



Nassfeld-Mountain-Skyrace Saturday 25th of September 2021 – 08:30 AM

Regulation & General Information:

By registering for the Nassfeld-Mountain-EasyTrail event, participants accept the terms of the Austrian Skyrunning & Trailrunning Association (ASTA), which can be viewed [here](#).

The Nassfeld-Mountain-Skytrails is an ISF (International Skyrunning Federation) qualified race and you can find it at the side of the ISF: <http://www.skyrunning.com/isf-qualified-race/>

Date: Saturday 25th of September 2021 (Starting position 30 min before start)

Start: Nassfeld-Mountain-Skyrace Saturday 25th of September 2021 08:30 AM

Final competition of the Skyrunner Austria Series 2021

<http://austria.skyrunnersinternationalseries.com/>

Distance: approx. 24,70km, approx. 2190hm+ ([GPS Download](#))

Start and finish: Nassfeld pass crossing

Time limit: Nassfeld-Mountain-Skyrace: 6 hours 00 minutes

SARS-CoV2 – Safety Informations

This safety information focuses on hygiene and safety measures to limit and prevent the spread of SARS COV2.

Participation Eligibility/Qualification

All participants (Austrian/non-Austrian) must meet the qualification standards and adhere to the SARS CoV2 Ordinance of the Austrian Federal Government in force on the date of the Hochkönigman, which can be found at the following link:

<https://www.sozialministerium.at/Informationen-zum-Coronavirus/Coronavirus---Haeufig-gestellte-Fragen/FAQ-Einreise-nach-Oesterreich.html>

Rapid Antigen Test

In order to take part in the Hochkönigman, all athletes will be required to provide proof of:

- Recovery from a past SARS CoV2 infection no more than 6 months previously
- Complete SARS-CoV2 vaccination with 2nd vaccinations with the exception of Johnson & Johnson from the 22nd day after the first vaccination
- A negative rapid antigen test taken max. 48 hours ago and carried out at one of the official testing centres. Antigen



tests purchased commercially and carried out at home are not permitted! The 48-hour window should be calculated back from the athlete's race starting time. The authorize also offers antigen testing on-site by its own medical testing team.

Here you can find test roads in **Hermagor/Nassfeld**: <https://www.nassfeld.at/de/Service/Sommer-Covid19-Massnahmen/Covid-Teststationen/>

Registration is required.

Antigen tests with validity for 48h are free for everyone (also for non-Austrians)

Only participants with Complete SARS-CoV2 vaccination with 2nd vaccinations with the exception of Johnson & Johnson from the 22nd day after the first vaccination, are permitted to enter the events area.

The test must have been carried out at an official testing centre (as is also the case with other close contact medical services). Once the evidence presented has been assessed, the participant will be issued with an accreditation wristband and entry to the events area is granted.

On receiving the start number, each participant officially declares that there are no health reasons why he or she should not participate. Participants who fall into a risk group are not permitted to take part in the event competitions until further notice.

On registering for the event and signing the disclaimer of liability, participants confirm that they are healthy and capable of meeting the demands of the competition. Participants in trail running & skyrunning events require a high level of personal responsibility and self-discipline.

All participants declare that they have undertaken sufficient training to take part in the competitions, that they are physically healthy and that their state of health has been medically certified. The race physician, emergency personnel and race organizers are authorized to exclude any participants from the race who are not physically or mentally capable of taking part.

Spectators – Supporter

No spectators are permitted at the event due to the COVID 19 Protection Measures Ordinance.

2 supporter are permitted for each participant. These support personnel are required to register their attendance with the relevant participant by 02.09.2021 using the online registration form on the homepage and receive their accreditation when the start numbers are issued. Access to the event area is only permitted with:

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Accreditation – Collection of Start Numbers

Eventarea at the cable car station Madritschen.

Participants are instructed to arrive in good time on the day of the event with the required evidence. This evidence will then be checked at the entrance to the event area.

In order to avoid congestion during the control, each participant is assigned a time slot for his or her number pick-up. If this time window cannot be adhered to, a recording within the scope of the possible times for picking up the number, however, possibly with recording CHECK OF THE SARS Waiting times before checking the SARS-Co2 detection must be expected.

After the result has been checked, the athletes receive an accreditation bracelet and are allowed to stay at the event site. The toilets are located on the event site and are only accessible to people with an accreditation ribbon.

A maximum of 499 people are allowed in the structurally separated areas (bands / bars / barriers). The areas are accessed by registering with a QR code.

Event participants are encouraged to act responsibly and avoid larger groups of people gathering in the car park or bus stop areas.

Hygiene Measures at Event Sites

The general COVID 19 hygiene measures in accordance with the latest Austrian legislation underpin the whole event.

Active participants as well as event staff are encouraged to wash their hands with soap and water frequently and to regularly sanitise their hands. Ample handwashing facilities, soap dispensers, disposable paper towels and organizer dispensers are provided in the toilets. Sanitiser dispensers are also provided by the organizer in the outdoor areas. Surfaces will be disinfected on a regular basis e.g. during the issuing of start numbers. The organizer will select hand sanitisers and surface disinfectants

based on the standard criteria. Event participants will be informed of the specific COVID 19 rules of conduct in place via noticeboards.

Prior to the start of the relevant event, participants will be briefed on the rules of the event, on COVID 19 hygiene regulations and on rules of conduct in the event of a suspected case of COVID 19.



Process in Suspected Cases of SARS COV2

In the event of a positive test result, the individual in question is classed as a suspected case of COVID 19 infection and therefore he or she will be barred from participation in the event. The employee checking the test results will instruct the positive test case to independently undertake the following steps:

- 1) Call the Health Hotline on 1450 and inform them of the positive test result
- 2) Organise a PCR test (with the support of the Health Hotline on 1450)
- 3) Quarantine at home until a PCR test result can be presented

The positive test case is requested to leave the event site as quickly as possible and travel home.

Processing of Personal Data

Processing of personal data for participation in the competition takes place via the organiser's registration portal and the QR code on the event site. The organizer is permitted to access the contact details of participants at any time and to inform participants of any important information by email, if required.

Interruption or Termination of the Event

If the event needs to be interrupted in any way, the competition organizer will announce this to all participants and employees at the event using a microphone. The event (running competition) is classed as having been interrupted if all participants in pursuit of the finish line are affected. The same also applies in the event of a premature termination of the event.

If the competition organizer requests the vacation of the event area, participants are requested to vacate all areas and set off home calmly and carefully. The events manager will pass on the statement of the organizer to the spokesperson who will then communicate this to participants.

Refreshment points, control points, cut off times

1 Cut Off Time Madritschen mountain station approx. 2km, approx. 400hm + 25.09. 09:10 am, outside the cut-off time, the Speed Trail route can be completed!

2 Refreshment point/Checkpoint approx. 6,7km, approx. 926+ vertical metres Trogkofelbahn mountain station 25th of September at 10:30 AM

Bananas; orange, pretzels(Soletti); wafer biscuits; fruit puree; tee, water; elektrolyt; Coca Cola

3 Refreshment point/Checkpoint approx 14,49km, approx. 1296+ vertical metres Rattendorfer Alm 25th of September 11:30 AM

Bananas; orange, pretzels(Soletti); wafer biscuits; fruit puree; tee, water; elektrolyt; Coca Cola

4 Refreshment point/Checkpoint approx. 19,7km, approx. 2005+ vertical metres Trogkofelbahn mountain station 25th of September 13:00 PM

Bananas; orange, pretzels(Soletti); wafer biscuits; fruit puree; tee, water; elektrolyt; Coca Cola



5 Finish: Refreshment point approx. 24,70km, approx. 2190+ vertical metres Nassfeld 25th of September 02:00 PM

Bananas; orange, pretzels(Soletti); wafer biscuits; fruit puree; tee, water; elektrolyt; Coca Cola, Red Bull, beer: Edelweiss Alkoholfrei

Times are expected for the leading runners:

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 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.

Times are expected for the leading runners

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):

Skyrace: Trogkofelbahn mountain station approx. 09:30 AM; Rattendorfer Alm approx. 10:00 AM;
Trogkofelbahn mountain station approx. 10:40 AM; Finish-Nassfeld: approx. 11:00 AM

Maximum number of runners permitted in 2021: Nassfeld-Mountain-Skyrace: 200

Qualification:

As the Nassfeld-Mountain-Skytrails is a high Alpine and very technical trail and the trail also goes over very rocky climbs, participants are required to have a suitable amount of experience of running Skyraces or longer high Alpine races, and the following requirements apply:

- Finish a Skyrace, Marathon Trail or longer no fear of heights
- no fear of heights
- very good sure-footedness
- a high level of fitness



- high Alpine experience
- experience of navigation in Alpine terrain

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 doing at least 6-10 longer runs for the Skyrace in a 12 week preparation of 3-5 hours. To train the food intake and to get used to the weight of the hydration pack also to train with a full hydration pack and mandatory equipment. You can also have your individual training plan **drawn up here** so that you can successfully complete the **Nassfeld-Mountain-Skytrails**.

Organisational fee and Registration:

www.skytrails.at

Strecke	Skyrace	Kombination Vertikal + Skyrace (1 Shirt + 1 Goodybag + 1 Pasta Gutschein für beide Bewerbe)
Frühbucher bis 30.11.2020	€ 45,-	€ 60,-
Bis 31.01.2021	€ 55,-	€ 70,-
Bis 31.03.2021	€ 60,-	€ 80,-
Bis 31.05.2021	€ 70,-	€ 90,-
Bis 31.07.2021	€ 80,-	€ 105,-
Bis 19.09.2021	€ 90,-	€ 120,-

Registration on-site at start number pickup: on 24th of September from 12.00 Noon to 07:00 PM and 25th of September from 06.00 AM to 07:30 AM

The registration includes:

- Participant's shirt
- Goodie bag
- Finisher medal
- Voucher for carbo loading from Friday 24th of September 2021 at 05:00 PM to 09:00 PM and Saturday 25th of September 2021 at 12:00 noon to 09:00 PM (As part of the opening hours, at Restaurant Remo)
- 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
- Sportshot photo service for participants (pictures may be purchased after the event)

Changing rooms and showers: Look at the signs at Start/Finish Area

Massage: Look at the signs at Start/Finish Area



Start number pickup:

Nassfeld-Mountain-Skytrails start number pickup: on 24th of September from 12.00 Noon to 07:00 PM and 25th of September from 06.00 AM to 07:30 AM

Race briefing:

25.09.2021 at 07:30 AM Race briefing **Nassfeld-Mountain- Skyrace** Start/Finish Area

Medical area, organisation office: start/finish area

Placings:

Positions 1-6 men, women overall, great prizes. Results published no less than 48 hours after the end of the event.

Presentation ceremony: Saturday 25th of September 2021 at 08:00 PM. Winning prizes cannot be taken and forwarded

ITRA qualification points: 3 UTMB points and 3 ITRA points

Timing: 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.

The safety equipment stipulated according to the guidelines laid down by the Austrian Skyrunning & Trailrunning Association (ASTA), adapted to suit the requirements of the Nassfeld-Mountain-Easy Trail event and the prevailing weather conditions. Information about the official guidelines is available on the homepage of the Austrian Skyrunning & Trailrunning Association (ASTA): www.trailrunning-verband.at

Safety & Compulsory Equipment:

Compulsory Equipment

Skyrace:

Trail running shoes or sturdy shoes!

Skyrace participants with barefoot shoes, shoes without a rough profile and without shoes are not allowed to start!

- 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
- 0.5L liquid drink at the start!
Each runner must carry an appropriate amount of drinks with him or her to last until the next refreshment stop.
- Whistle
- First aid kit
(Contents: 1x triangular cloth, 1x blister plaster, small + large plasters, tape at least 6m, 2 gauze bandages, 2 large compresses, 1 tweezers, elastic bandage)
- Survival blanket
- Rain jacket with 10,000ml water column resistance
- Warm gloves
- Hat
- Gloves 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

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. Bear in mind that the trail running sticks must be taken with you from start to finish.

Compulsory equipment will be checked in the start area/start number pickup.

Skyrunner Austrian Series (SAS) FINALE:

The Nassfeld Mountain Skytrails is part of the Skyrunner Austria Series with a total prize money of € 4000. As part of the Nassfeld Mountain Skytrails, the FINAL and the award ceremony of the SAS take place with the Skyrace. All information about the Skyrunner Austria Series can be found on the homepage <http://austria.skyrunnernationalseries.com/>

Route marking, Safety, Disclaimer & Doping

IMPORTANT: marking of the route according to the ISF-International Skyrunning Federation:

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, animals or whatever. 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: Skyrunning 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 Nassfeld-Mountain-Skytrails 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 Nassfeld-Mountain-Skytrails 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 ASTA must be met.

The Nassfeld-Mountain-Easy-Trail event is a run according to the guidelines of the Austrian Skyrunning & Trailrunning 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.

The organisers and event hosts are strictly against any form of doping. As a participant, you must assure us that you have not taken, and will not take any kind of banned substance or other method of doping. Information about as to whether medications and treatment methods are banned is available from www.nada.at/medikamentenabfrage. This service is provided by the national anti-doping agency (NADA Austria) and is available as the “MedApp” for android and IOS.

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 Nassfeld-Mountain-Skytrails team wishes all participants a successful completion of the race, and a great trail running experience around the Nassfeld Mountains.

Subject to change, possibly at short notice!

The organiser

Thomas Bosnjak

B-TRAIL.Events

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www.b-trails-events.com

www.trailshop.at

www.traunstoatrails.at

www.hochkoenigman.run

www.kat100.at

www.kaiserkrone.run

www.skytrails.at

www.atra.club

www.b-trail.tv