



**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:** B`jaks Marathon Trail: Saturday 02.06.2018 - 08:00

**Distance:** approx. 46km, approx. 3000+ vertical metres ([GPS Download](#))

**Start and finish:** Maria Alm village centre

**Time limit:** B`jaks Marathon Trail: 12 hours

#### Refreshment points, control points, cut off times

1 Refreshment/checkpoint approx. 9km, approx. 450+ vertical metres Hinterthal 02.06. @ 10:00

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/checkpoint and Livepoint approx. 18km, approx. 950+ vertical metres, Dienten 02.06. @ 12:00

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; Backerbsen; Klare Suppe; Coca Cola

3 Approx. 25km, approx. 1650+ vertical metres, Gatter above Lettenalm 1700m

#### Water canister

4 Refreshment/checkpoint approx. 32km, approx. 2150+ vertical metres, Statzerhaus 2117m 02.06. @ 16:00

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; Red Bull Cola; Red Bull Energy

5 Refreshment approx. 38km, approx. 2740+ vertical metres, Schwalbenwand 2011m 02.06. @ 18:00

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



For environmental reasons, there will no beakers 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, marshals, 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 (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):**

Marathon Trail: Natrun: approx. 08:15; Jufen: approx. 08:30; Hinterthal: approx. 08:45; Dienten: approx. 09:30; Statzerhaus/Hundstein: approx. 10:45; below the Schwalbenwand/drink: approx. 12:00; finish/Maria Alm: approx. 12:45

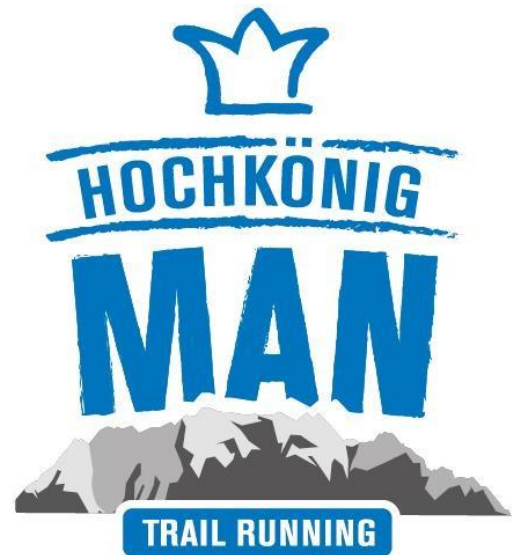
**Maximum number of runners permitted in 2018: B'jaks Marathon Trail 500**

#### **Qualification:**

As the Hochkönigman is a high Alpine Trail event, and the B'jaks Marathon Trail is also run through the night, participants are required to have a suitable amount of experience of running marathons or longer distances, and the following requirements apply:

**Marathon Trail: 1 ITRA (International Trail Running Association) point**





For a list of competitions carrying 1 ITRA point, visit <http://www.itra.org/page/290/Calendar.html>

If you have never participated in a race with 1 ITRA point, then completion of a road marathon or 20km Speed Trail is accepted. In any case, Alpine experience and ability to navigate in Alpine terrain is a requirement. **The qualification points will be checked on a random basis by the organising team after the closing date for registration and publication of the appropriate list of results. Any participant who has registered may be checked.**

**The minimum age requirement is 18 years.**

For the Marathon Trail and Endurance Trail, we recommend that in the 12 weeks prior to the race, at least 6-10 longer runs of 4-6 hours duration are undertaken, some of which should be during the night. 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](#).

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

Route	Marathon Trail
Early booking to the 31.10.2017	€ 60
Up to the 31.01.2018	€ 70
Up to the 28.05.2018	€ 80

**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 06:00 to 07:00**

**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
- Map of 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
- Transport bag for transport to the livepoint



- Hochkönigman party & free 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:**

**B`jaks Marathon Trail** on Friday 01.06.2018 from 12:00 to 23:00 and on 02.06.2018 from 06:00 to 07:00 in the Hotel Niederreiter in the start area.

**Race briefing:**

Race briefing **B`jaks Marathon Trail** Saturday 02.06.2018 at 07:00

**Race briefing in Hotel Niederreiter**

The race briefing is compulsory for all participants of the Marathon Trail.

**Medical area, organisation office: Hotel Niederreiter**

**Placings:**

Positions 1-3 for men, women over all and in age category under 30

Under 40

Under 50

Under 60

Over 60. Age limit applies on date of race.

Fantastic prizes

Results will be published no more than 48 hours after the event is over.

**ITRA qualification points: 3 ITRA points**

**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)





### B'jaks Marathon 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)

Personal identity card

1.0L liquid

Whistle

First aid kit

Survival blanket

Rain jacket with 10,000ml water column resistance

Hat

Gloves (recommended with 10,000ml water column resistance)



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

### Austrian Trail Running Cup 2018

The **B'jaks Marathon Trail** of the Hochkönigman is one of the events making up the Austrian Trail Running Cup 2018. In order to compete in the Austrian Trail Running Cup 2017, it is required that you complete the appropriate races. To qualify for the Austrian Trail Running Cup 2017, participants must register with name, time, and route on the ATRA website [www.atra.club](http://www.atra.club) within 14 days after each appropriate completed race.

After the 14<sup>th</sup> day, the results of all registered participants will be processed and the current status published on the ATRA homepage.

Participation in the Austrian Trail Running Cup 2018 is free!

### Rating:

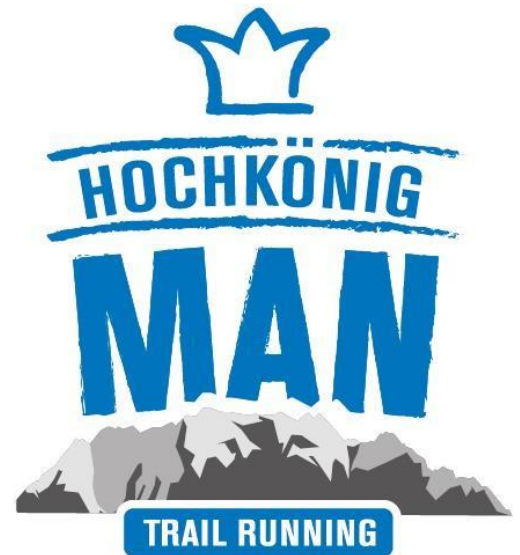
Beginning with the quickest runner, runners receive per race: 100 points, 90 points, 80 points, 70 points, 60 points, 50 points, 40 points, 30 points, 20 points, 10 points. The quickest 10 racers in each competition come into the ratings.

In addition to these ratings, there is a rating for the most kilometres run. The final awards ratings will be available from June 2018 and published on the ATRA homepage: [www.trailrunning-verband.at](http://www.trailrunning-verband.at) and sent to all registered participants.



**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](http://www.trailrunning-verband.at) and are obliged to adhere to the regulations of the ATRA.

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](http://www.trailshop.at)  
[www.traunstoa-trails.at](http://www.traunstoa-trails.at)

