



# 18th Chiemgauer100 2022

## 100 km- & 100 miles – mountain ultra run



<b>Date:</b>	Friday 29.07. – Sunday 31.07. 2022		<a href="http://www.chiemgauer100.de">www.chiemgauer100.de</a>
<b>Timetable:</b>	<b>Friday 29.07.</b> 11:00 registration 12:00 100 miles briefing <b>13:00 – 19:00 staggered starts</b> <b>100 miles</b> till 14:00 disposal of dropbags V2 – V8mi 17:30 briefing & pasta party 100km 21:00 race office closes	<b>Saturday 30.07.</b> 04:00 check-in / breakfast till 05:00 disposal of drop bags V8km – V11 <b>05:00 100 km start</b>  <b>24:00 course closure time</b> <b>100mi &amp; 100km</b>	<b>Sunday 31.07.</b> 09:00 breakfast <b>10:00-12:00 award ceremony and raffle</b> collection of drop bags

**Venue:** Sportplatz Bergen, Am Sportplatz 6, D-83346 Bergen

**Course:** **100 km course:** ca. 4700m height – time limit: 19h (Sa. 24:00), course records: 12:40 m, 14:59 f; 28km alpine trails/ natural, 30km loose ground, 25km paved ground/gravel, 12km sealed. **100 miles (161 km) course:** ca. 7300m height- time limit: 35h (Sa 24:00), course records: 23:04 m, 27:55 f; 40km alpine trails/natural, 45km loose ground, 55km paved ground / gravel, 14km sealed

**Marking:** The course is marked with arrows on the ground (flour, chalk) and marker tape, partly with reflectors for the night. Cave: Markings can be destroyed, modified or lost by rain or vandalism. Participants are responsible for finding the right course even without markings. **Gpx-files are available for download !**

**Control posts:** At least. 9/ 14, Show your bib! There will be individual GPS-tracking as well.

**Catering:** **100km:** at least 7 catering posts mit water, iso drinks, coke, carbohydrates, fruite, energy bars,... 3 control posts with water and minimal catering. Individual catering by your own team is only allowed at designated catering posts (equal chances). Purchase of additional food or drinks at huts or inns is allowed for all. It is highly recommended to carry drinking bottle/soft flask, electrolyts, energy bars and money along. **100 miles:** additional 4 catering posts and 2 control posts with water

**Supply/Drop bags:** For 9 catering posts incl. Hochfeln bags can be dropped (in limited number and size). Bags need to be signed with start number and km/catering post number. However, we can't take liability for the bags.

**Routes:** Make extensive use of common sense. You participate, take breaks, run, stop withdraw at personal responsibility! Don't rely on the orga team! No pacemaker, dogs, vehicles allowed. No littering (national park!)

**Cut offs:** (V7) Sportplatz/Basecamp 11:30am, (V8) Hochfellingipfel 2:00pm, (V9) Langerbauer Alm from 4:30pm – only shortened course without Hörndl, (V11) Oberscharam 10:15pm, Finish: Sportplatz Bergen 12:00pm

**Pullout/short cut:** On pullout you need to inform the race office at once! After pullout or failing to meet the time limit you are not entitled to be transported back, although we aim to support you by all reasonable means. After informing the control post at Langerbauer Alm/Röthelmoos (V9) the course can be shortened to 90/151 km.

**Disqualification / time penalty** At the discretion of the race management at exhaustion, gamesmanship, short cuts, transport by vehicle, littering the course by participants or their support team, etc.

**Participants:** minimum age 18, maximum number of participants: 150 within the national park; you can only participate in adequate health and training condition (at personal responsibility)

**Participation fee:** 85 € till 31.1., 100 € till 30.6., 110 € till 28.7., 120 € from 29.7. (receipt of payment) including organisation, rental for Gps tracker and online tracking via <https://chiemgauer100-2021.legendstracking.com/>, pasta party, catering and participants shirt. Any surplus is used to reimburse volunteers. In case of cancellation there will be a refund of €60 until 1.4., 50 € until 1.7, but non thereafter. We have to charge a fee of € 150 for GPS trackers that are not returned.

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

**Organizer:** TSV Bergen, Trailrunning; Dirk Misselhorn [dirk@chiemgauer100.de](mailto:dirk@chiemgauer100.de)

**Accommodation:** Camp ground Wagnerhof (<https://www.camping-bergen.de/>); Rooms and apartments: Tourist-Info Bergen: Tel.: +49 8662 8321, [tourismus@bergen-chiemgau.de](mailto:tourismus@bergen-chiemgau.de); <https://www.bergen-chiemgau.de/index.php?id=73>

**Allgemeine Hinweise:** The run is at your own risk and in accordance with current 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 event takes place at personal responsibility of every participant and at one's own risk. The route is not blocked or monitored, the StVO is to be followed on roads and the traffic is to be looked after. In sections is a risk of falling. You should only take part if you have the confidence to be able to assess and rate alpine dangers in a racing atmosphere. It may be necessary to cancel the run yourself or, for example, to interrupt at an alpine pasture, for example, if forces of nature should make this necessary. The dangers include, without claiming to be complete: car traffic, mountain bikers, storms, lightning strikes, falls, slipped paths, mudslides, falling rocks, tree felling, adders, cattle, farm dogs, etc., which can lead to injuries or even death.



# 18. CHIEMGAUER100 2022

100 km / 100 miles mountain ultra trail run



**Chiemgauer100:** 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 resembles the harder American 100 miles landscape runs, but the main distance is "only" European 100 km. To extend to 100 miles a preamble is offered that starts the day / evening before. Since 2021 the run takes place with a new route and start in Bergen. The route combines the most beautiful natural trails in the area. Both courses can officially be shortened by approx. 10 km by leaving out the Hörndl as the last mountain on notice at (V9) Röthelmoos. The short cut follows the main course from Vorderalm to the finish in Bergen.

**Course:** The 100 km route consists of two loops. The first one of 32 km length offers various views of the alpine foothills and Lake Chiemsee. A larger 68 km loop over the Hochfelln and the Hörndl, which ends with a passing through Bergen completes the course, which partly runs on narrow alpine hiking trails, so that surefootedness is a requirement. The cumulative ascends are approx. 4700hm and 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 Hochplatte and the Kampenwand, as well as crossing the Hochgern, and joins the 100km course in the morning again after 77 km and 3600 hm.

**Registration:** for the 18th Chiemgauer100 ultra mountain trail run:  100km on Sat 30.7.2022  100mi on 29./30.7.2022

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

Street: \_\_\_\_\_ Zip : \_\_\_\_\_ City : \_\_\_\_\_ Country : \_\_\_\_\_

:Nationality \_\_\_\_\_ Date of Birth:: \_\_\_\_\_ Club/Team:: \_\_\_\_\_

Email : \_\_\_\_\_ Mobile: \_\_\_\_\_ T-shirt size \_\_\_\_\_

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 discretion. I declare that I have been sufficiently informed about the dangers of the run, that I am physically fit and physically capable to participate in this 100km / 100mi mountain ultra run. I waive any liability claims against the organizer, host, helpers and other people involved in the run.

Place, Date

Signature



T Z A P A S



BARTEL  
L E G A L



TANDEM KOLLEGEN