

Hello dear runners,

17 November is fast approaching and with it the 21th edition of the Foyer Trail Uewersauer.

In addition to the rules and regulations, here is some information before the start of the Foyer Trail Uewersauer:

1. General Information:

Start and finish area: Multipurpose Hall Heiderscheid (34 Neiewee, L-9157 Heiderscheid).

Parking: You will find parking spaces 400m from the start area, along the road "Am Clemensbongert".

Start and late registrations offices are open till 45 minutes before the start.

Clothing drop-off possible at the start and finish area.

2. Start times:

- 08h00: Uewersauer Trail 57.4km
- 08h15: Uewersauer Team Trail 57.4km
- 09h00: Cani Trail 21km
- 09h20: Sprint Trail 10km
- 09h40: Mid Trail 33.8km
- 09h45: Walker/Nordic Walker 10km & 21km

3. Equipment:

- Mandatory equipment for all races:
 - ✓ a mobile phone (charge it before the run, do not suppress your number, in case of emergency communicate your location based on the kilometres completed)
 - ✓ a personal drinking cup or drinking vessel of at least 15cl
- Recommended equipment:
 - ✓ waterproof and non-slip trail shoes
 - ✓ a survival blanket

4. Routes:

- **Uewersauer Trail 57.4km**

The same route as last year with a loop around the Haute-Sûre Lake. The distance is 57.4km with 2060 D+ metres of climbing.

As usual, the route will be marked over the entire distance. If not marked otherwise, you can also follow the markings of the circular hiking trail of the Haute-Sûre Lake between kilometres 17 and 29.9 and from kilometres 30.5 to 41. This is in case there are any problems with the organiser's markings. The markings, blue wave on a white background, also apply on these sections.



We ask all runners aiming for a finish time of 7h30 or more to bring a functioning headlamp/torch. This is in case the runners do not reach the finish before 16h45.

- **TEAM Trail 57.4km (17.9km – 23.3km – 16.2km)**

Start time: 8h15

Only one race number with integrated chip will be issued for each relay team. The start number must be passed on to the next runner of the team at the two changeover points.

The second runner can follow the markings of the Uewersauer trail as well as the markings of the circular hiking trail of the Haute-Sûre Lake if necessary. On the second section, unless otherwise marked, the markings blue wave on a white background also applies.



New route and new relay points

Relay point 1: in Liefrange (at the end of the village, at the lake) on the road CR318 / N26 - Parking "base nautique" Yacht club: 49.904429 , 5.877432

[Google Maps Link - Liefrange](#)

Relay point 2: in Lultzhausen at the junction of the roads N27 - CR314: 49.907121 , 5.890432 [Google Maps Link - Lutzhausen](#)

- **Canicross Trail 21km**

Trail only for individuals **with dog**

Equipment for runners:

- Canicross belt
- max. 2m elasticated canicross leash
- Trail shoes

Dog equipment:

- Long canicross harness suitable for the dog (X-Back, Open-Back,...)
- NO short harnesses such as K9 harnesses or hiking harnesses.

Age of the dog: at least 24 months

The following vaccinations are mandatory (VETCHECK): rabies, distemper, hepatitis, parvovirus, kennel cough, leptospirosis.

Dogs must ALWAYS be kept on a lead!

Be careful on the downhill section at km 10.3.

- **Sprint Trail 10km**

The distance is 9.9km with 350 D+ metres of climbing.

- **Mid Trail**

The same route as last year with the crossing of the Haute-Sûre Lake via the floating bridge in Lultzhausen. Be careful on the downhill sections at km 10.3 and km 19.1.

- **Walking / Nordic Walking**

Walking and Nordic Walking are non-competitive leisure sports. The participants of the walking routes will be listed in an alphabetical ordered result list. Participants are free to choose which form of exercise, walking or Nordic walking (with poles), they would like to use to complete the route.