

Regulations

5th Glacier 3000 Run
Saturday, August 4, 2012

Registration Deadline: July 25, 2012
Registration via www.datasport.com

Categories and Race Fees

Single Women	Single Men	Race Fee
Juniors (1993 – 95)	Juniors (1993 – 95)	CHF 70.00
F 20	M 20	CHF 70.00
F 30	M 30	CHF 70.00
F 40	M 40	CHF 70.00
F 50	M 50	CHF 70.00
F 60	M 60	CHF 70.00
NORDIC WALKING (Single) Women & Men (as of 17 years)		1 category CHF 70.00

Each category must have at least 3 runners who cross the finish line, in order to make a ranking possible for a category.

Team (2 people)	Race Fee
3 categories: Women, Men, Mixed 1 st race stretch: Gstaad - Reusch, 2 nd race stretch: Reusch - Scex Rouge Transportation to Reusch with the Shuttle Bus is from the Sportzentrum Gstaad at 9.40 h	CHF 90.00

Each category must have at least 3 runners who cross the finish line, in order to make a ranking possible for a category.

Late Registration Fee	CHF 20.00
Late registration fee has to be paid as of July 26, 2012 Late registration possible until Saturday morning, August 4 th , 2012 at 09.00 h	

Race Fee
The race fee includes clothes transport to the finish line, cable car ride back to the valley station, shuttle bus to Gstaad plus a coupon for pasta and for the swimming pool (Hallenbad) in Gstaad.

Minimum Age
17 years old (born in 1995)

Number of Participants
The race will be limited to a maximum of 800 runners (singles and teams).

Schedule

Friday, August 3, 2012

18.00 - 20.00 h Hand out start numbers, late registration Sportzentrum Gstaad

Saturday, August 4, 2012

07.30 - 09.00 h Late registration Sportzentrum Gstaad
07.30 - 09.30 h Hand out start numbers Sportzentrum Gstaad
until 09.45 h Hand over clothing for organized transport Sportzentrum Gstaad
10.00 h Race start Kapälliplatz Gstaad
11.00 h Nordic Walking start Cabane, SAC cabin
12.20 h (approx.) First runners cross the finish line Glacier 3000
14.30 h Children's Run GSTAAD KIDS RUN *) Kapälliplatz Gstaad
15.00 h Official closing of the race Glacier 3000
16.00 h Awards Ceremony Gstaad Kids Run Kapälliplatz Gstaad
16.30 h Awards Ceremony Glacier 3000 Run Kapälliplatz Gstaad
After the ceremony Restaurant, food and drinks Kapälliplatz Gstaad

09.40 - 16.50 h Shuttle Bus: Gstaad - Gsteig - Reusch - Col du Pillon - Gstaad

IMPORTANT INFO

09.40 h Departure of Shuttle Bus to Reusch (>Pillon) Sportzentrum Gstaad
for team members running the second stretch of the race
and for Nordic Walking participants

*) For more information, please see GSTAAD KIDS RUN

Wardrobes and Showers

The wardrobes are in the Sportzentrum Gstaad, approx. 5 minutes by foot from the race start. There is a changing area at the race finish and showers available in the Sportzentrum Gstaad after the shuttle bus ride back to the race start area.

Information Booth /

Deposit for valuables and Lost & Found

Info Number: +41 (0)33 748 17 17

The information booth and deposit for valuables are located in the Sportzentrum Gstaad. Found items can also be handed in there. The event organizer is not liable for items stolen from the wardrobe.

Transportation

Your personal clothing will be transported to the race finish area. You get a special bag for this (max. of 5 kg/person) when you pick up your start number. The bag has to be placed until 09.45 h in special containers which are located nearby the ramp to the Curlinghalle.

In the finish area your personal belongings will be available in the picnic room of the Restaurant Botta (mountain top restaurant). There is also a changing area and the opportunity to wash up. Showers are available upon your return to Gstaad at the Sportzentrum.

The teams are responsible for transporting their belongings on their own to the first changing area in Reusch. Belongings needed for team members at the race finish must deposit their things at the Sportzentrum Gstaad before 09.40 h.

Nordic Walking: Possibility to deposit the belongings at the station Cabane (until 10.45 h).

First Aid Stations

First aid stations can be found along the race course. Please refer to race course plan for more details.

Sports Massage

Experienced masseurs from the „BeoSpoMaTeam“ offer massages both before and after the race. This free offer is open to all race participants, available in the Sportzentrum Gstaad.

Clothing

Each participant must be properly dressed based on the weather conditions on the day of the race. The last part of the race is in an alpine landscape. The event organizer has organized a transport of personal belongings to the race finish.

Insurance

Each participant is responsible for being properly insured. The event organizer will not assume any liability. Please refer to the “Athlete Declaration”.

Prize Money

Prize Money, Overall Winners

Men	1 st Place - CHF 1'000.00 / 2 nd Place - CHF 350.00 / 3 rd Place - CHF 150.00
Women	1 st Place - CHF 1'000.00 / 2 nd Place - CHF 350.00 / 3 rd Place - CHF 150.00

There is a special prize for the top three winners in each category.

Nordic Walking: Drawing for 3 prizes among those completing the race

Each participant who crosses the finish line receives an award.

The coupon for free pasta (valid in food area at the Promenade Gstaad) is attached to your start number (strip on the side).

Accompanying Runners / Aids

Any form of accompanying a runner along the course (i.e. with mountain bike or by running along side a participant) is strictly prohibited. The use of any kind of aid such as a walking stick or spiked shoes is not permitted. Both situations will result in a disqualification.

Nordic Walking

Jogging is not permitted nor are technical aids (other than special Nordic Walking poles). Disobeying either of these rules can lead to disqualification.

The Glacier 3000 Organizing Committee recognizes Nordic Walking as a way of enhancing personal health. Therefore, the race results will only be published alphabetically (with finish time), as this is not a competitive sport. Three prizes will be awarded in a drawing among those who have completed the race in the Nordic Walking category.

Doping Checks

Doping checks may be conducted. It is the responsibility of each participant to ensure that any medication, supplements or similar items do not contain any prohibited ingredients. More information can be found on www.dopinginfo.ch.