

MAYRHOFEN
ULTRAKS ZILLERTAL

RUNNER'S GUIDE

SPARKASSE

05th – 06th
SEPTEMBER 2025

Z101

STRIVE FOR GLORY

MAYRHOFEN ULTRA^{KS} ZILLERTAL

supported by



MOUNTOPOLIS



**ZILLERTAL
TUX
FINKENBERG**

SALOMON



SILVA



MNSTRY

SPARKASSE
Schwaz



AUTOHAUS MAYRHOFEN



SERVUS!

Dear athletes,

we are happy to celebrate the 3rd edition of the «Z101» together with you!

Please read the Runner's Guide carefully. It contains some updates and further information about the race and the race preparation.

If you have any questions, please feel free to contact

mayrhofen@ultraks.com.

See you in Mayrhofen!

Your Ultraks Team

GENERAL BEHAVIOR

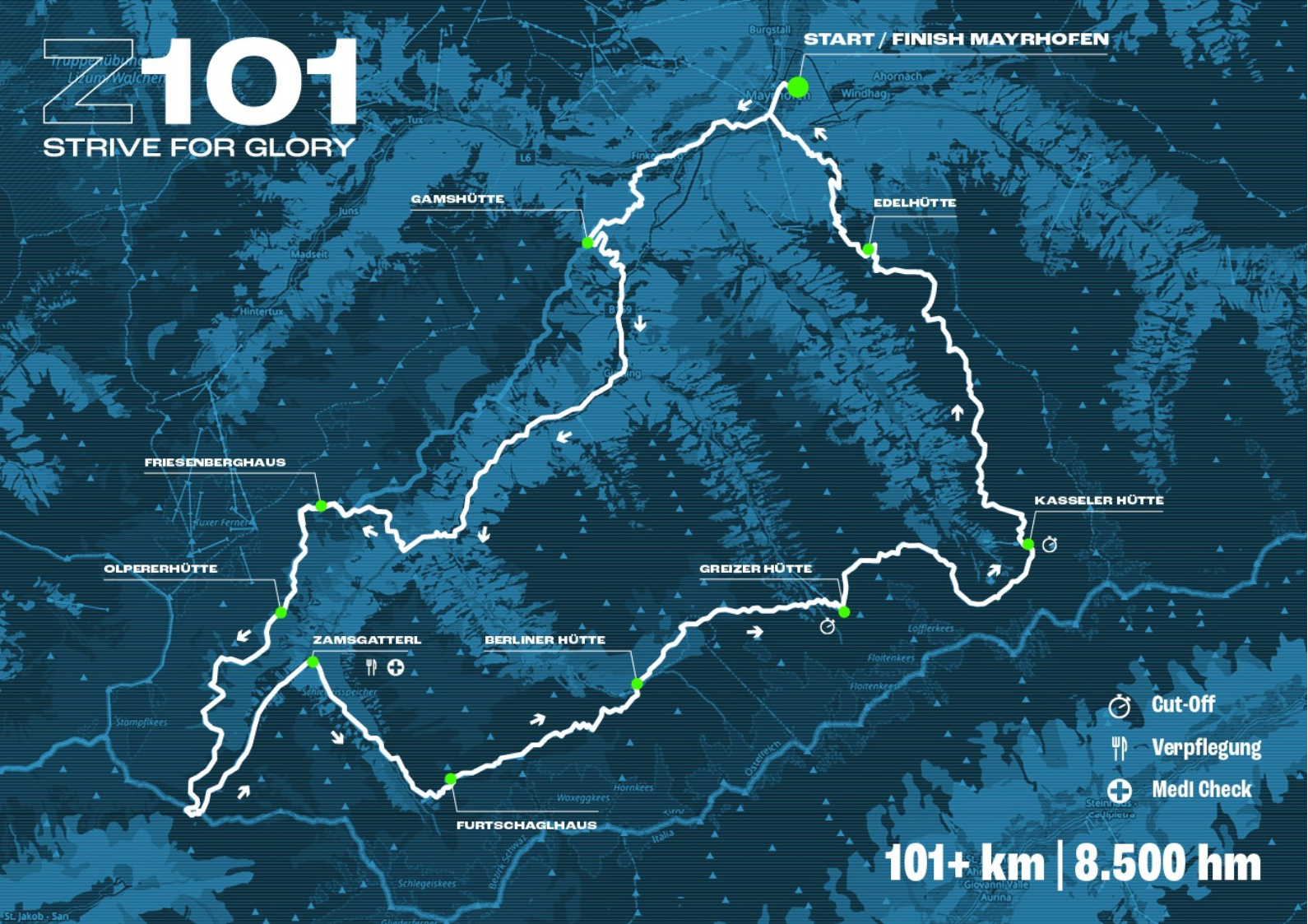
- All participants are obliged to assist persons who are in danger or victims of an accident and to inform the competition management immediately by telephone about any accident. (telephone number: **+43 664 99954993**) or to contact a course marshal (orange vest).
- A participant must give up when asked to do so.
- Participants must respect the environment.
- Be considerate of other participants and keep enough distance when overtaking.

THE COURSE



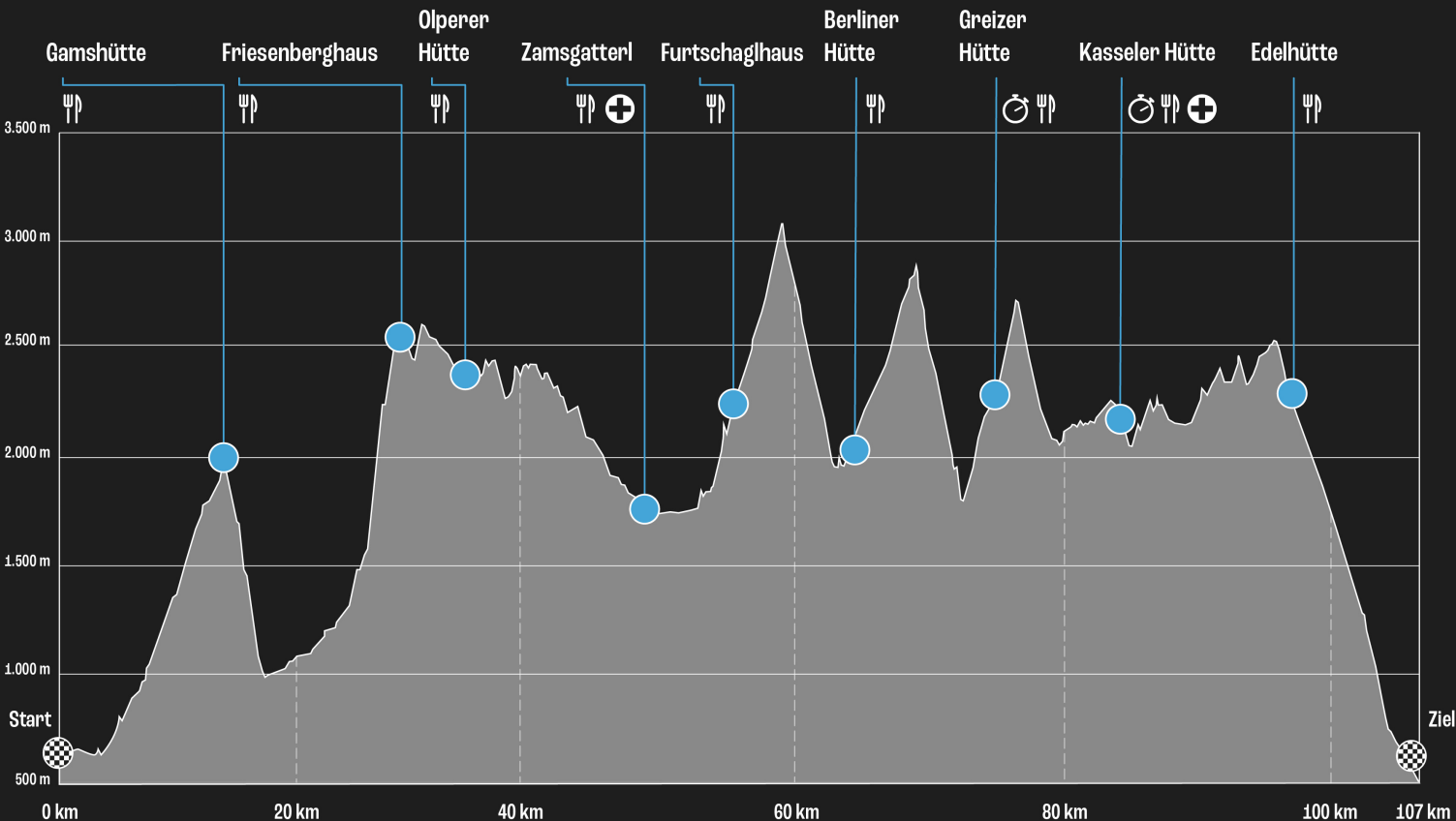
Z101

STRIVE FOR GLORY



-  Cut-Off
-  Verpflegung
-  Medi Check

101+ km | 8.500 hm



Z101
STRIVE FOR GLORY

Cut-Off Verpflegung Medi Check

101+ km | 8.500 hm

ACCURACY OF THE MEASUREMENT DATA

Measurement accuracy of GPS sports watches: The data recorded by GPS sports watches differs from the digital elevation model due to shading and the low GPS accuracy of the watches, resulting in deviations in the elevation data (5-10%).

Furthermore, the data used by the measuring office is transformed into .shp, processed and then transformed back as .gpx and .kml.

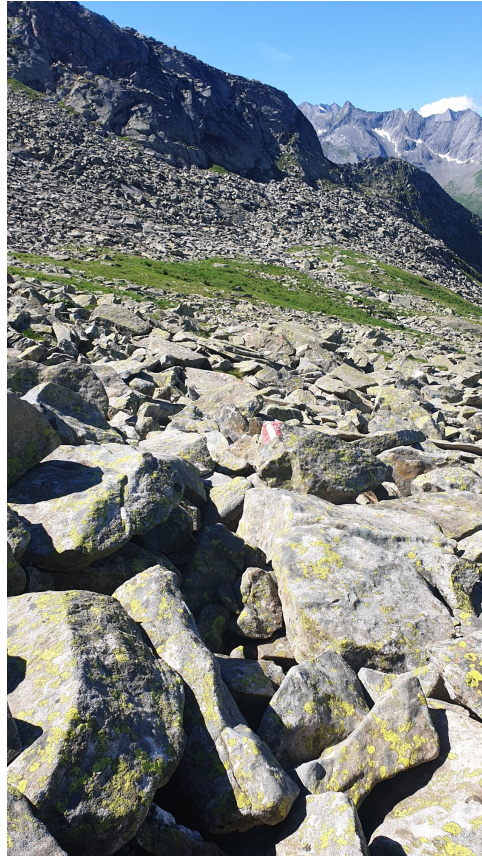
In addition, the route of the Z101 is located in between two meridian strips. (M28 and M31 , creating a slight distortion).

KEY SECTIONS

- Oberschrammkar river crossing



– Siebenschneidenweg (block terrain)



- Schönbichlerhorn (rope-secured, exposed)



– Mörchenklamm (rope-secured, exposed)



CUT-OFF TIMES

For your safety, cut-off times have been set as follows:

Greizer Hütte	Saturday, 06.09. – 01:00 pm
Kasseler Hütte	Saturday, 06.09. – 05:00 pm
Finish closure	Saturday, 06.09. – midnight

The cut-off times can change at short notice depending on the weather. Return transport at cut-off is guaranteed.

TRANSFER AT CUT-OFF

- **Important note: Possible cab costs are not included in the entry fee and will be charged to the respective athletes after the event.**
- Race cancellation: In case of a self-initiated race cancellation, please contact us via SMS or WhatsApp at **+43 664 99954993** and tell us your start number, your name and your position. **Please also indicate whether a cab will be taken from the Greizer Hütte or Kasseler Hütte.**
- Zamsgatterl: return transfer for dropouts at 05:00 am to Mayrhofen.
- Greizer Hütte: Should you not make it to the Greizer Hütte by the cut-off time (1:00 pm) or abandon the race at the Greizer Hütte, please descend to the material ropeway. A shared cab will pick up all athletes at 3:00 pm and drive back to Mayrhofen.
- Kasseler Hütte: Should you not make it to the Kasseler Hütte by the cut-off time (5:00 pm) or abandon the race at the Kasseler Hütte, please descend to the Grüne Wand Hütte. A shared cab will pick up all athletes at 6:30 pm and drive back to Mayrhofen.

TRANSFER AT CUT-OFF (GREIZER HÜTTE)

- Meeting point for pick up is at the Valley station material cable car Greizer Hütte



TRANSFER AT CUT-OFF (KASSELER HÜTTE)

- Meeting point for pick up is at the „Grüne Wand Hütte“



DROPBAGS

- You can bring your labeled drop bag on Thursday (for example at the runners briefing) and we will place it at Foodstation Zamsgatterl.
-> Deadline for submission is Friday at 2 p.m. at the Europahaus
- Backpack or sports bag (no plastic bag)
- All other drop bags are to be coordinated by yourself

SUPPORTER AND PACER ZAMSGATTERL

- Supporters (to provide food and drink) are allowed on the entire route.
- Pacers are only allowed from Saturday (Zamsgatterl)!
- All pacers must be registered with us in advance



FOOD STATIONS

FOOD STATIONS Z101

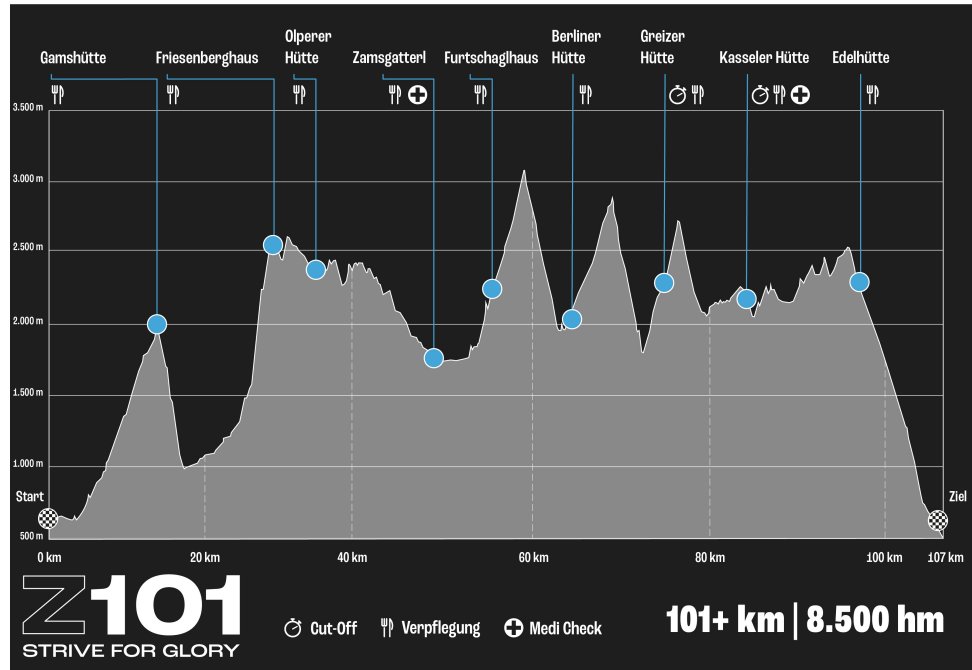
	GAMSHÜTTE	FRIESENBERGHAUS	OLPERER HÜTTE	ZAMSGATTERL	FURTSCHAGLHAUS	BERLINER HÜTTE	GREIZER HÜTTE	KASSELER HÜTTE	EDELHÜTTE
SOLID									
MNSTRY Bar / Riegel	X	X	X	X	X	X	X	X	X
Orange / Orangen				X	X	X	X	X	
Bananas / Bananen	X			X	X	X	X	X	
Watermelon / Wassermelone						X	X	X	
Cucumber / Gurke	X			X	X	X	X	X	
Chocolate / Schokolade	X	X	X	X	X	X	X	X	X
Cake / Kuchen		X		X	X	X	X	X	X
TUC biscuit / TUC Kekse	X	X	X	X	X	X	X	X	X
Dried fruits / Trockenfrüchte	X	X	X	X	X	X	X	X	X
Nuts / Nüsse	X	X	X	X	X	X	X	X	X
Kekse / Cookies		X	X	X			X		X
Gummibärchen / Gums			X		X	X			X
Saure Gurken / Pickles			X		X		X	X	

FOOD STATIONS Z101

	GAMSHÜTTE	FRIESENBERGHAUS	OLPERER HÜTTE	ZAMSGATTERL	FURTSCHAGLHAUS	BERLINER HÜTTE	GREIZER HÜTTE	KASSELER HÜTTE	EDELHÜTTE
LIQUID									
Cola / Coke	X			X	X	X	X	X	X
Apfelschorle / Apple Juice					X	X	X	X	
MNSTRY Gel			X		X	X	X	X	X
Soup / Suppe		X		X	X	X			X
Powerbar Isotonic Drink orange	X	X	X	X	X	X	X	X	X
Water / Wasser	X	X	X	X	X	X	X	X	X
Red Bull				X		X	X	X	X

ADDITIONAL WATERSTATION

Please note that there will be an additional water station at the toll station before the Schlegeisspeicher, which is not marked on the official course map.



MNSTRY

OFFICIAL NUTRITION PARTNER



BLOGPOST: [RECOMMENDED FUELING STRATEGY FOR MAYRHOFEN ULTRAKS](#)



 MNSTRY

WATER & FOOD OUTSIDE THE FOOD STATIONS

- The natural drinking water from the streams along the route is drinkable. Please use your common sense here.
- If you pass an open hut, you can always order something and pay for it yourself. However, some huts are closed at night and are not open for regular business. At night, you will therefore have to rely solely on your own food and the food at the food stations.
- Special arrangements have been made with the Berliner, Greizer and Kasseler Hütte. They are prepared for runners to come from 05:30 am to order something to eat.

HÜTTEN VOUCHER

- Each athlete will receive a voucher worth 15€ + a drink at the race number distribution, which can be redeemed at the described huts (Berliner, Greizer, Kasseler and Edel Hütte).
- Everything beyond the 15€ and 1 drink has to be paid by yourself, so feel free to take enough cash with you.



**Z101 ATHLETE
VOUCHER
*001***

**15 EUR
+ 1 Drink**

**Gültig / valid at Berliner Hütte /
Greizer Hütte / Kasseler Hütte
/ Edel Hütte**

MUZ

- 001



PROGRAM

THURSDAY, 04TH SEPTEMBER 2025

WHEN	WHAT	WHERE
08:00 p.m.	Runner's Briefing «Z101»	EUROPHAUS & ONLINE (AFTER PRIOR REGISTRATION BY MAIL)
afterwards	Bib distribution «Z101»	EUROPAHAUS

FRIDAY, 5TH SEPTEMBER 2025

WHEN	WHAT	WHERE
02:00 – 08:00 p.m.	Bib distribution and Pay n' Run – Registration	EUROPAHAUS 
02:00 – 08:00 p.m.	Opening Sport Expo & DJ Music	ULTRAHS ZONE 
05:00 p.m.	Start «Z101»	ULTRAHS ZONE
05:15 p.m.	Start «Mini-Ultraks»	ULTRAHS ZONE
06:30 p.m.	Runners' Briefing «TUX070»	EUROPAHAUS 
07:15 p.m.	Runners' Briefing remaining courses	EUROPAHAUS 

SATURDAY, 06TH SEPTEMBER 2025

WHEN	WHAT	WHERE
04:30 a.m.	Departure Bus shuttle «TUX070»	EUROPAHAUS 
05:30 a.m.	Start «TUX070»	GLACIER LIFT HINTERTUX 
06:00 a.m.	Bib distribution and Pay n' Run + Luggage drop-off	EUROPAHAUS 
07:00 a.m.	Start «RK50»	ULTRAHS ZONE 
08:30 a.m.	Start «MUZ30»	ULTRAHS ZONE
09:30 a.m.	Start Ultraks FanZone powered by Mountopolis	PENKENBAHN MOUNTAIN STATION
10:00 a.m. – 07:00 p.m.	Sport Expo	ULTRAHS ZONE
10:00 a.m.	Start «Mountopolis Vertical»	ULTRAHS ZONE
from 10:00 a.m.	Music & moderation «Mountopolis Vertical»	PENKENBAHN MOUNTAIN STATION
10:15 a.m.	Start of «MUZ14» & «SPRINT»	ULTRAHS ZONE
from 10:45 a.m.	Arrival of first runners	ULTRAHS ZONE & PENKENBAHN MOUNTAIN STATION
from 11:30 a.m.	Runners Meal	ULTRAHS ZONE
from 12:00	FanZone raffle and DJ sound	PENKENBAHN MOUNTAIN STATION
05:00 p.m.	Prize Giving Ceremony	ULTRAHS ZONE
07:00 p.m.	Finish Closure all courses (except «TUX070» & «Z101»)	ULTRAHS ZONE
09:00 p.m.	Finish Closure «TUX070»	ULTRAHS ZONE
midnight	Finish Closure «Z101»	ULTRAHS ZONE



EQUIPMENT & SAFETY

PFLICHTEQUIPMENT Z101

Backpack / Running vest

Cell phone (always on)

Identity document

GPS-Tracker (provided by organizer)

additional mobile device (e.g. GPS watch)

Rescue blanket (min. 1,40m x 2m)

Whistle

elastic bandage for an emergency bandage
(min. 200cm x 4cm – kein Tape!)

Jacket for bad weather in the mountains
(waterproof & breathable)

warm long sleeve layer

long overtrousers / running pants or leg warmers

Head torch incl. Spare battery

Headband or cap

Spikes

Sunglasses

Gloves

personal, individual food supply

Softflask (min 3 x 0,5l)

Please note:

A material check will be conducted 45 minutes before the start.

With incomplete mandatory equipment a start is not possible.



COURSE CHANGES

The organizers have the right to change the route or cancel the race in case of unfavorable weather conditions.

PROCEDURE FOR RACE ABANDONMENT

1. INFORM

Inform the Race Office immediately by SMS or WhatsApp to:

+43 664 99954993 with the following information:

- your bib number
- your name
- your position

or inform a course marshal (orange vest).

2. TAKING OFF THE RACE BIB

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

MOUNTAIN RESCUE

The fixed positions are located here:

- Start & Finish Mayrhofen
- Zamsgatterl (Medicheck)
- Kasseler Hütte (Medicheck)

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

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

FURTHER INFORMATION

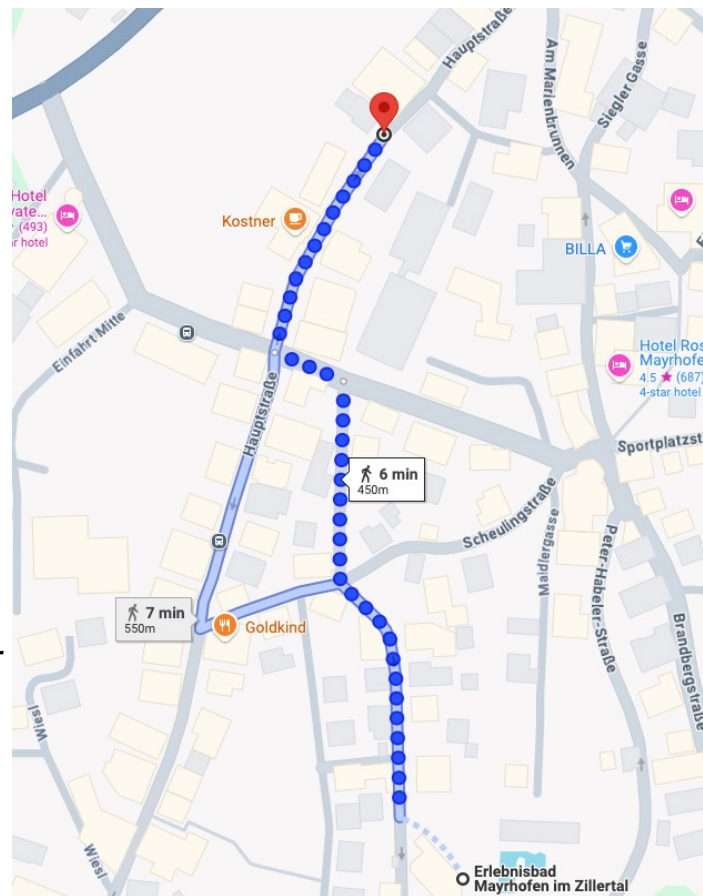


SHOWER

- Showers are located in the **Erlebnisbad Mayrhofen**, Waldbadstraße 539. They are closed at 08:00 pm.
- You can reach the showers within 6 min walking distance.
- Take the bib number with you to enter.
- After 8 p.m. you can shower at the Hotel Neue Post

RUNNER'S MEAL

- You can enjoy your Runner's Meal after the race in the Event Area with your voucher on your bib.
- From 9 pm inside the Europahaus



SOCIAL MEDIA

Feel free to tag us in your stories and post! @mayrhofenultraks



LAST MINUTE INFORMATION

"Last minute information" is available on our social media channels or on our website (www.mayrhofen.ultraks.com).



 **MAYRHOFEN**
ULTRAKS ZILLERTAL

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

Z101

STRIVE FOR GLORY

LET'S GO!

