

Programme

Friday, June 29th 2012

- 1 pm Trip to Brandnertal / Lünersee
(registration: info@berglaufteam.com)
- 4 pm – 7 pm Technical Information Centre (TIC) . Help Desk (Stadtsaal)

Saturday, June 30th 2012

- 1 pm – 6 pm Technical Information Centre(TIC). Help Desk (Stadtsaal)
- 4 pm **Parade of Nations**
from Rathaus to Riedmillerplatz with speeches and live music;
- 6 pm Pasta-party, Muttersberg

Sunday, July 1st 2012

- 8 am – 10.30 am Technical Information Centre (TIC) Help Desk (Stadtsaal)
- 10 am **Welcome to the EM participants**
Begin of the Championships at Riedmillerplatz
- 10.30 am Open race Category Jun W/M 20 - 35
- 11 am Start European Masters Championship races (Riedmillerplatz)
- 11.00 am Category W 65 – W 70+, M 65 – M 75+
- 11.20 am Category W 55 – W 60, M 55 – M 60
- 11.40 pm Category W 45 – W 50, M 45 – M 50
- 12.00 pm Category W 35 – W 40, M 35 – M 40
- 3 pm Awards ceremony for 4th EVAA/WMRA European Master Championships – Mountain Running 2012 with interviews and race reports on Muttersberg

Information / Rules

Organiser

Union Berglauf Team Sparkasse Bludenz
Chairman Hubert Rödhammer
Im Haldawingert 6, A 6700 Bludenz
www.berglaufteam.com,
info@berglaufteam.com
Tel: +43 / (0)6509228009

Entry fee EM

The entry fee amounts Euro 35,-- per person and includes the following services:

- EVAA fee plus € 1,-- for a Doping Test;
- EM Finishers-T-Shirt;
- EM Finishers-Medal;
- Pasta-party the night before (Saturday, June 30th 2012);
- Refreshments during the competition;
- Luggage transport and after-race return on the Muttersberg-cable-railway

Entry fee open race

The entry fee amounts Euro 17,--

Registration

Online Registration provided by BibChip. [Online Registration – www.berglaufteam.com]

Entry deadline

Saturday, June 16th 2012.

No entries accepted after this date.

Payment

Online Payment by using Internet Registration provided by BibChip.

Time Measurement

Time measurement for the European Masters Mountain Running Championships will be carried out by using data race bibs (www.bibchip.at).

Each runner will receive a race bib with a personal coded data chip.

Race bibs need not be returned. There is no deposit for the race bibs.



Race course

The race course (for all categories) has been officially measured and amounts 8,2 kilometres.

- Start: Bludenz (Riedmillerplatz), 560m above sea level
- Finish: Muttersberg, 1400m above sea level
- Difference in altitude: + 840m

Terrain

km 0 – km 1,4	asphalt road
km 1,4 – km 3,3	mountain path, 24 % slope
km 3,3 – km 3,8	asphalt road
km 3,8 – km 8,2	gravel road

Entry terms & conditions

You must have reached the age of 35 years by the date of the race, 1st July 2012. You must not be suspended from athletic competition by EVAA, WMRA or your national athletic federation (IAAF member).

The event complies with the regulations of the EVAA, WMRA and the "Österreichischer Leichtathletik Verband (ÖLV)".

Participants will be informed about any special organisational measures before the start of the event. The organiser's instructions must be followed completely. In the event of non-compliance, before or during the race, the organisers may at all times exclude and / or disqualify any runner who is disturbing the normal course of the event or endangering his own safety or that of other participants.

Personal health insurance is the sole responsibility of the participant.

The Union Berglauf Team Association bears no liability in the event of accident or illness. Emergency medical facilities will be available during the race.

Doping tests

All competitors are liable to be requested to submit to a doping test before or after the competition. Registration implies willingness to be subject to testing.

Individual Awards

Individual results are allocated to the following age-groups:

M/W 35, 40, 45, 50, 55, 60, 65, 70 and M 75+ with age being that **on the day of the race**.

Medals (gold, silver and bronze) will be awarded to the first 3 individuals in each category.

Team Awards

Teams will be awarded in the categories M/W 35, 40, 45, 50, 55, 60, 65, 70 and M 75+. The team results will be decided as follows:

The first three runners per nation in the same 10 (ten) years age group build up a team by TIME SCORING. There is no requirement to declare the names of team members.

Medals (gold, silver and bronze) will be awarded to the first 3 in each category.



Start Preparations

Technical Information Centre (TIC) at the Stadtsaal

Friday, June 29 th 2012	4 pm – 7 pm
Saturday, June 30 th 2012	1 pm – 6 pm
Sunday, July 1 st 2012	8 am – 10.30 am

Race bib will only be issued on presentation of a valid proof of identity and age.

Problems/queries: contact the Help Desk at the Stadtsaal.

Changing rooms

Changing rooms for EM-runners at Volksschule Mitte (approx. 300 m from start).

Luggage

1 item of luggage per participant will be transported to the finish. Luggage has to be handed in at marked transport vehicles 30 minutes before start at the Riedmillerplatz. Luggage must carry the participant's name and race bib.

Finish

Finish

Muttersberg

Every finisher will receive an official finisher's T-shirt and a memorial medal.

Showers

The luggage depot and showers are located at the finishing area.

Results

All results and ranking lists will be available on Internet from 5 pm on Monday (2nd of July): www.berglaufteam.com

Ranking lists will also be posted up in the evening. Please note that no printed ranking lists will be sent by post. Please use the Internet.

Return transport

Return transport to Bludenz is only possible by using the "Muttersbergseilbahn". Return transport for runners is included in the starting fee (use race bib as entrance card).

Arrival



Whether by private car or public transport – Austria’s dense rail and road network guarantees trouble-free travel to Bludenz.

Arrival by car

- from Germany via Lindau – A14 Bregenz – Feldkirch to Bludenz
- from Switzerland via Dornbirn or Feldkirch (A14) to Bludenz
- from I, SLO, H, SK, CZ via Innsbruck (A12) – Arlberg to Bludenz

Vignette

You have to pay a toll for using the Austrian motorway.

Arrival by plane

- Airport Altenrhein, CH (75 km)
- Airport Friedrichshafen, D (90 km)
- Airport Zürich, CH (150 km)
- Airport Innsbruck, A (135 km)
- Airport München, D (240 km)



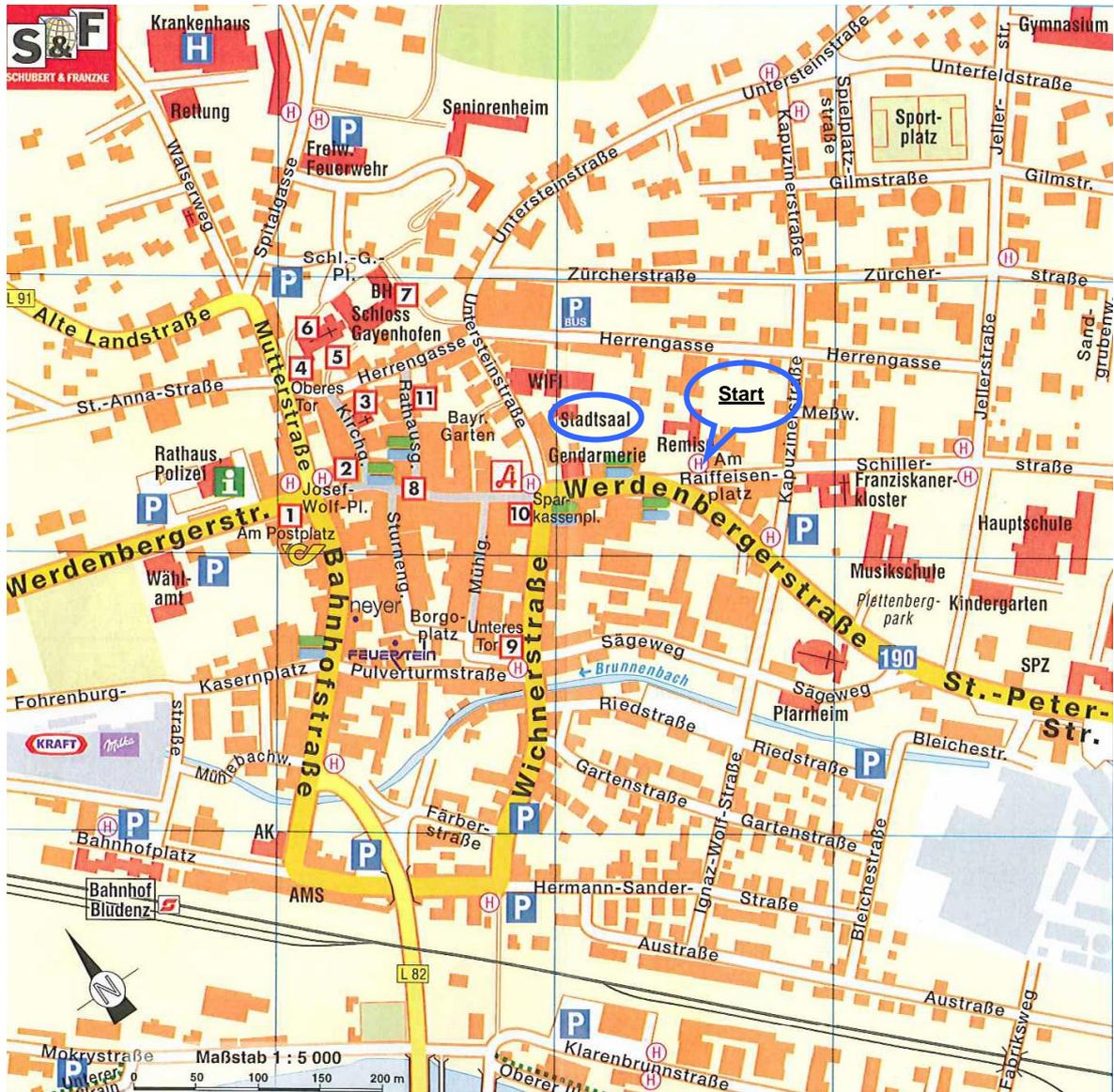
www.berglaufteam.com

4th EVAA-WMRA European Master Mountain Running Championships

1. Juli 2012 | Start: 11.00 Uhr | Bludenz/Nüziders | Austria

EUROPEAN
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Bludenz Map





www.berglaufteam.com

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1. Juli 2012 | Start: 11.00 Uhr | Bludenz/Nüziders | Austria

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Accommodation

Accommodation in Bludenz:

Bludenz Tourismus & Stadt-Marketing GmbH

Werdenbergerstraße 42

6700 Bludenz

AUSTRIA

Telefon: +43 (0)5552 63621-261

Email: tourismus@bludenz.at

www.bludenz.at



Accommodation around Bludenz:

Alpenregion Bludenz

Rathausgasse 12

6700 Bludenz

AUSTRIA

Telefon: +43 (0)5552 30227

Email: info@alpenregion.at

www.alpenregion.at

