

„Go Gatsch or go home“ – a motto that captivates thousands of people in Austria every year when it’s time for the Wildsau Dirt Run. A seris of obstacle runs consisting of six events a year with stops in almost every federal state of the country that challenegs the runners to endure „the hardest kilometers of your life“.

Depending on the category, the trail spans up to 20+ km and leads to heights of about 550m. The runners go through creeks, run up forest sites and crawl thorugh the mud like real „Wildsäue“. After each part, the runners need to motivate themselves again to keep going, as the track makes it impossible to get into a real flow. At times, an obstacle can only be overcome with the aid of other runners.

But the reward is all the sweeter when the dirty and exhausted participants finally get to the finish line. Heavily breathing but also heavily lucky, they reach out for the shiny finisher medal – a metallic pig head.

The Wildsau offers also a competition only for teams. Alongside up to 9 other runners, you and your mates face unique challenges along the track. Only by working together can you master those tasks and get the payoff for your hard work.

* Saturday, 25.05. Upper Austria
* Saturday, 15.06. Vienna
* Saturday, 10.08. Burgenland
* Saturday, 31.08. Salzburg
* Saturday, 21.09. Styria
* Saturday, 12.10. Lower Austria

www.wild-sau.eu

[www.facebook.com/wildsaudirtrun](http://www.facebook.com/wildsaudirtrun)

www.instagram.com/wildsau\_dirt\_run/

<https://www.youtube.com/user/wildsaudirtrun>