



REDBULLDOLOMITENMANN.COM



#DOLOMITENMANN

DER HÄRTESTE  
TEAMBEWERB  
DER WELT

REDBULL DOLOMITENMANN  
12. SEPTEMBER

R A C E B O O K  
MOUNTAINBIKING

# MOUNTAINBIKING COURSE 2020

## **Lienz, Dolomitenstadion**

- Dolomitenstadion (677m)
- hand-over paraglider to mountainbiker
- drive along the river Drava to Leisach

## **Leisach (686hm)**

- hand-over to the kayakists
- FREE DRIVE TO THE SECOND START POSITION Tristach / Kosaken Friedhof MAXIMUM 20 MINUTES

## **Kosakenfriedhof**

- hand-over kayakist to mountainbiker
- drive along the river Drava to Dolomitenstadion and from there via Amlach to Leisach
- through Leisach Village up to the Ladies' start
- from the Ladies' start, a forest track leads downhill to the reservoir pond near Moosalm

## **Moosalm (1015hm)**

- on the southside of the reservoir pond next to the skiing slope, drive downhill over the steps through the forest to Moosalm
- from there, drive back up over the forest track to the reservoir pond. Refreshment Area 1 is located on the north shore.

## **Stadtweg**

- vom Speichersee über den Stadtweg Richtung Hochsteinhütte
- 2. Labestation bei der Abzweigung vom Stadtweg Richtung Hochsteinhütte
- dem Forstweg folgend Richtung Hochsteinhütte, „Taxer Gassl“
- Abzweigung vom Russenweg zur Hochsteinhütte, Labestation 3
- Die letzten Meter des „Russenweges“ zur Hochsteinhütte wird das Bike entweder getragen, geschoben oder gefahren
- Von dieser weiter Richtung Hochsteinkreuz

## **Hochsteinkreuz(2057hm)**

- at Hochsteinkreuz the Downhill starts with a loop towards „Gampelehütte“ (2041m) and from there, continues back down to Hochsteinhütte

## **Hochsteinhütte (2025hm)**

- take the skiing slope „Gamsabfahrt“ towards Sternalm

## **Sternalm (1505hm)**

- drive past Sternalm and across the ski slope to the Ladies' start and continue via the already familiar forest track (see uphill) towards Moosalm

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## **Moosalm (1015hm)**

- at the end of the forest track turn right immediately to pass through the "Red Bull Arch" to Moosalm and onto the "Alban Lakata Trail".



## **„Alban Lakata Trail“**

- 
- follow the trail down almost until the end, where it intersects with the concrete road (Point 24 on the detail map)
  - you leave the trail here and follow the road until the junction "Sonnensteig"
  - Follow this track until Leisach, drive through Leisach Village until you reach the sports field
  - from there, return to Dolomitenstadion on the original track



## **Dolomitenstadion - FINISH (677m)**

### ***Course details***

Length of course on MOUNTAIN: 15 kilometres

Length of course in VALLEY: around 13 kilometres

Altitude difference: 1,600 metres

Average gradient: 26.4%

Compulsory and directional gates: around 15

### ***Attention***

Bicycle check and marking at the Dolomitenstadion in Lienz, bicycle marking is compulsory! The uphill section is subject to change. The exact downhill route will be marked out thoroughly two days before the event and made available for viewing.

### ***Timelimits***

15:30 Hochsteinkreuz: Athletes who have not passed the Hochsteinkreuz till 15:30 will be ruled out.

16:10 Gribelehof: Athletes who have not passed the Gribelehof till 16:10 will be ruled out.

### ***Tipps***

Knowing the exact route is an advantage, as always. It is definitely worth taking a trip over the course at least once or twice to avoid any nasty surprises. The bike should be as light as possible for the uphill section and as robust as possible for the downhill part.

### ***Downhill***

Hochsteinkreuz, Sternalm, 'Ladies' start, the H2000 ski piste, Russenweg, Taxermoos, Gribelehof and finishes in Leisach.

### ***Reasons for Disqualification***

1. Not wearing a helmet
2. Improper bike markings. (Double bike markings, tyres and frames) – This will be checked at the finish!
3. Not following the designated course
4. Not going through the compulsory gates
5. Help from others (strictly forbidden in any form!)
6. Accompanying vehicles of any kind on the route (motor bike, electric bike, mountain bike...) are banned with no exception. Should a driver be accompanied by anyone without an official start number, they will instantly be disqualified. Marshals along the route will check this.
7. Changing bikes (the use of different bikes for the uphill and downhill sections is forbidden, defective bikes must be pushed or carried, no replacement bikes or tyres can be used)

Safety signs around the course recommend decreasing speed at certain points! Watch out for these at all times! Training for the event is done at every participant's own risk. The course is open for inspection only. Sponsorship on headgear is reserved by the organisers!

***Covid19 - policies:***

If you feel sick, please call the local ambulance and avoid contact to your teammates, other sportsmen or the event location.

Please try to maintain social distancing to your teammates and all other athletes. Before the takeover and after crossing the finish line every athlete must wear a face mask for safety reasons. Please wear the face mask with you during the whole event to protect you and others. Inobservance will lead to disqualification!