

# RUNNER'S GUIDE

30<sup>th</sup> June – 1<sup>st</sup> July 2023





supported by



piz bernina  engadin



Natürliche Energie aus Honig





# THE WAIT WAS WORTH IT!

Dear participants,

Great that you are a part of the Bernina Ultraks 2023!

Please read the Runners' Guide carefully.

If you have any questions, please feel free to contact us via direct message on Instagram or by mail to [bernina@ultraks.com](mailto:bernina@ultraks.com).

**See you at the starting line!**

**Your Ultraks Team**



# PROCEDURE RUNNER'S BRIEFING

- The Runner's Briefing will take place on Friday at about 5:30 pm on the stage in the Ultraks Zone (Bellavita parking lot)
- In case of bad weather, the Runner's Briefing will take place at the Sela Arrabella in the Rondo.
- Additionally, there will be a livestream on Instagram.



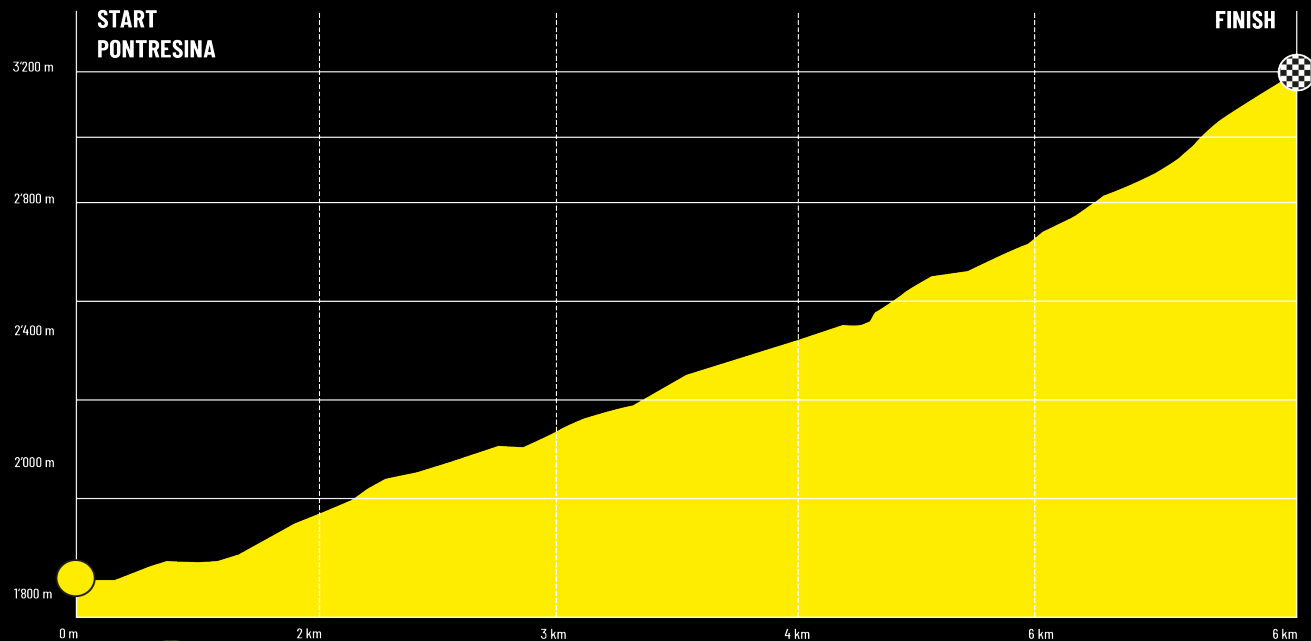




**COURSES**

# «*GOVERTICAL*»

6,5 km | 1'400 m<sup>⤴</sup>





# «GOVERTICAL»

6,5 km | 1'400 m<sup>⬆</sup>

The «GoVertica» is the kick-off to the spectacular Bernina Ultraks weekend on Friday. After the start in the center at the Rondo you run directly into the ibex paradise Pontresina. The Vertical leads past the Alp Languard mountain station into the mountain massif of the Livigno Alps and on to Piz Languard at an altitude of over 3,200 meters. In total, you will cover 6.5 km and 1,400 hm to the summit, earning you the incredible view of the Bernina Group. Please note that this is a T3 mountain tour. The route is a challenging mountain trail, with corresponding ascents. After reaching the summit, a well-deserved refreshment awaits all finishers after a short descent to Georgy's Hütte, the highest mountain hut in Graubünden.



# SERVICE FOR GOVERTICAL RUNNERS

- **Luggage transport:**

at the Rondo Cultural Center **on Friday until 2 p.m.** there is the possibility to drop off materials and effects of the participants, which will be transported to Georgy's Hütte. The transport of materials is connected with an extra charge of 10 CHF. However, due to weather conditions, the transport flight cannot be guaranteed without doubt.

Booking of the luggage transport by mail to: [bernina@ultraks.com](mailto:bernina@ultraks.com).



- **Chairlift service:**

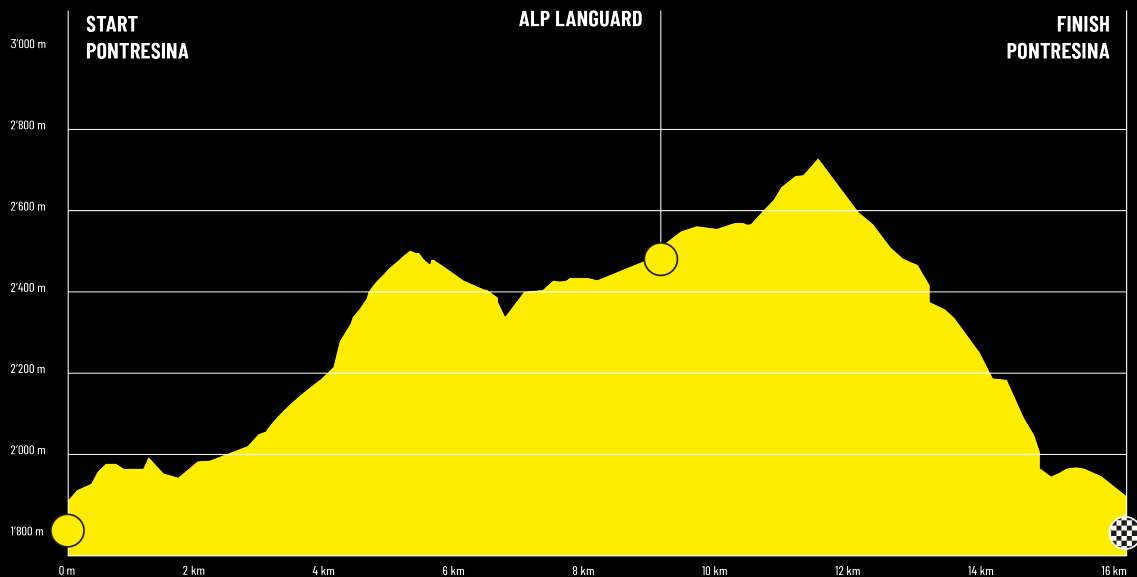
from 07:30 -09:00 p.m. (from 08:30 p.m. in groups) there will be a downhill ride with the chairlift from Alp Languard for all athletes.

iTRA

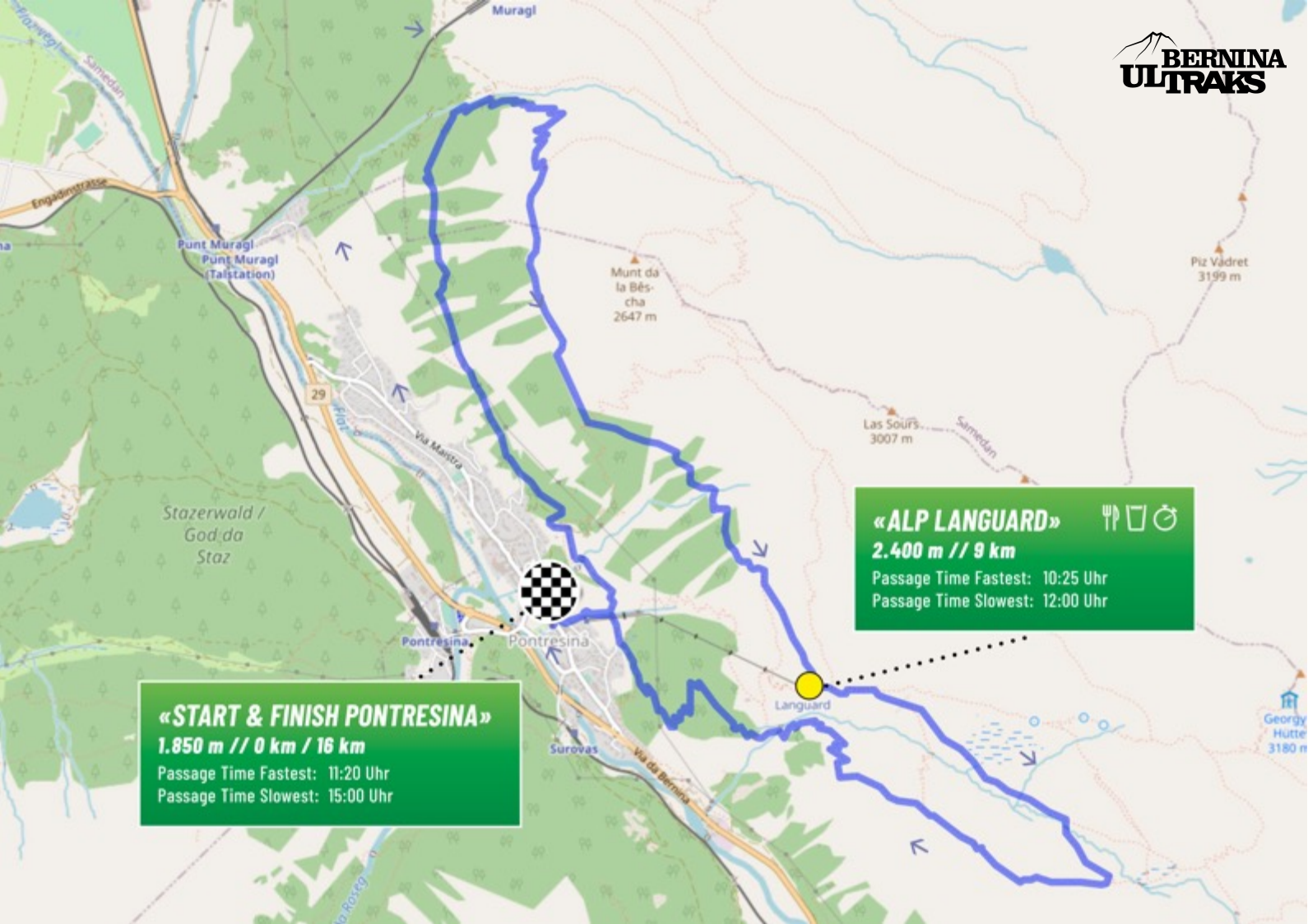
1

# «STEINBOCK»

16,3 km | 870 m<sup>⬆</sup>



BERNINA  
ULTRA



### «START & FINISH PONTRESINA»

1.850 m // 0 km / 16 km

Passage Time Fastest: 11:20 Uhr

Passage Time Slowest: 15:00 Uhr

### «ALP LANGUARD»



2.400 m // 9 km

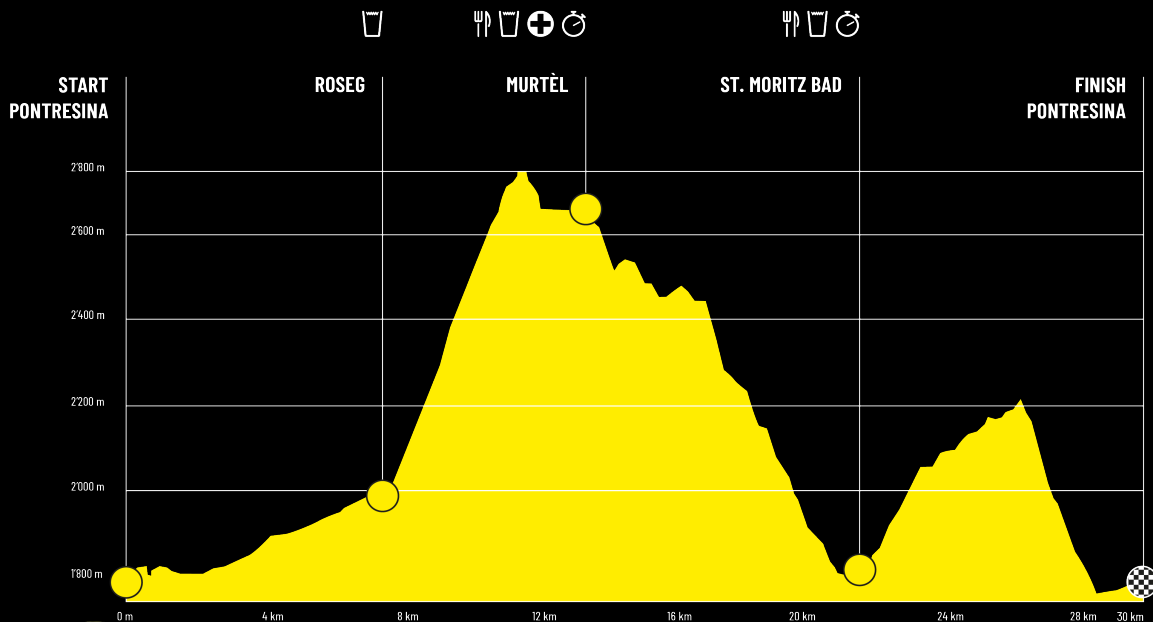
Passage Time Fastest: 10:25 Uhr

Passage Time Slowest: 12:00 Uhr



# «CORVATSCH»

30,1 km | 1'800 m<sup>↑</sup>



**«ST. MORITZ BAD»**



**1.778 m // 21 km**

Passage Time Fastest: 10:30 Uhr

Passage Time Slowest: 14:45 Uhr

**«MURTÈL»**



**2.687 m // 13 km**

Passage Time Fastest: 10:00 Uhr

Passage Time Slowest: 12:00 Uhr

**«ROSEG»**



**2.000 m // 8 km**

Passage Time Fastest: 9:15 Uhr

Passage Time Slowest: 9:45 Uhr

**«START & FINISH PONTRESINA»**

**1.850 m // 0 km / 30 km**

Passage Time Fastest: 11:15 Uhr

Passage Time Slowest: 19:00 Uhr

**«CORVATSCH»**

**30,1 km | 1'700 m<sup>±</sup>**

Please note: you are in a high alpine environment, where on the «Corvatsch» route even in July snowfields are still to be expected in the area of Fuorcla Surlej as well as in the area of the Murtèl middle station in the direction of Hahnensee.

# BIKE RACE ST. MORITZ BAD

In St. Moritz Bad a bicycle race will take place on Saturday.  
From approx. 1:00 p.m. increased bicycle traffic is to be expected.

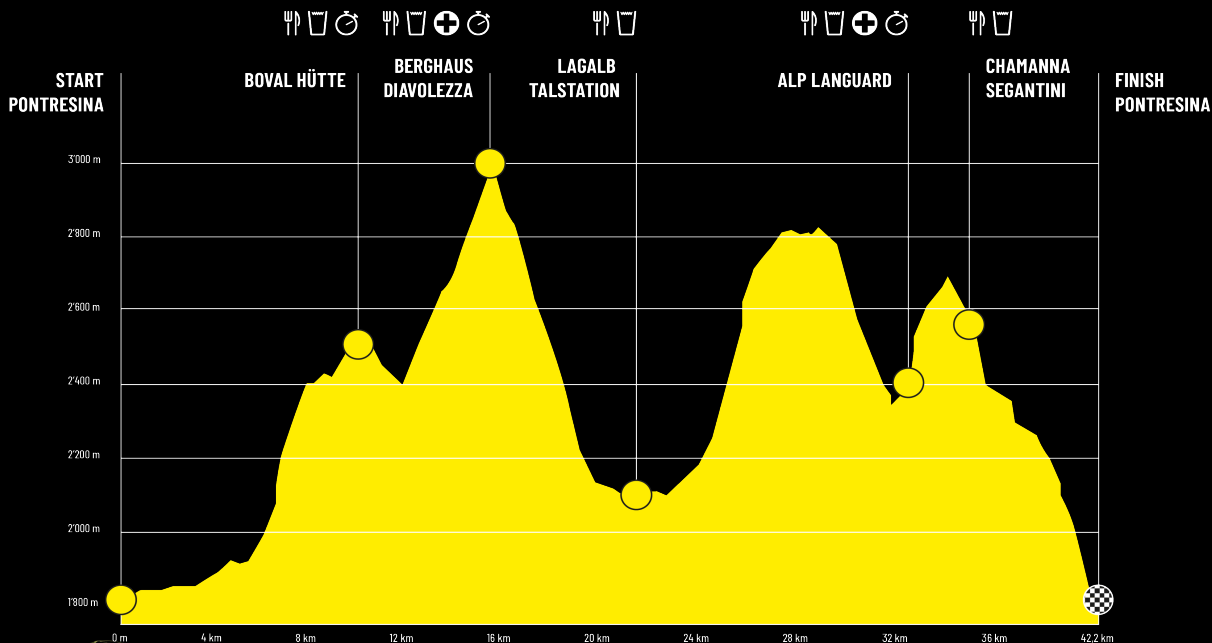
**Please pay attention to the correct  
marking flags (orange flags).**





# «BGM»

42,2 km | 2'600 m 



### «CHAMANNA SEGANTINI»

2.731 m // 35,5 km

Passage Time Fastest: 11:25 Uhr

Passage Time Slowest: 17:30 Uhr

### «START & FINISH PONTRESINA»

1.850 m // 0 km / 42 km

Passage Time Fastest: 11:55 Uhr

Passage Time Slowest: 19:00 Uhr

### «ALP LANGUARD»

2.400 m // 9 km

Passage Time Fastest: 10:55 Uhr

Passage Time Slowest: 15:15 Uhr

Cut-Off Time: 15:30 Uhr

### «LAGALB TALSTATION»

2.118 m // 22 km

Passage Time Fastest: 09:50 Uhr

Passage Time Slowest: 13:15 Uhr

Cut-Off Time: 13:15 Uhr

### «BOVAL HÜTTE»

2.494 m // 10 km

Passage Time Fastest: 8:35 Uhr

Passage Time Slowest: 10:00 Uhr

### «BERGHAUS DIAVOLEZZA»

3.000 m // 15,7 km

Passage Time Fastest: 9:20 Uhr

Passage Time Slowest: 11:30 Uhr

## ADDITIONAL INFORMATION BGM

**KM 11:** You start by crossing the Morteratsch glacier. You run over glacier ice and between crevasses. The trail is secured by trained staff from the Pontresina mountaineering school. Important: put on your spikes, which are compulsory equipment, and do not leave the marked path.

**Compulsory equipment will be checked before the start.**  
Participation is excluded without compulsory equipment.



# ADDITIONAL INFORMATION BGM

## KM 28:

here you run for about 1.5km over a snow field. This is prepared and strongly marked. Do not leave the track!









**PROGRAM**

# FRIDAY, 30<sup>TH</sup> JUNE

03:00 – 08:00 pm

Bib distribution &  
Pay n' Run – Registration @Rondo

*NOTE: Registration until 30 minutes before the respective start time*

05:00 pm

**START «GOVERTICAL»**

05:30 pm

Runner's Briefing on stage  
@ Ultraks Zone\*

07:00 pm

Flower Ceremony @ Georgy's hut

08:00 pm

Closing of finish line

*Unless otherwise noted, all activities will take place on the Ultraks Zone (Bellavita).  
Runner's Briefing in case of bad weather at the Sela Arabella in the Rondo.*

# SATURDAY, 02<sup>ND</sup> JULY

06:30 am – 09:15 am

Bib distribution &  
Pay n' Run – Registration @ Rondo

*NOTE: Registration until 30 minutes before the respective start time*

07:45 am – 07:00 pm

Ultraks Zone @ Bellavita\*

07:30 am

**START OF «BGM»**

08:20 am



**START OF «CORVATSCH»**

09:30 am

**START OF «STEINBOCK» TRAILS**

09:45 am

**START OF MINI-ULTRAHS**

from 12:30 pm

Runner's meal

03:30 pm

Price Giving

07:00 pm

Closing of finish line

*Unless otherwise noted, all activities will take place on the Ultraks Zone.*

*Please be ready 15 minutes before your start time. Runners Meal and prize-giving ceremony in case of bad weather at Restaurant Talstation Languard.*







**IMPORTANT INFORMATION**



# COURSE MARKINGS



Orange flags mark your way. They are our essential route markers and serve as an orientation aid! Typically, we place a flag every 30-50 meters. On straight stretches, the distance may be longer. Basically all flags are set in sight.

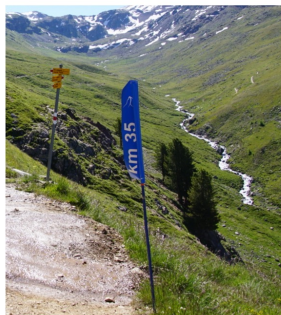
## DISTANCE FLAGS



«STEINBOCK»



«CORVATSCH»



«BGM»

Placed every five to ten kilometers, they show the distance run in the colors of the respective course.

## “TO GO” FLAGS



Indicate the distance to the finish line.  
They are placed 2 km from arrival.



# RAILROAD CROSSING

ONLY FOR «**BERNINA GLACIERS MARATHON**» AND «**CORVATSCH**»



There is a level crossing on both routes, approx. 900m after the start.  
ATTENTION, TRAINS RUN HERE! The Corvatsch level crossing has no barrier, BGM has a barrier. Please follow the instructions of the marshalls!

# COMPULSORY EQUIPMENT

For all courses:

- Cell phone with stored emergency number:  
**+41 79 889 2533**

On the course of the «**Bernina Glaciers Marathon**» you have to carry:

- Spikes for crossing the glacier
- Rescue blanket
- Rain or wind jacket
- Beverage container of min. 0.5l

*The organizer reserves the right to prescribe additional mandatory equipment depending on the weather conditions (e.g. rain pants).*

***The organizer will check the equipment when entering the starting area. No participation can take place without the compulsory equipment being presented in full.***

# RECOMMENDED EQUIPMENT

For all courses:

- Poles
- Headwear
- Sunglasses

For the «**Corvatsch**» and «**Steinbock**» trail we also recommend:

- carrying a rescue blanket

For the «**Bernina Glaciers Marathon**» we recommend:

- Gloves

# WEATHER FORECAST

Participants of all courses are strongly advised to study the weather forecast in order to start according to the meteorological conditions.

The weather forecast will be published the evening before the race.

Weather Pontresina:

<https://www.meteoswiss.admin.ch/local-forecasts/pontresina/7504.html#forecast-tab=detail-view>



 **BERNINA  
ULTRAKS**



# SAMARITER

The Samariter are responsible for safety along the courses. They will have fixed points at:

- Start & Finish Pontresina
- Murtèl
- Lagalb Talstation

At the food stations there are additional bandages for the first emergency care. The mountain station Diavolezza also has first aid materials.

In case of injury please contact the following number:

**+41 79 889 2533**

# GENERAL BEHAVIOR

- Each participant must respect the signposting / course markings;
- Participants are obliged to assist any person in danger or victim of an accident and to immediately inform the competition management by telephone of any accident or contact a course marshal (orange vest);
- A participant must give up when asked to do so;
- Participants must respect the environment.



# FOOD STATIONS

\* think of your soft cup!



# FOODSTATIONS

	ROSEGG	MURTEL	ST. MORITZ BAD	BOVAL HÜTTE	ALP LANGUARD	DIAVOLEZZA	LAGALB TALSTATION	CHAMANNA SEGANTINI	PONTRESINA (FINISH)
<b>SOLID</b>									
AEROBEE Energy Bar (Honey-Peanut-Cacao)		X	X	X	X	X	X	X	
Oranges		X			X	X	X		X
Bananas		X	X	X	X	X	X	X	X
Watermelon		X	X		X	X	X		X
Cucumbers		X	X	X	X	X	X		X
Chocolate		X	X		X	X	X	X	X
Dark Bread		X	X		X	X	X		X
Cheese		X	X		X	X	X		X
Nuts & Raisins		X	X	X	X	X	X	X	X
TUC biscuits		X	X	X	X	X	X	X	X
Salt sticks		X	X	X	X	X	X		
Cake									X
<b>LIQUID</b> (no cup policy – think of your Softcup!)									
AEROBEE Liquid Honey & Salt Energy Gel (Maracuja or Peanut-Cacao-Guarana or /Ingwer/Ginger)		X	X		X	X	X	X	
Tea		X			X	X			
Vegetable Broth		X			X	X			
PowerBar ISOACTIVE (Orange)		X	X	X	X	X	X	X	
Water	X	X	X	X	X	X	X	X	X
Coca Cola	X	X	X	X	X	X	X	X	X





# AEROBEE – Das Honig Energie Gel

## Volle Energie durch 100% natürliche Inhaltsstoffe



*Hochwertiger Honig aus Europa  
als Energielieferant*



*Salz und Mineralien aus der Ostsee  
als Elektrolytquelle*



*Ca. 300kcal/100g pure Energie  
zur Leistungsmaximierung*



*Ohne künstliche Zusatz-  
und Konservierungsstoffe*



**AEROBEE REWILD UG**  
Buschheckenweg 11  
D-24229 Schwedeneck



[www.aerobee.de](http://www.aerobee.de)  
[info@aerobee.de](mailto:info@aerobee.de)



Follow us on Instagram  
[Aerobee\\_Energy](https://www.instagram.com/Aerobee_Energy)



Follow us on Facebook  
[Aerobee\\_Energy Gel](https://www.facebook.com/Aerobee_Energy_Gel)



## Für Ultraks Teilnehmer mit 15% Rabatt

Rabatt

**15% Rabatt** auf alle AEROBEE Produkte

Code

**AEROBEE@Ultraks15**

Shop

**[www.aerobee.de](http://www.aerobee.de)**

Gültigkeit

Gültig bis **4 Wochen** nach Event



Auch für unsere neuen **ENERGY BARS**

# TIME LIMITS

Time limits have been set for the «Bernina Glaciers Marathon».

Lagalb Talstation @ 01:15 pm

km	22
altitude	2.100m
past time since start	5h 45min

Alp Languard @ 03:30 pm

km	33
altitude	2.400m
past time since start	8h

## CLOSURE OF FINISH LINE

The finish line in Pontresina closes at 07:00 pm.

# COURSES CHANGE OR INTERRUPTIONS

The Organisers reserve the right to modify the course or interrupt the race in case of adverse weather conditions.

## RACE WITHDRAWAL PROCEDURE

### 1. INFORM

Inform immediately the race office by sending an SMS or a WhatsApp to +41 79 687 4131 precising:



- Your bib number
- Your name
- Your position

or inform a course marshal (orange vest) positioned along the course

### 2. TAKE OFF YOUR BIB

To avoid mistakes, it is important that after retiring from the race, you keep your bib in your pocket.

# SLEEP CLOSE TO HEAVEN

Berghaus Diavolezza | [www.diavolezza.ch](http://www.diavolezza.ch)



**Diavolezza 2978**

Corvatsch  Lagalb

Berghaus Diavolezza | Tel. +41 81 839 39 00 | [berghaus@diavolezza.ch](mailto:berghaus@diavolezza.ch)

# BIB'S





# VOUCHER

As part of your bib you can find a voucher for the Runner's Meal. Please hand out the vouchers at the food distribution.

Vouchers for family/friends can be purchased for 15 CHF.



# FINISHER-SHIRT



The finisher T-shirts will be handed out at the finish in Pontresina in the Ultraks Zone after showing the start number.

## LAST MINUTE INFORMATION

Last minute information will be posted at the Race Office in the Rondo, on our social media channels as well as on our website

<https://bernina.ultraks.com/>

## SOCIAL MEDIA

Feel free to tag us on Instagram @berninaultraksoffical and use our hashtag #BerninaUltraks to share your social media posts about the Bernina Ultraks!



# SPORTOGRAF

- As official photography partner [www.sportograf.com](http://www.sportograf.com) will be available for all participants and distances. They capture the best memories of the Bernina Ultraks 2023 for you.
- You can purchase your individual pictures based on your race number at a reasonable price after the race.
- You can find your photos right after the event under: [sportograf.com/event/8537](http://sportograf.com/event/8537) or on our website.



# LIVE TRACKING

We offer a live tracking service (via app) together with our timing partner Time2Win:  
[https://racemap.com/app/time2win/redeem\\_key?key=GA05FP](https://racemap.com/app/time2win/redeem_key?key=GA05FP)



Connect your phone for live tracking

Scan the QR code or open the link with your phone in order to connect TIME2WIN GPS APP for live tracking at the Ultraks Bernina 2023 event.



[https://racemap.app/time2win/redeem\\_key?key=GA05FP](https://racemap.app/time2win/redeem_key?key=GA05FP)



Thank you for being part of the  
Bernina Ultraks 2023!

We wish you a great race and are  
waiting for you at the finish line.

And most importantly, have fun!



 **BERNINA  
ULTRA**

