



KAT
100 AUSTRIA
BY UTMB



©Andi Frank

RACE GUIDE

03 - 05 AUGUST 2023

UTMB[®]
WORLD SERIES

HOKA
FLY HUMAN FLY

DACIA

wahoo

Kitzbüheler
Alpen
Fieberbrunn - Hochfilzen - St. Jakob im Haus
St. Ulrich am Pillersee - Waidring

<https://kat.utmb.world>

KAT
100 AUSTRIA
BY UTMB

RACE MAP
2023

100 MILES, 2er + 4er EKIDEN
74,1 km / 3757+
Cut Off Time: 4.8. / 11:00

ENDURANCE
74,1 km / 3757+
Cut Off Time: 4.8. / 11:00

100 MILES, 2er + 4er EKIDEN
83 km / 5090+
Cut Off Time: 4.8. / 14:30

ENDURANCE
83 km / 5090+
Cut Off Time: 4.8. / 14:30

100 MILES, 2er + 4er EKIDEN
2er + 4er EKIDEN changing
91,5 km / 5100+
Cut Off Time: 4.8. / 16:30

FINISH
ENDURANCE
Cut Off: 4.8.2023, 16:30

MARATHON TRAIL
22 km / 1617+
Cut Off Time: 5.8. / 12:30

EASY TRAIL
3,5 km / 150+
Cut Off Time: 5.8. / 10:00

SPEED TRAIL
5,8 km / 500+
Cut Off Time: 5.8. / 10:15

100 MILES, 2er + 4er EKIDEN
4er EKIDEN changing
148,5 km / 8386+
Cut Off Time: 5.8. / 10:30

MARATHON TRAIL
29 km / 2021+
Cut Off Time: 5.8. / 13:50

100 MILES, 2er + 4er EKIDEN
105 km / 6423+
Cut Off Time: 4.8. / 20:30

100 MILES, 2er + 4er EKIDEN
121,1 km / 6833+
Cut Off Time: 5.8. / 00:30

100 MILES, 2er + 4er EKIDEN
first time 129,8 km / 7468+
Cut Off Time: 5.8. / 03:00
second time 138,6 km / 8256+
Cut Off Time: 5.8. / 06:30

100 MILES, 2er + 4er EKIDEN
154 km / 9500+
Cut Off Time: 5.8. / 08:30



100 MILES, 2er + 4er EKIDEN
 62,5 km / 3624+
 Cut Off Time: 4.8 / 08:00

ENDURANCE
 59 km / 3385+
 Cut Off Time: 4.8 / 08:00

100 MILES, 2er + 4er EKIDEN
 4er EKIDEN changing
 48 km / 2449+
 Cut Off Time: 4.8 / 05:00

ENDURANCE
 48 km / 2449+
 Cut Off Time: 4.8 / 05:00

START/FINISH

3.8.2023
 Start: 18:00 - 100 MILES,
 2er + 4er EKIDEN, ENDURANCE
 Cut Off: 5.8.2022, 18:00

4.8.2023
 Start: 17:00 - KIDS

5.8.2023
 Start: 7:00 - MARATHON
 Cut Off: 19:00
 Start: 9:00 - SPEED
 Cut Off: 15:00
 Start: 17:00 - EASY
 Cut Off: 19:00

100 MILES, 2er + 4er EKIDEN
 38,9 km / 2166+
 Cut Off Time: 4.8 / 03:00

ENDURANCE
 38,9 km / 2166+
 Cut Off Time: 4.8 / 03:00

100 MILES, 2er + 4er EKIDEN
 25,6 km / 1643+
 Cut Off Time: 3.8 / 24:00

ENDURANCE
 25,6 km / 1643+
 Cut Off Time: 3.8 / 24:00

SPEED TRAIL
 16,7 km / 1400+
 Cut Off Time: 5.8 / 13:30

100 MILES, 2er + 4er EKIDEN
 First Time 9,9 km / 1171+
 Cut Off Time: 3.8 / 21:00
 Second Time 161 km / 9715+
 Cut Off Time: 5.8 / 16:00

ENDURANCE
 9,9 km / 1171+
 Cut Off Time: 3.8 / 21:00

MARATHON
 First Time: 9,9km, 1171+
 Cut Off Time 05.08, 10:00 Uhr
 Second Time 38km, 2914+
 Cut Off Time 05.08, 17:00 Uhr

SPEED TRAIL
 9,9 km / 1171+
 Cut Off Time: 5.8 / 12:00

100 MILES, 2er + 4er EKIDEN
 11,1 km / 9108+
 Cut Off Time: 5.8 / 13:30

- start / finish
- water station
- food station
- first aid station
- drop bag station
- sleeping station
- livepoint



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IT'S ON.

WELCOME

We are happy to welcome you in the Kitzbühel Alps. For the fourth time runners from all over the world find their way to the PillerseeTal to explore the trails. This time, however, it is a very special event - we are proud to be part of the UTMB World Series since this year.

You will see, the KAT100 by UTMB offers great experiences in a unique and breathtaking landscape! Rugged cliffs at Wildseeloder or Teufelssprung, trails along mountain pine fields, impressive sunrises and sunsets on the mountain or easy trails in the valley... the KAT100 by UTMB is as versatile as the Kitzbühel Alps itself. The event is made up of different route variations. The KAT 100 Miles with its 170 km and 9,800 Hm is the flagship of the event. This long distance can also be run in teams of two or four. No less challenging is the Endurance Trail with 92 km, where athletes can go on their night-time trail running adventure. In addition to these long distances, the most popular routes so far - the Marathon Trail (48 km) and the Speed Trail (24 km) - will also be offered. For all beginners in the sport of trail running, the Easy Trail (8 km) offers a good opportunity to become part of the KAT100 by UTMB. All running enthusiastic kids start at the Kids Trail on different distances. The start and finish area in Fieberbrunn is the meeting point for athletes, spectators and volunteers with various food stations, live broadcasts from the course and an expo area.

We wish you a great race, that you reach your goals and have a fantastic time on the trails of the Kitzbühel Alps!



UTMB® World Series gives you the opportunity to experience UTMB® close to home.

UTMB® WORLD SERIES EVENTS

With 25 events across 16 countries organized to the highest quality standards in the most stunning locations. Collect Running Stones which are mandatory to enter the UTMB® World Series Finals lottery.

The top 3 male and female finishers in the 50K, 100K and 100M categories automatically win their place at the Finals.

UTMB® WORLD SERIES MAJORS

Three UTMB® World Series Majors will act as the continental Series finals each season. Collect double the amount of Running Stones compared to other UTMB® World Series Events for the UTMB® World Series Finals lottery.

The top 10 male and female runners in the 50K, 100K and 100M categories automatically win their place at the Finals.



In 2022, Val d'Aran by UTMB® and Doi Inthanon Thailand by UTMB® are the Majors for Europe and Asia-Pacific, while the Major in America will be announced soon.

UTMB® WORLD SERIES FINAL

Trail Running's highest honor, live an extraordinary adventure in the heart of the Alps. Held in the three key distances of the mythic UTMB® Mont-Blanc: the OCC (50K), CCC® (100K) and UTMB® (100M).

RUNNING STONES EXPLAINED

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB® World Series Event or UTMB® World Series Major.



A Running Stone is an entry into the lottery to participate in the UTMB® World Series Finals: the UTMB®, CCC® and OCC races of the UTMB® Mont-Blanc.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn.

THE UTMB® INDEX: THE PERFORMANCE LEVEL OF EACH RUNNER

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories: 20K, 50K, 100K and 100M.



Trail runners are also given a General UTMB® Index calculated by combining results from all race categories. A valid UTMB® Index is mandatory to enter the UTMB® Mont-Blanc lottery.

CHECK YOUR UTMB® INDEX



TO ENTER THE UTMB® MONT-BLANC LOTTERY AND QUALIFY FOR A PLACE AT THE FINALS, YOU NEED ONLY 2 THINGS:

- 1 - You must have collected at least 1 Running Stone
- 2 - You must have a valid UTMB® Index

UTMB®

WORLD SERIES

2023 FULL CALENDAR

36 EVENTS CONFIRMED

FEBRUARY

- 11-12 Tarawera™ Ultramarathon by UTMB®
New Zealand
- 17-19 Amazean Jungle by UTMB®
Thailand

APRIL

- 13-16 Istria 100™ by UTMB®
Croatia
- 15-16 Ultra-Trail Ninghai by UTMB®
China
- 15-16 Desert RATS Trail Running Festival™ by UTMB®
USA

MAJOR

- 28-29 The Canyons Endurance Runs™ by UTMB®
USA

MAY

- 04-06 Transvulcania by UTMB®
Spain
- 11-14 Ultra-Trail Australia™ by UTMB®
Australia
- 12-14 Valhäll Argentina by UTMB®
Argentina
- 12-14 Ultra-Trail Snowdonia by UTMB®
Wales
- 18-21 Trail Alsace Grand Est by UTMB®
France
- 26-28 Mountain Ultra-Trail™ by UTMB®
South Africa

JULY

- 06-08 Restonica Trail by UTMB®
France
- MAJOR
- 06-09 Val d'Aran by UTMB®
Spain
- 07-09 Trail Verbier Saint-Bernard by UTMB®
Switzerland
- 12-16 Eiger Ultra-Trail™ by UTMB®
Switzerland
- 21-22 Speedgoat™ Mountain Races by UTMB®
USA

AUGUST

- 03-05 KAT100™ by UTMB®
Austria

FINALS

- 28 AUG- UTMB® Mont-Blanc
03 SEPT France, Italy, Switzerland

SEPTEMBER

- 08-10 Julian Alps Trail Run by UTMB®
Slovenia
- 14-17 Wildstrubel by UTMB®
Switzerland
- 22-24 Grindstone Trail Running Festival™ by UTMB®
USA
- 22-24 Paraty Brazil by UTMB®
Brazil
- 28 SEPT Nice Côte d'Azur by UTMB®
01 OCT France



OCTOBER

- 07-08 Transjeju by UTMB®
South Korea
- 13-15 Kodiak Ultra Marathons by UTMB®
USA

NOVEMBER

- 03-04 Kullamannen™ by UTMB®
Sweden
- 03-04 Puerto Vallarta México by UTMB®
Mexico
- 10-12 TransLantau™ by UTMB®
Hong Kong

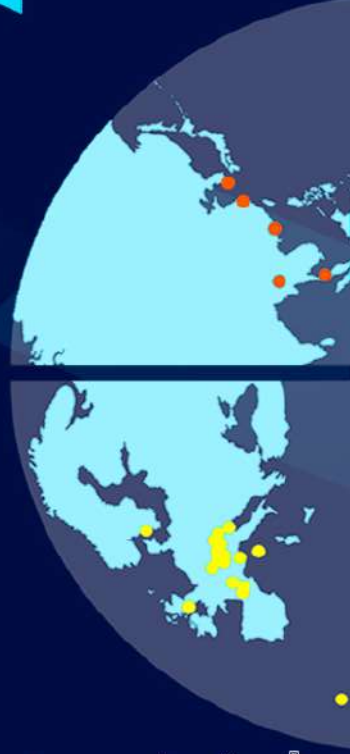
DECEMBER

- 07-09 Ultra-Trail Kosciuszko™ by UTMB®
Australia
- MAJOR
- 08-10 Doi Inthanon Thailand by UTMB®
Thailand







JUNE









- 03-04 Trail du Saint-Jacques by UTMB®
France
- 17-18 Mozart 100™ by UTMB®
Austria
- 22-25 La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy
- 24-25 Trail 100 Andorra™ by UTMB®
Andorra
- 24-25 Western States® 100-Mile Endurance Run by UTMB®
USA




THURSDAY 3RD

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		Bib distribution 100 MILES, EKIDEN, ENDURANCE
16:00	center of Fieberbrunn		Briefing 100 MILES, EKIDEN, ENDURANCE
17:15	center of Fieberbrunn		Access to start area and equipment check 100 MILES, EKIDEN, ENDURANCE
18:00	center of Fieberbrunn		Start 100 MILES, EKIDEN, ENDURANCE

FRIDAY 4TH

Time	Location		What
03:00	Kitzbühel		First Finisher of the ENDURANCE
12:00 - 19:00	center of Fieberbrunn		Bib distribution MARATHON, KIDS
17:00	center of Fieberbrunn		Start KIDS TRAIL
17:00 - 19:00	center of Fieberbrunn		Carbo Loading
16:45	center of Fieberbrunn		First Finisher of the 100 MILES, EKIDEN
19:30	center of Fieberbrunn		Official opening Ceremony
20:00	center of Fieberbrunn		Awards Ceremony KIDS TRAIL
20:30	center of Fieberbrunn		Warm up with DJ and reports from 100 MILES

SATURDAY 5TH

Time	Location		What
06:00	center of Fieberbrunn		Briefing MARATHON
06:30	center of Fieberbrunn		Access to start area and equipment check MARATHON
07:00	center of Fieberbrunn		Start MARATHON TRAIL
07:00 - 08:00	center of Fieberbrunn		Bib distribution SPEED
08:00	center of Fieberbrunn		Briefing SPEED
08:30	center of Fieberbrunn		Access to start area and equipment check SPEED
09:00	center of Fieberbrunn		Start SPEED TRAIL
10:40	center of Fieberbrunn		First Finisher of the MARATHON
10:45	center of Fieberbrunn		First Finisher of the SPEED
12:00 - 16:00	center of Fieberbrunn		Bib distribution EASY
12:00 - 22:00	center of Fieberbrunn		Carbo Loading
16:30	center of Fieberbrunn		Access to start area and equipment check EASY
16:50	center of Fieberbrunn		Briefing EASY
17:00	center of Fieberbrunn		Start EASY TRAIL
20:00	center of Fieberbrunn		Awards Ceremony of the KAT100 races
21:00	center of Fieberbrunn		After Race Party

TRAVELLING BY CAR

Coming from GERMANY: Coming from Munich via the A12 to Kufstein Süd (toll-free) and via B173 and B178 to the PillerseeTal.

Coming from AUSTRIA/ITALY: Coming from Innsbruck via the A12 to the exit Wörgl Ost and via the B178 continuing to the PillerseeTal

Coming from AUSTRIA: Coming from Salzburg via the A1 or A10 to the exit Salzburg West or exit Bad Reichenhall (A8) and via the D21 and B178 to the PillerseeTal.

TRAVELLING BY TRAIN

The PillerseeTal offers three train stations: one in Hochfilzen and two in Fieberbrunn.

Other larger train stations are not far away in St. Johann and Kitzbühel. In addition, the PillerseeTal offers rail travellers a free station shuttle.

On site, guests can use the local public transport free of charge with their guest card.

TRAVELLING BY PLANE

Not less than three airports are located in the immediate vicinity of PillerseeTal.

The Salzburg Airport is the nearest one to PillerseeTal, some 63 km away. From there you can get to your holiday destination in about 1 hour 15 minutes.

Innsbruck Airport can be reached in around 1.5 hours.

From Munich Airport you need about 2 hours to get here.

RACE RULES

SAFETY INFORMATION

If participants choose to pull out of the race each participant is responsible for the return transport to the start / finish or his accommodation. With your guest card (depending on in which region your accommodation is located) you receive advantages for the return transport: Guest card = ticket for bus and train! With a guest card from the PillerseeTal you can use local trains (except EC and IC and RailJet) between Hochfilzen and Wörgl (Kirchbichl) for free! The bus connections within the region (Hochfilzen - Waidring) and the bus lines to St. Johann i.T. and Kitzbühel are also included in the guest card. In the event of race cancellation, each participant is obligated to inform the number 0043 676 5509794 by SMS. In emergencies, the obligatory Tyrolean emergency app must be activated and the number 140 of the mountain rescue service must be called if the mobile phone does not support the app. Download the app: <https://www.leitstelle-tirol.at/dienstleistungen/zusatzdienstleistungen/> The event organiser and his team are responsible for the general safe running of the race, and any instructions given by members of the organising team, mountain guides, services, doctors, first aiders, marshals, and any staff manning the livepoints/refreshment points are to be followed. If the event organiser decides that a participant is deemed by medical staff to be in no fit healthy condition, then he/she may be pulled out of the race.

QUALIFICATION

As the KAT100miles is a high Alpine Trail event and also a run through the night, participants are required to have a suitable amount of experience of running 100K races or longer distances, and the following requirements apply:

Ultra Trail: UTMB Index 100K required. You can view your UTMB Index here: <https://utmb.world/utmb-world-series/runners/utmb-index>

If you haven't run a UTMB index race yet, completing a 100K race or more. In any case, alpine experience and orientation in alpine terrain is required.

After the pre-registration deadline, the qualification points will be checked by the organization team with spot checks and the sending of a corresponding list of results. Every participant who registers by cash on delivery will be checked.

We recommend completing at least 6-10 longer runs over a 12 week period as preparation. In order to get used to the nutritional intake and the weight of the drinking backpack, it is recommended that these are run with backpack and the appropriate compulsory equipment.

ORGANISATIONAL

Medical area, organisation office: start and finish area

Placings:

Award ceremony for places 1-3 in women, men in the overall ranking and place 1 in the age group ranking. Positions in the following age categories: <https://kat.utmb.world/de/runners/race-regulations>

Carried along food packaging, also with in all Drop bags, is to be provided with everyone Start Number (may be also checked on the route). This procedure is necessary for environmental protection purposes. We will be running through nature and used packaging must not be lost! Above all, we will also be running through private property, and you

don't like it when people dispose of their rubbish in your backyard! In the case of trash thrown and found by us, the starting numbers will be made known via our homepage and will be disqualified from the race through us. There will be sufficient trash bags to dispose of your packaging at the water canisters and catering points

Disqualification:

Any runner failing to take with them the complete compulsory equipment, taking shortcuts, polluting the environment, behaving unfairly towards other participants, not adhering to instructions given by the event team (helpers, services, first aiders, doctors, marshals) will be disqualified without exception, as will anyone accepting any assistance or refreshments from another third party.

Supervision of the participant is only permitted at the Lifepoints in Waidring, Kitzbühel and Oberaurach.

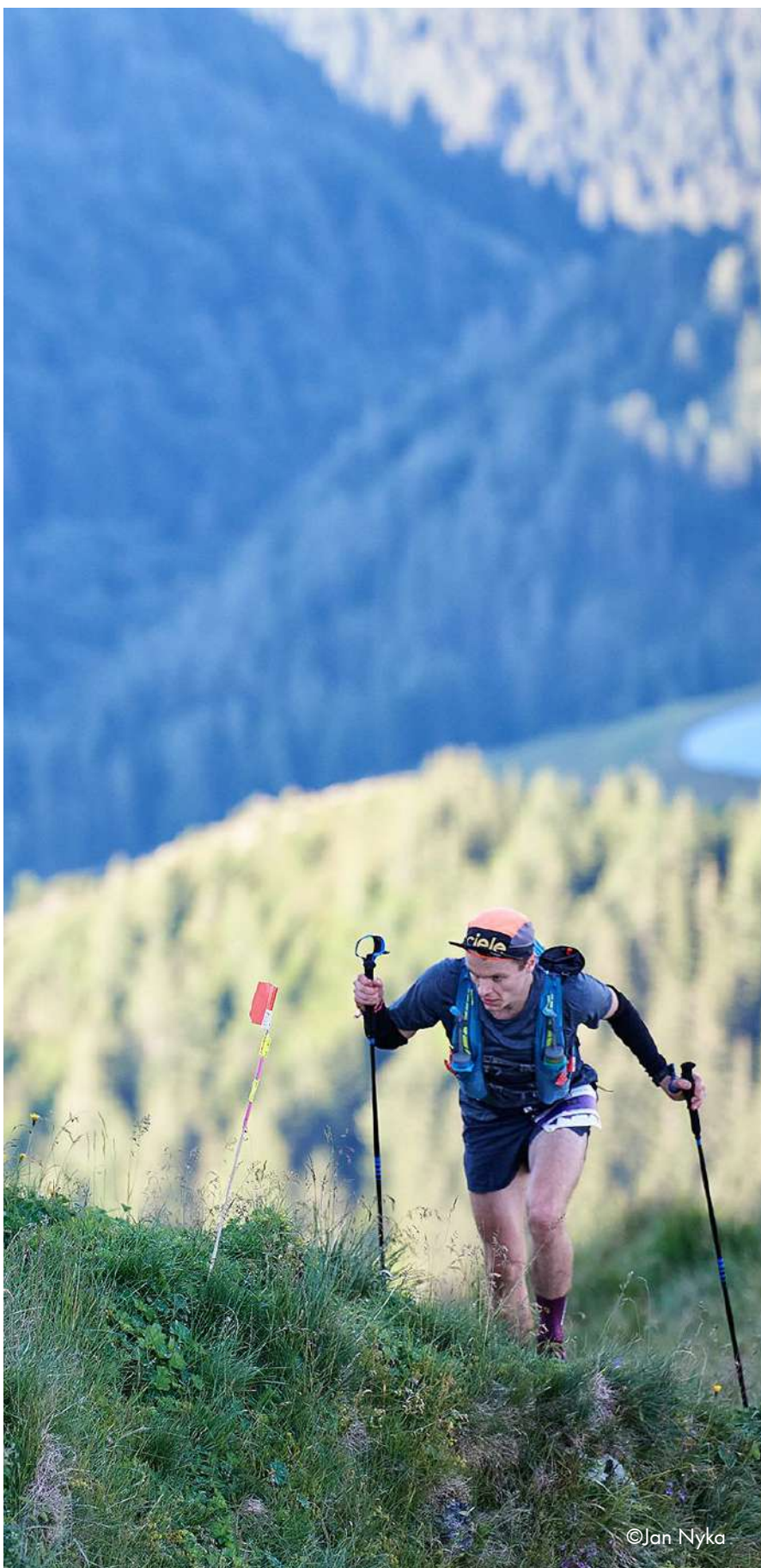
DROP BAG

The personal bags (1 for each Live-point) will be handed out at the number pick up and must be returned to the the starting number pick up on 03.08.2023 by 05:00 pm. The racemanagement will bring the bags to the live points and/or the drop bags can be picked up from 05.08.2023 at 03.00 p.m. until 05.08.2023 at 08.00 p.m. when picking up the numbers.

Compulsory equipment will be checked on a random basis in the start area, as well as on the trail!

MARKING OF THE ROUTE ACCORDING TO THE ITRA SECURITY GUIDELINES:

The trail route will be marked by an expert marking team with chalk spray, signs, bands, flags, and in the night with reflector spray. However, there is no continual marking of the route that would render individual navigation capabilities in Alpine terrain superfluous. Especially after nightfall, in the case of heavy rain, snow, or other extreme weather conditions, the markings may disappear, be covered, or not be immediately noticeable. For this reason, all participants must have a map of the route with them. The event organizer also provides the route as a GPS download, and it is mandatory that runners take a GPS unit with them. For this purpose, the KAT100 GPS file is made available for download by the organizer and it is mandatory to carry a GPS device for orientation. Sadly, it can sometimes occur that markings are removed by people. The markings are taken down section by section by the final runners immediately AFTER the time limit is over. The route is then NO LONGER marked.



©Jan Nyka

RESCUE COSTS

IMPORTANT: Any rescue costs will not be met by the event organiser, land owners etc. and must be paid by the person concerned. It is therefore recommended that you take out insurance that covers mountain accidents. All participants sign a disclaimer when picking up their start number.

IMPORTANT: Trail running events take place in the outdoors and through nature conservation areas along already existing tracks, paths, forestry tracks, gravel roads, and on public and private roads. Traffic rules must be adhered to, and in the case of 2-way traffic, runners should stay on the left-hand side. Crossing public highways and private property should be done in an orderly fashion. Any unfair behaviour towards other runners, refusal of medical help to other runners, or any pollution of the environment will be followed by immediate disqualification by the race management. If required items of compulsory equipment are found to be missing during the check before the start of the race, these can be shown prior race start in the starting area. If this is not possible, then participation in the KAT100 event will not be allowed. If items of equipment are found to be missing during a route check, this will lead to the runner being removed from the race by the race management.

DISCLAIMER

The event organisers accept no liability for any damage whatsoever, whether personal or material. This also applies to any items of clothing or other objects. On receipt of a start number, each participant declares that there are no health reasons that could be construed as reason not to take part.

All participants recognise that the event organisers are not liable for damages of any kind and will not enter into any claim for compensation against the organisers and sponsors, the local authorities and landowners through whose land the race runs, or their representatives in the case of any damages or injuries of any kind that may ensue following participation in the event. Each participant declares that he/she has trained appropriately for the race, is physically fit, and their condition of health has been verified by medical experts. The race doctor, emergency services, and race organisers are authorised to remove any runner from the race who is deemed to be physically or mentally too weak. On registering, all participants agree that data concerning their registration in the KAT100 event, photos, movies, and interviews on radio, television, advertising material, books, photo-mechanical copies

(films, videocassettes etc.) may be used without requesting further permission. Participants must ensure that their year of birth is correct, and that their start number has not been given to any other personal cases of no-shows, no refund is possible. (Please note: regarding data protection, your data will be electronically stored). All

participants accept that, also in the case of no available membership of a club or association, various anti-doping requirements (doping controls) of the ASTA must be met.


The KAT100 event is run according to the guidelines of the Austrian Trail Running Association (ASTA). Participants can view the guidelines of the ASTA on the Austrian Association homepage www.trailrunning-verband.at and are obliged to adhere to the regulations of the ASTA. "Athletes are obliged to abide by the anti-doping regulations set out in the Anti-Doping Federal Law of 2007, as well as any appropriate regulations put in place by relevant national and international specialist sport associations (in particular any statutes, sports rules, and competition regulations). Anyone who is, or was at the time of any potential contravention of anti-doping regulations, a member or a licence-holder of a sport organisation or another body belonging to such an organisation, and anyone who

participates in competitions that are organised by a sport organisation or connected body or receives the help of federal support is deemed to be an athlete.

If a participant is obliged under the direction of medical professionals to take banned substances or use methods that are not permitted, we recommend keeping all medical reports and documents in case information is needed retrospectively as an exceptional case. For more information, visit www.nada.at/medizin/krankheit-oder-verletzung

MANDATORY EQUIPMENT

Mandatory GPS watch/device				
Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen				
Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.				
Trailrunning Backpack				
Mobile Phone with an activated ring tone and the organizer's emergency number +43 676 5509794				
First aid kit (contains: 1x triangular bandage, 1x blister plaster, small & large plasters, at least 6m tape, 2x bandage, 2x large compress, 1 pair of tweezers, 1x elastic bandage)				
ID Card				
Whistle				
Survival blanket				
Collapsible cup or a drinking container (bottle etc.)				
0,5 l drink				
1 l drink				
Rain pants with 10.000 mm water column				
Rain jacket with 10.000 mm water column				
Hood				
Long pants and a long shirt				
Gloves (waterproof with a 10.000 mm water column)				
Windbreaker				
Headlamp, spare batteries and a glow stick				
Route Map (will be handed out when picking up the bib)				

 100 Miles, Endurance & Ekiden

 Marathon

 Speed

 Easy

**TRIED, TRUSTED,
AND A LITTLE BIT
TWISTED**



**MAFATE
SPEED 4**

Extreme traction for those who
choose the toughest terrain

HOKA
FLY HUMAN FLY™

**Kitzbüheler
Alpen**

Fieberbrunn - Hochfilzen - St. Jakob in Haus
St. Ulrich am Pillersee - Waidring



**Pillersee Tal
A PERFECT
SETTING.**

#BÜHNEFREI

wahoo



ELEMENT RIVAL



CHOICE OF
CHAMPIONS

UTMB®
WORLD SERIES

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TECHNICAL PARTNER



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ENVIRONMENT

The PillerseeTal region pursues a sustainability strategy, which of course also flows into the event. It is important to us to make our contribution to the protection of nature and the environment. At the KAT100 by UTMB we pay precise attention to measures to avoid waste.

For example, in the run-up to the event, large amounts of printed material are not used to promote the event. All documents are provided to the participants in digital form. Likewise, no goodie bags will be distributed. Here, the organizing team has opted for the sustainable route and provides participants with a high-quality athlete's gift.

In general, a waste separation system will be in place at the event. This will be observed in the event area as well as at all refreshment stations. Athletes are obliged to carry their own cups during the race, as no drinking cups will be provided at the refreshment stations. At the event area as well as at the refreshment stations you will only find reusable tableware. The goal is to implement further measures in the coming years to guarantee a sustainable event. All runners and spectators are requested to choose a public transport to the region. The event area as well as various lab stations can be reached by train and bus.

Tirol CleanUp Days

Once a year the CleanUp Days take place in the PillerseeTal. Together with the non-profit association PATRON e.V. from Allgäu and in cooperation with the Tirol Tourist Board and the Austrian Tourist Board, this community clean-up event is organized to collect trash in nature and on the mountain.



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SOLIDARITY

Together for the KAT100
by UTMB®

The organizing team of the KAT100 by UTMB® is very keen on a good cooperation with the regional population.



It's important to involve local partners in the best possible way so that the whole region benefits from the event. For example, when working with content creators, local suppliers are used and international companies are preferred. It is important to the organizing team that the event is well received by the regional population of the entire PillerseeTal. For this reason, the event is also organized in cooperation with local associations.

The majority of the volunteers of the KAT100 by UTMB come from regional sports and traditional clubs, which decide

every year to support the event in a great way and thus increase the "we-feeling" in the region. The Kids Trail invites especially local children to participate in the competition. Many young athletes from the sports clubs are thus involved in the event and have the opportunity to run together as part of the KAT100 by UTMB.

Also in the future it is an important point to involve the regional population in the best possible way and to pay even more attention to the integration of local businesses.

DACIA

NEW DACIA DUSTER

Dacia official automotive partner of UTMB® World Series



Range New Dacia Duster : CO2 emission min / max (g/km) (WLTP procedure) : 125/142. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,0. Dacia recommends 

   [DACIA.COM](https://www.dacia.com)



MADE IN BARCELONA



SUSTAINABLE HEADWEAR PRODUCED IN OUR HOME FACTORY

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



📍 Els Bunkers del Carmel, Barcelona

[BUFF.COM](https://buff.com)

RACE CATEGORY

100M

RUNNING STONES
4
UTMB

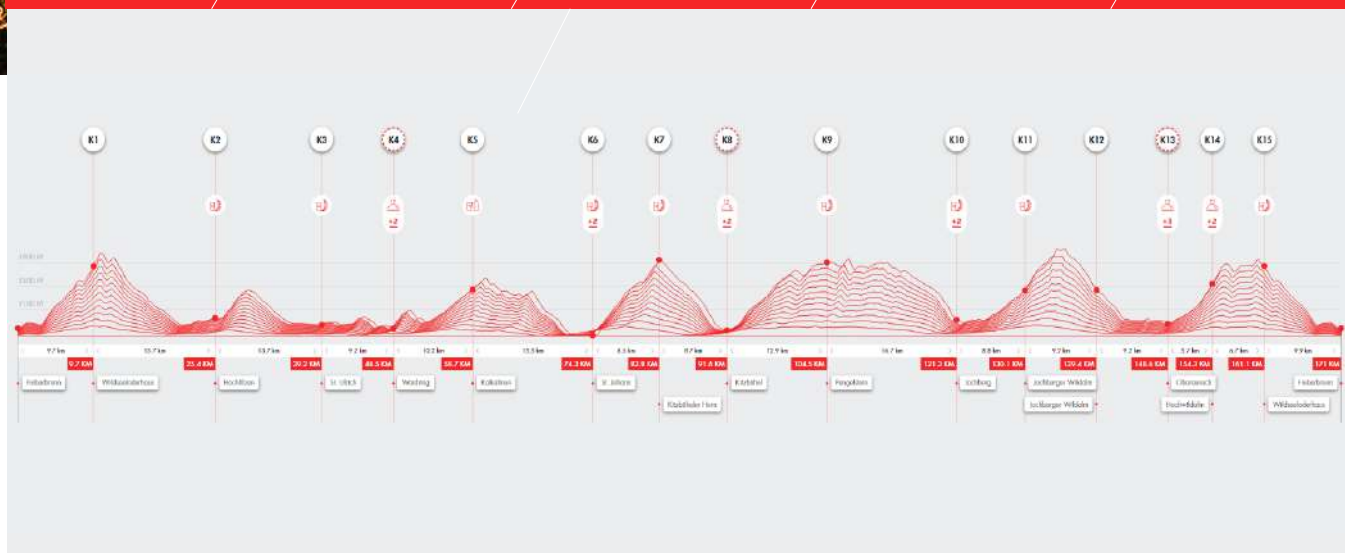
Distance
170,70 KM

Elevation gain
9820 HM

Start place
FIEBERBRUNN

Start date
2023-08-03

Start time
06:00 PM



100 MILES FULL OF HIGHLIGHTS

In addition to fantastic conditions and incredible scenery, the summit of the Wildseeloder awaits you right at the beginning in the Golden Hour, the illuminated Jakobskreuz in the dark and later the sunrise at the Kitzbüheler Horn. Fantastic flowing trails on high panoramic paths and rocky passages lead the runners through the Kitzbühel Alps. On this distance you can expect 170.7 kilometers and 9820 meters of altitude.

MORE INFORMATIONS ABOUT THE RACE

MANDATORY EQUIPMENT

- GPS watch/device
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 1 l drink
- Rain pants with 10.000 mm water column
- Rain jacket with 10.000 mm water column
- Hood
- Long pant and long shirt
- Gloves (waterproof with a 10.000 mm water column)
- Headlamp, spare batteries and a glow stick
- Route Map (will be handed when picking up the number registration)

TIMETABLE

AUGUST 03RD

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		BIB distribution
16:00	center of Fieberbrunn		Race briefing
17:15	center of Fieberbrunn		Access to start area & equipment check
18:00	center of Fieberbrunn		Start

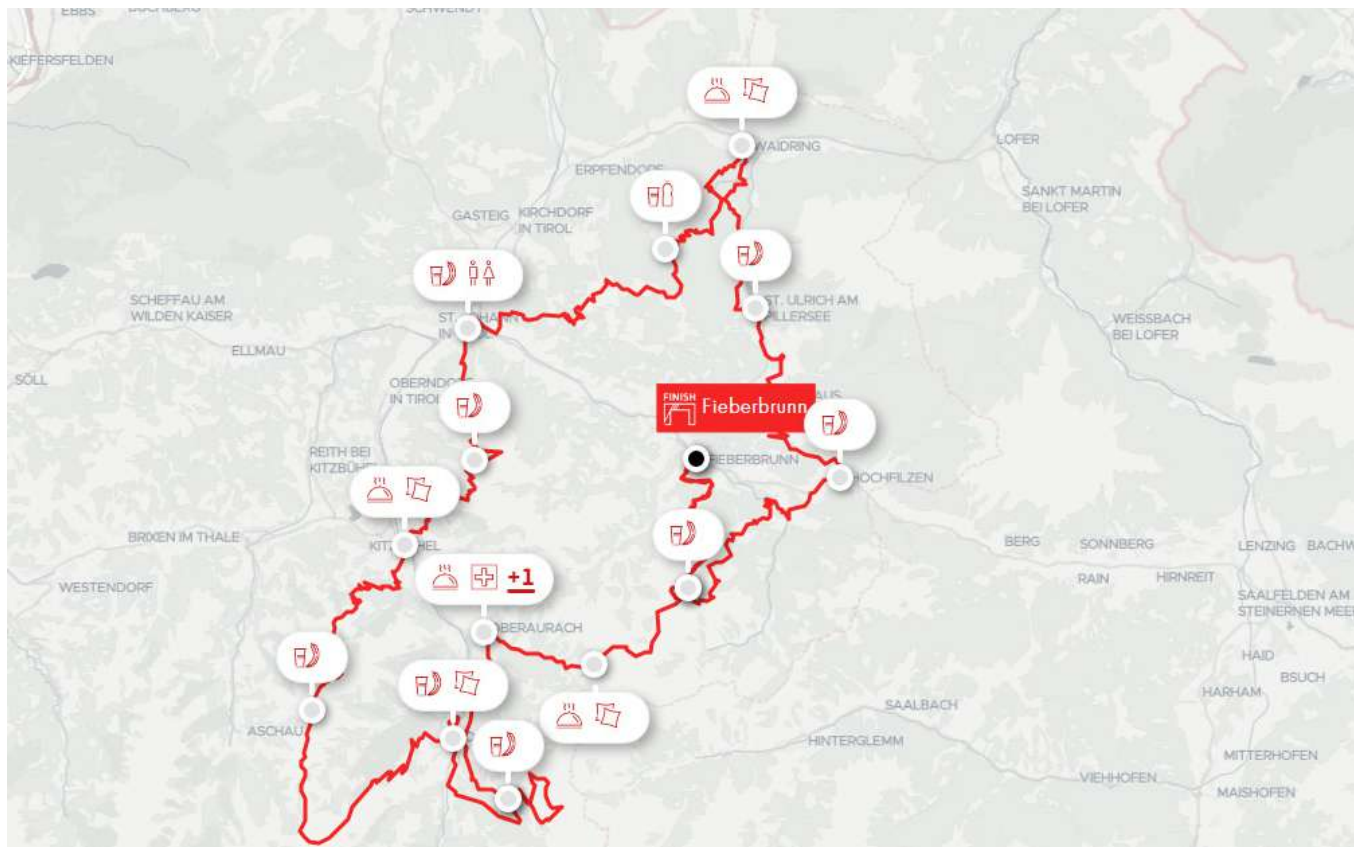
AUGUST 04TH

16:45	center of Fieberbrunn		Expected Winner
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AUGUST 05TH

18:00	center of Fieberbrunn		Time limit
20:00	center of Fieberbrunn		Award ceremony

MAP



STARTING LINE

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		
Wildseeloderhaus	1845	9,89	9,89	1171	94	09:00 pm	
Hochfilzen	957	15,70	25,59	1643	1458	12:00 am	
St. Ulrich a. P.	840	13,33	38,92	2166	2079	03:00 am	
Waidring	780	9,08	48	2449	2427	05:00 am	
Hochbreitaualm	1447	11	59	3385	2715	08:00 am	
St. Johann i.T.	657	15,15	74,15	3757	3891	11:00 am	
Kitzbüheler Horn	1958	8,85	83	5090	3940	02:30 pm	
Kitzbühel HAK/HAS	747	8,50	91,50	5100	5144	04:30 pm	
Pengelstein Bergrestaurant	1912	13,27	104,77	6423	5289	08:30 pm	
Jochberg	927	16,35	121,12	6833	6687	12:30 am	
Jochberger Wildalm	1435	7,88	129,80	7469	6814	03:00 am	
Jochberger Wildalm	1435	9	138,80	8256	7444	06:30 am	
Oberaurach	1440	9,70	148,50	8386	8267	10:30 am	
Berggasthaus Hochwildalm	857	5,60	154,10	9108	8480	01:30 pm	
Wildseeloderhaus	1845	6,70	160,80	9715	8629	04:00 pm	
Fieberbrunn	783	9,90	170,70	9820	9744	06:00 pm	

 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

 WARM FOOD



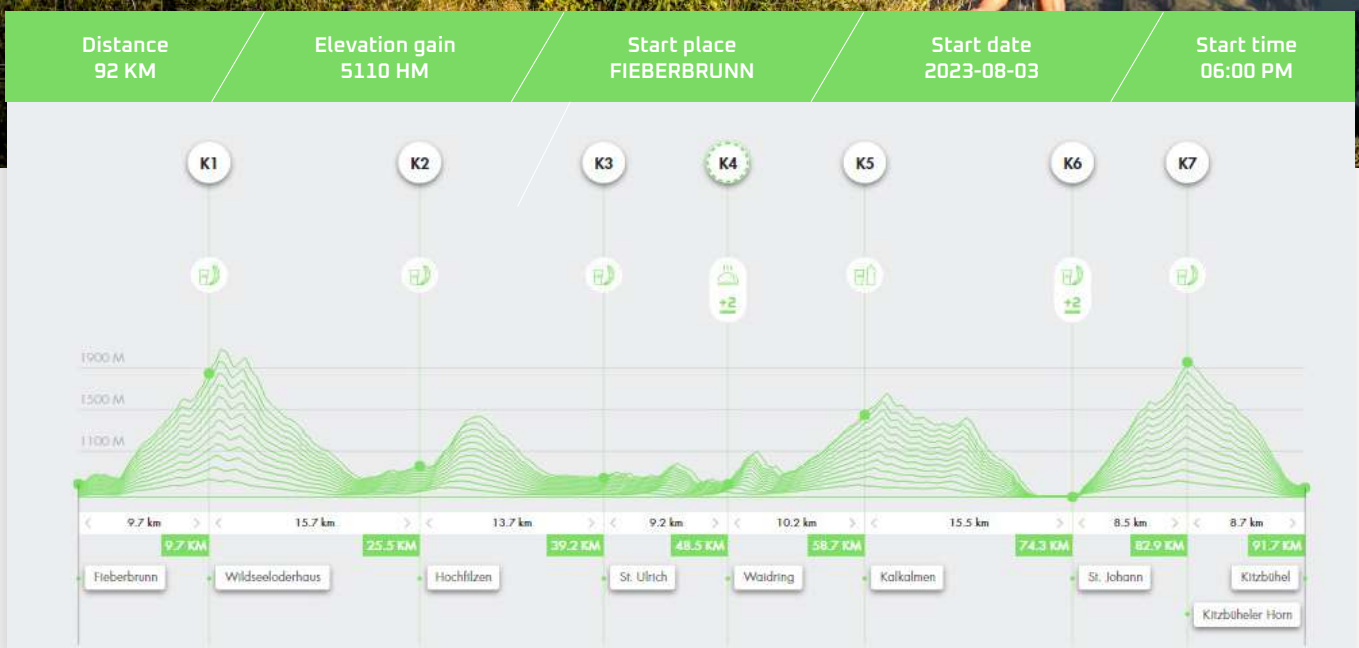
RACE CATEGORY
100K / M

Distance
92 KM

Elevation gain
5110 HM

Start place
FIEBERBRUNN

Start date
2023-08-03

Start time
06:00 PM


THE RUNNING EXPERIENCE AT NIGHT

92 Kilometers and 5110 meters of altitude through the night. After a challenging climb, you'll be rewarded with a spectacular sunset at the summit of the Wildseeloder. Past the brightly lit Jakobskreuz, the trail takes you through a demanding night. The last challenge in the darkness is the climb to the Kitzbüheler Horn, where you will be greeted with a breathtaking sunrise.

MORE INFORMATIONS ABOUT THE RACE



gpx available here

MANDATORY EQUIPMENT

- GPS watch/device
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 1 l drink
- Rain pants with 10.000 mm water column
- Rain jacket with 10.000 mm water column
- Hood
- Long pant and long shirt
- Gloves (waterproof with a 10.000 mm water column)
- Headlamp, spare batteries and a glow stick
- Route Map (will be handed when picking up the number registration)

TIMETABLE


AUGUST 03RD

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		BIB distribution
16:00	center of Fieberbrunn		Race briefing
17:15	center of Fieberbrunn		Access to start area & equipment check
18:00	center of Fieberbrunn		Start

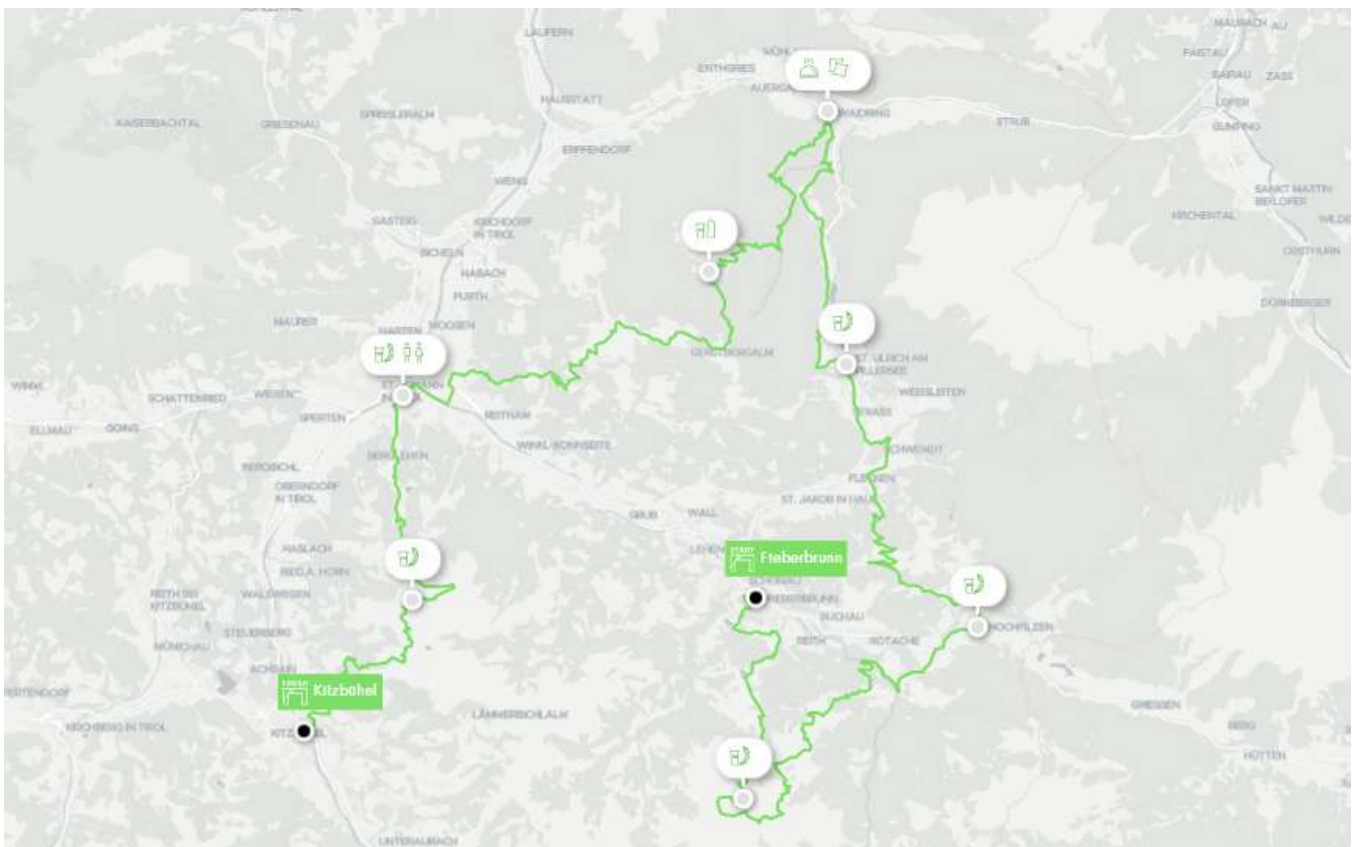
AUGUST 04TH

03:00	commercial school Kitzbühel		Expected Winner
16:30	commercial school Kitzbühel		Time Limit

AUGUST 05TH

20:00	center of Fieberbrunn		Award ceremony
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MAP



 STARTING LINE















 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		
Wildseeloderhaus	1845	9,89	9,89	1171	94	09:00 pm	
Hochfilzen	957	15,70	25,59	1643	1458	12:00 am	
St. Ulrich a. P.	840	13,33	38,92	2166	2079	03:00 am	
Waidring	780	9,08	48	2449	2427	05:00 am	  
Hochbreitaualm	1447	11	59	3385	2715	08:00 am	
St. Johann i.T.	657	15,15	74,15	3757	3891	11:00 am	
Kitzbüheler Horn	1958	8,85	83	5090	3940	02:30 pm	
Commercial school Kitzbühel	747	8,50	91,50	5100	5144	04:30 pm	   

 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 WARM FOOD





MARATHON

RACE CATEGORY

50K M



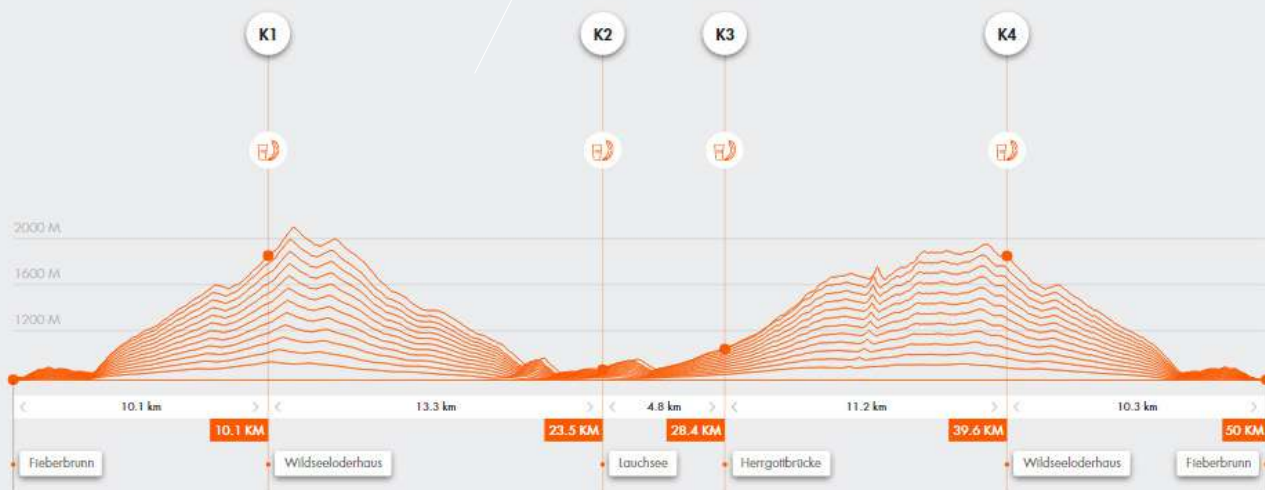
Distance
48,20 KM

Elevation gain
3220 HM

Start place
FIEBERBRUNN

Start date
2023-08-05

Start time
07:00 AM



A RACE THAT EXPLORES MANY OF THE MOST BEAUTIFUL PLACES IN THE REGION

The marathon distance offers gorgeous trails and even more beautiful views: You'll have to earn the summit win at Wildseeloder and the gorgeous view over the lake, with a challenging first climb. Back in the valley, a constantly ascending route leads you on fantastic flowing trails on high panoramic paths again towards the lake Wildseelodersee.

MORE INFORMATIONS ABOUT THE RACE



gpx available here

MANDATORY EQUIPMENT







- GPS watch/device
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 1 l drink
- Rain jacket with 10.000 mm water column
- Hood
- Gloves (waterproof with a 10.000 mm water column)
- Route Map (will be handed when picking up the number registration)

TIMETABLE

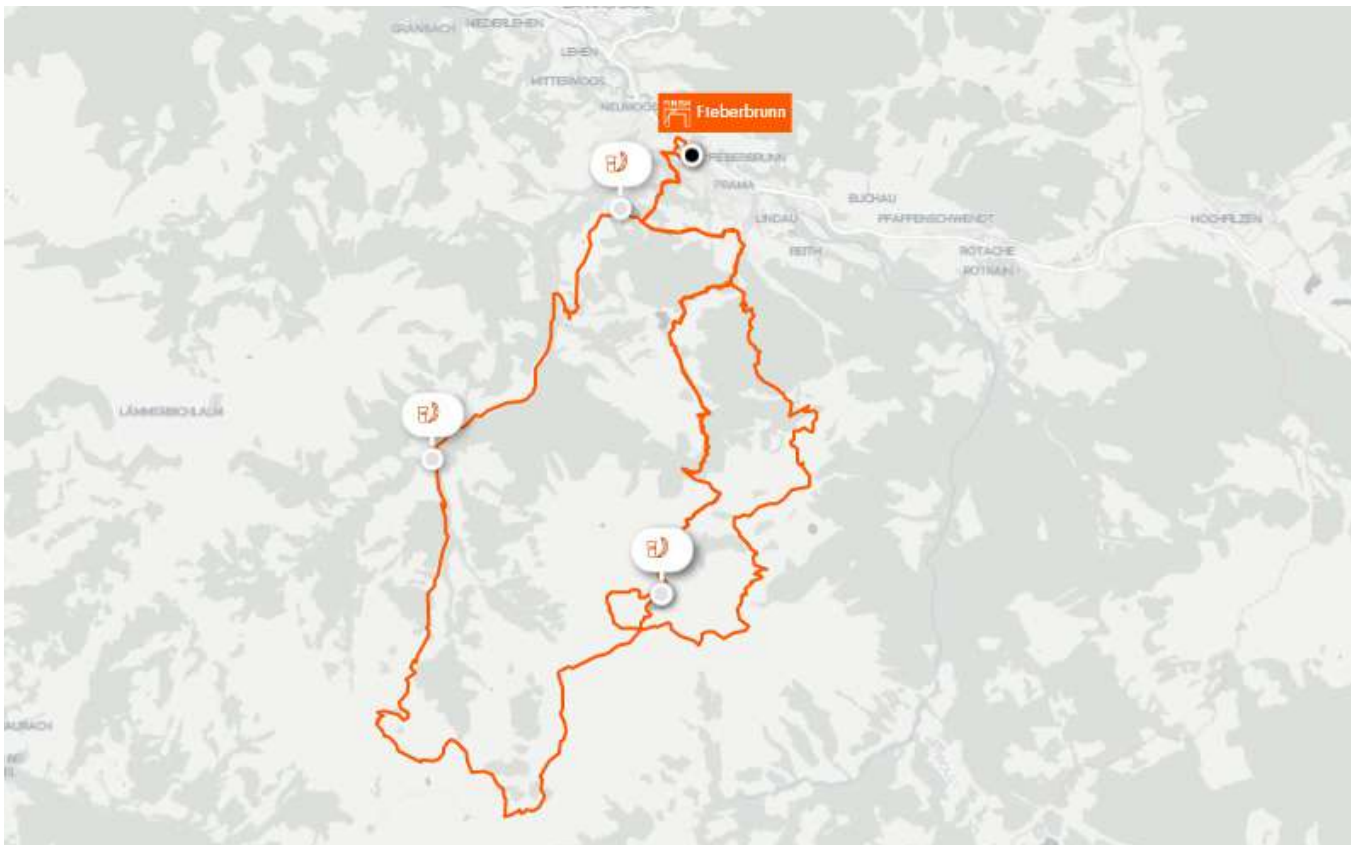
AUGUST 04TH

Time	Location	What
12:00 - 19:00	center of Fieberbrunn	 BIB distribution

AUGUST 05TH

06:00	center of Fieberbrunn	 Race briefing
06:30	center of Fieberbrunn	 Access to start area & equipment check
07:00	center of Fieberbrunn	 Start
10:40	center of Fieberbrunn	 Expected Winner
19:00	center of Fieberbrunn	 Time Limit
20:00	center of Fieberbrunn	 Award ceremony

MAP



 STARTING LINE








 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		
Wildseeloderhaus	1845	9,89	9,89	1171	103	10:00 am	
Lauchsee	860	12,11	22	1617	1525	12:30 pm	
Parkplatz Abzweigung Grubalm	1039	7	29	2021	1628	01:50 pm	
Wildseeloderhaus	1845	9	38	2914	2012	05:00 pm	
Fieberbrunn	783	9,80	47,80	3030	3197	07:00 pm	 

 STARTING LINE

 FINISH LINE

 AID STATION



©Andi Frank



RACE CATEGORY

20K / M



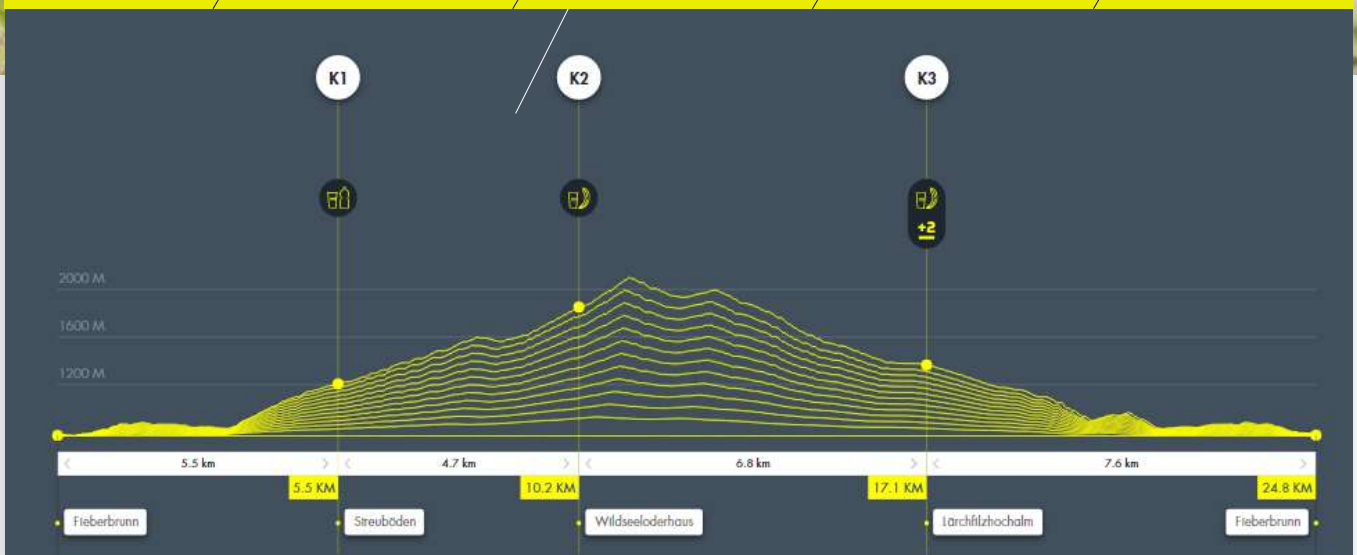
Distance
24,20 KM

Elevation gain
1640 HM

Starting place
FIEBERBRUNN

Start date
2023-08-05

Time of departure
09:00 AM



A DREAMLIKE SUMMIT EXPERIENCE AND FAST DOWNHILL PASSAGES

Highlights such as the idyllic Wildseelodersee, the immensely panoramic summit of the Wildseeloder and numerous spectators along the route await you here.

MORE INFORMATIONS ABOUT THE RACE









gpx available here

MANDATORY EQUIPMENT

- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 0,5 l drink
- Windbreaker
- Route Map (will be handed when picking up the number registration)

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		
Streuböden Bergstation	1207	5,80	5,80	500	51	10:15 am	
Wildseeloder	1853	4,40	10,20	1200	103	12:00 pm	
Lärchfilzhochalm	1366	6,50	16,70	1400	967	01:30 pm	
Fieberbrunn	783	7,50	24,20	1640	1637	03:00 pm	 

 STARTING LINE

 FINISH LINE

 AID STATION



© Mike Jöbstl

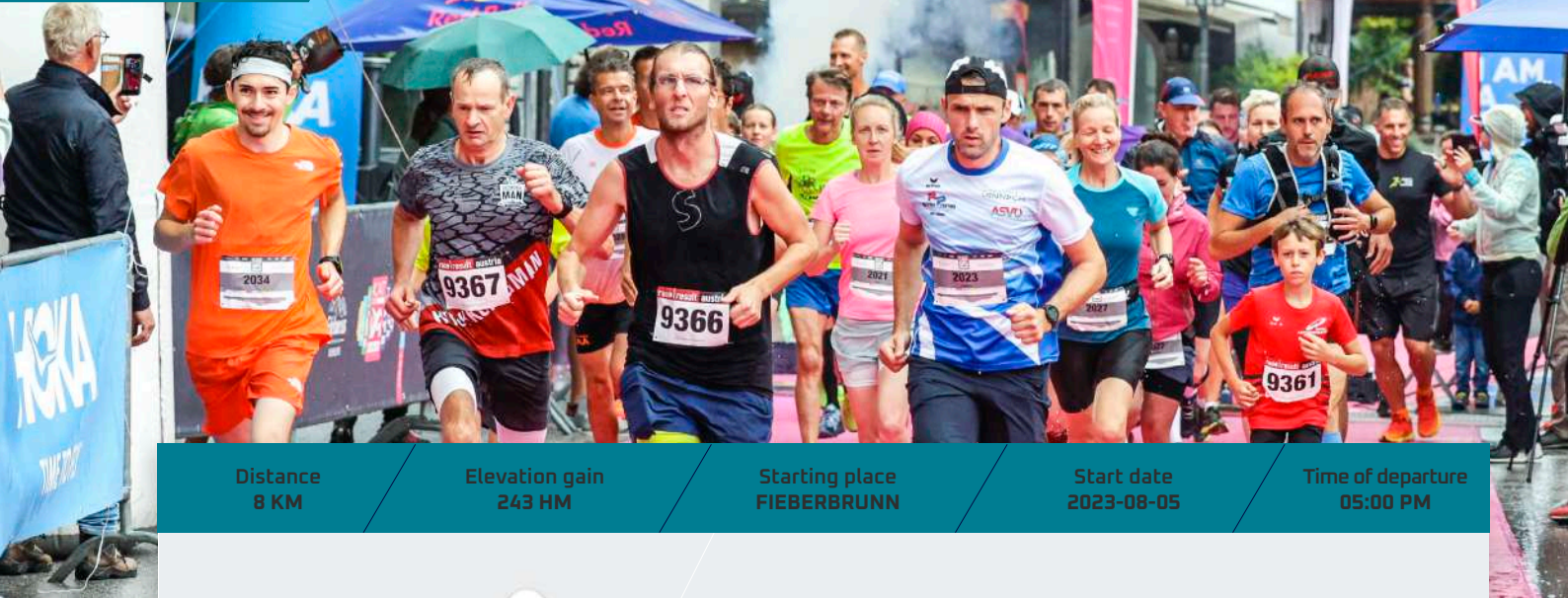


1077
Andreas

infit

EASY TRAIL

Short description of race



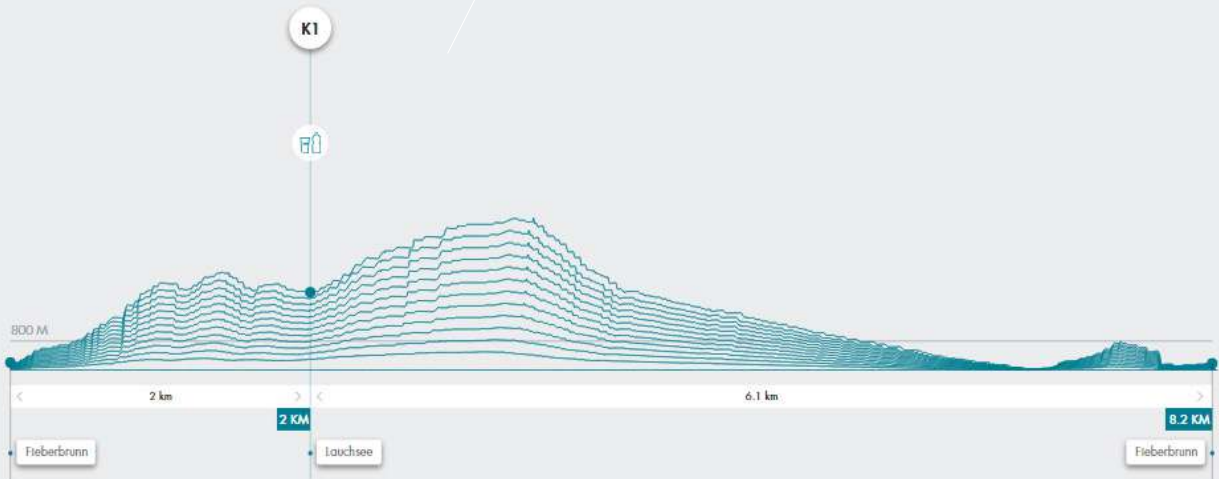
Distance
8 KM

Elevation gain
243 HM

Starting place
FIEBERBRUNN

Start date
2023-08-05

Time of departure
05:00 PM



ALLOWS BEGINNERS TO GET A TASTE OF THE TRAILRUNNING EXPERIENCE

This discipline leads over hill and dale, past the beautiful Lauchsee lake and along a mountain stream. You cover 8 kilometers and 243 meters of altitude on this route. It allows beginners in particular to get a taste of trail running.

MORE INFORMATIONS ABOUT THE RACE



gpx available here

MANDATORY EQUIPMENT

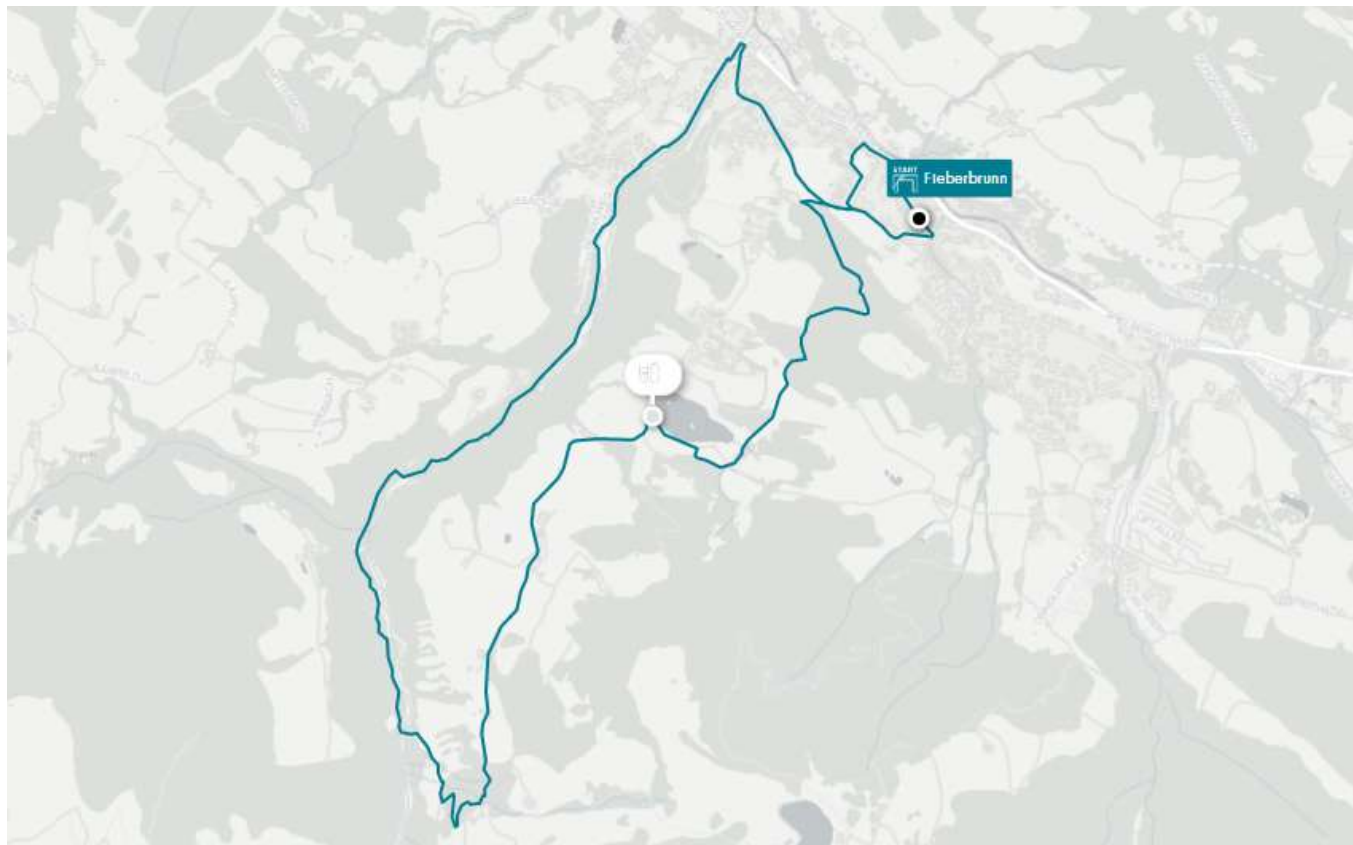
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- ID card
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- Route Map (will be handed when picking up the number registration)

TIMETABLE

AUGUST 05TH

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		BIB distribution
16:30	center of Fieberbrunn		Race briefing
16:50	center of Fieberbrunn		Access to start area & equipment check
17:00	center of Fieberbrunn		Start
17:30	center of Fieberbrunn		Expected Winner
19:00	center of Fieberbrunn		Time Limit
20:00	center of Fieberbrunn		Award ceremony

MAP



STARTING LINE

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		START
Lauchseestraße	859	3,50	3,50	150	25	06:00 pm	DRINK SUPPLY
Fieberbrunn	783	4,50	8	243	218	07:00 pm	FINISH



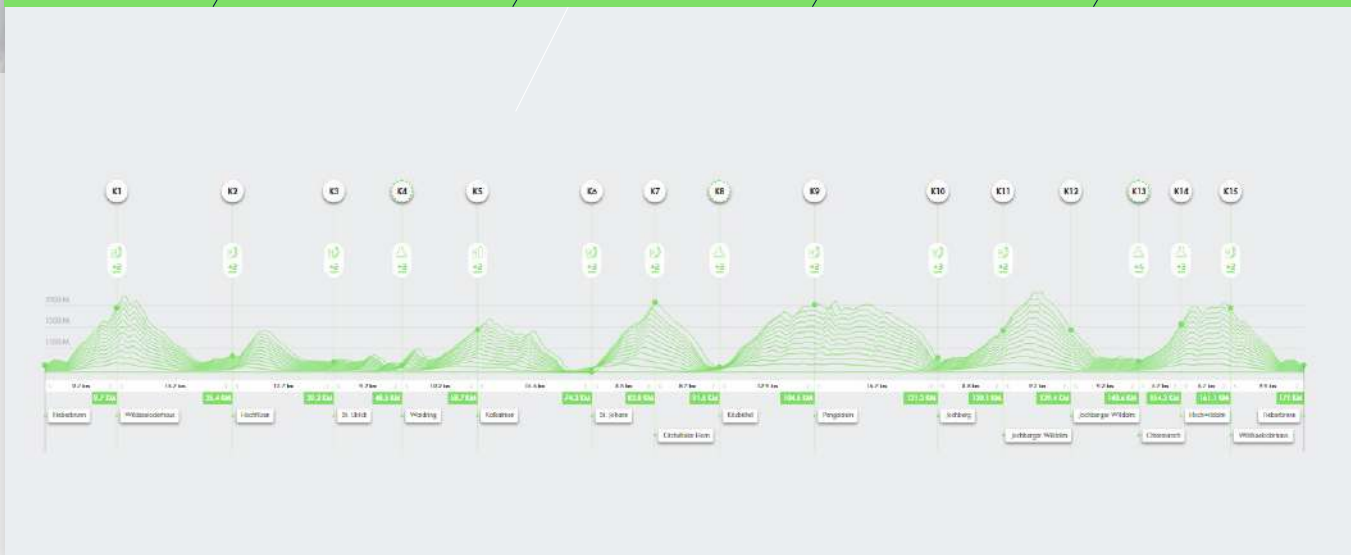
VIBRAM
ELITE SOLE
X
GEDIMINAS
GRINIUS







Distance 92 KM 79,20 KM	Elevation gain 5110 HM 4710 HM	Starting place FIEBERBRUNN	Start date 2023-08-03	Time of departure 06:00 PM
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CONQUER THE 100 MILES IN A TEAM OF TWO

In pairs, the 100-mile course takes runners through the Kitzbühel Alps. Here you just have to decide who wants to experience a sunset and sunrise and who wants to challenge the flowing panoramic trails with guaranteed panoramic views and rocky passages. On the first half 92 kilometers and 5110 meters of altitude have to be mastered and 79.2 kilometers and 4710 meters of altitude await the second runner.

MORE INFORMATIONS ABOUT THE RACE




gpx available here

MANDATORY EQUIPMENT


- GPS watch/device
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 1 l drink
- Rain pants with 10.000 mm water column
- Rain jacket with 10.000 mm water column
- Hood
- Long pant and long shirt
- Gloves (waterproof with a 10.000 mm water column)
- Headlamp, spare batteries and a glow stick
- Route Map (will be handed when picking up the number registration)

TIMETABLE



AUGUST 03RD

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		BIB distribution
16:00	center of Fieberbrunn		Race briefing
17:15	center of Fieberbrunn		Access to start area & equipment check
18:00	center of Fieberbrunn		Start

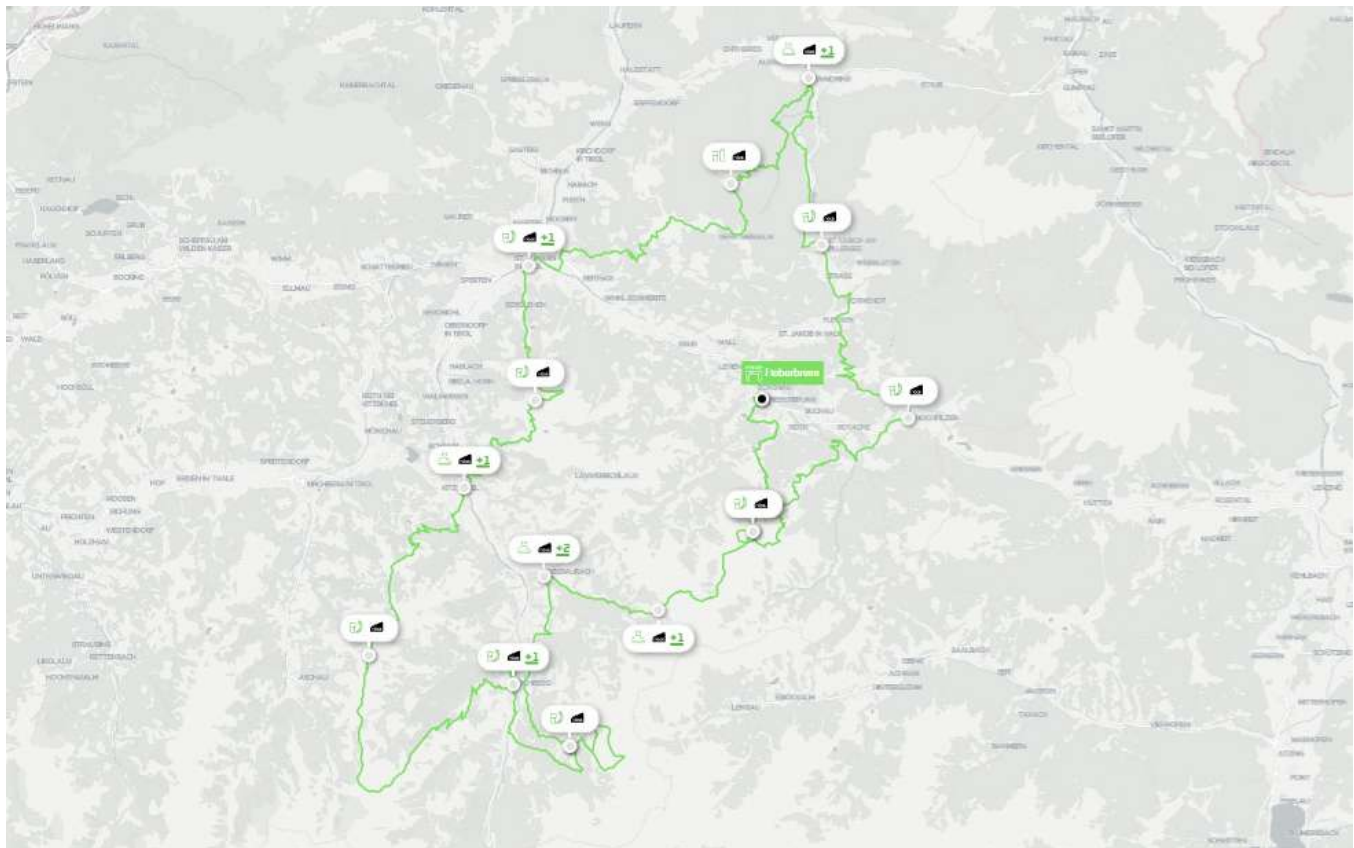
AUGUST 04TH

16:45	center of Fieberbrunn		Expected Winner
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AUGUST 05TH

18:00	center of Fieberbrunn		Time limit
20:00	center of Fieberbrunn		Award ceremony

MAP



 STARTING LINE




























 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		START 
Wildseeloderhaus	1845	9,89	9,89	1171	94	09:00 pm	
Hochfilzen	957	15,70	25,59	1643	1458	12:00 am	
St. Ulrich a. P.	840	13,33	38,92	2166	2079	03:00 am	
Waidring	780	9,08	48	2449	2427	05:00 am	  
Hochbreitaualm	1447	11	59	3385	2715	08:00 am	 
St. Johann i.T.	657	15,15	74,15	3757	3891	11:00 am	
Kitzbüheler Horn	1958	8,85	83	5090	3940	02:30 pm	
Kitzbühel HAK/HAS	747	8,50	91,50	5100	5144	04:30 pm	  
Pengelstein Bergrestaurant	1912	13,27	104,77	6423	5289	08:30 pm	
Jochberg	927	16,35	121,12	6833	6687	12:30 am	  
Jochberger Wildalm	1435	7,88	129,80	7469	6814	03:00 am	
Jochberger Wildalm	1435	9	138,80	8256	7444	06:30 am	
Oberaurach	1440	9,70	148,50	8386	8267	10:30 am	   
Berggasthaus Hochwildalm	857	5,60	154,10	9108	8480	01:30 pm	
Wildseeloderhaus	1845	6,70	160,80	9715	8629	04:00 pm	
Fieberbrunn	783	9,90	170,70	9820	9744	06:00 pm	FINISH 

 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

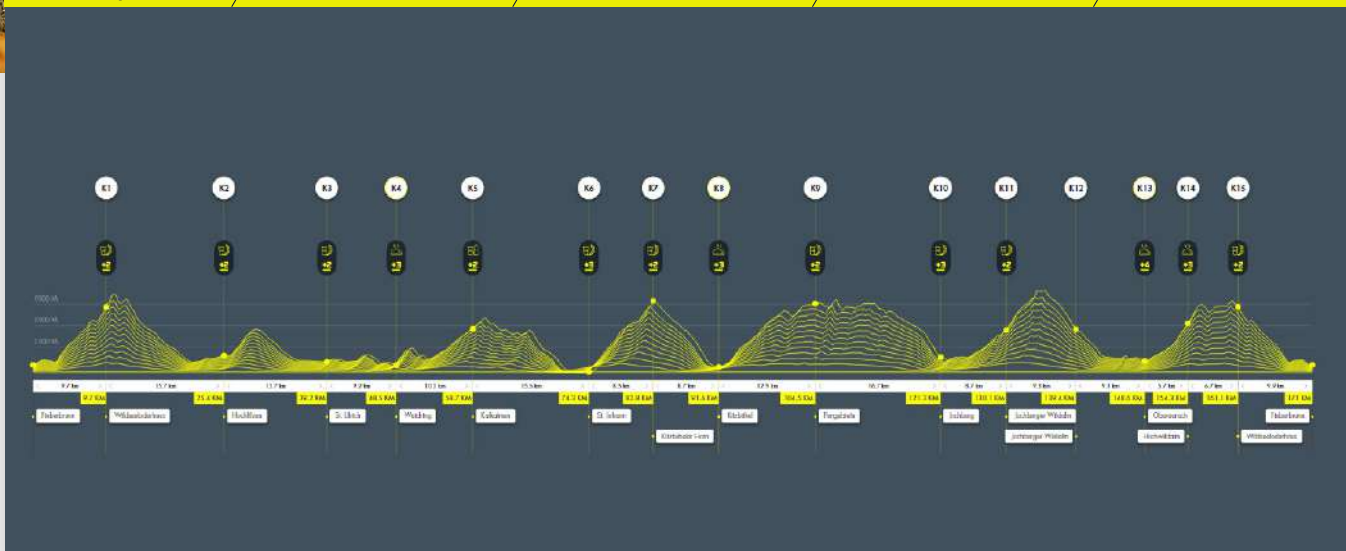
 WARM FOOD



EKIDEN 4



Distance 48 KM 43,40 KM 56,90 KM 22,30 KM	Elevation gain 2449 HM 2648 HM 3290 HM 1440 HM	Starting place FIEBERBRUNN	Start date 2023-08-03	Time of departure 06:00 PM
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CONQUER THE 100 MILES IN A TEAM OF FOUR

Four of you take on the 100-mile route through the Kitzbühel Alps. The route sections are chosen so that there is a suitable distance for everyone. The first in the team has to face 48 kilometers and 2449 meters of altitude. The second runner has 43.4 kilometers and 2648 meters of altitude to cover. The third runner tackles 56.9 kilometers and 3290 meters of altitude and the fourth runner 22.3 kilometers and 1440 meters of altitude.

MORE INFORMATIONS ABOUT THE RACE



gpx available here

MANDATORY EQUIPMENT

- GPS watch/device
- Tirol Mountain Rescue's emergency App: www.leitstelle-tirol.at/leistungen/zusatzleistungen
- Trailrunning shoes or sturdy footwear. Barefoot shoes, shoes with no thick tread and going barefoot are not permitted and will exclude you from starting.
- Trailrunning backpack
- Mobile phone with an activated ring tone and the organiser's emergency number +43 676 5509794
- First aid kit (contents: 1x triangular bandage, 1x blister plaster, small and large plasters, at least 6m tape, 2 bandages, 2 large compresses, 1 pair tweezers, elastic bandage)
- ID card
- Whistle
- Survival blanket
- Collapsible cup (recommended for hot drinks like tea) or drinks container (bottle etc.)
- 1 l drink
- Rain pants with 10.000 mm water column
- Rain jacket with 10.000 mm water column
- Hood
- Long pant and long shirt
- Gloves (waterproof with a 10.000 mm water column)
- Headlamp, spare batteries and a glow stick
- Route Map (will be handed when picking up the number registration)

TIMETABLE

AUGUST 03RD

Time	Location		What
12:00 - 16:00	center of Fieberbrunn		BIB distribution
16:00	center of Fieberbrunn		Race briefing
17:15	center of Fieberbrunn		Access to start area & equipment check
18:00	center of Fieberbrunn		Start

AUGUST 04TH

16:45	center of Fieberbrunn		Expected Winner
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AUGUST 05TH

18:00	center of Fieberbrunn		Time limit
20:00	center of Fieberbrunn		Award ceremony

MAP



STARTING LINE


















FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Dist. inter	Dist	Elevation+	Elevation-	Cut Off	Services
Fieberbrunn	783	0	0	0	0		START 
Wildseeloderhaus	1845	9,89	9,89	1171	94	09:00 pm	
Hochfilzen	957	15,70	25,59	1643	1458	12:00 am	
St. Ulrich a. P.	840	13,33	38,92	2166	2079	03:00 am	
Waidring	780	9,08	48	2449	2427	05:00 am	
Hochbreitaualm	1447	11	59	3385	2715	08:00 am	
St. Johann i.T.	657	15,15	74,15	3757	3891	11:00 am	
Kitzbüheler Horn	1958	8,85	83	5090	3940	02:30 pm	
Kitzbühel HAK/HAS	747	8,50	91,50	5100	5144	04:30 pm	
Pengelstein Bergrestaurant	1912	13,27	104,77	6423	5289	08:30 pm	
Jochberg	927	16,35	121,12	6833	6687	12:30 am	
Jochberger Wildalm	1435	7,88	129,80	7469	6814	03:00 am	
Jochberger Wildalm	1435	9	138,80	8256	7444	06:30 am	
Oberaurach	1440	9,70	148,50	8386	8267	10:30 am	
Berggasthaus Hochwildalm	857	5,60	154,10	9108	8480	01:30 pm	
Wildseeloderhaus	1845	6,70	160,80	9715	8629	04:00 pm	
Fieberbrunn	783	9,90	170,70	9820	9744	06:00 pm	FINISH 



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



WARM FOOD



WINGS FOR LIFE WORLD RUN

race | result austria
93669
www.raceresult-austria.at

KIDS RACES




©Andi Frank

The Kids Trail in the center of Fieberbrunn makes the youngest trail runners' hearts beat faster on various distances.

The stars of tomorrow are greeted at the finish line with much applause and plenty of spectators.



FRIDAY 4TH

Time	Location	What
12:00 - 16:30	center of Fieberbrunn	 BIB distribution
17:00	center of Fieberbrunn	 Start
20:00	center of Fieberbrunn	 Award ceremony



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EXPO - VILLAGE



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BRANDS AT EXPO





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R2_{3.0} CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.
Decreasing the risk of injury and cramps.



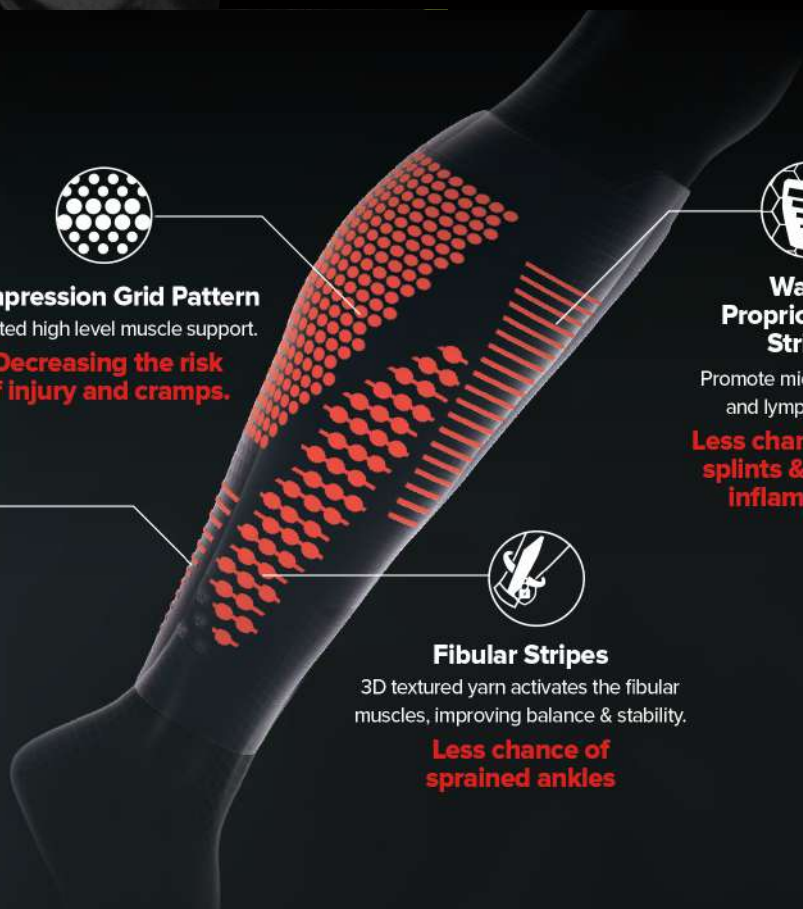
Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles



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