

35 YEARS

RED BULL DOLO MITEN MANN



10. 09. 2022

STRECKENVERLAUF MOUNTAINBIKING 2022

Dolomitenstadion, Lienz

- hand-over paraglider to mountainbiker
- drive along the river Drava to Leisach

Leisach (636hm)

- 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

- from the imounding reservoir uphill in the direction Hochsteinkreuz
- the second refreshment area is at the the fork from the Stadtweg direction Hochsteinhütte
- follow the forest road in direction Hochsteinhütte „Tacer Gassl“
- the 3rd refreshment area is at the fork from Russenweg direction Hochsteinhütte- at the end of the forest road the bike has to be carried most of the passage

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

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

Leisach, Sportplatz

- Finish (686m)

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

Bike control and marking in the „Dolomitenstadion“ Lienz, bike marking is mandatory! Directional gates give each biker the direction. Past the „Sternalm“, the „Moo-salm“ and the „Lakata Trail“ you race over forest paths, slopes, gravel roads and trails towards the finish in Leisach.

Timelimits

Start of the race: 10:00

End of race: 16:30

Expected winning time: 14:15

11:15: All mountain runners who have not yet passed the checkpoint „Entrance Hallebachtal“ will be taken out of the race.

12:15: All paragliders whose mountain runners have not reached the finish by this time will be released for the start.

12:45: All mountain bikers whose paragliders have not yet reached the finish in the „Dolomitenstadion“ will be sent into the race in a mass start.

12:45: Time limit for women's start (2nd start)

14:10: Time limit second refreshment station. Those who have not passed the second refreshment station by this time will be taken out of the race.

15:00: Block start for white water kayak in Leisach

15:10: Time limit „Hochsteinkreuz“. Those who have not passed the „Hochsteinkreuz“ by this time will be taken out of the race.

15:45: Time limit „Lakata Trail“. Anyone who has not passed the „Alban Lakata Trail“ by this time will be taken out of the race.

16:10: Time limit cataract

All athletes who do not reach the time limit will have their race number removed and can collect it from the race office at the end of the race.

Those who reach the finish line after the end of the race (16:30 hrs) will neither be included in the individual classification nor as a team in the official final classification.

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, Taxermos, 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:

The holding of the event depends on the legal Covid19 regulations of the Austrian federal government and the Tyrolean state government valid at the time of the event. We will inform all participants about the applicable regulations and requirements before the event via the website and by email. If you or one of your colleagues feel symptoms of illness, please avoid contact with others. Don't come to the event area!