







Single / Couple 10 km, 150 m gain Team of Five 14 km, 200 m gain

Transition Cycling > Running from 11:00 from 11:45 **Cut-off time** 19:30

**Transition Swimming 1 > Running** from 08:50 from 09:55

**Danger points** 

Cut-off time

- D Crossing Prättigauerstrasse: caution.
- ② Downhill from Hohe Promenade to Guggerbach river: caution
- 3 Level crossing (Singles and Couples only). 4 Crossing Flüelastrasse: caution, follow instructions
- of officials

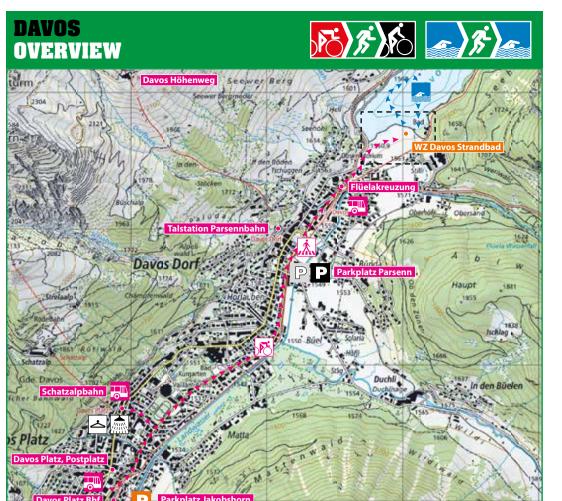
Single/Couple: shortened running course, take the

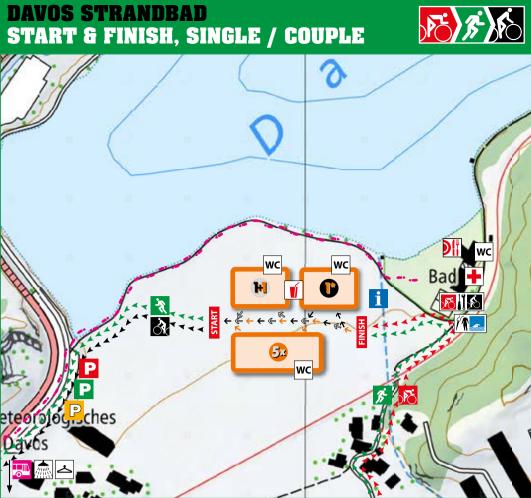
The running course around and through Davos highlights the sheer variety of sports activities in the alpine town of Davos. The lake, the Landwasser, the Hohe Promenade, the mountain railways on both sides of the valley, the ice arena, the Kurgarten, the Congress Centre, the Bolgen Plaza – all the familiar attractions from winter can be rediscovered in the summer. For Team of Five after the first swimming lap, for Singles and Couples after the cycling stage. The first few hundred metres after the start at Lake Davos are on the flat, and then the «roller coaster» begins: up, down and then straight back up again for two kilometres. The course then climbs gently through Horlauben with its holiday homes on the edge of the forest. The highest point is reached after passing below the Schatzalp railway. The race picks up speed going downhill along the Guggerbach - be sure to take care when crossing the Promenade and taking to the roads of Davos Platz. In its heyday Davos was a spa town where visitors would stroll through the idyllic Kurpark. Nowadays a new wind is blowing in the town and it hosts the WEF at the Congress Centre every January. After taking some refreshment, the course splits: Singles and Couples take the shortcut over the level crossing and the golf course. Team of Five run past the Vaillant Arena a second time, where they will need to conquer 50 metres of elevation gain through the Mattenwald forest before being rewarded for their efforts with fine views of Davos. The routes merge again at the «Duchlisäge». It's back to the transition zone along the edge of the village and past the Bünda district, where the Cross-Country

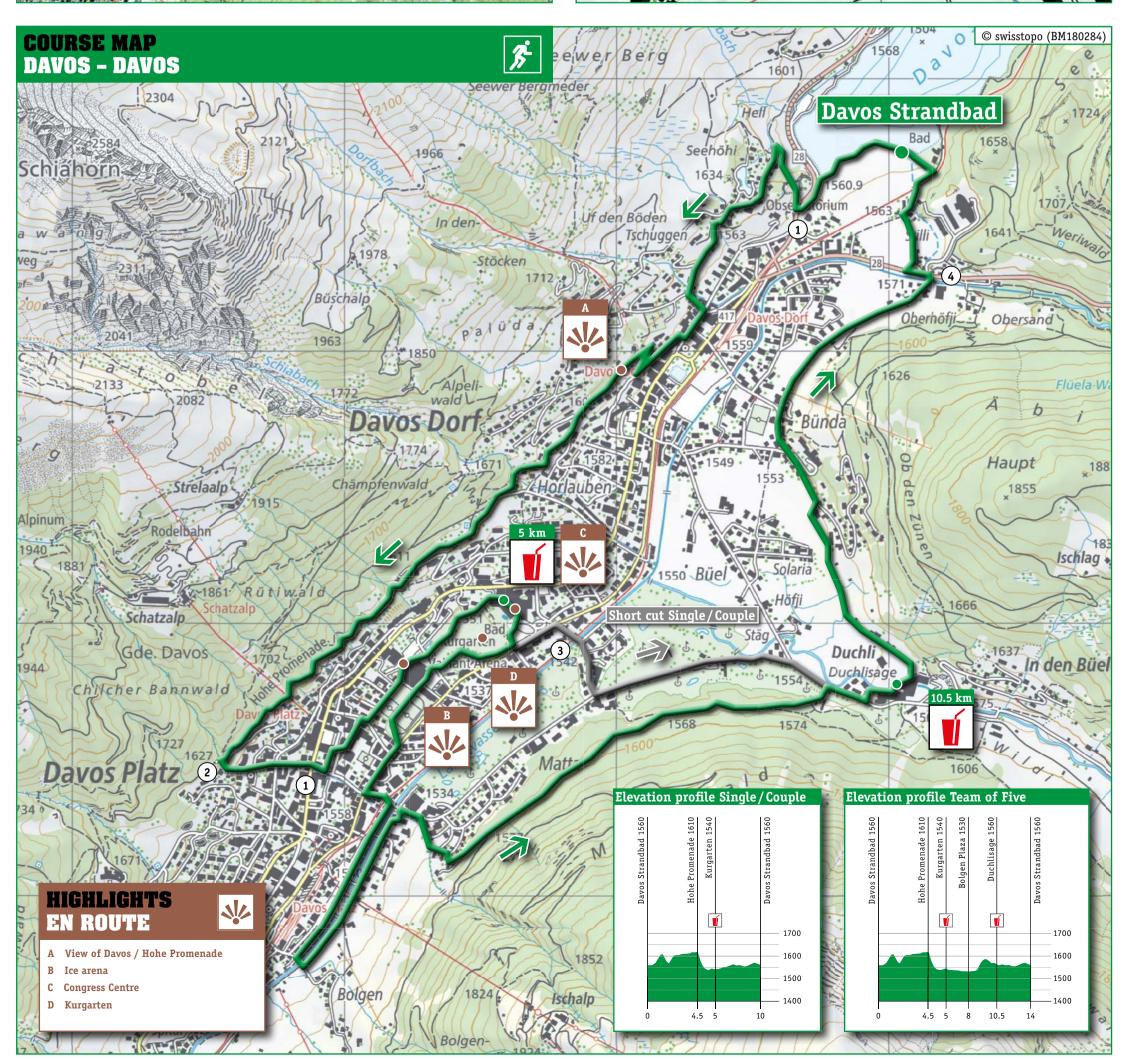
**Transition zone** 

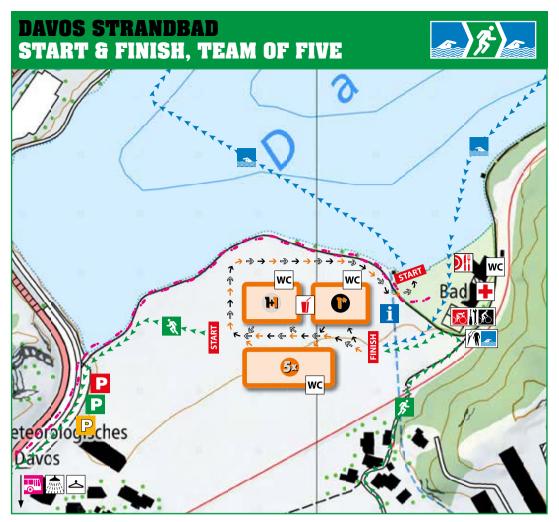
World Cup is held every December.

















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 Riking	Arosa SK7	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**

members will travel early in the morning from Arosa to Davos in the supporter vehicle (approx. journey time

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

Team of Five: Parking in Parkplatz Jakobshorn. The runner and swimmer will take the shuttle bus A from Davos Platz Bahnhof to Flüelakreuzung and walk from there to the Davos Strandbad TZ (approx. 25 min.). The cyclist and biker will cycle to the transition zone (3.3 km, approx. 15 - 20 min.).

# Showers

Showers are located in the sports hall Tobelmühle. The shuttle bus B goes from Flüelakreuzung to Schatzalp-

bahn. The path to the sports hall is signposted.

**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

The runner will stay in Davos. Once the biker has set off, he will travel back to Arosa in the supporter vehicle with the supporter and the other team

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 his 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 B back to the car park, bus stop Davos Platz, Postplatz.

**Fimetable shuttle bus A** (Special services for Gigathletes)

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