



Gigathlon
SWITZERLAND



SATURDAY
29.06.2019



Key Moments

COURSE INFORMATION

Course details

25 kilometres
600 metres elevation gain

Transition Swimming 2 > Trailrun

from 10:00

Finish

from 11:55

Cut-off time

Singles/Couples 19:30
Teams of Five 20:30

Points to note

① Crossover point with Running: Every athlete is responsible for taking the correct route.

② Shooting range: Follow diversion

③ Attention: Low underpass

④ Suspension bridges: There are three suspension bridges between kilometre 20 and kilometre 21.5. For safety reasons these should only be crossed at walking pace.

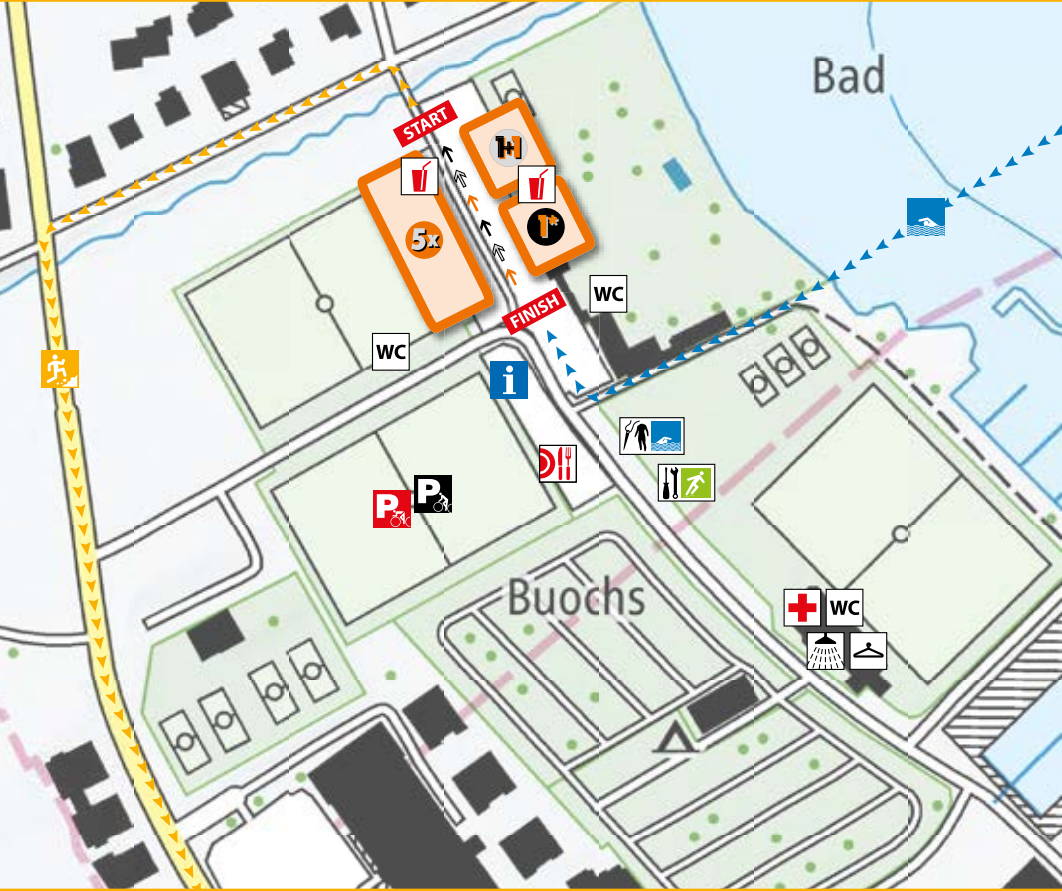
⑤ Attention: Narrow path

⑥ Attention: Vehicular access to Titlis car park


The course profile for the Trailrun on Key Saturday speaks for itself. Whilst the first half of the course to Wolfenschiessen climbs less than 100 metres through the meadows along Engelberg's Aa river, the second half covers a more challenging elevation gain of 500 metres as the course winds through forests and into the Engelberg valley as it narrows into a gorge. A Trailrun with a prelude and a sequel, in other words. Anyone who goes all out on the flat will pay for it on the mountain. The reverse is also true, however: if you fritter away time by taking it too easy from Ennetbürgen to Grafenort, you will be unable to make up for it on the mountain because the steep incline will reduce you to walking pace. The river behaves oppositely to the runners. Whilst the runners are still fresh and lively alongside the airfield, the river is calm and controlled here. And as the runners struggle up the gorge with painful muscles due to a build-up of acid, the untamed rubble and dances its way through the rapids down into the valley. The Obermatt and Eugenisee reservoirs along the route are proof that people have harnessed the power of the water here. Engelberg's Aa river does have a flip-side, however, as evidenced by the rocky crags, the rubble and the civil engineering structures that are required to tame the elements when storms strike. The recently rebuilt road sections are an emphatic reminder that even today this does not always succeed.

Transition zone

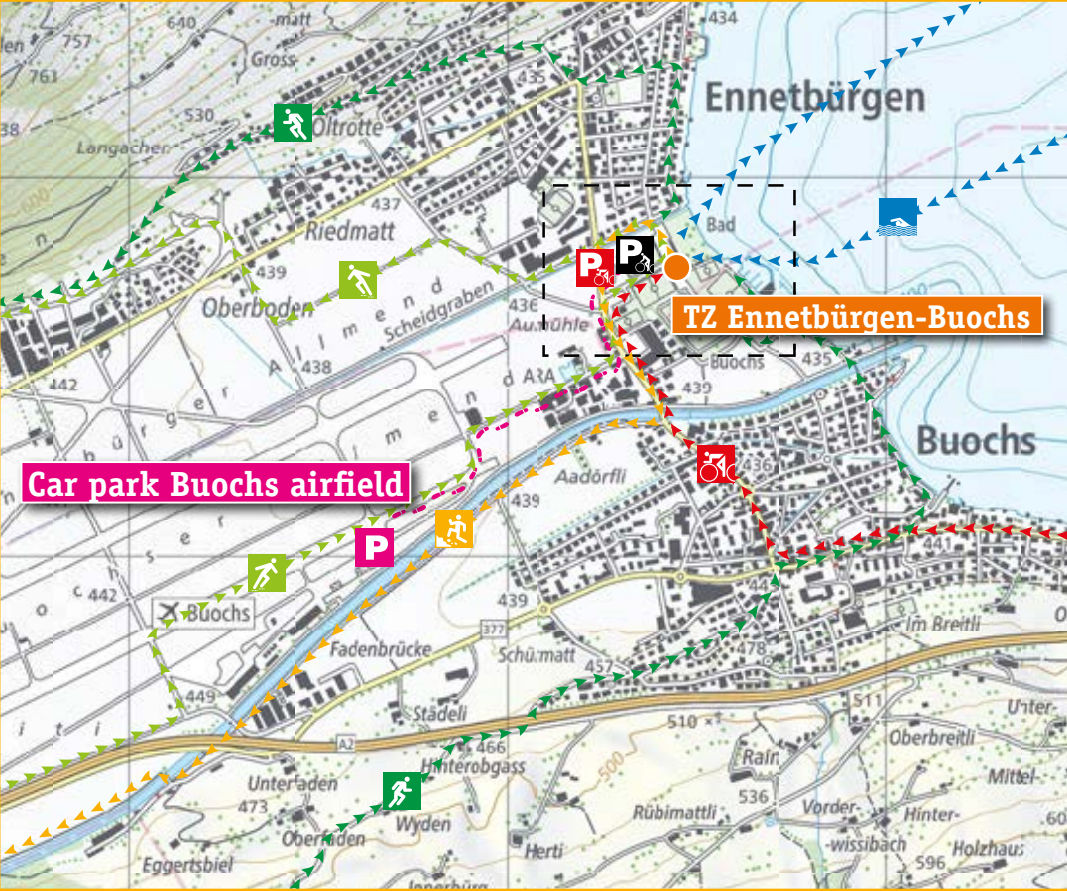
ENNETBÜRGEN-BUOCHS START



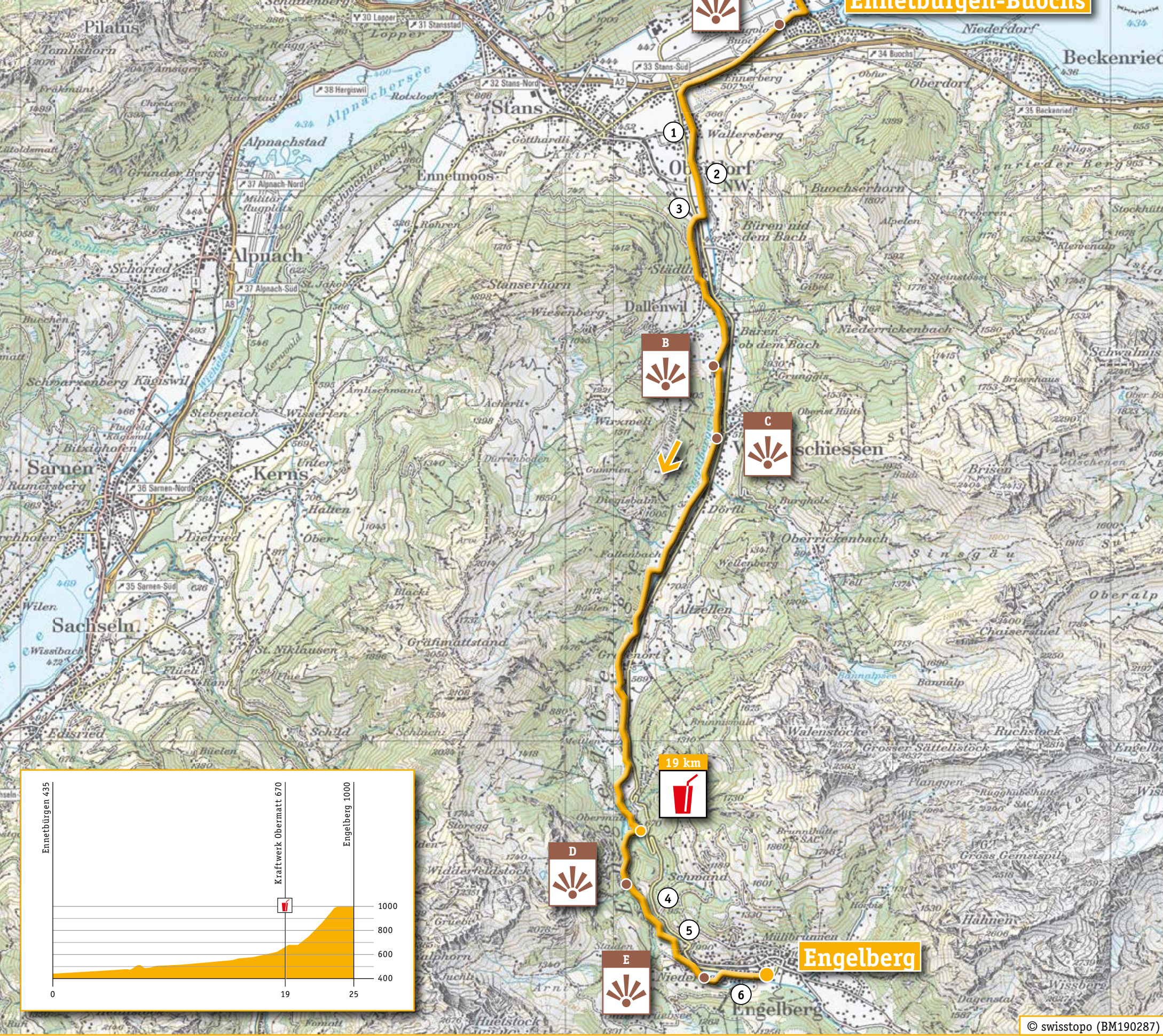
ENGELBERG FINISH



ENNETBÜRGEN-BUOCHS OVERVIEW



COURSE MAP ENNETBÜRGEN-BUOCHS - ENGELBERG



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-Buchs	08:00		12:00
Swimming – Inline/Running	Ennetbürgen-Buchs	08:30		
Inline/Running – Swimming	Ennetbürgen-Buchs	09:30		15:20
Swimming – Trailrun	Ennetbürgen-Buchs	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 Causeway

B Covered wooden bridge

C Engelberger Aa

D Three suspension bridges

E Eugenisee

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-Buchs transition zone on foot or by bike (10–30 min.).

Personal effects

The supporter or a team member takes the trailrunner's personal effects from the Ennetbürgen-Buchs transition zone to the Engelberg transition zone.

Showers

The showers are located in the Engelberg 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.

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