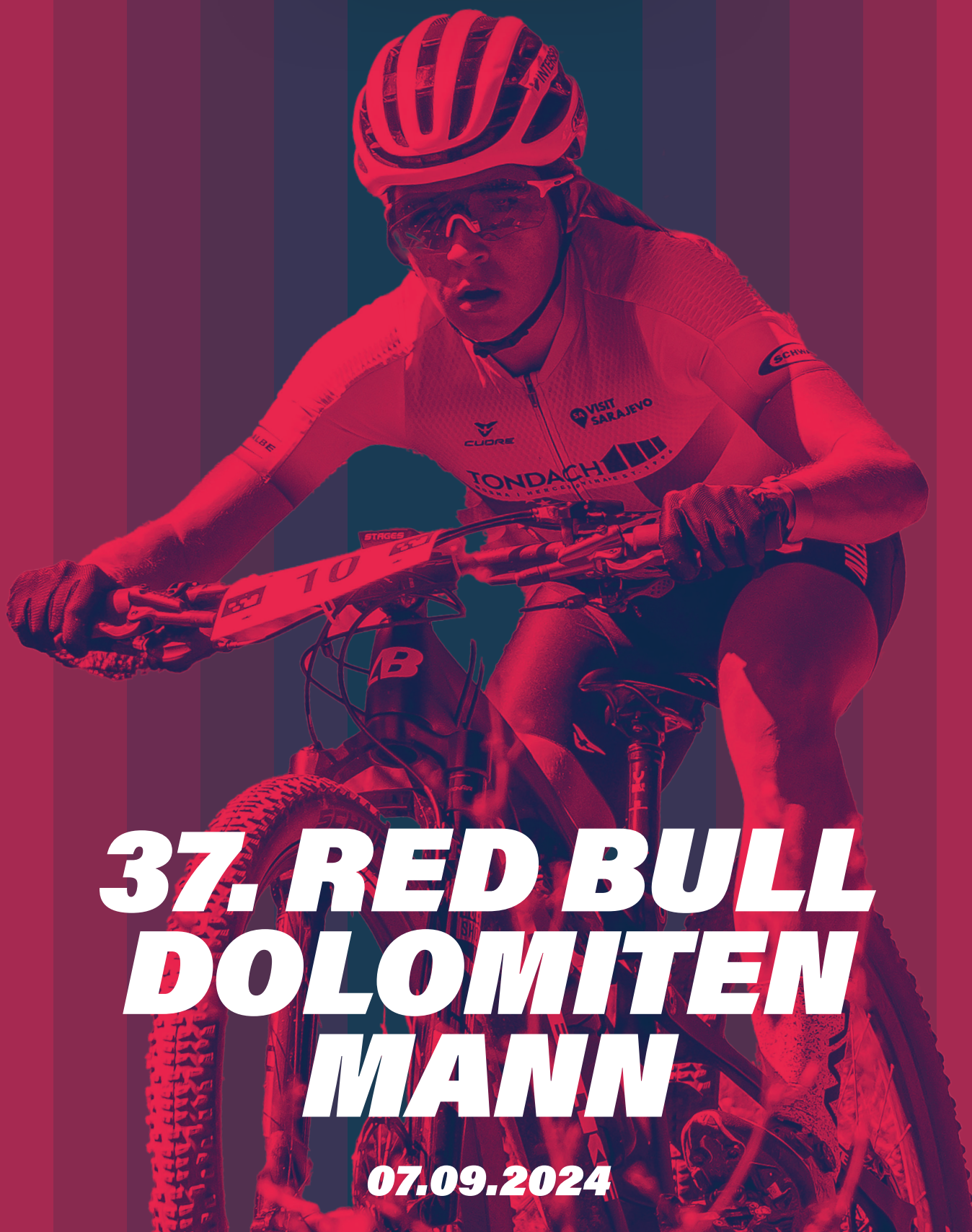


**RACEBOOK
MOUNTAINBIKE**



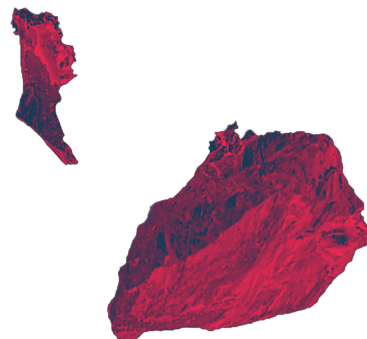
**37. RED BULL
DOLOMITEN
MANN**

07.09.2024

THE TOUGHEST TEAM COMPETITION IN THE WORLD

REDBULLDOLOMITENMANN.COM

MOUNTAINBIKE ROUTE 2023



LIENZ

- Dolomitenstadion
- Handover from the paraglider to the mountain biker
- Along the Drau River to the village center of Leisach

LEISACH (636HM)

- Through the town of Leisach up to the starting point for women
- From the women's starting point, ride down to the Moosalm reservoir via the forest path

MOOSALM (1015HM)

- At the southern part of the reservoir, ride down through the forest on the left side of the ski slope to Moosalm. From there, take the forest path back to the reservoir, where the first refreshment station is located on the northern shore.

STADTWEG

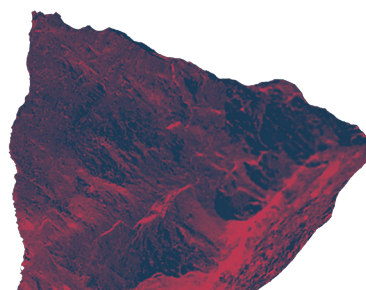
- From the reservoir, take the city road towards Hochsteinhütte
- Second refreshment station at the junction of the city road towards Hochsteinhütte
- Follow the forest path towards Hochsteinhütte and „Taxer Gassl“
- Abzweigung vom Russenweg zur Hochsteinhütte, 3. Labestation
- Turn off from the Russenweg towards Hochsteinhütte, third refreshment station
- The last section of the „Russenweg“ to Hochsteinhütte requires carrying, pushing, or riding the bike.
- Continue from there towards Hochsteinkreuz

HOCHSTEINKREUZ (2057HM)

- The downhill starts from there with a loop towards „Gampelehütte“ (2041m), and then back to Hochsteinhütte

HOCHSTEINHÜTTE (2025HM)

- From there, ride down the ski slope „Gamsabfahrt“ to Sternalm



STERNALM (1505HM)

- Past the Sternalm via the ski slope to the ladies' start and via the forest path to the Moosalm, which is already familiar from the ascent. Cross in front of the Moosalm and head towards the Family Trail, then enter the trail.

„FAMILY - TRAIL“

- until you cross the Stichweg, shortly Pepi Stieglerweg, turn off to Wolfesgrabenbachweg, then follow the Richard-Fellner-Weg to the Gemeindeweg Oberlienz. At the end of the path, walk about 300 meters across the field crossing of Glanzerstraße to the gravel pit.

**SCHOTTERGRUBE
„STEINER“ IN GLANZ**

- FINISH (700m above sea level)



COURSE DETAILS

Mountain Route Length: 19 kilometers

Valley Route Length: approximately 13 kilometers

Elevation Difference: 1,600 meters

Average Gradient: 26.4%

Mandatory and Direction Gates: approximately 15

ATTENTION

Bicycle inspection and marking at Dolomitenstadion Lienz, bike marking is mandatory! Direction gates indicate the route for each biker. Racing past the „Sternalm,“ „Moosalm,“ and the „Flow Family Trail,“ you'll speed towards the finish in Schottergrube „Steiner“ on forest paths, ski slopes, gravel roads, and trails.

TIME LIMITS

Race Start: 10:00 AM

Race Finish: 4:30 PM

Expected Winning Time: 2:15 PM

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

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

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

12:45 PM: Time limit for women's start (2-person start)

2:10 PM: Time limit for the second refreshment station. Anyone who has not passed the second refreshment station by this time will be taken out of the race.

3:00 PM: Block start for whitewater kayaking

3:10 PM: Time limit at Hochsteinkreuz. Anyone who has not passed Hochsteinkreuz by this time will be taken out of the race.

3:45 PM: Time limit for the „Flow Family Trail.“ Anyone who has not passed the „Flow Family Trail“ by this time will be taken out of the race.

4:00 PM: Time limit Sprung Pfister

For all athletes who do not reach the time limit, the race number will be taken, and they can collect it from the race office after the race ends.

Anyone who reaches the finish after the race ends (4:30 PM) will not be included in the individual ranking or the official team ranking.

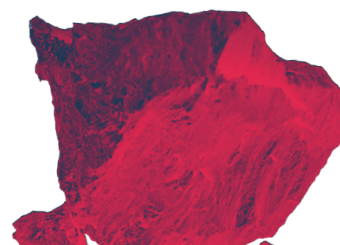
TIPS

Knowing the route precisely is always advantageous. It's worth riding the route a few times to avoid any nasty surprises. The bike should be as light as possible for the uphill sections and as robust as possible for the downhill sections.

DOWNHILL SECTIONS

Hochsteinkreuz, Sternalm, „Damenstart“ on the ski slope H2000, Russenweg, Taxermoos,

Finish at Schottergrube „Steiner“ in Glanz.



DISQUALIFICATION REASONS

1. Non-compliance with helmet regulations
2. Incorrect bike marking (bike marking on tires or frame must be present) - Checked at the finish!
3. Not following the marked route
4. Not passing through the mandatory gates
5. External assistance (any form of external assistance is strictly prohibited!)
6. Escort vehicles of any kind (motorcycle, e-bike, mountain bike, etc.) are strictly prohibited on the course. If a rider is accompanied by someone without an official race number, immediate disqualification will follow. Marshalls will be on the course to enforce this rule.
7. Bike change (using different bikes for uphill and downhill parts is prohibited. In case of a defect, the mountain bike must be pushed or carried; no spare mountain bike or tire can be used)

Warning signs are recommendations to reduce speed! Please observe them! Training is entirely at the participant's risk. The course is open only for inspection! The head advertising space is reserved for the organizer!

