



# 17th Chiemgau 100 2021

## 100 km & 100 miles - mountain ultra run



<b>Date:</b>	<b>Friday 30.7. - Sunday 01.8. 2021</b>		<a href="http://www.chiemgauer100.de">www.chiemgauer100.de</a>
<b>Program:</b>	<b>Friday 30th 7th</b> from 11:00 start number distribution 12:00 100 mile briefing from <b>13:00 - 19:00 100 miles start</b> until 2:00 p.m. drop bags V2 - V5 17:30 Briefing & pasta party 100km 21:00 Race office closes	<b>Saturday, July 31st</b> from 04:00 check-in / breakfast until 05:00 drop bags V8 - V11 <b>05:00 100 km start</b> until 8:00 am drop-off bags  <b>24:00 finish time</b>	<b>Sunday August 1st</b>  <b>10: 00-12: 00 award ceremony</b> Returns drop bags

**Place:** Sports field Bergen, Am Sportplatz 6, D-83346 Bergen

**Stretch:** **Main route 100 km:** approx. 4700 m - time limit max. 7 p.m. (Sat. midnight), no course records (male / female) as the new route will be in 2021! 28km of Alpine hiking trails / natural, 30km of loose ground, 25km of paved ground / gravel, 12km of asphalt. **100 mile route (161 km):** approx. 7300 m - time limit max. 35h (Sa 24:00), no course records (male / female) because the route will be new in 2021 40km of alpine hiking trails / natural, 45km of loose ground, 55km of paved ground / gravel, 14km of asphalt

**Route marking:** Markings of the hiking trails, arrows on the ground, marking tape on trees etc., reflectors at night. Markings may be missing or changed due to rain, vandalism etc. The participant is responsible for finding the route without any markings! **gpx files can be downloaded!**

**Control posts:** at least 9/14, show your start number! In addition, individual route recording using the GPS tractor

**Catering:** **100 km:** At least 7 refreshment stations with water, sports drink (ultraSPORTS Buffer), cola, carbohydrates, fruit, bars ... 3 control points with water and minimal food. Care by your own supervisor is only allowed at the refreshment stations (equal opportunities!). Everyone is allowed to buy food at mountain pastures and restaurants. It is recommended that you bring a drinking bottle, electrolyte powder, energy bar and some money with you. **100 miles:** In addition, at least 4 supply stations, 2 control points with water

**Supply bag:** Possible at almost all refreshment points, including Hochfelln, in limited numbers and sizes. Drop bags are included (Drop bags) Label the start number and km of the refreshment station. No liability for the drop bags. Use common

**Regulate:** sense, personal responsibility. no blind trust in the organization! No pacemakers, dogs, vehicle use; do not throw away any rubbish (nature reserve!). (V7) Sports field / Basecamp 11:30 am, (V8) Hochfellngipfel 2:00

**Cut offs:** pm, (V9) Langerbauer Alm from 4:30 pm - only a shortened route without Hörndl, (V11) Oberscharam 10:00 pm, destination Bergen sports ground midnight

**Task / shortening:** The race office must be informed immediately if the vehicle is abandoned. When abandoning or timed out there is no entitlement on return transport, even if we support this as far as possible. The run can be shortened to approx. 80/141 km by reporting to the control point Langerbauer Alm 7Röthelmoos (V9).

**Disqualification / Time penalties:** At the discretion of the race management in the event of excessive demands, unsportsmanlike behavior, short cuts, vehicle use, throwing away rubbish on the route (nature reserve!) By runners or supervisors, etc.

**Participants:** From 18 years, participant limit: 150 in the nature reserve, participation only with suitable health and training condition (Individual responsibility)

**Participation fee:** 75 € until 31.1., 90 € until 30.6., 100 € until 28.7., 110 € from 29.7. (Incoming payment) include the organization, rental GPS tracker and live tracking via legendstracking.com, pasta party, catering and participant t-shirts. Any surpluses are used to reimburse the volunteers. Refund if canceled by 1.4. 60 €, until 1.7. 50 €, thereafter no refund! We have to charge a fee of € 150 for GPS trackers that are not returned.

**Account details:** TSV Bergen account IBAN: DE66 7109 0000 0608 3336 70, VR Bank TSV

**Organizer:** Bergen, trail running

**Overnight stay:** Camping site Wagnerhof (<https://www.camping-bergen.de/>) or for rooms or apartments the Tourist Info Bergen: +49 (0) 8662/8321 , e-mail for booking requests [tourism@bergen-chiemgau.de](mailto:tourism@bergen-chiemgau.de) ; or leads directly to the room booking <https://www.bergen-chiemgau.de/index.php?id=73>

**General Hints:** The run is at your own risk and in accordance with the currently published corona rules. Each participant must sign a disclaimer before the start. The organizer reserves the right to refuse participants without giving reasons, to change the route or to shorten, break off or cancel the race for an important reason. In the event of cancellation, the participation fee will be reimbursed minus the costs already incurred.

**Hazards:** The run takes place independently, at your own risk. The route is **Not** locked or monitored, there is sometimes a risk of falling. The StVO is to be followed on roads and the traffic to be observed. **You should only take part if you have the confidence to be able to assess and evaluate alpine dangers in a racing atmosphere.** It may be necessary to cancel the run yourself or, for example, to B. to interrupt at an alpine pasture, for example, forces of nature should make this necessary. The dangers include, without claiming to be exhaustive: car traffic, mountain bikers, storms, lightning strikes, falls, slipped paths, mudslides, falling rocks, tree felling, adders, grazing cattle, farm dogs, etc., which can lead to injuries or even death.



# 17th CHIEMGAUER100 2021

100 km / 100 miles mountain - Ultra Trail run



**Chiemgau 100:** The Chiemgauer 100 Bergultra is a 100 km nature trail adventure run that mainly uses alpine hiking and forest trails and has several noteworthy - and technically difficult - climbs and descents. It is based on the harder American 100 mile landscape runs, but the main distance is "only" European 100 km. A preamble to extend to 100 miles and start the day / evening before is possible. Since 2021 the run has been carried out with a new route and start in Bergen.

The route connects the most beautiful natural running routes in the area. Both routes can officially be shortened by approx. 20 km by leaving out the Hörndl as the last mountain from Röthelmoos and the final loop through the Bergen area and mountains.

**Route:** The 100 km route consists of two loops, with first a 32 km long loop with repeated views of the Alpine foothills and then a large 68 km loop over the Hochfelln and the Hörndl, which ends with a loop around Bergen. It partly runs on narrow alpine hiking trails, so that surefootedness is a requirement. The cumulative increases are approx. 4700hm or 7300hm. 14 refreshment stations are distributed along the route. The 100-mile runners start the evening before with an extended first loop with circling the high plateau and the Kampenwand, as well as crossing the Hochgerns, and in the morning after 77 km and 3600 hm on the 100 km route (at their km 19).

**Registration** for the Chiemgauer 100 Ultra Mountain Run: on July 31, 2021:  **100 km**  **100 miles** on July 30/31, 2021

Last name: \_\_\_\_\_ First name: \_\_\_\_\_ Gender: \_\_\_\_\_

Street: \_\_\_\_\_ ZIP: \_\_\_\_\_ City: \_\_\_\_\_ Country - Country: \_\_\_\_\_ Nationality

\_\_\_\_\_ Date of birth: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile phone: \_\_\_\_\_ T-shirt size \_\_\_\_\_ I have already been \_\_\_\_\_ times a participant and \_\_\_\_\_ times have been a helper or have brought a helper with me

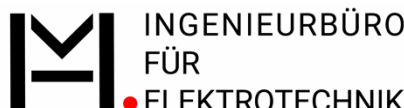
I have transferred the fee of € to the account of TSV Bergen IBAN: DE66 7109 0000 0608 3336 70.

**Disclaimer:** I take part in the Chiemgauer 100 Bergultra at my own risk and responsibility. In particular, appropriate equipment as well as stopping the run for my safety are up to my own assessment. I declare that I have been sufficiently informed about the dangers of the run, that I am physically fit and physically capable of running this 100 km / 100 miles

- Participate in a mountain ultra run. I waive any liability claims against the organizer, host, helpers and other people involved in the run.

\_\_\_\_\_ Place  
and date

\_\_\_\_\_ signature



**BARTEL**  
LEGAL



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