



## INFORMATIONS for the athletes Dolomites Ultra Trail 2022

**IMPORTANT: the welcome bag contains a reusable cup that every athlete has to take with him/her for the catering during the race! We are a Green Event and therefore we want to reduce additional waste! Every athlete can take his/her own, reusable and refillable drinking bottle.**

**Distribution of starting number/welcome bag:** Friday, 1 – 10 pm, Cathedral Square Brixen

**Chip:** The lending fee is included in the registration fee. In the event of no-return/loss, € 35 will be charged. The chip is located at the back of the starting number. At the arrival the chip will be given back, and the athlete gets the medal.

**Parking:** parking garage in Dante Street. The reduced day ticket (24 hours, one-time exit) for € 5 can be bought at Cathedral Square (Infopoint). Free parking: sports zone Brixen/Bressanone South.

**Briefing:** is obligatory for at least one athlete of the team and will take place on Friday at 11 pm on Cathedral Square, Brixen. Information about the route, possible route changes, possible sources of danger are communicated.

**Equipment:** We are partly in high alpine terrain; the weather can change quickly.

The following equipment must be carried in the running backpack during the race, this will be checked randomly along the course. Violators will either be charged with a time penalty or disqualified.

Each participant must carry the following equipment:

- Running backpack
- Trail running shoes with a tread that is suitable for running in alpine terrain
- Foul-weather gear for protection from the elements
- Warm Clothing (long-sleeved shirt and running pants) as insulating layers underneath the rain gear. The basic rule is that you will see no skin!
- Gloves and Hat
- Working head torch (the start is at midnight)
- Water tank containing 1 liter
- Labeling of competitor's food/beverage supplies by the individual's start number
- Personal ID

Each team must carry:

- Emergency kit (emergency whistle, sterile dressing, sterile gloves etc.)
- Emergency whistle
- GPX-watch with complete course data saved to memory or the printed course map
- Mobile phone with saved rescue number 112 and the phone number of the organization (will be announced)

It is also recommended: sunscreen, sports glasses, running poles, clothes to change, change about € 20 (for own food and beverage at the mountain huts).

**Clothes storage:** Friday at 11 pm, Cathedral Square Brixen

**Start:** The starting grid starts 30 minutes before the start - the mandatory equipment will be checked. The start takes place on Saturday at 00. 01 am. Should there be a neutralized start on the first section, the lead vehicle may not be overtaken.

### Transit time of the athletes

Afers/ Eores	1 am – 2.30 am
Russis Kreuz	2.20 am – 5 am
Schlüterhut	3.50 am – 8 am

Puezhut	5.20 am – 11 am
Campill	6.20 am – 1 pm
Fornellahut	7.40 am – 4 pm
Kreuztal/Valcroce	9.40 am – 6 pm
St. Andrä	10.10 am – 7 pm
Brixen/Bressanone	10.30 am – 8.01 pm

**Refreshment stations:** there are enough refreshment points with drinks and fruit along the track. Soups, pasta, sandwiches, warm drinks are served at selected locations. Each runner receives a route map with the refreshment stations. When leaving the refreshment points, each participant is responsible for ensuring that he/she has enough liquid and food with him/her until the next stations.

**Checkpoints:** Time carpets are laid out that scan the ranking list. These checkpoints must be passed. If a runner does not run through a time carpet, he will be disqualified. **IMPORTANT:** the team should run through together, the time interval between the respective team runners must not exceed 2 minutes!

#### Categories

- W/M/Mixed
- Master W – Master M – Master Mixed  
(both athletes must be together over 80 years old. It counts the birthday of each runner of the team)
- Senior Master W – Senior Master M – Senior Master Mixed  
(both athletes must be together over 100 years old. It counts the birthday of each runner of the team)

The first three of each category will be awarded.

**Pasta Party:** Friday from 1 pm, Saturday from 1 - 6 pm, Cathedral Square Brixen (2 vouchers are on the race number).

**Prize giving ceremony** takes place at the Cathedral Square in Brixen at 6 pm. The prizes will not be sent.

**Relaxation tent:** is available at the Cathedral Square Brixen

**Race stop:** in case of thunderstorms, dense fog, hail, landslides, abrupt fall in temperature. Athletes have to follow the instructions of the staff.

**Time limit:** 20 hours.

**IMPORTANT:** emergency number 335-7185146 (on the starting number)

#### Insurance and liability

The event organizer cannot be held responsible for any loss, injury or damage to people or items. There is no liability for lost items. Place of jurisdiction: Brixen. The event organizer refuses any liability for possible damage or accidents before, during and after the race.