

The A to Z of the Graubünden-Marathon, 20 Miles, Graubünden Half Marathon and Rothorn-Run, 27 June 2010

Application/Payment

Via Payment into Account No. CK. 443.233.900 Clearing No. 774, Graubündner Kantonalbank, 7002 Chur, in favour of IG LL, 7078 Lenzerheide (for bank transfers from abroad IBAN CH6200774110443233900, Swift: GRKBCH 2270A), or by the simplest method, online via www.graubuenden-marathon.ch.

Award ceremony

The award ceremony will take place at **4.00 p.m.** for the Scalottas-Run, the Half Marathon and the 20 Miles, and at **6.00 p.m.** for the Graubünden-Marathon (marquee in Lenzerheide). Cash and non-cash prizes will be given to the first five men and women overall of Graubünden-Marathon. The first three for each category of the Marathon, the 20 Miles, the Half Marathon and the Scalottas-Run will receive a prize.

Bad weather

Should the weather be very bad on Saturday and pose serious risks for participants, the organiser may shorten or abandon the race. The race would then be judged only until Lenzerheide.

Cash prizes Graubünden-Marathon for women and men overall

1st place M/W CHF 1500 each	4th place M/W non-cash prize
2nd place M/W CHF 1000 each	5th place M/W non-cash prize
3rd place M/W CHF 500 each	

Categories Graubünden-Marathon, 20 Miles, Half Marathon and Rothorn-Run

M/W Overall
M/W 16 (age group 1994-1981)
M/W 30 (age group 1980-1971)
M/W 40 (age group 1970-1961)
M/W 50 (age group 1960-1951)
M/W 60+ (age group 1950 and older)

Catering for spectators/athletes

Food stands will be open to everyone from 10.00 a.m. onwards in the marquee in Lenzerheide. Participants can cash in the voucher for a helping of Barilla Pasta.

Changing rooms - Chur

The changing rooms in Chur are located in the Quaderschulhaus (school building) right beside the starting area (men/women separate). The facility will be opened on Saturday 26 June from 07.00 a.m. and closed again after the start. Please take all your belongings with you!

Changing rooms/showers - Lenzerheide

The changing rooms and showers in Lenzerheide are situated in the upper floor of the Lenzerheide multipurpose hall (Mehrzweckhalle). The hall is opposite the race office (Rennbüro). Opening times for the multipurpose hall: 26 June 8.00 a.m. - 8.00 p.m.

Chip

The data sport chips will be handed out simultaneously with the starting numbers. All necessary information about the chip is on the reverse side of the starting number. **An amount of CHF 50.00 will be invoiced for all unreturned chips.**

Entry fee

Marathon CHF 95.00/EUR 63.00, 20 Miles CHF 72.00/EUR 48.00, Half Marathon CHF 62.00/Euro 41.00, Scalottas-Run CHF 48.00/EUR 32.00

These entry fees are valid till 5 June 2010. Afterwards a late registration fee is charged:

Marathon: CHF 20.00

Rothorn-Run, 20 Miles, Half Marathon: CHF 10.00

First aid

There will be first aid stations all along the route (similar to the refreshment stands).

Food and refreshments for athletes

There is a refreshment post about every 4 km. Besides water, tea and sometimes bouillon, there are isotonic drinks, Maxim food products, as well as fruits and bread on offer.

Fringe events

The big Barilla Pasta Party is set for Saturday 27 June in the marquee on Sportplatz (pasta from 12.00 p.m. onwards). The Musikgesellschaft Obervaz/Lenzerheide will be responsible for entertainment and activities.

Getting there

Public transportation: SBB (Swiss Federal Railways) or the RhB (Rhaetian Railway) to Chur. From Chur to Lenzerheide by Postauto (post bus).

For further information about rail schedules: www.sbb.ch

By car:

To Chur: Take Chur Süd exit (No. 17) and follow the Park and Ride signs to the parking lot "Obere Au", which is well identified.

To Lenzerheide: Take Chur Süd exit (No. 17) and follow the signs to Lenzerheide.

Insurance

Participants are responsible for their own insurance. The organiser accepts no liability whatsoever for accidents, injuries and theft.

Internet

www.graubuenden-marathon.ch

Kitting out

The Graubünden-Marathon and the Scalottas-Run go through high alpine terrain. The temperature can vary widely between start and finish. You should therefore bring warm clothing as well as weatherproof clothing with you.

Late registrations

Registrations close on **05 June 2010**.

Late registration will be possible up to one hour before the start at the race office (Rennbüro). The late registration fee will be CHF 20.00 for the Graubünden-Marathon (total CHF 115.00) and CHF 10.00 for the Scalottas-Run (total CHF 58.00), Half Marathon (total CHF 72.00) and 20 Miles (CHF 82.00).

Lost and found

Found objects will be taken to the Lenzerheide tourist information, Voa principala 68, 7078 Lenzerheide and can be recovered there (Tel. +41 (0)81 385 11 20).

Our "Package"

- Participant's gift (functional t-shirt)
- Medal for Graubünden-Marathon finishers
- Refreshments and first aid on the way and at the finish
- Complimentary post bus – operating 19 - 26 June 2010, Chur-Lenzerheide-Chur, Bivio-Lenzerheide-Bivio, Davos-Lenzerheide-Davos

- Free travel with the Cabletrain Sporz-Tgantieni and Tgantieni-Piz Scalottas on 26 June 2010 (show starting number)
- Voucher for the Barilla Pasta Party in the Lenzerheide marquee
- Massage service
- Diploma (printable as of Monday on www.graubuenden-marathon.ch)

Parking in Chur

In Chur, please use the Obere Au parking facility (there are signs from the highway). A complimentary shuttle post bus service will operate between 7.00 and 9.00 a.m. from Obere Au to Quaderwiese, where the Graubünden-Marathon starts (No parking at Quaderwiese!).

Parking in Churwalden

In Churwalden, please use the Pradaschier parking facility.

Parking in Lenzerheide

In Lenzerheide all parking facilities require a parking fee. A complimentary shuttle bus will operate between 12.30 p.m. and 5.00 p.m. to transport spectators, support personnel and athletes from Talstation Tgantieni in Sporz to Lenzerheide centre (about 10 mins on foot). As of 5.00 p.m. the regular post bus service can be used.

Photo service

Participants may order their own photo at www.graubuenden-marathon.ch or www.alphafoto.com.

Post bus shuttle

Saturday, 26 June 2010

07.00-09.00	Obere Au (parking lot) - Quaderwiese (start)
09.20	Quaderwiese – Lenzerheide Post bus transfer for accompanying persons and spectators (Stops: Passugg, Churwalden, Parpan, Valbella, Canols, Lenzerheide)
12.30-17.00	Post bus shuttle Canols/Rothornbahn – Mehrzweckhalle (marquee) As of 17.00, regular bus connections from Canols to Lenzerheide

The return trip from Lenzerheide to Chur is by the regular post bus service. To return to Chur, please take City bus line No. 2 to the Obere Au parking lot.

Ranking list

The ranking list will be downloadable from www.graubuenden-marathon.ch as of about 6.00 p.m.. Those wishing to receive the ranking list by post should put their address on the envelopes provided at the race office (Rennbüro) in Lenzerheide or Chur.

Return transport Piz Scalottas Peak

Given the space limitations on the Piz Scalottas peak, participants are kindly asked to take the chairlift back to the valley as soon as possible after arriving at the finish. By showing their starting number, all participants will be able to ride free of cost all the way to the Piz Scalottas.

Spectators/Support personnel

The best vantage points for spectators: Village centre Churwalden, Parpan, Valbella Canols, Lake Heidsee, Lenzerheide sports field

Sponsors/Organiser

Organiser:	IG Laufveranstaltungen Lenzerheide
Main sponsors:	ewz, Coop, x-socks
Sponsors:	Lenzerheide Bergbahnen, Postauto Graubünden, Hotel Schweizerhof, Craft
Media partners:	Fit for Life, Südostschweiz Mediengruppe

Partners: Barilla, Maxim, graubünden sport, Swisslos, Soglio, Manamed, Alphafoto, Getränke Valbella AG, GFC Sportsmanagement

Start/Finish

Start, Graubünden Marathon and 20 Miles, at Quaderwiese, Chur, **09.15 a.m.**

The first runners will arrive in Lenzerheide at about 11.15 a.m., on Piz Scalottas peak at about 12.45 p.m

Start, Graubünden Half Marathon, Churwalden, **9.30a.m.**

First runners will reach the finish in Lenzerheide at about 10.30 a.m.

Start of the Scalottas-Run, Lenzerheide, **10.00 a.m.**

First runners will reach the finish at about 11.10 a.m.

The cut-off time for the 20 Miles and Half Marathon is 2.15 p.m., and 6.00 p.m. for the Marathon and Rothorn-Run

Starting Number Distribution/Race Coordination Office/General Info

Fri. 25 June, 4.00 - 10.00 p.m.

Lenzerheide School Auditorium

Sat. 26 June, 07.00-09.00 a.m.

Quader School complex Chur (for Marathon & 20 Miles)

Sat. 26 June, 07.30-09.15 a.m.

Tourist Office Churwalden (for Half Marathon)

Sat. 26 June, 07.30-9.30 a.m.

Lenzerheide School Auditorium (for Scalottas-Run)

„Sweep vehicle“

Following the field of runners will be a motorbike marshal or a sweeper.

Transportation of personal effects

Bags with personal belongings can be handed in beside the start.

Important note: Please make sure to stick the adhesive labels (with number) on bags containing personal belongings!(Drawstring bags must be closed securely!) The bags will be transported to the Piz Scalottas or to Lenzerheide for the 20 Miles and the Half Marathon. Should a runners give up, his/her bags will be transported back to either middle station Tgantieni or valley station Tgantieni in Sporz. There are no other depots!

Where to stay

For overnight accommodation please get in touch directly with the Lenzerheide tourist information, Voa principala 68, 7078 Lenzerheide, Tel: +41 (0)81 385 11 20, info@lenzerheide.ch or book directly online via www.lenzerheide.com