

### **Basic information in English**



### The challenge

The JUNUT will be organized for experienced trail runners. To participate it is necessary to get an invitation. The total length of the race will be 239 km with a positive elevation gain of 7,500 m. The JUNUT uses the well-marked hiking path JURASTEIG which runs in a constant up and down through the beautiful landscape of the Bavarian Jura. Start and finish of the JUNUT will be in Dietfurt an der Altmühl.

# **Participation**

If you want to participate at the JUNUT you need an invitation. Please contact us and tell us something about your experience in long distance trail running. It is necessary to have finished a 100 Mile Ultra Trail.

### **Appointment**

The 9th edition of the JUNUT will take place from Friday, April 5, 2019 to Sunday, April 7, 2019. Start will be given on Friday at 10:00 a.m. in Dietfurt an der Altmühl. If we expect you to do the course faster than in 48 ½ hours, for organizational reasons, your starting time will be at 03:00 p.m. For details please see the schedule.

For registration you have to accept the **Teilnehmer-Erklärung** (Disclaimer). Please use google translator or something equal and make sure that you have understood the meaning. Your confirmation is obligatory.

#### Route

The JUNUT race is difficult. Some of the participants of the past editions even say very difficult. You run by day and night. The paths are steep, narrow and rocky and in some parts even exposed. So you have to be an experienced trail runner.

#### **Time limit**

You have 53 1/2 hours to reach the finish line in Dietfurt. That's not too much for a 239 k race. The year 2018 winner of the JUNUT, Tobias Krumm, finished in 29:34 h hours and only 30 of around 100 completed the whole distance. There will be cut-offs in Matting, Schmidmuehlen and Deining.

#### Classification

There will be two classifications: JUNUT 239 (the whole thing) and

JUNUT 170 (Finish in Kastl)

### Marking

The JURASTEIG hiking trail is well marked. The markings, however, are designed for a hiking in daylight and are not reflective. So we strongly recommend the use of a gps device.

### **Obligatory equipment**

- mobile phone
- tracker (provided by organization)
- amel bag or bottles
- energy bars or solid food
- survival blanket/heat sheet
- wind cheater suitable for bad weather conditions
- long sleeved top and knee length trousers
- head lamp with spare batteries
- drinking cup or water bottle (No drinking cups shall be available at the refreshment areas)
- road-book

#### Strongly recommended

- gps device
- cap or bandana
- gloves
- some money for the possible purchase of food or if you need something else
- elastic bandages
- poles

#### Aid stations

We plan to organize 12 aid stations, as well as a drop-bag service for Matting (78 k), Schmidmuehlen (138 k) and Deining (202 k). In Matting (78 k) the local firefighters will support us by bringing the participants over the Danube River by night. For details please see the schedule.

#### Shuttle service

For those who have to stop the race, we will organize a shuttle service running from the several aid stations to Dietfurt or to the next drop-bag station.

## **Numbers of participants**

Max. 125 participants

## **Organization fee**

- € 165,00
- Withdraw until 12/31/2018: refund 70 %
- Withdraw until 01/31/2019: refund 50 %
- No refund after that date