



## Regulation and General Information

**By registering for the KAT100, participants accept the terms of the Austrian Trail Running Association (ATRA), which can be viewed [here](#)**

**Date:** From 08<sup>th</sup> of August to 10<sup>th</sup> of August 2019 (Starting position 30 min before start)

**Start:** **KAT 100 Speed Trail:** Saturday 10<sup>th</sup> of August 2019 – 10.00 PM

**Distance:** approx. **9,3 km**, approx. **1483+ vertical metres** ([GPS Download](#))

**Start and finish:** Fieberbrunn village centre – **time limit 6h**

## Refreshment points, control points, cut off times

**1 Refreshment approx. 5.8 km, approx. 500+ vertical metres Streuböden Bergstation 10.08. 11.15 am**

Water

**2 Refreshment/Checkpoint approx. 10.2 km, approx. 1200+ vertical metres Wildseeloder 10.08. 01.00 pm**

Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, fruit purée, nut pastries, tea, water, melansan nutriose elecolyte, clear soup, Coca Cola

**3 Refreshment approx. 10.2 km, approx 1400+ vertical metres Lärchfilzhochalm 10.08. 02.30 pm**

Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, fruit purée, nut pastries, tea, water, melansan nutriose elecolyte, hot clear soup, Red Bull Cola. Red Bull Energy



#### **4 Refreshment in finish area approx. 24km, approx. 1500+ vertical metres Fieberbrunn 10.08. 04.00 pm**

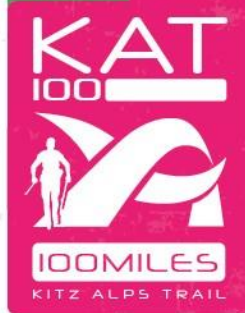
Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, tea, water, melansan nutriose elecolyte

### Safety information

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 each participant is responsible for the return transport to the start / finish or his accommodation. With your guest card (depending on in which region your accommodation is located) you receive advantages for the return transport: Guest card = ticket for bus and train! With a guest card from the PillerseeTal you can use local trains (except EC and IC and RailJet) between Hochfilzen and Wörgl (Kirchbichl) for free! The bus connections within the region (Hochfilzen - Waidring) and the bus lines to St. Johann i.T. and Kitzbühel are also included in the guest card. In the event of race cancellation, each participant is obligated to inform the number 0043 676 5509794 by SMS. In emergencies, a call must be made under the number 0043 676 5509794 stating the emergency, the organizer informs the responsible mountain rescue.

The event organiser and his team are responsible for the general safe running of the race, and any 2 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.



## Times are expected for 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): Speed Trail:**

Streuböden approx. 10.30 am; Wildseeloder: approx. 11.00 am; Lärchfilzhochalm: approx. 11.30 am; Fieberbrunn: approx. 12.00 pm

**Maximum number of runners permitted in 2019: KAT100 Speed Trail 500**

## Qualification

For the **KAT100 Speed Trail** there is no required qualification race in 2019. However, all runners need to be sure-footed in Alpine terrain. We recommend completing at least 6-10 longer runs over a 12 week period as preparation.

**A start for participants under 18 years is not permitted.**

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 drinking backpack, it is recommended that these are run with backpack and the appropriate compulsory equipment. To complete the KAT100 Speed Trail successfully, you can create your own individual training plan [here](#).





## Organisational fee and Registration

Route	Speed Trail
Early booking to the 31th of January 2019	€ 30,-
Up to the 31th of January 2019	€ 40,-
Up to the 31th of May 2019	€ 45,-

### Registration on-site + € 10,-

Registration on-site at number pickup on **08<sup>th</sup> of August 2019 from 12.00 pm to 05.00 pm**, on the **09<sup>th</sup> of August 2019 from 12.00 pm to 04.00 pm** and at the **10<sup>th</sup> of August from 06.00 am to 09.00 am**

**THE START NUMBER PICKUP IS CLOSED DURING THE OPENING CEREMONY ON THE 09<sup>TH</sup> OF AUGUST 2019 FROM 7.15 PM to 08.00 PM!**

### This contains:

- ✓ KAT100 participant's shirt
- ✓ Goodie bag
- ✓ Finisher medal
- ✓ Voucher for carbo loading from Thursday 08<sup>th</sup> of August from 12.00 pm to 05.00 pm, Friday 09<sup>th</sup> of August from 5.00 pm to 11.00 pm and Saturday 10<sup>th</sup> of August from 12.00 pm to 09.00 pm (within the opening times of the Hotel Post)
- ✓ 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 not later than 48 hours after the end of the event
- ✓ Medical services at the start/finish area
- ✓ Changing and shower facilities
- ✓ Certificate service (Raceresult)
- ✓ Raceresult timing

#### **KAT100 Party & free concert (surprise band)**

- ✓ Sports photographer photo service for participants (pictures may be purchased after the event)
- ✓ Free Tracking App

**Changing rooms & showers:** approx. 400m Aubad Fieberbrunn

**Massage:** Signposed in finish area

#### **Start number pickup:**

**KAT100 Speed Trail** on Thursday 08<sup>th</sup> of August 2019 from 12.00 pm to 05.00 pm, Friday 09<sup>th</sup> of August 2019 from 12.00 pm to 11.00 pm and Saturday 10<sup>th</sup> of August 2019 from 06.00 pm to 09.00 pm directly at the start area in the event building Fieberbrunn.

#### **Race briefing:**

Race briefing **KAT100 Speed Trail** Saturday 10th of August 2019 at 09.00 am at the start/finish area

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



**Medical area, organisation office:** start and finish area

**Placings:**

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

Under 40

Under 50

Under 60

Above 60

Above60, Age limit applies on date of race Fantastic prizes

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

**ITRA Qualifikation points: 1 ITRA point and 1 UTMB point**

**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 and 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 KAT100 and the prevailing weather conditions. Information about the official guidelines is available on the homepage of the Austrian Trail Running Association [www.trailrunning-verband.at](http://www.trailrunning-verband.at)

### KAT100 Speed Trail:

- ✓ Emergency APP of the Mountain Rescue Tirol: <https://www.leitstelle-tirol.at/leistungen/zusatzleistungen/>
- ✓ Folding cup (recommended for hot drinks such as tea) or drinking vessel (bottle, etc.)
- ✓ cell phone with ringing tone on and emergency number of the organizer 0043 676 5509794
- ✓ id-card
- ✓ 1.0L drinking fluid at the start, each participant must carry the appropriate amount of drinking for himself till to the nearest catering points
- ✓ Whistle
- ✓ First aid kit (Content: 1x triangular scarf, 1x blister plaster, small + large) plaster, tape at least 6m, 2 gauze bandages, 2 large compresses, 1 tweezer, elastic bandage
- ✓ survival blanket
- ✓ Rain jacket with a water column of at least 10,000mm
- ✓ Hood
- ✓ gloves (waterproof with 10 000mm is recommended)
- ✓ Rain pants with a water column of at least 10,000mm
- ✓ Long pants
- ✓ Long shirt
- ✓ headlamp
- ✓ spare batteries
- ✓ glow stick
- ✓ 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, as well as on the trail!**

### **Austrian Trail Running Cup 2019**

The **KAT100 Speed Trail** is one of the competitions of the Austrian Trail Running Cup 2019. In order to be able to participate in the competitions of the Austrian Trail Running Cup 2019, the completion of the respective competition is required. In order to be eligible for the Austrian Trail Running Cup 2019, the participant must register on the ATRA website [www.atra.club](http://www.atra.club) with name, time and distance within 14 days after the end of the respective competition. After the 14th day, the results of all registered participants are evaluated and the current rating will be published on the homepage of the ATRA. Participation in the Austrian Trail Running Cup 2019 is for free!





### **RATING:**

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

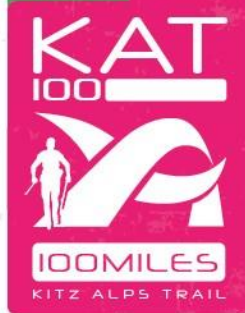
In addition to these ratings, there is a rating for the most kilometres run. The final awards ratings will be available from June 2019 and published on the ATRa homepage: [www.trailrunning-verband.at](http://www.trailrunning-verband.at) and sent to all registered participants.

### **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 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 KAT100 event will not be not 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 KAT100 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 KAT100 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.

"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.



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](http://www.nada.at/medizin/krankheit-oder-verletzung)

The KAT100 team wishes all participants a successful completion of the race, and a great trail running experience around the Kitzbüheler Alpen.

**Subject to change, possibly at short notice!**

**The organizer**  
**Thomas Bosnjak**  
**B'jaks Trail- & Runningshop**  
**J.E. Habert-Strasse 14**  
**4810 Gmunden**  
**Austria**  
[www.trailshop.at](http://www.trailshop.at)  
[www.traunstoatrails.at](http://www.traunstoatrails.at)  
[www.hochkoenigman.run](http://www.hochkoenigman.run)