



# Oberstdorf Shorttrack Summercamp 2025

Bulletin no. 07

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## Mountain Run Monday 4 August 2025

On Monday the Mountain Run is held in the woods of the Freibergsee just outside the village of Oberstdorf. The start is at the parking place of the Freibergsee at the Birgsauer Strasse. For the Juniors CDEF the track is 1,9 km long and goes from the start straight up the mountain to the finish at the top of the Ski-Jump. The older categories will run 5 km with half-way the track an extra loop near the Freibergsee and then go to the finish at the top. The Mountain Run is an individual Time Trial with awards for every age-category and scoring points for the Overall Classification of the whole week. Recreational runners can also join in this event.



After the finish all runners have to descend (for free) with the Elevator of the Ski-Jump. The award presentation is in the restaurant "Schonzewiert" at the foot of the Ski-Jump.

Here also the Mountain Run Lunch is held. All skaters get a free ticket for the meal and a drink. Family and friends of the skaters can also join for the lunch but have to make a reservation for tickets in the Skaters Registration form.



### **Volunteers to help on the track as Track Marshall & First-aid**

For every age-group we need Track Marshalls and First-aid on the track to guide the runners. We request family & friends to help for the group where they have runners in. Volunteers have to report to the coordinator of the Track Marshalls at the start. After briefing they will be positioned by the Track coordinator on their positions. The Track Marshalls will get a free ticket for the elevator of the Ski-Jump to go down the mountain after the competition.