



# Gigathlon

Obwalden & Nidwalden 2019

General Information





# Amidst lakes and mountains

*Nidwalden lies between Lucerne and Engelberg, right beside Lake Lucerne. The central location of Nidwalden, its easy accessibility and the unique, unspoilt landscape offer a superb quality of life.*

Nowhere else in the world can more mountain railways be found in such a small space as in Nidwalden. Over 40 of them provide access to the greatest mountains and viewing points in the heart of Switzerland. The world-famous Stanserhorn, Pilatus, Titlis and Bürgenstock are just a few examples. The mountains and Lake Lucerne are close by and offer plenty of opportunity for sport, exercise and leisure. There is a limitless range of activities, from slow and unhurried to ultra-fast and adrenaline-pumping. It's not just snow sport enthusiasts who are attracted to the distinctive natural beauty of Nidwalden's mountainous landscape. Holidaymakers and day trippers can enjoy all sorts of adventurous activities from spring to autumn, such as swimming in the lake, canoeing, sailing, diving and hiking. They can have cookouts, go biking, play golf,



do archery and feel the adrenaline rush of quad tours, the rope course, the climbing garden and paragliding. Culture and tradition have deep roots in Nidwalden. Sports clubs therefore play a far more important role than simply bringing balance to people's lives. This is why there are a total of 77 sports clubs, 1,276 youth and sports leaders, 199 sports facilities and a wide range of cantonal school sports tournaments for the 43,000 residents of Nidwalden. The canton takes pleasure in this thriving sports scene and is fully committed



to the practice of sport in all its forms, be it recreational, popular or competitive. The canton of Nidwalden is delighted to be a co-organiser of Gigathlon Switzerland 2019 and hopes to see all Gigathletes perform to the best of their ability!



**SWISSLOS**  
**SPORTFONDS**  
**NIDWALDEN**



# Let's Go: Runners' paradise of Obwalden



## Get there, get going!

This simple approach reflects the wealth of opportunity for hiking, walking and running in Obwalden. The varied landscape, combined with the use of mountain railways and rounded off with a great selection of good food and quiet nights in our hotels, holiday apartments and other types of accommodation, make Obwalden the most interesting region for runners in Switzerland – in summer and winter alike.

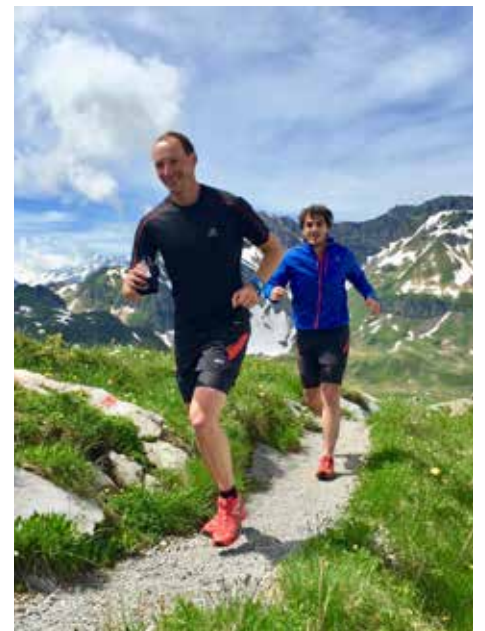
## Power routes

Do you like to test your limits and even go beyond them? Is nature your favourite training partner? Then Obwalden is the right place for you. But you won't be alone. Although our running routes and trails are anything but overcrowded, you are very likely to come across like-minded people here who possess similar qualities. And who also love the feeling of returning

from a running session completely drained and clear-headed. The best courses, routes and paths are continuously updated on our website: [www.obwalden-tourismus.ch](http://www.obwalden-tourismus.ch)

**PS:** Obwalden fans know that the runners' canton can be reached quickly and easily thanks to its central location in Switzerland. So you can arrange an excursion or a walk on your day of arrival or departure as well.

**OBWALDEN**  
der Geheimtipp





# Stunning Awe-inspiring Restful Natural Extraordinary Nature-loving

*Sarnen achieves with ease that which calls for a huge effort on the part of other places: the balance between the traditional and the modern. Together with the districts and hamlets of Bitzighofen, Kägiswil, Kirchhofen, Ramersberg, Stalden and Wilen/Oberwilen, the capital of the canton of Obwalden has over 10,000 inhabitants.*

## Action sports in the mountains, recreational activity on the lake

History, commerce, nature, culture and quality of life merge into one in Sarnen to make it a place without equal. Nestled within a gentle, unspoilt landscape against a magnificent backdrop of mountains, the capital of Obwalden has the world of nature at its feet – and the local recreational areas on its doorstep: with its Langis walking and winter sports paradise, Glaubenberg is the perfect inspiration for extensive tours in summer and winter alike. The Lake Sarnen is a place of enjoyment for those seeking rest and relaxation on, in and by the water. The lake also offers ideal training conditions for elite rowers from Switzerland and all over the world.

## In the heart of Switzerland

Located in central Switzerland, Sarnen can be reached from the city of Lucerne by car or the Zentralbahn railway in just 20 minutes. It takes an hour or so to get to Obwalden from Zurich airport. Quick and easy access is not the town's only attribute, however: visitors arriving in Sarnen are delighted by the variety of its scenery, the extensive range of sport and leisure facilities, and the local sights. Examples include Landenberg Castle situated on a hill just outside



the village, the historic parish church and the Sarnen Infant Jesus in the convent, the picturesque and historically significant village centre with the town hall, and the famous Hexenturm (witch tower). The castle tower dates back to the founding period of the Swiss Confederation and is home to the Obwalden public records office and the White Book of Sarnen, which contains the earliest surviving reference to the Swiss national hero William Tell.

## Vintage cars in Obwalden

The co-existence of the indigenous population and showing hospitality to visitors take priority in Sarnen: the campsite by the Lake Sarnen is one of the best in Switzerland thanks to its superb amenities and unique location. The traditional weekly market is popular with tourists and local residents. It creates a special atmosphere in the village centre every Saturday morning from early May to late October. Famous throughout



Switzerland, the «Oldtimer in Obwalden» (OiO) is another highlight event. This vintage car rally is held every Whitsun weekend and attracts thousands of visitors from home and abroad.







# Klewenalp-Lake Lucerne region

***The Klewenalp-Lake Lucerne region extends across the canton from Ennetbürgen, via Buochs, Beckenried, Emmetten and Seelisberg to the Isental valley.***

The birthplace of Switzerland – the Rütli meadow – can be found in the region around the Klewenalp, as well as a number of unique viewing points and an unrivalled variety of activities. Water sports enthusiasts indulge their passion in the deep blue waters of Lake Lucerne, families enjoy walks and cookouts in the

mountains and athletes appreciate the abundance of scenic mountain biking trails in the Klewenalp-Stockhütte region.

The Goldi Family Safari is especially popular among families. This wonderful day trip for the whole family combines the entire holiday region on the south shores of Lake Constance with a tour that is probably the richest in variety in all of Switzerland. The excursion includes rides by boat, cable car, gondola lift, PostBus and funicular railway from Lake Lucerne to the Klewenalp plateau with views over six Swiss lakes and then back again. The longest cable car in the region takes travellers from Beckenried up the Klewenalp, situated 1600 metres above sea level, with its marmot reserve, restaurants and magical alpine pastures. The safari continues on foot along wide gravel paths for 90 minutes to the Stockhütte, which has a children's park and water playground. Trippers pass through Emmetten and Seelisberg and are soon in Treib on Lake Lucerne, where a boat is waiting to take them back to the point of departure in Beckenried. There is one ticket for the whole tour to cover all five means of transport. A new and even more entertaining version of the Goldi



Family Safari with a detective trail is due to start from summer 2019.

Should the mountains prove too steep, another option is a leisurely walk beside Lake Lucerne between Buochs and Ennetbürgen. There are cosy eateries along the «Seemeile» (lake mile), as well as a wide range of sporting activities on and in the water. From kayaks and pedalos to swimming, virtually anything is possible. The Klewenalp tourism region between the Urnersee lake and Lake Lucerne offers a warm welcome and has something for everyone!







### Headquarters, camp – everything in one place

The Gigathlon headquarters is situated in the grounds of the Kantonsschule (cantonal school) Obwalden in the middle of Sarnen. This compact site accommodates not only the check-in, but also the start and finish arena, the Partner Park, the cycle/bike park, the athlete catering and public catering area, the camp and the motorhome park. In addition to this, the transition zone will be stationed right next to Seefeld sports centre on the Sunday, thus completing the Sarnen headquarters (see also page 8).



### Shuttle

A shuttle bus will be provided between the car park Kägiswil airfield and the headquarters at the Kantonsschule from Friday to Sunday during the Gigathlon weekend (see timetable on page 22). Please note: There are no drop-off zones or parking spaces for supporter vehicles and visitors at headquarters. An exception is made for disabled parking spaces and the official motorhome park. The latter may only be used if the «motorhome» accommodation option was selected during the registration process.

### SwimRun



Having been tested out last year by the Singles and Couples, this year's event will be completed by one team member from each category. The SwimRun is measured without split times and counts towards the overall time of Gigathlon Switzerland 2019.

### K2

A long-standing partnership with K2 has been resumed now that Inline is back on the Gigathlon program. All inline skaters will benefit extensively from this partnership with a designated inline specialist and manufacturer of quality

products – the inline repair service at headquarters and in the Ennetbürgen-Buochs transition zone being just one example.

### Cycle/bike repair service by fixfox

A new supplier has been found for the Gigathlon 2019: fixfox will provide a repair service for cycles and bikes at the headquarters in Sarnen and the Engelberg transition zone.

### Helvetas

As a Helvetas charity runner, you will have an opportunity to collect money for clean water by taking part in the Gigathlon. Your donation will be used to support the work of Helvetas in developing countries where wells and latrines are being built together with local tradespeople.

### Staff pool

Do you know anyone who would like to make an active contribution to the Gigathlon? There are all sorts of ways to support the event as a member of the staffing team, be it with set-up/dismantling work, at the check-in, in public catering or with course safety and timekeeping. There's one exciting activity after another in every area of work. Interested parties can register with the staff pool and take advantage of various benefits.

Registration at: [pool.invents.ch](http://pool.invents.ch)

### Kids Gigathlon

The youngest athletes can also gain some early experience of the Gigathlon in Sarnen. A Kids Gigathlon will be held on the afternoon of Friday, 28 June 2019 around Seefeld park in Sarnen. Provision will be made for upper school pupils to take on this challenge as Singles, Couples or Teams of Five. The five disciplines of Inline, Running, Swimming, Cycling and Biking

will be completed over appropriate distances. Spectators are welcome to come to the finish line at headquarters!

### End of school term

Whilst the spotlight will be on senior school pupils on the Friday afternoon, the end-of-term celebration for Sarnen school teaching staff will be held at Gigathlon headquarters in the evening. Hopefully, 150 teachers will provide for a good atmosphere on the finishing line of the SwimRun!






















### Proceed with caution!

A number of major events will be taking place in central Switzerland during the Gigathlon weekend. Allowance must also be made in rural areas for walkers, cyclists and agricultural traffic, especially if the weather is nice. Gigathletes are asked to show understanding and consideration. Thank you!
































# Opening times & schedule

## Opening Friday, 28 June 2019






































Kägiswil airfield	Parking	  	11:00 – 21:00
Sarnen	Shuttle Kägiswil airfield car park – headquarters		11:30 – 22:00
Sarnen headquarters	Check-in	  	12:00 – 18:00
Sarnen headquarters	Camp opening		12:00
Sarnen headquarters	Showers		12:00 – 22:30
Sarnen headquarters	Cyclists hand in belongings	  	12:00 – 18:00
Sarnen headquarters	Public Catering		12:00 – 22:30
Sarnen headquarters	Information desk		12:00 – 22:30
Sarnen headquarters	Partner Park		12:00 – 21:00
Sarnen headquarters	Sponser buffet		12:00 – 21:00
Sarnen headquarters	Cycle/bike service by fixfox		12:00 – 21:00
Sarnen headquarters	Cycle/bike park	  	12:00 – 21:00
Sarnen headquarters	Tempo-Sport wetsuit service		13:00 – 21:00
Sarnen headquarters	Kids Gigathlon		13:00 – 16:00
Sarnen headquarters	Beer truck		15:00 – 22:30
Sarnen headquarters	Dinner		17:00 – 22:30
Sarnen headquarters	Start SwimRun (as per starting line-up)	  	18:30 – 19:30
Sarnen headquarters	First to finish SwimRun	  	19:10
Sarnen headquarters	Opening Gigathlon Switzerland 2019		20:30 – 21:00
Sarnen headquarters	Finishing time Opening Friday	  	21:00

## Key Saturday, 29 June 2019

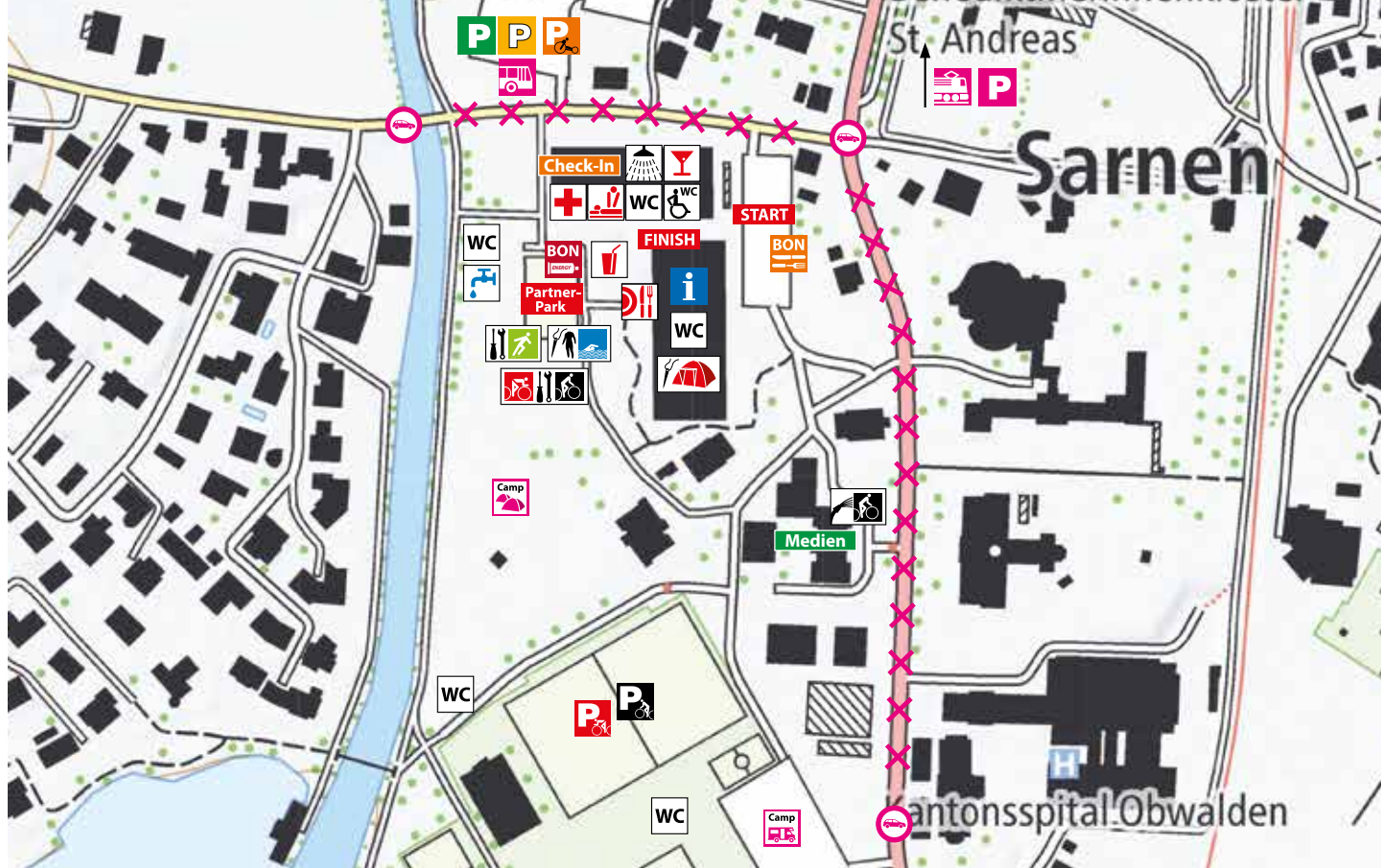
Sarnen headquarters	Breakfast		03:00 – 09:00
Sarnen	Shuttle Kägiswil airfield car park – headquarters		03:00 – 23:00
Sarnen headquarters	Cycle/bike park		03:30 – 08:00
Sarnen headquarters	Information desk		04:00 – 08:00
Sarnen headquarters	Showers		08:00 – 23:00
Sarnen headquarters	Mass start Cycling	 	05:00
Buochs airfield	Parking		05:30 – 17:30
Sarnen headquarters	Mass start Cycling		06:00
Brunnen	Exp. time of arrival of first cyclists	 	06:55
Ennetbürgen-Buochs	Information desk		07:00 – 17:00
Ennetbürgen-Buochs	Cycle park		07:00 – 17:00
Ennetbürgen-Buochs	Showers		07:00 – 17:00
Ennetbürgen-Buochs	Public Catering		07:00 – 17:00
Ennetbürgen-Buochs	Tempo-Sport wetsuit service		07:00 – 16:30
Ennetbürgen-Buochs	K2 inline service		07:00 – 16:30
Brunnen	Exp. time of arrival first cyclist		07:45
Ennetbürgen-Buochs	Exp. time of arrival first cyclist	 	08:00
Ennetbürgen-Buochs	Exp. time of arrival first swimmer, 1st section	 	08:30
Ennetbürgen-Buochs	Exp. time of arrival first cyclist		08:50
Ennetbürgen-Buochs	Exp. time of arrival first swimmer, 1st section		09:20
Ennetbürgen-Buochs	Exp. time of arrival first inliner	 	09:30
Ennetbürgen-Buochs	Exp. time of arrival first runner	 	09:35
Ennetbürgen-Buochs	Exp. time of arrival first swimmer, 2nd section	 	10:00
Brunnen	Cut-off time Cycling	  	10:00
Ennetbürgen-Buochs	Exp. time of arrival first inliner		10:10
Ennetbürgen-Buochs	Exp. time of arrival first runner		10:20
Ennetbürgen-Buochs	Exp. time of arrival first swimmer, 2nd section		10:40
Engelberg	Exp. time of arrival first runner	 	11:55
Ennetbürgen-Buochs	Cut-off time Cycling	  	12:00
Sarnen headquarters	Public Catering		12:00 – 23:30
Engelberg	Information desk		12:00 – 21:00
Engelberg	Bike park		12:00 – 21:00
Engelberg	Cycle/bike service by fixfox		12:00 – 21:00
Engelberg	Public Catering		12:00 – 21:00

Engelberg	Exp. time of arrival first trailrunner		12:30
Ennetbürgen-Buochs	Target time Swimming, 1st section	 	12:00
Ennetbürgen-Buochs	Target time Swimming, 1st section		13:00
Sarnen headquarters	Partner Park		13:00 – 22:00
Sarnen headquarters	Sponser buffet		13:00 – 22:00
Sarnen headquarters	Cycle/bike park		13:00 – 23:30
Sarnen headquarters	Bike wash		13:30 – 23:00
Sarnen headquarters	Cycle/bike service by fixfox		13:30 – 23:00
Sarnen headquarters	Information desk		13:30 – 00:30
Sarnen headquarters	Massage service		14:00 – 22:00
Sarnen headquarters	Beer truck		14:00 – 23:30
Sarnen headquarters	Exp. time of arrival first biker	 	14:20
Sarnen headquarters	Exp. time of arrival first biker		14:45
Ennetbürgen-Buochs	Cut-off time running/inline	  	15:20
Ennetbürgen-Buochs	Cut-off time swimming	  	16:20
Sarnen headquarters	Dinner		17:00 – 23:30
Engelberg	Mass start bike		19:15
Engelberg	Cut-off time trailrunning	 	19:30
Engelberg	Cut-off time trailrunning		20:30
Sarnen headquarters	Finishing time Key Saturday	  	00:15

## Conclusive Sunday, 30 June 2019

Sarnen headquarters	Breakfast		04:00 – 09:00
Sarnen	Shuttle Kägiswil airfield car park – headquarters		04:00 – 00:00
Sarnen headquarters	Information desk		04:30 – 23:00
Sarnen headquarters	K2 inline service		04:30 – 07:00
Sarnen headquarters	Cycle/bike park		05:00 – 23:00
Sarnen headquarters	Chasing start Running/Inline	  	05:30 – 06:30
Sarnen transition zone	Information desk		06:00 – 20:15
Sarnen headquarters	Start Running/Inline	 	06:30
Sarnen transition zone	Exp. time of arrival first runner/inliner	  	06:45
Sarnen transition zone	Public Catering		07:00 – 21:00
Sarnen transition zone	Tempo-Sport wetsuit service		07:00 – 12:00
Sarnen headquarters	Start Running/Inline		07:00
Sarnen transition zone	Exp. time of arrival first swimmer	  	07:30
Sarnen headquarters	Showers		08:00 – 00:00
Sarnen transition zone	Cycle/bike service by fixfox		09:00 – 20:00
Sarnen transition zone	Exp. time of arrival first biker	  	09:40
Sarnen headquarters	Public Catering		10:00 – 00:00
Sarnen transition zone	Cut-off time Running/Inline	  	10:00
Sarnen headquarters	Massage service		11:00 – 21:00
Sarnen headquarters	Partner Park		11:00 – 21:00
Sarnen headquarters	Sponser buffet		11:00 – 21:00
Sarnen headquarters	Beer truck		11:00 – 00:00
Sarnen transition zone	Cut-off time swimming	  	11:30
Sarnen transition zone	Exp. time of arrival first cyclist	  	12:00
Sarnen headquarters	Bike wash		12:00 – 21:00
Sarnen transition zone	Exp. time of arrival first trailrunner	  	13:20
Sarnen transition zone	Mass start Cycling		15:15
Sarnen transition zone	Cut-off time Biking	  	15:45
Sarnen headquarters	Dinner		17:00 – 00:00
Sarnen headquarters	Closing and awards ceremony		18:00 – 19:00
Sarnen transition zone	Cut-off time Cycling	  	20:15
Sarnen headquarters	Camp closure		21:00
Sarnen headquarters	Finishing time Conclusive Sunday	  	23:00





# Headquarters & services



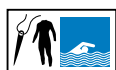
## fixfox cycle and bike service

fixfox offers a professional repair service for all cycles and bikes at headquarters and in the transition zones in Sarnen and Engelberg. Replacement parts only are charged – the service is free of charge.



## Bike wash

The bike-wash station is conveniently located by the upper school building next to the headquarters. The Gigathletes can wash their own bikes. **Important:** Do not use soap!



## Tempo-Sport wetsuit service

Tempo-Sport offers a professional wetsuit service at headquarters and in the Sarnen and Ennetbürgen-Buochs transition zones. Replacement material only is charged – the service is free of charge.



## K2 inline service

K2 offers inline skaters a professional repair service and replacement parts for various brands at headquarters and in the Ennetbürgen-Buochs transition zone. Parts only are charged – the service is free of charge.



## Tent service

Need your poles fixing? Holes in the tent? Or any other problems with your camping equipment? You can purchase new tents and replacement parts at the information desk at headquarters (if in stock).



## Information desk

The information desk at headquarters and in the transition zones is your first point of contact for any questions or problems you might have. Lost property can also be handed in or collected at the information desk.



## Massage service

Are your arms and legs aching? There will be a free massage service at headquarters on the Saturday and Sunday to provide relief. Self-service stations will also be available.



## Photo service

If possible, all the Gigathletes are photographed on every course and at the finishing line. The photos will be available for you to view and order from Tuesday, 2 July 2019 at the latest at [www.alphafoto.com](http://www.alphafoto.com).



## Sponsor buffet

You can redeem the relevant vouchers for top quality sports food at the Sponsor buffet.



## Ambulance service

The Gigathlon emergency services are responsible for generally coordinating the provision of medical care on the course. The vehicles of the emergency services also travel over rough terrain on the Gigathlon courses. The emergency services work alongside the local first-aid organisations to guarantee 24-hour care. The emergency number to use at Gigathlon Switzerland 2019 is **0848gigamed, 0848 444 263**.



## Public catering

Are you hungry and thirsty? Catering partner Wolke7Events runs a public catering with a wide range of choices in front of the triple gymnasium at headquarters. The public catering is located in the immediate vicinity of the finish. Fri. 12:00 – 22:30, Sat. 12:00 – 23:30, Sun. 10:00 – 24:00.





# Camp



## Camp

The camp is located in the fields directly adjacent to the headquarters in the grounds of Sarnen Kantonsschule (cantonal school). It is open from 12:00 on Friday, 28 June 2019 until 21:00 on Sunday, 30 June 2019. Tents will be set up on marked pitches as instructed by the staff on duty. Mobile toilets and washing troughs are available and there are additional sanitary facilities and showers in the cantonal school buildings at headquarters. There is a full ban on open fires on the campsite.



## Motorhome park

The motorhome park is located next to headquarters (5-minute walk). Mobile toilets are available and there are additional toilets and showers in the cantonal school buildings at headquarters. The erection of awnings or additional tents next to motorhomes is prohibited. **The only teams admitted to the motorhome park will be those that selected the «motorhome» accommodation option when registering. No unregistered vehicles may be left in the motorhome park.**





# Opening Friday SwimRun

The Single and one Gigathlete from each Couple and Team of Five will line up for the SwimRun on the Friday evening in Sarnen. Swimming in the Lake Sarnen and running through the beach resorts and sports grounds of Sarnen. A wetsuit and running shoes are worn throughout the whole SwimRun. The SwimRun is measured without split times and counts towards the overall competition time of Gigathlon Switzerland 2019.



## SARNEN SEEFELD DETAILED MAP OF SWIMMING/RUNNING LAPS



## LOGISTICS & TRANSPORT

### Outward/return journey

The start and finish are located next to the Kantonsschule at the headquarters in Sarnen.

### Showers

The showers and cloakrooms are located next to the Kantonsschule at the headquarters in Sarnen.

## ALTERNATIVE COURSE E1



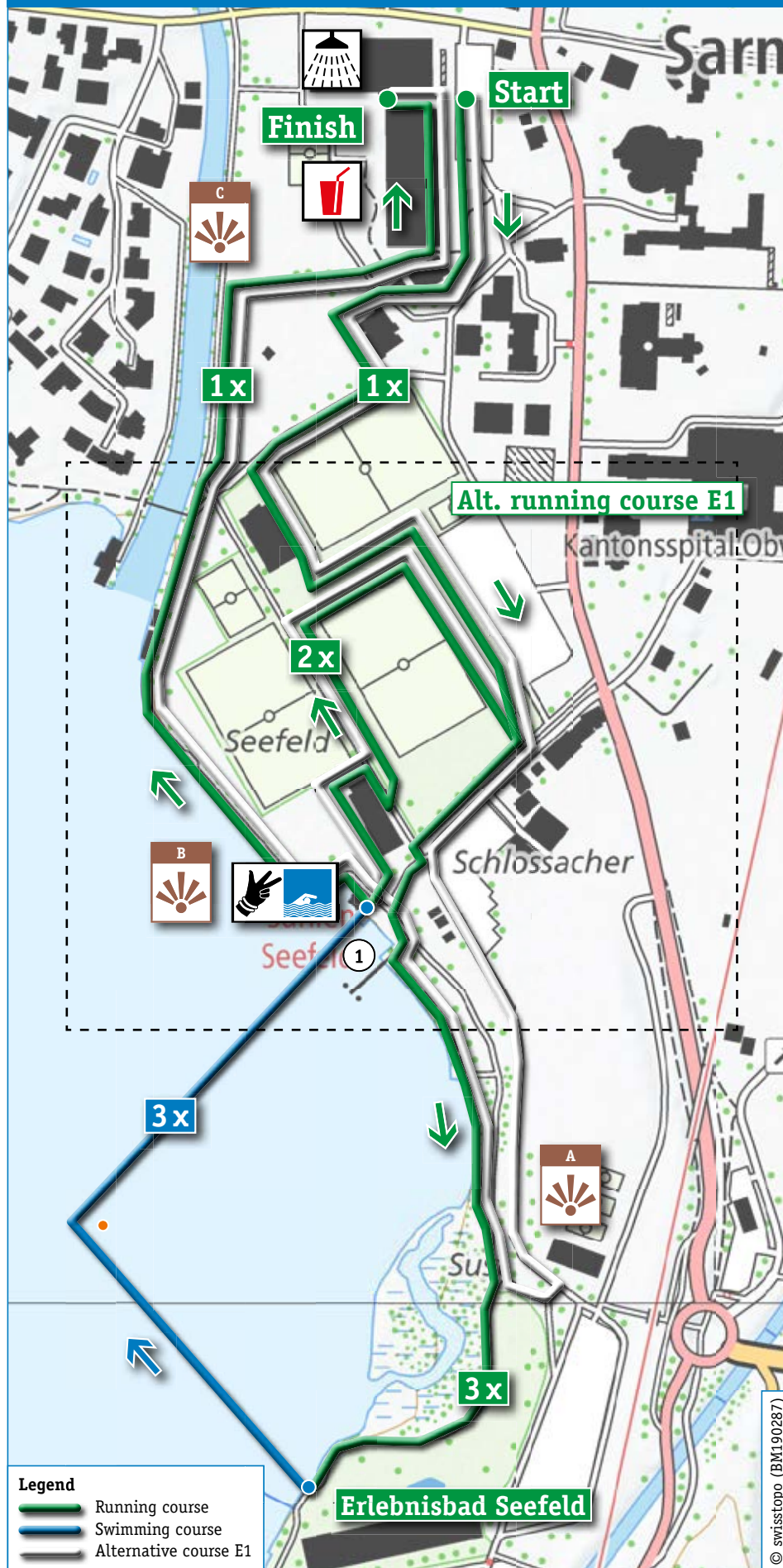
### Reasons for using alternative running course E1

The SwimRun will be replaced by an alternative course in the event of bad weather, storm warning or other meteorological factors. The wetsuit requirement is waived.

Course length	Schedule
4.7 km, 15 m gain	stays as is



## SWIMRUN COURSE SARNEN SEEFELD



## COURSE INFORMATION



### Course details

4.5 km run / 1.5 km swim  
80 m elevation gain



### Start SwimRun

18:30 – 19:30

(as per starting line-up; to be announced on [gigathlon.com](http://gigathlon.com) no later than 20:00 the day before)

### First to finish SwimRun

19:10

### Cut-off time

21:00

### Points to note

- Take the correct turn-off during the swim exit.

### Important information

- The swimming course will be completed three times. On leaving the water, athletes will be given a wristband which must be worn in a prominent position on the right wrist. There is a turn-off after leaving the water. Take the right-hand lane when leaving the water the first and second time. Take the left-hand lane when leaving for the third time in order to return to the finish at headquarters. Every athlete is responsible for going the right way at the intersection.
- The wearing of a neoprene wetsuit is mandatory. It is not obligatory to cover knees and elbows, but this is recommended. The wetsuit and running shoes are worn throughout the whole SwimRun.
- Only one team member starts in the case of Couples and Teams of Five. The SwimRun is measured without split times and counts towards the overall competition time of the Gigathlon.
- Swimming aids: paddles and pullbuoys are allowed but are not compulsory. The following are not allowed: flippers, tow ropes and any other aids.

## HIGHLIGHTS EN ROUTE



- A Wonderful views of the Brünig region.
- B Traditional landing stage.
- C Running course beside camp.







### Friday 28 June 2019

1.5 / 4.5 km  
80 m gain  
Sarnen – Sarnen

### Saturday 29 June 2019

89 km  
90 m gain  
Sarnen – Ennetbürgen

2 km  
Ennetbürgen – Ennetbürgen

33 km  
100 m gain  
Ennetbürgen – Ennetbürgen

2 km  
Ennetbürgen – Ennetbürgen

25 km  
600 m gain  
Ennetbürgen – Engelberg

45 km  
1300 m gain  
Engelberg – Sarnen

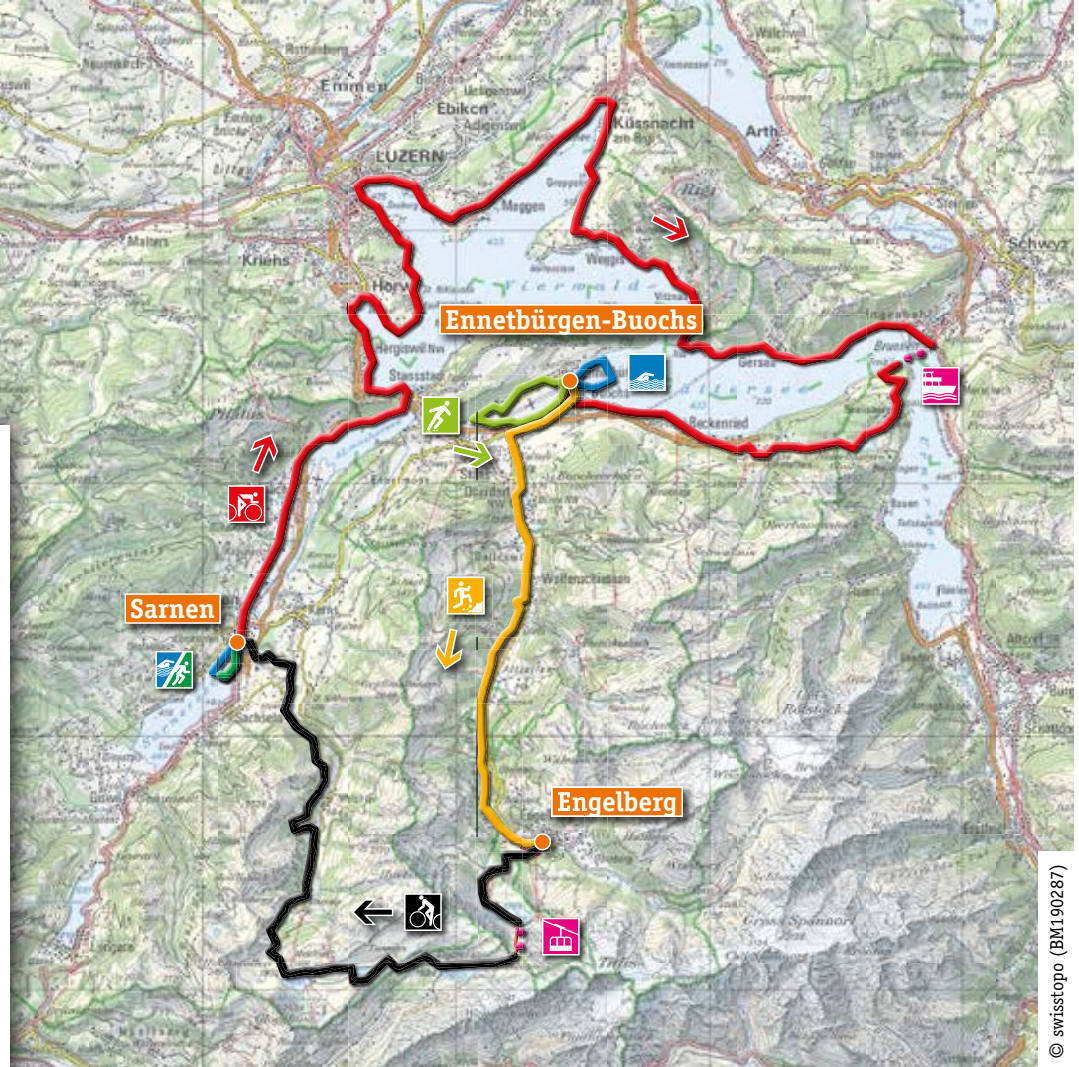
**Distance** 202 km  
**Elevation gain** 2980 m

### Explanations

#### Requirements/ course rating

- Technique**
- Condition**
- Attractiveness**
- Easy/pleasant**
- Medium/attractive**
- High/breathtaking**

**Project status** May 2019,  
subject to change.

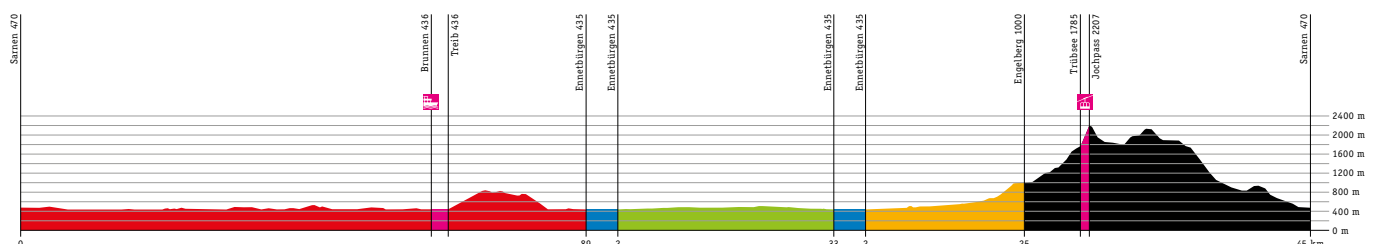


© swisstopo (BM190287)

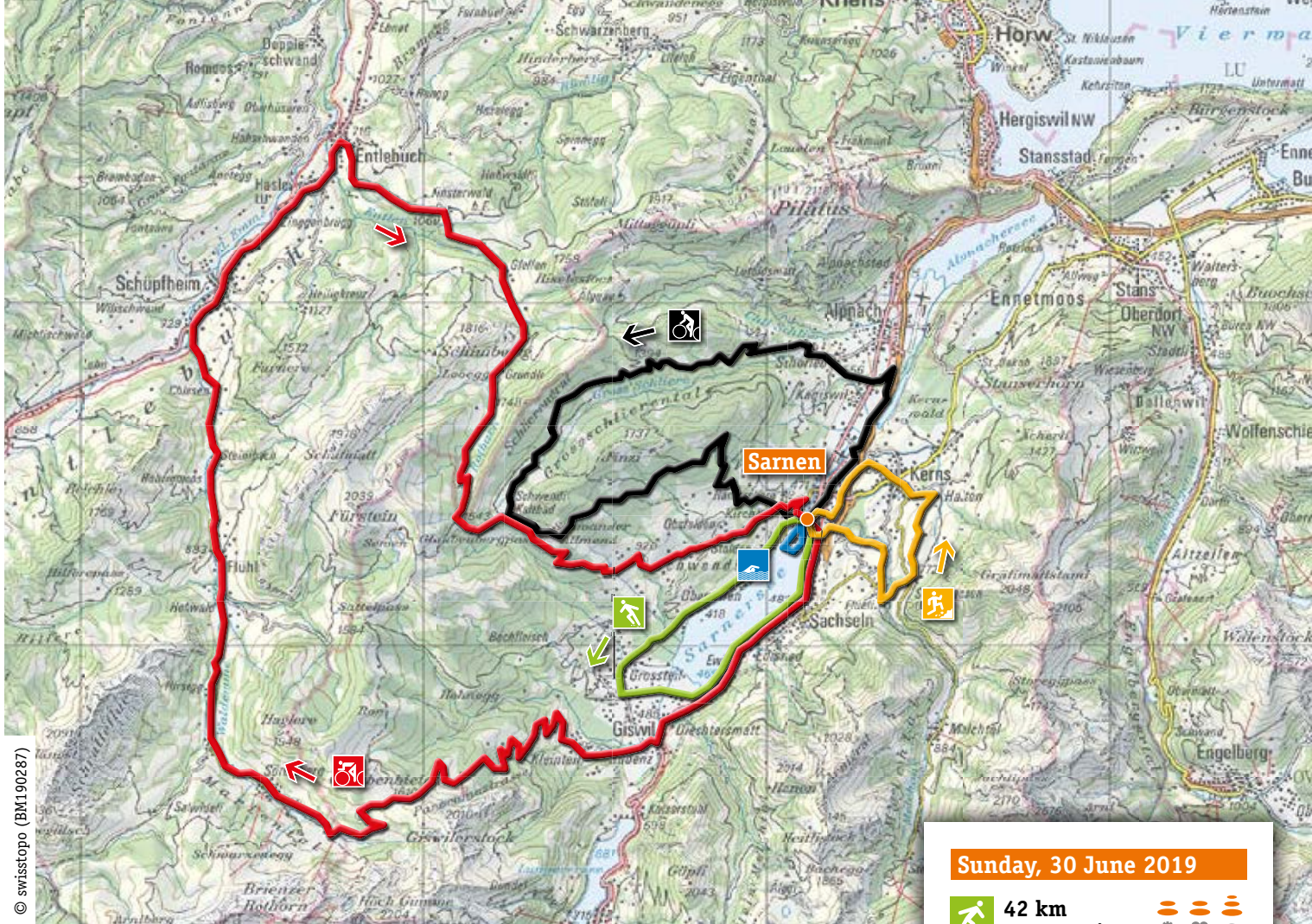
# Key Saturday

From the water into the mountains to the glaciers and back to the water. This basic formula was used to trace the route through the spectacular landscape on Key Saturday. The Gigathletes will set off early in the morning from the headquarters at the Lake Sarnen and cycle towards Lucerne on the winding circuit around Lake Lucerne. In Brunnen the ferry will take the cyclists to the foot of the Seelisberg, which is overcome with a short, steep ascent. The stunning view during the descent towards Ennetbürgen-Buochs provides an energy boost for the first swimming lap in Lake Lucerne. Off with the wetsuit and on with the inline skates for three quick circuits of Buochs airfield. It's a jump into the lake for the second time back in Ennetbürgen-Buochs before the approaching Trailrun through meadows and forests

along Engelberg's Aa river up towards Engelberg. The first Gigathlon day is topped off by biking in the evening: Up the 2200 metre Joch mountain pass in the setting sun, through the idyllic Melchtal valley down to Sarnen and back to the camp on the shores of the Lake Sarnen.







© swisstopo (BM190287)

Sunday, 30 June 2019



42 km  
300 m gain



Sarnen – Sarnen



3 km



Sarnen – Sarnen



44 km  
1400 m gain



Sarnen – Sarnen



84 km  
2100 m gain



Sarnen – Sarnen



16 km  
440 m gain



Sarnen – Sarnen

Distance

189 km

Elevation gain

4240 m

Total (with Inline)

Distance

391 km

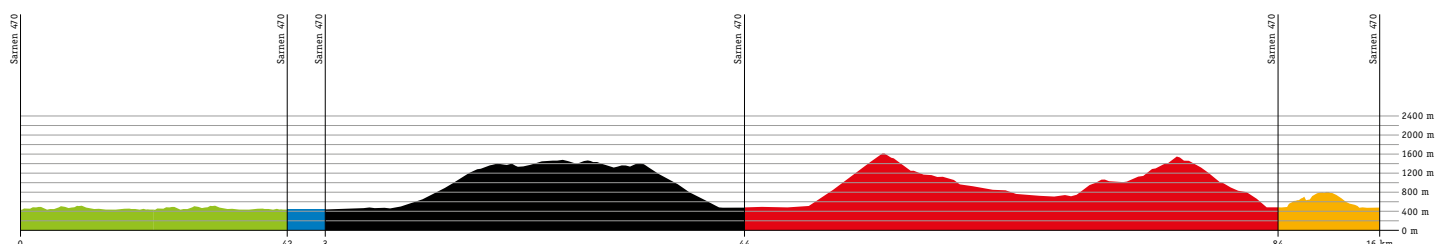
Elevation gain

7220 m

# Conclusive Sunday

The route from the camp to the start is probably too short to wake up from the exertions of the first day. But the strenuous inline marathon around the Lake Sarnen will soon see to that. The two to three hundred metres of elevation gain will provide the inline skaters with some welcome variety. Then it's time to cool off with the swimming course: like a string of pearls, the swimmers will leave a glittering trail in the water before continuing the race on bikes. The mighty rock pyramid of Mount Pilatus will be the first to catch the eye. Although the route will not climb so high, the bikers will not find the cog railway awaiting them in Alpnach, but a steep elevation gain of 1400 metres as far as the furthest reaches of the Grossschlierental valley where the bike and cycle courses meet before plunging to Sarnen in downhill

mode. It's now important not to lose faith in your own staying power on the bicycle, firstly because the scenic route of the Glaubenbielen Pass over to Sörenberg is yet another substantial obstacle and, secondly, because there's another climb up to the Glaubenberg after Entlebuch in Schüpheim. There will be no relief until later, when it's time to tackle the descent to the Lake Sarnen. The final Trailrun to Flüeli-Ranft, a place of pilgrimage, will once again show the Gigathletes the natural beauty and magnificent landscape of Obwalden and Nidwalden, and how exhilarating it is to move around under your own steam for hours and days.







### Friday 28 June 2019

1.5 / 4.5 km  
80 m gain  
Sarnen – Sarnen

### Saturday 29 June 2019

89 km  
90 m gain  
Sarnen – Ennetbürgen

2 km  
Ennetbürgen – Ennetbürgen

15 km  
200 m gain  
Ennetbürgen – Ennetbürgen

2 km  
Ennetbürgen – Ennetbürgen

25 km  
600 m gain  
Ennetbürgen – Engelberg

45 km  
1300 m gain  
Engelberg – Sarnen

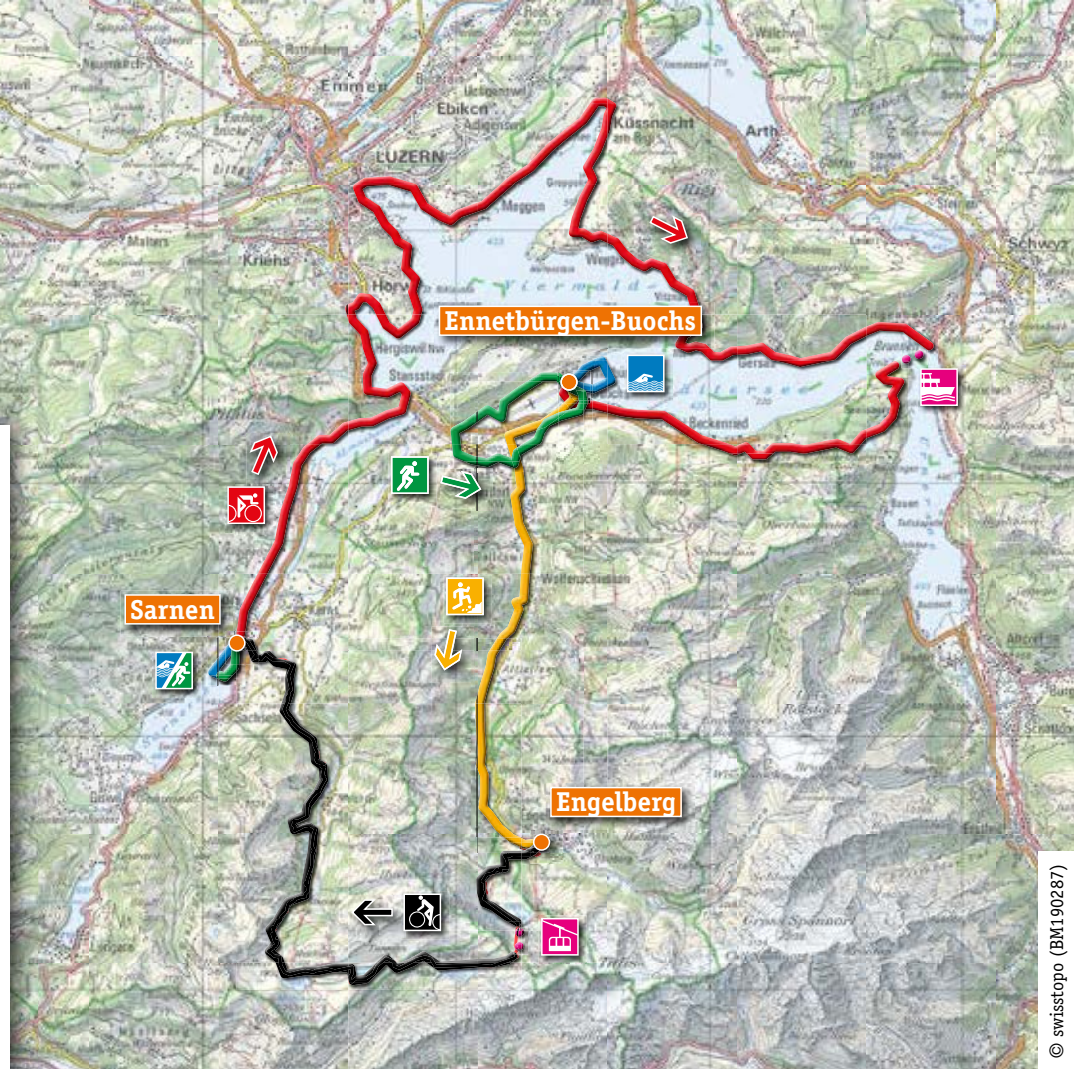
**Distance** 184 km  
**Elevation gain** 3080 m

### Explanations

#### Requirements/ course rating

- Technique**
- Condition**
- Attractiveness**
- Easy/pleasant**
- Medium/attractive**
- High/breathtaking**

**Project status** May 2019,  
subject to change.

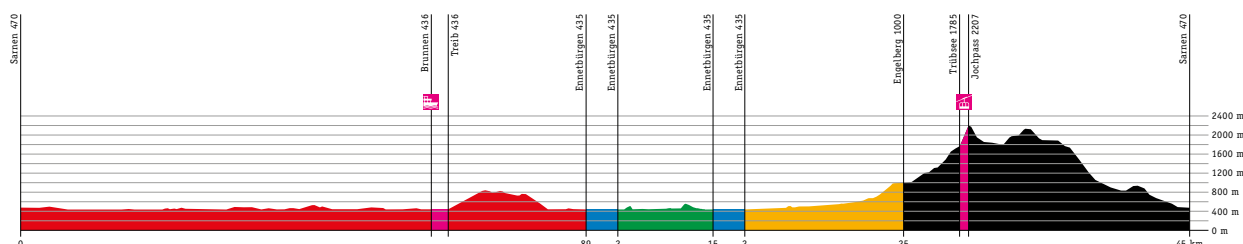


© swisstopo (BM190287)

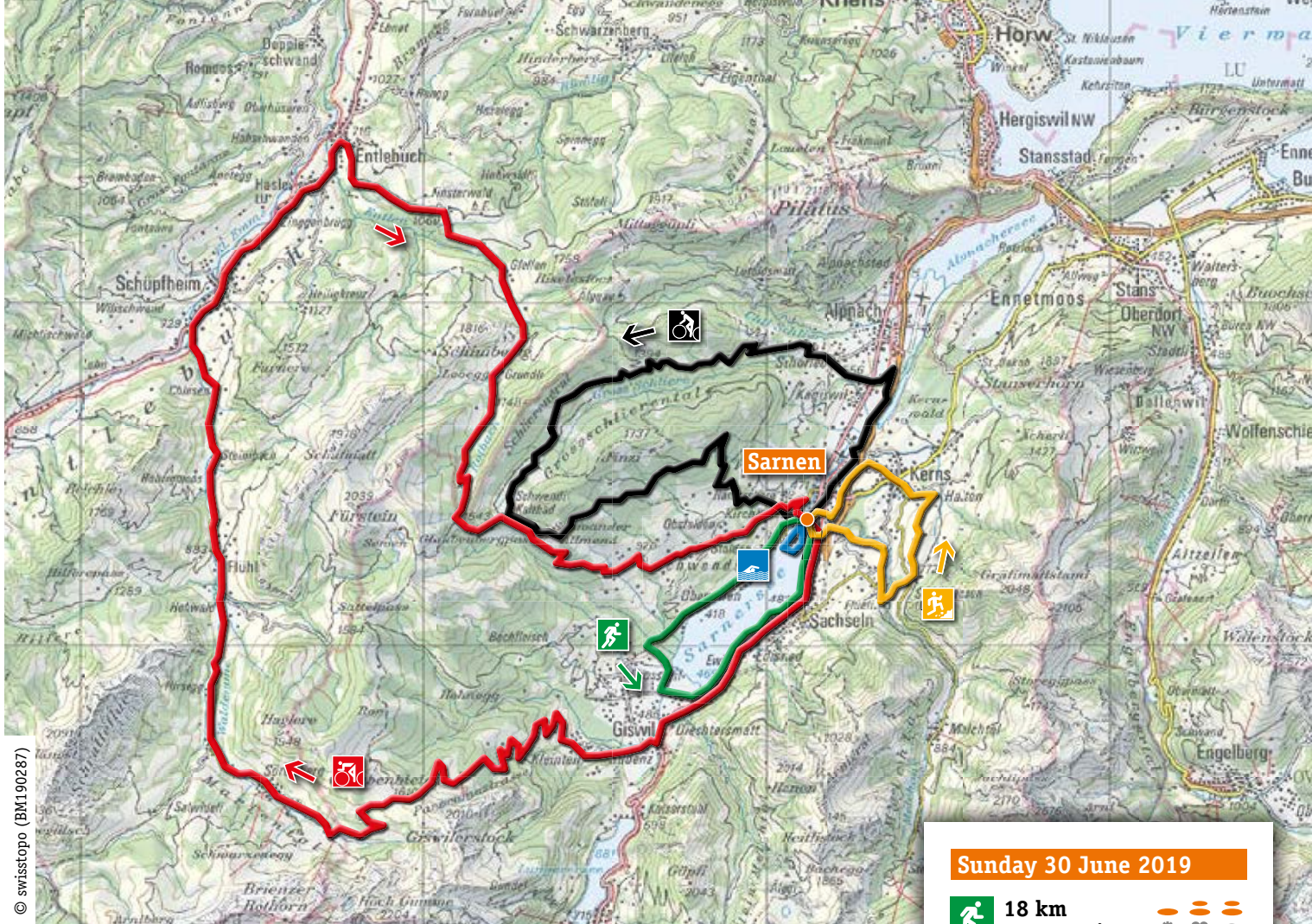
# Key Saturday

From the water into the mountains to the glaciers and back to the water. This basic formula was used to trace the route through the spectacular landscape on Key Saturday. The Gigathletes will set off early in the morning from the headquarters at the Lake Sarnen and cycle towards Lucerne on the winding circuit around Lake Lucerne. In Brunnen the ferry will take the cyclists to the foot of the Seelisberg, which is overcome with a short, steep ascent. The stunning view during the descent towards Ennetbürgen-Buochs provides an energy boost for the first swimming lap in Lake Lucerne. Off with the wetsuit and on with the shoes for the run at the foot of the glamorous Bürgenstock through the villages of Stans, Oberdorf, Buochs and Ennetbürgen. It's a jump into the lake for the second time back in Ennetbürgen, before the

approaching Trailrun through meadows and forests along Engelberg's Aa river up towards Engelberg. The first Gigathlon day is topped off by biking in the evening: Up the 2200 metre Joch mountain pass in the setting sun, through the idyllic Melchtal valley down to Sarnen and back to the camp on the shores of the Lake Sarnen.







# Conclusive Sunday

The route from the camp to the start is probably too short to wake up from the exertions of the first day. But the demanding half-marathon course around the Lake Sarnen will soon see to that. The three hundred metres of elevation gain will provide some welcome variety, although it will also sap the strength of the runners. Then it's time to cool off with the swimming course: like a string of pearls, the swimmers will leave a glittering trail in the water before continuing the race on bikes. The mighty rock pyramid of Mount Pilatus will be the first to catch the eye. Although the route will not climb so high, the bikers will not find the cog railway awaiting them in Alpnach, but a steep elevation gain of 1400 metres as far as the furthest reaches of the Grossschlierental valley where the bike and cycle courses meet before plunging to

Sarnen in downhill mode. It's now important not to lose faith in your own staying power on the bicycle, firstly because the scenic route of the Glaubensbielen Pass over to Sörenberg is yet another substantial obstacle and, secondly, because there's another climb up to the Glaubenberg after Entlebuch in Schüpheim. There will be no relief until later, when it's time to tackle the descent to the Lake Sarnen. The final Trailrun to Flüeli-Ranft, a place of pilgrimage, will once again show the Gigathletes the natural beauty and magnificent landscape of Obwalden and Nidwalden, and how exhilarating it is to move around under your own steam for hours and days.

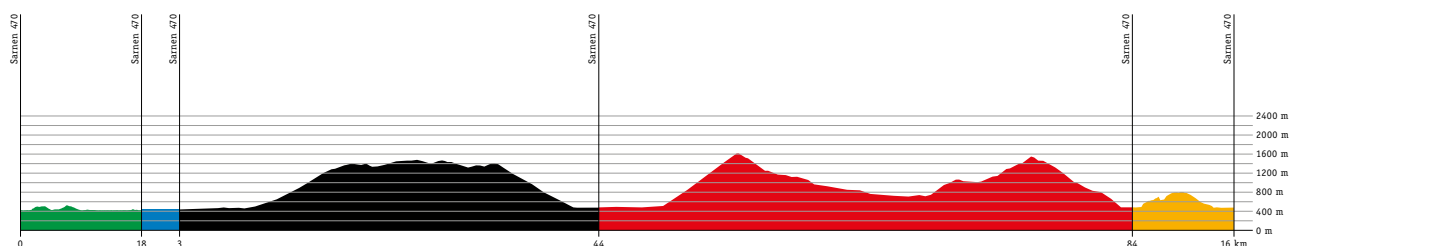
Sunday 30 June 2019

	18 km	
	130 m gain	
	Sarnen – Sarnen	
	3 km	
	Sarnen – Sarnen	
	44 km	
	1400 m gain	
	Sarnen – Sarnen	
	84 km	
	2100 m gain	
	Sarnen – Sarnen	
	16 km	
	440 m gain	
	Sarnen – Sarnen	

Distance 165 km  
Elevation gain 4070 m

Total (with Running)

Distance 349 km  
Elevation gain 7150 m





# Arrival and departure



## Procedure on arrival

- All teams will travel to Sarnen in the designated supporter vehicle or by public transport. Only one vehicle per team is permitted and needed per team.
- In Sarnen the teams will be directed to the designated car park. The car parks are signposted on the way into the town (Sarnen-Nord).
- Once the supporter vehicle has been parked, the headquarters at the Kantonsschule can be reached by shuttle bus (see timetable, page 22) or by cycle/bike. **Please note:** No cycles/bikes are transported on the shuttle buses.
- The check-in is located in the sports hall of the Kantonsschule Sarnen. Only one team member must be present at check-in.

## Arriving by supporter vehicle

The permit sent with the start pack must be stuck on the front of the vehicle. From Lucerne/Interlaken take the A8 motorway as far as motorway exit no. 36 «Sarnen Nord». After exiting the motorway, follow the signs for «Stalden/Wilen». The respective car parks are signposted on the way into Sarnen.

### Car park allocation/signage

-  Signage, Singles  
Kägiswil airfield car park
-  Signage, Couples  
Kägiswil airfield car park
-  Signage, Teams of Five  
Kägiswil airfield car park
-  Signage, disabled car park  
Headquarters car park
-  Signage, motorhomes  
Seefeld motorhome park

It is strictly forbidden to stop or unload at the roadside, at bus stops and anywhere else that is not a designated car park. There is no drop-off zone at the headquarters. It is essential that the supporter vehicle is parked in the designated car park prior to checking in. Gigathletes staying at the camp must take their luggage with them from here to the headquarters and camp. A shuttle bus service runs between the car park and headquarters.

**Please note:** There are no parking spaces at headquarters. An exception is made for disabled parking spaces and for teams who are staying in their own motorhomes in the designated parking bays. Please comply with the prohibited zones for supporter vehicles (see page 23).

### Disabled parking spaces

Parking spaces are provided for disabled Gigathletes at the headquarters. These teams will be sent an additional vehicle permit beforehand, which entitles them to park at the headquarters.



### Motorhome park

The motorhome park at headquarters may only be used by teams who also stay overnight in their motorhome (see page 9). Teams with motorhomes must park at Kägiswil airfield if they are not staying overnight in the official motorhome park.

## Shuttle

A shuttle service is provided between the car park at Kägiswil airfield and headquarters every day. The bus stops are shown in the timetable (see page 22). Gigathletes and supporters can travel free of charge. **Please note:** No cycles/bikes are transported on the buses!

## Cycle/bike park in Sarnen

Cycles/bikes can be deposited at the cycle/bike park at headquarters from Friday to Sunday if they are not in use in the competition. The cycle/bike park is located by the synthetic pitch in Seefeld next to the Kantonsschule. The walk is signposted from headquarters and takes around two minutes. Cycles/bikes can also be deposited individually at your accommodation or placed in the supporter vehicle.

**Please note:** You are recommended to deposit cycles/bikes in the cycle/bike park as it is directly next to the camp. The cycle/bike can be stored in the camp at your own risk. **The organisers accept no liability whatsoever for the theft of or damage to cycles/bikes during the Gigathlon.**

### Opening times of Sarnen cycle/bike park:

#### Seefeld synthetic pitch

Friday, 28 June:	12:00 – 21:00
Saturday, 29 June:	03:30 – 08:00, 13:00 – 23:30
Sunday, 30 June:	05:00 – 23:00

## Arriving by public transport

Any team members who are not travelling to Sarnen in the supporter vehicle can easily reach the town by public transport. Trains depart from Lucerne station at xx.06, xx.12 and xx.42. The Zentralbahn service takes between 18 and 26 minutes. It takes five minutes to walk to the headquarters from the railway station in Sarnen. Please make sure that you have a valid ticket!

## Departing by supporter vehicle

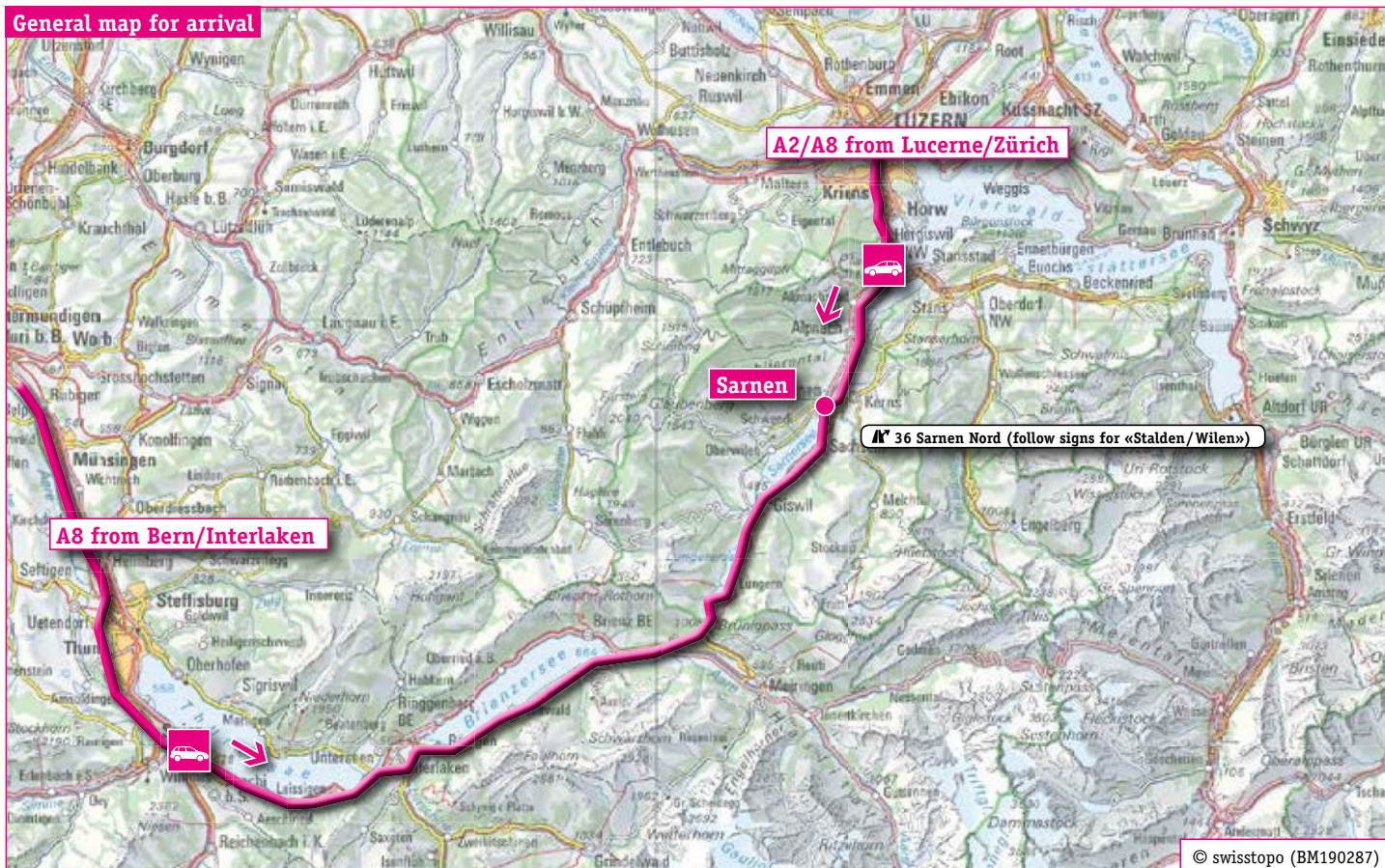
The Gigathletes will take the shuttle bus or cycle to the car park at Kägiswil airfield for departure. The Gigathletes will set off on their return journey from here. **Please note:** No drop-off zone is provided at the headquarters on departure!

## Departing by public transport

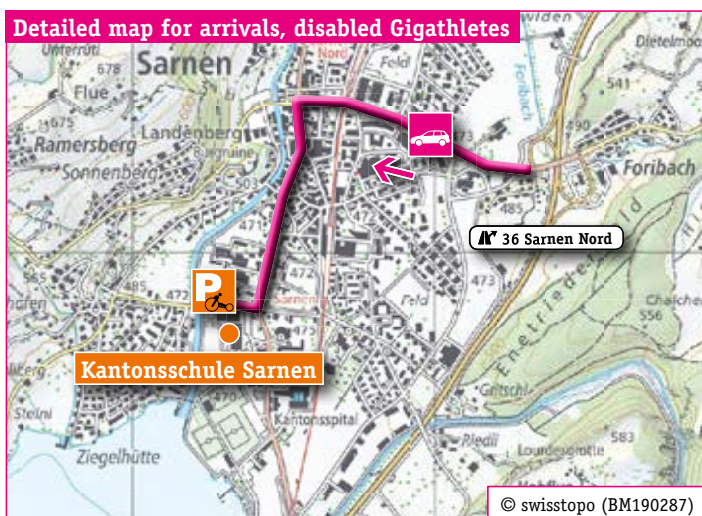
For individuals departing by public transport, Zentralbahn trains from Sarnen railway station to Lucerne depart at xx.19, xx.35 and xx.49. Please make sure that you have a valid ticket!



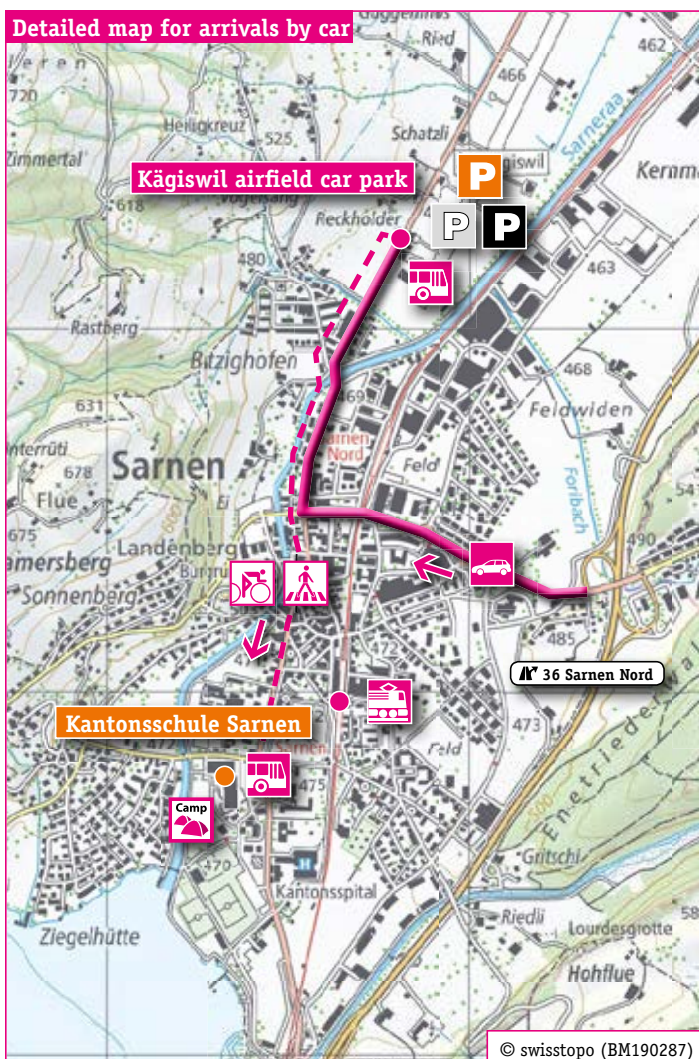
## General map for arrival



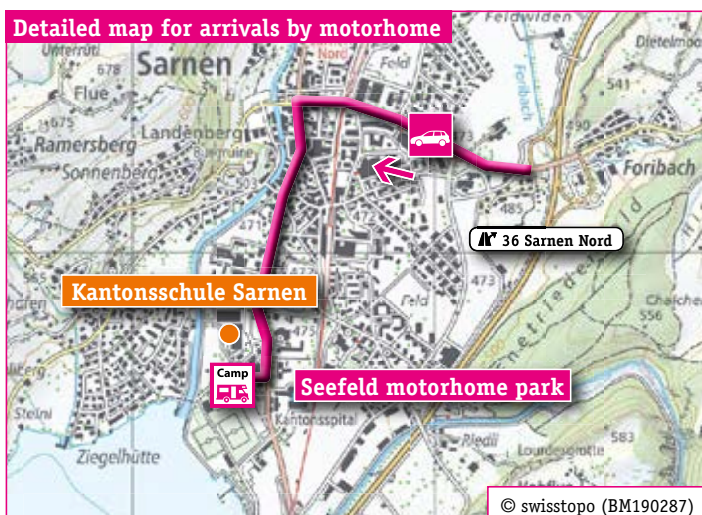
## Detailed map for arrivals, disabled Gigathletes



## Detailed map for arrivals by car















































## Detailed map for arrivals by motorhome





# Transfers Key Saturday



No.	Means of transport	Departs/arrives	Passengers	Distance	Duration Car	Duration Shuttle	Duration Cycling	Duration On foot
①	  	Headquarters/ Camp Kantonsschule Sarnen → Kägiswil airfield car park	 Supporter  One team member and supporter  All, except cyclists	2 km		5 mins.	10 mins.	30 mins.
②		Kägiswil airfield car park → Buochs airfield car park	 Supporter  One team member and supporter  All, except cyclists	22 km	25 mins.			
③	 	Parking Buochs airfield → TZ Ennetbürgen-Buochs	 Supporter  One team member and supporter  All, except cyclists	1.9 km			10 mins.	30 mins.
④	  	TZ Ennetbürgen-Buochs → Buochs airfield car park	 Supporter  One team member and supporter  All, except trailrunners	1.9 km			10 mins.	30 mins.
⑤		Parking Buochs airfield → Parking Engelberg	 Supporter  One team member and supporter  All, except trailrunners	22 km	25 mins.			
⑥	 	Parking Engelberg → TZ Engelberg	 Supporter  One team member and supporter  All, except trailrunners	500 m			5 mins.	10 mins.
⑦		TZ Engelberg → Parking Engelberg	 Supporter  One team member and supporter  All, except bikers	500 m			5 mins.	10 mins.
⑧		Parking Engelberg → Parking Kägiswil airfield	 Supporter  One team member and supporter  All, except bikers	40 km	45 mins.			
⑨	  	Parking Kägiswil airfield → Headquarters/Camp Kantonsschule Sarnen	 Supporter  One team member and supporter  All, except bikers	2 km		5 mins.	10 mins.	30 mins.

① Apart from the cyclists, everyone can reach the car park at Kägiswil airfield from headquarters by shuttle bus or bike or on foot.

*Please note:* It is not permitted to transport bikes on the shuttle buses!

→ [Shuttle bus timetable \(page 22\)](#)

② Apart from the cyclists, everyone will travel to the car park at Buochs airfield in the supporter vehicle. The journey takes around 20–25 minutes.

③ Apart from the cyclists, everyone will get to the Ennetbürgen-Buochs transition zone on foot or by bike. The bike can be deposited in the cycle/bike park in the transition zone.

④ Apart from the trailrunners, everyone will return to the car park at Buochs airfield on foot or by cycle/bike.

⑤ Apart from the trailrunners, everyone will travel from Ennetbürgen to Engelberg in the supporter vehicle. In Engelberg the supporter vehicles will be directed to the designated car park next to the Titlis mountain railways. The journey takes around 20–25 minutes.

⑥ Apart from the trailrunners, everyone will get from the car park in Engelberg to the Engelberg transition zone on foot or by bike.

⑦ Apart from the bikers, everyone will get from the Engelberg transition zone to the car park in Engelberg on foot.

⑧ Apart from the bikers, everyone will travel in the supporter vehicle from Engelberg back to the car park at Kägiswil airfield or to their respective accommodation. The journey takes around 40–45 minutes.

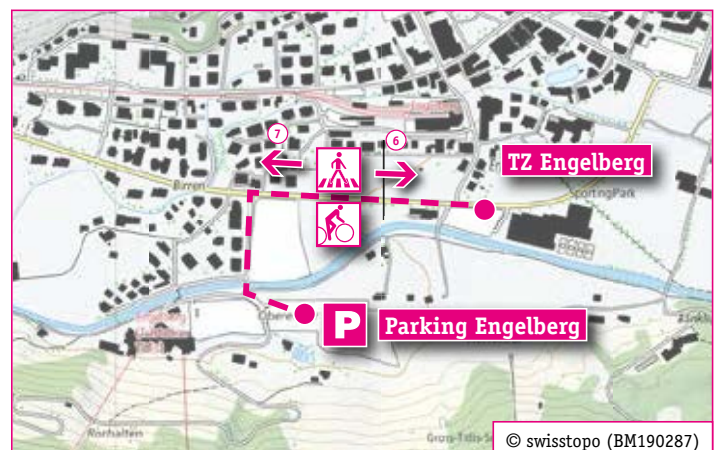
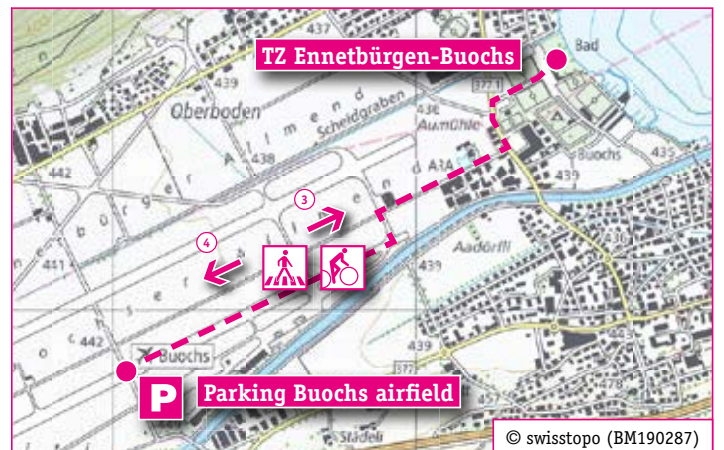
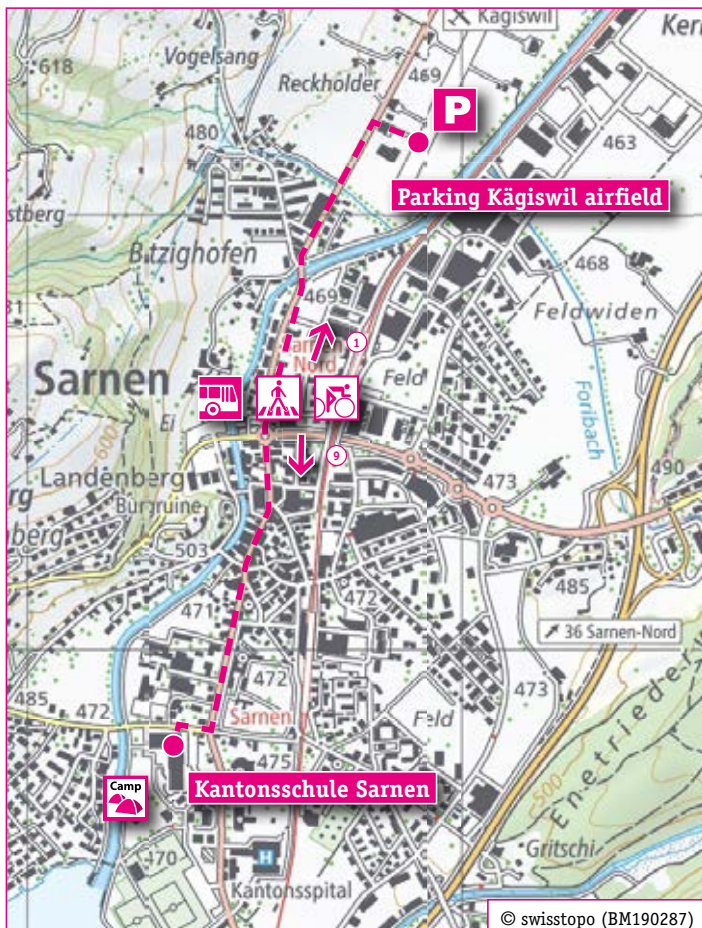
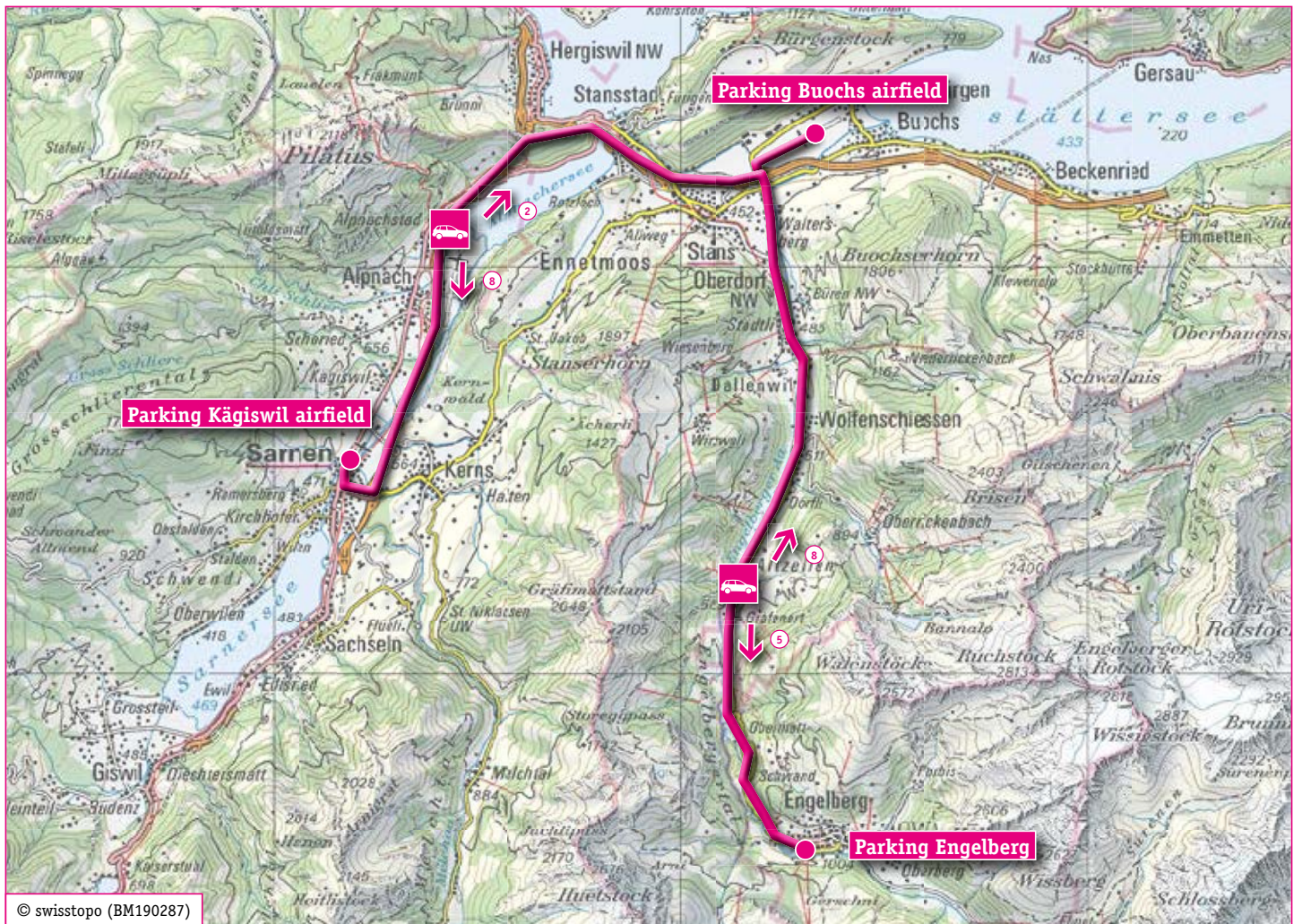
*Please note:* You will need the exit ticket included with your start pack at check-in in order to leave the car park in Engelberg.

⑨ The Gigathletes and supporters will cycle, walk or take the shuttle bus from the car park at Kägiswil airfield to return to the headquarters/camp.

*Please note:* It is not permitted to transport cycles on the shuttle buses!

→ [Shuttle bus timetable \(page 22\)](#)







# Transport of personal effects



## Cycling – Saturday

All cyclists may hand in a backpack (maximum size: A4) with dry clothing when checking in on the Friday. The belongings sticker must be attached to the backpack and clearly visible.

Belongings can be returned on the Saturday in the neutralised zone in Brunnen. After the boat trip to Treib the belongings can be handed back in. The belongings will be ready for collection on the Saturday evening at the information desk at headquarters in Sarnen.

It is advisable to make use of the transport of personal belongings. Even in high temperatures and nice weather the lake crossing can be windy and cold. There is no roof on the boat so a jacket is recommended, especially in bad weather.

# ***INVENTS!CH*** ***MORE THAN SPORTS.***

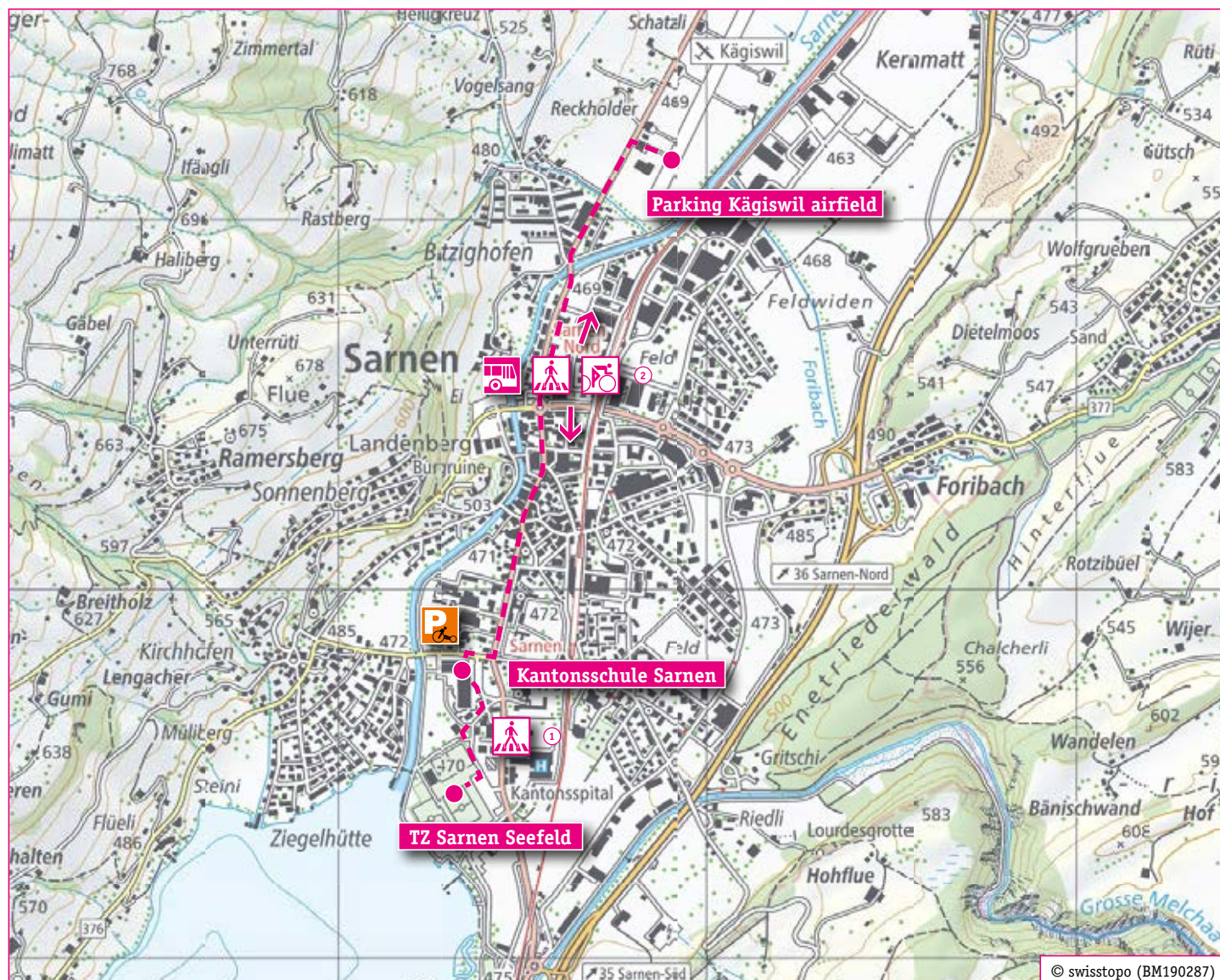


[www.strongmanrun.ch](http://www.strongmanrun.ch) Engelberg, 1.6.2019

[www.gigathlon.com](http://www.gigathlon.com) Ob- und Nidwalden, 28. – 30.6.2019



# Transfers Conclusive Sunday



No.	Means of transport	Departs/arrives	Passengers	Distance	Duration Shuttle	Duration Cycling	Duration On foot
①		Headquarters/Camp Kantonsschule Sarnen ↔ TZ Sarnen Seefeld	All, as required	400 m			5 mins.
②		Kägiswil airfield car park ↔ Headquarters/Camp Kantonsschule Sarnen	All, as required	2 km	5 mins.	10 mins.	30 mins.

① The transition zone at Seefeld sports centre is only a 5-minute walk from the headquarters at Kantonsschule Sarnen. If they are not in use on the Sunday, any bikes/cycles must be deposited at the central cycle/bike park between the transition zone and headquarters. Cycles/bikes must be pushed between the headquarters and transition zone.

② A shuttle bus is provided between the car park at Kägiswil airfield and headquarters for transport to the transition zone and for the subsequent homeward journey. The journey takes around five minutes. It is also possible to get there by cycle/bike or on foot. It is not permitted to transport cycles/bikes on the shuttle buses!

→ Shuttle bus timetable (page 30)

Teams with disabled members will have barrier-free access to the transition zone from the disabled car park at headquarters.



# Shuttle Car park to headquarters



A shuttle service is provided on all three days between the car park Kägiswil airfield and the headquarters at Kantonsschule Sarnen. The shuttle bus stops are in the relevant locations. Gigathletes, supporters and spectators can travel free of charge. The shuttle buses run at regular intervals which can vary depending on the time of day, so it is advisable to refer to the timetable.

The Gigathlon shuttle runs between Kägiswil airfield and Kantonsschule Sarnen. The journey takes around five minutes.

## Friday

11:30 – 14:00: Every 15 minutes

14:00 – 22:00: Every 10 minutes

## Saturday until 08:00

03:00 – 04:00: Every 20 minutes

04:00 – 05:00: Every 15 minutes

05:00 – 08:00: Every 10 minutes

## Saturday from 12:00

12:00 – 13:00: Every 20 minutes

13:00 – 15:00: Every 15 minutes

15:00 – 20:00: Every 10 minutes

20:00 – 21:00: Every 15 minutes

21:00 – 24:00: Every 20 minutes

## Sunday until 09:00

04:00 – 09:00: Every 15 minutes

## Sunday from 14:00

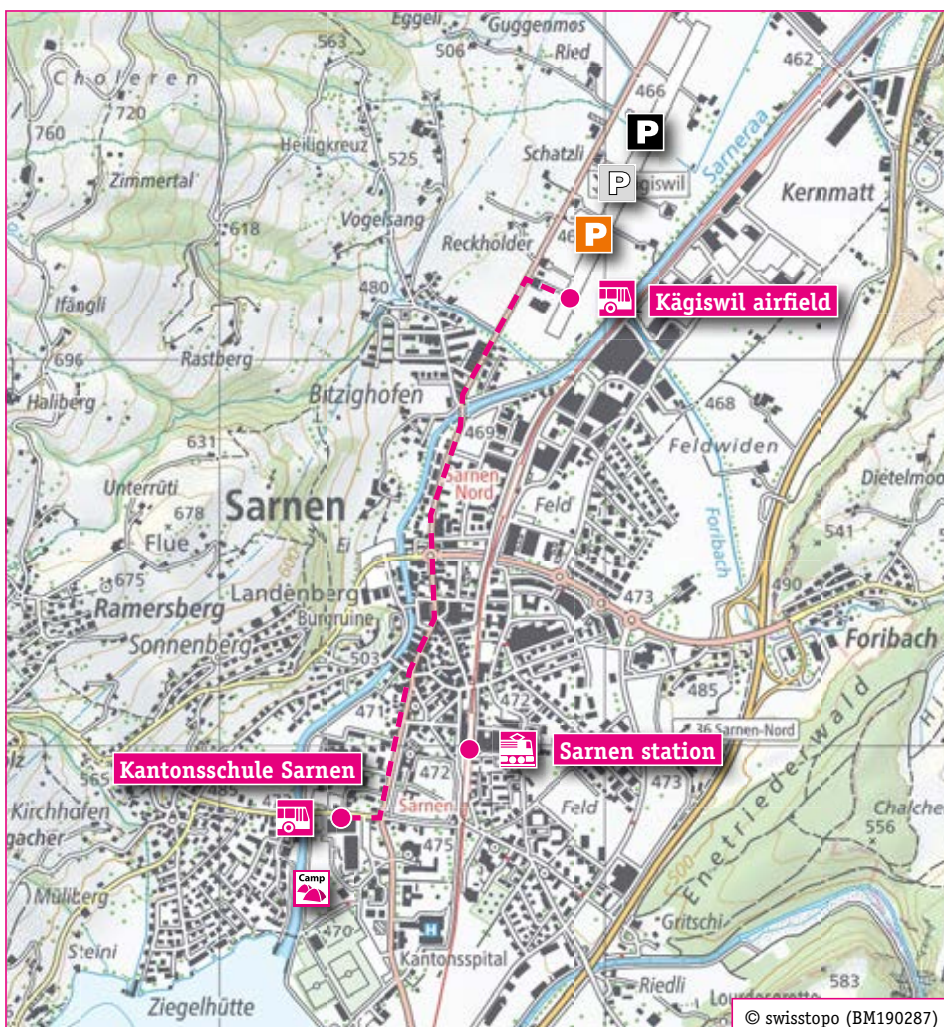
14:00 – 15:00: Every 20 minutes

15:00 – 16:00: Every 15 minutes

16:00 – 20:00: Every 10 minutes

20:00 – 21:00: Every 15 minutes

21:00 – 24:00: Every 20 minutes



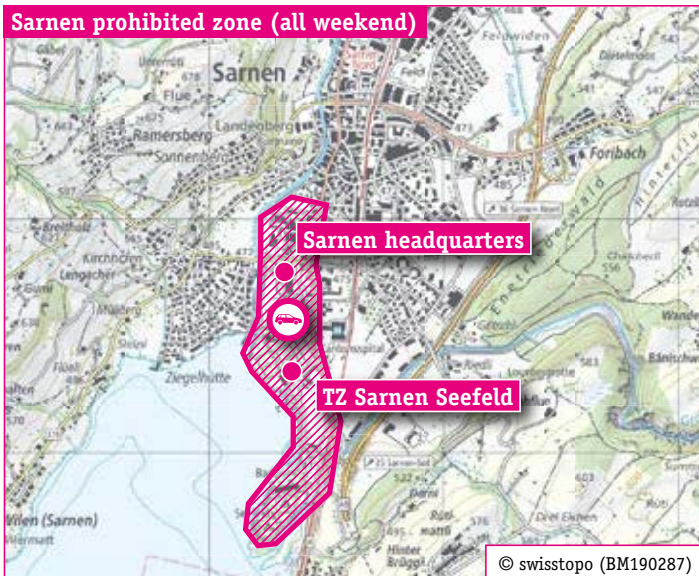
## Alternative foot/cycle paths

	Distance	Footpath	Cycle path
Parking Kägiswil airfield to headquarters	2 km	30 mins.	10 mins.
Headquarters to Sarnen transition zone	400 m	5 mins.	-
Headquarters to motorhome park	400 m	5 mins.	-
Headquarters to camp	100–200 m	2–5 mins.	-
Sarnen station to headquarters	500 m	5–10 mins.	3 mins.



# Vehicle bans & prohibited zones

## Sarnen prohibited zone (all weekend)



## Vehicle bans

During Gigathlon Switzerland 2019 a strict vehicle ban applies to all Gigathletes and supporters in certain prohibited zones. All supporter vehicles are banned on the competition sections at all times.

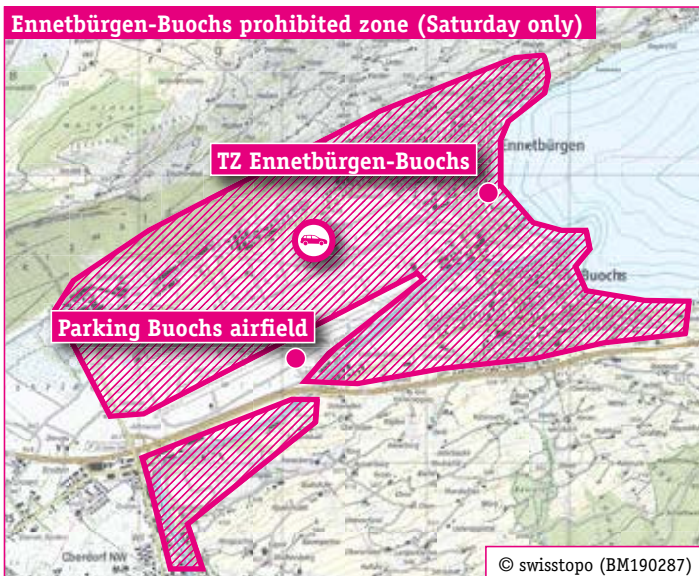
It is strictly prohibited to enter the designated areas either in supporter vehicles or in private, unmarked vehicles. It is also prohibited to stop or park at bus stops or in other places which are not car parks.

The prohibited zones and vehicle bans are monitored by referees. A time penalty will be imposed on Gigathletes who fail to observe this rule as non-compliance risks interfering with the races and the smooth operation of the Gigathlon.

## Prohibited zones

- Stopping or parking around the headquarters at Kantonsschule Sarnen is prohibited. An exception is made for access to the official Gigathlon motorhome park, the disabled parking spaces and the «Seefeld Park Sarnen» campsite and lido.
- Gigathletes who are not staying at the Gigathlon camp may park their supporter vehicle outside their respective accommodation, even if it is in a prohibited zone. To do so, they must display a permission form inside the windscreen so it is clearly visible. You can download a permit at [www.gigathlon.com](http://www.gigathlon.com).

## Ennetbürgen-Buochs prohibited zone (Saturday only)



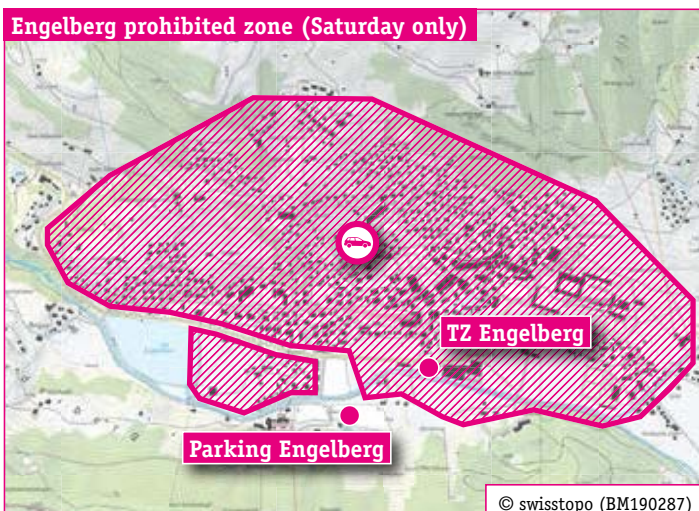
## Inline, Sunday: Exclusion zone around Lake Sarnen

The main road around the Lake Sarnen will be partially closed to private transport between 05:00 and 10:00 for the Inline course on Sunday morning. This means that private motorists will only be able to drive around the Lake Sarnen in a clockwise direction during this period. Individual sections will be closed to traffic in both directions and local diversions will be signposted.

**This will place the following restrictions on Gigathletes whose accommodation is situated in localities around the Lake Sarnen:**

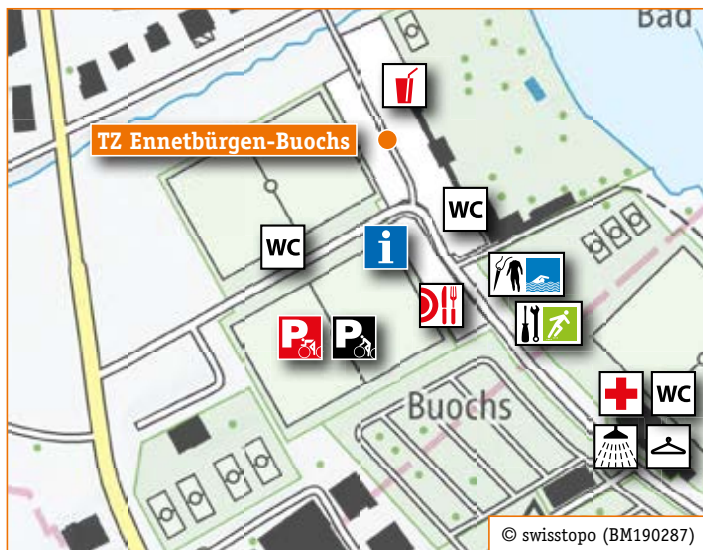
- Gigathletes whose accommodation is in Sachseln must first travel to Giswil and pick up the A8 motorway to Sarnen, where they can park their cars at Kägiswil airfield.
- Gigathletes whose accommodation is in Giswil will take the A8 motorway to Sarnen, where they can park their cars at Kägiswil airfield.
- Gigathletes whose accommodation is in Oberwilen or Wilen can travel as normal in the supporter vehicle to Sarnen at any time and park at Kägiswil airfield, although local diversions will be in place in Sarnen.
- Gigathletes whose accommodation is in Flüeli-Ranft will go via Kerns to Sarnen, where they can park their cars at Kägiswil airfield.

## Engelberg prohibited zone (Saturday only)





# Transition zones



## Ennetbürgen-Buochs

The Ennetbürgen-Buochs transition zone lies directly by Lake Lucerne in the grounds of Seefeld sports centre and is adjacent to the lido in Buochs-Ennetbürgen.

The Ennetbürgen-Buochs transition zone is the central point for the following discipline changes on Key Saturday: Cycling → Swimming, Swimming → Inline/Running, Inline/Running → Swimming, Swimming → Trailrun.

The supporter vehicles will be parked at Buochs airfield (see Transfers Saturday, page 18). The Gigathletes/supporters will reach the transition zone on foot or by bike.

### Opening times

Saturday, 29 June: 07:00 – 17:00



## Engelberg

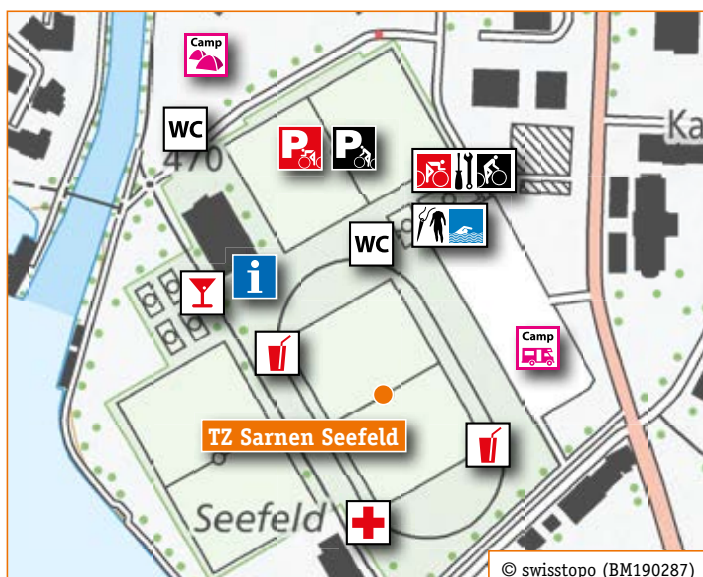
The Engelberg transition zone is situated in the grounds of Sporting Park Engelberg. The latter also boasts a number of tennis courts and an ice rink in the most popular holiday resort below the Titlis mountain.

The Engelberg transition zone is the hub for the last discipline change on Key Saturday. This will see the Gigathletes switching from the Trailrun to the bike course.

The supporter vehicles will be parked in the car park in Engelberg near the Titlis mountain railways (see Transfers Saturday, page 18). The Gigathletes/supporters will reach the transition zone on foot or by bike.

### Opening times:

Saturday, 29 June: 12:00 – 21:00



## Sarnen Seefeld

The Sarnen transition zone is situated in the grounds of the regional sports centre in Seefeld. Situated directly by the Lake Sarnen, the centre boasts a full range of track and field facilities as well as a football pitch and beach volleyball court.

The Sarnen transition zone is the only one to be used on Conclusive Sunday. All discipline changes in the second daily stage will take place here. The sequence of change will be as follows: Inline/Running → Swimming, Swimming → Bike, Bike → Cycling, Cycling → Trailrun.

The Sarnen transition zone is located directly next to headquarters. Gigathletes who are not staying in the official Gigathlon camp or motorhome park must park their supporter vehicles at Kägiswil airfield (see Transfers Sunday, page 21).

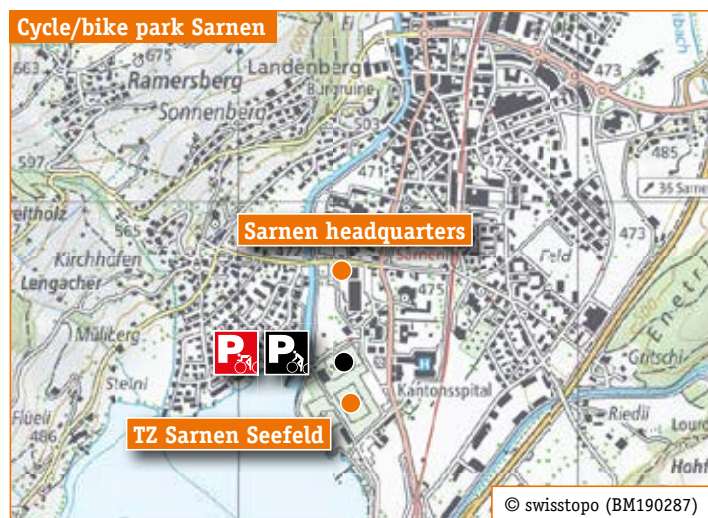
### Opening times:

Sunday, 30 June: 06:00 – 20:15



# Cycle/bike park

There is a cycle/bike park at headquarters and in every transition zone at Gigathlon Switzerland 2019. The cycle/bike park is guarded round the clock: it is therefore recommended to deposit cycles/bikes in the cycle/bike parks for safety reasons.



## Cycle/bike park Sarnen; Headquarters and transition zone Sunday

### Deposit cycles/bikes from Fri. 28 June to Sun. 30 June

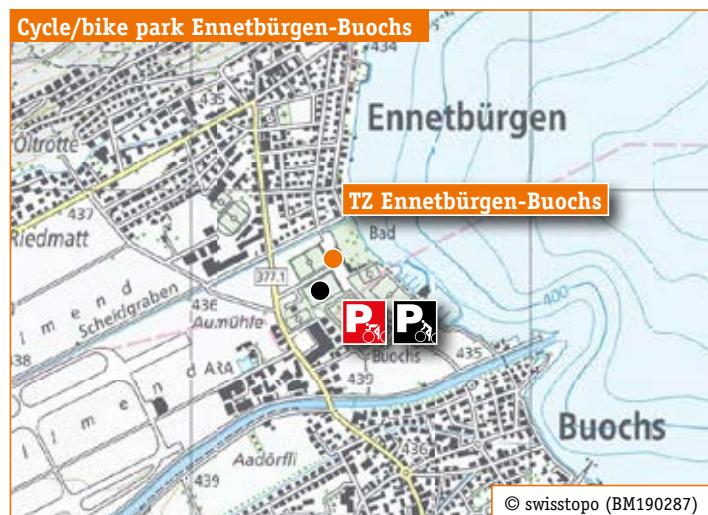
Cycles and bikes can be deposited in the cycle/bike park at headquarters during the Gigathlon weekend whenever they are not in use on a course. This is located directly adjacent to the camp and the headquarters infrastructure. The cycle/bike park at headquarters is also next to the transition zone on the Sunday. The cycle/bike park is situated on the synthetic pitch directly next to the transition zone.

### Opening times:

Friday, 28 June: 12:00 – 21:00

Saturday, 29 June: 03:30 – 08:00; 13:00 – 23:30

Sunday, 30 June: 05:00 – 23:00



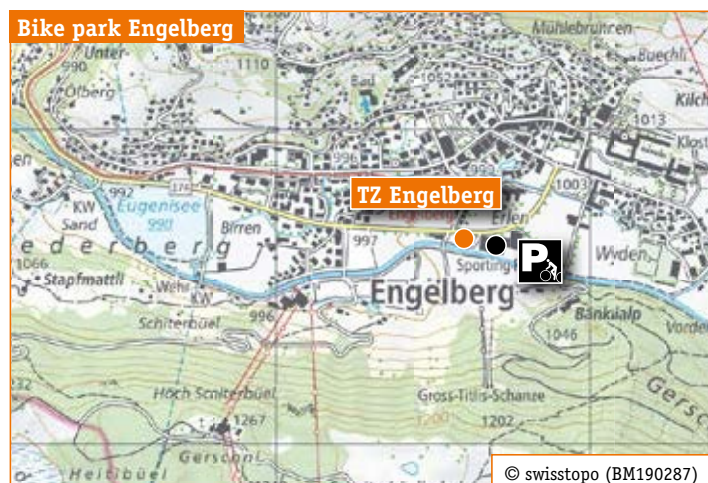
## Cycle/bike park Ennetbürgen-Buochs; Transition zone Saturday

### Deposit cycles/bikes on Saturday, 29 June

Once the cyclist has completed his course on the Saturday and reached the transition zone in Ennetbürgen-Buochs, he or the supporter/another team member will deposit the cycle in the cycle/bike park. The cycle will not be collected from the cycle/bike park until it is time to travel to Engelberg. Team members/supporters travelling by cycle/bike from the car park at Buochs airfield to the Ennetbürgen-Buochs transition zone must deposit their cycle/bike in the cycle/bike park whilst in the transition zone. The cycle/bike park is situated on the synthetic pitch directly next to the transition zone.

### Opening times:

Saturday, 29 June: 07:00 – 17:00



## Bike park Engelberg; Transition zone Saturday

### Deposit bikes on Saturday, 29 June

On arrival in the Engelberg transition zone, the biker/supporter can deposit the bike here in the bike park. The bike park is located in the underground garage of the Sporting Park directly next to the transition zone.

### Opening times:

Saturday, 29 June: 12:00 – 21:00



# Course safety & signage

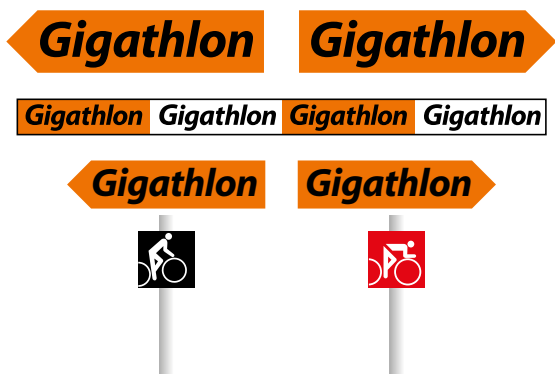


## Course safety

None of the courses is closed to traffic in principle. All Gigathletes participate at their own risk. All road traffic regulations must be duly observed (see Regulations). Many hikers, bikers, cyclists and motorcyclists will be out and about during the Gigathlon weekend, especially if the weather is nice. **It is important for the Gigathletes to understand this and to show consideration at all times!**

## Course signage

All courses are marked with orange Gigathlon directional signs and indicated with tape. In general, a directional arrow is placed before any fork in the road or path and two strips of tape are placed after the fork to confirm to athletes that they are on the right course. Where there are no signs, the course continues straight on. The swimming courses are marked with orange buoys.



**Special signage for competing in darkness** The courses for the first and last disciplines are marked out with reflective signs.

## Particularly dangerous points

Only the points on the courses which are particularly dangerous are specifically marked and attended by security staff, if necessary. It is essential that participants follow the instructions they are given.



## Footpaths

Pedestrian routes for supporters or team members and routes for moving around outside the competition itself are marked with white Gigathlon directional signs and strips of tape.



**The removing or defacing of Gigathlon signs is prohibited and will be penalised.**

## Course accompaniment

The trailrunner may only be accompanied by a supporter or team members for the last kilometre of the last discipline on the Sunday. The start of the accompanied section is signposted. The Gigathletes may not be accompanied by supporters, team members or third persons on any of the other courses.

## Escort for head of race

The race leader in each category will be escorted by a motorbike or bike (except for during the swimming).

## Sweep-up car escort for rear

The last Gigathlete in the entire field will be escorted by a bike, a runner or a "sweep-up car". Those responsible for the sweep-up car have the right to take Gigathletes out of the race who are clearly incapable of finishing by the cut-off time stated in the Course Guide.





# Health & Safety

## Safety measures

To ensure that you are as safe as possible at Gigathlon Switzerland 2019, we have put together some key information here. It is the responsibility of each Gigathlete to comply with the following points.



## Swimming courses

- The wearing of a neoprene wetsuit is mandatory. The wetsuit must have a minimum thickness of 3 mm.
- The swimming courses are monitored by SLRG lifeguards on stationary boats or on the embankment. In an emergency, swimmers must draw attention to themselves by slapping the water with the flat of their hand.
- Participants who experience breathing problems must aim for the nearest rescue boat and not swim to the embankment.



## Cycling, biking, trailrunning, running and inline courses

- The road traffic regulations must be observed at all times.
- Under no circumstances are cyclists and inline skaters allowed to cut the corners on the cycling courses.
- It is mandatory to stop when the barriers on level crossings are down.
- Look out for traffic (beware of motorcyclists on mountain passes).
- Put on dry clothing before long descents on cycling and biking courses.
- In the event of a storm, leave exposed locations (e.g. ridges, wide open areas, etc.), put down your cycle or bike and lie down a few metres away in a flat depression or on the ground. Do not continue and avoid lone trees and other objects.
- If you expect to be riding in the dark, you need to carry the appropriate lights. In particular, it is imperative that Gigathletes who are competing in the final disciplines (bike course on the Saturday, trail-running course on the Sunday) carry the appropriate lights.
- Pace yourself. Withdraw from the race if you feel sick or have a headache.

## Health tips

### Protection from the sun

- Apply sun cream throughout the Gigathlon.
- Wear headgear on the running courses.
- Wear sunglasses.

### Protection from the cold and rain

- Wear clothing that is suitable for the weather conditions which will protect the body from cooling down. Please note: The weather can change very quickly in the mountains.

### Fluid intake

- Drink plenty and fill up your water bottle at every opportunity.

## General advice

### Emergency instructions/First aid kit/Emergency phone number

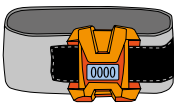
- Carry with you a slip of paper for emergencies with your name, blood group and telephone numbers during the Gigathlon.
- Enter the internationally recognised acronym ICE (In Case of Emergency) into the Contacts on your mobile phone with the name and number of the person to be called to alert the emergency services in the event of an emergency.



# Timekeeping, rankings & GPS tracking

## Timing chip

One timing chip with neoprene strap per starting team (Couples/Teams of Five) or per starting Gigathlete (Singles) will be issued at the check-in. This must be worn on the left ankle, for inline skaters on the left wrist and for swimmers under the wetsuit. The chip is handed on to the next Gigathlete in the transition zone. Each time is recorded on entering the transition zone or crossing the finishing line. Each Gigathlete is responsible for passing through timekeeping correctly (you will hear a beep). If no beep is heard, please inform the Timekeeping Crew immediately.



## Return/loss of timing chip

The timing chip is to be handed in at the finish on the Sunday. If the timing chip is lost, the Gigathlete is to report this to the information desk at the next transition zone and obtain a new chip. The loss means that the time cannot be measured and so the arrival time will be logged as the time at which the loss was reported to the information desk. A charge of CHF 100 will be made for each chip that is lost or not returned.

## Registering for a starting position

The timing system will be triggered on crossing the mats laid at the respective starting line (net start on all three days).

## Cut-off time / mass start

Gigathletes still waiting for their handover in all transition zones will start the next section of the course at the cut-off time. The cut-off times and the times for mass starts are listed in the Course Guides. As a new timing chip will need to be obtained, participants need to listen to the loud-speaker announcements. Gigathletes waiting for the mass start will assemble near the information desk where they need to register with the Timekeeping Crew (see picture of vest).



## Neutralised sections

**Cycling Saturday:** Neutralisation from Brunnen landing stage to Treib landing stage. The timekeeping will be paused on arrival at the Brunnen landing stage. Cyclists will take the ferry to the Treib landing stage. The timekeeping will start on arrival in Treib; no stops allowed.

**Biking Saturday:** Neutralisation from Trübsee station to Jochpass station. The timekeeping will be paused on arrival at the Trübsee station. Bikers will take the chairlift to the Jochpass station. The timekeeping will start on arrival at the Jochpass; no stops allowed.

## Chasing start on Sunday

Women's Singles, Men's Singles, Couples and Teams of Five who are less than one hour behind the leaders in their category will take part in the chasing start in Sarnen on Sunday. When Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category. The Gigathletes involved will be notified about their participation in the chasing start via a text message sent to the team's mobile phone by 21:00 at the latest on Saturday evening. All other Gigathletes will start at the times published in the Courses Guide.

## Withdrawal from the race

Gigathletes who withdraw need to sign off from the event at the information desk at headquarters or in the transition zone. If they are unable to do so in person, a team member or supporter needs to report to the information desk. The next Gigathlete in the team can resume the competition at the earliest two hours after the leading Gigathlete in their category, doing so on a non-competitive basis. The team will no longer feature in the overall rankings.

## Late handover

Gigathletes are responsible for being ready for their handover in the transition zone. If a delay is caused due to external circumstances beyond their control, the Gigathlete concerned needs to report to the information desk. They will then wait there until their delayed team member arrives, hand over the timing chip to the delayed member and notify the information desk of the team's continuing involvement in the competition. A request form for neutralisation can be obtained and submitted at the information desk. The final decision on the application rests with the Race Jury.

## Updating the rankings

The unofficial rankings are published and continuously updated at [www.gigathlon.com](http://www.gigathlon.com). If any of the classifications for the course sections need updating, please report these to the information desk. Lost timing chips, changes, neutralisations, late arrivals in the transition zones and other circumstances can temporarily delay the updating of the rankings. Any inaccuracies in the unofficial rankings must be reported no later than 17:00 on Monday, 1 July 2019, by phone (0848 444 284) or email ([info@gigathlon.ch](mailto:info@gigathlon.ch)). Any requests for changes after this time will not be accepted.

## Results by text message

Shortly after a Gigathlete crosses the finishing line, a text message with their time will be sent to the team's mobile phone. If teams do not receive a text message or if they receive a message with a result that is clearly incorrect, they must report this to no. 0848gigathlon (0848 444 284).

## GPS tracking

Those Singles, Couples and Teams of Five taking part in the chasing start on the Sunday will be equipped with a GPS tracker. The GPS trackers will be handed over directly to the Gigathletes involved at the start on the Sunday morning. The tracker is the size of a matchbox and can be kept in a shirt pocket.

The tracker must be taken along on all courses, with the exception of swimming. Couples and Teams of Five must also pass the trackers on to the next Gigathletes in the transition zones, in the same way as timing chips. Trailrunners must hand in the trackers together with the timing chips at the finish. The use of GPS trackers means that all the Gigathletes can be followed online (Gigathlon website).

## Individual crossing the line video / Finisher certificate

An individual video will be made of each Gigathlete as they cross the line on the Sunday. This video can be found in the results list. The video can be shared with friends via Facebook. A finisher certificate can also be downloaded and printed out.



# Official equipment

## Don't forget!

**Gigathletes' Declaration** The Gigathletes' Declaration, already completed and signed by each athlete, must be brought to the check-in in Sarnen. The start pack cannot be handed over until all team members and supporters have signed.

**Wristband:** You must be wearing your wristband when you arrive at the check-in in Sarnen. The wristband has the race number printed on it. This will be checked when you go to claim your cycle or bike at the cycle/bike parks in Sarnen, Ennetbürgen-Buochs and Engelberg. You will also need it for access to the transition zones.

**Vehicle permits:** The permit must be stuck on the front of the vehicle before coming to Sarnen. This gives you access to and the right to park in the designated Gigathlon car parks and must not be removed. Clean the surface of the vehicle before sticking on the permit.

**Belongings stickers:** Cyclists due to compete on Saturday may hand in a small backpack (maximum size A4) with dry clothing when checking in on the Friday in Sarnen. The belongings can be retrieved on the Saturday morning prior to the boat trip in the neutralised zone and handed back in after the boat trip to Treib.

**Bike/cycle handlebar number:** The number must be fastened to the handlebar with cable ties. Pass it on when you change cyclists. More cable ties are available at the information desks.

**Supporter accreditation:** Supporters who do not have accreditation will not be given access to the handover area in the transition zones.

**Race number field on swimming cap:** Enter your race number in the two race number fields on the swimming cap using the Gigathlon marker so it is easy to read.

**Trailrun/Running/Inline number:** Attach to the chest using safety pins. More safety pins are available at the information desks.

**Sponser Sport-Food voucher set:** You can use the set of vouchers to obtain daily rations at the Sponser buffet.

**Timing chip:** The timing chip is to be worn on the left ankle for the entire duration of the competition. An exception is made for the inline course, when the timing chip is to be worn on the left wrist.

**Four-person tent:** The Gigathlon tents included in the entry fee will be issued at the check-in. The pack with the race documentation must be produced for this purpose.

**Tent label:** Label the pennant with the team name or race number and place it at the entrance to the tent.



## Category



### Manuals Pack (sent by post)

	2	2	2	2	2
General Information (manual)	2	2	2	2	2
Course Guides (set of 5)	1	1	1	1	1
Gigathletes' Declaration	1	2	2	5	5
Wristband	1	1	1	1	1
Vehicle permit	1	1	1	1	1
Belonging sticker	1	2	2	2	2
Cycle handlebar number	1	2	2	2	2
Bike handlebar number	6	12	12	12	12
Cable ties					

### Starter pack (issued at check-in)

	1	1	1	0	0
Supporter accreditation	2	2	2	2	3
Helmet cover	1	2	2	2	2
Swimming cap	0	2	2	2	2
Trailrun number	0	2	0	2	0
Runner's number	0	0	2	0	2
Inline number	2	0	0	0	0
Trailrun & Inline combi-number	4	8	8	8	8
Safety pins	1	1	1	1	1
Gigathlon marker	2	3	3	5	5
Set of meal vouchers	1	1	1	1	1
Set of Sponser Sport Food vouchers	1	1	1	1	1
Timing chip	2	3	3	5	5
Gigathlon water bottle	1	1	1	1	1
Engelberg car park exit ticket	1	1	1	2	2
Tent label	1*	1*	1*	2*	2*
Four-person tent for Gigathlon Camp					

\* individual







# Catering

## Breakfast

Breakfast is issued in a bag. Competitors can also help themselves to as much coffee and tea as they like free of charge in the sports hall. There is also a selection of fruit, vegetables and sandwiches available to choose from at the buffet.

## Swaps table

The swaps table at the buffet can be used to leave unwanted items and choose something else, if available.

## Lunch/public catering

The public catering will provide drinks, snacks and a selection of hot meals at the headquarters in Sarnen and at the Ennetbürgen-Buochs and Engelberg transition zones. The Sarnen transition zone only has drinks and snacks because the public catering at headquarters is located right next to the transition zone. Lunch bags and hot meals will not be handed to Gigathletes on the courses!

## Dinner

### Buffet

One set meal is provided per buffet. There are signs to indicate where the meat and the vegetarian set meal buffets are served.

### Beverages

The entry fee does not include drinks with the dinner. Gigathletes can purchase and stock up on drinks at the designated hospitality stands.

### Menu

Menus are published on the Wolke 7 Events website at [www.wolke7events.ch](http://www.wolke7events.ch). Gigathletes who need additional food can bring their own items with them or visit the public catering.

## Set meal for special dietary requirements

Gigathletes with a lactose or gluten intolerance have until the end of May 2019 to order a set meal for special dietary requirements on the Wolke 7 Events website ([www.wolke7events.ch](http://www.wolke7events.ch)). This only applies to the dinner. All orders are confirmed by Wolke 7 Events. Only those persons whose names are registered are allowed to collect meals from the «Special Set Meal» buffet.

## Opening times of buffets (Kantonsschule Sarnen; tent outdoors)

Friday, 28 June	17:00 – 22:30	Dinner
Saturday, 29 June	03:00 – 09:00	Breakfast
	17:00 – 23:30	Dinner
Sunday, 30 June	04:00 – 09:00	Breakfast
	17:00 – 00:00	Dinner

## Official Caterer



## Catering Partners





# Competition catering

During the competition, additional food and drink will be distributed at the refreshment points on the course, in the transition zones and at the finish. The water bottles can be refilled at the refreshment points or exchanged for new ones. In addition to the refreshment points, the courses will have some drinking water fountains labelled with a Gigathlon sign saying «Wasser» (water).

**Cycling/biking course:** Gigathletes will carry two water bottles on the cycling and biking courses.

**Trailrun course:** There is virtually no provision for refreshment points on the trailrun (see Courses Guide). Gigathletes therefore need to be largely self-sufficient and must carry refreshments. A hydration pack is recommended!

**Think about the environment, animals and others - don't throw water bottles or other litter away on the course!**

## Sponser buffet

Gigathletes can obtain products for the competition stage from Friday, 28 June to Sunday, 30 June by handing in the relevant vouchers at the Sponser buffet in the Partner Park. Lost vouchers can be replaced at the stand for a fee of CHF 20.00.

## Sponser buffet opening times

Friday, 28 June	12:00 – 21:00
Saturday, 29 June	13:00 – 22:00
Sunday, 30 June	11:00 – 21:00



	Kilometres	Section	Water	Bananas	Sponser Competition	Sponser Long Energy	Sponser Sporttea	Sponser Liquid Gel	Sponser Energy Bars	Sponser Isotonic	Beef tea
<b>Fri</b>		Start / Finish: Kantonsschule Sarnen	•				•			•	
<b>Saturday 29 June</b>		Start: Kantonsschule Sarnen	•		•	•	•				
	67	Cycling: Brunnen marina	•	•	•	•	•	•	•		
		TZ Ennetbürgen-Buochs	•	•	•	•	•				
		Swimming 1									
		TZ Ennetbürgen-Buochs	•	•	•	•	•				
	6	Running: Eichli	•	•	•			•	•		
	10	Running: Zeughaus (armoury)	•	•	•			•	•		
	6	Inline: Schützenhaus (clubhouse)	•	•	•			•	•		
		TZ Ennetbürgen-Buochs	•	•	•	•	•				
		Swimming 2									
		TZ Ennetbürgen-Buochs	•	•	•	•	•				
	19	Trailrun: Obermatt power station	•	•	•			•	•		
		TZ Engelberg	•	•	•	•	•				
	9	Biking: Trübsee	•	•	•	•	•	•	•		
	21	Biking: Melchsee-Frutt	•	•	•	•	•	•	•		
		Finish: Kantonsschule Sarnen	•				•			•	
As required – in cold weather											
<b>Sunday 30 June</b>	5.5	Running: Brand	•	•	•			•	•		
	11	Running: Zollhaus (customs house)	•	•	•			•	•		
	5.5	Inline: Brand	•	•	•			•	•		
		TZ Sarnen Seefeld	•	•	•	•	•				
		Swimming									
		TZ Sarnen Seefeld	•	•	•	•	•				
	16	Biking: Neubrüchli ski hut	•	•	•	•	•	•	•		
		TZ Sarnen Seefeld	•	•	•	•	•				
	30	Cycling: Sörenberg	•	•	•	•	•	•	•		
	60	Cycling: Gfellen	•	•	•	•	•	•	•		
		TZ Sarnen Seefeld	•	•	•	•	•				
	7	Trailrun: Kloster Bethanien guesthouse	•	•	•			•	•		
		Finish: Kantonsschule Sarnen	•				•			•	
As required – in cold weather											



For ease of reading, these regulations will dispense with parallel, separate references to female and male competitors. All references to persons apply equally for all genders.

Hereinafter, the event is referred to as «Gigathlon». These regulations relate exclusively to Gigathlon Switzerland 2019, and they are not valid for events outside Switzerland.

## A. Definition of terms

### 1. Supporters

Used below to refer to the officially-accredited helpers for Gigathletes. They carry a supporter accreditation.

### 2. External

Used below to refer to all non-accredited persons.

## B. Branding and logo

The Gigathlon brand and the Gigathlon logo, the silhouette and the pictograms are copyright-protected trademarks and may not be used without the written permission of the organiser. In particular, printing onto T-shirts and other items of clothing is prohibited. The use of the logo is reserved to the organiser, the sponsors and partners who make the Gigathlon possible. In addition, it is not permitted to use the "Gigathlon" brand for commercial advertising purposes or for offers linked to the event. Intentional violation of these guidelines on the branding and logo may result in criminal proceedings being lodged against the culpable company or individual under Swiss trademark protection legislation (Markenschutzgesetz - MSchG; SR 232.11) and/or to the disqualification of the Single, Couple or Team of Five being supported.

## C. General rules

### 1. Form of competition

Gigathlon Switzerland 2019 is staged as two daily stages of different lengths, held on Saturday 29 June and Sunday 30 June 2019. The following five disciplines are incorporated: Trailrun, swimming, cycling, biking, running and inline.

The Single and one Gigathlete from each Couple and Team of Five will line up for the SwimRun on the evening of Friday, 28 June 2019 in Sarnen. Swimming in the Lake Sarnen and running through the beach resorts and sports grounds of Sarnen. A wetsuit and running shoes are worn throughout the whole SwimRun. Only one team member starts in the Couple and Team of Five categories. The SwimRun is paused without split times and counts towards the overall competition time of the Gigathlon.

## 2. Categories

### Single Woman and Single Man

A woman or man who tackles the whole route on their own.

**Disciplines:** SwimRun, swimming, cycling, biking, trailrun and inline.

### Couples

Two people, at least one of whom is a woman. Each person completes at least two disciplines per day. Couples are free to decide who will complete the prologue on the Friday.

**«Inline» version:** SwimRun, swimming, cycling, biking, trailrun and inline.

**«Running» version:** SwimRun, swimming, cycling, biking, trailrun and running.

### Teams of Five

Five people who each complete one discipline per day. At least two women form part of the Team of Five. Teams of Five are free to decide who will complete the prologue on the Friday.

**«Inline» version:** SwimRun, swimming, cycling, biking, trailrun and inline.

**«Running» version:** SwimRun, swimming, cycling, biking, trailrun and running.

## 3. Responsibility

All participants are themselves responsible for ensuring that they participate in the Gigathlon in good physical health and having trained appropriately for the event. It is a condition of entry that every participant is competent in the discipline(s) to be undertaken. Participants must respect these regulations and the traffic regulations of the road traffic legislation and follow the organiser's instructions and those of the officials. Singles and Couples may compete if born in or after 2001. Younger persons born in or after 2003 may only start with the written permission of their parents (to be submitted together with the registration via email to [info@gigathlon.ch](mailto:info@gigathlon.ch)) and only in the Team of Five category.

## 4. Rules

The Gigathlon is staged on public roads and paths and is therefore subject to local regulations and laws. Violations of the provisions of the Swiss Road Traffic Act will be punished by disqualification of the respective start number. The organiser has contacted all enforcement authorities ahead of the race, as far as possible. However, there may be instances of discrepancies between a Gigathlete and a non-accredited person. Should this be the case, the race management will decide whether this may result in a time adjustment.

It is forbidden to hamper other competitors in any way, whether by hitting them, forcing them away, blocking their route, sabotaging their equipment or

disadvantaging them in some other way. If a participant exits the route, he must resume the race at the same place. Competitors may not shorten the route, omit a part of the route or gain advantage in some other manner.

Where a railway crossing barrier is down or a red light is showing, the time is not stopped or credited back. Passing beyond a railway crossing barrier when down or running a red light results in disqualification. Participants are to follow any instructions given to them by staff.

Crossing safety lines, whether on straight sections or on bends, is prohibited and will result in disqualification. Where a Gigathlete has an accident, any passing accredited person is obligated to offer assistance. It is possible to apply for the time lost due to giving assistance to be neutralised, at the information desk at the race headquarters.

## 5. Starting position allocation / Registration / Entry fees

### Allocation of starting places

Starting places are allocated on the basis of "first come, first served". The number of starting places is limited.

### Registration

Registration takes place on <http://reg.gigathlon.com>.

### Confirmation of starting place

The registration will be confirmed by the event organiser by email once payment has been received. The team captain may now invite his team members to allocate the disciplines and complete or amend the team details.

### No refund of entry fees, cancellation costs insurance

After a starting place has been purchased, the organiser shall not reimburse any entry fees. Even in the event of termination, shortening or cancellation of the Gigathlon, there is no entitlement to claim back the entry fee. Entrants are advised to take out their own cancellation costs insurance, which in the event of being prevented from competing (accident, sickness, etc.) would refund the entry fee.

## 6. Check-in

Check-in is on Friday, 28 June 2019 from 12:00 to 18:00 in Sarnen.

Singles, Couples and Teams of Five collect their starting documents at the official check-in times. Only one person from each team needs to be there for collection. At the check-in, the collecting person must present a proof of identity (ID card, passport, driving licence or similar) and hand in the Gigathletes' Declaration signed by all team members (incl. supporters).



## 7. Supporters

The entry fee for a Single and for a Couple includes one supporter. Teams of Five do not need a supporter. Extra supporters may be booked in for an additional charge, however. For Gigathletes, accreditation is evidenced by a non-transferable, sealed wristband, and for supporters there is supporter accreditation. The regulations are similarly binding for supporters. They must also follow the instructions of the security personnel and of the officials. Violations of the regulations by supporters are punished by penalising the Gigathletes they are accompanying.

## 8. External assistance

Participants must not be directly accompanied on the route in any way whatsoever, whether by supporters or externals. An exception will be made on the last section of the course in the final discipline on the Sunday. Receiving food and other items (clothing, shoes etc.) from supporters outside the transition zone is not permitted during the competition. Entering the handover area in the transition zone is only permitted for Gigathletes who are next to compete or accredited supporters.

## 9. Supporter vehicle

Every team will need a supporter vehicle to move from the headquarters in Sarnen to Ennetbürgen-Buochs and Engelberg and back. The supporter or one team member must have a driving licence. Each team comes to the event with no more than one supporter vehicle. The issued vignette/parking permit is to be placed in a clearly visible position on the front windscreen of the vehicle, in accordance with the regulations, and must not be removed during the Gigathlon. The accredited vehicle together with any trailer must not exceed an overall length of 8 metres. Motorhomes are permitted but caravans are not. The competition sections and the prohibited zones publicised in the General Information must not be entered by supporter vehicles.

## 10. Medical and first-aid services

The instructions of the race doctor and of the first-aid services are to be followed in all cases. These persons are authorised to retire participants from the race at any time if their health or safety is at risk. Participants who have been given first aid may continue the race again from the same place, if the doctor/first-aider agrees to this.

## 11. Exclusion of liability

Participation in the Gigathlon is on the entrant's own responsibility and at the entrant's own risk. The organiser excludes any liability for any injury to person or property. No claims for liability may be lodged against the organiser. Insurance against accident, illness or theft and for the individual's own liability is the responsibility of each participant. By registering for the Gigathlon, each participant accepts the Gigathletes' Declaration and releases the organiser and its auxiliary agents, insofar as this is permitted in law, from all liability claims.

## 12. Chasing start

Women's Singles, Men's Singles, Couples and Teams of Five who are less than one hour behind the leaders in their category in the overall classification will take part in the chasing start on Sunday. When the Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category. The Gigathletes involved will be notified about inclusion in the chasing start at the latest by 21:00 on the Saturday, by text message. Teams qualifying for the chasing start must take up their allotted place. If they fail to participate in the chasing start, a time penalty of 60 mins. will be added to their overall time.

**GPS tracking** Those Singles, Couples and Teams of Five taking part in the chasing start on the Sunday will be equipped with a GPS tracker. The GPS trackers will be handed over directly to the Gigathletes involved at the start on the Sunday morning. The tracker is the size of a matchbox and can be kept in a shirt pocket. The tracker must be taken along on all courses, with the exception of swimming. Couples and Teams of Five must also pass the trackers on to the next Gigathletes in the transition zones, in the same way as timing chips. Trailrunners must hand in the trackers together with the timing chips at the finish.

## 13. Cut-off time

All cut-off times in the transition zones, at the individual refreshment points and at the finish must be respected. Gigathletes arriving too late are taken out of the race and are no longer featured. They appear in the rankings as "unclassified" or "out of the competition". The last participant in the field is accompanied by an event organiser. The cut-off times and decisions of this person are binding and final. If it is already apparent before reaching the transition zone or the finish that the cut-off time can clearly no longer be achieved, the official in charge of the rear escort decides when the competitor needs to step into the escort vehicle. Team members and partners in Couples who are still waiting for their handover may tackle the next section when the cut-off time is reached (or as part of the mass start). For safety reasons, Gigathletes are not permitted to start the next section/discipline once the time limit has elapsed or after the last possible starting time.

## 14. Not completing a stage

If a Single, a Couple or a Team of Five are unable to complete a stage (e.g. exceeding the cut-off time, injury, accident), the Gigathlon can be continued on the next stage. However, the team is not ranked in the overall assessment, but shows as "out of the competition".

## 15. Neutralised sections / Neutralisation

Time can be neutralised by the organiser only in the event of special circumstances (incidents for which the organiser is responsible or unexpected incidents) that are not the Gigathlete's responsibility. The request for neutralisation is to be notified as soon as possible to the information desk at the respective transition zone, and reasons given.

**Cycling Saturday:** Neutralisation from Brunnen landing stage to Treib landing stage. The timekeeping will be paused on arrival at the Brunnen landing stage. Cyclists will take the ferry to the Treib landing stage. The timekeeping will start on arrival in Treib; no stops allowed.

**Biking Saturday:** Neutralisation from Trübsee station to Jochpass station. The timekeeping will be paused on arrival at the Trübsee station. Bikers will take the chairlift to the Jochpass station. The timekeeping will start on arrival at the Jochpass; no stops allowed.

## 16. Equipment

All Gigathletes are personally responsible for their equipment and are to ensure that it complies with the regulations of the road traffic legislation and is in perfect condition.

Accredited supporters are obliged to wear the supporter accreditation issued during the entire race.

All participants are responsible for ensuring that they are wearing clothing suitable for the weather conditions. Particularly in the event of cold weather, for sections at high altitudes or where there is a risk of the weather changing and on the trailrun, cycling and bike sections, participants are responsible for ensuring that their clothing will protect the body from cooling down. In the event of strong heat, suitable sun protection must be worn (cap, sunglasses, sun cream) and sufficient fluids taken along.

Where a Gigathlete must reckon on completing a discipline in the dark, he is responsible for ensuring that he has fitted appropriate lights in the correct manner.

## 17. Race numbers and timing chip

The race numbers issued are to be worn during the competition in the designated places.

The wristband is individual to the wearer and must be worn throughout the Gigathlon.

The timing chip is to be worn on the left ankle during the competition. An exception is made for the inline course, when the timing chip will be worn on the left wrist. Early removal of the timing chip makes it impossible to measure the time correctly. All Gigathletes are responsible for ensuring that they are wearing the timing chip correctly and that this is registered when crossing the timing mats and check points on the course (check for a beep from the timing mat).

The timing chip and other materials on loan are to be passed on to the next Gigathlete in the transition zones and returned on the final day after crossing the finishing line. Any chips or materials on loan which are not returned or are lost will be charged at CHF 100 per item.

## 18. Tents

Only red Gigathlon tents from 2009 to 2019 are permitted on the Gigathlon campsite. Other tents are not allowed.



## 19. Waste

Gigathletes care for the environment. Any dropping of litter or other objects (water bottles, clothing etc.) on the route will be penalised with a time penalty. Food waste may only be thrown away in the waste zone, which ends 200 metres after the refreshment point. The end of the refreshment zone is marked by a sign. After that, any waste must be carried to the next refreshment point.

## 20. Photos and pictures

Participants agree that photos, film shots, interviews and the information given in the registration may also be used for advertising purposes by the organiser, sponsors or other service providers on the radio, television and internet, and in printed media, books and films without a claim to remuneration.

# D. Cycling / Biking

## 1. Cycle/bike equipment

Only cycles and bikes powered solely by human force are permitted. Supplementary housings fitted to any parts of the cycle which improve its aerodynamics are not permitted. Wheels may not contain any component advantaging the drive being applied. They must be constructed in such a way that it is possible to check on this rule. All Gigathletes are responsible for ensuring that the cycle and bike are in perfect condition and have been checked by a qualified mechanic before travelling to the Gigathlon.

## 2. Mandatory lights on cycle/bike

All Gigathletes must fit lights on their cycles for the cycling course on the Saturday. Anyone without lights on their cycle will not be permitted to start.

The following applies on all other bike and cycle courses: Gigathletes who expect to be out and about after dark must fit their cycles and bikes with lights.

## 3. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory.

## 4. Bike courses

The Gigathlon bike courses contain technically challenging sections. All Gigathletes are responsible for controlling their bikes.

# E. Trailrun

The trailrun discipline at Gigathlon Switzerland 2019 consists of a trailrun following predominantly hiking trails of an adventurous nature. The trailrunners need to be self-sufficient on the largest section of the course and must therefore carry their own refreshments. There are very few drinking water fountains on the courses and no refreshment points on some longer sections.

## 1. Equipment

Sticks may be used on the trailrun sections. Trailrunners must be equipped with a headlamp in the (approaching) dark on the Sunday.

## 2. Accompaniment by supporters

The supporters or team members in all categories may accompany the trailrunners for the last kilometre on the Sunday.

# F. Running

The running discipline at Gigathlon Switzerland 2019 takes place mainly on asphalt and gravel roads.

## 1. Use of sticks

Sticks may not be used on the running sections.

# G. Inline

## 1. Use of sticks / roller skis

Sticks and roller skis are prohibited on the inline sections.

## 2. Mandatory wearing of helmets / equipment

The wearing of a functional hard helmet and of the official helmet cover is mandatory. Further protective equipment, such as elbow pads, knee pads and wrist protectors, is recommended. The timing chip is to be worn on the left wrist.

# H. Swimming

## 1. Wetsuit

The wearing of a neoprene wetsuit is mandatory in principle. If water temperatures are very high, however, the organiser may lift this requirement. The following applies when wearing a wetsuit: Hands and feet must remain uncovered. Knees and elbows must be covered. If the wetsuit does not comply with these guidelines, the swimmer will not be allowed access to the swimming section. The race number must be written onto the swimming cap issued by the organiser, which must be worn. The timing chip is to be worn on the left ankle.

## 2. Swimming aids

Artificial aids such as paddles, flippers, snorkels, gloves and shoes or similar are not allowed.

## 3. Water temperatures / Substitute sections

Certain meteorological conditions may make it necessary to alter the courses and requirements. If the water temperatures are too low or in the event of a storm or thunder and lightning, for example, the swimming section will be shortened or replaced by a running section:

## Swimming courses:

below 12.0 °C	The swimming course will be substituted by a replacement running course
12.0 °C – 12.9 °C	Max. swimming course 750 m per section
13.0 °C – 13.9 °C	Max. swimming course 1.5 km per section
over 14.0 °C	Max. swimming course 3 km per section

The final decision cannot be based on the above-mentioned temperatures alone. If air temperatures are low, this will also be taken into account. The event organiser reserves the right to take special measures at any time in order to guarantee the safety of procedures. The event organiser will announce the final decision before the start.

# I. SwimRun

The SwimRun discipline consists of several swimming sections, each of which is interrupted by a running section.

## 1. Neoprene wetsuit/equipment

The wearing of a neoprene wetsuit is mandatory. If water temperatures are very high, however, the organiser may lift this requirement. The following applies when wearing a wetsuit: It is not obligatory to cover knees and elbows. The race number must be written onto the swimming cap issued by the organiser. The cap must be worn when swimming and can be worn or carried by participants when running. The timing chip is to be worn on the left ankle. Participants must also wear running shoes and keep them on during the swim. The wetsuit may be folded down to the hip when running, if required. SwimRun suits are permitted.

## 2. Swimming aids

Paddles and pullbuoys are allowed as swimming aids but are not compulsory. All aids must be carried when running. The following are not allowed: flippers, tow ropes and any other aids.

## 3. Water temperatures / Substitute sections

Certain meteorological conditions may make it necessary to alter the courses and requirements. If the water temperatures are too low or in the event of a storm or thunder and lightning, for example, the swimming section will be shortened or replaced by a running section. Water temperatures which result in the swimming course being shortened are not defined. The event organiser reserves the right to make changes to the original course in order to guarantee the safety of procedures. This may result in swimming courses being shortened substantially. The event organiser will announce the final decision before the start. The SwimRun discipline is subject to the same regulations as the swimming discipline.



## J. Breaches of the regulations / protests

### 1. Referees

Referees are used to monitor for compliance with the regulations, and breaches of the regulations may be penalised. Referees may issue direct instructions to competitors, which must be followed at all times.

### 2. Penalties

Depending on the nature and severity of the offence, the following penalties may be imposed by the referees:

- Verbal warning
- Time penalty
- No classification
- Disqualification
- Race disqualification

The penalty is notified to the Gigathlete in person or to the team captain via a text message. The organiser reserves the right to interpret the severity of the offence in the spirit of the Gigathlon. The organiser may issue new rules and penalties following the occurrence of extreme, unforeseen events which are not covered by these Regulations.

### 3. Protests

Protests by Gigathletes and supporters against decisions by referees and against other arrangements by the organisers (timing, misdirection, etc.) are to be lodged at the Gigathlon information desk at the race headquarters or in the transition zones with a CHF 100 deposit being paid. The protest is in principle to be lodged within four hours of the referee's decision being notified to the Gigathlete or the team captain. If the referee's decision is notified during the competition, the protest is to be lodged at the latest four hours after the Gigathlete concerned arrives at the finish.

### 4. Form of the protest

Protests are to be lodged in writing, signed, and indicating the circumstances with advice regarding possible witnesses, using the official protest form. The form is available from the information desk at the race headquarters or in the transition zones.

### 5. Race Jury decisions

The Race Jury has full decision-making authority. The decisions of the Race Jury are final and cannot be contested. Where a protest is upheld, the deposit of CHF 100 is returned to the person who lodged the protest.

### 6. Doping offences

Violations of the anti-doping provisions and the punishment for that is governed by the anti-doping statute and the associated provisions on implementation of Antidoping Switzerland. Antidoping Switzerland can carry out doping controls at any time.

### 7. Gigathletes' Declaration

Every Gigathlete and supporter accepts these regulations when registering. By signing the Gigathletes' Declaration he undertakes to comply with the corresponding provisions.

### 8. Rankings

Any inaccuracies in the unofficial rankings must be reported no later than 17:00 on Monday, 1 July 2019 (email: [info@gigathlon.ch](mailto:info@gigathlon.ch)). Any requests for changes after this time will not be accepted.

## K. Final provisions

### 1. Final provisions

These Regulations were enacted on 30 April 2019 by in-vents.ch AG, the organiser of Gigathlon Switzerland. In the event of contradictions in translations, the German version of the regulations will apply. The Regulations are valid for Gigathlon Switzerland 2019. Supplements and amendments will be notified to Gigathletes on the official website or sent to the team captain.

### 2. List of sanctions for breaches of the regulations

#### Non-permitted accompaniment / support by supporters on the course or Non-permitted discarding of waste

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third offence: Disqualification

#### Other, general breaches of the regulations

- Depending on the severity of the offence, time penalty of 30 min. or more, up to disqualification and/or race disqualification.
- Passing beyond a railway crossing barrier when down: Disqualification!
- Crossing a safety line: Disqualification!
- Running a red light: Disqualification!
- Deliberately completing an incorrect section: Disqualification!
- Altering or theft of Gigathlon signs: Disqualification!

*Issue date: 30 April 2019*



# Thank you very much!

## Host

# OBWALDEN

der Geheimtipp



**SWISSLOS**  
**SPORTFONDS**  
NIDWALDEN

## Headquarters



sarnen

## Transition zones



## Co-sponsors



## Supplier



## Official Outfitter



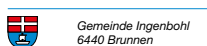
## Official Caterer



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## Partners



# See you soon!