



ALPIN TEAM TRAILRUN

K23 - 1,523 vertical meters

Werfenweng // Salzburg // Austria

Trail running in a breathtaking alpine scenery

Date: 28.09.2024

Start: Saturday, 28.09.2024 – 11:00 (Line-up at 10:30)

Distance: approx. 23 km / 1,523 vertical meters

Start- and Finish: Werfenweng / Zaglau / Ikarus Festival Area

Time limit: 7.5 hours

Cut-off finish: 18:30



CATERING & CHECKPOINTS

1. Aid station: Wengerau = approx. 5 km, approx. 155 m

bananas, watermelons, pickles, pretzels (Soletti), marble cake, hard-cured sausage, oranges, potatoes, salt, bread, water, electrolyte drinks, coca cola

2. Aid station: Scharte = approx. 16 km, approx. 1,435 m

bananas, watermelon, pickles, pretzels (Soletti), marble cake, hard-cured sausage, bread, oranges, soup, water, electrolyte drinks, coca cola



Safety information

For environmental reasons, the organisers do not provide disposable drinking cups at the aid stations or at the checkpoints. Therefore, as indicated in the mandatory equipment, each participant needs to bring their own reusable cup. In addition, runners must carry enough water. The minimum amount of water to be carried can be found in the section "Mandatory Equipment". Runners who abandon the race are responsible for their own transportation back to the start/finish area or their accommodation respectively. In case of race abandonment, each participant is obliged to contact the race management at the phone number +43 676 9523366 via text message. Emergencies must be reported immediately by telephone on the same number. Race management will then inform mountain rescue.

The instructions of the entire organising team, mountain guides, legal bodies, doctors and paramedics, race stewards and attendants at the aid stations must be followed at all times. If the organising team, sweepers, or medial personnel determine that a runner is in a questionable state of health, the participant may be taken out of the race. We would also like to emphasise that all participants are obliged to provide first aid!

The limit for the K23 Trail is 300 participants.

Participants under 18 years of age are not allowed to start!

Race bib distribution: 27.09.2024

from 12:00 to 18:00

at the Hervis Store Bischofshofen, Gasteinerstraße 49, 5500 Bischofshofen.

We kindly ask you to pick up your race bib at the Hervis Store on 27.09.

Race bib distribution: 28.09.2024

from 08:00 to race briefing

ATT Festival Grounds, Weng 149, 5453 Werfenweng

Race Briefing:

Saturday, 28.09.2024, at 10:15 in front of the LED wall.

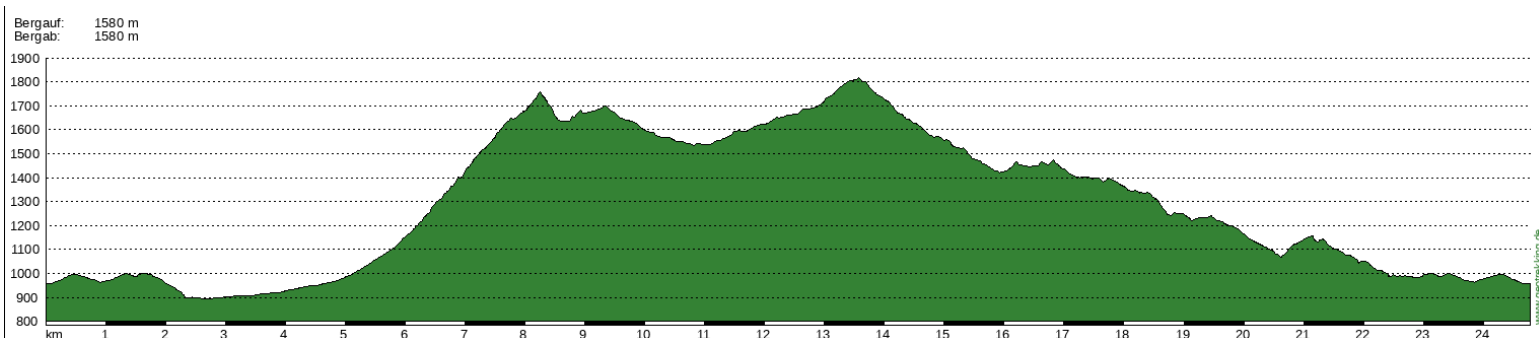
Attending the race briefing is obligatory for every participant!

Registration includes:

- starter package
- finisher medal
- water supply
- refreshments at the aid stations
- proper trail markings
- trail map
- race bib + chip (no rental, no deposit) in race bib
- medical care at the start/finish area
- certificate (race result austria)
- timekeeping (race result austria)
- free photos taken on the trail and at the start/finish area
- a donation of 100% of the registration fees
- awesome after race party

Ranking:

- Place 1-3 men/women of the overall ranking



ITRA: 1 ITRA point

timekeeping: <https://my.raceresult.com/>



MANDATORY EQUIPMENT

- trail running backpack / running vest
- trailrunning shoes or sturdy footwear! Barefoot shoes and shoes without a suitable tread are prohibited. Participants without suitable footwear may not be allowed to start.
- reusable cup or drinking vessel
- mobile phone with ring tone switched on
- emergency number of the organiser +43 676 9523366
- photo ID
- 1.0 L drinking liquid at the start. Participants must carry a sufficient amount of liquid with them to the to the next aid station.
- whistle
- first aid kit (2 gauze bandages, tweezers, blister plaster, plaster)
- survival blanket
- rain jacket with a water column of at least 10,000 mm
- headgear (cap, headband, bonnet...) (optional)

The safety equipment depends on the requirements of the trail and must be adapted to the weather conditions!

Disqualification:

Missing mandatory equipment, shortcuts on the course, contamination of nature, unfair behaviour towards other participants, non-compliance with the instructions of the organising team (helpers, public bodies, paramedics, doctors, race stewards), as well as personal assistance. **Accompaniment, or catering by any other individual than official ATT personnel will lead to disqualification without exception.**

Self-catering:

Gels and granola bars must be labelled with your own race number.

The labelling of the food brought along will be checked at the equipment check. The organiser will provide labelling material at the equipment check. Optionally, salt tablets, amino acid tablets and trail running poles can be carried. However, trail running poles must be carried/used from start to finish and may not be handed off.

THE MANDATORY EQUIPMENT WILL BE CHECKED AT THE ENTRANCE TO THE LINE-UP AREA!

TRAIL BLAZING, SAFETY, LIABILITY

The trail route is marked by an experienced and competent team with chalk spray, signs, tape and flags.

However, there is no entitlement to continuous way marking of the route, which would make own orientation in the alpine terrain superfluous. Especially after dark, during heavy rainfall, snowfall or other unfavourable weather conditions, the markings may disappear, be covered or unrecognisable, which is why each participant must carry the trail map.

In addition, the GPS file of the course is available for download on the homepage. It is recommended to carry a GPS device for orientation. A (wilful) removal of the markings by third parties cannot be excluded by the organiser. Immediately after the time limit has expired, the way markings will be removed in sections by the sweepers. The course is therefore no longer marked after the time limit has expired.



Attention: The rescue costs in case of accidents and emergencies are not borne by the organiser, landowner, etc. and have to be paid by the runner involved in the accident. Therefore, insurance for mountain accidents is strongly recommended. The declaration of consent to bear the rescue costs is included in the registration process.



Attention: Trail running events take place in nature, lead through nature reserves and over existing paths, trails, gravel roads, forest roads as well as public & private roads. Road traffic regulations must be observed and when there is oncoming traffic, run on the left. When crossing public paths and private property, order must be maintained. In case of unfair behaviour towards other participants, refusal to help in case of distress of other participants or contamination of nature, an immediate disqualification by the race management is to be expected.

All participants, including spectators, agree to comply with the rules and regulations upon entering the event premises. You can find the rules and regulations on our website. The disclaimer of liability can be found on our homepage.

Information for spectators:

A ride to the summit with the Bischling Ikarus 8-seater gondola (access right next to the ATT festival area) allows spectators to reach the summit of the Bischling easily and quickly. The summit offers a magnificent panoramic view of both the K23 and K50 trails and the surrounding mountains.

Info at: www.bergbahnen-werfenweng.com



ALPIN TEAM TRAILRUN



**We wish all participants an exciting and fair competition.
We reserve the right to make changes at short notice!**

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