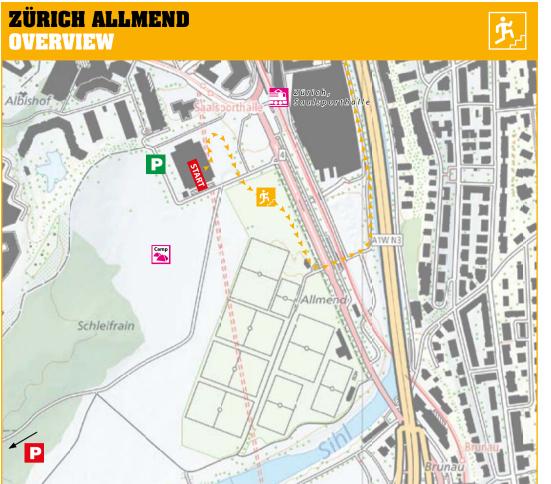


8.7.2017









COURSE INFORMATION

12 kilometres 120 metres elevation gain

Tapered mass start 05:00 - 05:30

First to finish - City Trailrunning

Cut-off time 07:30

 $\ensuremath{\textcircled{1}}$ Bike tunnel – watch out for oncoming traffic!

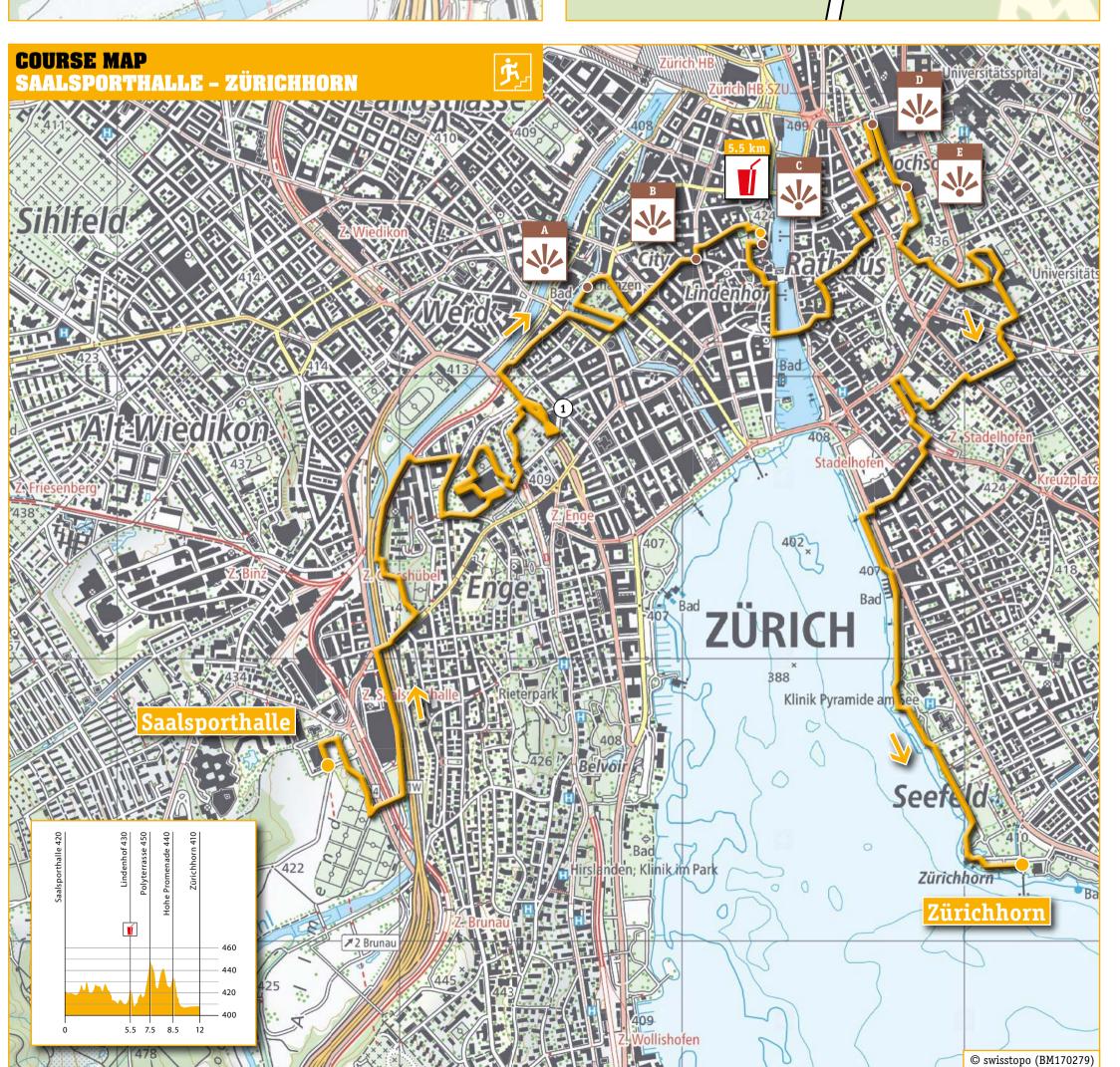
Particular care must be taken in the public parks. The $\,$ city trailrunner must only use the paths provided and no short cuts are to be taken. Consideration must be given to pedestrians at all times. Attention: Various tram tracks and roads are crossed.

Early on Saturday mornings, Zurich city centre is a car, tram and shopping-free oasis for trail runners. Marked by the Linth glacier and long since urbanised, the moraine landscape offers constant ups and downs: Sihlberg, old botanical garden, Lindenhof, Polyterrasse, Hohe Promenade. Narrow alleys, sharp corners, steep ramps and a historic aid station on the Lindenhof with a view over the Alps and the Tiefenbrunnen stage destination. Hurdling through the Max Bill sculpture and a sprint section in the Ulmberg tunnel. The race starts to applause from the team members and supporters directly next to the breakfast table in the Saalsporthalle. The trail leads through the freestyle park in Allmend, across the Sihl and under mature plane trees to the trendy Hürlimann complex where Zooglers socialise, through the grounds and leisure facilities of Freudenberg cantonal school into the beautiful setting of the old botanical garden, to Bahnhofstrasse and through the idyllic old town up to the Lindenhof. In front of the Grossmünster it crosses the Limmat and turns into the Niederdorf district. After Neumarkt, steep steps lead to the Polyterrasse. It would be tempting to linger at the university or in the baroque setting of the Rechberggarten park, but the grounds of the Rämibühl and the Hohe Promenade are beckoning and then it will soon be time for the grand entrance at the Opera House. Intoxicated by all the sights, the breathless trail runners pass through the beautiful grounds of the Seepark to arrive at the finish by

Host city

the Tiefenbrunnen lido.





SCHEDULE

METROPOLITAN SATURDAY, 8 JULY 2017

Disciplines	Location	First Gigathlete expected	Cut-off time		
Start of City Trailrunning	Zürich Saalsporthalle	Mass start 05:00	-		
City Trailrunning – Swimming	Zürichhorn	05:45	07:30		
Swimming - Cycling	Zürichhorn	06:20	09:00 13:45 16:45		
Cycling - Running	Uster Buchholz	08:35			
Running – Biking	Uster Buchholz	09:45			
Biking finish	Zurich Saalsporthalle	12:05	21:30		

HIGHLIGHTS EN ROUTE



- A Alter Botanischer Garten
- B Hurdling at the Max Bill sculpture / Bahnhofstrasse
- C Lindenhof

- D Polyterrasse with a view over the whole city
- E Passage through the main building of the University of Zurich

LOGISTICS &

TRANSPORT

The race starts in the Saalsporthalle immediately next to the camp. The city trailrunner goes to the start line

Personal effects

The swimmer brings dry clothing for the city trailrunner to the Zürichhorn transition zone.

The showers are located at the Tiefenbrunnen lido.

Onward travel/return travel

Team of Five: City trailrunner wishing to watch can travel to the Uster Buchholz transition zone on public

Transport ticket

On Saturday the accreditation (wristband) together with the ZVV special ticket allow wearers to use public transport on the Zürcherverkehrsverbund (ZVV) network.

SHUTTLE





From Uster railway station to the transition zone by foot, follow the white Gigathlon directional signs (1.5 km). Alternatively, take the bus to the Uster, Reithalle bus stop. It is then 450 m by foot to the transition zone.

	Bus 812	Bus 830*	Bus 812	Bus 827	Bus 812	Bus 830	Bus 812	*ab 9:01 U
Dep. Uster	xx:00	xx:01	xx:15	xx:16	xx:30	xx:31	xx:45	

Arr. Uster, Reithalle xx:03 xx:04 xx:18 xx:19 xx:33 xx:34 xx:48 Return travel from Uster to Zurich Saalsporthalle (with ZVV special ticket)

		-		_				
	S15	S9	S 5	S14	S15	S9	S 5	S14
Dep. Uster	xx:06	xx:11	xx:21	xx:25	xx:36	xx:41	xx:51	xx:55
Arr. Zürich HB	xx:20	xx:33	xx:37	xx:47	xx:50	xx:03	xx:07	xx:17
change		S4			S4		S4	
Dep. Zürich HB (SZU)		xx:38			xx:58		xx:18	
Arr. Saalsporthalle (SZU)		xx:43			xx:03		xx:23	



