

# Medical services for outdoor sports events



## The Most Important Rules for the LOWA Trail Trophy

**Start conservatively** and always think about the next day – not just the current stage. You won't get full recovery; instead, the strain accumulates day by day. Run conservatively every day, not just on the first. Remember: a fast kilometer today may result in your slowest stage tomorrow.

**Pay close attention to nutrition, hydration,** and recovery immediately after finishing – not later. Your body needs to perform again each day. It is under constant stress due to lack of sleep, weather conditions, and fluid deficits. This makes you more susceptible to infections and a drop in performance.

**Run downhill in a controlled manner** to protect your muscles. Downhill running always causes microtrauma in the muscles, leading to heavy legs and loss of coordination.

**Check your feet daily** to detect problems early. A common mistake in stage races is to ignore a blister on the first day. It becomes a problem on the second day and may force you to withdraw on the third. Listen to your body, take warning signs seriously, and act early. Solve small problems immediately and seek help in time – the key is to stay healthy for all four days and reach the finish.

**You don't have to be strong every day – just consistent.  
Eat, drink, recover. Run downhill with control.  
And each evening, focus on your body – not your ranking.**

## Medical Support – Alpine Medics

Throughout the entire race, the **Alpine Medics team** is on duty to ensure your medical safety. We are available in the start/finish area from one hour before the race until one hour after the last runner finishes.

Our teams are also positioned **along the course and at aid stations** – fast, professional, and exactly where you need them.

Whether it's minor issues, exhaustion, or an emergency: **don't hesitate to contact us.** We will take care of you, provide on-site treatment, and ensure the best possible care.

In case of emergency: **Stay calm** and ensure safety. If possible, leave the danger zone and assess the situation.

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Event emergency number to reach **Alpine Medics** on site:

 **Event emergency number:**  
**0049 8324 933550**

Of course, you can also call the **European emergency number:**

 **Europe: 112**

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## What to Do in an Emergency

- Provide your location (e.g. using what3words)
- Stay warm (jacket, emergency blanket)
- Ask other runners for assistance

On site, **Alpine Medics will provide initial treatment** and coordinate all further measures together with mountain rescue and emergency services.

### **IMPORTANT:**

It's better to seek help early than too late!

Your safety and the safety of others is more important than the race.

We wish you lots of fun and a successful competition in the best of health!  
**Alpine Medics**