



10. & 11. SEPT 2021

RUNNER'S GUIDE



DAS GANZE TAL AUF EINEN KLICK.



Das ganze Tal auf einen Klick.



myZillertal.app



WELCOME TO MAYRHOFEN!

We are looking forward to the 3rd edition of the Mayrhofen Ultraks Zillertal together with you!

Please read the Runner's Guide carefully and pay special attention to the hygiene rules.

In the coming days we will send you further updates, especially on the course. On Friday, 10.9. we will present our digital Runners' Briefing with course director Alex Ganster on our website.

If you have any questions, please feel free to contact mayrhofen@ultraks.com.

See you in Mayrhofen!
Your Ultraks Team

MAYRHOFEN ULTRA^{KS} ZILLERTAL

supported by



HYGIENE RULES



HYGIENE RULES



To prevent the further spread of Covid-19 and to protect all participants and spectators, we have agreed on a detailed protection concept with the authorities. Here are the most important points for you:

1. The distance regulation of 1m applies at the bib distribution. The distances will be marked with floor markings.
2. Each participant (12 years and older) must show a **3G certificate** (tested, recovered or vaccinated) at the bib distribution. Participation in the race is not possible without a bib.
3. Runners with flu symptoms are not allowed to participate.
4. All spectators must provide their contact details via an online form or tracking app. (Contact-Tracing)

TRACKS



MINI-ULTRAHS

Lap length: 600m



1 Lap
2014-2016

2 Laps
2011-2013

4 Laps
2010 and older

COMPANY RUN

For the first time we are offering a company run for all companies in Tyrol as part of the Ultraks.

On Friday, 10.9. at 3 pm we start the event weekend with the 5km fun run.

All information is available [here](#).

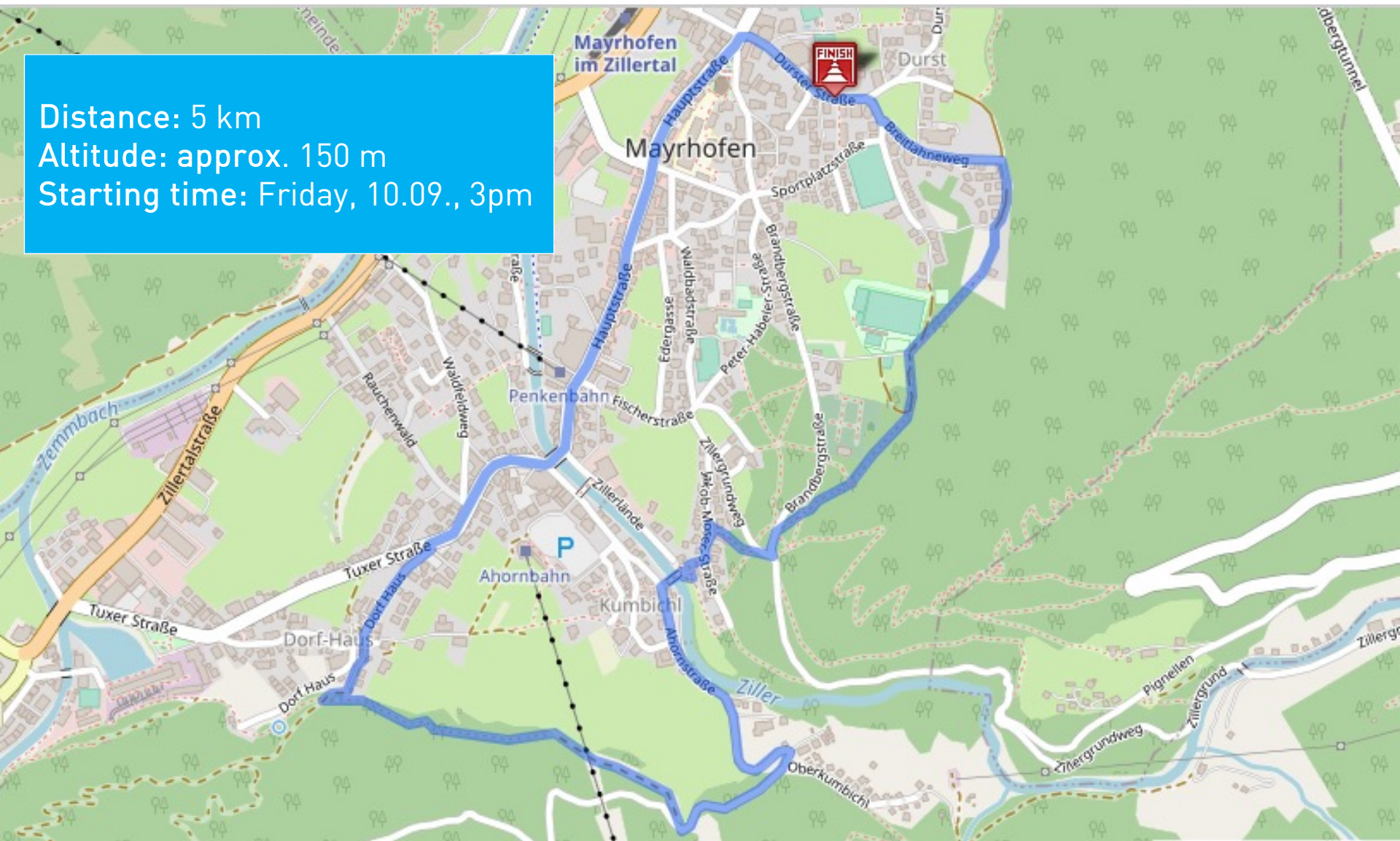


COMPANY RUN

Distance: 5 km

Altitude: approx. 150 m

Starting time: Friday, 10.09., 3pm



SPRINT

Distance: 7 km
Altitude: 350 m
Starting time: Saturday,
11.09., 10 am

«START & FINISH EUROPAHAUS»

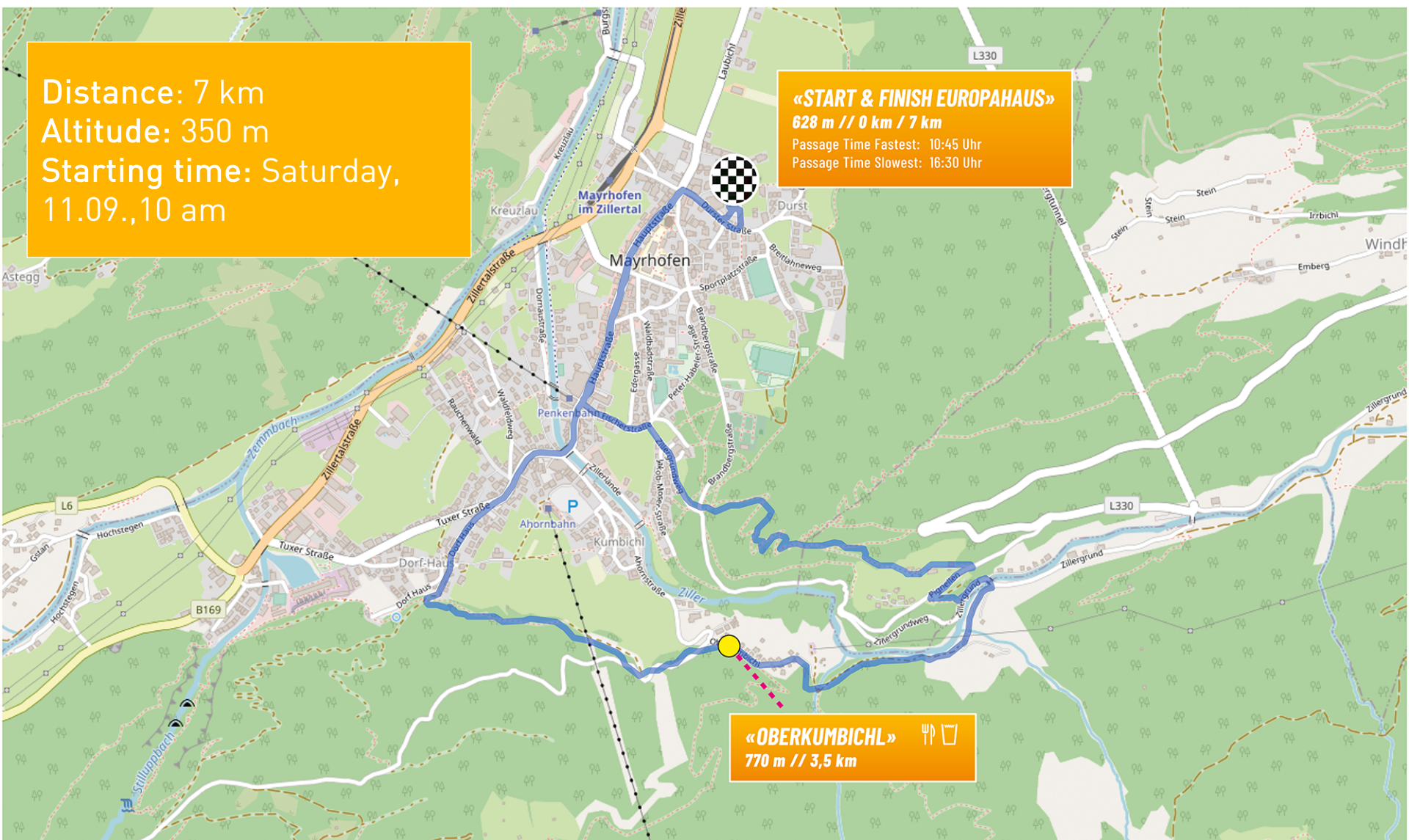
628 m // 0 km / 7 km

Passage Time Fastest: 10:45 Uhr

Passage Time Slowest: 16:30 Uhr

«OBERKUMBICHL»

770 m // 3,5 km



SHORT

Distance: 14,5 km
Altitude: 900 m
Highest point: Seehöhe Brandberg
(1.088 m)
Starting time: Saturday, 11.09., 10 am

«START & FINISH EUROPAHAUS»

628 m // 0 km / 14,5 km

Passage Time Fastest: 10:45 Uhr

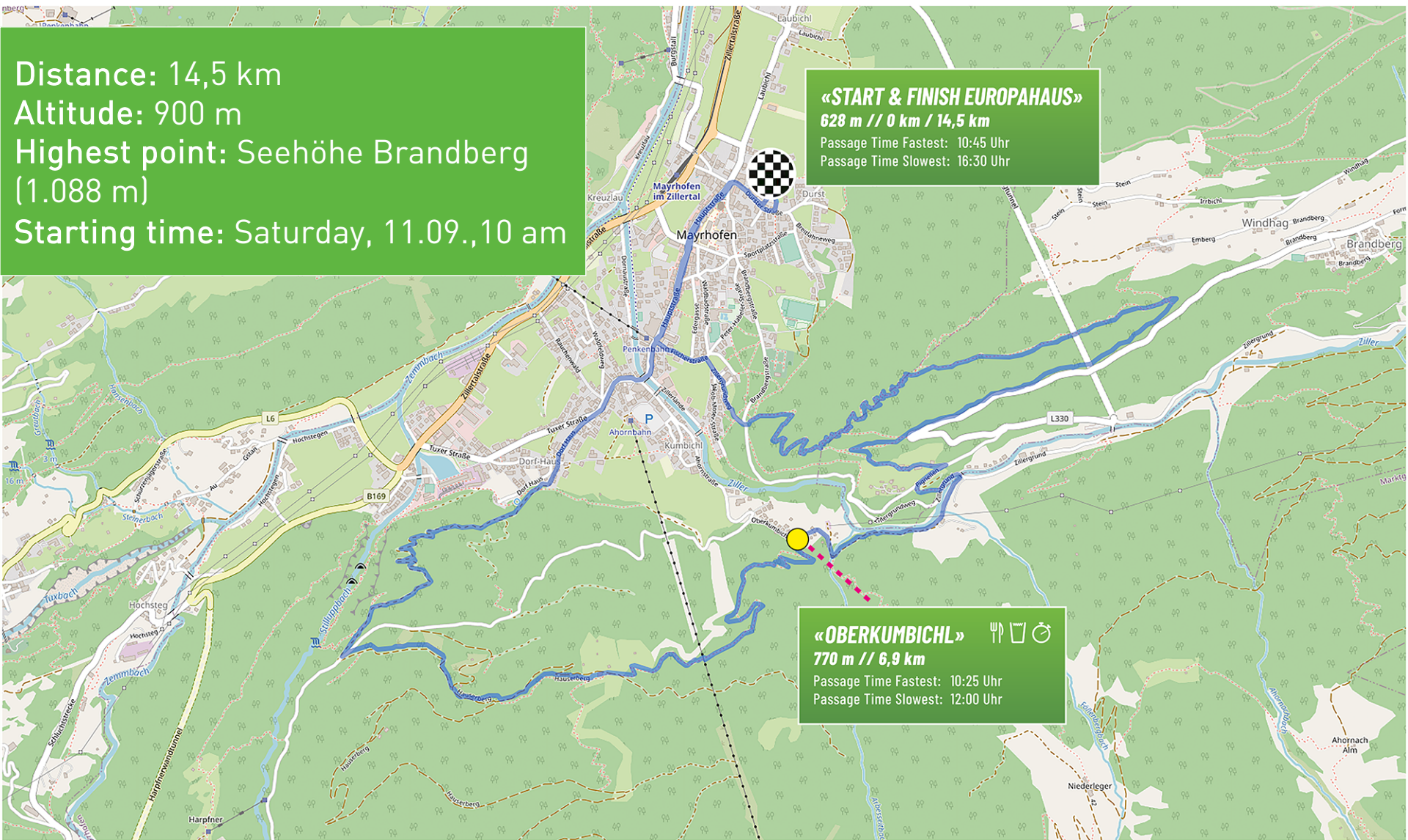
Passage Time Slowest: 16:30 Uhr

«OBERKUMBICHL»

770 m // 6,9 km

Passage Time Fastest: 10:25 Uhr

Passage Time Slowest: 12:00 Uhr

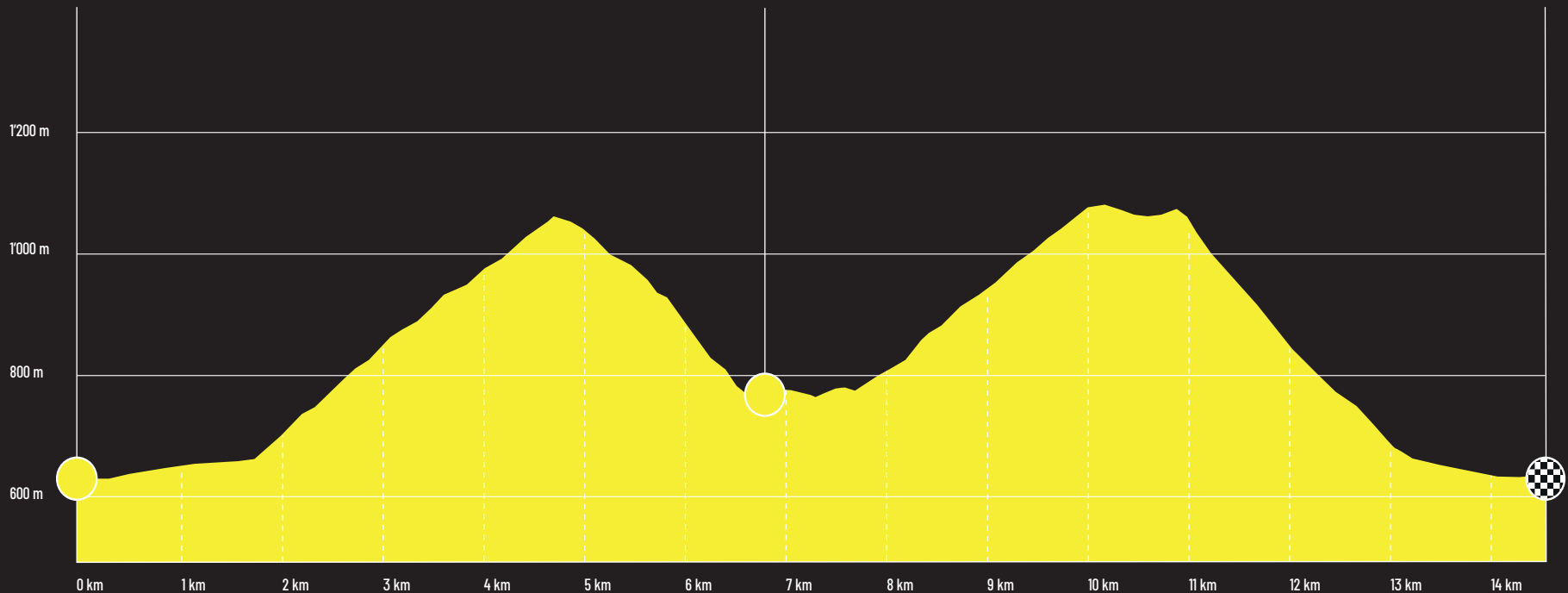




START
MAYRHOFEN
628 m

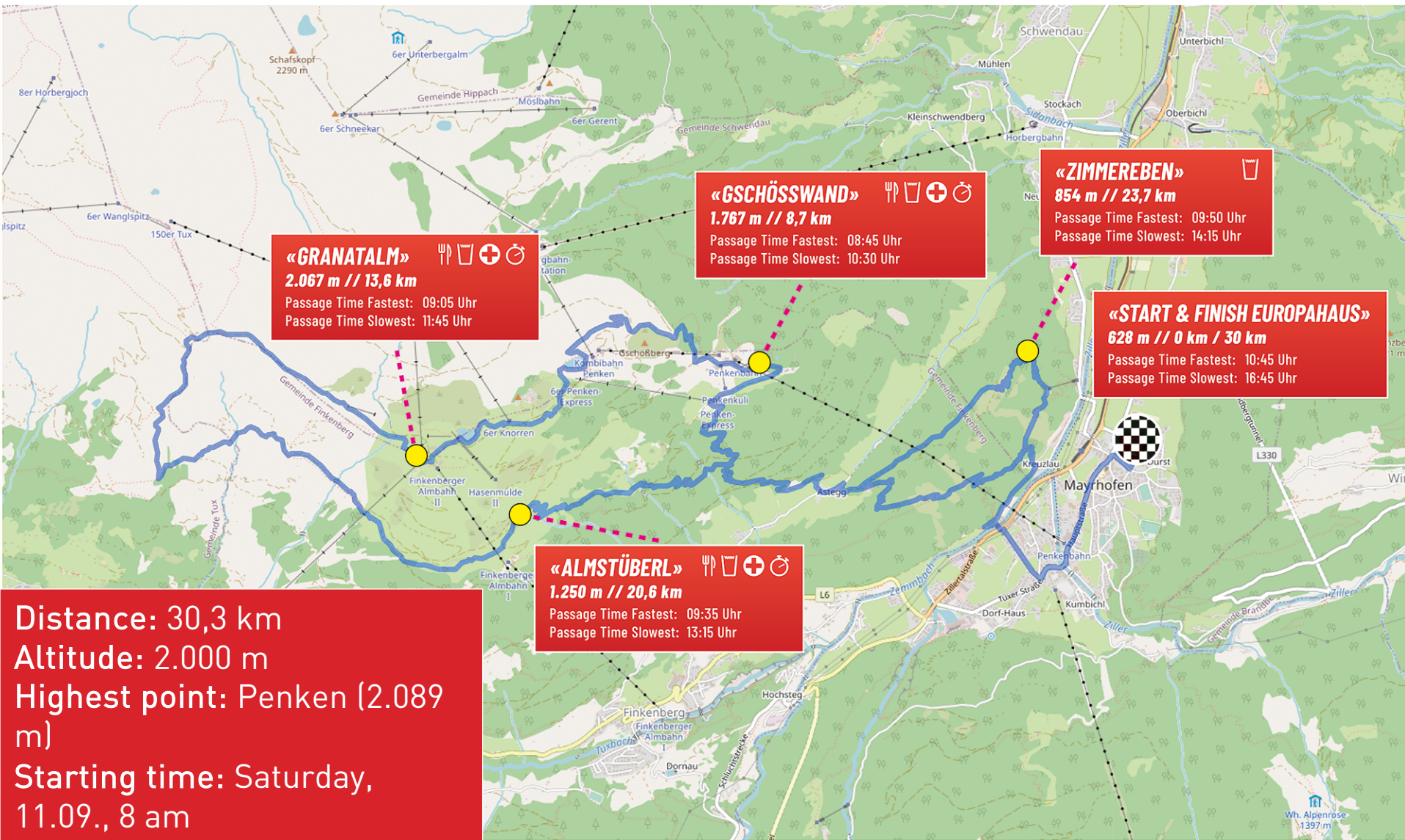
OBERKUMBICHL
770 m

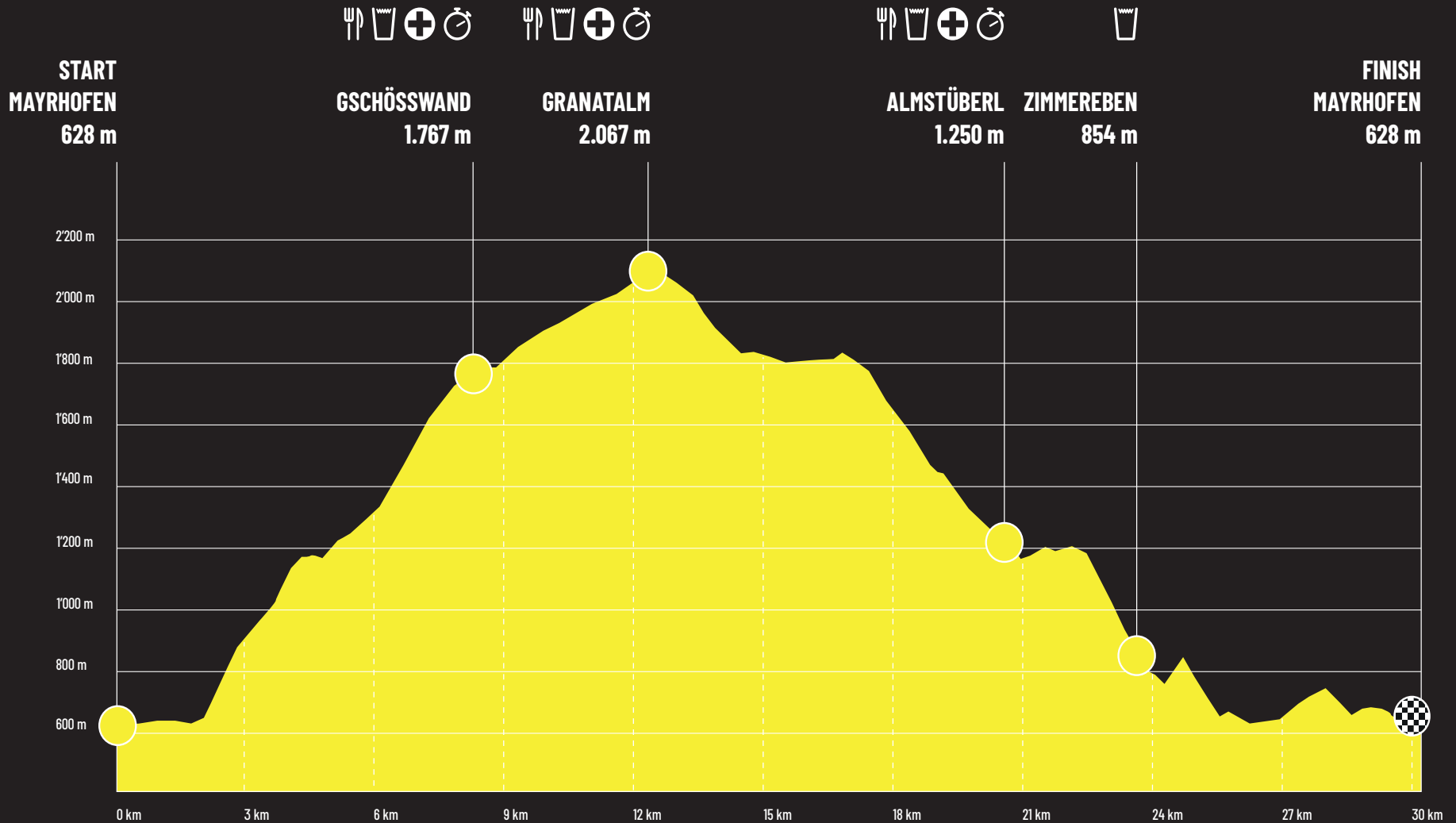
FINISH
MAYRHOFEN
628 m



Our "Short" route runs through the centre of the village along the main road in the direction of the Stilluppkamm gorge and then up the moderately ascending Stillupperweg trail to the Wiesenhof farm. This is followed by a downhill to the refreshment station, which is the halfway point. The route continues with a short, crisp climb, followed by a very runnable technical uphill and downhill back into the village towards the finish at the Europahaus.

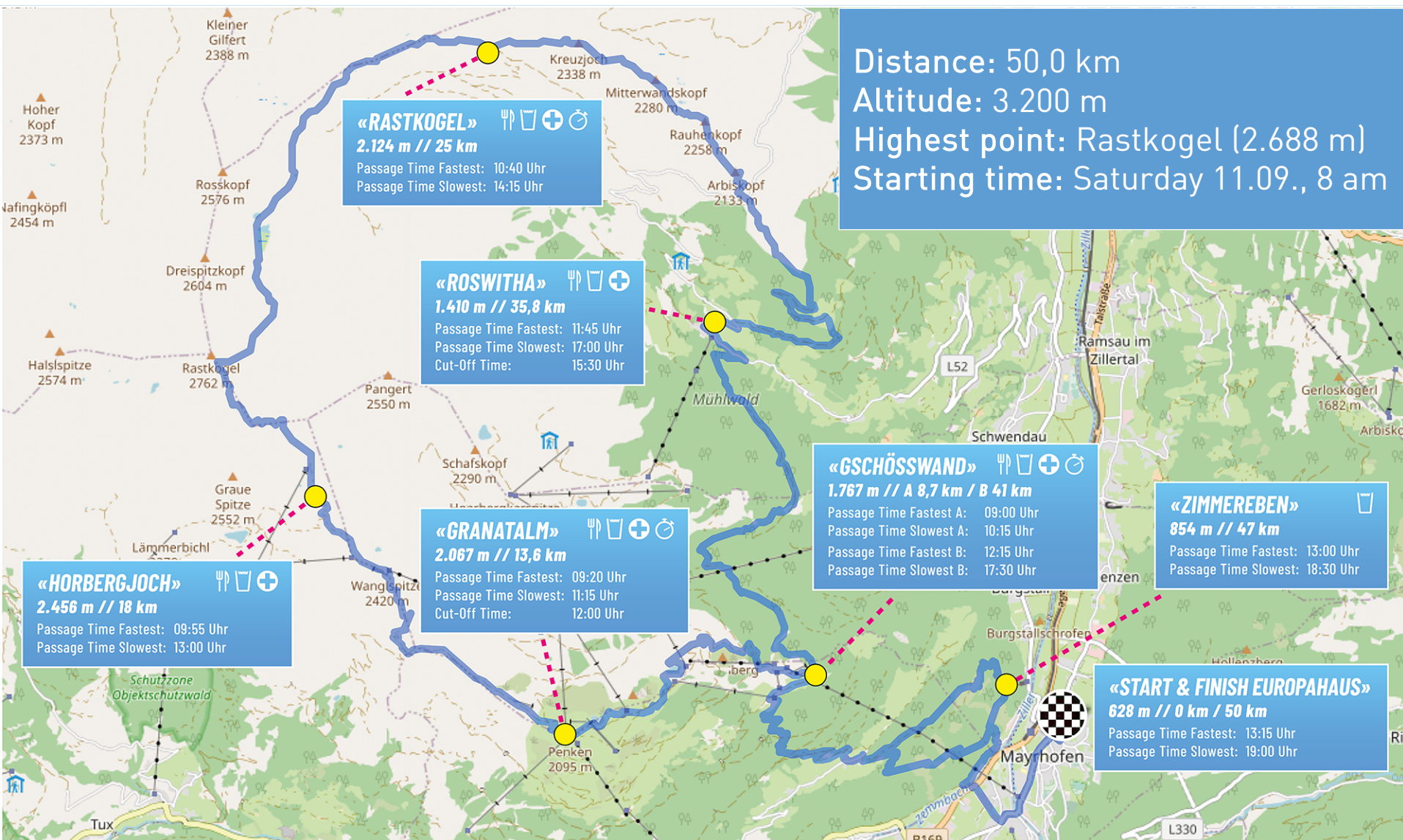
MIDDLE

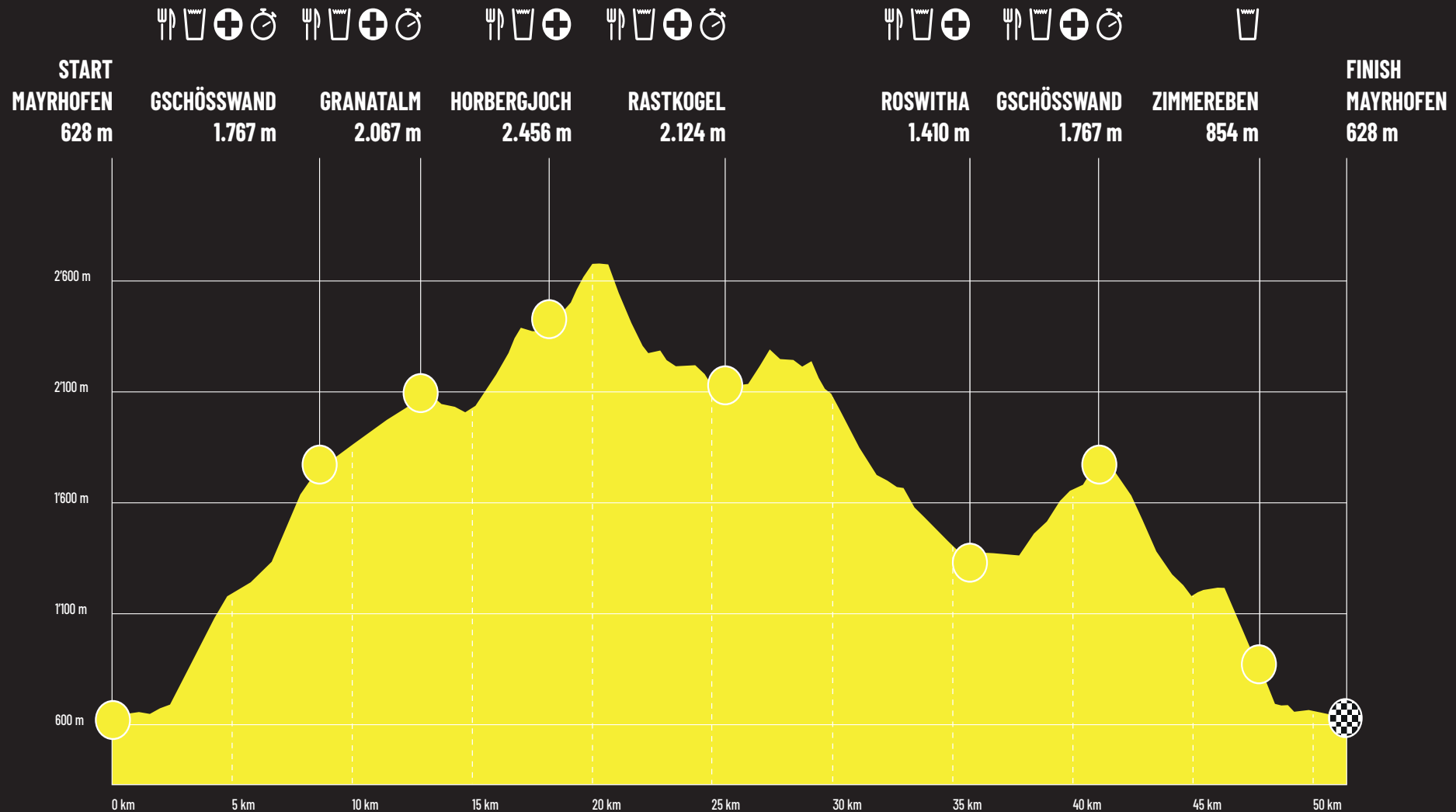




The "Middle" runs over the Penken and the Penkenjoch past the Granatalm to the Wanglalm. From there, no longer parallel to the Long, a crisp downhill leads to the moor nature trail. An undulating and later falling profile brings you back to the Astegg, before you return to Mayrhofen.

LONG





Over the Penken plateaus, the longest route leads past the Granatalm to the Rastkogel. Before reaching the summit, the trail descends to the Rastkogelhütte, the Kreuzjoch and the Melchboden. Via the Hochschwendberg with the Roswitha Inn, the route leads to the Gschösswand Inn, then down to Mayrhofen.



PROGRAM



FRIDAY, 10. SEPTEMBER

Please note, the bib distribution will take place on Friday in the shop of
Hervis Mayrhofen
Entrance middle 433
6290 Mayrhofen
will take place.

14:00 – 14:45	Bib distribution company run	Europahaus
15:00 – 20:00	Bib distribution and Pay n' Run – Registration	Hervis Mayrhofen
15:00	Start company run	Ultraks Zone
17:15	Prize Giving Ceremony company run	Ultraks Zone
19:30	Runners' Briefing	Digital



SATURDAY, 11. SEPTEMBER

6:30 – 9:45	Bib distribution and Pay n'Run – Registration until 30 min before respective start	Europahaus
7:15	Opening of the Ultraks Zone	Ultraks Zone
8:00	Start «MIDDLE» & «LONG»	Ultraks Zone
8:45	START «MINI-ULTRAKS»	Ultraks Zone
10:00	START «SHORT» & «SPRINT»	Ultraks Zone
10:30	Arrival of first runners	Ultraks Zone
15:30	Price Giving Ceremony	Ultraks Zone
19:00	Closing of the finish line	Ultraks Zone

Unless otherwise stated, all activities will take place on the Ultraks Zone. Please be ready 15 minutes before your start time.

FURTHER INFORMATION



TRACK MARKING



Orange flags mark your way. They are our essential route markers and serve as an orientation aid! We typically place a flag every 30-50 metres. On straight stretches, the distance may be longer. Basically, all flags are set within sight.



SIGNAGE



Sprint



SHORT



MIDDLE



LONG

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

DISTANCE FLAGS



«SHORT»



«MIDDLE»



«LONG»

Placed every five kilometres, they show the distance covered in the colours of the respective route.

“TO GO” FLAGS



"TO GO" flags indicate the distance to the finish line. They are placed 4, 2 and 1 km before arrival.

Orange for "LONG" and red for "MIDDLE" and "SHORT".



BIB



Voucher for
Salomon
Finisher Shirt

Voucher for
Runner's Meal
(Issued at F&B
huts in the
Ultraks Zone)

Shower:
Admission to
the Mayrhofen
adventure pool
on the day of
the event



BIBS





RECOMMENDED EQUIPMENT

- ❖ Mobile phone with emergency number stored:
+43 660 1324 757
- ❖ Waterproof running jacket, long-sleeved shirt
- ❖ Rescue blanket
- ❖ Drinks reserve (0,5L)
- ❖ Sticks are allowed on all four routes (not for mini-ultraks)



TIME LIMITS

Time limits have been set for the "LONG" and "MIDDLE" courses for your safety.

GRANATALM @ 12:00

	« LONG »	« MIDDLE »
Km (about)	12	12
Vertical ascent in metres (about)	1,600	1,600
Time elapsed since start	4h 45	4h 45

ROSWITHA @ 15:30

	« LONG »
Km (about)	36
Vertical ascent in metres (about)	3,200
Time elapsed since start	7h 45

FINISH CLOSING

The finish in Mayrhofen closes at 19:00.



TRACK CHANGES

The organisers have the right to change the course or to interrupt the race in case of unfavourable weather conditions. Decisions will be made by the jury and are non-negotiable.

Please note that the Runner's Briefing on Friday will be presented digitally as a stream and read our mails carefully in advance.



PROCEDURE FOR RACE ABANDONMENT

1. INFORM

Inform the Race Office immediately by SMS or by WhatsApp to **+43 660 1324 757** with:

- Your bib number
- Your name
- your position

or inform a marshal (orange waistcoat) who is positioned on the way.

2. TAKING OFF THE BIB

To avoid mistakes, it is important to take off your bib after the race and put it in your pocket.



GENERAL BEHAVIOUR

- ❖ Each participant must respect the signposting and the course markings.
- ❖ All participants are obliged to assist persons who are in danger or victims of an accident and to inform the competition management immediately by telephone of any accident. (**telephone number: +43 660 1324 757**) or to contact a course marshal (orange waistcoat).
- ❖ A competitor must give up when asked to do so.
- ❖ Participants must respect the environment.
- ❖ Be considerate of other participants and keep sufficient distance when overtaking.



GENERAL BEHAVIOUR

- ❖ Please always follow the route markings.
- ❖ Although roads are closed to traffic during the race, you may encounter cars, cyclists or walkers in some sections. Please be aware of this and avoid them for your own safety.
- ❖ Keep your distance from cows and other animals.



MOUNTAIN RESCUE

The Mayrhofen Mountain Rescue is responsible for safety along the routes. 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:

Mountain rescue: +43 664 88 59 81 67 (Andreas Eder)





LIVE TRACKING

This year we are offering a special feature together with our Time2Win: With our own GPS tracking app, your companions or your fans at home can follow you during the run.

How does it work?

- ❖ Simply download the app "**Time2Win GPS**" from the App-Store.
- ❖ In the app, enter the following key in "Search": **LDQ4UQ**
- ❖ Now just enter your name and optionally your start number.
- ❖ Important: Press **START** before the start on Saturday and carry your smartphone with you during the run. Also make sure that your smartphone gives the app permanent access to the GPS.
- ❖ You are already part of the live tracking - your friends can follow you on the event day via the event page of Time2Win (<https://time2win.at/event/152>).

SOCIAL MEDIA

Use our hashtag #MUZ21 to share your social media posts about the Mayrhofen Ultraks Zillertal!



FINISHER T-SHIRT

You will receive your finisher shirt after showing your bib in the finish area.



WHAT'S TO BE WON?

When you reach the finish line, you will receive your well-deserved medal.



AT THE DESTINATION

SHOWERS

- ❖ Showers are located in the Erlebnisbad Mayrhofen, Waldbadstraße 539. They close at 19:30.
- ❖ You can reach the showers within a 10 min walk.
- ❖ Vouchers are available on the race number

RUNNER'S MEAL

- ❖ You can pick up your Runner's Meal after the race in the Event Area with your voucher on your race number.





PARKING PLACES

This year, no free parking spaces will be provided. We ask you to use the designated parking spaces of the municipality and mountain railways or to arrive by public transport.

Incorrect parking will be sanctioned by the municipality of Mayrhofen.



EVENT AREA

In the Ultraks Zone we offer you and all your companions a varied supporting programme. You can follow the races live on an LED wall via GPS tracking and live camera images. Presenter Lukas Ebenbichler and DJ Albin will ensure a good mood and atmosphere.

In addition, there will be sports, games, fun, culinary delights and refreshments at our partners in the Ultraks Zone:

- ❖ Salomon with truck
- ❖ Pieroth Weine with wine tasting and sale
- ❖ Sparkasse Schwaz with a live activation
- ❖ Getränke Eder and Zillertal Pils
- ❖ The Europahaus with its catering



SPORTOGRAF

As official photo partner www.sportograf.com is at your disposal. They will capture the best pictures and memories of the Mayrhofen Ultraks Zillertal for you.

You can purchase your individual photos with your race number at a reasonable price after the race.

You can find all the photos quickly after the event at: sportograf.com/event/6853 or on our website.





LAST MINUTE INFORMATION

Last minute information is available at our race office in the Europahaus, on our Facebook page "Mayrhofen Ultraks Zillertal" or on our website (www.mayrhofen.ultraks.com).

Thank you very much for taking
part in the Mayrhofen Ultraks
Zillertal!

We wish you a great and
successful run.
Have fun and take care of your
fellow runners!





LET'S
GO!