

## QUESTIONNAIRE FOR REGISTERING FOR EXTREME

To compete in the EXTREME race, you need to demonstrate mountaineering experience.

To evaluate this experience, the mountain guides from the race management team will use your answers to the questions below. The decision of the race committee is irrevocable.

If any doubts about your participation in EXTREME arise when answering the questions, we recommend that you register for a technically simpler Matterhorn Ultraks race.

In the event of a rejection, you have the option to register for a place in one of the other races or receive a refund.

### Confirmation: Mountain Autonomy (required answer)

- I confirm that I can be autonomous away from the hiking trails in bad weather and/or fog in the high mountains. I have also looked closely at the time limits.

### QUESTION 1: Skyrunning competition experience

- I have completed an edition of EXTREME in the allotted time.
- I was accepted for the previous edition of the EXTREME race but could not take part.
- I have already completed one of the following races:

Tromso (NOR)

- Year: \_\_\_\_\_
- Race time: \_\_\_\_\_
- Rank: \_\_\_\_\_

Glen Coe (GBR)

- Year: \_\_\_\_\_
- Race time: \_\_\_\_\_
- Rank: \_\_\_\_\_

Kima (ITA)

- Year: \_\_\_\_\_
- Race time: \_\_\_\_\_
- Rank: \_\_\_\_\_

Pirinenc Els 2900 (AND)

- Year: \_\_\_\_\_
- Race time: \_\_\_\_\_
- Rank: \_\_\_\_\_

**QUESTION 2: Mountaineering experience**

I have already completed the following summits or similar mountain tours in the summer (please specify a maximum of three).

The peaks must be rocky or mixed (rock/ice). Snow or ice peaks such as Mont Blanc are not taken into account.

- \_\_\_\_\_
  - With mountain guide
  - Without mountain guide
- \_\_\_\_\_
  - With mountain guide
  - Without mountain guide
- \_\_\_\_\_
  - With mountain guide
  - Without mountain guide

Possible reference tours are the following or equivalent ones:

- Matterhorn Hörnligrat
- Lagginhorn normal route
- Weisshorn normal route
- Zinalrothorn normal route
- Besso traverse
- Nadelgrat
- Täschhorn Mischabel ridge
- Grand Combin Meitin ridge
- Monte Viso normal route
- Alphubel West Ridge (Rotgrat)
- Ober Gabelhorn
- Dent Blanche
- Eiger Mittellegi Ridge
- Schreckhorn
- Lauteraarhorn
- Aiguille Dorées traverse
- Pointes des Eandies traverse

**QUESTION 3: Climbing experience**

I have already completed the following via ferrata climbing route(s) (specify a maximum of three):

- \_\_\_\_\_

Difficulty level: K1:  K2:  K3:  K4:  K5:  K6:

- \_\_\_\_\_

Difficulty level: K1:  K2:  K3:  K4:  K5:  K6:

- \_\_\_\_\_

Difficulty level: K1:  K2:  K3:  K4:  K5:  K6:

**QUESTION 4: Ascent speed**

What is your ascent speed in metres per hour?

- \_\_\_\_\_ vertical metres per hour

To participate in EXTREME, we recommend a minimum ascent speed of 800 metres per hour. If you do not achieve this, you will struggle to meet the prescribed time limits.