

# RUNNER'S GUIDE 12<sup>th</sup> SEPT 2020

  
**MAYRHOFEN**  
**ULTRAKS** ZILLERTAL



# DAS GANZE TAL AUF EINEN KLICK.



Das ganze Tal auf einen Klick.



myZillertal.app






# WELCOME IN MAYRHOFEN!

We are looking forward to the 2nd edition of Mayrhofen Ultraks Zillertal together with you!

- ❖ Please read the Runner's Guide carefully.
- ❖ Please follow the rules of hygiene.
- ❖ If you have any questions please feel free to contact [mayrhofen@ultraks.com](mailto:mayrhofen@ultraks.com) at any time.

See you in Mayrhofen!

Your Ultraks Team

A wide-angle landscape photograph of a mountain region. In the foreground, a dirt path winds along a grassy slope next to a calm lake. Several hikers are visible on the path. In the middle ground, a small cluster of buildings is situated on a grassy hill. The background is dominated by large, rugged mountains with significant snow cover under a cloudy sky.

# HYGIENE RULES

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Due to the current situation, there are some hygiene rules to be observed in this year's edition:

- ❖ On the whole area the distance regulation of 1m applies.
- ❖ Keep sufficient distance when overtaking on the track - show consideration for other runners.
- ❖ Running in groups of up to 3 persons is allowed.
- ❖ There will be different starting slots per distance with a maximum of 160 persons: we will inform you about your starting block at the distribution of your bib.
- ❖ Please keep your mask (Buff, Bandana) on until you are placed in the starting area. Keep it with you for the whole run in case of anything happens.
- ❖ At food stations please keep your distance, volunteers will hand out food behind glass with gloves (no self-service).
- ❖ Drinks can only be handed out with your own cup.
- ❖ When entering the event location at the Europahaus, visitors must hand in their data for tracking purposes - the number of visitors is limited.
- ❖ All surfaces are regularly disinfected, and sufficient disinfectant dispensers are provided.
- ❖ The Runner's briefing is exclusively digital.





# SPECIFIC CHARACTERISTICS

## **Starting times**

Please check your starting times on the homepage again, these can change at short notice.

## **Start in slots**

This year, the start will be in slots. On your bibs you will find the respective starting group. Please arrive at the starting area about 10 minutes before the scheduled start.

## **Food stations**

The distance control applies. No self-service: meals are served by helpers. Hands are to be disinfected before the station. Please be patient.

## **Award ceremony**

There will be no official award ceremony. The three best women and men of the respective course will be honored with sufficient distance after the finish.

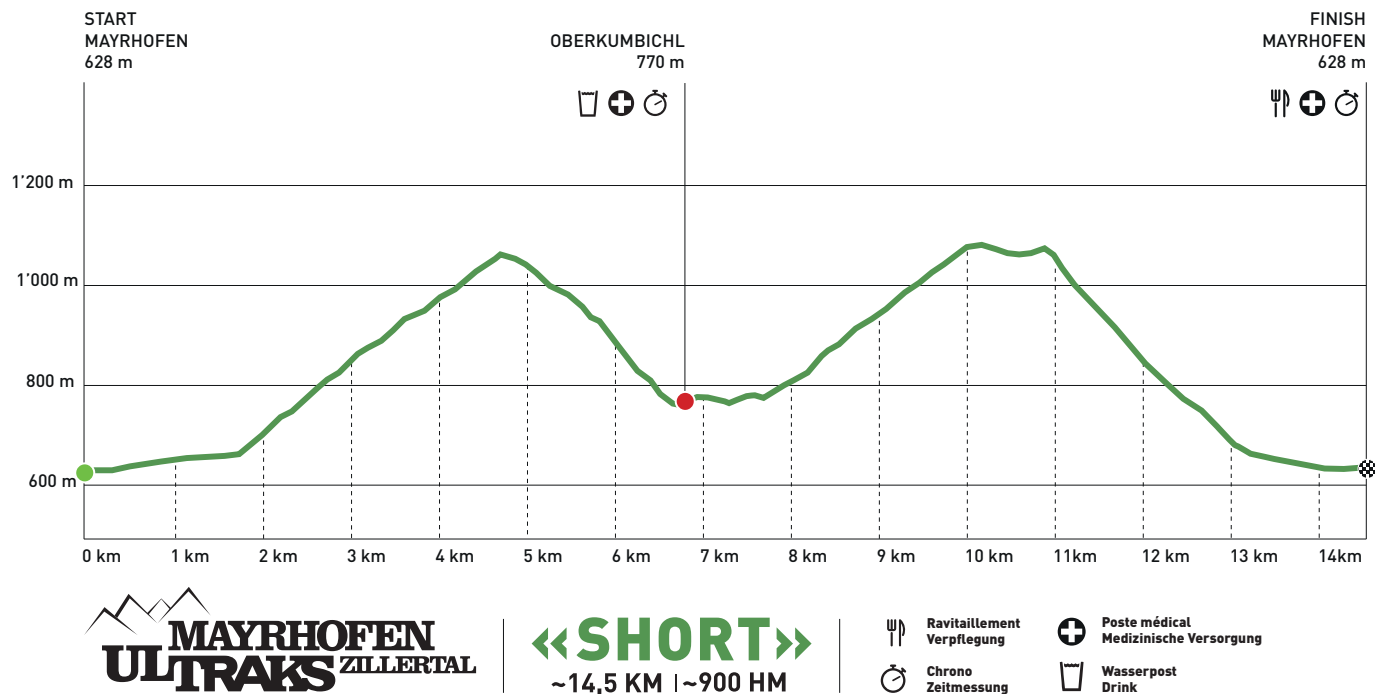
# TRAILS



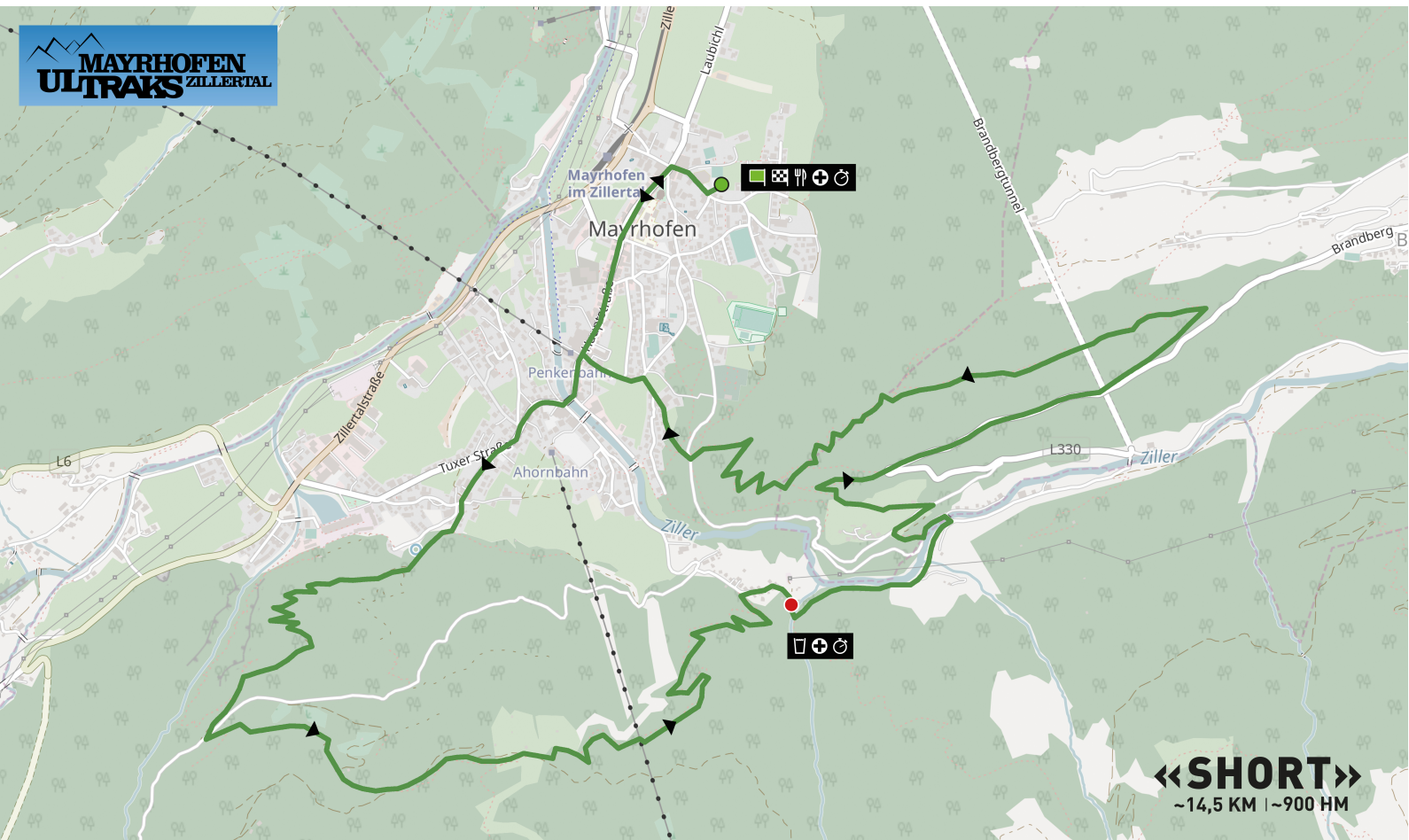




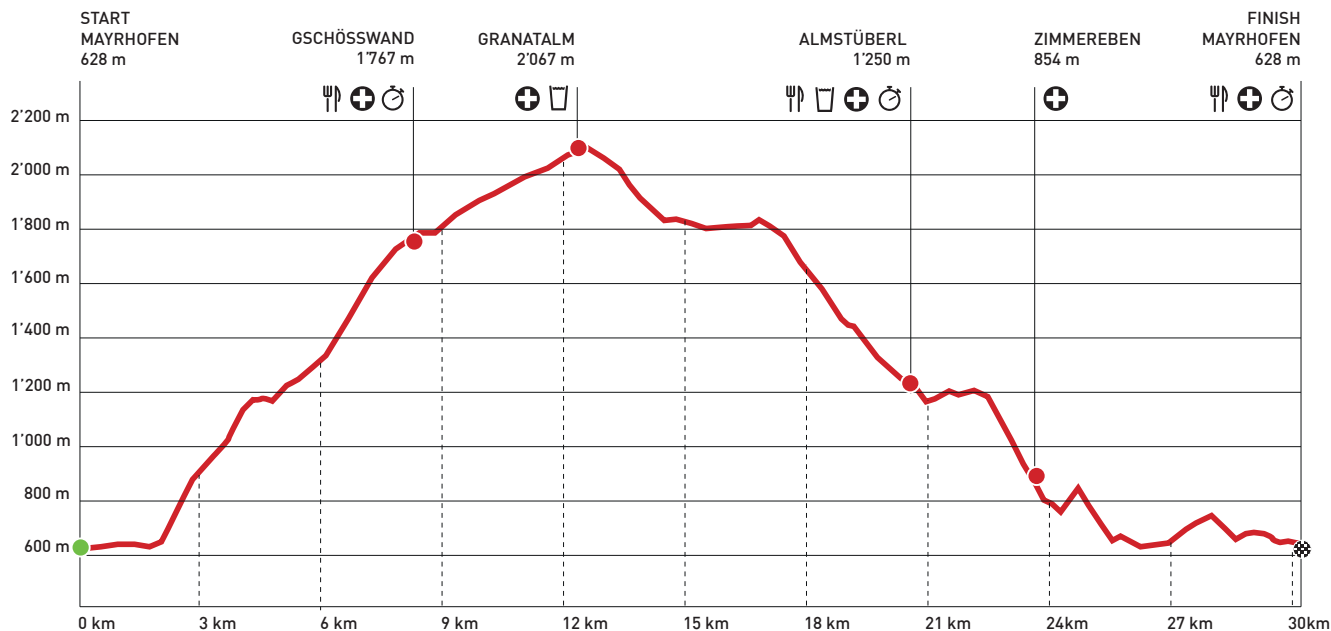




Directly from the village center Mayrhofen offers first class trails. Our route "Short" takes advantage of this and runs through the center of the village along the main road towards Stilluppklamm and then along the moderately rising Stillupperweg up to the Wiesenhof. This is followed by a downhill to the refreshment station, which is the halfway point. The tour continues with a short crisp ascent, followed by a very runnable technical up- and downhill back to the village.



**«SHORT»**  
~14,5 KM | ~900 HM



**MAYRHOFEN**  
**ULTRAKS** ZILLERTAL

**«MIDDLE»**  
~30 KM | ~2.000 HM

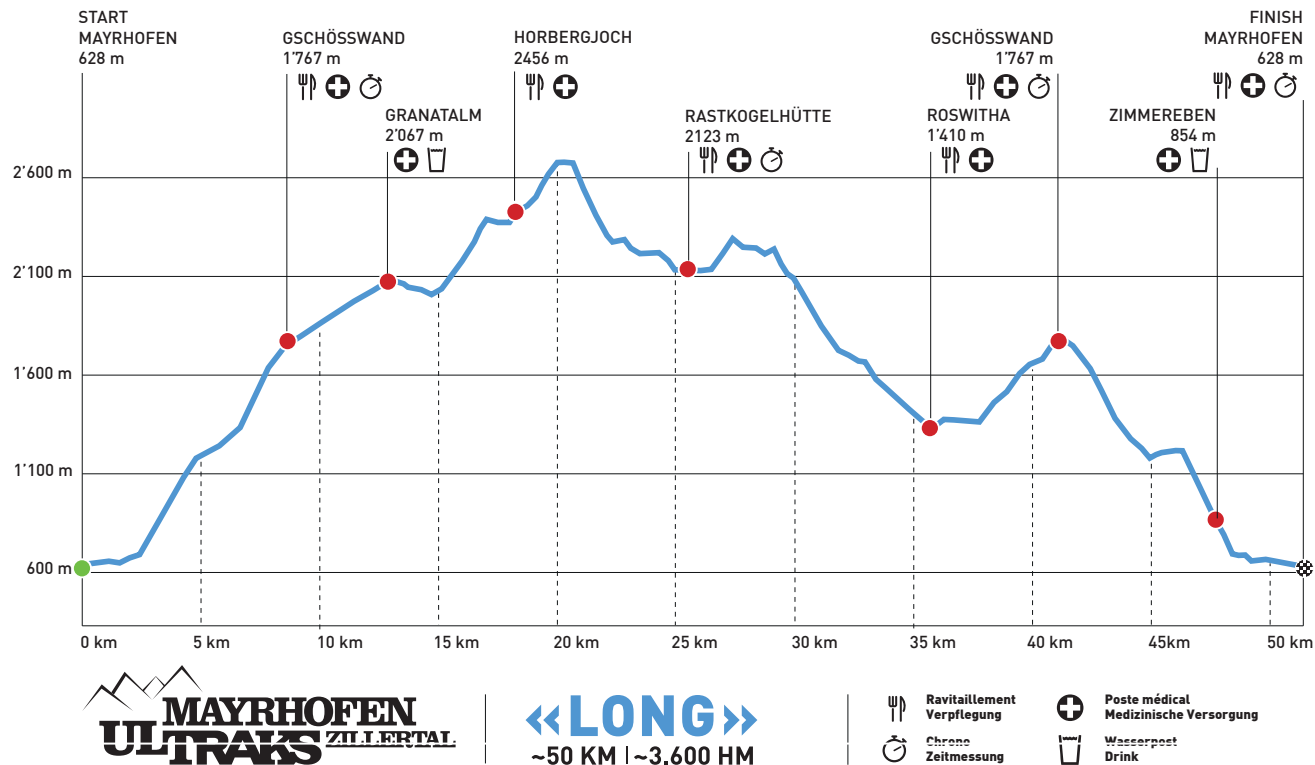
⚡ Ravitaillement  
Verpflegung  
⌚ Chrono  
Zeitmessung

⛑ Poste médical  
Medizinische Versorgung  
🗑 Wasserpost  
Drink

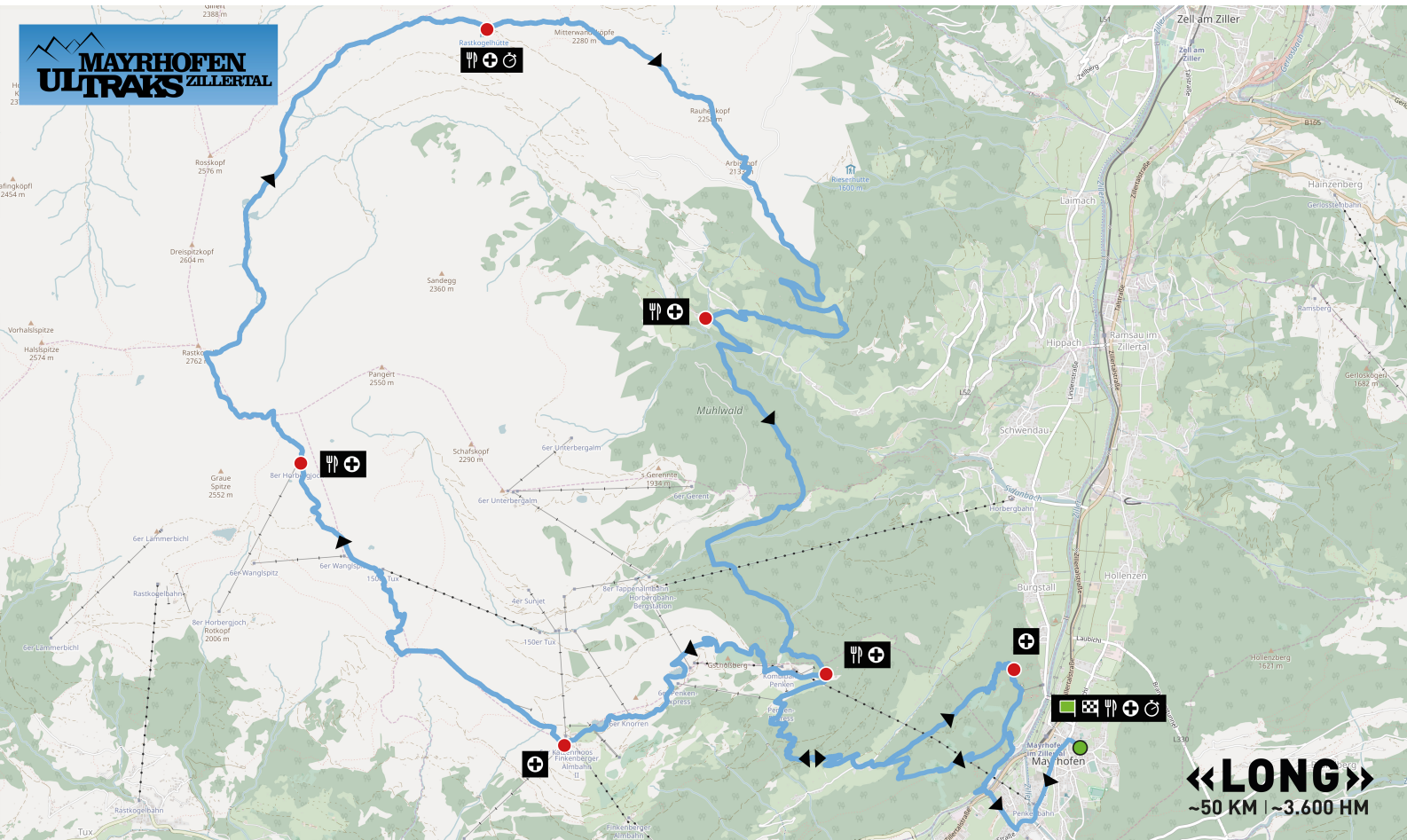
The "Middle" distance runs over the Penken and the Penkenjoch to the Wanglalm. From there, no longer parallel with the "Long", a crisp downhill leads to the Moorlehrpfad. A wavy and later falling profile brings you back to Astegg before returning to Mayrhofen.





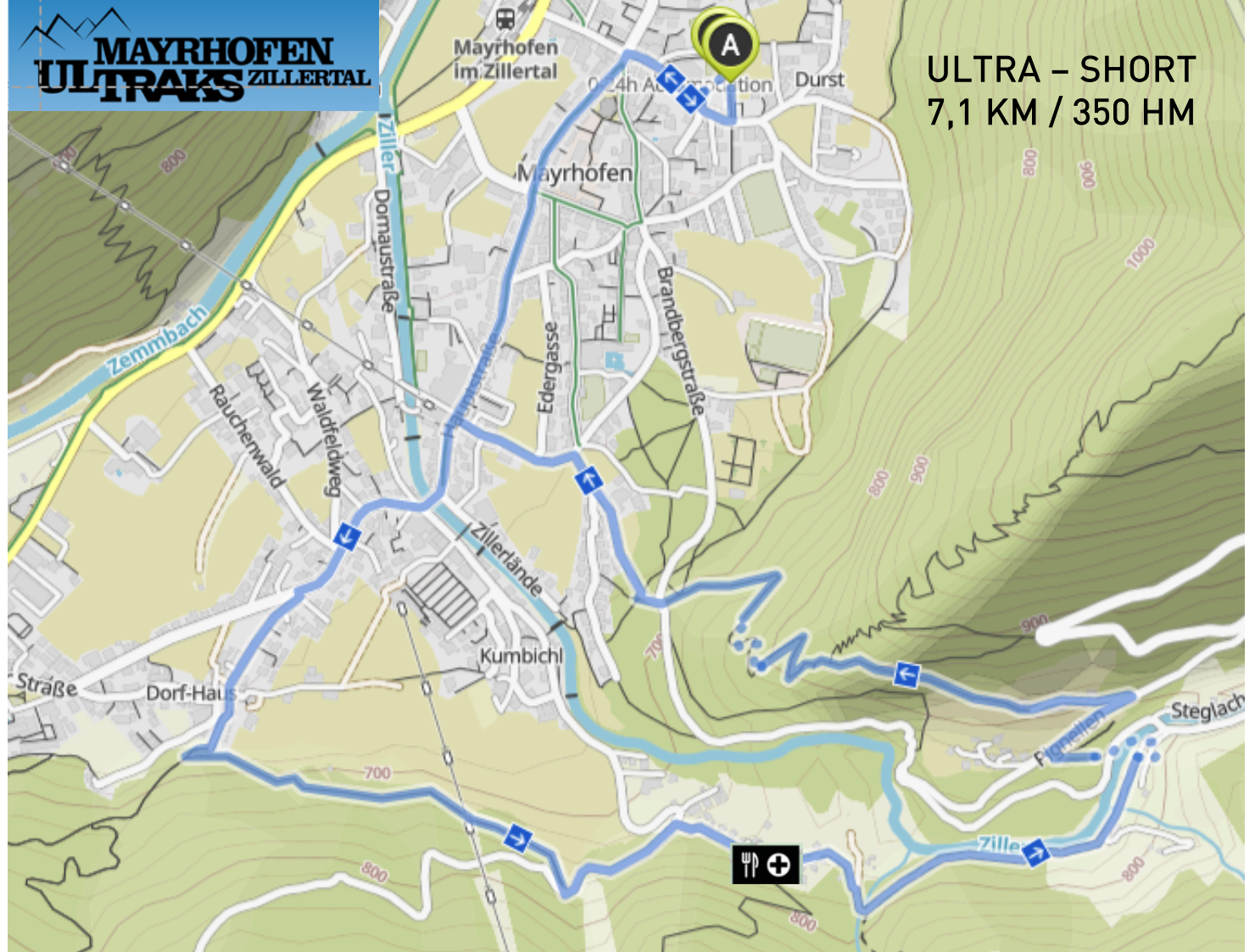


The longest distance leads over the Penkenplateaus to the most beautiful panoramic mountain, the Rastkogel. From there continue to “Rastkogelhütte”, Kreuzjoch and Melchboden. Over the Hochschwendberg with the Gasthof Roswitha runners will go up to the “Gasthaus Gschösswand”, before going down to Mayrhofen.





ULTRA - SHORT  
7,1 KM / 350 HM



# PROGRAM





## FRIDAY, 11<sup>TH</sup> SEPTEMBER

Please note that the bib distribution will take place on Friday at Hervis Mayrhofen.

Adress: Einfahrt Mitte 433, 6290 Mayrhofen

<b>03:00 – 07:45 pm</b>	Bib Distribution “Pay n’ Run” Registrations	<b>Hervis Mayrhofen</b>
05:00 pm	Runners' Briefing	digital



# SATURDAY, 12<sup>TH</sup> SEPTEMBER

06:15 – 09:45 am	Bib distribution & “Pay n’ Run” Registrations @ Europahaus <i>NOTE: Registrations close 60 minutes before the start of the race</i>
07:00 am	Ultraks-Expo
07:45 am	START «MIDDLE» & «LONG»
08:45 am	START «MINI-ULTRA»
10:00 am	START «SHORT» & «ULTRA-SHORT»
Approx. 10:45 am	Arrival of first runners
11:30 am – 07:15 pm	Runners’ meal @ Europahaus
07:00 pm	Closing of the finish line

Unless otherwise indicated, all action takes place on the Ultraks Zone.  
Please be ready at the start 15 minutes prior to your start time.

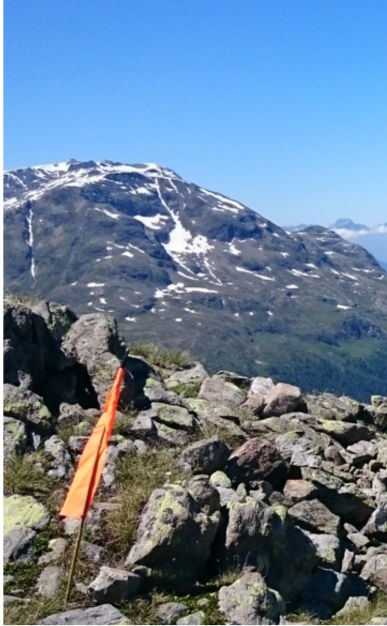


# MORE INFORMATIONEN





# COURSE MARKING



Orange flags lead you the way on the trails and can be found on every route. They help for orientation and guiding purposes.



# SIGNAGE



ULTRA-SHORT



SHORT



MIDDLE



LONG

You can also orientate yourself by the route signs of your distance.



Placed every five kilometers, they show the distance covered in the colors of the respective course.

# BIBS

**MAYRHOFEN ULTRAKS ZILLERTAL**

**FELIX 1234**

**MIDDLE**

**12 SEPT 2020**

**salomon**  
TIME TO PLAY

**WAVE A**

**Starting slot A-F**

**FINISHER T-SHIRT**

**voucher for Salomon Finisher Shirt**

**RUNNER'S MEAL**  
incl. 1 Drink  
@ Europahaus

**voucher for Pasta at the Europahaus**

**SHOWER**  
@ Erlebnisbad Mayrhofen  
Waldbadstr. 539

**Entry to the Erlebnisbad Mayrhofen**



# BIBS





# RECOMMENDED EQUIPMENT

- ❖ Mobile phone with saved emergency number: +43 664 99578070
- ❖ Waterproof running jacket
- ❖ Rescue blanket
- ❖ Spare drink (0,5L)
- ❖ Poles are permitted for all three distances
- ❖ Mouth and nose protection (buff, bandana, tubular cloth or mask)





# TIME LIMITS

Time limits have been set for the "LONG" and "MIDDLE" races.

## GRANATALM @ 12:30 pm

	« LONG»	«MIDDLE»
Km (approx.)	12	12
Meters of vertical climb (approx.)	1,600	1,600
Elapsed Time since start	4h 45	4h 45

## ROSWITHA @ 03:30 pm

	« LONG»
Km (approx.)	36
Meters of vertical climb (approx.)	3,200
Elapsed Time since start	7h 45

## FINISH LINES

The finish line in Mayrhofen closes at 07:00 pm.





# ROUTE CHANGE

The Organisers reserve the right to modify the course or interrupt the race in case of adverse weather conditions.

Decisions shall be made by the Jury and cannot be appealed.

Please pay attention to the Runner's Briefing on Friday and read our mails carefully in advance.



# RACE RETIRING PROCEDURE

## 1. INFORM

Inform immediately the Race Office by sending an SMS or a WhatsApp to

+43 664 99578070 precising:

- Your bib number
- Your name
- Your position

or inform a course marshal (orange gilet) positioned along the course.

## 2. TAKE OFF THE BIB

To avoid mistakes, it is more important that after retiring from the race, you keep your bib in your pocket.



# GENERAL BEHAVIOR ON THE COURSE

- ❖ Each competitor must follow the signpostings /course marking.
- ❖ Competitors have a duty to assist any person who is in danger or a victim of an accident and to inform the Race Office immediately by telephone about any accident. (+43 664 99578070) or contact a course marshal (orange gilet);
- ❖ A participant must give up when asked to do so.
- ❖ Participants must respect the environment. No littering on the course.
- ❖ Be considerate of other participants and keep sufficient distance when overtaking.



# EMERGENCY MOUNTAIN RESCUE

The Mayrhofen Mountain Rescue will be responsible for safety along the courses. Their fixed positions are located here:

- ❖ Start & Finish Mayrhofen
- ❖ Oberkumbichl
- ❖ Gschösswand
- ❖ Granatalm
- ❖ Rastkogelhütte
- ❖ Roswitha
- ❖ Zimmereben

In case of injury or other emergency, please contact the following number:

**Emergency number: +43 664 88 59 81 67 (Andreas Eder)**



## SOCIAL MEDIA

Use our hashtag #MUZ20 to share your social media posts around the Mayrhofen Ultraks Zillertal!



## FINISHER T-SHIRT

You will receive your finisher shirts offered by Salomon after showing your bib number in the finish area.



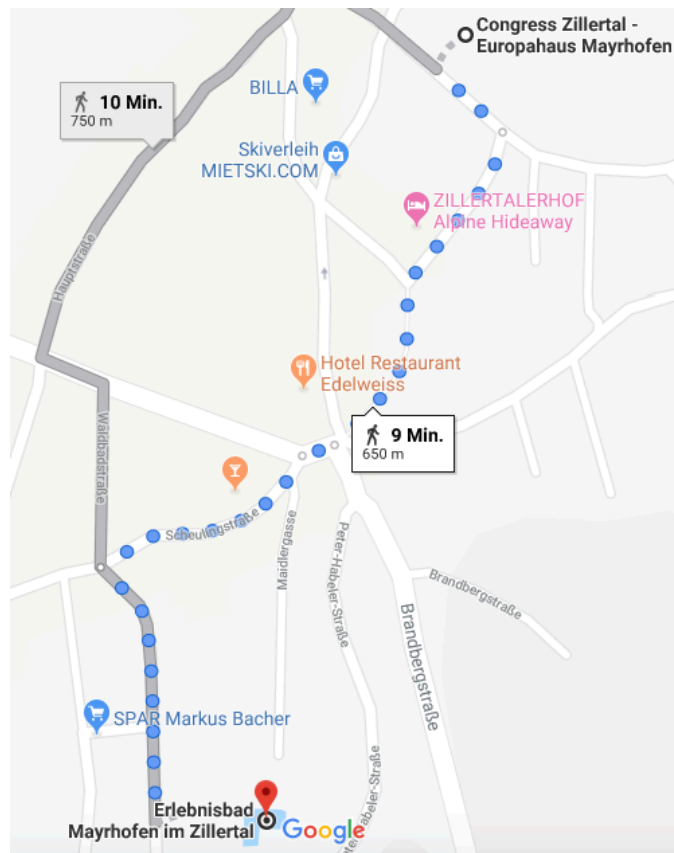
# AT THE FINISH

## SHOWER

- ❖ Showers are located at the Erlebnisbad Mayrhofen, Waldbadstraße 539, and close at 07:30pm.
- ❖ The showers can be reached within 10 minutes walking time.
- ❖ Vouchers can be found on the bib number.

## RUNNERS' MEAL

- ❖ You can pick up your Runner's Meal after the race inside the Europahaus by showing your bib number. Please follow the signs.





# PARKING

The following parking spaces are available on the day of the event. All of them are only a few minutes' walk from the Europahaus.

- ❖ Subject to charge

  - „Tiefgarage Sozialzentrum“

- ❖ Free parking spaces

  - „Parkplatz Pfarrer-Krapf-Straße Nord & Süd“
  - „Parking Scheulingstraße“ (Scotland Yard)







# SPORTOGRAF

- ❖ As official photography partner [www.sportograf.com](http://www.sportograf.com) will be available for all participants and distances. The business is well known for their services and assures best quality pictures as great memories of the Mayrhofen Ultraks Zillertal 2020.
- ❖ You can buy your individual pictures with your bib number after the race for a fair pricing.
- ❖ You can find all the photos right after the event at <https://www.sportograf.com/de/shop> or on our website





# LAST MINUTE INFORMATION

Last minute information will be posted at the Race Office in the Europahaus and on our Facebook page "Mayrhofen Ultraks Zillertal" or our website.

Thank you for being part of the  
Mayrhofen Ultraks Zillertal 2020!

We wish you a great race and  
look forward to cheer you on at  
the finish line.

Have fun and take care of your  
fellow competitors!

