



11. SEPT. 2021



RACEBOOK MOUNTAINRUNNING

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MOUNTAIN RUNNING COURSE 2021

Lienz

- Start Main Square (677m altitude)
- Field path to Amlach
- Take the right Drava path

Amlach

- Amlach church (through Amlach) to Waldschenke Guesthouse

Goggsteig

- steep, rocky climb up to the summit of Gogghütte (360m climb in altitude over a 900m path)
- about 1km through the forest track until the junction with 'Franz Lerch Weg' (take a right)
- Franz-Lerch-Weg (about 600m)

Klammbrückl

- Klammbrückl (first drinks station, 1096m altitude)
- Sharp left into the Kerschbaumer Alm Weg (3m-wide gravel path)
- Around 2km to Hallebach

Enter Hallebachtal

- Hallebach (second drinks station, 1374m altitude)
- Take a sharp right 20m outside of Hallebach on to a very steep track
- Go through pine fields and jungle like forrest until reaching the tree line
- Tree line (third drinks station, 2000m altitude)
- Past the summit (Mitterkogel) to the left (drinks station)

Kühbodentörl

- Finish (2441m altitude) – sixth drinks station

Alternative course

Should weather conditions not allow for a run in the Lienz Dolomites (due to strong wind, fog, or snowfall etc.) the mountain running will instead take place on the nearby mountain of Hochstein. The race committee will make this decision as necessary. The exact course description will be announced in due time, in this case (on the website and through the briefing).

Clothing

The finish of the mountain run is situated in high alpine territory. It is absolutely essential that athletes ensure they wear appropriate footwear and enough warm clothing for the race, as well as pack warm items in their clothes bag for the way back down. Clothes bags will be flown by the organizers in a helicopter up to the finish at the top of Kühbodentörl.

Others

WATCH OUT: Participants will have to walk downhill for approximately 1 hour 30 minutes from Kühbodentörl to the shuttle bus stop. Please think of that when choosing clothing! Clothes bags must be handed in at the starting area (= Dolomitenhalle, Amlacher Str. 18 by 7:15 on the morning of race day at the very latest.

Start

All mountain runners need to be at the start point at the Dolomitenstadion (=start) in Lienz between 09:40 and 09:50 in the morning on Saturday! Anyone not there will face disqualification!

Signs

Red-white-red caution tape and yellow „Dolomitenmann“ sign posts. No climbing equipment allowed! It is obligatory to pass through the checkpoints on the course.

Important note

Anyone failing to reach the entrance of 'Hallebachtal' by 11:15 will be ruled out of the competition!

Branding

The start number must be clearly visible on the chest and back!

Winning time

Approximately 1 hour 23 minutes.

All participants who show their starting number at the Kerschbaumer Alm will get a free drink and soup! Training is done at every participant's own risk. The course is open for inspection only.

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.