

The A to Z of the Graubünden-Marathon, 20 Miles, Graubünden Half Marathon and Rothorn-Run, 25 June 2011

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 on www.graubuenden-marathon.ch.

Award ceremony

The award ceremony will take place in the marquee at Lenzerheide at **4.00 p.m.** for the Rothorn-Run, the Half Marathon and the 20 Miles, and at **6.00 p.m.** for the Graubünden-Marathon and the Staffel. 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 Staffel, the 20 Miles, the Half Marathon and the Rothorn-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 1995-1982)

M/W 30 (age group 1981-1972)

M/W 40 (age group 1971-1962)

M/W 50 (age group 1961-1952)

M/W 60+ (age group 1951- and older)

Staffel

Women

Men

Mixed (at least 1 woman)

Catering for spectators/athletes

The catering marquee will be open to everyone from 10.00 a.m. onwards in Lenzerheide. Participants can cash in the voucher for a helping of pasta.

Changing rooms - Chur

The changing rooms in Chur are located in the Quader Schulhaus (school building) right beside the starting area (men/women separate). The facility will be opened on Saturday 25th 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 Lenzerheide multipurpose hall (Mehrzweckhalle). The hall is opposite the race office (Rennbüro). The showers are located on the upper floor of the hall. Opening times for the multipurpose hall: 25th June 8.00 a.m. - 8.00 p.m.

Chip

The Datasport 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 67.00
Staffel	CHF 150.00/EUR 105.00
20 Miles	CHF 72.00/EUR 52.00
Half Marathon	CHF 62.00/Euro 44.00
Rothorn-Run	CHF 48.00/EUR 34.00

These entry fees are valid till 4 June 2011. Afterwards a late registration fee is charged:

Marathon and Staffel:	CHF 20.00 / Euro 14.00
Rothorn-Run, 20 Miles, Half Marathon:	CHF 10.00 / Euro 7.00

First aid

There will be first aid stations all along the track (similar to the refreshment posts).

Food and refreshments for athletes

There is a refreshment post about every 4 km. Besides water, tea and sometimes bouillon, there are isotonic drinks, Nutrixxion food products, as well as fruits and bread on offer. You find the detailed refreshment and food plan on the website.

Side events

The Pasta Party is set for Saturday 25 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 participants the Postauto bus is free (Chur – Lenzerheide – Bivio, Davos – Lenzerheide – Chur)

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

By car:

To Chur: Take exit Chur Süd (No. 17) and follow the P+R signs to the parking lot, which is well identified. The shuttlebus brings you from the parking to the start.

To Lenzerheide: Take exit Chur Süd (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 Rothorn-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 **04 June 2011**

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 / Euro 14.00 for the Graubünden Marathon and the Staffel and CHF 10.00 / Euro 7.00 for the Rothorn-Run, the Half Marathon and 20 Miles.

Lost and found

Found objects will be taken to the tourist information, Voa principala 68, 7078 Lenzerheide and can be recovered there (phone +41 (0)81 385 11 20, E-Mail: info@lenzerheide.com).

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 18 - 25 June 2011, Chur-Lenzerheide-Chur, Bivio-Lenzerheide-Bivio, Davos-Lenzerheide-Davos
- Free travel with the Rothornbahn on Saturday 25 June 2011 (show starting number)
- Voucher for the Pasta Party in Lenzerheide
- Massage service
- Diploma (printable as of Monday on www.graubuenden-marathon.ch)
- Fotoservice

Parking in Chur

In Chur, please use the Obere Au parking facility (there are P+R-signs from the highway). A complimentary shuttle post bus service will operate between 7.00 and 9.00 a.m. from parking Obere Au to the start.

Parking in Churwalden

In Churwalden, please use the Pradaschier parking facilities.

Parking in Lenzerheide

In Lenzerheide, the Julier parking lot is available (coming from Chur, on the left when entering the village). The parking facilities of the Rothornbahn will incur a fee.

A complimentary shuttlebus will operate between 12.30 p.m. and 5.00 p.m. to transport spectators, support personnel and athletes from Talstation Rothornbahn to Lenzerheide centre (about 15 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 on www.alphafoto.com.

Shuttlebus

Parking Obere Au - start

07.00-09.00 Obere Au (parking lot) - Quaderwiese (start)

Start – Lenzerheide (for spectators)

09.20 Quaderwiese – Lenzerheide
Post bus transfer for accompanying persons and spectators
(Stops: Passugg, Churwalden, Parpan, Valbella, Canols, Lenzerheide)

Shuttlebus in Lenzerheide

12.30-17.00 Rothornbahn – Marquee Lenzerheide

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 the parking Obere Au, please take at the railways station the City bus line No. 2 to the Obere Au parking lot.

Ranking list

The ranking list can be downloaded from www.graubuenden-marathon.ch as of about 6.00 p.m. Those wishing to receive the ranking list by post should write their address on the envelopes provided at the race office.

Return transport Rothorn peak

Given the space limitations on the Rothorn peak, participants are kindly asked to take the cable car back to the valley as soon as possible after arriving at the finish. The cable car departs roughly every 10 minutes. The bubble lift (cable car) operates from Mittelstation Scharmoin. The shuttlebus brings you to the marquee/showers/changing cabins.

Rothornbahn (rail service)

By showing their starting number, all participants will be able to ride free of cost all the way to the Rothorn peak.

Spectators/Support personnel

The best vantage points for spectators: Village centre Churwalden, Parpan, Valbella Canols, Lake Heidsee, Lenzerheide sports field, Mittelstation Scharmoin, Rothorn peak.

Sponsors/Organiser

Organiser: IG Laufveranstaltungen Lenzerheide
Main sponsors: ewz , x-socks, tecnica, Chiquita
Sponsors: Lenzerheide Bergbahnen, , Hotel Schweizerhof, Craft
Partners: Postauto Graubünden, Nutrixxion, graubünden sport, Swisslos, Manamed, Alphafoto, Getränke Valbella AG, GfC Sportsmanagement

Starting times / Cut off time

Graubünden-Marathon, Staffel und 20 Miles

Start:	09.15 a.m., Quaderwiese Chur
Arrival first runners in Lenzerheide:	ca. 11.15 a.m.
Arrival first runners on Rothorn:	ca. 12.45 a.m.
Cut-off time:	6.00 p.m.

20 Miles

Start:	09.15 a.m., Quaderwiese Chur
Arrival first runners in Lenzerheide:	ca. 11.15 a.m.
Cut-off time:	02.15 p.m.

Half Marathon

Start:	09.30 a.m., Hotel Hemmi Churwalden
Arrival first runners in Lenzerheide:	10.45 a.m.
Cut-off time:	02.15 p.m.

Rothorn-Run

Start:	10.00 a.m., Lenzerheide
Arrival first runners on Rothorn:	ca. 11.10 a.m.
Cut-off time:	06.00 p.m.

Starting Number Distribution/Race Coordination Office/General Info

Fri. 25 June, 4.00 - 9.00 p.m.	Lenzerheide School Auditorium (for all distances)
Sat. 25 June, 07.00-09.00 a.m.	Quader School complex Chur (for Marathon, Staffel & 20 Miles)
Sat. 25 June, 07.30-09.30 a.m.	Tourist Office Churwalden (for Half Marathon)
Sat. 25 June, 07.00-10.00 a.m.	Lenzerheide School Auditorium (for Rothorn-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. Please make sure to stick the adhesive labels (with number) on bags containing personal belongings. Drawstring bags must be closed securely. Should a runner give up, his/her bags will be transported back either to Mittelstation Scharmoin or Talstation Rothornbahn. There are no other depots!

Marathon and Rothorn-Run

The bags will be transported to the Rothorn peak.

Staffel

The bag of the third runner will be transported to the Rothorn peak. The second runner takes the bag of the first runner to Churwalden. The third runner takes the bag of the second runner to Lenzerheide.

20 Miles and Halfmarathon

The bags will be transported to Lenzerheide

Where to stay

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