



Nassfeld-Mountain-Easy Trail Friday 25th of September 2020 – 05:00 PM

Regulation & General Information:

By registering for the Nassfeld-Mountain-EasyTrail event, participants accept the terms of the Austrian Trail Running Association (ATRA), which can be viewed [here](#).

Date: Friday 25th of September 2020 (Starting position 30 min before start)

Start: Nassfeld-Mountain-Easy-Trail Friday 25th of September 2020 -05:00 PM

Distance: approx. 8,6km, approx. 580hm+([GPS Download](#))

Start and finish: Nassfeld pass crossing

Time limit: Nassfeld-Mountain-Easy-Trail: 2 hours

Refreshment points, control points, cut off times:

1 Finish: Refreshment point approx. 8,6km, approx. 580+ vertical metres Nassfeld 25th of September 06:30 PM

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

Safety informations:

Covid19 Information

Any participant who does not feel healthy or who develops symptoms which are indicative of illness should not enter the event premises and is not permitted to take part in event competitions. Urgent medical diagnosis should be sought.

In the event of a suspected case of SARS-CoV-2 infection, the authorities should be informed immediately (District Commission of Hermagor) and all tasks as regulated by the authorities must be carried out.



In the event of developing a Covid 19 infection during the Nassfeld Mountain Skytrails, each participant must be contactable at all times up until 12.10.2020.

Any breach of the general and/or specific regulations may lead to exclusion from the event premises and event during the COVID-19 crisis.

On receiving the start number and briefing documents, each participant explicitly should confirm in writing that there are no health grounds which prevent them from participating. Participants which fall into a risk group are not permitted to take part in the event competitions.

All participants declare that they have undertaken sufficient training to take part in the competitions as well as being in good physical health, with medical certification to confirm this. The race doctor and race management team are authorised to eliminate any participants from the race who are clearly not physically or mentally strong enough to compete.

The number of participants is restricted based on government regulations to ensure that the event can take place safely.

Participant information:

One week before the event, all participants will receive an information letter detailing the rules of conduct relating to Corona and confirm their compliance with these regulations by signing a declaration of liability. Posters containing information of the Corona rules of conduct will be displayed at all official entrance points, stating the following:

- Disinfect your hands. Use the sanitizer dispensers provided
- Choose your spot to ensure a minimum distance of 1 metre from all others – except those who live in your household
- Handshakes and hugs are not permitted
- Masks covering the nose and mouth are voluntary outdoors
- Please use the appropriate seating provided for catering
- Only healthy participants are permitted to take part in the event
- In the event of a suspected case of Corona, please contact the organiser immediately

Collection of start numbers:

- At the ski hire store Sport Sölle Nassfeld
- Late registration is not possible in 2020



- Hands must always be disinfected at the entrance and exit to the number collection point
- Maintain a social distance of one metre in any queues
- Max. 50 people are permitted in the number collection area at any one time

Event premises:

- Only 200 people are permitted on the event premises
- The entrance area and entire event premises are protected by barriers. Only participants are permitted to enter the event premises

Race – briefing:

Participants will be given briefing documents by email in advance which contain the latest participant information incl. rules of conduct relating to Corona. These should be signed and brought along when collecting the start number. Any questions or information about the briefing documents can be submitted by email.

Checking the safety equipment:

- Checks take place at designated points at the entrance to the start area
- Participants will be informed of the time of these safety checks in the last participant information provided
- Max. 200 participants are permitted to stay within the barricaded area for the safety checks
- The safety checks area is separated from the public area by barriers
- Spectators are not permitted in the safety checks area
- Participants are required to disinfect their hands on entering the safety checks area
- Participants should go to the safety checks area and present the required safety equipment to the safety checks official
- Participants should go on their own to the start area and wait for the race to begin
- A mask covering the mouth and nose + hygiene gloves are mandatory equipment – for participants



Start:

- A social distance of 1 metre should be maintained from other participants
- During the start of the race, access to the start area and event premises is only permitted with a valid start number, after undergoing the safety checks and only for participants of the relevant staggered start. Spectators are not permitted to enter the start area of the event premises
- The race start takes place as follows: the fastest participants start at the front and leisure runners line up behind the faster runners.

On the course:

- Overtake at a fast pace and maintain a social distance of 2 metres during the competition
- In the event of an accident or first aid provision, participants should only help when wearing a mask and hygiene gloves until the mountain rescue/rescue services arrive on-site.

Refreshments along the route:

- All participants are required to disinfect their hands using the sanitizer provided on accessing the catering point
- Runners should bring their own cup with them for liquids according to the list of required safety equipment – catering assistants will open the tap of the relevant canister for the runner
- Runners should bring their own bowl with them for food such as fruit according to the list of required safety equipment – catering assistants will use tongs to place the required food item into the runner's bowl
- Participants should move away from the catering point to eat their food in order to maintain an appropriate social distance from other arriving participants
- The required social distance between participants and assistants must be respected at all catering points
- Once the permitted number of participants at the catering point has been reached, as dictated by the required social distancing regulations, any arriving runners must wait until space is available
- Participants should dispose of any uneaten food in the containers provided
- Trained catering assistants will be on hand to ensure that rules are respected



Finish line:

- Participants should enter the finish line area on their own
- Access to the finish line area of the events premises is only permitted for participants with a valid start number
- Spectators are not permitted to enter the finish line area on the events premises
- Runners then proceed to the medal presentation point. Assistants hand out the medals but medals will NOT be placed around the runners' necks
- After receiving their medals, runners should head to the finish line catering area
- A social distance of 1 metre should be maintained in the finish line area of the event premises
- Participants should then exit the event premises
- The number of participants in the finish area is limited to 200

Finish line catering point:

- The maximum number of participants permitted in the finish line catering area is 20
- All participants must disinfect their hands with the sanitizer provided on accessing the catering point
- Runners should bring their own cup with them for liquids according to the list of required safety equipment – catering assistants will open the tap of the relevant canister for the runner
- Runners should bring their own bowl with them for food such as fruit according to the list of required safety equipment – catering assistants will use tongs to place the required food item into the runner's bowl
- Participants should move away from the catering point to eat their food in order to maintain an appropriate social distance from other arriving participants
- The required social distance between participants and assistants must be respected at all catering points
- Participants should dispose of any uneaten food in the containers provided



Victory ceremony:

- A maximum of 200 people are permitted at the victory ceremony within the cordoned off event premises
- Spectators are not permitted to enter the event premises during the victory ceremony
- A valid start number is required to access this area and checks will be carried out
- A social distance of 1 metre must be maintained in accordance with the regulations issued by the federal government
- The 3 fastest participants in each competition and age category are permitted to attend
- Winners will be called up on stage and positioned so as to adhere to social distancing regulations
- Handshakes and hugs are not permitted
- A mask covering the mouth and nose is required where a minimum distance of 1 metre cannot be maintained

Showering/changing:

No shower or changing facilities will be provided for participants

Spectators:

- Spectators are not permitted to enter the event premises
- Spectators are not permitted to enter the start area
- Spectators are not permitted to enter the finish area
- Spectators are not permitted to be present during the number collection
- Spectators are not permitted to access the catering points
- Spectators should remain outside of the event premises in the allocated areas
- Hands should be disinfected. Use the sanitizer dispensers provided
- Choose your spot to ensure a minimum distance of 1 metre from all others – except those who live in your household



- Handshakes and hugs are not permitted
- Masks covering the nose and mouth should be worn where a social distance of 1 metre cannot be maintained
- Please use the appropriate seating provided for catering
- Only healthy spectators permitted
- In the event of a suspected case of Corona, please contact the organiser immediately

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):

Easy Trail: Finish-Nassfeld: approx. 05:30 PM

Maximum number of runners permitted in 2020: Nassfeld-Mountain-EasyTrail: 100

Qualification:

For the **Nassfeld-Mountain-EasyTrail** there is no required qualification race in 2020. However, all runners need to be sure-footed in Alpine terrain.

For the **Nassfeld-Mountain-EasyTrail** we recommend that in the 12 weeks prior to the race, at least 6-10 longer runs of 2-3 hours duration are undertaken.



In order to get used to the nutritional intake and the weight of the drinks rucksack, it is recommended that these are runs with rucksack and the appropriate compulsory equipment. To complete the Nassfeld-Mountain-EasyTrail race successfully, you can create your own individual training [plan here](#).

The minimum age requirement is 18 years. Participants under 18 years of age may only take part with a written consent from a parent / guardian. This must be send via email until 25th of September 2020 at the latest to the following email address; otherwise, participation will not be possible: office@bjak.at

Organisational fee and Registration:

www.skytrails.at

Route	Easy Trail
Up to 29th of February 2020	€ 25,-
Up to 30th of April 2020	€ 30,-
Up to 30th of June 2020	€ 35,-
Up to 31st of August 2020	€ 40,-
Up to 20th of September 2020	€ 45,-

Registration on-site at start number pickup: on 25th of September from 12.00 Noon to 03:00 PM

The registration includes:

- Participant's shirt
- Goodie bag
- Finisher medal
- Voucher for carbo loading from Friday 25th of September 2020 at 05:00 PM to 09:00 PM and Saturday 26th of September 2020 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
- **Nassfeld-Mountain-EasyTrail party & free concert (surprise band)**
- Sportshot photo service for participants (pictures may be purchased after the event)

Changing rooms and showers: 2020 no shower and Changing rooms!

Massage: 2020 no Massage

Start number pickup:

Nassfeld-Mountain-Easy-Trail start number pickup: on Friday 25th of September 2020 from 12.00 noon to 03:00 PM, Saturday

Race briefing:

Race briefing **Nassfeld-Mountain-EasyTrail** only per Email



Medical area, organisation office: start/finish area

Placings:

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

Under 20

Under 30

Under 40

Under 50

Under 60

Over 60, Age limit applies on date of race

Fantastic prizes

Results will be published not more than 48 hours after the event has ended.

Presentation ceremony: Friday 25th of September 2020 at 08:00 PM

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.

Safety & 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 Nassfeld-Mountain-Easy Trail event and the prevailing weather conditions. Information about the official guidelines is available on the homepage of the Austrian Trail Running Association (ATRA): www.trailrunning-verband.at

Compulsory Equipment

Nassfeld-Mountain-EasyTrail:

Trail running shoes or sturdy shoes!

SpeedTrail 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)

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.



Route marking, Safety, Disclaimer & Doping

IMPORTANT: 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 the Nassfeld-Mountain EasyTrail 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: 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 Nassfeld-Mountain-EasyTrail 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 whatever, 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-EasyTrail 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 Nassfeld-Mountain-Easy-Trail event is a 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.

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-EasyTrail 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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Österreich

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www.b-trails-events.com

www.trailshop.at

www.traunstoa-trails.at

www.hochkoenigman.run

www.kat100.at

www.kaiserkrone.run

www.skytrails.at

www.atra.club

www.b-trail.tv