

REGULATIONS

GAPA EVERESTING FESTIVAL 2027

1. EVENT CHARACTER / PARTICIPATION REQUIREMENTS

What is the GAPA EVERESTING FESTIVAL (hereinafter referred to as GEF), who can participate, and what skills are required?

At the GAPA EVERESTING FESTIVAL, participants take on a very special challenge: the Eckbauer mountain in Garmisch-Partenkirchen is climbed up to 18 times – each ascent is 3.3 kilometres long with just under 500 metres of elevation gain.

The aim is to reach the elevation of Mount Everest (8,848 m) through these repeated ascents.

In addition, from 2027 onwards, the ZUGSPITZING event offers participants the opportunity to reach the elevation of the Zugspitze (2,962 m) in just 6 laps.

After each ascent, participants return to the valley by gondola before starting the next lap.

By digitally signing the liability waiver, each participant confirms that they are fully fit to take part in the event. We therefore strongly advise against starting if you are suffering from illness or injury.

As a general rule, every participant must be at least 18 years of age (exception: participants aged 14–17 with written consent from their legal guardians may take part in the GaPa500 and relay events).

The points listed here are not exhaustive but should rather be considered examples and general recommendations based on experience.

2. PARTICIPANT AUTONOMY

Each participant is responsible for themselves.

This means that every participant must be able to navigate the course independently and under their own power – without outside assistance.

3. COURSE

The course runs from the Eckbauer valley station to the Eckbauer mountain station via the most direct route.

For the first approximately 2 kilometres, the route is relatively wide and consists of a changing combination of gravel and asphalt.

It then continues as a somewhat narrower trail made up of forest and gravel paths.

The one-way distance is 3.3 kilometres and includes 498 metres of elevation gain.

4. RANKING CATEGORIES

In the SOLO competitions of EVERESTING and ZUGSPITZING, eight competition categories for place 1st - 3rd are offered, given that the minimum number of **15 participants** is reached in that category. If the number of participants in a category falls below this minimum, that category will be merged with the next higher category:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (40 years and older)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and older)
- GRAND MASTER MEN and GRAND MASTER WOMEN (60 years and older)

In the 2-person and 3-person relay competitions of the EVERESTING, three competition categories are offered for place 1st - 3rd, given that the minimum number of **12 teams** is reached across the three categories. If the number of teams falls below this minimum, only the 1st team in the respective category will receive an award:

- MEN
- WOMEN
- MIXED



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9-person relay at EVERESTING:

Only the first three relay teams overall will be ranked.

GaPa500:

The fastest female runner and the fastest male runner will be ranked.

For all age-group categories, the reference date is the day of the event start..

ATTENTION: If a SOLO EVERESTING participant decides to withdraw from the race early (due to illness, injury, etc.), they may finish the ZUGSPITZING distance after only 6 laps and will receive a medal and certificate for that race; however, they will be classified **out of the official ranking**.

5. RACE NUMBER

The race number is non-transferable and will be issued to each participant during registration after confirmation of the liability waiver already signed online (during registration), confirmation of participation in the online briefing, and presentation of a valid photo ID. The race number must remain fully visible throughout the race and may not be removed.

6. TIMING

Each participant receives a personalised race number together with a corresponding Velcro timing transponder.

Should the transponder fail to operate correctly or be lost, this must be reported immediately to the speaker at the summit or to the race office in the valley.

All relay teams receive only one transponder (in the form of a neoprene Velcro wristband), which records the team time and serves as the relay baton.

If the transponder is not returned to the race office after the race or is lost, the timing partner Datasport will charge € 80.00.

Only the time spent running uphill, plus individual refueling and rest breaks, will be part of the official timing. Time spent on the cable car does not count toward the final result. For each lap, the time for one cable car ride from the mountain to the valley (approx. 12 min) will be subtracted.

7. CLOTHING / EQUIPMENT

The following equipment list forms the mandatory equipment for the GAPA EVERESTING FESTIVAL:

- Closed trail running shoes with profiled soles
- Functional headlamp with spare batteries/rechargeable battery or spare lamp (must be carried for starts between 8:00 PM and 6:00 AM)
- Fold-a-cup (or equivalent) for drinks at the aid stations in the valley and on the mountain
- Fold-a-bowl (or equivalent) for food such as pasta or soup (may also be stored in the participant's drop bag)
- Spork (spoon and fork combination) for meals at aid stations (may also be stored in the participant's drop bag)
- Emergency kit (1 compress dressing 10x10 cm, 1 dressing pack, emergency blanket)
- Labelling of all food packaging carried on the course with the participant's race number
- Mobile phone with the Alpine Medics emergency number stored for emergency calls and race withdrawal notification (must also function internationally)

Recommended equipment (may be declared mandatory depending on weather conditions):

- Waterproof jacket with taped seams; where specified, minimum 10,000 mm water column (does not replace warm clothing)
- Warm clothing (long-sleeved top or spare T-shirt and arm warmers, plus long trousers or leg warmers) as an insulating layer beneath outer clothing – the basic rule is that no skin should be visible
- Gloves and hat

OUR TIP: Sunscreen, anti-chafing cream, sunglasses, poles, personal nutrition and some cash.



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8. BRIEFINGS / START

The start will take place in 2 waves (Solo & Relay EVERESTING) and also in 2 waves for the ZUGSPITZING event (not applicable to GaPa500).

On race day, the starting lineup begins 30 minutes before the first official start time. Fifteen minutes before the first start signal, the latest information and announcements will be given in the start area.

9. NEUTRALIZED START

During the neutralized start up to 68 metres of elevation gain, overtaking the lead bike is not permitted. The official race start begins thereafter.

10. COURSE MARKING

The route will be marked using chalk spray, signs, marking tape, flags, and similar materials. Unfortunately, markings may occasionally be removed by third parties, disappear, or become obscured by fog or snowfall. We ask for your understanding.

11. CHECKPOINTS & AID STATIONS

Aid Stations:

There will be an aid station both at the summit and in the valley, offering a changing selection of drinks and fruit, hot meals, and hot beverages.

Checkpoints:

At the checkpoints, all participants will be scanned in the order of their arrival. Relay team handovers must also take place at the designated checkpoints. Failure to comply may result in penalties up to and including disqualification.

Medical Checkpoints – MEDICAL CHECK – TRIAGE:

All participants are required to pass through the medical checkpoints (triage) and follow the instructions of the medical personnel. If there are signs of physical and/or mental impairment, individual participants may be required to undergo a medical check. Advice and assistance will also be provided when needed.

12. TIME LIMITS / FINISH

The time limit is set at 27,5 hours after the first start on Friday 14.05. at 09.00 o'clock. The cut-off finish time for all participants is Saturday 15.05. at 12.30 o'clock.

13. TIME PENALTIES AND DISQUALIFICATION

Violations of the regulations may result in time penalties ranging from 5 to 120 minutes or even disqualification.

Please note: In such cases, the entry fee will not be refunded.

To avoid penalties, the following points must be observed:

All participants are required to comply with the GEF rules (see Section 19). The requirements listed under Section 1 of these regulations must also be fulfilled. Participants must not suffer from health conditions that prevent participation and must not use prohibited substances (doping).

All instructions issued by official staff must be followed, as must the applicable traffic regulations. Mandatory equipment must be carried throughout the entire race, and equipment checks on the course may not be refused.

Participants must not litter the environment and are strictly prohibited from taking shortcuts on the course.

Mutual assistance in emergencies is expected and any time lost while providing assistance will be credited.



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14. WITHDRAWAL FROM THE RACE

Should a participant withdraw from the race, they must immediately notify Alpine Medics by calling:

+49 8324 933 550

Failure to do so may result in a potentially costly search operation at the participant's expense.

Participants who withdraw are not entitled to a transfer service. The timing transponder must also be returned to the Race Office.

15. EMERGENCY MEDICAL SUPPORT

Start / Finish Area

The health and safety of participants are important to us. Medical services are available from one hour before each start until one hour after the last participant has finished.

During the Race

Safety comes first. The Alpine Medics team will be present on the course and available for rescue operations if required.

Should anyone require assistance, the Medical Information Hotline must be contacted immediately.

Every participant is required to provide first aid if necessary. Any time lost while assisting another participant will be credited.

In mountain environments, unforeseen circumstances may delay immediate assistance. Therefore, every participant is expected to exercise personal responsibility and self-discipline.

Alpine Medics may, at any time, disqualify and remove participants from the race if they are no longer able to continue safely under their own power or if continuing the race would pose a risk to their health or the safety of course personnel and Alpine Medics staff.

What else is Alpine Medics authorized to do?

Alpine Medics may:

- Conduct medical examinations of participants.
- Inspect mandatory equipment.
- Transport or evacuate participants using appropriate means.
- Arrange direct transport, or transport via public emergency services, to the nearest suitable hospital if required.

Any costs resulting from rescue operations outside the services provided by Alpine Medics shall be borne by the participant.

MEDICAL INFORMATION HOTLINE: +49 8324 933 550

EUROPEAN EMERGENCY NUMBER: 112

The Medical Information Hotline is printed on the back of the race number and must be saved in the participant's mobile phone.

If the Medical Information Hotline cannot be reached, participants must immediately call emergency number **112**.

16. DOPING

Any case of doping will result in the immediate disqualification of the participant concerned.

Intravenous infusions without a valid Therapeutic Use Exemption (TUE) are prohibited, including those administered for exercise-induced dehydration.

The race physician will decide on justified medical treatments in accordance with WADA regulations.

Doping controls may be carried out at any time.

17. EXTERNAL ASSISTANCE

External assistance (from spectators, support crews, or other participants) is generally prohibited.

This also means that accepting drinks or food from supporters while on the course is not permitted.

Exceptions:

- At the official aid stations located in the start/finish area, participants may receive food and/or drinks from support personnel.
- In the event of falls, injuries, or other emergency situations, participants may receive assistance on the course at any time and in any form.



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18. ENVIRONMENT / NATURE CONSERVATION

Trail runners are not environmental polluters.

Therefore: Dispose of waste only at designated aid stations and do not intentionally damage the natural environment.

19. THE RULES

The GAPA EVERESTING FESTIVAL takes place on public and non-closed squares, roads, forest roads, and hiking trails.

Participants must comply with the traffic regulations of the respective country at all times. All participants must follow the instructions of the police and the official course staff.

Support by bicycle is prohibited.

Any interference with the race by support vehicles of any kind will result in the disqualification of the supported participant.

If support vehicles are found on sections of the course closed to public traffic, the supported participant will be disqualified immediately.

For environmental protection reasons, supporters of individual participants or teams are strictly prohibited from littering or damaging the course or the surrounding natural environment.

This specifically includes spray-painting or marking the course.

Any violation will result in the immediate disqualification of the participant(s) receiving or intended to receive such support.

Any participant found disposing of waste such as food packaging, bottles, or drinking cups in nature rather than at official aid stations will be immediately disqualified.

Fixed mechanical connections between runners are prohibited for safety reasons.

All participants and teams are expected to act with consideration, sportsmanship, and fair play.

20. PROTESTS AND JURY

Any participant may submit a protest regarding rule violations by other participants or decisions made by race management up to one hour after the official course closure.

Protests must be submitted at the Race Office and may include named witnesses.

A jury will decide on the protest within 24 hours.

All named witnesses must appear before the jury.

The protest fee is **€100.00**.

If the protest is unsuccessful, the protest fee shall remain with the organizer.

The violations listed above that may result in time penalties or disqualification represent only examples of actions that may be subject to sanctions.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the contractual right, with respect to each participant, to withdraw from the agreement until the official end of the event in accordance with Sections 324 and 241 (2) of the German Civil Code (BGB).

Settlement shall then be governed by Section 346 BGB.

The race and event management reserve the right to amend these regulations at any time.

Note: For reasons of readability, the masculine form has been used throughout this document. Nevertheless, all references apply equally to persons of all genders.

Stand: 27.07.2026



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