

# Regulations

## Bergmarathon rund um den Traunsee (mountain marathon around Lake Traunsee)

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The points listed below as part of the regulations are applicable to the "Bergmarathon rund um den Traunsee" (mountain marathon around Lake Traunsee).

### 1. NATURE OF THE EVENT/TERMS OF PARTICIPATION

**The mountain marathon is an extreme alpine event for ambitious, high-endurance mountain athletes and runners, the aim of which is to climb all the peaks around Lake Traunsee. It involves contending with a distance of approx. 70 km and an elevation gain of approx. 4500 metres. The various passages consist – in part – of high alpine terrain and so each participant must have specific prior experience, knowledge and equipment. It can also be completed as a half marathon (start in Gmunden and finish in Ebensee or start in Ebensee and finish in Gmunden).**

The mountain marathon largely takes participants along forest tracks, hiking trails and steep tracks that go through alpine terrain. In areas that fall outside the official route, there is sometimes an increased risk of falling; for this reason, short cuts (including around hairpin bends, bends, switchbacks etc.) or self-chosen variations in the route are prohibited and will result in the participant's bib number being removed. Each participant runs at his or her own peril and risk. In case an incident should actually occur (such as injury, death, damage, etc.) "by virtue of my signature, I hereby renounce in advance any claim whatsoever – regardless of legal basis – against the event organiser, its employees or other participants in the mountain marathon."

The event organiser expressly draws attention to the fact that only highly trained runners are capable of mastering this alpine challenge. There is a risk of death if a person takes part shortly after an infectious disease (e.g. angina, influenza) or has a temperature. Therefore, the event organiser asks all participants to be sensible and also to take personal responsibility for themselves.

- As a basic principle, participants must have general alpine experience.
- Participants must be aware of the length of the route and the level of physical challenge involved, and must enter the event fully prepared for these factors.
- Participants must have experience of and be sure-footed on alpine paths and steep tracks, including on exposed terrain where there is a risk of falling or, for example, on short sections with fixed safety ropes. On exposed terrain or terrain where there is a risk of falling, this sure-footedness must not be impaired by any fear of heights that may occur.
- Participants must have well developed orientation skills on alpine terrain, including in adverse weather situations and when visibility is poor.
- Participants must be sufficiently fit to complete the mountain marathon with its distance of 70 km and elevation gain of 4500 metres or to complete the leg for which they have registered, bearing in mind that they may have to contend with high alpine terrain or terrain that includes passages requiring a high level of alpine skill (e.g. sections with fixed safety ropes or exposed sections) or terrain where harsh conditions prevail (e.g. moisture, snow cover or ice).
- Participants are hereby informed that the alpine hazards encountered may be more acute than during normal alpine hikes (rock fall hazards and hazards posed by lost equipment that has been left behind by preceding participants, dirty and slippery steep tracks, darkness, adverse weather, lightning, etc.). The event organiser assumes no liability in this regard.

- By signing, participants confirm that they have sufficient knowledge of the route and have informed themselves sufficiently of the weather situation immediately before setting off. By signing, they also confirm that they are physically capable of contending with the selected route.
- Insofar as possible, participants must try not to kick any stones loose that could endanger subsequent participants and must undertake to secure all equipment about their person so that it cannot be lost.
- Participants must know what to do in an emergency when on alpine terrain.
- By registering and signing the declaration concerning liability, the participant confirms that he or she is fully capable of participating in this endurance event, which involves extreme levels of physical stress. In addition, each participant provides an assurance that this capability has been examined and confirmed by a sports physician prior to the mountain marathon.
- As the organisers of the event, we are unable to check whether participants possess the appropriate prior experience and knowledge.
- By registering and signing the declaration concerning liability, the participant confirms that he or she has the experience and knowledge detailed above. The points listed by the event organiser are not exhaustive; rather, they are intended as examples and as a general rule of thumb.

## **2. ROUTE**

Three routes are available as part of the mountain marathon.

- Mountain marathon around Lake Traunsee: Osp22 Gmunden - Gmunden
- Half mountain Mrs. Sporty marathon: Gmunden - Ebensee
- Half mountain INNOTECH marathon: Ebensee - Gmunden

## **3. CLOTHING/EQUIPMENT**

It is mandatory to carry the following equipment throughout the entire mountain marathon:

### **Compulsory equipment:**

- Emergency equipment (first aid kit) containing the necessary dressing material.
- Survival blanket measuring at least 1.40 m x 2 m.

The obligatory equipment has to be shown and will be controlled at the day you pick up the starting number.

The event organiser is entitled to check that the equipment is being carried throughout the event by carrying out inspections at any time before the starting line and at the checkpoints. The penalty for failing to carry the equipment is removal of the participant's bib number.

Equipment cannot be handed in at the control stations, except headlamps at the control station "Gedenkstein" and in one of the basins at the entrance of Traunstein "Naturfreundesteig".

### **Recommended equipment for the mountain marathon:**

- Appropriate footwear with grip soles that are suitable for climbing alpine terrain under the relevant weather conditions.
- Whistle
- Mobile phone with ring tone activated
- Rainwear or outer wear to provide protection from the rain
- Identification
- Warm clothing (top and long trousers or leggings) to serve as an intermediate layer of insulation underneath the outer wear (in case of poor weather conditions, which can develop surprisingly quickly in high mountainous areas)
- Headlamp
- Gloves
- Route map
- Among other things, the following are also recommended: telescopic walking sticks, sun cream, rich cream to prevent chafing, personal refreshments, blister plasters

## **4. BIB NUMBERS**

Each participant will receive a personalised bib number when the bib numbers are issued on presentation of his or her confirmation of registration.

The bib number must be worn on the chest or stomach and it is absolutely essential that it remains fully intact and highly visible throughout the entire mountain marathon. The advertising on the bib numbers must not be obscured.

The bib number is personal and non-transferable.

## **5. ISSUE OF BIB NUMBERS**

In Gmunden (town hall square, mountain marathon marquee)

Friday 6 July 2018

2 p.m. – 8 p.m. Bib numbers to be issued for all routes

Following registration, each participant will receive a confirmation of registration and a waiver via e-mail. This must be printed out and brought along when the bib numbers are being issued. The race pack can only be collected on presentation of the printed confirmation of registration, the waiver and an official form of personal photographic

identification. In order to collect the bib number pack on behalf of another participant, you will need to bring along their confirmation of registration (bearing an authorisation signed in their own hand) plus a copy of their photographic identification.

## **6. BRIEFINGS**

There will be an up-to-date route briefing for all starters (in Gmunden for the full mountain marathon and the Gmunden - Ebensee mountain marathon and in Ebensee for the Ebensee - Gmunden mountain marathon). This will be provided by the persons in charge and will commence approx. 20 minutes before the official start time.

## **7. MARKING OF THE ROUTE**

An experienced and competent marking team will mark out the route of the mountain marathon with signs, barrier tape, etc. End-to-end marking of the route would remove the need for participants to rely on their own orientation skills while on the alpine terrain and so cannot be expected. The markings may disappear, be obscured or may not be identifiable in good time because of darkness or unfavourable weather situations. Consequently, each participant must be able to orient themselves on the terrain. We also wish to draw attention to the fact that, unfortunately, markings are sometimes removed by third parties. The back marshals will take down the markings section by section as SOON as the time limit has expired. As of this point, the route will NO LONGER be marked.

## **8. CHECKPOINTS & REFRESHMENT POINTS**

### **Provision stations:**

„Kaisertisch“: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Traunstein“: water

„Kaisertisch“: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Karbach“: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Spitzlstein“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Ebensee“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, roll with snag, electrolyte drink

„Feuerkogel“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Kreh“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, roll with snag, electrolyte drink

„Mühlbachtal“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

„Grasberg“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, roll with snag, electrolyte drink

„Gmundnerberg“: „: Red Bull Cola, Red Bull, sparkling water, water, energy bar, bananas, oranges, „Mannerschnitten“, salt, salt sticks, electrolyte drink

- On leaving the refreshment point, all participants should ensure that they have enough drinks with them to last until the next refreshment point.
- Rubbish bags are provided at each refreshment point and must be used.
- No packed refreshments will be given to participants at the refreshment points.

### **Refreshment points:**

Gmunden start area, Grünberg, Traunstein-Gedenkstein (Traunstein memorial stone), Traunstein, Kaisertisch, Karbach, Spitzelsteinalm, Ebensee, Feuerkogel, Kreh, Mühlbach (Viechtau), Grasberg, Gmundnerberg 1, Gmunden and finish.

It will be possible to stop at the various lodges and inns (Traunstein, Karbach, Feuerkogel, Kreh, Gmundnerberg) so please remember to bring some cash with you.

### **Checkpoints**

Checkpoints will be located along the entire route. Participants themselves are responsible for registering at these and must pass through the checkpoint correctly. Participants that fail to pass through a checkpoint but still arrive at the finish line subsequently (e.g. due to short cuts or deviations) will not be ranked.

## **9. TIME LIMITS**

There are strict time limits (e.g. 2 p.m. in Ebensee) within which the participants must pass through the respective checkpoints or other defined points along the route. In the event of a failure to adhere to the time limits (e.g. as of 2.01

p.m. in Ebensee), the relevant participant will have his or her bib number removed by the checkpoint staff or the back marshals in the interest of his or her own safety.

The maximum times apply to the full route, the Gmunden - Ebensee route and the Ebensee - Gmunden route.

The time limits are:

1. Traunstein Gedenkstein (Traunstein memorial stone) 7.30 a.m.
2. Traunstein 10 a.m.
3. Kaisertisch 11.30 a.m.
4. Karbach 12.30 p.m.
5. Spitzelsteinalm 1.30 p.m.
6. Ebensee 2 p.m. (finish line for the Gmunden-Ebensee leg will stay open until 3 p.m.)
7. Feuerkogel 3.30 p.m.
8. The "In der Kreh" inn 5 p.m.
9. Mühlbach 6 p.m.
10. Grasberg 7 p.m.
11. Gmundnerberg 8 p.m.
12. Finish 9 p.m.

If the participant cannot adhere to the times, he or she is required to check out of the race immediately by ringing +43 680/1434301.

### **10. CHANGES: Route, checkpoints, time limits, cancellation**

The event organiser reserves the right to make changes to the route, checkpoints and refreshment units without notice. In the event of adverse weather conditions (heavy rain, risk of thunderstorms, etc.) the start may be postponed.

In the event of adverse weather situations and for safety reasons, the event organiser reserves the right to interrupt or abort the competition, to change the route or to change the time limits. The entry fee will not be refunded.

### **11. FINISH LINE**

The participants will be registered at the finish line in order of arrival. Participants who have had their bib numbers removed by the checkpoint staff or back marshals while on the route because they have exceeded the time limits or who arrive at the finish by some means of transport other than running/walking due to injury will not be ranked. Each participant is personally responsible for ensuring they are registered at the finish line.

### **12. EARLY WITHDRAWAL**

Participants who – for whatever reason (e.g. exhaustion, injury, etc.) – decide to retire from the mountain marathon are required to check out of the race immediately by ringing +43 680/1434301. Where participants fail to check out, the event organiser will launch a search (possibly with the involvement of mountain rescue teams and helicopters) at the participant's expense.

### **13. REMOVAL OF BIB NUMBERS**

The event organiser reserves the right to remove bib numbers from participants, e.g. if they

- Fail to meet the special requirements that must be met by each participant as described under point 1 of these regulations
- Fail to heed the instructions of the person in charge of the checkpoint or of the official marshals and back marshals
- Do not have all the compulsory equipment at the starting line (for complete list, see "Clothing/Equipment")
- Refuse to submit to an equipment inspection
- Pollute the environment
- Exhibit a gross lack of sportsmanship
- Fail to pass through a checkpoint
- Fail to assist a person in danger
- Are suffering from health problems
- Take unauthorised short cuts
- Modify the bib number or fail to attach it as per the regulations

This list is not exhaustive!

In the event of disqualification, the entry fee will not be refunded by the event organiser.

### **14. ENVIRONMENTAL PROTECTION AND NATURE CONSERVATION**

The discarding of rubbish of any kind outside of the checkpoints or deliberate damage to the natural environment is strictly prohibited and will result in the participant's bib number being removed.

### **15. THE MOUNTAIN MARATHON RULES**

- The mountain marathon takes place on public and fully accessible roads, forest tracks, hiking trails and steep alpine tracks.
- Participants must adhere to the road traffic regulations at all times. All participants must follow the instructions of the police as well as those of the route personnel.

- The mountain marathon largely takes participants along forest tracks, hiking trails and steep tracks that go through alpine terrain. In areas that fall outside the official route, there is sometimes an increased risk of falling; for this reason, short cuts (including around hairpin bends, bends, switchbacks etc.) or self-chosen variations in the route are prohibited and will result in the participant's bib number being removed. Each participant runs at his or her own peril.
- Each participant must exercise the necessary caution at blind or dangerous sections of the route.
- The event organiser reserves the right to make changes to sections of the route or to introduce alternative routes in advance of the event or – if the weather so demands – at short notice.
- Due to nature protection legislation, escorts/carers accompanying individual participants are strictly forbidden from polluting or damaging the route and/or the surrounding natural area.
- It is forbidden to dispose of rubbish such as refreshment packaging, bottles or drink cups in the natural environment apart from by placing it in the designated waste containers directly at the checkpoints.
- All participants are required to demonstrate thoughtfulness, good sportsmanship and fairness.

## **16. ENTRY FEE**

- a) Trailrun around the lake „Traunsee“: Osp22 Gmunden – Gmunden €65,--
  - b) Half-Marathon: Mrs. Sporty Gmunden – Ebensee €55,--
  - c) Half-Marathon: INNOTECH Ebensee – Gmunden €55,--
- The cost for the start has to be paid at the registration via Race Results.

## **17. REGISTRATION**

Registration will take place via the Race Result registration system.

Registration for all trails open from 1. Dec. 2017 20 o'clock.

The number of participants is restricted for safety reasons.

If participants deregister, their places will not be filled.

Full marathon: At least 250 starting places to be allocated during the registration process.

Gmunden - Ebensee half marathon: At least 100 starting places to be allocated during the registration process.

Ebensee - Gmunden half marathon: At least 150 starting places to be allocated during the registration process.

Participants who have taken part in the mountain marathon five times or more are automatically entitled to a starting place on this occasion as well. As of 2017, only finishers will qualify for this.

They must get in touch as of 1. Nov. 2017 by sending an e-mail to Harald.Buchinger@bergmarathon.at. (Pre-registration from midday on 1 Nov. 2017 until 25 Nov. 2017)

The organisation reserves the right to allocate further starting places to the media, sponsors and helpers.

Registration will remain open no longer than 30 April 2018.

The starting places will be allocated according to the order in which people register online, including receipt of payment.

**For your own safety, you are not permitted to pass starting places on to third parties!**

## **18. LATE ENTRY**

An announcement will be made on the homepage on Sunday 12 June at 8 p.m. concerning the possibility of late entries and how many late entry places are available.

## **19. CANCELLATION OF REGISTRATION**

The entry fee can only be refunded if the participant has taken out the cancellation insurance offered as part of the registration process and only in accordance with the associated terms and conditions of insurance.

## **20. IMAGES/DATA RIGHTS**

Each participant expressly renounces any rights to images during the event and all grievances against the event organiser and its partners relating to the use of images.

All information concerning this event must be published/the images associated with this event must be used in a manner that shows respect for this event and the registered trademark, and only with the approval of the official event organiser.

By registering, I agree that my data may be passed on to third parties. Finally, I declare that I have read through the above conditions carefully and in detail and that I understand them, expressly agree to their contents and – by submitting this application – accept them in their entirety.

**The management of the organisation reserves the right to make changes of any kind to these regulations at any time.**