



IRONBIKE RACE INFORMATION

EVENT

Name:	Ischgl Ironbike
Date:	August 4th – August 5th
Discipline:	Kids & Juniors Trophy (U17-U7 women & men) Eliminator (Master & Elite women & men 2006 and older) Marathon
	Licence Juniors (light) 2006-2005
	Juniors (light) 2006-2005
	Elite (Hard, Extreme) 2004 and older
	Masters (Hard, Extreme) 1988 and older
	Amateurs (all routs) 2004 and older
Rules:	UCI & ÖRV



ORGANISATION

MAIN CONTACT

Jessica Bair

TRACK CHIEF

Marc Freriks

MARSHAL COORDINATOR

Steffen Busche

ÖRV Rennleitung

Manfred Stiegler



CONTACT

HOST

Ischgl Radsport Clubbing

CO-ORGANISER

TVB Paznaun – Ischgl

CONTACT

Jessica Bair

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+ 43 50990 113

WEB

www.ischglironbike.com



TIMETABLE ORGANISATION

Thursday, 3rd AUGUST 2023

16:00 – 18:00 accreditation & number pick up for Eliminator

Friday, 4th AUGUST 2023

08:00 – 19:00 Event–Office open

08:00 – 08:30 accreditation, number pick up & registration for Eliminator

08:30 – 11:00 accreditation, number pick up & registration for Kids & Juniors Trophy

13:00 – 19:00 accreditation, number pick up & registration for Marathon

Saturday, 5th AUGUST 2023

06:30 – 18:00 Event–Office open

06:30 – 07:30 number pick up for Marathon MEDIUM, HARD, EXTREME

06:30 – 08:00 number pick up for Marathon LIGHT



ORGANISATION

FIRST AID	Red Cross Ischgl Mountain Rescue Ischgl Samariterbund Samnaun	
DOCTOR	Dr. Andreas Walser	Silvrettaplatz 1, 6561 Ischgl
EMERGENCY	144	
HOSPITAL	Hospital St. Vinzenz	Sanatoriumstraße 43, 6511 Zams
TOILETS	Event site & valley station	
BIKE WASH	At the event side behind the soccer field	



ELIMINATOR AND KIDS & JUNIORS TROPHY

Friday, 4th AUGUST 2023

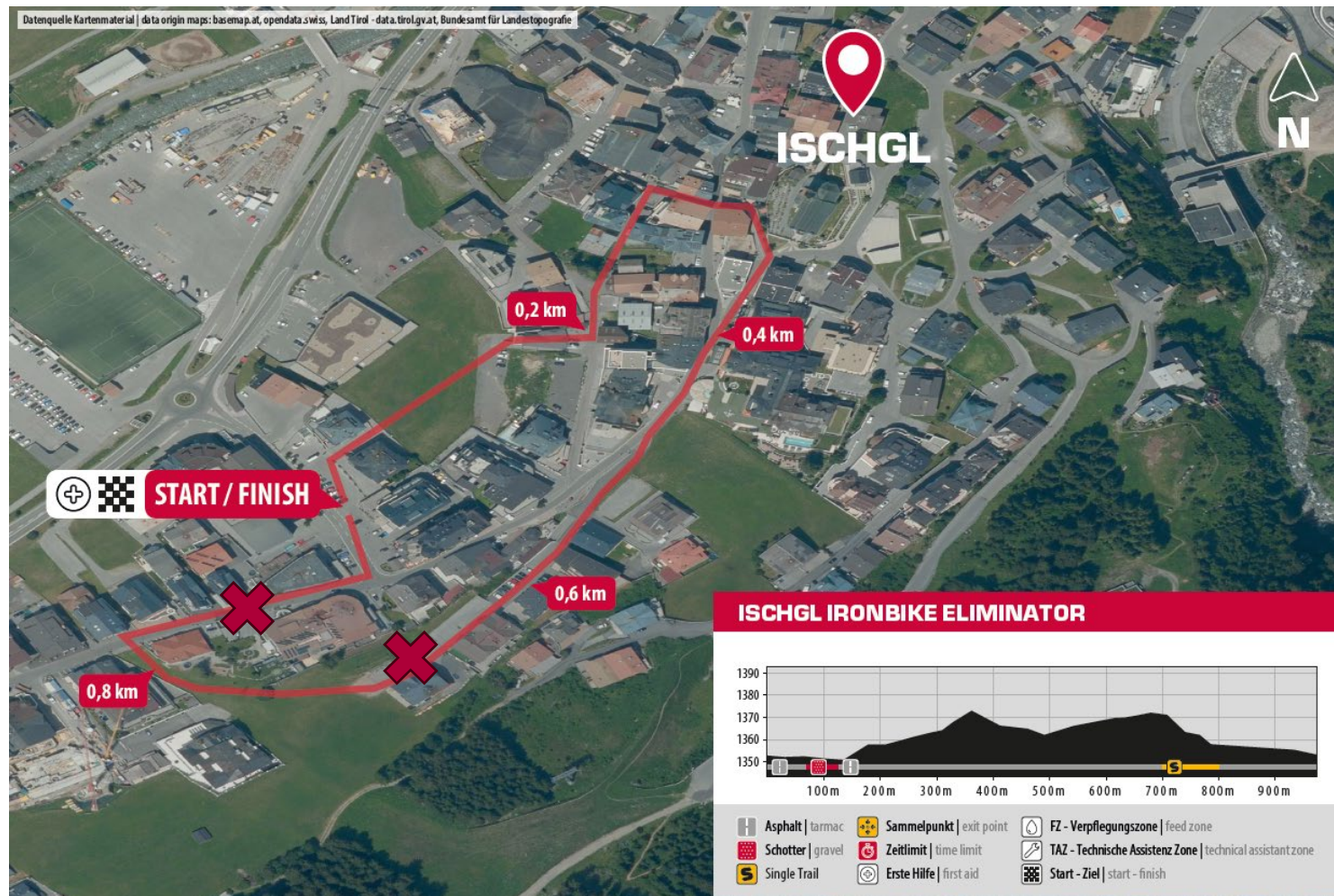
09:30 – 09:45	Training Qualification Eliminator
10:00	Start Qualification Eliminator Men
10:30	Start Qualification Eliminator Women
11:00	Training Kids & Juniors Trophy
12:00	Start Kids & Juniors Trophy
approx. 14:30	Ceremony Kids & Juniors Trophy
15:30	Start Eliminator
approx. 18:00	Ceremony Eliminator

KIDS & JUNIORS TROPHY



- U9/11/13/15 & U17 will have two obstacles on route ✖
- The amount of labs will be announced on race day

ELIMINATOR



✘ Eliminator will have two obstacles on route

1ST OBSTACLE



2ND OBSTACLE



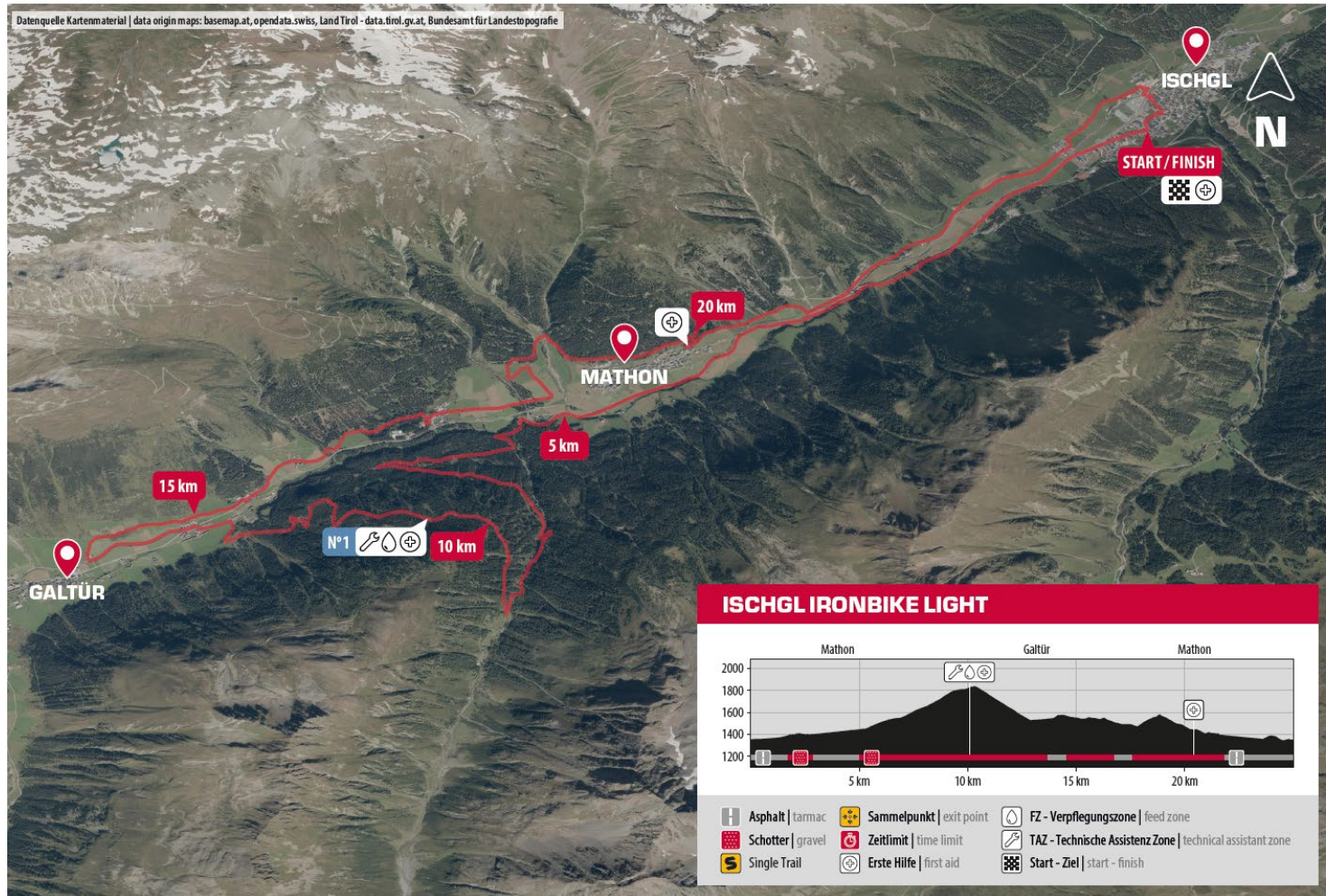


MARATHON

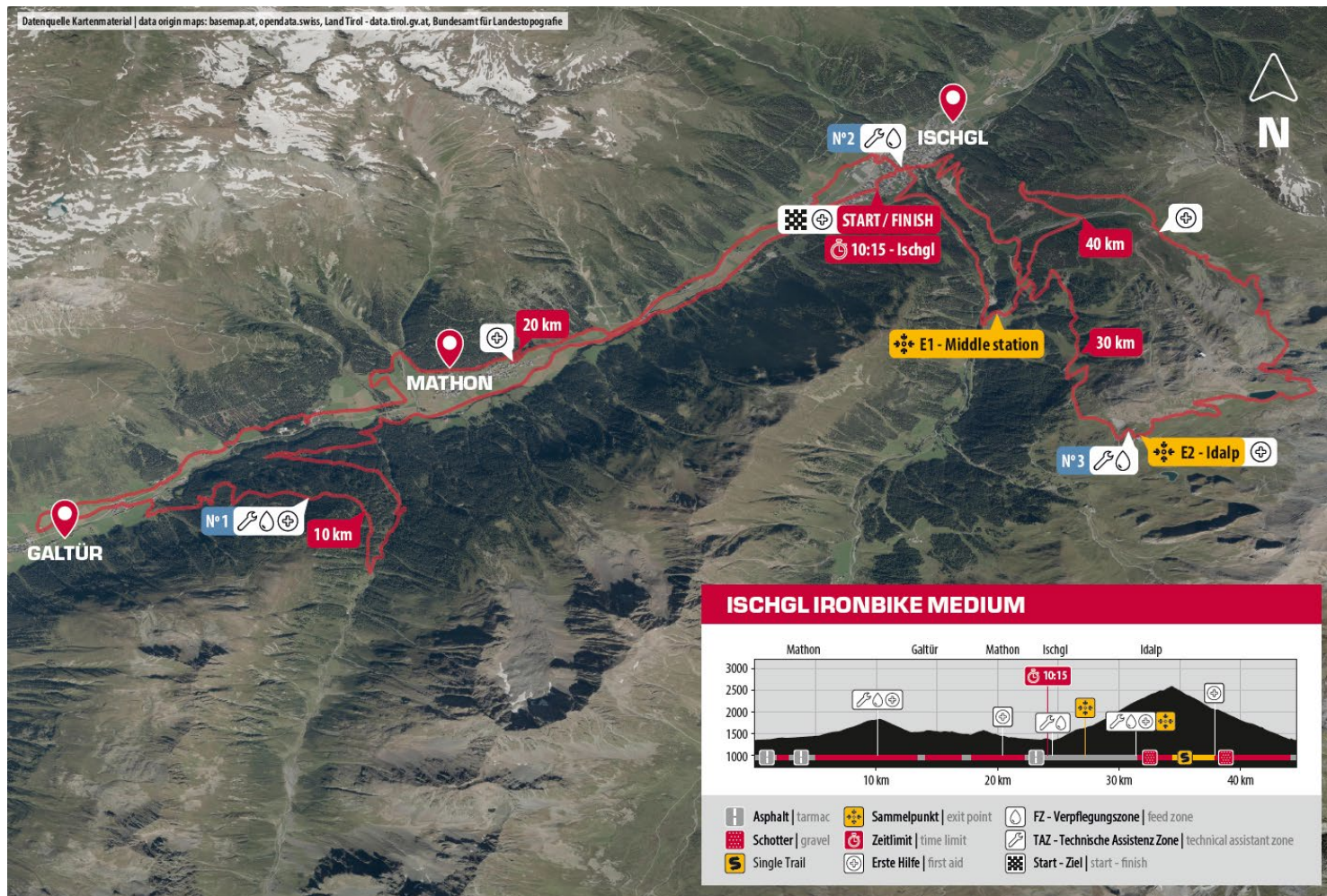
Saturday, 5th AUGUST 2023

- 08:00 Start route HARD, EXTREME, MEDIUM (for all categories)
- 08:30 Start route LIGHT
- 16:30 Finish
- approx. 13:30 Ceremony Marathon LIGHT
- approx. 17:15 Ceremony Marathon MEDIUM, HARD, EXTREME

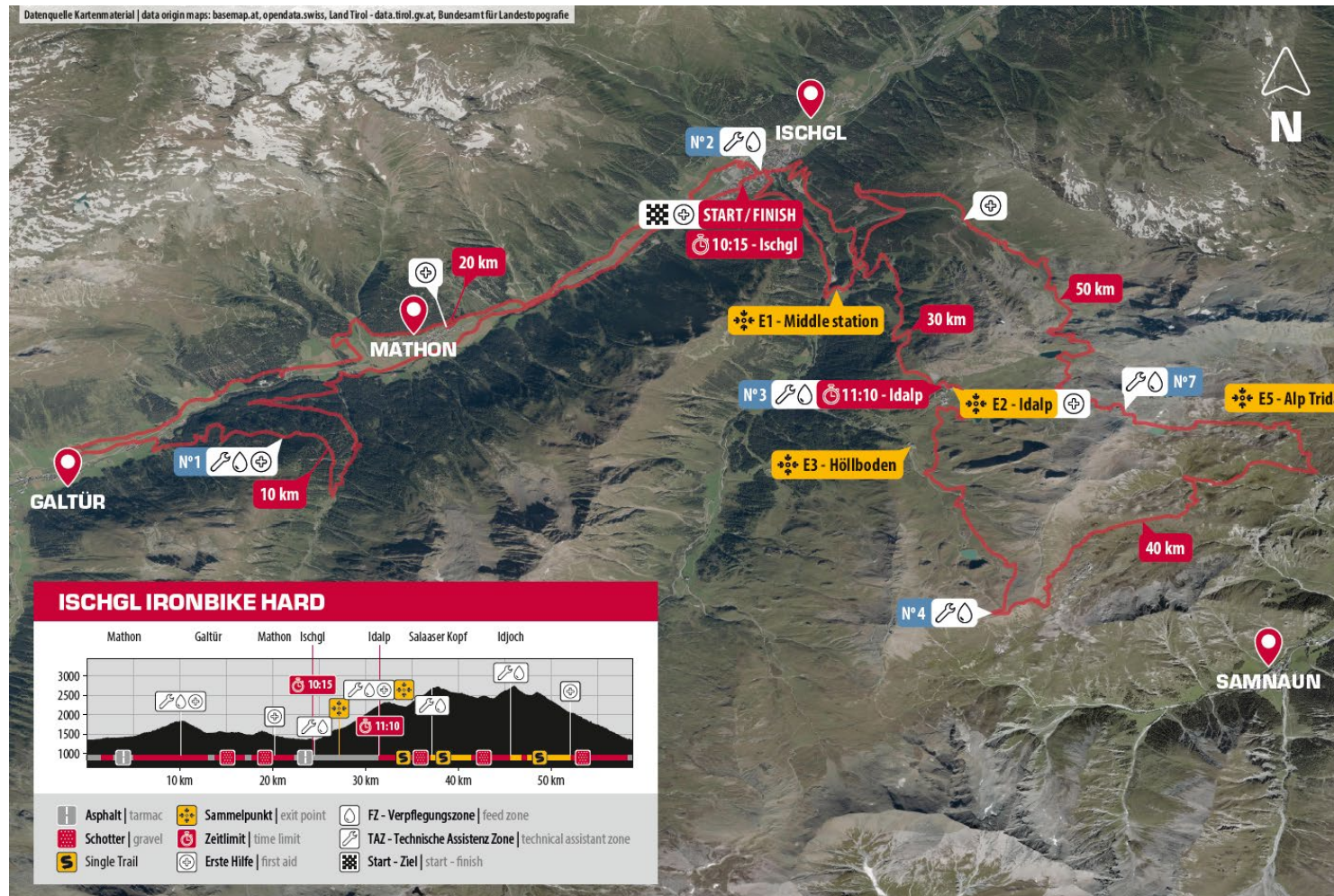
MARATHON LIGHT



MARATHON MEDIUM



MARATHON HARD



MARATHON EXTREME





MARATHON TIME LIMITS

10:15 am

Participants who return to Ischgl after 10:15 am (division in the village centre) are not allowed to enter the MEDIUM/HARD/EXTREME course and have to go directly to the finish. In this case, sport class riders will be classified on the LIGHT course.

11:10 am

Participants who arrive at the Idalp course division after 11:10 am may not enter the HARD/EXTREME courses and can finish the MEDIUM course. Sport class riders will be classified on the MEDIUM course in this case.

12:00 pm

Participants who arrive at the Salaaser Kopf after 12:00 noon may not continue on the EXTREME course and can finish the HARD course. Sport class riders will be classified on the HARD course in this case.

SIGNS



SIGNS



SIGNS



REFRESHMENT STATIONS /FZ

1. Lareintal	10,1 km 1.850 m	https://goo.gl/maps/6kBHesBsYgGqUYzd6
2. Ischgl Dorf	24 km 1.400 m	https://goo.gl/maps/TEmopTXGdYpn6TWz8
3. Idalp	32,8 km 2.200 m	https://goo.gl/maps/hoLbUV7M4GughTQW8
4. Salaaser Kopf	37,2 km 2.700 m	https://goo.gl/maps/XWhEp8TyHT6wmKUFA
5. Samnaun Dorf	47 km 1.860 m	https://goo.gl/maps/QNnsXp5koCcpVjir9
6. Alp Trida	54,1 km 2.270 m	https://goo.gl/maps/UjNgyKVZ5Qyudnur9b
7. Äußeres Viderjoch	57,8 km 2.750 m	https://goo.gl/maps/bojr2sWbmEfk1BxGA
8. Zielverpflegung	71,6 km 1.350 m	https://goo.gl/maps/raF9ick1HjHMuK6U6

REFRESHMENT STATIONS

... provide the participants with drinks, bars and gels from Peeroton, mineral water from Römerquelle, fruit, cola, sweets and much more during the race.

The zones are indicated with „Start“ and „End“

- Drinks and food can be received here only
- During catering, no contact between the assistant and rider is permitted

The assistant is not permitted to place water bottles at the bicycle. Water bottles have to be handed over

- „Feeding“ the rider is prohibited
- The assistant is not permitted to walk/run next to the rider when handing over the food



TECHNICAL ASSISTANCE ZONE (TAZ)

For licensed riders following ÖRV-rules apply: All feed zones are also technical assistance zones at the same time.

Except the frame, everything can be repaired or replaced here.

Repairs or replacement of spare parts can be done by the rider him/herself or by a team colleague as well as by a mechanic or assistant.

Spare parts and tools for repairs have to remain in the TAZ.

Changing the bike is prohibited, the rider must cross the finish line with the original front number.

Riders passing through must not be put at risk and/or obstructed through the repair.

RACE INFO

Weather

- It will be cool up top
- Be prepared for rain and low temperatures

Marshals and Security

- 120 persons
- Resist temptations

SPORTING BEHAVIOR

No Violence

- Physical
- Verbal

No Littering

- Whatever you take with you, bring back
- In your pockets or in your stomach
- Can dispose of litter in Feed Zones

Stay on the course

FOOD VOUCHER

Ischgl Ironbike participants can redeem the meal voucher at the restaurants listed in eventguide on page 30. The voucher is attached to the start number. Before ordering, please let the restaurant know that you have an Ischgl Ironbike voucher.

Eventguide: [Guide \(ischgl.com\)](https://www.ischgl.com/guide)

For restaurants



only for finisher refreshment station

