



13. Chiemgauer 100

100 k / 100 mile - Mountain Ultra Run



<http://www.chiemgauer100.de>

Date:	July 28 th – July 30 th 2017		
Program:	Friday July 28th: from 12:00 100 mile bib numbers 13:00 100 mile briefing until 14:00 100 mile drop bag deposit from 14:00 100 mile start from 14:00 100 km bib numbers 18:00 100 km briefing + pasta party	Saturday July 29th: from 04:00 Check-in/ Breakfast until 05:00 drop bag deposit 05:00 100 km Start 23:00 Finish closes (100 miles and 100 km)	Sunday July 30th: 10:00-12:00 award ceremony drop bag return
Location:	sports stadium "Waldstadion", Seehauser Str. 69, D-83324 Ruhpolding-Fuchsau, GERMANY		
Course:	100 km: 100 km, 4500 m of climbs, time limit 18h (Course records m / f: 10:45 / 13:40). 39% hiking trails - 53% forestry / fire roads - 8% paved. 100 miles: 161 km, 7500 m of climbs, time limit max. 33 h (23:00). (Course records m / f 21:28 / 27:33).		
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:	100 km: 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. 100 miles: 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	9:00 at km 26/87; 12:30 at km 37/98; 13:30 at km 52/103; 15:30 at km 51/112 (129 k - option until 16:30);		
(100 km / 100 mi):	18:30 at km 59/120; 18:15 at km 75/136 (80/141 km - option until 21:00)		
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 point. If you drop out or miss the cutoff time 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 upon indicating this at the check point Egg (k75/136) to a total distance of 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::	50 € until January 31 st , 60 € until June 31 st , 80 € from July 1 st . The entry fee includes: Organization, pasta dinner, aid stations, finisher T-shirt and certificate. Cancellations before April 1 st will be refunded 4 0€, before July 1 st 30 €, no refunds thereafter.		
Bank account:	Giselher Schneider, DKB bank, account: IBAN: DE22 1203 0000 1006 1863 63, BIC: BYLADEM 1001 Upon demand a US-American bank account or Paypal may be provided.		
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 - 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, 20 €/night/person. Available upon request, (Limited number!)		
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.

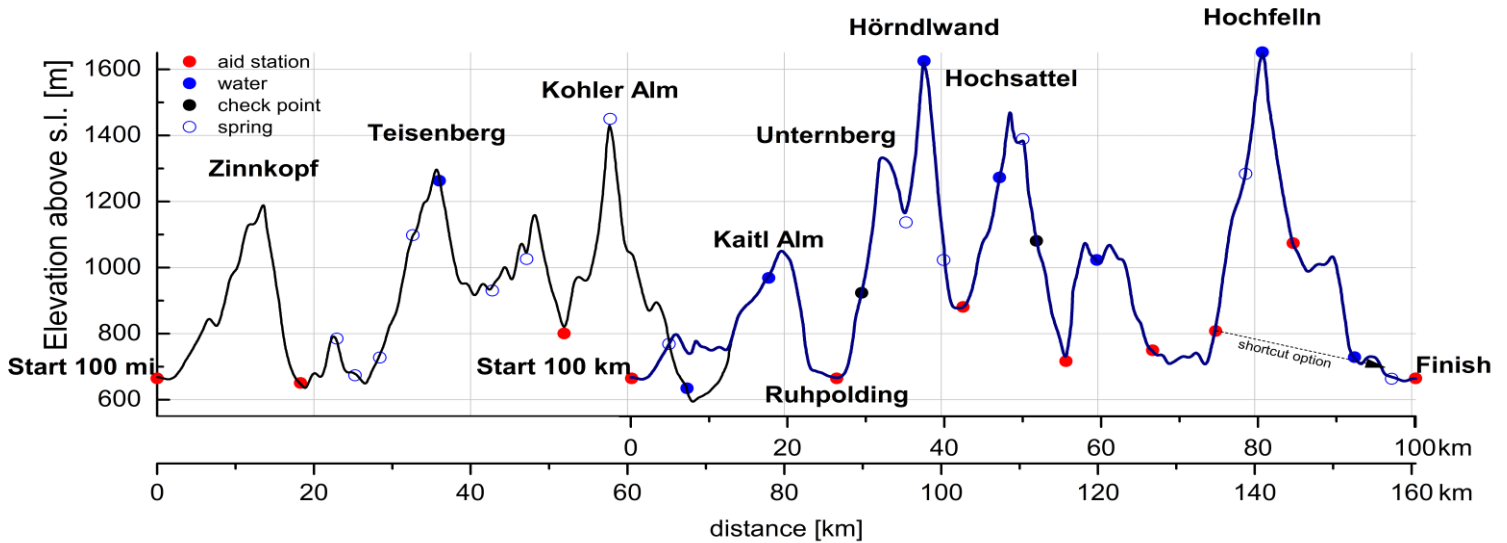
Location, date

Signature



CHIEMGAUER 100

100k / 100 mile 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 bring together the most beautiful nature running trails of the region. The run may officially be shortened by 20k by omitting the last mountain.

Course:

The course consists of two loops through the Southern Chiemgau mountains. First is a 26 k loop around Rauschberg mountain, followed by a folded 74 k loop around and up 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 73k loop over Teisenberg and Kohleralm and join after 3200 m of climbs the 100 k course at its km 12 in the morning.

Anmeldung - Registration

for the Chiemgauer 100 mountain ultra run: 100 k on July 29th 2017 - 100 miles on July 28th-29th 2017

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 06 07 08 09 10 11 12 13 14 15 16

Ich war/stellte einen Helfer - I was/provided a volunteer: 2005 06 07 08 09 10 11 12 13 14 15 16

I have transferred the amount of _____ € to the account Giselher Schneider, DKB Bank,
IBAN: DE22120300001006186363, BIC: BYLADEM1001 / sent a money order / paypal available upon request