

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 [accomodation](#).

ACCOMPANIMENT

Personal support is only allowed at the refreshment zones. Participants must not be accompanied by non-participants. Accompaniment on foot or on bicycle is forbidden.

AWARD CEREMONIES

7:30 p.m. on 15 June 2019 - award ceremony for all competitions (mozart 100, mozart Ultra, mozart Marathon, mozart Light, mozart Half Marathon & 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**

- **Thursday, 13 June 2019** from 10:00 a.m. to 07:00 p.m. in the [HERVIS](#) store in the [EUROPARK](#) Shopping Center, Europastrasse 1, 5018 Salzburg
- **Friday, 14 June 2019** from 09:00 a.m. to 01:00 p.m. in the [HERVIS](#) store in the [EUROPARK](#) Shopping Center, Europastrasse 1, 5018 Salzburg
- **Friday, 14 June 2019** from 02:00 to 08:00 p.m. on [Kapitelplatz](#) square in the heart of the City of Salzburg
- **Saturday, 15 June 2019** from 03:00 a.m. on [Kapitelplatz](#) square in the heart of the City of Salzburg

Change in registration and late registrations for all competitions can be processed in the race office on Thursday, 13 June and on Friday, 14 June 2019.

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.

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 (at KM 30,5/72,5, refreshment zone Fuschl)
- Clothing service for 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 Marathon, mozart Light and mozart Half Marathon to Winkl, 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
- Finisher medal for all finishers of each competition
- Finisher present for all finishers of each competition
- Medical first aid in the finish area
- 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 Saturday, 16 June between 09:00 a.m. and 11:00 p.m.

CHECK TIMES / CUT OFF TIMES MOZART 100

Fuschl KM 30,5	09:00 a.m. – 5 hours
Winkl KM 46,5	01:00 p.m. – 9 hours
Fürberg KM 60	03:30 p.m. – 11,5 hours
Fuschl KM 79	07:00 p.m. – 15 hours

Hof KM 89	09:00 p.m. – 17 hours
Koppl KM 99	11:00 p.m. – 19 hours
Kapitelplatz Square KM 110	02:00 a.m./16.6. – 22 hours

Participants have to pass the timekeeping mat before the relevant time limit. 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 2:00 a.m. on 17 June (cut off time mozart 100) 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
- Athlete should walk / run to next shuttle point

CLOTHING DEPOSIT

Please use the distributed starter packs 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, 15 June 2019 from 03:00 a.m.

Additional drop-off for mozart Marathon

- In [Winkl](#) from 08:30 a.m., next to the starting area

Additional drop-off for mozart Light

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

Additional drop-off for mozart Half Marathon

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

Pick-up for all competitions

- Until 02:00 a.m. on 16 June 2019 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).

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, kids shirts and other mozart 100® merchandising products can be purchased in the race office or in the Compressport booth.

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 02:00 a.m. on 16 June 2019. Please be aware that we are not able to send medals and finisher presents by postal mail.

FOOD and BEVERAGE SUPPLY POINTS

The organiser 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
- Bread with spread
- Cakes

- Energy bars (ultraBar, <https://ultra-sports.de/>)
- Gels (ultraGel, <https://ultra-sports.de/>)
- Oranges, Raisins
- Salty savouries
- Tomatoes
- Watermelons

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				
Warm hat	x				
Gloves	x				
Headlamp inkl. replacement batteries and one additional headlamp as backup	x				
Mobile phone (charged battery, emergency number must be saved)	x	x	x	x	x
Rescue blanket	x				
First aid set	x				

The mandatory equipment can be checked at the start and during the race.

The following equipment is recommended:

- Poles
- Additional clothes for rainy and cold weather
- Sun cream
- Fatty cream against chafing
- Sun glasses
- Additional supply of own food and beverages

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

The mandatory equipment will be checked at the start. The race organiser can perform checks at various check points on whether the mandatory equipment/clothing is indeed being carried along.

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 144

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 particular 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 appendix 1. The health policy is mandatory.

ORIENTATION ON THE COURSE

- Each participant is responsible to stay on the official course.
- [Download](#) of courses for all competitions on www.mozart100.com
- Marking of course:
 - Signs with direction arrow
 - Information signs
 - Direction arrows on asphalt
 - Marking tapes with mozart 100® Logo
- The street traffic regulations must be observed anytime.
- Pavements and footpaths must be used.
- Unless otherwise specified, run straight ahead!
- Run always on the left side of the street



Street crossings

- STOP !
- Only cross street if street is clear
- Monitor traffic carefully!
- Streets are not blocked for public traffic.
- Caution: Traffic lights in Salzburg!
- Disobedience of traffic regulations will result in disqualification.



PHOTOS

2019 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

Thursday 13 June 2019

10:00 a.m. Opening of the Race Office
07:00 p.m. Closure of the Race Office

Friday 14 June 2019

09:00 a.m. Opening of the Race Office
06:00 p.m. Q&A Session on [Kapitelplatz](#) square
07:00 p.m. Official opening ceremony (welcome, presentation of the top-athletes, supporting programme)
08:00 p.m. Closure of the Race Office

Saturday 15 June 2019

03:00 a.m. Opening of the Race Office
04:00 a.m. Start mozart 100 (individual and relay) on [Kapitelplatz](#) square
07:00 a.m. Start mozart Ultra (individual and relay) on [Kapitelplatz](#) square
09:00 a.m. Start mozart Marathon [Winkl](#) bei 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
02:00 a.m. Closure of the finish zone (16 June)

RACE OFFICE

The Race Office is located

- on Thursday, 13 June 2019 from 10:00 a.m. to 07:00 p.m. in the [HERVIS](#) store in the [EUROPARK](#) Shopping Center, Europastrasse 1, 5018 Salzburg
- on Friday, 14 June 2019 from 09:00 a.m. to 01:00 p.m. in the [HERVIS](#) store in the [EUROPARK](#) Shopping Center, Europastrasse 1, 5018 Salzburg

- on Friday, 14 June 2019 from 02:00 to 08:00 p.m. on [Kapitelplatz](#) square in the heart of Salzburg
- on Saturday, 15 June 2019 from 03:00 a.m. on [Kapitelplatz](#) square in the heart of Salzburg

RACE Q&A SESSION

Friday, 14 June, at 6:00 p.m. on [Kapitelplatz](#) square. Participation is highly recommended for Ultra competitions.

Participants' questions and changes on short notice will be communicated during the race Q&A.

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 [Jahnturnhalle](#), in 5 minutes walking distance from the start / finish area and will be accessible for our athletes until midnight. There will be a layout map in the care office showing the detailed location.

SHUTTLE SERVICE

There will be a mobile shuttle service for relay team members or athletes who have to abandon the race. The shuttle service can be ordered by staff members at the respective aid stations. The shuttle bus will bring the athletes to the start/finish area on [Kapitelplatz](#) square.

Shuttle busses from Salzburg to the starts of the 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 Marathon in Winkl :	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.

STARTING LOCATIONS AND TIMES

mozart 100:	04:00 a.m. on Kapitelplatz square / City of Salzburg
mozart Ultra:	07:00 a.m. on Kapitelplatz square / City of Salzburg
mozart Marathon:	09:00 a.m. in Winkl
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 start and finish area of the mozart 100, the mozart Ultra and the mozart City Trail is on [Kapitelplatz](#) square, in the very heart of Salzburg. The start of the mozart Marathon is in in [Winkl](#)/St. Gilgen, the start of the mozart Light is in in [Fuschl am See](#), and the start of the mozart Half Marathon is in [Koppl](#).

TEAM COMPETITIONS

- **mozart 100:**
 1. Salzburg – Fuschl: 30 km
 2. Fuschl – Fürberg: 30 km
 3. Fürberg – Fuschl: 19 km
 4. Fuschl – Salzburg: 30 km
- **mozart Ultra:**
 1. Salzburg – Hinterwinkl: 11 km
 2. Hinterwinkl – Fuschl: 19 km
 3. Fuschl – Hof: 10 km
 4. Hof – Salzburg: 21 km

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.

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.

TOILETS

Public available toilets are on the [Kapitelplatz](#) square (start/finish area).

TRANSPORTATION

Please refer to “Shuttle Service”.

Ultra-Trail World Tour Health Policy Rules

Preventive and Research Actions concerning Health Policy

The organisation decided to set up preventive and research actions concerning health policy during the race. These actions have neither the vocation nor the competence to be substitutes for national and international regulations concerning anti-doping, but aim to strengthen the medical supervision that the organisation wishes for. They are managed jointly by the ITRA (International Trail Running Association), the Ultra Trail World Tour (UTWT) and the association Athletes For Transparency (AFT). These voluntary actions are led by a Medical Commission consisting of doctors who can take advice from the experts of their choice and are, in particular, asked to give consultative advice to the race jury on the medical state of participants.

Each runner agrees to:

1. declare the following information to the medical commission:
 - any medical history and/or pathology in particular those which may increase risk during the sport.
 - the regular use of treatments and medicines during the 15 days prior to the start of the race.
 - all requests for or use of medicines subject to a Therapeutic Usage Exemption (TUE).

The declaration of this information to the medical commission must be made through each runner's ITRA health page which each runner can create free of charge on the ITRA website: https://itra.run/page/381/My_health_space.html

To open an account is necessary in order to access the health page.

The medical information declared on the pages is accessible only to the medical commission and the Organization's own medical team.

2. accept to submit any urine, and/or blood, and/or capillary, and/or saliva samples and the associated analyses requested by the Organisation's Medical Commission, on the understanding that the costs for the sampling and analyses are covered, directly, by the Organisation
3. to accept to answer any request that the medical commission may make based on information that they have collected, in order to discuss their ability or not to participate in the race for which they are registered . As a result of the meeting, the Medical Counsel may suggest that the race Jury exclude the runner from the race.
4. accept the use of data concerning the results of research, while knowing that the data used will be strictly anonymous. According to the data protection act, the runner will have a right of access, rectification and opposition to the data concerning them. The Organisation's Medical Commission will be the entity through whom the runner can exercise this right.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the health

policy can result in the exclusion of the runner from the competition.

