



Press Release, 2. 9. 2016

8. – 10. September 2016 Red Bull Dolomitenmann Lienz

Red Bull Dolomitenmann – the toughest team competition under the sun

From 8 to 10 September, 440 top athletes from around the world will once again battle through the Lienz Dolomites. In this, the 29th edition of Red Bull Dolomitenmann, mountain runners, paragliders, mountain bikers and kayakers will show what it means to take on the world's toughest team competition.

Mountain Run. As usual, in 2016 it will be the mountain runners that get things started. They will have to take on 2,000 vertical meters and a course that extends 12 kilometers. The first 2 kilometers will be a chance to get things off to a flying start, since the course begins relatively flat, but then the athletes will have to fight their way up 300 vertical meters along the infamous Goggsteig, a trail that's steep, narrow and slippery. That'll be the first time that runners' pulses will be really pounding away. And after that come fields of scree, ladders, and passages that sometimes have to be tackled on all-fours. Finally, they are confronted by the very steep finish hill towards the Kühbodentörl, with the last 200 vertical meters leading up across gravel and scree to the hand-off point at 2441 meters.

Paragliding. After the mountain runners, it's the paragliders who have their turn. But before they can take to the air, they have to make their way on foot with a heavy backpack across a steep field of scree to the starting point just below the Spitzkofel. At this launch location in high-alpine terrain, no mistakes are allowed. Then they will fly alongside the Dolomites and past a race pylon to an intermediate landing point at the Moosalm. Shouldering their gliders, the pilots now have to chase up the mountain again to the so-called "Ladies' Start". From there they take on the second flight stage, with their sights squarely focused on the Dolomites Stadium in Lienz. Spectacular landings thrill the excited spectators, since the landing approach for the Dolomites Stadium is especially tricky – in a really tight space, often four to five pilots try to land simultaneously. After a lap of honor in the stadium, the pilots now hand over to the bikers.

Mountain Biking. After a lap of the stadium, they will head out in the direction of the Hochsteinhütte. But before they reach that point, the bikers have lots of vertical meters and kilometers ahead of them. The 30 km-long MTB course is riddled with sections where bikes have to be carried, along with technically challenging single-trails and a number of exhilarating downhill elements. After completing the better part of 1600 vertical meters, the athletes reach the Hochsteinhütte at 2023 meters above sea level, which is also the turn-around point. The technically challenging descent takes them past the Moosalm, where hundreds more fans will be bustling about, down the piste used in the Ski World Cup in the direction of Lienz. This stage demands everything that athletes and equipment have in them, as they tackle a challenging single-trail to the handover point in Leisach.

Kayaking. Now it's time for the kayakers to sprint to their boats. They will first be forced to traverse the River Drau and dive 7 meters down to the water, before they even get a chance to take on the 5 km-long whitewater course and 34 gates. It features a number of dangerous gate combinations



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near the dreaded “Drauwalze” and several passages where athletes will need to portage. The slalom in class IV whitewater will push the canoers to their limits, before they are finally able to get out of their canoes and carry their boats and paddles to the finish line on the main square in Lienz – fired on by their teammates and thousands of spectators, before the 29th edition of Red Bull Dolomitenmann comes to a fantastic conclusion and Lienz once again proves itself a mecca of extreme sports.

Complete information about the 29th Red Bull Dolomitenmann can be found online at www.redbulldolomitenmann.com.

Photos and video materials are available for download in the Red Bull Content Pool.