

REGLEMENT

KALKKÖGELTRAIL 2024

As organizers we trust you, we cannot check your fitness and previous experience. So please be honest with yourself. Otherwise nothing will work. To run a long story short. It's about you, about your safety, about your equipment, about time limits. Everything here in 21 points about the trail run event "Kalkkögeltrail".

1. CHARACTER OF THE EVENT/CONDITIONS OF PARTICIPATION

What is the KALKKÖGELTRAIL, who can take part and what are the requirements?

All routes include some high alpine passages, so absolute surefootedness on alpine paths and climbs is very important.

In addition, everyone should be able to cope with routes that include sections secured by ropes. A well-developed sense of orientation in the terrain, even in poor weather and visibility conditions, as well as orientation using topographical maps (maps are provided by the organizer on the Internet).

With the signed declaration of liability, everyone confirms their full fitness for sport. We therefore ask you to take personal responsibility and consideration. In case of doubt, we therefore advise you not to start if you are ill or injured.

Basically, everyone is an individual starter and must be at least 18 years old. No matter which of the two routes (K18 or K42) is chosen.

Exception: With parental consent, it is also possible to start from the age of 16 in the K18 distance. With a declaration of consent and accompanied by a parent or guardian, it is also possible to start from the age of 14 in the K18 distance. The declaration of consent can be requested at info@kalkkoegeltrail.at. The points we have listed here are not exhaustive, but rather serve as examples and general experience.

2. AUTONOMY OF THE PARTICIPANTS

It can get lonely on the route, where everyone is completely on their own. This means that every participant must be able to find their way around the route under their own steam - without outside help. This also means that everyone must have enough food and drink with them.

3. COURSE

The KALKKÖGELTRAIL offers two routes, subject to change due to the approval process and weather conditions.

There is no guarantee of good weather. Therefore, if the weather goes crazy and safety is no longer guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information can be found at www.stubai.at/kalkkoegeltrail.

4. EVALUATION CATEGORIES

Four evaluation categories are announced:

- MEN und WOMEN
- MASTER MEN and MASTER WOMEN (from 40 years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (from 50 years)
- GRAND MASTER MEN and GRAND MASTER WOMEN (from 60 yrs.)

The following applies to the age categories: The cut-off date is January 1st of each year. If the minimum number of 15 participants per category is not reached, the participants concerned will be ranked together with another category.

5. CLOTHING/EQUIPMENT

The weather can change suddenly. The following equipment/clothing must be worn or carried in the running backpack during the entire competition. We will check before the start and at the checkpoints and, in case of doubt, also issue time penalties or disqualifications. The following equipment list is the mandatory equipment for the Kalkkögeltrail K42.

The partially differing mandatory equipment for the K16 distance can be found at www.kalkkoegeltrail.at under the respective route length.

- Closed trail running shoes with treaded soles
- Running rucksack
- Waterproof rain jacket (does not replace warm clothing)
- Warm clothing (top and long trousers or leg warmers) as an insulating intermediate layer under the outer clothing
- The basic rule here is that no skin should be visible!
- Gloves and hat
- Collapsible cups for drinks and food at the refreshment points and in the finish area
- Water container with a capacity of at least 1.5 liters
- Emergency equipment (1x 10x10 compress, 2x first aid packs, 1 pair of disposable gloves, 1x triangular bandage, 4x plasters, emergency whistle, rescue blanket)
- Navigation watch with saved GPS track of the selected route or alternatively printed route maps. Maps will be provided by the organizer online for printing or are included in the starter package.
- Cell phone with stored emergency number for making emergency calls and for signing off in the event of premature termination of the race (cell phone must also work abroad)

OUR TIP: Sun cream, anti-chafing cream, sunglasses, poles, your own food and some small change

6. STARTING NUMBER

The starting number, which is non-transferable, will be given to each participant at the registration desk on submission of the signed declaration of liability (previously downloaded in the registration mask) and presentation of the respective identity card. The race number must be completely visible during the race and must not be removed.

7. TIMING

A transponder on the start number transmits the running time. If it does not work or has been lost, this must be reported immediately to the control points and the race office.

8. BRIEFINGS/START

The route briefing takes place online (all special features of the route are communicated here). In other words, each participant will receive the link to the briefing together with the latest information by e-mail approx. 1 week before the start. This briefing must be viewed and confirmed. Only then will the start number be issued at registration.

On the day of the race, the starting line-up begins 45 minutes before the official start time. 15 minutes before the starting shot there will be the latest news in the starting area.

9. NEUTRALIZED START

If there is a neutralized start, overtaking of the lead vehicle is not permitted during this time.

10. MARKING OF THE ROUTE

The route is marked by our experienced route team with chalk spray, signs, route tape, flags, etc.. Unfortunately, it can happen that markings are removed by third parties, disappear or are obscured by fog or snowfall. We ask for your understanding. The route is closed immediately after the time limit has expired, so the route markings will also be removed promptly.

11. CHECKPOINTS AND CATERING STATIONS

- a) KALKKÖGELTRAIL K42: 4 Catering stations
- b) KALKKÖGELTRAIL K18: 2 Catering station



Refreshment points: Drinks and fruit are available at every refreshment point, and hot food and drinks are also available at selected points. The position of the refreshment points can be found on the respective route map and are numbered consecutively. Control points: At the checkpoints, everyone will be scanned in the order in which they arrive. Anyone who does not pass a checkpoint and still crosses the finish line later (e.g. due to shortcuts or running) will be disqualified.

12. TIME LIMITS

The time limits are shown on the homepage. The organizer may adjust the time limits at any time, e.g. due to weather conditions. The race director, course director, the staff at the control and refreshment points and the final runners may take you out of the race.

13. DROPPING OUT OF THE RACE

WHAT TO DO IN AN EMERGENCY?

Keep calm

Dial the medical information hotline **0043-664-5172198** - save it in your cell phone!

If this number is busy or cannot be reached due to reception problems or similar, please dial the official emergency numbers of the respective country. The contact for queries from the control centers etc. is then your own telephone number and, of course, the organizer's hotline if information is passed on.

Give the exact location (see grid system in the trail book), the start number and a call-back number. Do not leave the location unless there is imminent danger. If it is necessary to change location, call the INFO-HOTLINE again to ensure that the participant can be found. If a participant is unable to make the emergency call themselves, speak to other participants and ask them to make the emergency call, inform marshals or aid stations. After clarification of the facts by the incident commander, immediate assistance will be initiated and coordinated. Special regulations apply to minor injuries.

EMERGENCY CALLS

ALPINE EMERGENCY CALL: 140, EURO EMERGENCY CALL: 112

Should a participant drop out of the race, he/she must immediately call 0043-664-5172198, otherwise a potentially expensive and time-consuming search operation will be initiated at the participant's expense. There is no entitlement to a transfer after withdrawal.

14. TIME PENALTIES AND DISQUALIFICATION

Time penalties of between 5 and 120 minutes may be imposed or even disqualification may occur in the event of breaches of the rules. Note: in this case the entry fee will not be refunded. To avoid this, the following points must be observed: Everyone is obliged to comply with the KKT rules (see point 19). The requirements under point 1 of the regulations must also be met. Nobody should have health problems or take prohibited substances (doping). All instructions of the official staff must be observed, as well as the road traffic regulations. Compulsory equipment must be carried throughout the race and no checks may be refused on the route. It goes without saying that the environment must not be polluted and it is forbidden to shorten the routes (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

15. EMERGENCY MEDICAL CARE

Start/finish area: Health is important to us. One hour after the last runner, the medical service of the public rescue organizations can be used. As the crowds can be large, it is important to be there in good time, otherwise there is no entitlement to medical care. During the race: Safety is paramount. For this reason, public rescue organizations will be on hand along the route right up to the last participant. If someone is in distress, the medical information hotline must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: any time lost will be reimbursed. In nature, there are always unforeseen circumstances that delay immediate assistance. Everyone is challenged here - through personal responsibility and self-discipline. In the best case scenario, the race ends at a checkpoint or aid station. The members of the public rescue organizations may disqualify participants at any time and remove them from the race if they are no longer able to finish the race under their own steam or only if there is a risk of endangering their health and/or endangering the course personnel. The members of the public rescue organizations are allowed to

The members of the public rescue organizations may examine participants from a medical point of view and check the mandatory equipment, transport or evacuate participants using the appropriate means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition so requires. Costs for a possible deployment for suitable rescue outside the services of the public rescue organizations shall be borne by the participant.

MEDICAL INFO HOTLINE: 0043-664-5172198 EURO EMERGENCY CALL 112

The medical info hotline can be found on the back of the race number. If the medical information hotline cannot be reached, the emergency number 112 must be contacted immediately.

16. DOPING

Any case of doping will result in the immediate disqualification of the participant concerned. Intravenous infusions are prohibited without a medical exemption, even in the case of stress-induced dehydration. The race doctor will decide on justified medical applications in accordance with WADA regulations. Doping tests are possible at any time.

17. OUTSIDE HELP

Outside help (from spectators, supervisors or other participants) is generally not permitted! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. At the official refreshment points you may accept refreshments and/or drinks from supervisors. Attention! Please note point 19!
2. In the event of falls, injuries or other emergency situations, you may accept help at any time (in the form of food, drinks and/or replacement clothing).

18. ENVIRONMENT

Trail runners are not polluters. Therefore: only dispose of waste at the refreshment points and do not deliberately damage nature.

19. THE KALKKÖGELTRAIL RULES

The KALKKÖGELTRAIL takes place on public and non-closed roads, forest roads, hiking trails and alpine climbs.

Participants must comply with the road traffic regulations of the respective country at all times. All participants must follow the instructions of the police and official route personnel.

Off the official route, there may be a risk of falling in some places, which is why shortcuts (including "shortcutting" hairpin bends etc.) or self-chosen route variants are prohibited. Every participant runs at their own risk.

If it becomes confusing or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is under no obligation to do so.

Support from a moving support vehicle or from a bicycle is prohibited. Impairment of the course of the race by support vehicles of any kind can be punished with time penalties or disqualification of the supported participant. If support vehicles are encountered on sections of the route that are closed to public traffic, this will result in the immediate disqualification of the participant being supported.

For nature conservation reasons, accompanying individual participants or teams are strictly prohibited from soiling or damaging the route and the surrounding nature. This includes, in particular, spraying or painting the route. Any violation will result in the immediate disqualification of participants who were or should have been supported.

Anyone who disposes of waste such as food packaging, bottles or drinks cups in the countryside instead of at the refreshment points will be disqualified immediately.

Participants who start with poles must carry them with them to the finish. Conversely, no participant who has started without poles may have them handed to them en route.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams must show consideration, sportsmanship and fairness.

20. PROTEST AND JURY

Every participant can lodge a protest at the Race Office one hour after the finish in the event of rule violations by other participants or incorrect decisions by the race management. A jury will then decide on the protest within 24 hours. All named witnesses must be present. The protest fee is € 100.00. The protest fee remains with the organizer if the protest is lost. The infringements listed above, which can lead to time penalties or disqualifications, are only an excerpt from other possible actions that can be punished by penalties.

21. TERMINATION BETWEEN ORGANIZER AND PARTICIPANTS

The organizer reserves the right to terminate the contract with each individual participant up to the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 2 BGB. Settlement shall then take place in accordance with § 346 BGB.

The race and organization management reserves the right to make any changes to these regulations at any time.

Note: For reasons of readability, the masculine form has been chosen in the text; nevertheless, the information refers to members of any gender.