

# Birkie Trail Run

## Nordic Trek Course Description

Trail Type	Description
<p><b>Ski Trails - 100%</b></p>	<p>You asked - and we listened! The Nordic Trek will be entirely on ski trail this year. Ski trail sections of the course range from 10 to 30 feet wide and are mostly grass covered. Some sections have a dirt “goat path” formed on them, some do not get much summer use and are grass covered from edge to edge. The trails are built in a region with glacial topography, littered with potholes and ridges. The ski trails were built to attack the terrain with the slopes going directly up the fall line. This creates a seemingly endless run of steep ups and downs. Most of the climbs are small (less than 50 feet) but are steep, with slopes between 10 and 20%. It is very different terrain from alpine regions, but equally challenging with hundreds of small to medium climbs adding up to a large amount of total climb. The descents are equally steep and relentless.</p>

Aid Stations	Length	Section Details
<p><b>American Birkebeiner Trailhead - Start to Timber Trail</b></p>	<p><b>4.5</b></p>	<p>The opening leg has some of the toughest climbs of the course. A rolling start on the wide Birkie Skate Trail will lead to some tougher hills on the Powerline section. The hills will continue when the course turns into the woods, but most won't be quite as steep as the Powerlines. Rolling hills on the Birkie Skate Trail will take you on a final descent into the Timber Trail aid station.</p>
<p><b>Timber Trail to American Birkebeiner Trailhead - Finish</b></p>	<p><b>5.5</b></p>	<p>The final leg of the course leaves the Timber Trail aid station and follows the Old Korte trail to meet a steady climb on the North End ski trails. The course picks up on the Tony Wise trail and Old Korte East Trail for a relaxed descent around the mountain. The steep (.25 mile) climb up Mt. Telemark begins at 8.5 miles. Enjoy the view and then begin the gentle 1.5 mile downhill descent to the finish!</p>