



# Birkie Trail Run

## 5k Course Description

Trail Type	Description
<b>Ski Trails - 60%</b>	Ski trail sections of the course range from 10 to 30 feet wide and are mostly grass covered. Some sections have a dirt “goat path” formed on them, some do not get much summer use and are grass covered from edge to edge. The trails are built in a region with glacial topography, littered with potholes and ridges. The ski trails were built to attack the terrain with the slopes going directly up the fall line, creating a rolling repeat of steep ups and downs. Most of the climbs are small (less than 50 feet) but can be steep, with slopes up to 10%. It is very different terrain from alpine regions, but equally challenging with numerous small to medium climbs. The descents are equally steep and relentless.
<b>Singletrack Trails - 40%</b>	Built over the summer season, these trails are the first of many miles of up-and-coming additions to the Telemark trail system. These are intermediate level, featuring winding terrain that switchbacks up the slopes rather than heading directly up the fall line. The surface is mineral soil with all the organics removed. Averaging 3 to 4 feet wide, these fresh trails are wider than your usual single-track, affording plenty of opportunity to pass other runners.

Course Section	Length	Section Details
<p><b>American Birkebeiner Trailhead and Old Korte</b></p>	<p><b>1.0</b></p>	<p>The opening leg of the 5k will have you running west on the Birkie classic ski trail. The wide trails will allow you to spread out and vie for position before hitting the first hill just before the half mile mark. Turning around after the ascent, the Korte Inn will bring you back downhill before turning you onto the singletrack loop.</p>
<p><b>Singletrack</b></p>	<p><b>1.25</b></p>	<p>The singletrack will route you through an aggressively winding 1.25-mile loop through the forest. While this section is not particularly hilly, it boasts a large number of brief up-and-downs, switchbacks, and sharp, banked curves. This course segment is virtually free of rocks and roots, making for an enjoyable jaunt through this section of the 5k.</p>
<p><b>Old Korte to Finish</b></p>	<p><b>0.85</b></p>	<p>The final leg of the race will have you rejoin the old Korteloped ski trail, bringing you down into the stadium and past the aid station before running steeply back up the Birkie Roller. You can thank us later for not routing the course all the way to the top of Mt. Bauer! After descending the World Cup from the hills, you'll skirt by the pond and the perimeter of the stadium before running up and over the tunnel to finish.</p>