

# *Invitation to tender:*

## **PAUL - PA-noramasteig UL-tratrail from 19 - 22 June 2025**

### **Participation**

The **PA-noramasteig UL-tratrail - hereinafter referred to as PAUL -** is a small but nice running event organised by runners for runners. We cannot and do not want to turn it into a major event. PAUL is not a children's birthday party! Anyone who wants to run almost 245km and around 7,000 metres in altitude through the woods in partial autonomy should know what they are doing. We therefore expect proof of a challenging 100-miler in the last 24 months or a link to your DUV statistics. You can enter both when you register. We will check your proof to confirm your participation. We also reserve the right to reject participants without giving reasons.

No proof is required for the relay and the PAULchen.

We will take our time to check your registration, the entry fee will only be collected after the registration has been approved by the race organisers. For this reason, registration is only binding once the entry fee has been received.

### **Participants/starting places**

For organisational and logistical reasons, the number of participants is limited for

**PAUL** and **PAULchen** limited to 100 participants each and  
**PAUL-in-Team** limited to 25 relay teams.

PAUL and PAULchen are individual competitions. Each participant runs on their own and must therefore complete the entire route alone and on foot.

**PAUL-in-Team** is a **2-person relay competition**. You are responsible for your own race tactics. ALL 10 VPs are possible as transition points. At which VP you change, how often you change, which of you runs how much or how little, you have to decide among yourselves. Whether you change every VP or only every second one? It's your decision. Only ONE of you may ALWAYS be on the course. There MUST always be ONE of you on the course! The baton is the GPS tracker, which must be handed over to the runner at EVERY changeover. One person drives the support vehicle and the other runs. Very simple ...

Anyone who cuts corners will be penalised with an appropriate time penalty depending on the severity and type of deviation. Anyone who chooses other means of transport (car, bike, public transport) will be disqualified. The decisive factor is the recording of the GPS tracker in the system.

## Date

PAUL will take place from Friday, 19.06.2025 to Sunday, 22.06.2025. There are several starting groups.

Start group 1 - Friday, 19.06.2025 at 06:00 □ PAUL-245 **between 45 - 58h**

Start group 2 - Friday, 19.06.2025 at 10:00 □ PAUL-245 **between 37 - 49h**

Start group 3 - Friday, 19.06.2025 at 14:00 □ PAUL-245 **between 30 - 40h**

**PAUL-in-Team - the relay competition** - is only possible for starting groups 2 and 3!

**ATTENTION:** If a team wants to start in starting group 1 for understandable reasons - only in consultation with us.

Start group 4 - Saturday, 20/06/2025 at 10:00 a.m. □ PAULchen-120 **between 12 - 30h**

## Route

The Bergischer Panoramasteig is located in one of the most varied low mountain ranges in Germany, only around 40 kilometres from the metropolis of Cologne. The trail has been recognised as a "Wanderbares Deutschland" quality trail by the German Hiking Association for several years. It leads in a large loop over a length of 245 kilometres/7,000 metres in altitude through the Bergisches Land Nature Park. The circular route leads through the valleys of the Agger, Wupper and other small streams, through impressive mixed forests, past lush meadows and many reservoirs - and particularly often over the mountain ranges with their panoramic views that are so typical of the region.

## GPS data

The GPX data will be sent out by newsletter in good time before the event AND will be available for download.

## Time limit

In PAUL-245 you have up to 58 hours to reach the finish in Lindlar, depending on your starting group. If you register for PAUL-120, the time limit is up to 30 hours. The starting group allocation is one of the most important factors for the success of the event and its realisation. Assess yourself realistically. If you start too early and are too fast - you will run "dry", as the VP times are explicitly adjusted to the corresponding running pace. NO special rules, NO exceptions. If you are too early - you have to look after yourself. The exact aid station times will be defined and announced in good time before the event.

## Ratings

There is timekeeping and a ranking list for each competition. For the **PAUL-245** and **PAUL-120** competitions, there is not only a ranking but also a statistical entry in the DUV database. The **PAUL-in-Team relay** will receive its own ranking, but no DUV entry due to DUV regulations.

Anyone who cancels the race will NOT be scored. Objections to the measured finish times and possible inconsistencies in the course of the race must be submitted to the race organisers immediately after publication of the provisional results. Objections that have not been submitted effectively and comprehensibly by 48 hours after the finish will be deemed non-existent. Thereafter, the provisional results list shall be deemed approved.

## Markings



The Bergische Panoramasteig is marked with yellow signs throughout. Simply follow these signs and enjoy

the wonderful views over the wide heights. In addition to the signposts, there are also signposts pointing out distinctive points. There are signs for restaurants and railway stations as well as the nearest villages. The distance to the respective point is indicated on the signposts. However, the markings are designed to be walked during the day. In addition, the signposts are usually very high up. If you are inattentive on the route or do not have a good sense of direction, you should **definitely** have a **GPS device** with you. Finding your way is part of the challenge! This is not always easy, especially during the two nights. If you're not careful, you'll quickly rack up a few bonus miles.

## Supply points

We will organise a total of **10 supply points for** you at the PAUL-245 as well as a **drop-bag service** to

- Drop Bag 1 Radevormwald (VP 3, approx. km 60)
- Drop Bag 2 Gummersbach (VP6, approx. 130)
- Drop-Bag 3 Waldbröl (VP 9, km 200)

Attention: There is no further transport of the drop bags. After closing the respective drop bag station, we will bring the drop bags to the finish.

Those who have registered for the PAULchen-120 will of course find their drop bag in Waldbröl (VP 9, km 70).

Further information about the supply points, the drop bag service and possible sleeping and resting facilities at the VPs will follow on the homepage and via newsletter. No liability is accepted for the drop bags.

## Shuttle service

We will organise a shuttle service. If the run is cancelled by the participant, HQ must be informed immediately via the emergency number printed on the start number. If the cancellation takes place **at one of the aid stations, there will be a return transport** from there to **Lindlar** at the latest at the respective cut-off times. This may result in waiting times. If participants **abandon the course** (i.e. not at an aid station), each participant is responsible for their own onward/return transport. In this case, there is **no entitlement to return transport**, even if this will be attempted as far as possible. It is therefore strongly recommended that any cancellation be made at one of the VPs. If it is no longer possible, please do not set off at all, but listen to your body and simply come back next year.

## Organisation fee

The entry fee for **PAUL-245** is **€ 220.00**.

The entry fee for **PAULchen-120** is **€ 120.00**.

The **2-person PAUL-in-Team relay** costs **€250.00 per team**.

PAUL also thrives on the commitment of the many volunteers. Without the associations, institutions and caterers who provide us with premises and look after you at the VPs, the event would not be possible. We have agreed appropriate expense allowances and donations for this.

## Services

- Briefing (mandatory for ALL on Thursday)
- Pasta party (without drinks)
- 10 generously stocked supply points
- Drop-bag service to Radevormwald (PAUL-245), Gummersbach (PAUL-245), Waldbröl (all)
- Runner bag
- GPS live tracking
- Shower facilities?!

- Sleeping and shower facilities in Gummersbach (VP 6)?!
- Shuttle service for dropouts
- Shuttle service to the PAULchen-120 start in Gummersbach (VP 6, Landgasthof Reinhold)
- Target catering
- Finisher gift
- 

## **Requirements**

The Bergische Panoramasteig runs mostly on unsurfaced paths and tracks. This places high demands on the fitness and coordination skills of the runners. An excellent level of training is therefore a prerequisite for participation. All participants must also have excellent orientation skills (even in the dark), appropriate running experience and a high level of personal responsibility.

## **Health**

Only healthy and physically well-trained runners should take part in this ultra run. Infectious diseases (flu, angina, etc.) contracted shortly before the run can impair performance and lead to serious risks (e.g. myocarditis). It is recommended that all participants have a health check carried out by a doctor before the run and do not take any performance-enhancing medication, painkillers or similar before the run.

## **Ethics**

Participation in the competitions on offer requires participants to show a high degree of respect and personal responsibility towards themselves, their fellow runners and the environment. You must stop the run if you run the risk of damaging your health. You provide first aid to injured or endangered participants until further help has arrived. You have great respect for the unique and sensitive natural environment and do not leave any waste on the route. Violations of the basic rules of cooperation listed here, which we take for granted, will lead to immediate disqualification and, depending on the case, to permanent exclusion from our events!

# Equipment

If you want to run 245 km, you should know what you need. Each participant is therefore responsible for having sufficient personal equipment. We strongly recommend that you take the equipment prescribed for the major ultra trails (UTMB, etc.) as a guide. To conserve resources, there will be no plastic cups at the refreshment points.

## Compulsory equipment:

- **Mobile phone** (with saved organisation emergency number!)
- **Tracker** (provided on loan by the organisers, to be returned after the finish or in case of cancellation)
- **Drinking cup**
- **Drinks 1.5 litres** (hydration bladder or bottles), **emergency bar**
- **Emergency equipment:** tape bandage, elastic bandage, emergency whistle
- **Headlamp** (with spare batteries)
- **Rescue blanket**

**We expressly reserve the right to adapt the mandatory equipment to the current conditions, even at short notice.**

## Recommended equipment:

- Sufficient personal catering - the VPs are up to 30 km apart
- Trail running shoes (well profiled, stable)
- Functional running clothing: rain jacket, rain trousers, change of clothes, etc.
- Replacement lamp
- Route map / GPS device
- Reflectors on clothing / rucksack (red rear light if necessary)

## Bicycle escort:

The rule is that everyone must always carry their own equipment (rucksack, compulsory equipment, necessary drink) and cover the entire route on foot. Therefore, there are no bike escorts for all competitions.

## Pacing:

You are welcome to run in a group with other participants, personal pacing is not permitted.

## Leaving the track:

If you have to leave the marked route at short notice, for example to buy something in a shop or supermarket, then the general rule is that you must re-enter the route exactly where you left it.

## **Disclaimer**

PAUL is a semi-autonomous self-supported run, participation is at your own risk. There are no road closures, safety barriers or the like; compliance with the relevant road traffic regulations is the responsibility of each individual. The organisers will provide food and refreshments for participants before, during and after the run. The organisers, volunteers along the route, at the refreshment points and the supporting organisations exclude liability for damages of any kind, insofar as this is legally permissible. By appearing on the day of the run, each participant acknowledges these conditions and declares unlimited exemption from liability by signing a **release of liability and declaration of personal responsibility** to the organisers.

## **Cancellation of the run**

Bad weather should not be an obstacle, but a cancellation may be necessary for reasons of force majeure. The organisation of a race over such a distance and with these logistical requirements requires immense advance efforts on our part. Even if we hope that everything can run as planned, we cannot of course rule out the possibility that unforeseeable developments may put the brakes on the event in advance. Should this occur, we will refund the entry fee, provided it has not yet been used up by expenses actually incurred.

If the race has to be cancelled by the race management due to force majeure during the event, there is no entitlement to a refund, not even of possible partial amounts.

## **Reimbursement of the entry fee**

**In the event that you have to cancel even after paying the entry fee, the following deadlines apply:**

- Cancellation up to and including 31.01.2025, 50% refund
- Cancellation from 01.02.2025 up to and including 31.03.2025 Reimbursement of 25%
- No reimbursement will be made from 1 April 2025

**We recommend that you take out travel cancellation insurance and entry fee insurance.**

Statistical partner:  
German Ultramarathon Association (DUV)

Organisation and race management:

Katjas Laufzeit  
Inh.: Katja Dasbach  
An den Linden 8, 56276 Stebach  
Phone: 0171/8212026  
Mail: [katja@katjas-laufzeit.de](mailto:katja@katjas-laufzeit.de)  
Internet: [www.katjas-laufzeit.de](http://www.katjas-laufzeit.de)

Quälixfaktor sports and event agency,  
Inh. Thorsten Klenke  
Birkenweg 9, 51789 Lindlar  
*Office: 02266/4407201*  
*Mobile: 0151/41271117*  
Mail: [info@quaelixfaktor.de](mailto:info@quaelixfaktor.de)  
Internet: [www.quaelixfaktor.de](http://www.quaelixfaktor.de)