



COURSE INFORMATION	
<b>Course details</b> 45 kilometres 1300 metres elevation gain	••••••••••••••••••••••••••••••••••••••
Transition Trailrun > Biking	from 11:55
Arrival Trübsee Cut-off time at Trübsee	from 12:25 20:30
Mass start Teams of Five	19:15
Finish Cut-off time	from 14:20 00:15
Points to note	

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- Chairlift ride: The competition time will be neutralised during the chairlift section. The timekeeping will stop on arrival at the Trübsee valley station and restart on leaving the mountain station of the chairlift.
- © Caution: Danger of falling: dismount section. The bike must be pushed on the left-hand side.

Important information

If you expect to be riding in the dark, you need to carry the appropriate lights. Various sections (Melchtal, Trübsee, Jochpass, Melchsee-Frutt-Stöckalp) are heavily used by walkers. Pace yourself, proceed with caution.

Engelberg is a paradise for freeriders in winter and summer alike. It offers a picturesque, two-tone setting in shades of grey and white for skiers and snowboarders in winter and a colourful variety of wild rides, tough ascents, tricky trails, beautiful landscapes, sweeping panoramas and enjoyable encounters for mountain bikers in summer. The transition zone at the Sporting Park in Engelberg is the scene of the gruelling FISHERMAN'S FRIEND StrongmanRun every year but it will be hosting the Gigathletes for the first time. And they can look forward to a special welcome gift: the Joch Pass, plain and simple! From the transition zone, the course continuously follows the ski slope which climbs over 9 kilometres up to the Trübsee. The lake is 1800 metres above sea level and its blue waters will hopefully appear glittering in the sunlight amidst green pastures. 400 metres further up, but only one kilometre away, the Joch Pass towers above the cliffs: there would be no way through for the Gigathletes on bikes without the aid of a chairlift to carry them up and away like angel wings. At 2200 metres above sea level, it's full steam ahead on fantastic trails leading past the Engstlensee and Tannensee lakes and down to the Melchsee. «Wiping out» 1000 metres of altitude difference over 7 kilometres on the subsequent killer downhill run to the Stöckalp brings a sense of unadulterated joy. A short uphill section on the way to Melchtal may stop the adrenaline rush for a moment, but by the time the bikers reach Flüeli-Ranft they can revel in the ultimate thrill of riding down to the glistening Sarnersee as the finish in Sarnen comes into view.

**Transition zone** 











# SCHEDULE **KEY SATURDAY, 29 JUNE 2019**

Disciplines	Location	Start time		
Start Cycling	Kantonsschule Sarnen	Single/Couple 05:00 Team of Five 06:00		
		First Gigathlete expected	Mass start	Cut-off time
Cycling – boat (start of neutral. section)	Brunnen	06:55		10:00
Cycling (end of neutral. section)	Treib	07:25		
Cycling – Swimming	Ennetbürgen-Buochs	08:00		12:00
Swimming – Inline/Running	Ennetbürgen-Buochs	08:30		
Inline/Running – Swimming	Ennetbürgen-Buochs	09:30		15:20
Swimming – Trailrun	Ennetbürgen-Buochs	10:00		16:20
Trailrun – Biking	Engelberg	11:55	ToF: 19:15	S/C: 19:30 ToF: 20:30
Biking – chairlift (start of neutral. section)	Trübsee	12:25		20:30
Biking (end of neutralised section)	Jochpass	12:35		
Biking finish	Kantonsschule Sarnen	14:20		00:15

# HIGHLIGHTS **EN ROUTE**

- A Four crystal-clear mountain lakes: Trübsee,
- Engstlensee, Tannensee and Melchsee **B** Hells Bells Trail: Jochpass to Engstlenalp
- C Beautiful trail to Ärzegg

## **D** Melchtal valley

E Flüeli-Ranft

# LOGISTICS & TRANSPORT

### **Getting there**

The biker travels from Sarnen to the Ennetbürgen-Buochs transition zone on Saturday morning with all other team members/supporters. Later, once the trailrunner is on his way, all other team members/ supporters return to the car park on Buochs airfield on foot or by cycle/bike (10-30 min.). From there they travel on to Engelberg on the supporters' vehicles (20-25 min.). In Engelberg the supporters' vehicles will be allocated to the relevant car park. From the Engelberg car park the Engelberg transition zone can be reached on foot or by bike (5-10 min.).

#### Personal effects

The supporter or a team member takes the biker's personal effects from the Engelberg transition zone to the finish line in Sarnen.

#### Showers

The showers are located at the headquarters at the Kantonsschule Sarnen.

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## Cycle/bike park

A cycle/bike park is available for Gigathletes both at the headquarters and in the Ennetbürgen-Buochs and Engelberg transition zones. The cycle/bike parks are guarded. Cycles/bikes can only be deposited and collected at the cycle/bike parks when the start number is attached to the cycle/bike and with the appropriate wristband/supporter's accreditation. Please note: As space is limited, it is essential that the cycles/bikes are kept in the relevant cycle/bike park until they are used. Cycles/bikes are not permitted to be left in the handover areas of the transition zones.