



Gigathlon

SWITZERLAND



SATURDAY

8.7.2017



COURSE

INFORMATION

Course details

19 kilometres

190 metres elevation gain

First transition Cycling > Running

08:35

First to finish – Running

09:45

Cut-off time


16:45

Danger points

① Crossing Kantonsstrasse

After the transition zone at Buchholz sports centre we cross the motorway near Winikon and plunge straight into the hardwood forest. The contrast with the early morning trailrun in the city of Zurich could not be greater, making it easy to forget that we are in the middle of a densely populated agglomeration. The wide forest paths are conducive to a relaxed run beneath the canopy of the tall trees. After five kilometres, an industrial site appears unexpectedly on the edge of the forest. The region's many ponds are a reminder that gravel mining was once done on a large scale here. Today Volketswil is a modern town, popular not only for its outdoor recreation area but also for the tranquil village centre through which we pass here. It is the first and last village we encounter. From now on, it will just be farms, paddocks, pastures, organic gardens, meadows, fields, forests and floodplains and, if the weather is nice, a series of fantastic views of the alpine panorama on the distant southern horizon. The ascents and descents to be conquered are all moderate and there are no cars or any technical problems of note. Running as meditation – it really is the best way to clear your head. The effort of climbing 50 metres shortly before the end of the course as far as Wermatswil will be rewarded with yet another glorious vista. In Chammerholz the runners will finish with a downhill track to the final transition zone in Buchholz.

Host




uster

Wohnstadt am Wasser


COURSE MAP

USTER BUCHHOLZ – USTER BUCHHOLZ


6 km




A



13 km



C



Uster Buchholz

0

6

10

13

15

19

Uster 480

Volketswil 465

Waldhof 560

Fehraldorf 520

Wermatswil 580

Uster 480

0

600

400

300

SCHEDULE

METROPOLITAN SATURDAY, 8 JULY 2017

Disciplines	Location	First Gigathlete expected	Cut-off time
Start of City Trailrunning	Zürich Saalsporthalle	Mass start 05:00	–
City Trailrunning – Swimming	Zürichhorn	05:45	07:30
Swimming – Cycling	Zürichhorn	06:20	09:00
Cycling – Running	Uster Buchholz	08:35	13:45
Running – Biking	Uster Buchholz	09:45	16:45
Biking finish	Zurich Saalsporthalle	12:05	21:30

HIGHLIGHTS

EN ROUTE

A Popular park in Volketswil

B Enjoy the panoramic view of the Alps

C Watch out for the flights from Speck airfield

LOGISTICS & TRANSPORT

Getting there

The runner travels by train from the Saalsporthalle to the Uster Buchholz transition zone, changing at Zurich main railway station. From Uster railway station, either follow the 1.5 km signposted path to the transition zone on foot or take the bus to the Uster, Reithalle bus stop.

Showsers

The showers are located in the transition zone Uster B.

Return travel

The runner goes on foot or takes the bus from the Uster Buchholz transition zone to Uster railway station and from there travels by train back to the Saalsporthalle in Zurich.

Personal effects

The runner brings dry clothing and the cycle bag for the cyclist to Uster and carries the clothing of the biker from Uster back to Zurich.

Transport ticket

On Saturday the accreditation (wristband) together with the ZVV special ticket allow wearers to use public transport on the Zürcher Verkehrsverbund (ZVV) network.

SHUTTLE

TIMETABLE

Getting there (with ZVV special ticket)

	S4*	S4*	S4*	S4*
Dep. Saalsporthalle (SZU)	xx:04	xx:24	xx:44	xx:51
Arr. Zürich HB (SZU)	xx:11	xx:31	xx:51	xx:58
change	\$15	\$14	\$5	\$9
Dep. Zürich HB	xx:10	xx:12	xx:25	xx:28
Arr. Uster	xx:24	xx:34	xx:39	xx:49
change	Bus 812	Bus 830**	Bus 812	Bus 827
Dep. Uster	xx:00	xx:01	xx:15	xx:16
Arr. Uster, Reithalle	xx:03	xx:04	xx:18	xx:19

Return travel (with ZVV special ticket)

	Bus 812	Bus 827	Bus 812	Bus 830	Bus 812	Bus 812	Bus 830
Dep. Uster, Reithalle	xx:03	xx:08	xx:18	xx:23	xx:33	xx:48	xx:53
Arr. Uster	xx:14	xx:13	xx:29	xx:28	xx:44	xx:59	xx:58
change	\$15	\$9	\$5	\$14	\$15	\$9	\$14
Dep. Uster	xx:06	xx:11	xx:21	xx:25	xx:36	xx:41	xx:51
Arr. Zürich HB	xx:20	xx:33	xx:37	xx:47	xx:50	xx:03	xx:07
change		\$4		\$4		\$4	
Dep. Zürich HB (SZU)		xx:38		xx:58		xx:18	
Arr. Saalsporthalle (SZU)		xx:43		xx:03		xx:23	