



HOCHKÖNIG SKYRACE – SAMSTAG, 31 OF MAY 2025

Regulation & General Information „Bad weather replacement track”

By registering for the Hochkönigman event, participants accept the terms of the Austrian Trail- and Skyrunning Association (ASTA), which can be viewed [here](#).

The Hochkönig Skyrace is an ISF (International Skyrunning Federation) qualified race and can be found on the ISF's website: <http://www.skyrunning.com/isf-qualified-race/>

Date/Start: Saturday 31 of May 2025 – 8.30AM - Eventarea (Starting position 30 min before start)

Distanz: approx. 31,2 km, approx. 2.580+ vertical metres

Time limit: **Hochkönig Skyrace** 6 hours

Refreshment points, control points, cut off times

1 Refreshment point/Checkpoint approx. 6,7km, approx. 755+ vertical metres Bottom Station

Material – Cable car Riemannhaus 9.40AM

Bananas; water melon; wafer biscuits; Electolyte, Coke, Red Bull

2 Refreshment point/Checkpoint Riemannhaus approx. 8,9km, approx. 1424+ vertical metres approx.

11.10AM : Bananas, water melon, Brezeln, cake, Gunmi bears, wafer biscuits; Electrolyte, Coke, Red Bull





3 Refreshment point/Checkpoint approx. 20,5km, approx. 1912+ vertical metres

Rohrmoos 12.55PM

Bananas; water melon; Brezeln (Soletti); cake; wafer biscuits; Gummi Bears; Efko fruit purée; water; electrolyte

4 Refreshment point/Checkpoint Jufen approx. 27,4km, approx. 2441+ vertical metres approx. 2PM:

Water Canister

Safety Information

Due to environmental protection, there are no cups at the refreshment points or checkpoints, so you must carry your own drinking cup as stated in the mandatory equipment. There are enough water sources (streams, fountains) along the routes.

After the race has been stopped, each participant is responsible for transport back to the start/finish area or to their accommodation.

If you want to use services such as the hiking bus, summer train, etc. free of charge or at a greatly reduced price, make sure when booking your accommodation that it is also a partner company of the Hochkönigcard. All services of the Hochkönigcard can be found at www.hochkoenig.at.

2

If the race is canceled, every participant is obliged to inform the race management via SMS at the telephone number 0043 664 3431947 provided by the organizer.

In the event of an emergency, you must call the number 0043 664 3431947 stating the emergency and the organizer will inform the responsible mountain rescue services.

The organizer and his team are responsible for the orderly and safe running of the race, which is why the organizer team, mountain guides, statutory bodies, doctors and Paramedics, marshals and supervisors at the live points/refreshment points must be obeyed. If medical staff determine that the organizer is in a questionable state of health, the participant can be removed from the race.

Times are expected for the leading Runners

The following times are expected for the leading runners (please note, these times could be approx. 1-2 hours later depending on the prevailing weather situation, for example high temperatures above 25°C, or snow):





Hochkönig Skyrace: Rohrmoos: approx. 9.30AM; Rohrmoos: approx. 11AM; Jufen: approx. 11.30AM;
Finish/Maria Alm: approx. 11.50AM

Maximum number of runners permitted in 2025: 200

Qualification

As the **Hochkönig Skyrace** is a high Alpine and very technical trail and the trail also goes over very rocky climbs, participants are required to have a suitable amount of experience of running Speed Trail, Skyraces or longer high Alpine races, and the following requirements apply:

- no fear of heights
- sure-footedness
- a high level of fitness
- high Alpine experience
- experience of navigation in Alpine terrain

Skyrace: ITRA Performance Index or UTMB Index of over 600 points over 50K (runner performance is derived from all events run and registered with the International Trail Running Association (ITRA) and all UTMB qualification events)

The ITRA Performance Index can be found by entering your personal name (please try entering the name with and without umlaut): <https://itra.run/Runners/FindARunner>.

The UTMB index can be found by entering your personal name (please try entering the name with and without umlaut): <https://utmb.world/utmb-index/runner-search>.

If the competition you have run does not appear in the ITRA or UTMB list, it is the responsibility of the respective organizer who has not listed their event with the ITRA or is not a UTMB qualification run. The qualification points will be checked by the organization team either directly upon registration or after the pre-registration deadline on May 23, 2025. If a participant does not have an index, has never taken part in a trail competition or the respective index is not over 600, then starting on the Skyrace is **NOT POSSIBLE**.

The minimum age requirement is 18 years.

For the Panorama Trail we recommend that in the 12 weeks prior to the race at least 6-10 longer runs of 4-6 hours duration are undertaken, some of which should be during the night. In order to get used to the





nutritional intake and the weight of the drinks rucksack, it is recommended that these are runs with rucksack and the appropriate compulsory equipment. To complete the Hochkönigman race successfully, you can create your own individual training plan [here](#).

Organisational fee and Registration

Route	Hochkönig Skyrace
EARLY BIRD up to 30th September 2024	€ 100,-
Up to 30th of November 2024	€ 110,-
Up to 31st of January 2025	€ 120,-
Up to 31st of March 2025	€ 130,-
Up to 24th of May 2025	€ 150,-
Till to 29 of May 2025	€ 160,-

Changes to competitions or participants are possible until May 16, 2025 for EUR 15 (if booked). On site for €25.00. Additional payment of the entry fee will be made at the rate valid at the time of re-registration; there will be no (partial) refund of the entry fee if the booking is changed to a shorter competition or no-show.

!Without exception, no number collection on race day May 31, 2025!

Start number collection: May 30th, 2025 from 12:00 p.m. to 7:00 p.m.

Shipping of the start number is possible until May 16, 2025 for an additional charge of € 10 in Austria and € 20 outside Austria and can be booked when registering.

The registration includes:

- Euro 10 voucher for purchases at B'jaks Trailshop on the event site or www.trailshop.at
- Euro 10 entry fee voucher for B-TRAIL.Events events at <https://www.b-trail-events.com/>
- 10 year anniversary shirt, slim fit for EUR 20 (if booked by February 31, 2025)
- Goody bags
- Voucher for Carbo Loading from Friday May 30th. from 4:00 p.m. to 9:00 p.m. and Saturday May 31st. from 12:00 p.m. to 9:00 p.m
- Mountain protection insurance until May 24th, 2025 for EUR 10 (if booked as well)
- Starting fee insurance until May 24th, 2025 for EUR 15 (if booked as well)
- SMS result € 5,- (if booked as well)
- Changes to competitions or participants are possible until May 16, 2025 for EUR 15 (if





booked). On site for Euro 25,-

- Shipping of the start number is possible until May 16, 2025 for an additional charge of € 10 in Austria and € 20 outside Austria and can be booked when registering.
- Finisher medal
- Refreshments at the refreshment points
- Refreshments at the finish & start station
- Well-marked route
- Start number + chip for timing purposes (no hire cost, no deposit) in the start number
- Results list available no later than 48 hours after the end of the event
- Medical services in the finish area
- Changing and shower facilities
- Certificate service
- Timing
- Hochkönigman party & free live concert (surprise band)
- Sports photo service for participants (pictures may be purchased after the event)

Changing rooms & showers: Volksschule Maria Alm, Urchen 17

Massage: Signposted in finish area

Medical area at Event Area.

5

Race briefing:

Race briefing **Hochkönig Skyrace** Saturday, 31 of May at 7.30AM in the festival tent.

The race briefing is MANDATORY for every participant of the Skyrace and is checked by the start number. Failure to attend will result in a time penalty according to our penalty catalog on our homepage!

Placings:

Positions 1-6 men, women overall, great prizes. Results published no less than 48 hours after the end of the event.

ITRA Performance Index Run and UTMB Qualification Run 2025

Disqualification:

In the event of a lack of compulsory equipment, cutting short distances, polluting nature, unfair behavior towards other participants, failure to comply with the instructions of the organizing team (helpers, public bodies, paramedics, doctors, marshals), and care, accompaniment and food provided by one's own supervisors, there will be no exceptions disqualified. All disqualifications & time strips are shown on our homepage.





Safety & compulsory equipment:

The safety equipment stipulated according to the guidelines laid down by the Austrian Trail Running Association (ATRA), adapted to suit the requirements of the Hochkönigman event and the prevailing weather conditions. Information about the official guidelines is available on the homepage of the Austrian Trail- and Skyrunning Association (ASTA): www.trailrunning-verband.at or at the following Link: <https://itra.run/page/291/Security.html>

Compulsory Equipment

- **ATTENTION:** compulsory GPS WATCH/DEVICE, each participant should be familiar with the handling of his device. The organizer is not responsible for the operation of the personal GPS device. At regular intervals before the event, the organizer will offer online training courses on how to import the GPS file provided on the homepage and will inform the participants on its homepage, in social media and via newsletter. Participation in the online training is a free service of the organizer and is not connected to manufacturers of GPS devices.
- Trail running shoes or sturdy shoes! Forbidden are barefoot shoes, shoes without rough profile and without shoes you will not be allowed to start!
- Collapsible beaker (recommended for hot drinks, e.g. tea), or drinks bottle
- Mobile phone with audible ring tone turned on, and the emergency number of the event organiser stored (0043 664 3431947)
- Personal identity card
- 0.5L liquid drink at the start!
Each runner must carry an appropriate amount of drinks with him or her to last until the next refreshment stop.
- Whistle
- First aid kit (Contents: 1 triangular scarf, 1 blister plaster, small + large band aid, tape at least 6m, 1 gauze bandages, 1 wound compresses, 1 tweezers)
- Survival blanket
- Rain jacket with 10,000ml water column resistance
- Hat
- Gloves
- Spike cover (required depending on weather conditions)

Additionally mandatory in case of bad weather (will be announced by email 5 days before the event):

- Rain trousers with a water column of at least 10,000mm
- Long pants (no leg sleeves)
- Long sleeve shirt (no arm sleeves)





Many items of equipment and packages of the compulsory equipment can be obtained from our partner, the best trail shop: www.trailshop.at

Refreshment:

Gels and energy bars **must** be labelled with your start number. This will be checked as part of the equipment check, where the event organiser will also provide appropriate marker pens.

Our trail shop also has various special refreshments available: www.trailshop.at

Optional:

Trail running sticks, salt tablets, amino acid tablets. Bear in mind that the trail running sticks must be taken with you from start to finish.

Mandatory equipment: will be checked on a random basis in the start number pickup

Skyrunner Austria Series 2025

Skyrunner Austrian Series (SAS)

The Skyrace is part of the Skyrunner Austria Series with a total prize money of € 3000. All information about the Skyrunner Austria Series can be found on the homepage www.skyrunner-austria-series.com

Route marking in accordance with the International Skyrunning Federation (ISF):

The Trail route is marked by an experienced and skilled marking team using chalk spray, signs, tapes, flags, reflector spray at night etc. There is, however, no entitlement to a continuous marking of the route that would make a person's own orientation in the alpine terrain redundant. The markings may disappear, become covered or not immediately detectable, especially after dark, during heavy rainfall, snowfall or other adverse weather conditions, which is why each participant must carry the route map with them. The event organiser makes the Marathon Trail GPS file available for download and recommends a GPS device to aid orientation for this reason. Unfortunately, third parties may sometimes remove the markings. The markings are removed by the officials trailing the field in segments immediately AFTER the time limit has expired. The route is then NO longer marked.

Rescue costs:

Rescue costs are not borne by the event organiser, landowners etc. and must be paid by the accident victim. For this reason, mountain rescue insurance is strongly recommended. Each participant signs a disclaimer to this effect when collecting their start number.

Rules of conduct:

Skyrunning events are held in nature, lead through nature reserves and over existing paths, trails, gravel paths, forest roads, and private and public roads. Traffic laws must be observed and you





must run on the left with oncoming traffic. Order must be maintained when crossing public roads and private property. Immediate disqualification by the organiser should be expected in the case of unfair behaviour towards other participants, denial of assistance if other participants experience an emergency and if polluting nature. Should you be missing any items from the mandatory equipment at the inspection before the start, these may be acquired before the start if still possible, otherwise starting the Hochkönigman is not permitted. Should the items be missing during an en-route inspection, the organiser will take this participant out of the competition.

Disclaimer:

The event organiser accepts no liability for damage to persons and property. This also applies to lost or stolen clothing or other items. By collecting their start number, each participant makes a binding declaration that they have no knowledge of any reasons or risks which may make participation dangerous to their health.

Each participant acknowledges the event organiser's exemption from liability for damage or injury of any kind and will not make any claims for damage or injury of any kind arising from participation against the event organiser, the municipalities and private landowners through whose land the race leads nor their representatives. Each participant declares that they have sufficiently trained for participation in this competition, they are physically fit and that their health has been medically confirmed. The race doctor, rescue workers and stewards have the power to remove obviously physically and mentally weakened participants from the race.

Each participant agrees that the data they provided during registration, and the photos, films and interviews on the radio, TV, advertising, books, photomechanical copies – films, video tapes etc. – they make in connection with their participation in the Hochkönigman may be used without any reimbursement. Each participant assures that the year of birth they provided is correct and that they do not pass on their start number to anyone else. If you do not show up or change the competition, you are not entitled to a (partial) refund of the entry fee (note according to the data protection law: your data will be saved automatically).

There is no right to a refund of the entry fee in the case of non-arrival. The participant who has already paid the entry fee is not entitled to a refund of the entry fee if the event has to be canceled or postponed to another date due to force majeure or official prohibition.

Each participant accepts all ASTA anti-doping regulations (doping checks) even if they are not a member of an association or club. The Hochkönigman is held in accordance with Austrian Skyrunning & Trailrunning Association (ASTA) guidelines. Participants can find the ASTA guidelines here on the homepage of the Austrian association www.trailrunning-verband.at and are obliged to keep to the ASTA guidelines.

By participating, the athlete commits to compliance with the anti-doping regulations of the Anti-Doping Federal Act of 2007 and the associated provisions of the relevant national and international sports trade association (in particular statutes, rules of sport, competition rules). Athletes are deemed to be a person who is a member or licensee of a sports organisation or its affiliated organisation, or who were one at the time of a potential breach of anti-doping regulations, or who participates in competitions held by a sports organisation or its affiliated organisation or those sponsored by federal sports funding. The organisers and promoters strictly oppose doping. As a participant, you warrant that you have not taken or will take any kind of





prohibited substances or prohibited methods for doping purposes. You can find information on whether a drug or treatment method is prohibited here: <https://www.nada.at/de/medizin/medikamentenabfrage> This service of the National Anti-Doping Agency (NADA Austria) is also available as 'MedApp' for Android and IOS. Should taking prohibited substances or the use of prohibited methods be required by the participating athlete according to a medical or dental diagnosis, it is strongly recommended to keep all medical certificates and findings for any potential retroactive therapeutic use exemption. You can find more detailed information here: www.nada.at/medizin/krankheit-oder-verletzung"

Each participant will be sent the final participant information with all important information (latest changes, parking space, number issue, weather information, etc.) including the disclaimer of liability no later than 5 days before the start to the email address provided in the registration. If the participant entered an incorrect or incorrect email address when registering online, the final participant information will not be able to be delivered. If the email address is entered correctly, the participant will receive a registration confirmation of the online registration.

Subject to change (including at short notice) and will be confirmed by the participant when registering. There is no entitlement to a (partial) refund of the entry fee if you do not take part in the competition, nor if you change to another competition, nor in the event of short-term changes which are ultimately announced to the participants at the briefing!

9

The Hochkönigman team wishes all participants a successful completion of the race, and a great Skyrunning experience around the Hochkönig.

Racdirector

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