

General Regulations: Arlberger Wadlbeisser

1. All runners who have reached the age of 18 years or have the consent of a parent or legal guardian, may participate in the race.
2. The start groups are divided up as follows:

Arlberger Wadlbeisser 13.5 km

Arlberg Eagle.				Block	Category	Overall Winner
Single Starter				Block		
2009	2004	M/F	1st, 2nd, 3rd place			
2003	2001	M/F	1st, 2nd, 3rd place			
2000	1991	M/F	1st, 2nd, 3rd place			
1990	1981	M/F	1st, 2nd, 3rd place			
1980	1971	M/F	1st, 2nd, 3rd place			
1970	1961	M/F	1st, 2nd, 3rd place			
1960	1951	M/F	1st, 2nd, 3rd place			
1950	1920	M/F	1st, 2nd, 3rd place			

The overall winner comes from the Arlberg Eagle and Single Starters categories.

The 1st, 2nd and 3rd placed winners from the respective age groups (both men and women) will receive prizes.

Obstacles must be surmounted unaided. Assistance from other participants or race marshals may not be accepted.

If help is nevertheless accepted, or an obstacle is not surmounted on the first attempt or left out, 30 "Wadlbeisser" (calf raises) must be completed in the designated zone.

Couples	(He & She, She & She, He & He)	Block
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In the couples ranking, the couple in first place of the respective couple constellation (He & She, She & She, or He & He) receive a prize.

Help may be accepted from one's partner, as well as from other participants.

If an obstacle is not surmounted on the first attempt or left out, 30 "Wadlbeisser" (calf raises) must be completed in the designated zone.

Team Category	From 3 persons	Block
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The team category is all about having fun. The biggest team and the team with the best costume will receive a prize. Those who have travelled furthest to take part will also be rewarded for their efforts.

Help may be accepted from fellow team colleagues, as well as from other participants.

If an obstacle is not surmounted on the first attempt or left out, 30 "Wadlbeisser" (calf raises) must be completed by all team members in the designated zone.

Arlberger Wadlbeisser 7.5 km

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3. Entry fee for the Arlberger Wadlbeisser 13.5 km:

Single Starter

01.12.2019 - 31.01.2020	€ 48.00
01.02.2020 - 26.04.2020	€ 58.00
27.04.2020 - 09.07.2020	€ 68.00
Late registrations	€ 78.00

Couples and Teams:

01.12.2019 - 31.01.2020	€ 48.00
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The entry fee must be paid on registration. By registering, the participant accepts the regulations, the data protection declaration and exclusion of liability towards the organiser.

4. Each participant is obliged to pick up his/her start number personally and to wear it visibly during the course inspection as well as during the race.
5. The organising committee reserves the right to change the rules in order to guarantee improved race progress.
6. Route conditions and condition of the obstacles depend on the weather and may vary from participant to participant. In the event of bad weather conditions or other unforeseeable problems on the racecourse, the race may be postponed, cancelled or shortened. Only in the event of a cancellation will participants receive credit for a new start date.
7. Complaints: complaints must be submitted to the Race Committee within 15 minutes of official publication of the race results, together with a deposit payment of Euro 50.00. If the complaint is unfounded, this deposit will not be refunded.