



FAQs

The most important questions and answers about
the 12th Salzkammergut Marathon (42.195k),
Sunday, 15th October, 2023
A mass start at 9.15 a.m. in the front of the
Trinkhalle, Auböckplatz 5, 4820 Bad Ischl
www.wolfgangseelauf.at

Dear Runner!

Welcome to the 12th Salzkammergut Marathon, 2023!

Please find below the most important information, set out clearly and concisely.

- 1. For your own good:** Before the race, please fill in your personal medical data on the back of your number.
- 2. Don't forget** – your health is the most important thing – don't risk anything.
If you are not sure, that you are in a good shape, please visit our Medical Center in St. Wolfgang (for free).
Adress: Markt 106, 5360 St. Wolfgang
Opening hours: Saturday, 14th October 2023, 2–7 p.m.
- 3.** Please check the official **start list**: entry errors (name, year of birth etc.) can still be corrected.
- 4. Timings:** Pentek timing (net time). 2 UHF-Chips at the backside of your starting number.
 - Fasten your **starting number** on the front of your shirt – fix the number outside, otherwise timekeeping isn't possible.
 - Don't crease your number and don't coat something over your starting number!
 - Do not remove the foam.
- 5.** Come to the welcome evening "**Griß Eich!**" (pasta voucher in your starting package)
on Saturday, 14th October from 6 p.m.–8.30 p.m. in the Michael-Pacher-Haus in St. Wolfgang.
- 6. Arrival to the start:** Use the enclosed voucher for a **bus journey**, included in the starting fees.
Best option 1: We recommend that marathon runners leave their cars in the free car parks in Bad Ischl, (e.g. Salinenplatz), then after the race they return to Bad Ischl using the bus voucher.
+ Hourly journeys from the Pacher-Haus in St. Wolfgang to Bad Ischl leave at
1.30 p.m., 2.30 p.m., 3.30 p.m., 4.30 p.m. and 5.30 p.m..
+ If necessary, the last bus will wait for those attending the Marathon award ceremony.
Option 2: Take the bus from St. Wolfgang to Bad Ischl before the race:
You can leave at 8.00 a.m. from the Pacher-Haus in St. Wolfgang (at the tunnel entrance)
to the race start in Bad Ischl.
Please note: You can enter the bus also at the bus station in Strobl at following time:
8.05 a.m., 1.35 p.m., 2.35 p.m., 3.35 p.m., 4.35 p.m. and 5.35 p.m.
- 7. Women's and Mens'** changing facilities and showers 1: Volksschule St. Wolfgang (primary school).
Women's and Mens' changing facilities 2: Rathaus St. Wolfgang, rear entrance.
Women's and Mens' changing facilities 3: Trinkhalle Bad Ischl.
Women's and Mens' showers 2: Camping Appesbach St. Wolfgang (shuttle bus primary school – Appesbach – primary school).
- 8. Public toilets in St. Wolfgang:** village centre, primary school, Rathaus building rear entrance, multi storey car park, Schafbergbahn cog railway boat jetty.
Public toilets in Bad Ischl: Basement of the Trinkhalle.
- 9.** Fasten your **starting number** on the front of your shirt – fix the number outside, otherwise timekeeping isn't possible.

- 10. Transport of clothing** – only with the officially numbered plastic clothes bags – no personal sports' bags.
 + Deposition of Marathon race clothes bags in the starting area before the race in Bad Ischl: 8.30 a.m. until 9.00 a.m..
 + Return of Marathon clothes bags in the Pfarrsaal (Parish Hall), St. Wolfgang: 12 o'clock until 3.45 p.m..
- 11. Marathon start:** 9.15 a.m. in front of the Trinkhalle in Bad Ischl (mass start – one block, net time).
- 12. Whilst running through** St. Wolfgang, please turn right into Florianigasse 100 m before the finishing line (don't run across the finishing line).
- 13. Spectator's boat trips:** After the race starts there will be hourly spectator's boat trips from 10.50 a.m. from St. Wolfgang Markt to Gschwendt (km 32.2).
Hourly returns from 11.40 a.m. from Gschwendt to St. Wolfgang Markt.
- 14. Respect each other!** We ask that the faster marathon runners take the necessary care when overtaking the slower 27k runners. These are instructed to leave a lane free for the faster marathon runners on the left, nearest to the lake. Please take care to overtake safely. THANK YOU!
- 15. Refreshment points (11):**
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|-------------------------|----------------------|-------------------------------------|
| 6.6k: Gasthof Rega | 12.2k: Schwarzenbach | 15.2k: St. Wolfgang (Florianigasse) |
| 18.2k: Ried | 21.5k: Fürberg | 24.4k: St. Gilgen |
| 28.5k: Gasthof Gamsjaga | 32.2k: Gschwendt | 36.7k: Strobl |
| 39.2k: Schwarzenbach | | |
- 42,195k.1: After the finishing line, Marktplatz, St. Wolfgang village centre, where you get a finisher bag.
 42,195k.2: Beside the "Kaffeewerkstatt"
- 16. Injured – what now?** If you are only slightly injured, simply return (free of charge) to St. Wolfgang by boat with your start number. For more serious injuries, doctors and medics will be available.
- 17. Exclusive Finisher's Medal** – these are available immediately after your finish in St. Wolfgang.
 Personal engraving (first name, surname, net time) is possible: Expo tent St. Wolfgang (€ 10,- or € 12,-/late registration).
- 18. Massage (for free):** Wolfgangsaal, (Pacher-Haus, St. Wolfgang, 1st floor).
- 19. Salzkammergut Marathon Award Ceremony:** 4.45 p.m. in the Michael-Pacher-Haus in St. Wolfgang.
- 20. All results** are available on the internet at www.wolfgangseelauf.at or www.pentek-timing.at
Results list with statistics and many photos: Available free of charge from December from the three lakeside village Tourist offices in St. Wolfgang, St. Gilgen and Strobl.
 This can also be sent on to you for a small payment of € 5,- to cover postage + SAE.
- 21. Personal Certificate** – included in the starting fee: Free download for home printing at www.wolfgangseelauf.at or www.pentek-timing.at
 Click on the certificate icon on the far left side next to your rank, download and print.
- 22. Photo service:** It's easy to order your personal souvenir photos:
 Race photos (subject to a fee) via the results list at www.pentek-timing.at (camera icon) or via www.marathon-photos.com
- 23. Annotation:** Please adhere to all guidelines. Changes are possible.

Thank you for your participation!

We look forward to seeing you again on 19th/20th October, 2024 at the 52nd International Race Around Lake Wolfgangsee (5.2k / 10k / 27k / 42.195k / Walk the Lake / Junior-Marathon)

OK International Race Committee – Tourist Office Bad Ischl – LG St. Wolfgang – Wolfgangsee tourism
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