

## Sporty across the most beautiful place in Austria

**48<sup>th</sup> 'Ebbser Koasamarsch' 2017: 3 trail running distances, 4 hiking distances, 1 shared goal!**

The Kaiser valley – **honoured as** the most beautiful place in Austria – and the 'Koasa' will once again become the stage of the legendary 'Ebbser Koasamarsch' on the 18<sup>th</sup> of June. The alpine terrain will be crossed for the 48<sup>th</sup> time already. Regarding this year's edition, the organizer – the winter sports club Ebbs – has created a novel and demanding trail route for enthusiastic runners **with good stamina and a sense of adventure.**

'Run and have fun' is the motto of this year's 'Koasamarsch'. Seven competitions in total complement the choice for hikers and mountain runners alike. Three trail running distances, four hiking distances – athletic efforts surrounded by the unique nature experience of the Kaiser mountain range. Promising. Demanding.

### Hiking joys ranging from alpine to plain terrain

The start for the different hiking routes will be on the 18<sup>th</sup> of June at 6 a.m. from the convention centre in Ebbs. This year's highlight will once again be the '40s classic' – the 'Koasamarsch' long race. 33 kilometres, 1.730 metres in altitude. Alpine terrain **for sure-footed** and persevering mountain lovers. Regarding the '20s' mountain hike, the winter sports club Ebbs – Alpine department – **offers yet again a 21,1 kilometres long hiking route.** 1.000 metres in altitude have to be **negotiated** via narrow paths and walks. During the valley walks – either 12 or 5 kilometres long – the contestants will be able to explore the foot of the Kaiser mountain.

### Run challenge

The ultimate challenge for mountain runners is the Ebbs KOASA marathon, which was especially created for runners. Approximately 44 **kilometres in length** and 2.100 metres in altitude demand the outermost of the **competitors.** The alpine terrain represents an additional challenge, but simultaneously allows breath-taking views. An hour after the mass start of the KOASA marathon, **the starting gun for the KOASA half marathon will be fired** at 8 a.m. The 21,1 kilometres in total do not appear less demanding. Approximately 1.000 metres in altitude which have to be conquered in the first six kilometres are a typical feature of the half marathon. In addition to the two well-established running routes, trail running friends will be awaited on the 18<sup>th</sup> of June by an additional route – the run hiking route '40s' classic, **the KOASA classic run.** The route will lead 33 kilometres through the Kaiser mountain range and is considered to be highly demanding. Altogether, 1.730 metres in altitude have to be tackled. The ideal route for all those who are keen on feeling their way from the half marathon to the marathon.

### Cup competitions at the 'Ebbser Koasamarsch'

A novelty of 2017 is the 'Koasamarsch' membership in the Austria Trail Running Association (ATRA). Hence, all three trail running distances belong to the cup ranking – the KOASA marathon to the Austrian Marathon Trail

Cup and the KOASA classic run as well as the KOASA half marathon to the Austrian Speed Trail Cup.

The event all about the 'Koasa' will be accompanied by an open-air concert of the marching band of Ebbs at 11 a.m. and a performance of the folk dance group Ebbs following the award ceremony. A marquee will ensure a joyous atmosphere. Detailed information concerning the competitions and the routings as well as a bird's eye view on the 'Ebbser Koasamarsch' can be found on [www.koasamarsch.at](http://www.koasamarsch.at). The closing date for registrations is the 4<sup>th</sup> of June. Late registrations – including a late registration fee – are still possible at the start. Further information regarding registration and the different competitions can be also found on [www.koasamarsch.at](http://www.koasamarsch.at).