

## Alpine routes!

The Innsbruck Alpine Trailrun Festival is the kickoff event of the new trail season. All distances (K85, K65, K42, K25, K15, K7) mainly cover paths & back roads. Especially in the early morning hours, in the evening and at night, trails are likely to be icy and slippery. The K85 track includes trails 1600m above sea level, which are possibly covered with snow.\* Crashes/injuries happen even to the best runners, especially in adverse weather conditions, like darkness, in the middle of the night or during snow, rain and/or chill. In alpine and exposed terrain, adverse conditions can cause help to take longer to get to you. Your personal safety depends on your equipment!

## Equipment!

**Mandatory equipment is minimum equipment:** Additionally, adjust it to your own needs.

### Functionality instead of weight:

Please choose your equipment not by weight (a few grams more don't hurt), but by functionality. Take the clothing that protects you best against wind, precipitation (snow, rain, hail...) in alpine terrain and offers you the greatest possible safety.

### Caution:

- Be prepared both for extreme cold and heat (sun protection)!
- Put on a jacket/layer before it gets too cold and look for a wind/precipitation protected place to change (Cooling).

\*Depending on the weather conditions, spikes can also be part of the mandatory equipment.

## Weather and environmental conditions!

In the alpine area, you must expect drastic weather changes and thunderstorms at any time, which can influence the course of the race. Weather warnings, race interruptions as well as race stops are communicated via our track marshals, supply stations and SMS service. Make sure that your mobile phone/smartphone is always ready to use and that the battery is charged. Especially in bad weather it can happen that there is no reception in high alpine terrain. If you have any questions regarding the weather or the race situation, ask a track marshal or contact the Race Office/Race Control by phone. All decisions will be made after a careful assessment of the situation and in consultation with external partners (mountain rescue, weather service,...) to ensure the safety of the participants.

Thunderstorms are a particular danger in alpine regions. This is how you behave during [thunderstorms](#) (English version on second page).



## Orientation!

Stay on the marked route. The track is marked with neon orange signs and barrier tape (reflecting and orange). If you have not seen a track mark for more than 300m, turn around until you see a track mark again. Always carry a route map, ideally as a GPX track on your watch or smartphone.

## Know your limits - Don't overestimate yourself

All competitions are long and full of altitude meters, be prepared for them. Especially the longer distances (K42, K65, K85) demand stamina, willpower and experience in alpine terrain. When running, always preserve your energy so that you can react to a difficult situation or additional challenge, such as a sudden change in the weather.

### Choose your Distance:

If you have any doubts choosing the distance, we recommend to choose the shorter distance. With the [Flex option](#) you can change the distance shortly before the event.

## Beverage & Food!

Drinking, food and energy supply must be adapted to the weather conditions. Be sure to consume enough liquids/electrolytes.

Attention: If you feel thirsty, you have already drunk too little.

## Fatigue!

Pay attention to the signals of fatigue (e.g. heavy legs, increased pulse, decreased concentration, frequent stumbling,...). Fatigue and lack of vigilance can lead to accidents.

## Poles!

Pay attention to your poles - especially if you are running in a group or with several runners. Please do not put your hands through the loops when running downhill so that you can use your hands in case of a fall/crash.

