



Oberstdorf Shorttrack Summercamp 2024

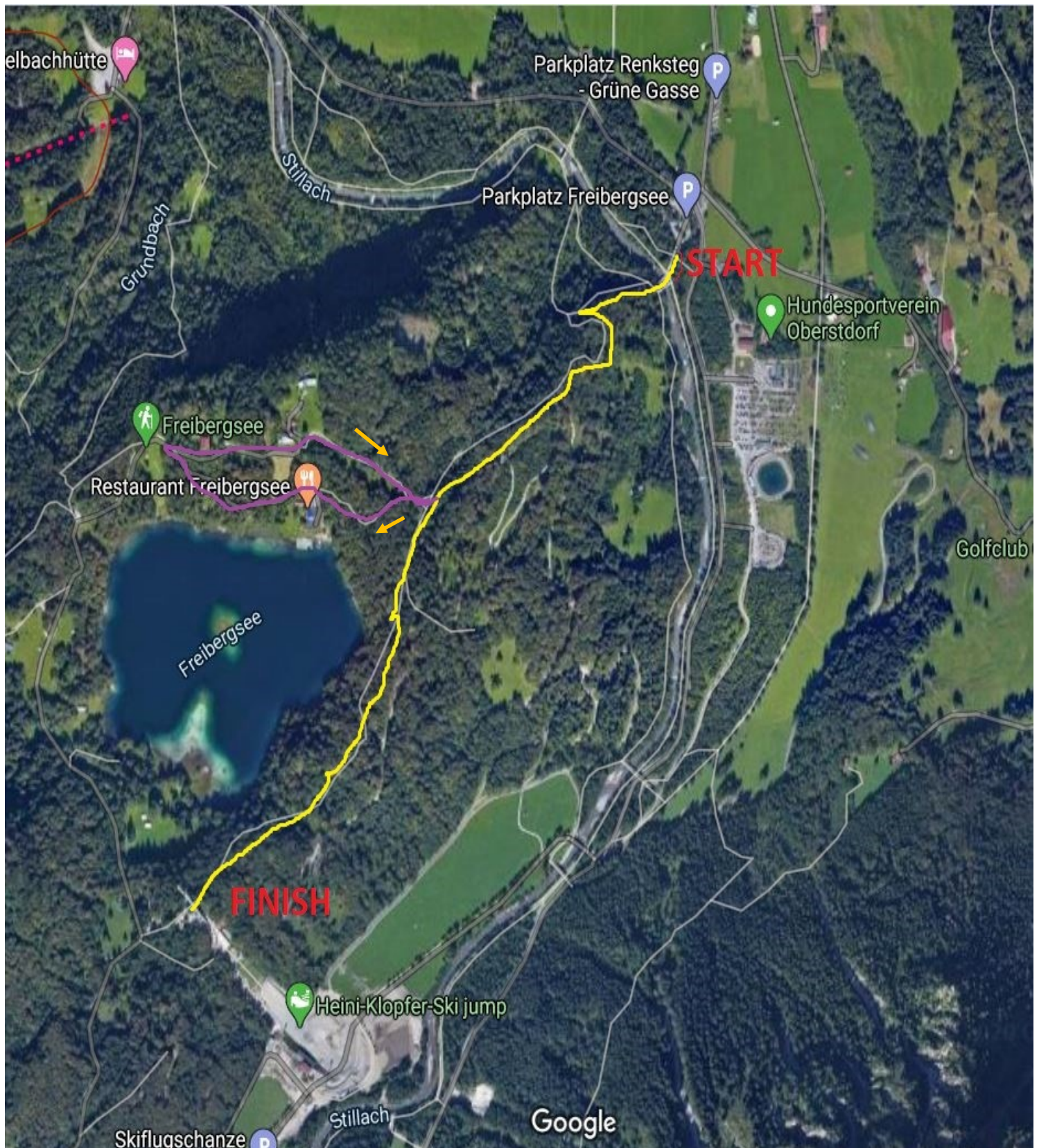
Bulletin nr 11

Sunday 4 August 2024

Mountain Run Monday 5 August 2024

The Mountain Run will take place in the woods of the Freiberg See just outside of Oberstdorf. The Mountain Run is an individual Time Trail and counts for the Overall Classification of the Summercamp Trophy. Please read this bulletin very carefull.

- Start location:** the Start is at the Parkplatz Freibergsee at the Birgsauer Strasse.
- Track:** The categories CDEF (including Recreational) will run 1,9 km from the start straight up the mountain to the Finish at the top of the Ski-Jump. The categories BASMR will do halfway the track an extra lap around the Freibergsee and then Finish also at the top. This distance is 5 km.
- Time schedule:** the time schedule will be published as a bulletin on the website and Mobile Website. First group report at 10.00 hr and last group at 12.00 hr. Do not come earlier but also not too late as everybody has a fixed starting time.
- RED Race-number:** the Red T-shirt with race number, handed out at the Registration on Saturday, must be used during the run. Recreational Runners will get their BIB-number at the start.
- Waiting to Start:** assemble with your start group at the parking Place. Do not go by yourself over the bridge as this gives a traffic jam with other tourists.
- Start:** The start is after the bridge. The startgroup will be collected in the Heatbox and go with the whole group together to the start.
- Tickets elevator:** all runners go down after the finish with the elevator of the Ski Jump using their RED Bib-number T-shirt. Parents who helped as Road Marshall can get, if necessary, a free ticket for the elevator at the start.
- Cost of Elevator:** People taking the elevator having an Oberstdorf Card can get a discount on the ticket price. The normal rate of the Elevator (up and down plus sight seeing) is around 15,00 euro.
- Water & drinks:** All runners have to bring their own water or drinks.
- Award Presentation:** the Award Presentation will take place at the parking place at the foot of the Ski-jump next to the restaurant. Runners have to come to the Award Presentation immediatelly after decending with the Elevator from the Ski-jump. See the seperate Time Schedule for this.
- Mountainrun Lunch:** this is in the restaurant at the foot of the Ski-Jump. It is a fixed menu including a drink. Vegetarians have to inform the waiter for the special menu. Only people with a ticket for the lunch can go into the restaurant. After the lunch you are requested to leave the restaurant immediatelly because we need the places for the next group.
- Volunteers:** We need volunteers on the track as Road Marshall: see next page.



Volunteers to help on the track as Road Marshall

For every group we need Road Marshalls on the track to guide the runners. We request family/supporters to help as a Road Marshall in the group where they have runners in.

Volunteers have to report to the coordinator of the Road Marshalls Ronald Goud at the start. After this they will be positioned by the Track coordinator Maarten Slembrouck to their positions. Volunteers will get a free ticket for the elevator of the Fluschanze to go down the mountain.