

RACE GUIDE

Please find all relevant information on mozart 100® and its related competitions.

Should you have any further questions, please contact us at run@mozart100.com.

ACCOMODATION

Please find a list of recommended hotels on our website www.mozart100.com in the menu [accommodation](#).

ACCOMPANIMENT

Personal support of participants is only allowed at the refreshment zones. Participants must not be accompanied by non-participants. Accompaniment on foot or by any means of transport (e.g. bicycle) is forbidden.

AWARD CEREMONIES

7:30 p.m. on Saturday, 4 September 2021 - award ceremony for all competitions (mozart 100, mozart Ultra, mozart Marathon, mozart Light, mozart Half Marathon and mozart City Trail) on [Kapitelplatz](#) square

BIB NUMBER COLLECTION, CHANGE IN REGISTRATION, LATE REGISTRATION

When and where?

The bib number and starter packs of all participants can be picked up at the **Race Office**

- **Friday, 3 September 2021** from 09:00 a.m. to 08:00 p.m. on [Kapitelplatz](#) square in Salzburg
- **Saturday, 4 September 2021** from 04:00 a.m. on [Kapitelplatz](#) square in Salzburg

Change in registration and late registrations for all competitions can be processed in the race office on Friday, 3 September 2021.

We will charge EUR 10,- handling fee for change in registration or late registration.

During the online registration and payment, all participants accept the qualification specifications. Participants who register in the race office must sign the qualification specifications when they collect their bib number.

The qualification specifications can be downloaded from the website of the organiser.

What do I need?

- Your photo ID (mandatory)

I am not able to collect the bib number by myself. May I send someone else to collect it?

- Participants who are not able to collect their bib number and starter pack themselves may send somebody else. This person must bring a copy of the participant's (valid) photo ID. Without exception, it is not possible to hand out the bib number without the deposit of the signed qualification specification and a photo id copy of the respective participant.

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Services - starter pack

- Personalised bib number incl. RFID time keeping tag without lending fee
- Race Guide (Pocket Version)
- Starter pack with little gifts
- Clothing depot in the start/finish area
- Drop Bags for participants of the mozart 100 and mozart Ultra (at refreshment zone Fuschl) and return transport to the finish area in Salzburg
- Clothing service for participants of the mozart Ultra, mozart Marathon, mozart Light and mozart Half Marathon competitions, clothing bags will be transported from the start to the finish line in Salzburg
- Bus-Shuttle-Service for relays and to the starts of the mozart Ultra, mozart Marathon, mozart Light and mozart Half Marathon to St. Gilgen, Fuschl/See resp. Koppl
- Rich refreshment stations, approx. all 10km on the course with drinks, food, bars and gels
- Finisher drinks & food at Kapitelplatz square in Salzburg
- Shower and changing room facilities next to the finish area
- Massage service next to the finish area
- Medical first aid in the finish area
- Finisher medal for all finishers of each competition
- Finisher present for all finishers of each competition
- Certificate download with the result lists
- Time keeping, interim times and results by ABAVENT

CAR PARKING IN SALZBURG

Public garages in walking distance of mozart 100® start-/finisher zone:

[Altstadtgaragen - Mönchsberggaragen](#)
[Tiefgarage Barmherzige Brüder](#)

CATERING ON KAPITELPLATZ

Our catering partners will offer warm and cold dishes, coffee, soft drinks and alcoholic drinks on Friday, 3 September between 1:00 and 7:00 p.m. and on Saturday, 4 September 2021 between 09:00 a.m. and 11:00 p.m.

CHECK TIMES / CUT OFF TIMES

mozart 100	KM	elevation	time	duration
Fuschl	31	900	10:00 a.m.	5 hours
St. Gilgen	48	1880	02:00 p.m.	9 hours
St. Gilgen	66	3000	06:00 p.m.	13 hours
Fuschl	76	3650	08:00 p.m.	15 hours
Hof	86	3950	10:00 p.m.	17 hours
Koppl	98	4350	12:00 p.m.	19 hours
Kapitelplatz	108	4750	03:00 a.m., Sep 5	22 hours

mozart Ultra	KM	elevation	time	duration
St. Gilgen	17	980	11:00 a.m.	4 hours
St. Gilgen	35	2100	04:00 p.m.	9 hours
Fuschl	45	2750	07:00 p.m.	12 hours
Hof	55	3050	10:00 p.m.	15 hours
Koppl	65	3450	12:00 p.m.	17 hours
Kapitelplatz	75	3850	03:00 a.m., Sep 5	20 hours

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Participants must pass the timekeeping mat in front of the aid station before the relevant check time. Participants who fail to adhere to the time limits will be taken out of the race unexceptionally.

There are no cut off times for all other competitions; though the participants have to be in the finish area at 3:00 a.m. on 5 September (cut off time mozart 100 and mozart Ultra) at the latest.

In the event of non-compliance with the mentioned check times:

- Bib number with integrated timing chip will be marked.
- Athlete is no longer official participant of the competition

CLOTHING DEPOSIT

Please use the distributed starter packs (40x50 cm) for your clothing deposit. It is mandatory to mark your starter pack with your bib number. If enough space is available, we accept the deposit of small luggage items. We only accept one piece for deposit per athlete.

The organiser cannot accept responsibility or any liability for deposited items.

Drop-off for all competitions

- In the Race Office on Saturday, 4 September 2021 from 04:00 a.m.

Additional drop-off for mozart Ultra

- In [Fuschl am See](#) on the race day from 06:00 a.m., next to the starting area

Additional drop-off for mozart Marathon

- In [St. Gilgen](#) on the race day from 08:30 a.m., next to the starting area

Additional drop-off for mozart Light

- In [Fuschl am See](#) on the race day from 09:30 a.m., next to the starting area

Additional drop-off for mozart Half Marathon

- In [Koppl](#) on the race day from 10:30 a.m., next to the starting area

Pick-up for all competitions

- Until 03:00 a.m. on 5 September 2021 in the Race Office (please bring your bib number!)

Relays

- The previous athlete takes on the clothes of the following runner.

COMPETITION RULES

- Participation is at own perils and risk. According preparation (physical, mental, technical, and in terms of material) is required.
- Accompaniment through accompanying persons along the course is not allowed.
- Instructions from the race direction, organisation team and staff are to be obeyed.
- Nordic Walking sticks always have to touch the ground; carrying of the sticks is forbidden.
- Participants who retire from the race for what reasons ever (injury, exhaustion, etc.) have to sign out at the next refreshment zone, organisation staff or in the race office.
- Breach of the rules will be punished by disqualification. Objections must be submitted in written form two hours after notification in the race office. An arbitration court shall decide upon the appeal.
- Doping is forbidden; controls will be reserved.
- The competition rules follow the model of the sports regulations of the Austrian Athletes Federation (ÖLV). These regulations are available on the website of ÖLV (www.oelv.at).

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EXTRAS

- All finishers receive a finisher medal and a finisher present after the race.
- Massage service is offered to all athletes.
- Results lists will be published in the arrival area on Kapitelplatz square (race office) after the race. Results lists will also be published on the internet.
- mozart 100[®] finisher shirts, caps, beanies and other mozart 100[®] merchandising products can be purchased in the mozart 100[®] expo zone.

FINISHER-ASSURANCE[®]

For a small fee the Finisher-Garantie[®] can be contracted. In case of non-completion of your race, for whatever reason, you will receive a free starting place in the following year. The condition is that at least 50% of the course have been completed and no disqualification has been issued.

FINISHER GIFTS and MEDALS

Finisher medals and finisher gifts can be collected in the Race Office until 03:00 a.m. on 5 September 2021. Please be aware that we are not able to send medals and finisher presents by postal mail.

FOOD and BEVERAGE SUPPLY POINTS

All competitions of mozart 100[®] are semi-autonomous. The organizer provides refreshment stations, which are situated at distances of approx. 10 km along the entire route. The organizer provides sufficient supply points distributed across the entire course. After the competition, participants will be offered food and beverages in the arrival area. Your personal food and beverages can only be handed over by your own attendants at the designated supply points. External support is not permitted at any other places along the track.

Beverages

- Red Bull
- Red Bull Cola
- Isotonic drink
- Mineral water (non-sparkling)
- Tea

Food

- Apples, bananas, oranges, watermelons
- Tomatoes
- Bread with spread
- Sausage, cheese
- Soups
- Salty savouries
- Cakes
- Raisins
- Bars: High Energy Bar (<https://www.sponser.com/cms/en/>)
- Gels: Liquid Energy Plus (<https://www.sponser.com/cms/en/>)
- Iso Drink: Competition (<https://www.sponser.com/cms/en/>)

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GEAR REQUIREMENTS

Only well-prepared participants will be able to cope with the challenges of mozart 100®, that counts particularly for the mozart 100, the mozart Ultra and the mozart Marathon. The participants compete in the mozart 100® at their own risk and responsibility.

- Each participant is responsible for his/her own equipment.
- The start number has to be worn visibly at **all time**, even if a jacket is worn.
- The use of non-pertinent equipment (bicycles, cars, etc.) is strictly banned.

The following equipment is mandatory

Equipment	mozart 100	mozart Ultra	mozart Marathon	mozart Light	mozart Half Marathon
Closed trail running shoes with a tread	x	x	x	x	x
Drinking system or a reusable cup, e.g. foldable plastic cup (no cups at the aid stations)	x	x	x	x	x
Whistle	x	x	x	x	x
Waterproof rain jacket (10.000 mm water column) with hood	x	x			
Warm hat	x	x			
Gloves	x	x			
Headlamp incl. spare batteries and one additional headlamp as backup The headlamp is mandatory for all athletes passing the checkpoint Fuschl after 3pm.	x	x	x		
Mobile phone (charged battery, emergency number must be saved)	x	x	x	x	x
First aid set (minimum requirement: 1 elastic mull bandage, 1 sterile compress 5 x 5 cm, 1 rescue blanket 160 x 210 cm)	x	x			

The mandatory equipment will be checked at the start randomly and can also be checked at any time during the race. The organiser reserves the right to adapt the mandatory equipment depending on weather conditions at short notice. The following equipment is recommended:

- Poles
- Additional clothes for rainy and cold weather
- Sun cream
- Fatty cream against chafing
- Sunglasses
- Personal, individual catering

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Reusable /foldable plastic cups can be purchased in the race office for EUR 5,-.

Participants who do not follow the gear requirements can be disqualified.

There will be patrols on the route who will be available for any information, first aid, etc. In case of emergency, call 112.

Of course, we hope for perfect conditions, but we advise all participants to adjust their equipment to the respective weather forecast.

GROUND and COURSE

82 % of the course are trails which partly are technically challenging. The rest of the course is run on paved ground (mostly country lanes and roads).

Sections of the mozart 100, mozart Ultra, mozart Marathon, mozart Light and mozart Half Marathon include alpine trail passages which demand experience and skills, especially sure footedness, of the participants. All routes lead widely on hiking trails which are challenging in some passages.

HEALTH POLICY

Within the Ultra-Trail World Tour special attention is paid to the athletes' health. Therefore, [UTWT](#) has established a special health policy that is applied for the events mozart 100 and mozart Ultra. These guidelines can be found in the Quartz Event Program in appendix 1. The health policy is mandatory.

The organiser has extended the health and safety measures already in place due to the spread of the COVID-19 pandemic. Athletes must follow all announced and/or posted instructions while they are on the event site. The risk of being exposed to the COVID-19 virus exists in any public place where people are present. COVID-19 is characterised by rapid transmission with a high risk of infection, which can lead to various illnesses and symptoms, including permanent damage and death. According to government disease surveillance and prevention agencies and the World Health Organisation, the elderly and those with pre-existing conditions are particularly at risk. By entering the event site, each athlete voluntarily assumes all risks related to contracting COVID-19.

ORIENTATION ON THE COURSE

- Each participant is responsible to stay on the official course.
- [Download](#) of courses for all competitions on www.mozart100.com. Please note that up to a few days before the start, track changes are still possible.
- Marking of course:
 - Signs with direction arrow
 - Information signs
 - Direction arrows on asphalt
 - Marking tapes
- The street traffic regulations must be observed anytime.
- Pavements and footpaths must be used.
- Unless otherwise specified, run straight ahead; branches are marked!
- Run always on the left side of the street



Street crossings

- STOP - stopping!
- Observe road traffic - only cross when the road is clear!
- Streets are not blocked for public traffic.
- Caution: Traffic lights in Salzburg!
- Disobedience of traffic regulations will result in disqualification.



PHOTOS

2021 our exclusive photo service "Sportograf" will picture our athletes. All pictures can be purchased and downloaded on www.sportograf.com. You will also find a selection of the most beautiful and impressive photos on our website www.mozart100.com.

PROGRAMME

Friday

3 September 2021

- 09:00 a.m. Opening of the Race Office
- 06:00 p.m. Presentation of the top-athletes and Race Briefing on [Kapitelplatz](#) square
- 08:00 p.m. Closure of the Race Office

Saturday

4 September 2021

- 04:00 a.m. Opening of the Race Office
- 05:00 a.m. Start mozart 100 (individual and relay) on [Kapitelplatz](#) square
- 07:00 a.m. Start mozart Ultra (individual and relay) in [Fuschl am See](#)
- 09:00 a.m. Start mozart Marathon in [St. Gilgen](#)
- 10:00 a.m. Start mozart Light in [Fuschl am See](#)
- 10:00 a.m. Start mozart City Trail on [Kapitelplatz](#) square
- 11:00 a.m. Start mozart Half Marathon in [Koppl](#)
- 07.30 p.m. Awards Ceremony for all competitions
- 03:00 a.m. Closure of the finish zone (5 September)

RACE OFFICE

The Race Office is located on [Kapitelplatz](#) square in the heart of Salzburg and is opened

- on Friday, 3 September 2021 from 09:00 a.m. to 08:00 p.m.
- on Saturday, 4 September 2021 from 04:00 a.m.

RACE BRIEFING

Friday, 3 September, at 6:00 p.m. on [Kapitelplatz](#) square. Participation is highly recommended for runners of the ultra-competitions.

Why should I participate?

During the race briefing, our race director and organizer will be available to answer your questions, especially about the ultra-competitions. This could include questions on the following topics:

- important landmarks on the track
- track marking
- refreshment stations

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- relay handover
- short-term changes
- ...

We recommend every starter to participate in the race briefing. However, it is the personal responsibility of each participant to take part in the race briefing.

RESULTS

All results can be found on our website www.mozart100.com in the news section or on www.abavent.de.

SHOWERS

Showers are available in the gym [Jahnturnhalle](#), in 5 minutes walking distance from the start / finish area (Giselakai 21) and will be accessible for our athletes until Sunday, 5 September 1:00 a.m. There will be a layout map in the race office showing the detailed location.

SHUTTLE SERVICE

Shuttle busses from Salzburg to the starts of the mozart Ultra, mozart Marathon, the mozart Light and the mozart Half Marathon will be made available for the participants free of charge. The shuttle busses will leave from [Rudolfskai](#) in the City of Salzburg (three minutes walking from [Kapitelplatz](#)).

Departure to the start of the mozart Ultra in Fuschl am See :	05:45 a.m.
Departure to the start of the mozart Marathon in St. Gilgen :	07:45 a.m.
Departure to the start of the mozart Light in Fuschl am See :	08:45 a.m.
Departure to the start of the mozart Half Marathon in Koppl :	09:45 a.m.

A mobile shuttle service will be provided for relay participants or athletes who give up on the route. If required, this can be ordered from mozart 100[®] employees at the respective refreshment stations (except Schafberg and Zwölferhorn Mountains). The shuttle car takes the athletes to the start/finish area at Kapitelplatz square.

STARTING LOCATIONS AND TIMES

mozart 100:	05:00 a.m. on Kapitelplatz square / City of Salzburg
mozart Ultra:	07:00 a.m. in Fuschl am See
mozart Marathon:	09:00 a.m. in St. Gilgen
mozart Light:	10:00 a.m. in Fuschl am See
mozart City Trail:	10:00 a.m. on Kapitelplatz square / City of Salzburg
mozart Half Marathon:	11:00 a.m. in Koppl

START / FINISH AREA

The finish area of all competitions is on [Kapitelplatz](#) square in the very heart of Salzburg. The starts of the mozart 100 and the mozart City Trail are on [Kapitelplatz](#) square. The starts of the mozart Ultra and the mozart Light are in [Fuschl am See](#), mozart Marathon starts in [St. Gilgen](#), and the start of the mozart Half Marathon is in [Koppl](#).

TEAM COMPETITIONS

mozart 100	km	m+
1. Salzburg - Fuschl	31	900
2. Fuschl - St. Gilgen	17	1000
3. St. Gilgen - Fuschl	28	1800
4. Fuschl - Salzburg	32	1100

mozart Ultra	km	m+
1. Fuschl - St. Gilgen	17	1000
2. St. Gilgen - St. Gilgen	18	1200
3. St. Gilgen - Hof	20	900
4. Hof - Salzburg	20	800

Procedure for relay competitions:

Cross timing mat, hand over band with integrated timing chip to next relay team member

- Shuttle-Stops are located next to all hand-over points.

Procedure for mozart City Trail 3-Team competition:

Each team consists of three participants. Their individual times are added to a team time.

TIMING

In all competitions, times are registered exclusively by the timing system of abavent timing via RFID-tag. The RFID-tag is fixed on the backside of the starting number. There is no rental fee for the RFID-tag. Own timing equipment is not allowed.

- The RFID-tag has to be worn during the competition in line with the organiser's instructions.
- All timing mats have to be passed - no ranking without complete check times
- Each participant and each relay team shares responsibility for the registration of their section times and total time.
- Participants can only be ranked if they have met all time limits and have been timed at all checkpoints. Participants without RFID-tag will not be ranked.

TRANSPORTATION

Please refer to "Shuttle Service".

QUARTZ Event Program

Health & Clean Sport

mozart 100, part of the Ultra-Trail World Tour (UTWT), has decided to set up the QUARTZ Event Program to protect participants' health and to contribute to a clean sport.

The QUARTZ Event Program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during and after the competition.

The QUARTZ Event program is managed by an Experts Commission that gives an advice to the race direction on the medical condition of participants.

This Experts Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons before competition (« no start ») or not ranked after the competition for non-compliance with the procedures.

The QUARTZ Event Program is for each participant who agrees to:

1. Declare to the Experts Commission the following information:

- Any medical history and/or pathology, in particular those which may increase risks during competition.
- The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition.
- Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE).

The declaration of medical information to the Experts Commission is done through the QUARTZ health space for which each participant has access from the website <https://quartzprogram.org>. The declared medical information is only accessible by the Experts Commission, the QUARTZ Program Team members as well as to the medical team during an eventual care during the competition.

2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organization.

3. Respect the 2021 Prohibited list from World Anti-Doping Code but also do not participate in the competition when using:

- Within 60 days before the start of the competition and during the competition
 - Intravenous iron infusion
- Within 7 days before the start of the competition and during competition
 - Intravenous infusion
 - Gas inhalation
 - Substance subject to a Therapeutic Use Exemption (TUE) according to the WADA (World Anti-Doping Agency) Prohibited List published annually
 - All glucocorticoids regardless of the mode of administration
 - Thyroid synthesis hormones except in case of partial or total removal of the thyroid or hypothyroidism of medical origin

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- Within 24 hours before the start of the competition and during competition
 - All beta-2-agonist regardless of the mode of administration
 - All painkillers including Tramadol and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) regardless of the mode of administration.
 - All substances included in the 2021 WADA Monitoring Program

The possible use of these different substances may be identified in the context of the analysis carried out before and/or after the competition or any other means of investigation.

4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Experts Commission may ask for to discuss their ability or not to participate in the competition or not to be rank after the competition.
5. Submit any doping control form legible completed within 30 days before the start of the competition and up to 15 days after the competition.
6. Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification and opposition to data concerning him. The Experts Commission is the authority with which the participant can exercise this right.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event Program can result in the exclusion of the participant from the competition before the competition or not to be rank after the competition.