



REGLEMENT TRAIL 2022

November, 4th, 2021

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## 1. GENERAL

The Mayrhofen Ultraks are an individual trail running competition which takes place in Mayrhofen, Zillertal, Austria.

The Mayrhofen Ultraks offers competitors the opportunity of a personal challenge and an occasion to measure their level of performance against other competitors in a unique high-mountain setting. It also allows competitors to take advantage of a venue loaded with emotions and history through one of the three courses proposed.

The Mayrhofen Ultraks are actively supported by Tourismusverband Mayrhofen-Hippach.

The Mayrhofen Ultraks Zillertal will take place in 2022 between 9-11 September.

## 2. COURSES

The detailed course profiles of the various routes are available on the website [www.mayrhofen.ultraks.com](http://www.mayrhofen.ultraks.com) and will be updated as changes occur.

The distances have been measured as accurately as possible. Nevertheless, it is possible that running watches show slight differences in distance or altitude metres. As running watches normally have a tolerance limit of up to 5%, this can amount to up to 2.5 km in the case of the 50k.

### 2.1. Course «Sprint»

Length: 7,1 km  
D+/D-: 350 m  
Starting time: 10.09. - 10:00 am  
Time limits: no time limit

The detailed course profile as well as all information about the course are always up-to-date on the website. Routes and starting times may be changed by the organiser at short notice.

### 2.2. Course MUZ14

Length: 14 km  
D+/D-: 900 m  
Starting time: 10.09. – 10:00 am  
Time limits: no time limit

The detailed course profile as well as all information about the course are always up-to-date on the website. Routes and starting times may be changed by the organiser at short notice.

### **2.3. Course MUZ30**

Length: 30 km  
D+/D-: 2.000 m  
Starting time: 10.09. - 07:45 am  
Time limits: 12:00 pm – Granataalm

Course details and profiles can always be found on our website. Courses and start times can be changed by the organiser at short notice.

The MUZ30 is part of the Golden Trail National Series DACH supported by Salomon.

### **2.4. Course RK50**

Length: 50 km  
D+/D-: 3.200 m  
Starting time: 10.09. - 07:45 am  
Time limits: Granataalm tbd / Gasthaus Roswitha tbd

Course details and profiles can always be found on our website. Courses and start times can be changed by the organiser at short notice.

### **2.5. Course TUX070**

Length: 70 km  
D+/D-: 4.000m  
Starting time: 10.09. - 05:30 am  
Start: Parkplatz Gletscherbahn Hintertux  
Finish: Europahaus Mayrhofen  
Time limits: Will be announced on [mayrhofen.ultraks.com](http://mayrhofen.ultraks.com)

Route details and profiles are always up to date on our website.

The new TUX070 is the only course that starts at the Gletscherbahn in Hintertux. Runners have the option of taking a bus from Mayrhofen to the start. The bus departure times will be announced in advance on the website.

The compulsory equipment (6.1) will be checked before the start, if equipment is missing a start is not possible.

### **2.6. Course Z101**

Length: 101 km

D+/D-: 8.000 m

Starting time: 09.09. - 20:00 pm

Time limits: Will be announced on [mayrhofen.ultraks.com](http://mayrhofen.ultraks.com)

For the first time, there will be the Z101 in 2022: The 101km course will be run as a semi-autonomous race. Runners must study the GPX data or the map in advance and orientate themselves on the basis of this.

Each participant must provide proof of an ultra result (min. 80km) in the last two years. This must be submitted with the registration. After the organiser has checked the result, the registration will be confirmed and become effective. In addition, a salvage insurance through the Austrian Mountain Rescue Service must be taken out with the registration.

Refreshments will be provided by the runners themselves - there will only be refreshment points at selected huts. These will be communicated on the homepage.

For safety reasons, each runner is obliged to carry a GPS tracker provided by the organiser at all times and to be reachable via a mobile phone for the race management and the mountain rescue service.

Coaches are allowed to support the athletes on the entire course.

The compulsory equipment (6.1) will be checked before the start, a start is not possible if the equipment is missing.

On Thursday, 08.09. there will be a Runner's Briefing in the evening. This is obligatory for all runners. Participation is also possible virtually.

## **2.7. Substitution courses**

In case weather conditions would prevent using the original courses, substitution courses will be used, if possible.

## **2.8. Course and time limit modifications**

In case of bad weather, and for safety reasons, the organisers are entitled to stop the race, to adapt the courses and/or checkpoints and/or time limits. All such decisions will be issued by the Race Committee.

## **2.9. Marking**

Signposting and course marking explanations will be sent to all runners shortly before the race and mentioned in the runners briefing.

## **3. ENTRY CONDITIONS**

### **3.1. Participation**

The trail is a race with individual classification, the Zillertal classification and the duo challenge. Participation in the various classifications requires explicit registration at the time of registration.

To participate in the Z101, an ultra result (min. 80km) from the past two years must be provided. There is also a team classification for the Z101: participants can take part in teams of 2.

### **3.2. Minimum age**

The persons fulfilling the following conditions can enter the competition:

„**Sprint**“: Birth year 2008 and before

„**MUZ14**“: Birth year 2008 and before

„**MUZ30**“: Birth year 2006 and before

„**RK50**“: Birth year 2006 and before

„**TUX070**“: Birth year 2006 and before

„**Z101**“: Birth year 2006 and before

#### **3.1.1 Exemptions**

The organisers keep the right to grant exemptions.

#### **3.1.2 Parental authorisation**

A written parental authorisation will be required for under-18 competitors. The form can be downloaded on our website and must be filled, signed and presented to collect the bib.

## 4. CATEGORIES

	Sprint	MUZ14	MUZ30	RK50	TUX070	Z101
<b>Men Overall</b>	✓	✓	✓	✓	✓	✓
Men M20 (1993 – 2002)	✓	✓	✓	✓	✓	✓
Men M30 (1983 – 1992)	✓	✓	✓	✓	✓	✓
Men M40 (1973 – 1982)	✓	✓	✓	✓	✓	✓
Men M50 (1963 – 1972)	✓	✓	✓	✓	✓	✓
Men M60+ (1962 and older)	✓	✓	✓	✓	✓	✓
<b>Women Overall</b>	✓	✓	✓	✓	✓	✓
Women W20 (1993 – 2002)	✓	✓	✓	✓	✓	✓
Women W30 (1983 – 1992)	✓	✓	✓	✓	✓	✓
Women W40 (1973 – 1982)	✓	✓	✓	✓	✓	✓
Women W50 (1972 and older)	✓	✓	✓	✓	✓	✓
Juniors Boys (2003 – 2008)	✓	✓				
Juniors Girls (2003 – 2008)	✓	✓				

If there are less than five participants in a category, the runners will be classified in the next higher category.

The junior categories will remain regardless of the number of participants.

## 5. REGISTRATION

### 5.1. Entry Fee

Die Registrierung erfolgt in drei verschiedenen Preiskategorien: Die Tickets in Phase1 sind limitiert.

Pay n 'Run" registration will take place on site on 09/09/ and 10/09/22 up to 60 minutes before the start of the respective race. If the race is sold out, on-site registration will no longer be possible. You will find the information on our website.

Price in Euro per person (incl. VAT)

Course	Reduced Tickets	Price 1	Price 2	Limit
Sprint	20	35 €	45 €	100
MUZ14	30	45 €	55 €	200
MUZ30	50	70 €	80 €	500
RK50	50	90 €	110 €	300
TUX070	50	125 €	145 €	200
Z101	0	199 €	199 €	101

## 5.2. Limited entries

The number of participants for all courses is limited for safety reasons. The maximum number of participants per course can be found in 5.1.

## 5.3. Course change / no show

### 5.3.1. Course change

The route selection can be changed until Sunday, 04 September 2021 at midnight. In the event of a change of route, the difference between the price at the time of the initial registration and the registration fee currently applicable on the day of the change must be paid in arrears. If the initial price paid is higher than the registration fee for the new course after the change, the participant will not be entitled to any refund.

If the route is changed after 04.09., an administration fee of 15 € will be charged.

### 5.3.2. No Show

The entry fee will not be refunded in case a registered competitor does not participate for any reason.

### 5.3.3. Insurance



Optionally, an insurance policy can be taken out during online registration, which covers the amount of the registration fee in the event of a withdrawal from participation in accordance with the rules. This will be handled directly by the insurance company and not by the organiser.

#### **5.3.4. Race cancellation**

If the race is cancelled by the organiser for reasons other than safety or force majeure, the registration fee will be refunded to the participants.

If the race is cancelled by the organiser for safety reasons or due to force majeure, the registration fee cannot be refunded to the participant.

It should be noted that in the event of a change of route or interruption for safety reasons (especially in the event of bad weather conditions) or due to force majeure, no refund will be made.

#### **5.4. Benefits**

Each competitor will receive the following benefits:

- A starting number
- An electronic chip for timing
- Aid stations supplies during and after the race
- Finisher gift

Anything not expressly mentioned here above is to be organised and borne by the competitors, including transportation, accommodation, food and beverage.

### **6. EQUIPMENT**

#### **6.1. Compulsory Equipment**

There is compulsory equipment only for the Z101 and the TUX070.

The equipment will be checked before the start. Participants with incomplete compulsory equipment will not be allowed to start.

##### **Z101:**

- Backpack
- Mobile phone (always switched on)
- Identity document
- additional mobile device
- Rescue blanket of at least 1.40m x 2m

- Whistle
- Elastic bandage for an emergency bandage of at least 200cm x 4cm (no tape!)
- A jacket for bad weather in the mountains (waterproof & breathable)
- Warm long-sleeved layer (Primaloft, down or thermal shirt)
- long overtrousers/running trousers or leg warmers
- headband or cap
- Headlamp
- Sunglasses
- Gloves
- personal, individual food
- Water bottle / collapsible cup
- Water bag

#### **TUX070:**

- Backpack
- Mobile phone (always switched on)
- Identity document
- Rescue blanket of at least 1.40m x 2m
- Elastic bandage for an emergency bandage of at least 200cm x 4cm (no tape!)
- A jacket for bad weather in the mountains (waterproof & breathable)
- Warm long sleeve layer (Primaloft, down or thermal shirt)
- headlamp
- headband or cap
- Sunglasses
- personal, individual food
- Water bottle / collapsible cup

For all other routes, it is up to the participants to decide what to take with them for the race. However, it is strongly recommended to study the weather forecast in order to start according to the meteorological conditions. The weather forecast will be published the evening before the race. In addition, one should have a mobile phone, long-sleeved shirt and rescue blanket as well as a soft cup.Stöcke

Poles are allowed on all rules.

## **6.2. No-Cup-Policy**

For reasons of sustainability, no disposable cups will be handed out at the refreshment stations. We ask all runners to bring their own soft cup or water bottle. Without their own

container, runners are not entitled to drinks at the refreshment stations. Cups can be purchased at registration or at the race number counter.

## **7. COMPETITION RULES**

### **7.1. Timing**

Starts are mass starts. Staggered starts can be organised in case of high number of competitors.

### **7.2. Wearing the bib**

Each competitor must wear the bib number on the chest, the belly or the thigh during the whole race. The bib must be well visible (full surface and markings: number and sponsor).

The bib number gives access to aid stations, medical support as well as all facilities and services dedicated to competitors (such as left luggage, showers, etc.).

### **7.3. Behaviour on the course**

Competitors shall comply with the present Rules & Regulations (including annexes) and follow all instructions of the Race Committee.

It is reminded that:

- Every competitor must observe the signposting/course marking;
- Even in the absence of a specific rule or instruction, competitors will take the appropriate measures required by the circumstances in order to avoid accidents, which may affect them, other competitors, organisers representatives or third parties on the course.
- Competitors have a duty to assist any person in danger or victim of an accident and to inform promptly the Race Committee of any accident by phone or by a course marshal (orange gilet);
- A competitor must give way direction, should he be asked to do so;
- Competitors must respect the environment. No littering on the course;
- Any third party physical assistance is forbidden (pushing, pulling or carry,...).

### **7.4. Withdrawal and disqualification**

A competitor might decide to withdraw or can be pulled out of the race by the Race Committee.

Except in case of injuries, withdrawal can only take place at a check point. The competitor will then have to follow instructions from the Race Committee.

A competitor that does not meet the time limits is to be considered as disqualified and needs to follow instructions from the Race Committee.

## 7.5. Anti-doping

The organisers draw competitors' attention on the respect of the integrity and sport ethic rules. Competitors shall abstain from any doping practice. The list of forbidden substances and methods is the WADA list (in competition) in force at the time of the competition (<http://www.wada-ama.org/en/>).

The organisers reserve the right to conduct anti-doping tests. Competitors accept to submit to such tests.

## 7.6. Penalties

### 7.6.1. Generalities

Penalties will be imposed in case of breach of the Rules & Regulations by a competitor. All decisions related to penalties are made by the Race Committee and are final.

### 7.6.2. Penalties table

Breach	Penalty
<ul style="list-style-type: none"><li>Refusal to comply to direct instructions from Race Committee;</li><li>Positive anti-doping test.</li></ul>	<ul style="list-style-type: none"><li>Disqualification</li></ul>
<ul style="list-style-type: none"><li>Other non-compliance to Rules &amp; Regulations.</li></ul>	<ul style="list-style-type: none"><li>Five minutes penalty by breach (can be added)</li><li>Disqualification for severe breaches</li><li>Exclusion from the ranking</li></ul>

## 7.7. Protest

Protest can be made in writing to the Race Committee at the latest 15 min after a competitor crosses the finish line. Past this deadline, a protest will no longer be admitted.

Protest must be accompanied by a deposit of 100,- EUR that will be refunded if the protest is allowed. The deposit is not refunded if the protest is rejected.

Decisions related to protests are final.

## 8. RESULTS AND PRIZE-GIVING

### 8.1. Results

Rankings per category will be published on the website ([mayrhofen.ultraks.com](http://mayrhofen.ultraks.com)) after the results are made final.

In case of discontinuation of the race, ranking will be set according to times at the last check point.

## **9. ORGANISATION AND RACE COMMITTEE**

### **9.1. Organisation**

The Mayrhofen Ultraks Zillertal is organised by Jacaranda Sport Consulting GmbH, Munich.

### **9.2. Race committee**

#### **9.2.1. Formation**

A Race Committee will be formed by the organisers. It consists out of four persons. Officials, such as guides, doctors, etc. that are present along the course must be considered as representatives of the Race Committee.

#### **9.2.2. Sphere of competence**

- Manage the competition, including changing or stopping the programme/course ;
- Enforce the Rules & Regulations ;
- Act as jury in case of protest ;
- Take all decision commanded by the circumstances and that are not expressly covered by the Rules & Regulations

## **10. RESPONSIBILITY AND INSURANCE**

Each competitor must be personally insured against accidents and other damages. Rescue costs in case of accident are not borne by the organisers.

In case of need, the official mountain rescue service will be called to operate rescue operations and make decision regarding the engagement of necessary means, including helicopter. Costs resulting from rescue, including cost of transportation from the location where the person is transported, will be borne by the rescued person. It is the sole responsibility of the competitor to submit a claim in due time to his/her insurance.

In case the organisers have to meet costs of the rescue, such costs will have to be reimbursed to the organisers by the competitor (or his/her insurance).

## **11. LEGAL PROVISIONS**

Competitors take part at the Mayrhofen Ultraks under their sole responsibility and at their own risks. Competitors waive any claim or recourse against the organisers, whatever the damage suffered.

In case of accident, any liability of the organisers, its officers, employees, agents, auxiliaries, volunteers is expressly excluded to the full extent permitted by law.

Each competitor expressly allows the organisers, as well as its licensees and co-contractors, such as media and sponsors, to use pictures and films of the competition, including its preparation and follow-up phases, where he/she could appear in the context of his/her participation to the Mayrhofen Ultraks, on any medium, including promotional and/or advertising documents and without limitation in time and space.

Participation to the competition does not confer any rights to use the race for promotional or commercial purposes. Any communication on the competition or use of images of the race is forbidden subject to an express and written authorisation from the organisers.

Bad Mayrhofen Ultraks is a registered trademark.

In case of differences between the different versions of the Rules & Regulations, the German version shall be the prevailing one.

Munich, November 4th, 2021  
The Organisers