

PIUT – PAZNAUN ISCHGL ULTRA TRAIL

REGULATIONS

JULY 11-12, 2024

REGULATIONS/ TENDER PIUT PAZNAUN-ISCHGL ULTRA TRAIL

ROUTES

The detailed plans and profiles of the various routes are available on the website [PIUT. TIROL](https://www.piut.tirol.at) and are updated as changes are made.

The distances were measured as accurately as possible. Nevertheless, it is possible that running watches may show slight differences in distance or altitude. As running watches normally have a tolerance limit of up to 5%, this can be up to 2.5 km in the case of the 50k.

PIUT 100

- Start: 02:00 a.m. at the Spiel-, Sport- & Wasserpark See
- CUTOFF Ischgl 12:30 p.m. and 17:30 p.m. in Galtür
- Closing time: 22:00 p.m.
- 6300hm

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment stations

- Ascherhütte 13,5km
- Gampertunälpe 25,5km
- Kappl 35 km
- Diasälpe (Speicherteich) 40km
- Niederelbehütte 45km
- Ischgl 55km
- Pardatscher See 60km
- Berglisse 66km
- Galtür 75km
- Zeinisee 77 km
- Friedrichshafner Hütte 88km
- Mathon 95k

Mandatory race briefing: Friday, 11 July at 18:00, Silvrettaplatz in Ischgl.

PIUT 85

- Start: 02:00 a.m. at the Spiel-, Sport- & Wasserpark See
- CUTOFF Ischgl 12:30 p.m.
- Closing time: 22:00 p.m.
- 5200hm
- ITRA 4 Points
- UTMB 100K

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment stations

- Ascherhütte 13,5km
- Gampertunalpe 25,5km
- Kappl 35 km
- Diasalpe (Speicherteich) 40km
- Niederelbehütte 45km
- Ischgl 55km
- Pardatscher See 60km
- Berglisee 66km
- Galtür 75km
- Mathon 80km

PIUT 50

- Start: 06:00 a.m. in Kappl town square
- CUTOFF Ischgl 15:00 p.m. at kilometer 55 (12h)
- Closing time: 22:00 p.m.
- 3100hm
- ITRA 3 Points
- UTMB 50K

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment stations

- Diasalpe (Speicherteich) 5km
- Niederelbehütte 10km
- Ischgl 20km
- Pardatscher See 25km
- Berglisee 31km
- Galtür 40km
- Mathon 45km

PIUT 30

- Start 08:30 a.m. at the sports and culture center in Galtür
- 2500hm
- ITRA 2 Points
- UTMB 50K

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment stations

- Zeinissee 6 km
- Friedrichshafener Hütte 16 km
- Friedrichshafener Hütte 24 km

PIUT 20

- Start 11:00 a.m. at the Silvretta cablecar (valley station) in Ischgl
- 1300hm
- ITRA 1
- UTMB 20K

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment stations

- Pardatscher See 6km
- Berglisee 11km
- Mathon 15km

PIUT TEN

- Start 11:00 a.m. at the sports and culture center in Galtür
- 100hm
- ITRA 0
- UTMB 0

Course details and profiles can always be found on our website. Routes and start times may be changed by the organizer at short notice.

Refreshment station

- Mathon 5km

CHANGES TO THE ROUTES OR THE TIME LIMIT

Depending on the weather or for safety reasons, the organizer reserves the right to cancel the race in progress, adjust the routes and/or checkpoints and change the time limit. All decisions in this regard will be made by the race committee.

ROUTE MARKING

All routes will be adequately marked with flags and signs in pink. There will be marshals at forks in the route. Before race day, it is advisable to download the current GPX to your device. You can find the GPX at <http://www.piut.tirol>

CARRIED FORWARD TO THE FOLLOWING YEAR

If the starting place is transferred to the following year after August 6th, a processing fee of 10 € will be charged.

Cancellation of registration

In the event of cancellation of their registration, participants have no right to a refund, regardless of the reason. However, you can take out cancellation insurance on TIME2WIN during the registration process. Please read the terms and conditions.

INSURANCE

Optionally, insurance can be taken out during online registration to cover the amount of the registration fee in the event of a withdrawal from participation in accordance with the rules. This is handled directly by the insurance company and the timekeeper Time2Win.

CANCELLATION OF THE RACE

If the race is canceled by the organizer for reasons other than safety or force majeure, the registration fee will be refunded to the participants.

If the race is canceled by the organizer for safety reasons or due to force majeure, the registration fee cannot be refunded to the participants.

Please note that in the event of a change to the route or an interruption for safety reasons (particularly in the event of bad weather conditions) or due to force majeure, no refund will be made.

SERVICES

- Personalized start number (up to and including 08.07.2024)
- Refreshment stations with water, ISO, tea, fruit, cake, soup, salty snacks (according to VA plan)
- Professional timekeeping
- Starter gift
- Finisher medal

MANDATORY EQUIPMENT

PIUT 100 and PIUT 85

- Backpack
- Carried gels and bars labeled with start number
- Cell phone fully charged (always switched on)
- Race number filled out on the back (address, contact person, blood group, allergies, etc.)
- Rescue blanket
- First aid kit
- Jacket (waterproof)
- Long overtrousers/running trousers or leg warmers
- Headband or cap
- Headlamp with at least 3h battery or spare battery
- Folding cup or soft flask to hold drinks

PIUT 50 and PIUT 30

- Backpack
- Carried gels and bars labeled with start number
- Cell phone fully charged (always switched on)
- Race number filled out on the back (address, contact person, blood group, allergies, etc.)
- Rescue blanket
- First aid kit
- Jacket (waterproof)
- Long overtrousers/running trousers or leg warmers
- Headband or cap
- Folding cup or soft flask for holding drinks

PIUT 20

- Carried gels and bars labeled with start number
- Cell phone fully charged (always switched on)
- Race number filled out on the back (address, contact person, blood group, allergies, etc.)
- Rescue blanket
- Small first aid kit
- Depending on the weather forecast, jacket (waterproof) long overtrousers/running trousers or leg warmers
- Folding cup or soft flask to hold drinks

For the **PIUT TEN**, only a collapsible cup or soft flask is prescribed for holding drinks. Carried gels and bars labeled with start number.

No-Cups

For reasons of sustainability, no disposable cups will be handed out at the refreshment stations. Cups can be purchased at the registration desk or at the race number distribution point.

Poles

Poles are permitted on all routes.

Behavior on the course

Participants undertake to comply with all rules and requirements arising from the provisions of these regulations and their appendices, as well as the guidelines and instructions of the race committee.

THE TRAIL MARSHALS AND THE MOUNTAIN RESCUE SERVICE MUST BE OBEYED!

THE FOLLOWING RULES MUST BE FOLLOWED IN PARTICULAR:

- All participants must follow the route markings
- Participants must help people in danger or who are injured and report any accident to the race committee
- accident to the race committee or an official helper on the course immediately by telephone
- Small parts of some routes run on forest paths and roads.
- Special care is required. Runners must show consideration for other road users (vehicles
 - road users (vehicles, bicycles, hikers, etc.)
- Participants must clear the way and allow others to overtake
- Participants must protect the environment - no waste may be left on the route
- Any form of physical support (pushing, pulling, carrying, ...) of a runner is prohibited