



REGULATIONS

SALOMON ZUGSPITZ ULTRATRAIL POWERED BY LEDLENSER 2025

1. CHARACTER OF THE EVENT/CONDITIONS OF PARTICIPATION

What is the SALOMON ZUGSPITZ ULTRATRAIL powered by LEDLENSER, who can take part and what do you need to be able to do?

Some of the routes include high alpine passages, so absolute surefootedness on alpine paths and climbs is very important. In addition, everyone should be able to cope with the routes that include rope-insured sections.

In the age of smartphones, almost everyone is familiar with topographical maps and GPS technology. Important: Even without technology, everyone must be able to orient themselves in alpine terrain, even if the weather and visibility are poor.

By signing the declaration of liability, everyone confirms that they are fully fit for sport. We therefore ask you to take great personal responsibility and consideration. If in doubt, we therefore advise you not to take part if you are ill or injured.

Basically, everyone is an individual starter and must be at least 18 years old. No matter which distance (ZUT 100, ULTRATRAIL, EHRWALD TRAIL, LEUTASCH TRAIL, MITTENWALD TRAIL, GARMISCH-PARTENKIRCHEN TRAIL and GRAINAU TRAIL) has been chosen.

Exception : With a declaration of consent from parents, it is also possible to start from the age of 16 on the following 2 distances : GARMISCH-PARTENKIRCHEN TRAIL and GRAINAU TRAIL.

With a declaration of consent and accompanied by a parent or guardian, it is also possible to start from the age of 14 at the following distance: GRAINAU TRAIL. (the declaration of consent and instructions for registration can be obtained by e-mail on request)

The points listed here are not exhaustive, but rather serve as examples and general experience.

2. AUTONOMY OF THE PARTICIPANTS

It can get lonely on the route, where everyone is completely on their own. This means that every participant must be able to find their way around the route under their own steam - without outside help. This also means that everyone must have enough food and drink with them.

3. COURSE

There is no guarantee of good weather. Therefore, if the weather goes crazy and safety can no longer be guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information at www.zugspitz-ultratrail.com.

4. EVALUATION CATEGORIES

Eight categories are available:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (aged 40 and over)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (aged 50 and over)
- GRAND MASTER MEN and GRAND MASTER WOMEN (aged 60 and over)

The following applies to the age categories: The cut-off date is the start day of the event. If the minimum number of 15 participants per category is not reached, the participants concerned will be ranked together with another category.

5. STARTING NUMBER

The start number, which is non-transferable, will be given to each participant at the registration desk against submission of the signed declaration of liability (download in the registration mask beforehand), confirmation of the online briefing and presentation of the respective identity card. The start number must be completely visible during the race and must not be removed.

6. TIMING

A transponder chip on the start number will transmit your running time. If it does not work or is lost, this must be reported immediately to the control points.



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7. CLOTHING/EQUIPMENT

The weather in the high mountains can change suddenly. The following equipment/clothing must be worn or carried in the running backpack during the entire race. We will check before the start and at the checkpoints and, in case of doubt, will also issue time penalties or disqualifications.

The following equipment list is the mandatory equipment for the Zugspitz Ultratrail.

The partially differing **mandatory equipment for the other distances** can be found at <https://zugspitz-ultratrail.com> under the tab: THE RACES, under the respective route length.

- **Closed trail running shoes** with treaded soles
- **Running backpack**
- **Waterproof jacket with taped seams**, if specified: min. 10,000 mm water column (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or spare T-shirt and arm warmers + long trousers or leg warmers) as an insulating intermediate layer under the outer clothing - The basic rule here is that no skin should be visible!
- **Gloves and hat**
- Functioning **headlamp** with spare batteries or rechargeable battery or spare lamp (power bank does not count as a battery replacement)
- **Label** the food packaging you are carrying with your race number
- **Folding cup** (or similar) to hold drinks and food at the refreshment points and in the finish area
- **Water container** with a minimum capacity of 1.5 liters. **1.5 liter** capacity (e.g. 3x soft flask with 0.5l each or 1l hydration bladder + 1 soft flask with 0.5l)
- **Emergency equipment** (1x compress 10x10, 2x bandage packs, 1 pair of disposable gloves, 1x triangular cloth, 4x wound plasters, emergency whistle, blister plasters, rescue blanket)
- **Navigation watch** with saved GPS track of the selected route or **alternatively** a printed version of the **route map**. Maps will be provided by the organizer online for printing.
- **Cell phone** with saved emergency number for making emergency calls and for logging off in the event of a premature race termination (cell phone must also work abroad)

OUR TIP: Sun cream, grease cream against chafing, sunglasses, sticks, own food and some small change

8. BRIEFINGS/START

The **course briefing will take place online** (all special features of the course will be communicated here). In other words, each participant will receive the link to the briefing together with the latest information by e-mail approx. 1 week before the start. This briefing must be viewed and confirmed. Only then will the start number be issued at registration.

On the day of the race, the starting line-up begins 45 minutes before the official start time. 15 minutes before the starting shot there will be the latest news in the starting area.

9. NEUTRALIZED START

If there is a neutralized start, overtaking of the lead vehicle is not permitted during this time.

10. MARKING OF THE ROUTE

The route will be marked by our experienced route team with chalk spray, signs, route tapes, flags etc.. Unfortunately, it can happen that markings are removed by third parties, disappear or are obscured by fog or snowfall. We ask for your understanding. The course is closed immediately after the time limit has expired, so the markings on the course will also be removed promptly.

11. CONTROL & REFRESHMENT POINTS

a) ZUT100:	15 Control- and refreshment points
b) ULTRATRAIL:	10 Control- and refreshment points
c) EHRWALD TRAIL:	8 Control- and refreshment points
d) LEUTASCH TRAIL:	6 Control- and refreshment points
e) MITTENWALD TRAIL:	4 Control- and refreshment points
f) GARMISCH-PARTENKIRCHEN TRAIL:	3 Control- and refreshment points
g) GRAINAU TRAIL:	1 Control- and refreshment points

Refreshment points : Drinks and fruit are available at each refreshment point, and hot food and hot drinks at selected points. The exact location of the aid station can be found on the respective route map and is numbered consecutively.

Control points: Everyone will be scanned at the checkpoints in the order in which they arrive. Anyone who does not pass a checkpoint and still crosses the finish line later (e.g. due to shortcuts or running) will be disqualified.

Medical checkpoints - MEDICAL CHECK - Triage:

Everyone is obliged to pass the medical checkpoints (triage) at certain refreshment points and to follow the instructions of the medical staff. Individual participants may be asked to undergo a medical check if there are any abnormalities in their mental and/or physical performance. You will also receive help and advice here.



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12. TIME LIMITS/FINISH

The time limits are shown on the homepage. The organizer can adjust the time limits at any time, e.g. due to weather conditions. The race director, course director, the staff at the control and refreshment points, the medical crew and the final runners may take you out of the race.

13. TIME PENALTIES AND DISQUALIFICATION

Time penalties of between 5 and 120 minutes may be imposed or even disqualification may occur in the event of rule violations. Note: in this case the entry fee will not be refunded. To avoid this, the following points must be observed: Everyone is obliged to comply with the ZUT rules (see point 19). The requirements under point 1 of the regulations must also be met. Nobody should have health problems or take prohibited substances (doping). All instructions of the official staff must be observed, as well as the road traffic regulations. Compulsory equipment must be carried throughout the race and no checks may be refused on the route. It goes without saying that the environment must not be polluted and it is forbidden to shorten the routes (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

14. WITHDRAWAL FROM THE RACE

Should a participant withdraw from the race, he/she must immediately inform the medical crew by calling **+49 151 550 101 48**, otherwise a potentially expensive and time-consuming search operation will be initiated at the participant's expense. After withdrawal, there is no entitlement to a transfer.

15. EMERGENCY MEDICAL CARE (MEDICAL CREW)

Start/finish area: Health is important to us. The medical service of the MEDICAL CREW is available one hour before each start and one hour after the last runner. As the crowds can be large, it is important to be there in good time, otherwise there is no entitlement to medical care.

During the race: Safety is paramount. For this reason, MEDICAL CREW and/or public rescue organizations will be on standby along the route right up to the last participant. Should anyone be in distress, the medical information hotline must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: the time lost will be reimbursed.

In nature, there are always unforeseen circumstances that delay immediate assistance. Everyone is challenged here - through personal responsibility and self-discipline. In the best case scenario, the race ends at a control or aid station. The MEDICAL CREW may disqualify participants at any time and remove them from the race if they are no longer able to finish the race under their own steam or only if there is a risk of endangering their health and/or endangering the course personnel or the MEDICAL CREW.

What else is the MEDICAL CREW allowed to do? First of all, it may examine participants from a medical point of view and check the mandatory equipment, remove or evacuate participants using the appropriate means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition requires it.

Costs for a possible deployment for suitable rescue outside the services of MEDICAL CREW shall be borne by the participant.

MEDICAL INFO HOTLINE: +49 151 550 101 48
EURO-EMERGENCY NUMBER: 112

The medical info hotline can be found on the course maps and on the back of the race number. If the medical information hotline cannot be reached, the emergency number 112 must be contacted immediately.

16 DOPING

Any case of doping will result in the immediate disqualification of the participant concerned. Intravenous infusions are prohibited without a medical exemption, even in the case of exercise-induced dehydration. The race doctor will decide on justified medical applications in accordance with WADA regulations. Doping tests are possible at any time.

17. OUTSIDE HELP

Outside help (from spectators, coaches or other participants) is generally not permitted! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. You are allowed to accept food and/or drinks from supporters at the official refreshment points. Attention! Please note point 19!
2. in the event of falls, injuries or other emergency situations, you may accept help at any time (in the form of food, drinks and/or replacement clothing).

18. ENVIRONMENT/NATURE CONSERVATION

Trail runners are not polluters. Therefore: only dispose of waste at the refreshment points and do not deliberately damage nature.



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19. THE ZUGSPITZ ULTRATRAIL RULES

The SALOMON ZUGSPITZ ULTRATRAIL powered by LEDLENSER takes place on public and non-closed roads, forest roads, hiking trails and alpine trails.

Participants must comply with the road traffic regulations of the respective country at all times. All participants must follow the instructions of the police and official route personnel.

Off the official route, there may be a risk of falling in some places, which is why shortcuts (including "shortcutting" hairpin bends etc.) or self-chosen route variants are prohibited. All participants run at their own risk.

If it becomes confusing or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is under no obligation to do so.

Support from a moving support vehicle or from a bicycle is prohibited. Impairment of the course of the race by support vehicles of any kind can be punished with time penalties or disqualification of the supported participant. If support vehicles are encountered on sections of the route that are closed to public traffic, this will result in the immediate disqualification of the participant being supported.

For reasons of nature conservation, it is strictly forbidden for individual participants or teams to pollute or damage the route and the surrounding nature. This includes, in particular, spraying or painting the course. Any violation will result in the immediate disqualification of participants who were or should have been supported.

Anyone who disposes of waste such as food packaging, bottles or drinks cups in the countryside instead of at the refreshment points will be disqualified immediately.

Participants who start with poles must carry them with them to the finish. Conversely, no participant who has started without poles may have them handed to them en route.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams must show consideration, sportsmanship and fairness.

20. PROTEST AND JURY

Every participant can lodge a protest at the Race Office and name witnesses up to one hour after the finish in the event of rule violations by other participants or against decisions made by the race management. A jury will then decide on the protest within 24 hours. All named witnesses must be present. The protest fee is € 100.00. The protest fee remains with the organizer if the protest is lost. The infringements listed above, which can lead to time penalties or disqualifications, are only an excerpt from other possible actions that can be punished by penalties.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract with each individual participant up to the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 Para.2 BGB. Settlement shall then take place in accordance with § 346 BGB.

The race and organization management reserves the right to make any changes to these regulations at any time.

Note: For reasons of readability, the masculine form has been chosen in the text; nevertheless, the information refers to members of both genders.

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