

Participant information Alpen Challenge Lenzerheide

Questions, answers and tips: Here we have summarized 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.

Registration confirmation

Your registration will be confirmed directly and automatically by our partner Datasport. You have not received this mail? In this case, please check your mailbox and possibly also your folder for S P A M and add the address team@alpenchallengelenzerheide.ch as well as the address register@datasport.com to your address book so that you will receive the mails in the future. Even if you don't find a registration confirmation anymore, you can quickly check the success of your registration: A look at the start list is enough. By the way, to pick up your starting documents you only need an ID or a proof of identity. You do not need the registration confirmation. However, please bring the liability declaration with you, which we will send you separately shortly before the race!

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 motorized support. For participants who need their own drinks, we also offer a transport of the -> **own food** to our -> **Catering on**.

Broom wagon

The end of the race is made by the broom wagon, which takes participants out of the race if they cannot finish it under their own power or do not reach the speed necessary to reach the -> **finish** line. Those who still want to continue can hand in their race number and drive on their own responsibility. Note: Our broom wagons have only a limited transport capacity on bveid routes and do not represent a transport guarantee to the finish. In case of doubt, use the public transport connections. Current timetables are available at www.sbb.ch.

Briefing

The athletes' briefing with final information on the race will take place on Friday, September 8, at 6 p.m. as part of the opening of the Alpen Challenge at the start and finish area in the Roland Arena.

Cut time

For security reasons, we will not use the "Cut time" at the course division in Silvaplana will not allow any further participants to drive on the long distance. This control time is initially set at 11 am - but depending on the current situation and the weather we reserve the right to change it at short notice.

Self-catering

Drinks that are handed in in clean and sealed bottles by 8 p.m. on Friday, September 8, as part of the accreditation process at the Nordic House in the Roland Arena will be available at the appropriate aid station during the race. We will take your bottle with us on the course and place it at the aid station. So that you can recognize it, think of a conspicuous marking! [There are a total of five -> **aid stations** - three on the short course, five on the long course.

Results

The results will be recorded with the help of transponders via our partner Datasport and will be available on the web after the race at www.alpenchallengelenzerheide.ch.

Photo service

Your photos from the race: Our photo partner Sportograf has the best pictures of the Alpen Challenge online a few hours after the finish. In order to be able to 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: sportograf.com/en/event/7674

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Luggage storage

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

Helmet compulsory

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 at +41 81 385 57 46. In case of emergencies, however, the following also applies to the Alpen Challenge: The rescue service must be alerted via 144 [or 112 in Italy].

Light obligation

Lights are compulsory on the long distance of the Alpen Challenge Lenzerheide. There are tunnels in Bondo in Bergell, in the Viamala Gorge, on the climb to Splügen and between Thusis and Tiefencastel, so all participants in the long distance must carry position lights. No headlights have to be mounted - but active lighting is mandatory. The light obligation is part of the requirements of the cantonal police, who reserve the right to carry out checks.

Garbage

Disposing of trash along the course is prohibited. Please dispose of your trash in trash cans. Participants who dispose of their trash on the course will be disqualified.

Late registrations

Late registrations for the Alpen Challenge Lenzerheide are possible on Friday, September 8, from 2 p.m. to 8 p.m., and on Saturday, September 9, from 5 a.m. to 6 a.m., provided that the limit of 1,500 participants has not yet been reached. 4 5 a.m. in the starting documents office in the Nordic House of the Roland Arena. The starting documents and late registration are signposted. Payment is possible in cash or with all common cards.

Neutralization

The authorities and the organizers reserve the right to neutralize certain sections of the race, even at short notice, for safety reasons. Up-to-date information on this will be available in the -> **Briefing** on Friday, September 8, at 6 pm. Neutralized is in any case the descent after the start in the Roland Arena to Tiefencastel. This will be completed accompanied by motorcycles in the respective starting blocks.

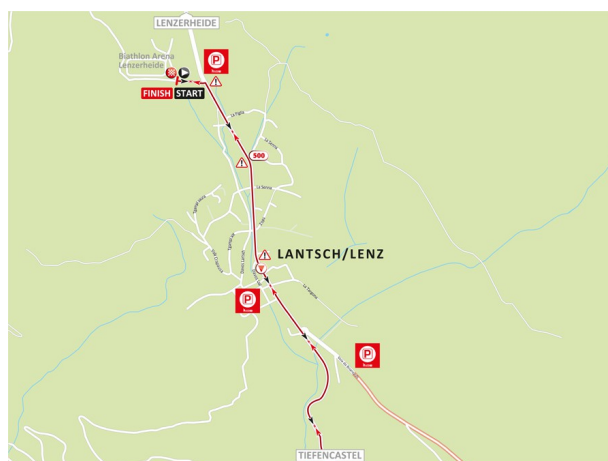
Emergency

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].

Parking spaces

Parking spaces in a very limited amount are located in the area of the start and finish in the Biathlon Arena. As additional parking space on the event day we provide the Voia da Brianzauls. The instructions of the security personnel there must be followed. Furthermore, public parking spaces are to be used. We would like to point out that vehicles that are not parked properly can be towed away.

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. There is a night parking ban in the biathlon arena.



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Pasta party

Whether on the eve of the race to fill the carbohydrate stores or as a perfect catering at the finish: For the participants of the Alpen Challenge there is pasta in the finish area on Friday and Saturday. 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.

Start

The start for the Alpen Challenge will be at 7 a.m. in the Roland Arena. There is also the finish of 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 kilometers of the course. The instructions of the accompanying motorcyclists must be followed. The allocation to the starting blocks is binding. The allocation of the starting blocks will take place with the allocation of the starting numbers in the race week. We kindly ask you to refrain from inquiries about the allocation of starting blocks by mail. The allocation has proven to be suitable and correct in 99 percent of all cases in the past years. In some cases, it is possible to make a request at the registration desk on site. A start from a starting block further back than intended is possible at any time.

Route signage

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

Route splitting

The split between the short ("Classic") and long ("Challenge") distance of the Alpen Challenge is located in Silvaplana and is signaled. Only here you decide which route you will definitely ride - the choice of route at the registration is not binding. Note the -> "cut time" for the long distance via Maloja and Splügen.

Track safety

The route of the Alpen Challenge is secured by marshals as well as escort vehicles and motorcycles, 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 organization's staff as well as the authorities must be followed.

Route selection

The Alpen Challenge is a cycling marathon with a free choice of route. For our planning, we ask for a desired route during registration, but which distance you ride at the end, you can decide yourself up to the route splitting directly at the catering in Silvaplana at the foot of the Julierpass - even during the race. Depending on the timing, you will be automatically rebooked there - free of charge, of course. Please note, however, that for safety reasons there is a -> "cut time" for Silvaplana, after which we will not allow any more participants on the long distance.

Souvenir

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

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 race number.

Transponder

The timing 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 with CHF 50.

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Triathlon bikes

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

Jersey

The Alpen Challenge jersey can be purchased in the online store at <http://bit.ly/alpenchallengeshop> or on site. Our jerseys are produced by ALÉ.

Catering

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 routes follows at the split in Silvaplana. In addition, drinks for both courses are available in the first part of the final climb near Tiefencastel. On the long distance there will be drinks and a reduced food supply in Campodolcino on the ascent to the Splügen pass and a complete food supply in Splügen. Water, drinks from PowerBar, Coke, fresh fruit, nut and fruit tartlets as well as rolls with Bündner mountain cheese are offered. In addition, freshly brewed coffee specialties from the barista are available at Albula and Campodolcino.

Schedule

Friday, September 8, 2023 - Roland Arena

2 p.m. to 8 p.m.: Starting documents & late registration
14 to 18 h: Pasta party
6 pm: Opening and participant briefing

Saturday, September 9, 2023 - Roland Arena

5.00 to 6.45 a.m.: Start documents
7.00 am: Start 23rd Alpen Challenge
9.30 a.m. to 6.00 p.m.: Expo & Festive Economy
12.00 h: Award ceremony short distance
14.00: Finish short distance
14.45 h: Award ceremony long distance
17.30 h: Finish long distance

Finish area / event area

Finish, accreditation, catering, briefing and award ceremony of the Alpen Challenge will take place in the Roland Arena.

Destination

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").

