

Information for the Swissalpine Irontrail®

This is valid for the prologue and the main event.

1. Races and Side Events

The Swissalpine Irontrail® includes several races and side events. Races are classic races where performance, ambitions, time comparisons and adventures are in the foreground. There are stricter time limits here.

The side events are primarily about enjoyment while running, nature experience, health promotion and friendships! The time limits are set accordingly high: the running speeds are challenging! For the side events, participants can choose to be listed in the rank or finisher list.

1.1. Prologue (20.7.2019)

Race	Distance	Altitude Diff.	Start	Start Time	Finish	Final Arrival
Races:						
T43	43.5 km	+/- 2'574 m	Samedan	Sa, 8:00 a.m.	Samedan	Sa, 8:00 p.m.
T29	28.5 km	+1'791 m / -1'811 m	St. Moritz	Sa, 10:30 a.m.	Samedan	Sa, 8:00 p.m.
Side Event:						
H17	17.0 km	+/- 793 m	Samedan	Sa, 11:00 a.m.	Samedan	Sa, 5:00 p.m.

1.2. Main Event (26. – 28.7.2019)

Race	Distance	Altitude Diff.	Start	Start Time	Finish	Final Arrival
Races:						
T88 ^{1), 2), 3)}	84.9 km	+3'640 m / -3'877 m	St. Moritz	Sa, 6:00 a.m.	Davos	So, 6:00 a.m.
K43 ⁴⁾	42.7 km	+/- 1'424 m	Davos	Sa, 10:00 a.m.	Davos	Sa, 9:00 p.m.
K23	24.0 km	+634 m / -285 m	Klosters	Sa, 10:45 a.m.	Davos	Sa, 4:15 p.m.
Side Events:						
H20	19.9 km	+/- 1'037 m	Davos	Sa, 11:00 a.m.,	Davos	Sa, 9:00 p.m.
H10	9.3 km	+/-163 m	Davos	Sa, 11:30 a.m.	Davos	Sa, 1:30 p.m.
KIDS	Div.	+/- 0 m	Davos	Fr, 4:00 p.m.	Davos	Fr, 5:00 p.m.

¹⁾ Irontrail with special rating to Bergün (46 km), 500 singles limited

²⁾ Additional train from Davos to the Start in St Moritz

³⁾ Categories: Single, Couple

⁴⁾ Categories: Single, Trio

2. Registration

Registration is always online (www.swissalpine.ch). The entire registration process and the management of the subscriber data is done by Datasport. By registering for the Swissalpine Irontrail®, the participants accept the Swissalpine Irontrail® regulations.

The registration is definite.

2.1. Start Fee

2.1.1 Prologue (20.7.2019)

Race	Phase 1 until 31.3.2019	Phase 2 01.04. until 18.7.2019	Race	Phase 1 until 31.3.2019	Phase 2 01.04. until 18.7.2019
T43	CHF 130	CHF 150	H17	CHF 60 (45)	CHF 60 (45)
T29	CHF 100 (80)	CHF 120 (100)			

2.1.2 Main Event (26.7. – 28.7.2019)

Lauf Race	Phase 1 until 31.3.2019	Phase 2 01.04. until 24.7.2019	Lauf Race	Phase 1 until 31.3.2019	Phase 2 01.04. until 24.7.2019
T88	CHF 170	CHF 190	K23	CHF 70 (55)	CHF 70 (55)
T88 ^{Couple}	CHF 190	CHF 210	H20	CHF 60 (45)	CHF 60 (45)
K43	CHF 150	CHF 170	H10	CHF 50 (35)	CHF 50 (35)
K43 ^{Trio}	CHF 190	CHF 210	KIDS	Sponsored by MIGROS	

Late entries on site are permissible upon payment of an additional charge:

Additional charge of CHF 20.00 for T88 / K43 / T43 / T29

Additional charge of CHF 10.00 for K23 / H20 / H10 / H17

Discounts:

- Residents of the canton of Grisons are entitled to a discount of CHF 10.00 for the T88, K43, T43 and T29
- For juniors (U18) the starting fee appears in brackets

The following methods of payment are possible:

Kreditkarte	Online-Geldüberweisung	Geldüberweisung	Debit
Mastercard *	aus der Schweiz	in die Schweiz (nur aus der Schweiz)	Maestro *
VISA *	PostFinance E-Finance	aus der EU (SEPA)	VISA Debit / Electron *
American Express	aus Deutschland	aus und nach Deutschland	PostFinance Card
Diners	aus Frankreich		PayPal
JCB	aus Italien	SEPA Debit	Skriil - ohne Zusatzgebühren!! without fees!!
Discover Card	aus Österreich		Switch card
* 3D secured	aus Belgien		* 3D secured
	aus Holland		
Mobile / Handy-Rechnung	aus Poland		Cheque
Easypay (für Swisscom Mobile Kunden)	iDEAL		Gutschein
Twint			Gutschein
Paybox			

A late registration fee can be paid in cash during issue of the starting numbers; currencies accepted are CHF or Euros (exchange rate of 1:1).

Changes are possible by email (info@swissalpine.ch) until 14th July 2019. Thereafter, changes are only possible during issue of the starting numbers.

If you change to a shorter distance, the starting difference will not be refunded.

In the case of a transfer to a longer distance, the starting difference is to be paid. If the change of registration takes place on site, a surcharge of CHF 20.00 or CHF 10.00 must be paid.

2.2. Registration Deadline

The registration deadline for the prologue is on 18th July 2019, the one for the main event on 24th July 2019. For registrations by means of a registration form, the payment must be made by 7th July 2019 at the latest. The postmark applies.

2.3. UTMB®-Qualification Race

Regarding registration for the Ultra-Trail du Mont-Blanc (UTMB), the following points will be awarded: T88: 4 points, T43 and T29: 2 points, K43: 1 point. The special rating of the T88 to Bergün (46 km) is awarded 2 points. For the K23, H10, H20 and H17, no UTMB points will be awarded. Only the finishers of the routes receive the respective points.

2.4. Cancellation of Registration

Participants are strongly advised to take out a cancellation insurance policy directly at the time of registration. This insurance allows for reimbursement (in the form of a Datasport voucher or cash) especially in case of accident and illness. A medical certificate is required. Cancellation insurance can only be taken out with an online registration.

Further information about the insurance policy can be found on the Datasport website:

<https://www.datasport.com/de/fuer-sportler/faq/>

Long response times on the part of the insurance companies are possible.

In the case of a start prevention due to illness / accident or other reasons, the start position cannot be transferred to the following year.

3. Rail Tickets

For environmental reasons, the use of public transport is highly recommended. This also makes the round trip and the rides within the running region an unforgettable experience! All entry fees include Swiss Runners Ticket and Regional Ticket.

Swiss Runners Ticket

All participants benefit from free travel by public transport from the place of residence, Swiss border railway station or airport, to the venue and back via usual or annual train pass routes in 2nd class. Participants receive two personal promo codes printed on the Datasport start card. With these promo codes you can print out 2 free public transport tickets for the outward and return journey in second class on sbb.ch/ticketshop. The starting cards will be sent by Datasport in July 2019 by e-mail to the address given at registration. The Swiss Runners Ticket is personal. In the event of a check, this must be presented together with the start card.

The earliest outward journey is on 16th July, the latest return journey is possible on 8th August. Further information is available on sbb.ch/swissalpine-irontrail from mid-February 2019.

Regional Ticket

All participants can make good use of the following RhB railway routes from 20th until 28th July 2019:

RhB:

- Klosters Dorf – Davos – Filisur
- Klosters – Vereina – Samedan
- Chur – St. Moritz
- Samedan – Pontresina – St. Moritz

Included for the participants of the K43 Trio is also the transfer by the VBD to the transition zones to Dürrboden or Sertig Dörfli.

Participants will receive a personalised promo code printed on the Datasport start card. From Rhb.ch/en/swissalpine the Regio Ticket can be printed for 2nd class with this promo code. The start cards will be sent by Datasport in July 2019 by e-mail to the address given at registration. The Regional Ticket is only valid in printed form on the train.

3.1. Arrival by Car

In the case of arrival by car, the following parking lots are recommended:

Davos Dorf: See- oder Parsennparkplatz

Davos Platz: Jakobshorn – Parkplatz

4. Refreshment

Once the locations of the refreshment posts have been determined, they will be entered in the route profiles. The updated refreshment plan will be published in due time on the internet. All refreshment zones contain trash cans. Littering outside the food zones is strictly prohibited.

5. Timing and Tracking

All participants are entitled to an exact time measurement. This takes place with a disposable chip integrated into the Start number.

During the competitions, various split times are recorded electronically. The exact locations of these split times are shown on the respective route maps.

In the rankings, the following age categories are displayed for women / men:

Race:	Age Category:
T88 / K43 / K23 / H10 / H20 / T43 / T29 / H17:	- M18 / W18 (18-19) - M20 / W20 (20-29) - M30 / W30 (30-39) - M40 / W40 (40-49) - M50 / W50 (50-59) - M60 / W60 (60-69) - M70 / W70 (70-79) - M80+ / W80+ (above 80)
T88 Couple / K43 Trio	- none
KIDS	- Pfüdis - Teenies - Minis - Midis - Maxis

5.1. Special Category

Participants of the T88 can prematurely terminate their race in Bergün (46km). They will be ranked in a separate list.

In this case, there will be no special prizes or awards.

5.2. Tracking T88

The T88 offers tracking. The participants receive a GPS tracker on loan.

Important note: Tracking is part of the security concept. The GPS tracker is required and must be worn during the race.

5.3. Tracking K43 / K23

The K43 and K23 also offer tracking. Participants can use the Free " Datasport App " to be tracked. The service is free and without support.

5.4. DS Live Gold with personal Gold Site T88 / K43 / K 23

There is no better motivation to do your best than the cheers of your family and friends. Thanks to "DS LIVE GOLD" you can ensure that they are there for you when you need them most - for example, in the most difficult place for you – because with "DS LIVE GOLD" they follow the race live at every exciting point. Virtually. With accurate tracking, estimated transit times, expected finish time and all other important information about YOUR race.

For CHF 4.90 you will receive a link to your personal competition page, which you can share with your supporters. You will then have all your split times and predictions at a glance and track your current position live on the map. A height profile shows what you already have achieved, or even have ahead of you. And thanks to Google Street View Stream and Google Earth Web, your crew receives an accurate picture of the route.

More information on: www.datasport.com/de/fuer-sportler/ds-live-gold/

6. Security and Medical Services

If participants are in difficulty due to injury or health problems, they should follow the procedure below:

1. Alert the next refreshment post.
2. Request help from other runners.
3. Call the emergency number of the event.

The Medical Services posts are noted on the route maps.

7. Route-marking, Time Limits, Withdrawal

A prior study of the routes on the basis of the route maps is indispensable. Even if all routes are marked, some markings may be missing due to wind or external influences. All routes are marked with flags, trassier tape, marking spray and signs. Sections, which are also covered at night, are provided with reflective material.

There are time limits for all races, which must be adhered to by the participants. These are shown on the respective schedules.

Participants must leave the post before the time limit. Participants who exceed the time limits are taken out of the race. The T88 participants have to hand over the loaned GPS tracker at the finish area in Davos. The start number serves as a ticket for the return transport by public transport.

Participants are only allowed to stop the race at refreshment posts, except in the case of injuries and exhaustion. In this case, you must withdraw by informing the head of the refreshment post, and follow his instructions.

8. Start number distribution

Prologue

T43:	Fr 19.07.2019	18.00-19.00	Promulins Arena Samedan
	Sa 20.07.2019	06.30-08.00	
T29:	Fr 19.07.2019	18.00-19.00	Promulins Arena Samedan
	Sa 20.07.2019	06.30-08.00	
			09.30-10.30
H17:	Fr 19.07.2019	18.00-19.00	Promulins Arena Samedan
	Sa 20.07.2019	06.30-08.00	
			10.00-11.00

Main Event

All races:	Fr 26.07.2019	10.00-19.00	Congress centre Davos (T88 bis 17.00)
T88:	Fr 26.07.2019	20.00-21.00	Railway Station St. Moritz
	Sa 27.07.2019	05.00-06.00	Railway Station St. Moritz
K43 :	Sa 27.07.2019	08.30-11.30	Training hall at the sport center
K23:	Sa 27.07.2019	09.00-10.45	Kaffee Klatsch Klosters (at Gotschna Bahn)
H20:	Sa 27.07.2019	08.30-11.30	Training hall at the sport center
H10:	Sa 27.07.2019	08.30-10.30	Training hall at the sport center

Late entries and change of registrations are possible on-site for all races.

The Start (or bib) number is personal and must be worn visibly on the chest, stomach or leg throughout the competition. It entitles you to meals, sanitary facilities, rest areas, showers, baggage and public transport. A passing on of the personal start number to another person is prohibited. Participants must pick up their race number in person.

Disposable Chips for all Competitions

The chip for time measurement is integrated into the Start number, and does not need to be returned.

GPS Tracker for T88

The tracker is for electronic tracking and must be returned immediately after the Finish. Non-returned trackers will be charged to the participant at a rate of CHF 90.00. After abandonment or disqualification, the tracker must be handed in at the finish area in Davos.

9. Transport and Running Gear

In order to offer participants from areas other than the Start the greatest possible service, luggage is transported free of charge.

Prologue

T29: **Sat 20.07.2019** Deposit at the train station St. Moritz:
- Running gear for Samedan (finish)

T43/H17: **Sat 20.07.2019** Deposit in Samedan (Promulins Arena) at the start:
- Running gear for pick up after finish

Main Event

T88: **Sat 27.07.2019** Deposit at the train station St. Moritz:
- Luggage and running gear for Davos (finish)
- Running gear for Bergün (clothes change)

K23: **Sat 27.07.2019** Deposit at the start in Klosters:
- Running gear for Davos (finish)

K43/H20/H10:**Sat 27.07.2019** Deposit in Davos/Ice Stadium Sud before start:
- Running gear for pick up after finish

10. Prizes and Awards

- Participants of the formats T88, K43 and T43 will receive a medal and an event gift if they are successful in crossing the finish line.

Participants of the formats K23, H10, H20, T29, H17, T88 Couple and K43 Trio will receive an event present as well as a medal after a successful finish.

- In the following races the top women and men receive prize money in CHF (less withholding tax):

	T88	K43	K23
1. Rang	CHF 3'000	CHF 1'500	CHF 500
2. Rang	CHF 1'500	CHF 750	CHF 250
3. Rang	CHF 750	CHF 375	CHF 125
4./5. Rang	Natural prize	Natural prize	

- The first three women and men in the overall classification of the formats T43, T29, H20, H17, H10 or the categories T88 Couple and K43 Trio - without special rating - are called up at the award ceremony and receive prizes. These will only be handed to winners who are present, and will not be forwarded. Winners of the various age categories cannot be honoured at the award ceremony for time reasons.
- The date and place of the award ceremonies will be announced later.

11. Lost and Found

Lost property must be handed in or collected at the Information post in Davos during the running days. They cannot be kept or forwarded.

12. Cloakrooms, Toilets and Showers

Cloakrooms, toilets and showers are located near the Start / Finish area in Davos and are signalled accordingly.

In Samedan and Bergün, the participants have cloakrooms and toilets at their disposal.