

## Participant Information Alpen Challenge Lenzerheide

Questions, answers and tips: Here we have summarised the most important information about the Alpen Challenge Lenzerheide. A constantly updated version of this participant information is also available on the web at [www.alpenchallengelenzerheide.ch/alpen-challenge/abc-faq](http://www.alpenchallengelenzerheide.ch/alpen-challenge/abc-faq).

### Private escort vehicles

We would like to reduce the "home-made" traffic on the course of the Alpen Challenge to a minimum and appeal not to take any support vehicles onto the course. Fair goes first - around 98 percent of all participants manage without motorised support. For participants who need their own drinks, we also offer transport of their own food to our feeding stations.

### Broom wagon

The end of the race is done by the broom wagon, which takes participants out of the race if they cannot finish it under their own power or no longer reach the speed necessary to reach the finish line. Those who still want to continue can hand in their start number and ride at their own risk. On the short course, the broom wagon only has limited capacity!

### Briefing

The athletes' briefing with final information on the race will take place on Saturday, 11 June, at 6 p.m. as part of the opening of the Alpen Challenge in the Roland Arena.

### Cut-Time

For safety reasons, we will not allow any more participants to take part in the long distance race after a certain "cut time" at the split in Silvaplana. This control time is initially defined as 11 a.m. - however, depending on the current situation and the weather, we reserve the right to change this at short notice.

### Bottle transport

Drinks that are handed in in clean and sealed bottles by 6 p.m. on Saturday, 11 June, as part of the accreditation process at the Nordic House in the Roland Arena will be available during the race at the appropriate refreshment point. We will take your bottle with us on the course and place it at the aid station. So that you can recognise it, remember to have a conspicuous marking! [There are a total of five aid stations planned - three on the short

course, five on the long course. You can find them on the Albula, in Silvaplana, in Campodolcino (drinks only), in Splügen and in Tiefencastel.

### Photo service

Your photos from the race: Our photo partner Sportograf has the best pictures of the Alpen Challenge online just a few hours after the finish. In order to be able to quickly assign your photos, attach your race number to the handlebars so that it is clearly visible and legible! Here is the direct link to the Alpen Challenge at Sportograf: <https://bit.ly/sportograf22>

### Luggage storage

Luggage can be left in the Roland Arena at your own risk. We do not assume any liability.

### Helmet obligation

Helmets are compulsory without exception on the course of the Alpen Challenge. Participants who ride without a helmet or with an open helmet will be disqualified.

### Hotline

For urgent questions during the race weekend there is a hotline - the Alpen Challenge team can be reached on +41 81 385 57 23. In case of emergencies, however, the Alpen Challenge also requires you to call the emergency services on 144 [or 112 in Italy].

### Mandatory lighting

Lights are compulsory on the long course of the Alpen Challenge Lenzerheide. There are tunnels in Bondo in Bergell, in Viamalaslucht, on the ascent to Splügen and between Thusis and Tiefencastel, so all participants of the long distance must carry position lights. The obligation to carry lights is one of the requirements of the cantonal police, who reserve the right to carry out checks.

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### Late registrations

Late registrations for the Alpen Challenge Lenzerheide are possible - if the limit of 1500 participants has not yet been reached - on Saturday, June 11, from 2 p.m. to 6 p.m. and on Sunday, June 12, from 6 a.m. to 6.45 a.m. at the Nordic House in the Roland Arena. The starting documents and late registration will be signposted. Payment is possible in cash or with all current cards.

### Neutralization

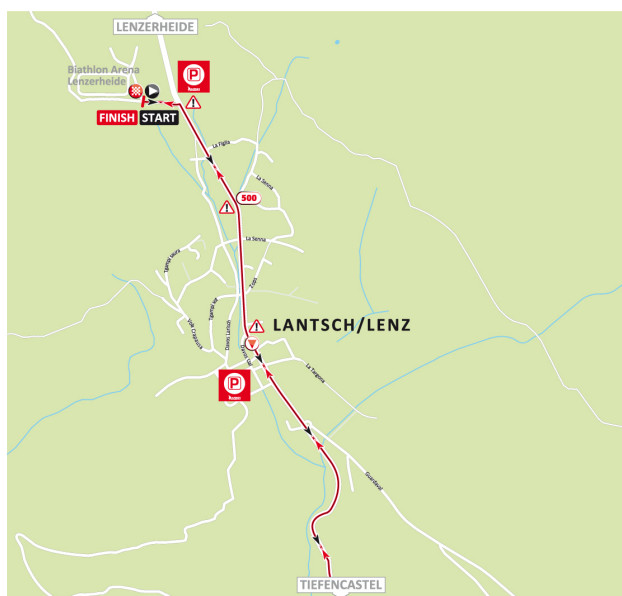
The authorities and the organisers reserve the right to neutralise certain sections of the race at short notice for safety reasons. Up-to-date information on this will be available at the -> Briefing on Saturday, 11 June, at 6 pm. Neutralised in any case is the descent after the start in the Roland Arena to Tiefencastel. This will be completed accompanied by motorbikes in the respective starting blocks.

### Emergency

Participants of the Alpen Challenge are obliged to always give first aid in case of emergency.

The rescue service is to be notified via the number 144 [and in Italy via 112].

### Local map



### Parking

Parking spaces are available at the Roland Arena. You will find additional parking spaces in the centre of Lantsch/Lenz and in the Clavadoiras car park in Lenzerheide. These parking spaces are signposted. For reasons of space, we ask participants who are staying in Lenzerheide for the Alpen Challenge to come to the start by bike and leave the car at the hotel. The number of parking spaces is limited!

### Pasta party

Whether on the evening before the race to fill your carbohydrate stores or as the perfect snack at the finish: Pasta is available for Alpen Challenge participants at the finish area on Saturday and Sunday. You will find the voucher for the pasta party on your race number. It's up to you whether you redeem it before or after the race.

### Starting blocks

The starting blocks of the Alpen Challenge will be started individually in short sections and accompanied by motorcyclists over the first kilometres of the course. The instructions of the escort motorbikes must be followed.

### Route splitting

The split between the short ("Classic") and long ("Challenge") distances of the Alpen Challenge is in Silvaplana and is signalled. It is only here that you decide which route you will definitely ride - the choice of route at the time of registration is not binding. Please note the "Cut time".

### Souvenir

Get your Alpen Challenge souvenir: In our shop you will not only find the official -> Alpen Challenge jersey in race quality, but also an exciting collection of souvenirs. All products can also be ordered online at <http://bit.ly/alpenchallengeshop>.

### Start & Finish

The start for the Alpen Challenge is in the Roland Arena. The finish of the race is also located there.

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### Route safety

The route of the Alpen Challenge is secured by marshals as well as escort vehicles and motorbikes, but is not closed. This means that the Road Traffic Act and the Codice della Strada in Italy must be observed at all times, and the instructions of the organisation's staff and the authorities must be followed.

### Route signage

The route of the Alpen Challenge is signposted with red signs and arrows. In addition, there are signs for the ascents to the passes and for refreshments.

### Route selection

The Alpen Challenge is a cycling marathon with a free choice of route. For our planning, we ask you for your preferred route when you register, but you can decide for yourself which distance you will ride at the end of the race right up to the split in Silvaplana at the foot of the Julier Pass - even during the race. Depending on this, you will be automatically rebooked there when the time is measured - free of charge, of course. Please note, however, that for safety reasons there is a "cut time" for Silvaplana, after which we will no longer allow participants to take part in the long course.

### Participant gift

As always, we have a little surprise for you for the Alpen Challenge. You will receive it with the voucher that you will find on your start number.

### Transponders

The timekeeping for the Alpen Challenge is done via transponders, which are attached to the handlebars with the start number and returned at the finish. Participants who abandon the race can return their transponder to the broom wagon or to the transponder drop-off point at the finish. Transponders that are not returned will be charged to the participant at CHF 50.

### Triathlon bikes

Triathlon bikes are in principle allowed for the Alpen Challenge, but aero, triathlon handlebars and similar attachments may not be used, as these pose risks when riding in a group and in the event of crashes.

### Jersey

The Alpen Challenge jersey can be purchased in the online shop at <http://bit.ly/alpenchallengeshop> or in our shop on site.

### Feeding

There are a total of five refreshment stations at the Alpen Challenge. The first of these is at the Albula Pass. Another refreshment point for both courses follows at the split in Silvaplana. In addition, there will be drinks for both courses on the first part of the final climb near Tiefencastel. On the long course there will be drinks in Campodolcino on the ascent to the Splügen Pass and complete refreshments in Splügen. Water, PowerBar drinks, cola, fresh fruit, nut and fruit tartlets and rolls with Grisons mountain cheese are available. In addition, freshly brewed coffee specialities from the barista at the Albula.

### Timetable

#### Saturday 11 June 2022 – Roland Arena

2 – 6 pm: Issue of the start number & late registration  
2 – 6 pm: Pasta Party  
6 pm: Opening and riders briefing  
6.30 pm: Dinner Roland Arena (after registration)

#### Sunday, 12 June 2022 – Roland Arena

6 – 6.45 am: Issue of start number & late registration  
7 am: start  
12 am: Award ceremony short lap  
2 pm: End of the race short distance  
2.45 pm: Award ceremony short lap  
5.30 pm: End of the race long distance

### Finish area / Event area

The finish, accreditation, catering, briefing and ranking ceremony of the Alpen Challenge are located in the Roland Arena.

### End of the race

The finish time for the Alpen Challenge is set at 2 p.m. for the short distance ("Classic") and 5.30 p.m. for the long distance ("Challenge").