

KARITRAA



SKI DE SHE

PARTICIPANT GUIDE

AMERICAN BIRKEBEINER TRAILHEAD | CABLE, WI

SATURDAY, JANUARY 18

2025

slumberland

BIRKIE

Ski. Run. Bike. Live!

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RACE WITH CONFIDENCE

Welcome to Ski de She! With many distances and techniques to choose from, expand your skills and build race confidence in an encouraging, yet competitive environment! Whether you are new to racing, or a seasoned competitor, the race course around Mt. Telemark is the perfect venue for your race! After your race, get to know your new friends by the fire with post-race fuel and the Tattersall happy hour!

REGISTRATION

Know anyone who still needs to register?
It's not too late!

[REGISTER HERE!](#)

Race (Any Distance)	\$95
Race - 18 & under (Any Distance)	\$50

All participants must be 13 years of age or older **on race day** to register for the 20k or 30k!

**Note: All participants must pre-register before the race!
No on-site registration available.**

RACE * SCHEDULE

Time	Action
8:00-12:30 pm	Bib Pick-up
8:00-2:00 pm	Birkie Store & Ski de She Expo Open!
9:00 am	Backroads 20k Classic Start
10:15 am	Riverbrook 10k Freestyle & 5k Freestyle Start
11:00 am	Gear West 30k Skate Start
11:00-2:30 pm	After Party!
11:30 am	20k Awards Ceremony
11:45 am	10k & 5k Awards Ceremony
1:00 pm	30k Awards Ceremony
2:30 pm	Race Cut-off

All good things must come to an end!

We ask that all race-only participants leave the Derksen Family Great Hall by **3:00 pm** so camp activities can resume.

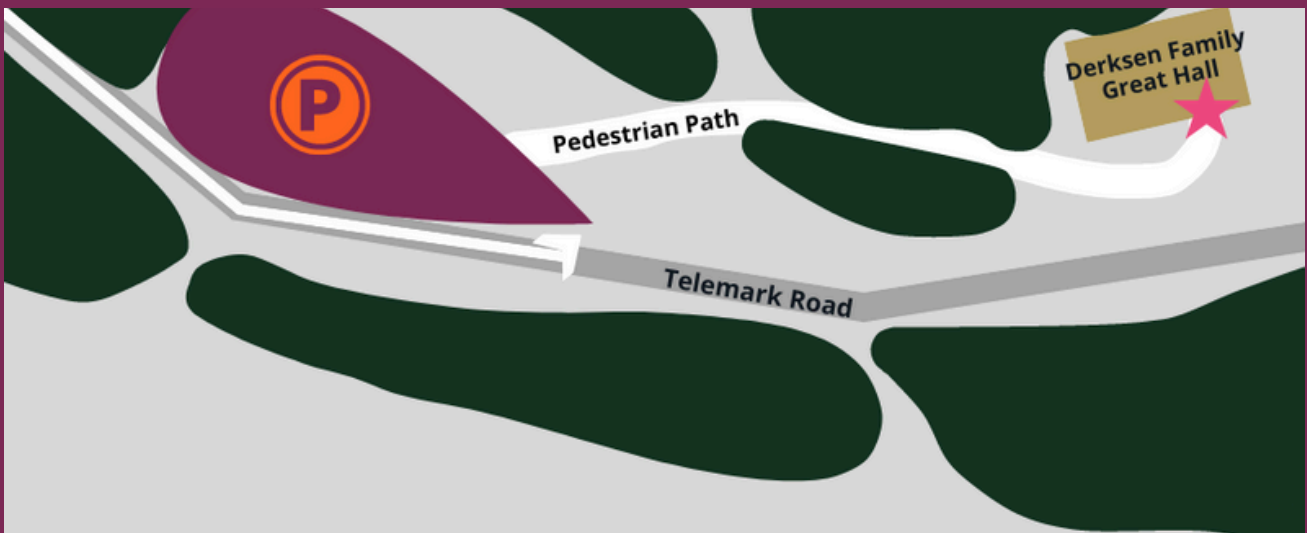
Thank you for a great day of racing!

GETTING THERE

Check in for Ski de She outside of the Derksen Great Hall at **American Birkebeiner Trailhead**, Cable, Wisconsin.

Address: **42010 Telemark Rd, Cable, WI 54821**

Arrive at the start from Telemark Rd. Take Hwy M east from Cable for 2 miles, then take a right (south) on Telemark Rd. and follow the signs to parking and/or check-in.



VENUE MAP



BIB PICK-UP

American Birkebeiner Trailhead -
Tent outside Derksen Family Great Hall

8:00 am - 11:00 am

PARTICIPANT SWAG

At bib pick-up, participants will receive their race bib, floral race tote, and beverage ticket!



BACKROADS COFFEE



Get revved up for your race with the best coffee in the north woods. Backroads Coffee will be at bib pick-up on Saturday morning to warm you up. Grab a cup to-go with your Ski de She swag!

BIRKIE STORE

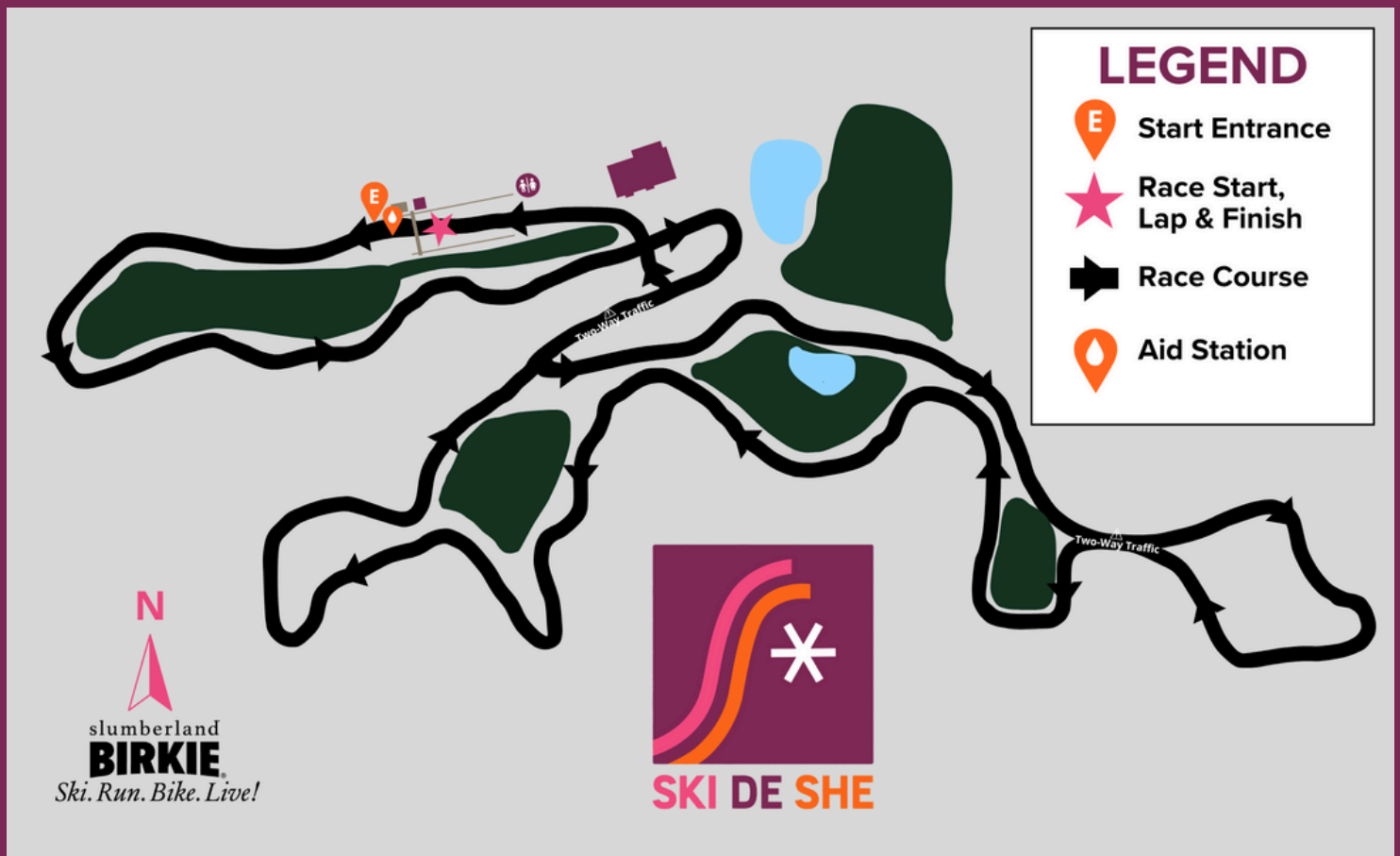
Derksen Family Great Hall

8:00 am - 2:30 pm

Commemorate your race at Ski de She by shopping at the Birkie Store during bib pick-up or the post-race party! Treat yourself - you've earned it!



20K & 30K COURSE MAP



Note: please enter start corral beyond the Derksen Family Timing Building!

COURSE MARKINGS

The race courses will be marked by orange signs with purple arrows. There will also be signage indicating the lap and finish decision for all race participants.

Be alert, follow the correct signage, and have fun!



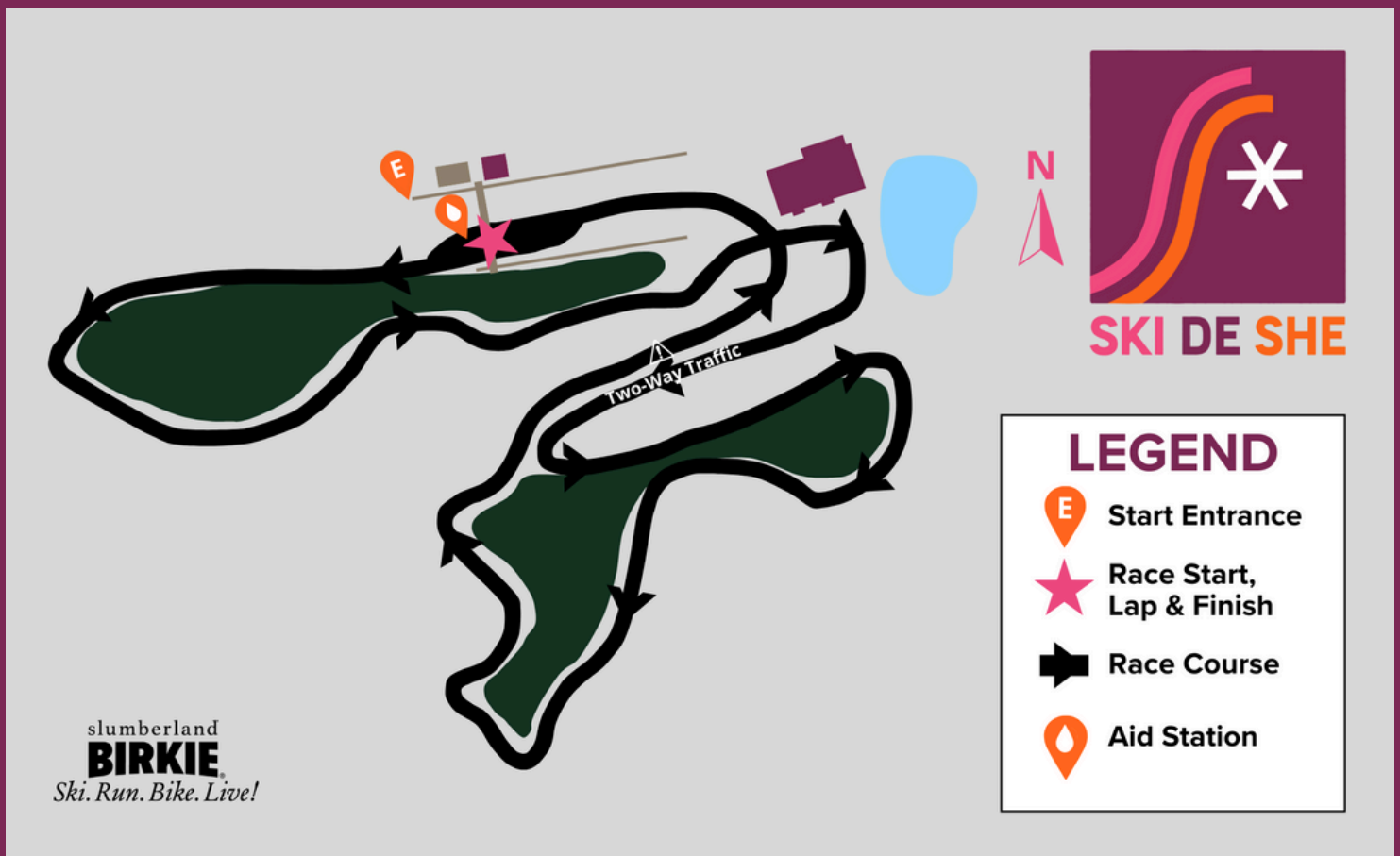
20K & 30K COURSE DESCRIPTION

Those skiing the 20k Classic race will complete 4, 5k laps. Those registered for the 30k Skate race will complete 6, 5k laps. These race distances are subject to change depending on conditions.

The Ski de She races will be hosted on a rolling 5k course, all on man-made snow, with 120m of climbing per lap, including one significant climb. All races will start at the American Birkebeiner Trailhead under the start arch. Skiers will begin on a short section of the Birkie Skate trail and turn left onto the Tormondson Family Snowmaking Trails. Skiers will be utilizing those core snowmaking and competition trails – over the Tunnel, through the Competition Stadium, and loop out through Telehenge from there. On the return, skiers will complete the staples we know and love: the Deck loop, Elevator Shaft, World Cup climb, Carousel turn, and will head back to the Competition Stadium on the Birkie Roller. Once down the hill, skiers will finish through the Tunnel and back to the Birkie start to lap and/or finish.

Have fun, be careful & courteous, enjoy!

10K & 5K COURSE MAP



Note: please enter start corral beyond the Derksen Family Timing Building!

COURSE MARKINGS

The race courses will be marked by orange signs with purple arrows. There will also be signage indicating the lap and finish decision for all race participants.

Be alert, follow the correct signage, and have fun!



10K & 5K COURSE DESCRIPTION

Those skiing the 10k Freestyle race will complete 4, 2.5k laps. Those registered for the 5k Freestyle race will complete 2, 2.5k laps. These race distances are subject to change depending on conditions.

All races will start at the American Birkebeiner Trailhead under the start arch. Skiers will begin on a short section of the Birkie Skate trail and turn left onto the Tormondson Family Snowmaking Trails. Skiers will be utilizing those core snowmaking and competition trails – over the Tunnel, through the Competition Stadium, and onto Two Step from there. On the return, skiers will complete the staples we know and love: a portion of Mt. Bauer, the Carousel turn, and will head back to the Competition Stadium on the Birkie Roller. Once down the hill, skiers will finish through the Tunnel and back to the Birkie start to lap and/or finish.

Have fun, be careful & courteous, enjoy!

AID STATIONS

The aid station for the 10/20/30K races is located in the start area. It will be supplied with:

- **Nourishment** - water, sandwich cookies, & bananas. On-course energy is sponsored by UnTapped: Mapleaid hydration, energy gels, & waffles.
- **Birkie Green** - consider going green and carrying your own hydration vessel!

Finish Line - enjoy water, UnTapped Mapleaid hydration, bananas, and additional snacks to recover! Head inside the tent for after race snacks.

Backroads 20k Classic Aid Stations		
Location	Distance from Start	Cut-off Time
Start	0k	9:00 am
Laps (1-3)	5k, 10k, 15k	--
Finish	20k	2:30 pm

Riverbrook 10k Freestyle Aid Station		
Location	Distance from Start	Cut-off Time
Start	0k	10:15 am
Laps (1-3)	2.5k, 5k, 7.5k	--
Finish	10k	2:30 pm

Gear West 30k Skate Aid Stations		
Location	Distance from Start	Cut-off Time
Start	0k	11:00 am
Laps (1-5)	5k, 10k, 15k, 20k, 25k	--
Finish	30k	2:30 pm

Note: final race distances are subject to changes depending on course and conditions.

SKI DE SHE AFTER PARTY!



**Derksen Family Great Hall
11:00 am - 2:30 pm**

After your race, enjoy post-race snacks and a beverage inside the Derksen Family Great Hall or outside by the fire, cheering on the rest of your friends as they complete their race!

SNACKS:

Water
UnTapped Mapleaid
Cookies
Granola Bars
Trail mix
String cheese
Fruit



TATTERSALL

distilling

HAPPY HOUR

Celebrate your race with a beverage from our proud race partner, Tattersall Distillery!

N/A options will also be available. Cheers!

AWARDS & RESULTS

[LIVE Results Here](#)

AWARDS SCHEDULE

11:30 am	20k Overall & Age Group Awards
11:45 am	10k & 5k Overall & Age Group Awards
1:00 pm	30k Overall & Age Group Awards

Award ceremonies for overall and age-group event champions will be awarded at the podium inside of the Derksen Family Great Hall.

Note: you must be present to receive your award!

CARRIE TOLLEFSON

Joining us for the awards ceremonies is elite runner and Olympian, Carrie Tollefson! You will not want to miss her inspirational story and presentation of awards!



30K AWARDS

Overall Awards:

- Top 5 finishers receive a cash prize. The top 3 finishers receive a podium award, and flowers.

Cash Prizes:

- 1st Place - \$1,000
- 2nd Place - \$750
- 3rd Place - \$500
- 4th Place - \$250
- 5th Place - \$150

Age-Class Awards:

- Top 3 finishers - 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



20K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 17 and under, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



10K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 13-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



5K AWARDS

Overall Awards:

- Top 3 finishers receive a podium award and flowers.

Age-Class Awards:

- Top 3 finishers - 12 and under, 13-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70+ will receive a medal.



SKI DE SHE

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