

Gigathlon

SWITZERLAND

SATURDAY

8.7.2017



COURSE INFORMATION

Course details

57 kilometres

900 metres elevation gain

1

2

3

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First transition Running > Biking

09:45

First to finish – Biking

12:05

Finishing time

21:30

Danger points

① Pedestrian over-/underpass – cycling prohibited.
Bikers must alight and proceed on foot.
② Take care when crossing roads

Points to note

Always be aware of pedestrians and motor traffic.

The mountain bikers leave Buchholz transition zone and head south. The reed-encircled Greifensee lake is reached in Riedikon through the Oberustermerwald forest and Aathal. The Wassberg mountain near Forch is silhouetted on the horizon in the evening sunlight, its deadly elevation gain standing between us and the day's finish line in Zurich. The «Flamme bronces» soldiers' memorial simply marks the highest point of the route for the mountain bikers rather than the «last kilometre of the course». High above the city of Zurich, they still have to propel themselves across the Adlisberg, Zürichberg, Käferberg and Hänggerberg. A series of sights, science parks and business centres of international renown are situated along the way: the Dolder Grand Hotel and spa, ice rink, golf courses, FIFA headquarters, Zurich Zoo, University of Zurich Irchel campus and, last but not least, ETH Hänggerberg. Near Grünwald, high above the Gubrist tunnel within sight of the A1 but far, far away from any traffic congestion, is the place to be at peace with oneself. The motorway and the Limmat are swiftly crossed in Oberengstringen, then the course climbs past the old Schlieren gasworks through the foothills of the Uetliberg. Dense deciduous forests, the lungs of the city, now swallow up the mountain bikers, with only occasional glimpses of Zurich's sea of houses. There's no time to stop and enjoy the view, however. It's now vital to summon up any remaining strength because the approach to the day's finish line via Triemli and Albisgüetli will sap energy reserves prior to the descent to the Saalsporthalle for the final departure on Metropolitan Saturday.

Host

uster

Wohnstadt am Wasser

USTER-BUCHHOLZ OVERVIEW

USTER-BUCHHOLZ START

ZÜRICH SAALSPORTHALLE FINISH

COURSE MAP USTER BUCHHOLZ – SAALSPORTHALLE

Uster Buchholz

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

There is a wonderful panoramic view of the mountains straight after the first ascent

B

Greifensee nature conservation area

C

Soldiers' Monument - a memorial to Zurich soldiers who served in the First World War

D

View of the city of Zurich and Zürichsee lake

LOGISTICS & TRANSPORT

Getting there

The biker 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. Before going to the transition zone, collect the bike left in the cycle/bike-park on Friday. No bikes can be transported on the train or bus.

Showers

Showers are located in the Saalsporthalle at the headquarters.

Return travel

The finish line is at the Saalsporthalle at the headquarters.

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.

Personal effects

The biker brings dry clothing to Uster for the runner. The runner carries the clothing of the biker back with them to Zurich.

SHUTTLE TIMETABLE

Getting there (with ZVV special ticket)

	S4*	S4*	S4*
Dep. Saalsporthalle (SZU)	xx:04	xx:24	xx:44
Arr. Zurich station	xx:11	xx:31	xx:51
change	\$15	\$14	\$5
Dep. Zurich station	xx:10	xx:12	xx:25
Arr. Uster	xx:24	xx:34	xx:39
change	Bus 812	Bus 830**	Bus 812
Dep. Uster	xx:00	xx:01	xx:15
Arr. Uster, Reithalle	xx:03	xx:04	xx:18

*from 5:44 / **from 9:01

No bikes can be transported on the trains.

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