

BirchScroll®

Volume 42 - Fall/Winter 2016

- ❄ Mayo Study! Skiing!
The More the Healthier!
- ❄ Aid Station 101
- ❄ A Fresh New Start
- ❄ 2016 Birkie Trail Run &
Trek Results
- ❄ My First Fat Bike Birkie



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SKI . RUN . BIKE . LIVE!

Welcome to Birkie season 2017!

Win your wave, win a pair of premium pillows!

- First Birkie male and female Skate finisher in each wave
- First Birkie male and female Classic finisher in each wave

Go to "Awards and Prizes" at birkie.com/ski/events/birkie for details.

We are proud to support the Birkie lifestyle!

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tableofcontents

- 5 A Message from Ben Popp, ABSF Executive Director
- 6 Mayo Study: Skiing - the More the Healthier!
- 7 The Birkie Rocked My World - *Austin McPhillips*
Birkie Fever: A Diagnosis - *Carl Kozak*
- 8 A Different Kind of Birkie Fever - *Lori Steinbach*
- 9 Birkie Volunteers: Priceless
- 10 Birkie Trail Season Ski Pass
- 11 Preserving the Future - One Donation at a Time - *Chris McGrath*
- 12 The Birchleggings Club - The Heart of Birkie Spirit - *John Kotar*
- 13 The Good, The Bad, & The Ugly - *Allan Serrano*
- 16 Aid Station 101
- 17 2017 American Birkebeiner, Kortelopet & Prince Haakon Map
- 18 ABSF 2017 - 2018 Calendar of Events
Race Change Deadline
- 19 Thursday, February 23, 2017 - Schedule of Events
- 22 Friday, February 24, 2017 - Schedule of Events
- 23 Saturday, February 25, 2017 - Schedule of Events
- 24 A Fresh New Start
- 25 Meet the Birkie Ambassadors
- 28 2017 Official Poster & T-shirt Design Winners
- 29 My First Fat Bike Birkie
- 31 Birkie Bites - Tidbits of News for Birkie Events 2017
- 32 Tony Wise Museum of the American Birkebeiner Grand Opening
- 36 Birkie Race Finds His Glide atop a Lifelong Passion - *Tara Tierney*
- 40 2016 Birkie Trail Run in Three Words: Sun, Run, Fun!
- 41 2016 Birkie Trail Run & Trek Results
- 46 Channeling the Birkie Lifestyle: One Son's Story - *Joe Rauzi*

2017 Cover & Poster Design Winner - Paco Van Sistine, Denver, CO



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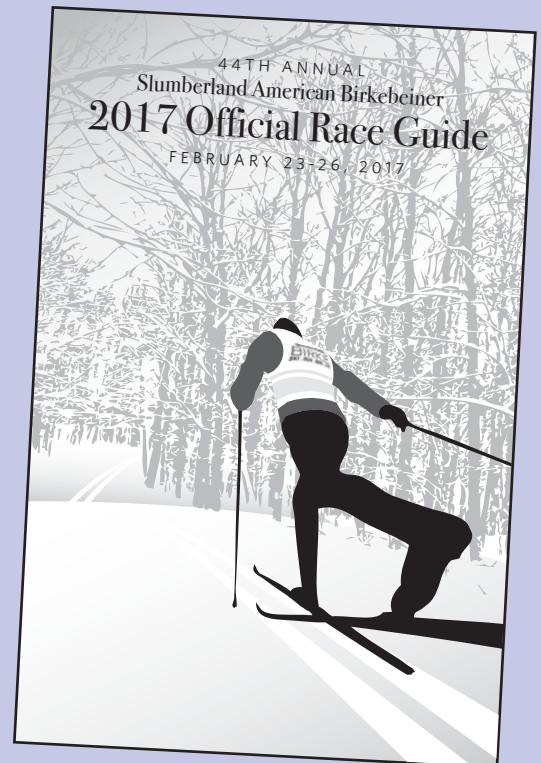
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#BirkieFever

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



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

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Birkie Team – 2017

2017 Race Staff

Executive Director	Ben Popp	Birkie Enterprises & Accounting	Stephanie Martin
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Development Director	Chris McGrath		John Fitzgerald, Paul Ostrum, TJ Barnes
Finance Director	Lisa Schmock		Sam Hughes, Jonathan Martin
Volunteer & Participant Services	Ronda Tworek	Race Operations	Bill Ryan
Public Safety Director	Gerrald Voight	Photographers	James Netz, Kelly Randolph, Bob Pearl,
Administration & Registration	Cindy Zsohar		Sally Krueger, Lenora Ludzack
Birkie Enterprises	Louise Jones		

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Awards	Steph Hamblin	Aid Station Medical	Mark Gritzmacher
Barkie Birkie	Connie Meek	Birkie Finish Line Medical	Dr. Adam Atkins, Robin Kranig
Baggage	Dave Tworek, Paul Eckerline	Ski Patrol	Jeff Schmidt
Birkie Finish Food Station	Sunny & Nate Schelvan,	Parking	TJ Edwards
	Nate Oltesvig	Road Crossings & Snow Covering	Noah Lattin
Birkie Medals	Heather Peterson, Nick Chase	Forerunner	Eric Maki
Busing	Paul Wessel	Start Gatekeeper - Birkie	Rob Frenchik
Medical Communications	Brian Cody	Birkie Start Stewards	Katie Hancock
Finish Line	Bill Ryan	Junior Birkie	Bruce & Karen Manske
Timber Trail Food Station - Birkie	Jed & Jane Malischke	Adaptive Ski	Jim Crandall
Fire Tower Food Station - Birkie	J.B. Ellis	Birkie Sprints	Tom Duffy, Scott Wilson
Boedecker Food Station - Birkie	Jim & Karen Pliska	Nikkerbeiner	Steve Wenzel
Gravel Pit Food Station - Birkie & Korte	William Johnson,	Barnebirkie Finish	Colleen Graham, Jane Mandli
	Roxanne White	Barnebirkie Start	Joe & Bean Timmerman
Mosquito Brook Food Station - Birkie	Dan Dunn	Korte Finish Food	TBD
Hatchery Food Station - Birkie	Charles Johnson	Mosquito Brook Food Station	TBD
Hatchery Food Station - Korte	Deanna & John Jaeckel	Korte Start	TBD
International Bridge	Terry Penman	Prince Haakon Start	TBD
Korte Medals	Lisa Hawkinson	Road Signage	TBD
Birkie Start Venue	James Bolen	Food Station Supplies	TBD
Lost & Found	Dee Taylor & Roxanne Jackson	Course Control	TBD
Finish Venue	John O'Connell		

Birkie Chiefs are uber volunteers who lead our dedicated volunteers to make sure that event participants have a safe and amazing experience. Birkie Chiefs are the backbone of the volunteer corp and we couldn't produce the Birkie events without them. This list is current as of printing; although there are still a few Birkie Chief opportunities available! If you're interested in learning more about becoming a Birkie Chief and the many benefits, please contact 715-634-5025 #2 with questions!

Community Partners

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Hayward City Asst. Police Chief	JT Wohling	Sawyer County Emergency Services	Pat Sanchez
Sawyer County Sheriff	Mark Kelsey	Public Works Director City of Hayward	John McCue
Sawyer County Sheriff Chief Deputy	Craig Faulstich	Public Works Foreman City of Hayward	John Metcalf
Bayfield County Sheriff	Paul Susienka	Sawyer County EMS	Eric Nilson

#BirkieFever

Birch Scroll®

Volume 42 – Fall/Winter 2016

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Design and Layout ... Advance Printing

ADVERTISING

The Birch Scroll accepts advertising until one month before publication. *The Birch Scroll* reserves the right to refuse any ad due to content or space limitation. For rate and deadline information, contact:

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P.O. Box 911, Hayward, WI 54843

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Greetings from BirkieLand!

The painted leaves have fallen and the first few flakes have been spotted – Birkie Fever is definitely in the air! It is with unparalleled excitement that we prepare for the 44th American Birkebeiner and festival of Nordic events.

A new era begins with the christening of the new Birkie starting line at the American Birkebeiner Trailhead, and new starting lines for both the Korte and Prince Haakon, as well! We are incredibly excited that when all skiers reach downtown Hayward they'll find an even more festive atmosphere complete with live music, vendors, cheering crowds, and plenty of cowbell. We all know you can never have enough cowbell!



February will find thousands of Birkie alum returning to ski the Birkie, Korte and Prince Haakon. In fact, in 2017 the Birkie is hosting a U.S. Ski Team reunion with a group of skiers who are very important to the history of our sport. Amongst this elite group are former Olympic and World Champions – and they'll be out on the trail skiing right alongside you. As you head out on race day, watch for the commemorative bibs designating former and current U.S. Ski Team members. We are thrilled to have each and every one of you come home to the Birkie - whether it is your first Birkie or your 44th.

Northern Wisconsin has experienced an incredibly wet summer and fall. As a result, the Birkie Trail has taken quite a beating. In fact, earlier this year we were declared a "major disaster area" by President Obama and are currently working with FEMA on trail restoration. We are unbelievably proud of our amazing trail staff who continue to work tirelessly to stabilize the trail in anticipation of ski season. They've replaced culverts, repaired erosion and washouts, added topsoil, seeded, mulched, and will keep at it until the Birkie Trail is as good as new. The Birkie Trail system is an important year-round recreation destination and we take our stewardship of this valuable resource very seriously.

“The Birkie is committed to creating experiences that fuel a passion for an active, outdoor lifestyle.”

The Birkie is committed to creating experiences that fuel a passion for an active, outdoor lifestyle. Through advocacy, grants, events, and ambassadors, we work hard to ensure the next generation of skiers, bikers, runners, and outdoor enthusiasts, are ignited and inspired. As a community, we are all leaders in encouraging and so often enabling the Birkie lifestyle we so cherish – GREAT WORK!

Whether your first Birkie, tenth Korte, second Prince Haakon, or fourth Barkie Birkie Skijor, it is our goal that each of you has the best possible Birkie experience. Don't hesitate to reach out to me or the Birkie staff if you have any questions, or need help with any race-related matter.

See you in the north woods soon!

Let it Snow!

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.

When it Comes to Exercise, the More the Healthier!

ABSF Collaboration with Mayo Clinic Draws Exciting Results

We've all heard the saying, "It takes a village to raise a child." Well, according to a new study, that same principle can also be applied to our daily exercise routines, as found in a recent Mayo Clinic study regarding exercise by way of Nordic skiing.

The research study was born directly out of Dr. Paul Anderson's first life-changing decade as a Birkie skier. It was during Dr. Anderson's Preventive Medicine fellowship at the Mayo Clinic that he began to think about behavior change especially as it relates to physical activity. Anderson realized that the experience he had with the Birkie community was a very powerful change agent. He noted that citizen athletes, like the people who ski the Birkie, have adopted virtually all of the health behaviors the public health community is trying so hard to promote in the United States. It seemed like the next obvious step would be to try and characterize what it was about these communities (especially Birkie skiers) that helped people change. This thinking was the catalyst that led to the resulting study. Dr. Ralph Bovard, second lead author of the paper, was Dr. Anderson's preceptor during a sports medicine rotation during Dr. Anderson's residency.

"As a Birkie veteran himself, Dr. Bovard challenged me to try cross-country skiing and added that I would not pass the rotation if I did not sign up for the Birkie. Well, I found some old skate skis at a thrift store and eventually convinced the team at Gear West to mount some bindings, and sell me some boots and poles," said Dr. Anderson. "That

year, I took my first and only ski lesson from Ben Popp at Como golf course and then skied my first Birkie. I've never looked back," Anderson continued. "Through these events my life and health literally changed as I was drawn into a community of people devoted to and excited about physical fitness, generally healthy eating, getting outdoors, and doing it all together."

Dr. Anderson and Dr. Bovard were joined by a team of researchers that included Mayo Clinic's Zhen Wang, Ph.D., Timothy Beebe, Ph.D., and Mohammad Hassan Murad, M.D., as they collaborated with the American Birkebeiner Ski Foundation for an illuminating exercise survey. The survey was given to those who had participated in at least one American Birkebeiner ski race. Founded in 1973, the race has grown into "the largest Nordic ski race in North America, attracting over 12,000 participants in 2015," according to the study.

The survey revolved around how having a social network of others to exercise with affects one's commitment to exercise. And, although the 5,453 Nordic skiers who responded to the survey generally had healthy lifestyles and healthy eating habits to begin with, they also reported that having a strong social network of support played a significant role in their ability to maintain their level of exercise. When researchers correlated the survey data, they found that the more people have a social network around them that encourages them to exercise, the more they exercise.

Dr. Murad noted that the study found



that the most common form of "social support" cited by Birkie skiers was verbal. That includes "discussing exercise, talking about the enjoyment of exercise, making offers to exercise with others," he says. "Exercising together and making or changing plans around exercise also received high scores." The results, Dr. Murad says, also showed that "even those who are already deeply advanced in their own exercise habits and lifestyles" can benefit from having an exercise partner or two.

Essentially, the study shows us that if someone is struggling with sticking to an exercise plan or routine, having people around them who not only encourage them but also exercise with them is a very beneficial thing.

In addition, Dr. Murad says there may be other benefits to inviting others to share in our daily exercise. "Perhaps you'll get tips from the people who help you exercise," he tells us. "Or tips to help you deal with injuries, or tips about nutrition. Regardless, all of this social activity, I think, will help you maintain a daily commitment to exercise."

Research Team: Dr. Paul Anderson (Birkie Skier); Dr. Ralph Bovard (Birkie Skier); Dr. Mohammad Hassan Murad; Dr. Timothy Beebe; and Dr. Zhen Wang.

If you're interested in reading the entire study, please visit: <http://bmjopen.bmj.com/content/6/6/e010259.long>.

Reprinted, in part, with permission by Mayo Clinic's In the Loop and the assistance of Dr. Paul Anderson.



The Birkie Rocked My World

—Austin McPhillips, First-time Birkie Skier
(But not his last!)

At this time last year, I had never even heard of the Birkie, nor had I ever been cross-country skiing. Having just moved to Chicago after graduating from college in Virginia, the Birkie Bug was getting ready to bite me.

In October of 2015, I had the privilege of staying with a college friend's parents in Saint Paul, MN, before I ran in the Twin Cities Marathon. Looking around their house, I noticed there were skiing pictures everywhere, and a couple times I struggled with the pronunciation of this new word "Birkebeiner." Over our pre-race pasta dinner, I officially learned about "the Birkie." The conversation ended with Mr. Brown saying something along the lines of "...if you don't think you'll be living in the Midwest for long, you really have to at least go see the Birkie."

"I've never cross country skied before," I replied, "but, I just might be crazy enough to try to do it." With that, the seed was planted.

I visited again in January for a certain -

6 degree Minnesota Vikings game; still having never cross-country skied before, yet intrigued nonetheless. By now I was convinced that I wanted to ski the Birkie. Unfortunately, I learned that registration was full, BUT, through my amazing friends I was able to secure a bib from a Birkie sponsor.

I found myself visiting Minnesota yet again the first weekend of February, this time to learn how to ski (what did I get myself into?). With the help of a great teacher, I made it about 10k that weekend. No problem, I have two weeks to "train" to be ready for an effort 5x as long (wait, really, what did I get myself into?!).

I showed up in Hayward 12 days later a little bit excited, still a little oblivious, and a little terrified.

Over the next 24 hours, the Birkie rocked my world, both from a physical (this is the hardest thing ever) and mental (the Birkie lifestyle is the greatest thing ever - I've found my people!) perspective. From the organization of the overall event, to the environment of staying at a lake house with a



Buddies, Nate Brown (L) and Austin McPhillips (R), amp up their Birkie Fever pre-race!

dozen other participants (one there for his 40th Birkie!), to the volunteers, to the start line experience, to the amazing camaraderie out on the course, to the utter exhaustion at the 30k mark, to getting interviewed live on the radio at the finish, to warm soup, and finally a bus ride back to my car...the Birkie blew my mind.

From my shivering, exhausted body at the finish line, you might have assumed I'd come down with a fever. And you'd have guessed right...I definitely have a case of Birkie Fever!

Birkie Fever: A Diagnosis

—Carl Kozak

WHAT IS IT? Birkie Fever is an irrational urge to ski the American Birkebeiner or to be a part of it through volunteering, year after year after year. It is a feeling that you have all-year-round, usually reaching its crescendo sometime around the third week in February. It is the only fever you will ever truly love.

SIGNS AND SYMPTOMS If in July you find yourself shopping for an extra warm pair of boots to help at the 'OO' aid station during the Birkie race; if you are thinking about what top coat wax you will be putting on your skis a full six months before the race; if you find yourself wearing a Birkie volunteer hat all year through; if you include "snow" Ski. Run. Bike. Live!



in your morning prayers, long before winter sets in; if the "B" word invades your conversation with complete strangers in under five minutes; if you train endlessly, no matter the time of the year; if you consider changing jobs and moving your family closer to Hayward...you definitely have Birkie Fever.

HOW IS IT TRANSMITTED? Onset generally occurs after a long incubation period, especially if you come in contact with someone who has skied the race, volunteered at an aid station, or perhaps handed out medals at the finish line. Newbie's can catch it up from a friend, relative, or co-worker who has participated in this world class event. The "Fever" can be transmitted

simply by listening to a skier talk about his or her experiences on the grueling 50+ kilometer race course. Birkie Fever even can be picked up by touching a finisher medal, a volunteer Birkie hat, by donning a bib, it can even be caught virally simply by visiting www.Birkie.com.

HOW IS IT TREATED? Sorry folks... there is no cure for Birkie Fever! You have to let the "Fever" run its course which typically means signing-up to ski or volunteering with North America's largest and greatest cross country ski race - THE AMERICAN BIRKEBEINER!

Writer's Note: I can trace my Birkie Fever back to when Tony Wise contacted me some forty-two years ago asking me to help him with various parts of the race. I've had the fever ever since.

A Different Kind of Birkie Fever

—Lori Steinbach

After skiing in 27 Birkies, I was sidelined by a shoulder injury and unable to ski in the 2016 race. Still wanting to be a part of the Birkie scene, I decided to volunteer and give back to a race that has given me so much. After 25 hours of donating my time here and there, I quickly learned that there is truly another marathon happening aside from the ski marathon – that of volunteering.

My volunteer time began on Thursday and continued through Saturday with stints in the Birkie Media Cabin, at the Barkie Birkie Skijor, the Elite Sprints, a Legacy of the American Birkebeiner event, and the Worldloppet booth at the Birkie Expo.



Lori Steinbach – long time Birkie skier and now Birkie volunteer.

Saturday's race day was the ultimate experience. Being at the Media Cabin on Main Street at 7:00am, walking on the pristine Main Street finish area, and imagining the army of skiers that would soon make their way over the International Bridge was awe-inspiring. I watched the forerunners make their way up Main Street, connected them with local radio announcers for a course condition update, and even ended up on the radio myself! Then, for the first time ever, I experienced the thrill of witnessing the winners attack Main Street in their pursuit of victory. I stationed myself near the International Bridge and encouraged skiers in their final push to the finish line, yelling, "You are HERE - Main Street - look at that FINISH line - it is waiting for you!" This simple gesture brought heartwarming looks from the skiers which, in turn, prompted me to cheer them on for four hours! With my voice nearly gone, I moved to the finish line area to distribute ski ties, remove skis, and to welcome every skier across the finish line, right through the final skier. It was an awesome feeling. Many of the last skiers were doing their FIRST Birkie and had tears in their eyes. I was moved to be able to experience the moment of accomplishment



Lori Steinbach with Ronda Tworek, Birkie Volunteer Coordinator.

with them. They were true warriors. I walked back down Main Street, now void of all skiers and spectators, with a smile in my heart and on my face. I knew then that I'd just finished a marathon, but in my own way, and was rewarded more than expected by experiencing what it takes to make the Birkie happen.

Any skier who has the opportunity to give back, even if just a few hours, will experience a different kind of "Birkie Fever." Someone once told me that you should find a passion in your life, latch on to it, and make it a part of your energy and lifestyle. Well - the Birkie definitely is that for me. I thought I had that passion before, but it truly is deeper now. Birkie Fever is one thing that is NOT curable! I'll see you back in 2017!

Get a Warm & Fuzzy Feeling

If you're a participant interested in experiencing another side of Birkie Fever, please consider volunteering this February. 2017 brings more volunteer opportunities than ever. If you're skiing in the Birkie, perhaps you'll consider volunteering for the Kortelopt or Prince Haakon on Friday. Or, if you're a Korte or Prince Haakon skier, you can give back to the sport that fuels your training fire by volunteering on Saturday. Whether inside or outside, there are hundreds of volunteer shifts with a little something for everyone. Beyond the warm & fuzzy feeling you'll get from volunteering, you'll also receive a sporty wool-blend hat, a commemorative Birkie pin, as well as a tasty meal during your shift. Round out your overall Birkie experience by giving back to your fellow skiers with your own brand of Birkie Fever. Along with our participants, volunteers are at the heart and soul of everything we do.

All volunteer shifts are listed at www.birkie.com/volunteer. We hope to see you as a member of Birkie volunteer posse in February!



Birkie Volunteers: Priceless

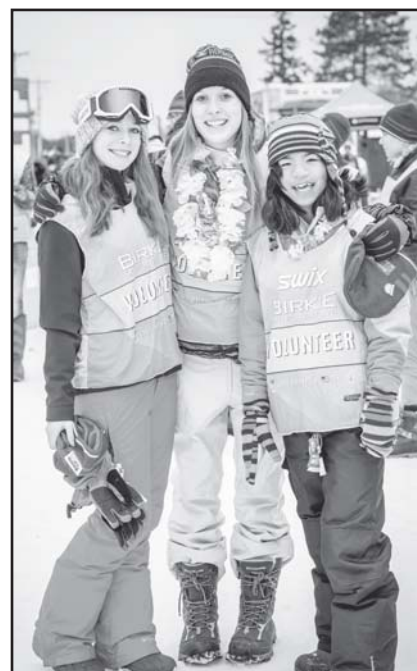
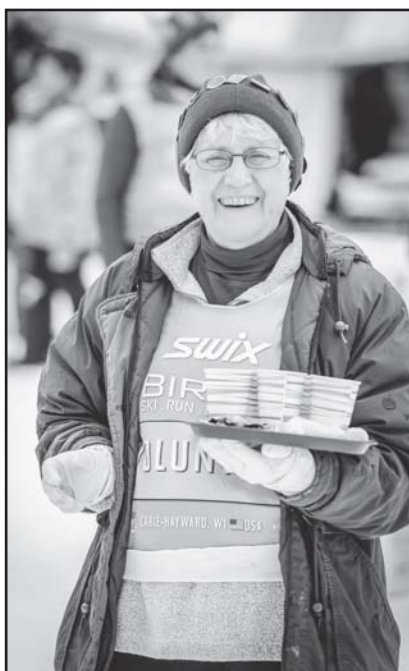
The Birkie Trail is known for its beautiful scenery, meticulously groomed corduroy, precise ski tracks, challenging climbs, and delightful descents. The Birkie Trail is undeniably at the core of what makes Birkie events so amazing. It is, however, our pool of dedicated volunteers who help to make the Birkie experience best-in-class. Each February, over 2000 volunteers tackle hundreds of tasks to help make the Birkie the best show on snow. If you've skied in any Birkie event, just imagine a race without the caring and helpful hands that distribute hydration drinks, bananas and snacks along the course. Or, envision the Birkie without the hundreds of smiling and enthusiastic volunteers who assist the tens of thousands of visitors by answering questions, providing guidance, direction, and so much more. How can you possibly measure the support, enthusiasm, and Birkie Fever volunteers infuse into the events? It's impossible. Simply put, Birkie volunteers are priceless.

With that in mind, we'd be grateful if each participant would take a moment to thank the volunteers you meet at the next Birkie event. Thank you!

Eat, Drink & Be Merry

All Birkie Week volunteers are invited to join us for a Volunteer Appreciation Luncheon on Sunday, February 26, at 2:00pm. Volunteers will be treated to a delicious meal in appreciation for their support of Birkie week events. Did we mention the prizes? Each year, lucky volunteers walk away with some amazing door prizes all leading up to a Grand Prize to be given away during the luncheon.

The Birkie's Volunteer of the Year will be announced and recognized during the volunteer luncheon. Whether new to volunteering or a seasoned volunteer, nominations can be submitted for any volunteer who you feel goes above and beyond in assisting others during any ABSF event. Nomination forms can be found on our website: www.birkie.com/volunteer.



With Appreciation

Thanks to Timber Ford of Hayward, year-round sponsor and supporter of Birkie Volunteers. And, thanks to both Timber Ford and the Hayward Area Memorial Hospital for hosting the annual Volunteer Luncheon the day after Birkie at The Steakhouse in Hayward.



**Hayward Area
Memorial Hospital
& Water's Edge**

Right here in the place we love.

Through Timber Ford's Give Back Program, \$50 from every vehicle purchased is donated back with buyers directing the donation to the non-profit organization of their choosing, of which the ABSF has been a fortunate recipient. To date, Timber Ford has raised a total of over \$73,000, in just four years, with a Give Back Program goal of reaching \$100,000 in 2016.

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, 2016 to March 31, 2017. Skiers have the option of purchasing daily or season passes. 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!



is proud to support the
AMERICAN BIRKEBEINER



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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Preserving the Future – One Donation at a Time

The Birkie represents an important milestone in my personal life – and no doubt for many others. I'm deeply appreciative of the many volunteers and other donors who have given so much over the decades to make this event (and its necessary infrastructure) the treasure that it is today. It's an honor to be able to help preserve and extend the ABSF's future in this way. Thank you.

I recently met with a very generous American Birkebeiner Ski Foundation (ABSF) Capital Campaign donor. After thanking him for his generosity and returning to the office, I received the insightful email captured above. The donor's words truly capture the essence of the impact that the Birkie has had on his life, and the lives of so many others. The infrastructure improvements made possible by the ABSF Capital Campaigns have indeed positively impacted the entire Birkie Community.

As you are aware, Phase 1 of our Capital Campaign was a resounding success thanks to the generosity of nearly 1,400 Birkie donors. Their combined donations made possible the spectacular new American Birke-

beiner Trailhead and new Birkie start area, as well as the International Bridge that spans Highway 63 during race week. If you haven't yet experienced the American Birkebeiner Trailhead, stop by the next time you are in the Cable area. It's worth the trip.

There are numerous exciting infrastructure improvements planned for Phase 2; the final phase of our Capital Campaign. In fact, we may be coming to a town near you to share our Birkie vision. Our calendar currently includes outreach/fundraising events in Madison, Milwaukee, Minneapolis/St. Paul, Eau Claire, Iola, Rhinelander, Petoskey, Traverse City, and more before the snow flies.

Through your support, the positive impact of the improvements to the Birkie Trail infrastructure will ensure that this amazing resource is alive and well for generations to come. For those who have already donated,



we are very grateful for your support. For those who have been contemplating supporting the ABSF's Capital Campaign, we appreciate your consideration and encourage you to lend your support. No matter how large or small, everything makes a difference. If you'd like to learn more about plans for Phase 2, please visit www.birkie.com/future or feel free to reach out to me at chris.mcgrath@birkie.com or 715-558-2451.

-Chris McGrath, Development Director

We Are Family

If you're receiving this Birch Scroll, you're already considered a member of the Birkie family. Why not make it official! Become a member of the American Birkebeiner Ski Foundation. Membership is open to anyone – skiers, bikers, runners, volunteers, spectators, donors, businesses, community members, sponsors – anyone who is interested in helping us to support an active lifestyle in the great outdoors.

Our mission is simple. At the core, we believe in engaging, creating, and inspiring a healthy, active lifestyle. By becoming a mem-

ber of the ABSF you help us to ensure the ability to host superior events like the Birkie, Fat Bike Birkie, or Birkie Trail Run & Trek, which provide a medium to stay active. As a member, you own a piece of knowing that the incredible Birkie Trail system is sustained both now and in the future. And, your support makes our development programming possible, assuring the health of silent sports for generations to come.

The Birkie community is comprised of an inclusive group of self-described adventure enthusiasts – whether that means skiing, run-

ning, trekking, hiking or simply enjoying the beauty of the Birkie Trail. If what we stand for feels like home to you, we encourage you to join the American Birkebeiner Ski Foundation as a member. Plus, you can run for our Board of Directors, cast your vote on issues that drive the direction of the ABSF, and get great perks based on your membership level.

Take your Birkie Fever to the next level and join us. For more information regarding membership, please contact Chris McGrath at chris.mcgrath@birkie.com, or 715-558-2451.



The Birchleggings Club – the Heart of Birkie Spirit

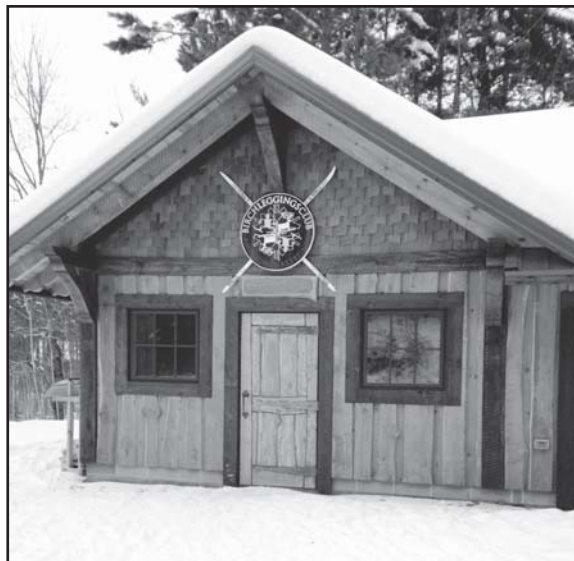
—John Kotar

The Birchleggings Club was an idea that sprang out of the nucleus of a small group of original and then, for many years, repeat Birkie skiers who Tony Wise designated as “Birkie Founders.” Over the years, a sort of notoriety developed around the founders, primarily due to their “longevity” in the race and the inspiration they apparently provided to younger skiers. In time, the founders started to be seen as part of the living history of this great event. While the recognition was certainly an honor, some of the founders also started to realize that right behind us, year after year, was an ever larger, growing population of skiers who were deserving of the same recognition, but were invisible in the crowd. We proposed the formation of an honorary organization of skiers who have completed twenty or more American Birkebeiner races. The organization was to be known as the Birchleggings Club, to commemorate the original Norwegian “Birchlegs” (Birkebeinerne) who skied the infant Prince Haakon to safety in 1206 Norway. The purpose of

the Birchleggings Club was not only to give recognition to committed Birkie skiers, but also to form a body who would serve as strong promoters of continued participation in the American Birkebeiner. Forming this group would enhance the rich traditions that mark the American Birkebeiner as a unique skiing event in North America.

With only a handful of new Birchleggers in 1993, the number has grown to a current membership of 1,495. The Club has truly been living up to its promise. Each year we hold a very successful awards breakfast with the induction of new members. We have also instituted a prestigious Tony Wise Birkie Spirit Award for outstanding contributions to the American Birkebeiner and the sport of cross-country skiing.

The outstanding financial contributions to date include the funding of the Mosquito Brook warming cabin and the cumulative contribution of \$30,000 for the



Mosquito Brook Warming Cabin.

Tony Wise Museum of the American Birkebeiner (Birchleggings Club plus individual donations). We have also recovered a small number of well-weathered original Birkie kilometer marker posts. Together with beautiful wooden certificates of authenticity they have become the most successful Birchleggings Club fundraising item in support of the American Birkebeiner Ski Foundation’s capital campaigns.

If you are a Birchlegger, but have not been part of these exciting activities, please visit www.birchleggings.com and click on the membership link. Membership dues are only \$25 and are still our main source of funding for all Club activities. If you’ve skied twenty or more Birkies, we’d love to welcome you to our committed group of skiers.

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See all the lights at bontrager.com

Madsen, et. al, 2013.

Cable Natural History Museum Snowshoe Hike

Friday, February 24 • 10am – Noon

Meet at Museum

County Hwy M, Cable, WI

www.cablemuseum.org



The Good, The Bad, & The Ugly Be a Champion at Heart

— Allan Serrano, Event Director

Staff members over the years have said they could write a book containing the crazy things that happen and the funny things we hear about after each Birkie week of events. While most are comical and could be written into a sit-com based on a charming, pure-as-the-driven-snow, Northern Wisconsin town that's home to an enormous Muskie, handsome axe-wielding lumberjacks, and a world-renowned cross-country ski festival...some of the antics we learn about aren't quite so funny.



While the concept sounds simple: ski from the start, across the lake, over the International Bridge, to Hayward's Main Street, as fast as you can; at times there can be decisions made along the way that can change a skier's outcome. With that in mind, we have a few rules that we enforce so that the experience is fair and enjoyable for all participants. While the complete set of rules is available at www.Birkie.com, the following are key to a successful race experience.

No Switching of Bibs

What's the big deal if I swap a bib with a friend who can't race? What may seem like a simple switch at the time can have impactful repercussions down the road. As you know, each race bib is assigned to a specific individual for use during their own race. In

rich Birkie tradition, we track how many races people complete on their way to their 20th race (and beyond) when they earn the honor of becoming a Birchlegger. With thousands of skiers competing each year, and tens of thousands of skiers over the years, it is a full-time job keeping accurate times and tracking skiers' years of completion. Since 1973, an amazing over 250,000 skiers have competed in American Birkebeiner Ski Foundation races.

Just recently we received a confession from a prominent high school ski coach who, we thought, was on the verge of wearing his first, purple Birchlegger bib. He wrote to let us know that a number of years ago he let another skier race in his bib, as at the time it didn't seem like a problem. It wasn't until he realized that our records had him earning Birchlegger status that the magnitude of the swap was realized. Thankfully, he reached out to let us know and told us he didn't feel right about receiving the honor and recognition of Birchlegger status that he had not yet earned. We are grateful for the admission.



Unfortunately, these small incidents add up, one upon the other, and take time to research and correct. As a result, we've long stood by a policy that we reserve the right to bar entry from future ABSF events, or levy a fine, if anyone falsifies their identify in a race. Remember, your bib, your race.

Start to Finish

Although it is rare, there are cases of intentional violation of this fundamental rule. Recently, through the diligence of enthusiastic Birkie fans, we discovered that a participant started the race, was then transported over a major portion of the course, and then re-joined the race close to the finish. This act was repeated multiple times over the years. While it is a discouraging thing to discover, it is unfortunately not uncommon in the endurance sport world. In fact, this past summer, the Worldloppet completed an investigation of a skier, who had another skier carry his timing chip in several different races around the world. Fortunately, he was caught, stripped of his status as Worldloppet Master, and banned from future races.

These extreme cases are rare, but we see many cases of seemingly innocent violations of this rule each year. It occurs when a person registers for one technique, classic or skate, and they then ski the other. This change of course is not allowed as it creates an enormous issue for the timing staff. We monitor which course each person skis and will not include a skier in the results if they choose a different course than that which they originally registered for. Skiers have until January 27, 2017 at 4:00pm CST to change their technique for the February races.

Classic Skiers Must Use Classic Technique

We are at a very dynamic time in the sport of cross-country skiing. The distinction of classic technique, which has remained fundamentally the same since the International Ski Federation (FIS) defined it in 1985, is in flux. There have been many changes in the development of course grooming, ski equipment, and training methods that allow skiers to compete in a classic race without using the diagonal stride, commonly known as "double polling" a race. This is happening at all

(continued on page 38)

With Thanks to the Cable Union Airport!

For 17 years, skiers starting their Birkie, Korte or Prince Haakon races have gathered at an area graciously extended to us by the Board of Directors of the Cable Union Airport. Each and every year, this group enthusiastically lends their support to the American Birkebeiner Ski Foundation allowing us to provide for the thousands of skiers drawn to the area for Birkie ski events. Their ongoing support has been critical to the success of Birkie events and we offer a heartfelt THANKS to the Cable Union Airport Board of Directors and Management for their years of support, community spirit, and generosity!

**A MYSTERY.
A KILLER.
A DISEASE WE WANT GONE.**

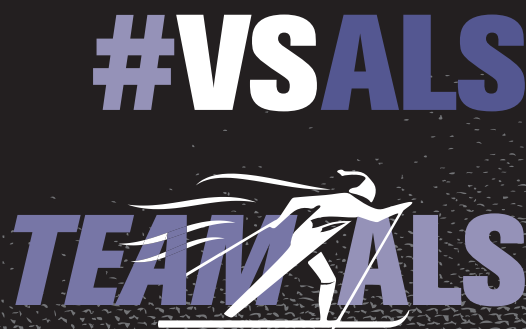


**READY TO BE PART OF THE TEAM?
THOUGHT SO.**

Team ALS is comprised of passionate individuals who come together to raise funds and awareness for ALS. They do it in support of the ALS community and John Jaeckel, a fellow skier who can no longer participate. Team ALS is committed to helping find a treatment and cure, even if it means competing in the tough and physically demanding Birkie each and every year.

To register for the Birkie, Prince or Korte, call the ALS Association—Wisconsin Chapter at **414-831-3993** and **join Team ALS and the fight today.**

**SKIERS FOR CURES
AND TEAM ALS:
THE
PERFECT
PARTNERSHIP**



**JOIN THE
FIGHT AT VSALS.ORG**

ALS Wisconsin
Chapter
ASSOCIATION

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Aid Station IOI: Tips to Maximize Your Aid Station Experience

It's race day, you just put another 5K behind you and you're fast approaching the next aid station. With your legs burning, heart pounding, perhaps breathless, and your tank nearing empty, your instinct may be to stop at the first available aid station table for hydration and energy. While that may seem like the best plan of attack, there is a more efficient way to streamline your aid station stops.

Imagine throngs of skiers approaching the same aid station with the same goals. If everyone were to stop at the first table, the race course would quickly become congested, blocking those who may choose to bypass the aid station. Fortunately, aid stations have numerous tables, helpful volunteers, and plenty of space available to assist you. So move on down the line to the furthest open aid station table.

The following race etiquette tips will help you to maneuver your way through aid stations more quickly, courteously, and get you and your fellow skiers back on the trail much faster.

The Basics

- When entering an aid station, always ski to the furthest open table
- As you approach an aid station, announce what you would like assistance with (Nuun Hydration, water, banana, etc.) – an informed volunteer will be able to assist you much more quickly if they know what you need
- There are many trash bins distributed throughout the stations – please deposit all trash at the station, not on the trail
- If you need to stop for a rest, replace a pole, or wax your skis at an aid station, move to the far end of the aid station, off to the side, and out of the flow of skiers
- If you choose to bypass an aid station, slow down and use caution skiing around stopped skiers.

Tips for Navigating Aid Stations

Timber Trail Aid Station

- Timber Trail is home to a new trailhead cabin which is located between the classic and skate trails
- Aid station tables are located on the far side of the cabin between the classic and skate trails
- The station has been widened to allow



for more passing on the outside

- Classic skiers must keep the leftmost lane open for skiers to bypass
- Skaters must keep the rightmost lane open for skiers to bypass

Fire Tower Aid Station

- Aid station tables are located between the classic and skate trails
- Classic skiers must keep the leftmost lane open for skiers to bypass
- Skaters must keep the rightmost lane open for skiers to bypass

Boedecker Aid Station

- Aid station tables are located on the right
- Classic skiers carefully merge from the left to access aid station tables
- All skiers keep left to bypass the aid station

Highway OO Aid Station

- The aid station is moving to the south side of the road
- Aid station tables are located on the left
- Skate skiers carefully merge from the right to access aid station tables
- All skiers keep right to bypass the aid station

Gravel Pit Aid Station

- Aid station tables are located on the left
- Skate skiers carefully merge from the right to access aid station tables
- All skiers keep right to bypass the aid station
- Note: The Birkie Trail has been widened by 15' to allow for easy bypass

Mosquito Brook Aid Station

- Aid station tables are located on the right
- Classic skiers carefully merge from the left to access the aid station tables
- All skiers keep left to bypass the aid station

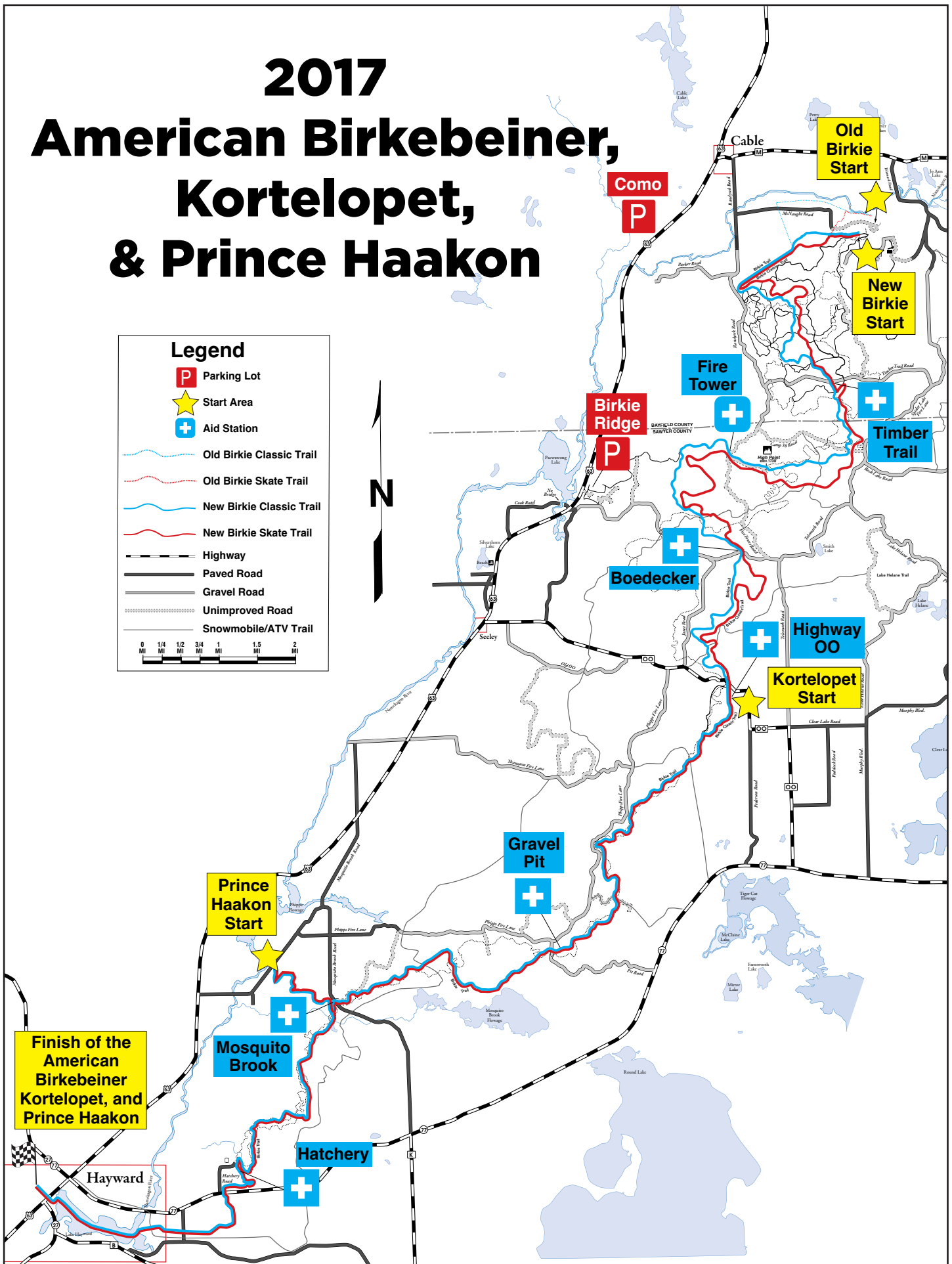
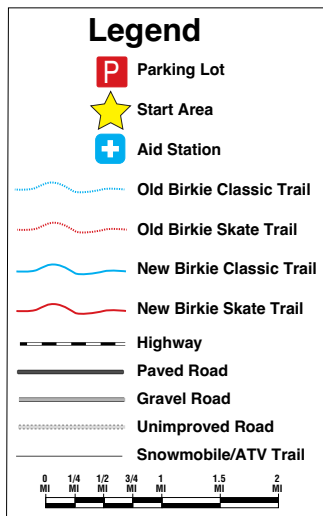
Hatchery Park Aid Station

- Aid station tables are located on the right
- Skiers accessing the aid tables must merge right immediately after crossing over the stone bridge
- The bypass lane is on the left and is separated from the aid station tables by a row of trees

Following these simple tips will help to improve your overall aid station experiences and keep skiers moving closer to the finish line. See you on Main Street!



2017 American Birkebeiner, Kortelopet, & Prince Haakon



AMERICAN BIRKEBEINER SKI FOUNDATION - 2017-2018

Birkie Events Calendar

2017

January 1	2017 Birkie Trail Run Festival Registration Opens
January 15	BirkieTour
February 23-26	44th Slumberland American Birkebeiner and Birkie Week Events
March 11	Fat Bike Birkie
May 1	2018 Slumberland American Birkebeiner Ski Marathon Registration Opens 2018 Kortelopet Registration Opens 2018 Prince Haakon Registration Opens 2018 BirkieTour Registration Opens 2018 Fat Bike Birkie Registration Opens
May 15	Lumberjack Run/Walk Registration Opens
July 22	Lumberjack Run/Walk Around Lake Hayward
August 5	American Birkebeiner Ski Foundation Annual Meeting & Fun Day!
September 30	Birkie Trail Run Festival

2018

January 1	2018 Birkie Trail Run Festival Registration Opens
January 14	BirkieTour
February 22-25	45th Anniversary – American Birkebeiner and Birkie Week Events
March 10	Fat Bike Birkie

Join us for a year-round schedule of fun, healthy, active lifestyle events!

BIRKIE
SKI . RUN . BIKE . LIVE!

Dates Subject to Change

Race Change Deadline!

The deadline for requesting the following changes is Friday, January 27, 2017 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 23, 2017

9:00am	Birkie Adaptive Ski Events
10:00am	Barkie Birkie Skijor
11:15am	Opening Ceremonies & Nikkerbeiner Parade
12:00pm	Barnebirkie
1:00pm	Birkie Expo
2:00pm	Junior Birkie
4:20pm	Birkie Sprints
5:30pm	Birkie Giant Ski

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

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

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

Birkie Adaptive Ski Events

Thursday, February 23 • 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.

Barkie Birkie Skijor



Thursday, February 23

10:00am 5K Expert • 10:45am 3K Sport

On Hayward's Main Street!
#BarkieFever

Sponsored by
FEED MILLS

**New in
2017!**

Opening Ceremony & Nikkerbeiner Parade

**Thursday, February 23
11:15am**

- ❄️ Vintage Ski Tour & Torch Bearer Parade!
- ❄️ Finish on Hayward's Main Street!
- ❄️ Must Register to Ski in the Parade!
- ❄️ No Fee to Participate!



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

Barnebirkie

Thursday, February 23 • 12:00pm

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

**WHERE BIRKIE
DREAMS BEGIN!**



Presented by
JOHNSON BANK **SWISSMISS**

Birkie Expo

February 23 & 24

Thursday 1pm – 8pm • Friday 9am – 8pm



Bib Pick-Up & Vendors Galore!
Located at Hayward High School
Great Gear! Apparel! Samples & More!

Junior Birkie

Thursday
February 23
2:00pm

- ❄️ Ski Over the International Bridge!
- ❄️ 1.2K, 3K, 5K
- ❄️ Ages 6 to 19

Presented by
GEAR WEST
XC SKI & RUN GEARWEST.COM



Birkie Sprints

Thursday,
February 23
4:20pm

- ❄️ Race Down Hayward's Main Street!

New in 2017!
Junior Team Sprints
Combine with
Elite Sprints!

Presented by
MADSHUS **FITS**



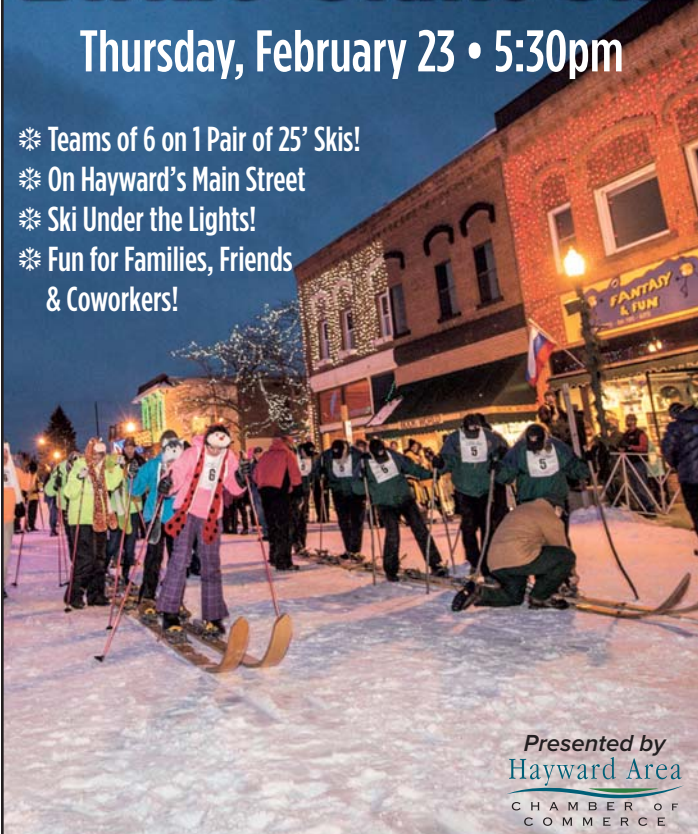
ALL THURSDAY EVENTS END ON HAYWARD'S MAIN STREET. REGISTER NOW! VISIT BIRKIE.COM/SKI FOR DETAILS!

Birkie Giant Ski

Thursday, February 23 • 5:30pm

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

Presented by
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CHAMBER OF
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Be a Birkie Volunteer

- Inside & Outside Shifts!
- Hundreds of Options!
- Over 2000 Volunteers Needed!
- www.Birkie.com/volunteer

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American Birkebeiner Ski Foundation

2017 KORTELOPET & PRINCE HAAKON

Schedule of Events

FRIDAY, FEBRUARY 24, 2017

Both races finish on Hayward's snow-covered Main Street!

2017 KORTELOPET

- 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

2017 PRINCE HAAKON

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

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BIRKIE
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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.

AMERICAN BIRKEBEINER

Schedule of Events

SATURDAY, FEBRUARY 25, 2017

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.



A Fresh New Start

It's hard to imagine that only two short years ago we began our first-ever Capital Campaign with a goal of securing a new permanent start area for the American Birkebeiner. And now, with our 2017 race only months away, it is a reality. The inaugural race on February 25, 2017 will be a monumental moment in the American Birkebeiner Ski Foundation history books.

With the closing of Telemark lodge years ago, the start of the American Birkebeiner ski race was in jeopardy. For a number of years, the race's starting line was moved to the runway of the Cable Union Airport, adjoining the Lodge. In an effort to ensure the race's future, the ABSF purchased land near Telemark Lodge and adjacent to the current start area at the Cable Union Airport. Site preparations began in the fall of 2015 with trailhead and start line infrastructure completed in summer 2016.

"The purchase of land for a new start area for the American Birkebeiner was a pivotal point in ABSF history and the new trailhead will guarantee the future of the race for generations to come," said Ben Popp, ABSF Executive Director.

The new American Birkebeiner Trailhead, located off of McNaught Road near Cable, WI, is home to a new "Great Hall" to be used for storage throughout the year and as a pre-race warm space on brisk race mornings. Additionally, a newly constructed warming shelter/trailhead building will provide a safe space for runners, hikers, bikers and skiers throughout the year.

The new American Birkebeiner Trailhead is key to improving overall participant experience, to securing the future of various Birkie events, and providing the ABSF with

a medium to promote and encourage a year-round, active lifestyle. Last year alone, an estimated 100,000 silent sports enthusiasts utilized the Birkie Trail. The new permanent start venue will not only enhance future events experiences, but will act as a gateway to the iconic Birkie Trail.

What changes can skiers expect with the Kortelopet and Prince Haakon on Friday and the Birkie on Saturday? First and foremost, all races will finish on Hayward's snow-covered Main Street amidst cheering spectators and even more excitement in the Celebration Zone!

Changes for Birkie Skiers

- In 2017, the move to the new American Birkebeiner Trailhead effectively shortens the race course for all skiers - back to 50 km (31 miles) for the Skate race and 55 km (34 miles) for the Classic (courses were longer in 2016)
- Skate skiers will note that the trail north of McNaught Road and the first power-line climb have all been eliminated
- Classic skiers will notice only slight changes with the elimination of the first race kilometer and the McNaught Road crossing
- In addition, the bus routes are 1.1 miles shorter to the new drop-off area (great for busy race mornings) and the walk from the drop-off area is 500' less than in previous years

Changes for Korte Skiers

- The Korte will have its own new and improved race start area at the 'OO' Trailhead
- The race course traverses 29 km (18

miles) from 'OO' through the southern half of the Birkie Trail

- Classic and skate skiers will share a significantly wider trail – a full 9 m/30 ft. wide – with two classic tracks and two skate lanes
- The Korte will feature new "Elite" waves; skiers between 13-20 years old will start first in the new Under20 wave
- Although the race is slightly longer than in the past, skiers will experience less total climb than in previous years

Changes for Prince Haakon Skiers

- In 2017, the Prince Haakon will have its own start area just off of Phipps Road with more amenities for skiers, and an atmosphere sure to get skier's adrenaline pumping
- The Prince Haakon is nearly 2K longer in 2017 with much more beginner friendly terrain
- Prince Haakon skiers will follow the same course as that of the Kortelopet and Birkie skiers, ending on Hayward's Main Street to hear their names read over the loud speakers and amidst the fanfare of the finish line

We couldn't be more enthused about the exciting changes in place for 2017 Birkie week events! We are confident that all skiers, regardless of which race you ski, will have an improved overall "Birkie" experience. We can't wait to see you in the north woods soon! #BirkieFever

Please see the map on page 17 for an overview of the individual start area locations, overall race course, aid stations, and finish line.



Meet the Birkie 2016-2017 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 2016-2017 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



Photo courtesy of Engine Room Media

"My hope is that I can influence young skiers to set their sights high, and enjoy the process of reaching their goals. If I can be a role model to even one junior athlete and inspire them to ski their entire life, then that would be amazing."

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.



Photo credit ABSF©Netz

"I love the lifestyle that surrounds the Birkie. Setting goals, working hard, being active, and having fun are just some of the attributes of Birkie participants that I love. I am excited to be an ambassador of that lifestyle. Although the Birkie is once a year, the lifestyle is every day."

Ski. Run. Bike. Live!

Brian Gregg

Hometown: Winthrop, WA

Where I am Now: Minneapolis, MN

Team: Team Gregg/Madshus



Photo courtesy of Brian Gregg

"It is my goal to help motivate more people to set the goal of doing a Birkie event. I love to see someone go from first timer to veteran and encouraging others to join in the fun as well. I am excited to help grow the awareness of cross-country skiing and the fun that you can have doing it."

Skiing's
Brightest
Stars!

Annie Hart

Hometown: Stillwater, Minnesota

Where I am Now: Stratton, Vermont

Team: US Ski Team, Stratton Mountain School Elite Team



Photo courtesy of Annie Hart

"Working as an ambassador, I get the great pleasure of interacting with fellow active people (from ages 1 to 100) who have prioritized healthy living in their everyday activities. These are the people who get me fired up to toe the line, and having the ability to share my knowledge and passion with them is a huge component of why I ski."

Kyle Bratrud

Hometown: Eden Prairie, Minnesota

Where I am Now: Marquette, Michigan

Team: CXC Elite Team



Photo courtesy of Kyle Bratrud

"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 many reasons why I volunteer as a coach for the Northern Michigan University team. I am incredibly excited to ski in my first Birkie in 2017!"

Adam Loomis

Hometown: Eau Claire, WI

Where I am Now: Park City, UT

Team: USA Nordic Combined Team



Photo courtesy of Adam Loomis

"I hope to inspire the next generation of skiers by my actions and successes. I take pride in my Midwest heritage, and the fact that I was able to make it from a small ski program to the International Level. I hope that kids can take inspiration from the Birkie ambassadors as a reason to chase down their Nordic dreams."

Paul Schommer

Hometown: Appleton, WI

Where I am Now: Lake Placid, NY

Team: US Biathlon X-Team/Moose Nordic Biathlon Division



Photo courtesy of Paul Schommer

"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."

Birkie On-Snow Demo Ski & Bike



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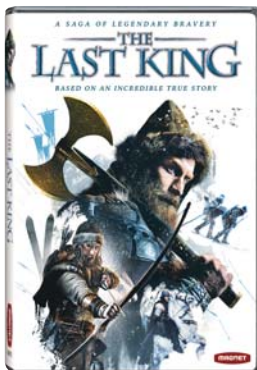
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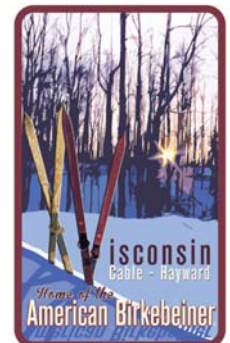
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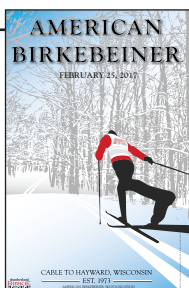
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2017 Official Poster Design Winner!

Congratulations to Paco Van Sistine of Denver, Colorado, for his winning entry in the 2017 American Birkebeiner Poster Design Contest! "I grew up watching the Birkie as a child when we were visiting our cabin up north, near Clam Lake (WI) in the 1980's. I will never forget those frozen beards," Paco said. "The poster represents the view from the skier's perspective, (that) it can be lonely and beautiful out there." The 2017 Birkie poster graces the cover of the Birch Scroll, the official Race Guide and the ski stickers of the 2017 events. [The official poster is available at the Birkie Store or www.BirkieStore.com.](#)



2017 Official T-Shirt Design Winner

Congratulations Andy Wood of Lakeville, MN! Andy's winning t-shirt design was chosen by popular vote in the Official 2017 Birkie T-Shirt Design Contest! "When I saw the t-shirt contest call for entries, I had to give it a go," Andy said. "The contest was a perfect way for me to channel my passion for Nordic skiing and art. For my design, I wanted to make something that looked very dramatic and energetic, much like the event itself." [You can purchase the Official 2017 Birkie T-shirt in the Birkie Store or www.BirkieStore.com.](#)

My First Fat Bike Birkie

Three new riders share their stories from the trail.

Northern Wisconsin is known for its natural beauty, beautiful forests, and endless miles of hiking, skiing, snowshoeing and biking trails. Historically, once the snow began to fly, bicycles were put away in storage until spring. But, fat biking is changing all that. These funny-looking bikes with oversized, wide-rimmed, balloon-like tires have transformed winter bike riding in Northern Wisconsin and are gaining traction nationwide. What was once thought of as a fad or craze is now said to be the fastest growing sector in the bicycle industry. The beauty of the fat bike is that its over-sized tires allow its rider to cruise in all types of conditions including on snow. In winter, whether riding groomed single-track trails, frozen lakes or fresh powder, fat bikes have extended the biking season and added a whole new twist for winter adventurers.

Wisconsin consistently ranks as one of America's best places to bike and Northern Wisconsin is fast-becoming a destination hot spot for fat bike riders. The most visible evidence of Northern Wisconsin's dominance in the fat bike world is the 45NORTH Fat Bike Birkie, the world's largest Fat Bike race, hosted each March by the ABSF on the Birkie Trail.

In March of 2016, one thousand fat bikers from all points north, south, east and west, took to the Birkie Trail to test their expertise and skill. While normally groomed exclusively for cross-country skiers, the Birkie Trail is open to fat bikers on Fat Bike Birkie weekend. We visited with three first-time Fat Bike Birkie riders to hear how fat biking has changed their winter fun. **Meet Stacey Hessel, Amy and Curt Beilke.**

What motivated you to try fat biking?

Stacey: I was in a winter funk when a friend

asked me to go for a ride. I borrowed a bike and loved it so much I ended up buying a bike after the first day.

What spurred you on to register for the Fat Bike Birkie?

Stacey: I needed to challenge myself and I wanted to make my 3 kids proud of me.

What was your expectation of the Fat Bike Birkie race?

Amy: Curt and I had never even been on a fat bike until the day before the race. We just borrowed the bikes. We thought it might be difficult.

What did it feel like when the race rollout began?

Stacey: It was exhilarating to ride with the pack.

What was your experience like on the course?

Curt: As the race began we felt pretty solid on the wide tires on the gravel roads. Once the snow trails began we continued to ride smoothly. The course was beautiful and the snow conditions were great!

How did you feel after completing the race?

Stacey: I was tired but it was so much fun! It was well worth it when seeing my kids at the finish line.

Amy: It was so enjoyable, I really felt confident



Curt & Amy Beilke

on my bike. After the race I definitely knew we would be fat biking again.

What other Birkie events have you/do you participate in?

Stacey: I am usually a volunteer so it was exciting being on the other side of it during an event.

Amy: We have skied the Birkie, run in the Lumberjack Run, and the Birkie Trail Run.

What would you say to others who haven't tried fat biking?

Stacey: Just try it! If I can do it anyone can!

Curt: I always tell those who are unsure about fat biking that they will fall in love with it.

Amy: Fat biking is another great option to get out on the many north woods Wisconsin trails all year long!

Will you be participating in the Fat Bike Birkie again in 2017?

Stacey: I will participate on some level – it is a wonderful and fun event!

Curt: Yes! We both will bike the Fat Bike Birkie again in 2017.

Amy: We love the Ski. Run. Bike. Live! Birkie lifestyle!



Stacey Hessel



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Birkie Bites

Events Parking

Thursday, February 23 – Birkie Events

There is no on-street parking in and around the Main Street area of Downtown Hayward from 6:00 am to 3:00 pm on Thursday, February 23. The Adaptive Birkie, Nikkerbeiner, Barnebirkie, and Junior Birkie will start at the Hayward Beach and finish on the Birkie finish line on Main Street. Parking is conveniently located in lots adjoining the start area, near the beach and the Fresh Water Finishing Hall of Fame. Shuttles will run throughout the day transporting skiers and spectators between the start and finish areas.

The Barkie Birkie Skijor will start and finish on Main Street and there is a special parking lot for skiers and dogs at 4th Street and Wisconsin Avenue.

Birkie Giant Ski teams and spectators can find parking in the downtown municipal lots. At this time of day, on-street parking will also be available.

Friday, February 24

Kortelopet and Prince Haakon

Like the Birkie, there is no parking available near the start for Friday races. Parking for both races is available only at Birkie Ridge. Buses will shuttle skiers to the Kortelopet start at the Highway OO Trailhead in Seeley and the Prince Haakon start at Brook Field off of Phipps Road in the Town of Lenroot. After their respective races, skiers will be shuttled back to their vehicles at Birkie Ridge. Look for maps and details in the upcoming official Race Participant Guide.

Saturday, February 25

American Birkebeiner

Although the start venue for the Birkie is moving to its new home off of McNaught Road, access to the start area will remain the same. Skiers coming from points south will be directed to the Birkie Ridge Parking Lot in Seeley, and those coming from the north and east will be directed to the Como Parking Lot in Cable. Skier Drop-Off is also available in Cable. Those with permits for parking at the Cable Union Airport will access the VIP lot via Telemark Road. There is no access to the start via McNaught Road. Look for maps and details in the upcoming official Race Participant Guide.

Time Updates

New American Birkebeiner Start Time

With Kortelopet Skiers racing on Friday, resulting in fewer waves on Saturday, there is room to move the race forward by :30 minutes. This change will provide Birkie skiers with a bit more cushion and will allow Mother Nature to warm up a few degrees on cold race mornings. Now, skiers can sleep in, drive slower, and get to the start on time and with less stress.

New Cut-Off Times

In the past, skiers have not faced a cut-off time on the course until Highway OO. In 2017 we will be instituting cut-off times on the northern half of the race beginning at Timber Trail Aid Station. The cut-off times are structured so that skiers will be on pace to reach the finish line by the final cut-off at 6:00 pm. Classic skiers starting in the final wave will have 8 hours and 5 minutes to finish the race, while skate skiers starting in the final wave will have 7 hours and 55 minutes to complete the race.

Aid Station Updates

PowerLine Aid Station

With the move to the new start area, Birke skiers will reach the Powerlines 1.5 km sooner than in past races. With that, the Powerline Aid Station is officially retiring. Special thanks to the many volunteers who have assisted at the Powerline Aid Station in the past. We salute you!

Timber Trail Aid Station

Never fear, the Timber Trail Aid Station is currently undergoing a major renovation to greet skiers as the new first aid station on the course. The Timber Trail Aid Station has been widened to 70' (over twice as wide as a normal width of the Birkie Skate Trail) and a new trailhead cabin is currently under construction. The new cabin is located in the center of the trail, keeping the classic and skate courses separate as they pass through the aid station. Hydration and energy products will be accessed in the center of the trail on the south side of the cabin.

Highway OO Aid Station

The Highway OO Aid Station is moving across the highway to the south side where the new start of the Kortelopet will be

staged. The classic and skate trails will merge together at the highway crossing and stay together through the aid station and all the way to Hayward. From the Highway OO Aid Station to Picnic Table Hill, the course has been widened to accommodate both classic and skate skiers.

Gravel Pit Aid Station

The Gravel Pit Aid Station is also undergoing a major renovation. The trail is currently being widened by 15' and a new warming cabin is under construction. The Kortelopet race will utilize Gravel Pit, Mosquito Brook and Hatchery Aid Stations. The Prince Haakon will utilize Hatchery Aid Station.

Cabins & Water & More...Oh My!

The many trail updates wouldn't have been possible without the generous support of Capital Campaign donors. Thanks to their generosity, the 2017 races will be the first to utilize cabins at all aid stations, on-site generators, and drinking water systems at four of the six aid stations! The ability to have fresh water systems at each aid station will certainly draw a collective sigh of relief from the hundreds of volunteers who will be working at the races! **If you've donated to the Capital Campaign, thank you! You are truly making a difference to so many!**



US Ski Team and Olympians Honored with Special Bib

The Birkie is an annual homecoming for many past and current members of the US Ski Team, as well as former Olympians. Skiers who have represented the United States at the top level of International competition are amongst the crowd at the Birkie. In 2017, skiers from the past 15 Olympiads (that is over 60 years!) may be spotted on the race course in their custom Stars and Stripes bibs!

Tony Wise Museum of the American Birkebeiner Grand Opening on August 5

A 43-year Time Capsule of North America's Largest Cross-Country Ski Race



The Family of Tony Wise.

Each February more than 10,000 cross-country skiers gather in Wisconsin to take part in North America's largest and greatest ski race, the American Birkebeiner. In August 2016, and to commemorate the legacy of the race and inspire future generations, the Tony Wise Museum of the American Birkebeiner officially opened its doors in Hayward, Wisconsin.

Hundreds of guests - including the Tony Wise family, founding Birkie skiers, past staff members, and loyal Birkie fans - enjoyed a beautiful evening as they celebrated and enjoyed the exciting exhibit.

The American Birkebeiner ski race was the vision of Hayward native Tony Wise, who discovered skiing as a soldier serving in Germany in World War II. After the war, Wise brought his idea home to found Telemark ski resort, near Cable, WI, and later evolved the concept into a cross-country ski race through the north woods of Wisconsin. While the race originally began in Hayward and ended in Cable, WI, since 1993 the race has traveled north to south from the north woods of Cable to Main Street in Hayward, WI. The American Birkebeiner was patterned after the Birkebeiner Renner ski race held each year in the forests of Norway. Wise's vision shaped a community, a sport and brought the world together with the founding of the Worldloppet an international sports federation of cross-country skiing marathons.

With twin goals of education and inspiration, the Museum enhances the ABSF's

mission of supporting healthy and active lifestyles among people of all ages and abilities, while restoring the legacy of the race. Without Tony Wise's vision, the Birkie wouldn't be what it is today.

The Tony Wise Museum of the American Birkebeiner transports you back to the origins of the American Birkebeiner through lively, state-of-the-art exhibits hands-on activities, a three-

dimensional Birkie Trail model, electronic race scrapbook, numerous race artifacts, and memorabilia. Visitors will find a compendium of historic race film, photographs, and view oral history stories as told by founding skiers, longtime volunteers, and past Birkie staff. With something for all ages, youth can reenact the Birkebeiner legend by donning historic replica costumes in front of a diorama of the Norwegian mountains.

Throughout the museum, visitors will find an emphasis on the stories and legacy of Wise, the Birkebeiners, and the legendary Cable to Hayward Birkie race through the years. The Birkebeiners are popularly celebrated for having escorted the two-year-old Haakon Haakonsson, an heir to the Norwegian throne, to safety from Østerdalen to Trondheim, a long and perilous journey through the treacherous mountains and forests of Norway. Their determination is commemorated each year at the American Birkebeiner Ski Marathon as skiers recreate their courageous journey.

Here's a sample of what you'll see:

- The St. Olav Medal, presented to

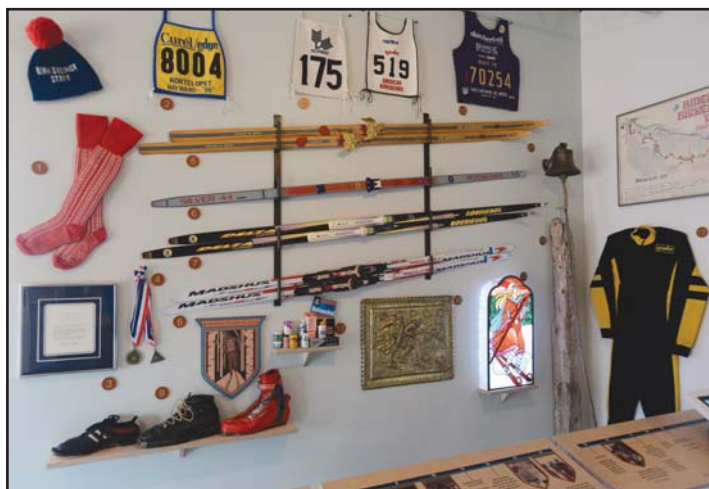
Olav of Norway - 1975 (Courtesy of the Wise family)

- Ski clothing, gear and wax through the years (Gifts of Duncan McLean, Bill Koch, Caitlin Gregg, Madshus, John Kotar, and more)
- Congratulatory message from President Ronald Reagan to American Birkebeiner race organizers - 1988 (ABSF)
- Classic ski worn by John Bauer in the men's 10K classic race, Olympic Games, Albertville, France - 1992 (Gift of John Bauer)

The next time you're in Hayward, stop in for a tour. Like a time capsule of this grand American race, the museum will take you on a journey that will end with an inspiring infusion of Birkie Fever!

The Tony Wise Museum of the American Birkebeiner received generous support from Johnson Bank, the Johnson Family Foundation, Marc Hodler Foundation of the International Ski Federation, Walmart, the Birchleggings Club, and more than 350 individuals. In addition, many memorabilia items were gifted to the museum from the family of Tony Wise, past Birkie champions, founding skiers, citizen skiers, and from gracious donors far and wide. Without their support the museum would not have been made possible.

For additional information about the Tony Wise Museum of the American Birkebeiner, please visit www.Birkie.com/museum or stop by for a visit!



A small snapshot of the historic memorabilia on display.



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	29.01.17	MARCIALONGA	ITA
	04-05.02.17	FINLANDIA- HIIHTO	FIN
	04-05.02.17	KÖNIG LUDWIG LAUF	GER
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	18-19.02.17	GATINEAU LOPPET	CAN
	15.01.17	JIZERSKÁ PADESATKA	CZE
	25.02.17	AMERICAN BIRKEBEINER	USA
	26.02.17	TARTU MARATON	EST
	04.03.17	BIEG PIASTOW	POL
	04.03.17	DEMINO SKI MARATHON	RUS
	05.03.17	VASALOPPET	SWE
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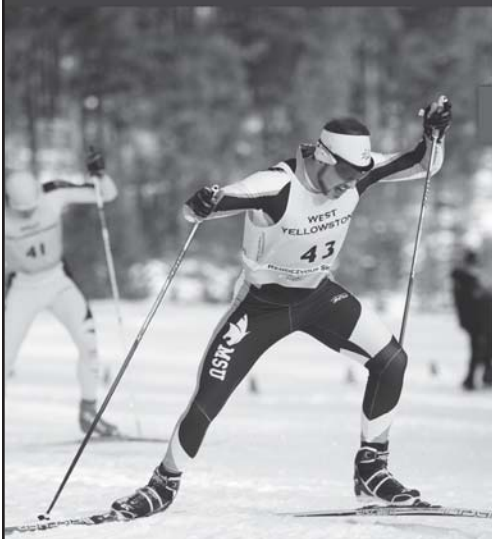


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Birkie Racer Finds His Glide atop a Lifelong Passion

—Tara Tierney

From as early as he can remember, Christian Brekke has been infatuated with creating things. From intricate botanical sketches to live animal traps, and most recently a walnut-whittled crib for his son, Brekke's creations are littered across his life. It was only a matter of time until his passion for craftsmanship would cross paths – or more appropriately, trails – with his passion for skiing. This year his creativity took shape in the form of a pair of hand crafted, cherry wood skis that sped their way across the 44th Annual Birkebeiner finish line.

“When the going gets tough out there

on the Birkie trail, it is hugely motivating to look down on skis I've created,” said Brekke, who raced the Birkebeiner on his own pair of self-designed and manufactured skis for the second consecutive year. “I started in the first wave of the skate race this year, with the primary goal of qualifying for the elite wave, and the skis performed flawlessly.”

The 12-time Birkie finisher and Minnesota native has been sporting Nordic skis since he could walk, and Brekke's love for fine woodwork and high performance has never left his side either.

“Christian has always loved skiing and thinking about how to improve in it,” com-

mented Brekke's dad, Dave. “He has an inherent ability to visualize a completed object in his head, and transfer that idea onto paper. From there, it's a lot of trial and error, but he has a strong understanding of materials and how to make materials do what he wants them to do.”

Which should come as no surprise, after all, Brekke is a materials scientist by trade. He spends his days working with high performance composites intended for the aerospace industry. By night, he's focused on skiing. In 2015, he finished his first pair of skis a week ahead of the Birkie. While they were far from a technological feat, his race success fueled the fire.



“The first pair of skis performed well, but there were improvements to be made,” explained Brekke.

Next year, Brekke hopes to have more of his wood-grain works among the Birkie pack.

“Now, I'm fully focused on a long list of wooden toys I have in the queue for my 6-month old son,” laughed Brekke. “After that, I have a few supporters to thank with ‘Brekke skis’; hopefully folks will get a glimpse of them at next year's race!”

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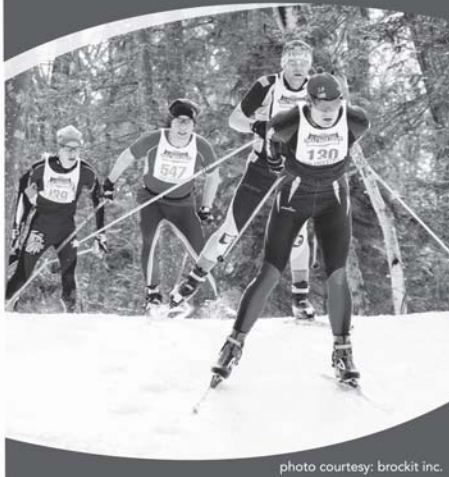


photo courtesy: brockit inc.

The Good, The Bad, & The Ugly

(continued from page 13)

levels of competition and is emerging as an issue as there are many accusations of crossing the line of using a legal technique and concerns about loss of tradition.

The next few years will likely bring some new rule changes to address the concerns. This fall, the FIS agreed to restrict the height of a skier's poles in classic competition. There is even the possibility of the elimination of the classic technique distinction at the elite level of skiing. We will not be adopting a pole height restriction for the Birkie and Korte Classic races. Skiers are welcome to use whatever pole length they feel is best for them. And rest assured that, despite what might be in-store from FIS in the future, we will continue to offer a separate classic technique Birkie race.

Fair Play

While we resoundingly hear how skiers band together to help one another out on the trail, race day can find some participants ripe with nervous energy and tension. Anytime you place a large group of people together in a racing event, you have the potential of one person invading another participant's space, whether intentional or not. As such, there is always potential for conflict out on the trail.



It goes without saying that it is the responsibility of every participant to ski fairly and to look out for one another on race day. Simple race etiquette includes: passing only when there is adequate space; announcing your intention to pass and on which side; and staying in the space for your technique (skaters staying off the classic tracks). To make the race start a less stressful experience: classic skiers should line up in a track, not between tracks, and stay in the tracks until

(continued on next page)

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(continued from previous page)

they end so that bottlenecks, broken poles, and crashes can be avoided. If you are stopping at an aid station, move as far forward as possible to allow those who are skiing through to pass on the outside. If everyone follows the rules and extends courtesy on the trail, everyone can have a great day.

When There is a Kerfuffle on the Trail

There have been broken poles and on-course crashes since the very first ski race and there will inevitably continue to be so. If you have an incident on the trail, please remain cool, calm and courteous.



This past year an elite wave skier wrote to tell us about "...the worst case of poor behavior he had every witnessed." Apparently, one racer was yelling at the skier who accidentally broke the racer's pole and proceeded to tackle him in the snow. It turns out that this hot-headed transgression was performed by a seasoned Birkie skier. When confronted about his behavior and the realization that he could have been disqualified, he expressed his sincere regret and attributed it to the excitement and emotion of the race. Indeed, incidents will happen and poles will undoubtedly get broken, but intentional aggression is never appropriate. So if you find yourself in a tight spot and the tension is high, remember to keep calm and ski on.

It goes without saying that we appreciate the ubiquitous sportsmanship and camaraderie displayed by nearly every Birkie, Korte, and Prince Haakon skier on the trail. Our goal is for every skier, spectator, and volunteer, who leaves Birkieland after the February week of festivities, to have an amazing Birkie experience. The American Birkebeiner, Kortelopet, and Prince Haakon events are designed to challenge you, while leaving an often exhausted, yet perpetual grin of accomplishment on your face and Birkie Fever in your heart.



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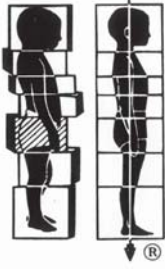
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Birkie Trail Run 2016 in Three Words - Sun, Run, Fun!

The first runners across the finish line of the Salomon Birkie Trail Run were greeted by cheering fans under a sunny blue sky amidst a backdrop of leaves painted in yellows, greens, and golds. Spectators flooded the festival grounds creating an energetic atmosphere for runners and trekkers alike. For marathon runners hoping to secure their spot on the podium in the Birkie Trail Run marathon, designated as the 2016 USA Track and Field (USATF) championship for the state of Wisconsin, it was an especially festive vibe.

The breeze was cool, but the pace was hot as finishers blazed across the finish line.

Women's marathon winner, Corrine Malcolm, originally from Hayward, WI, now Vancouver, B.C., finished the marathon with a time of 3:27:17. Malcolm, the current USATF 50 Mile National Champion will be representing the United States at the International Association of Ultra-runners (IAU) Trail World Championships in Portugal this October.



"It was such a treat to come home and race on the trails I grew up on. Winning was the icing on the cake! The trails were in great condition and the community presence on the trail and at the finish made it a really special day for me," said Malcolm. "Now, hopefully, I'll get to come home and ski the Birkie this winter," she continued.

Men's marathon winner, Andy Elvester, from Minnetonka, MN, finished his race in 2:58:58.

Malcolm and Elvester both earned \$800 in cash and prizes as first place

marathon finishers.

Brian and Caitlin Gregg, Minneapolis, Minnesota, are Birkie Ambassadors, Olympians, and highly decorated Nordic cross-country skiers. The pair took first place honors in the Birkie Trail Run half-marathon, with times of 1:22:48 and 1:33:24, respectively. While at the Birkie Trail Run & Trek, Team Gregg spent time mentoring young athletes and hosted the 1K kid's race. Caitlin Gregg is a four-time winner of the American Birkebeiner cross-country ski race; Gregg's fourth American Birkebeiner victory put her in the Birkie record books with the most wins ever, man or woman.



Later in the afternoon, the excitement was palpable as two ultra-marathon runners raced to the finish line separated by only moments with Chris Lundberg taking the honors. The ultra-runners started their 61.7-mile journey at 5:30am under dark skies with only stars and headlamps to light

their way. They were greeted by cheering family, friends, Birkie Trail Run participants, and spectators, as they crossed the finish line.

From the challenge and intensity of a 100K ultra marathon to a marathon, half-marathon, marathon relay, and 10-mile Nordic trek, there were over 1000 participants in the 15th Birkie Trail Run & Trek, sponsored by Salomon. Comprised of eight events, runners and trekkers enjoyed some of the most scenic and challenging stretches of the famous Birkie Trail and single-track sections of the CAMBA (Chequamegon Area Mountain Bike Association) trail system.



In 2017, the ABSF is ramping up the festival atmosphere on both Friday and Saturday with entertainment, on-site camping, food, craft beer and root beer, bonfires, live music, and more, all amongst the backdrop of leaves that Mother Nature predicts will be at their peak brilliance!

**Mark your calendar for the
2017 Birkie Trail Run Festival
on September 30, 2017.**

Registration opens on January 1, 2017!



2016 BIRKIE TRAIL RUN & TREK - ULTRA-MARATHON RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
AMERMAN	JOSEPH	12:23:14	6	6	28	M	NORTHFIELD	MN
COOPER	MATTHEW	9:36:57	2	2	37	M	WASHBURN	WI
HAGEDORN	STEVE	17:13:59	15	12	58	M	TWO HARBORS	MN
HARKE	DAN	11:11:04	3	3	32	M	ROCHESTER	MN
KELBY	TOM	13:40:59	10	10	50	M	WEBSTER	WI
KLINNER	BARB	15:54:59	13	2	57	F	WAUSAU	WI
LUNDBERG	CHRIS	9:35:11	1	1	33	M	VICTOR	ID
O'CONNOR	TONYA	14:38:59	12	1	31	F	HERMANTOWN	MN

LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
REED	JIM	12:36:20	7	7	56	M	DULUTH	MN
SKRZECZKOSKI	LACY	16:09:59	14	3	32	F	PLOVER	WI
SMITH CAYO	SCOTT	11:11:41	4	4	28	M	MILWAUKEE	WI
TAUER	RICH	12:08:22	5	5	51	M	EDEN PRAIRIE	MN
THOMPSON	KEITH	13:59:59	11	11	32	M	DULUTH	MN
TORNOW	MATT	13:08:59	8	8	45	M	SAINT CLOUD	MN
WESTMARK	TIM	13:23:59	9	9	24	M	APPLETON	WI

2016 BIRKIE TRAIL RUN & TREK - MARATHON RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
AHARAM	PARRISH	4:17:55	18	15	39	M	EVERGREEN	CO
ATKINSON	GREG	3:42:32	11	10	33	M	FREDERIC	WI
AUSTIN	CHAD	4:11:46	17	14	47	M	APPLE VALLEY	MN
BLOOM	SCOTT	4:27:31	27	19	57	M	EDINA	MN
BRAUN	ROGER	5:54:09	65	44	63	M	WAUPUN	WI
BRAUND	TAMMI	3:46:53	12	2	37	F	CUSHING	WI
BRITZ	LINDA	5:37:22	61	20	46	F	WHITEFISH BAY	WI
CARN	SIMON	3:33:32	9	8	45	M	HANCOCK	MI
CARROLL	THADDEUS	5:07:15	52	37	22	M	SHAWANO	WI
CHABLUK	KEN	4:55:19	43	28	50	M	WINNEPEG	MA
CHRISTIANS	EDGAR PAUL	5:04:42	50	35	55	M	MINNEAPOLIS	MN
CLAUSEN	DALIA	5:07:40	54	16	41	F	LAC DU FLAMBEAU	WI
CLELLAND	JENNIFER	6:37:09	76	27	52	F	SAINT PAUL	MN
CLOUTHIER	LISA	6:20:11	72	25	48	F	EAU CLAIRE	WI
COBLENTZ	CAROLYN	6:12:57	69	23	47	F	STONE LAKE	WI
COFFEY	SHEILA	5:22:34	57	18	48	F	INVER GROVE HEIGHT	MN
CROOKS	BRITTA	4:39:44	39	13	24	F	ST. CLOUD	MN
DAVIS	JOHN	4:22:30	21	16	39	M	RHINELANDER	WI
DAVIS	WYNN	3:07:10	2	2	35	M	STILLWATER	MN
DEEG	JUSTIN	3:19:22	4	4	35	M	SHELL LAKE	WI
DEEG	THOMAS	3:19:23	5	5	35	M	MARSTONS MILLS	MA
DRAKE	TREVOR	3:28:56	8	7	28	M	MINNEAPOLIS	MN
DUNN	KATHRYN	5:15:51	56	17	51	F	GRENDALE	WI
ELERIA	ANNA	4:20:02	19	4	43	F	MINNEAPOLIS	MN
ELVESTER	ANDY	2:58:56	1	1	37	M	MINNETONKA	MN
ENGEL	KATELYN	4:25:10	25	7	29	F	MINNEAPOLIS	MN
FAUST	DAVID	4:24:20	24	18	48	M	LAKE ELMO	MN
FORD	KATHERINE	4:24:11	23	6	39	F	BLOOMINGTON	MN
GLOCKE	NATE	4:35:16	36	24	25	M	MINNEAPOLIS	MN
GOETTL	WALLY	4:58:35	44	29	70	M	STILLWATER	MN
GOYKE	ANDREW	4:36:15	37	25	51	M	ASHLAND	WI
HAMMILL	ERIC	4:33:01	35	23	39	M	HAM LAKE	MN
JENSEN	PAUL	5:07:01	51	36	72	M	SPOONER	WI
KAUPPLA	GLENN	6:20:10	71	47	50	M	EAU CLAIRE	WI
KELLEY	JAMES	3:34:36	10	9	55	M	CENTURIA	WI
KINGSTON	HUDSON	4:32:27	33	22	33	M	ST. PAUL	MN
KLAGES	DANIEL	6:28:52	74	48	56	M	MANKATO	MN
KNUTESON	CANDICE	4:43:21	41	15	40	F	WAUWATOSA	WI

LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
KOLLIDGE	GERALD	5:07:22	53	38	54	M	MINNEAPOLIS	MN
KOTTKE	CASSIE	4:29:31	31	11	34	F	NEENAH	WI
KRAUSE	MICHAEL	4:28:44	29	20	24	M	MILWAUKEE	WI
LAMBIN	JOSEPH	5:00:05	45	30	53	M	MOUNT PLEASANT	WI
LEE	CATHERINE	4:28:27	28	9	37	F	EAU CLAIRE	WI
LEIGH	JOSHUA	4:22:37	22	17	30	M	MINNEAPOLIS	MN
LIDSTONE	KYLE	4:07:59	16	13	22	M	MINNETONKA	MN
MACONE	TOM	5:00:28	46	31	53	M	LAKE GENEVA	WI
MALCOLM	CORRINE	3:27:15	7	1	26	F	BELLINGHAM	WA
MCCARTHY	JOHN	5:03:55	49	34	64	M	WAUKESHA	WI
MCCURNIN	JEANNE	4:43:01	40	14	61	F	MASON CITY	IA
MILLER	JONATHAN	3:23:11	6	6	33	M	MINNEAPOLIS	MN
MILLIKIN	FORREST	5:54:14	66	45	33	M	RHINELANDER	WI
MYRDA	JAN	3:10:56	3	3	45	M	PALOS HEIGHTS	IL
NELSON	WAYNE	5:37:21	59	41	50	M	ROCHESTER	MN
OLSEN	ERIC	5:11:34	55	39	49	M	ST LOUIS PARK	MN
OLSON	ERIC	5:49:04	63	43	41	M	LUCK	WI
PALME	DWAYNE	4:52:21	42	27	48	M	CHIPPEWA FALLS	WI
PALME	KATHY	6:21:25	73	26	57	F	CHIPPEWA FALLS	WI
PAWLAK	MARK	6:28:59	75	49	41	M	NORTHLAKE	IL
REINDERS	LAURA	5:50:28	64	21	55	F	DELAFIELD	WI
RINGHEIM	SYDNEY	4:07:11	15	3	47	F	HAYWARD	WI
ROCKWOOD	AMANDA	5:57:43	67	22	35	F	SUPERIOR	WI
ROCKWOOD	PAUL	5:57:47	68	46	29	M	SUPERIOR	WI
SCHERFF	ROB	4:38:48	38	26	51	M	TOMAHAWK	WI
SEIDL	ANN	4:28:59	30	10	46	F	EAU CLAIRE	WI
SIEH	TIM	3:55:01	13	11	56	M	DULUTH	MN
SIEMANDEL	WES	5:03:36	48	33	47	M	CAZENOVIA	WI
STARSKY	ANDREW	4:31:10	32	21	47	M	MEQUON	WI
STATZ	MARIA	4:32:56	34	12	32	F	WISCONSIN RAPIDS	WI
STENZEL	NATALY	4:26:20	26	8	34	F	HALES CORNERS	WI
STRAUSS	LUKE	4:00:05	14	12	31	M	EDINA	MN
SWEENEY	TIMOTHY	5:02:23	47	32	56	M	VERONA	WI
THON	STEVE	5:45:31	62	42	64	M	CABLE	WI
TOMALTY	JAYNA	4:22:22	20	5	27	F	NORTHFIELD	MN
VITEK	CHRISTOPHER	5:30:54	58	40	54	M	ROSEMOUNT	MN
WEBER	BAILEY	5:37:22	60	19	22	F	WHITEFISH BAY	WI
ZACHARIAS	LAURIE	6:18:51	70	24	34	F	WAUPUN	WI

2016 BIRKIE TRAIL RUN & TREK - HALF MARATHON RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
ABING	KEACHEN	1:29:00	5	5	36	M	LACROSSE	WI
ACKATZ	SARA	2:20:37	163	76	44	F	DELAFIELD	WI
ANDERSON	HEATHER	2:38:56	211	110	40	F	CHICAGO	IL
ANDERSON	HEIDI	2:59:02	239	132	41	F	GARDINER	MT
ANDERSON	LON	2:22:56	170	89	55	M	CABLE	WI
ANTHES	DAVID	2:05:04	96	67	52	M	THUNDER BAY	ON
BAADE	WALTER	2:19:57	160	87	60	M	HARTLAND	WI
BALDUS	BILL	1:40:36	18	14	52	M	MINNEAPOLIS	MN
BANTEKAS	LORI	2:27:38	186	93	47	F	VICTOR	ID
BARNARD	NORA	2:37:56	208	107	13	F	SAINT PAUL	MN
BAUER	BRUCE	1:44:51	29	22	45	M	DULUTH	MN
BEHREND	MEGAN	1:39:29	16	4	33	F	DULUTH	MN
BEHREND	TYLER	1:39:29	15	12	37	M	DULUTH	MN
BENNETT	NIKKI	1:53:41	55	13	29	F	DULUTH	MN
BENSON	KRISTYN	1:52:40	50	10	42	F	LAKE ELMO	MN
BENTLEY	JOSH	1:41:28	20	16	38	M	SIREN	WI
BENTLEY	MOLLY	2:13:18	135	57	37	F	SIREN	WI
BERG	ANDY	2:01:34	85	60	33	M	EAU CLAIRE	WI
BERG	PAUL	2:11:33	129	77	50	M	BLOOMINGTON	MN
BETTINGER	AMBER	2:47:40	229	123	30	F	BOYCEVILLE	WI
BITTNER	MARK	1:56:32	65	50	50	M	BRUCE	WI
BLOCK	JENNIFER	2:26:30	181	89	45	F	APPLE VALLEY	MN
BODART	COURTNEY	2:06:00	101	33	23	F	HUDSON	WI
BOGGIE-MOSERDOVA	IRINA	2:12:39	134	56	57	F	TWO HARBORS	MN
BORUFF	JOHN	2:26:25	180	92	33	M	MINNEAPOLIS	MN
BOSS	JON	2:30:30	194	97	34	M	CABLE	WI
BOSS	STEVE	1:45:23	30	23	61	M	HAYWARD	WI
BOUGHNER	JAMES	2:28:12	187	94	67	M	GORDON	WI
BOWER	MATTHEW	1:40:51	19	15	42	M	SAINT PAUL	MN
BRATRUD	MICHAEL	1:52:23	47	38	52	M	EDEN PRAIRIE	MN
BREKKE	CATHERINE	2:24:43	172	83	31	F	MARINE ON ST CROIX	MN
BROWN	SCOTT	1:51:12	43	34	44	M	MINNEAPOLIS	MN
BROWN	SUSANNE	3:11:57	249	140	58	F	BESSEMER	MI
BURDICK	BECKY	1:53:17	52	11	45	F	PLYMOUTH	MN
BURGER	HEIDI	2:00:07	77	21	50	F	HAYWARD	WI

LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
CARLSON	AMY	2:27:02	183	91	32	F	MONDOVI	WI
CARLSON	JENNIFER	2:38:15	209	108	26	F	GRANTSBURG	WI
CARROLL	ISABELLE	2:39:03	212	111	19	F	SHAWANO	WI
CARROLL	PATRICK	2:18:30	155	84	51	M	SHAWANO	WI
CHURCHILL	CHERYL	2:24:48	173	84	43	F	HAYWARD	WI
CLEMENTS	SCOTT	2:15:27	147	83	58	M	BLOOMINGTON	MN
COE	MITCH	2:18:48	156	85	39	M	WEBSTER	WI
COLE	HEATHER	2:11:29	128	52	44	F	ELEVA	WI
COLUMB	JOSH	1:50:27	42	33	43	M	ST. PAUL	MN
COSTELLO	MICHAEL	1:51:20	45	36	54	M	COLUMBIA	SC
CROOKS	PATRICK	2:22:43	169	88	27	M	RICHMOND	MN
CUTSHALL	PAMELA	2:15:56	149	66	62	F	MINNEAPOLIS	MN
DAHLLING	MARGOT	3:47:32	258	149	33	F	EAU CLAIRE	WI
DELONG	PHIL	2:13:41	139	80	52	M	LAND O' LAKES	WI
DETMER	ALAN	1:52:36	48	39	44	M	GRAND RAPIDS	MN
DETMER	AMY	2:00:09	78	22	44	F	GRAND RAPIDS	MN
DETZNER	TOM	2:03:07	92	64	65	M	HAYWARD	WI
DICKINSON	JASON	1:42:49	22	18	43	M	HUDSON	WI
DIETZ	TIM	2:15:03	146	82	35	M	MAPLE GROVE	MN
DOOLEY	MATTHEW	1:45:42	31	24	44	M	PLYMOUTH	MN
DOUCETTE	COURTNEY	2:00:42	80	23	25	F	COLFAX	WI
DOYLE	ELIZABETH	2:25:45	178	87	28	F	MINNEAPOLIS	MN
DREGER	KELLY	2:13:41	138	59	49	F	MARATHON	WI
DUCHARME	TINA	2:20:48	165	78	51	F	BRUCE	WI
DUFFY	MICHAEL	2:08:49	111	72	55	M	SAN FRANCISCO	CA
DUFFY	PATRICK	1:35:02	9	7	55	M	NEW YORK	NY
EBERHARDT	BURGESS	2:35:17	204	99	75	M	INTERNATIONAL FALL	MN
EGLHOFF	CATHERINE	2:09:41	116	43	55	F	GREEN BAY	WI
EICHTEN	JEFFREY	2:05:05	97	68	36	M	SPOONER	WI
EICHTEN	KATIE	1:58:34	73	18	37	F	SPOONER	WI
EKSTRUM	RICHARD	1:42:30	21	17	46	M	PLYMOUTH	MN
EMRICK	MATT	2:03:38	94	65	43	M	VERONA	WI
ENGEL	ANGELA	2:34:24	202	104	39	F	ABBOTSFORD	WI
FEFCHAK	LAURA	2:34:41	203	105	45	F	URBANDALE	IA
FINSTAD	JORDAN	2:26:46	182	90	24	F	ST. PAUL	MN

2016 BIRKIE TRAIL RUN & TREK - HALF MARATHON RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
FOLEY	CARMEN	3:00:03	241	134	55	F	NORTH OAKS	MN
FOLEY	THOMAS	2:27:37	185	93	55	M	NORTH OAKS	MN
FONGER	JANE	2:44:06	224	118	60	F	HAGER CITY	WI
FRANE	KRISTIN	2:46:51	228	122	46	F	HAYWARD	WI
FRETT	JAMES	2:00:56	82	59	45	M	PEWAUKEE	WI
FRETT	JEANNE	2:32:53	200	102	46	F	PEWAUKEE	WI
FRIESEN	BROOKE	2:15:48	148	65	24	F	DULUTH	MN
FUSSY	ELLEN	2:08:56	112	40	54	F	NISSWA	MN
GARRETSON	JULIE	2:08:56	113	41	26	F	MINNEAPOLIS	MN
GAST	ANDREW	2:32:42	199	98	44	M	CHIPPewa FALLS	WI
GEIDEL	CHRISTINA	2:22:20	167	80	41	F	HAYWARD	WI
GEISLER	PATTI	3:03:14	242	135	26	F	WATERTOWN	WI
GERBER	SHAWNA	2:51:15	235	128	40	F	LADYSMITH	WI
GERDES	CALEB	2:00:33	79	57	31	M	CHIPPewa FALLS	WI
GOODSETT	MARY	3:20:13	253	144	57	F	ONALASKA	WI
GOODSETT-WEIN	CATHERINE	3:20:13	252	143	58	F	WEST BEND	WI
GORSKI	JOANNE	2:39:13	213	112	51	F	HORTONVILLE	WI
GORZEK	CHRISTOPHER	2:02:04	90	63	51	M	EAU CLAIRE	WI
GRANDAW	RONALD	2:11:58	131	78	55	M	GREEN BAY	WI
GRAY	ANDREA	2:01:11	83	24	37	F	EVANSVILLE	WI
GRAY	RYAN	2:06:19	103	69	38	M	EVANSVILLE	WI
GREGG	BRIAN	1:22:46	1	32	32	M	MINNEAPOLIS	MN
GREGG	CAITLIN	1:33:21	7	1	35	F	MINNEAPOLIS	MN
GRENIER	MARC	1:51:18	44	35	43	M	DULUTH	MN
GUENTHER	JAN	1:43:26	26	6	57	F	LONG LAKE	MN
HAGEDORN	HARRIET	4:01:48	259	150	62	F	TWO HARBORS	MN
HAKANSON	KARA	3:08:30	246	138	23	F	ST PAUL	MN
HAKANSON	SONJA	3:07:27	244	136	27	F	SAINT PAUL	MN
HALL	PENNY	2:41:54	218	115	44	F	CEDAR BLUFF	AL
HAMM	GERRY	2:42:35	220	117	44	F	WAUPACA	WI
HANSON	ALLEN	1:44:26	27	21	59	M	GREENWOOD	MN
HAYDEN	SEAN	1:50:24	41	32	46	M	HINSDALE	IL
HECHT	DOROTHY	2:28:58	190	96	39	F	ALTOONA	IA
HECKSEL	HEIDI	2:08:42	110	39	41	F	ST. MICHAEL	MN
HEIDT	WILLIAM	1:53:46	57	44	61	M	MONDOVI	WI
HEIM	GRETCHEN	2:31:39	197	100	38	F	MINNEAPOLIS	MN
HENCHEL	ILEAH	3:18:40	251	142	27	F	EAU CLAIRE	WI
HENDRICKSON	ERIK	1:36:18	10	8	31	M	ST LOUIS PARK	MN
HENDRICKSON	RITA	2:20:05	161	74	28	F	ST. LOUIS PARK	MN
HENKEL	CHRIS	2:19:24	158	86	34	M	DULUTH	MN
HENN	JONATHAN	1:58:42	76	56	26	M	MADISON	WI
HESS	JENNIFER	1:53:34	53	12	42	F	ROCHESTER	MN
HOFF	ELISABETH	2:38:47	210	109	45	F	MINNEAPOLIS	MN
HOLMQUIST	ABBY	2:26:24	179	88	31	F	MINNEAPOLIS	MN
HUDSON	SARA	2:13:37	137	58	38	F	ASHLAND	WI
HUPPERTS	STEFAN	1:46:30	33	26	28	M	HOUGHTON	MI
JAGER	RACHEL	2:20:39	164	77	27	F	ROSEMOUNT	MN
JANSEN	KIRK	2:01:35	87	61	32	M	EAU CLAIRE	WI
JANTY	LISA	2:05:11	98	30	48	F	CUMBERLAND	WI
JONES	RITA	2:09:57	118	44	52	F	GREEN BAY	WI
JONES	STEVE	1:47:28	34	27	52	M	TONKA BAY	MN
KANE	JODY	2:33:03	201	103	39	F	HAYWARD	WI
KASTEN	MICHAEL	2:48:42	230	107	44	M	ELK MOUND	WI
KINNUNEN	HEATHER	1:56:08	62	15	19	F	GRAND VIEW	WI
KLEVEN	THOMAS	1:53:05	51	41	49	M	MINPL	MN
KLOEK	MARY	2:56:20	238	131	41	F	MINNEAPOLIS	MN
KOLINSKI	CHRISTINE	2:12:11	133	55	39	F	ELY	MN
KREYER	ANDREW	1:38:32	13	10	24	M	HAYWARD	WI
KRUBSACK	BECKY	2:20:08	162	75	44	F	DULUTH	MN
KRUEGER	WENDY	2:16:58	152	69	43	F	APPLETON	WI
KUFAHL	JACEY	2:37:54	207	106	29	F	DULUTH	MN
KUFAHL	KARI	2:25:14	176	86	53	F	WAUSAU	WI
KUFAHL	TIM	1:36:29	11	9	33	M	DULUTH	MN
KUNSHIER	CATHERINE	2:30:53	196	99	41	F	ABRAHAM	MN
LAFAVE	HELENA	1:43:14	23	5	27	F	MINNEAPOLIS	MN
LAFRANCE	JOEL	1:24:41	2	2	35	M	PLYMOUTH	MN
LANN	ELIZABETH	2:05:38	100	32	41	F	EAGAN	MN
LARSON	GWENN	2:19:36	159	73	49	F	EDINA	MN
LAWRENCE	JILL	2:56:20	237	130	41	F	WEST ST. PAUL	MN
LEDGER	MATTHEW	2:09:22	114	73	26	M	MADISON	WI
LEHR	AVERY	1:57:45	70	17	25	F	OMAHA	NE
LINDSKOOG	MARK	1:48:33	36	29	49	M	MINNEAPOLIS	MN
LINK	KEVIN	1:49:03	39	31	49	M	GRANTSBURG	WI
LIPSCOMB	GEORGE	2:40:40	216	102	63	M	ROBERTSVILLE	MO
LITCHY	ARIC	1:55:10	60	46	30	M	MAPLE GROVE	MN
LITCHY	MARGARET	2:11:16	125	49	29	F	MAPLE GROVE	MN
LOWDER	ANDREA	1:55:04	59	14	24	F	CHANHASSEN	MN
LUNDELL	AMY	2:14:18	142	61	48	F	ST PAUL	MN
LUTHER	JENNIFER	2:16:05	150	67	31	F	STOUGHTON	WI
LUTHER	MICHAEL	1:40:26	17	13	31	M	STOUGHTON	WI
LYONS	JAY	2:11:08	124	76	53	M	MINNEAPOLIS	MN
MACONE	LINDSAY	2:31:50	198	101	27	F	SPOONER	WI
MACONE	MOLLY	2:29:20	192	97	32	F	AFTON	MN
MAHONEY	KEVIN S.	1:56:27	64	49	64	M	EAU CLAIRE	WI
MANSON	DANIEL	2:09:51	117	74	51	M	MINNEAPOLIS	MN
MARTIN	PAULA	2:41:54	219	116	52	F	SARASOTA	FL
MARTIN	STEPHANIE	3:36:08	254	145	46	F	HAYWARD	WI
MAYERHOFFER	EMILY	2:10:11	120	45	30	F	SARTELL	MN
MCCALLER	CARRIE	2:01:33	84	25	35	F	FAIRPORT	NY
MCCONNELL	CANDICE	2:03:17	93	29	41	F	HAYWARD	WI
MCCOY	CRAIG	1:58:08	72	55	63	M	MINNETONKA	MN
MCFARLAND	STEPHANIE	2:50:47	234	127	46	F	DES MOINES	IA
MCGRATH	CINDI	2:10:18	122	47	51	F	HAYWARD	WI
MESSNER	TOD	2:08:09	108	71	60	M	PLYMOUTH	WI
MICHALEK	DAWN	2:16:29	151	68	47	F	WAUKESHA	WI

LAST NAME	FIRST NAME	TIME	OVERALL PLACE	OVERALL GENDER PLACE	AGE	SEX	CITY	STATE
MIKKELSON	AUDUN	1:56:55	67	51	58	M	EAU CLAIRE	WI
MINOR	SHAWN	2:29:14	191	95	42	M	LUCK	WI
MORREY	JOY	2:10:18	121	46	41	F	SHOREVIEW	MN
MURRAY	CHAD	2:43:02	222	105	40	M	EAU CLAIRE	WI
MURRAY	KELLY	2:27:06	184	92	40	F	EAU CLAIRE	WI
NAGEL	ALLISON	2:06:45	104	35	35	F	FAIRPORT	NY
NEUMANN	TIM	1:52:39	49	40	28	M	MINNEAPOLIS	MN
NEWMAN	JULIE	2:08:00	107	37	55	F	SUPERIOR	WI
NEWMAN	MACKENZIE	2:07:59	106	36	24	F	SUPERIOR	WI
NICKEL	ELLEN	3:36:22	255	146	56	F	DE FOREST	WI
NORTON-BOWER	HEATHER	1:56:43	66	16	43	F	ST PAUL	MN
OWEN	TIM	1:56:19	63	48	49	M	RICHFIELD	MN
PARR	ALLISON	1:58:41	75	20	23	F	HAYWARD	WI
PATNAUDE	MARY	2:28:19	188	94	49	F	DULUTH	MN
PAULSON-SMITH	KATIE	1:50:10	40	9	24	F	MADISON	WI
PAUTSCH	KATHIE	1:58:35	74	19	54	F	HAYWARD	WI
PEARCE	CHARLES	2:04:14	95	66	37	M	DODGEVILLE	WI
PEARL	DAVID	2:25:35	177	91	43	M	BLAINE	MN
PEASLEE	MEL	2:35:51	205	100	67	M	DULUTH	MN
PECOR	ADAM	1:56:01	61	47	37	M	EAU CLAIRE	WI
PENTINMAKI	JENNIFER	1:44:43	28	7	33	F	MIDDLETON	WI
PENTINMAKI	OLIVER	1:57:48	71	54	33	M	MIDDLETON	WI
PETERSON	SUZANNE	2:13:59	141	60	32	F	ONALASKA	WI
PICKEL	MARY	2:21:45	166	79	52	F	ROCHESTER	MN
PING	TRENT	1:32:43	6	6	31	M	LA CROSSE	WI
PIRERA	PATTY	2:02:58	91	28	50	F	WOODBURY	MN
POWELL	KELLY	2:08:42	109	38	39	F	ST. MICHAEL	MN
POWERS	JACKIE	2:14:26	144	63	52	F	IRONWOOD	MI
PRASHER	JULIE	2:11:28	126	50	43	F	EAU CLAIRE	WI
PRINCE	KATHRYN	2:39:24	215	114	27	F	MADISON	WI
RAMSAY	DANE	1:38:54	14	11	46	M	ST MICHAEL	MN
REED	ELIZABETH	2:05:20	99	31	23	F	DULUTH	MN
REED	LISA	2:18:55	157	72	23	F	DULUTH	MN
REHBERGER	HELEN	2:52:18	236	129	47	F	PEWAUKEE	WI
REID	JULIA	2:01:35	86	26	32	F	EAU CLAIRE	WI
REUTER	NICOLE	3:41:57	257	148	43	F	SAINT CLOUD	MN
RIETH	JULIE	2:14:33	145	64	45	F	ST PAUL	MN
RING	DAVID	1:54:32	58	45	59	M	FORT ATKINSON	WI
ROED	BETSY	2:44:38	225	119	39	F	STANCHFIELD	MN
ROLOFF	SHANNON	2:49:53	231	124	24	F	WAUSAU	WI
ROUSAR	KELLY	2:09:24	115	42	32	F	MINNEAPOLIS	MN
RUBIN	JOHN	1:48:33	37	30	27	M	FARMINGTON	MN
RUDD	KIM	1:38:23	12	3	45	F	PLYMOUTH	MN
RYKKEN	ANNE	2:44:57	226	120	55	F	ST. PAUL	MN
SCHIESSL	TOM	2:00:49	81	58	52	M	WAUKESHA	WI
SCHINDELHOLZ	ALANNA	2:17:36	153	70	28	F	GOLDEN VALLEY	MN
SCHLUESCHE	TARA	3:41:55	256	147	43	F	SUN PRAIRIE	WI
SCHMIDT	CASEY	2:07:10	105	70	47	M	MINNEAPOLIS	MN
SCHMIDT	GREG	2:13:25	136	79	42	M	MINNEAPOLIS	MN
SCHMIDT	PETER	2:24:58	174	90	43	M	MIDDLETON	WI
SCHRECK	BART	1:57:31	69	53	34	M	ROCKFORD	IL
SCHULZ	BILL	3:10:48	248	109	71	M	CABLE	WI
SCHWARTZ	ANDY	2:10:06	119	75	60	M	CABLE	WI
SELINIE	ALISON	2:11:49	130	53	26	F	WAUWATOSA	WI
SERIER	JACK	2:43:18	223	106	48	M	STILLWATER	MN
SERIER	KATHRYN	2:50:09	232	125	50	F	STILLWATER	MN
SHELDON	TODD	1:43:22	24	19	54	M	NORTH OAKS	MN
SIEMANDEL	BRENDA	2:10:51	123	48	46	F	CAZENOVIA	WI
SIMAK	ELIZABETH	1:48:58	38	8	24	F	WAUSAU	WI
SIPPEL	CARLY	2:14:21	143	62	26	F	MINNEAPOLIS	MN
SIVERTSON HENKEL	ERICA	2:59:50	240	133	38	F	DULUTH	MN
SKEMP	THEODORE	2:41:04	217	103	51	M	LA CROSSE	WI
SLINING	JASON	1:28:50	4	4	45	M	IRONWOOD	MI
SMYCZEK	MIKE	3:03:14	243	108	26	M	EAST TROY	WI
SOBOTA	JENNIFER	3:08:57	247	139	40	F	HAYWARD	WI
SORENSEN	SANDRA	2:11:28	127	51	45	F	EAU CLAIRE	WI
STANISZEWSKI	KELLY	3:17:11	250	141	47	F	EAU CLAIRE	WI
STIEBER	ROBERT	1:57:21	68	52	32	M	MEDFORD	WI
STITH	ANDREW	2:01:40	88	62	33	M	LARAMIE	WY
STOUT	KATLYN	1:34:48	8	2	27	F	DULUTH	MN
STRANDEMO	ROBBI	2:24:42	171	82	31	F	MARINE ON ST CROIX	MN
SULLIVAN	EMMA	2:39:20	214	113	42	F	BRAMH	MN
SWANSON	JOEL	2:36:12	206	101	56	M	MINNEAPOLIS	MN
SYRING	ROBERT	1:53:37	54	42	54	M	EDINA	MN
TALO	TAMMY	2:30:42	195	98	47	F	GREENVILLE	WI
THOME	STEPHAN	2:43:00	221	104	51	M	NORTH MANKATO	MN
TUCKER	AMANDA	2:22:38	168	81	31	F	LAKE GENEVA	WI
TUMAS	AISTIS	1:43:24	25	20	33	M	ASHLAND	WI
ULLMAN	DAVID	1:28:38	3	3	36	M	ASHLAND	WI
VANCE	KRISTIN	2:28:57	189	95	35	F	ANKENY	IA
VANKUYK	JESS	2:06:14	102	34	40	F	ST. MICHAEL	MN
VERGERONT	ANDY	1:52:22	46	37	52	M	EDEN PRAIRIE	MN
VOSBERG	ROY	2:29:41	193	96	53	M	HAGER CITY	WI
WAGNER	CLAIRE	3:07:52	245	137	41	F	MEMONONGEE FALLS	WI
WAGNER	TOM	1:47:50	35	28	56	M	MARQUETTE	MI
WALKER	KARI	2:50:47	233	126	38	F	DES MOINES	IA
WARD	EMMERSON	1:53:43	56	43	39	M	AFTON	MN
WARD	SUSAN	2:02:01	89	27	39	F	AFTON	MN
WEINHOLD	MEGAN	2:12:11	132	54	37	F	STEWARTVILLE	MN
WEIUM	KAREN	2:46:42	222	121	57	F	ST. PAUL	MN
WEYER	LYSSA	2:17:37	154	71	28	F	MILACA	MN
WILMOT	WAYNE	2:13:56	140	81	65	M	DULUTH	MN
WILSON	RYAN	1:46:18	32	25	27	M	MINNEAPOLIS	MN
ZIVNEY	RACHEL	2:25:09	175	85	36	F	ONALASKA	WI

2016 BIRKIE TRAIL RUN & TREK - 5K RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	AGE	SEX	CITY	STATE
ADERMAN	JON	0:24:53	20	M	HAYWARD	WI
AKIMOV	EGOR	0:26:14	34	M	VERONA	WI
ANDERSON	JIM	0:29:38	64	M	CABLE	WI
ARNETT	DAVID	0:43:17	47	M	HAYWARD	WI
ARNETT	JULIE	0:41:35	38	F	HAYWARD	WI
BANG	DAVID	0:49:22	34	M	DARIEN	IL
BERENS	KATHLEEN	0:44:28	63	F	STEVENS POINT	WI
BLACK	JEAN	0:44:14	64	F	LAKE BARRINGTON	IL
BLITHE	ROBERT	0:33:27	47	M	WEBSTER	WI
BROMAN	JEAN	0:46:37	55	F	WOODBURY	MN
BUCCI	MARIA	0:24:50	24	F	MADISON	WI
BUHS	SUZIE	0:44:18	36	F	SAUK RAPIDS	MN
BURCH	DOUGLAS	0:40:47	51	M	ONALASKA	WI
CAMERON	NANCY	0:45:47	63	F	DULUTH	MN
CAMERON	TIM	0:49:35	68	M	DULUTH	MN
CARDWELL	DALE	0:28:59	71	M	SHELL LAKE	WI
CASEY	BERET	0:30:40	36	F	WASHBURN	WI
CIEMBRONOWICZ	JEFF	0:41:25	52	M	O FALLON	MO
COLAMATTEO	TERRI	0:43:37	61	F	ST PAUL	MN
COOPER	SONYA	0:30:39	37	F	WASHBURN	WI
DIMPFFEL	JOHN	0:45:17	70	M	EAU CLAIRE	WI
DIMPFFEL	MARGARET	0:44:05	70	F	EAU CLAIRE	WI
DOHERTY	DIANA	0:29:17	33	F	PRINCETON	MN
DOLL	MARY	0:34:17	60	F	WEBSTER	WI
DOMZALSKI	BEVERLY	0:49:22	61	F	WOODRIDGE	IL
DOMZALSKI	MICHAEL	1:22:00	61	M	WOODRIDGE	IL
DOMZALSKI	STACEY	0:37:37	32	F	DARIEN	IL
DREGER	OLIVIA	0:26:17	15	F	MARATHON	WI
ERICKSON	STEPHANIE	0:27:50	36	F	SARONA	WI
FERN	ALLISON	0:42:39	35	F	WEBSTER	WI
FRAME	KEN	0:27:23	58	M	HAYWARD	WI
FRAME	THOMAS	0:50:22	51	M	ANDOVER	MN
FRAME	TIM	0:41:24	57	M	RAMSEY	MN
GAGNON	MANDY	0:29:41	27	F	CHIPPEWA FALLS	MN
GOLDBERG	BRUCE	0:49:35	55	M	OMAHA	NE
GOLDBERG	CINDY	0:49:34	51	F	OMAHA	NE
GOLDBERG	MAX	0:31:38	17	M	OMAHA	NE
GOLDBERG	SCOTT	0:26:12	24	M	BROOKLINE	MA
GRUNLOH	KATIE	0:48:05	30	F	LEWISTON	MN
HAACK	BRIAN	0:26:22	47	M	WAUSAU	WI
HALVERSON	JOSHUA	0:19:43	13	M	CAMERON	WI
HAMMILL	TERI	0:29:27	39	F	HAM LAKE	MN
HANSEN	MARY	0:18:21	38	F	HAYWARD	WI
HANSEN	RYAN	0:21:05	39	M	HAYWARD	WI
HESTER	GABRIELLE	0:32:19	34	F	ST PAUL	MN
HOLMES	SHAWNA	0:43:06	36	F	WASHBURN	WI
HUTCHISON	SANDY	0:57:52	70	F	HAYWARD	WI
JANSEN	MATTHEW	0:34:00	25	M	DULUTH	MN
JOHANSEN	SAMUEL	0:41:26	12	M	SUPERIOR	WI
KAFTAN	GEORGIA	0:48:12	71	F	CAMBRIDGE	WI
KANN	JOHN	0:26:43	64	M	RICE LAKE	WI
KERN	LYNDA	0:34:37	61	F	RED WING	MN
KING	AILIE	0:39:14	9	F	SUPERIOR	WI
KING	MICHAEL	0:41:25	45	M	SUPERIOR	WI
KINNEY	SCOTT	0:29:01	54	M	EAGAN	MN
KLEINHEINZ	DAVID	0:34:23	56	M	CHIPPEWA FALLS	WI
KLIPP	BARB	0:50:19	83	F	HAYWARD	WI
KOEHLER	KATHERINE	0:43:58	73	F	CHIPPEWA FALLS	WI
KOEL	LISA	0:25:00	54	F	GREENVILLE	WI
KOEL	PETER	0:25:54	51	M	GREENVILLE	WI
KOHLER	REGAN	0:29:52	37	F	HAYWARD	WI
KOMP	ANDREW	0:20:17	39	M	CHETEK	WI
KOMP	ETHAN	0:18:35	14	M	CHETEK	WI
KOMP	RILEY	0:42:37	10	F	CHETEK	WI
KOVACEVICH	TARA	0:43:17	37	F	EAU CLAIRE	WI
KUMMETH	BECKY	0:43:05	58	F	EAU CLAIRE	WI
KUYPER	SARAH	0:40:39	31	F	ALBERTVILLE	MN
LAIJOIE	CASEY	0:35:08	38	M	IRON RIVER	WI
LAIJOIE	COLTON	0:35:09	10	M	IRON RIVER	WI
LAWRENCE	DEBORAH	0:41:44	59	F	SPOONER	WI
LEECE	CHLOE	0:33:03	11	F	IRON RIVER	WI
LEECE	PHOEBE	0:33:54	8	F	IRON RIVER	WI
LEHR	JACOB	0:18:10	22	M	OMAHA	NE
LEHR	JOHN	0:42:41	55	M	OMAHA	NE
LEHR	SANDY	0:42:23	56	F	OMAHA	NE
LEHR	SUSAN	0:45:22	53	F	OMAHA	NE
LITFIN	JILL	0:46:28	42	F	MAHTOWA	MN
LONDRVILLE	OPAL	0:34:08	11	F	NORTON	OH
LONG	CASSIE	0:24:56	24	F	HAYWARD	WI
MAKI	KRISTINE	0:25:28	43	F	HAYWARD	WI
MANSKE	BRUCE	0:26:58	60	M	STILLWATER	MN
MANSON	ERIKA	0:57:51	49	F	MINNEAPOLIS	MN
MANSON	EVA	0:43:08	19	F	MINNEAPOLIS	MN
MANSON	MONA	0:57:52	78	F	DEERFIELD	WI
MCCLOONE	KATE	0:27:37	14	F	APPLETON	WI

LAST NAME	FIRST NAME	TIME	AGE	SEX	CITY	STATE
MCGRATH	CHRIS	0:23:06	57	M	HAYWARD	WI
MOON	LORI	0:40:38	34	F	LE CENTER	MN
MUETZEL	KASEY	0:48:04	32	F	ROCHESTER	MN
MURRAY	ELSA	0:40:53	12	F	EAU CLAIRE	WI
MURRAY	STEVE	0:41:25	69	M	PINE ISLAND	MN
MYRDA	BART	0:26:39	12	M	PALOS HEIGHTS	IL
MYRDA	KASIA	0:29:14	16	F	PALOS HEIGHTS	IL
NEIMAN	MICHELLE	0:30:11	30	F	ST. PETER	MN
NELSEN	BARBARA	0:50:02	54	F	EAGAN	MN
NELSON	SHERI	0:46:27	41	F	HERMANTOWN	MN
NESSETH	CONSTANCE	0:52:16	63	F	CAMERON	WI
OLSON	BETH	0:43:13	49	F	WOODBURY	MN
OLSON	JEFF	0:43:13	49	M	WOODBURY	MN
PARKER	LINDA	0:48:08	58	F	CABLE	WI
PEARCE	SARAH	0:43:06	36	F	DODGEVILLE	WI
PEARL	JAKE	0:25:01	12	M	BLAINE	MN
PEARL	SAM	0:25:07	9	M	BLAINE	MN
PEARL	TEREE	0:29:10	42	F	BLAINE	MN
PECHEK	ELISE	0:30:04	63	F	DULUTH	MN
PEDERSEN	C. PAUL	0:50:57	74	M	HAYWARD	WI
PETZ	MELISSA	0:32:54	40	F	MASON	WI
PING	CLARA	0:27:21	30	F	LA CROSSE	WI
POPP	GRANT	0:23:03	10	M	SPRINGBROOK	WI
POPP	LUKE	0:24:54	10	M	SPRINGBROOK	WI
POPP	MEGAN	0:27:23	40	F	SPRINGBROOK	WI
PROBST	BETH	0:47:45	38	F	IRON RIVER	WI
RICHMOND	ELLEN	0:46:37	49	F	ALTOONA	WI
ROBBINS	ROB	0:33:55	46	M	HAYWARD	WI
ROLOFF	CHRIS	1:05:19	54	F	WAUSAU	WI
ROLOFF	VERONICA	1:05:19	17	F	WAUSAU	WI
ROSKOS	PENNY	0:32:33	50	F	KASSON	MN
ROUSAR	JANE	0:50:11	60	F	HAUGEN	WI
RUBIN	ANNA	0:29:58	27	F	FARMINGTON	MN
RUBIN	MICHAEL	0:41:15	59	M	ROCHESTER	MN
RYAN	JULIE	0:30:07	38	F	PRESCOTT	WI
RYAN	MEGAN	0:46:37	34	F	ALTOONA	WI
SANTODONATO	LIZ	0:47:48	65	F	MPLS	MN
SANTODONATO	SISTO	0:49:34	69	M	MPLS	MN
SCHIFFNER	DEB	0:43:46	58	F	BROOKLYN PARK	MN
SCHUSTER	SHANNON	0:33:59	45	F	GREEN BAY	WI
SENTY	CAROLYN	0:46:34	67	F	MADISON	WI
SHEEHAN	GLORIA	0:41:11	63	F	HAYWARD	WI
SHEEHAN	RICK	0:41:48	64	M	HAYWARD	WI
SIZEMORE	KAREY	0:33:59	44	F	PRESCOTT	WI
SIZEMORE	STEVE	0:30:45	44	M	PRESCOTT	WI
SMITH	ELIZABETH	0:28:08	51	F	LAKE ELMO	MN
SMITH	TRISTAN	0:17:59	14	M	LAKE ELMO	MN
SNEE	MARY	0:46:37	53	F	BROOKLYN PARK	MN
SPENCER	JOE	0:42:48	62	M	ROCHESTER	MN
SPENCER	SHARON	0:44:07	60	F	ROCHESTER	MN
SPENGLER	DANIELLE	0:28:29	28	F	BURNSVILLE	MN
STRUBLE	GLEN	0:25:38	64	M	SARONA	WI
SWANSON	ANNETTE	0:50:31	57	F	ST PAUL	MN
THOMAS	ALEX	0:24:57	26	M	STOUGHTON	WI
THOMAS	CARLEY	0:24:55	26	F	STOUGHTON	WI
TOLLERUD	ANIK	0:27:35	12	F	APPLETON	WI
TOLLERUD	MARK	0:23:39	43	M	APPLETON	WI
TOLLERUD	RICHARD	0:45:53	71	M	HAYWARD	WI
TORNOW	NICHOLAS	0:34:02	12	M	EAST PEORIA	IL
TUMBLESON	JEFF	0:27:00	52	M	HAYWARD	WI
TURNIGREN	MELISSA	0:34:06	31	F	HAYWARD	WI
VAN ASTEN	FAYE	0:32:46	62	F	GREEN BAY	WI
VELASCO	MELANIE	0:24:47	63	F	MINNEAPOLIS	MN
VERNER	CHERYL	0:49:22	59	F	BROOKFIELD	IL
VERNER	GEORGE	0:33:10	59	M	BROOKFIELD	IL
WAGNER	NANCY	0:32:28	55	F	ST PAUL	MN
WALDRON	GAIL	0:41:11	64	F	BIRCHWOOD	WI
WALDRON	JOHN	0:25:24	64	M	BIRCHWOOD	WI
WALTERS	CARA	0:41:36	29	F	MINONG	WI
WARD	TIFFANIE	0:24:46	39	F	DULUTH	MN
WAYSTEDT	JASON	0:25:33	40	M	HAYWARD	WI
WAYSTEDT	JENNIFER	0:32:52	38	F	HAYWARD	WI
WEIS	JEROME	0:20:06	34	M	MINNEAPOLIS	MN
WICK	JUDY	0:33:03	59	F	DULUTH	MN
WICK	RONICA	0:33:56	37	F	IRON RIVER	WI
WICKBOLDT	AARON	0:27:01	31	M	HASTINGS	MN
WICKBOLDT	BRIAN	0:25:23	28	M	RIVER FALLS	WI
WICKBOLDT	TERESA	0:29:48	30	F	HASTINGS	MN
WILLIAMS	LORI	0:28:29	53	F	STACY	MN
WOLKOFF	PATTY	0:47:00	76	F	HUDSON	WI
WRIGHT	RENAE	0:34:46	47	F	DANBURY	WI
YUKNIS	ERIN	0:44:29	52	F	HAYWARD	WI
ZENNER	JIM	0:29:19	58	M	CHIPPEWA FALLS	WI
ZENNER	MICHAEL	0:24:23	28	M	HUDSON	WI

CHANNEL YOUR FLANNEL AT THE LUMBERJACK RUN!

JULY 22, 2017 - HAYWARD, WI

4.7 Mile Run/Walk Around Lake Hayward

Mark Your Calendars!

Registration Opens May 15 at www.Lumberjackrun.com



2016 BIRKIE TRAIL RUN & TREK - TREK RESULTS



Results by PrimeTime Timing



LAST NAME	FIRST NAME	TIME	AGE	SEX	CITY	STATE
ALTMAN	JOAN	2:38:00	63	F	ROCKFORD	IL
ANDERSON	RICHARD	3:33:24	76	M	BRUCE	WI
ANDERSON	ROSANNA	3:33:21	66	F	BRUCE	WI
BASH	MICHAEL	3:26:18	61	M	MINNEAPOLIS	MN
BASH	SHARON	3:26:17	66	F	MINNEAPOLIS	MN
BAUER	MARY	2:46:55	55	F	MINNEAPOLIS	MN
BERG LAYDE	TRICIA	2:04:33	46	F	CHAMPLIN	MN
BIERMAN	SONJA	2:44:11	53	F	CLEAR LAKE	WI
BILL	WENDY	3:24:40	47	F	REEDSBURG	WI
BIXLER	STEPHANIE	2:22:56	49	F	RICE LAKE	WI
BLESKE-RECHEK	APRIL	3:12:36	42	F	ALTOONA	WI
BONO	MICHAEL	2:47:52	64	M	MINNEAPOLIS	MN
BOOKS	JENNIFER	3:02:09	45	F	FOREST LAKE	MN
BOULWARE	AMELIA	3:07:48	49	F	SAINT PAUL	MN
BUMP STUBER	KIMBERLY	3:04:41	52	F	ST PAUL	MN
BUONOCORE	LISE	3:38:00	58	F	FAIRPORT	NY
CANN	JOHN	3:05:32	73	M	ST. PAUL	MN
CARLSON-GREEN	BONNIE	2:25:05	54	F	ST LOUIS PARK	MN
CAULEY	KATHI	2:54:07	55	F	FORT ATKINSON	WI
CAVANAGH	MARY	2:47:52	54	F	MINNEAPOLIS	MN
CRAKER	CAREY	2:56:57	43	F	REEDSBURG	WI
CRISLER	TRACY	2:22:59	46	F	RICE LAKE	WI
CROMER	GRETCHEN	2:48:21	62	F	MOHLE	IL
CROMPTON TETTER	VICTORIA	2:59:00	68	F	DAYENPORT	IA
CULLEN	TRISHA	3:40:45	69	F	ST PAUL	MN
DADD	CAROL	2:28:49	57	F	BURNSVILLE	MN
EWERT	KELLY	2:49:13	42	F	RICE LAKE	WI
FICEK	STACEE	2:24:40	41	F	ANDOVER	MN
FIELDS	WENDY	2:35:58	60	F	GOLDEN VALLEY	MN
FISCHER	ASHLEY	2:44:12	27	F	BOVEY	MN
FORDE	DALE	2:53:08	58	M	GOLDEN VALLEY	MN
FORDE	JOAN	2:53:08	58	F	GOLDEN VALLEY	MN
FRANTI	GRETA	3:09:00	52	F	RICE LAKE	WI
GAGE	PAUL	2:38:53	53	M	EDINA	MN
GAGE	SHERYL	2:38:54	57	F	EDINA	MN
GORRINGE	DAVID	2:30:59	64	M	ST PAUL	MN
GORRINGE	GRACE	2:30:58	65	F	ST PAUL	MN
GREEN	MARTIN	2:30:52	55	M	ST LOUIS PARK	MN
GUSTAFSON	SUSAN	2:24:44	62	F	HAYWARD	WI
HAESSEMEYER	WENDY	3:01:08	61	F	HUDSON	WI
HANGGI	BARBARA	3:03:37	64	F	ANDOVER	MN
HANSEN	MARY	3:10:55	61	F	HAYWARD	WI
HANSON	ANNE	2:59:29	58	F	ST PAUL	MN
HANSON	CRAIG	2:46:07	63	M	ST PAUL	MN
HAUFF	MARY	2:31:26	55	F	MINNETONKA	MN
HERR	MOLLY	3:12:37	44	F	EAU CLAIRE	WI
HOKANSON	STAN C	2:28:14	59	M	NORTH OAKS	MN
HOVER	CLAUDINE	2:49:13	44	F	RICE LAKE	WI
HUNT	CYNTHIA	3:12:38	44	F	EAU CLAIRE	WI
ICKS	ABETT	3:00:18	76	F	CABLE	WI
JENKINS	DAWN	3:24:39	52	F	BARABOO	WI
JENSON	SUE	3:01:09	56	F	HUDSON	WI
JOHNSON	KARA	3:15:41	38	F	MIDDLETON	WI
JUREK	JANELLE	2:40:33	51	F	EDINA	MN
KAUL	JULIE	4:08:23	65	F	HUDSON	WI
KLEIN	CARL	2:19:30	66	M	WAUSAU	WI
KLEINHEINZ	DONNA	3:00:44	51	F	NORTON	OH
KLEINSCHMIDT	DARLA	2:59:01	44	F	TURTLE LAKE	WI
KOWALSKI	JANICE M	3:03:37	61	F	WEYERHAEUSER	WI
KURKIEWICXZ	KATHEEN	3:00:27	49	F	RICE LAKE	WI
KYLE	JULIA	2:58:59	47	F	EAU CLAIRE	WI
LANG	LINDA	2:48:32	55	F	SHOREVIEW	MN
LARSON	VICKI	3:02:14	62	F	SPOONER	WI

LAST NAME	FIRST NAME	TIME	AGE	SEX	CITY	STATE
LAW	SANDRA	2:45:46	50	F	WHITE BEAR LAKE	MN
LEFTWICH	LEROY	2:32:49	66	M	OAKDALE	MN
LEHMAN	CHRISTINE	2:38:29	52	F	ST LOUIS PARK	MN
LEVINE	ELLIOTT	2:29:44	54	M	LA CROSSE	WI
LINDGREN	GRETCHEN	2:59:26	67	F	ST CLOUD	MN
LISOWE	JENNIFER	2:59:31	44	F	ROCHESTER	MN
LUKE	ANU	2:59:31	49	F	ORONOCO	MN
MAKI	KENNETH	2:59:28	74	M	HAYWARD	WI
MARINO	ANA	3:02:10	36	F	SPOONER	WI
MARTIN	GERI	2:52:19	53	F	EDINA	MN
MILLER	KAREN	3:35:45	54	F	EVANSTON	IL
MILLER	WESLEY	2:55:26	68	M	ROSEVILLE	MN
MORETTO	MICHAEL	2:19:26	63	M	SUPERIOR	WI
MUEHL	DONNA	3:07:52	50	F	PEWAUKEE	WI
MUENCH	LOUIS	2:46:45	33	M	CUMBERLAND	WI
MULLER	MEL	2:45:45	46	F	WISCONSIN RAPIDS	MN
NICKAS	TERESE	3:27:14	48	F	WISCONSIN DELLS	WI
NIENTSTADT	MARK	2:29:45	62	M	RHINELANDER	WI
O'CONNELL	JOHN	2:59:25	65	M	SAINT PAUL	MN
OSOWSKI	ELIZABETH	2:51:54	58	F	WISCONSIN RAPIDS	WI
OSOWSKI	GERALD	2:51:54	64	M	WISCONSIN RAPIDS	WI
O'TOOLE	JEANNETTE	3:07:54	51	F	PEWAUKEE	WI
OTTERHOLT	GALE	3:00:15	69	M	EAU CLAIRE	WI
PEARSON	JAMES	2:30:14	65	M	HASLETT	MI
POLLOCK	ANN	2:55:02	66	F	MADISON	WI
PORTER	COLLEEN	3:40:45	64	F	PLYMOUTH	MN
POSTHUMA	DAN	3:24:18	58	M	SHEBOYGAN FALLS	WI
POSTHUMA	JACKIE	3:24:35	52	F	SHEBOYGAN FALLS	WI
QUINN-JERECZEK	DIANA	2:52:19	59	F	DULUTH	MN
RICKERT	SUSAN	2:47:53	56	F	ST. LOUIS PARK	MN
RIENDL	ANNE	3:06:29	66	F	WAUKESHA	WI
RILEY	MARGARET	2:55:03	56	F	CROSS PLAINS	WI
ROBARGE	LYNNE	2:23:00	37	F	RICE LAKE	WI
ROBERTS	JENNIFER	3:12:34	44	F	EAU CLAIRE	WI
ROESLER	KAREN	2:40:37	62	F	MINNEAPOLIS	MN
RYAN	ANNE	3:12:38	47	F	EAU CLAIRE	WI
SCHODL	BETH	3:35:44	54	F	MINNEAPOLIS	MN
SCHOENKE	COLLEEN	3:07:52	50	F	PEWAUKEE	WI
SCHWARTZ	RALPH	2:30:26	71	M	SAINT PAUL	MN
SCOTT	DAVID	2:30:46	67	M	ST PAUL	MN
SMITH	STEPHANIE	2:43:56	32	F	CHEATEK	WI
STITH	TANA	3:37:59	60	F	LARAMIE	WY
STONE	MICHELLE	3:41:29	55	F	AMERY	WI
STUBER	WILLIAM	3:04:39	66	M	ST PAUL	MN
SWILER	NOAH	2:38:53	57	M	EDINA	MN
TALO	MATT	3:10:09	50	M	GREENVILLE	WI
TIEZT	HEIDI	2:43:55	36	F	CHEATEK	WI
TYLER	DANO	3:17:26	36	M	MADISON	WI
TYLER	DIONE	3:17:26	38	F	MADISON	WI
VADEBONCOEUR	LIZ	2:55:04	52	F	LAKE MILLS	WI
VAMSTAD	BRIAN	2:28:23	31	M	DECORAH	IA
VEDDER	RHONDA	2:47:01	61	F	AITKIN	MN
WAGNER	THOMAS P	2:25:22	56	M	CHAMPLIN	MN
WARTOWSKI	ANGELA	2:38:04	53	F	CHICAGO	IL
WEDVICK	JENNY	2:56:55	53	F	MADISON	WI
WENDT	STEVE	2:57:20	64	M	OSCEOLA	WI
WHITE	THERESE	2:48:33	59	F	SHOREVIEW	MN
WICKBOLDT	CAROL	4:08:16	61	F	CLAYTON	WI
WISE	KAREN	3:02:13	62	F	FALL CREEK	WI
WOODRUFF	BARB	3:10:54	63	F	MOONSDOWN VIEW	MN
YOUNG	DENNIS	2:23:59	62	M	BARNES	WI
YOUNG	SHELLEY	2:24:00	62	F	BARNES	WI

2016 BIRKIE TRAIL RUN & TREK - RELAY RESULTS



Results by PrimeTime Timing



RELAY TEAM NAME	RELAY EVENT	FINISH TIME	TYPE	AGE CATEGORY	FIRST NAME	LAST NAME
0024 NO CHUG	3 PERSON	4:19:22	WOMEN	OPEN	CARRIE BIRT	SARA FILARSKY
AIN'T GOT TIME TO BLEED	3 PERSON	4:44:01	WOMEN	MASTERS	HANNAH OLSON	WENDY DELLIS
BAT	3 PERSON	3:31:30	MIXED	OPEN	DAPHNE LISA	IMMELE TERRELL
CVTR 1	3 PERSON	3:45:57	MEN	OPEN	AGA FINE	KARI O'FLANAGAN
DISCOUNT DOUBLE CHECK	3 PERSON	3:36:12	MEN	OPEN	BRENDON MENACHER	ALEXANDER THEYERL
EAU CLAIRE MOMS ON THE RU	3 PERSON	4:28:12	WOMEN	OPEN	STEVE WOOD	THEODORE BIRT
FALL FRENZY	3 PERSON	3:49:44	MIXED	OPEN	BEN KIRMSE	JEREMY OLSON
FISCHER'S FRIENDS	3 PERSON	3:49:45	MIXED	OPEN	MEREDITH BALL	KRISTI KENNEDY
FLATLANDERS FAKING IT!	3 PERSON	3:34:44	MEN	MASTERS	SARAH KLEVEN	PAUL CIGAN
HALF ATTIC ADDICTS	3 PERSON	3:43:37	MEN	OPEN	KATRINA OLICHWIER	ALISHA RUDE
					BLAKE BRISTOW	RACHEL ELVESTER
					DANICA GARDINER	MIKE DISBROW
					THOMAS DVORATCHEK	KEVIN MIKOTTIS
					MARK HARTWIG	ERIC NORDGREN
					MATT OLSON	

RELAY TEAM NAME	RELAY EVENT	FINISH TIME	TYPE	AGE CATEGORY	FIRST NAME	LAST NAME
HODGE PUDGE	3 PERSON	3:49:35	MIXED	OPEN	ANNE HART	TAMER MISCHKE-RICHTER
JECOLICA VS BIRKIE	3 PERSON	4:47:45	WOMEN	OPEN	MARGIE NELSON	COLLEEN DUFFY
JONNY 'N DA BOIZ	3 PERSON	3:46:33	MEN	OPEN	JESSICA KRAKER	JENNIFER THISTLE
'JUST "SKI" FOR IT'	3 PERSON	5:05:47	MIXED	MASTERS	NATHAN JOHNSEN	JON LINDBERG
MAN-UP RUNNERS	3 PERSON	3:36:03	MEN	OPEN	WYATT PAJTASH	DAVID SCHERWINSKI
MOMS ON THE TRAIL	3 PERSON	5:11:22	WOMEN	OPEN	SHARON SCHERWINSKI	SCOTT WALKER
NOT FAST BUT FABULOUS	3 PERSON	4:56:29	WOMEN	OPEN	ERIC ELFTMANN	JOSEPH GASSEN
ONE BIRKIE ISN'T ENOUGH	3 PERSON	3:50:53	WOMEN	OPEN	ROBERT MAMMINGA	EMILY BERGE
SEELY DIVAS	3 PERSON	3:58:57	WOMEN	MASTERS	JENNIFER JILEK	SHARYN MOSS
THREE CRACKED GLASSES	3 PERSON	3:44:59	MIXED	MASTERS	LEANNE GRANGAARD	JODI GULLICKSRUD
					HILARY KEPRIOS	ANNIE BUNIO
					ANDREA TREMAINE	ALLIE RYKKE
					MARY JOHANSEN	ANDREA CARROLL
					TERI WILKIE	GEORGE BROUSARD
					KAREN MANSKE	DEBRA PROCTOR

2016 BIRKIE TRAIL RUN & TREK - RELAY RESULTS



Results by PrimeTime Timing



RELAY TEAM NAME	RELAY EVENT	FINISH TIME	TYPE	AGE CATEGORY	FIRST NAME	LAST NAME
THUNDER GUNS	3 PERSON	5:27:44	MIXED	MASTERS	ANDREW DAVIS KRISTIN DAVIS KORTNEY KAISER	
TRIAL RUN 4	3 PERSON	3:58:54	MIXED	MASTERS	ROBBIE GRUNEWALD AMY GRUNEWALD-MATTISON RYAN MATTISON	
WE THOUGHT YOU SAID RUM	3 PERSON	5:21:24	WOMEN	OPEN	SARAH HIEB SARA RHEAUME LISA STOCKE	
WHAT THE HILL?	3 PERSON	4:01:00	WOMEN	OPEN	DANIELLE LEBARRON SARAH MCCUTCHEON KIM RAUCKMAN	
ZIPPITY UFF DA	3 PERSON	4:17:22	WOMEN	OPEN	SARA LEHR JANNA RADTKE MEGHAN TUMAS	
WE 3 SAUK	3 PERSON	4:17:11	MEN	MASTERS	GEORGE DELAGARDELLE BILL HIGGINS MICHAEL SCHVERMAN	
SPOONFUL	3 PERSON	3:32:29	MEN	MASTERS	MARK WISE RANDY LARSON JIM LEDUC	
8 LEGGED RACERS	6 PERSON	4:03:29	MIXED	OPEN	MEGHAN PESKO JEREMY PETERSON STEVE WARTGOW	
BIRKIE BEASTS	6 PERSON	5:12:45	WOMEN	OPEN	BROOKE WENTLAND MICHELLE AMUNDSON ALISON MENK	
					ANA MENK MARY MENK TAMI O'BRIEN	
BIRKIE BOUNDING BEAUTIES	6 PERSON	5:27:26	WOMEN	MASTERS	BARBARA WILLE SHARON DEXHEIMER BECKY FITZSIMMONS	
					ALYSSA HALL MARY PAUL KERRY SMISEK	
BIRKIE FOR PRESIDENT 2016	6 PERSON	5:20:10	MIXED	OPEN	KERRIE WALTERS CHRISTOPHER SCHUBERT MOLLIE SCHUBERT	
					KEVIN SCHUBERT LINDSEY SCHUBERT TONY SCHUBERT	
BIRKIE TRAIL JUNKIES	6 PERSON	4:36:18	MIXED	MASTERS	BRITTANY STEFFES JANINE BOLDRA WADE LOBERGER	
					MARY LOVE KENNETH OTTO GREG PRELLWITZ	
CAJUN'S COVE CONNECTION	6 PERSON	4:44:59	MIXED	OPEN	MELISSA PUTZER ROB JOHNSON KATIE RAATZ	
					MAGGIE NELSON MEREDITH JOHNSON VALERIE JOHNSON	
CHAFED AND CONFUSED	6 PERSON	4:20:33	MIXED	OPEN	JEFF JOHNSON APRIL LAURENT JACOB LAURENT	
					JEAN POPELKA THOMAS POPELKA GARY POPELKA	
FOR THE JOY	6 PERSON	4:05:31	MIXED	OPEN	KAYLA POLSON DAVE AMELSBURG VALERIE AMELSBURG	
					DAMARIS FIELD TOM FIELD ANNA HOLTER	
GRABABREWSKI	6 PERSON	5:13:53	WOMEN	OPEN	TODD HOLTER MALLORY TRELAND AMY NELSON	
					MIRANDA AUBART SHARON AUBART RACHEL CLARE	
HELBARYA	6 PERSON	5:05:44	MIXED	OPEN	AMANDA GARNER ROB BARTHEN TAMMY BARTHEN	
					SARAH GILBERT HOLLY HELDSTAB EDDIE YATES	
IN OUR HAPPY PACE	6 PERSON	4:07:06	MIXED	MASTERS	HEATHER YATES DLEE DREYER JODI HOTVET	
					ERIK PAULSEN SUE SCHEER JAY SCHNEIDER	
JUST FOR THE FUN OF IT	6 PERSON	4:48:17	MIXED	MASTERS	JENNIFER PAULSEN JOHN BAKER DUSHAN HODUR	
					VANESSA HODUR BRIAN MARRS HOLLY QUINN-MARRS	
KBGS	6 PERSON	4:46:20	WOMEN	OPEN	KENDRA RYDER SHAMNON BAILEY JESS MANIER	
					KELLI NEAL MEGAN STATZ ELLEN MARENDA	
LONGFELLOW SKI CO-OP	6 PERSON	5:22:21	MIXED	MASTERS	LAURA BUBLA STEPHANIE OWEN-LYONS MARK MOFFA	
					MARK AKINS TOM OWEN LIZ ALVARADO	
					KARI KLEVEN	

RELAY TEAM NAME	RELAY EVENT	FINISH TIME	TYPE	AGE CATEGORY	FIRST NAME	LAST NAME
MAMAS ON THE RUN	6 PERSON	4:39:53	WOMEN	OPEN	AMIE BURNIS NICHOL CABE IRENE CARCOBA-DEFOE	
					MARYJO GINGRAS AMY ZAK SARAH MORAVCHIK	
MEXICAN WARRIORS	6 PERSON	5:04:17	MIXED	OPEN	MITCHELL BREED SHANON BREED ZHAKALAZKY CARRION	
					SHEENA MALM MIKAL OSTRANDER JAMES STREHLE	
MOMS ON THE TRAIL RUN	6 PERSON	4:52:08	WOMEN	OPEN	HEATHER DAY FAITH HIGDON LEAH NIEDFELDT	
					FUNMI OLATUNJI JENNIFER WILTGEN ANNA WOLETZ	
NELSON LAKE JV SQUAD	6 PERSON	3:54:55	MIXED	OPEN	ADAM CERNOHOUS JILLENE CERNOHOUS DREW BESKAR	
					JILL BESKAR JOEL BESKAR MIA THIBODEAU	
NOT THE HARE	6 PERSON	5:35:33	WOMEN	OPEN	SUSAN ABRAHAMZON LINDA BMMERT DEBRA CROFT	
					TARA GRAFF ELENI PINNOW EVE GRAVES	
NOT THE HARE 2	6 PERSON	4:10:19	MEN	OPEN	WAYNE GRAVES STEVE HEIKKILA JORDEN HERNANDEZ	
					BRAD HILL ALEXANDER MEISTER JONATHAN MELANDER	
SEELEY STRIDERS	6 PERSON	3:37:12	WOMEN	OPEN	JOY KELLER JULIE KISS WENDY LAMOUREUX	
					JEWEL MARKET JULIE MEYER KELLY SKILLICORN	
SIX TIMES THE FUN	6 PERSON	4:10:14	MIXED	OPEN	DOLORES BELILLE WILLIS FORD CHATO GONZALEZ	
					UTINA MALNOURIE AMY SUZAN THOM MALNOURIE	
SKI AND TEA TEAM 1	6 PERSON	5:03:45	WOMEN	MASTERS	MIMI CRANDALL SUSAN HAND LAURIE LANDGRAF	
					NOREEN LEAHY CONNIE MEEK DIANA RANDOLPH	
SKI AND TEA TOO	6 PERSON	5:07:50	WOMEN	MASTERS	COLLEEN GRAHAM DENEEN CARPENTER NANCY NELSON	
					MARCIA HOVER DANA RASMUSSEN PATTI BERG	
TEAM NIKKI	6 PERSON	3:34:37	MIXED	OPEN	NICOLLE REKER LUKE O'NEIL KEVIN REKER	
					NICOLETTE REKER ZOE REKER WESTON LOFDAHL	
TEAM TIMBER FORD	6 PERSON	4:36:36	MIXED	OPEN	DUSTIN BECKSWITH SALLE BECKSWITH CURT BELKE	
					CHRISTINA DAVIDSON GREG LOWE JIM MILLER	
THE FAM	6 PERSON	5:05:03	MIXED	OPEN	AMY STEES AUTUMN STEES KERRY STEES	
					MARY STEES SHANE STEES ABBY STEES	
THE GREY DUCKS	6 PERSON	5:03:01	MIXED	OPEN	JASON FOLKERTS DEREK PEARSON THOMAS STEFANACCI	
					LEAH BUCKO CHELSEA BEACH SARAH WHEBBE	
THOSE DAMN KIDS	6 PERSON	4:34:57	MIXED	MASTERS	ERIC BERLIN GREG BERLIN JAY BERLIN	
					NANCY BERLIN JILL BERLIN-BURNS KATHY ROSENBERG	
WARPED SPEED	6 PERSON	5:03:14	MIXED	OPEN	BOYD PAULU MEREDITH BAUER STEVE BAUER	
					WILLIAM BAUER MARY HAGEDORN DAN CHURCH	
SLAB CITY	6 PERSON	3:31:37	MIXED	OPEN	THOMAS CHURCH MARGARET LEE ANDREW SCHROEDER	
BARKING AT EAGLES	6 PERSON	3:43:47	MIXED	OPEN	PAT ZIMMER CARRIE BECKER JOSH MELTZ	
					JODI ZIMMER PATRICK ZIMMER	

Every once in a while a scholarship nomination comes along that deeply touches your heart. Last year, before Birkie 2016, Joe, a Duluth East student, was nominated for an American Birkebeiner scholarship. Joe's story combined a passion for skiing, a love for family, and a desire to honor his mother. His essay struck a chord with our entire staff and we couldn't think of a better recipient for a Birkie scholarship. We are very pleased that Joe, and his family, are part of the greater Birkie family.

Channeling the Birkie Lifestyle: One Son's Story

Nordic skiing has always been a huge part of my family's traditions. My mom started skiing in high school and continued through college and into her adult life. My dad started when he met my mom, and now has a couple Birkies of his own under his belt. Even when I was a baby, they would pull me around behind them on a sled while they skied, sometimes with my sleeping head dragging in the snow.

My mom got me started skiing early. At age 5, I skied the 10k Sawtooth International Ski Race in Grand Marais, Minnesota with her; and as far as I know, I am still the youngest child to ever have skied it. It was a perfect day to ski, especially for a young kid doing his first long race.

In 6th grade I joined the Cook County Nordic Ski team and had a blast of a time for my first year on an organized ski team. It was great to start to be a real part of the ski community. When I moved to Duluth in 7th grade, the skiing picture got even larger for me: the team was big, and the support was even bigger. People were working hard to improve their skiing and it was almost difficult not to get caught up in the feeling



Sharing a love for skiing – Joe and his Mom.

and work hard too. And working hard led to even more fun as the team continued to do better and better.

Some people think of skiing as an individually focused sport. But when I think of skiing, I only think of the team, and what I can do to help the team be better and do better. And, that includes working to perform better myself. So, in the end, when the

team does better, everyone works harder and improves as well.

The first time I did the Kortelopet was during my sophomore year. My mom had always gone to the big citizen races like this with me, but she had passed away earlier that year. While I was racing in the Kortelopet that year, I felt like I was skiing for her, for everything she had done to get me involved in skiing and in helping me to love the sport. It was a wonderful day to ski again, just like that day when I was 5.

Before Birkie 2016, there was nothing I wanted to do more than to ski the full Birkie, like my mom loved to do so much. Thanks to the American Birkebeiner Ski Foundation, I was able to do just that. The Birkie was her favorite race to ski, even though she didn't get to do it as many times as she liked. Now, it's up to me to ski it as many times as I possibly can to make up for those missed years for her. So that's my plan: to channel the Birkie lifestyle that she embodied so well and did her best to pass down to me.

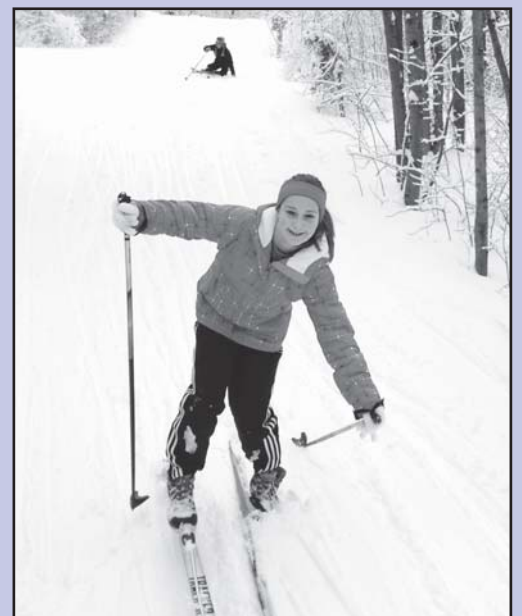
—Joe Rauzi

Growing the Sport One Skier at a Time

The mission of the American Birkebeiner Ski Foundation (ABSF) is to promote cross-country skiing as a fun, energetic activity that is part of an active and healthy lifestyle. To encourage continued growth of the sport, each year the ABSF provides grant funding opportunities to programs that support this mission.

In 2016 alone, 45 organizations applied for an ABSF Development Grant with requests totaling over \$105,000. While the ABSF will not be able to support all requests, we are happy to see the continued growth of cross-country skiing around the country, especially the increase in youth programs!

As of this writing and since inception of the Development Grant Program, the ABSF has awarded over \$422,000, cumulatively, to healthy, active lifestyle and sporting programs across the United States. Recipients of the 2016-2017 ABSF Grants will be in the coming months.



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