



**ATHLETES HANDBOOK 2022
(English)**

10th July 2022 Version 1.0

<https://triverest.com>

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1 Foreword

After many years of active participation in races around the world, one thing has remained for the initiators of TRIVEREST: The memories and experiences of something special. In TRIVEREST there are many ideas which unite these. It is our vision to offer an epic triathlon in which the experience in combination with the parameters of the ascent to Mount Everest is unique.

TRIVEREST is extreme in its nature and certainly a challenge.

We as organizers are happy to have found the conditions in the region of Central Switzerland that ideally meet our expectations.

The TRIVEREST CREW wishes everyone a great time, camaraderie and overwhelming emotions on the way to the goal.

Dianna & Peter & Crew

– VERTICALLY EPIC –

2 Contacts








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Zinzikerbergstrasse 40C
8404 Winterthur
ask@TRIVEREST.com

Notfall&Kontakt / Emergency&Contacts

Wer / Who	Telnr.
Rega, Rettungshelikopter	14 14
Sanitäts-Notruf	144
Polizei-Notruf	117
Feuerwehr	118
Tox-Zentrum	145
Gesundheitszentrum Meiringen Spitalstrasse 13, 3860 Meiringen	+41 33 826 26 26
Kantonsspital Obwalden Brünigstrasse 181, 6060 Sarnen	+41 41 666 44 22
Kantonsspital Nidwalden Ennetmooserstrasse 19, 6370 Stans	+41 41 618 18 18
Ärztlicher Notfalldienst Obwalden	+41 41 660 33 77
Race Office (nur während dem Event/active during event only)	+41 76 702 02 66

3 Orte / Locations

Was	Adresse	Coord	QR-Code
Briefing, Registration, Race-Office, Checkpoint Run Equipment	Staderried 2, 6053 Alpnachstad	46.95214, 8.28046	
Schwimmstart, Wechselzone T1	Seestrasse 20, 6060 Sarnen	46.884315, 8.243731	
Bike Pass 1	Glaubenberg, Passhöhe 6063 Sarnen	46.892829, 8.107748	
Bike Pass 2	Glaubenbielen	46.818330, 8.085426	
Bike Pass 3	Brünig Waldegg Brünigpass, 3860 Brünig	46.756533, 8.136700	
Bike Pass 4	Grimsel Berghotel Grimselpasshöhe, 3999 Oberwald.	46.561415, 8.337604	
Bike Pass 5	Furka Passhöhe 3999 Obergoms	46.572629, 8.415122	
Bike Pass 6	Susten Passhöhe Sustenpass, 6484 Wassen	46.729163, 8.447057	
Bike – letzte Betreuung vor dem Aufstieg nach Hasliberg / last possible support station before climb to Hasliberg	Parking Water Reservoir Gadmen	46.716097, 8.279140	
Bike nach/to Hasliberg (nur Athleten, keine Autos / Athletes only, no cars allowed)	Abzweigung / Junction Gental – Engstlenalp - Hasliberg	46.714642, 8.272893	
Bike Pass 7	Brünig Waldegg Brünigpass, 3860 Brünig	46.756533, 8.136700	

Was	Adresse	Coord	QR-Code
Run start, Wechselzone T2,	Staderried 2, 6053 Alpnachstad	46.95214, 8.28046	
Kurzzeit / Short Term Parking Supporter Car	Staderried 4, 6053 Alpnachstad	46.95238, 8.28134	
Langzeit / Long Term Parking Supporter Car	Alpnachstad Train Station	46.95601, 8.27847	
Run - Beginn Sherpa Section mit Pflichtausrüstung / Start section with Sherpa and mandatory equipment	Staderried 2, 6053 Alpnachstad	46.95214, 8.28046	
Run Aidstation / Verpflegung	Mittelstation Ämsigen, Haus	46.970044, 8.271446	
Run Aidstation / Verpflegung	Pilatus Kulm	46.979516, 8.254806	
Finish	Staderried 2, 6053 Alpnachstad	46.95214, 8.28046	

4 Zeitplan / Timetable

Zeit	Ort	Was
Donnerstag / Thursday 21. Juli 2022		
1600	Alpnachstad	Race Office opens
1600-1700	Alpnachstad	Athleten & Supporter vor Ort/at place: Check-In, Registration, Race Number Pick-Up, Briefing, Instruktion, <ul style="list-style-type: none"> • Check Pflichtausrüstung Run • Check mandatory gear for run
1700-1730	Alpnachstad	Race Briefing
Freitag / Friday 22. Juli 2022		
0500	Seebad Erlebnisbad Seefeld, Sarnen	<ul style="list-style-type: none"> • Aufbau Wechselzone / opening T1 • GPS Tracker Pick-up
0600	Seebad Erlebnisbad Seefeld, Sarnen	Start
0600-0830	Sarnersee	Schwimmen 4 KM (2 Runden/laps x 2 KM)
0700-2400	Region	Radfahren / <i>Roadbike</i>
1600-0400	Alpnachstad	Wechselzone <i>Transition T2 Bike -> Run</i>
1710	Alpnachstad	Letzte Bergfahrt / Last ride uphill cogwheel train
2000-1000	Alpnachstad	Finish & Awards: Preisverleihung erfolgt fortlaufend gleich nach dem Zieleinlauf / Awards just after crossing the finish line
2000-1030	Alpnachstad	Verpflegung, ruhen, erholen / <i>eat, rest, recover</i>
Samstag / Saturday 23. Juli 2021		
0530	Pilatus	Sonnenaufgang / Sunrise 05:52 h
1000	Alpnachstad	Offizielles Rennende / <i>official end of race. 28h Race time</i>
0810	Alpnachstad	Erste Bergfahrt Pilatus Kulm <i>First ride cogwheel train up to Pilatus Top</i>
1200	Alpnachstad	Räumung / Cleaning T2. End of TRIVEREST 2022

5 Sponsors

Third party support for this event is essential. TRIVEREST is proud to have confidence in these partners.

5.1 Main Event Partner



Pilatus Bahnen AG

The local mountain before Lucerne. With its height of 2'132 m above sea level, it offers incomparable views with panoramic views. With its hotels and restaurants on the summit and the world's steepest cogwheel railway, it offers superlative service.

<https://www.pilatus.ch>

5.2 Sponsoring Partner



Vertical Coffee

Coffee from our own roasting plant. Extra power with taste for every ascent.

<https://www.vertical.coffee>



HEAD Swimming

The world-famous brand has also been on the market with successful products in the swimming sector for several years.

<https://www.head.com/de-CH/sports/swimming/>



Tauchsport Käser – THE place to go when it comes to water. Diving is the core competence, with everything that goes with it. Organisation of trips, training and distribution of equipment is all represented. Advice and the range of articles for swimming complete the range. Locations in Bern and Zurich.

<https://tsk.ch>

5.3 Supporting Partner



Seefeld Park - Idyllically nestled between the Melchaa and Lake Sarnen, in the midst of a natural environment

<https://www.seefeldpark.ch>



Joinery and timber construction in Winterthur - When it comes to competence and wood

<https://www.sprenger-soehne.ch>



The great Swiss sports magazine. Mass sports and special disciplines in the endurance sector.

<https://www.fitforlife.ch>



The snack bar with boat rental in Sarnen harbour

<https://seefeld-imbiss.ch/>



FC Alpnach
The soccer club at the foot of Pilatus

<http://fcalpnach.ch>

6 General

Safety must be the greatest concern of every single person. Rules should not restrict fun or adventure, but should help to ensure that the risks are small for everyone and that enjoyment leads to a good and safe experience.

6.1 Solo / Teams / Race Duration

There are race categories of

- SOLO
- TEAM OF 2
- TEAM OF 3-4




The solo athletes complete the entire course individually.




TEAMS consist of 2 or 3 or 4 persons. In TEAMS there is only one person at a time (except when running, where several people are allowed to run at the same time). TEAMS may change during each discipline (swimming after a lap), at any time and place and as often as desired.

The maximum race duration is 28 hours.

6.2 Registration / Race Number Pickup

- Athletes and registered supporters must be present
- Signing and submission of the declaration of liability/waiver
- Pickup of race package
 - Race number (plus extra bib)
 - Swim cap
 - Wristband athletes (red)


021298   Athlet Nr. _____
 - Wristband Supporter (blue)


021298   Support _____
 - Swim buoy (on loan)
- Briefing

6.3 GPS – LIVE Tracking

One GPS tracker will be provided per solo/team (on loan). In the teams the active athlete always carries the tracker with him. The GPS tracker is carried when cycling and trail running, not when swimming (not waterproof).

For secure transmission, the tracker should be carried in an outer layer with a clear view upwards. The tracker transmits the current position every 3 minutes. After the event the tracker must be returned. In case of loss or damage, CHF 200 will be charged.

The tracker is also publicly accessible and can be accessed via

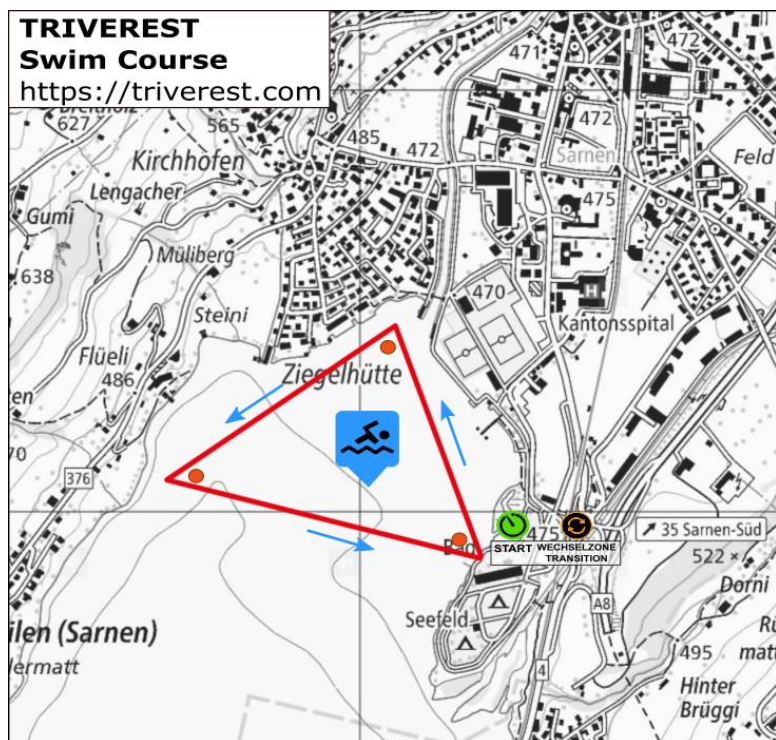
Portal Link: <http://95.216.188.159> (Gültig ab 18. Juli 2022 / available starting July 18th 2022)

Mail: TV2022

Password: TV2022

App Mobile Devices: <https://www.traccar.org/manager/>

6.4 Swim



- 4 KM
- There are 2 laps of 2 KM to swim
- The direction is counterclockwise/left
- TEAMS may switch the athlete after one lap. The floating buoy is to be handed over.
- A wetsuit is allowed and required below 18 degrees water temperature
- The supplied swimming cap must be worn
- In addition, each swimmer carries an inflatable buoy, which is fastened around the hips with a tear-proof belt. These buoys are also used for sea crossings. The buoy is handed in at check-



in and must be returned at the end of the swim.

- The changing area T1 is located on the parking lot near the lido
- The GPS tracker is not carried (not waterproof).

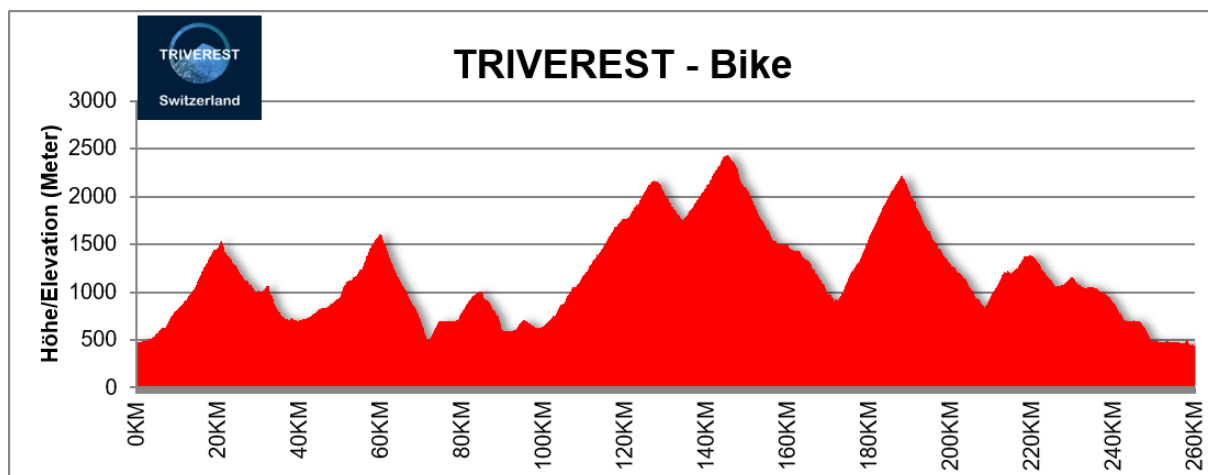
6.4.1 Alternative in case of swim cancellation

If swimming cannot be carried out for safety reasons (weather, temperature, etc.), a distance run will be carried out as a substitute.

The decision will be made by the race management at the latest one hour before the official start date.

- The starting point for the swim and the substitute run is the same.
- Distance 10 KM (2 laps of 5 KM each, athletes can change after one lap), flat
- The route is marked.
- The GPS tracker must be carried along.

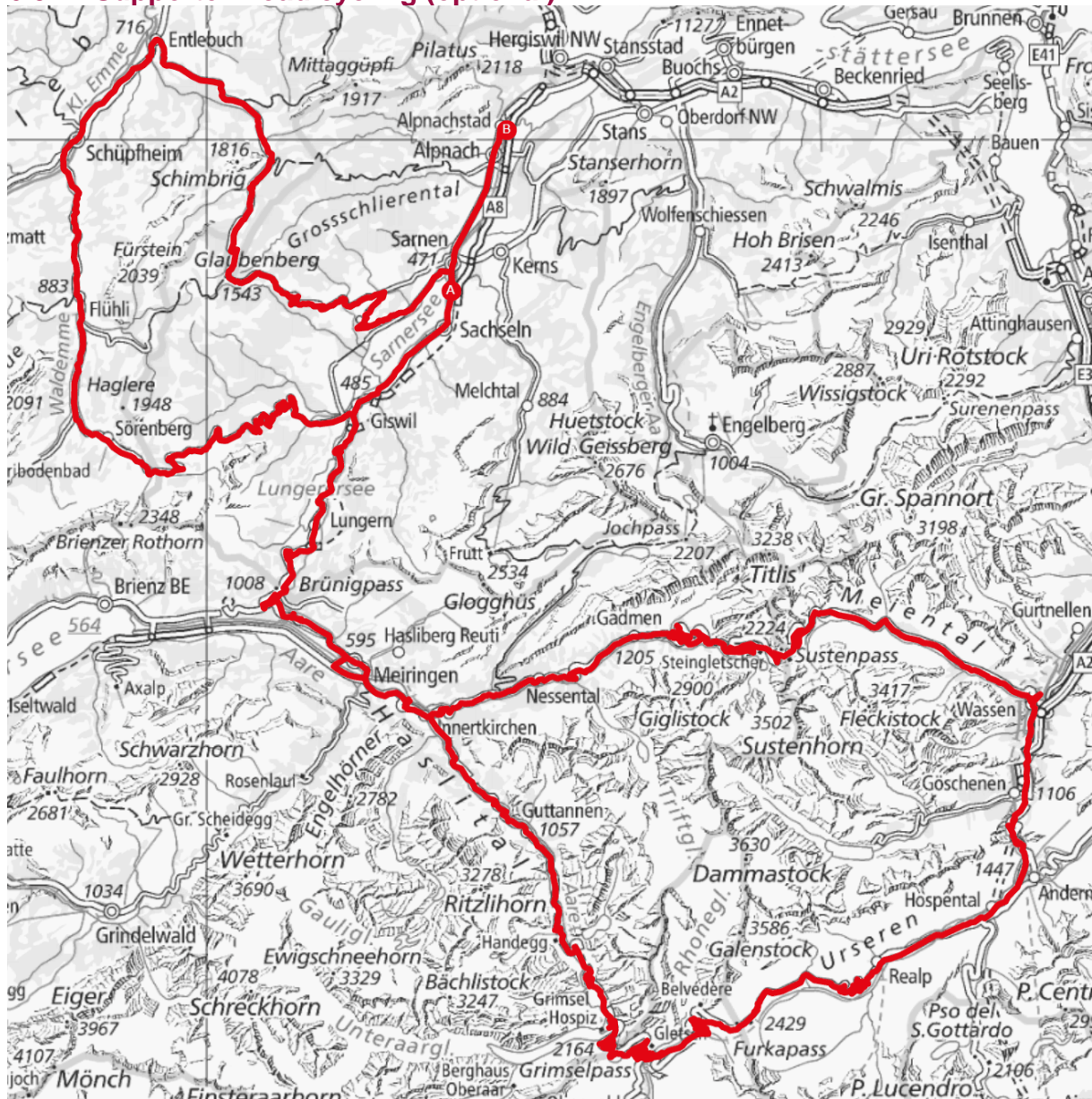
6.5 Road Cycling



6.5.1 General

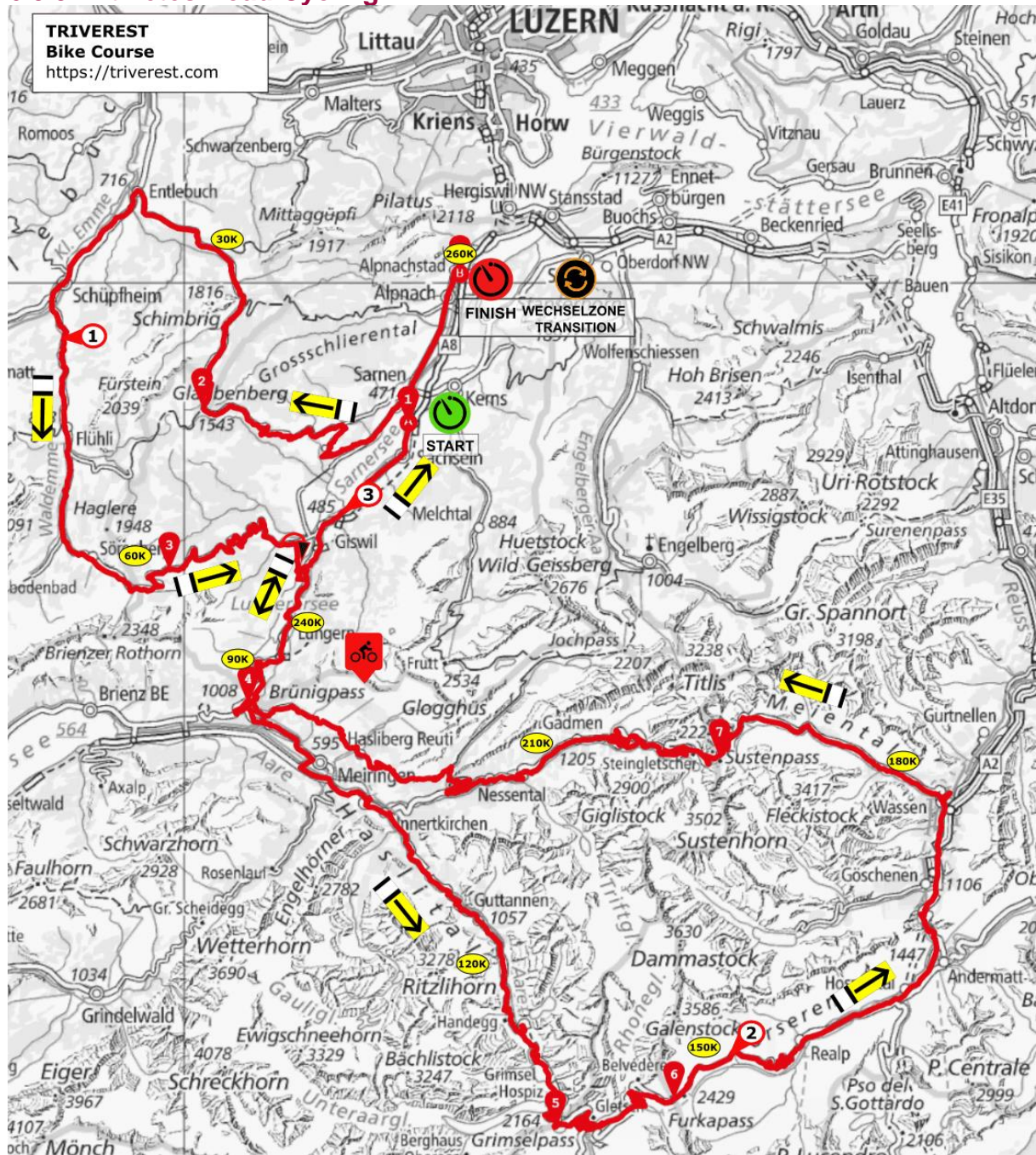
- 260 KM / 7'000 HM
- 7 Alpine passes
- Navigation with GPS device or maps
- GPS tracker must be carried along
- No track marking
- No official catering
- Support vehicle recommended, but not mandatory. The route can also be driven as a "self-supporting athlete".

6.5.2 Supporter Road cycling (optional)



- The optional support vehicle follows only the GPS device. For the supporters, the route is **not** always the same as the athletes' route (sections in Lungern, Gadmen-Hasliberg, Giswil).
- The route Lungern - Brünig Pass - Meiringen - Grimsel Pass - Furka Pass - Andermatt - Wassen - Susten Pass - Gadmen - Brünig Pass - Giswil is congruent with the cycling and support vehicle.
- For safety reasons, the support vehicles may not drive directly in front of or behind the athlete/team being supported. The support vehicles should drive to the next designated support location and wait there off the road until the athlete arrives.
- Note: The cyclists are usually faster on the road (especially downhill), as estimated. And the time for preparing the support etc. often takes longer than planned. Allow enough time for this when you drive ahead.

6.5.3 Athletes Road Cycling

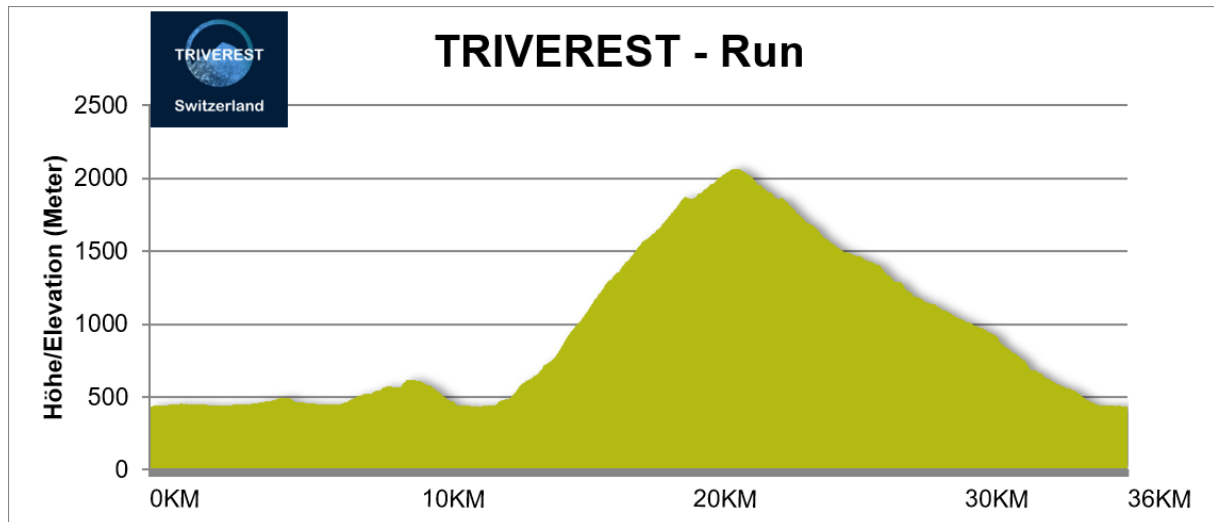


Directions Routing:

KM	Was / What
76.5	Nach der Abfahrt Glaubenbielenpass scharf rechts einbiegen. Aufstieg nach Lungern. Bike only – Kein Support-Fahrzeug! <i>After the exit Glaubenbielenpass turn sharp right. Ascent to Lungern. Bike only - no support vehicle!</i>
79	Support-Fahrzeug & Radfahrer wieder mit gleicher Streckenführung <i>Support vehicle & cyclist again with the same route</i>
90	Abfahrt Brünig links abbiegen nach «Meiringen» / <i>Downhill Brünig turn left to "Meiringen"</i>
167	Abfahrt Andermatt-Göschenen auf der Strasse bleiben – nicht auf den Radweg einbiegen. / <i>Downhill Andermatt-Göschenen stay on the road - do not turn onto the cycle path.</i>
215	Abfahrt Sustenpass. Parkplatz beim Wasserkraftwerk rechts, letzte Möglichkeit für Support vor dem Aufstieg nach Hasliberg / <i>Departure Sustenpass. Parking at the hydroelectric power station on the right, last possibility for support before the ascent to Hasliberg</i>
	
215.5	Rechts abbiegen nach «Gental Engstlenalp». / <i>Turn right to "Gental Engstlenalp". Bike only – Kein Support-Fahrzeug!</i>
234	Brünig/Hasliberg Support-Fahrzeug & Radfahrer wieder mit gleicher Streckenführung <i>Support vehicle & cyclist again with the same route</i>

- An electronic GPS device is required for navigation. A second one is recommended, as the battery life may be too short for the entire cycling distance.
- A device can be charged in the support vehicle.
- The bike course is not marked. Follow the GPS course. There is no route marking!
- The transition area T2 is located in Alpnachstad
- The bikes must be equipped with white front lights and red rear lights, as the route leads through tunnels and the arrival at the finish can take until dark (from 21:00 hrs. is mandatory).
- Red rear lights (flashing during the day is allowed) are recommended during the entire ride.
- Participants are requested to comply with the regulations of the Swiss Road Traffic Act. In particular, the use of a white, non-flashing light source at the front and a red, non-flashing light source at the back of the bicycle are mandatory in the period 2100-0600 hours
- On construction sites with traffic light systems, the continuation of the journey must be interrupted and stopped at red light

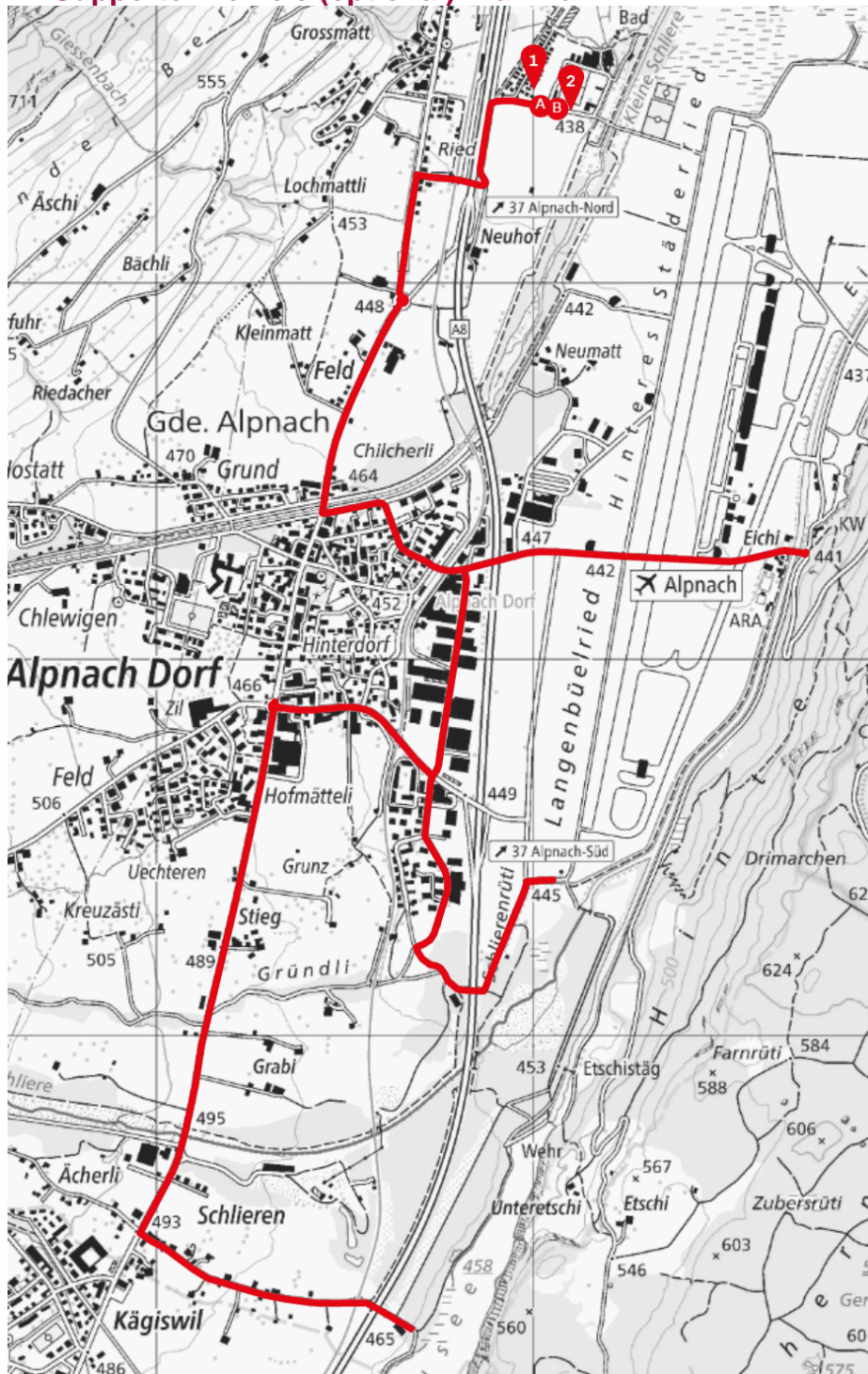
6.6 Laufkurs / Trail Run



6.6.1 General

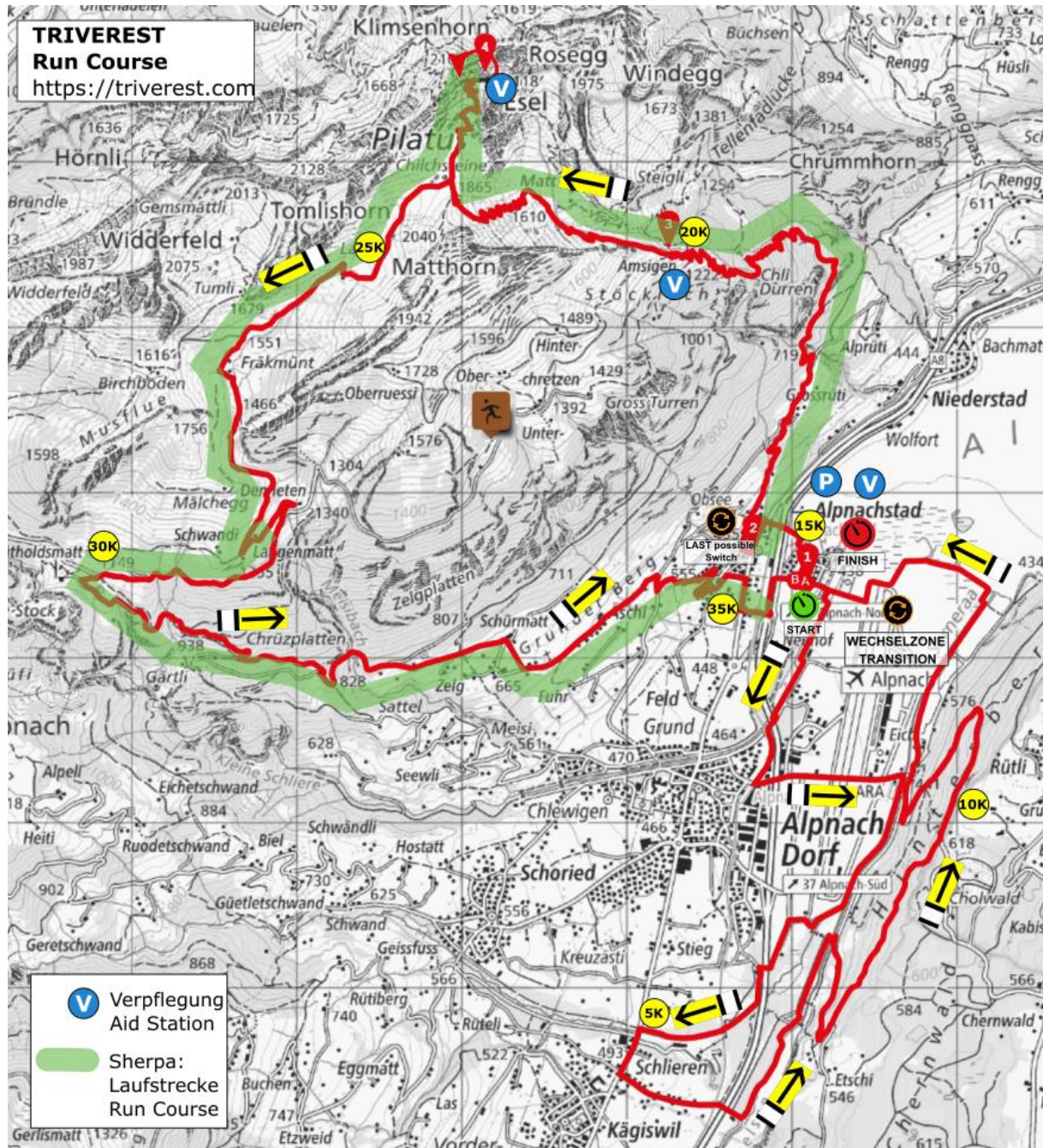
- 36 KM / 1'900 HM
- Alpnachstad – Kägiswil – Alpnachstad – Pilatus – Alpnachstad
- The route follows the official hiking trails
- Mandatory Equipment Run for the route Alpnachstad-Pilatus-Alpnachstad per person (athletes & Sherpa):
 - Headlamp with spare battery
 - Rain/GoreTex jacket with hood / Rain/GoreTex jacket with hood
 - Liquid / Water / Iso min. 1 liter
 - Food 3 bars or similar / Food 3 bars or equivalent
 - Aluminium emergency blanket / Emergency Space blanket
 - Long sleeve shirt / Long sleeve shirt
 - Long trousers / long pants
 - Gloves / Gloves
 - Mobile phone / Cell phone
- Check of mandatory gear at check-in. The mandatory equipment is **only** required for the Run Alpnachstad-Pilatus-Alpnachstad section.
- Navigation with GPS device or maps
- GPS tracker must be carried along
- **Important note:** There is **NO** continuous route marking. A GPS device with the track for navigation is absolutely necessary, especially on the ascent and descent Pilatus.
- An minimum official aidstation as well as water/wells in Aemsigen (Pilatusbahn middle station) and at the summit turning point Pilatus Kulm


6.6.2 Supporter Vehicle (optional) Trail Run



- The route of the athletes and the support vehicle are **not** congruent. The vehicles do not have access to the running course everywhere.
- It is hardly possible to reach all points in time. Especially towards the end the athletes are probably faster in Alpnachstad, like the support vehicle, because it has to park in Alpnachstad and provide the obligatory equipment for the final part of the race.
- Parking in Alpnachstad valley station CHF 5.- / 24h
 - Enter the vehicle license plate number at the automatic machine at the underpass
 - Insert 5 francs (keep ready)
 - No need to place a note/parking ticket visible in the car.

6.6.3 Athletes Trail Run



- The course is only partially marked with orange reflective flags and/or blue signs .
- **The use of a GPS device with the track is highly recommended if not even mandatory** (or use of printed maps). It cannot be guaranteed that markings will be removed or lost by third parties, which happened several times in the past events. Especially during the night, orientation is also very difficult.
- Starting from Alpnachstad to Pilatus and back to the finish athletes may only continue running with an escort (Sherpa):
 - Solo: 1 Sherpa (MUST). Additional supporters are allowed.
 - Teams: 1 Sherpa (MUST). Additional supporters are allowed.Sherpa: In teams this can be another team member and/or a person from the support team.
- On the rest of the running course the athletes may run alone or accompanied (running, bike, MTB).
- Running sticks are allowed / Running sticks allowed
- At Ämsigen, a minimum food supply with further auxiliary material has been set up. The place is on the right side at the barn under the roof.
- On top of Pilatus at the turnaround point there is a refreshment (cold&hot) with further support material. The place is on the side of the stairs at the entrance (marked).

6.7 Verpflegung / Aid Station

The following catering during the race is organized.

6.7.1 Middle Station Ämsigen (Trail Run)

Ascent Alpnachstad-Pilatus at the Ämsigen middle station approx. 4 KM before the top of Pilatus turnaround (Help-Yourself/Self-service):

- Gel
- Isotonic concentrate
- Drinks
- cake etc.
- Safety blankets, batteries, first aid kit
- Water/fountains nearby along the path



The station offers a minimum of food and is not equipped for full catering.

6.7.2 Catering / Aid Station Pilatus Kulm (Trail Run Turning Point)

Trail Run: Ascent Alpnachstad-Pilatus at the Ämsigen middle station approx. 4 KM before the top of Pilatus turnaround (Help-Yourself/Self-service) :

- Gel
- Isotonic concentrate
- Drinks
- Warm bouillon
- Warm and dry indoor room to change clothes
- Energy bars

Further catering has to be organized by yourself or is provided by your supporters/Sherpa. Catering by third parties or purchase in shops / restaurants is allowed.

6.8 Accommodation

Pilatus Kulm Hotel: The official event partner [Pilatus Bahnen AG](#) for overnight accommodation in a hotel at 2132 m altitude. Please book by telephone directly on +41 41 329 12 12, with options such as dinner in the famous restaurant.

6.9 Auszeichnung / Awards

The awards will take place right after crossing the finish line. This allows Family&Friends to be there when the 8,848 metres of altitude difference are celebrated!

6.10 Optional Supporter-Vehicle

- The optional supporter vehicle does not follow the same route as the athletes when cycling and running. The routing is included in the GPX file for electronic navigation.
- It is recommended to carry a GPS device and follow the course.
- It is forbidden to take food from the moving vehicle.
- Some places are narrow. It is recommended to keep the maximum dimensions: length 6 meters, width 2.2 meters, height 2.6 meters
- Always use safe stopping areas in parking lots or off the road for supervision and/or team changes.

6.11 Emergency and First-Aid

If a person needs medical assistance, then every person is required to provide it. The loss of time in the competition will be credited to the assisting person with a message to the race office.

6.12 Helpful Informationen

The weather in the mountains can change within a short time. In July, temperatures on the mountain passes can drop to near zero degrees.

It is recommended to have your equipment and clothes ready even for very cold conditions.

- [Fahrplan / Timetable Bahn Pilatus](#)
- [Verhalten bei Gewitter - Behaviour during thunderstorms](#) <https://www.sicher-bergwandern.ch>
- [Wetter Weather Schweiz](#)
- [Wetter Radar Landi](#)
- [2h Radar](#)
- [Wind&Wetter Windy](#) → [Apps for mobile devices](#)

6.13 Protective measures – COVID-19

The following provisions exist for dealing with the pandemic situation 2022 and COVID-19. They are based on the currently valid official guidelines of the Federal Council

- Erläuterungen zur Verordnung 3 vom 19. Juni 2020 über Massnahmen zur Bekämpfung des Coronavirus ([COVID-19-Verordnung 3; SR 818.101.24](#)) Version vom 19. Juni 2020 (Stand am 13. Mai 2022)

6.13.1 Protective measures and conditions

Aside from the safety concept there are protective measures to follow:

- The total number of persons at the event is around 50 (athletes, coaches, OK).
- There are no spectators (grandstands etc.).
- A list of addresses and names with contact details and a schedule of all persons who will participate or work at the event is available (for a possible contact tracing).
- The athletes carry a GPS tracker. This provides additional tracing while the persons are on the road during the race. This technology is used independently of the protective measures and is used for timekeeping and safety.
- There are no food stations with personal supervision.
- The only area where a larger group of people will be together is at the swim start (swimmers only) at the lake.

Rules of the government can change at any time and may have an influence on the program and the service.

<<< ◆ ◆ ◆ >>>