



7. Chiemgauer 100

100 km / 100 mile - Mountain Ultra Run



<http://www.chiemgauer100.de>

| | | | |
|------------------------------|--|---|---|
| Date: | July 29 th – July 31 st 2011 | | |
| Program: | Friday July 29 th : 14:00 bib numbers for 100 milers 14:40 briefing 100 milers from 15:00 start 100 miles / drop bags 17:00 bib numbers 100km 18:00 briefing + pasta party | Saturday July 30th: from 04:00 Check-in/ Breakfast 05:00 Start, Deadline drop bags 23:00 Finish closes | Sunday July 31st: 10:00-12:00 award ceremony drop bag return |
| Location: | D-83324 Ruhpolding / Fuchsau sports stadium "Waldstadion", GERMANY | | |
| Course: | <u>Main event: 100 km:</u> 100 km, 4400 m of climbs -Course record: 10:45, time limit 18h 38% hiking trails - 55% forestry dirt roads - 7% paved <u>100 miles:</u> 160.8km, 6750 m of climbs - Course record 22:43, time limit 32 h. | | |
| Course marking: | Hiking trail markers, arrows on the ground, marking tape on trees etc., reflectors at night. Markers may be missing or misplaced due to rain, vandals etc. We recommend runners unfamiliar with the area to take a map (e.g. available at registration) or a GPS along. Runners are responsible to find the trail even without markers. | | |
| Check points: | At least 12, you have to show your bib number, 100 miles self registration if check points are not manned. | | |
| Aid stations: | <u>100 km:</u> 6 full aid stations: water, sports drink, coke, various carbs, fruit... 5 check points with drinks and very limited food. For reasons of fairness no aid should be accepted by personal crew outside of the aid stations. Additionally on several farm huts and restaurants nourishment may be purchased. It is recommended to take a water bottle, some electrolytes, energy bars, and money with you. <u>100 miles:</u> Only 3 self service aid stations and public natural springs up to k 78, then as for 100 k. | | |
| Drop bags: | Possible at all aid stations and on Hochfelln summit. Limits on size and numbers apply! Drop bags must be labeled with bib number and km of aid station. | | |
| Rules: | As few as possible: Use fairness and your own sound judgment, don't rely blindly on the organisation! No Pacers, no vehicle use, no littering (nature preserve!), | | |
| Cut offs: | 18:15 in Egg (80/141 km - Option until 20:00) | | |
| Drop out / shortcut: | In case you drop out, you have to inform the race management immediately and turn in your bib number at the next check post. You have no right to being transported back to the finish, even if we will try to do so. The run may officially be shortened (to a total distance of) upon indicating this at the following check points: Eschelmoos (66/127 k) or Egg (80/141 k). | | |
| Disqual. / penalties: | At the discretion of the race management for exhaustion, unfair behavior, shortcutting, vehicle use, littering by runners or crew, etc. | | |
| Participants: | Minimum age 18. Course limit: 150 runners, of which no more than 100 for the 100 km. | | |
| Entry fee:: | 40 €. Additional fee for late registrants after July 1 st : 20€. The entry fee includes: Organization, pasta dinner, aid stations, finisher T-shirt or similar item and certificate. Any surplus will be used to indemnify the volunteers. Cancellations before July 1 st will be refunded less 10 € handling fee. No refunds thereafter. | | |
| Bank account: | Giselher Schneider, Netbank, IBAN: DE51 2009 0500 0001 0986 16, BIC: GENODEF1S15 Upon demand a US-American bank account may be provided for payments in US-\$. SV Ruhpolding / Gi. Schneider, Kienbergstr. 14, D-83278 Traunstein, 0861/5472; info@chiemgauer100.de | | |
| Host/organizer | SV Ruhpolding / Gi. Schneider, Kienbergstr. 14, D-83278 Traunstein, 0861/5472; info@chiemgauer100.de | | |
| Lodging: | - Camping site in vicinity. - Tourist office Ruhpolding : http://www.ruhpolding.de/unterkuenfte/unterkuenfte.htm - simple lodging w. breakfast in farm house at race k 28.2, on foot 1.7 k from start. 2-4 persons/room, common shower, 18 €/night/person. Limited number upon request | | |
| General remarks: | Participation in the run is at your own risk. Each participant has to sign a liability waiver. The organizer may reject entries without naming reasons, change the course, shorten abort or cancel the run for any grave reason. Upon cancellation you will be refunded your entry fees minus any costs already accrued. | | |

Dangers

Participation in the run is at your own risk and responsibility. The course is not closed to vehicles or others and not surveyed, locally exist deadly fall heights. You have to respect traffic regulations on roads and watch for traffic. **You should participate only if you can judge alpine dangers correctly even in a race setting.** It may be necessary for you to stop the run according to your own judgement or to take a break in a safe spot such as a farm building, should for instance forces of nature demand for it. Dangers to be encountered are, without the list being complete: vehicular traffic, mountain bikers, thunderstorms, lightning, slipping, destroyed trails, mud slides, rock fall, logging activities, vipers, cattle, dogs... which may lead to injuries and damages including death.

Liability waiver:

I run the Chiemgauer 100 mountain ultra at my own risk and responsibility. It is up to my own judgement to take proper equipment with me and/or to terminate the run for my own safety. I have been informed sufficiently about the dangers of the run, I am healthy and in a physical condition to participate safely in such a mountain ultra run.

I waive and release organizer, host, volunteers and all other persons involved in the run from all claims or liabilities.

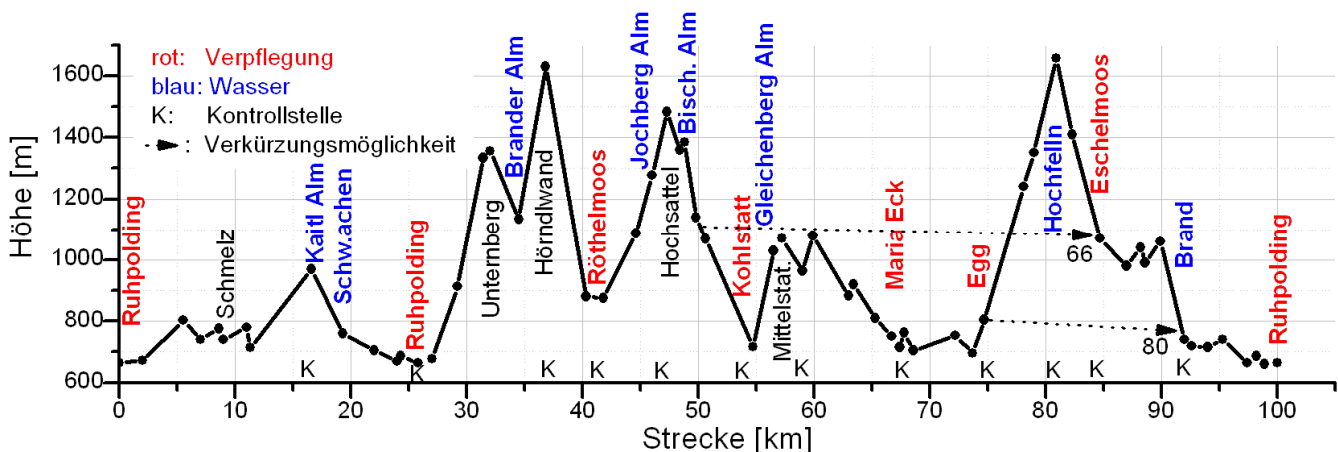
Location, date

Signature



CHIEMGAUER 100

mountain ultra run



Chiemgauer 100

The Chiemgauer 100 mountain ultra is a 100 km nature trail run which employs mainly alpine hiking trails and forestry roads. It includes several major and technically challenging climbs and descents. It follows the example of the tougher American 100 mile trail races, but the main event is “only” over the more European 100 k distance. However, by adding a self-supported prologue an extension to 100 miles, is possible. The run has been held since 2005 in nearly unchanged form. The course is only in a few locations accessible by public roads and tries to string together the most beautiful nature running trails of the region. Especially for newbies to such distances official shortcuts by 20 k or by 34 k exist.

Course:

The course consists of two loops through the Southern Chiemgau. First is a 26 k loop around Rauschberg mountain, followed by a folded 74 k loop around the Hochfelln massif. The accumulated climbs are about 4400 m (13 200 ft). Large parts of the course employ narrow alpine hiking trails, so you should have a safe step and be free of acrophobia. 6 aid stations (red in above elevation profile) and several check points (K) and water sources (blue) are distributed over the course. 100 mile runners start in the afternoon of the previous day with a loop over Teisenberg and Kohleralm and join the 100k course in the morning at km 11.

Anmeldung - Registration

for the Chiemgauer 100 mountain ultra run: 100 k on July 30st 2011 - 100 miles on July 29th-30th 2010

Nachname - Last name : _____

Vorname - First name : _____ Geschlecht – Gender: _____

Straße - Address : _____

PLZ - ZIP-Code : _____ Stadt - City: _____ Land - Country : _____

Geburtsdatum - Date of Birth: _____ Verein - Club : _____

Email : _____ Telefon - Phone : _____

Ich war Teilnehmer – I participated in: 2005 2006 2007 2008 2009 2010

Ich war/stellte einen Helfer - I was/provided a volunteer: 2005 2006 2007 2008 2009 2010

I have transferred the amount of _____ €
to account IBAN: IBAN: DE51 2009 0500 0001 0986 16, BIC: GENODEF1S15 / sent a money order.