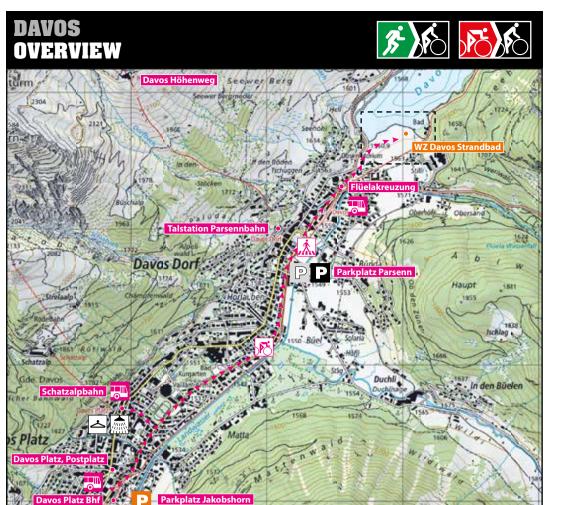


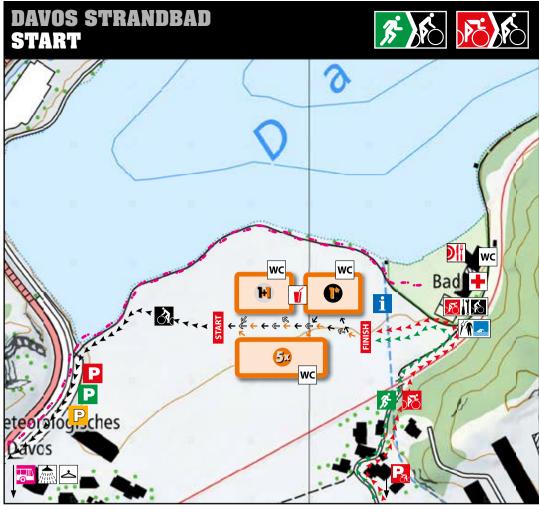




\* 9 •

19:30







# COURSE INFORMATION

Course details 30 kilometres

1300 metres elevation gain

Single / Couple: Transition Running > Biking from 11:45 from 13:25

Team of Five: Transition Cycling > Biking from 13:30 from 15:00

Finishing time 23:00

### Danger points

Collective start

- Strela Pass descent. Downhill, dismount.
- ② Beware of gravel, adapt speed
- 3 Level crossing Beware of traffic
- ⑤ Dismount section

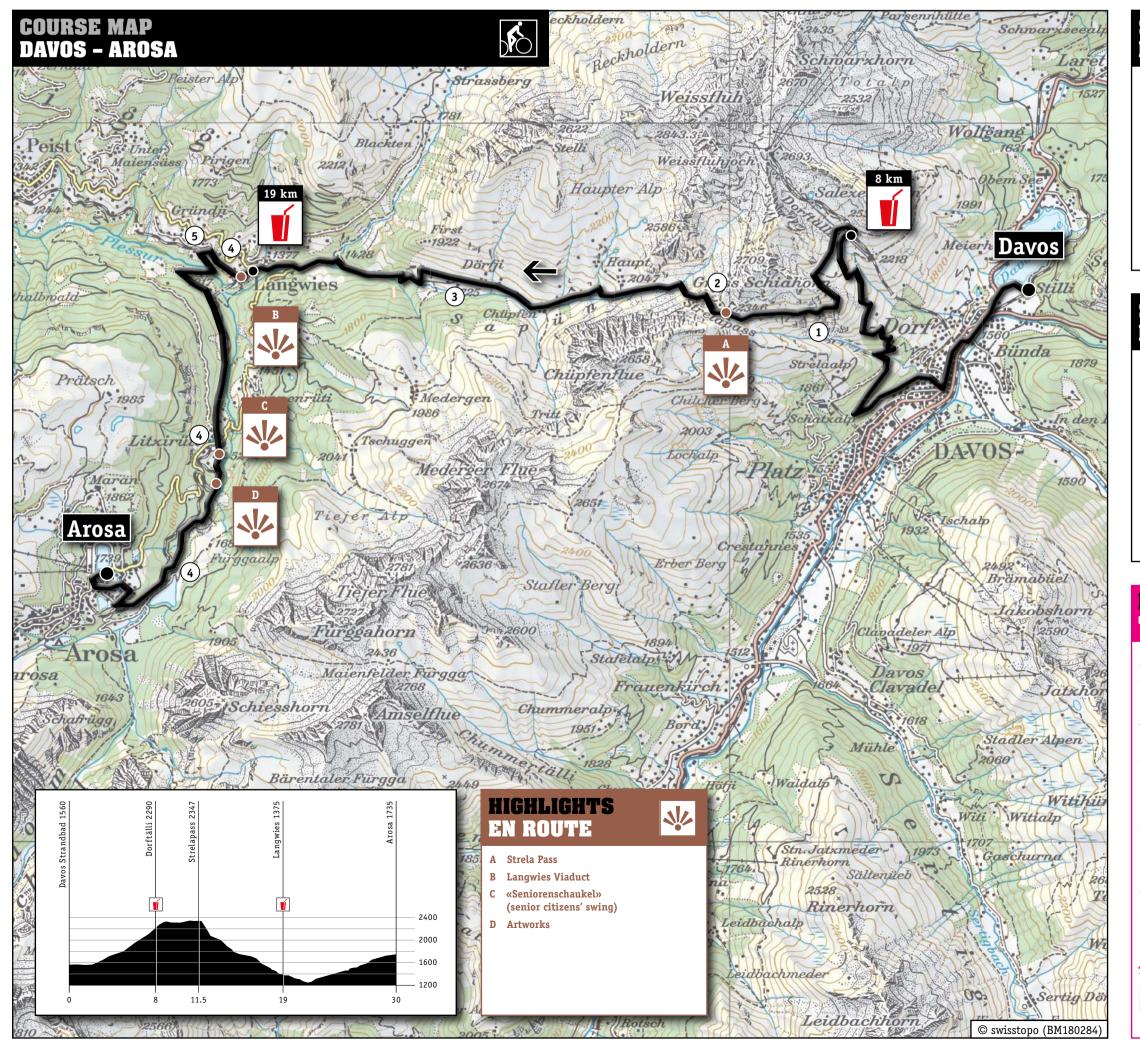
If you expect to be riding in the dark, you need to carry the appropriate lights.

Going back to Arosa, a mountain stands in the way of the bikers - and they have to overcome it twice today. What was a comfortable train ride down to the valley in the morning has to be conquered uphill by individual muscle power in the evening: up to the Höhenweg mountain restaurant and over the Höhenweg to the Strela Pass. It is not possible to ride everywhere on the bike and we sometimes have to prohibit it for safety reasons. And so too after the Strela Pass, the scree slope down to the Haupter Tälli valley. The descent to Langwies compensates many times over for the strenuous slides and dismount sections. It's worth stopping briefly in Chüpfen for a view up to the «Tritt» (steps), which are virtually impossible to see in the steep cliffs but have left their mark in the memory of the Singles and Couples. From Langwies station the narrow track of the Rhaetian Railway becomes a constant companion, with sights including the impressive Langwies viaduct. The alpine trailrun took place above the tree line on the other side of the valley in the morning. After Litzirüti the route follows the Plessur as far as the dam at the Iselsee lake and, after the trail in the forest above the reservoir, the Gigathletes' day draws to a close at the lower end of the lake. Jut a few more metres before the circle closes at the day's finish line at the Sports and Congress Centre in Arosa. The feeling of exhaustion will soon give way to one of euphoria amidst the applause of the Gigathlon com-

**Transition zone** 

munity.





## **SCHEDULE BEASTY SATURDAY, 30 JUNE 2018**





Disciplines	Place	Exp. first Gigathlete	Target time*	Cut-off time
Start Alpine Trailrun	Arosa SKZ	05:00	-	-
Alpine Trailrun – mountain railway (beginning of neutralised section)	Davos Höhenweg	06:40	09:15	10:15
Alpine Trailrun (end of neutralised section) – Swimming	Davos Strandbad	07:10	10:15	11:15
Swimming - Cycling	Davos Strandbad	07:30	11:00	13:30
Cycling - Running	Davos Strandbad	11:00	17:45	20:15
Running – Biking	Davos Strandbad	11:45	19:30	19:30
Finish Biking	Arosa SKZ	13:25	23:00	23:00

Target time: recommended time taken by the Gigathlete to reach the finish within the cut-off times.

## **SCHEDULE BEASTY SATURDAY, 30 JUNE 2018**



Disciplines	Place	Exp. first Gigathlete	Mass start	Cut-off time
Start Alpine Trailrun	Arosa SKZ	06:30		-
Alpine Trailrun – mountain railway (beginning of neutralised section)	Davos Höhenweg	08:00		10:15
Alpine Trailrun (end of neutralised section) – Swimming 1	Davos Strandbad	08:30		11:15
Swimming 1 – Running	Davos Strandbad	08:50		13:30
Running – Swimming 2	Davos Strandbad	09:55	12:45	14:15
Swimming 2 – Cycling	Davos Strandbad	10:15		13:30
Cycling - Biking	Davos Strandbad	13:30	19:30	20:15
Finish Biking	Arosa SKZ	15:00		23:00

## **LOGISTICS & TRANSPORT**

The biker, the sup will travel early in the morning from Arosa to Davos in the supporter vehicle (approx. journey time 2 hours).

Single/Couple: Parking in Parkplatz Parsenn. One team member and/or the supporter will walk from here with the cycle and bike to the Davos Strandbad transition zone (1.5 km, approx. 20 min.).

Team of Five: Parking in Parkplatz Jakobshorn. Runners and swimmers will travel from Davos Platz Bahnhof by shuttle bus to Flüelakreuzung and walk from here to the Davos Strandbad TZ (approx. 25 min., incl. 600 m footpath, 10 min.). Cyclists and bikers will cycle to the transition zone (3.3 km, approx. 15 – 20 min.).

### Personal effects

The supporter or a team member will take the bikers personal effects back to Arosa.

biker has set off, the supporter will travel back to Arosa in the supporter vehicle with the other team members. The finish is at the headquarters.

Single/Couple: The supporter will fetch the cycle from the cycle park and ride back to the car park. **Team of Five:** The cyclist will fetch the cycle from the cycle park and ride back to the car park. The other team members will walk to the Flüelakreuzung stop and take the shuttle bus back to the car park, bus stop Platz, Postplatz.

### Diversions

All routes are marked with white Gigathlon signs.

**Timetable shuttle bus A** (Special services for Gigathletes) **Davos Platz, Bahnhof** 06:30 xx:45 xx:00 xx:15 xx:30 10:00

**Davos, Flüelakreuzung** 06:40 xx:55 xx:10 xx:25 xx:40 10:10

**Timetable shuttle bus B** (regular Line 1 bus service)

Davos, Flüelakreuzung 11:00 xx:30 xx:00 21:00 **Davos, Schatzalpbahn** 11:08 xx:38 xx:08 21:08 **Davos Platz, Postplatz** 11:10 xx:40 xx:10 21:10