

# BirchScroll<sup>®</sup>

PRE-RACE 2016

## BIRKIE<sup>®</sup> 2016



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Volume 41

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**See page 14!**

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## Greetings Skiers & Friends of the Birkie!

For many of you the journey to the start line of the 43rd American Birkie has already begun - dryland drills, strength training, roller-skiing, club training sessions, or just getting out to enjoy activities with friends. This, too, is the case here at the Birkie HQ as race prep is in full-swing with the securing of permits, ongoing trail maintenance, assigning of wave placements, creating of event signage, updating of 100's of volunteer briefings - just to name a few from an extensive list! We are working hard to make certain that 2016 Birkie week events are better than ever.



“Committed to bringing you a world-class event...”

The Cable-Hayward area is committed to bringing you a world-class event that exceeds your expectations and provides a challenge to fuel you through a year of training! It is through the ongoing year-round efforts of a dedicated staff, a focused board of directors, a posse of engaged volunteers, and incredibly supportive local communities that we are able to bring you the spectacle of Birkie week events.

It is important to me that our participants have the best Birkie experience possible – so don't hesitate to reach out to me or the Birkie staff if you have any questions or need help with any race-related matters. We look forward to hosting you in February 2016!

Until then, I'll see you on the north woods trails!

Ben Popp  
Executive Director  
American Birkebeiner Ski Foundation

# Birch Scroll®

PRE-RACE 2016  
Volume 41, Number 1

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# A Humble Beginning

The year was 1206 and Norway was in the midst of a civil war when Birkebeiner skiers, so called for their protective birch bark leggings, skied through the treacherous mountains and rugged forests of Norway's Osterdalen valley, smuggling Prince Haakon, the son of King Sverresson and Inga of Vartieg, to safety. The flight took the Birkebeiners and prince from Lillehammer to safety in the town of Trondheim. Inga of Vartieg never became queen as the prince's father was killed before he could return for her in Vartieg. Norwegian history credits the Birkebeiners' bravery with preserving the life of the boy who later became Norway's King Haakon Haakons-son IV and forever changed Northern Europe's history by his reign.

The story and painting of the flight were the inspiration for the first Birkebeiner ski race held in Norway in 1932. To this day, Norwegian skiers still carry a pack, symbolizing the weight of an 18-month old child, in the Worldloppet's Norwegian Birkebeiner Rennet race.

In 1973, thirty-four men and one lone woman stood on the American Birkebeiner starting line, clad in woolen sweaters and knickers, for a 50-kilometer race from the Lumberjack Bowl in Hayward to Telemark Lodge in Cable, Wisconsin. Nineteen more women and juniors would ski a shorter race from "OO" to Telemark. Few knew they were going to make Birkie history.

Each year, in homage to the race's roots, two Birkebeiner warriors and Inga



reenact the history of the Birkie, skiing the entire race course on traditional wooden skis and in full period costume, inspiring fellow racers along the way. The Birkebeiner warriors carry a baby doll along the course route and pick-up a real infant "Prince" before skiing the last two blocks, with Inga, to the finish line on Hayward's main street. It is a true celebration of the roots, legacy and traditions of the race.

From its humble beginnings, the American Birkebeiner has grown to become North America's largest

cross-country ski race and the third largest in the world. To date, over 250,000 skiers have finished Birkie ski events. Nearly 45,000 spectators and skiers gather each February in the Cable and Hayward, Wisconsin, areas for the Nordic sports festivities and in celebration of the determination and perseverance of the Birkebeiner warriors, the "Birkies."



# Honoring the Legacy

## Tony Wise Museum of the American Birkebeiner

—By Allison Slavick, Museum Planner

The American Birkebeiner cross country ski race began in 1973 as the dream of the late Tony Wise. As a pioneer in the sport, perhaps no one has been more responsible for the growth of Nordic skiing in the U.S. To record and honor the history of the race, to provide a permanent tribute to Mr. Wise's vision and legacy, and to promote cross country skiing, in August the American Birkebeiner Ski Foundation (ABSF) announced the Tony Wise Museum of the American Birkebeiner.

What do you expect to see when you visit a museum? History? Science? Art? Hands-on activities for children? All these will come together in two new galleries at Birkie headquarters in Hayward. The Museum will highlight the race's history and growth and as well as the world-class American Birkebeiner trail system,

with interactive activities for all ages.

Equal parts education and inspiration, the professionally designed exhibitions will engage visitors in learning about the mechanics, physiology, and evolution of cross country skiing; allow people to step into a booth where they can virtually experience the excitement of being in the race; and shed light on how wax works. A focal point will be a three-dimensional map of the trail system. Other topics include the important work of 2,000 volunteers in carrying out the race, the Barnebirkie children's race, and the Foundation's vision for the future.

"The Museum will be an important tool to promote our mission. Anything we can do to inspire people to get out there and experience the trail in a healthy way is an asset," said ABSF Executive Director, Ben Popp. Birkebeiner enthusiasts can plan to see the Museum open in 2016.



Following 1977 race, Berit Lammedal, Oslo, Norway (left), Tony Wise, (center), Alison Spencer, Anchorage, Alaska (right).

## ABSF Thank You to Foundation Members

A huge thank you to all 991 Birkie Foundation Members! We appreciate your support and dedication to our mission – the ABSF thrives because of passionate people like you!

### Special thanks to our Birkie Fever Members:



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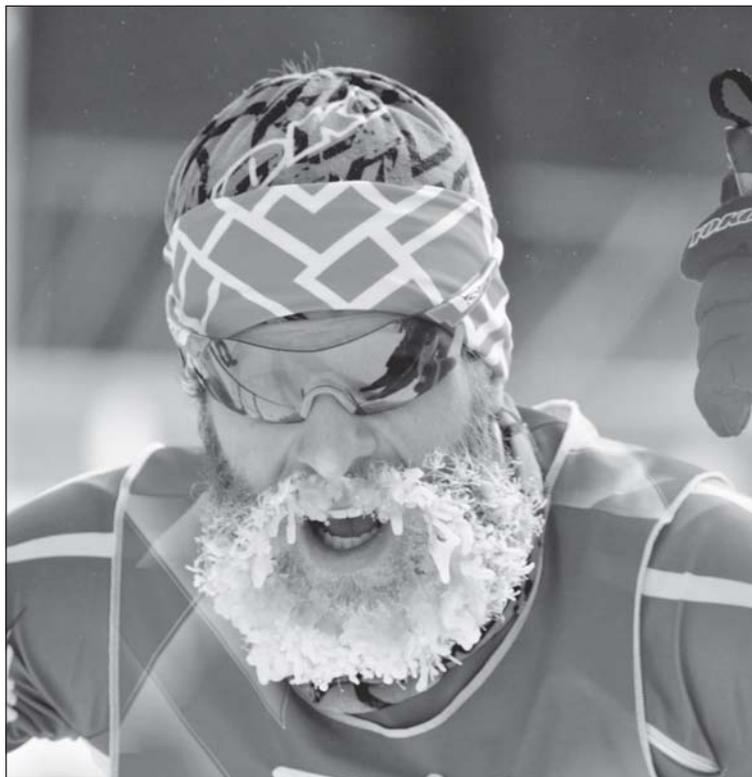
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A significant amount of ABSF funding comes from annual dues paid by Foundation Members. We simply do not have space here to thank all of the members of the American Birkebeiner Ski Foundation. To see the complete list and to learn more about joining the Birkie Foundation, please visit [www.Birkie.Com/Membership](http://www.Birkie.Com/Membership). Thank you!

# Living the Birkie Lifestyle

## What is it that defines the intangible Birkie Fever?

**F**or some it's the visceral anticipation of the challenge, mingled with apprehension, woven with an unspoken camaraderie as fellow adrenaline junkies make their pilgrimage through the hardwood forests along the Birkie Trail. For others it's the annual tradition of family and friends escaping to the north woods, it's the sound of drums thrumming along the trail, a celebratory post-race shot-ski, or the ringing of cowbells announcing the sweet taste of success. It's the palpable sensation of determination and accomplishment in the air. For those with Birkie Fever, it's more than a race - it's a feeling held close all year through. Whether skiing, biking, running or trekking - here's to hitting the trail and catching Birkie Fever!



## The Gratitude is Ten-Fold – Thoughts from a Birkie Volunteer

*"Volunteering at Boedecker Aid Station has become a family tradition with our kids, grandkids, nieces & nephews coming up to join in the fun. As the Volunteer Chief of the aid station for 6 years and a Birkie volunteer for fifteen, we organize 45-60 volunteers for race day. Each year, we have an island theme - complete with hula skirts, leis, and Jimmy Buffett. It's fun for skiers and volunteers alike.*

*In 2014, a friend who is typically in wave 2 couldn't ski so volunteered on our team instead. Afterward, he told us he had no idea volunteers worked that hard! Every year it's a challenge, but we have the desire to make it all work smoothly. The skiers are always so thankful, whether we give them a banana or help them to blow their noses. The gratitude we get back is ten-fold. We all have our hearts in the Birkie 100%."*



-Jim & Karen Pliska, Long-time Birkie Volunteers

## My 21 – Thoughts from a Foundation Member

*"I've been an ABSF member since my first Korte in 1984. Twenty-one-and-counting Birkie events later, it's still important to me to support the Foundation and the community of folks who embrace a year round fitness lifestyle. Why? Because for me, the Birkie is all about:*

*Training...for...life; fond memories with friends; the annual pilgrimage; the pre (and post!) race rituals; the dearest friends who encouraged me to do the Prince Haakon for an interim few years - when a life threatening illness almost forced me from the sport I love - because they said it wouldn't be the same if I wasn't there; the yin to my liquid snow Stand-Up Paddle-boarding yang; always being ready to: Snow-N-Go.*

**My 21** = 8 Birkie's; 10 Korte's; & 3 Prince Haakon's - means living life to the fullest!"



-Leslie Maclin, ABSF Member, Evanston, IL

## Birkie has Changed My Life – Thoughts from a Birkie Skier

*"I started doing the Korteloped in 2012, and did my second Birkie in 2015. I'm an average, wave 7 skier, but nonetheless the Birkie has truly changed my life. It's inspired me to stay in shape year round and get stronger each year. The Birkie weekend is my favorite time of the year because it is a family affair. My dad does the Birkie, and my mom and sister have skied in the Prince Haakon. I have all of my bibs hanging in my room to remind me of my awesome accomplishments! I know a lot of the attention goes to the elite skiers, but I think the average citizen skiers, like myself, take just as much away, if not more, from the Birkie. Thanks for a great event! Looking forward to 2016."*



-Sonja Hakanson, Farmer, Skier and Birkie Fan

## Training for Skiing – Thoughts from a Birkie Trail Run Participant

*"The Birkie Trail Run has been part of my husband's and my running race line up the last 2 years. Why do I keep coming back? 1) There are many event and distance options. While I choose to do the marathon to train for cross-country ski racing, others may be running a relay leg or enjoying a trek in the woods. 2) The whole race is on a trail—I never have to set foot on pavement. 3) The course is challenging, with "rollers" on the Birkie Trail and great hill climbs on CAMBA single-track. 4) The scenery is beautiful with fall colors at their peak. 5) Birkie volunteers rock—they are some of the nicest volunteers out there. 6) And last, but not least, great after-race food and beverages! Looking forward to September 2015!"*



-Heather Norton-Bower, Runner & Fitness Enthusiast

## Leading the Way – Thoughts from a Fat Bike Birkie Participant

*"To be able to ride my fat bike on the Birkie Trail, where I normally ski all winter long, is amazing enough - but to be a part of the Fat Bike Birkie is just plain fun and exciting! Knowing that there are only a few days each winter when you can ride the trail is what makes participating so special. We have the absolute best trail in the country for such an awesome event. As a local sporting retailer in the Hayward area, I can tell you that people are coming to northern Wisconsin from all over the country to see what the buzz is all about. So, just like the Birkie ski event, the Fat Bike Birkie is leading the way to bigger and better things for fat biking around the country. I've personally raced in all three Fat Bike Birkie races. Every year the Birkie puts on a well-run and challenging event that is absolutely growing the sport in a way no other trail can do."*



-Timothy Swift, Birkie Fat Biker & Skier

## 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.



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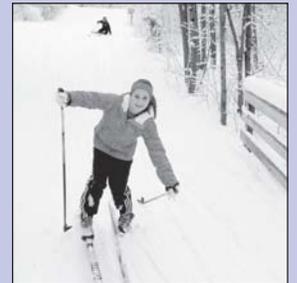
# Growing the Love of Skinny-Skiing

One of the pillars of the mission of the American Birkebeiner Ski Foundation is to support and spread the love of cross-country skiing as part of a healthy, active lifestyle. We hope to inspire the next generation of outdoor enthusiasts and reinforce the growth of cross-country skiing through the ABSF's Skier Development Grant Program. We're pleased that as of 2014, we've awarded nearly \$400,000 to youth cross-country ski programs across the United States. Each fall, the ABSF reviews submitted grant applications and notifies the selected recipients of their awards by the end of that given year. If you're interested in learning more about this impactful program, please visit [www.Birkie.Com/Live](http://www.Birkie.Com/Live).

## Igniting a Passion – Thoughts from a Development Grant Recipient

*"The Kewaskum Middle School cross-country skiing program is designed to ignite a passion for cross-country skiing. We used the 2014 ABSF grant to upgrade our boot and ski inventory. Our program allows over 400 students, each year, to get a taste of what skiing has to offer. We empower kids to stay healthy, learn a new skill, and be compelled to get in touch with nature. All of the participants fall down, all of them laugh with each other, and all of them get a taste of skiing. Hopefully that taste turns into a hunger to keep them on the trails or get them back out when they are older."*

-Jeff Grotenhuis, Teacher, Kewaskum Middle School



As of 2014, the ABSF has awarded nearly **\$400,000** to youth cross-country ski programs across the U.S.A.

## WITH THANKS TO THE CABLE UNION AIRPORT!!

For 16 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 Birkie 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 community spirit and generosity!

# Permanent Start Becoming a Reality

—by Ben Popp, ABSF Executive Director

Just one year ago, the American Birkebeiner Ski Foundation (ABSF) announced a five-year strategic plan to help “Honor the Legacy and Ensure the Future” of the American Birkebeiner ski marathon and to guarantee stewardship and protection of the iconic Birkie trail.

We kicked off Phase-I on November 1, 2014 with a goal of raising \$650,000 to secure a permanent trailhead and race start area in Cable, WI, near the old Telemark Lodge, as well as construct a temporary International Bridge for use in downtown Hayward, WI during race week. It was with tremendous support from our Birkie family, near and far, a mix of skiers, bikers, and hikers, along with the surrounding communities, that we reached our Phase I goal in June of 2016. We are pleased to report that work is in full swing!

The first part of the International Bridge was introduced at Birkie 2015 and was a great enhancement to the overall participant race experience. We are in the midst

of planning an extension to the current International Bridge which will eventually span two additional lanes of traffic, for a total bridge expanse of four lanes over Highway 63 in downtown Hayward.

We are excited to report that in August of 2015, the ABSF purchased land near Telemark lodge, adjacent to the current start area near the Cable Airport. This, along with the addition of a few perpetual easements, will eventually allow skiing, biking, running, and hiking from the new Birkie start area year-round!

As you read this, bulldozers are moving dirt and sculpting the land for a future new multi-purpose start stadium and storage building. Once completed, the large storage building will be a great pre-race warm space on brisk race mornings. Additionally, a year-round trailhead building is under construction. The new Birkie permanent start will be key to improving overall participant experience, allows us to secure the future of our event, and provides us the opportunity to promote a year-round active lifestyle. While this area won't be ready for Birkie

2016, the new start area, parking, and buildings will be completed later that summer! This means you will have even more to look forward to for Birkie 2017!

“... in August 2015, the ABSF purchased land near Telemark Lodge.”

Last year an estimated 25,000+ skiers, runners, hikers and bikers, of all ages, participated in events, races, and activities along the Birkie Trail. This number does not include the thousands of recreational silent sport enthusiasts who utilize the Birkie Trail system each year. The new permanent start venue will not only enhance future event experiences, but will act as a gateway to the recreational bliss we call the Birkie Trail!

As work wraps up in summer of 2016, the ABSF will launch Phase II of the capital campaign with a focus on sustainability, trail facilities, safety, and improved access to the legendary Birkie Trail for outdoor enthusiasts and events year-round.

## Birkie Trail Season Ski Pass

Did you know it takes three trail staff members 36 hours on PistenBully groomers, to groom the full trail system from one end to the other? What makes this even more remarkable is that most of the grooming is done at night when the rest of us are all tucked into our cozy beds. And, that is just in the winter months! The rest of the year involves seemingly endless mowing, trail erosion control, maintenance of lighting at “00” and the trailhead bathrooms, to name just a very few of the tasks involved.

While the Birkie Trail crosses County lands, the American Birkebeiner Ski Foundation is the steward of the trail system and responsible for ongoing maintenance and grooming. All of the money collected from trail passes goes directly into maintaining the trails we love.

The 2015-2016 Birkie Trail pass gives you access to all 107K of the American Birkebeiner Trail System and is valid from December 1 – March 31. Both season and

daily passes are available. Please make certain that all of the skiers in your family have this required ski pass!

For details on the Trail Pass program and information on where to purchase passes, please visit [www.birkie.com/trail](http://www.birkie.com/trail) or stop in

and see us at the Birkie Office. Thank you for your ongoing support!

If you enjoy the beautiful Birkie Trail system, please support its ongoing maintenance by purchasing your pass this ski season. Thank you!



# Birkie 2016 – Exciting Course Updates!

–Allan Serrano, Event Director

**2015** has been a year filled with change. From the announcement of an exciting new permanent start to changes along the Birkie Trail course route, we wanted you to be the first to know as you plan your race strategies for Birkie 2016.

Work is underway to improve the first two kilometers of the classic technique course to reduce congestion and improve flow from the start area to the power lines. In previous years, the course was quite narrow where it left the airport and entered the forest, allowing for only three groomed classic tracks. We're in the process of upgrading the course, from the start to the first power-line, by straightening the corners and softening some of the climbs, allowing us to set six parallel classic tracks all the way to kilometer 2.5. That's double the tracks and double the fun!

Perhaps the most noticeable change involves the course in and around Rosie's field. After many years, the Martinson family who has so graciously allowed the Birkie to cross their private property - between the Hatchery aid station and Wisconsin Highway 77 - has sold a portion of their land. The new owners are friends of the Birkie and have worked very closely with our trail manager to build a new section of the course to accommodate the needs of both parties. Now,

instead of traveling around the edge of Rosie's field, a new horseshoe-shaped trail will take you in and around the area as you ski toward Hayward and the cheering crowds on Main Street.

The rerouting of a portion of Rosie's field is a net gain of nearly a full kilometer for both Birkie skate and classic courses. The new addition also features a challenging climb, adding 40-meters of elevation gain on the south end and a rewarding new descent on the other side. This change will offer an exciting tactical component to the second half of the course and is certain to add excitement to the elite race. Regardless of which wave you are in, get ready to add another Birkie climb to your race day! For every up there is a down and the Birkie Trail is rich with scenic climbs. Now skiers will have a climb leaving Mosquito Brook, followed by the climb out of Hatchery, right into the new climb with a sweeping left-hand downhill curve before returning to Rosie's field, and onto Duffy hill.

The addition of the new horseshoe-shaped trail will increase the distance for the skate to 52K and 56K for the classic – but only for 2016! In 2017, when the Birkie moves to the new permanent race start - just south of the current start at the Cable Union Airport - the course will be reduced by 1.5 to 2K, returning to the traditional 50K skate distance.

“...the changes to the Birkie trail are thoughtful and will add to your race enjoyment and overall experience.”

We think you'll find the race course in better shape than ever before. The Birkie trail staff has been hard at work all summer and fall trimming brush from the side of the trails, removing overhead branches, patching sections that need repair, and removing rocks that crop up throughout the year.

The only thing constant is change and we're making sure that the changes to the Birkie trail are thoughtful and will add to your race enjoyment and overall experience.



## More than Just a Race

Have you ever wondered just what it takes to create the largest cross-country ski-marathon in North America? We wanted to share a snapshot of what happens behind the scenes and where your Birkie entry fees go. From moving snow on Main Street and busing, to biffies and security - the Birkie is so much more than just a race!



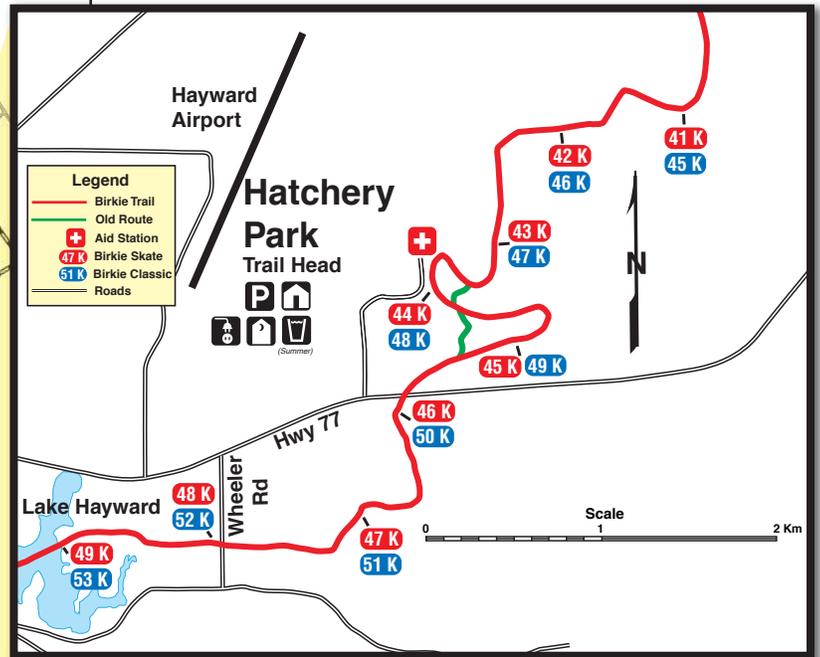
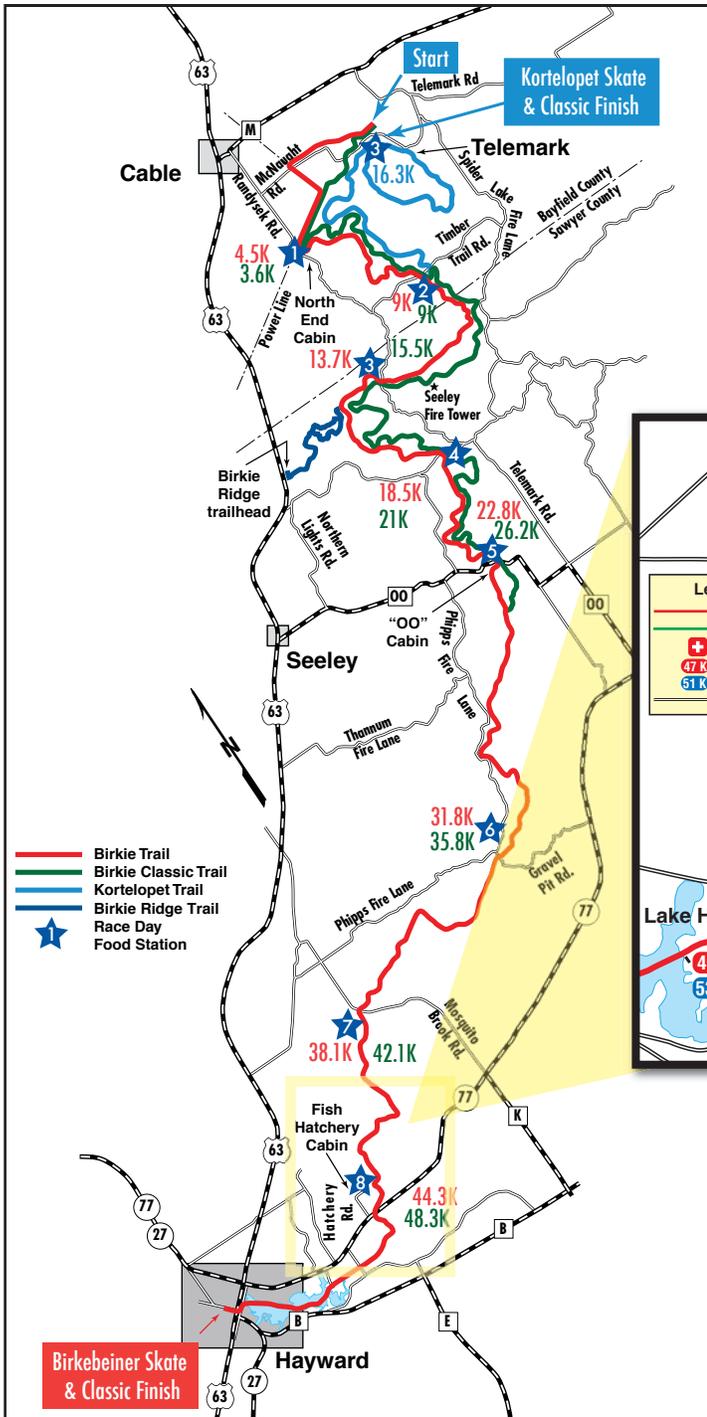
### Where Does Your Birkie Entry Fee Go?

Busing	\$33,000
Skier Bibs/Bags/Gifts/Pins/Medals	\$141,000
Food Stations	\$27,000
Insurance	\$18,000
Medical & Security	\$29,000
Permits/Private Property/Insurance	\$32,000
Start/Finish/Tents/Infrastructure	\$76,000
Sounds/Announcing/Video	\$46,000
Timing/Registration	\$94,000
Main Street Snow	\$54,000
Volunteer Expenses	\$34,000
Signs/Communications	\$16,000
Operations Staff	\$120,000
Other Birkie Week Events	\$14,000
Trail Prep/Final Grooming	\$50,000
Toilets	\$18,000
Miscellaneous	\$77,000
	<b>\$879,000</b>

# American Birkebeiner Skate, Classic and Kortelopet

## Birkie Trail Map

2016 Course Update



### Birkie Trails App



### Get the Birkie Trails App!

We've got an app for that! Have you tried Birkie Trails the official app for the American Birkebeiner Ski Trail? This handy little app will show you the Birkie Trail map, identify your current location on the map, illustrate where you've skied, provide a grooming report, track your time, distance, elevation, and gain! Plus, by using this interactive app you can help us prioritize trail maintenance activities. The app is available for both iPhone and Android phones.



Check out the online store at [www.birkiestore.com](http://www.birkiestore.com)

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# SHOP.



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Official  
Birkie  
Merchandise

# Thursday Thrills!

THURSDAY,  
FEBRUARY 18

- 1:00 p.m. American Birkebeiner Expo
- 1:00 p.m. Barkie Birkie Skijor
- 4:30 p.m. Elite Sprints
- 5:45 p.m. Giant Ski Race

Don't miss out on the thrills and spills on Hayward's Main Street!

**Register now!**

**See [Birkie.com/Ski](http://Birkie.com/Ski) for details!**

## BARKIE BIRKIE SKIJOR



Thursday, February 18  
1:00 p.m. 5K Expert • 1:45 p.m. 3K Sport  
Main Street  
See [Birkie.com/SKI](http://Birkie.com/SKI) to learn more!

Presented by  
**FEED THE MILK**  
Dirty Dog Grooming

## Elite Sprints



The best-of-the-best go head-to-head!

Thursday, February 18  
4:30 p.m. • Main Street  
Don't Miss the Action!

Presented by  
**FITS**  
**MADSHUS**

## GIANT SKI



Thursday, February 18  
5:45 p.m. • Main Street  
6 People + 1 Pair of 25' Skis!

Fun for friends, family & coworkers!

Presented by  
**Hayward Area**  
CHAMBER OF COMMERCE

Register at [Birkie.com/Ski](http://Birkie.com/Ski)

# Birkie Week - Family Friday!

FRIDAY, FEBRUARY 19

**Grab your family and join in the fun!**

**Register now at [Birkie.com/Ski](http://Birkie.com/Ski)**

- 8:30 a.m. Junior Birkie - Mass Start Freestyle
- 9:00 a.m. American Birkebeiner Expo
- 11:00 a.m. Junior Birkie - Team Sprint Relay Races
- 12:30 p.m. Barnebirkie Youth Ski Tour
- 1:15 p.m. Birkie Adaptive Ski Races
- 2:00 p.m. Nikkerbeiner 5K Vintage Ski Tour
- 2:15 p.m. Family Fun Ski 5K

**ALL FRIDAY EVENTS SKI THE INTERNATIONAL BRIDGE AND END ON HAYWARD'S MAIN STREET**



**REGISTER NOW! VISIT [BIRKIE.COM/SKI](http://BIRKIE.COM/SKI) FOR DETAILS!**

# JUNIOR BIRKIE



**Friday, February 19**  
**8:30 a.m. & 11:00 a.m.**  
**Mass Start Freestyle & Team Sprint**  
**Ages 7-19**

Presented by



# BARNEBIRKIE®



Friday, February 19  
12:30 p.m.

1.2K & 3K • Ages 3-11  
Cookies, Cocoa & Medals!

Presented by

**SWISSMISS**  
ConAgra Foods

**JOHNSON**  
BANK

ALL FRIDAY EVENTS SKI THE INTERNATIONAL BRIDGE AND END ON HAYWARD'S MAIN STREET

# FAMILY FUN SKI 5K

Friday, February 19  
2:15 p.m.

Ski the International Bridge and  
Finish on Hayward's Main Street!

**FUN FOR THE ENTIRE FAMILY!**



Presented by

**OUTTHERE**

# Adaptive Ski Events

Friday, February 19  
1:15 p.m.

1.2K & 3K

- Adaptive Standing
- Sit Ski
- Visually Impaired

Finish on Main Street!

# NIKKERBEINER 5K



Vintage Ski Tour  
Friday, February 19  
2:00 p.m.

Presented by

**OUTTHERE**

REGISTER NOW! VISIT [BIRKIE.COM/SKI](http://BIRKIE.COM/SKI) FOR DETAILS!

# PRINCE HAAKON 13K

BE A PART  
OF THE BIRKIE!

Register  
Today!

Saturday, February 20

Skate & Classic

Race Capped at 700 Skiers!

# AMERICAN BIRKEBEINER SKI FOUNDATION - YEAR AT A GLANCE

## Calendar of Events

### 2016

January 1	2016 Birkie Trail Run & Trek Registration Opens
January 17	BirkieTour
February 18-21	43rd Slumberland American Birkebeiner – Birkie Week Events
March 5	45NORTH Fat Bike Birkie, Presented by Freewheel Bike
May 2	2017 Slumberland American Birkebeiner Ski Marathon Registration Opens 2017 Kortelopet Ski Race Registration Opens 2017 Prince Haakon Ski Race Registration Opens 2017 BirkieTour Registration Opens 2017 Fat Bike Birkie Registration Opens
July 30	Lumberjack Run 4.7 Miles Around Lake Hayward
August 6	American Birkebeiner Ski Foundation Annual Meeting
September 6	2017 Birkie Family Fun Week Events Registration Opens
October 1	15th Birkie Trail Run & Trek, Presented by Salomon

### 2017

January 1	2018 Birkie Trail Run & Trek Registration Opens
January 15	BirkieTour
February 23-26	44th Slumberland American Birkebeiner – Birkie Week Events
March 11	45NORTH Fat Bike Birkie, Presented by Freewheel Bike

**BIRKIE**  
**SKI . RUN . BIKE . LIVE!**

**Live the Birkie Lifestyle!**  
**Join us for our year-round schedule of events!**

Dates Subject to Change

## Year Round Fun! Be a Birkie Volunteer!

If you're interested in joining our dedicated corp of volunteers, we have a position for you! From inside to outside, on the trail to the finish line, there are volunteer positions available no matter your preference. Beyond the great feeling you'll receive from giving back, Birkie volunteers come back year after year because of the fun (and the cool gift!)! Most importantly, you'll be appreciated. By the community, by the participants, and especially by the Birkie staff. We simply couldn't do it without you.

**Volunteer opportunities are available for all Birkie events listed above: Sign-up at [www.birkie.com/volunteer](http://www.birkie.com/volunteer)**



## In Celebration of ALL Skiers

Title sponsor of the American Birkebeiner, Slumberland Furniture, is inspired by the perseverance and dedication of all Birkie participants.

To recognize each epic story, Slumberland is providing the following –

### NEW PRIZES FOR BIRKIE 2016!

#### OVERALL AMERICAN WINNERS

Male and Female

Will Each Receive a Premium, Luxury Mattress Set from Slumberland!

#### WIN YOUR WAVE?

#### WIN A PAIR OF PILLOWS!

In Each Wave

1st Overall Male and Female Skate

1st Overall Male and Female Classic

You Receive a Pair of Premium Pillows from Slumberland!

Wave 1	Wave 70	Wave 7
Wave 2	Wave 4	Wave 8
Wave 3	Wave 5	Wave 9
	Wave 6	

### We get it, the Birkie is a lifestyle!

Do your best and then relax and recover.

We're behind you!



Wishing you a great day  
on the trail, from all of us  
at Slumberland.

## Good Morning!

As dawn breaks over the horizon on Birkie morning, here are my tips to help you get out the door for the best race ever!

- Rise & Shine! Stretch & breathe! Don't stress yourself out!
- Drink water – hydration is key!
- Have a hearty carb-filled breakfast – whatever works for you! My go-to is buttered noodles, a hard-boiled egg, a banana, and a PB&J!
- Put on your moisture wicking ski attire (don't forget your hat and gloves).
- Put your race bib on your shirt front.
- Don't forget your estimated allotment of GU gels & NUUN energy drink (keep hydrated and powered up).
- Grab your boots, skis & poles (that you have ready from the night before).
- Double check your start time and bus schedule (allow plenty of time!).
- Stretch & warm-up!
- Embrace the energy of the morning!
- Have fun! You've got this!

Have a great Birkie and we'll see you at the finish line!

  
ABSF Executive Director

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FURNITURE 

# AMERICAN BIRKEBEINER SKI FOUNDATION

## slumberland® **BIRKIE**® SKI . RUN . BIKE . LIVE!

2016 SLUMBERLAND AMERICAN BIRKEBEINER,  
KORTELOPET, AND PRINCE HAAKON

### *Schedule of Events*

#### SATURDAY, FEBRUARY 20, 2016

7:50 a.m.	Birkie - Spirit of 35 Start
7:50 a.m.	Birkie - Inga & Warriors Start
8:00 a.m. to 6:00 p.m.	Birkie Fever Celebration on Celebration Plaza, Downtown Hayward
8:00 a.m.	Birkie - Women's SuperTour Group & Elite Women Skate Start
8:05 a.m.	Birkie - Elite Men & Women Classic Start
8:10 a.m.	Birkie & Korte - Wave 1 Classic Start
8:20 a.m.	Birkie - Men's SuperTour Group & Elite Men Skate Start
8:25 a.m.	Birkie & Korte - Wave 2 Classic Start
8:35 a.m.	Birkie & Korte - Wave 1 Skate Start
8:40 a.m.	Birkie & Korte - Wave 3 Classic Start
8:50 a.m.	Birkie & Korte - Wave 2 Skate Start
8:55 a.m.	Birkie & Korte - Wave 70 Classic & Skate Start
9:05 a.m.	Birkie & Korte - Wave 4 Classic Start
9:10 a.m.	Birkie & Korte - Wave 3 Skate Start
9:15 a.m.	Birkie & Korte - Wave 5 Classic Start
9:20 a.m.	Birkie & Korte - Wave 4 Skate Start
9:25 a.m.	Birkie & Korte - Wave 6 Classic Start
9:30 a.m.	Birkie & Korte - Wave 5 Skate Start
9:35 a.m.	Birkie & Korte - Wave 7 Classic Start
9:40 a.m.	Birkie & Korte - Wave 6 Skate Start
9:45 a.m.	Birkie & Korte - Wave 8 Classic Start
9:50 a.m.	Birkie & Korte - Wave 7 Skate Start
9:55 a.m.	Birkie & Korte - Wave 9 Classic Start
10:00 a.m.	Birkie & Korte - Wave 8 Skate Start
10:05 a.m.	Birkie & Korte - Wave 9 Skate Start
10:15 a.m.	Prince Haakon Skate & Classic Start

#### SUNDAY, FEBRUARY 21, 2016

9:00 a.m. - 2:00 p.m.	On-Snow Ski Demo & Party - "00" Trail Head
2:00 p.m.	Volunteer Appreciation Celebration - The Steakhouse, Hwy 27S, Hayward, WI

*This schedule is subject to change. Please see [www.Birkie.com](http://www.Birkie.com) for updates to the event calendar.*

*A complete Birkie celebration calendar will be included in the final Race Participant Guide.*

# One Weekend - Two Fun Events!



## Seeley Hills CLASSIC

slumberland  
**BIRKIE**  
SKI . RUN . BIKE . LIVE!

## Birkie TOUR

**Saturday, January 16, 2016**

Cross Country Ski Race • 42K Classic & 22K Classic

Seeley, Wisconsin • On the Birkie Trail

Cash prizes to top 3 men & women in 42K!

SeeleyHillsClassic.com

**Sunday, January 17, 2016**

48K, 25K or 12K • Classic or Skate

Pure Fun! Untimed!

Tour the Birkie Trail!

Food Tent! Aid Stations!

Earn Worldloppet Credit!

More at [Birkie.com/SKI](http://Birkie.com/SKI)

Presented by



BRENT CARLSON, MD  
[carlsonmd.com](http://carlsonmd.com)

**REGISTER NOW! VISIT BIRKIE.COM FOR DETAILS!**

## 45NORTH

**LARGEST FAT  
BIKE RACE IN  
THE WORLD!**



**Saturday, March 5, 2016**

**47K & 20K Events!**

*Only Day to Ride the Birkie Trail!*

**Register Today! Space is Limited!**

Learn more at [Birkie.com/Bike](http://Birkie.com/Bike)

Presented by



# Birkie Bites: What's New in 2016

## Family Friday

Everyone skis over the International Bridge and up Main Street! All events start on the lake at Hayward City Beach and finish on Main Street. Parking near the start with shuttle service between the race start and finish. See page 16 for event listings.

## Birkie Wax Cabin

No place to wax your skis? No clue what to do? No problem! We will be providing a space to wax your skis, including benches, basic tools, and expert advice. Join us on Thursday and Friday prior to the race.

## Start Your Race on Time

All participants are assigned a wave and required to start with that wave. Any participant starting in an earlier wave than assigned may be disqualified. If the race jury determines there are circumstances beyond the control of a participant which prevents them from starting at their assigned time, their time will be adjusted to reflect their actual time on the course. If you are late for your wave you will be allowed to start with the next wave of the same technique. No one will be allowed to start after 10:30 a.m.

## Course Changes

Changes have been made to both the Birkie 52K skate and 55K classic ski race courses. Please see the article on page 12 for details.

## Parking update

There will be no race morning bus pick-up at Hayward High School! There will be expanded parking capacity at both the Donnellan Field and Birkie Ridge lots. Operating hours will be extended at the Evergreen Tavern drop-off area (County Highway M).

## Changes to the Wave Timetable

In order to ease some early congestion on the course, an extra five minutes will be added to the gap between classic wave 2 and skate wave 1, and an additional five minutes between classic wave 3 and skate wave 2. There will also be a 10 minute gap between wave 70 and classic wave 4.

## Skiing the Entire Course

Participants must complete the entire course on skis and by their own means of propulsion to receive a finishing time and be eligible for awards. If a participant completes a different course from which they were registered, they will get credit for completing the race, but will not be credited with a time or be eligible for awards.

## Ski Ties

Need a hand at the finish line? All finishers will receive a set of ski ties at the finish to help them organize their gear as they negotiate the Recovery Zone.

## New Birkie Recovery Zone flow

Keep left after the finish line to get your clothing bag in the parking lot at St. Joseph's Catholic Church on 5th Street, change your clothes at the Hayward Intermediate School where there is more space than ever, get your post-race meal across the street in the food tent, and join us on Celebration Plaza!

## Additional Updates

All updates will be posted on Birkie.com, in Carpe Skiem, and in the final Race Participants Guide.



Any skier aged 70 or older who is still tackling the Birkie or Korte deserves a special start position. We think it is high time that this seasoned group of amazing skiers are honored with a wave all of their own.

In 2016, Wave 70 skiers will start right after wave 2 skiers hit the course. With an earlier start time, Wave 70 skiers will have more time on the trail to enjoy the race experience. Of course, if a Wave 70 skier has earned a position in wave 1 or wave 2, they can move up to their earned wave.

Wave 70,  
we salute you!

## Race Change Deadline!

The deadline for requesting the following changes is Friday, January 22, 2016 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

Please call the Birkie office at 715-634-5025 to request the changes noted above. Credit card information will be required.

# BIRKIE® SKI ON-SNOW DEMO SKI + BIKE DEMO

**SUNDAY  
FEB. 21**

**BIRKIE® "00"  
TRAILHEAD**

**9 a.m. to 2 p.m**

**TRY THE NEWEST SKIS, BOOTS, POLES & BIKES  
RIGHT ON THE BIRKIE® TRAIL!**



**SWIX**



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THE AUTHENTIC BIKEING SPORTS BRAND

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**ATOMIC**



**TREK**

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ADVENTURE BY BIKE®

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**START**  
SPIN YOUR EGGS AND YOURSELF



# Birkie Trail Run & Trek

PRESENTED BY salomon

**10.1.16**

- 100K Ultra
- Marathon
- Marathon Relay
- Half Marathon
- 5K Run/Walk
- Nordic Trek

slumberland  
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**REGISTRATION OPENS 1/1/16!**  
[www.Birkie.com/Run](http://www.Birkie.com/Run)



**FITS**



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[carlsonmd.com](http://carlsonmd.com)

**OUTHERE**



**Cabin Stop**  
Discount Liquor  
and Fun Food

# Dr. Brent Carlson

## Orthopedic Surgeon & Birkie Skier

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



### Surgical Expertise includes:

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



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# CROSS COUNTRY SKIER

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TRAILS



COMPETITION



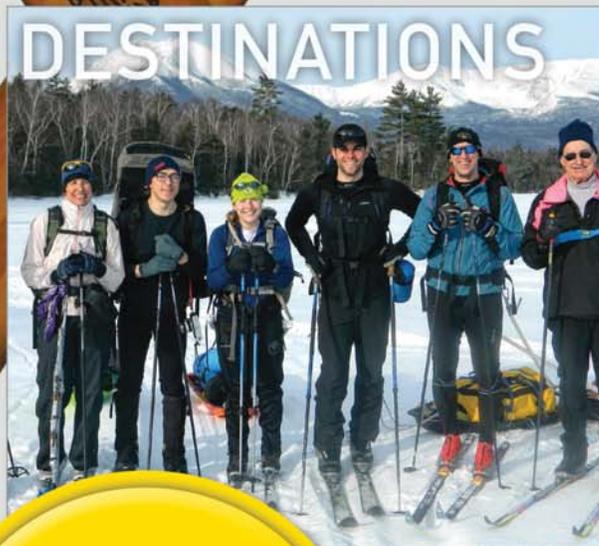
EVENTS



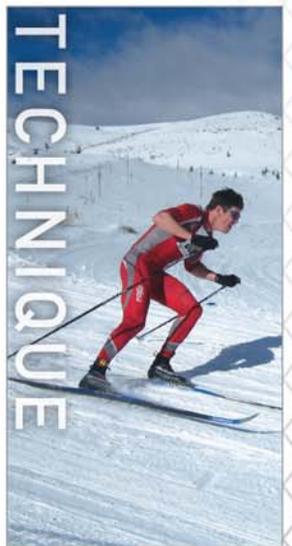
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# Meet the Birkie Ambassadors!

We're thrilled to introduce the 2016 Birkie Ambassadors. These incredible athletes live the Birkie lifestyle every day and are inspiring others to do the same. Here's what they have to say about being a Birkie Ambassador.

## ANNIE HART Stillwater, MN

- SMS T2 Professional Ski Team, Stratton, VT
- U.S. National Elite Training Group
- 2015 U23 World Championship Classic Sprint – 24th Place
- 2015 U.S. Nationals Classic Sprint – 4th Place
- 2013 U.S. Nationals Skate Sprint – 5th Place
- 2010 & 2012 – U.S. National Junior Classic 5K Champion
- 2010 to 2015 – 5 Time U.S. World Junior/U23 Team Qualifier
- 2011 to 2014 – 5 Time All-American Skier – Dartmouth College



*"Being a Birkie Ambassador means representing this amazing race, organization, and community - and everything this race, organization and community believe in, strive for, and act on - to the rest of the skiing community, and world. I'm honored to be given the opportunity to take on this big task!"*

## BRIAN GREGG Minneapolis, MN

- 2014 Olympian
- American Birkebeiner Podium Finisher '12
- Super Tour Distance Champion '14, '11, '10
- NCAA All-American Skiing
- 9 Popular Marathon Victories
- 5 Super Tour Victories
- 1 NorAm Victory



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

*"Being a Birkie Ambassador means being an ambassador of that lifestyle. Although the Birkie is once a year, the lifestyle is every day. This is something that I hope to do whether I am training with Birchleggers or first-time skiers."*

## CAITLIN (COMPTON) GREGG Minneapolis, MN

- 2015 FIS World Championship Medalist (10km Freestyle)
- 2010 Olympian
- American Birkebeiner Champion '14, '13, '11
- 3x World Championship Competitor
- 6x National Champion
- NCAA All-American Skiing and Running
- 27 Super Tour Victories
- 2 NorAm Victories



*"I love the lifestyle that surrounds the Birkie. To me being a Birkie Ambassador means being an ambassador of that lifestyle. Although the Birkie is once a year, the lifestyle is every day. This is something that I hope to do whether I am training with Birchleggers or first-time skiers."*

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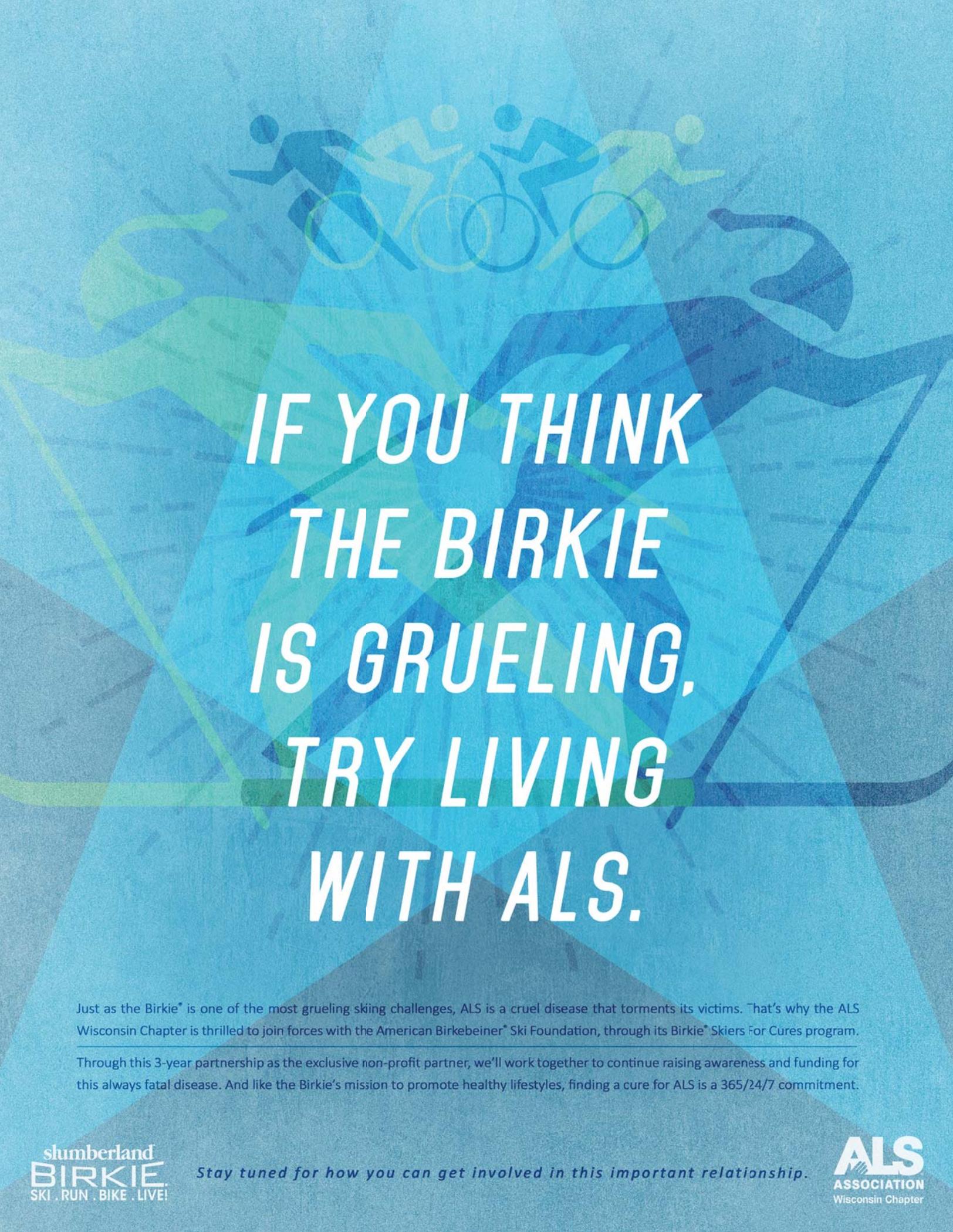
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retail store please contact  
[crystal@skitrax.com](mailto:crystal@skitrax.com)





*IF YOU THINK  
THE BIRKIE  
IS GRUELING,  
TRY LIVING  
WITH ALS.*

Just as the Birkie® is one of the most grueling skiing challenges, ALS is a cruel disease that torments its victims. That's why the ALS Wisconsin Chapter is thrilled to join forces with the American Birkebeiner® Ski Foundation, through its Birkie® Skiers For Cures program.

Through this 3-year partnership as the exclusive non-profit partner, we'll work together to continue raising awareness and funding for this always fatal disease. And like the Birkie's mission to promote healthy lifestyles, finding a cure for ALS is a 365/24/7 commitment.

# “Hope is the Only Thing Stronger Than Fear”

The American Birkebeiner® Ski Foundation, through its “Birkie® Skiers For Cures” program, is proud to enter into a three-year partnership with the ALS Association-Wisconsin Chapter. Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig’s Disease, is a motor neuron disease that remains fatal in 100% of all cases – with no known cause, no effective treatment and no cure. To put it bluntly, it’s a death sentence that can strike anyone, at any time. The partnership aims to raise awareness about this cruel disease and funding for research toward a cure.

Multiple-time American Birkebeiner ski racer John Jaeckel was diagnosed with ALS in 2010. This is his story:



Seventeen times, from 1983 through 2010, John Jaeckel competed in the 50-kilometer American Birkebeiner ski race. He completed the grueling challenge each time, as well as three marathons, 20 half marathons and many other ski and bike races.

But since 2010, the former teacher and track/football coach has been tackling a different opponent – ALS. And like all those challenges before, he’s remained determined to fight this one with all he’s got.

Not long after recovering from a life-threatening subarachnoid hemorrhage in 2009, John began experiencing muscle loss in his upper body. “Is this really what life after 50 is like?” he wondered.

After an EMG test and a follow-up with a second specialist, an ALS diagnosis was confirmed. “We were told to get our things in order and enjoy life as much as we could,” John says. “While my daughter, Sara, and I were initially ready to spend the rest of my time crying on the couch and eating Doritos®, my wife, Deanna, said something that would impact the rest of our lives: We will NOT waste today worrying about tomorrow.”

While John could no longer compete in the races he loved, it didn’t completely slow him down. He made traveling a priority, visiting such places as Yellowstone, the Grand Canyon, Hawaii and Mexico, as well as Jamaica, where he walked his daughter down the aisle for her beach wedding in 2014.

John also became a staunch ALS advocate, traveling to Washington D.C. to speak with State Representatives about ALS issues and participating in many Wisconsin ALS Association events.

Today, the advanced stages of the disease now require him to be helped with such simple tasks as buttoning his pants, needing a walker or wheelchair to get around, and a machine to help breathe at night, but John still clings to positive thoughts.

“Each day that I wake up and fight is one day closer to finding a cause and a cure,” he says. “I must rely on hope, because that is something ALS cannot take from me unless I let it.”

“Hope is the only thing stronger than fear,” he adds.

And hope is what’s driving the strong new partnership between the American Birkebeiner® Ski Foundation and the Wisconsin Chapter of the ALS Association.

Hope that a cure, like the finish line of the Birkie® itself, is within sight for those willing to work hard enough to reach it.

- **ALS is always fatal, with no known cause, no effective treatment and no cure**
- **One by one, it robs victims of the use of their hands, arms, legs, feet, and the ability to talk, swallow and breathe**
- **Someone new is diagnosed with ALS every 90 seconds**
- **More than 5,600 people in the U.S. will be diagnosed with ALS this year**
- **More than 400 Wisconsin patients are currently battling ALS**
- **It commonly affects people between ages 40-70, but can strike anyone, anytime**



Details on how you can join the American Birkebeiner® Ski Foundation in the fight against ALS are in development. In the meantime, visit [vsals.org](http://vsals.org) to learn more ways to become involved.

# Quick Training Tips to Prepare for Birkie 2016

—By Caitlin Gregg

*Caitlin is a Birkie Ambassador, 3x American Birkebeiner Champion - 2011, 2013 and 2014. She missed the 2015 Birkie to win a medal at the 2015 World Championships in Falun, SWE.*

## Find a Training Partner

Training with a partner can be a lot of fun. This is a great way to connect with new and old friends. Set training times together to help both of you stay accountable and make sure that you get out the door. Pushing each other in your workouts can be great, but “trail heading” is fine too. Trail heading is when you meet at the trailhead together, but perhaps train on different routes or at different paces. You can still meet up at the end of the workout.

## Share Your Goals

Make sure your friends and training partners know your goals. Saying them out loud and writing them down makes them real. Most likely your friends can play a role in helping you reach your goals. It can be a bit scary to share your goals with others but it also adds a little fun and excitement. Who knows maybe you can help your friends reach their goals too.

## Add Variety

Easy days, hard days, short days, long days, low volume weeks, big volume weeks, rest weeks and hard weeks give yourself plenty of variety in your training. Many skiers like to have their training all planned out; others go by feel and the weather. Whatever your style make sure that your training differs from day to day and week to week.

## Recovery

Get the most out of your training with good recovery. Consume some protein within 20 minutes of finishing your workout. Can you change in to dry clothes after your workout? When is the last time you washed your hands? Can you add some stretching or rolling into your everyday routine or downtime? Remember, it is when we recover from the stresses we put on our body that we become fitter.



*Birkie Ambassadors, Brian & Caitlin, in Switzerland.*

## The Birkie Countdown

### 7 Days Until the Birkie: Training, Nutrition, Hydration

—By Brian Gregg

*Brian is a Birkie Ambassador, 2014 Olympian and has finished as high as 3rd in the American Birkebeiner. He races for Team Gregg/Madshus and lives in Minneapolis, MN.*

With a week to go until race day there isn't much that you can do to improve your fitness and become stronger, fitter and faster. That being said there is a fair amount you can still do to avoid a rough one on race day. Here are some tips on how to maximize your pre-race week preparation.

## Training

Rest is your friend leading up to race day. It may be tempting to take advantage of the fitness you have gained by training

diligently and to go hammer around with your buddies, but, a smarter option is cutting your training volume and intensity, as much as 50 percent. I still aim for the same number of training sessions, but most all of them are real short. Remember that if you still have a bunch of energy left after Saturday you can get out and ski on Sunday.

## Nutrition

Now isn't the time to make any big changes in your diet. Stick with what your body is used to and go for that new exotic dish on Sunday after the race. It may be tempting to carbo load or eat extra leading up to race week. It is important to reach the start line with a full tank of fuel, but, remember you are dropping your training load during race week so just by eating nor-

mally you will be consuming plenty of calories. Have you been thinking about what kind of fuel you will be consuming during the race? Will you be relying on the aid stations or carrying your own snacks? Practice consuming these snacks during your regular workouts to confirm that they work well for you during the race.

## Hydration

It is easy to remember to hydrate during the hot and sweaty days of summer, but, dry cold winter days can also take a lot of moisture from your body. Sip small amounts of water throughout the day to stay hydrated. Also, remember to drink plenty along the race course. Personally, I prefer to train with the same sports drink I will consume during the race.

# World Class Events – World Class Volunteers!

Every year, thousands of volunteers come together in support of Birkie events. This group of dedicated souls have an amazing case of Birkie Fever! From aid stations to bib-pick-up, to food tents, the finish line, and so much more, we simply could not do it without our incredible volunteers! So, next time you see one of the wonderful Birkie volunteers, please remember that they are the lifeblood of the events - and, if you appreciate all they do for you, please thank them. It is through their ongoing enthusiasm, selflessness, and their pride in their communities that the “greatest show on snow” happens every year. A thousand thanks to our spectacular Birkie Volunteers!



## Hail to the Chiefs!

Birkie Chiefs are uber volunteers who lead large groups of dedicated volunteers to make sure that event participants have an amazing experience. The Birkie Chiefs are the backbone of the volunteer corp and we couldn't produce the Birkie spectacle without them. So, here's a shout out to this group of fabulous volunteers (see a listing of this year's Birkie Chief roster on page 4).



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# Keeping the “Kid” in Skiing

—Annie Hart, Birkie Ambassador & Professional Cross-Country Skier

Last January following the BirkieTour, I had the great opportunity of working with the “Arctic Foxes,” a subgroup of the Hayward Nordic Kids. After a jam-packed 90 minutes, two images stuck in my mind:

I watched one girl take a tumble down a 3% grade for the umpteenth time, I was getting a little worried about her resiliency. She looked up at me with her glasses smashed into her face, hands covered in snow and skis going every which way. I asked her if she was okay. She totally ignored my question and responded, “But did you see how fast I was going?!”

Going down the hill might have been the biggest challenge for the Arctic Foxes. Snow plowing was a foreign concept, and the tendency was to bend at the waist and just shoot the skis straight down the hill. This led to a lot of falls. Perhaps the most epic fall came from a boy who lost his ski, and boot, when he hit the snow. After one second of confusion, he simply started marching back up the hill to retrieve his ski and boot, one ski and one wool green sock covered foot at a time.



The biggest question facing cross country skiing is how to turn kid skiers into teenage skiers, and those teenage skiers into adult skiers. A big focus of my time as a professional skier continues to be determining the best ways to encourage kids to keep skiing, and how to develop the skills in and foster a love for cross country skiing.

And, I think the answer is simple. We need to keep the “kid” in skiing.

These stories provide perfect examples of kids who weren't afraid to fail, and who

didn't confuse falling with failing. These kids will keep on taking gravity-assisted steps towards success as long as fear doesn't creep into a risk calculation. As a professional racer, I've had my best days when I've had my most kid-like mindset.

Our job as ambassadors is to keep kids in the mindset *they already have*. To provide an infrastructure that allows them to test boundaries and take risks. To be there when a fall becomes one too many, and encourage them to get up and keep trying.

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JAN. 20	Spam Cup #3 - Freestyle Dist.
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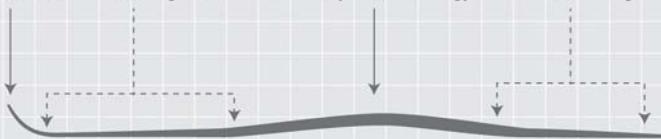
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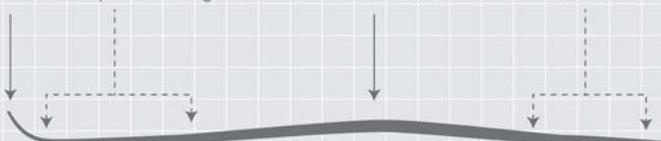
### GREAT SKI

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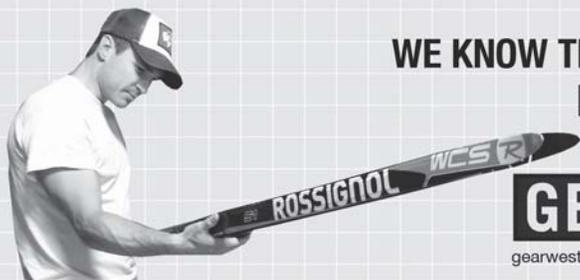
### POOR SKI

<b>STIFF TIP</b> plows in soft or loose snow	<b>SHORT GLIDE ZONE</b> unstable and poor climbing ski	<b>RIDGID CAMBER</b> ski feels dead	<b>ACUTE PRESSURE DISTRIBUTION IN TAIL</b> ski sticks when climbing
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- 11 food and medical stations
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- 5,000 bananas
- 5,000 cups of hot chocolate
- 600 gallons of soup
- 5,000 gallons of water
- 5,000 gallons of sport drink
- 98,000 cups
- 42,000 cookies
- 190 portable toilets
- 57+ miles of snow-covered forest trails
- 30' wide groomed trail/course
- 60 buses to give over 12,500 rides
- 16 tents and 800 gallons of propane to heat them
- 200 medical support personnel
- 4,000 medals
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 03.09.16	MERINO MUSTER	42 Km Free	NZL	 18.02.17	GATINEAU LOPPET	51 Km Free	CAN
 04.01.17	VASALOPPET CHINA	50 Km Classic	CHN	 19.02.17	GATINEAU LOPPET	51 Km Classic	CAN
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 22.01.17	DOLOMITENLAUF	60 Km Classic	AUT	 25.02.17	AMERICAN BIRKEBEINER	52 Km Free	USA
 29.01.17	MARCIALONGA	70 Km Classic	ITA	 26.02.17	TARTU MARATON	63 Km Classic	EST
 04.02.17	FINLANDIA- HIIHTO	50 Km Classic	FIN	 04.03.17	BIEG PIASTOW	54 Km Classic	POL
 04.02.17	KÖNIG LUDWIG LAUF	50 Km Free	GER	 04.03.17	DEMINO SKI MARATHON	50 Km Free	RUS
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- Time: 7:00 a.m. – 4:00 p.m.
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