

Regulations: By registering for the Hochkönigman event, participants accept the terms of the Austrian Trail Running Association (ATRA), which can be viewed [here](#).

Date: 02.06.2018 (Starting position 30 min before start)

Start: **Easy Trail:** Saturday 02.06.2018 - 17:00

Distance: approx. 9.3km, approx. 300+ vertical metres, ([GPS data](#))

Start and finish: Maria Alm village centre

Time limit: **Easy Trail:** 1.5 hours

Refreshment control points cut off times

1 Refreshment approx. 3km, approx. 100+ vertical metres, Rohrmoos 02.06. @ 17:30

Bananas; oranges; water melon; tomatoes; cucumber; salt; Brezeln (Soletti); cake; wafer biscuits; Haribo sweets; Efko fruit purée; Bauer bakery nut pastries; Bauer bakery bread; tea; water; Melasan Nutriose electrolyte

2 Refreshment approx. 6km, approx. 300+ vertical metres, Kronreith 02.06. @ 18:00

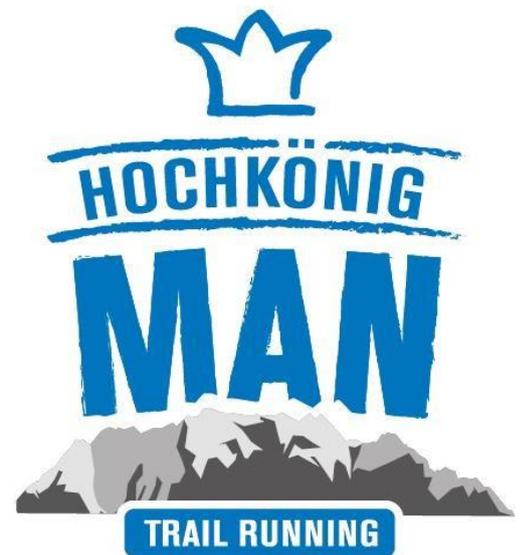
Water canister

For environmental reasons, no beakers will be available at the checkpoints or at the refreshment points. Therefore, a beaker is on the list of the compulsory equipment to take with you. There are sufficient water points (streams, springs) along the route, and these are marked on the map. You should also take a little change with you for a possible visit to a hut.

If participants choose to pull out of the race, they are responsible for organising their own transport back to the start/finish area or to their accommodation. If you wish to use services such as the hikers' bus, summer lifts etc. for free, or reduced prices, then please make sure when booking your accommodation, that it is a Hochkönigcard partner. You can find a list of all services included with the Hochkönigcard at www.hochkoenig.at. If participants choose to pull out of the race, they are obliged to inform the race organisers by sending a text to the organisers on 0043 676 5509794. In case of emergency, participants must phone 0043 676 5509764, giving details of the emergency. The event organisers will then inform the relevant mountain rescue service.



The event organiser and his team are responsible for the general safe running of the race, and any instructions given by members of the organising team, mountain guides, services, doctors, first aiders, marshalls, and any staff manning the livepoints/refreshment points are to be followed. If, on the part of the event organisers, a participant is deemed by medical staff to be in no fit healthy condition, then he/she may be pulled out of the race.



The following times are expected for the leading runners:

Easy Trail: Rohrmoos: approx. 17:15; Kronreith: approx. 17:30
Finish/Maria Alm: approx. 17:45

(Please note, these times could be approx. 1-2 hours later depending on the prevailing weather situation, for example high temperatures above 25°C, or snow)

Maximum number of participants permitted 2018: Easy Trail 500

Qualification:

For the **Easy Trail** there is no required qualification race in 2018. However, all runners need to be sure-footed in Alpine terrain. For the **Easy Trail** we recommend completing at least 6-10 longer runs over a 12 week period as preparation.

In order to get used to the nutritional intake and the weight of the drinks rucksack, it is recommended that these are run with rucksack and the appropriate compulsory equipment. To complete the Hochkönigman race successfully, you can create your own individual training plan [here](#).

Participants under 14 years of age may only take part with a written consent from a parent / guardian. This must be emailed by 27.05.18 at the latest to the following email address, otherwise participation will not be possible: office@bjak.at

Organisation fee and registration: <https://www.hochkoenigman.at/de/>

Route	Easy Trail
Early booking up to 31.10.2017	€ 20
Up to the 31.01.2018	€ 30
Up to the 27.05.2018	€ 40

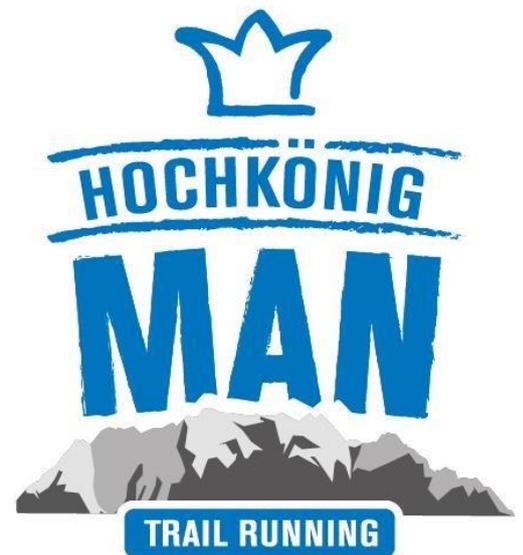
Registration on-site + € 10

Registration on-site at start number pickup: **01.06.2018 from 12:00 to 23:00 and on the 02.06.2018 from 10:00 to 16:00**



This includes:

- Hochkönigman participant's shirt
- Goody bag
- Finisher medal
- Voucher for carbo loading from Friday 01.06. @ 18:00 to Saturday 02.06.2018 @ 21:00 (within the opening times of the Hotel Niederreiter)
- Full water canister
- Refreshments at the refreshment points
- Refreshments at the finish & start station
- Well-marked route
- Start number + chip for timing purposes (no hire cost, no deposit) in the start number
- Results list available no later than 48 hours after the end of the event
- Medical services in the start/finish area
- Changing and shower facilities
- Certificate service (raceresult)
- Raceresult timing



Hochkönigman party & free live concert (surprise band)

Sports photographer photo service for participants (pictures may be purchased after the event)

Changing rooms & showers: Volksschule Maria Alm, Urchen 17

Massage: Signposted in finish area.

Start number pickup:

Easy Trail on Friday 01.06.2018 from **12:00 to 23:00** and on **02.06.2018** from **10:00 to 16:00** in **Hotel Niederreiter in the start area.**

Race briefing:

Race briefing **Easy Trail** in the start area right before the start of the race

Medical area, organisation office: Hotel Niederreiter

Placings:

Positions 1-3 for men, women overall and in the following age categories

Under 16

Under 20

Under 30

Under 40

Under 50

Under 60

Under 60, Age limit applies on date of race

Fantastic prizes

Results will be published no more than 48 hours after the event has ended.

Timing: www.raceresult.com

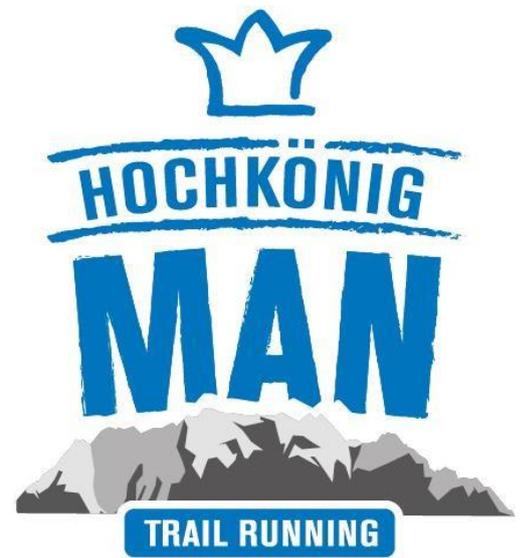


Disqualification:

Any runner failing to take with them the complete compulsory equipment, taking shortcuts, polluting the environment, behaving unfairly towards other participants, not adhering to instructions given by the event team (helpers, services, first aiders, doctors, marshals) will be disqualified without exception, as will anyone accepting any assistance or refreshments from another third party.

Safety & compulsory equipment:

The safety equipment stipulated according to the guidelines laid down by the Austrian Trail Running Association (ATRA), adapted to suit the requirements of the Hochkönigman event and the prevailing weather conditions. Information about the official guidelines is available on the homepage of the Austrian Trail Running Association (ATRA): www.trailrunning-verband.at



Easy Trail:

Collapsible beaker (recommended for hot drinks, e.g. tea), or drinks bottle
Mobile phone with audible ring tone turned on, and the emergency number of the event organiser stored (0043 676 5509794)

Many items of equipment and packages of the compulsory equipment can be obtained from our partner, the best trail shop: www.trailshop.at

Refreshment:

Gels and energy bars **must** be labelled with your start number. This will be checked as part of the equipment check, where the event organiser will also provide appropriate marker pens.

Our trail shop also has various special refreshments available: www.trailshop.at

Optional:

Trail running sticks, salt tablets, amino acid tablets. Bear in mind that the trail running sticks must be taken with you from start to finish.

Compulsory equipment will be checked on a random basis in the start area/start number pickup.

Important: marking of the route according to the ITRA security guidelines:

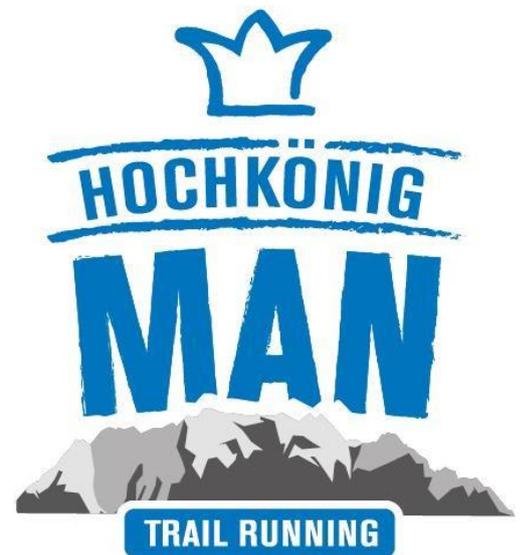
The trail route will be marked by an expert marking team with chalk spray, signs, bands, flags, and in the night with reflector spray. However, there is no continual marking of the route that would render individual navigation capabilities in Alpine terrain superfluous. Especially after nightfall, in the case of heavy rain, snow, or other extreme weather conditions, the markings may disappear, be covered, or not be immediately noticeable. For this reason, all participants must have a map of the route with them. The event organiser also provides the route of as a GPS download, and it is recommended that runners take a GPS unit with them. Sadly, it can sometimes occur that markings are removed by people. The markings are taken down section by section after the last runners immediately AFTER the time limit is over. The route is then NO LONGER marked.

IMPORTANT: Any rescue costs will not be met by the event organiser, land owners etc. and must be paid by the person concerned. It is therefore recommended that you take out insurance that covers mountain accidents. All participants sign a disclaimer when picking up their start number.



IMPORTANT:

Trail running events take place in the outdoors and through nature conservation areas along already existing tracks, paths, forestry tracks, gravel roads, and on public and private roads. Highway rules must be adhered to, and in the case of 2-way traffic, runners should stay on the left-hand side. Crossing public highways and private property should be done in an orderly fashion. Any unfair behaviour towards other runners, refusal of medical help to other runners, or any pollution of the environment will be followed by immediate disqualification by the organiser. If required items of compulsory equipment are found to be missing at the check before the start of the race, then these can, where possible, be brought to the start point before the race begins. If this is not possible, then participation in the Hochkönigman event will not be allowed. If items of equipment are found to be missing on an en route check, this will lead to the runner being removed from the race by the organisers.



Disclaimer:

The event organisers accept no liability for any damage whatsoever, whether personal or material. This also applies to any items of clothing or other objects. On receipt of a start number, each participant declares that there are no health reasons that could be construed as reason not to take part.

All participants recognise that the event organisers are not liable for damages of any kind and will not enter into any claim for compensation against the organisers and sponsors, the local authorities and landowners through whose land the race runs, or their representatives in the case of any damages or injuries of any kind that may ensue following participation in the event. Each participant declares that he/she has trained appropriately for the race, is physically fit, and their condition of health has been verified by medical experts. The race doctor, emergency services, and race organisers are authorised to remove any runner from the race who is deemed to be physically or mentally too weak. On registering, all participants agree that data concerning their registration in the Hochkönigman event, photos, movies, and interviews on radio, television, advertising material, books, photo-mechanical copies (films, videocassettes etc.) may be used without requesting further permission.

Participants must ensure that their year of birth is correct, and that their start number has not been given to any other person. In cases of no-shows, no refund is possible. (Please note: regarding data protection, your data will be electronically stored). All participants accept that, also in the case of no available membership of a club or association, various anti-doping requirements (doping controls) of the ATRA must be met.

The Hochkönigman event is run according to the guidelines of the Austrian Trail Running Association (ATRA). Participants can view the guidelines of the ATRA on the Austrian Association homepage www.trailrunning-verband.at and are obliged to adhere to the regulations of the ATRA.

“Athletes are obliged to abide by the anti-doping regulations set out in the Anti-Doping Federal Law of 2007, as well as any appropriate regulations put in place by relevant national and international specialist sport associations (in particular any statutes, sports rules, and competition regulations). Anyone who is, or was at the time of any potential contravention of anti-doping regulations, a member or a licence-holder of a sport organisation or another body belonging to such an organisation, and anyone who participates in competitions that are organised by a sport organisation or connected body or receives the help of federal support is deemed to be an athlete.

The organisers and event hosts are strictly against any form of doping. As a participant, you must assure us that you have not taken, and will not take any kind of banned substance or other method of doping. Information about as to whether medications and treatment methods are banned is available from www.nada.at/medikamentenabfrage. This service is provided by the national anti-doping agency (NADA Austria) and is available as the “MedApp” for android and IOS.



If a participant is obliged under the direction of medical professionals to take banned substances or use methods that are not permitted, we recommend keeping all medical reports and documents in case information is needed retrospectively as an exceptional case.

For more information, visit

www.nada.at/medizin/krankheit-oder-verletzung

The Hochkönigman team wishes all participants a successful completion of the race, and a great trail running experience around the Hochkönig.

Subject to change, possibly at short notice!

The organiser

Thomas Bosnjak

B'jaks Trail- & Runningshop

J.E. Habert-Strasse 14

4810 Gmunden Österreich

www.trailshop.at

www.traunstoatrails.at

