICE LAKE	WI
STITH, CASSANDRA	3:51:17	F	CHEYENNE	WY
STITH, TANA	3:51:18	F	LARAMIE	WY
STONE, MICHELLE	3:41:15	F	AMERY	WI
TAGGART, JAN	3:04:27	F	LA CROSSE	WI
TALO, MATTHEW	2:49:30	M	GREENVILLE	WI
TAYLOR, LESLIE	3:27:31	F	MADISON	WI
TETTER, GREGORY	3:33:41	M	MOLINE	IL
TETTER, VICTORIA	3:33:42	F	MOLINE	IL
VADEBONCOEUR, LIZ	3:27:32	F	MADISON	WI
VAMSTAD, BRIAN	2:14:08	M	DECORAH	IA
WALKER, CAROL	3:21:23	F	ST. PAUL	MN
WHITE, THERESA	2:50:49	F	SHOREVIEW	MN
WICKBOLDT, CAROL	4:01:48	F	CLAYTON	WI
WISE, KAREN	3:11:12	F	FALL CREEK	WI
WITCHGER, LIBBY	2:30:19	F	EXCELSIOR	MN
WOOD, HEATHER	2:52:39	F	RHINELANDER	WI
WOOD, LEE	2:52:39	M	RHINELANDER	WI
YOUNG, SHELLEY	2:39:34	F	BARNES	WI
ZAGOZDON, CHARLES	2:52:40	M	HAYWARD	WI
ZIMMERMAN, ANNIE	2:51:25	F	BECKER	MN

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - RELAY



Results by PrimeTime Timing



RELAY TEAM NAME	FINISH TIME	RELAY EVENT	GENDER	AGE CATEGORY	TEAM MEMBER NAME
AGENDA RABBITS	4:30:29	3 PERSON	MIXED	MASTERS	SCHERWINSKI, SHARON WALKER, SCOTT SCHERWINSKI, DAVID
AKA	4:23:44	3 PERSON	MIXED	OPEN	WESTMARK, ANNA SKOWANDERSON, KRISTINA SKOWANDERSON, ANDREW
DDD-MAGNOLIA	4:33:11	3 PERSON	WOMEN	MASTERS	JAZDZEWSKI, JAMIE DESPOT, AMBER MAIJALA, YVETTE
DDD'S	4:33:11	3 PERSON	WOMEN	OPEN	SNESRUD, ALYSSA YOUNG, HEATHER LITSEY, PAMELA
FLATLANDERS FAKING IT	3:33:34	3 PERSON	MIXED	OPEN	DISBROW, MIKE CORSO, CANDACE MIKOTTIS, KEVIN
GITCHE GUMEE	4:31:00	3 PERSON	MIXED	OPEN	BERGSSVEN, ARYN DOLD, NANCY DOLD, GREGG
JONNY AND DA BOYZ	2:58:43	3 PERSON	MEN	OPEN	PAJTASH, WYATT JOHNSON, NATHAN LINDBERG, JON
MN WEETS BROS	4:37:39	3 PERSON	WOMEN	OPEN	KAYSER, JANA WEETS, MARY BRICKSON, HARPER
MORE COWBELLS	3:25:22	3 PERSON	MIXED	OPEN	COGBILL, ALLISON COGBILL, CHRISTOPHER COGBILL, THOMAS
MORUNMOBEER	3:25:13	3 PERSON	MEN	OPEN	VAN SANT, DAVID FARGIONE, JOE WALTER, JEFF
OFF THE RAILS	3:25:41	3 PERSON	MIXED	MASTERS	EMERSON, BETH WISE, MARK LARSON, RANDY

RELAY TEAM NAME	FINISH TIME	RELAY EVENT	GENDER	AGE CATEGORY	TEAM MEMBER NAME
RUNNING FROM THE LAW	4:30:29	3 PERSON	WOMEN	OPEN	BOECK, HANNAH GILLEY, ALLISON BUCCI, MARIA
SEELEY DIVAS	3:57:57	3 PERSON	WOMEN	MASTERS	GEDART, TERI KLEIN, JACKIE CARROLL, ANDREA
ST CLOUD RIVER RUNNERS 20	4:48:39	3 PERSON	WOMEN	OPEN	MAYERHOFFER, EMILY MUTUA, EDA LAWRENCE, ANDREA
TEAM BIRKIE	3:22:54	3 PERSON	WOMEN	OPEN	GREGG, CAITLIN GESIOR, FELICIA HANSEN, MARY
TEAM SUMMIT	3:55:19	3 PERSON	WOMEN	MASTERS	BLOOM, CARRIE O'NEILL, KELLY ROGERS, BELINDA
THE THREE AMIGOS	3:19:44	3 PERSON	MEN	MASTERS	REINERT, ROGER MULLEN, PATRICK FLANAGAN, GLEN
WE THREE SAUK	4:26:44	3 PERSON	MIXED	MASTERS	DELAGARDELLE, GEORGE HENRY, ANDREA AMMAN, AMY
WHERE'S MY INHALER?	4:21:15	3 PERSON	WOMEN	OPEN	HUDSON, SARA WEISPPENNING, LISA HOUGEN, BETH
BIRKIE COUGARS	4:51:22	6 PERSON	WOMEN	MASTERS	POSSLEY, KAREN BLASKY, EMILY BRENNER, LINDA
BIRKIE IN MY BELLY	4:57:07	6 PERSON	MIXED	OPEN	WOITA, CATHIE MILNE, CINDY DALE, MAKIAH
					ZWEBER, JACK ZWEBER, LINDSAY CARRIGAN, NATHALIE CARRIGAN, PATRICK BELZ, MICHAEL

2017 BIRKIE TRAIL RUN FESTIVAL RESULTS - RELAY



Results by PrimeTime Timing



RELAY TEAM NAME	FINISH TIME	RELAY EVENT	GENDER	AGE CATEGORY	TEAM MEMBER NAME
CAJUN S COVE CONNECTION	4:25:15	6 PERSON	MIXED	OPEN	HEITZINGER, TRAVIS RAATZ, KATIE JOHNSON, MEREDITH JOHNSON, ROBERT JOHNSON, VALERIE JOHNSON, JEFF
CHAFED AND CONFUSED	4:25:26	6 PERSON	MIXED	OPEN	LAURENT, JACOB LAURENT, APRIL LAURENT, TAMMY LAURENT, GARY WILSON, KAYLA POPELKA, JEAN
COOL RUNNINGS	5:41:54	6 PERSON	MIXED	OPEN	DOUGHERTY, CHRISTINE CURNOW, RICHARD CURNOW, TYLER DOUGHERTY, PAIGE
CROSSFITTERS	4:20:38	6 PERSON	MIXED	OPEN	POPPE, AMBER INGBRESTON, MEREDITH HANSON, BEN BECKWITH, SALLE BEILKE, CURT BEILKE, AMY
DANCING BIRDS	4:16:26	6 PERSON	MIXED	OPEN	DANCER, SABRINA DANCER, GUNNAR DANCER, MOLLY BIRDSALL, EMILY BIRDSALL, ALEC DANCER, KIM
FOR THE JOY	4:09:24	6 PERSON	MIXED	MASTERS	HOLTER, TODD HOLTER, ANNA FIELD, DAMARIS FIELD, TOM
IN OUR HAPPY PACE	4:00:33	6 PERSON	MIXED	MASTERS	PAULSEN, ERIK DREYER, DLEE HOTVET, JODI SCHEER, FRED SCHEER, SUSAN PAULSEN, JENNIFER
LITTLE LEBOWSKI URBAN ACH	5:19:30	6 PERSON	MIXED	OPEN	GRAFF, TARA SMITH, JENNIFER BACKSTROM, CRAIG SUTTON, LOWELL LIEDL, JENNIFER STEINHAGEN, JENNIFER
NELSON LAKE JV SQAUD	3:57:54	6 PERSON	MIXED	OPEN	CERNOHOUS, ADAM THIBODEAU, MIA LOSINSKI, VICTORIA BESKAR, JOEL CERNOHOUS, JILLENE BESKAR, JILL
PORK N BEANS	3:15:27	6 PERSON	MIXED	OPEN	PLANTENBERG, ISABELLA HENSON, HANNAH ROACH, NICOLE KREYER, ANDY SCHOMMER, PAUL MEIER, DANIEL
RAGE RUNNERS	4:28:00	6 PERSON	MIXED	OPEN	QUADERER, KALIANNA WOOTEN, MARIE BUTLER, LARRY STARR, TRINA MILLER, LISA MARTINSON, PATRICK
RUN DMC	4:26:34	6 PERSON	MIXED	OPEN	CZECH WEBSTER, DAWN SCHMITZ, ROGER CZECH, DAREN HAPPKE, DICHELLE
RUN RAGERS	5:05:29	6 PERSON	MIXED	OPEN	CHRISTIANSON, CARL BELILLE, DOLORES CHRISTIANSON, JEN SMITH, NICOLE CARLEY, BRANDON HARRINGTON, PATRICIA

RELAY TEAM NAME	FINISH TIME	RELAY EVENT	GENDER	AGE CATEGORY	TEAM MEMBER NAME
SEELEY STRIDERS	3:27:58	6 PERSON	WOMEN	MASTERS	KISS, JULIE RINGHEIM, SYDNEY MARKET, JEWEL MEYER, JULIE SKILLICORN, KELLY KELLER, JOY
SKI AND TEA 1	5:28:39	6 PERSON	WOMEN	MASTERS	RANDOLPH, DIANA MANDLI, JANE BERGIN, KATHY HAND, SUSAN MEEK, CONNIE BAUER, NANCY
SKI AND TEA TOO	5:08:31	6 PERSON	WOMEN	MASTERS	LEAHY, NOREEN WILSON, JAN MORSE, ETHEL KORN, ANN TOMASULA, KATHLEEN DIETZ, KRISTI
STEELE CHIROPRACTIC AND N	4:51:51	6 PERSON	MIXED	OPEN	STEELE, CHRISTEN STEELE, CRYSTAL STEELE, MARCUS STEELE, MATTHEW
SWIFT FAMILY ROBINSON	4:18:49	6 PERSON	MIXED	OPEN	HURLEY, CONNOR ROBINSON, JACOB KNUDSEN, AMANDA KNUDSEN, LANCE DEPREY, KRISTINA ROBINSON, HOWARD
TEAM DIETRICH	4:32:34	6 PERSON	MIXED	OPEN	DIETRICH, GINA DIETRICH, JEFF JOHNSON, HOWARD MCNUTT, DARYL WHITE, DARRIN TRETIN, JACKIE
TEAM JAECKEL	4:37:34	6 PERSON	MIXED	OPEN	SIVERLING, MICHAEL CONHARTOSKI, ELLYN GEIDEL, CHRISTINA CHURCHILL, CHERYL KANE, JODY HILL, JEREMY
TEAM OOGA BOOGA	3:59:40	6 PERSON	MIXED	OPEN	WOLTER, ROB FREEMAN, KRISTEN MARETTI-WOLTER, TONI DOWSE, RILEY FREEMAN, CORRY HAVERKAMP-DOWS, SARAH
THE BIRKIE BEASTS	5:12:56	6 PERSON	WOMEN	OPEN	MENK, ALISON AMUNDSON, MICHELLE OBRIEN, TAMARA MENK, ANA WILLE, BARBARA MENK, MARY
THE FAM	5:06:57	6 PERSON	MIXED	OPEN	STEESS, AUTUMN STEESS, MARY STEESS, KERRY STEESS, AMY STEESS, SHANE STEESS, ABBEY
TRAIL RAGE	4:11:45	6 PERSON	MIXED	OPEN	GONZALEZ, CHATO MALNOURIE, UTINA BRASSILL-DOMAG, TRISHA MALNOURIE, THOM HAHN, KIMBERLY TON, ELIZABETH
WARPED SPEED	5:06:48	6 PERSON	MIXED	OPEN	HAGEDORN, MARY BAUER, STEVE BAUER, MEREDITH PAULU, BOYD BAUER, WILLIAM ASH, KELI
WTF? WHERE IS THE FINISH	5:10:33	6 PERSON	WOMEN	OPEN	LANG, ALISA JOHNSON, SHANNON CHRISTENSEN, JESSICA BENSON, AMY BENSON, ANGELA

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