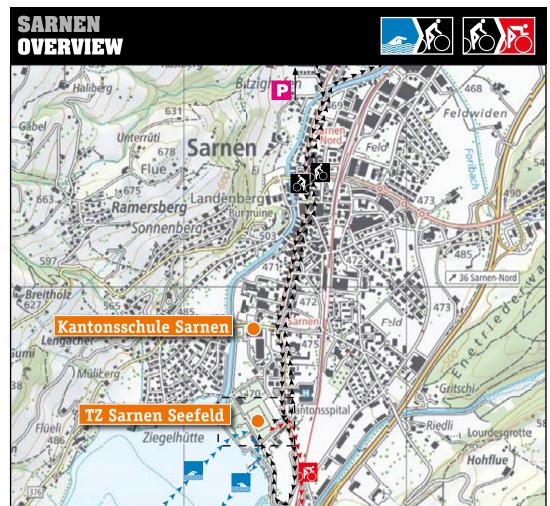




Seefeld





#### Once on the mountain bike, 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 1000 metres. The topography and the road surface on the first eight kilometres are more suited to a traditional Swiss «slow-up» event rather than the Gigathlon. The Wichelsee is deceptively idyllic, however, and the motorway at the bottom of the valley here should not tempt you into wasting energy unnecessarily. This is because the course goes in one direction only for the next 13 kilometres - relentlessly upwards. Having reached 1400 metres above sea level there is still no relief, however, with the course staying at a steady altitude of between 1300 and 1500 metres for another 13 kilometres before doing a circuit of the Schattenberg and leaving virtually no time to draw breath as it passes through fields and forests. Muscles become weary and it takes real skill not to lose your footing. As the course profile clearly shows, the last few kilometres on the descent to Sarnen call not so much for strong leg muscles as for powerful hands in order to keep your speed under control. The two-kilometre final sprint through Sarnen will give the hot brake discs just enough time to cool down and put a beaming smile on

Participants must follow the signage and any instructions given to them by officials. Parallel route with Cycling: From the Berghotel Langis to the Glaubenbergstrasse turn-off (kilometre 25.5 to 26.3) the bike route runs on the same road as the cycling route. Please be

Turn-off: The bike route bears off to the left, the cycling route is straight on. Every athlete is responsible for taking the correct route.

considerate.

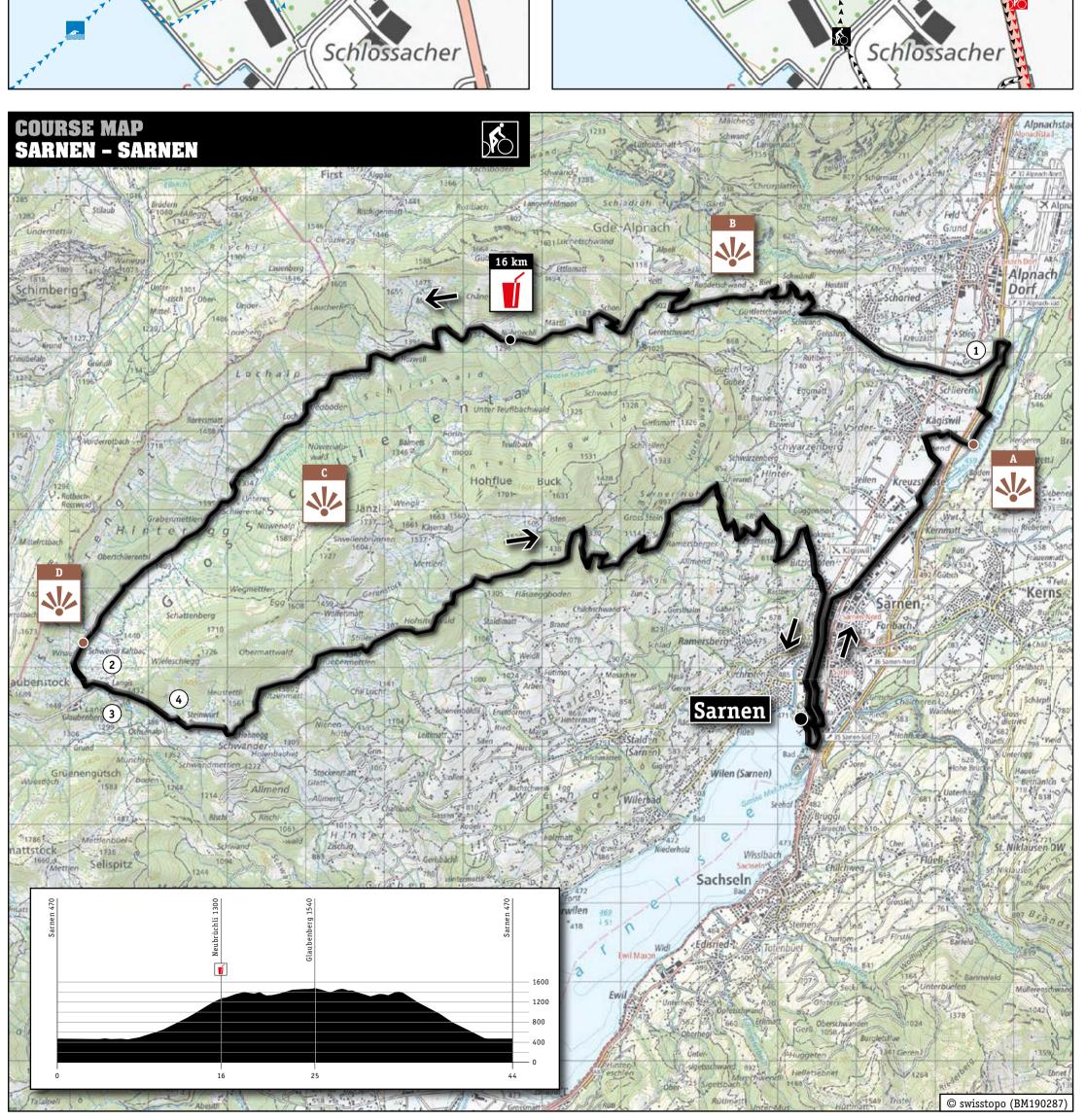
# Headquarters



your face long before you enter the transition zone.







## **SCHEDULE CONCLUSIVE SUNDAY, 30 JUNE 2019**

Disciplines	Location	Start		
Inline / Running	Kantonsschule Sarnen	Chasing start 05:30 Start Single/Couple 06:30 Start Team of Five 07:00		
		First Gigathlete expected	Mass start	Cut-off time
Inline/Running - Swimming	Sarnen Seefeld	06:45		10:00
Swimming – Biking	Sarnen Seefeld	07:30		11:30
Biking - Cycling	Sarnen Seefeld	09:40	ToF: 15:15	15:45
Cycling – Trailrun	Sarnen Seefeld	12:00		20:15
Trailrun finish	Kantonsschule Sarnen	13:20		23:00

### HIGHLIGHTS **EN ROUTE**



A Wichelsee

B Look back towards Alpnach/Alpnachersee lake

D Schwendi Kaltbad

**LOGISTICS &** 

**TRANSPORT** 

**Getting there** 

The biker walks from the Sarnen headquarters/ campsite to the Sarnen Seefeld transition zone. The bike is left in the cycle/bike park beforehand.

**Personal effects** 

The biker carries their own effects from the Sarnen headquarters to the Sarnen Seefeld transition zone and back again.

**Showers** 

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

**Return travel** 

Once the trailrunner is on their way, all other team members/supports return to the finish at the Kantonsschule Sarnen.

### Cycle/bike park

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