

Regulation and General Information

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

Termin: 05.08. bis 07.08.2021 (Starting position 45 min before start)

Start: **KAT100 4 relay Ekiden Trail:** Thursday 05th of August 2021 – 06.00 PM

Distance: Runner 1 approx. **48km**, approx. **2449+**, Runner 2: approx. **43,4km**, approx.. **2648hm+**, Runner 3 approx. **60,3km**, approx. **3439+**, Runner 4 approx. **22,3km**, approx. **1440+**

[Course part 1](#) – [Course part 2](#) – [Course part 3](#) – [Course part 4](#)

Start and finish: Fieberbrunn village centre – **time limit 48h**

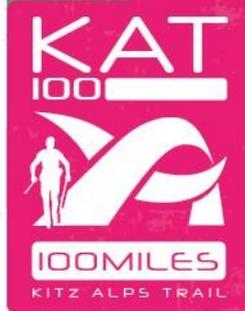
Refreshment points, control points, cut off times

1 Refreshment / checkpoint approx. 9.89 km, approx. 1171+ Wildseeloder 05.08. 09.00 pm

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, water, electrolyte, clear soup, Coca Cola, cheese, dry meat, bread, Red Bull

2 Refreshment / checkpoint approx. 25.59 km, approx. 1643+ Hochfilzen 05.08. 12.00 pm

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, water, electrolyte, Coca Cola



3 Refreshment approx. 38.92 km, approx. 2.166 + St. Ulrich a. P. 06.08. 03.00 am

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, tea, water, electrolyte, clear soup, Coca Cola

4 Finish 1 Relay-Start 2 Relay Refreshment / livepoint 48 km, 2.449+ Waidring 06.08. 05.00 am

Camping beds, blankets, bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, tea, water, electrolyte, clear soup, Coca Cola, noodle spoup, rice, dry meat, cheese

5 Refreshment / checkpoint approx. 62.54 km, approx. 3.624+ Adlerspoint 06.08. 09.00 am

Water, electrolyte

6 Refreshment / checkpoint approx. 74.15 km, approx. 3.757+ St. Johann in Tirol 06.08. 11.00 am

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, tea, water, electrolyte, Red Bull Cola, Red Bull Energy, Coca Cola

7 Refreshment / checkpoint approx. 83 km, approx. 5.090+ Kitzbüheler Horn 1996m 06.08. 02.30 pm

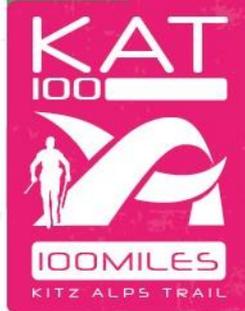
Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, Coca Cola, fruit purée

8 Finish 2 Relay-Start 3 Relay Refreshment / livepoint 91.5 km, 5100+ Kitzbühel 06.08. 04.30 pm

Camping beds, blankets, bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, fruit purée, tea, water, electrolyte, Coca Cola, noodle spoup, rice, dry meat, cheese, non-alcoholic wheat beer

9 Refreshment approx. 104.77 km, approx. 6.423+ Pengelstein Bergrestaurant 06.08. 08.30 pm

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, Coca Cola



10 Refreshment / checkpoint approx. 121,53 km, approx. 6.839+ vertical Jochberg 07.08. 00.30 am

Camping beds, Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, noodle soup, dry meat, cheese, bread, fruit purée, Coca Cola, Red Bull

11 Refreshment approx. 129,4 km, approx. 7.474+ vertical Jochberger Wildalm 07.08. um 03.00 am

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, Coca Cola

12 Refreshment approx. 138.8 km, approx. 8.261+ Jochberger Wildalm 07.08. um 06.30 am

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, Coca Cola

13 Finish 3 Relay-Start 4 Relay Refreshment / livepoint 151 km, 8514+ Oberaurach 07.08. 10.30 am

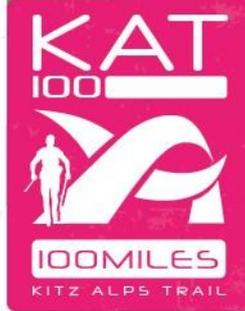
Camping beds, Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, noodle soup, dry meat, cheese, bread, fruit purée, clear soup, Coca Cola, Red Bull

14 Refreshment approx. 157km, approx. 9218+ Berggasthof Hochwildalm 07.08. 01.30 pm

Camping beds, Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, noodle soup, dry meat, cheese, bread, fruit purée, clear soup, Coca Cola, Red Bull

15 Refreshment / checkpoint approx. 164 km, approx. 9843+ Wildseeloderhaus 07.08. 04.00 pm

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, Coca Cola, Red Bull



16 Finish Refreshment / checkpoint approx. 173,9 km, approx. 9996+ Fieberbrunn 07.08. 06.00 pm

Bananas; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; gummy bears, tea, water, electrolyte, icecream, Coca Cola, Red Bull, non-alcoholic wheat beer

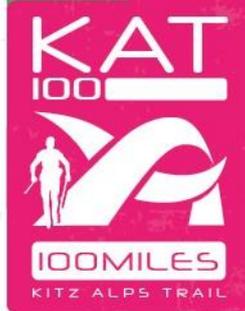
Due to **environmental protection**, cups are not available at the refreshment centers or at the checkpoints. There are enough water points on the trail (streams, fountains). Additionally it's recommended to take a small amount of money with you in case of an hut stop.

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.

Relay information

The next runner start in the following locations: Waidring, Kitzbühel, Oberaurach. The participants of the 4 relay Ekiden Trail have to take care of how the next relay runner gets to the handover location and how the runner who has finished his relay route gets from the handover location to the accommodation.

Travel time by car from Fieberbrunn to the relay locations:

Waidring: approx. 20 minutes

Kitzbühel approx. 30 minutes

Oberaurach: approx. 40 minutes

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:

Wildseeloderhaus: 05.08. approx. 07.15 pm; Hochfilzen: 05.08. approx. 08.15 pm; Buchensteinwand: 05.08. approx. 09.30 pm; St. Ulrich am Pillersee: 05.08. approx. 10.15 pm; Waidring: 05.08. approx. 11.00 pm; Adlerspoint: 06.08. approx. 01.30 am; St. Johann in Tirol: 06.08. approx. 02.30 am; Kitzbüheler Horn: 06.08. approx. 04.30 am; Kitzbühel: 06.08. approx. 05.30 am; Bergrestaurant Pengelstein: 06.08. 07.30 am; Jochberg: 06.08. approx. 10.15 am; Jochberger Wildalm: 06.08. approx. 11.15 am; Jochberger Wildalm: 06.08. approx. 12.45 pm; Oberaurach bei Kitzbühel: 06.08. approx. 02.45 pm; Berggasthof Hochwildalm: 06.08. approx. 4.00 pm; Wildseeloderhaus: 06.08. approx. 05.30 pm; Fieberbrunn: 06.08. approx. 07.00 pm



Qualification

As the **KAT100 4 relay Ekiden Trail** is a high Alpine Trail event and also a 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:

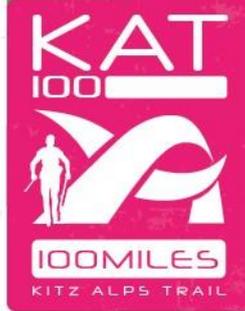
KAT100 4 relay Ekiden Trail: 2 ITRA(International Trail Running Association) points or Endurance Trail.

For a list of competitions carrying 2 ITRA point, visit <http://www.i-tra.org/page/290/Calendar.html>

If you have never participated in a race with 2 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

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 Ekiden Trail successfully, you can create your own individual training plan [here](#).



Organisationsbeitrag & Anmeldung

Course	4 relay Ekiden Trail
Up to 31.10.2020	Per Team € 255,-
Up to 31.12.2020	Per Team € 275,-
Up to 31.01.2021	Per Team € 295,-
Up to 31.03.2021	Per Team € 315,-
Up to 31.05.2021	Per Team € 335,-
Up to 29.07.2021	Per Team € 355,-

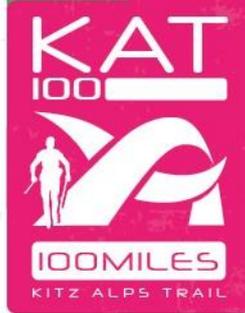
On Site Registration: + € 100,-

Registration on-site at number pickup on **05th of August 2021 from 12.00 am to 04.00 pm**

Maximum number of runners permitted in 2021: KAT100 4 relay Ekiden Trail 100 Teams

Organisational fee contains:

- ✓ KAT100 participant's shirt
- ✓ Goodie bag
- ✓ Finisher medal **KAT100 4 relay Ekiden Trail**
- ✓ Voucher for carbo loading Friday 06th of August from 5.00 pm to 11.00 pm and Saturday 07th of August from 12.00 am 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, Open from 05.08 and 06.08 to 08:00pm; 07.08. to 10:00pm
- ✓ 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 4 relay Ekiden Trail on Thursday 05th of August 2021 from 12.00 am to 04.00 pm directly at the start area in the event building Fieberbrunn.

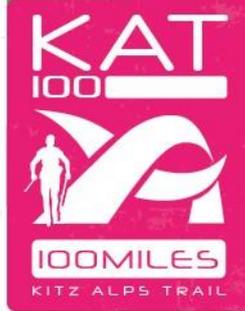
Race briefing:

Race briefing **KAT100 4 relay Ekiden Trail** Thursday 05.08.2021 at 04.00 pm at the start/finish area. The race briefing is compulsory for all participants of the Marathon Trail.

Medical area, organisation office: start and finish area

Placings:

Positions 1-3 for men, women and mixed overall



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

Timekeeping: www.raceresult.com

Disqualification:

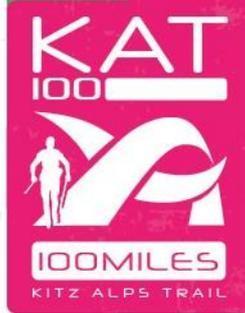
Any runner failing to take with them the complete compulsory equipment, taking shortcuts, polluting the environment, behaving unfairly towards other participants, not adhering to instructions given by the event team (helpers, services, first aiders, doctors, marshals) will be disqualified without exception, 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 Skyrunning & Trailrunning Association (ASTA), 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 Skyrunning & Trailrunning Association www.trailrunning-verband.at

KAT100 4 relay Ekiden 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)
- ✓ 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

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

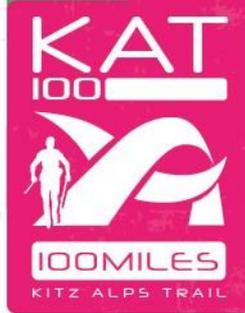
Optional:

Sticks, food and equipment can be placed in the personal bags for the live points or deposited at the live points.

Drop Bag:

The personal bags (1 for each Livepoint) will be handed out at the number pick up and must be returned to the the starting number pick up on 05.08.2021 by 05:00 pm. The organizer will bring the bags to the live points and/or the drop bags can be picked up from 07.08.2021 at 03.00 p.m. until 07.08.2021 at 05.00 p.m. when picking up the numbers.

Compulsory equipment will be checked on a random basis in the start area, as well as on the trail!



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.

COVID19: Should there be an infection or outbreak of Covid19 at the KAT100, then the participant waives all legal steps and the organizer is to be held harmless and harmless!

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 allowed. If items of equipment are found to be missing on an route check, this will lead to the runner being removed from the race by the organisers.

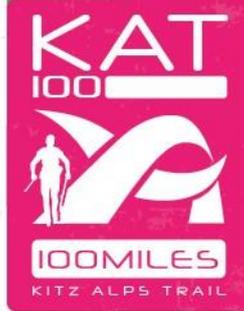


Disclaimer:

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 personal 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 ASTA must be met.

The KAT100 event is run according to the guidelines of the Austrian Trail Running Association (ASTA). Participants can view the guidelines of the ASTA on the Austrian Association homepage www.trailrunning-verband.at and are obliged to adhere to the regulations of the ASTA. "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

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.b-trail-events.com