



Dear TAR Runner,

We hope you are excited, ready and full of anticipation for the

DYNAFIT TRANSALPINERUN 2023 powered by VOLKSWAGEN R

We can't wait to welcome you in Lech next week.

Please find to follow, important information to help you travel with peace of mind:

MANDATORY BRIEFING

- The general and **mandatory briefing** will take place **online**. **Please watch the video completely and confirm that you have seen it** (below the video is a checkbox).
- **We can only give you your starting documents to you if you have seen and confirmed the briefing.**
- The briefing for the first stage will take place on Friday evening at about 19:30 during the opening ceremony, but will also be made available online.

DATA/HOTELS

- Please check your data again. Especially your medical information, your cell phone number and the data of your emergency contact.
- Also check your Team Name - it will be printed on the BIB
- If you have not yet entered your hotels, please do so as soon as possible:

ARRIVAL

- Event Area/Expo: Rūfikopfplatz - Dorf 200, 6764 Lech, AUT
- Registration/BIB numbers: im Sport-Strolz Modehaus Lech (Dorf 116, 6764 Lech, AUT)
- Startarea: Tannberg 185, 6764 Lech, AUT

PARKING

- Limited underground parking is available directly at registration. The nearest larger daytime parking is at the Schlosskopfbahn and a 5 minute walk from Rūfikopfplatz.
- If you have your accommodation nearby, please park your car there.
- The permanent parking for the period of the whole event is in Zūrs and wīch is about 5 kilometers away from the start. (Lechtal Str. 667, 6763 Lech)

REGISTRATION - from Thursday 07.09.2023

- Thursday, 07.09.2023 between 16:00 and 19:00
- Friday, 08.09.2023 between 09:00 and 19:00
- Saturday, 09.09.2023 between 06:30 and 07:15

ATTENTION: The collection of the starting documents is **only possible in person** and with presentation of the **identity card**, the **confirmed online briefing** and the **printed, signed declaration of liability**.

RE-REGISTRATION

- The re-registration of a runner or the whole team is only possible by the organizer ([via Mail](#)) and until 08.09.23 at 19:00 against a fee of € 150,00 per person.

PROGRAM - Friday 07.09.2023

EXPO

- The expo will take place on Friday between 10:00 a.m. and 7:00 p.m. in and around Rūfikopfplatz

TAR DINNER/OPENING CEREMONY

- Between 17:00 and 20:00: TAR DINNER at the Sportpark Lech (Strass 456, 6764 Lech).
- From 19:00: Opening ceremony, following is the briefing for the first stage

START STAGE 1 - Saturday 03.09.2023

- 06:30 - 07:15 Bag drop-off at Schlosskopf parking lot (Dorf 224, 6764 Lech)
- from 07:15 equipment check & start line-up
- 07:45 short briefing
- 08:00 Start of the 1st stage

TAR EVENTBAG/BAG-TRANSPORT

- All TAR participants will receive a **Transalpine Run event bag** (about 85 cm x 35 cm x 35 cm, approx. 100 L capacity) including a bag number with their starter package.
- All RUN2 participants will receive a RUN2 Backpack (about 50 cm x 30 cm x 30 cm, approx. 45 L capacity) including a bag number with their starter package.
- Included in your package is the **luggage transport** from stage location to stage location.
- **Only the event bag** with a weight of max. 23kg **will be transported** from the respective start to the next destination (usually to the accommodation).
- For the 1st stage please **bring your event bag independently to the start in Lech**.
- If you want to store an additional piece of luggage or need an extra luggage transport to the destination, you are welcome to book this service for 5 €.

DROPBAG

- Dynafit offers you an optional **daily dropbag service** between start and finish.
- Please **use only your Dynafit drop bag** (no other backpacks, bags, etc.).
- Drop off and reception will be at the **Dynafit booth** (drop off until 1h before start)

SHUTTLE between the stages

- You will receive detailed information about the shuttle plans in **Ischgl-Galtür** and **St. Valentin-Prad** during the registration in Lech.
- If you are staying two nights in the same accommodation, you will of course also get the possibility to get to the TAR Dinner (also Ischgl).
- In some cases a **fee of max. 15 € per location** will be charged.
- Together with the stage towns, we will make every effort to transport you and your luggage between the event area and your hotel every day.
- You will get detailed plans at the stage destination.

SHUTTLE after the Race - RUN2

- Departure on Sunday 10.09.23 at 17:30 from the parking lot at the Sivrettabahn (3 min walk from the finish area).

SHUTTLE after the Race - TAR

- Departure of all return transfers on Saturday 16.09.23 at 08:00 - you will get exact details the evening before at the latest.

TAR DINNER

- The TAR Dinner takes place every day in the context of the evening event from 5:00 p.m. to 8:00 p.m.
- Special case Ischgl:
there will be no common TAR Dinner, you will get a meal voucher for selected restaurants in Ischgl at the registration in Lech and you can choose your own restaurant.
- Special case St. Valentin:
there will be a larger finish catering with pasta from 2:00 p.m to about 6:00 p.m.

TAR LIVE TRACKING by Datasport Germany

- You have the possibility to activate your mobile phone to a GPX live tracker. This way your family/friends at home have the possibility to follow you live. The direct link via QR code to the app can be found on the back of your race number, further instructions can be found at [HERE](#)

MANDATORY EQUIPMENT and COURSE

- Please make sure that your cell phone can also make calls abroad.
- Carrying equipment/clothing during the race will be checked by the organizer before the start and at checkpoints (new with headlamp)
- Failure to carry the equipment/clothing will result in disqualification
- You will receive a printed map with all route information with your starting documents

RACE ABORTION / DNF

- If you have to leave the race early, please inform exclusively and immediately with the MEDICAL CREW under the medical information hotline, otherwise a possibly expensive and costly search operation will be initiated at your expense.
- **MEDICAL INFO-HOTLINE: +49 151 550 101 48**

MASSAGE and TAPING

- The Outdoor Physio Team will be on site again from St. Anton and can treat you for a fee: daily from 14:00 to 21:00

AWARD CEREMONY

- RUN2 - Sunday 10.09. - 15:00 in the finish area (Silvrettabahn Ischgl)
- TAR - Friday 15.09. - from 19:00 in the finish area (Country Town Prad)

We are really looking forward to seeing you,

Your PLAN B Team