

## Ischgl calls mountain bikers to the 28th Ischgl Ironbike

This legendary cult race will enter its 28th round on 5 August 2023. Ischgl Ironbike is one of the toughest and most challenging mountain bike races in Europe, pushing even professionals to their limits. You can choose from four distances. In 2023, there will be a Masters category for licensed riders 35 years and older at all races. In addition, there will be an elimination race on 4 August for licensed riders. The entry fee for early birds is reduced. The registration process will begin soon.

Taking place in 2023 on 5 August, the 28th Ischgl Ironbike will feature two days of mountain biking. The legendary Ischgl Ironbike Marathon will take place on 4 and 5 August with four routes: Light, Medium, Hard and Extreme, as well as an elimination race for licensed riders and the Kids & Juniors Trophy. In addition to saving money, participants who have already completed the M3 Montafon Mountainbike Marathon on 29 July 2023 will be crowned by their successful participation in the Ischgl Ironbike. More info: [www.ischglironbike.com](http://www.ischglironbike.com)

### Ischgl Ironbike Marathon

The legendary Ischgl Ironbike Marathon takes place on Saturday, 5 August. This cult race is one of the toughest mountain bike races in Europe. It features four routes through the impressive Silvretta Massif landscape: Light (24.9 km / 670 hm), Medium (44.7 km / 1,890 hm), Hard (58.3 km / 2,580 hm) and Extreme (71.0 km / 3,200 hm). All riders are welcome to enter, but only professionals are scored on the Hard and Extreme courses. Good to know: The Ischgl Ironbike Marathon is part of the "ÖRV Marathon Cup" and the "Mountain Bike Challenge". For the Light route, entry fees range from 29 to 49 euros, and for the Medium, Hard and Extreme routes, they range from 49 to 81 euros.

### Silvretta MTB King and Queen 2023

Aspiring Silvretta MTB Kings and Queens will begin their journeys on 29 July 2023 at the M3 Montafon Mountainbike Marathon and on 5 August 2023 at the Ischgl Ironbike. M3 Extreme and Ironbike Extreme are used for Silvretta King and Queen joint classifications. The Silvretta Prince and Princess titles will be contested on the M<sup>2</sup> demanding and Ironbike Hard routes. The fastest men and women will be judged, crowned and rewarded with royal prizes.

## PRESS RELEASE

### Update: Elimination race

On Friday, 4 August, licensed riders can qualify for the first time for the upcoming elimination race in the single time trial on the course through Ischgl. They can also compete. The fastest qualifiers will qualify for the main race. There, the order will determine in which group of four a rider will start. The main race includes elimination heats, in which the course is completed several times with a total race time of maximum 3 minutes. The first two riders in each group will advance one round. The final will be contested by the first and second of the two semi-finals, while the third and fourth will contest the small final. Entry fee: 39 euros.

### Ironbike Kids and Juniors Trophy: Race for young bikers

Young bikers between the ages of five and 16 will get their money's worth at the Ironbike Kids and Juniors Trophy on 4 August. The entry fee for the Ironbike Kids and Juniors Trophy is eight euros per person. Finisher medal included.

### Register quickly and save money

Early bookers can really save money at the Ischgl Ironbike: Until 31 May 2023, participation in the Ischgl Ironbike Marathon costs 29 euros instead of 49 euros for the Light route and 49 euros in lieu of 81 euros for the Medium, Hard and Extreme routes. The entry fee for the elimination race is 19 euros instead of 39 euros until 31 May 2023.

All information on the programme, courses, prices and registration: [www.ischglironbike.com](http://www.ischglironbike.com) or [www.ischgl.com](http://www.ischgl.com).

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