

**09.09.  
2023**

**36.  
RED  
BULL  
DOLO  
MITEN  
MANN**



# MOUNTAIN RUNNING COURSE 2022



#### **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. **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 (Europaplatz) 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 main square of Lienz (=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.

#### **OTHERS**

Für alle Teilnehmer gibt es nach Vorlage der Startnummer bei der Kerschbaumer Alm ein Getränk und eine Suppe! Das Training erfolgt ausschließlich auf Risiko jedes Teilnehmers. Die Strecke ist nur zur Besichtigung freigegeben.

