

Reglement Lowa Trail Trophy 2026

1. Participation Requirements

Participants in the Lowa Trail Trophy must be at least 18 years old. The race routes lead through challenging alpine terrain, so participants must be confident on their feet, have experience of moving on alpine trails and be able to handle sections secured with ropes. Participants must navigate independently using the provided GPX data or maps by the organizer. By submitting the liability disclaimer, participants confirm that they are physically fit. Participation should be avoided in case of health issues or injuries.

2. Autonomy

Participants in the event must be capable of navigating and supplying themselves independently. Providing a competitive advantage through external assistance will result in disqualification. External help is only permitted in the event of an emergency or accident. Participants who receive such assistance will be removed from the official ranking (see point 17).

3. Route

The Lowa Trail Trophy consists of stages of varying lengths and difficulty levels. The organiser reserves the right to modify the routes at short notice due to adverse weather conditions or unforeseen hazards, or to replace them with alternative routes or close sections. Current information will be provided at the stage briefing the evening before, or via the official website (www.trail-trophy.com/strecke/).

4. Categories

The following categories are offered:

- 4-day competition: MEN, WOMEN, MASTER MEN/WOMEN (40+), SENIOR MASTER MEN/WOMEN (50+), GRAND MASTER MEN/WOMEN (60+)
- 4-day relay: MEN, WOMEN, MIXED
- 2-day competition: MEN, WOMEN

For age groups, the reference date is the event start day. If the minimum number of 15 participants per category is not reached, participants will be merged into another category.

5. Equipment

Compliance with mandatory equipment is required throughout the entire race. Random checks will be carried out; violations will result in time penalties or disqualification.

Mandatory equipment:

- Trail running shoes with treaded soles
- Waterproof jacket with taped seams
- Insulating mid-layer (long-sleeve top or short-sleeve shirt with arm sleeves, plus long pants/leg warmers covering all extremities)
- Gloves and head covering
- Foldable cup
- Water container/bottle (minimum capacity 1.0 liter)
- Emergency kit (1 emergency blanket, 1 compress 10x10 cm, 1 bandage, 1 pair of disposable gloves, 1 triangular bandage, 4 plasters, emergency whistle)
- Navigation device (GPS watch with track or printed map)
- Mobile phone (with Alpine Medics number saved and international reception capability)
- Labeled food packaging (race number)
- ID card

Depending on conditions:

Snow spikes (for snowy sections) and a helmet (EN 12492 standard) may be mandatory on certain stages. This will be announced in the briefing.

Tip:

Bring sunscreen, anti-chafing cream, sunglasses, running poles, and your own nutrition. A personal foldable bowl for food distribution at aid stations is also recommended.

6. Race Number

Race numbers are non-transferable and will be issued at registration upon presentation of ID and a signed liability disclaimer. They must be worn visibly at all times during the race.

7. Timekeeping

Timing is done via the system attached to the race number. Any defect or loss must be reported immediately to race management or at checkpoints.

8. Briefing and Start

Participants must review and confirm the online course briefing (sent one week before the start). The starting lineup begins 45 minutes before the official start. Evening briefings for the next stage take place at the stage locations.

9. Neutralized Start

If a neutralized start is used, overtaking the lead vehicle is prohibited.

10. Course Marking

The route is marked with chalk spray, signs, tape and flags. These serve only as additional guidance. Participants must not rely solely on continuous marking, as it is not guaranteed. Due to external factors such as weather conditions or vandalism, continuous visibility cannot be guaranteed. Therefore, participants must use the provided map materials (GPX data or printed maps) for navigation. Markings will be removed once the time limits have expired.

11. Checkpoints and Aid Stations

Locations are shown on the online route map. The registration of all participants at checkpoints is mandatory. Skipping a checkpoint results in immediate disqualification.

12. Time Limits and Finish

Time limits are published on the website and may be adjusted due to weather. Alpine Medics or race management may remove participants for exceeding limits, for safety or for health reasons. Missing a time limit results in the eligibility for the finisher shirt. Late arrivals in the finish area or at a checkpoint, are removed from official rankings and from that day's race. Participants may continue the next day but are no longer considered finishers.

13. Withdrawal

Participants who withdraw must immediately inform Alpine Medics (Tel: **+49 8324 933 550**). Costs for search operations due to unreported withdrawal must be borne by the participant.

14. Sanctions

Violations against the regulation, including doping, shortcuts on the course, traffic violations according to the StVO, or ignoring staff instructions, result in time penalties (5–120 minutes) or disqualification without refund.

15. Medical Care

Alpine Medics provide medical support at start/finish and along the course. In emergencies, contact the Medics team or ask other participants for help. They may remove participants if continuing is unsafe. Costs for rescue operations beyond basic care must be covered by the participant.

Medical hotline: +49 8324 933 550

EU emergency number: 112

The medical hotline number is listed on the back of your race bib, among other places. If the medical hotline cannot be reached, please call the emergency number 112 immediately.

16. Doping

Doping according to WADA regulations results in immediate disqualification. Infusions without medical exemption are prohibited.

17. External Assistance

Support from third parties outside official aid stations is prohibited and leads to disqualification. Exceptions apply only in emergencies; afterward, the injured participant is removed from official rankings.

18. Environmental Protection

Only disposal of waste at aid stations is permitted. Anyone who litters or causes environmental damage will be disqualified immediately.

19. Additional Competition Rules (Code of Conduct)

- Use of public space: Routes include public and not closed roads, forest and hiking trails, and alpine paths; local traffic laws (StVO) apply. Follow police and staff instructions.
- Route adherence: Leaving the official route or taking shortcuts is prohibited. The risk of completing the course lies with the participants. The organizer is entitled to order additional measures on sections considered dangerous; however, there is no obligation to do so.
- Support vehicles: Any vehicle support is prohibited and may lead to penalties or disqualification of the supported participant. The use of support vehicles on sections of the course closed to public traffic results in immediate disqualification.
- Environmental protection: participants and supporting persons must respect nature. Littering or damaging the environment, particularly by marking (e.g., spraying or painting) the course, will result in immediate



disqualification. Trash (packaging, cups, bottles) must be disposed of exclusively at the official aid stations. A violation of this rule will result in disqualification.

- **Equipment rules:** Items like running poles must be carried the entire distance. Handing them over during the race is not allowed. Permanent mechanical connections between participants are prohibited.
- **Code of conduct:** Fairness, sportsmanship, and respect for each other are mandatory.
- **Official regulations:** The organizer reserves the right to amend the rules at short notice in the event of new official regulations (e.g., infection control guidelines) in order to ensure that the event can take place. Participants will be notified of any such special regulations no later than 14 days before the event begins.

20. Protests

Protests must be submitted within one hour after finish closure in the Race-Office, including witnesses and a €100 fee. If rejected, the fee is retained.

21. Contractual Relationship

The organizer reserves the right to terminate the contract with each individual participant until the official conclusion of the event in the form of a right of withdrawal pursuant to Sections 324 and 241(2) of the German Civil Code (BGB). The settlement shall then be handled in accordance with Section 346 of the German Civil Code (BGB). The race and event management reserves the right to make any changes to these regulations at any time.

Note: For reasons of readability, the masculine form has been used in the text; nevertheless, the information applies to people of any gender identity.