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# Schedule of Events

Follow the colored tabs  
in the booklet for each  
day of the week



## WEDNESDAY - FEBRUARY 22, 2023

8am - 9am	American Birkebeiner Open Track Start.....	8
11am-11:45am	Kortelopet Open Track Start.....	8
11am-11:30am	Prince Haakon Open Track Start .....	8

WEDNESDAY

## THURSDAY - FEBRUARY 23, 2023

9:30am	Barkie Birkie Skijor .....	15
10am-8pm	Birkie Expo .....	6
11:30am	Barnebirkie.....	16
1pm	Jr. Birkie Individual Races & Team Sprints .....	17
5pm	Birkie Giant Ski .....	18
5:30pm	Birkie Bash Celebration .....	18

THURSDAY

## FRIDAY - FEBRUARY 24, 2023

7:30am	Worldloppet Breakfast.....	20
9am	ParaBirkie.....	21
9am-8pm	Birkie Expo .....	6
10:15am-5pm	Kortelopet .....	22
1:15pm-5pm	Prince Haakon .....	28

FRIDAY

## SATURDAY - FEBRUARY 25, 2023

8:15am-6pm	49th Slumberland American Birkebeiner.....	34
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SATURDAY

## SUNDAY - FEBRUARY 26, 2023

9am-12pm	Ski & Bike Demo .....	45
9am	Birchleggings Breakfast.....	45

SUNDAY



Scan the QR code  
to get this guide on  
your mobile device



# Welcome to **BIRKIELAND!**



**On behalf of the ABSF Board of Directors, the staff, volunteers, and community, welcome to Birkie 2023!** Winter opened with a BANG this year dropping heavy snow and since then the skiing has just been fantastic in the Northwoods as we prepare to host the world right here in Northern Wisconsin! It is not only our mission, but our passion to provide you with a first class Birkie experience that will connect you to old friends, challenge you, empower you, give you many smiles, fry your legs, all while leaving you inspired to keep on living the lifestyle we so love!

Please be sure to review this guide as there are some changes and updates to the critical components that go into ensuring you have a smooth event day/week. The team has worked hard to get this information compiled for you in an “easy to consume” format, so please spend some time with it. Whether it is your first Korte, 3rd Prince Haakon, or 16th Birkie remember knowledge is power!

The Birkie team has been working hard for the last year to provide you a first-class event experience and we are looking forward to hosting you in 2023! If you have any questions, please read, and reach out - we are here to help.

**Good luck - race fast, have fun, and enjoy Birkie Week.**

See you in the north woods soon!



Ben Popp  
Executive Director  
American Birkebeiner® Ski Foundation

# Sponsors

## Title Sponsor

slumberland  
FURNITURE

## Presenting Sponsors

**SALOMON**



**SWISS MISS**

Hayward Area  
CHAMBER OF  
COMMERCE



**SKI FOR LIGHT, INC.**



**ARIENS**



## Gold Circle Elite Sponsors



**KWIK TRIP**



Sustainability in Action



Right here in the place we love.



# General Birkie Week Info

## PARTICIPANT TRACKER APP

- Get an estimated finish time for skiers based on race checkpoints
- Use this QR code or visit [rtrt.me/app](http://rtrt.me/app) to download the participant tracker app
- Open the app and search “2023 Birkie” and follow prompts to add skier(s)
- Please note, until skiers pass the first aid station timing is not accurate
- Make a plan in advance of the race to reunite with skiers. Cellular service can be unpredictable during Birkie Week.



## BIRKIE EXPO

### Location:

Hayward High School, 10320 Greenwood Lane

### Hours:

Thursday, February 23, 10am–8pm

Friday, February 24, 9am–8pm

- Parking is available on-site
- Over 50 vendors
- Birkie Store merchandise
- Bib pick-up for the Slumberland American Birkebeiner, Kortelopet, and Prince Haakon



## BIRKIE STORE

- At the Birkie Expo Thursday & Friday
- In the Celebration Zone
  - Thur. 10am–5pm
  - Fri. 10am–5pm
  - Sat. 9am–5pm
  - Sun. 9am–1pm



## TRAIL CLOSURES

The American Birkebeiner Ski Trail officially closes on Sunday, February 19 at 11:59pm. Birkie Ridge will remain open.

## IF YOU SEE SOMETHING... SAY SOMETHING!

To send an anonymous tip to law enforcement officials for activities related to and during Birkie week events, please text: TIP BIRKIE (followed by a message or report) to telephone number 888777

# General Birkie Week Info

## HOSPITALITY ZONES

Need a space to warm-up, chill out, and watch the race?



### Ariens Lodge

- **Earth Rider beer**
  - Thur: 11am–7pm / Fri–Sat: 9am–6pm
- **Coffee & pastries from Backroads Coffee**
  - Thurs–Sat: 9am–3pm
  - Fri–Sat: Pulled pork sandwiches!
- **Ovarian Cancer Symptom Awareness**
  - Thursday: 8:30am–12pm
- **Ariens Nordic Center Info**
  - Wed–Thurs: 10am–4pm / Fri–Sat: 9am–5pm
  - Sign making: Support your skier and make a personalized sign to cheer them on!
  - Visit the Ariens Sno-Thro display for a chance to win Ariens gear!
- **New Parent Q&A with Madeline Depman**
  - Thursday afternoon



### Slumberland Furniture – Hospitality Zone

- **Warm beverages and plenty of comfortable places to rest**
- **Location:** Slumberland Furniture, on 2nd Street side



### The Village at Marketplace

Fri. 9-5pm & Sat. 9-4pm

- **Kemps Kids Zone—Free Snacks for Kids**
  - Free hot dogs, cookies, fruit and hot chocolate for kids
  - 20'x30' heated tent
  - Make s'mores at the toasty-warm fire pits
- **Samples from Wisconsin Cranberry Growers Association on Saturday**
- **Try samples of Kodiak granola bars**
- **Live Reindeer by Noel Productions**
- **Live music by Sean & Ian Sat. 11am–2pm**



*Share your Birkie Week photos with us!*

#BirkieFever | #Birkie2023 | birkie.com

# Wednesday, February 22, 2023

## Open Track Events

**American  
Birkebeiner**  
Open Track

**Kortelopet**  
Open Track

**Prince  
Haakon**  
Open Track

slumberland  
FURNITURE

### OPEN TRACK DISTANCES / START TIMES

- **American Birkebeiner OT (50K/53K)** 8am–9am Start Window
- **Kortelopet OT (29K)** 11am–11:45am Start Window
- **Prince Haakon OT (15K)** 11am–11:30am Start Window

### OPEN TRACK BIB PICKUP

- Tuesday, 4pm–7pm Celebration Zone, downtown Hayward
- Wednesday, 6:30–10:00am Celebration Zone, downtown Hayward

### Credentials Required for Bib Pick-Up

- You must bring a paper or electronic copy of your 2023 bib confirmation email and a photo ID to pick up your bib
- You may pick up a bib for another skier, only if you are also picking up your own bib. You must have a paper or electronic copy of the other skier(s) bib confirmation email(s), copy of photo ID, and signed authorization
- Entries are non-transferable between individuals

### Birkie Gear Bag Pick-Up

- If you ordered a Birkie gear bag it will be distributed as part of Open Track bib pickup. If you are unable to pick up your bag, you can have it mailed to you if requested by March 31, 2023. Visit [birkie.com](https://www.birkie.com) for details.



# Wednesday, February 22, 2023

## Open Track Events

### 2023 OFFICIAL RACE BIBS



### RACE DAY BAG DROP/PICKUP

**There is only one drop zone in the start area.**

- Only Birkie gear bags and plastic bags received at bib pick-up will be accepted
- Absolutely no skis, poles, or other bags will be accepted
- If using a Birkie gear bag, your bib number must be displayed in the plastic sleeve at the top of the bag
- Do not overfill your bag or place items in the outside pockets
- Close, buckle, or tie your bag before dropping it off
- Once your bag is dropped it cannot be retrieved until it arrives in the recovery zone

### Picking up your bag

- All bags will be transported to the Recovery Zone in downtown Hayward
- The American Birkebeiner Ski Foundation is not responsible for lost or stolen items
- You must present a bib to retrieve your gear bag, you may send someone to pick your bag up for you

WEDNESDAY

THURSDAY

FRIDAY

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SUNDAY



# Wednesday, February 22, 2023

## Open Track Events

### GETTING TO THE START

#### **American Birkebeiner** Open Track

#### **American Birkebeiner Open Track**

- Bus from the spectator lot (7:15am–8am)
- Get dropped off at the start
- Park at the start\*

#### **Kortelopet** Open Track

#### **Kortelopet Open Track**

- Bus from the spectator lot (10am–10:30am)
- Get dropped off at the start
- Park at the start\*

#### **Prince Haakon** Open Track

#### **Prince Haakon Open Track**

- Participants must bus from the Spectator Lot (10am–10:30am), located in the city of Hayward.
- There is no parking at the start.

\*There is no return bus service to the Open Track start lines. If you park at the start you must arrange transportation to retrieve your vehicle.

### OPEN TRACK SHUTTLE SCHEDULE

- Each race starts at a different location; spectators are welcome to ride buses

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Spectator Parking Lot	American Birkebeiner Open Track Start	7:15am–8:00am
Spectator Parking Lot	Kortelopet Open Track Start	10am–10:30am
Spectator Parking Lot	Prince Haakon Open Track Start	10am–10:30am
Celebration Zone	Spectator Parking Lot	12pm–5:30pm



See page 54 for map of parking, busing and road closures

# Wednesday, February 22, 2023

## Open Track Events

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### + AID STATIONS – WHAT TO EXPECT

- **Fuel Up!** Water, GU energy & hydration and food options at the aid stations. Find out exactly what will be there at [birkie.com](http://birkie.com).
- **Trash Penalty!** If you throw trash anywhere along the trail, you may receive a 15 minute time penalty added to your official finish time
  - Report trash violations by emailing [birkie@birkie.com](mailto:birkie@birkie.com)
  - There will be a TerraCycle collection bin at each aid station for energy gel & bar packaging disposal
- **Wax:** SWIX kick wax is available at each aid station
- **Poles:** SWIX replacement poles are available at each aid station, ask a volunteer for help. After the race, return the loaned pole to Lost & Found.

### + AID STATION LOCATIONS & CUT-OFF TIMES

#### Kortelopet Open Track & Prince Haakon Open Track Cut-Off Times

Aid Station Location	Distance from Start Kortelopet	Distance from Start Prince Haakon	Cut-off Time Open Track
Gravel Pit Aid Station	9 km	--	1:30pm
Mosquito Brook Aid Station	15 km	--	2:30pm
Hatchery Park Aid Station	21 km	7.5 km	3:30pm
Finish Line	29 km	15 km	5:00pm

#### American Birkebeiner Open Track Aid Stations & Cut-Off Times

Aid Station Location	from Start (Skate)	from Start (Classic)	Cut-off Time
Start	0	0	--
Timber Trail Aid Station	7 km	6 km	10:00am
Fire Tower Aid Station	12 km	12.5 km	11:00am
Boedecker Aid Station	16.5 km	18 km	12:00pm
Highway OO Aid Station	21 km	24 km	12:30pm
Gravel Pit Aid Station	30 km	33 km	1:30pm
Mosquito Brook Aid Station	36 km	39 km	2:30pm
Hatchery Park Aid Station	42 km	45 km	3:30pm
Finish Line	50 km	53 km	5:00pm

### + AID STATION MEDICAL CARE

- Each aid station is equipped with a shelter and staffed by medical professionals
- The course is continually patrolled by members of the National Ski Patrol

# Wednesday, February 22, 2023

## Open Track Events

### **DROPPING OUT OR MISSING THE CUT-OFF TIME**

- It is imperative that we know if a skier drops out!
  - Skiers who drop out must report to an Aid Station Chief or Birkie Medical Chief. Transport to the finish zone will be provided.
  - Skiers who miss a cut-off time will be transported to the finish zone
- 

### **FINISH TIMES**

Racers are expected to finish on Main Street from 12pm–5pm

---

### **FINISH ZONE**

#### **Medical Care**

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone

#### **Finisher Medals and Pins**

- Completing the American Birkebeiner Open Track or Kortelopet Open Track counts toward your decade award
- All finishers will receive a commemorative medal or pin indicating the total number of races completed (2023 included)
- Proceed toward the sign and aisle that corresponds to the year sticker affixed to your bib; this will ensure you receive the correct award
- Decade awards can be picked up at the Birkie Store in the celebration zone during store hours
- If you can't pick up your award in person, you may request that it be shipped to you, at your expense, until March 31, 2023. Visit [Birkie.com](http://Birkie.com) and complete the necessary form to ship your award.

#### **Refreshments & Nutrition**

- GU Hydration
- Kemp's chocolate milk
- Kodiak granola bars
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone

# Wednesday, February 22, 2023

## Open Track Events

WEDNESDAY

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### RECOVERY ZONE

Skiers can reunite with spectators in the Recovery Zone

#### Birkie Gear Bag & Plastic Bag Pick-Up

- You must have your bib with you to claim your Birkie gear bag or plastic bag
- Go to the sign indicating your wave number, show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag
- You must present a bib to retrieve your gear bag, you may send someone to pick your bag up for you

#### Changing Area

- Changing space only, there are no showers available

#### Finisher Meal

- Head to the Celebration Zone for your finisher meal
- Athletic Brewing non-alcoholic beer

### FINISH LINE VIDEO

Create a shout-out video for your friends or family skiing an

#### Open Track Event!

- Create your very own shout-out video that will be played as athletes cross the finish line on Main Street in Hayward!
- When the participant crosses the timing system at the finish line prior to the video board it will trigger their video
- Because there may be many participants with submitted videos passing the board simultaneously, it may not be possible to show everyone's video
- Suggested video length is between 5 to 10 seconds long. This gives long enough to get your participant's attention, but not too long that other videos do not have time to play.
- Video submissions will be accepted until Tuesday, February 21st, at 7pm CST



# Thursday, February 23, 2023



## THURSDAY EVENTS - SCHEDULE OVERVIEW

- |  |               |
|--|---------------|
| • Barkie Birkie Skijor Races               | 9:30am        |
| • Birkie Expo                              | 10am–8pm      |
| • Barnebirkie Youth Ski Tour               | 11:30am       |
| • Junior Birkie Mass Start Freestyle Races | 1pm           |
| • Junior Birkie Team Sprint Relays         | 3:30pm        |
| • Birkie Giant Ski                         | 5pm           |
| • Birkie Bash                              | 5:30pm–8:30pm |

## BIB PICKUP

- **Barkie Birkie Skijor Races:**  
8:30am–9:45am Celebration Zone, downtown Hayward
- **Barnebirkie Youth Ski Tour**  
9:30am–11:30am Recovery Zone, downtown Hayward
- **Junior Birkie Races**  
Freestyle: 9:30am–12:30pm in the Recovery Zone, downtown Hayward  
Relay: 3:30pm at Start/Finish line, downtown Hayward

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## BIRKIE GEAR BAG PICK-UP

- Junior Birkie Gear Bag pickup at Barnebirkie and Junior Birkie bib pickup
- If you are unable to pickup your Junior Bag, you can have it mailed to you if requested by March 31, 2023. Visit [birkie.com](https://www.birkie.com) for details.

# Thursday, February 23, 2023

WEDNESDAY

THURSDAY

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SUNDAY

## TIMING YOUR ARRIVAL

- Thursday races all take place in downtown Hayward
- Downtown parking is extremely limited, participants and spectators should use the spectator parking lot and ride the shuttle bus to downtown
- Buses drop off downtown near bib pick-up/Recovery Zone & Celebration Zone
- Allow at least 30 minutes to park, board bus, and arrive downtown

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Spectator Parking Lot	Recovery Zone/Bib Pick-Up	9:30am-2pm
Celebration Zone Bus Stop	Spectator Parking Lot	9:30am-4:30pm



## Barkie BIRKIE Skijor



## BARKIE BIRKIE SKIJOR RACES

- **Location:** All races start and finish on Main Street
- **Bib Pick-Up:** Thursday, 8:30am-9:45am in the Celebration Zone
- **Awards:** Awards are presented immediately following races in the Celebration Zone. All participants will be awarded finisher's medals.
- Dogs are not allowed in the Celebration Tent

Start Time	Group	Location
8:30am-9:15am	Warm Up	Golf Course & Main Street
8:30am-9:45am	Bib Pick-Up	Celebration Zone Tent
9:30am	5 km Start	Main Street
10:15am	3 km Start	Main Street
10:40am	1 km Start	Main Street



# Thursday, February 23, 2023



## BARNEBIRKIE YOUTH SKI TOUR

**Begins at 11:30am**

- **Location:** Events begin behind the Hayward Intermediate and Primary Schools and finish on Main Street
- **Parking:** Continuous shuttle bus service is available to/from the Spectator Lot from 9:30am–4:30pm
- **Bib Pick-Up:** 9:30am–11:30am in the Recovery Zone. Register online anytime before the start of the race
- **Awards:** Individual medals are awarded at the finish line
- **Celebrate:** Swiss Miss Cocoa and cookies provided by the Sons of Norway in the Celebration Zone
- **More:** To preserve the integrity of the course, spectators must stay on the pedestrian path and sidewalk areas. Only kids and adults **on skis** are allowed on the course.



Start Time	Wave	Distance
11:30am	Purple	500 m (0.3 miles)
11:35am	Red	3 km (1.9 miles)
11:40am	Green	1 km (0.6 miles)





## JUNIOR BIRKIE MASS START FREESTYLE RACES - Begin at 1pm

- **Location:** Races begin behind the Hayward Intermediate and Primary Schools and finish on Main St
- **Parking:** Continuous shuttle bus service is available to/from the Spectator Lot from 9:30am-4:30pm
- **Bib Pick-Up:** 9:30am-1:30pm in the Recovery Zone. Registration closes at 6:59pm on Wed. February 22.
- **Awards:** Awards for each age group are presented after each race at the Champions Stage in the Celebration Zone



## JUNIOR BIRKIE TEAM SPRINT RELAYS Begin at 3:30pm

- **Location:** Races start and finish on Main Street
- **Parking:** Continuous shuttle bus service is available to/from the Spectator Lot from 9:30am-4:30pm
- **Bib Pick-Up:** At the Start line on Main Street after the individual events finish
- **Awards:** The top team in each age group will receive an award at the Champions Stage in the Celebration Zone



WEDNESDAY

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See page 54 for map of parking, busing and road closures



# Thursday, February 23, 2023



## BIRKIE GIANT SKI – Begins at 5pm

- **Location:** Races start and finish on Main Street
- **Bib Pick-Up:** Bib pick-up for team captains is available Monday through Wednesday from 9am–5pm and Thursday from 9am–3pm at the Hayward Area Chamber of Commerce or Thursday after 4:30pm at the start line
- **Awards:** Presented following races
- **Costume Contest:** Winners will receive free entry into the 2024 Birkie Giant Ski



## BIRKIE BASH – 5:30 PM–8:30 PM

(Buffet closes at 8pm)

An annual pilgrimage for Birkie skiers, the Birkie Bash pasta feed includes a pasta & salad bar, Earth Rider Beer, and live music by Molly and the Danger Band. Great pre-race carbo load for Korte and Prince Haakon skiers, and great pre-pre-race carbo load for Birkie skiers!



- **Win Prizes!** One pair of custom Madshus skate skis and a pair of One Way poles will be awarded to two attendees
- **Tickets:** Tickets must be purchased in advance - \$25 per person/\$12.50 for ABSF members. Tickets available at [bit.ly/BirkieBash23](https://bit.ly/BirkieBash23)
- **Location:** Steakhouse & Lodge, 15860 T Bone Lane, Hayward, WI 54843



## CELEBRATION ZONE & AWARDS

See pages 40-43 for Celebration Zone info & Awards schedule!

# Live Race Coverage

## LIVESTREAM COVERAGE

- CXC & The American Birkebeiner Ski Foundation are providing a livestream of the Slumberland American Birkebeiner and Kortelopet, free of cost
- Watch online at [birkie.com](https://www.birkie.com) or the Birkie Facebook page [@AmericanBirkebeiner](https://www.facebook.com/AmericanBirkebeiner)
- If video transmission issues occur, there will be a delayed broadcast of the programs

### Viewing Schedule:

- **Kortelopet:**  
Friday, February 24, 2023 live at 9:45am
- **Slumberland American Birkebeiner:**  
Saturday, February 25, 2023 live at 8am



## LIVE RACE COVERAGE – RADIO

- From pre-race Birkie stories, to exciting live coverage from Main Street, and celebratory post-race skier interviews, local radio stations **WOJB 88.9** and **WRLS 92.3** and will have the latest Birkie news

## Gold Sponsors



WEDNESDAY

THURSDAY

FRIDAY

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# Friday, February 24, 2023

**ParaBirkie**  
**BIRKIE.**

**Kortelopet.**  
**BIRKIE.**

**Prince  
Haakon.**  
**BIRKIE.**

## FRIDAY EVENTS - SCHEDULE OVERVIEW

- |                                   |             |
|-----------------------------------|-------------|
| • Worldloppet Breakfast Gathering | 7:30am      |
| • Birkie Expo                     | 9am-8pm     |
| • ParaBirkie                      | 9am         |
| • Kortelopet                      | 10:15am-5pm |
| • Prince Haakon                   | 1:15pm-5pm  |
| • Pasta Feed                      | 4pm-7pm     |

## WORLDLOPPET BREAKFAST GATHERING

- **Who:** All skiers are invited to join Worldloppet Passport holders and Worldloppet Master Skiers for a European-style breakfast.
- **Where:** Flat Creek, 10290 WI-27, Hayward, WI
- **When:** 7:30am coffee & social, 8am breakfast
- **Tickets:** \$16 in advance, \$18 at the door
- **Win** a pair of Madshus skate skis or One Way poles!
- **Shuttle bus** available to Kortelopet start directly from the Worldloppet breakfast



## BIRKIE EXPO: 9AM-8 PM

- **Location:** Hayward High School, 10320 Greenwood Lane
- Parking is available on-site
- Over 50 vendors
- Birkie Store merchandise
- Bib pick-up for the Slumberland American Birkebeiner



## PASTA FEED

- **Location:** St. Joseph Church, 5th & Dakota Ave
- **Time:** 4pm-7pm
- **Price:** \$12 Adults | \$6 Ages 6-12

*Proceeds benefit*  
New Reflections  
Pathway to Hope  
& Greater Hayward  
House of Hope

# Friday, February 24, 2023

## ParaBirkie

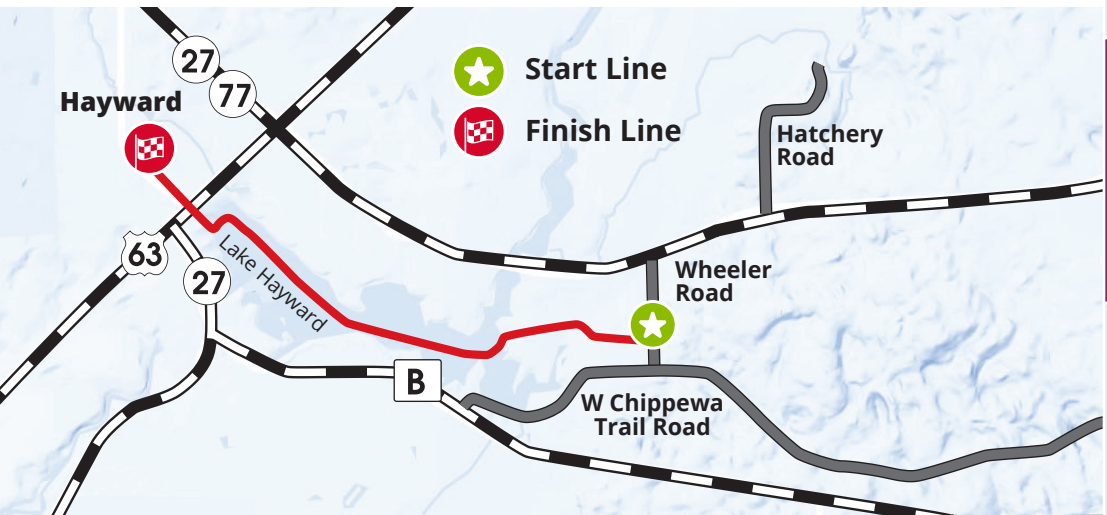
**ParaBirkie**  
**BIRKIE**



**SKI FOR LIGHT, INC.**

### PARABIRKIE – Begins at 9am

- **Location:** The race begins at Wheeler Road and finishes on Main Street
- **Bib pick-up:** At the start at 8:30am
- **Parking:** Participant parking is available at the Wheeler Road start area, adjoining the Birkie Trail. Accessible parking is also available adjacent to the Celebration Zone and on each block near Main St.
- **Awards:** All finishers receive a finisher medal



### CELEBRATION ZONE & AWARDS

See pages 40-43 for Celebration Zone info & Awards schedule!

WEDNESDAY

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FRIDAY

SATURDAY

SUNDAY



# Friday, February 24, 2023

## Kortelopet

**Kortelopet**  
BIRKIE

**SALOMON**

### KORTELOPET – BIB PICKUP

- Thursday, 10am–8pm, Birkie Expo
- Friday, 8:30–11am, at the start\*

### Credentials Required for Bib Pick-Up

- You must bring a paper or electronic copy of your 2023 bib confirmation email and a photo ID to pick up your bib
- You may pick up a bib for another skier, only if you are also picking up your own bib. You must have a paper or electronic copy of the other skier(s) bib confirmation email(s), copy of photo ID, and signed authorization
- Entries are non-transferable between individuals

### Birkie Gear Bag Pick-Up

- If you ordered a Birkie gear bag it will be distributed as part of bib pick-up
- \*If you are picking your bib up at Kortelopet start, you will receive a plastic bag, even if you ordered a Birkie Gear Bag. You may pick your pre-ordered Birkie Gear Bag up at the Expo until 8pm Friday or have it mailed to you for a fee if requested by March 31, 2023. See [birkie.com](http://birkie.com) for details.

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## GETTING TO THE START - KORTELOPET

- All participants and spectators must bus from the Birkie Ridge lot
- Birkie Ridge to Start: 8am–12:30pm
- Recovery Zone back to Birkie Ridge: 12:30pm–5:30pm

---

## TIMING YOUR ARRIVAL

- Allow plenty of drive time to get to skier parking lots due to traffic on race day
- Allow at least 30 minutes to park and board a bus once you arrive at Birkie Ridge. Time on the bus will be 20-30 minutes.
- Plan to arrive at the start at least 30 minutes prior to your gate 3 entry time which will allow time to walk to the start area, bag drop, portable bathroom use, warm-up, etc.
- If you miss your start, you will be allowed to start in the next available wave of the same technique

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Birkie Ridge Parking Lot	Kortelopet Start	8am–12:30pm
Spectator Parking Lot	Celebration Zone Bus Stop	9:30am–5:30pm
Recovery Zone Bus Stop	Birkie Ridge Parking Lot	12:30pm–5:30pm
Recovery Zone Bus Stop	Kortelopet Start (permit holders only)	12:30pm–5:30pm

# Friday, February 24, 2023

## Kortelopet

### 2023 OFFICIAL RACE BIBS



KORTE CLASSIC  
WAVE 1



KORTE SKATE  
WAVE 1



KORTE CLASSIC  
WAVE 2



KORTE SKATE  
WAVE 2



KORTE CLASSIC  
WAVE 3



KORTE SKATE  
WAVE 3



KORTE CLASSIC  
WAVE 4



KORTE SKATE  
WAVE 4



KORTE CLASSIC  
WAVE 5



KORTE SKATE  
WAVE 5



KORTE CLASSIC  
WAVE 70



KORTE SKATE  
WAVE 70



KORTE CLASSIC  
U20 MALE



KORTE SKATE  
U20 MALE



KORTE CLASSIC  
U20 FEMALE



KORTE SKATE  
U20 FEMALE



KORTE CLASSIC  
ELITE MALE



KORTE SKATE  
ELITE MALE



KORTE CLASSIC  
ELITE FEMALE



KORTE SKATE  
ELITE FEMALE



KORTE CLASSIC  
TJUE



KORTE SKATE  
TJUE



KORTE CLASSIC  
TRETTI



KORTE SKATE  
TRETTI



KORTE CLASSIC  
TJ



KORTE SKATE  
TJ



AMBASSADORS



ENDOWMENT

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Friday, February 24, 2023

## Kortelopet

### RACE DAY BAG DROP/PICKUP

#### Bag drop is arranged by wave

#### Classic and skate waves drop in the same location

- Only Birkie gear bags and plastic bags received at bib pick-up accepted
- Absolutely no skis, poles, or other bags will be accepted
- If using a Birkie gear bag, your bib number must be displayed in the plastic sleeve at the top of the bag
- Do not overfill your bag or place items in the exterior pockets
- Close, buckle, or tie your bag before dropping it off
- Once your bag is dropped it cannot be retrieved until it arrives in the recovery zone

#### Picking up your bag

- All bags will be transported to the Recovery Zone in downtown Hayward
  - The American Birkebeiner Ski Foundation is not responsible for lost or stolen items
  - You must present a bib to retrieve your gear bag, you may send someone to pick your bag up for you
- 

### START PROCEDURE

- There are three start pens leading to the start line. Skiers should enter at the back of gate 3, where they will advance through the pens toward the start
  - Skiers who enter through the back of gate 3 will be given entry priority over those entering from the side gates
  - Skiers may enter the designated pen area based on their wave assignment at the designated time for their wave
  - Skiers may not put on their skis until they enter Pen 1
  - Skiers must line up in the classic tracks, not between the tracks
  - The lifting of the Start Gate is the official wave start
- 

### TIMING PROCEDURE

- Starting before your assigned start time will lead to disqualification
- Skiers who miss their start will be allowed to start in the next available wave of the same technique. You must follow the instruction of the Gatekeepers.
- Race times for the Elite and U20 waves will be determined by Gun Time (all skiers in the wave receive the same starting time). All other waves will be determined by Chip Time (start time is assigned to each skier when they cross the start line)
- Winners are first skiers across the line

# Friday, February 24, 2023

## Kortelopet

### WAVE TABLES

Wave	Gate 3 Entry	Gate 2 Entry	Gate 1 Entry	Start Time
Elite Skate Men			10:05am	10:15am
U20 Men		10:05am	10:10am	10:15am
Elite Skate Women	10:05am	10:10am	10:15am	10:25am
U20 Women	10:10am	10:15am	10:20am	10:25am
Elite Classic Men/Women	10:15am	10:25am	10:30am	10:35am
U20 Classic Men/Women	10:25am	10:25am	10:30am	10:35am
Wave 1 Classic	10:25am	10:30am	10:35am	10:40am
Wave 1 Skate	10:30am	10:35am	10:40am	10:45am
Wave 70	10:35am	10:40am	10:45am	10:50am
Wave 2 Classic	10:40am	10:45am	10:50am	10:55am
Wave 2 Skate	10:45am	10:50am	10:55am	11:00am
Wave 3 Classic	10:50am	10:55am	11:00am	11:05am
Wave 3 Skate	10:55am	11:00am	11:05am	11:10am
Wave 4 Classic	11:00am	11:05am	11:10am	11:15am
Wave 4 Skate	11:05am	11:10am	11:15am	11:20am
Wave 5 Skate	11:10am	11:15am	11:20am	11:25am

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



### Supporting Sponsors



See page 54 for map of parking, busing and road closures

# Friday, February 24, 2023

## Kortelopet

### + AID STATIONS – WHAT TO EXPECT

- **Fuel Up!** Water, GU energy & hydration and food options at the aid stations  
Find out exactly what will be there at [birkie.com](http://birkie.com)
- **Trash Penalty!** If you are throw trash anywhere along the trail, you may receive a 15 minute time penalty added to your official finish time
  - Report trash violations by emailing [birkie@birkie.com](mailto:birkie@birkie.com)
  - There will be a TerraCycle collection bin at each aid station for energy gel & bar packaging disposal
- **Wax:** SWIX kick wax is available at each aid station
- **Poles:** SWIX replacement poles are available at each aid station, ask a volunteer for help. After the race, return the loaned pole to Lost & Found.

### + AID STATION LOCATIONS & CUT-OFF TIMES

#### Kortelopet Cut-Off Times

Aid Station Location	Distance from Start Kortelopet	Cut-off Time
Gravel Pit Aid Station	9 km	1:30pm
Mosquito Brook Aid Station	15 km	2:30pm
Hatchery Park Aid Station	21 km	3:35pm
Finish Line	29 km	5pm

### + AID STATION MEDICAL CARE

- Each aid station is equipped with a shelter and staffed by medical professionals
- The course is continually patrolled by members of the National Ski Patrol

### DROPPING OUT OR MISSING THE CUT-OFF TIME

- It is imperative that we know if a skier drops out!
- Skiers who drop out must report to an Aid Station Chief or Birkie Medical Chief  
Transport to the finish zone will be provided
- Drop outs and skiers who miss a cut-off time will be transported to the finish zone

# Friday, February 24, 2023

## Kortelopet

### FINISH ZONE

#### Medical Care

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone

#### Medals, Pins, and Ski Ties

- First time finishers will receive a commemorative medal
- All other finishers will receive a pin indicating the total number of races completed
- Proceed toward the sign and aisle that corresponds to the year sticker affixed to your bib; this will ensure you receive the correct award
- Everyone receives a pair of Salomon ski ties

#### Refreshments & Nutrition

- GU hydration, Kemp's chocolate milk, and Kodiak granola bars
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone

### RECOVERY ZONE

Skiers can reunite with spectators in the Recovery Zone

#### Birkie Gear Bag & Plastic Bag Pick-Up

- You must have your bib with you to claim your Birkie gear bag or plastic bag
- Go to the sign indicating your wave number, show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag
- Friends/family can pick up your bag if they have your bib

#### Changing Area

- Changing space only, there are no showers available

#### Finish Area Food Tent - Skiers Only

- Enjoy a hydration drink, soup (vegetarian and gluten free options available), banana, and bread
- Food is available for purchase for spectators in the Celebration Zone

#### Recovery Amenities & Fluid

- Biometric screenings provided by Fluid Health & Fitness
- Sauna access from Superior Sauna & Steam
- Athletic Brewing non-alcoholic beer
- GU Recovery drink



## CELEBRATION ZONE & AWARDS

See pages 40-43 for Celebration Zone info & Awards schedule!

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Friday, February 24, 2023

## Prince Haakon



### **BIB PICKUP - PRINCE HAAKON**

- **Thursday, 10am–8pm, Birkie Expo**
- **Friday, 12pm–1pm, at the start\***

#### **Credentials Required for Bib Pick-Up**

- You must bring a paper or electronic copy of your 2023 bib confirmation email and a photo ID to pick up your bib
- You may pick up a bib for another skier, only if you are also picking up your own bib. You must have a paper or electronic copy of the other skier(s) bib confirmation email(s), copy of photo ID, and signed authorization
- Entries are non-transferable between individuals

#### **Birkie Gear Bag Pick-Up**

- If you ordered a Birkie gear bag it will be distributed as part of bib pick-up
- \*If you are picking your bib up at the start, you will receive a plastic bag, even if you ordered a Birkie Gear Bag. You may pick your pre-ordered Birkie Gear Bag up at the Expo until 8pm Friday or have it mailed to you for a fee if requested by March 31, 2023. See [birkie.com](https://www.birkie.com) for details.

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### **RACE DAY BAG DROP/PICKUP**

#### **There is only one drop zone in the start area.**

- Only Birkie gear bags and plastic bags received at bib pick-up will be accepted
- Absolutely no skis, poles, or other bags will be accepted
- If using a Birkie gear bag, your bib number must be displayed in the plastic sleeve at the top of the bag
- Do not overfill your bag or place items in the outside pockets
- Close, buckle, or tie your bag before dropping it off
- Once your bag is dropped it cannot be retrieved until it arrives in the recovery zone

#### **Picking up your bag**

- All bags will be transported to the Recovery Zone in downtown Hayward
- The American Birkebeiner Ski Foundation is not responsible for lost or stolen items
- You must present a bib to retrieve your gear bag, you may send someone to pick your bag up for you

# Friday, February 24, 2023

## Prince Haakon

### GETTING TO THE START - PRINCE HAAKON

- All participants and spectators must bus from the Birkie Ridge or Prince Haakon Farm lot
- Birkie Ridge to Start: 11:30am-1:45pm
- P.H. Farm lot to Start: 11:30am-1:45pm
- **There is no parking or drop-off at the start area**

Buses from the Finish in downtown Hayward will bring you back to the Birkie Ridge parking lot from 12:30pm-5pm and the P.H. Farm Lot from 2:30pm-5pm

### TIMING YOUR ARRIVAL

- Allow plenty of drive time to get to skier parking lots due to traffic on race day
- Allow at least 30 minutes to park and board a bus
- Plan to arrive at the start area at least 30 minutes before your start time so you can drop your gear bag, use a portable bathroom, warm-up, etc.
- If you miss your start, you will be allowed to start in the next available wave of the same technique
- Spectators are welcome to ride buses (see schedule below)

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Birkie Ridge Parking Lot	Prince Haakon Start	11:30am-1:45pm
P.H. Farm Parking Lot	Prince Haakon Start	11:30am-1:45pm
Recovery Zone Bus Stop	Birkie Ridge Parking Lot	12:30pm-5:30pm
Spectator Parking Lot	Celebration Zone Parking Lot	12:30pm-5:30pm
Recovery Zone Bus Stop	P.H. Farm Parking Lot	2:30pm-5:30pm

WEDNESDAY

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SUNDAY



See page 54 for map of parking, busing and road closures



# Friday, February 24, 2023

## Prince Haakon

### 2023 OFFICIAL RACE BIBS



PRINCE HAAKON



AMBASSADORS



ENDOWMENT

### TIMING PROCEDURE

- All start times will be recorded when you ski through the start tower
- Winners will be based on chip time and not based on the first to cross the finish line
- The first finishers to cross the line may not be the overall winners

### START TIMETABLE

Wave	Start Time
U19/U16 Boys	1:15pm
U19/U16 Girls	1:20pm
Competitive Start	1:25pm
Relaxed Start	1:25pm-1:35pm



# Friday, February 24, 2023

## Prince Haakon

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



### + AID STATIONS – WHAT TO EXPECT

- **Fuel Up!** Water, GU energy & hydration and food options at the aid stations. Find out exactly what will be there at [birkie.com](http://birkie.com)
- **Trash Penalty!** If you are throw trash anywhere along the trail, you may receive a 15 minute time penalty added to your official finish time
  - Report trash violations by emailing [birkie@birkie.com](mailto:birkie@birkie.com)
  - There will be a TerraCycle collection bin at each aid station for energy gel & bar packaging disposal
- **Wax:** SWIX kick wax is available at each aid station
- **Poles:** SWIX replacement poles are available at each aid station, ask a volunteer for help. After the race, return the loaned pole to Lost & Found

### + AID STATION LOCATIONS & CUT-OFF TIMES

#### Prince Haakon Cut-Off Times

Aid Station Location	Distance from Start Prince Haakon	Cut-off Time
Hatchery Park Aid Station	7 km	3:35pm
Finish Line	15 km	5pm

### + AID STATION MEDICAL CARE

- Each aid station is equipped with a shelter and staffed by medical professionals
- The course is continually patrolled by members of the National Ski Patrol

### DROPPING OUT OR MISSING THE CUT-OFF TIME

- It is imperative that we know if a skier drops out!
- Skiers who drop out must report to an Aid Station Chief or Birkie Medical Chief, transport to the finish zone will be provided
- Drop outs and skiers who miss a cut-off time will be transported to the finish zone

# Friday, February 24, 2023

## Prince Haakon



### FINISH ZONE

#### Medical Care

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone

#### Medals, Pins, & Ski Ties

- All finishers will receive a commemorative medal and Salomon ski ties

#### Refreshments & Nutrition

- GU Hydration, Kemp's chocolate milk, and Kodiak granola bars
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone



### RECOVERY ZONE

#### Skiers can reunite with spectators in the Recovery Zone

#### Birkie Gear Bag & Plastic Bag Pick-Up

- You must have your bib with you to claim your Birkie gear bag or plastic bag
- Show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag
- Friends/family can pick up your bag if they have your bib

#### Changing Area

- Changing space only, there are no showers available

#### Finish Area Food Tent - Skiers Only

- Enjoy a hydration drink, soup (vegetarian and gluten free options available), banana, and bread
- Food is available for purchase for spectators in the Celebration Zone

#### Recovery Amenities & Fluid

- Biometric screenings provided by Fluid Health & Fitness
- Sauna access from Superior Sauna & Steam
- Athletic Brewing non-alcoholic beer
- GU Recovery drink



### CELEBRATION ZONE & AWARDS

See pages 40-43 for Celebration Zone info & Awards schedule!

# Live Race Coverage

## LIVESTREAM COVERAGE

- CXC & The American Birkebeiner Ski Foundation are providing a livestream of the Slumberland American Birkebeiner and Kortelopet, free of cost
- Watch online at [birkie.com](https://www.birkie.com) or the Birkie Facebook page [@AmericanBirkebeiner](https://www.facebook.com/AmericanBirkebeiner)
- If video transmission issues occur, there will be a delayed broadcast of the programs

### Viewing Schedule:

- **Kortelopet:**  
Friday, February 24, 2023 live at 9:45am
- **Slumberland American Birkebeiner:**  
Saturday, February 25, 2023 live at 8am



## LIVE RACE COVERAGE – RADIO

- From pre-race Birkie stories, to exciting live coverage from Main Street, and celebratory post-race skier interviews, local radio stations **WOJB 88.9** and **WRLS 92.3** and will have the latest Birkie news

## Silver Sponsors



**Brent Carlson MD**  
ORTHOPEDIC SURGERY

[carlsonmd.com](https://www.carlsonmd.com)

**PIONEER**  
MIDWEST

**GEAR WEST**



**SIDAS**



**FRANDSEN BANK & TRUST**



**ZOLL**

**TATTERSALL**  
*the distilling*

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Saturday, February 25, 2023

## Slumberland American Birkebeiner

**American  
Birkebeiner.**

slumberland  
FURNITURE

### **BIB PICKUP**

- **Thursday, 10am–8pm, Birkie Expo**
- **Friday, 9am–8pm, Birkie Expo**
- **Saturday, 7am–10am, at the start\***

### **Credentials Required for Bib Pick-Up**

- You must bring a paper or electronic copy of your 2023 bib confirmation email and a photo ID to pick up your bib
- You may pick up a bib for another skier, only if you are also picking up your own bib. You must have a paper or electronic copy of the other skier(s) bib confirmation email(s), copy of photo ID, and signed authorization
- Entries are non-transferable between individuals

### **Birkie Gear Bag Pick-Up**

- If you ordered a Birkie gear bag it will be distributed as part of bib pick-up at the expo
- \*If you pick your bib up at the start you will be given a plastic bag and can request to have your gear bag mailed to you if requested by March 31, 2023  
Visit [birkie.com](http://birkie.com) for details

---

## **RACE DAY BAG DROP/PICKUP**

### **Drop Zones are arranged according to wave.**

- Only Birkie gear bags and plastic bags received at bib pick-up will be accepted.
- Absolutely no skis, poles, or other bags will be accepted
- If using a Birkie gear bag, your bib number must be displayed in the plastic sleeve at the top of the bag
- Do not overfill your bag or place items in the outside pockets
- Close, buckle, or tie your bag before dropping it off
- Once your bag is dropped it cannot be retrieved until it arrives in the recovery zone
- Nursing moms: visit [birkie.com](http://birkie.com) for lactation accommodations

### **Picking up your bag**

- All bags will be transported to the Recovery Zone in downtown Hayward
- The American Birkebeiner Ski Foundation is not responsible for lost or stolen items
- You must present a bib to retrieve your gear bag, you may send someone to pick your bag up for you

# Saturday, February 25, 2023

## Slumberland American Birkebeiner

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### GETTING TO THE START

All participants **must** ride a bus from the parking area to the start\*  
Spectators are welcome to ride buses

#### Parking & Skier Drop-Off

- Birkie Ridge 6:15am–10:30am - for participants arriving from the south
- Cable lot 6:15am–10:30am - for participants arriving from the North
- There is no public parking or skier drop off at the start area  
\*unless a park at the start permit was purchased in advance

### TIMING YOUR ARRIVAL

- Allow plenty of drive time to get to skier parking lot/drop-off due to traffic on race day
- Plan to arrive at the parking lot at least an hour and a half before your gate 3 entry time
- If you miss your start, you will be allowed to start in the next available wave of the same technique

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
Birkie Ridge Parking Lot	American Birkebeiner Start	6:15am–10:30am
Cable Parking Lot	American Birkebeiner Start	6:15am–10:30am
Celebration Zone Bus Stop	Spectator Parking Lot	9am–6:30pm
Recovery Zone Bus Stop	Birkie Ridge Parking Lot	12:30pm–6:30pm
Recovery Zone Bus Stop	Cable Parking Lot	12:30pm–6:30pm
Recovery Zone Bus Stop	American Birkebeiner Start (permit holders only)	12:30pm–6:30pm



See page 54 for map of parking, busing and road closures



# Saturday, February 25, 2023

## Slumberland American Birkebeiner

### START PROCEDURE

- There are three start pens leading to the start line. Skiers should enter at the back of gate 3, where they will advance through the pens toward the start
- Skiers who enter through the back of gate 3 will be given entry priority over those entering from the side gates
- Skiers may enter the designated pen area based on their wave assignment at the designated time for their wave
- Skiers may not put on their skis until they enter Pen 1
- Skiers must line up in the classic tracks, not between the tracks
- The lifting of the Start Gate is the official wave start

### TIMING PROCEDURE

- Starting before your assigned start time will lead to disqualification
- Skiers who miss their start will be allowed to start in the next available wave of the same technique. You must follow the instruction of the Gatekeepers.
- Race times for the Elite waves will be determined by Gun Time (all skiers in the wave receive the same starting time). All other waves will be determined by Chip Time (start time is assigned to each skier when they cross the start line).

### WAVE TABLES

Wave	Gate 3 Entry	Gate 2 Entry	Gate 1 Entry	Start Time
Spirit of 35				8:15am
Women Skate Elite Skate			8:25am	8:30am
Men & Women Elite Classic		8:25am	8:30am	8:35am
Wave 1 Classic	8:25am	8:30am	8:35am	8:40am
Men Skate Elite Skate	8:35am	8:40am	8:45am	8:50am
Wave 1 Skate	8:40am	8:45am	8:50am	8:55am
Wave 2 Classic	8:45am	8:50am	8:55am	9:00am
Wave 2 Skate	8:50am	8:55am	9:00am	9:05am
Wave 70 Skate & Classic	8:55am	9:00am	9:05am	9:10am
Wave 3 Classic	9:00am	9:05am	9:10am	9:15am
Wave 3 Skate	9:05am	9:10am	9:15am	9:20am
Wave 4 Classic	9:10am	9:15am	9:20am	9:25am
Wave 4 Skate	9:15am	9:20am	9:25am	9:30am
Wave 5 Classic	9:20am	9:25am	9:30am	9:35am
Wave 5 Skate	9:25am	9:30am	9:35am	9:40am
Wave 6 Classic	9:30am	9:35am	9:40am	9:45am
Wave 6 Skate	9:35am	9:40am	9:45am	9:50am
Wave 7 Skate	9:40am	9:45am	9:50am	9:55am
Wave 8 Skate	9:45am	9:50am	9:55am	10:00am

# Saturday, February 25, 2023 Slumberland American Birkebeiner

## 2023 OFFICIAL RACE BIBS



BIRKIE CLASSIC  
WAVE 1



BIRKIE SKATE  
WAVE 1



BIRKIE CLASSIC  
WAVE 2



BIRKIE SKATE  
WAVE 2



BIRKIE CLASSIC  
WAVE 3



BIRKIE SKATE  
WAVE 3



BIRKIE CLASSIC  
WAVE 4



BIRKIE SKATE  
WAVE 4



BIRKIE CLASSIC  
WAVE 5



BIRKIE SKATE  
WAVE 5



BIRKIE CLASSIC  
WAVE 6



BIRKIE SKATE  
WAVE 6



BIRKIE SKATE  
WAVE 7



BIRKIE SKATE  
WAVE 8



BIRKIE CLASSIC  
WAVE 70



BIRKIE SKATE  
WAVE 70



BIRKIE CLASSIC  
WAVE 35



BIRKIE SKATE  
WAVE 35



BIRKIE CLASSIC  
ELITE MALE



BIRKIE SKATE  
ELITE MALE



BIRKIE CLASSIC  
ELITE FEMALE



BIRKIE SKATE  
ELITE FEMALE



BIRKIE CLASSIC  
ELITE UBERLEGGER



BIRKIE SKATE  
ELITE UBERLEGGER



BIRKIE CLASSIC  
ELITE BIRCHLEGGER



BIRKIE SKATE  
ELITE BIRCHLEGGER



BIRKIE CLASSIC  
UBERLEGGER



BIRKIE SKATE  
UBERLEGGER



BIRKIE CLASSIC  
BIRCHLEGGER



BIRKIE SKATE  
BIRCHLEGGER



BIRKIE SKATE  
UBERLEGGER 70



BIRKIE SKATE  
BIRCHLEGGER 70



AMBASSADORS



ENDOWMENT

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Saturday, February 25, 2023

## Slumberland American Birkebeiner

### + AID STATIONS – WHAT TO EXPECT

- **Fuel Up!** Water, GU energy & hydration and food options at the aid stations  
Find out exactly what will be there at [birkie.com](http://birkie.com)
- **Trash Penalty!** If you are throw trash anywhere along the trail, you may receive a 15 minute time penalty added to your official finish time
  - Report trash violations by emailing [birkie@birkie.com](mailto:birkie@birkie.com)
  - There will be a TerraCycle collection bin at each aid station for energy gel & bar packaging disposal
- **Wax:** SWIX kick wax is available at each aid station
- **Poles:** SWIX replacement poles are available at each aid station, ask a volunteer for help. After the race, return the loaned pole to Lost & Found

### + AID STATION LOCATIONS & CUT-OFF TIMES

#### Slumberland American Birkebeiner Aid Stations & Cut-Off Times

Aid Station Location	from Start (Skate)	from Start (Classic)	Cut-off Time
Start	0	0	--
Timber Trail Aid Station	7 km	6 km	11:10am
Fire Tower Aid Station	12 km	12.5 km	12:00pm
Boedecker Aid Station	16.5 km	18 km	12:55pm
Highway OO Aid Station	21 km	24 km	1:40pm
Gravel Pit Aid Station	30 km	33 km	3:00pm
Mosquito Brook Aid Station	36 km	39 km	3:55pm
Hatchery Park Aid Station	42 km	45 km	4:45pm
Finish Line	50 km	53 km	6:00pm

### + AID STATION MEDICAL CARE

- Each aid station is equipped with a shelter and staffed by medical professionals
- The course is continually patrolled by members of the National Ski Patrol

### DROPPING OUT OR MISSING THE CUT-OFF TIME

- It is imperative that we know if a skier drops out!
- Skiers who drop out must report to an Aid Station Chief or Birkie Medical Chief, Transport to the finish zone will be provided
- Drop outs and skiers who miss a cut-off time will be transported to the finish zone

# Saturday, February 25, 2023

## Slumberland American Birkebeiner

### FINISH ZONE

#### Medical Care

- A team of trained medical professionals from Hayward Area Memorial Hospital will be serving those in need of assistance in the Finish Zone

#### Medals, Pins, & Ski Ties

- First time finishers will receive a commemorative medal
- All other finishers will receive a commemorative pin indicating the total number of races completed (2023 included)
- Proceed toward the sign and aisle that corresponds to the year sticker affixed to your bib; this will ensure you receive the correct award
- All finishers will receive Salomon ski ties

#### Refreshments & Nutrition

- GU Hydration, Kemp's chocolate milk, and Kodiak granola bars
- Please remember to recycle your milk jugs and dispose of trash in the designated containers found throughout the Finish Zone

### RECOVERY ZONE

#### Skiers can reunite with spectators in the Recovery Zone

#### Birkie Gear Bag & Plastic Bag Pick-Up

- You must have your bib with you to claim your Birkie gear bag or plastic bag
- Go to the sign indicating your wave number, show the volunteer your bib number, and they'll retrieve your Birkie gear bag or plastic drop bag
- Friends/family can pick up your bag if they have your bib

#### Changing Area

- Changing space only, there are no showers available

#### Finish Area Food Tent - Skiers Only

- Enjoy a hydration drink, soup (vegetarian and gluten free options available), banana, and bread
- Food is available for purchase for spectators in the Celebration Zone

#### Recovery Amenities & Fluid

- Biometric screenings provided by Fluid Health & Fitness
- Sauna access from Superior Sauna & Steam
- Athletic Brewing non-alcoholic beer
- GU Recovery drink



## CELEBRATION ZONE & AWARDS

See pages 40-43 for Celebration Zone info & Awards schedule!

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY












# Celebration/Finish Zone



- Skiers Only
- Spectator Areas

## MAP KEY

- |   |   |   |
|---|---|---|
|  Road Closed |  Spectator Parking   |  Hospitality Zones (see details on page 7) |
|  Finish Line |  Information Station |  Restrooms                                 |
|  Bus Stop    |  Medical Assistance  |  Lost & Found                              |

# Celebration Zone

## EARTH RIDER BEER GARDEN

The Earth Rider Beer Garden proudly serves Earth Rider Beer, crafted from cold, clear, Lake Superior water

### Earth Rider Beer Garden hours:

- **Wed:** 10am–5pm
- **Fri & Sat:** 10am–5pm

## SAUNA VILLAGE

### Voyageur Custom Saunas

- **Wed & Thur:** 8am–3pm
- **Fri & Sat:** 9am–5pm

## BIRKIE STORE

The Birkie Store is home to official Birkie apparel, gifts, and commemorative items.

### Birkie Store hours in the Celebration Zone:

- **Thursday:** 10am–5pm
- **Friday:** 10am–5pm
- **Saturday:** 9am–5pm
- **Sunday:** 9am–1pm

## INFORMATION BOOTH – BIRKIE STORE

Provided in collaboration with Frandsen Bank

- **Thursday:** 10am–5pm
- **Friday:** 10am–5pm
- **Saturday:** 9am–5pm
- **Sunday:** 9am–1pm

## RACE RESULTS - BIRKIE STORE

- Kortelopet, Prince Haakon, and Slumberland American Birkebeiner skiers can stop by the race results station in the Birkie Store to pick-up their personal results printouts. Remember, there may be finishers from later waves who may displace your result as printed.
- You can track your finish results online at [birkie.com](https://birkie.com)
- Please submit any discrepancies at [birkie.com](https://birkie.com) by March 31, 2023

## RACE RESULTS SELFIE STATION

- Visit the selfie station in the Celebration Tent, input your bib number, and snap a picture with your finishing time in the background
- Use **#birkiefever #Birkie2023** in your posts!

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Awards

## CHAMPIONS STAGE AWARDS CEREMONIES

### Friday, February 24

- **1pm - Kortelopet Awards**
  - Top three male & female finishers (classic & skate)
- **3pm - Prince Haakon Awards**
  - Top three male & female finishers (no technique distinction)

### Saturday, February 25 - Slumberland American Birkebeiner Awards

- **11:30am – Skate Champions Ceremony**
  - Top three male and female finishers
  - Tony Wise Award
  - Sprint Bonus awards presented by Madshus
  - Prize money will be awarded to the first six male and female competitors
- **12:30pm – Classic Champions Ceremony**
  - Top three male and female finishers on champions stage
  - Prize money will be awarded to the first three male and female competitors
- **3pm – Central Collegiate Ski Association awards**

---

## AWARDS FOR PICK-UP

**Open Track** Pick-up at Birkie Store in the Celebration Zone, unless noted

- Decade awards: 10 years, 20 years (Birchlegger), 30 years (Uberlegger), 40 years
  - Thursday 10am–5pm; Friday 10am–5pm; Saturday 9am–5pm
  - Sunday 9am–1pm (On Sunday Birchlegger/Uberlegger/40 year awards will only be available for pick-up at the Birchleggings Club Breakfast)

**Kortelopet** Pick-up at Birkie Store in the Celebration Zone

- Age group awards: Top three male and female skiers (classic & skate)
- Decade Skiloper awards: 10 years (Ti), 20 years (Tjue), 30 years (Tretti)
- Please note there are no wave winner awards for the Kortelopet in 2023
- Pick-up at Birkie Store in Celebration Zone
  - Friday 3:30pm–5pm; Saturday 9am–5pm; Sunday 9am–1pm

**American Birkebeiner** Pick-up at Birkie Store in Celebration Zone, unless noted

- Age group awards: Top three male and female skiers (classic & skate)
  - Saturday 2pm–5pm; Sunday 9am–1pm
- Decade awards: 10 years, 20 years (Birchlegger), 30 years (Uberlegger), 40 years
  - Saturday 2pm–5pm; Sunday 9am–1pm
  - On Sunday Birchlegger/Uberlegger/40 year awards will only be available for pick-up at the Birchleggings Club Breakfast
- Wave Winners: The first male & female finisher in each wave (classic & skate) will receive a pair of premium pillows from Slumberland Furniture (excludes Elite waves)
  - Pick-up at Slumberland Furniture, Hayward, WI
  - Saturday 1pm–6pm; Sunday 9am–6pm

If you can't pick up your award in person, you may request that it be shipped to you, at your expense, until March 31, 2023 (Age class awards only; pillows must be picked up in a Slumberland Store). Visit [Birkie.com](http://Birkie.com) and complete the necessary form to ship your award.

# After the Race

## WORLDLOPPET PASSPORT

Physical stamps on the passports will be happening at the Birkie Office.

- **Friday:** 12pm–5pm
- **Saturday:** 12pm–5pm
- **Sunday:** 9am–12pm

Bring your passport in to get stamped or purchase a passport at the Birkie office.

**Info:** [www.worldloppet.com](http://www.worldloppet.com)



## RACE DAY PHOTOS!

- MarathonFoto is the official on-course race photographer Friday and Saturday
- Your bib number must be visible and readable by photographers
- You'll be notified when photos are uploaded and ready to view. Until then, remember [www.Marathonfoto.com](http://www.Marathonfoto.com)

## BIRKIE OFFICE

The American Birkebeiner Ski Foundation (ABSF) office is located at: 10527 Main Street, Hayward, WI

- **Wednesday:** 8am–4pm
- **Thursday:** 8am–5pm
- **Friday:** 8am–6pm
- **Saturday:** 7am–7pm
- **Sunday:** 8am–1pm

Tony Wise Museum - temporarily closed



## LOST & FOUND

- **Location:** Veteran's Community Center, see map on page 40
- **Hours:** Friday 1pm–6pm; Saturday 11am–7pm; Sunday 8am–1pm
- Upon request, found items will be shipped to the owners, at the owner's expense, until March 31, 2023. Call **715-634-5025** to find a lost item

## RACE RESULTS

Scan QR code to get your results online!



WEDNESDAY

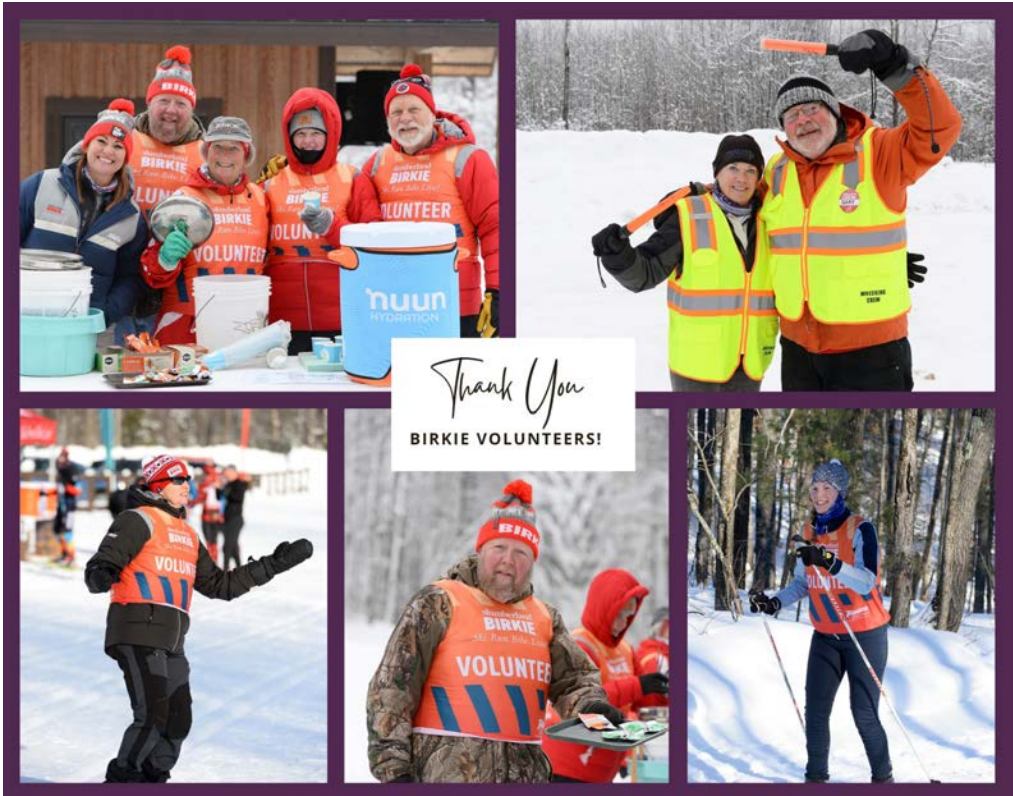
THURSDAY

FRIDAY

SATURDAY

SUNDAY





**Bronze Sponsors**



# Sunday, February 26, 2023

## SUNDAY SKI & BIKE DEMOS

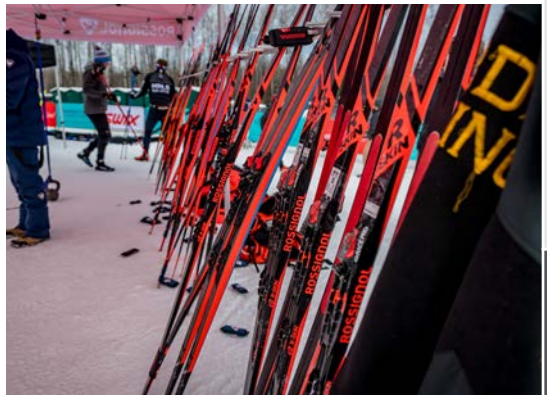
**When: 9am–12pm**

**Where: Birkie Start — the American Birkebeiner Trailhead**

The Slumberland American Birkebeiner's Sunday On-Snow Ski Demo on February 26, 2023, the day after the big race. Everyone from newbie skiers to elites can try out the latest in new equipment—skis, poles, boots, bindings, and fat bikes. Many of these products are brand new, many to be released for the next season. Plus, you get to try out all this gear right on the Birkie Trail. It's a whole other Birkie Week experience, a great time on the trail with family and friends.

Hosting the Sunday Ski Demo at the Birkie Start — the American Birkebeiner Trailhead — is a big plus for many skiers. Sunday is a relaxed time. You don't have to worry about "saving your legs" and you will likely have a much clearer sense of what you want from your equipment after skiing your event on Saturday. For many, a final ski on Sunday is already part of their Birkie tradition.

More than 300 visitors now make their way to the Sunday Ski Demo. All of the major ski and ski equipment manufacturers that you visited at the Birkie Expo will be there!



## BIRCHLEGGINGS CLUB ANNUAL BREAKFAST

**When: 9am**

**Where: Steakhouse & Lodge, 15860 T Bone Lane, Hayward, WI 54843**

**Tickets: Get tickets at [birchleggings.com](https://www.birchleggings.com)**

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Wednesday Open Track Map

**American Birkebeiner**  
Open Track

**Kortelopet**  
Open Track

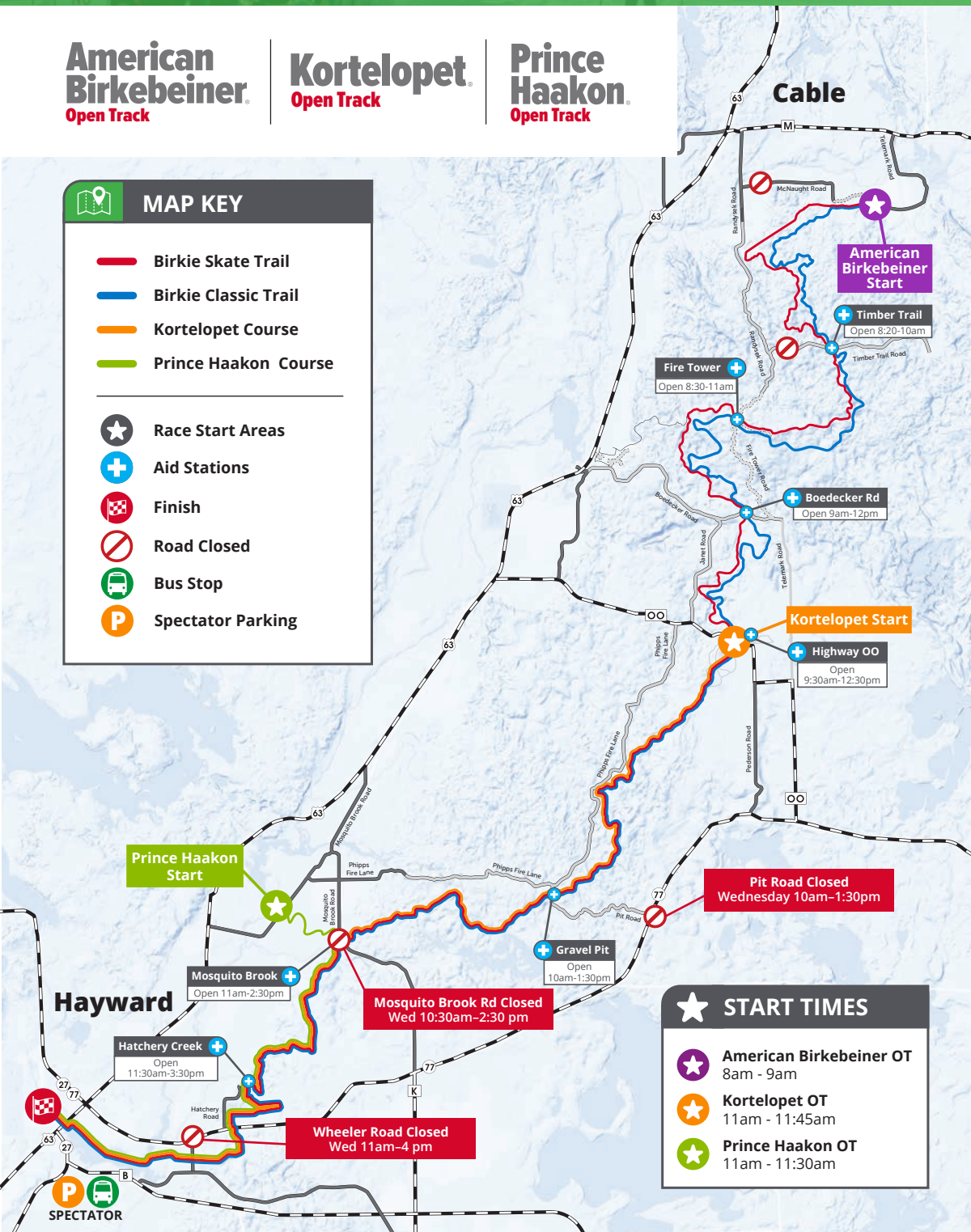
**Prince Haakon**  
Open Track

**MAP KEY**

- Birkie Skate Trail
- Birkie Classic Trail
- Kortelopet Course
- Prince Haakon Course

---

- ★ Race Start Areas
- + Aid Stations
- ⚑ Finish
- ⊘ Road Closed
- 🚌 Bus Stop
- P Spectator Parking



**★ START TIMES**

- ★ **American Birkebeiner OT**  
8am - 9am
- ★ **Kortelopet OT**  
11am - 11:45am
- ★ **Prince Haakon OT**  
11am - 11:30am

# Barnebirkie & Junior Birkie Map



- Start Lines
- .5K Barne
- 1K Barne/Jr. Birkie
- 3K Barne/Jr. Birkie
- Finish Line



WEDNESDAY

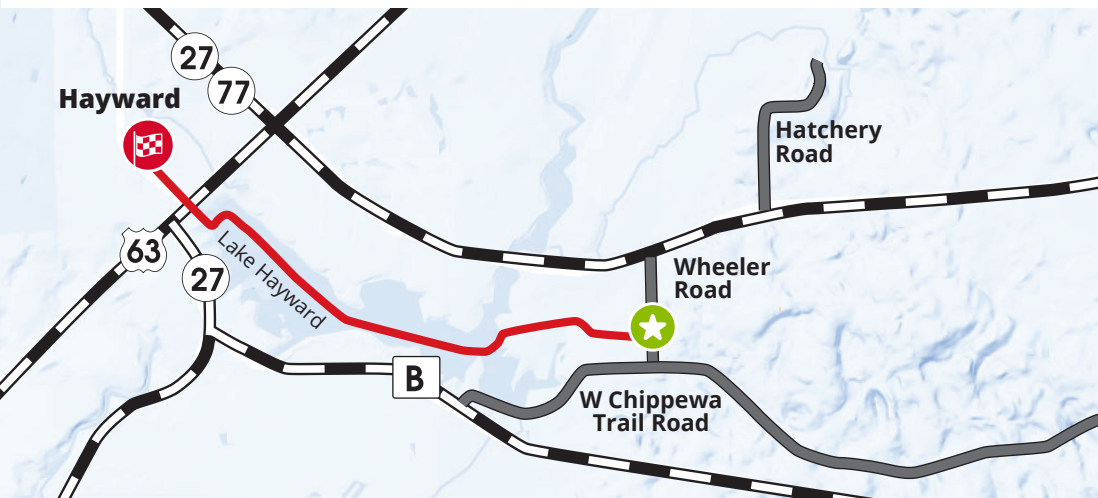
THURSDAY

FRIDAY

# ParaBirkie Map



- Start Line
- Finish Line



SATURDAY

SUNDAY

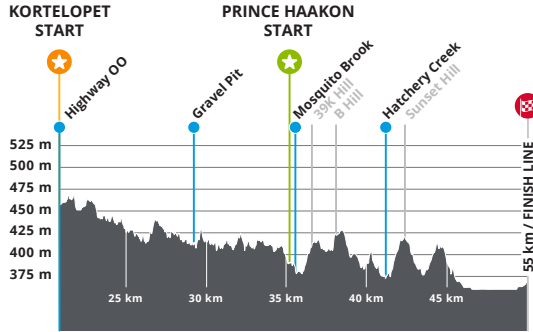




# Elevation Profiles

**Kortelopet**  
BIRKIE.

**Prince Haakon**  
BIRKIE.

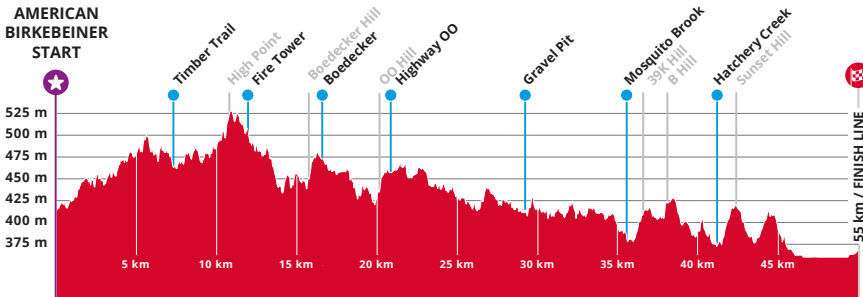


WEDNESDAY

THURSDAY

**American Birkebeiner**

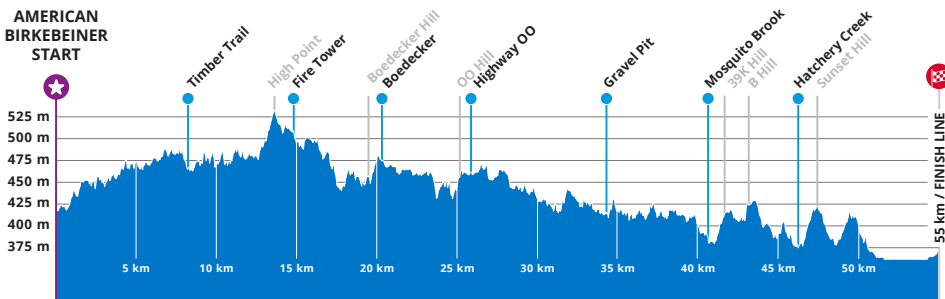
SKATE



FRIDAY

SATURDAY

CLASSIC



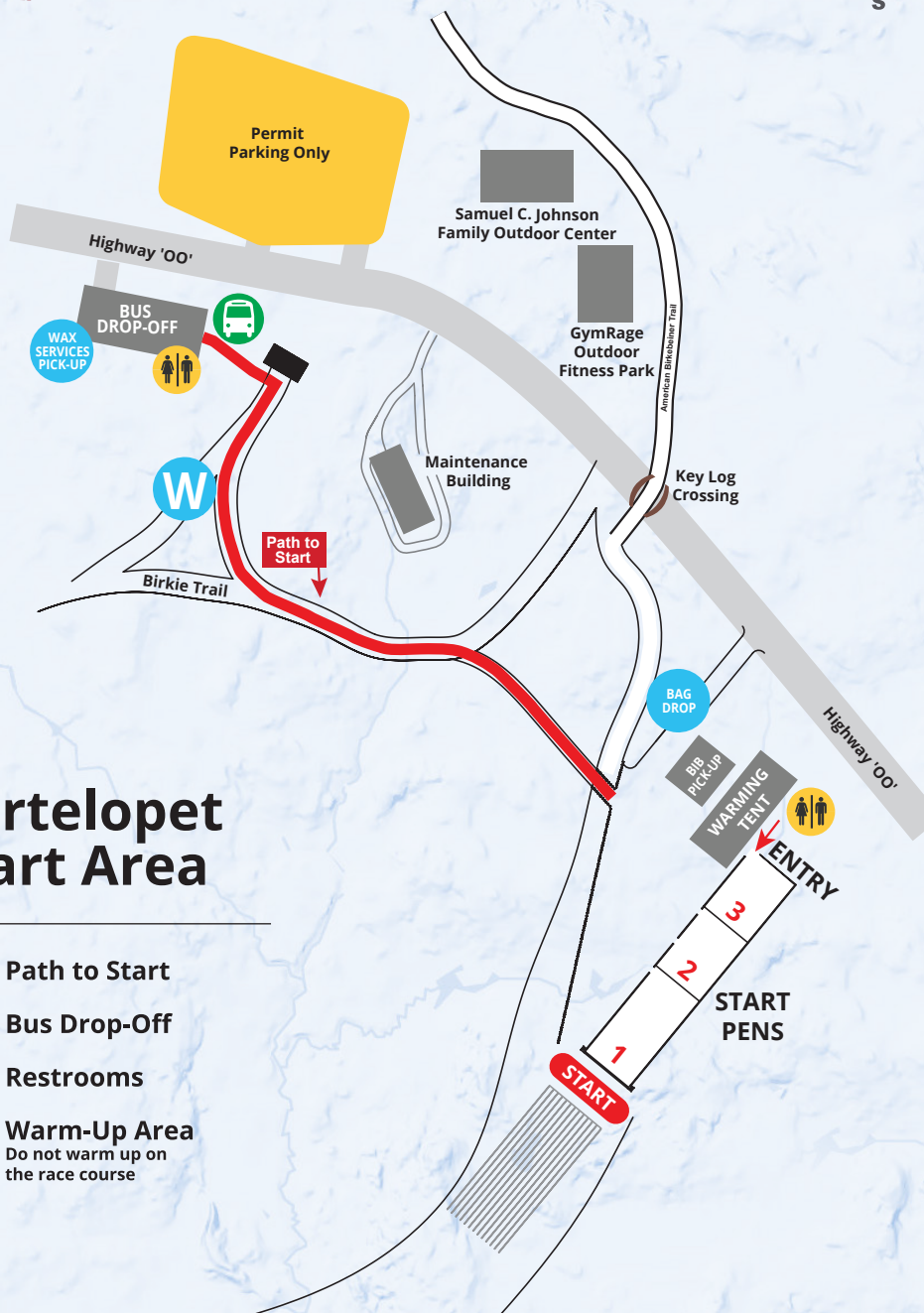
SUNDAY



# Kortelopet Start Area Map

**Kortelopet**  
**BIRKIE**

**SALOMON**



## Kortelopet Start Area

- Path to Start
- Bus Drop-Off
- Restrooms
- Warm-Up Area  
Do not warm up on the race course

# Birkie Start Area Map

**American  
Birkebeiner**

slumberland  
FURNITURE

## American Birkebeiner Start Area

-  Path to Start
-  Bus Drop-Off
-  Restrooms
-  Warm-Up Area  
Do not warm up on the race course



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Map of Downtown Hayward

-  **Spectator parking**
-  **Start venue parking**
-  **Bus stop**
-  **No street parking**
-  **Hospitality Zone**
-  **Restrooms**



 **EXPO & BIB PICKUP**  
 HAYWARD HIGH SCHOOL

# Map of Downtown Hayward



WEDNESDAY

THURSDAY

FRIDAY






SATURDAY

SUNDAY







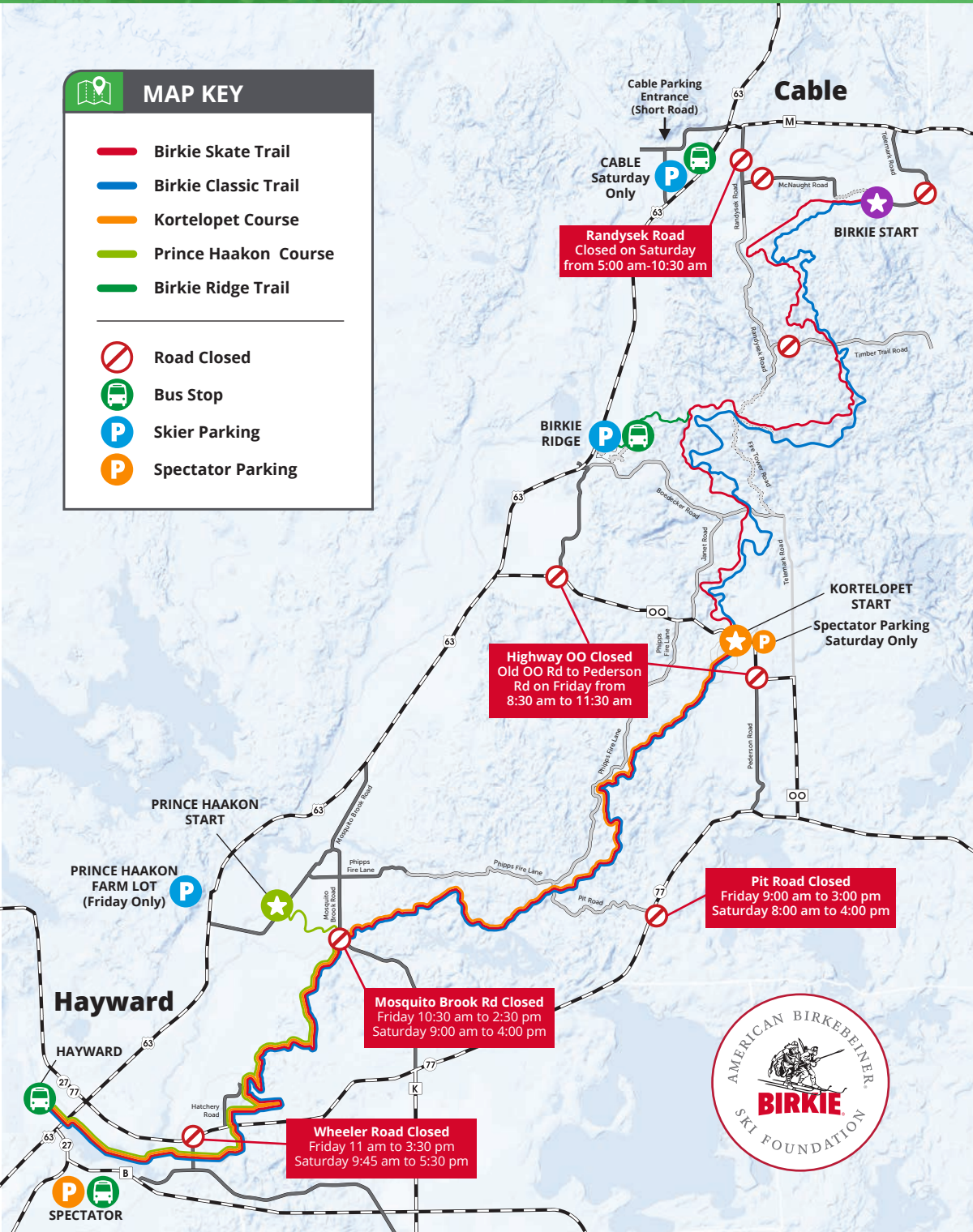
# Parking, Busing & Road Closures Friday & Saturday

**MAP KEY**

-  Birkie Skate Trail
-  Birkie Classic Trail
-  Kortelolet Course
-  Prince Haakon Course
-  Birkie Ridge Trail

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-  Road Closed
-  Bus Stop
-  Skier Parking
-  Spectator Parking



# Birkie Week Bus Schedule

February 22-25, 2023

## BIRKIE WEEK BUS SCHEDULE

**Spectators may ride buses to the race start areas.**

- Preference will be given to skiers boarding the bus.
- Buses will return spectators to skier parking lots after the start of each race.

Continuous Shuttle Service To & From	Continuous Shuttle Service To & From	Hours of Operation
<b>WEDNESDAY OPEN TRACK EVENTS</b> (Participants may ride the bus, park or get dropped off at the start for Open Track events)		
Spectator Parking Lot	American Birkebeiner OT Start	7:15am-8am
Spectator Parking Lot	Kortelopet OT Start	10am-10:30am
Spectator Parking Lot	Prince Haakon OT Start	10am-10:30am
<b>THURSDAY EVENTS</b>		
Spectator Parking Lot	Registration (Recovery Zone) Bus Stop	9:30am-2pm
Celebration Zone Bus Stop	Spectator Parking Lot	9:30am-4:30pm
<b>FRIDAY EVENTS</b>		
Birkie Ridge Parking Lot	Kortelopet Start	8am-12:30pm
Birkie Ridge Parking Lot	Prince Haakon Start	11:30am-1:45pm
P.H. Farm Parking Lot	Prince Haakon Start	11:30am-1:45pm
Spectator Parking Lot	Celebration Zone Parking Lot	9am-5:30pm
Recovery Zone Bus Stop	Kortelopet Start (permit holders only)	12:30pm-5:30pm
Recovery Zone Bus Stop	Birkie Ridge Parking Lot	12:30pm-5:30pm
Recovery Zone Bus Stop	P.H. Farm Parking Lot	2:30pm-5:30pm
<b>SATURDAY EVENTS</b>		
Birkie Ridge Parking Lot	American Birkebeiner Start	6:15am-10:30am
Cable Parking Lot	American Birkebeiner Start	6:15am-10:30am
Celebration Zone Bus Stop	Spectator Parking Lot	9am-6:30pm
Recovery Zone Bus Stop	Birkie Ridge & Cable Parking Lots	12:30pm-6:30pm
Recovery Zone Bus Stop	American Birkebeiner Start (permit holders only)	12:30pm-6:30pm

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



slumberland  
**50<sup>TH</sup> BIRKIE** EST 1973  
*Ski. Run. Bike. Live!*

- JUNE 9-11** EPIC BIKE FEST
- JULY 22** LUMBERJACK 5K RUN/WALK
- SEPT 23** BIRKIE TRAIL RUN
- NOV 24-26** TURKEY BIRKIE
- JAN 5-7** LADIES FAT BIKE GETAWAY
- JAN 13** SEELEY HILLS CLASSIC
- JAN 19-21** SKI DE SHE CAMP & RACES
- FEB 21-25** BIRKIE WEEK EVENTS
- MAR 9** FAT BIKE BIRKIE

*50<sup>th</sup> Anniversary Events*

Membership Drive & Early Registration *April 10*

Wine & Cheese Kickoff Celebration *April 15*

Registration Opens for Birkie Week *May 1*

Trail Workday *May 20*

Annual Meeting *Aug 12*

Anniversary Gala Fundraiser *Oct 21*

Special Events Birkie Week 2024 *Feb 21-25*



**BIRKIE.COM**

