

## Ultra trail premiere in Paznaun

**New event for the trail running calendar: amateur runners and marathon pros can take on a whole new challenge on 12<sup>th</sup> and 13<sup>th</sup> July 2024 in Paznaun. The PIUT (Paznaun Ischgl Ultra Trail) is celebrating its premiere, leading trail runners through the Paznaun on four panoramic routes of varying difficulty. Total prize money: 10,000 euros. Registration is now open.**

Four extraordinary panoramic routes, four locations and one goal in mind: to display the ultimate endurance and willpower. Trend sport trail running will take on new competitive forms in the high mountains of Paznaun this July with the 1<sup>st</sup> Paznaun Ischgl Ultra Trail (PIUT). The PIUT routes lead runners from See via Kappl and Galtür to Ischgl, with each section offering its own traits and challenges. The two-day event which includes a trail running expo allows extreme athletes and mountain running amateurs to choose one of the four UTMB and ITRA classified routes PIUT 85, PIUT 50, PIUT 30 or PIUT 20 (the number of kilometres to be overcome reflected in each name) based on their physical condition, or take on the 10 km PIUT TRIAL for a good cause. There is also a PIUT KIDS RUN for youngsters as well as a PIUT CAMP to prepare for the competition in advance.

**Book early and save:** those who register by 1<sup>st</sup> January 2024 pay 80 instead of 105 euros for the PIUT 85, 60 instead of 85 euros for the PIUT 50, 50 instead of 60 euros for the PIUT 30, 30 instead of 50 euros for the PIUT 20 and 30 euros for the PIUT TRIAL. All information: [www.piut.tirol](http://www.piut.tirol)

### Fo(u)r unique challenges

Trail running competitions along four panoramic routes: the 1<sup>st</sup> PIUT is more than just another race. It sends participants on a challenging journey of discovery into the multifaceted Paznaun mountains, creating a unique connection between man and nature along the way, and entices runners to test their personal limits and perhaps even exceed them. On 12<sup>th</sup> and 13<sup>th</sup> July the 1<sup>st</sup> PIUT will lead through the Paznaun on four scenic and differently demanding routes.

Ultramarathon fans and the fittest mountain running professionals can indulge in their passion on the 85 km long high-alpine panoramic route PIUT 85 from See via Kappl and Galtür to Ischgl, covering 5,200 m in altitude and four stages of the Paznaun High Trail as well as the PIUT 50. The PIUT 50, in turn, invites you to take on 50 panoramic kilometres and 3,100 m in altitude from Kappl via Galtür and along the Trisanna to Ischgl, climbing Ischgl's local mountain and circling the idyllically situated lakes Berglisee and Vergrößsee.

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If you think these two routes are too much for you, why not rise to the challenge of one of the three other shorter trail running distances. The PIUT 30 takes participants 30 km and 2,500 m in altitude across the north side of the valley. The high-alpine, mountainous route with a view of the Samnaun Alps leads from Galtür to Ischgl past glaciers, the picturesque Vergrößersee and over peaks such as the Schafbichljoch (2,636 m), Dürrschartli (2,666 m), Rautejoch (2,752 m) and Schneidjöchli (2,841 m). The 20 km long PIUT 20 circuit covers 1,300 m in altitude, beginning and ending in Ischgl. Highlights of the scenic and heavily wooded route on the south side of the valley include taking on Ischgl's 2,478 m high local mountain, the Rauher Kopf, circling the idyllic, turquoise-blue lake Berglisee and enjoying magnificent views of the valley and far into the distance.

For those who want to do something good within a shorter distance: the PIUT TRIAL leads 10 km with 100 m of altitude difference from Galtür to Ischgl and supports a local charity with 10 euros per runner. Good to know: the total prize money of 10,000 euros will be divided equally between men and women.

### Background of the 1<sup>st</sup> PIUT

How did the PIUT come about? Thomas Köhle, Managing Director of the Paznaun – Ischgl Tourism Association, explains: "We have always seen a large number of participants and international growth at Paznaun trail running events in the past eleven years, especially within the marathon sector. This encouraged us to expand our trail running capacities and create the PIUT, a panoramic ultra trail that enables an even wider target group to participate with routes of varying difficulty and topography across five different distances."

### Making way for young talent

Mini athletes from the age of six can get their first taste of competitive trail running at the PIUT KIDS RUN. Divided into age groups, the youngsters will take on routes of different lengths on 12<sup>th</sup> July 2024. Best of all: each participant receives a medal and small gift. The entry fee is 8 euros.

### PIUT CAMP package

For those who would like to train for the PIUT with expert advice: the PIUT CAMP with Lukas Kocher will take place in Paznaun this June, optimally preparing future trail running champions for the new PIUT. The package includes 2 overnight stays, trail running sessions, technique training and test equipment. All information and booking: [www.piut.tirol](http://www.piut.tirol)

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### Facts and figures

#### Date: 12<sup>th</sup> and 13<sup>th</sup> July 2024

- **12<sup>th</sup> July 2024:** PIUT KIDS RUN with award ceremony, expo area, food and drink, late registration opportunity, course briefing by the OK team
- **Saturday 13<sup>th</sup> July 2024: Start:** PIUT 85: 3 am, PIUT 50: 6 am, PIUT 30: 8.30 am, PIUT 20: 11 am, PIUT TRIAL: 12 noon
- Award ceremony for all races: around 3.30 pm

#### Routes:

- PIUT 85 (85 km, 5,200 m in altitude)
- PIUT 50 (50 km, 3,100 m in altitude)
- PIUT 30 (30 km, 2,500 m in altitude)
- PIUT 20 (20 km, 1,300 m in altitude)
- PIUT TRIAL (10 km, 100 m in altitude)

#### Entry fee:

- **Until 01.01.2024:** PIUT 85: 80 euros, PIUT 50: 60 euros, PIUT 30: 50 euros, PIUT 20: 30 euros, PIUT TRIAL: 30 euros
- **Until 12.06.2024:** PIUT 85: 90 euros, PIUT 50: 70 euros, PIUT 30: 60 euros, PIUT 20: 40 euros, PIUT TRIAL: 30 euros
- **Until 11.07.2024:** PIUT 85: 100 euros, PIUT 50: 80 euros, PIUT 30: 70 euros, PIUT 20: 50 euros, PIUT TRIAL: 30 euros
- **Registration PIUT Kids Run:** 8 euros
- All registrations up until 08.07.2024 will receive individual start numbers

Find all information at: [www.piut.tirol](http://www.piut.tirol)

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