

58 kilometres

1400 metres elevation gain

Recommended departure time Arosa / Start Chur Departure times in Arosa and start times in Chur

vary: see Logistics & Transport table on the right.

First to finish Cycling 7:50 Target time last Single/Couple 11:00 **Cut-off time** 11:30

### **Danger points**

- Downhill section: Many tight, narrow bends proceed with caution. Whole course: Beware of oncoming traffic.
- ① Three tunnels switch lights on.
- 2 Entrance to Chur: Narrow bend to the right.
- 3 Chur old town: City course with narrow, blind bends. Caution, cars possible.
- 4 Arrival at the finish: Bar on a descent, brake early.

Pre-start: Every cyclist must cross the control mat in Arosa to ensure that the neutralised downhill section is completed by everyone. Each Gigathlete is responsible for scheduling enough time for the downhill section in order to start on time in Chur. We recommend planning the downhill section from Arosa to Chur so as to prevent long waiting times in Chur: see Logistics table on the right. There is a waiting zone near the start in Chur. Lights are compulsory on the entire course.

The road does not go any further after Arosa, which is why there is a need to be as sly as a fox and add a new chapter to the Gigathlon story. The cyclists must wear warm clothing for the start on Sunday. Foxy Sunday begins with a 28 kilometre downhill ride to Chur. This ride is not timed, but checks will be in place to ensure that this section is completed by bicycle. Just before entering Switzerland's oldest town, a wonderful view opens out across Chur and the Rhine valley from the Bishop's Palace («Hof»). The cobbled paths through the vineyard will bring an abrupt end to the Sunday idyll and awaken minds and muscles for the impending challenge. A second surprise awaits in Chur: the flying start will be launched with a 1.5 kilometre course through the middle of the old town with its cobbles, archways, tight bends, toxic ascents, narrow passages, squares with monuments and fountains, not to mention the historic Rathauskeller (town hall cellar). It's straight down to business after this tricky episode: the traditional Chur-Arosa hill climb as a cycling stage of the Gigathlon. Schanfiggerstrasse winds its way through the valley for 30 kilometres with 1400 metres of elevation gain and 365 bends - a uniquely arduous hill climb with a long tradition and enduring memories. The course record was set in 2016 and currently stands at 01:00:59. This may well be out of reach - but the previous record number of participants on this course will more than double at Gigathlon 2018.

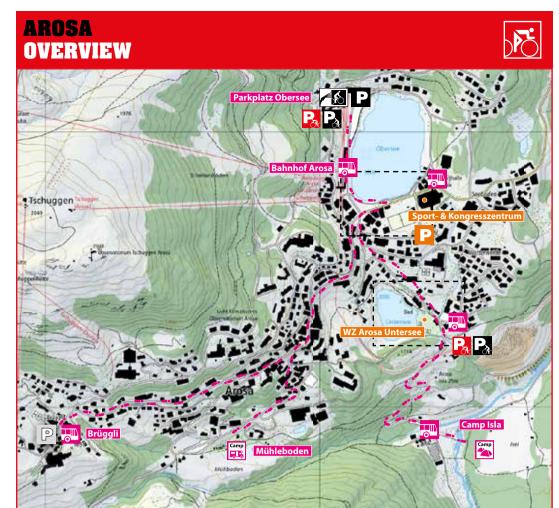
Headquarters



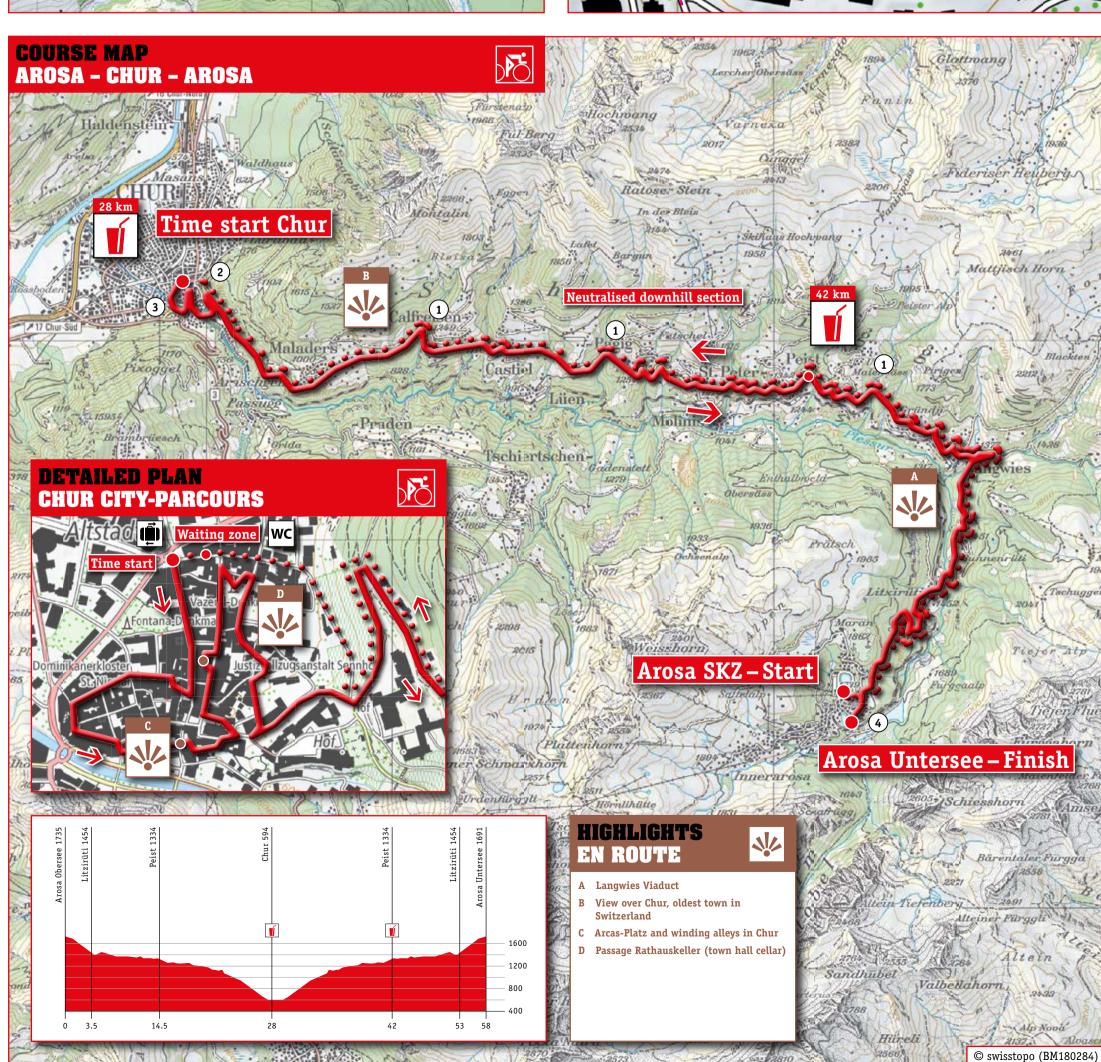


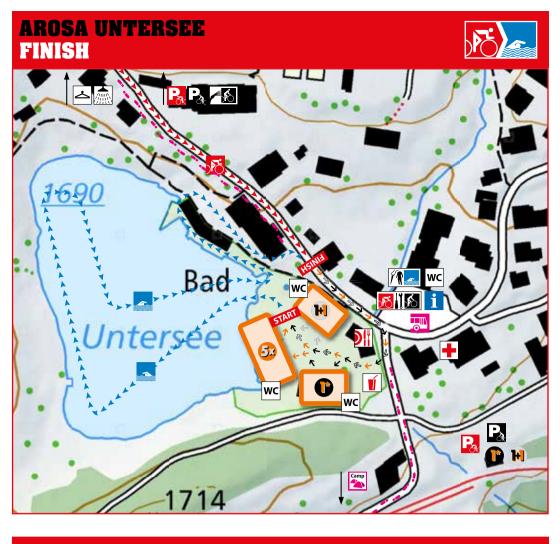












# **SCHEDULE** FOXY SUNDAY, 1 JULY 2018

Disciplines	Place	Exp. first Gigathlete	Mass start	Cut-off time
Start neutralised cycling section	Arosa SKZ	Chasing start 5:45 Single/Couple 7:15 Team of Five 7:45		-
Start Cycling	Chur	06:45		09:00
Cycling – Swimming	Arosa Untersee	07:50		11:30
Swimming - Alpine Trailrun	Arosa Untersee	08:10		12:15
Alpine Trailrun – Swimming	Arosa Untersee	09:45	15:30	S/C 15:30 / ToF: 16:00
Swimming - Biking	Arosa Untersee	10:05		16:15
Biking – Running	Arosa Untersee	11:45		20:15
Finish Running	Arosa SKZ	12:35		22:30

## **LOGISTICS &** TRANSPORT

The cyclist fetches the bicycle from the cycle/bike park at the Obersee car park or goes directly to the start. The starting point is at the headquarters. Gigathletes who are staying outside Arosa must also start in Arosa. Please note that a driving ban applies to supporter vehicles between Chur and Arosa from 06:45 to 11:30.

## Arriving at the time start in Chur

The cyclist's time is neutralised on the ride from Arosa to Chur (28 km, 100 m gain, 1200 m downhill). Each cyclist must cross the mat at the start in Arosa and use their own bicycle to ride from Arosa to Chur. Competitors cannot enter the race directly in Chur. It will take about 40 - 60 min. to cover the neutralised section (add 10 - 15 min. in the event of wet roads or poor visibility). Each Gigathlete is responsible for arriving in Chur on time.

## Personal effects, end of chasing start only

Gigathletes going to the chasing start may hand in their belongings at the start in Chur. The belongings can be collected at the information desk in Arosa after midday.

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The supporter or a team member brings dry clothing for the cyclist to the Arosa Untersee transition zone.

### Showers

Showers are located at the headquarters, in the Sports & Congress Centre.

# Onward travel & cycle/bike park

Single/Couple: The cycle stays in the transition zone until the alpine trailrunner has set off. The supporter/ team member then takes the cycle to the Untersee cycle/bike park and exchanges it for the bike which is to be taken to the transition zone.

Team of Five: The cyclist hands over to the swimmer in the transition zone and takes the cycle straight to the cycle/bike park at the Obersee car park. They exchange the cycle for the bike, which may only now be taken to the transition zone.

Single/Couple: As soon as the runner is on his way, the supporter/team member takes the cycle and the bike from cycle/bike park *Untersee* to the cycle/bike park at the Obersee car park and then goes to the finish at the headquarters. The bike may be fetched later if the supporter is unable to take both bicycles at the same

Team of Five: The cyclist takes the shuttle bus (5 min.) or walks (700 m, 40 m gain, 10 min.) from the Arosa Untersee transition zone to the finish at the headquarters.

Chasing start (all cat.)	Single /	Couple	Team of Five		
As per starting line-up	Slow	Fast	Slow	Fast	
5:45 - 6:45	7:15	7:35	7:45	8:05	
40-60 min.	60 min.	40 min.	60 min.	40 min.	
6:45 - 7:45	8:00	8:00	8:30	8:30	
6:25 - 7:30	8:15	8:15	8:45	8:45	
7:45	8:30	8:30	9:00	9:00	
	As per starting line-up  5:45 - 6:45  40 - 60 min.  6:45 - 7:45  6:25 - 7:30	As per starting line-up Slow  5:45 - 6:45 7:15  40 - 60 min. 60 min.  6:45 - 7:45 8:00  6:25 - 7:30 8:15	Starting line-up         Slow         Fast           5:45 - 6:45         7:15         7:35           40 - 60 min.         60 min.         40 min.           6:45 - 7:45         8:00         8:00           6:25 - 7:30         8:15         8:15	Starting line-up         Slow         Fast         Slow           5:45 - 6:45         7:15         7:35         7:45           40 - 60 min.         60 min.         40 min.         60 min.           6:45 - 7:45         8:00         8:00         8:30           6:25 - 7:30         8:15         8:15         8:45	

## **Gigathlon Shuttle**

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Dep. Sport- & Kongresszentrum	04:00	xx:15	xx:30	xx:45	xx:00	08:15	08:30	xx:00	xx:30	00:00
Arr. TZ Arosa Untersee	04:05	xx:20	xx:35	xx:50	xx:05	08:20	08:35	xx:05	xx:35	00:05
Arr. Camp Isla	04:10	xx:25	xx:40	xx:55	xx:10	08:25	08:40	xx:10	xx:40	00:10
Dep. Camp Isla	03:45	xx:00	xx:15	xx:30	xx:45	08:00	08:45	xx:15	xx:45	00:15
Arr. TZ Arosa Untersee	03:50	xx:05	xx:20	xx:35	xx:50	08:05	08:50	xx:20	xx:50	00:20
Arr. Sport- & Kongresszentrum	03:55	xx:10	xx:25	xx:40	xx:55	08:10	08:55	xx:25	xx:55	00:25