

PRESS RELEASE

Ischgl calls to the Ischgl Ironbike 2020

On 8 August 2020, the motto is once more hard, harder, Ischgl Ironbike. The legendary cult race with 76.6 km, 3,700 m difference in altitude, steep ramps and spectacular single tracks, is among the hardest and most challenging mountain bike races in Europe. Registration is open now.

The 26th Ischgl Ironbike is held this year from 5 to 8 August 2020, for the fifth time already as part of a four-day mountain bike festival. On the programme are the Ischgl Ironbike UCI Stage Race with Alpenhaus Trophy, individual time trial, Short Track and the marathon over the Hard-distance, during which amateurs compete with pros and fight for UCI-points for the world rankings. Added to this are formats such as the Ironbike Light and Medium, and e-bike foxhunt or the Kids & Juniors Trophy, a colourful supporting programme as well as an exciting Expo-Area. Early bookers pay discounted entry fees. Registration is open now. All details about the programme, the individual races and registration available on: www.ischglironbike.com.

Ischgl Ironbike UCI Stage Race

Those who want to take the overall victory and collect valuable UCI-points for the world rankings, must complete all four races of the Ischgl Ironbike UCI Stage Race from 5 to 8 August 2020. First up is the Alpenhaus Trophy (5/8) up to the Idalp, next up is a short and snappy individual time trial (6/8) and the spectacular Short Track (7/8). On Sunday, the legendary Ischgl Ironbike Marathon Hard (8/8) is on the programme. Every second counts towards the Stage-Race-overall result, because at the end all the times will be added up. The race is open for pros and amateurs and separate scores are given for both classes.

1st Stage: Ischgl Ironbike Alpenhaus Trophy

Just under 1,000 m difference in altitude await participants of the Alpenhaus Trophy at night. The floodlit route leads along 7.65 km and 957 m difference in altitude from the town centre of Ischgl to the Idalp up to the Alpenhaus located at 2,320 m.

2nd Stage: Ischgl Ironbike Individual time trial

Participants in the des Ischgl Ironbike UCI Stage Race tackle a fast second stage during the exciting individual time trial on 6 August. The circuit covers 7.19 kilometres and 246 metres

difference in altitude. The time trial is held on sealed and gravel roads against the clock and the competition.

3rd Stage: Ischgl Ironbike Short Track

The spectacular Short Track on 7 August from 18:00 promises intense head-to-head duels. The motto for all participants who are strong in sprinting: As many laps as possible over 3.12 km and 104 m difference in altitude in as little time as possible.

4th Stage: Ischgl Ironbike Marathon Hard

On the Queen's stage – the Ischgl Ironbike Marathon Hard – things then get exciting on 8 August. Pushed on by excited fans, the athletes fight their way along 76.64 km and 3,700 m difference in altitude through the impressive natural backdrop of the Silvretta massif, and in one of the toughest races in Europe decide who becomes overall champion of the Ischgl Ironbike UCI Stage Race.

Registering fast saves money

Participants who register early for the Ischgl Ironbike can save a bundle: Entry for the Ischgl Ironbike Marathon costs 34 from 68 euro for the Light route, and for the routes Medium and Hard 44 from 78 euro until 31 December. Those who only want to compete in the Ischgl Ironbike Alpenhaus Trophy, pay 30 from 52 euro until 31 December. Participants in the Ischgl Ironbike UCI Stage Race pay 74 from 130 euro when registering by 31 December.

All details about the program, routes, prices and registration: www.ischglironbike.com or www.ischgl.com.

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Direct image downloads here: [Ischgl Ironbike 2020](#)

Captions:

Ischgl Ironbike 2020_1: Ischgl calls to the Ischgl Ironbike 2020 (c) TVB Paznaun - Ischgl

Ischgl Ironbike 2020_2: On 8 August 2020, the motto is once more hard, harder, Ischgl Ironbike (c) TVB Paznaun - Ischgl

Ischgl Ironbike 2020_3: The legendary cult race with 76.6 km, 3,700 m difference in altitude, steep ramps and spectacular single tracks, is among the hardest and most challenging mountain bike races in Europe (c) TVB Paznaun - Ischgl

Ischgl Ironbike 2020_4: Just under 1,000 m difference in altitude await participants of the Alpenhaus Trophy at night (c) TVB Paznaun - Ischgl

Ischgl Ironbike 2020_5: Those who want to take the overall victory and collect valuable UCI-points for the world rankings, must complete all four races of the Ischgl Ironbike UCI Stage Race from 5 to 8 August 2020 (c) TVB Paznaun - Ischgl

Ischgl Ironbike 2020_6: The Kids & Juniors Trophy will take place on 7 August 2020 (c) TVB Paznaun - Ischgl

All texts and images are available on www.ischgl.com/en/more/service/press to download for free.