



REGLEMENT TRAIL 2026

English

20<sup>th</sup> OCTOBER, 2025

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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 2025 between 04-05 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.

Same applies for start times and time-limits that can be changed at short notice. Please consult the website regularly for updates.

Mandatory equipment is listed under Art. 6.1. It will be checked before the start, if a compulsory item is missing the competitor will not be allowed to start.

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  
Start: Marktgemeinde Mayrhofen  
Starting time: 05.09.2026 - 10:15 am

### **2.2. Course Mountopolis Vertical**

Length: 8,5 km  
D+/D-: 1.250 m  
Start: Marktgemeinde Mayrhofen  
Starting time: 05.09.2026 - 10:00 am

### 2.3. Course MUZ14

Length: 14 km

D+/D-: 900 m

Start: Marktgemeinde Mayrhofen

Starting time: 05.09.2026 – 10:15 am

### 2.4. Course MUZ30

Length: 30 km

D+/D-: 2.000 m

Start: Marktgemeinde Mayrhofen

Starting time: 05.09.2026 – 08:30 am Group A / 08:40 am Group B

### 2.5. Course RK50

Length: 50 km

D+/D-: 3.200 m

Starting time: 05.09.2026 – 07:00 am Group A / 07:10 am Group B

Time limit\*: Gasthaus Roswitha 04:30 p.m.

\*Cut-off times may change at short notice depending on weather conditions.

### 2.6. Course TUX070

Length: 70 km

D+/D-: 4.400m

Starting time: 05.09.2026 - 05:30 am

Start: Parking lot Gletscherbahn Hintertux

Finish: Marktgemeinde Mayrhofen

Time limits\*:

Stoankasern: 12 pm

Rastkogel: 4:30 pm

Roswitha: 6:00 pm

\*Cut-off times may change at short notice depending on weather conditions.

The 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 (bookable at registration). Bags can be taken on the bus and are then driven back to Mayrhofen and can be collected at the baggage drop-off point. 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.

## **2.7. Course Z101+**

Length: 101+ km

D+/D-: 7.600 m

Starting time: 04.09.2026 - 05:00 pm

Time limits\*:

Greizer hut: 1 pm

Kasseler hut: 5 pm

\*Cut-off times may change at short notice depending on weather conditions. The organizer will arrange shuttles to pick up athletes at cut-off times at the Greizer Hütte and Kasseler Hütte. The cost of these shuttles is included in the starting fee. For all other exit points, the cost of pickup must be covered by the athletes themselves.

The Z101+ will take place for the fourth time: the 107 km route will be run as a semi-autonomous race. For environmental reasons, the route is only lightly marked and runs largely along the hiking trails of the Berliner Höhenweg. Runners must familiarize themselves with the GPX data or the map in advance and use them for orientation.

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.

Supporters providing food and drinks are permitted to assist athletes along the entire route.

Pacers are only permitted from Saturday (Zamsgatterl) onwards! All pacers must be registered in advance by sending an email to the organizer at [mayrhofen@ultraks.com](mailto:mayrhofen@ultraks.com).

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

On Thursday, 03.09. there will be a Runner's Briefing in the evening. This is obligatory for all runners. Online participation is also possible after prior registration by email.

## **2.8. Substitution courses**

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

If the Z101+ is cancelled due to weather conditions, the athletes will be switched to the TUX070. If the Z101+ and the TUX070 are cancelled due to weather conditions, all starters will be switched to the RK50.

## **2.9. 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.

## **2.10. Marking**

All routes will be adequately marked.

# **3. ENTRY CONDITIONS**

## **3.1. Participation**

The trail is a race with individual classification and the Zillertal classification. Participation in the Zillertal classification requires explicit registration at the time of registration. Participation in the Zillertal ranking is only open to athletes residing in the Zillertal.

To participate in the Z101+, an ultra result (min. 80km) from the past two years must be provided. The result must be submitted no later than four weeks before the start.

## **3.2. Minimum age**

The persons fulfilling the following conditions can enter the competition:

„Sprint“: 14 years and older

„Mountopolis Vertical“: 14 years and older

„MUZ14“: 14 years and older

„MUZ30“: 18 years and older

„RK50“: 18 years and older

„TUX070“: 18 years and older

„Z101+“: 18 years and older

### **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 | Vertical | MUZ14 | MUZ30 | RK50 | TUX070 | Z101+ |
|--------------------------------|--------|----------|-------|-------|------|--------|-------|
| <b>Men Overall</b>             | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Men M20                        | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Men M30                        | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Men M4                         | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Men M50                        | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Men M60+                       | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| <b>Women Overall</b>           | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Women W20                      | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Women W30                      | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Women W40                      | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Women W50                      | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      | ✓     |
| Juniors Boys<br>14 – 19 years  | ✓      | ✓        | ✓     |       |      |        |       |
| Juniors Girls<br>14 – 19 years | ✓      | ✓        | ✓     |       |      |        |       |
| Zillertal                      | ✓      | ✓        | ✓     | ✓     | ✓    | ✓      |       |

Only the winners of the respective age groups will be honored. 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

Registration takes place in three different price categories.

Pay n 'Run" registration will take place on site on 04/09/26 and on 05/09/26 up to 30 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)

| Trail    | Price 1<br>until<br>31.10 | Price 2<br>until<br>31.12 | Price 3<br>until<br>30.04 | Price 4<br>until<br>03.09 | Pay and Run<br>04./05.09. | Ticket<br>limitation |
|----------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|----------------------|
| Vertical | 30 €*                     | 40 €*                     | 45 €*                     | 50 €*                     | 55 €*                     | 150                  |
| Sprint   | 30 €*                     | 40 €*                     | 45 €*                     | 50 €*                     | 55 €*                     | 150                  |
| MUZ14    | 40 €*                     | 50 €*                     | 60 €*                     | 70 €*                     | 75 €*                     | 300                  |
| MUZ30    | 65 €*                     | 75 €*                     | 85 €*                     | 100 €*                    | 105 €*                    | 500                  |
| RK50     | 85 €*                     | 95 €*                     | 115 €*                    | 130 €*                    | 140 €*                    | 400                  |
| TUX070   | 125 €*                    | 135 €*                    | 150 €*                    | 170 €*                    | 180 €*                    | 300                  |
| Z101+    | 200 €*                    | 210 €*                    | 215 €*                    | 230 €*                    | Not possible              | 101                  |

\*plus handling fee: €0,60 + 4,2% per participant

## 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. Change or cancellation of participation**

#### **5.3.1. Cancellation of participation**

In the event of cancellation of registration, participants have no right to a refund, regardless of the reason.

#### **5.3.2. 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 organizer.

#### **5.3.3. Carryforward to the following year**

The starting place can be transferred to the following year until August 28, 2026, for a fee of €15 via the Time2Win profile. No transfers can be made after August 29, 2026. The starting place can only be transferred once. Even a starting place that has already been transferred cannot be canceled after the transfer.

#### **5.3.4. Change of course selection**

The route selection can be changed until Sunday, August 30, 2026 at midnight for a fee of 15€. In the event of a route change, the difference between the price at the time of the initial registration and the current registration fee on the day of the change must be paid. If the price initially paid is higher than the registration fee for the new route after the change, the participant is not entitled to a refund.

If the route is changed after 30.08.26, this is only possible for a processing fee of 20€ on site.

#### **5.3.5. 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 with timing
- Refreshments during the race and at the finish line

- Warm Runners Meal (from 9:00 p.m. at the Europahaus)
- Luggage storage
- GPS tracking via smartphone
- Medal
- Shower (from 8:00 p.m. at the Hotel neue Post)

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+ - BASIC KIT (always carry with you)**

- Running vest
- Mobile phone (always switched on)
- additional mobile device (watch, navigation device or similar)
- Identity document
- Softflasks (min. 3x0,5l)
- Food supply (e.g., gels/bars)
- Headlamp with spare batteries
- Rescue blanket of at least 1.40m x 2m
- GPS tracker (provided by the organizer before the start)
- Whistle
- First aid kit (including elastic bandage at least 200 cm x 4 cm (no tape!))
- Warm clothing (long-sleeved layer, long pants or leg warmers, gloves)
- Waterproof jacket (with hood and sealed seams)
- Bib band (wear your race number visibly)
- Spikes

#### **Z101+ - HOT WEATHER KIT (mandatory in hot weather)**

- Sun cap/headgear
- Sunscreen
- Sunglasses (UV400)
- Electrolytes/salt

#### **Z101+ - COLD WEATHER KIT (mandatory in cold weather)**

- Midlayer (second layer of insulation, e.g., fleece or thin down jacket)
- Waterproof overpants
- Warm hat
- Warm gloves (no thin running gloves)

#### **TUX070 - BASIC KIT (always carry with you)**

- Running vest
- Mobile phone (always switched on)
- Identity document
- Softflasks (min. 2x0,5l)
- Food supply (e.g., gels/bars)
- Headlamp
- Rescue blanket of at least 1.40m x 2m
- GPS tracker (provided by the organizer)
- Whistle
- First aid kit (including elastic bandage at least 200 cm x 4 cm (no tape!))
- Warm clothing (long-sleeved layer, long pants or leg warmers, gloves)
- Waterproof jacket (with hood and sealed seams)
- Bib band (wear your race number visibly)

#### **TUX070 - HOT WEATHER KIT (mandatory in hot weather)**

- Sun cap/headgear
- Sunscreen
- Sunglasses (UV400)
- Electrolytes/salt
- Additional soft flask

#### **TUX070 - COLD WEATHER KIT (mandatory in cold weather)**

- Midlayer (second layer of insulation, e.g., fleece or thin down jacket)
- Waterproof overpants
- Warm hat
- Warm gloves (no thin running gloves)
- Spikes

All participants (TUX070 / Z101+) will be informed at the race briefing on site which kit (HOT WEATHER / COLD WEATHER) must be taken along for the race.

**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.

## **6.2. Poles**

Poles are permitted on all courses. If starting with poles, they must be carried throughout the entire race - from start to finish. It is not permitted to leave poles behind or pass them on during the race.

## **6.3. Headphones**

For safety reasons, in-ear headphones and noise-canceling headphones are prohibited. Bone-sound headphones that do not suppress ambient noise are tolerated.

All participants are obliged to be able to hear acoustic signals - in particular emergency calls, calls for help or whistle signals - at all times.

## **6.4. 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:

- Gels and bars must be labeled with the race number.
- 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.

The award ceremony for all routes will take place on site. The exact time will be announced early on the website. **In the age group classifications only the winners will be honored.**

## 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.

“Mayrhofen Ultraks Zillertal” 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, October 2025  
The Organizer