

## Information and instructions

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## 1. General note

The “Information and Instructions” document is both a reference and a set of rules that can only be obtained online at <https://www.swissalpine.ch/en/race-registration/runners-information>. With registration, this document becomes part of the contract between the participant and the organiser. It is recommended that all participants download this document again on a mobile device or print it out before the day of the competition. This document can be supplemented or adapted at any time with further information and instructions. The organiser can also notify the participants of short-term organisational measures before or during the competition in another form (e.g. via boards, loudspeaker announcements, etc.). The instructions of the organiser and his appropriately identified staff must be followed.

In the event of violations of the instructions in accordance with this document or the short-term instructions of the organiser during the competition, the organiser can exclude the guilty participants from the competition or pronounce his / her disqualification.

The document is geared towards implementation in normal cases. Should the Corona pandemic drag on into summer 2021, the right to take appropriate measures is reserved. Various possible Corona measures are highlighted in yellow in this document.

## 2. Races

The races K68, K43, K23 and K10 are spitted over two days and will take place as follows:

Date	Races	Distance	Diff. in altitude	Start	Finish
23.07.2021	Kids	div.	+/- 0 m	Davos	Davos
24.07.2021	K68	67.6km	+/- 2,606 m	Davos	Davos
24.07.2021	K23	23.4 km	+629 m / -282 m	Klosters	Davos
25.07.2021	K43	42.7 km	+/- 1,424 m	Davos	Davos
25.07.2021	K10	9.3 km	+/- 163 m	Davos	Davos

The Kids-Run is not affected by the conditions of the Corona virus.

The start and cut-off times are to be found in point 8.

Participant limits:

- K68: 800
- K43: 800

### 3. Requirements for the participants

#### 3.1. Requirements all races

Participation at the participants own risk. In particular, the participants are responsible for their health, fitness level, and equipment. All participants are expected to

- a) dress according to the weather conditions and individual needs and protect themselves from rain, cold, and sun;
- b) discontinue the race as soon as it threatens to pose a health risk to them;
- c) behave in an environmentally conscious manner and not leave litter in the wild;
- d) provide first aid to other participants if they are injured or experience health problems.
- e) commit themselves to adhere to the protection rules in the interest of the Swissalpine and towards the entire population in solidarity and with a high degree of personal responsibility;
- f) only start if they are completely healthy, have no previous illnesses or disease/Covid-19 symptoms or have been in contact with sick persons.

The following minimum age applies:

K68	From 18 years of age
K43, K23, K10	From 14 years of age
Kids	From 4. Altersjahr

Acclimatisation of ideally 5 days above 1,500 m a.s.l. is highly recommended for participation in the longer races. Recent infectious diseases (angina, influenza, etc.) can significantly reduce performance and pose serious health risks (such as myocardial damage). Anyone who suffered from such a condition six to eight weeks before the race should consult a doctor before participating.

#### 3.2. Further requirements for K68 / K43

The races take place in an alpine and in parts even high-alpine terrain. This requires the participants to make corresponding adjustments in terms of caution, equipment, and race planning. There are steep ascents and descents, which require sure-footedness. For mastering K68 & K43 a good fitness level is indispensable. These are longer and high-alpine routes and the participants consciously take higher risks.

#### 3.3. Recommended equipment

In the mountains, weather conditions can change rapidly. Above 2,000 m a.s.l., a drop in temperature below freezing with snowfall is possible at any time. Reliable protection from sun, heat, and rain is required for all races.

For the K68 and K43 events, the following equipment is required:

- Raincoat
- Water bottle or bag

The organisers can check the mandatory equipment at any time.

For K23 the following equipment is recommended:

- Raincoat
- Water bottle or bag

A mobile phone with a saved emergency number is recommended for all runs. Walking poles are allowed on all runs.

## 4. Registration

### 4.1. Confirmation

Registration generally takes place online ([www.swissalpine.ch](http://www.swissalpine.ch)). The entire registration procedure is done by Datasport. By registering for the Swissalpine®, the participants accept and follow the "Information and Instructions" of Swissalpine®, as well as the Terms and Conditions of Datasport. The registration is definite.

### 4.2. Entry fee

	Early-Bird until 14/11/2020)	Phase 2 15/11/2020 – 30/04/2021	Phase 3 from 01/05/2021
K68	CHF 130.00	CHF 160.00	CHF 180.00
K43	CHF 95.00	CHF 125.00	CHF 145.00
K23	CHF 50.00 (35.00)	CHF 70.00 (55.00)	CHF 70.00 (55.00)
K10	CHF 35.00 (25.00)	CHF 45.00 (35.00)	CHF 45.00 (35.00)
K10 <sup>1)</sup>	CHF 45.00 (35.00)	CHF 55.00 (45.00)	CHF 55.00 (45.00)
Kids	Free (sponsored by MIGROS)		

<sup>1)</sup> *With an event shirt as a gift.*

For youths (U18), the entry fee in brackets applies.

Discounts:

Persons residing in the canton of Grisons receive a discount of CHF 20.00 upon registration for K68 and K43 during the registration period within Phase 2 and Phase 3.

The entry fee includes the following items and services:

K68 / K43 K23 / K10	Kids
<ul style="list-style-type: none"> <li>• Bib number</li> <li>• Start card</li> <li>• Swiss Runners ticket</li> <li>• Feed stations for runners</li> <li>• Luggage storage</li> <li>• Transport luggage (K23)</li> <li>• Medical Service</li> <li>• Start and ranking list with split times (online Download)</li> <li>• Diploma (online Download)</li> <li>• Finisher-Shirt for K68 / K43</li> <li>• Event-Shirt for K23</li> <li>• Gift for K10 or Event-Shirt against surcharge (see entry fee)</li> <li>• SMS service</li> <li>• Medal</li> <li>• Organizational fee &amp; VAT</li> <li>• starter bag</li> </ul>	<ul style="list-style-type: none"> <li>• Bib number</li> <li>• Start card</li> <li>• Swiss Runners ticket</li> <li>• Start and ranking list with split times (only Download)</li> <li>• Gift</li> <li>• Medal</li> <li>• Organizational fee &amp; VAT</li> </ul>

The following methods of payment are possible:

Credit card	Online-Money Transfer	Money Transfer	Debit	Mobile phone bill
Mastercard*	from Switzerland	to Switzerland (only from Switzerland)	Maestro*	Easypay (Swisscom Mobile customers)
Visa*	PostFinance E-Finance	from the EU (SEPA)	VISA Debit/Electron *	Twint
American Express	from Germany	from and to Germany	PostFinance Card	Paybox
Diners	from France		PayPal	
JCB	from Italy		Skrill (without additional fees!)	
Discover Card	from Belgium		Switch card	
	from the Netherlands			
	from Poland			
*3D secured	iDEAL		*3D secured	

### 4.3. Switching to another category & late registration

Switching to another category is possible by email to [info@swissalpine.ch](mailto:info@swissalpine.ch) until 05/07/2021. Later changes are only possible at the bib number issuing booth. If you switch to a shorter distance, the entry fee difference can not be refunded. In the event of a switch to a longer distance, the difference in amount must be paid.

On-site switching and late registrations are possible for a fee:

- Fee of CHF 10.00 for K68 / K43
- Fee of CHF 5.00 for K23 / K10

On-site switching and late registrations can only be paid in cash in CHF or Euro (exchange rate 1:1). No debit/credit cards accepted.

### 4.4. Registration deadline

Online registration for personalised start numbers closes on 18th July 2021 (midnight). Online late registrations are still possible until 23rd July 2021 (midnight). The start numbers can no longer be personalised for late registrations.

For registrations using the registration form, payment including fee must be made no later than 05/07/2021. As evidenced by the postmarked date.

#### 4.5. Cancellation of the participation

If you cannot participate due to illness/accident or other reasons, the entry fee can neither be refunded nor transferred to the next year. Participants are advised to sign up for cancellation insurance upon registration with Datasport. This insurance allows for reimbursement only in case of accidents and illness (in the form of a Datasport voucher or cash upon request at Datasport). Cancellation insurance can only be taken out with online registration.

Transfer of the personal bib number to another person is not allowed.

Further information on the terms of insurance can be found on the Datasport website:

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

#### 4.6. Event organizer guarantee

The organizer offers the participants the highest possible event guarantee by taking appropriate measures. Depending on the external conditions (e.g. weather, catastrophes, official instructions, etc.) the organizer is entitled to following actions at short notice and without entry fee refund:

- a) to make route changes;
- b) to stop and resume the race;
- c) to abort the race or not to start it at all.

In all these cases according to items a-c above, there is no entitlement to reimbursement of the entry fee and / or compensation for other damages such as travel or accommodation costs.

#### 4.7. Cancellation due to COVID-19

Should the Swissalpine 2021 not be able to take place due to Covid-19, the participants can choose to transfer their starting place to 2022 or to receive 60% of the entry fee back.

#### 4.8. Transferred starting places

Those registered in 2020 and who have transferred their starting places to 2021 are considered registered for the Swissalpine 2021. You don't have to do anything else.

### 5. Getting there

#### 5.1. Swiss Runners Ticket

For environmental reasons, it is highly recommended to use public transport. It also makes the round trip and the rides in the running region an unforgettable experience. All participants benefit from free travel by public transport from their place of residence, Swiss border railway station, or airport to the event venue and back in the GA travelcard area on the usual route in 2nd class. Participants will receive two personal promo codes printed on the Datasport start card. With these promo codes you can print two free public transport tickets for the round trip in 2nd class at [www.sbb.ch/swissrunners](http://www.sbb.ch/swissrunners). The Swiss Runners Ticket is not transferable. In case of ticket inspection, it must be presented together with the start card. The Swiss Runners Ticket is only valid in printed form. The journey can take place between 9th July and 25th July 2021 and the return journey between 24th July and 27th July 2021. Further information are available on [sbb.ch/swissalpine](http://sbb.ch/swissalpine).

## 5.2. Start card

The start card contains the following information:

- Address of the participant
- Personal bib number
- Promo codes with link for Swiss Runners ticket

The issue of the start card with the personally assigned bib number and the promo codes takes place exclusively on the following dates: 07/07/2021, 14/07/2021, and 21/07/2021

The start cards will be sent by Datasport via email to the address given at registration.

## 5.3. Davos Klosters Premium Card

As of 1 May 2020, guests will receive the new Davos Klosters Premium Card from one commercial overnight stay (hotel, apartment, group accommodation). This guest card offers numerous advantages and price reductions during your stay.

With the Premium Card, public transport in Davos and individual offers in the Active Summer Guest Programme are free of charge from the first night. The Premium Card is particularly attractive for guests who want to use a mountain railway in the summer season. From the first night, you benefit from substantially reduced prices. [www.davos.ch](http://www.davos.ch).

## 5.4. Public transportation Davos VBD

If supervisors, spectators and runners arrive directly on the day of the competition and do not have a guest card, the day ticket for the entire network is available for CHF 10.00 or CHF 5.00 (Half-Fare travelcard). Day tickets can be bought directly on the bus and are valid on the entire VBD network including the side valleys Dischma, Sertig, Monstein, Wiesen.

## 5.5. Getting there by car

If you arrive by car, we recommend the following parking facilities:

- Davos Dorf: Parking See or Parking Parsenn (fee required)
- Davos Platz: Parking Jakobshorn (fee required)

## 6. Accommodations

The destination Davos Klosters has a diverse range of accommodation options from private rooms or campsites to apartments and hotels ([www.davos.ch](http://www.davos.ch)). The Swissalpine® takes place during high season. It is recommended to find and book accommodation in time. Camping in public parking lots and on private land is prohibited. The regulations of the municipality Davos apply.

## 7. Bib number pickup

The exact dates regarding venues, time, and days on which the start number can be collected, will follow later. The bib number is not transferable and must be worn clearly visible on the chest, stomach, or leg throughout the entire race. It entitles you to access to feed stations, medical services and luggage check. Any transfer of the personal bib number to another person is prohibited (see cancellation). Participants must pick up their bib number in person.



## 8. Start- and maximum time

Normally, one Start is envisaged per race.

Races	Start Time	Cut-off Time	Maximum time
K68	07.00	21.00	14h
K43	07.00	18.00	11h
K23	09.45	14.45	5h
K10	09.30	12.30	3h
Kids	Coming soon	Coming soon	

If the event has to be carried out under Corona conditions, we reserve the right to divide it into starting blocks. The start and cut-off times as well as the block divisions for this scenario will be communicated later.

## 9. Timekeeping

### 9.1. Disposable chip

All participants are entitled to exact timekeeping. This is done with a disposable chip built into your bib number, which does not have to be returned. During the races, various split times are recorded electronically. The exact locations of these split times are shown on the respective route maps.

Running time is measured from when the start measuring mat is crossed. No legal claims against the organiser may arise as a result of incorrect or inaccurate timing.

### 9.2. Age Categories

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

Races:	Age categories
K68 / K43 / K23 / K10	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+ (>80)
KIDS	Pfüdis (4+5), Mini (6+7), Midi (8+9), Maxi (10+11), Teen (12+13)

### 9.3. DS Live Gold with personal gold page K68 / K43

There is no better motivation to perform at your best than the cheers of your family and friends. Thanks to "DS LIVE GOLD" you can be sure that they are there for you when you need them most – for example, in the spot that's most difficult for you. With "DS LIVE GOLD" they follow the race live in every hot phase. Virtually. With accurate tracking, estimated transit times, expected finish time and all other relevant 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. They will then be able to see all your split times and predictions at a glance and track your current position live on the map. An altitude profile shows what you already have conquered and what still awaits you. And thanks to the Google Street View Stream and Google Earth Web, your crew gets an accurate picture of the running track. It is recommended to inform yourself ahead of time how to navigate this page. For questions about the offer and use, please contact Datasport directly. For following route sections in the mountains, there is no GSM connection available:

- Dürrboden – Sertig (Wasserfall)
- Sertig (Wasserfall) – Fanezfurgga

As a result, tracking cannot be guaranteed for these sections.

More info at <https://www.datasport.com/en/fuer-sportler/ds-live-gold/>

## 10. ITRA-Points

The ITRA (International Trail Running Association) is an international sports federation dedicated to the worldwide promotion and development of trail running.

K68 finishers receive 3 ITRA points, K43 receive 1 ITRA point.

Points regulation: <https://utmbmontblanc.com/en/page/17/qualifying-races.html>



## 11. Luggage storage

Any luggage must at least be marked with the starting number for all races. It is recommended to use your own luggage tags. Additional luggage tags will be provided at the bib number issuing booth. Each participant is responsible for picking up their own luggage (even if the race is cancelled, etc.). Any checked-in luggage cannot be forwarded. Specific information about the drop-off and pick-up of the luggage will be announced at a later time.

Participants of the K23 can deliver their luggages for the transport to Davos at the start in Klosters.

## 12. Race route and support

### 12.1. Route data

The official route data (distance, altitude difference) is determined in cooperation with Outdooractive. Data measured with a GPS device may vary considerably depending on the device, weather conditions, and the accuracy of the data points.

The race trails are marked with flags, barrier tape, marking spray, kilometres (every 5km with the distance to be walked) and signs.

## 12.2. Route knowledge/closure and traffic management

A detailed study of the route is required, especially for K68 and K43. Participants must be able to find the route using the map. This is particularly important if the route marking is missing due to wind or other external influences.

It is recommended that you take the route map and appropriate orientation aids with you, despite the signs.

The race route must not be left for safety reasons. It is closed according to the cut-off times specified in the schedule. Participants who are late will be removed from the race by authorised personnel. Continuing on the route even on your own responsibility is strictly prohibited.

The course usually is not closed to traffic. All participants must obey all applicable traffic laws.

## 12.3. Support

Personal support from individuals is only allowed in the vicinity of the feed zones. Accompanying the participants en route (e.g. by mountain bike or by walking along) is prohibited. Running as pacemaker is not permitted. Dogs and strollers are also not allowed in the race. The participants may not be accompanied at or across the finish line.

During the Kids-run, parents are asked to let the children cross the finish line alone, 50m before the finish.

## 13. Feed stations

The posts are distributed in intervals of 6-10 km. Participants must therefore equip themselves with bottle/cup and feed themselves between the posts. There are garbage bins at all feed zones. Littering outside the feed zones is strictly prohibited.

Before the event, a feed station list including offered items and locations will be published on the internet. The locations are also marked in the route maps. The organizer can change the feeding arrangements at any time without prior notice.

## 14. Medical services and safety

### 14.1. Medical services

If participants find themselves in trouble due to injury or health problems, they should, if possible, seek assistance from the nearest race marshal or call the medical service using the emergency number (P. +41 81 414 85 77).

Medical service and race doctors have the right to take participants out of the race for a certain time or permanently to prevent injuries or lower health risks. In the case of emergencies or medically prescribed race exclusions, the costs of care and evacuation by the medical service or the private rescue services are the responsibility of the participant. For questions in connection with COVID-19, the Corona Hotline (P. +41 81 414 80 00) is available for all attendees.

## 15. Prize

All participants receive a gift at the finish line. Finishers also receive the medal. If the race is aborted due to injury or exhaustion, the gift can be picked up at the finish line upon presentation of the starting number. No gifts will be sent retrospectively even if the runner does not compete. In the following races, the leading women and men receive prize money in CHF (minus withholding tax):

	K68	K43	K23/K10
1. Rank	CHF 3'000	CHF 1'500	non-cash prize
2. Rank	CHF 1'500	CHF 750	non-cash prize
3. Rank	CHF 750	CHF 375	non-cash prize
4./5. Rank	non-cash prize	non-cash prize	

## 16. Side Events

Normally, side events will be published separately. **Under Corona conditions, these would have to be restricted.**

## 17. Additional information

### 17.1. Changing rooms, lavatories, and showers

Cloakrooms, toilets and showers are located near the start / finish area in Davos and are signposted accordingly.

**Cloakrooms and showers are not available under Corona conditions.**

### 17.2. Lost and Found

Lost and found property must be dropped off and picked up at the information centre in the finish area in Davos on the day of the event. Items cannot be kept or forwarded.

### 17.3. Doping tests

The organizer is entitled to carry out doping tests. The participants are subject to the anti-doping rules of Swiss Olympic and recognise the exclusive jurisdiction of the Swiss Olympic Disciplinary Commission for doping cases: [www.antidoping.ch](http://www.antidoping.ch).

### 17.4. Protests

Each participant can lodge a protest with the finish manager and name witnesses in the event of rule violations by other participants or against decisions by the race management up to one hour after the Finish line. The racing jury then decides on the allegation within 3 hours. All named witnesses must appear. The protest fee is CHF 50.00. If the case is lost, the protest fee remains unrefunded by the organiser. The violations listed here, which can lead to disqualification, are merely an extract from other possible actions that can be implemented.

### 17.5. Disqualification

Anybody will be disqualified who leaves the race route, does not follow the information and instructions in this document, ignores the instructions of the race marshals, behaves unsportsmanlike or is caught doping. The race jury's decisions are final.

## 17.6. Jurisdiction

The place of jurisdiction is Davos. Swiss law applies.

## 17.7. Data protection

### 17.7.1. General

By registering, the participants agree to the publication of their name, first name, year of birth, place of residence, and nationality in the start or ranking lists and the duration of the event. This consent is valid for publication on the Internet, in print media, in TV/Teletext, in speaker announcements as well as for the posting of start or ranking lists during the event. Interviews, photos, and recordings made in connection with the Swissalpine® may be used without remuneration entitlements on the Internet, in print media, TV, and all other digital media (Facebook, Instagram, Twitter, YouTube, etc.).

The organiser reserves the right, if the participants do not object in writing when registering, to use the personal details given for marketing purposes. In addition, the data protection regulations of the timekeeper, Datasport, apply, and are available at <https://www.datasport.com/en/privacy-statement/>

### 17.7.2. Running-membership

By registering for the Swissalpine®, the participants will also become running members of Swiss Athletics and the umbrella organization Swiss Olympic. Your name and email address will be shared with Swiss Athletics. The data will be used exclusively for the entry as a member and will not be passed on to third parties. This membership is free and expires (after one year) at the end of the following calendar year. Further information at [www.swiss-running.ch/datenschutz](http://www.swiss-running.ch/datenschutz). The consent to the transfer of the data to Swiss Athletics can be revoked at any time in writing ([info@swissalpine.ch](mailto:info@swissalpine.ch)).

## 17.8. Liability and insurance

As far as legally permissible, the organiser rejects any liability towards participants for any accidents, damage to health or other damage of any kind, regardless of the legal basis.

The organizer also rejects any liability towards spectators or third parties for damages of any kind. All participants have to insure themselves against illness and accidents. The insurance must include cover for the costs of rescue and recovery. Participation at your own risk.