



Nassfeld-Mountain-Easy Trail

Saturday 16th of September 2023 – 05:00 PM

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 invitation to tender will be adjusted for the event date after the last publication of the SARS-CoV2 regulation.

Date: Saturday 16th of September 2023 (Starting position 30 min before start)

Start: Nassfeld-Mountain-Easy-Trail Saturday 16th of September 2023 -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 16th 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:

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. 05:40 PM

Maximum number of runners permitted in 2023: Nassfeld-Mountain-EasyTrail: 200

Qualification:

For the **Nassfeld-Mountain-EasyTrail** there is no required qualification race in 2023. 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 14 years. Participants can take part with a written consent from a parent / guardian. This must be send via email until 10th of September 2023 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
Early bird up to 31th of January 2023	€ 10,-
Up to 28th of February 2023	€ 10,-
Up to 31st of March 2023	€ 10,-
Up to 31st of May 2023	€ 15,-
Up to 31st of July 2023	€ 20,-
Up to 10th of September 2023	€ 25,-

Registration on-site at start number pickup: on 15th of September 2023 from 12.00 Noon to 07:00 PM an 16th of September 2023 from 12.00 Noon to 04:00 PM



The registration includes:

- Participant's shirt
- Goodie bag
- Finisher medal
- Voucher for carbo loading from Friday 15th of September 2023 at 04:00 PM to 09:00 PM and Saturday 16th of September 2023 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
- 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: Look at the signs at Start/Finish Area

Massage: Look at the signs at Start/Finish Area

Start number pickup:

Nassfeld-Mountain-Easy-Trail start number pickup: on 15th of September from 12.00 Noon to 07:00 PM and 16th of September from 12.00 Noon to 04:00 PM

Race briefing:

Race briefing **Nassfeld-Mountain-EasyTrail** ca. 10 min. before the start

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 16th of September 2023 at 08:00 PM. Winning prizes cannot be taken and forwarded

Timing: www.skytrails.at

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 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

Nassfeld-Mountain-EasyTrail - Compulsory Equipment

- 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.

Austrian Trailrunning Cup & Austria Running Cup 2023

The KAT100 is one of the competitions of the Austrian Trail Running Cup 2023. In order to be able to take part in the competitions of the Austrian Trail Running Cup 2023, it is necessary to finish the respective competition.

In order to be included in the ranking of the Austrian Trail Running Cup 2023, the participant must report to the ASTA website www.atra.club within 14 days after the end of the respective competition with their name, the run time and the route. After the 14th day, the results of all registered participants will be evaluated and the current rating will be published on the ASTA homepage. Participation in the Austrian Trail Running Cup 2023 is free!

Rating:

Frequent runner km rating, the rating of the most kilometers run in 2023. The winners of the final rating will be determined from June 2023 and announced on the ASTA homepage: www.trailrunning-verband.at and to all registered participants.

Austria Running Cup 2023

The Easy Trail is a part of Austrian Volkslaufcup <https://www.volkslaufcup.net/>

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 a 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 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-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!

Organisation/Racedirector

Thomas Bosnjak

B-TRAIL.Events

Fabriksgasse 13

7442 Hammerteich

Österreich

www.b-trails-events.com

www.trailshop.at

www.hochkoenigman.run

www.kat100.at

www.kaiserkrone.run

www.skytrails.at

www.atra.club

www.b-trail.tv