



# GROSSGLOCKNER ULTRA-TRAIL® POWERED BY DYNAFIT



## OFFICIAL RACE GUIDE

July 21-23, 2017 // [www.ultratrail.at](http://www.ultratrail.at)

### GROSSGLOCKNER ULTRATRAIL®

110 km | 6.500 hm  
One tough trail run around  
Austria's highest mountain

### GLOCKNER TRAIL

50 km | 2.000 hm  
The classic race along  
the Grossglockner

DEUTSCH

### WEISSEE GLETSCHERWELT TRAIL

30 km | 1.000 hm  
Your entry to GGUT

### GGUT 110 | 2

60 km | 4.500 hm +  
50 km | 2.000 hm  
2 friends share the adventure  
of GGUT 110 as team relay



## Overview Track



# WELCOME TO GROSSGLOCKNER ULTRA-TRAIL®

### Welcome at Grossglockner ULTRA-TRAIL® 2017

A very warm welcome to all trail runners and friends of mountain sports!

We are happy and proud to present you the 3rd edition of one of the most difficult and impressive ULTRA-TRAILS in the eastern Alps and kindly invite you to take part in one of the greatest adventures with us, no matter if you are an athlete, spectator or team-member. We want to express our gratitude to all our sponsors and partners, without whom this event would not be possible.

We improved all races and the whole event on several details and further developed it. Completely new in 2017 is the "Taste of the "GGUT regions" at our supply stations, our GGUT Festival at the Expo and our studio "GGUT Live" in Kaprun, including live reports from on FB / Web plus extended Live Tracking. More on that on the following pages.

The highlights remain: The route of GGUT 110 will again lead you over 110 km and

6500 m altitude climb around Austria's highest mountain, the Grossglockner (3798m). Runners are crossing three Austrian provinces and seven valleys, passing 14 glaciers while being surrounded by more than 300 summits higher than 3000 m. Last year Gerald Fister and Florian Grasel crossed the finish line together after 15 hours and 13 minutes. Kristin Berglund came back as the first lady after 18 hours and 43 minutes. We are already curious who will be the first back again in Kaprun this year. But it will be very competitive this year: More than 1000 runners from more than 35 nations will share the adventure with you. Among them several national or international top runners.

We wish you a lot of fun, amazing adventures and a safe return. See you in July at the start line or along the track in Kaprun, Kals am Grossglockner and Uttendorf!

Your GGUT Team

## Overview and Locations Kaprun



Kaprun is the ideal start and finish for this challenge. Already in the past century our municipality has been the starting point for various challenging tours towards and up Grossglockner. We wish all runners remaining impressions and a safe return in this unique event.

**Manfred Gaßner, Mayor Kaprun**



The GGUT is an asset and major event for Kals am Grossglockner and eastern Tyrol and the sportive highlight of the year. Together with our partners and local organisations we are happy to offer our competence in mountaineering. As a participant it was a challenge, but most of all a great pleasure to be a part of this event.

**Martin Gratz, Vice-Mayor Kals am Großglockner**

Rudolfshütte in Weißsee Gletscherwelt, Uttendorf is an ideal starting point for the Gletscherwelt Trail. Here, trailrunning is especially close to nature, as we are surrounded by several peaks higher than 3000m. At the same time the terrain is technically demanding. I wish all participants an impressive nature experience, lots of success and a safe return!

**Hannes Lerchbaumer, Mayor Gemeinde Uttendorf**



Raiffeisen  
Meine Bank



# Wenn's laft, dann laft's!

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Schwarz auf Gelb online nachzulesen:**

**raiffeisen.foerdert.tirol**

## PROGRAM

Friday, 21.7. - Sunday, 23.7.

GGUT = CROSSGLOCKNER ULTRA-TRAIL® GGT = GLOCKNER TRAIL GWT = GLETSCHERWELT TRAIL

### Friday, 21.07.2017

Location: Schaufelberg Parkplatz, Kaprun

10:00-13:00 Bib distribution

14:00-20:00

10:00-20:00 Expo

22:30 Race-Briefing GGUT

23:00 Start GGUT

### Saturday, 22.07.2017

Location: Kals am Großglockner

6:00-7:00 Additional bib distribution

6:30 Race-Briefing GGT

7:00 Start GGT

Location: Bergbahn Weissee Gletscherwelt

6:30-7:15 Additional bib distribution

7:45 Race-Briefing at the start

8:00 Start GWT

### Saturday, 22.07.2017

Loc.: Schaufelberg Parkplatz, Kaprun

from 10:45 First runners GWT

from 11:45 First runners GGT

from 13:30 First runners GGUT

21:00 Price giving ceremony

Top 5 runners of all races

Location: Rudolfshütte

until 22:00 Sunset at Rudolfshütte  
cable cur runs until 10 PM

Location: Baumbar, Kaprun

from 22:00 After-Race-Party

### Sunday, 23.07.2017

5:00-7:00 Welcome last finishers  
and closing of GGUT 2017

## Sideevents for Athlets and Fans

### New: "GGUT Festival"

New in 2017 is our GGUT Festival. Try and test various prime products from our partners, like DYNAFIT, Silva, Suunto, Salomon, Adidas, Julbo and more, guided by running coach Peter Wundsam.

Friday, 21.07.2017, 10.00 - 14.00.

Meet every full hour at the start and finish in Kaprun, get your gear of choice and go for a (very) short run with Peter on the trails around the start area; technical running tips included.

### Pictures and Impressions

#### Projekt OE-3000 2016

Matthias Kodym: 3000 km, 150.000 in climb along the Austrian Alps and across Austria.

Freitag, 20.00-21:30

Baumbar, Kaprun

#### Sunset at Rudolfshütte

Saturday, cable cur runs until 22:00

Weissee Gletscherwelt

## Busses

### Kaprun - Kals and back

(EUR 20 per direction. Book your tickets together with your registration, in the GGUT web shop or at the bib distribution (limited number).

Kaprun - Kals: Sa, 04:30 / 15:00 / 18:30

Kals - Kaprun: Sa, 12:30 / 16:30

### Kaprun - Talstation Weissee Gletscherwelt

(EUR 8 per direction, booking pls check above)

Sa, 06:00 / 14:30 / 17:30 Uhr: Kaprun - Talstation Weissee Gletscherwelt





27g,  
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Michel LANNE  
Trail runner, 2016 CCC® winner

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# GEAR-TIPPS

## TRAILRUNNING MUST HAVES

### DYNAFIT Alpine Pro

Alpine Running shoe for the core trail runner, with Vibram® Megagrip sole and rocker construction for more grip and dynamicity.

Sole Drop: 8mm  
Weight: 300 g  
RRP: € 155,-



### DYNAFIT Ultralight 3L Jacket

Ultralight, breathable waterproof jacket made of Dynashell 3L fabric for Ultra Running.

Weight: 130 g  
RRP: € 240,-



### DYNAFIT Ultra 2 in 1 Short

High performance short with multiple pockets and inner tight engineered for long distance ultra running.

Weight: 162 g  
RRP: € 100,-



### SILVA Trailrunner 2

Trail Runner 2 is an upgraded more powerful version of the bestselling running headlamp - Trail Runner with a light output now of 160 Lumen.

Light distance: 50m  
Burn time:  
90h (30L) / 30h (60L)  
Battery: 3 x AAA  
Weight: 118 g  
RRP: € 70,-



### JULBO

The new Aero is full of features, based on Julbos latest technologic innovations like Full Venting, Air Link Temple System, 3D Fit Nose.

Weight: 27 g  
RRP: € 159,-



### HAMMER

Whenever a sports drink is your preferred choice, "heed" your body's desire for a superior fuel. HEED is the only choice you need to make!

[www.hammernutrition.eu](http://www.hammernutrition.eu)



Fancy GGUT-Shirts, GGUT headbands and more are available at the GGUT shop at the Expo.

### ULTRATRAIL Shirt Men /Women / Kids

Prices:  
Adults: € 24,-  
Kids: € 19,-

# GGUT LIVE

## Studio, Moderation and Live Tracking

### STUDIO KAPRUN

Brand new in 2017 is GGUT Studio in Kaprun and on FB: On Saturday every full hour we are sending pictures, videos and interviews from all over the track live from Kaprun and on FB. Fans, friends and family and supporters get updates, impressions, about weather conditions etc. from the race. We will send prepared and moderated reports live in our studio at the start and finish area in Kaprun and via live stream on FB. Closer to the race is not possible! Become a GGUT fan on Facebook and do not miss a thing!

### The Voices of GGUT - Your Moderation Team



Sandra Raunigg,  
KRONEHIT ON AIR



Joschi Peharz, Moderator



Peter Wundsam,  
Moderator & Running Coach

### Live Tracking and DATASPORT Event App

In cooperation with our timing partner DATASPORT we offer GGUT Live Tracking for all GGUT races - without additional costs. Tracking will be provided via a separate web-platform and will be available in the DATASPORT Event App. In combination with your various intermediate times in the DATASPORT Event App your friends and family may always see where you are moving - either at home or at the event.

For all participants GGUT 110 und GGUT 110 I 2 live tracking is obligatory. Live tracking for these runners functions with a tracker provided by the organiser (combined with a cash deposit). For runners at GGT 50 und GWT Live Tracking is optional, and operates with your own Smartphone.



# SILVA

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# GGUT 110

## 110 km / 6.500 HM

Winners 2016:  
Women: Kristin Berglund (SWE)  
18 hours 43 minutes 07 seconds  
Men: Gerald Fister / Florian Grasel (AUT)  
15 hours 13 minutes 36 seconds



### GROSSGLOCKNER ULTRA-TRAIL

**110 km | 6.500 HM**

One tough trail run around Austria's highest mountain  
Start: Friday, 23.00, Schaufelberg Parkplatz, Kaprun  
Finish: Schaufelberg Parkplatz, Kaprun



### GGUT 110 | 2

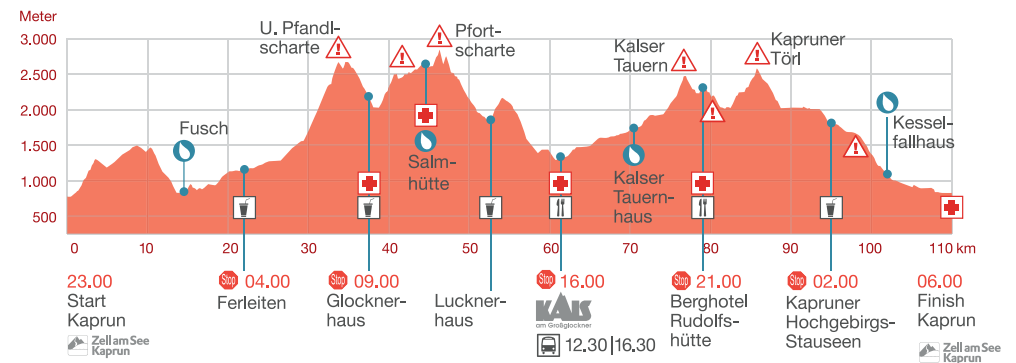
**60 km | 4.500 HM + 50 km | 2.000 HM**

2 friends share the adventure of GGUT 110 as team relay  
Start: Friday, 23.00, Schaufelberg Parkplatz, Kaprun  
Hand over runner 2: Kals am Großglockner  
Finish: Schaufelberg Parkplatz, Kaprun

Grossglockner ULTRA-TRAIL® (GGUT) mainly follows the trails of the so-called "Glocknerrunde" around Austria's highest mountain, the Großglockner (3798 m). Grossglockner ULTRA-TRAIL® 110 is an extremely challenging and difficult trail running competition, leading mostly through difficult alpine territory and mostly higher than 2000 m, 1 time higher than 2800 m and 3 times higher than 2500 m. Expect 2 - 4 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) and the night make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: to Untere Pfandscharte (2663 m), Wiener Höhenweg and Pfortscharte (2828 m), Kalser Tauern (2518 m) and Kapruner Törl (2639 m), as well as down from Rudolfshütte and (partwise) down from the Kapruner Hochgebirgsstauseen.

### 110 km | 6500 m



# GGT 50

## 50 km / 2.000 HM

Winners 2016:  
 Women: Sandra Koblmüller (AUT)  
 5 hours 42 minutes 25 seconds  
 Men: Markus Stock (AUT)  
 4 hours 48 minutes 21 seconds

# GWT 30

## 30 km / 1.500 HM

Winners 2016  
 Women: Johanna Erhart (AUT)  
 3 hours 34 minutes 15 seconds  
 Men: Jan Mrazek (CZE)  
 2 hours 57 minutes 25 seconds



### GLOCKNER TRAIL

**50 km | 2.000 HM**

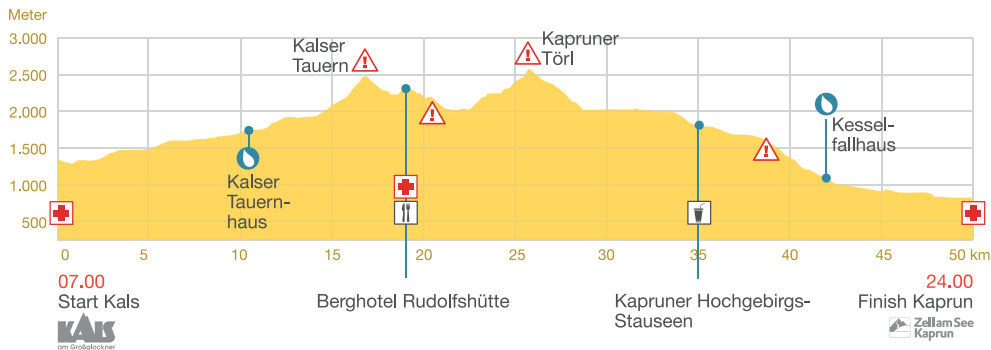
The classic race along the Grossglockner ULTRA-TRAIL® (GGUT). The track follows vast the trails of the so called "Glockner-runde" along Austria's highest mountain, the Großglockner (3798 m) through the scenic landscape of National Park Hohe Tauern.

Glockner Trail 50 km (GGT 50) leads towards the 2nd half of Grossglockner ULTRA-TRAIL® (GGUT). The track follows vast the trails of the so called "Glockner-runde" along Austria's highest mountain, the Großglockner (3798 m) through the scenic landscape of National Park Hohe Tauern.

GGUT 50 k is a challenging trail running competition, leading mostly through difficult alpine territory, often higher than 2500 m. Expect 2 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Kalser Tauern (2518 m) and Kapruner Törl (2639 m) as well as down from Rudolfshütte and (partwise) down from the Kapruner Hochgebirgsstauseen.

### 50 km | 2000 m



⚠ Schwierig | Difficult | 🏠 Basis Verpflegungsstelle | Supply Regular | 🏠 Große Verpflegungsstelle | Supply Large  
 💧 Wasser | Water | 🏠 Arzt | Doctor



### GLETSCHERWELT TRAIL

**30 km | 1.500 HM**

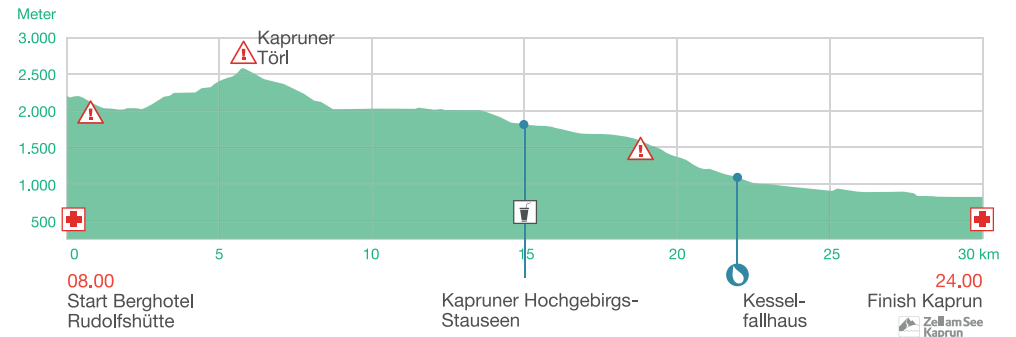
Your entry to the world of GGUT  
 Start: Saturday 08.00, Berghotel Rudolfshütte, Uttendorf  
 Finish: Schaufelberg Parkplatz, Kaprun

WEISSEE GLETSCHERWELT TRAIL (GWT 30) leads towards the last parts of the track of Grossglockner ULTRA-TRAIL® (GGUT). Start is at the dam of Weissee, close to Berghotel Rudolfshütte (2315 m). Transport with cable car to Rudolfshütte is possible from 07.00 and is free for all participants (just show your bib). Starting from magnificent Weissee a short climb to Rudolfshütte, then downhill towards Tauernmoos reservoir.

GWT 30 starts in 2300 m and has 1000 m of positive altitude climb and downhill of 2300 m. Although the high difference is negative, GWT 30 is not just a walk. It is leading mostly through difficult alpine territory, often higher than 2500 m. Expect 1 larger snowfield to cross, under bad weather conditions even more. For the largest part the track leads over trails (90 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails down from Rudolfshütte, up to and down Kapruner Törl (2639 m) as well as (partwise) down from the Kapruner Hochgebirgsstauseen.

### 30 km | 1000 m



⚠ Schwierig | Difficult | 🏠 Basis Verpflegungsstelle | Supply Regular | 💧 Wasser | Water | 🏠 Arzt | Doctor



# GOODIES

Food supply, Drop Bags, Medals

## Food Supply & Nutrition - the Flavour of the GGUT Regions

GGUT is a race leading through various regions around the Grossglockner: Salzburg Pinzgau, Carinthia and East Tyrol -- and we invite you to taste it: Warm dishes, bread, cheese, sausage, bacon and cakes etc. will therefore vary a bit between the refreshment posts, providing typical products from the different regions at least at Glocknerhaus, Kals and Rudolfshütte.

The respective altitude profile lists all locations and refreshment posts.

More info is on:

[www.ultratrail.at/english/infopoint/food-supply-nutrition](http://www.ultratrail.at/english/infopoint/food-supply-nutrition)

## DROP-BAGS & MEDAILLEN

Drop-Bags are available for all runners on GGUT 110 and GGT 50.

GGUT 110: Drop-Bags will be transferred from Kaprun to Kals and back: Delivery: Friday, 21:00 to 23:00 hours start area, Kaprun. Hand-back Kaprun from 18.00 hours on at the Expo Tent.

GGT 50: Drop-Bags will be transferred from Kals to Kaprun: Delivery Saturday, 06.00 - 07.00 hour at the start area in Kals. Hand-back in Kaprun from 12.00 hours on at the finish.

Special award for all finishers: GGUT finisher medals



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# 21.-23. Juli 2017

Der Trailrun rund um den höchsten Berg Österreichs

## HOTSPOTS

DIE BESTEN ZUSCHAUERPLÄTZE BEIM GGUT

- Kaprun Schaufelbergparkplatz  
Fr. 23:00 // Start Grossglockner ULTRA-TRAIL®
- Glocknerhaus (GGUT km 38)  
Sa. 04:00 - 09:00 // Glocknerhaus Heiligenblut
- Lucknerhaus (GGUT km 53)  
Sa. 06:00 - 15:00 // Lucknerhaus, Kals am Großglockner
- Kals am Großglockner:  
Start Glockner Trail und Durchlauf GGUT (km 62)  
Sa 07:00 - 16:00 // Musikpavillon, Kals am Großglockner
- Berghotel Rudolfshütte (GGUT km 80):  
Start Gletscherwelt Trail & Durchlauf GGUT  
Sa 08:00 - 21:00 // Nachtfahrt Seilbahn bis 22:00
- Kapruner Hochgebirgsstauseen (GGUT km 90):  
Durchlauf aller Strecken  
Sa. 09:30 - So. 02:00
- Kaprun: Zieleinlauf  
GWT (10:30)//GGT (11:30)//GGUT (13:30)  
Schaufelbergparkplatz // Kaprun
- Siegerehrung aller Bewerbe  
Sa. 21:00 // Schaufelbergparkplatz/Baumbar // Kaprun

GROSSGLOCKNER  
ULTRATRAIL®  
110 km | 6.500 hm  
START: Fr. 23:00  
Schaufelbergparkplatz, Kaprun

GLOCKNER  
TRAIL  
50 km | 2.000 hm  
START: Sa. 07:00  
Musikpavillon, Kals am Großg.

WEISSEE GLETSCHER-  
WELT TRAIL  
30 km | 1.000 hm  
START: Sa. 08:00  
Rudolfshütte, Untertal

GGUT 110 | 2  
TEAMCHALLENGE  
60 km | 4.500 hm +  
50 km | 2.000 hm  
START: Fr. 23:00 | Kaprun

[www.ultratrail.at](http://www.ultratrail.at)



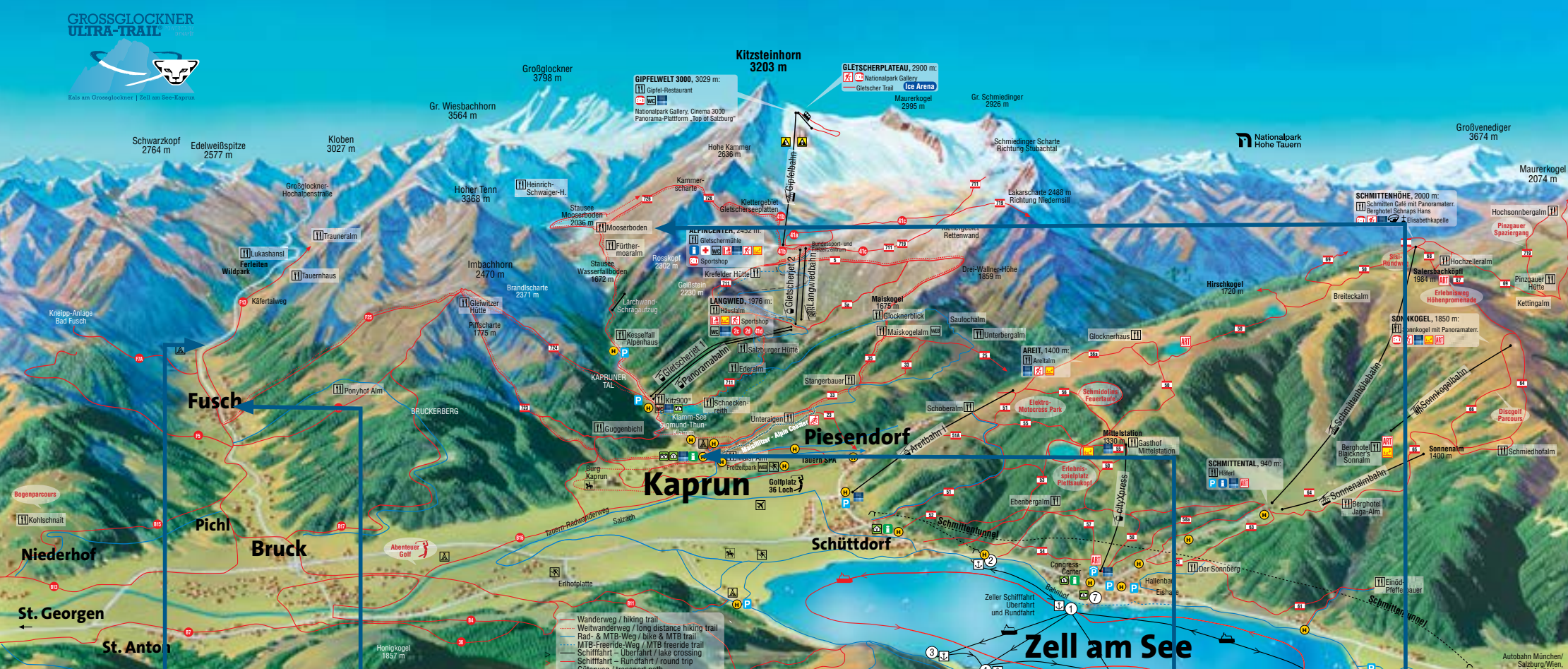


# ZELL am SEE - KAPRUN

## Hotspots for spectators



With the new Run & Walk Park, Zell am See-Kaprun has created one more impressive adventure world in the midst of glaciers, mountain lakes and peaks, with the Grossglockner ULTRA-TRAIL as a prelude. The event being a real highlight in our event calendar and we are happy to welcome more than 1000 runners from more than 30 nations. I wish all participants a successful and safe return. Mag. Renate Ecker, Managing Director Zell am See-Kaprun Tourismus GmbH



**Supply station Ferleiten**  
 Sa, 01:30 - 04:00 AM  
 GGUT km 22  
 Further travel to Glocknerhaus over Grossglockner Hochalpenstraße only from 05:00 - 21:30 (toll road, EUR 35 per day, [www.grossglockner.at](http://www.grossglockner.at))

**Municipality office Fusch an der Glocknerstraße**  
 Sa, 00:30 - 02:30 AM  
 GGUT km 16

**Grossglockner Zellersee**  
[www.grossglockner-zellersee.info](http://www.grossglockner-zellersee.info)  
 TOURIST-INFO BRÜCK & FUSCH

**INTERSPORT BRÜNDL**  
 KAPRUN - KITZSTEINHORN

**Zell am See Kaprun**

**Verbund**

**Start/Ziel Kaprun Schaufelberg Parkplatz**  
 Fr, 11:00 PM  
 Sa, 10:00 AM - 0:00 PM  
 So, 0:00 - 8:00 AM

**Kapruner Hochgebirgsstauseen**  
 Sat, 10:00 AM - 00:00 PM  
 GGUT km 92, GT km 32, GW km 12  
 Transport with cable car from "Kesselfall Alpenhaus" from 8 AM until 5 PM. You find vouchers for reduced tickets from our partner Verbund Tourismus

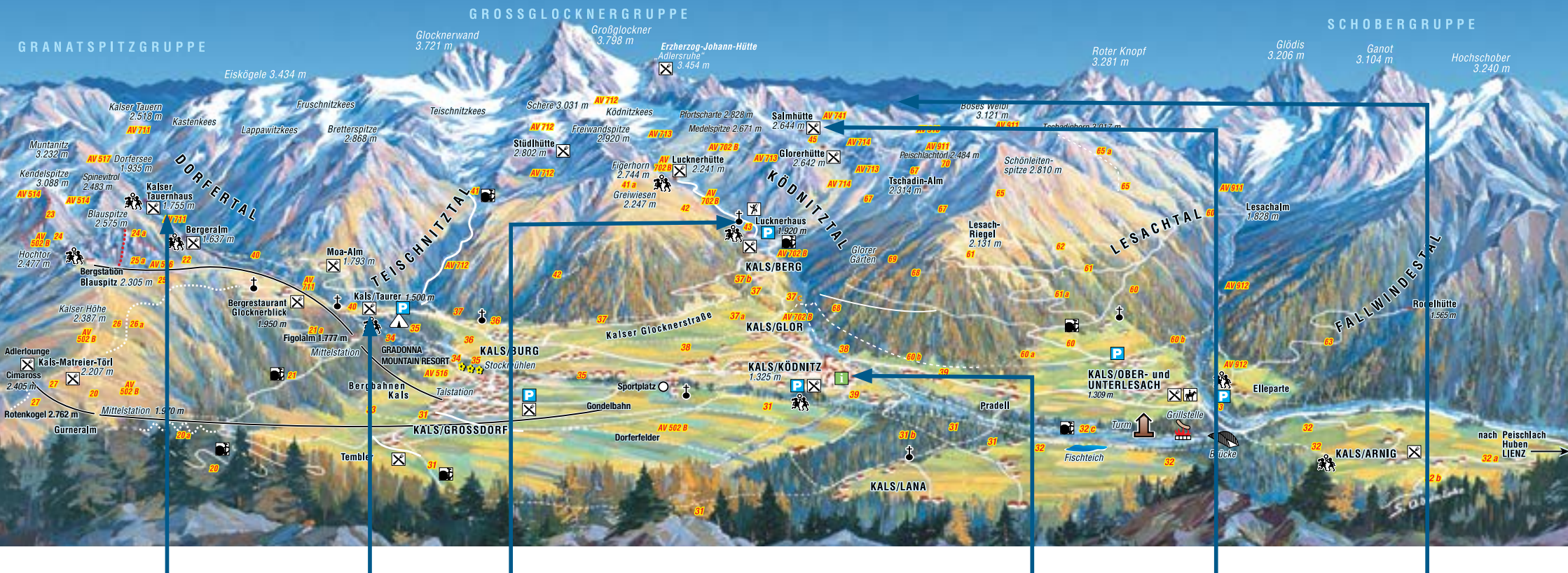


# KALS am GROSSGLOCKNER

## Hotspots for spectators

I am very happy that the GGUT could motivate so many runners last year which will hopefully continue this year with even more possibilities. I was really impressed by the athletes' strong performances and I am certain that the Grossglockner with its beautiful landscape of the Nationalpark Hohe Tauern will fascinate the participants as well as ease their strains.

Eva Haselsteiner,  
Managing Director Osttirol Werbung GmbH



**Berger Alm (1640 m),  
Kaiser Tauernhaus  
(1755 m)**  
GGUT km 65/70  
GGT km 5/10  
Sat, 07:30 AM - 6:00 PM  
Access via Kals to Vitalhotel Tauerwirt by car, hike from Tauerwirt approx. 1 - 2 hours

**Tauerwirt**  
GGUT km 63  
CGT km 3  
Sat, 07:15 AM - 4:30 PM  
Zufahrt über Kals am Großglockner

**Lucknerhaus  
(1912 m)**  
Sat, 06:00 AM - 2:30 PM  
GGUT km 53  
Access via Kals, Kalsler Glocknerstraße until Lucknerhaus (Toll road: EUR 10, www.glocknerstrasse.at)



**Musikpavillon  
Kals**  
Start GGT  
Hand over baton  
GGUT, GGUT | 2 km 62  
Sat, 07:00 AM - 4:00 PM

**Salmhütte  
(2644 m)**  
Sa, 05:30 AM - 1:00 PM  
GGUT km 45  
Access via Kals to Lucknerhaus by car (toll road EUR 10); hike from Lucknerhaus 2 - 3 hours.

**Glocknerhaus (2132 m)**  
Sa, 04:00 - 9:00 AM  
GGUT km 37  
Access via Grossglockner Hochalpenstraße (www.grossglockner.at) over Fusch an der Glocknerstrasse or Heiligenblut 05:00 - 21:30 (toll road, EUR 35 per day)



# WEISSEE GLETSCHERWELT

## Hotspots for spectators

Uttendorf with the Weisse area at 2.315 m, embedded in the Nationalpark Hohe Tauern, is pleased to be an important part of the GGUT. The mastering of enormous physical challenges in a breathtaking natural surrounding with all its facets, will make this event unforgettable to participants. We wish all participants and the organisation team of the GGUT success and are looking forward to seeing you in Uttendorf - Weisse, Nationalpark Hohe Tauern.

Lisa Loferer BA, Managing Director  
Tourist Association Uttendorf/Weißsee



Cable Car Rudolfshütte  
until 10 PM!

### Kapruner Törl (2639 m)

Take cable car or hike from Enzingerboden and take the "Austriaweg" to Kapruner Törl (ca 3 h), walk down to supply station Kapruner Hochgebirgsstauseen possible (ca 2 - 3 h), then transport down to Kaprun (see map Kaprun)

### Cable car ground station Weisse Gletscherwelt

- Parking and end of shuttle transport
- Access to Berghotel Rudolfshütte



### Berghotel Rudolfshütte (2315 m)

Sat, 08:00 AM - 9:00 PM  
GGUT km 80, GT km 20, GWT km 0

- Access by car via Uttendorf direction Weißsee Gletscherwelt/Enzingerboden until parking
- Then take cable car [www.gletscherwelt-weisse.at](http://www.gletscherwelt-weisse.at) for starters GW 30 for free (please show your bib)
- voucher for reduced tickets in all starter packs

GROSSGLOCKNER  
ULTRA-TRAIL  
POWERED BY  
DYNAFIT



Kals am Grossglockner | Zell am See-Kaprun

# PARTNER & SPONSORS

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## GGUT Partner Hotels



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Day 195. Pascal Egli's Mountopia - Dolomites Skyrace on 1st place.

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Concept and Design Pascher+Heinz, Photo AME Studios - Michael Müller