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PRE-RACE 2015



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2015 Poster Design by Christopher Schmidt

Photos by: Mark Milford, Brett Morgan,
Kelly Randolph, Darlene Prois and Sally Krueger

BIRKIE® STORE PREVIEW



See a sample of Birkie®
merchandise on pg. 25 of this issue

Take advantage of early buying before February's
big event, as some items are limited in quantity.

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Greetings to Skiers and Friends of the Birkie

As winter begins to emerge from its summer slumber, so too does the excitement for a great winter of skiing culminating with the 2015 Birkie. While last year's weather event caused its own set of problems (never thought I'd ask Mother Nature to STOP snowing), it exposed areas we needed to improve so the Birkie experience can be even better. While Birkie 2015 will have all of its usual splendor and excitement, it has many new improvements that I really believe will make it even better.

With enhancements to areas like busing, parking and wave loading, we think the journey to the start will be much improved. We were able to work with the timing contractor and have made it possible to get a 105 foot start scaffold right at the start line. This will make it possible to have a "start wire" for chip timing, alleviating the stress of missing a start...whew! By adjusting the Korte finish to wind up adjacent to the start line, it will be a smoother, quicker access to skier clothing bags, as well as infrastructure that is already in place for the start. We are working with cell phone providers to create better service for communication (including text alerts) with the municipalities to ensure the best road preparation, and perhaps most exciting, a project to reduce congestion at the Birkie Finish.

The 2015 Birkie is bringing back the "International Bridge" made famous by Tony Wise back in the '70's. This new ski bridge will span Hwy 63 allowing traffic to flow (no detour on race day!) and provide access to a whole new set of facilities for the skiers at the finish, including additional space for skier bags and a warm indoor space for changing and food. This undertaking is part of our "Honoring the Legacy, Ensuring the Future" fundraising campaign we just launched to guarantee the Birkie is still inspiring a lifestyle for years to come! Read more about the campaign in the center of this issue.

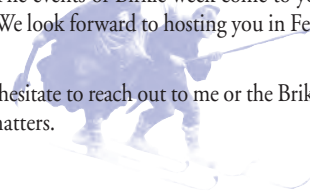
It doesn't end there. We moved the Jr. Birkie to downtown Hayward giving the next generation of racers a chance to ski Main Street, and pushed the Barnebirkie to Friday affording additional kids the opportunity to attend. Sunday brings one of the nation's largest ski demos, as well as programs like Fast & Female for the kids, and if you are looking for a chance to get some "Birkie practice," make sure you join us for the Birkie Tour on January 18th. This year we have partnered with the Seeley Hills Classic to create a full weekend of skiing on the Birkie Trail.

The Cable-Hayward area is committed to bringing you a world class event that meets all your expectations and provides a challenge that fuels you through a year of training! The events of Birkie week come to you via a dedicated staff, board of directors, volunteers and community. We look forward to hosting you in February 2015!

I want everyone to 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.

See you in the Northwoods out on the trails!

Ben Popp, Executive Director



2015 race chiefs/staff

Executive Director Ben Popp	#1B&K: Powerline Scott & Stacey McKinney
Director of Race Operations Shellie Milford	#2B&K: Timber Trail Jed & Jane Malischke
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Development Director Amy Rowley	#3B: Seeley Fire Tower J.B. Ellis
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Adaptive Ski Jim Crandall	Junior Birkie Bruce Manske
Awards Linda Steavenson	Kortelopet Finish Area James Bolen
5/10K Family Fun Ski Race	Lost/Found Dee Taylor
Baggage Birkie Paul Eckerline, Brian Sengbusch	Medals Birkie Chuck Aubart
Baggage Korte Jim Hughes	Medals Korte Lisa & John Hawkins
Barkie Birkie Connie Meek	Medical Director Dayle Quigley
Barnebirkie Bean and Joe Timmerman	Medical Eric Nilson
Barnebirkie Finish Colleen Graham, Jane Mandli	Parking TJ Edwards
Barnie Ski Games Jim Crandall, Carol Fitzgerald	Police Hayward Joel Clapero, Craig Faulstich
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birkie®briefs



BIRKIE BOARD OF DIRECTORS

The 2014 ABSF Annual Meeting took place at the OO Birkie Trailhead under the blue Birkie pop-up tents. The Annual Meeting day focused on area silent sports opportunities with a road ride, run on the Birkie Trail and it was a fun and full day of activities, culminating in a delicious meal, games, meeting and conversation.

There were five Board positions up for election. Newly elected were Charlie Dee and Mike Mandli. Incumbents elected were John Garrett, John Kotar and Dennis Kruse. Additional Board members are Tom Duffy (representing Sawyer County), Jan Guenther, Yuriy Gusev, John Leighton, Brett Rondeau (representing Bayfield County), Sue Scheer and Joe Timmerman.



RACE CHANGE DEADLINE. The deadline for changing from the Birkie to the Korte or Korte to Birkie, is **Friday, January 30th at 4 p.m.** Change requests must be made by phone by calling 715-634-5025. Credit card number will be required for the appropriate change fee.

Please keep in mind that, because most of the Birkie and Korte waves will be closed, it will most likely not be possible to honor technique or qualifying race change requests. Please visit www.birkie.com for updated information on wave closures. ALSO, closure updates will be sent out in the monthly Carpe Skiem email and in Birkie Alert emails sent out when waves close.



START LINE NEWS FLASH! The start line timing wire returns!! This year there will be a start timing wire VERY NEAR the start line in an overhead structure. Your official time will start when you cross the start timing wire. If you miss your start wave and start later, you will still receive a start time.

However, it is important that you plan to be at the start line for your wave start in order to maximize the efficiency and ease of skiing for every participant. Also, any skier in the Birkie or Kortelopet race starting ahead of his or her assigned wave will be disqualified and not receive a finish time or credit for completing the race.



FOOD STATIONS. There will be water and NUUN Energy Drink at every food station. Bananas, oranges and GU will be available at various food stations along the course. We recommend that you also carry your own energy products during the race. Finish line food stations will serve soup, rolls and bananas.



YOUR BIB IS YOURS ALONE!! For many reasons, we do not allow you to give your bib to someone else to wear for the race. Allowing someone else to ski in your bib will result in age class and overall standing discrepancies which might deprive an age class winner of his or her award. Also, for safety reasons, we must be able to identify a skier should there be a problem on the course. Should you give your bib to someone else to use, the skier and finish time will be disqualified and both you and the person using your bib will be required to pay \$150 before entering another Birkebeiner event. Thank you for respecting this regulation.



CUT-OFF LOCATIONS AND TIMES. Cut-off times for skiers reaching designated points on the trail have been established to ensure that adequate skier support and medical assistance is available as well as skiers having enough daylight to finish the event. Skiers who do not reach the following points by the cut-off times will be required to leave the course and will not receive a finish time. The following cut-off times will be strictly enforced:

- 1:45 p.m., "OO" crossing (22.8K Birkie Skate, 26.2 K Birkie Classic)
- 2:00 p.m., Telemark Trails Food Station (16.3K Kortelopet)
- 4:00 p.m., Mosquito Brook Road Food Station (38.1K Birkie Skate, 42.1 Birkie Classic)
- 4:45 p.m., Hatchery Park Food Station (replaces Hwy 77 Food Station, 43.3K Birkie Skate, 47.3K Birkie Classic)
- 5:00 p.m. Hwy 77 crossing (44.3K Birkie Skate, 48.3K Birkie Classic)



2015 BUSING. Following is **NEW** busing information...lots of changes, so please read carefully!

- You may park or be dropped off at the Hayward High School parking lot from 5:45 until 6:15 a.m. on race morning. Buses will return to the lot from the finish.
- You may park at Donnellan Field on Railroad Street just south of Hwy 27 from 5:45 until 6:30 a.m. No return buses. (Located 6 blocks from the finish line)
- **NEW** this year! If you are northbound on Hwy 63, you will be directed to turn right into the Birkie Ridge Trailhead area for parking starting at 6 a.m. until the lot is full or 9 a.m., whichever comes first. The Birkie Ridge Trailhead lot is 2 miles north of Seeley. When the lot is full you will be directed to continue north to the COMO parking area. Buses will return to these parking areas from the finish.

• **ALSO NEW** this year! If you are southbound on Hwy 63 approaching Cable, you will be directed to turn right on to Cable Sunset Road where you will drive for 1 mile to Short Rd. You will turn left on Short Road and drive to the entrance of the COMO parking area.

• **ALSO NEW!! The Telemark Road parking area (just south of County Road M on Telemark Road) will no longer be utilized for parking.** All traffic approaching Cable from the east will be directed to Hwy 63 and straight across to Cable Sunset Road and to Short Road. You will turn left on Short Road and drive to the entrance of the COMO parking area.

• **SKIER DROP OFF WILL REMAIN AT THE CABLE BUSINESS PARK, .25 MILE SOUTH OF M ON HWY 63. PLEASE KEEP IN MIND THAT THERE WILL BE NO ACCESS TO COMO PARKING FROM HWY 63.**



USADA WILL BE HERE TO DRUG TEST.

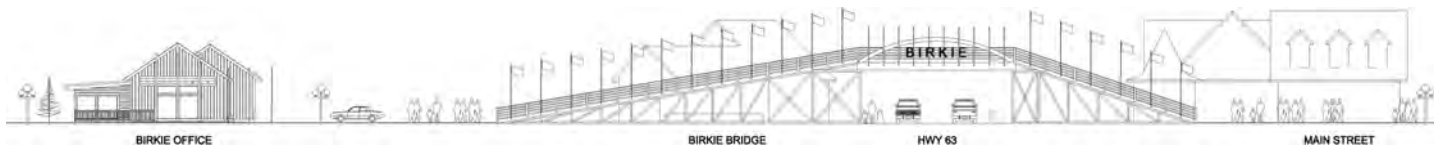
For the second year in a row, the USADA (United States Anti Doping Administration) will conduct tests for performance enhancing drugs of winners of the Birkie. The top 6 male and female finishers will be tested as well as 2 additional top finishers randomly selected. "The American Birkebeiner Ski Foundation is committed to supporting efforts to encourage athletes to ski drug free at all levels of competition. We also actively support youth skiing and know that elite athletes are role models for them," says Ben Popp, Executive Director.



THE BIRKIE OFFICE is being expanded and remodeled and we look forward to returning to a beautiful, efficient and inviting environment in April of 2015. In the meantime, we are in a temporary office at 10636 Hayward Court, Unit 4, on Hwy 77, just east of Hwy 63. Our mailing address remains the same at PO Box 911, Hayward, WI, 54843, and phone 715-634-5025.



Birkie Bridge to be Installed



—by Mark Parman

Birkie skiers will face one more hill this February – a 17-foot vertical climb up and over a temporary bridge spanning Highway 63 as the course finishes up on Main Street Hayward.

The wooden bridge, to be constructed by Trussworks in Hayward, will alleviate the traffic snarl the race causes by detouring the highway through town and around the Main Street finish. According to American Birkebeiner Ski Foundation executive director, Ben Popp, it took him two hours last year to detour through town on race day, and he was told traffic was stopped a mile and a half south of downtown Hayward on Highway 63.

“There’s definitely a big push by the city, Sawyer County and the Wisconsin DOT to get this bridge done,” said Terry Penman, of Penman Design, the architect who drew up the plans for the bridge. “Last year was a real issue with traffic.”

In order to ease traffic congestion, the ABSF will incorporate several new measures in this year’s Birkebeiner. Besides the bridge, expect new parking lots, more skier drop-off sites and more buses to improve the traffic flow.

The bridge will be designed and constructed in two phases. “The first bridge is a temporary test bridge,” said Penman, a local skier from Seeley, WI. “We want to see how it

works.” This first bridge will span 40 feet over two lanes of highway traffic.

Parts of this bridge, such as the deck, will also be used in the second phase of the bridge, which will span all four lanes of Highway 63. The ski deck will be 24 feet wide, with an additional four-feet for a pedestrian walkway across the highway, which will lessen much of the jaywalking across the highway, which impedes traffic. Pedestrians can also use the bridge to cross Main Street.

The bridge has 14 feet of clearance for semi-trucks and with a foot of snow will rise to 17 feet. The climb up the east side of the bridge will be 10 percent and the descent on the west side a steeper 20 percent, propelling skiers toward the finish line, which moves one block farther west up Main Street.

Eventually the American Birkebeiner Foundation will build a structure to store the bridge, which assembles and breaks down into 16 pieces. It will go up on Wednesday of race week.

The ABSF worked with city, county and state police to improve race day traffic flow. It also partnered with students from Georgia Tech’s Transportation Systems Engineering program. “We’re not traffic experts,” said Popp. “We were told to reduce the number of cars on the roads and use right hand turns.”

Skiers heading north to the start line will now park at Birkie Ridge, two miles north of

Seeley. According to Popp, the field at Birkie Ridge can park up to 2000 cars. Skiers heading south on Highway 63 will turn right in Cable and enter the Como lot from the west side while through traffic will continue south on 63. This new traffic pattern uses right hand turns to increase traffic flow.

Popp says the ABSF plans to promote more skier drop-off sites in order to get as many people on buses as possible, further reducing traffic congestion. “You should never have to get in your car,” said Popp, “other than to get dropped off.” A drop-off site will be added at the Hayward High School.

This means more buses and more efficient routes to transport skiers and spectators. Last year the ABSF used 55 buses from local school districts and expects to add more buses. A car can move four people at most, while a bus can move 40, Popp stated.

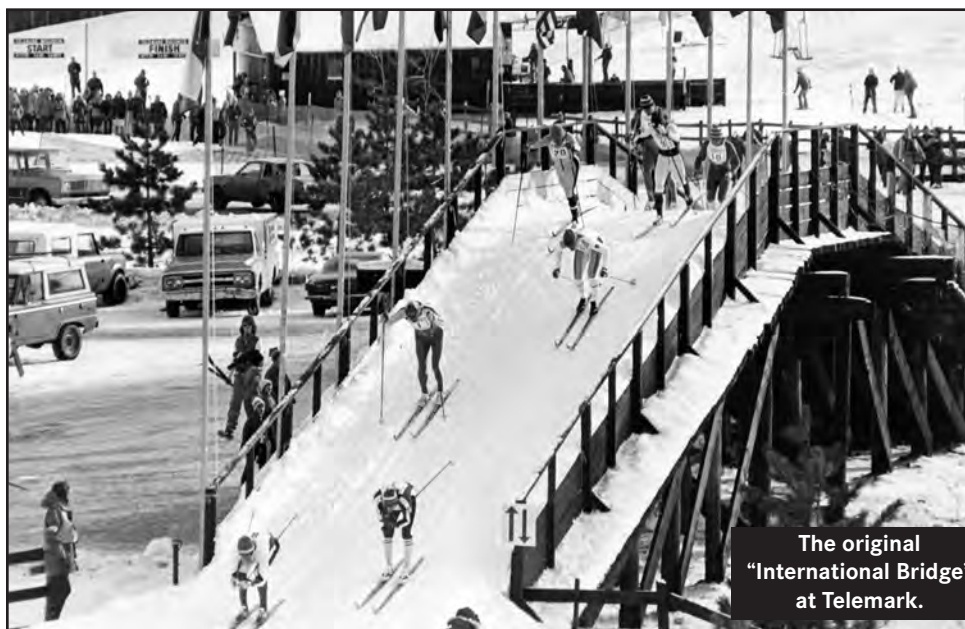
In addition to the bridge, the Birkebeiner finish line moves one block farther west to Fourth Avenue. “This frees up the old baggage area as a celebration area,” said Popp. “We want to have that area for spectators, maybe bring in some bands or vendors.”

Instead of changing tents, skiers can use the Hayward Elementary School a block west of the finish. The last food station will now use the armory, which has a newly renovated commercial kitchen. Once skiers have changed and eaten, they can head back to the celebration area to meet friends and family.

The final Birkie food station has been moved from Hwy 77 to Hatchery Park, approximately 500 meters earlier in the race than its previous location. The trail reroute has added 800 meters to the overall course length resulting in the official distance becoming 51 and 55KM for the 2015 Birkie!

The Korteloppet also gets a redesigned finish line that loops back and finishes about 200 meters from the start line, which simplifies logistics. For instance, Korte drop bags won’t even have to leave the start area. “As long as Telemark is closed,” Popp stated, “we wanted to create a more festive atmosphere for the Korte skiers. It needs the same fanfare as the Birkebeiner.”

With the Korte finish being rerouted to a location adjacent to the start, it too adds 1km to the overall distance resulting in a 24KM event!



Birkie Course Changes

— by Allan Serrano, Events Director

The 2015 Birkie is going to be longer and more difficult than anyone has ever experienced. Not because of a stiff headwind across the lake or deep layer of fresh snow. The course is actually longer and tougher this year. This year's races have a bunch of new features that will make for a better, more exciting event. Adding the new bridge over Highway 63, re-configuring the downtown Hayward layout, replacing the Highway 77 aid station with a new one at Hatchery Park, and re-locating the Korte finish, have required that we make some additions to the Birkie and Korte courses.

The most significant change comes about from the relocation of the Highway 77 Aid Station to what will be the Hatchery Park Aid Station. The course re-route comes not far after Km 43/47 (Skate/Classic). At the point where you would have crested a small climb and entered Rosie's Field, the re-route turns right into a newly built down hill that makes a fast,

sweeping right-hand turn on to a segment of the Hatchery Creek Park lit trail. This is a very nice descent with only a small bump of a hill. It will bring you nicely recovered in to the new aid station located at the Hatchery Park Trail Head. After your last drink, it is back to business, because the course climbs back out of that hole you just dropped into. This is not a major climb, it gains about 10 m (32 ft) of elevation at about a 10% grade, but at this point in the race, it may look like a mountain from the aid station. The climb is followed by a small dip, enough to get your momentum up for the little rise which brings you back to the existing course at Rosie's field, about 100 m from where the re-route began. All told it is a net gain of 740 m from previous years. Putting this together with moving the finish line from 3rd Street to 4th Street, which adds 100 m, the 2015 Birkie Skate becomes 51 km and the Birkie Classic becomes 55 km.

The Korteloppet will have a significant change also. Moving the finish out to the area

adjacent to the start will add 1200 m, bringing that race to slightly over 24 km. There are no dramatic terrain additions in this extension. What will be missing is the sharp little climb up to the old Coliseum finish. The re-route will circle around the hytte, behind the lodge and work its way down to the start area.

The new Birkie routing adds some character to the legendary course. The sweeping downhill and switch back climb back to Rosie's Field are terrain features that are rare on the existing trail. The work completed this year is part of a two-step process. For 2015 this section is a minimum width to allow for the traffic at this point in the race. The next step will widen the route to the full width of 9 m and replace a narrow bridge over Hatchery Creek. In the meantime, you will notice the pinch as you are approaching the aid station. Classic skiers especially will be missing a track in sections. In the long run we will all benefit from the aid station and the fun new terrain.

See Trail Map on page 20.

ABSF Thank-you to Foundation Members

A huge thank you to all 1,100 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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A significant amount of ABSF funding comes through 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, so to see the complete list and to learn more about joining the Birkie Foundation, please visit the membership page on our website: www.birkie.com/membership. Questions? Email amy.rowley@birkie.com or call Amy at 715-634-5025.

We Asked. You Answered. (continued from page 9)

- Personal challenge and family bonding.
- My annual check up.
- The Birkie (and skiing) makes winter fun!
- My favorite day of the year, even better than Christmas!
- The Birkie events occupy my mind and manifest themselves in my physical activities nearly every day of the year.
- Fun Exciting Awesome Can't Wait Till Next Year!!!
- Lots of hard work ahead.
- The best Worldloppet ski marathon.
- Great community event.
- A goal to stay fit in natural beauty.
- Organization is and has been a big part of my (his) life.
- Lots of fun on skis.
- I want to chase my Dad!
- An opportunity to try something new and crazy.
- Early morning and crowds.
- A return to the event with my daughter.
- A working lifestyle.
- Being bad ass.
- Keeps me in shape all winter just thinking about it.
- Friends, fun, health, forcing me to embrace the winter!
- Staying one step ahead of The Reaper!
- Good cold fun.
- It is my motivation to ski!
- A thrilling celebration of winter, life, and spirit.
- Reunion with good friends, cold and pain.
- Another challenge on the bucket list.
- Fabulous finale to our cross country ski season!
- Life wouldn't be the same without it.
- A great way to stay in shape in the winter and have a reason to get out and ski when it is cold out!
- It's quality time with my sister.
- Determination and personal accomplishment.
- Pure Fun!!!!
- Perseverance.
- The Birkie is about both personal discovery and camaraderie!
- Great reason to visit home!
- Best day of the year!!
- The Birkie is what keeps me going...since 1981!
- Two words: BIRKIE FEVER!
- Best weekend of the year.
- Love it more every year!
- Peace and Chaos.
- Alternative universe.
- Great Winter event getaway and challenge!
- Setting a goal and sticking to it!
- Living life!!!!
- The grand finale to each year's ski season.
- Ice beards.
- A day of pure awesomeness. Great skiers, great volunteers, great fun! OK, that was more than 10 words. :)
- Hell on Skis.
- Pain.
- 3 hours of skiing and 6 hours of drinking beer.
- An experience to experience!

Birkie Trail Season Ski Pass

A pass is required for each person to ski on the 107km Birkie Trail System from December through March. 2014-2015 Birkie Season Ski Passes will be available for purchase in early November. Season Ski Passes are valid from December 1 – March 31. Did you know that the ABSF spends \$300,000 annually just to maintain this amazing trail we have? All money collected from trail passes goes to fund TRAIL maintenance – that includes snow grooming, trail mowing, erosion control, lighting, signage, parking lots, restrooms, and more. We count on the revenue brought in from trail passes to make the Birkie the BEST trail around – and THAT is why skiers, runners, hikers, and bikers just keep on coming back! **Do the right thing and contribute to the trail you love – make sure every skier in your family has their ski pass!**

Where to Ski

The pass gives you access to all 107km of the the American Birkebeiner Trail System, including the Birkie Trail, the Birkie Classic Trail, Connector loops at OO, Birkie Ridge and Hatchery, and all of the North End Trails. ABSF makes a generous contribution to the North End Ski Club for use of their trailhead to access the Birkie Trail. Night skiing under the lights can be found at the OO and Hatchery loops.

Where to Purchase?

Annual passes are available ONLY in the following locations:

- Online – www.birkie.com/trail

- In person at the Birkie office
- Call the Birkie office at 715-634-5025 to order over the phone.

Daily passes are available for purchase at the following locations:

- Online – www.birkie.com/trail
- In person at the Birkie office
- Hatchery Park Trailhead
- Mosquito Brook Trailhead
- Cty. Hwy. OO Trailhead
- Birkie Ridge Trailhead
- North End Trailhead
- New Moon Ski & Bike, Hayward, WI
- Riverbrook Bike & Ski, Hayward, WI
- Redbery Books, Cable, WI

At the trail heads look for the large yellow deposit tubes and wooden stands for the envelopes. Season ski passes should be purchased online or call the Birkie Office at 715-634-5025 to purchase over the phone.

Annual Ski Pass Rates

Annual Adult, age 19+ \$50.00
 Annual Youth, ages 13-18. \$25.00
 Annual Family \$125.00
**Note: "Family" consists of up to 2 adults and kids 13-18 living in the same household.*
 Kids 12 and younger FREE!

Daily Ski Pass Rates

Daily Adult, age 19+ \$10.00
 Daily Youth, ages 13-18 \$5.00
 Daily Family \$25.00
**Note: "Family" consists of up to 2 adults and kids 13-18 living in the same household.*



Daily Team Bus. \$75.00
 Kids 12 and younger FREE!

Pass Funds Support

- Snow Grooming
- Equipment and maintenance
- Trail mowing, brushing & removing of downed trees
- Replacing & updating signage and gates
- Erosion control
- Lighting of 5km of trails
- Parking lot plowing and upkeep
- Restrooms at the "OO" and Mosquito Brook Trailheads

Donations are welcome from other trail users including snow-shoers, mountain bikers, hikers, runners and Nordic walkers.

ONE WEEKEND ... TWO BIG EVENTS

BirkieTour

and

Seeley Hills CLASSIC

- NEW DATE: Sunday, January 18th, 2015
- Starting & Ending at "00" Trailhead
- 45K & 26K Events
- Worldloppet Credit for Long Tour
- Chili Feed



Register for both events and save \$10/per event

Check the link on our website www.birkie.com

23rd
Seeley Hills CLASSIC
2015

Cross Country Ski Race

PENMAN PRIZE
CASH PRIZES TO TOP 3 MEN & WOMEN IN 42K

42K CLASSIC • 22K CLASSIC

January 17, 2015

Seeley, Wisconsin

On the Birkebeiner Trail

seeleyhillsclassic.com

PRESENTING SPONSOR



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*Pick your design, colors and thread.
Custom made in 5-business days.*

Team

*Sky's the limit, define your team,
only 5-unit minimum to get started.*



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100% CUSTOM MADE IN THE U.S.A

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TEAMWEAR

BARNEBIRKIE®

Event distances 1, 3 or 5K

Imagine the energy of 1,000 kids on skis, ages 3 to 13, awaiting the sound of the starting gun for the Barnebirkie. The excitement – and noise – is exhilarating.

- Every participant receives a race bib and victory medal
- Cookies & Swiss Miss Hot Chocolate in the Celebration Tent
- Barne Ski Games (following the Barnebirkie):
 - Chariot Pull • Speed Trap
 - Scooter Ski Relays
 - Simon Says • Obstacle Course

Every child is a winner!

Presented by
SWISSMISS  **JOHNSON BANK**

NEW DAY!! FRIDAY, FEBRUARY 20, 2015
12:30 START

More information and registration available at www.birkie.com

JUNIOR BIRKIE

FRIDAY, FEBRUARY 20, 2015

- Mass Start Individual Race
- Mass Start Relay
- Open to skiers 8-18 years old
- Each skier receives a participant medal
- **NEW LOCATION!** Main Street Hayward
- **NEW 9:00 AM START TIME**

Presented by

GEAR WEST
XC SKI & RUN GEARWEST.COM



PRINCE HAAKON 13K

Cap of 500 or registration deadline of January 30th, 2015 – whichever comes first.



Saturday February, 21, 2015 • 9:55 a.m.

- Exciting, fun event allowing skiers interested in a shorter distance the opportunity to be part of the Birkie!
- All finishers will receive pins.

More information and registration available at www.birkie.com



Everyone has a reason to Cure Diabetes. Who's Yours?

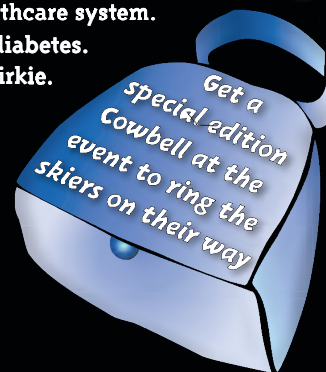
Diabetes is life-changing, impacting millions of children, adults, their families and the entire healthcare system. This year the *Birkie Skiers for Cures* program, is partnering with *JDRF* to help find a cure for diabetes. You probably know someone with this growing, chronic disease and **YOU** can help at this year's Birkie.

Join Team JDRF—it's easy to set up your own site to raise funds and earn great rewards:

Raise \$150 and earn a **Team JDRF XC ski hat**

Raise \$250 and get an entry into a drawing to **win a trip to Norway** (prize includes entry for two people in the 2016 Birkebeinerrennet in Norway plus three nights lodging and airfare)

Go the distance and be one of the **Top Ten Team JDRF** fundraisers and receive a complimentary 2016 American Birkebeiner registration



Charity Slots for 2015 Birkie or Korte

Earn your spot at the *Birkie* or *Korte* by raising \$500 by November 30, 2014 (ONLY 50 SPOTS AVAILABLE). All fundraising rewards above apply.

For more details visit www.jdrf.org/birkie or call 866-233-3354

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

The American Birkebeiner, through its “Birkie Skiers for Cures” program, is proud to continue its charitable partnership with JDRF, the leading global organization funding type 1 diabetes (T1D) research. JDRF’s goal is to progressively remove the impact of T1D from people’s lives until we achieve a world without T1D. Through the Birkie Skiers for Cures program, JDRF raised \$120,000 to support promising research across the globe.

ERIN’S STORY

—By Erin Sterk, Korteloppet Skier and high school senior, living with T1D since 1999



Living with type 1 diabetes (T1D) is a lot like getting ready for Birkie weekend...it takes the right attitude, knowing how it all works, support from people around you, and focus and commitment for the long haul.

I was diagnosed with T1D before I was two years old. My body stopped making insulin, so it couldn’t convert the food I was eating to energy. I got very sick, and ended up in the hospital. Mom and Dad had to learn how to give me several shots every day, and test my blood sugar before every snack and meal, and sometimes test in the middle of the night, especially if I wasn’t feeling well. They had to learn how to count carbohydrates in everything I ate and drank, to figure out how much insulin to give me. They learned about checking for ketones and what to do if I got sick. It wasn’t too much longer after that, when my parents decided to get me on cross country skis. I have been skiing and living with T1D ever since.

My parents decided early on that diabetes would have to fit into our family lifestyle—they were not about to give up outdoor activities. Our family loves camping in the Chequamegon National Forest near Cable, so I learned to hike, ride my bike, swim, canoe, and fish with diabetes. It

meant packing bottles of insulin, syringes, test strips, glucose tablets, glucagon, and extra snacks, but we figured it out. When I got to school, my teachers, coaches, bus drivers, and others had to learn how to deal with my T1D.

I cheered for my Dad, and watched him ski several Birkies, and dreamed of skiing in a race too. I skied in the Barnebirkie with my brother and friends, and decided to ski in the Prince Haakon race with my mom. The older I got and the more I skied, the more I took on with my diabetes care. I got an insulin pump, which meant that I would be connected to my insulin supply all the time. I knew that even if I was in the middle of skiing, I had to test my blood sugar if I felt like it was going low, and treat it with some fast-acting glucose tablets or another fast sugar source right away. I had to adjust my insulin doses, eat more meals and snacks, and watch for crashing lows...even hours after skiing.

I have trained for and skied in two Korteloppets with Mom. Last year, my blood sugar crashed into the 30’s, dangerously low, within the first five kilometers. I had to stop, and get my blood sugar level back up before skiing again. I didn’t finish with my best time, but I liked proving to myself that I could be as active as I wanted to be, while living with T1D. There are always challenges, but I am getting better at anticipating, preparing for, and dealing with the bumps along the way. I feel very accomplished, and skiing with T1D has made me stronger.

Birkie weekend is a community event, and wouldn’t be possible without many volunteers. There is a lot of camaraderie, and it is a great event to be a part of. When JDRF became the charity partner for the Birkie Skiers for Cures program, I knew I wanted to help. My family has been supported so much by JDRF, by learning about T1D, and meeting other families and kids who are dealing with the same challenges. I have been inspired by people like Ned Zuelsdorff, Joe Brady, and x-country skiing Olympian Kris Freeman, who live full lives with this disease. JDRF helps educate people, and keeps pushing to improve the lives of all of us, through research, legislative efforts, and a focus on a cure.



WHO HAS DIABETES?

- 1 in 10 people currently has diabetes
- 1 in 3 will have diabetes by 2020
- Someone you know has or will have diabetes

Why Diabetes is Different for Everyone

There are two types of this disease. JDRF funded research for type 1 diabetes also benefits type 2, as both types share many of the same devastating complications such as kidney failure, heart disease and stroke, limb amputation, and blindness.

Type 1 Diabetes:

- Is an autoimmune disease
- Always requires injected or pumped insulin
- Is a 24/7 balancing act of insulin, diet, and exercise
- Can be life-threatening and life-limiting
- Is not caused by lifestyle, diet, or exercise
- Diet and exercise can help reduce the need for insulin
- 50% of diagnoses are children and 50% are adults

Type 2 Diabetes:

- Is a metabolic disorder
- Does not always require insulin
- Increased obesity has led to a rise in cases of type 2 in children and adults

I’ve lived with T1D for almost 16 years. That’s over 30,000 finger pokes, and at least 20,000 insulin injections and pump set changes. I don’t know how much ski wax that amounts to, but I do know that x-country skiing and T1D have both taught me valuable lessons:

1. Never give up. You may stumble, you may fall. But life is so much better when it is fully lived.
2. Keep learning. Find mentors to teach you, and keep figuring out how to improve over time.
3. Lean on people who have your back. Everyone needs support sometimes. We get stronger by helping each other out, and can accomplish much more together than we ever could individually.
4. It comes down to choices. Every day begins with a choice of finding things to be thankful for, or not. Every day there are opportunities to build good health, or not. Every day, there are people around you to show kindness to, or not. At the end of the day, only you will know what kind of race you have had.

I have chosen to ski, and to live fully with T1D...until we can go from type one to type NONE. Here’s to a great season of skiing and a cure for type 1 diabetes!

Erin Sterk. Diagnosed at 21 months, living with T1D since 1999.

No Secret to Engaging Kids in Cross Country Skiing- Just Have Fun!

— by *Kristy Maki, Director,
Hayward Nordic Kids*

Each winter for over 15 years, from January through February, almost 150 kids aged 3 to 12 gather at the Birkie Trail every Sunday afternoon for Hayward Nordic Kids. These kids don't care that they are skiing on a world class trail, or that people will travel for hours to ski there, or that 10,000 skiers will be on that same trail in February. All they know is that they get to have fun on cross country skis, play games, and go fast on the downhill. Kids are not interested in weight shift, timing of the kick, or proper pole plant. Kids just want to have fun! Luckily for parents and coaches, there is a lot of fun to be had on cross country skis. This is an important aspect of getting kids involved in cross country skiing at a young age and will hopefully get them hooked for life. Programs such as Hayward Nordic Kids encourage children to have fun on skis by playing games or skiing obstacle courses, and provide a challenging and enjoyable atmosphere for kids of all ages. Often times, kids may struggle skiing with their parents, but they're likely to forget about their struggles when they are skiing with their friends.

At Hayward Nordic Kids, kids are introduced to technique through fun games in a way that they don't even realize. Popping balloons tied to teammates feet= great balance and agility! One ski scooter races= weight transfer skill! There are lots of ways to teach kids technique without them knowing the skills they are gaining. Young

kids are also usually willing to try anything, so it's a great time to teach downhill skills, carving skills and jumps, so they are prepared for anything they might encounter on the trail (think berms on the downhill of the Birkie Trail on race day!). There are a lot of great resources for games, lesson plans, and appropriate skills for certain ages online. Check out Central Cross Country Skiing (cxcskiing.org) or New England Nordic Ski Association (nensa.net) for ideas of fun activities for kids on skis.

To keep kids engaged in the sport as they get older, it helps to show them what the future could look like. Special practice days to meet older skiers - such as high school team members, collegiate racers or elite skiers can be a great way to inspire kids to keep skiing. Online videos are another good method to show kids what their future could look like if they keep at the sport. If they are having fun at a young age, and see the fun and opportunities older skiers have, the more hooked on skiing they might become. Skiing is definitely a lifelong sport. It takes many years to peak in skiing and to reach your potential. Showing kids at an early age how much fun that can be will hopefully keep them interested in the sport, and hopefully, someday those 150 Hayward Nordic Kids will be back as adults to ski the Birkie!

Our hopes as parents, coaches, and directors of youth ski programs is that we can convey our love for the sport enough to inspire kids to stick with it for life- and have fun!



2014-2015 WORLDLOPPET RACE SCHEDULE

 8.9.14	Ushuaia Loppet, Argentina
 8.18.14	Merino Muster, New Zealand
 8.23.14	Kangaroo Hoppet, Australia
 1.2.15	Vasaloppet China, China
 1.11.15	Jizerska Padesatka, Czech Republic
 1.17-18.15	Dolomitenlauf, Austria
 1.18.15	American Birkebeiner Open Track, USA
 1.25.15	Marcialonga, Italy
 1.31-2.1.15	König Ludwig Lauf, Germany
 2.1.15	Sapporo Int. Ski Marathon, Japan
 2.2&8.15	La Transjurassienne, France
 2.8.15	Tartu Maraton Open Track, Estonia
 2.14-15.15	Gatineau Loppet, Canada
 2.15.15	Tartu Maraton, Estonia
 2.21.15	American Birkebeiner, USA
 2.21-22.15	Finlandia-Hiihto, Finland
 2.28.15	Bieg Piastow, Poland
 3.8.15	Vasaloppet, Sweden
 3.8.15	Engadin Skimarathon, Switzerland
 3.14.15	Demino Ski Marathon, Russia
 3.20-21.15	Birkebeinerrennet, Norway

www.worldloppet.com

Why I Birkie

—by Annie Hart, Birkie Ambassador

My sophomore year at Dartmouth I qualified for the 2012 NCAAs in Bozeman, MT alongside teammates Sophie Caldwell and Erika Flowers. The first day of racing was a 5K skate race, and it was cold, beautiful, and perfect. We exceeded all of our expectations when all three of us landed in the top 10. Two days later it was a 15K classic mass start; with a typical March weather extreme, the temperature had soared to a sunny 60° at race time. Yet over those very hot and sweaty 15 Kilometers it became clear that we were having the races of our young lives. All three of us were in the top six, and the remaining three spots were our friends from the University of Vermont. We exceeded our expectations, again. Together we were in a constant pursuit of infinitely expanding limits. We flew past our previously perceived limits and reset our own interpretations of the impossible.

Unfortunately, not every day of skiing can be as fun, satisfying, and successful as the 2012 NCAA 15K. When I didn't re-qualify for World Juniors my freshman year

at Dartmouth, I quite literally sat down and cried. Or during my final year at NCAAs, the stars did not align and I finished the worst I ever had in the 5K classic race. Just this summer there have been days where I can't seem to do anything right. During a speed day—which I consider to be one of my stronger workouts—my coach told me “Do more...Ok now do less... Now you aren't doing anything!”

And that's when I think of the 2012 NCAAs in Bozeman with Sophie and Erika. Or qualifying 3rd for the 2013 skate sprint at US Nationals, and ultimately finishing 5th overall. Skiing allows us to continually exceed our own expectations. You think it can't hurt more—it can. You think you can't go faster—you can.

I love what I'm doing not because of the lifestyle, or the travel, or even the results (although those are all amazing benefits). Through skiing, I challenge my perceived boundaries, and either I shatter them or feel shattered in the process. But I get up every day—even the hard and tearful days—and want to do it again.

The American Birkebeiner Ski Foun-

dation has devoted itself to spreading this sense of adventure, uncertainty, and possibility. Everyone should exceed their own expectations, in whatever respect they can. Maybe it's that you've never mountain biked. Or you've never qualified for the Boston Marathon. Maybe you've never been to the top of a mountain. Or maybe you've never won a World Cup. The expectation you're exceeding doesn't matter—it's just the act of exceeding that is so fulfilling and thrilling.

So here's a challenge. Figure out what expectation you want to shatter, and do everything in your power to get it done. Think about why you Birkie, and get back to me. I'd love to hear your thoughts.

To respond, please email me at annehart.smst2@gmail.com



WORLDLOPPET
PASSPORT HOLDERS
GATHERING
ALL WORLDLOPPET
PASSPORT HOLDERS
ARE INVITED TO ATTEND AN INFORMAL
EUROPEAN-STYLE
CHAMPAGNE BREAKFAST
BUFFET GATHERING
FRIDAY, FEBRUARY 20TH, 2015
8:00 A.M. COFFEE SOCIAL • 8:30 BREAKFAST
THE BREAKFAST IS BEING HOSTED BY THE
FLAT CREEK INN & SUITES, LOCATED ON
HIGHWAY 27 SOUTH, HAYWARD.
A FEE WILL BE COLLECTED
THE MORNING OF THE BREAKFAST.

BIRCHLEGGINGS SKIERS!
ARE INVITED TO ATTEND THE ANNUAL
BIRCHLEGGINGS
AWARDS
BREAKFAST
SUNDAY MORNING,
FEBRUARY 22ND, 9 A.M.
AT THE STEAKHOUSE
ON HWY 27 IN HAYWARD.
JOIN THE BIRCHLEGGING CROWD IN
CELEBRATION OF 20 OR MORE
BIRKIES COMPLETED!

THANKS TO THE CABLE UNION AIRPORT!!

For 15 years skiers starting their Birkie, Korte or Prince Haakon 12K have gathered at an area graciously offered to us by the Board of Directors of the Cable Union Airport. Each year we request use of the property and always are greeted by a group of community leaders who support the event that draws thousands of skiers to the area. No doubt about it, their support has been critical to the success of the Birkie! We offer our hearty THANKS to the Cable Union Airport Board of Directors and Manager!

raceinfo

CHANGE FEES

The DEADLINE for requesting the following changes is Friday, January 30th, 2015, by 4:00 p.m.

- Birkie to Korte – Fee \$15 (*no additional fee if technique change is made at same time*)
- Korte to Birkie – Fee \$30 (*no additional fee if technique change is made at same time*)
- Technique Change – \$15 (Please be aware that some waves may be closed so you will be placed in the next available wave)
- Wave Change Requests (*qualifying race info must be provided*) - Fee \$15 - (Please be aware that some waves may be closed so you will be placed in the next available wave)
- Prince Haakon to Birkie or Korte is not available because the Birkie and Korte are closed.

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

Visit the NEW

Swixsport.com

- Wax recommendations
- How to videos
- Race reports
- New wax wizard
- Swix news
- And more

SWIX

Help blind and disabled athletes
enjoy the sport you love.

Become a volunteer guide with **SKI FOR LIGHT.**



2015 SFL International:
Jan. 25-Feb. 1, Granby, Colorado
Additional regional events across the U.S.



Visit Sfl.org or [Facebook.com/SkiforLight](https://www.facebook.com/SkiforLight)

FAT BIKE BIRKIE

**47K & 20K
EVENTS
9:00AM START**



SATURDAY, MARCH 7, 2015

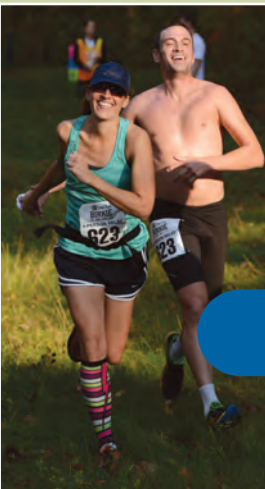
www.birkie.com • 715-634-5025

Presented by



More information and registration available at www.birkie.com

Birkie Trail Run and Trek



September 26, 2015

One Great Trail – Five Great Events!

- Marathon
- 3- & 6-Person Relay
- Half-Marathon
- Nordic Trek
- 6K
- 1K Fun Run



Presented by

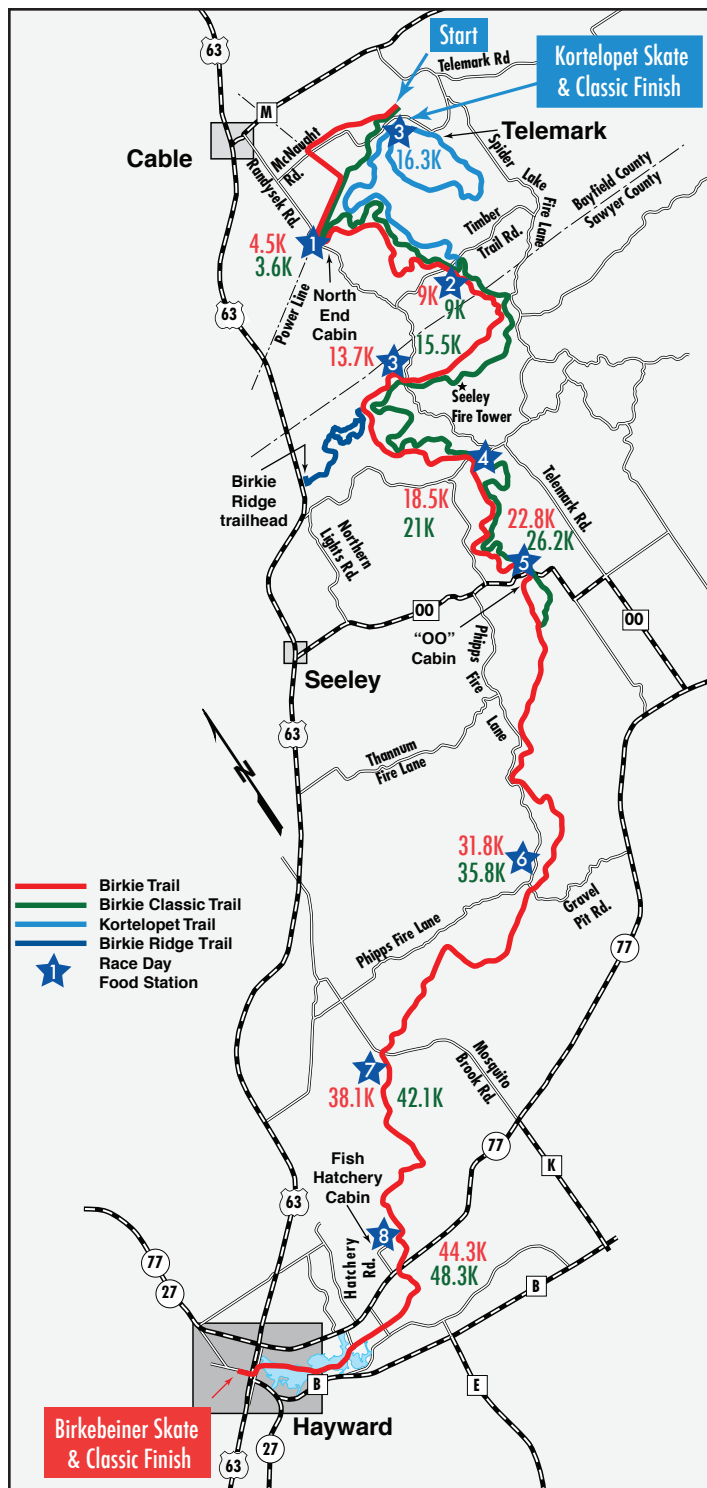


OUTTHERE



**FOR MORE INFORMATION:
www.birkie.com • 715.634.5025**

AMERICAN BIRKEBEINER[®] SKATE, CLASSIC & KORTELOPET Trail Map



T-shirt Design Contest Winner

It was another great year for the American Birkebeiner T-Shirt Design Contest. Congratulations to Marc Shapiro of Minneapolis, MN, the winner decided by a week of online voting July 28th to August 1st. This was his first time to enter the contest.



"I'm really excited and honored to win this year's Birkie t-shirt design contest! I wanted my design to reflect a vintage ski patch with a contemporary twist to capture the Birkie's 42-year tradition. I skied my first Birkie last year and look forward to tackling those Birkie hills again this winter!" Shapiro said.

Shapiro's winning design will be featured as the official T-Shirt of the 2015 Swix American Birkebeiner ski events. The T-shirt will go on sale later this year online and also be available during race week at the Birkie Expo and at the Birkie Cabin on Main Street, Hayward.

As his prize for winning the contest, Shapiro will receive a new pair of Swix Triac Poles and Fischer RCS skis, his choice of skate or classic. New Moon Ski & Bike of Hayward, WI, is donating both the bindings for the skis and the mounting. He also receives a complimentary race registration to the 2015 or 2016 Swix American Birkebeiner and a VIP parking pass to the race start.



New Design Ideas Welcome Every Year!

From time to time we get questions from classic skiers and others about what it takes to have designs that feature the classic technique or other personal preferences on a T-shirt design. The simplest answer is to submit one! You can submit your own design or even work with someone who can help turn your idea into a design.

It says in the announcement of the contest each year that anyone can enter, no experience necessary, and that you can submit as many ideas as you like. Also, you can resubmit the same design or new designs from year to year. The second place designer this year submitted designs last year. So get creative and encourage your friends to do the same!

In fact, look at the winning designs from the last four years, posted on the bottom of the contest page and you will see the wide range of ideas, including both a classic and skate skier, a warrior logo, and a more abstract look. Again, to that line-up the Birkie is happy to welcome Marc Shapiro and his winning design for the 2015 Birkie.

So, welcome all designers and design ideas! The Birkie and your fellow skiers look forward to seeing what Birkie Fever will inspire you to create!

For questions about the annual Birkie T-shirt Design Contest, Birkie apparel, or American Birkebeiner year-round events, please visit our Birkie T-Shirt Design Contest page. You may also contact birkie@birkie.com or call 715-634-5025.

Contest sponsored by:



MORE THAN JUST A RACE



Our Mission is Strong & Gives Us Purpose & Direction:

- To promote and conduct the best international cross country ski race and other outdoor events
- To serve as good stewards of the 107km American Birkebeiner Trail System
- To inspire healthy and active outdoor lifestyles among people of all ages and abilities



Every Day the Birkie Strives to:

- Change lives
- Inspire a lifestyle
- Enable youth health
- Promote conservation
- Drive economic development for our communities and region



Honoring the Legacy, Ensuring the Future **We've developed a five-year strategic plan that includes:**

- Improving race day experiences
- Comprehensive and sustainable trail improvements
- Developing on outdoor recreation center

Introducing the ABSF CAPITAL FUNDRAISING CAMPAIGN

HONORING THE LEGACY

Phase 1:

1
\$650,000 NOW
Improving race day experiences through securing a permanent start area for the American Birkebeiner Ski Races to ensure the success of future events and facilitate silent sport recreation opportunities, as well as improving finish line and post-event experiences.

2
\$950,000 2017
Complete trail improvements to provide infrastructure, ensure quality and guarantee sustainability

3
\$650,000 2019
Develop an outdoor recreation center in partnership with other area organizations, providing comfortable indoor facilities and amazing outdoor opportunities to encourage a year-round active lifestyle for people of all ages and abilities.

Ensure the future of the Birkie experience by securing a permanent 75 acre start stadium, connector trail and daily use trailhead at Telemark, in addition to improving finish line flow with a re-creation of the Tony Wise “International Bridge” in downtown Hayward.

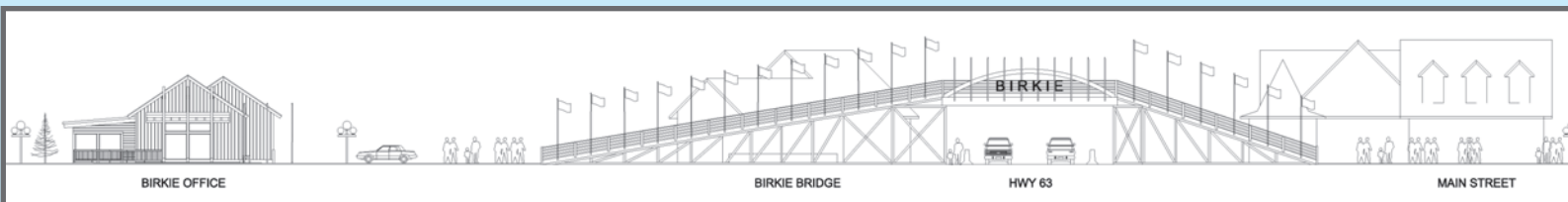
What does this mean to you?

At the Start:

- > Security that the Birkie will be at Telemark forever!
- > Permanent year-round trailhead
- > Better access for buses and traffic
- > A warm facility for the start of events people can stage in
- > Improved access to water, toilets and race morning requirements

At the Finish:

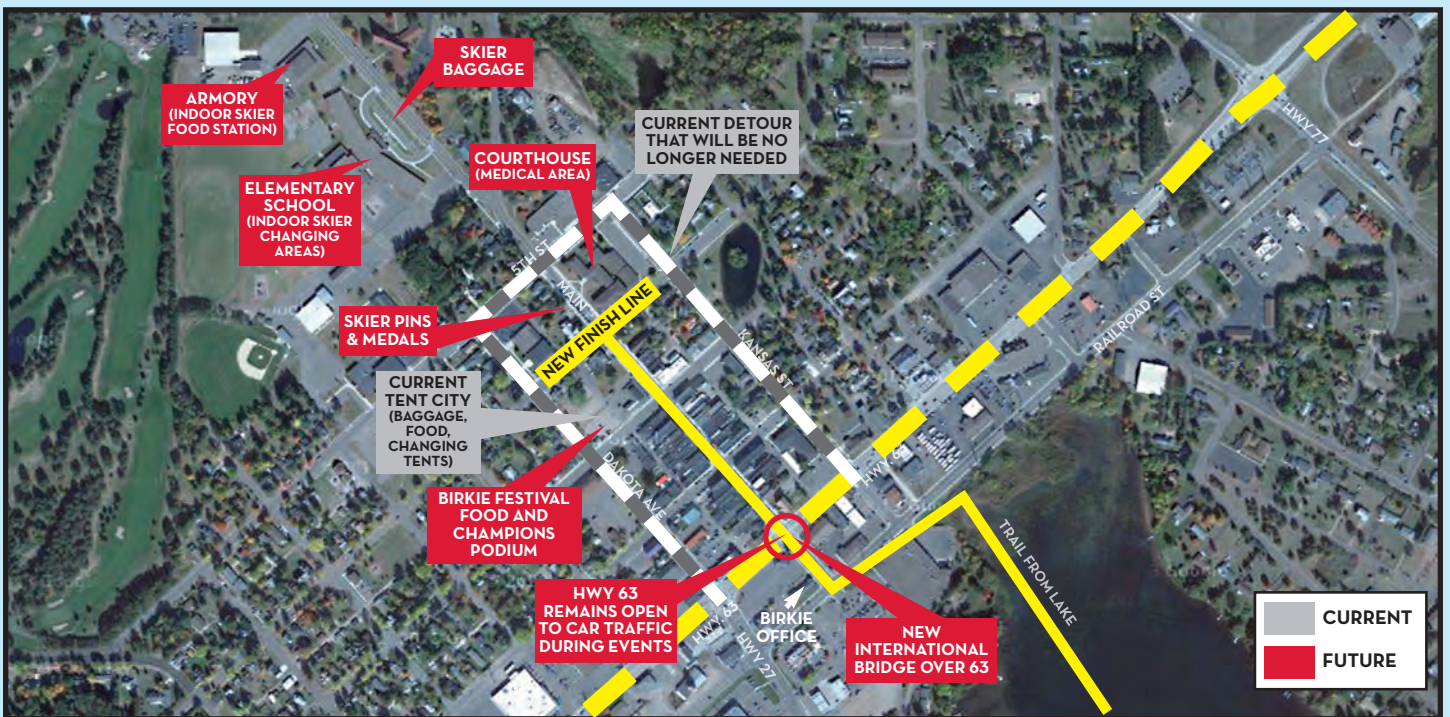
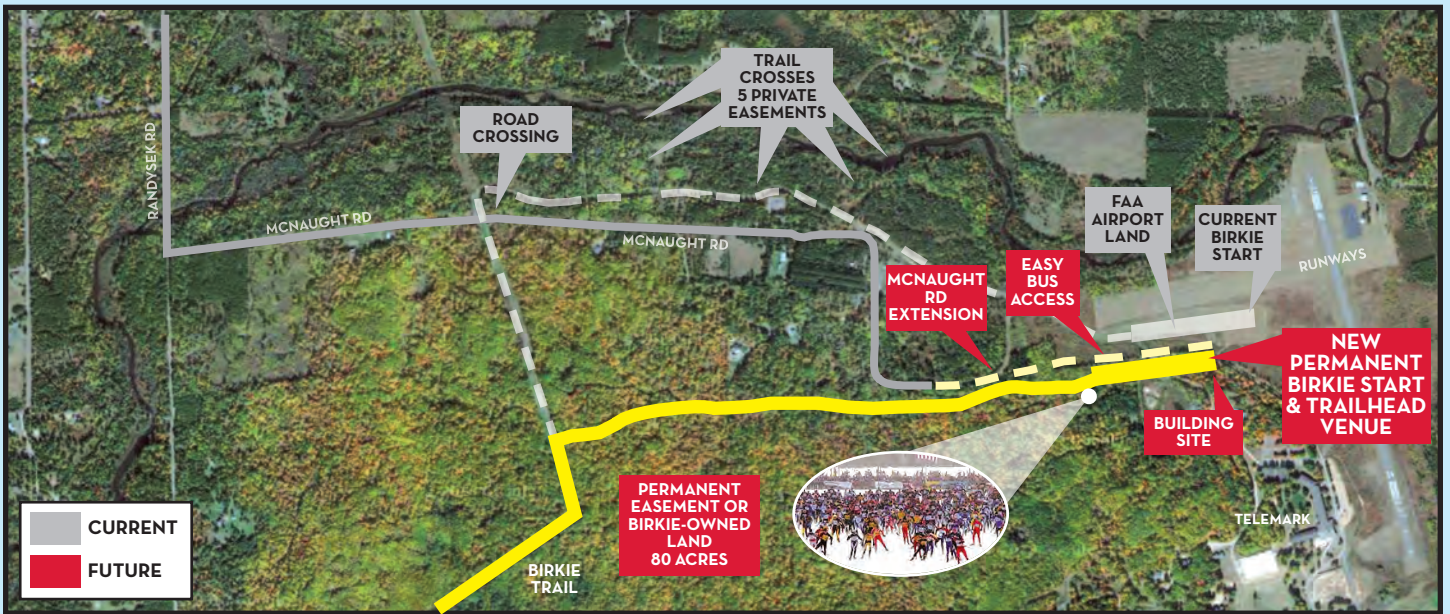
- > Access to an indoor facility for post-race changing and skier food
- > Easier access to clothing bags
- > Improved traffic flow for spectators and skiers
- > Additional space for post-race festivities at the finish line
- > Enhancing an already “unforgettable finish experience”



WE NEED THE SUPPORT OF THE ENTIRE BIRKIE COMMUNITY
DONATE TODAY • www.birkie.com

Questions? Contact Ben or Amy • Ben.Poppe@birkie.com

7 • ENSURING THE FUTURE



BIRKIE COMMUNITY TO MAKE THIS HAPPEN!

www.birkie.com/future

opp@birkie.com • Amy.Rowley@birkie.com

NOW IS THE TIME TO LOOK TO THE FUTURE.

Five Core Values we will carry forward to ensure success of the ABSF:

1. **Operate with Excellence** - Identify and implement new processes and practices to eliminate duplication, maximize impact and most efficiently deliver the best service. This can be applied to everything from office space to trail maintenance, accounting practices to sponsor packages and beyond.
2. **Protect our Core** - The primary February events are the lifeblood of this organization and remain paramount. Shoring up trail access and infrastructure is also a non-negotiable priority. We must also continue to keep our eye on this race and its evolution, ensuring that we carefully update the race to meet the needs of today's customers and sponsors. Everything that we do must radiate from a core that protects and nurtures our primary race and trail.
3. **Create Exceptional Experiences** - We believe the key to our success thus far has been the fact that we offer excellent experiences for our racers. The Birkie is not just a day and a trail and a winner - it's an experience that cannot be replicated elsewhere. We should view our work through the lens of "what experience are we providing" - the better the experience, the greater our future ability to continue to deliver on our mission. Another way to look at it is "how are we deepening our connections?" with racers, sponsors, donors and influencers.
4. **Harness our Network** - The Birkie's strong heritage and reputation have provided us with excellent connections from local to state government, in academia, with business leaders and healthcare experts - not to mention athletes. Strategic partnerships, smart utilization of connections, and potential pro-bono support should be harnessed to grow the organization and further develop the Foundation.
5. **Boost Reach and Deepen Impact** - While the number who can participate in our races may be limited, a key part of our mission is to promote health and silent sports activity with people of all ages. Select support and strategic outreach (including education, media and PR) can help us to maximize access to a healthy lifestyle while increasing benefits for sponsors and the future of the organization. Measurement will be a critical component here to make sure our efforts are creating true results.



DONATE TODAY!

Check out the online store at www.birkiestore.com

BIRKIE®

SKI . RUN . BIKE . LIVE!

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In Memory of Dave Nelson

January 1, 1944 - October 8, 2014



I lost a good friend when Dave Nelson passed away. The Birkie and Birkie Classic Trails were always important to him. When Kathy and I visited him a week before he passed away, he had a large diagram of the Birkie Trail profile prominently displayed next to his bed and chair. We talked about all of the trail building adventures we shared. It was his vision, generous donations of time and money, and persistence that resulted in building of the Birkie Classic Trail.

He was the architect of the trail. He flagged and re-flagged the route through the woods spending countless hours finding “the right course.” When I ski this great trail that has resulted in a resurgence of classic skiing at the Birkie, as well as being a treat for the recreational skier, I feel I am on “Dave’s Trail.”

He has been a terrific volunteer for the Birkie organization in the years that I’ve known him, never saying “no” to a request for help. Few know that he and I built the Giant Skis that are now used during Birkie week for the enjoyment of hundreds of participants and spectators.

His last trail adventure with me was our work in laying out the new Birkie Ridge Trail. I remember the first time we stood at the overlook of the Namekagon River Valley realizing how special the trail was going to be. He loved this all so much that he had gotten there carrying his oxygen tank in his backpack.



I already miss you, Dave, but know your spirit will always be present on the many trails that you helped create. Rest in peace, good friend!

– Ned Zuelsdorff

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ABSF Skier Development Grant Program

The mission of the American Birkebeiner Ski Foundation is to promote cross country skiing as a fun, energetic activity that is part of an active and healthy lifestyle. This effort focuses both on youth and adult skiers.

To this end the Birkie Foundation annually provides grant funding opportunities to skier development programs throughout the nation. We encourage any cross country ski organization to apply.

Priorities of the Skier Development Grant Program include, but are not limited to the following:

- The creation of new or expansion of existing cross country ski programs;
- First time program applicants with a solid, sustainable plan; and
- Programs that can demonstrate an ability to promote the Birkie mission and lifestyle in their communities.

As of 2014, the American Birkebeiner has awarded over \$375,000 to cross country ski programs across the United States.

2014 Grant Application Recipients

The American Birkebeiner Ski Foundation received an unprecedented 38 grant requests for the 2014-2015 season, totaling close to \$100,000 in requests. All applicants presented programs that have a lot of merit, making it the toughest decision year yet for our grant committee. Our \$20,000 budget truly does not go far enough!

We would like to congratulate the following organizations and programs who were selected to receive grants:

- 4-H CANSKI (Chequamegon Area Nordic Ski Club) – Washburn, WI
- Ashwaubenon Nordic Ski Team – Ashwaubenon, WI
- Bay Area Youth Nordic Ski Club – Hobart, WI
- Blue Hills Trails Association – Bruce, WI
- Drummond Telemarkers Ski Team – Drummond, WI
- Grand Mesa Nordic Council/Skis for Kids – Paonia, CO

- Hayward Hurricanes Nordic Ski Team – Hayward, WI
- Kewaskum Middle School – Kewaskum, WI
- Minocqua Winter Park Nordic Wolves & Pups – Minocqua, WI
- Pennsylvania Cross Country Skiers Association Yellowjackets – Allison Park, PA
- Red Wing Nordic Youth Development Program – Red Wing, MN
- Ride and Glide – Ski and Bike Club – St. Paul, MN
- SKI! Shell Lake – Shell Lake, WI
- Sun Prairie/Madnorski Juniors Cross Country Ski Club – Sun Prairie, WI
- Wausau Nordic United High School Team – Wausau, WI
- Wisconsin Nordic Development Group – Amherst, WI

If you would like to donate to the ABSF Skier Development Program, please contact Amy Rowley at 715-634-5025 or amy.rowley@birkie.com.



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Pre-Event Meals: Fueling Up for Endurance Events

— by Charlene Harkins, EdD, RD, LD

Meals eaten before a marathon event can have a direct effect on performance. Being adequately nourished will help to meet the energy and hydration needs of competition. Mental perception of a physical effort is also decreased in the well-fed competitor.

The amount of time until the start flag goes up, as well as past intake and exercise, influences the recommendations for what and how much to eat:

One hour: fluid intake should be the priority consideration immediately prior to the start. Including some carbohydrate (CHO) in this fluid is also advisable. A general recommendation is up to 1 g CHO per kilogram of body weight. Example: a 150 pound person would need up to 68 g of CHO. (To find kilograms of body weight, divide weight in pounds by 2.2). Common fluid-electrolyte beverages contain 15 g of carbohydrate in 8 ounces (see sidebar for the carbohydrate content of various foods).

Four hours: before a race can be a meal. The goals of this meal are to replenish lost nutrients, meet hunger needs, but be emptied from the stomach by the time the event

starts. This meal should be low in fiber, low in fat, include carbohydrate, meet hydration needs, and be familiar foods. Carbohydrate recommendations are 4-5 g per kilogram of body weight (or 1.8-2.3 g per pound). To many people, this will look like a lot of food (see sidebar for sample Birkie pre-race breakfast).

The evening before: ‘load it up. This meal is just as much social as it is the need for nourishment. Enjoyment of food and company is certainly part of the entire “Birkie fever” experience. Pasta dishes have become staples of this meal because they are easy to make in large volumes, hold well, are relatively inexpensive while still meeting the needs to fill muscles with glycogen, the storage form of carbohydrates. These meals can focus on carbohydrate while including all food groups. Quantity produced meals (large pasta feeds) often contain more fat (oil) than a home-made meal might. When made ahead of time, noodles need to be buttered or oiled to prevent sticking together into one big glob. This might mean that satiety or feeling full is reached quicker.

Day before: this includes the evening before noted above. The carbohydrate recommendations for carbohydrate loading are 10 g CHO per kg of body weight. This does assume a reduction in protein and fat as calories from carbohydrate increase. Small frequent meals are recommended. Nibble throughout the day. And rest. Now is not the time to get in an extra 20 k’s. Now is the time to preserve the muscle stores of carbohydrate and energy.

The week before: deserves the most attention. Healthful, balanced meals eaten on a regular basis are the backbone to any training and competitive plan. Physically active competitors need to regularly consume a wide variety of foods. Carbohydrate needs for training are 5-6 g per kilogram of body weight. The spaghetti feed the night before an event cannot make up for the lack of good nutrition in the weeks leading up to the big event.

Pre-finish: getting to the start line is one thing, finishing the event is another. Ingesting fluid and

PRE-BIRKIE BREAKFAST FOR 150 POUND (68 KG) COMPETITOR NEEDS
 6 - 4" pancakes • 6 tablespoons syrup
 ½ cup applesauce • 1 cup orange juice
 2 cups sport drink

carbohydrates throughout the race can also contribute to over-all performance. General recommendations are 30-60 g per hour of exercise.

In answer to the question, what should I eat before the biggest race of the year? The answer would be to eat a healthful, nutritious, carbohydrate-rich diet during all of your training. Every meal counts, not just the one that is the hour or day before an event.

Charlene Harkins is an Assistant Professor in the Exercise Science program at the University of Minnesota Duluth. She is a Registered, Licensed Dietitian. Contact her at charkins@d.umn.edu



CARBOHYDRATE LEVELS IN SELECTED FOOD ITEMS
 15 G OF CARBOHYDRATE IS IN

- small apple or orange
- 4 ounces of orange juice
- 1 slice of bread
- ½ cup cereal
- small tortilla
- 4 inch pancake
- ½ cup pasta or rice
- ½ cup peas
- 8 ounces Powerade or Gatorade
- 1 T pancake syrup
- 1 ½ cups carrots
- 4 dried apricots
- 2 Tablespoons raisins
- 1/3 c cranberry juice cocktail

CARBOHYDRATE CALCULATIONS FOR YOU

Weight in pounds ____ ÷ 2.2 = ____ weight in kilograms

1 hour before race ____ kg X 1 g CHO = ____ g CHO

4 hours before race ____ kg X 3-4 g CHO = ____ g CHO

Training days ____ kg X 5-6 g CHO + ____ g CHO/day

Carbohydrate loading ____ kg X 10 g = ____ g CHO/day

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Schedule OF Events

THURSDAY, FEBRUARY 19, 2015

8:00 a.m. – 5:30 p.m.	Birkie Office Open	Hayward Court, Hwy 77
NOON	Elite Sprints	Main St, Hayward
1:00 p.m. – 9:00 p.m.	Birkie/Korte/PH 13K Bib Pick-up	Hayward High School
1:00 p.m. – 9:00 p.m.	American Birkebeiner Expo	Hayward High School
2:00 p.m.	Barkie Birkie	Main St, Hayward
4:30 p.m.	Giant Ski	Main St, Hayward

FRIDAY, FEBRUARY 20, 2015

7:30 a.m.	Junior Birkie Registration & Bib Pick-up	National Guard Armory, Hayward
8:00 a.m. – 5:30 p.m.	Birkie Office Open	Hayward Court, Hwy 77
8:00 a.m.	Worldloppet Passport Holders Breakfast	Flat Creek Eatery, Hwy 27S
8:30 a.m.	Barnebirkie Registration & Bib Pick-up	National Guard Armory, Hayward
9:00 a.m.	Junior Birkie	Main St, Hayward
9:00 a.m. – 9:00 p.m.	Birkie/Korte/PH 13K Bib Pick-up	Hayward High School
9:00 a.m. – 9:00 p.m.	American Birkebeiner Expo	Hayward High School
10:00 a.m.	Children's Snowshoe Hike	Cable Natural History Museum
12:30 p.m.	Adaptive Ski Event	Main St, Hayward
12:30 p.m.	Barnebirkie	Main St, Hayward
3:30 p.m.	Nikkerbeiner	Main St, Hayward
3:32 p.m.	5K/10K Family Fun Ski	Main St, Hayward

SATURDAY, FEBRUARY 21, 2015

5:45 a.m. – 6:15 a.m.	Busing to Start	Hayward High School (Return also)
5:45 a.m. – 6:30 a.m.	Busing to Start	Donnellan Field, Hayward (No return)
6:00 a.m. – 8:30 a.m.	Busing to Start	Birkie Ridge Trailhead, Hwy 63, 2 miles north of Seeley
6:00 a.m. – 8:30 a.m.	Busing to Start	COMO Field Lot, Short Road, Cable
6:00 a.m. – 8:00 a.m.	Skier Drop Off for busing to start	Hayward Business Lot, Hwy 63, Cable
6:30 a.m. – 9:00 a.m.	Bib Pick-up	Start Area
7:00 a.m. – 6:30 p.m.	Birkie Office Open	Hayward Court, Hwy 77

2015 SWIX American Birkebeiner/Korteløpet/Prince Haakon 13K Start at Cable Union Airport

7:50 a.m.	Spirit of 35 Wave Start
8:00 a.m.	Elite Wave Women, Skate
8:05 a.m.	Elite Wave Classic Men & Women
8:10 a.m.	Wave One Classic
8:20 a.m.	Elite Wave Men, Skate
8:25 a.m.	Wave Two Classic
8:30 a.m.	Wave One Skate (subsequent skate waves at 10 minute intervals)
8:35 a.m.	Wave Three Classic (subsequent classic waves at 10 minute intervals)
9:15 a.m.	Korteløpet First Finishers at Cable Union Airport
9:55 a.m.	Prince Haakon 13K Start
10:00 a.m. – 3:00 p.m.	Buses leave from Start (Telemark upper lot drop-off area) to Birkie Finish & designated parking lots
10:00 a.m. – 6:00 p.m.	Birkie Festival Area, Peoples Bank Midwest Finish Area, Hayward
10:15 a.m.	Birkebeiner First Finishers Main Street, Hayward
11:00 a.m. – 7:00 p.m.	Lost & Found Vets Center, Hayward
NOON – 5:00 p.m.	Worldloppet Passports Stamped Birkie Cabin, Hayward
5:00 p.m. – 8:00 p.m.	Birkie/Korte Age Class, 10, 20, 30 Yr Awards Pick-up Birkie Cabin, Hayward

SUNDAY, FEBRUARY 22, 2015

8:00 a.m. – 3:00 p.m.	Birkie Office Open	Hayward Court, Hwy 77
8:00 a.m. – 3:00 p.m.	Birkie/Korte Age Class, 10, 20, 30 Yr Awards Pick-up	Birkie Cabin, Hayward
8:00 a.m. – NOON	Lost & Found	Vets Center, Hayward
8:00 a.m. – NOON	Worldloppet Passports Stamped	Birkie Cabin, Hayward
9:00 a.m.	Birchleggings Breakfast	The Steakhouse, Hwy 27S, Hayward
9:00 a.m. – 2:00 p.m.	ON-SNOW SKI DEMO	“00” TRAILHEAD
10:00 a.m. – 1:00 p.m.	Fast & Female	“00” TRAILHEAD

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Transportation Airline discount through **Delta**, #NMJDQ (good for U.S. and Canadian flights only). You may go to www.delta.com and select Book A Trip, click on More Search Options and enter the meeting code in the box provided on the Search Flight page OR For ticketing assistance call 1-800-328-1111. We recommend renting an automobile to get to the Birkie. Rental car discounts are available from **Avis Rent A Car**. Call Avis Meeting Reservation and Info Desk at 800-331-1600 or outside US call 918-664-4600 and use discount code AWD #J093828 for special rates or go to www.avis.com/car-rental. Airport shuttle service call NWT Express, 715-634-5307 or e-mail info@nwtexpress.com.

Lodging

- Hayward Chamber 800-724-2992
- Cable Chamber 800-533-7454
- Birkie Office 715-634-5025

RACE CHANGE DEADLINE INFORMATION

ALL CHANGES MUST BE REQUESTED BY PHONE.
CREDIT CARD NUMBER REQUIRED. FEE WILL BE CHARGED.

Race change deadline: From Birkie to Korte or Korte to Birkie, 4:00 p.m., Friday, January 30, 2015.

Other race changes: Because most of the Birkie and Korte waves are closed, it will most likely not be possible to honor technique change and qualifying race change requests. Please visit www.birkie.com for updated information on wave closures.

WAVES AND START TIME - 2015

WAVE	START TIME	WAVE	START TIME
SPIRIT OF 35	7:50	WAVE 4 SKATE	9:00
WOMEN SKATE ELITE-BIRKIE	8:00	WAVE 6 CLASSIC	9:05
MEN & WOMEN CLASSIC ELITE	8:05	WAVE 5 SKATE	9:10
WAVE 1 CLASSIC	8:10	WAVE 7 CLASSIC	9:15
MEN SKATE ELITE-BIRKIE	8:20	WAVE 6 SKATE	9:20
WAVE 2 CLASSIC	8:25	WAVE 8 CLASSIC	9:25
WAVE 1 SKATE	8:30	WAVE 7 SKATE	9:30
WAVE 3 CLASSIC	8:35	WAVE 9 CLASSIC	9:35
WAVE 2 SKATE	8:40	WAVE 8 SKATE	9:40
WAVE 4 CLASSIC	8:45	WAVE 9 SKATE	9:45
WAVE 3 SKATE	8:50	PRINCE HAAKON 13K	9:55
WAVE 5 CLASSIC	8:55		

REGISTRATION FOR THE BIRKEBEINER AND KORTELOPET IS CLOSED. PRINCE HAAKON IS OPEN UNTIL CAP OF 500 IS REACHED, OR JANUARY 30, 2015

Please visit www.birkie.com or watch for your *Carpe Skiem* for updated information.

If you skied the Birkebeiner or Kortelopet in 2011, 2012, 2013, or 2014 your wave placement was based on the best percent back from those years. Your best skate time was used for skate wave placement or your best classic time for classic wave placement.

If you registered for classic and did not have a Birkie or Korte classic time but did have a skate time from the past three years, your best skate time was converted into a classic time and you were seeded accordingly. Vice versa if you registered for skate technique and did not have a Birkie or Korte skate time but did have a classic time. Please note that the conversion factor for skate to classic or classic to skate is only available for use with the Birkie and Korte races.

AS A REGISTERED BIRKEBEINER, KORTELOPET OR PRINCE HAAKON SKIER,
YOU WILL RECEIVE THE *CARPE SKIEM* ON A REGULAR BASIS.
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- All participants will receive a pin
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- JAN. 3 Free Ski Day & Try Biathlon Day
- JAN. 17-18 Nordic Ski Jr National Qualifier
- FEB. 7 Spam Cup #2 - Freestyle
- FEB. 7 Taste of the Trails
- FEB. 8 Biathlon Cup #2
- MARCH 7 The Yellowstone Rendezvous Ski Race
- MARCH 8 Youth Ski Festival Races



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Barkie Birkie

Thursday, February 19, 2015
 2:00 p.m. Expert 5K
 2:45 p.m. Sport 3K



The Annual Barkie Birkie Skijor 5K event returns for the fifth time. Skijoring combines cross country skiing with dog power. The term "skijoring" is derived from the Norwegian work "skijøring" meaning "ski driving".

The sport has been around for hundreds of years and originally started using reindeer and wooden skis. Most medium size dogs (30 pounds and up) who are trained properly can be candidates for skijoring. Human participants must be at least 13 years of age on race day. The race starts on Hayward's Main St. Register Early! The event will be limited to 100 teams. Teams = 1 human + 1 animal. Go to www.birkie.com under "Ski" scroll to "Events" then to "Barkie Birkie Skijor."

More information and registration available at www.birkie.com

Giant Ski Race Thursday, February 19, 2015 • 4:30 p.m.



- \$60/Team • Limited to 30 Teams
- Teams are made up of 6 people
- All Team members must be at least 13 years of age
- All Team members should bring poles and wear regular winter boots with stiff soles
- The Team Captain must pick up team packet at the Birkie Cabin on Hayward's Main Street between 2:00 and 4:00 p.m. on Thursday, February 19th.



Help Maintain the Trails

The Birkie Trail system is considered one of the finest recreational trails in the country. In the past 40 years, over 200,000 men & women have used "skinny skis" to participate in the Birkie and Kortelopet.

Thousands more have skied, run, walked or biked the trails for other events and general recreation. Maintenance and grooming of the Birkie Trail cost the ABSF around \$300,000 annually. We rely on the generosity and willingness of the outdoor enthusiasts to donate time and money to support this effort. The ABSF is a non-profit organization and your donations are tax-deductible. There are several ways that you can help.

Become a "Birkie Trail Friend" and sponsor a Birkie, Birkie Classic or Kortelopet K-marker. Your Sponsor plaque will be installed on your K-marker post.

Make a donation and recognize your friends or family on the "Birkie Honor Wall." The "Wall" also provides a way to memorialize people who've enjoyed the trail in the past. Your message engraved on a stainless steel plaque will be permanently installed on the "Wall," located at the "OO" warming building.

More information is available at www.birkie.com under "Live."

Thanks to our 2014 Birkie Trail Run, Relay & Trek Sponsors!



CHIPPEWA VALLEY
 ORTHOPEDICS AND
 SPORTS MEDICINE
 BRENT CARLSON, MD

Birkie Trail Marathon



Birkie Trail
 Half Marathon



Birkie Trail
 Marathon Relay



Birkie Nordic Trek



6K



Adaptive Standing, Sit Ski & Visually Impaired

Friday, February 20th
Time: 12:30 p.m.
500 meter & 3K

Winners Ski on Saturday!
The top two finishers in each 3K category—Sit-Ski, Standing Adaptive, and Visually Impaired—will be invited to participate in the American Birkebeiner 3K Adaptive Ski Event on Saturday, February 22, 2015.



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Airline and Car Rental Special Birkie Discount Information

Airline discount through **Delta**, #NMJDQ (good for U.S. and Canadian flights only). You may go to www.delta.com and select Book A Trip, click on More Search Options and enter the meeting code in the box provided on the Search Flight page OR for ticketing assistance call 1-800-328-1111.

We recommend renting an automobile to get to the Birkie. Rental car discounts are available from **Avis Rent A Car**. Call Avis Meeting Reservation and Info Desk at 800-331-1600 or outside US call 918-664-4600 and use discount code AWD #J093828 for special rates or go to www.avis.com/car-rental.

Airport shuttle service call NWT Express, 715-634-5307 or e-mail info@nwtexpress.com.

Gel Wrappers: Pack Them Out!

Many skiers appreciate the boost from an energy gel during the Birkie and Korte! A spoonful of sugar has helped many a skier tackle the next uphill and go the distance.

While most skiers and silent sports enthusiasts do their best not to leave any trash on the trail, many gel wrappers remain on the trail after each event. We work hard at keeping trails clean but foil wrappers and the quarter inch tabs from energy gels can still be found even when the snow is gone. This “trash” litters the trail, sticks to the bottom of skis AND attracts squirrels and other critters who nibble on the pieces.

The solution is IF YOU PACK IT IN OR PICK IT UP, PLEASE PACK IT OUT! The Birkie trail and all who enjoy using it thank you!

Conserve School Camp Birkie for Kids

- **What:** 9 Hour Environmental Education Camp for Kindergarten through 6th grade children
- **When:** Saturday, February 21, 2015 (Birkie/Korte Race Day)
- **Time:** 7:00 a.m. – 4:00 p.m.
- **Where:** Cable Community Center
- **Cost:** \$35/child (includes lunch, snacks, crafts & programs)
- **Registration Deadline:** Monday, February 17th, or when the camp is full (Limited to 75 children.)

SNOWSHOE HIKE FEBRUARY 20, 2015

Join the Cable Natural History Museum for their Family Snowshoe Nature Hike on Friday, February 20th. The event is **FREE**, open to everyone. It will take place at Cable Natural History Museum’s beautiful facility in downtown Cable. Call 715-798-3890 for more information.

REASONS TO VOLUNTEER!

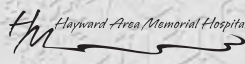
- You're tired of staying inside all winter!
- Everyone you know talks about helping at the Birkie and you haven't yet!
- You've always wanted to volunteer for something!
- You really enjoy encouraging skiers to reach the finish line!
- You have the chance to experience “Birkie Fever!”
- You get a nice new Volunteer Hat and Birkie Pin!
- You can attend the great volunteer party on Sunday after the race!
- Sign up on-line at birkie.com/volunteer !
- PLUS... **COME TO THE VOLUNTEER PARTY!**

Be Our Guest for this Great Food and Get Together and a chance to win the GRAND PRIZE! SUNDAY, FEB. 22, 4:00 p.m. at The Steakhouse in Hayward

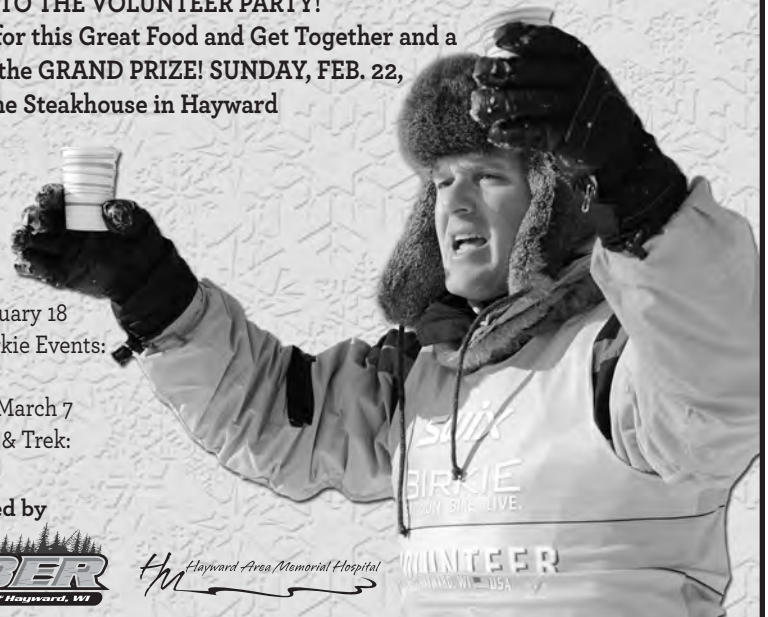
Volunteer opportunities available for all of our events:

- Birkie Tour: January 18
- Birkie Week/Birkie Events: February 19-22
- Fat Bike Birkie: March 7
- Birkie Trail Run & Trek: September 26

Presented by



BECOME A BIRKIE VOLUNTEER



VOLUNTEERS!

THEY ARE THE BACKBONE OF THE BIRKIE EVENTS AND, IT'S TRUE, WE COULDN'T DO IT WITHOUT THEM!!

It has been 28 years since I started working for the American Birkebeiner Ski Foundation. There are numerous phrases or questions that are common to hear from our Birkie skiers... “I have Birkie Fever, What wave will I be in?, I train all year for the Birkie!” But, the phrase I have heard most is “THE VOLUNTEERS ARE AMAZING;



FRIENDLY, HELPFUL AND THEY SEEM TO LOVE WHAT THEY DO!”

So, here's a **BIG THANK YOU** to the thousands of volunteers who have dedicated a day or two or ten to helping the Birkie events be successful! As you pass through the food stations or participate in any of the events Birkie week, please offer your **THANKS** to the volunteers.

– Shellie Milford

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