



**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](http://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](http://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](http://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](http://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](http://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.





