



2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS



WMTRC 2023 Innsbruck-Stubai

General Information Sheet (GIS) – Dec 2022

WELCOME MESSAGES

Lord Sebastian Coe, World Athletics President
Tomo Sarf, President of the World Mountain Running Association
Janet Ng, President of the International Trail Running Association
Nadeem Khan, President of the International Association of Ultrarunners
... and especially all athletes, coaches, dignitaries and presidents of member federations

Dear all,

I am writing today to present our General Information Sheet. You will find all the information necessary as well as interesting facts and details worth knowing about the World Mountain and Trail Running Championships 2023 on the following pages. This should help you to plan and to organize your journey as well as your stay and participation in the best way possible.

Even though dates and facts may be of major importance for any successful event, we all know that real success is only possible with the right mindset and true emotions.

Believe me when I say that, in anticipation of June 2023, I get goosebumps: This is because I am certain that all of you athletes will give your best to excel and shine in our beloved disciplines, because it fills me with pride and joy to think that we will be staging the World Championships in some of the most stunning areas in the Alps. I am certain that we are going to experience a perfect synergy of Alpine and urban elements and influences; and last but not least, because I believe that the title races will be a success at all levels, be it athletically, organizationally or in terms of media coverage.

The WMTRC 2023 will come to life thanks to you as athletes on the one hand, and you as presidents of the associations in charge on the other hand. You will be the ones filling the event with life and spreading the spirit that is inherent to sports and an international community of like-minded athletes. The mountain- and trail runners community in specific is a big family that is due to get together in Tyrol in just a few months' time. One thing is certain: We can expect to celebrate a massive party in Innsbruck-Stubai.

I am already looking forward to welcoming all of you and to sharing the beauty of early summer in Austria with you.

With kind regards,



Alexander Pittl

CEO WMTRC 2023 Innsbruck-Stubai
General Manager Alpine Trailrun Festival GmbH



Dear athletes, dear all,

Congratulations on taking part in the 2023 World Mountain and Trail Running Championships in Innsbruck and Stubai. We are looking forward to welcoming you in Tirol. Tirol is the Heart of the Alps and has a passion for welcoming guests from across the globe. The hotels and other accommodation providers in our region give their best every day to ensure guests enjoy their stay. Fabulous scenery, hearty food and a genuinely warm welcome make Tirol a perfect place for both rest and relaxation as well as action and adventure.

The landscape of Tirol is made for Mountain and Trail Running. The region has a large network of trails on the valley floor and up in the mountains where runners can look forward to fabulous views and challenging terrain. Dense pine forests and wide-open meadows invite not only runners but also walkers and hikers to train their fitness, coordination and reactions on a range of surfaces. Tirol also hosts many successful trailrunning events such as the Stubai Ultratrail, the Innsbruck Alpine Trailrun Festival and the Pitz Alpine Glacier Trail – a fantastic way to combine a holiday in the Alps with a real sporting challenge.

Whichever route you choose and whatever trails you run, we and the event organisers of the WMTRC in Innsbruck and Stubai look forward to sharing this beautiful region with you. We are happy and proud to be hosting the 2023 World Mountain and Trail Running Championships here in the Heart of the Alps.

Karin Seiler

CEO, Tirol Werbung





Dear federations, dear athletes,

with the Innsbruck Alpine Trailrun Festival we have had a highlight event for more than five years, one which takes this special sport from the heart of the city of Innsbruck into the encompassing high mountain surroundings. The fact that we are now, together with the Stubai Valley, the venue of the World Mountain & Trail Running Championships 2023 fills us with pride and joy. I can tell you with absolute conviction that the second edition of the Championships, here in the heart of the Alps, will be a unique event experience for participants, spectators and organizers. With the Innsbruck Alpine Trailrun Festival as a "warm-up", June will deliver exhilarating performances and many hair-raising moments at both the professional and amateur levels of the mountain and trail running scene.

The Innsbruck region is an excellent - and much sought-after - host of major sporting events, demonstrated by our history and recent past: in 1964 and 1976 the region hosted the Winter Olympics, which made Innsbruck world-famous as a sports city and winter sports destination. The Winter Paralympics then followed in 1984, and the Winter Youth Olympic Games in 2012. The legendary Four Hills Ski Jumping Tournament has been a guest in Innsbruck for more than 70 years, and every year it inspires countless people both on-site and in the media. The UCI Road Cycling World Championships and the IFSC Climbing World Championships in late summer 2018, plus the FIS Nordic World Ski Championships in February 2019, repeatedly kindled that thrilling 'world championship feeling' in Innsbruck within just a few months of each other, with the many athletes and guests from all around the world super-charging the atmosphere in the city and wider region. Hosting the World Mountain & Trail Running Championships 2023 will be another milestone in the acclaimed sporting history of the Tyrolean capital.

I am personally very gratified that there is no need to build new infrastructure for the World Mountain & Trail Running Championships - everything is already here. Nature is the stage for the athletes and the Innsbruck region is the perfect backdrop for top sporting performances.

"Top performances" are also provided by the Innsbruck region in turn: our restaurateurs and hoteliers welcome guests with the famed Tyrolean 'Gemütlichkeit' - genuine warm-hearted hospitality, seasoned with real culinary delights straight from the local region. We invite you to discover the many traditional inns and modern eateries, and the local sights and landmarks as well as the nearby excursion destinations. The Innsbruck region has so much to offer in terms of cuisine, culture and sport. Should you be able to stay here beyond the event, or should you travel to the Innsbruck region in advance of the event to explore the trails, a variety of alpine adventures and urban city experiences await you.

We look forward to welcoming you to the Innsbruck region soon. Alpine-urban greetings,

Barbara Plattner
CEO Innsbruck Tourism

**INNS'
BRUCK**

Ladies and gentlemen,

as we are anticipating the new year, we are looking forward to welcoming you at the World Mountain and Trail Running Championships, taking place in Stubai from June 6 to 10.

Thanks to its central location, the Stubaital can be reached easily and comfortably. Once you have arrived, you will immediately feel welcome in the Alpine surroundings with their multitude of options that are both close to nature and real. With a length of 35 kilometers and surrounded by 80 glaciers as well as 109 peaks surpassing 3,000 meters, the Stubai – as it is called in short – stands for diverse movement competence throughout the year. Close to the regional capital Innsbruck, Stubai enchants with its combination of cultural experiences and natural beauty.

The Stubaital can look back at a long history of mountain running, and it fills me with pride to think that by staging the Mountain and Trail Running World Championships 2023, we will be able to celebrate and at the same time advance this tradition.

With the inception of the Schlickeralmlauf, mountain running was established in the Stubaital as early as the 80s. More than three decades, two successfully staged World Mountain Running Championships (in 2014 and 2021), one edition of the European Mountain Running Championships (2009) and the addition of the STUBAI ULTRATRAIL later, the World Mountain and Trail Running Championships 2023 will be the next milestone for the Stubai Tirol Tourist Association.

It fills us with pride to think that our diverse alpine landscape with its meadows, forests, alpine pastures and glaciers was chosen to be the setting for the second World Mountain and Trail Running Championships. We are working on and developing spectacular routes throughout the year and you can expect the trails leading along the Kalkkögel mountains to Neustift im Stubai and all the way up to the summit of the Elfer to be breathtaking – both figuratively speaking and in the truest sense of the word.

Apart from our running competence, four hiking areas and unspoiled nature are guarantors for a stay that is rich in both variety and Alpine highlights. Add to that the high quality of our accommodation providers, mouth-watering regional cuisine, the Stubai Super Card with a number of free additional services to make use of during your stay, and the heartfelt hospitality, and you can be sure to experience an overall memorable stay.

In case you want to experience all that and come check out all the things the Stubaital has to offer – be it during or prior to the World Mountain and Trail Running Championships 2023 – we are here to offer our support and are looking forward to hearing from you.

See you soon in the Stubaital!

Adrian Siller

Chairman of the Stubai Tirol Tourist Association



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HOST COUNTRY INFORMATION



Useful Information

Country Name: **Austria** (83,878 km²)

Host city: Innsbruck–Stubai

Population:	Austria	8.979.894
	Innsbruck	130.596
	Stubaital	4.887

Language: German

Currency: Euro

Local Time: GMT+2:00 (Summer) / GMT +1:00 (Winter)

Driving: Right-handed

Electricity: 230V, socket Type F

Mobile network: 4G, 5G

Business hours: 9 a.m.–5 p.m.

Shops: 7:30/8:00 a.m.–7 p.m., Saturday 6 p.m.

Weather Conditions (June)

Maximum temperature: 24°C

Minimum temperature: 11°C

Average temperature: 18°C

Average precipitation per day: 111,7 mm

EVENT SCHEDULE UPDATE

The event schedule below is up to date as of December 2022. Please be aware that it is subject to change.

From June, 01st – 04th 2023, the yearly public race Innsbruck Alpine Trailrun Festival will take place. More information can be found on www.innsbruckalpine.at.

Monday June 05, 2023

Arrival & Check In

Accreditation

Tuesday June 06, 2023

Arrival & Check In

Accreditation

Opening Ceremony / Parade of Nations

EXPO Open 11:00 am – 7:30 pm

Wednesday June 07, 2023

Vertical Uphill | 7km [+ 1.020 m asc.]

Start: Venue Neustift (Stubai Valley)

Finish: Elfer Hut (Stubai Valley)

Medal Ceremony

EXPO Area 11:00 am – 7:30 pm

Thursday June 08, 2023

Trail Short | 45km [+ 3.200 m /- 2.772 m]

Start: Venue Innsbruck

Finish: Venue Neustift (Stubai Valley)

Medal Ceremony

EXPO Area 11:00 am – 7:30 pm

Friday June 09, 2023

Trail Long | 86km [+ 6.000 m /- 6.300 m]

Start: Venue Neustift (Stubai Valley)

Finish: Venue Innsbruck

Medal Ceremony

EXPO Area 11:00 am – 7:30 pm

Saturday June 10, 2023

Mountain Classic

Youth (1 loop): 6,7 km [+ 370 m/- 370 m]

Seniors (2 loops): total 13,7 km [+ 781 m/- 781 m]

Start and Finish: Venue Innsbruck

Medal Ceremony | Closing Ceremony

EXPO Area 11:00 am – 7:30 pm

ENTRY VISAS

For general information on visa requirements please follow this [link](#).

If you enter Austria via a different country, you may need to check country specific regulations.

ARRIVAL

Transport for all accredited participants will be arranged from Innsbruck airport and Innsbruck main train station only.



By Plane

Innsbruck Airport is a small, regional airport, located on the western edge of the city with direct flights to international destinations such as Vienna, Frankfurt or London. Munich airport (Germany) with good train connections to Innsbruck can be a convenient way of travelling to Innsbruck.

AIRPORT INNSBRUCK (INN)

Fürstenweg 180 | A – 6020 Innsbruck

official website: www.innsbruck-airport.com



By Train

The main train station in Innsbruck is just a short walk from the city centre with excellent train connections from and to Munich Airport (Germany) and Vienna Airport (Capital of Austria).

MAIN TRAIN STATION INNSBRUCK
Südtiroler Platz 7 | A – 6020 Innsbruck
official booking website: www.oebb.at

By Car

Innsbruck / Stubai is located on major traffic routes with well-developed road networks, which makes the region easily accessible by car.

From Vienna: A12 motorway.

From Switzerland: A12 motorway. Through the Arlberg Road Tunnel or toll-free via the Arlberg region.

From Italy: A22/A13 (Brenner motorway); tolls apply from the exit Innsbruck-Süd.

From Munich: A12 motorway

Please note that a "Vignette" (road tax disk) is required for travel on Austrian motorways. **Read more here.**

ACCOMMODATION | CATERING UPDATE

Participating teams will be allocated to selected hotels to both host region venues Innsbruck and Stubai. The teams will stay together in the same hotel (as possible).

Please indicate the length of your stay and the arrival date as well as the number of participants in the Preliminary Entry Form, which will be sent out together with this General Information Sheet, so we can book the hotels accordingly. If this number changes significantly, please send us an email.

The LOC is covering the costs for 4 nights for participating quota athletes and team officials during the event. For all quota athletes running two races, a 5th night is covered by the LOC. Regarding all non-quota athletes and additional officials, the federation will be charged 100€ per person per night for accommodation and the full board of 4 nights.

Teams planning to arrive before June 06, 2023 or for training purposes during the year please contact the tourism boards at incoming@innsbruck.info (Innsbruck) or stubaitouristik@stubai.at (Stubai-Valley).

Catering for athletes will be provided in both venues. Breakfast will take place in each hotel. Lunch and dinner will be served in the Catering area of both venues. Please indicate food restrictions of the athletes within the final entry form.

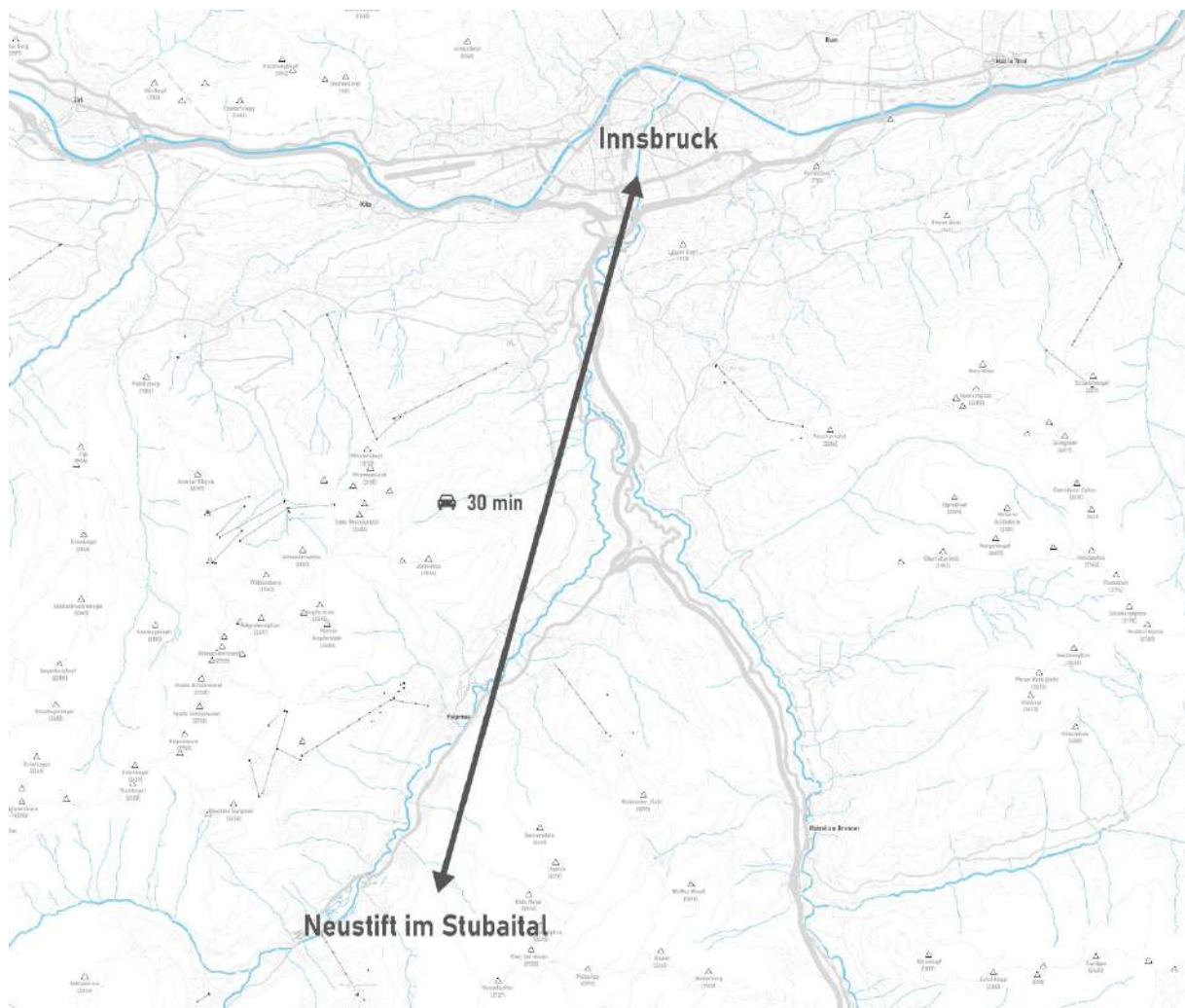
Here you can find some impressions of the hotels.



TRANSPORTATION

The sophisticated transportation concept includes a permanent transport service between the two venues Neustift and Innsbruck. At expected peak times (e.g., before the competitions), separate shuttles for athletes will be set up to guarantee an uncomplicated and easy arrival to the races. We kindly ask all teams to make use of our transport concept not only for ecological reasons but to avoid congestions, too. Both Venues offer several facilities (showers, dedicated rest areas, team catering, etc.) to reduce the usage of permanent shuttles to the needs of the athletes only.

RACES VENUES



At both venues the full infrastructure and service is provided:

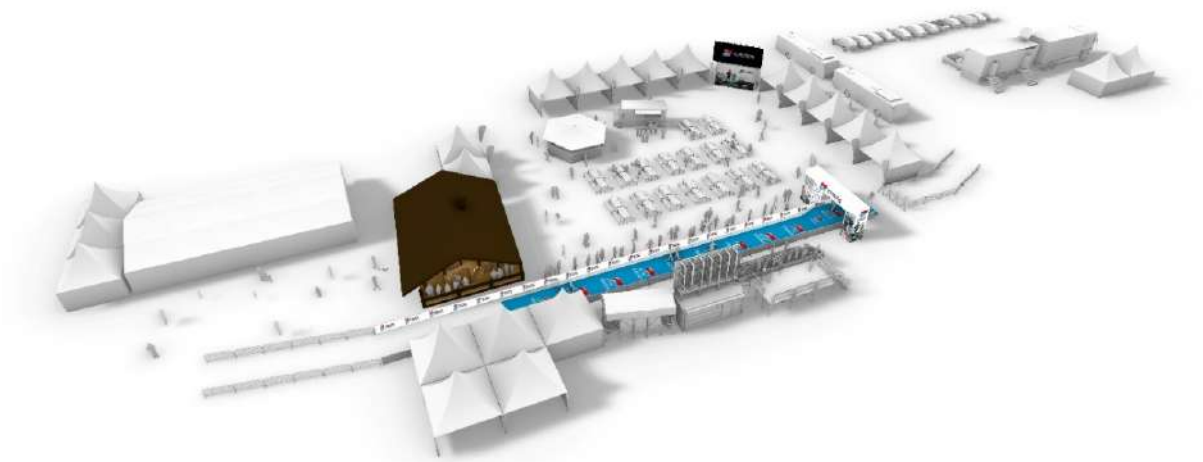
- Shower facilities, athlete/ rest areas, catering, anti-doping area, EXPO, luggage depot, etc.

A) **Venue Neustift** (coordinates: 47.107825, 11.304375)

Freizeitzentrum Neustift

Stubaital Str. 110 | A- 6167 Neustift im Stubaital

- a. Start Vertical Uphill
- b. Finish: Trail Short
- c. Start: Trail Long
- d. Infrastructure: Showers, Athlete rest area, Technical Meetings, Catering Area, Anti-Doping area, EXPO, Mixed zone, Information desk, Stage and led wall, Media center, VIP area

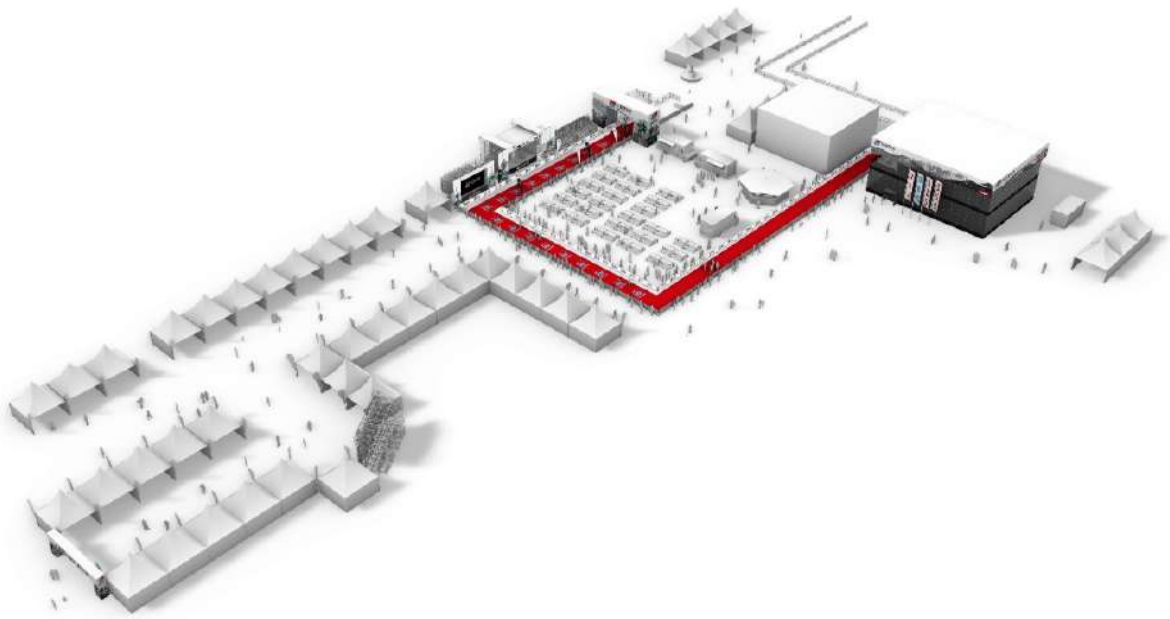


B) Venue Innsbruck (coordinates: 47.269538, 11.395582)

Landestheatervorplatz

Rennweg 2, 6020 Innsbruck

- a. Start and Finish: Mountain classic
- b. Start: Trail Short
- c. Finish: Trail Long
- d. Infrastructure: Main media Center, Main anti-doping area, Press Conferences, Congress, Technical Meetings, Mixed zone, Showers, Athlete rest area, Catering area, Stage and led wall, EXPO, VIP area



PRELIMINARY ENTRY FORM | FINAL ENTRY FORM UPDATE

Preliminary Entry Form: is send out with this General Information Sheet – Dec 2022

Return Deadline Preliminary Entry Form: **January 31, 2023**

Return Deadline Final Entry Form: **April 28, 2023**

CHAMPIONSHIP CATEGORIES

1. Long Trail (85km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

2. Short Trail (45km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

3. Vertical Uphill (7km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

4. Mountain Classic (up & down, 13,7km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

5. Junior Mountain Classic (up & down, 6,7km)
 - Men's individual
 - Women's individual
 - Men's Team
 - Women's Team

PRIZE MONEY AND AWARDS UPDATE

The following prize money will be available.

Gender	#	Mountain Classic	Vertical Uphill	Trail Long	Trail Short
Male/ Female	1 st	4.000 €	4.000 €	4.000 €	4.000 €
	2 nd	2.000 €	2.000 €	2.000 €	2.000 €
	3 rd	1.000 €	1.000 €	1.000 €	1.000 €
	4 th	750 €	750 €	750 €	750 €
	5 th	500 €	500 €	500 €	500 €

*No prize money for junior competitions and team classification

NEW! Overall Federation Team Award

In addition to the individual team championships for mountain and trail, the World MTR Championships Partners want to recognise Federations who are successful across the range of events by introducing an overall senior team trophy.

There will be a trophy for the Federation that scores highest from a number of the senior races both mountain and trail. There are 8 senior events: 2 x mountain races (uphill/vertical uphill and classic) and 2 x trail races (short and long), male and female races.

The team trophy will be calculated on up to each Federation's 6 best event scores; with each event score being based on up to the Federation's top 3 runners in that event. All teams will be ranked and Team Trophies will be awarded to the top three Federations!

AWARDS PRESENTATION UPDATE

Daily flower ceremony held immediately after the podium finishers near the finish area. Daily Medal Ceremony in the evening at the Medal Plaza.

What?	When?	Where?*
Flower Ceremony Vertical Uphill	07.06.2023	Vertical Uphill Finish (Elfer Hut Mountainside)
Medal Ceremony Vertical Uphill	07.06.2023	Stubai Venue
Flower Ceremony Trail Short	08.06.2023	Stubai Venue
Medal Ceremony Trail Short	08.06.2023	Stubai Venue
Flower Ceremony Trail Long	09.06.2023	Innsbruck Venue
Medal Ceremony Trail Long	09.06.2023	Innsbruck Venue
Flower Ceremony Mountain Classic	10.06.2023	Innsbruck Venue
Medal Ceremony Mountain Classic	10.06.2023	Innsbruck Venue

* Subject to change

RACE COURSES

The courses of the WMTRC23 Innsbruck – Stubai are carefully selected offering the best mountain and trail running can offer, incl. one of the most beautiful mountain views in the Alpes. The profile integrates all kinds of terrain, flat & flowy, steep, rocky and high alpine, providing a challenging combination for the athletes guaranteeing amazing competition and an lifetime experience. Nevertheless, for the Trail Short and the Trail Long a surefootness and a head for heights is needed.

Course overview:

Competition	Date*	Time*	Start	Finish	Distance	Elevation gain (m)
Vertical Uphill	07.06.2023	TBA	Neustift	Elfer Hut	7,3 km	±1020/5
Trail Short	08.06.2023	TBA	Innsbruck	Neustift	44,6 km	±3194/2772
Trail Long	09.06.2023	TBA	Neustift	Innsbruck	85 km	±5554/5966
Mountain Classic Junior 1 Loop	10.06.2023	TBA	Innsbruck	Innsbruck	6,7 km (1 loop)	±360
Mountain Classic Senior 2 Loops	10.06.2023	TBA	Innsbruck	Innsbruck	13,7km (2 loops)	±720

*Subject to change

For information on course profiles please follow this [link](#).

OPENING AND CLOSING CEREMONY | PARADE OF NATIONS

What?	When?	Where?
Official Opening Ceremony**	06.06.2023*	Innsbruck*
Official Closing Ceremony	10.06.2023*	Innsbruck*

*Changes possible at any time – further information follows

**Opening Ceremony | Parade of Nations: Official flag presentation of all accepted federations w.

MEDIA OPERATIONS UPDATE

During the WMTRC 2023, a dedicated staff of professionals, freelancers and volunteers will support the work of journalists, photographers, social media content creators, bloggers, video-professionals and so on.

They will work in the Media rooms in Innsbruck and Stubai, they also will have designated areas after the finish lines for interviewing the athletes or along the course for taking pictures or videos. Please note that all athletes must leave the Field of Play through the Mixed Zone. However, they are not obliged to talk to the media if they don't want to.

Press Conferences will be organized according to the needs of International Federations and of the Local Organizing Committee. If a Press Conference of medal winners will be organized, the three individual medal winning athletes and (if necessary) one athlete per team of the three medal winning nations are expected to participate.

All Media facilities will also be accessible for media representatives of the international and national federations. If you want to accredit your own media people (e.g., communications manager, photographer, social media manager), please note that accreditations for this client group will open separately, probably in the second half of February. Opening for media accreditation will be posted on our website and will be communicated through different channels.

NEW! LIVE EVENT PRODUCTION

In order to offer on-site spectators, the best possible experience, we pay a lot of attention to our live event production. As we aim to offer live streams of every competition (that you will hopefully share via your channels) and, in addition, aim to be featured on free TV, the main focus of our live event production is on TV production and distribution. We are planning on working with up to 20 camera runners to capture every step of the top 3 runners of every race, and we are already looking forward to those impressions being distributed and broadcast - on air or digitally - all over the world.

INSURANCE AND INDEMNITIES

Participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from 2023 World Mountain and Trail Running Championships Innsbruck-Stubai and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

Except in relation to gross negligence or wilful misconduct of the organiser (LOC), the Participating Member Federations defends and holds harmless the organiser from and against any personal injury or material damages, losses and claims arising out of the participation at the Championships.

Please stay tuned for updates on www.innsbruck-stubai2023.com and feel free to contact us at info@innsbruck-stubai2023.com.