



COURSE INFORMATION		3	
Course details		-	-
200 metres elevation gain	*	Y	
Transition Swimming > Running			

from 08:30 Finish

from 09:35

Cut-off time 15:20

#### **Points to note**

- 1) Parallel route with Inline: Around Pilatus Aircraft Ltd, Gnappiried to Eichli sports ground. Runners run on the right. Please be considerate.
- 2 Turn-off: The running course bears off to the right, the inline course is straight on.
- Please be aware of pedestrians and other road users when crossing the railway station and going through the village of Stans.
- D Level crossing with barrier
- (5) Crossover point with Trailrun: Every athlete is responsible for taking the correct route.

Four villages: Ennetbürgen, Stans, Oberdorf, Buochs. Three mountains: Bürgenstock, Stanserhorn, Buochserhorn. And a centre around which everything revolves: the airfield. A running route that is flat and inviting enough to tempt you to grow wings and take off. Just after lifting off, though, you ask yourself a couple of questions: Does time fly faster round an airfield than round a lake? Do high mountains give thrust when you can run in their shadow? Would three laps of inline skating be easier than one lap of running? Key Saturday holds the key to all these questions.

The route leads from the transition zone through the centre of Ennetbürgen up to the prime residential locations with far-reaching views over the airfield and Mount Pilatus. The site of Pilatus Aircraft Ltd is reached by the edge of the forest. The rough pasture of the Stanser Grossried lies behind this successful high-tech company the contrast could hardly be greater. The runners will use the motorway underpass by the football pitches before going through Stans, the capital of the canton and a town steeped in history. The running and trailrun courses cross over in Oberdorf by the bridge across Engelberg's Aa river. A vista of Lake Lucerne opens up after the ascent to the Waltersberg. The last few kilometres lead through Buochs to the lake shore, across the Aa estuary and back to the transition zone near to the sport and leisure facilities of Ennetbürgen-Buochs.

**Transition zone** 





## **COURSE MAP ENNETBÜRGEN-BUOCHS**



ENNETBÜRGEN-BUOCHS FINISH





# ENNETBÜRGEN-BUOCHS **OVERVIEW**



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

Disciplines	Location	Start time			
Start Cycling	Kantonsschule Sarnen	Single/Couple 05:00	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**

**B** Stans village centre

- A Gnappiried nature conservation zone
- C St. Fiden College
  - D Panoramic view over Ennetbürgen-Buochs

### LOGISTICS & TRANSPORT

#### **Getting there**

All team members/supporters apart from the cyclist travel from the Sarnen headquarters to the car park on Kägiswil airfield by shuttle, by bike or on foot. From there they travel to the car park on Buochs airfield on the supporters' vehicles (20 – 25 min.). The Gigathletes/supporters then reach the Ennetbürgen-Buochs transition zone on foot or by bike (10-30 min.).

### Personal effects

The runner carries their own effects from the Sarnen headquarters to the Ennetbürgen-Buochs transition zone and back again.

#### Showers

The showers are located in the Ennetbürgen-Buochs transition zone.

#### **Onward travel**

Once the trailrunner is on their 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.)

#### **Return travel**

Once the biker is on their way, all other team members/supporters go to the Engelberg car park and travel back to the car park on Kägiswil airfield (40-45 min.).

From the car park on Kägiswil airfield the Gigathletes and supporters return to the headquarters/campsite in Sarnen either on the shuttle or by cycle or on foot. Please note: An exit ticket is needed to exit the Engelberg car park. This will be issued with the starting documents on check-in.