



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 06th of August to 08th of August 2020 (Starting position 45 min before start)

Start: : **KAT100 Miles** Thursday 06th of August 2020 – 06.00 PM

Distance: approx. **169km**, approx. **9784+ vertical metres** ([GPS Download](#))

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

Refreshment points, control points, cut off times

1 Refreshment / checkpoint approx. 9 km, approx. 1200+ vertical meters Wildseeloder 08.08. 09.00 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, cheese, dry meat, bread, Red Bull

2 Refreshment / checkpoint approx. 23km, approx. 1350+ vertical meters+ Hochfilzen 08.08. 12.00 am

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. 35km, approx. 1750+ vertical meters, St. Ulrich am Pillersee 09.08. 03.00 am

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

4 Refreshment / checkpoint / livepoint approx. 43km, approx. 1800+ vertical meters Waidring 09.08. 05.00 am

Camping beds, blankets, 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, noodle spoup, rice, dry meat, cheese

5 Refreshment / checkpoint approx. 56km, approx. 2850+ vertical meters Adlerspoint 09.08. 09.00 am

Water, melansan nutriose elecolyte

6 Refreshment / checkpoint approx. 67km, approx. 2850+ vertical meters St. Johann in Tirol 09.08. 11.00 am

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



**7 Refreshment / checkpoint approx. 76km, approx. 4150+ vertical meters Kitzbüheler Horn 1996m
09.08. 02.30 pm**

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

**8 Finish Refreshment / checkpoint approx. 84km, approx. 4637+ vertical meters Kitzbühel 09.08.
04.30 pm**

Camping beds, blankets, 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, noodle spoup, rice, dry meat, cheese

**9 Refreshment approx. 98km, approx. 5840+ vertical meters Pengelstein Bergrestaurant 09.08. 08.30
pm**

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

**10 Refreshment / checkpoint approx. 113km, approx. 6540+ vertical meters Jochberg 09.08. 00.30
am**

Camping beds, Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, tea, water, melansan nutriose elecolyte, noodle soup, dry meat, cheese, bread, fruit purée, clear soup, Coca Cola, Red Bull

11 Refreshment approx. 122km, approx. 7090+ vertical meters Alm Schützkogel 10.08. um 04.30 am



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

12 Refreshment approx. 132km, approx. 7740+ vertical meters Am Ostweg 10.08. 07.30 am

Water, melansan nutriose elecolyte

13 Refreshment / checkpoint / livepoint approx. 140km, approx. 7890+ vertical meters Oberaurach in Kitzbühel 10.08. 10.00 am

Camping beds, Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, tea, water, melansan nutriose elecolyte, noodle soup, dry meat, cheese, bread, fruit purée, clear soup, Coca Cola, Red Bull

14 Refreshment approx. 153km, approx. 8790+ vertical meters Berggasthof Hochwildalm 10.08. 01.30 pm

Camping beds, Bananas; oranges; watermelon; cucumber; salt; Brezeln (Soletti); cake, wafer biscuits; Haribo sweets, tea, water, melansan nutriose elecolyte, noodle soup, dry meat, cheese, bread, fruit purée, clear soup, Coca Cola, Red Bull

15 Refreshment / checkpoint approx. 160km, approx. 9940+ vertical meters Wildseeloderhaus 10.08. 04.00 pm

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



16 Refreshment / checkpoint approx. 169km, approx. 9740+ vertical meters Fieberbrunn 10.08. 06.00 pm

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

Ultra Trail:

Wildseeloderhaus: 06.08. approx. 07.15 pm; Hochfilzen: 06.08. approx. 08.15 pm; Buchensteinwand: 06.08. approx. 09.30 pm; St. Ulrich am Pillersee: 06.08. approx. 10.15 pm; Waidring: 06.08. approx. 11.00 pm; Adlerspoint: 07.08. approx. 01.30 am; St. Johann in Tirol: 07.08. approx. 02.30 am; Kitzbüheler Horn: 07.08. approx. 04.30 am; Kitzbühel: 07.08. approx. 05.30 am; Bergrestaurant Pengelstein: 07.08. 07.30 am; Jochberg: 07.08. approx. 10.15 am; Jochberger Wildalm: 07.08. approx. 11.45 am; Kelchalm: 07.08. approx. 02.15 pm; Oberaurach bei Kitzbühel: 07.08. approx. 02.45 pm; Berggasthof Hochwildalm: 07.08. approx. 16.45 am; Wildseeloderhaus: 07.08. approx. 06.00 pm; **Fieberbrunn: 07.08. approx. 07.00 pm**



Qualification

As the **KAT100miles** 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:

Ultra Trail: 5 ITRA(International Trail Running Association) points or Endurance Trail.

For a list of competitions carrying 1 ITRA point, visit <http://www.i-tra.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

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

Course	100 Miles
Early booking to the 31th of October 2019	€ 190,-
Up to the 31th December 2019	€ 200,-
Up to 31th of January 2020	€ 210,-
Up to the 31th of May 2020	€ 230,-
Up to the 31th of July 2020	€ 240,-

On Site Admission: + € 50,-

Registration on-site at number pickup on **06th of August 2020 from 12.00 pm to 04.00 pm**

Maximum number of runners permitted in 2020: KAT100miles 170

Organisational fee contains:

- ✓ KAT100 participant's shirt
- ✓ Goodie bag
- ✓ Finisher medal
- ✓ Voucher for carbo loading Friday 07th of August from 5.00 pm to 11.00 pm and Saturday 08th 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: Signposted in finish area

Start number pickup:

KAT100miles on Thursday 08th of August 2020 from 12.00 pm to 04.00 pm directly at the start area in the event building Fieberbrunn.

Race briefing:

Race briefing **KAT100miles** Thursday 06.08.2020 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 overall and in the following age categories

Under 40

Under 50

Under 60

Above 60

Above 60, 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: 6 ITRA points and 6 UTMB points

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 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

KAT100miles:

- ✓ 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 batterie



- ✓ 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:

Trail running sticks, salt tablets, amino acid tablets.

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 06.08.2020 by 05:00 pm. The organizer will bring the bags to the live points and/or the drop bags can be picked up from 08.08.2020 at 03.00 p.m. until 08.08.2020 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!

Austrian Trail Running Cup 2020

The **KAT100miles** is one of the competitions of the Austrian Trail Running Cup 2020. In order to be able to participate in the competitions of the Austrian Trail Running Cup 2020, the completion of the respective competition is required. In order to be eligible for the Austrian Trail Running Cup 2020, the participant must register on the ATRA website 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 2020 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 2020 and published on the ATRA homepage: 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 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 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

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

www.traunstoer-trails.at

www.hochkoenigman.run