



PRESSEAUSENDUNG HOCHKÖNIGMAN 2016
MARIA ALM, AM 18.1.2016
www.hochkoenig.at | www.hochkoenigman.at

THAT “I DID IT!” FEELING

Trailrunning in the Hochkönig region – Where willpower and nature urge runners higher, faster, and further!

Escape the tarred roads, and get out into the mountains. Over grass and stones, up to summits and through valleys; that’s what makes trail running what it is. There are 4 events in the Hochkönig region taking place in summer 2016:

MARIA ALM. The spectacular “Hochkönigman”, the traditional “Kumpellauf”, the “Hochkönig Trail Running Camp”, and the “Trail Trips” - trail running weekend. The idyllic mountain villages of Maria Alm, Dienten and Mühlbach become a real “summit of sensations” for trail runners.

3 to 5 June 2016: the Hochkönigman: a trail running festival in a running arena of alpine meadows, cliffs, and mountain peaks

The Hochkönigman Festival kicks off with an adventurous obstacle race in Maria Alm. This fun competition is 6 km long, and takes individual and relay racers over fences, tractor tyres, and water obstacles. Sweating, struggling, and running are all part of it, but above all this is about having fun.

The next day, or rather more specifically the next night, is “the end to having fun”, and the time when the endurance racers start off equipped with head torches and carbohydrate gels under the starlit sky with an unimaginable task ahead of them: 85.1 km and 5753 vertical metres need to be conquered by the hardest of trail runners, with unbelievable stamina. The Marathon Race (covering a distance of 47.4 km and 3156 vertical metres) is also nothing to be sniffed at. The Speed Trail might have a name that makes it sound short and punchy, but even this shortest distance race requires the runners to cover 23.3 km and 1599 vertical metres. The sweat-inducing vertical metres in all of the races are rewarded with fantastic views.

The 2016 Hochkönigman again forms part of the Austrian Trail Running Cup, and as such is part of the largest trail running series in Europe. The Marathon Race also forms part of the Austrian Championships in trail running and the national champions are selected.

There is a continual programme of events to accompany the impressive achievements of the athletes, with an expo area, side events, and a finishers’ party right by the finish line, greeting the athletes with suitable musical acclamation as they run in.

13 to 16 May 2016: Hochkönig Trail Running Camp – Preparation for those of like minds

Those who want to warm up professionally for the season and prepare for the Hochkönigman should register for the Hochkönigman Trail Running Camp. It runs from 13 to 16 May, with expert presentations for participants, as well as sessions on running technique, weight and stabilisation training, wellness, course information, and a whole load of kilometres to run.

11 June 2016: The “Kumpellauf” race: Trail running “back to the roots”

This is a race not to be missed by ambitious hobby runners, the Kumpellauf on 11 June 2016 is a traditional race that harks back to the mining time in Mühlbach am Hochkönig and is a special type of sports event, with a route that takes runners past traditional, idyllic Alpine huts. This is an unforgettable trail running experience for all nature lovers and lovers of nostalgia.

08 - 10 July 2016: TRAIL TRIPS – on the trail of the Salomon4Trails

A trail running weekend for all running fans wanting to explore the Salomon4Trails trails around the splendid Hochkönig in a relaxed way and with expert guidance.





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Photos: <http://we.tl/1TSnzjMoWK>

Photo credit: TVB Maria Alm

Picture labels:

HindernisRun2015.jpg: Running, sweating, and having fun, alone or as part of a team. That's what the obstacle race is all about, the Hochkönigman opening competition.

HochkönigMan_1.jpg: First the summits, and then the finish in your sights. The Hochkönigman, from the 3 to 5 June 2016, is a challenge for every trail runner.

HochkönigMan_2.jpg: That "I did it" feeling. Every finisher is a winner in the Hochkönigman in Maria Alm, and is rightly celebrated at the finish line.

HochkönigMan_3.jpg: After the impressive Hochkönigman premiere in 2015, the organisers, athletes, and spectators are looking forward to another festival of impressive athletic performance and a supporting programme creating a great atmosphere.

HochkönigMan_4.jpg: The Hochkönigman, an extreme leg-acher, and a real "must run" for trail runners!

HochkönigMan_5.jpg: Trail runners: where others walk, they run, where others go mountaineering, they run, and they do so over distances of 23, 47, and 85 km!

HochkönigMan_6.jpg: Worn out, sweaty, and elated. In Maria Alm, there are pools waiting in the finishing area, providing a refreshing way of cooling down.

Information & links:

Hochkönig Tourismus GmbH: www.hochkoenig.at

Hochkönig Trailrunning-Camp: 13 to 16 Mai 2016, www.hochkoenigman.at

Hochkönigman: 3 to 5 June 2016, www.hochkoenigman.at

Kumpellauf, 11 June 2016, www.kumpellauf.com

Trail Trips, 8 to 10 July 2016, www.planb-event.com

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