

FROM THE PALM TREES TO THE ETERNAL ICE

2024



SWISSMAN
XTREME TRIATHLON

ROADBOOK

V1, May 9, 2024

XTRI
WORLD
TOUR

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Dear SWISSMAN Athletes and Supporters

We are very much looking forward to welcoming you to Ascona on June 21, 2024 for the SWISSMAN 2024. We are as excited as you are.

The SWISSMAN Xtreme Triathlon was created for you, with the aim of offering you a unique experience, in a breathtaking landscape and with a family atmosphere. It's not the time, it's the experience that counts. And this experience will be unique.

You are one of the 250 athletes who will compete in the SWISSMAN. Prepare yourself well. Plan your day together with your supporter, who is an important part of your SWISSMAN weekend and who will cross the finishline on Kleine Scheidegg together with you after a long day.

If you have any unanswered questions after reading the roadbook and watching the online briefing, don't hesitate to contact us. We will also be at the Bagno in Ascona on Thursday and Friday to answer all your questions.

On behalf of the whole SWISSMAN Crew



Katrin Simioni, Co-President and Sampo Lenzi, Co-President

Das SWISSMAN OK: André Widmer, Beat Stadelmann, Dominik Stadelmann, Erwin Waldvogel, Fabian Helg, Hansruedi Nef, Herbert Burren, Katrin Simioni, Martin Mattmüller, Rachel Joelson, Sampo Lenzi, Stefania Koller, Stephan Simioni



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Important!

Read and study this roadbook together with your supporter. Precise preparation is essential for a successful Swissman. Even if you have already taken part several times, it is important to study the roadbook, as there are several safety-relevant changes. We highly recommend that you bring a printed copy of the road book to the Swissman so that the supporter always has it available, even if digital storage devices such as tablets fail. The road book contains essential information without which your supporter will not be able to find his way around.

Thursday, June 20, 2024

1. 14:00 – 18:00: Check-in Bagno Pubblico Ascona

Athletes will register together with their supporter at the check-in in Ascona. There they will receive all the material they need for the SWISSMAN-day. The supporter will receive a badge, which allows him to enter the transition zones and gives the supporter permission to pick up his athlete's material. Only supporters with a badge are allowed to enter the transition zones.

Please be aware that the parking facilities at Bagno are very limited and we therefore kindly ask you not to come to the check-in by car, or else use the parking at the Lido.

At the check-in you receive:

- 1 Starting number
- 1 Swim cap
- 1 GPS-Tracker, which has to be returned at the Finish
- 1 Raceresult Chip, which has to be returned at the Finish
- 1 Bike tag to put around the bike frame
- 1 Car sticker, to be placed on the supporter car
- Train tickets for the Jungfrau railways for athlete and supporter for the Finisher ceremony on Sunday: Grindelwald – Kleine Scheidegg retour
- 1 wristband for the athlete and one for the supporter to use the Jungfrau railway on Saturday and on Sunday
- 1 Supporter badge to enter the transition zones
- 2 SWISSMAN bags for clothes to change in at the finish line (transport Ascone – Kleine Scheidegg)

2. GPS-Tracker

Every athlete will be equipped with a GPS-tracker provided by RaceTracker (racetracker.no). The tracker must be visibly deposited for the crew so that it can be replaced if it does not work. Deposit it overnight so that he has reception.

Please do not press any buttons, it's working. The device gives us the location of every athlete in 5-min intervals. The athlete's positions are open for everyone over an online link, which we will publish on www.suixtri.com and on facebook at 5 am. This means that your family and friends at home can follow you live during the SWISSMAN and your supporter can check your position anytime.



3. Raceresult Chip

As an additional safety measure, each athlete will be equipped with a Raceresult chip. This will be used for the precise passage control of the athletes and must be worn on the ankle during the entire race (including swimming). This chip enables the Swissman organisation to check whether an athlete has entered the boat and left the water. It also records when an athlete has passed important checkpoints on the course (e.g. control posts on the run course), as the GPS does not cover all locations on the run course.



Friday June 21, 2024

1. 9:00 Morning Swim

On Friday, 21.6, at 9:00, there will be a morning swim in the lake at the Bagno. Croissants and coffee will be served. So don't forget to bring your swimming trunks and goggles to the check-in!

2. 10:00 – 15:00: Check-in Bagno Pubblico Ascona

On Friday there is a second possibility to register together with your supporter in the Bagno Pubblico in Ascona, where you will get all your check-in material and the tracker.

3. Online Briefing

This year, the briefing will be online and you can watch it on our page www.suixtri.com. It will be online from **June 17, 2024, 20pm CET**. It is mandatory for every athlete and supporter to watch the briefing! We will inform you about important details you need to know for a successful SWISSMAN-day.

4. 15:00 Welcome Risotto and short briefing

For the official start of the Swissman we will offer you a real Ticino risotto on Friday from 15:00 to 16:00 in the Bagno and welcome you. There will be a short briefing with the most important information. Come by and take the opportunity to exchange ideas, get to know each other and clarify any last questions. We look forward to seeing you!

5. 16:00 – 17:00: Baggage Drop in front of the Bagno

You have the possibility to get one SWISSMAN bag (45x53cm) with warm clothing to change transported to the finish line. Please write your race number on the bag. You will receive two bags in your starter package – one for the athlete and one for the supporter. Additional bags can be bought for CHF 5.-. We will hand you the bag at your arrival so you won't be cold. Please note: We can no

longer transport suitcases, backpacks etc. to the kleine Scheidegg. Please be aware, that you will get cold very fast at an altitude of 2,061 m and pack some warm clothes.

If you spend the night at Kleine Scheidegg make sure to pack shower and personal utensils (towel needed) and warm clothes for an overnight stay at 2,061 m. Depending on the weather it can be very nice and warm during the day or cold, raining or even snowing.

6. Overnight stay in Ascona

The overnight stay in Ascona is organized by the participant. You can check

our partner hotel <https://hotelmoretina.ch> or also www.ascona-locarno.com to find an accommodation.

7. Bike shop in Ascona

In Dorina Decurtins bikeshop (<http://decdo.ch>) in Ascona, you can buy bike clothes, material and food if you need something.

Saturday June 22, 2024

1. 3.00 – 4.00:

Setting up of the Transition Zone Ascona and Registration for the Swim

Between 3:00 and 4:00 you can first prepare the transition zone together with your supporter and then register for the swim. It is also possible that the supporter takes over the preparations in T1. After 4:00 bikes can no longer be deposited in the transition zone. The bike has to be marked with the bike tag. After having registered for the swim, you have to enter the boat zone and are not allowed to go back again.

2. 3.30 – 4.00: Entering the Boat

All athletes are taken together on a boat from Ascona to the Brissago Islands. The ride takes about 20 minutes. The toilets on the boat can be used. The Brissago Islands are a botanic garden in private possession and we are very happy to be allowed to start the SWISSMAN at this wonderful place. We therefore kindly ask you to not contaminate the place in any way! Otherwise, this will be the last time that the SWISSMAN starts on the Island!

4.00: All Athletes must have entered the boat.

4.15: Departure of the boat to the Brissago Islands. If you are too late, the SWISSMAN is over for you!

3. Swim bag and orientation in the water

Each athlete receives an inflatable buoy (swim-bag) for the swim course. It is mandatory for all athletes to carry the safety buoy with them on the swim course. The buoy must be inflated for use. This must be done before entering the boat.

A boat with a yellow-orange flashing light will sail ahead. At the start, a sailing boat with a red string of lights and a white light will also sail ahead. The first athletes will overtake the sailing boat, which will then join the main group.

A large flashing light will be placed in the transition area in the Bagno in Ascona to help you find your way.

7 motorboats per side flank the swimming channel. There are kayaks outside the swimming channel. So don't orientate yourself by the kayaks and motorboats. If you see one next to you, you have deviated from the line. Please pay attention to the signals from the kayaks and motorboats, they will alert you if you are clearly off course and help you to get back on the direct line.

Athletes who need help should call attention to themselves by waving.

4. 5.00: Start of the SWISSMAN Xtreme Triathlon

The athletes are asked to enter the water and line up 10 min before the start. Several kayaks will build the starting line. At 5:00 cowbells signal the start of the SWISSMAN

5. Transition T1 Ascona: Swim – Bike

The Supporter badge allows the supporter to enter the transition zone. Only a supporter wearing the Supporter badge is allowed to enter the transition zone! The supporter is allowed to assist his athlete in the transition zone. He can help to take off the wetsuit and put on clothes. He is also responsible that you carry the tracker with you when you leave the transition zone.

7:15 am is the last possibility to leave the transition zone!

6. Bike: Ascona – Brienz

We ask all supporters who know the area not to drive on the bike course. If possible, please drive on the freeway to Bellinzona and wait for your athletes at the freeway service station Bellinzona. Until Bellinzona there is no need for additional food and it is much more comfortable for the athletes to drive to Bellinzona without the additional traffic.

Athletes must wear their number visible on the back during the whole bike course. It's not allowed to switch the bike during the race. If a change of the bike

is unavoidable due to technical problems, which cannot be fixed, this has to be reported to the race crew with a phone call to the following number:

+41 77 275 88 48.

It is the responsibility of the athlete to find the correct route. The route is only marked on the most important points. There are no food stations on the bike course. Athletes are fully dependent on their supporter. Remember to bring warm clothes: you are crossing the Alps.

Supporter meeting points on the bike course

The possible supporter meeting points are illustrated on the road maps. We strongly ask you to stick to the parking slots indicated on the map and to plan with these exclusively. Space on the mountain road is very limited! For the safety and comfort of the athletes we want to avoid generating additional traffic from support cars passing the athletes over and over again.

Please note that there are no possibilities for support between Realp and the top of Furkapass and between the top of Furkapass and the top of Grimselpass!

Bike rules:

- No company on the bike by bike
- No drafting
- The traffic rules have to be strictly obeyed!!! We are required to have 30 policemen checking on us!
- Supporters must give the right of way to the athletes.
- It is not allowed to drive directly in front, behind or next to the athlete. Proceed directly to the next meeting point.
- The athlete is also not allowed to take anything from the riding car.
- It is mandatory to have your bike equipped with front and back lights – -because you have to ride through several tunnels on the mountain.
- Supporters are not allowed to leave the given route (see GPS route and road maps). Any violation of this rule will lead to the disqualification of the athlete.
- We suggest that supporters drive directly to the second transition zone after their athlete has passed Innertkirchen.
- We recommend that athletes carry a mobile phone during the entire bike course to be reachable for their support crew and vice versa. Headsets are

not allowed and will lead to immediate disqualification. Athletes have to stop on the side of the road for phone calls!

- In Meiringen, about 10 km from Brienz, a singing festival will take place, so please pay attention as there will be lots of traffic and people.
- Attention: The pavement is irregular at some points and has cracks. Please watch out!
- It is part of the SWISSMAN philosophy that all athletes and supporters help each other out in case of any problems.
- 3 am is the last possibility to pass the top of Furkapass.

7. Furka Pass – Attention new rules!

During the SWISSMAN event, new strict rules apply to supporters and athletes along the ascent to the Furkapass. **Any stopping between Realp and the Furkapass summit is prohibited. Supporter vehicles passing Realp after 11:30 a.m. must wait in the Realp parking lot until their athlete has passed the Galenstock curve.** The security personnel on the Furkapass road monitor compliance with these rules, and **non-compliance leads to immediate disqualification** and jeopardizes the approval of future SWISSMAN events.

Additionally, any support along the entire ascent to the pass is prohibited.

Supporter vehicles must ascend directly to the pass without interruption and must neither stop nor impede traffic flow. The police conduct checks, and violations also result in immediate disqualification. Additionally, it is emphasized that athletes must ride on the right edge of the road in a straight line while ascending. **Athletes who exhibit unsafe driving will be taken out of the race.**

8. Transition T2 Brienz: Bike – Run

The Supporter badge allows the supporter to enter the transition zone. The supporter is allowed to assist his athlete in the transition zone.

The transition must take place in the official transition zone.

6.15 pm is the last possibility to leave the transition zone!

9. Run: Brienz – Kleine Scheidegg

The run starts with a steep uphill part to the “Giessbach waterfalls”. A food station with products provided by WINFORCE is located in Burglauenen and Alpiglen.

Supporter meeting points:

On four meeting points along the running course from Brienz to Grindelwald it's possible for the supporter to access the route by car to supply the athlete with food and drinks (see road maps). Please be aware that the athlete most likely is too fast to meet at every meeting point. We therefore highly recommend that you plan your selected meeting points beforehand and that the athlete carries some food and drinks with him during the entire running course.

There is a Toitot toilet in Burglauenen. Please use it and leave nature as it is.

Rules:

- It is possible that you lose contact to the internet in the valleys and the gps coverage of the tracker system is not always complete. That is why athletes should carry a mobile phone during the entire running course to be reachable for their support crew in case they lose track of their athlete.
- Where there are separate routes for athletes and supporters, the supporters are not allowed to drive on the track of the athletes (see GPS route). Any violation of this rule will lead to the disqualification of the athlete.
- During the entire running course it is allowed to accompany the athlete by bike or on foot.

After the last meeting point at the Säumertaverne, the supporter drives to Grindelwald and prepares the two backpacks for himself and the athlete. The supporter can get the backpacks checked before his athlete arrives. Checked backpacks are marked.

Walking sticks are not allowed during any part of the running course.

In each backpack there is:

- a 0.5 litre drink
- 2 energy bars or equivalent nutrition
- long pants
- pullover/sweatshirt

- a jacket
- gloves and a cap
- a headlight if you pass after 6 pm
- a rescue blanket

In addition you need the supporters mobile phone as registered. Any changes beforehand have to be updated through the link in the confirmation email.

The supporter parks the car preferably on the parking of the Jungfrau railways (subject to charges, see road map) and meets his athlete at the checkpoint to accompany him on the final climb to Kleine Scheidegg.

Cut-off times for meeting points on the running track

If an athlete reaches a meeting point after the corresponding cut-off, he must end the SWISSMAN.

The SWISSMAN crew at the meeting points is authorized to stop the athletes who are too late. A continuation at your own responsibility is not allowed. The set cut-offs do not guarantee that an athlete will reach the next cut-off or the check point Grindelwald on time. When planning your personal time table, we recommend taking into account the altitude difference on the first part of the route to Grindelwald.

The meeting points Giessbach and Iseltwald remain open until the last athlete passes.

Cut-offs

- Bönigen: 20:00
- Wilderswil: 20:10
- Säumertaverne: 20:50
- Burglauenen: 21:15
- Check Point Grindelwald: 22:00

10. Transport of the athlete and supporter back to Grindelwald Grund

The operation of the Jungfrau railways will be prolonged until 1 am (see timetable attached). All SWISSMAN athletes and supporters can use the train for free by showing their wrist band.

Free use of the Jungfrau railway between Grindelwald Grund and Kleine Scheidegg for Swissman spectators on Saturday

With the SWISSMAN wristband, spectators can use the Jungfrau railways for free on Saturday June 25. The wristbands are distributed at the check-in on Friday in Ascona (max. 3 per athlete). Additional wristbands can be obtained on Saturday at the check point in Grindelwald by the spectators themselves.

All spectators, who take the train to Alpiglen or Kleine Scheidegg and back to Grindelwald, please check the timetable in advance (until 7 pm see www.jungfrau.ch, after 7 pm see timetable attached).

11. Route indication

The whole route is available as a GPS file. The course of the first 45 km on the bike before you enter the mountain should be studied carefully beforehand! We highly recommend having a look at the first kilometers from Ascona to Biasca. After you passed the roundabout in Biasca there is basically only one way. Important crossings will be marked, but it is the athlete's responsibility to know the route! The running route is marked with red signposts at important points.

12. Pasta buffet

After arriving at the finishline, you have the option of eating spaghetti with various sauces and Älplermaccaroni at the Eigernordwand restaurant. The pasta buffet costs 20.50 SFR per person. This also includes a 5dl drink.

13. If you leave the race early

It is absolutely mandatory to inform the SWISSMAN organization if you decide to end your SWISSMAN day earlier!

In this case, you have to call the following number: +41 77 275 88 48. Please return the GPS tracker and the Raceresult chip as instructed by the race organisers!

14. In case of a medical emergency

In case of a medical emergency, please call the following number as soon as possible: +41 77 275 58 09.

Sunday June 23, 2024

1. Finisher ceremony at Kleine Scheidegg

At the check-in you will receive an athlete and a supporter wristband. These wristbands are also valid for the Jungfrau Railway on Saturday and Sunday for the ride to Kleine Scheidegg and back. The wristbands must be worn on the wrist. The train ride from Grindelwald Grund to Kleine Scheidegg takes 24 minutes. Athletes and supporters should allow sufficient time to collect their finisher shirt before 10.30am. We recommend taking the train from Grindelwald Grund at 8:53 (arriving 9:17) or 9:53 (arriving 10:17).

For guests there is a guest wristband valid on Saturday, which is not valid on Sunday. Guests with a guest wristband on their wrist can buy tickets at a reduced price at the Grindelwald Grund ticket office on Sunday. Without a guest wristband they pay the full price. The guest wristbands are available at the check-in and at the Grindelwald checkpoint.

FINISHER CEREMONY IN GRINDELWALD IF BAD WEATHER

Should the weather not be good enough to hold the finisher ceremony at Kleine Scheidegg the ceremony will be moved to the Sportzentrum Grindelwald (www.sportzentrum-grindelwald.ch). If the decision can't be taken before the briefing, athletes and supporters will be informed about the location of the finisher ceremony by an SMS to the supporter phone on Saturday evening.

2. 09.30 – 10.30: Handing over of the SWISSMAN Finisher- and Supporter-Shirts

Every SWISSMAN-Finisher receives the Finisher-Shirt. Every SWISSMAN-Supporter receives a Supporter-Shirt. We chose high quality products you can use for your training.

Athletes who start the race but can't finish, will receive a SWISSMAN shirt without the finisher print. Supporters will receive a Supporter-Shirt. The shirts must be picked up on Sunday on the Kleine Scheidegg.

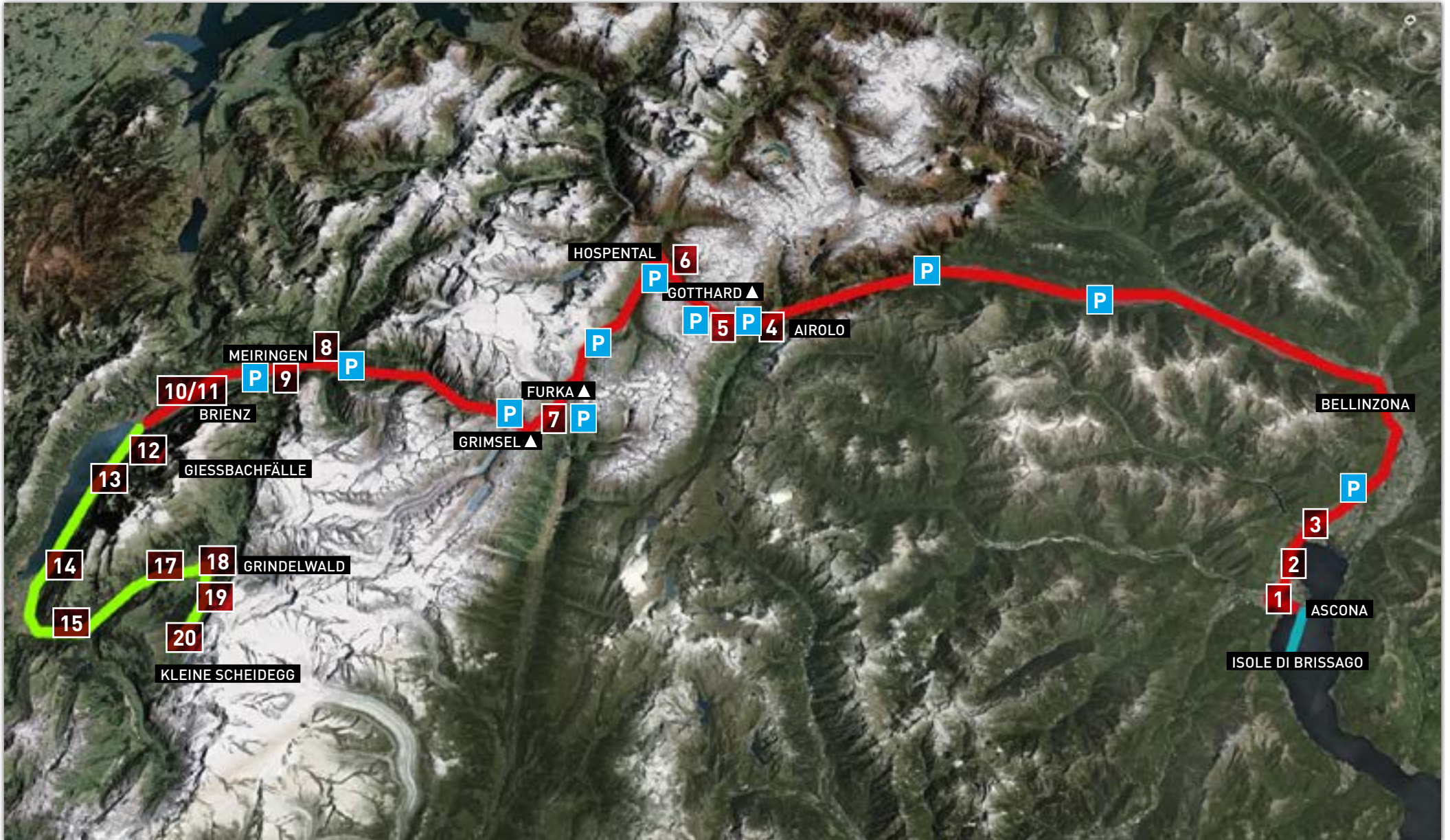
3. 10.30 – 11.30: Finisher ceremony and group photo

At the Finisher ceremony we will present the first three women and men of the SWISSMAN and celebrate all Finishers and Supporters by taking a finisher and a supporter photo. This will be the end of the SWISSMAN!

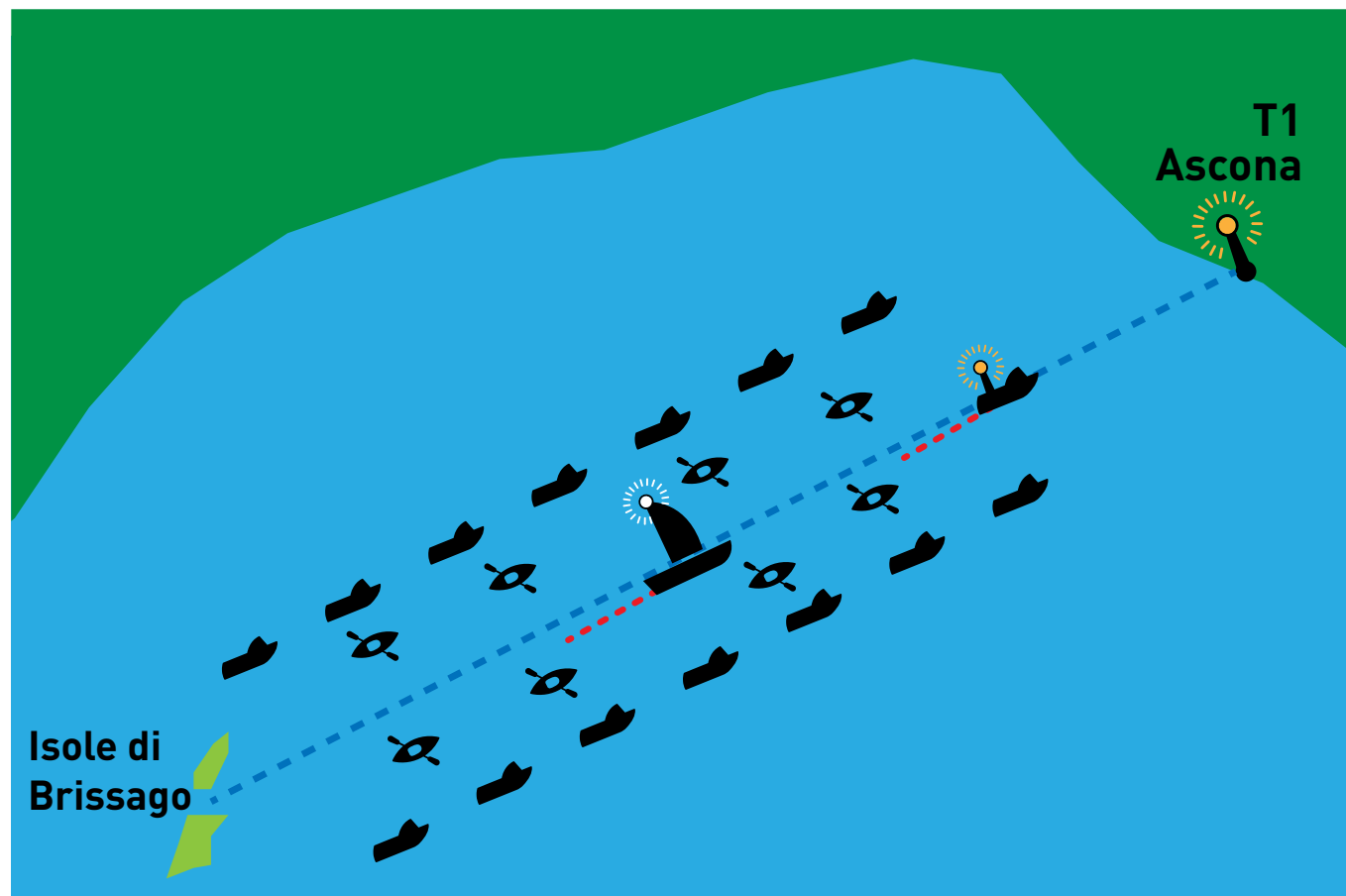
Evening timetable June 22 2024

Grindelwald Grund Departure	Kleine Scheidegg Arrival
18:53	19:15
20:00	20:22
21:05	21:27
22:35	22:57
23:40	00:02
00:45	01:07

Kleine Scheidegg Departure	Grindelwald Grund Arrival
19:25	19:55
20:30	21:00
22:00	22:30
23:05	23:35
00:10	00:40
01:15	01:45












SWIM



- The athletes orient themselves by the lights of the sailboat, lead boat, and flashing light in Ascona.
- The kayakers are not used for orientation but are part of the safety concept. If athletes are next to a kayak, they are swimming outside the swim line and will be instructed to correct this.
- Athletes needing assistance should attract attention by waving.

Legend for maps

-  Meeting point
-  Transition Zone
-  Boat registration
-  Roundabout
-  Recommended supporting zone
-  Water station
-  Parking
-  Check point
-  View point



2 LOCARNO

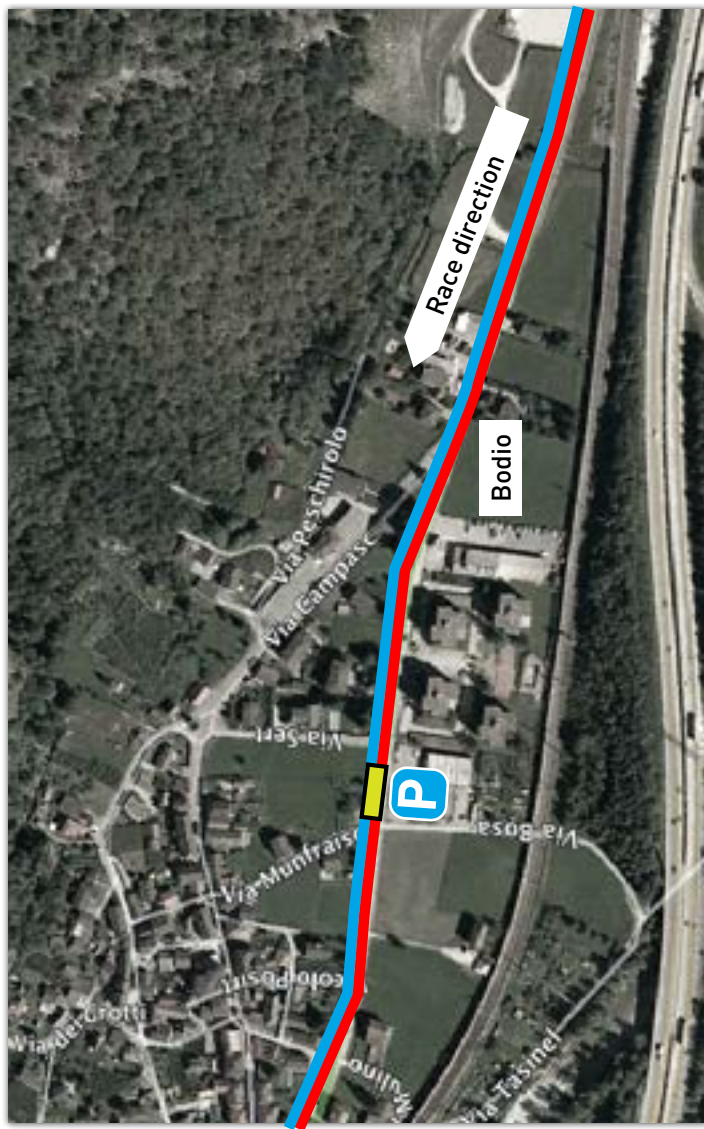


3 MAGADINO



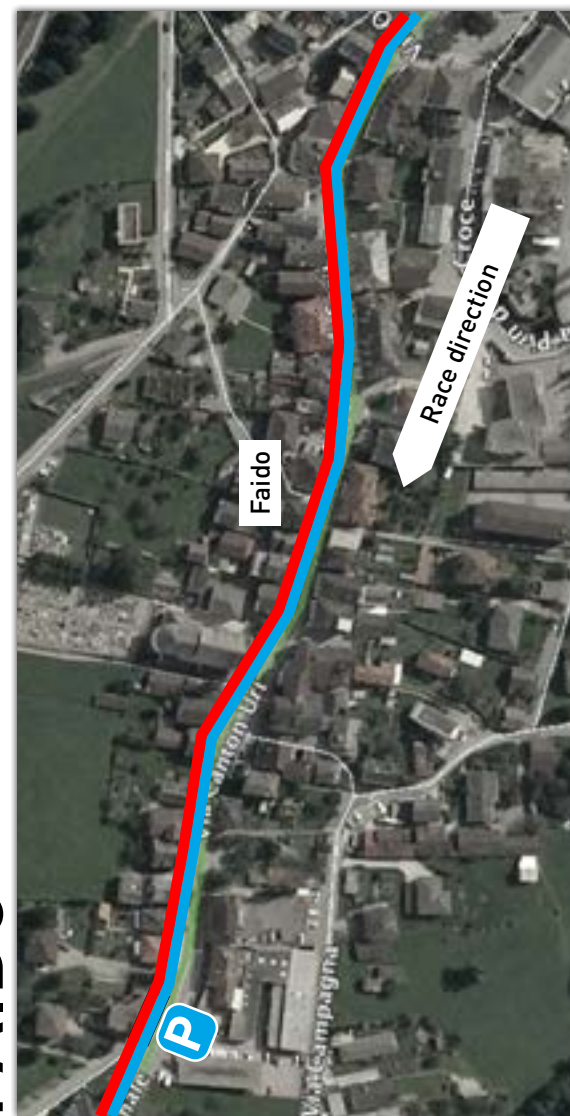
BODIO

SUPPORTER ZONE

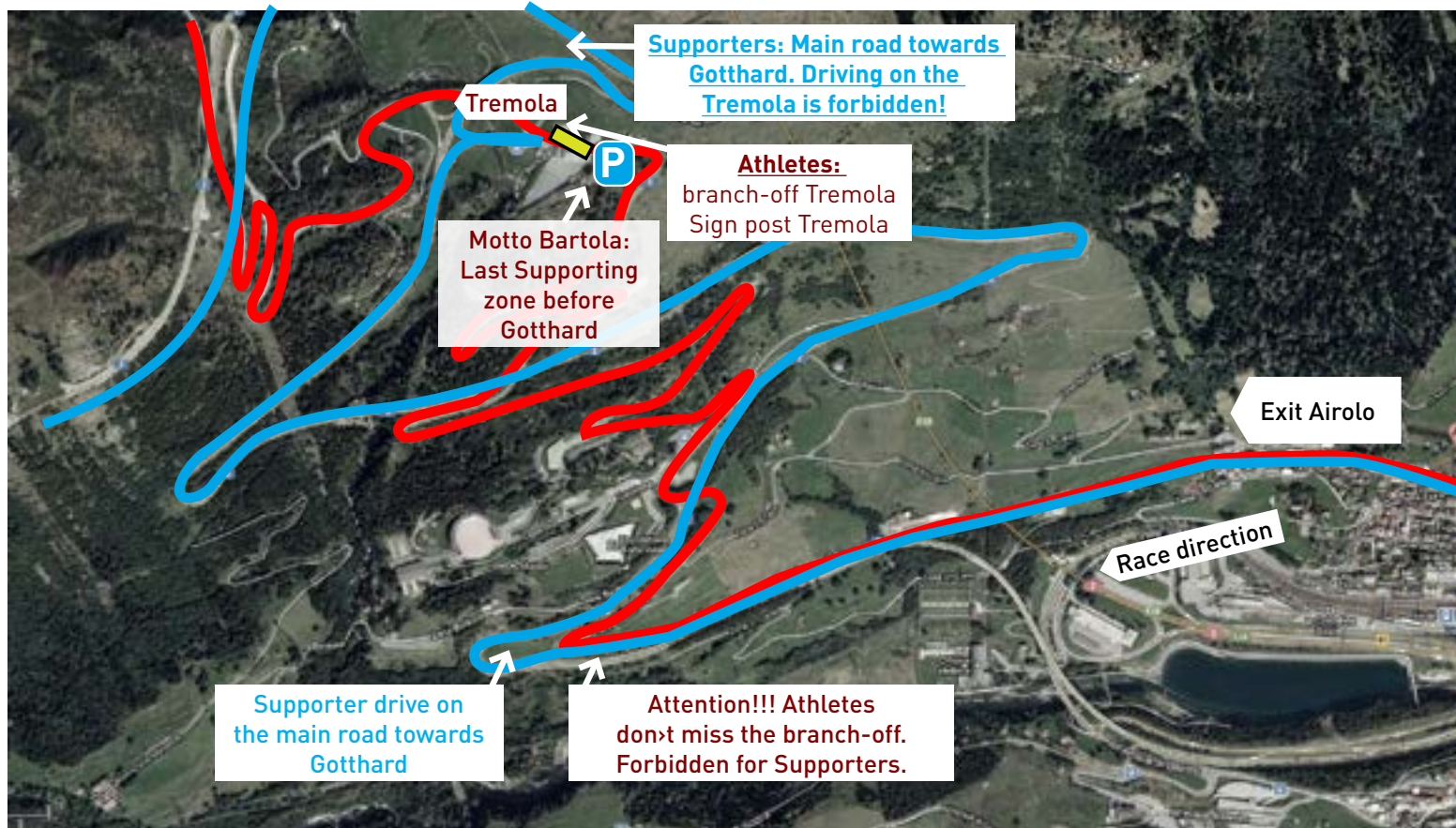


FAIDO

SUPPORTER ZONE



4 TREMOLA



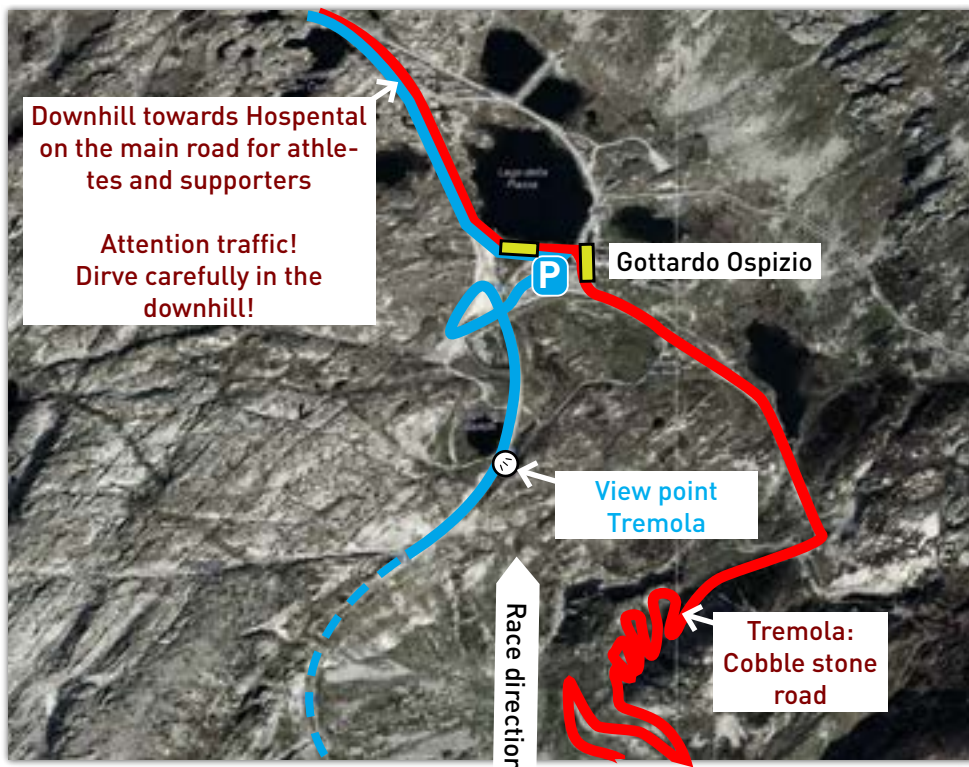
SUPPORTER

- Approx. 500 m after the last houses of Airolo take the new street towards Gotthard.
- Out of respect for the athletes it is not allowed to drive on the old road with the support cars!
- Supporter parking at the exit Motto Bartola.
- This is the last supporter zone before the top of Gotthard.

ATHLETES

- Attention! Approx. 500 m after the last houses of Airolo take the old road towards Gottardo. (White sign)
- Entrance Tremola Watch signs Tremola. Approx. 8 km until the top of Gottharspass, thereof approx. 5 km on a cobble stone road!

5 SAN GOTTARDO OSPIZIO



SUPPORTER

- Around Ospizio there are enough parking spaces.
- Please be aware, that the Ospizio is a touristic attraction.

ATHLETES: 2091 m. a.s.l.

- The Passo San Gottardo is done! You have left the historical road with cobble stone behind you: <http://www.gottardo.ch>
- Here you cross the language border from the Italian part to the German part of Switzerland... and also the weather divide between the southern and northern part of Switzerland.
- It is worthwhile to put on some warm clothes for the descent to Hospental.
- Pay attention to the traffic and ride carefully!
- San Gottardo Ospizio is an attractive and popular place for tourists.

6 HOSPENTAL



SUPPORTER

- Attention: In the roundabout take the exit to Realp Furka!

ATHLETES: 1500 m. a.s.l.

- Attention! In the roundabout take the exit to Realp Furka!

REALP

SUPPORTER ZONE

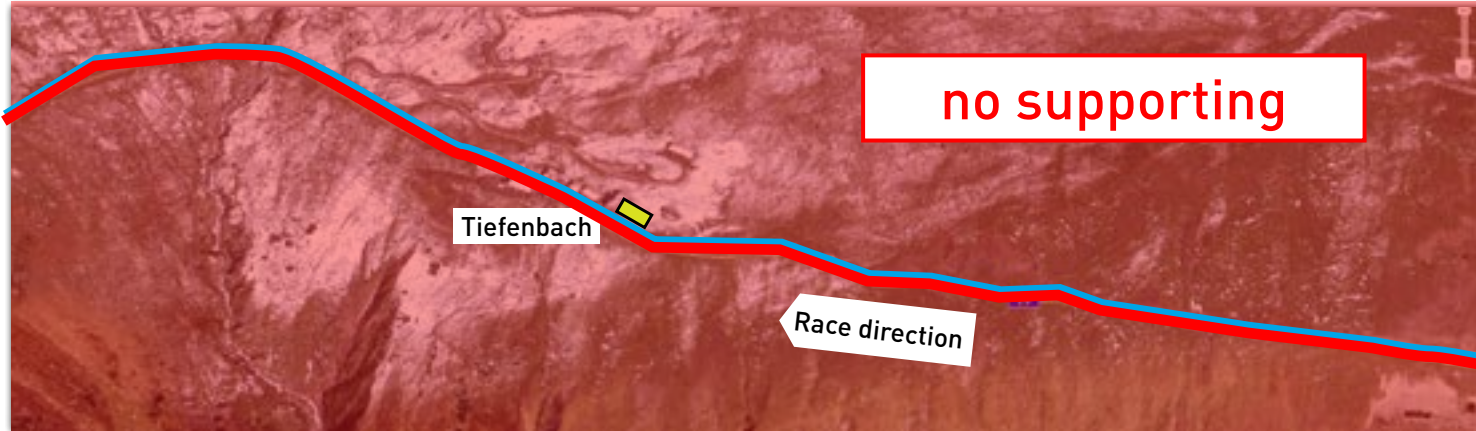


SUPPORTER

- Any stopping between Realp and the Furkapass summit is prohibited.
- Supporter vehicles passing Realp after 11:30 a.m. must wait in the Realp parking lot until their athlete has passed the Galenstock curve.
- The security personnel on the Furkapass road monitor compliance with these rules, and non-compliance leads to immediate disqualification

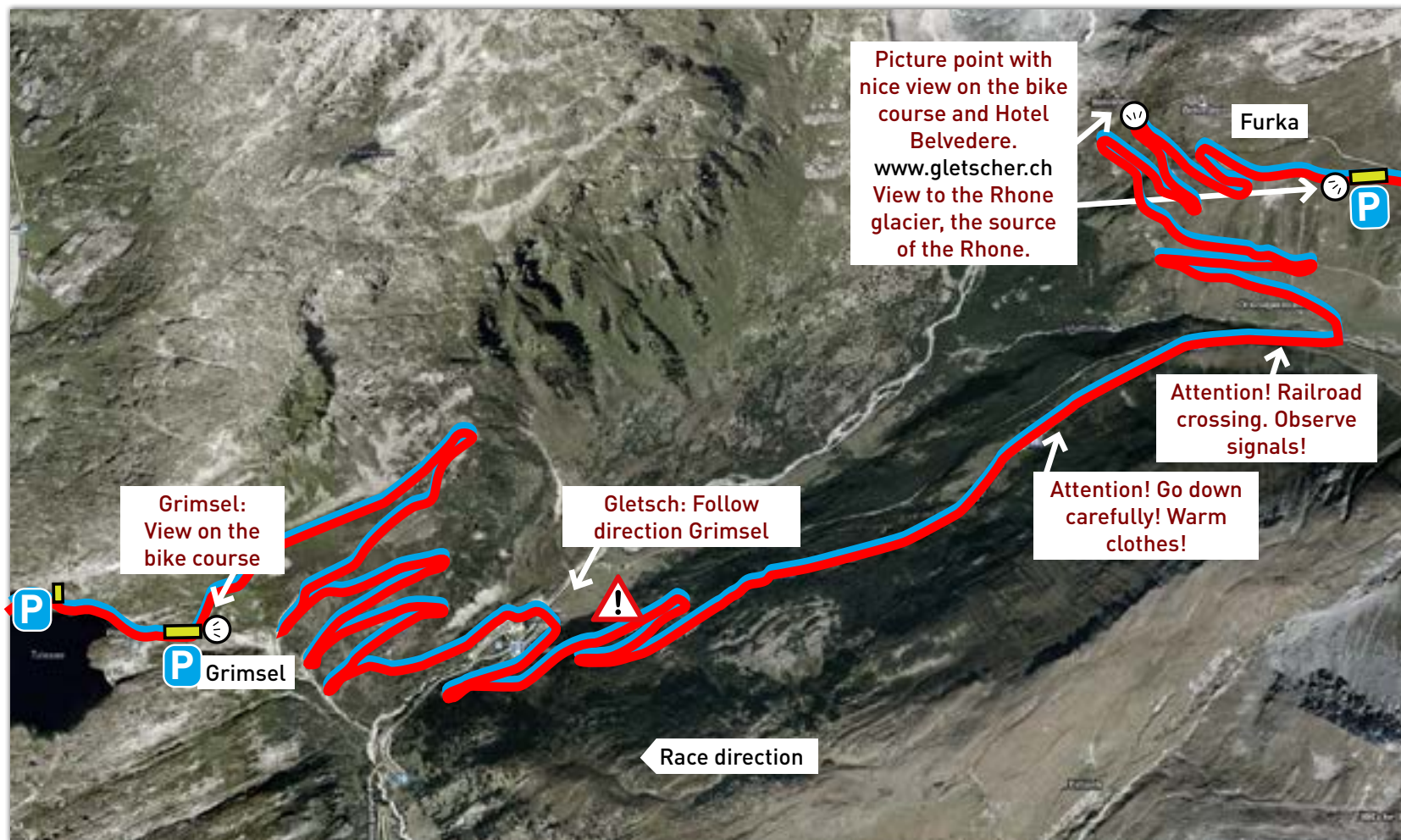
ATHLETES: 1538 m. a.s.l.

- Attention: Prepare for not using any support until the top of Furkapass.
- **Athletes who exhibit unsafe driving will be taken out of the race.**



FURKA
SUPPORTER
ZONES

7 FURKA/GRIMSEL



SUPPORTER

- Supporters drive on the same road as athletes. Please leave the right of way to the athletes.
- **Absolutely no overtaking!!!**
- **During the whole down hill any support is forbidden!!!**
- **In Gletsch stehen keine Parkplätze zur Verfügung.**

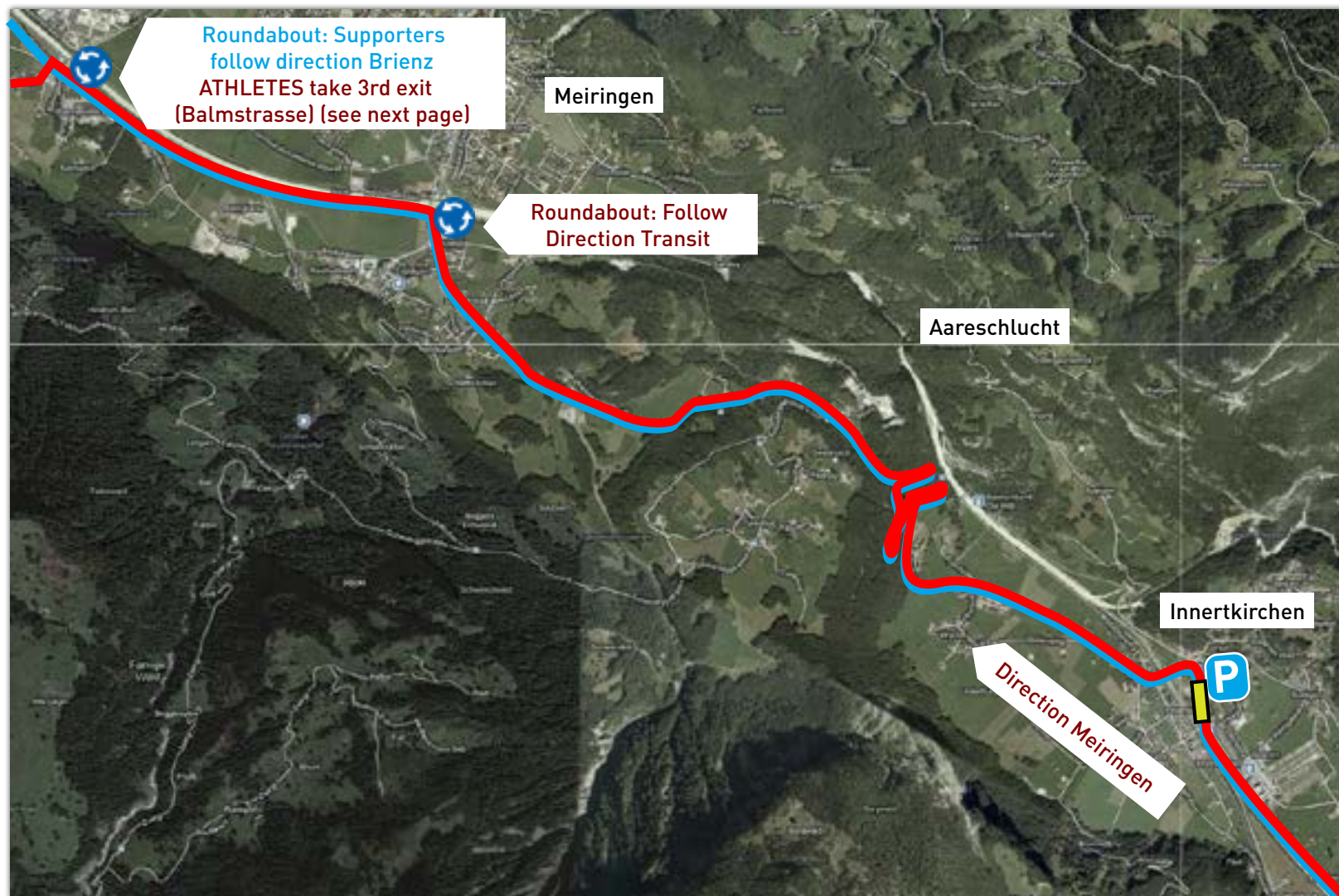
ATHLETES

Furka 2429 m.ü.M
 Gletsch 1757 m.ü.M
 Grimsel 2164 m.ü.M

Furkapass > Grimselpass: 16km

- Now you are in the Alps. Depending on the weather, conditions can be very heavy. Please see that you are dressed warm enough!
- Mind overtaking actions in the descents from the Gotthard and Grimsel pass. Ride carefully and pay attention to the traffic!
- Attention: Do not miss the road to Grimsel in Gletsch!
- After reaching the pass you drive down to Innertkirchen. There are several tunnels on the way down from Grimsel. The lights have to be turned on during the descent from Grimsel!

8 INNERTKIRCHEN



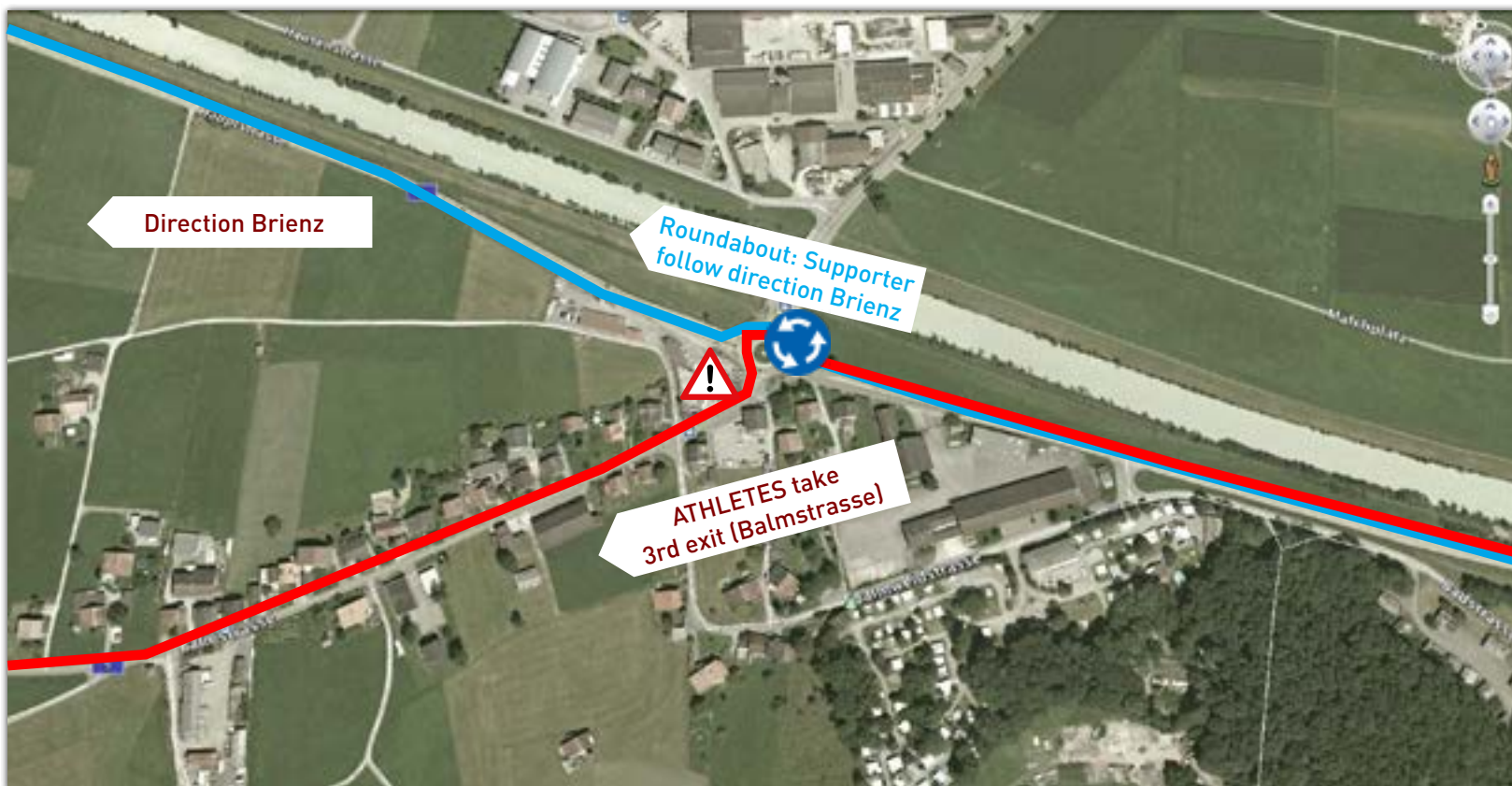
SUPPORTER

- Last Supportzone on the bike course
- Parking with toilet at the turning towards Susten
- Supporters drive on the same road as athletes. Please leave the right of way to the athletes.

ATHLETES

- Supporters drive on the same road as athletes until the second roundabout in Meiringen.
- In Innertkirchen follow direction Meiringen.
- At the roundabout before Meiringen follow direction Transit (Brienz).
- Second roundabout direction Balmstrasse (3rd exit).

9 2. KREISEL MEIRINGEN



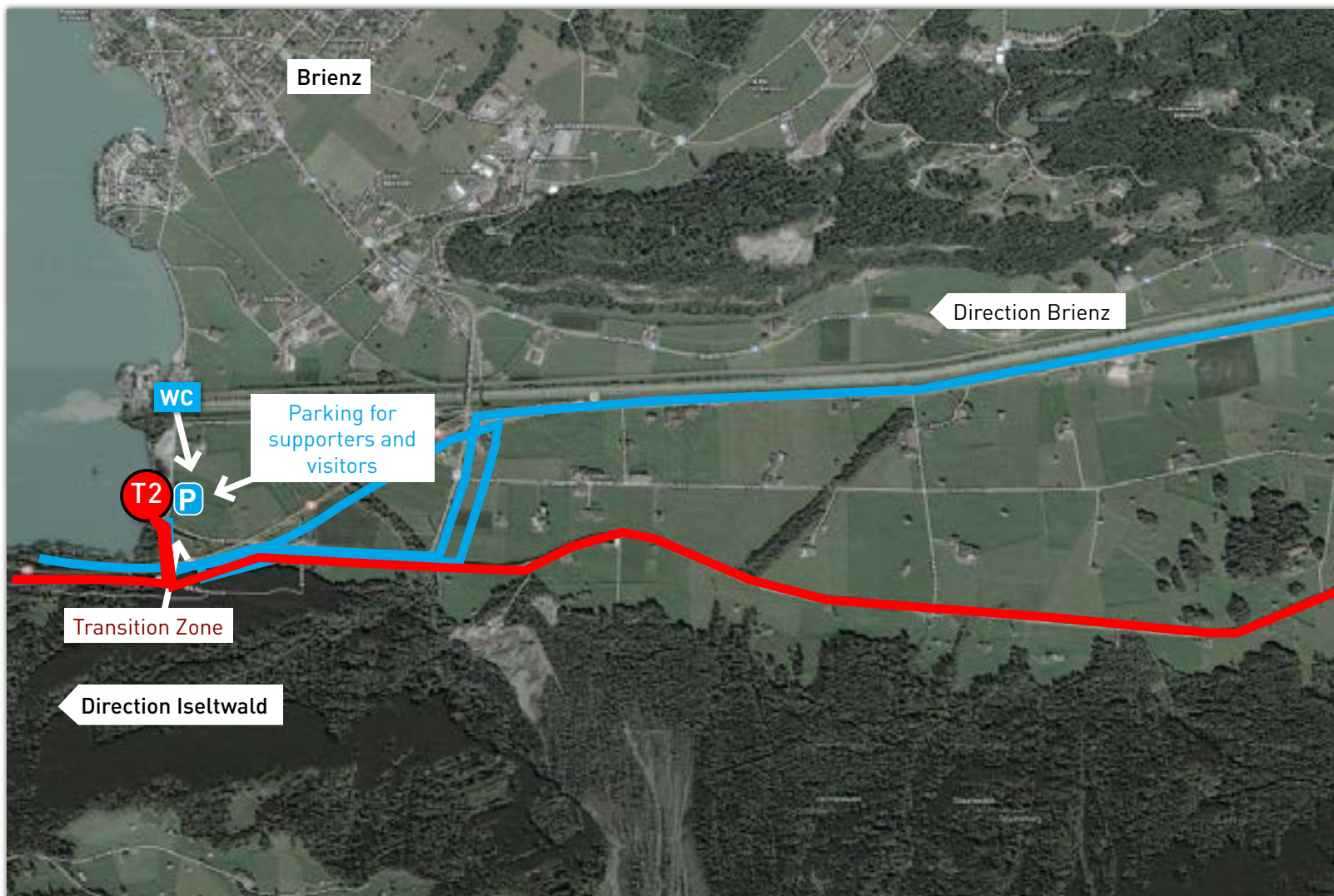
SUPPORTER

- Supporter take the second exit and follow direction Brienz.
- After the roundabout it is forbidden for support cars to drive on the bike course (Balm > Brienz)!!

ATHLETES

- ATHLETES take the third exit towards Balmstrasse

10 BRIENZ



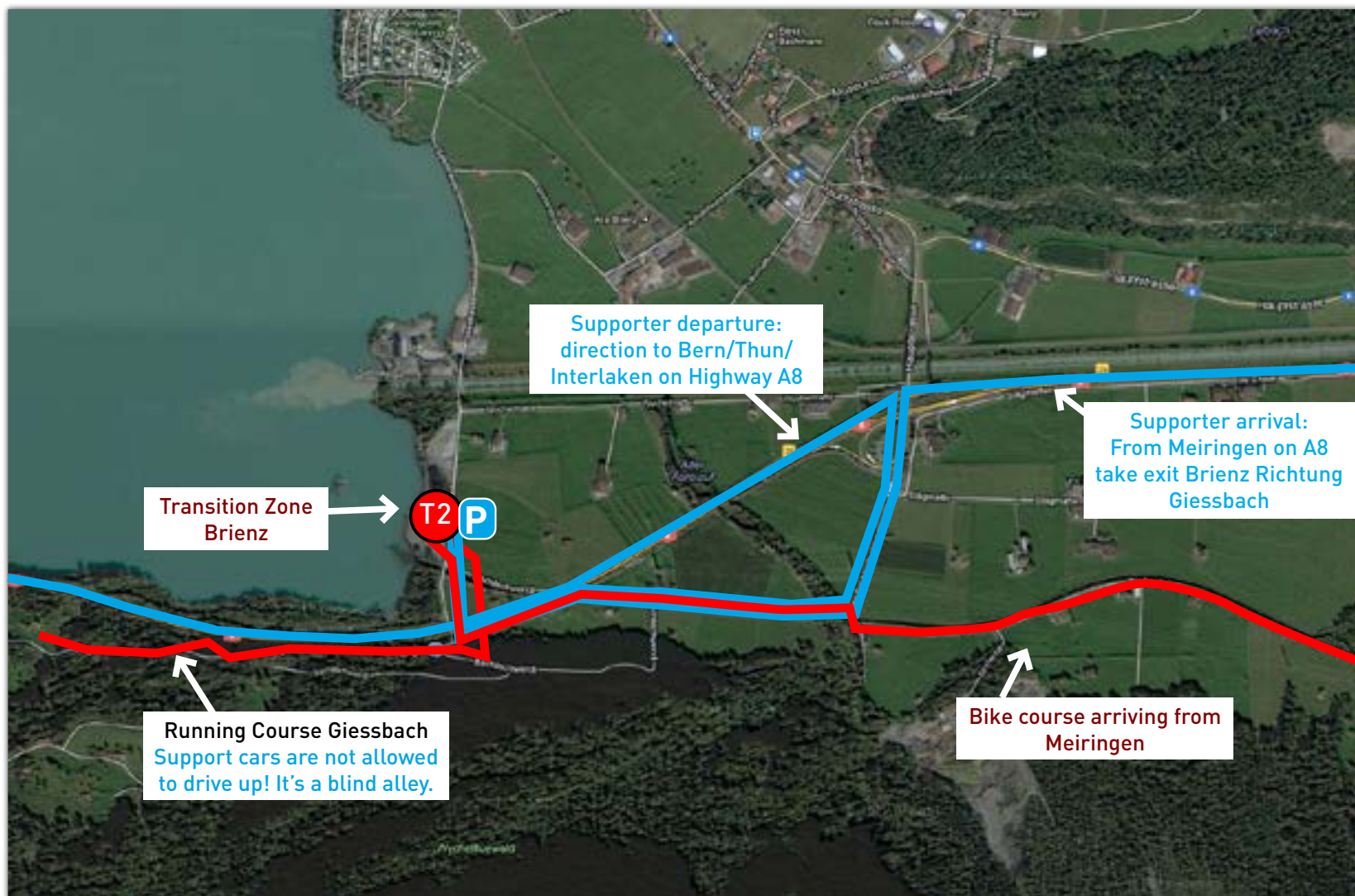
SUPPORTER

- Supporters stay on the main road until exit Brienz
- Friends and spectators please park on the parking at the transition zone.
- Support by car on the running course towards Giessbach is prohibited! Next supporting zone is Iseltwald (approx. km 8.5).

ATHLETES

- The ATHLETES follow the bike path towards Brienz.
- The running course follows the bike-/ and hiking trail towards Giessbach/Interlaken.

11 T2 BRIENZ



SUPPORTER

- **Anfahrt:**
From highway A8 take exit Brienz towards Giessbach. The transition zone is located at Aaregg Forsthaus.
- **Parking Forsthaus:**
Enough parking is available for Supporters and Spectators.
- **Departure Supporter:**
Drive from the transition zone to the highway A8 and follow direction Interlaken.
- **Support by car on the running course towards Giessbach is prohibited!**
- Supporting athletes on foot or bike is allowed.

ATHLETES

- The athletes follow the bike path towards Brienz.
- The running course follows the bike- and hiking trail towards Giessbach/Interlaken.
- The running course starts with a steep uphill just after T2.

12 GIESSBACH WATERFALLS APPROX. KM 2.5



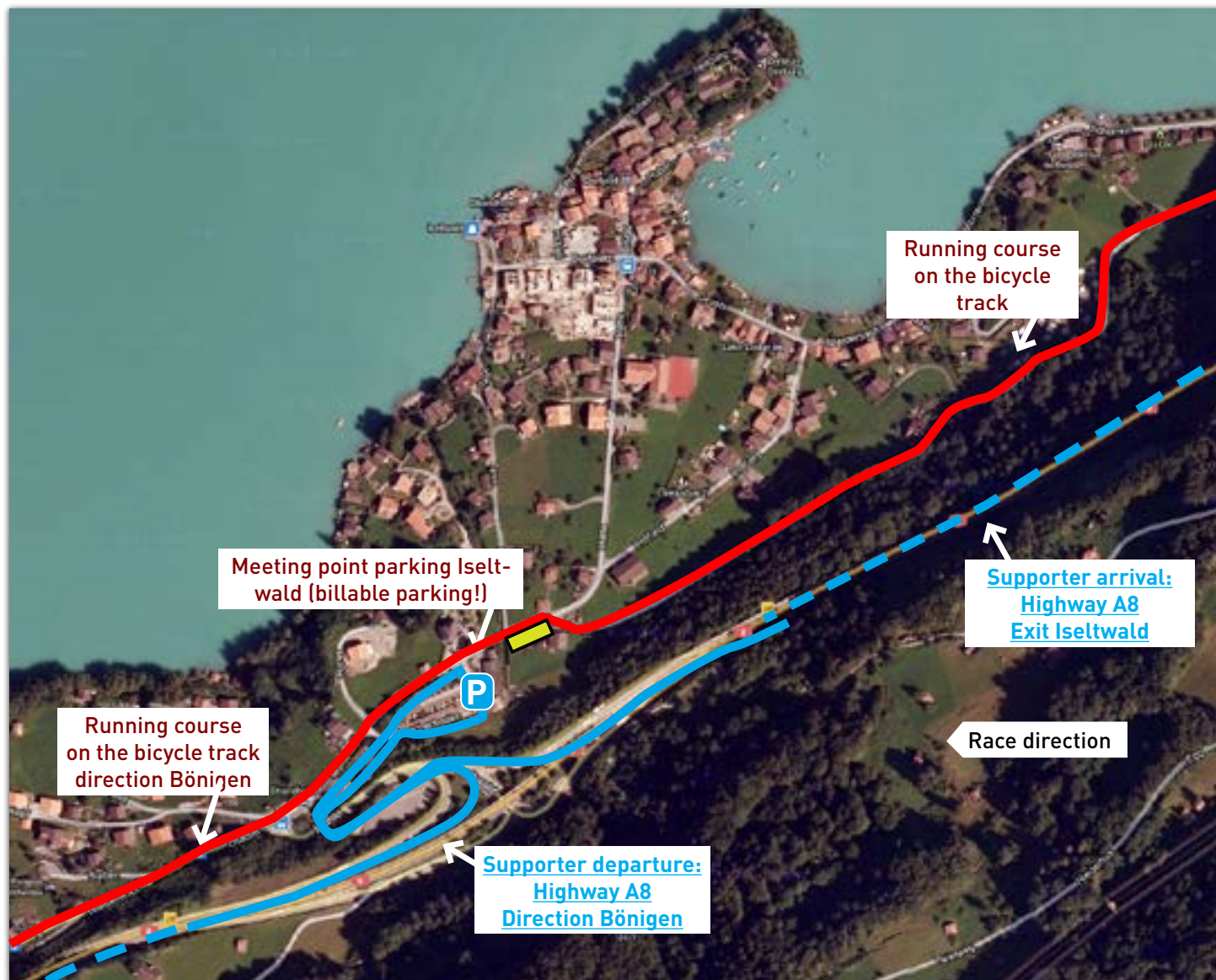
SUPPORTER

- It is not allowed to drive up to Giessbach by car! The road is a blind alley. For the next meeting point with the athlete exit the highway A8 at Iseltwald.
-
- Support up to Iseltwald by foot or bike is possible.

ATHLETES

- In the beginning of the running course the road climbs very steeply up to Grandhotel Giessbach.

13 ISELTWALD CA. KM 8,5



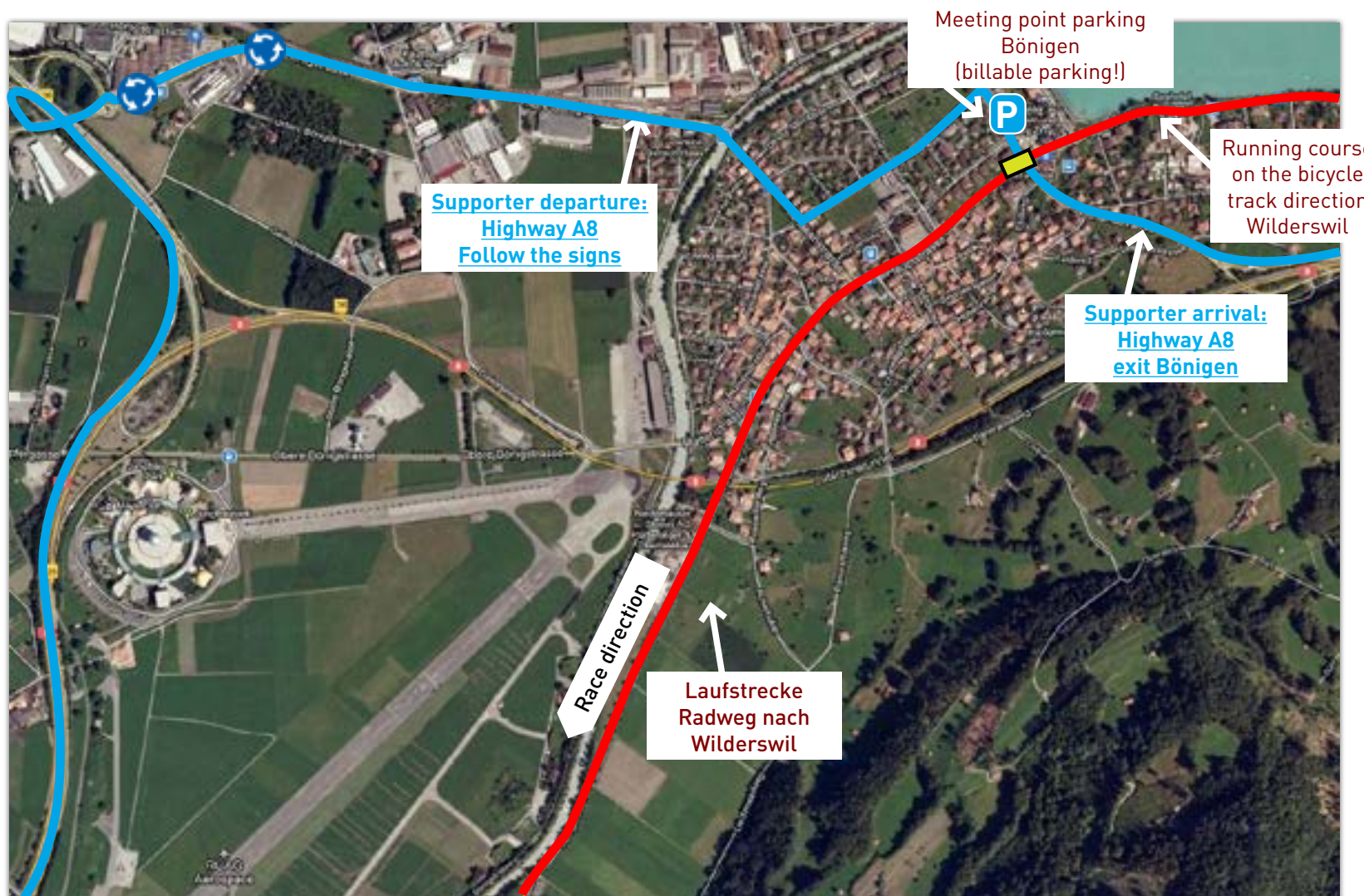
SUPPORTER

- Exit A8 at Iseltwald
Park your car on the parking Iseltwald. Parking for SWISSMAN supporters are reserved. Please follow the directions of the SWISSMAN crew.
- It is not allowed to drive on the running course in any direction (Giessbach and Bönigen)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point Iseltwald, the road climbs steeply about 600 m.
- Thereafter you get down to the lake and are running along the lake until Bönigen.

14 BÖNIGEN CA. KM 14



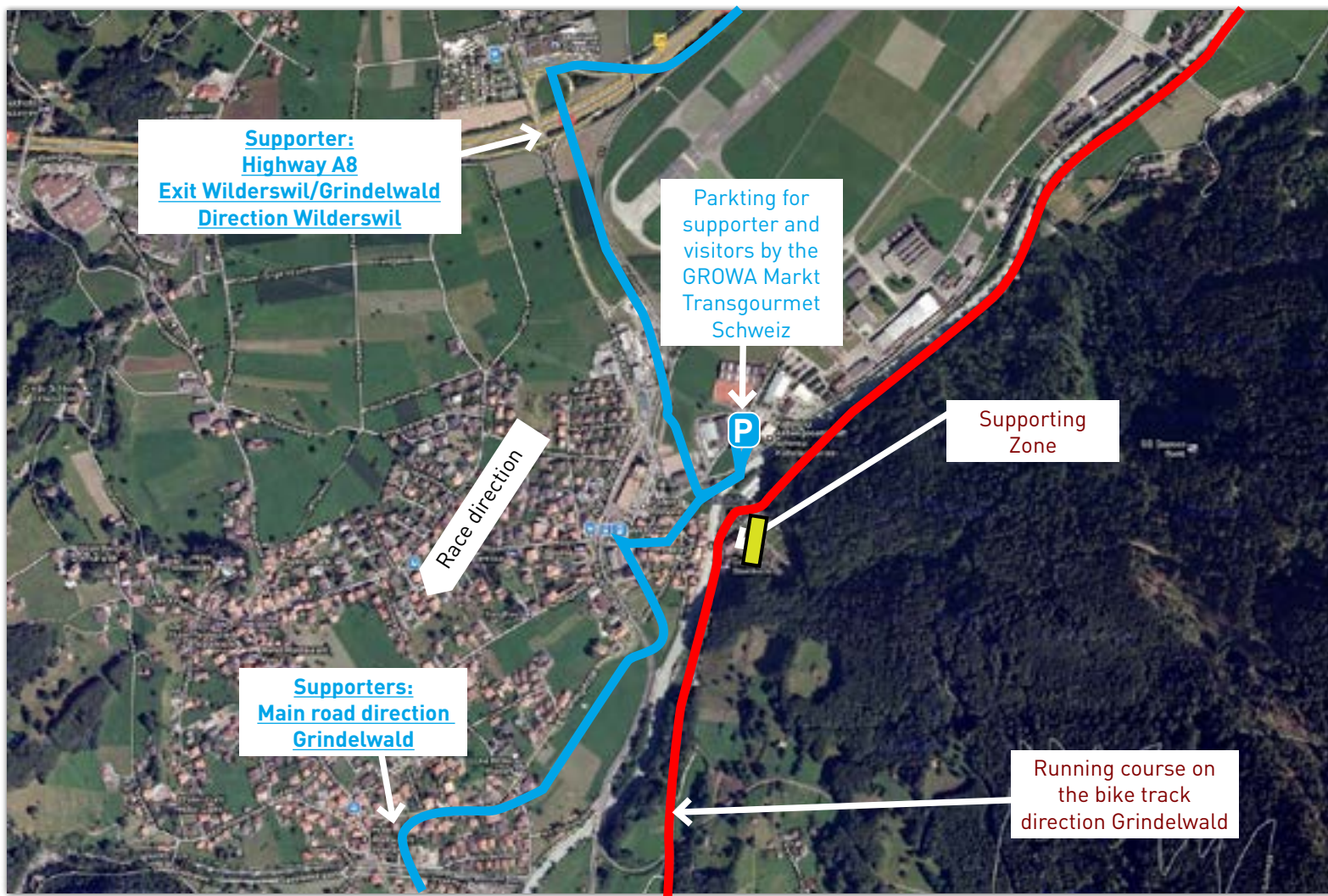
SUPPORTER

- Drive on the highway A8 and take exit Bönigen.
- Park your car on the parking Bönigen. Attention, you have to pay for parking!
- It is not allowed to drive on the running course in any direction (Iseltwald and Wilderswil)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point in Bönigen, the running course continues towards Wilderswil.

15 WILDERSWIL APPROX. KM 17,5



SUPPORTER

- Exit A8 Wilderswil/ Grindelwald
In Wilderswil turn left just before the station where the signs indicate RUAG/P Schinige Platte. Follow the road to the GROWA Markt Cash & Carry parking area.
- Continue on the main road towards Grindelwald to get to the meeting point Zweilütschinen.
- The parking of the Rega/Ruag is reserved for us. Fans and friends are very welcome!
- It is not allowed to drive on the running course in any direction (Bönigen and Zweilütschinen)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point in Wilderswil there are some small climbs on the way to Zweilütschinen.

16 SÄUMERTAVERNE

CANCELLED!

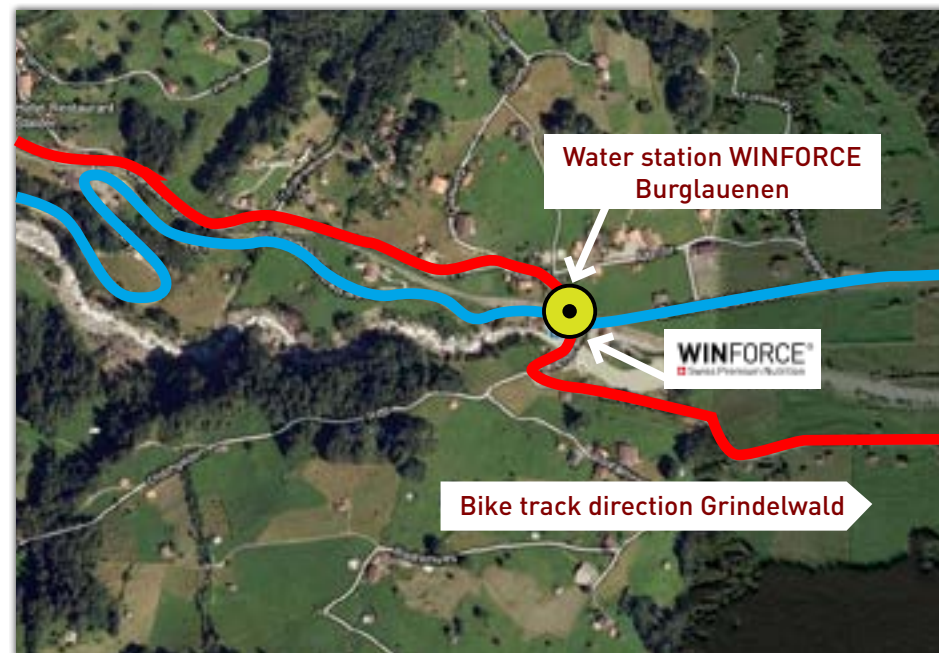


SUPPORTER

- **No supporting zone anymore!**

17 BURGLAUENEN

APPROX. KM 28,5



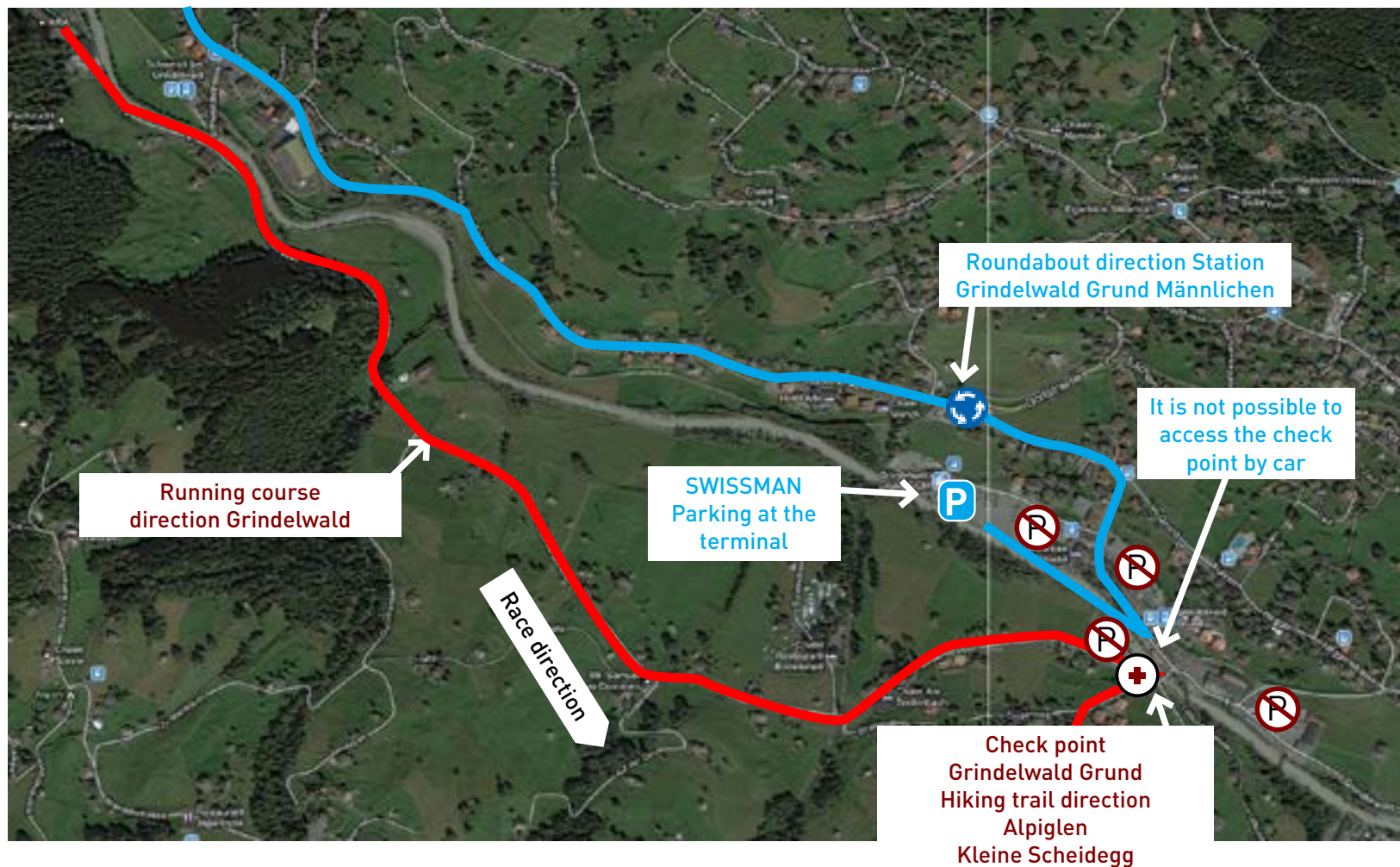
SUPPORTER

- No parking for supporters.
- It is not allowed to drive on the running course in any direction (Wilderswil and Grindelwald)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- There is a water station with WINFORCE products in Burglauenen
- You have managed the first inclination step!
- When crossing the tracks the signalling is to be strictly observed. Non-observance will lead to disqualification.

18 GRINDELWALD APPROX. KM 33

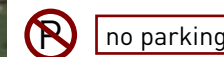


SUPPORTER

- Attention SWISSMAN parking is chargeable!
- It is mandatory that the supporter accompanies the athlete by foot on the last climb to the finish.
- Check of the mandatory backpack for athlete and supporter at the check-point in Grindelwald.
- Without the supporter or without the checked and marked backpack no athlete gets the allowance to continue the race! Also not on their own risk!

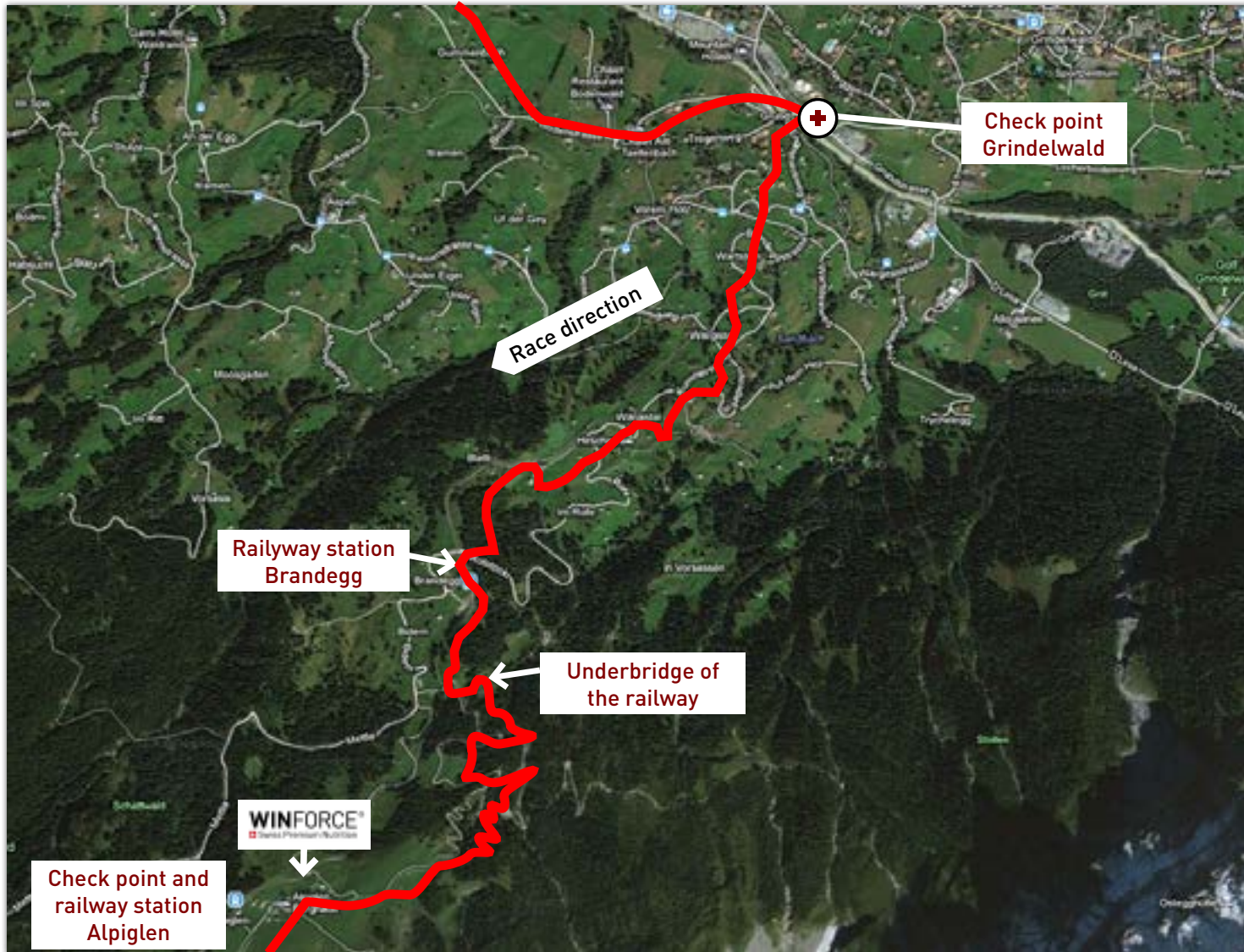
ATHLETES

- Continue with your supporter towards the finish line. Ready for the final!



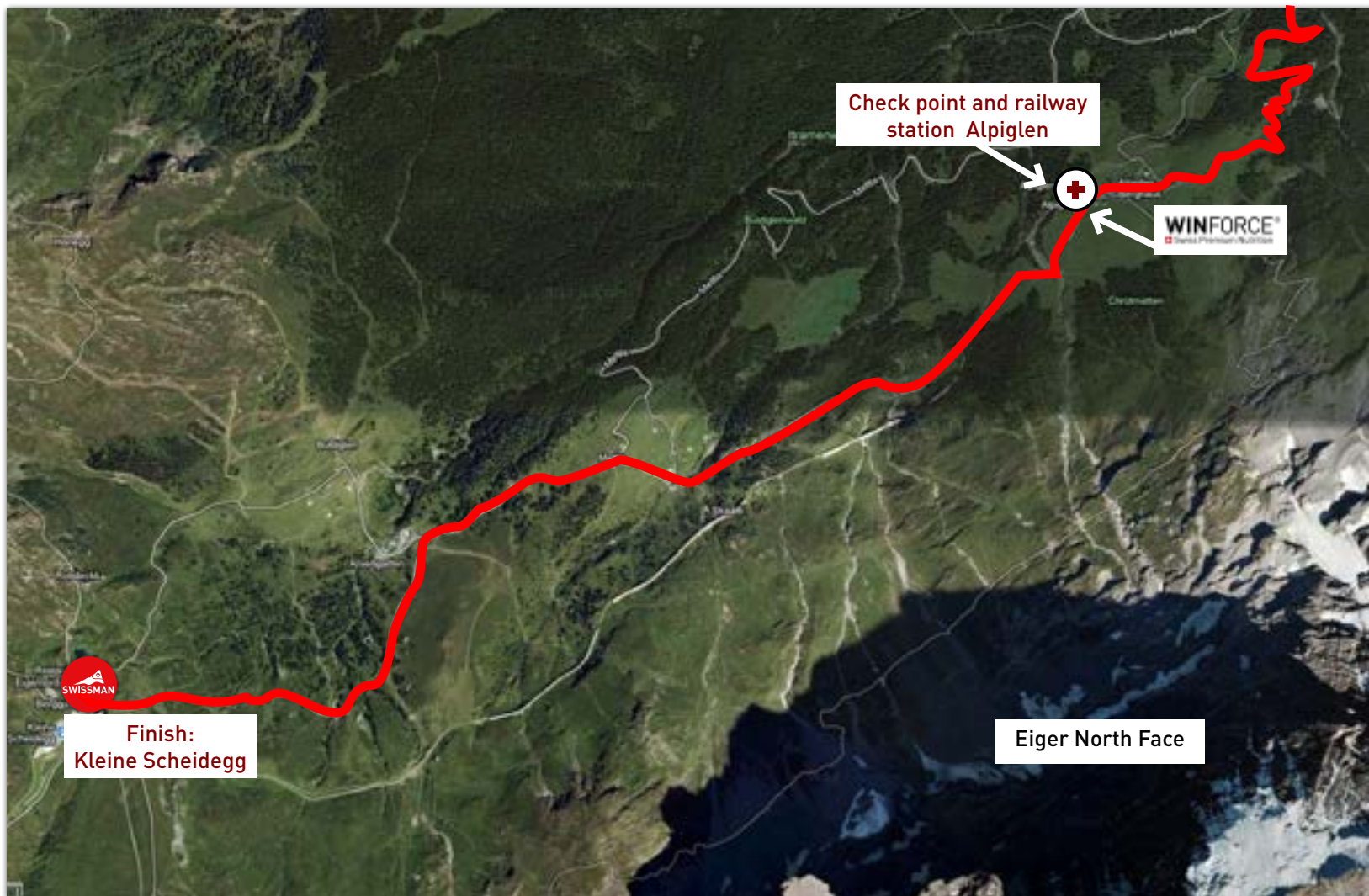
no parking

19 BRANDEGG/ALPIGLEN



- SUPPORTER/ATHLETES**
- Athletes and supporters follow the hiking trail towards Kleine Scheidegg.
-
- The path is marked with bands and necessary signs.

20 ALPIGLEN/FINISH



SUPPORTER/ATHLET

- Last check point before the finish

- Last possibility to end the SWISSMAN early.

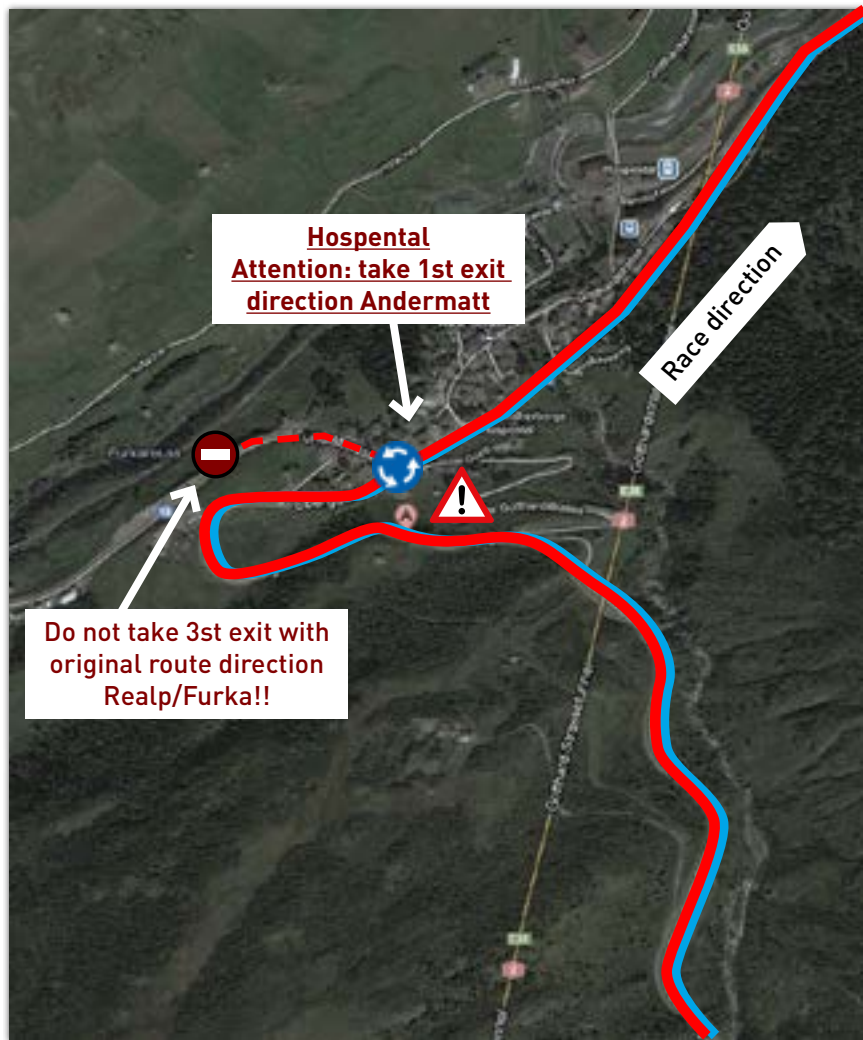
B1 RUN COURSE ASCONA



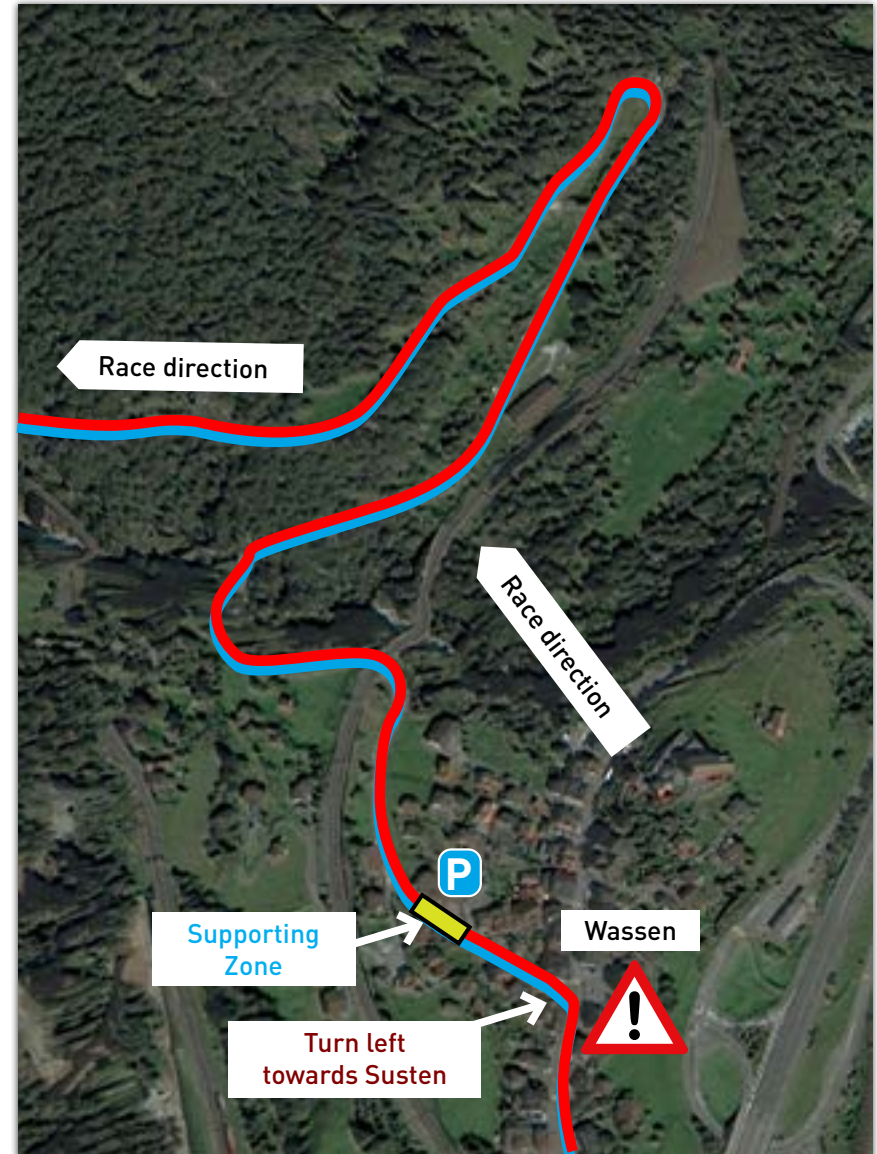
B2 SUSTENPASS



B2 SUSTEN: HOSPENTAL



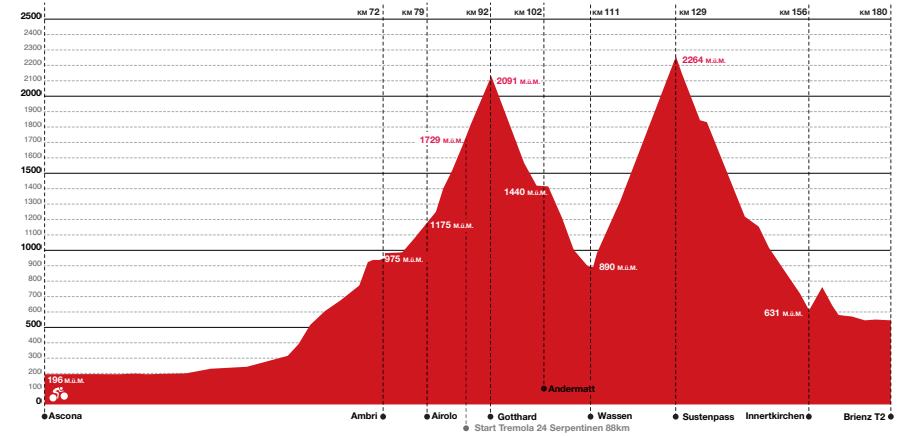
B2 SUSTEN: WASSEN



B2 SUSTEN: SUMMIT



B2 SUSTEN: HEIGHT PROFILE



Attachment

Plan B1 and B2: The alternative courses

Dear athletes and supporters

Different factors contribute to the fact that the SWISSMAN is an Xtreme Triathlon. One of these contributing factors is the extreme weather condition, which we may face.

- it could be that we have local thunderstorms in the morning
- when we want to swim
- it could be that temperatures in the mountains are extremely
- low and that it snows
- it could be that the sun is burning and it's extremely hot during
- the first 30 km of the run and very cold again at Kleine Scheidegg.

If we have to face such weather conditions on June 24 and which of them, is extremely unpredictable!

To be best prepared, there is a plan B1 for the swim and a plan B2 for the bike.

Plan B1: Running instead of swimming

It is possible that there might be local thunderstorms in the early morning and it's not possible to swim. If there is a risk for thunderstorms, we will already know it on Friday afternoon. We will inform you about the weather forecast. Should the weather situation be insecure, we will ask you at the briefing to keep your running equipment ready for Saturday morning. If we should not be able to swim, we will inform you in the transition zone. In this case, you would run approx. 12 km (2 legs of 6 km) before you change to the bike.

Plan B2: One or several alpine passes are closed

In altitudes above 2000 m a.s.l., to which the course of the SWISSMAN takes you several times, there is a risk for snowfall all year. Should very heavy snowfall or another unforeseen natural phenomenon lead to the closure of the Furka- or

Grimselpass, we will redirect the route over the Sustenpass. The alternative route will be signed. Should this decision be taken during the night, you will be informed in the transition zone. The distance and number of altimeters for the alternative route is similar to the original course, with the difference that after the Gotthardpass you climb the Sustenpass instead of the Furka- and Grimselpass.

Attention!!! The downhill through the "Schöllenschlucht" (a canyon) between Andermatt and Göschenen is a tourist attraction with frequent traffic. Be careful and adhere to the traffic rules!

Of course, we hope that none of these plans will be needed. However, should anything unforeseen make it impossible to swim or bike the original route, we want to be prepared in the best possible way.