

30TH JUNGFRAU- MARATHON

9 SEPTEMBER 2023



30
YEARS
1993 – 2023



RACE-INFO
ENGLISH EDITION



SWISS RUNNERS

SWISSTOPSPORT
sport events – made in Switzerland

JUNGFRAU
TOP OF EUROPE

CRAFT

BEFORE THE START

JUNGFRAU-MARATHON

TRAFFIC INFORMATION

(subject to change)

Interlaken, Höheweg

Closed

Friday, 8 September 2023, 08.00 h

to Saturday, 9 September 2023, 12.00 h

Bönigen: Interlaken-, Haupt- and Gsteigstrasse

Closed

Saturday, 9 September 2023, 08.30 to 09.30 h

Zweilütschinen – Grindelwald

Traffic obstruction

Saturday, 9 September 2023,

from 09.15 to 11.15 h

Through traffic is severely obstructed.

Waiting times are to be expected.

Junction Isenfluh – Lauterbrunnen

Closed

Saturday, 9 September 2023,

from 09.15 to approx. 12.15 h

The main road between Lauterbrunnen and the branch-off to Isenfluh is closed to all traffic.

Roadside parking is not permitted.

Lauterbrunnen:

Hauptstrasse and Car Park Access

Closed

Saturday, 9 September 2023,

from 09.00 to approx. 12.30 h

Transit and access to the car park in Lauterbrunnen is not possible during this time.

PARKING AND SHUTTLE SERVICE

Saturday, 9 September 2023

Shuttle to the start: 06.00 to 08.15 h

There are no parking facilities in Interlaken. Follow the EXPO signs to the car park at the JungfrauPark. Parking fee: CHF 10.00. From there, a PostBus shuttle service runs to the start at around 15-minute intervals (free of charge; journey time 5 mins).

Shuttle from Interlaken Ost train station to the car park: 13.30 to 20.30 h

PostBus shuttle buses run every 30 minutes from Interlaken Ost train station to the car park at the JungfrauPark. The timetable is coordinated with train arrivals from Grindelwald.

SWISS RUNNERS TICKET – FREE TRAVEL TO THE EVENT



All participants benefit from free 2nd class travel on public transport from their place of residence in Switzerland or nearest Swiss railway station to Interlaken and back (validity area of GA Travelcard). Participants will receive two personal promotion codes by e-mail – one to travel to and one to travel from the event. The codes can be used at sbb.ch/swissrunners to print out two free tickets for the return trip in 2nd class. **These tickets are not available at train station ticket counters, ticket machines or via the SSB app.** Validity: from **3 to 9 September 2023** to travel to the event and from **9 to 14 September 2023** for the return journey. On the return journey, the special ticket is only valid when presented together with your Jungfrau-Marathon race number.



A runner collects his marathon race number

TRANSFERRING A RACE NUMBER

Transfers can be made free of charge until **31 July 2023**. Subsequent transfers can be made up until 27 August 2023 for a fee of CHF 20.00. Race number transfers must be reported to the race office by email (info@jungfrau-marathon.ch). The transfer fee is payable at the Help Desk when you pick up your race number.

After 28 August 2023

Transfers after this date are only possible at the Help Desk at the race number issue point. On-site transfers cost CHF 50.00.

START CARD

Available from August 10th

You will receive your personal start card by email. You will need your **start card (printout or digital)** to collect your race number.

TRAIN JOURNEY WITH START CARD

To collect your race number on Friday or Saturday, you can use your start card as a ticket for the train journey from Grindelwald, Wengen, Lauterbrunnen or Mürren to Interlaken. For the return journey on Friday, simply present your personal race number.

RACE NUMBER

INCL. DATA CHIP / ONE-DAY TICKET

You will receive an integrated time-measurement chip with your race number. Your race number must be affixed to your chest during the race. It may not be modified or folded and must be visible at all times. On **Saturday**, your race number is a **one-day ticket** for the following public transport routes:

- Interlaken Ost – Lauterbrunnen/Grindelwald (BOB)
- Kleine Scheidegg – Eigergletscher (JB)
- Lauterbrunnen – Wengen – Kleine Scheidegg – Grindelwald (WAB)
- Lauterbrunnen – Mürren (BLM)
- Tricable car Eiger Express (Grindelwald Terminal – Eigergletscher)

RACE NUMBER ISSUE

Race numbers will be issued at Congress Kursaal Interlaken – opening times:

- **Friday, 8 September 2023,**
10.00 to 20.00 h
- **Saturday, 9 September 2023,**
06.15 to 08.15 h

You will need to present the following documents:

- **Start card (printed out or digital)**
- **Valid proof of identity with photo**
(passport, ID card or driving licence)

COLLECTION OF YOUR RACE NUMBER BY A THIRD PARTY

If someone collects your race number on your behalf, they will need to present the following document:

- **Your start card (printed out or digital)**
- **Your personal ID card or a copy of your ID card**
- **Authorisation signed by you**

RACE NUMBER COLOURS

Red: Elite runners
Gold: 20-times + Finishers
Green: 10 to 19-times + Finishers
Blue: Runners
Violet: Runners resident
in the Bernese Oberland.



JUNGFRAU-MARATHON VILLAGE IN INTERLAKEN AND GRINDELWALD TERMINAL

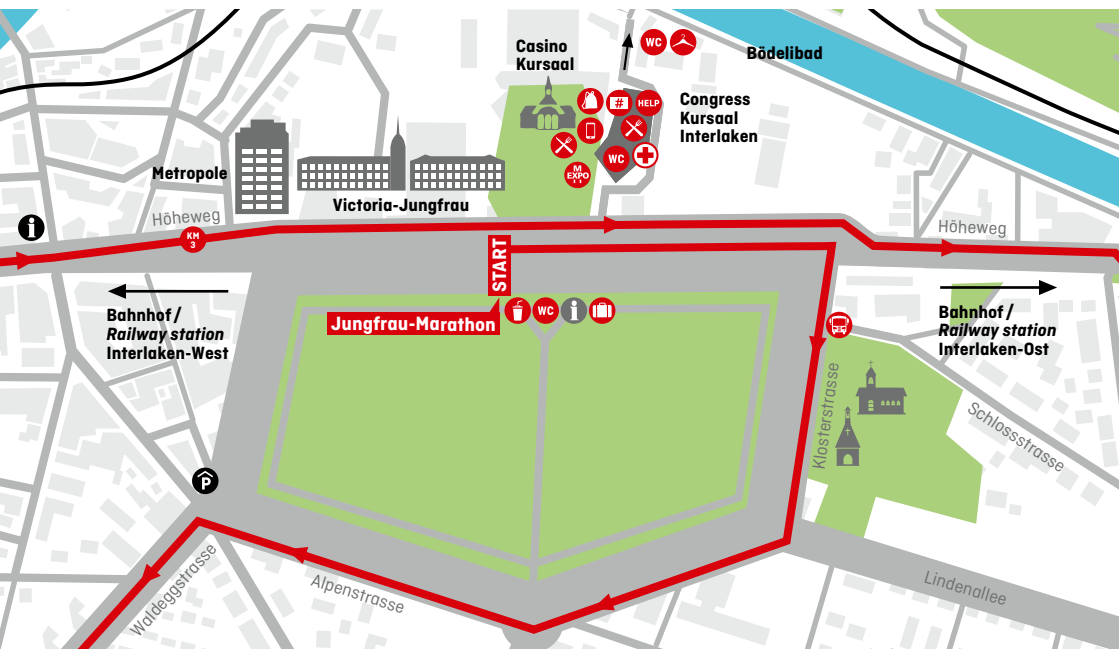
This is where running fans come together. Get all the latest news and information and explore current trends. Find your personal souvenir of the most beautiful marathon course in the world. A limited edition of 30 Norqain Jungfrau-Marathon watches are being issued for this year's anniversary event.

In Interlaken

Friday, 8 September 2023, 10.00 to 20.00 h
Kursaal Garden

In Grindelwald

Saturday, 9 September 2023, 10.00 to 18.00 h
Grindelwald Terminal



✖ PASTA PARTY IN THE REGION

You will receive a voucher for the pasta party together with your race number. It can be redeemed on Friday at the Congress Kursaal in Interlaken from 12.00 to 22.00h. On Friday and Saturday, the voucher is also valid at the following restaurants throughout the region:

Eigergletscher	Restaurant Eigergletscher
Kleine Scheidegg	Bergrestaurant Kleine Scheidegg
Grindelwald	Grindelwald Terminal (only Saturday)
Interlaken	Congress Kursaal (only Friday) Restaurant Harder Kulm Alpen-APÖ-Theke
Lauterbrunnen	Camping Jungfrau AG Hotel Silberhorn Hotel Steinbock
Wengen	Hotel Schöneegg Alpine Hotel

🏊 CHANGING FACILITIES AT BÖDELIBAD SWIMMING POOL IN INTERLAKEN

Saturday, 06.30 to 08.30h

Baggage cannot be checked in at the Bodelibad.

🎒 BAGGAGE DEPOSIT AT THE START

**Saturday, 06.30 to 8.15h /
15.00 to 19.00h**

Large baggage items such as suitcases, bags and backpacks may be checked in free of charge in the start area and picked up again until Saturday evening 19.00h.

🧖 PRE-MARATHON MESSAGES

**Saturday, 06.45 to 08.15h
Congress Kursaal Interlaken**

The BeoSpoMa Team is available for free pre-marathon massages.

🎒 TRANSPORT OF VALUABLES TO THE FINISH

Saturday, 06.30 to 08.00h

You can have valuable items and a light jacket transported to the finish separately. You will need the label that you have received with your race number. After the race, you can collect your valuables in the finish area at Eigergletscher.

🎒 CHECKING IN PERSONAL ITEMS TO GRINDELWALD TERMINAL

Saturday, 07.00 to 08.15h

You may check in one item of baggage for transportation to Grindelwald Terminal. You will receive the official bag (dimensions 35×50×13 cm), made from woven polypropylene with 30% recycled recycled ocean plastic from #tide ocean material® (plastic from the ocean) and 70% recycled PET bottles, when you collect your race number. You will also receive a label which must be attached to the official bag by a cable tie. **We can only transport personal items in the official Jungfrau-Marathon bags. Runners' own bags, suitcases, backpacks etc. will not be transported.**

🎒 CHECKING IN PERSONAL ITEMS TO EIGERGLETSCHER (ONLY FOR GUESTS AND RESIDENTS IN THE LAUTERBRUNNEN VALLEY)

Saturday, 06.30 to 08.00h

Participants who live in/are staying in Lauterbrunnen (Wengen, Gimmelwald, Isenfluh, Mürren, Stechelberg), at Alpiglen or at Kleine Scheidegg may have the official bag with their personal items transported to the finish line at Eigergletscher (**proof of residence or valid Jungfrau Region guest card required**). Please ask at the Info Desk next to the race number issue point.



START IN INTERLAKEN

567 METRES ABOVE SEA LEVEL

START AT 08.30 H IN AN EASTERLY DIRECTION

Please go to your allocated start block 15 minutes before the start of the race.

Running direction 

BLOCK 6	BLOCK 5	BLOCK 4	BLOCK 3	BLOCK 2	BLOCK 1	ELITE	START, TIMING
expected running time: 6:10 – 6:30	expected running time: 5:50 – 6:10	expected running time: 5:30 – 5:50	expected running time: 5:10 – 5:30	expected running time: 4:40 – 5:10	expected running time: bis 4:40	Start: 08.30 h Numbers 1 – 200	
PACE-MAKER 6:30	PACE-MAKER 6:00	PACE-MAKER 5:30		PACE-MAKER 5:00	PACE-MAKER 4:30		

The five pacemakers will be running with beach flags marked with the corresponding finishing time.

DRONE FLIGHTS

For security reasons, it is forbidden to fly drones and model airplanes within 100 metres of crowd gatherings in the start area. Operating drones is banned throughout the Lauterbrunnen Valley (entire municipality of Lauterbrunnen).

ESCORT VEHICLES, SPORTS EQUIPMENT, ANIMALS

Private escort vehicles (motor-driven or otherwise) or suchlike are not permitted. The use of aids and sports equipment (especially Nordic walking poles) is also prohibited. It is prohibited to be accompanied by animals during the race.

Mark Streit fires the starter gun to open the 29th Jungfrau-Marathon in 2022



TRANSIT TIMES

JUNGFRAU-MARATHON

Locality	Place	km	Transit times front	5h	06.30h
Interlaken	Start, Höheweg 🏃	0	08.30h	08.30h	08.30h
	Heimwehfluh Funicular	1.9	08.36h	08.40h	08.43h
	Interlaken West Railway Station	2.4	08.38h	08.42h	08.47h
	Höheweg (Start) 🏃	3.3	08.41h	08.48h	08.53h
	Alpiq im Moos 🏃	5.4	08.46h	08.58h	09.08h
Bönigen	Hauptstrasse	7.0	08.52h	09.07h	09.19h
Wilderswil	Church Gsteig 🏃	10.4	09.02h	09.22h	09.43h
Gsteigwiler	Village Centre	11.7	09.06h	09.33h	09.52h
Zweilütschinen	Depot BOB 🏃	15.1	09.20h	09.52h	10.18h
Lauterbrunnen	Railway Station Sprint prize	20.2	09.37h	10.22h	10.55h
	Staubbach Falls – Half Marathon 🏃	21.1	09.41h	10.29h	11.05h
	Stocki 🏃	25.7	09.55h	10.53h	11.35h
Wengen	Station Wengwald	28.6	10.16h	11.27h	12.21h
	Wengen 🏃 Final checkpoint time 1	30.6	10.22h	11.41h	12.40h
Wengernalp	Junction Wixi 🏃 Final checkpoint time 2	38.5	10.59h	12.46h	14.03h
Eigergletscher	Moraine	41.0	11.18h	13.17h	14.43h
	Louchereflue	41.5	11.22h	13.22h	14.49h
Eigergletscher	Finish 🏃	42.195	11.26h	13.30h	15.00h

🏃 = Time measurement

SCHEDULE

FRIDAY AND SATURDAY

FRIDAY, 8 SEPTEMBER 2023

Time	What's on?
10.00 to 20.00h	Jungfrau-Marathon Village in the Kursaal garden, Interlaken
10.00 to 20.00h	Race number issue
12.00 to 22.00h	Pasta Party at the race number issue point
From 15.45h	Start Jungfrau-Minirun
From 17.00h	Award Ceremony Friday races in the Kursaal Garden (see website)
17.10h	Start Jungfrau-Harder Run Race
18.30h	Award ceremony Jungfrau-Harder Run Race at Harder Kulm
19.00h	Start Jungfrau-Minimarathon with Parace-Staffel

SATURDAY, 9 SEPTEMBER 2023

Time	What's on?
06.15 to 08.15h	Race number issue Jungfrau-Marathon
08.30h	Start Jungfrau-Marathon
10.00 to 18.00h	Jungfrau-Marathon Village in Grindelwald Terminal
approx. 11.25h	First finisher at Eigergletscher
12.15h	Flower Ceremony Men (Top 10 award ceremony) at Eigergletscher
13.00h	Flower Ceremony Women (Top 10 award ceremony) at Eigergletscher
16.30h	Award Ceremony Categories and Honouring of Loyal Runners at the Grindelwald Terminal

MEDICAL SERVICES

The first-aid post at the start area in Interlaken is open for medical emergencies of all kinds.

Saturday, 9 September 2023, 07.00 to 08.15 h

A doctor is available for medical consultations at the Congress Centre Kursaal Interlaken.

Message from the race doctor

The race doctor explicitly emphasises that participating in the Jungfrau-Marathon with health problems could potentially put your life in danger. Runners who have recently suffered from

an acute illness (raised temperature, infections of all kinds including flu, heart and circulatory disorders, disorders of the lung and nervous system etc.) or have undergone a surgical procedure should refrain from participating in the race. During your race preparations, you should also look out for any warning signs indicating heart and circulatory problems, such as reduced performance, chest pains, breathing difficulties etc. Should any of these symptoms occur, please consult a doctor immediately.

FIRST AID AND EMERGENCIES

MEDICAL SERVICES DURING THE RACE

Runners experiencing medical problems during the race are urged to consult the nearest first-aid post. They are staffed by medical professionals.

First-aid posts are spaced at approx. 5-km intervals on the first, relatively level section to Lauterbrunnen. On the steep section from Lauterbrunnen to the finish, they are spaced at roughly 2-km intervals. A medical monitoring station will be operating at Grindelwald Terminal (bottom station of the Eiger Express cableway).

EMERGENCIES DURING THE RACE

In the event of an emergency that makes proceeding to the next first-aid post impossible, first call the Jungfrau-Marathon medical emergency centre on the

**Emergency Phone No
+41 33 828 71 55**

An alarm can also be raised via radio by volunteers or a first-aid post in the vicinity. If there is no connection, call the Swiss national emergency phone No. 144. To enable precise localisation in an emergency, yellow safety flags (see image) with exact location details and coordinates are positioned at 250 to 500-metre intervals along the course. The organiser asks all runners, spectators and volunteers to note these location details and provide them in the event of an emergency.



LOST PROPERTY OFFICE/INFO DESK

Höhematte, Interlaken

Friday, 8 September 2023, 10.00 to 20.00 h

Saturday, 9 September 2023, 06.15 to 08.30 h

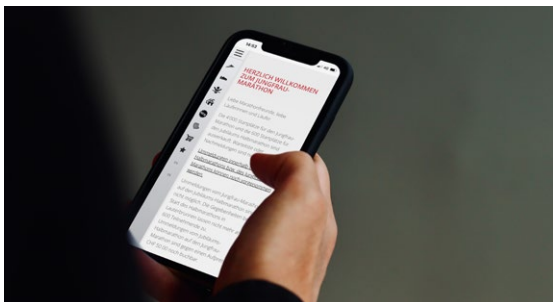
Grindelwald Terminal (baggage collection)

Saturday, 9 September 2023: 12.00 to 20.00 h

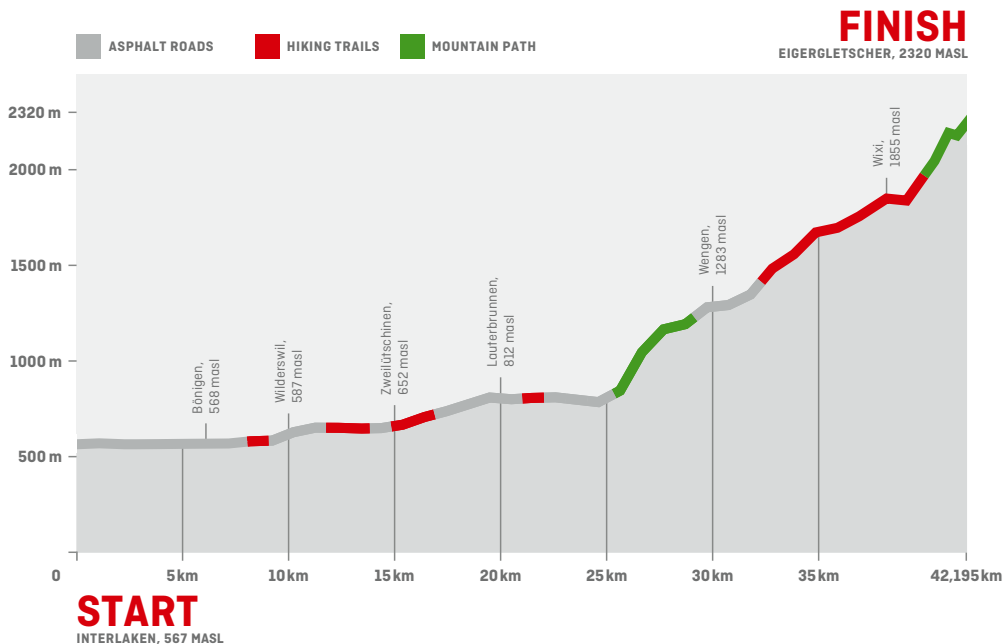
Lost property can be collected from 11 September to 30 October 2023 at Strandbadstrasse 44, 3800 Interlaken, Tel. +41 33 827 62 90.
















LIVE STREAM

Share your run with your fans back home. A live stream will be available from 08.15 h. Follow the Jungfrau-Marathon on our website, Youtube, Facebook and swiss-sport.tv.



ELEVATION PROFILE









































-  COMPETITION ORANGE
-  LONG ENERGY FRUITMIX
-  COLA
-  SOUP
-  ENERGY RIEGEL
-  BANANAS
-  LIQUID ENERGY PLUS GEL
-  LIQUID ENERGY SALTY GEL
-  WATER
-  SPONGES
-  BEER
-  LINZ-TARTLET
-  MODERN TRICABLE GONDOLA
"EIGER EXPRESS"
-  JUNGFRAU-MARATHON
42.195 KM
-  ANNIVERSARY HALF-MARATHON
21.0975 KM





WETTKAMPFVERPFLEGUNG

PRODUCT RANGE

Posten Station	Standort Location	km	Competition Orange	Long Energy Fruitmix	Cola	Bouillon Soup	Energy Riegel Energy Bar
1	Interlaken, im Moos	5.5					
2	Wilderswil	10.2					
3	Zweilütschinen, hinter der Egg	15.7					
4	Lauterbrunnen	20.5					
5	Trümmelbach	23.1					
6	Lauterbrunnen, «Stocki»	25.8					
	Undre Führen	28.0					
7	Wengen, Wengwald	29.4					
8	Wengen, Café Oberland	32.9					
	Hannegg	35.1					
9	Mettla	36.3					
10	Wixi	38.9					
	Haaregg	40.3					
	Moräne	41.0					
11	«Schoggistei»	41.4					

Die Reihenfolge der Auslage an den Verpflegungsposten! / Product presentation in above order!

Von den Helfenden wird keine Verpflegung direkt in die Hand der Teilnehmenden abgegeben. / Self-service for the runner!

ZIELVERPFLEGUNG, FOOD UPON ARRIVAL

beim Zieldurchlauf
at the summit

Sponser Isotonic, Rugenbräu alkoholfreies Bier, «Linzerörtli»
Sponser Isotonic, Rugenbräu non alcoholic beer, Linzer tartlet
Wasser und Bouillon
Water and bouillon soup

Bananen Bananas	LIQUID ENERGY PLUS Gel	LIQUID ENERGY SALTY Gel	Wasser Water	Schwämme Sponges

runners.



Bitte Abfall nur bei den Verpflegungsposten entsorgen. Schütze die Natur, damit du sie auch weiterhin genießen kannst.

Please dispose of waste only at the food stations / feeding areas.



LIQUID ENERGY PLUS
Hochkonzentrierte Flüssig-Energie mit Koffein.
Energy gel enriched with caffeine.



LIQUID ENERGY SALTY
Flüssig-Energie mit einer Extraportion Salz.
Energy gel with an extra portion of sodium.



COMPETITION - ORANGE

Gut verträglicher, säurefreier Durstlöcher mit Mineralstoffen und Kohlenhydraten.
Well digestible and acid free sportdrink based on carbs and minerals for sport performances.



HIGH ENERGY BAR - APRICOT-VANILLA / SALTY+NUTS

Hochkonzentrierter Energieriegel.
Highly concentrated cereal bar.



CEREAL ENERGY BAR - STRAWBERRY

Getreideriegel mit fruchtigem Erdbeergeschmack.
Cereal bar with delicious strawberry flavour.



LONG ENERGY - FRUITMIX

Gut verträglicher, säurefreier Durstlöcher mit 5 % Protein.
Well digestible and acid free sportdrink enriched with 5 % of proteins.



CEREAL ENERGY PLUS BAR - CRANBERRY

Cereal Sandwich-Riegel mit hochwertigen Proteinen.
Cereal Sandwich bar with high quality proteins.



"the Wall", km 26

COMPANIONS, FANS AND SPECTATORS AT THE JUNGFRAU-MARATHON

Spectator passes for the Jungfrau-Marathon are available as a one-day ticket. Spectator passes are valid on Saturday, **9 September 2023** on the following transport routes:

- Interlaken Ost – Eigergletscher (via Lauterbrunnen or Grindelwald)
- Cableway 3S Eiger Express (Grindelwald Terminal – Eigergletscher)
- Lauterbrunnen BLM – Mürren BLM (via Grütschalp – Winteregg)

Price: CHF 64.00 for adults (over 16 years of age, full fare)

Price: CHF 38.00 for children (6–15-year-olds) and Swiss Half Fare Travelcard holders

Travelling with children

Children aged 6–15 travel free of charge when accompanied by an adult with a **Junior Travelcard or Children's Co-Travelcard** (more information at [sbb.ch](https://www.sbb.ch)). A return ticket Interlaken Ost – Eigergletscher for children costs CHF 20.00. For unlimited travel, we recommend purchasing a spectator pass for CHF 38.00.

GA Travelcard

The GA Travelcard is valid for travel as far as Grindelwald and Wengen. From Grindelwald or Wengen, the GA Travelcard offers the same conditions as a Half Fare Travelcard.

Wengen – Kleine Scheidegg – Eigergletscher return (with GA or Half Fare Travelcard): CHF 35.00.
Grindelwald Terminal – Eigergletscher return (with GA or Half Fare Travelcard): CHF 32.00

Unlimited Jungfrau Summer Pass and Jungfrau Travel Pass

Travel to Eigergletscher is included and free of charge.

Information for Swiss Travel Pass holders

The Swiss Travel Pass is valid for travel as far as Grindelwald and Wengen. From there, holders of a Swiss Travel Pass are entitled to a 25% fare discount (Wengen or Grindelwald to Eigergletscher return fare: CHF 52.60 resp. CHF 48.00).

Book your spectator day pass

- online at [jungfrau.ch](https://www.jungfrau.ch)
- Rail Info Interlaken, Höheweg 35, Interlaken
- at any Jungfrau Railways station

No refund or exchange is possible for already purchased spectator day passes.

Travelling with small children and dogs

Eigergletscher station is located in a high-Alpine environment. During the marathon, we advise you not to visit Eigergletscher with children's pushchairs or dogs.



TRAINS TO THE FINISH ALONG THE COURSE VIA LAUTERBRUNNEN

Saturday, 9 September 2023

Interlaken Ost dep. towards Lauterbrunnen	08.05	08.35	09.05	09.35	10.05	10.35	11.05	11.35	12.05	12.35	13.05
Wilderswil dep.	08.10	08.40	09.10	09.40	10.10	10.40	11.10	11.40	12.10	12.40	13.10
Zweilütschinen dep.	08.16	08.46	09.16	09.46	10.16	10.46	11.16	11.46	12.16	12.46	13.16
Lauterbrunnen arr.	08.25	08.55	09.25	09.55	10.25	10.55	11.25	11.55	12.25	12.55	13.25
Lauterbrunnen dep.	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30
Wengen dep.	08.46	09.16	09.46	10.16	10.46	11.16	11.46	12.16	12.46	13.16	13.46
Allmend dep.	08.52	09.22	09.52	10.22	10.52	11.22	11.52	12.22	12.52	13.22	13.52
Wengernalp dep.	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00
Kleine Scheidegg arr.	09.08	09.38	10.08	10.38	11.08	11.38	12.08	12.38	13.08	13.38	14.08
Kleine Scheidegg dep.	09.27	09.57	10.27	10.57	11.27	11.57	12.27	12.57	13.27	13.57	14.27
Eigergletscher arr.	09.32	10.02	10.32	11.02	11.32	12.02	12.32	13.02	13.32	14.02	14.32

TRAINS TO THE FINISH (DIRECT) VIA GRINDELWALD TERMINAL

Saturday, 9 September 2023

Interlaken Ost dep. towards Grindelwald	08.05	08.35	09.05	09.35	10.05	10.35	11.05	11.35	12.05	12.35
Grindelwald Terminal arr.	08.34	09.04	09.34	10.04	10.34	11.04	11.34	12.04	12.34	13.04
Grindelwald Terminal dep. towards Eigergletscher (through service)	08.40	09.10	09.40	10.10	10.40	11.10	11.40	12.10	12.40	13.10
Eigergletscher arr.	08.55	09.25	09.55	10.25	10.55	11.25	11.55	12.25	12.55	13.25

Passing the runners on the way to the finish line at Eigergletscher





Moräne, km 41

DURING THE JUNGFRAU-MARATHON

OVERSPILL SECTION WIXI KM 38.9

In order to prevent a runner bottleneck, a 1.3-km overflow section of exactly equal distance to the original course will be opened at km 38.9 if necessary. Runners will be directed on to one or the other section of the course.

CHECKPOINT CLOSING TIMES

The marathon course closes after the following final checkpoint times:

- **Wengen Village (km 30.6)**
4 hrs 25 mins after your effective start
- **Wengernalp (km 38.5)**
5 hrs 50 mins after your effective start

If you cannot complete the distance within the final checkpoint times, you will not be classified and may no longer make use of marathon services (refreshments, first aid, timing, medals, finisher T-shirt etc.).

SWEeper's BIKE

The official last control vehicle (sweeper's bike) marks the end of the race. After it has passed through, the course will be reopened to traffic. Runners overtaken by the sweeper's bike are no longer participating in the race and continue at their own responsibility and risk and without any entitlement whatsoever to marathon services.

If you continue to run behind the official sweeper's bike and **after the maximum time limit allowed**, you are doing so at your own risk and without any entitlement whatsoever to services provided by the Jungfrau-Marathon. Acting in such a manner puts you outside the scope in which the organiser is responsible and liable for the proper conduct of the event and care of athletes.

Participants who are significantly behind the sweeper's bike or running behind the final checkpoint times at Wengen (km 30.6) or Wixi junction (km 38.5) may be withdrawn from the race by security personnel.

Doctors on duty along the course are authorised to withdraw you from the race on **medical grounds**. The organiser accepts no liability whatsoever if you continue the race against doctor's orders.

DROPPING OUT

If you drop out, **notify the next first-aid post**. Please be aware that you will be charged for search costs if you do not inform us that you have abandoned the race. **You can pick up your personal belongings at Grindelwald Terminal or Eigergletscher**. If you have had valuables transported to the finish you can collect them at Eigergletscher. (Race number = train ticket).

AFTER THE JUNGFRAU-MARATHON

FINISH LINE

The finish line is on the station terrace at Eiger-gletscher. After the moraine, the course runs directly via the "Schoggistein" to the finish line.

SPACE BLANKET

Space blankets will be distributed at the finish in cold and wet weather.

MEDAL

Your medal is waiting for you!

FINISHER T-SHIRT

If you have completed the course within the time allowed you can pick up your hard-earned finisher T-shirt. It is not possible to exchange your pre-ordered size.

PHOTO POINT

Get a commemorative photo of yourself wearing your medal and finisher T-Shirt – with the iconic Eiger, Mönch and Jungfrau triple peaks as your guards of honour.

BEVERAGES

Rehydrate, rehydrate, rehydrate – and munch a Linzer tartlet to refuel carbs.

SUMMIT BEER

Savour your well-earned, alcohol-free Rugen-bräu beer.

VALUABLES/BAGGAGE

Pick up your valuables at the entrance of Eiger-gletscher station.

PICKING UP PERSONAL ITEMS (OFFICIAL BAG): ELITE RUNNERS AND RUNNERS STAYING IN THE LAUTERBRUNNEN VALLEY

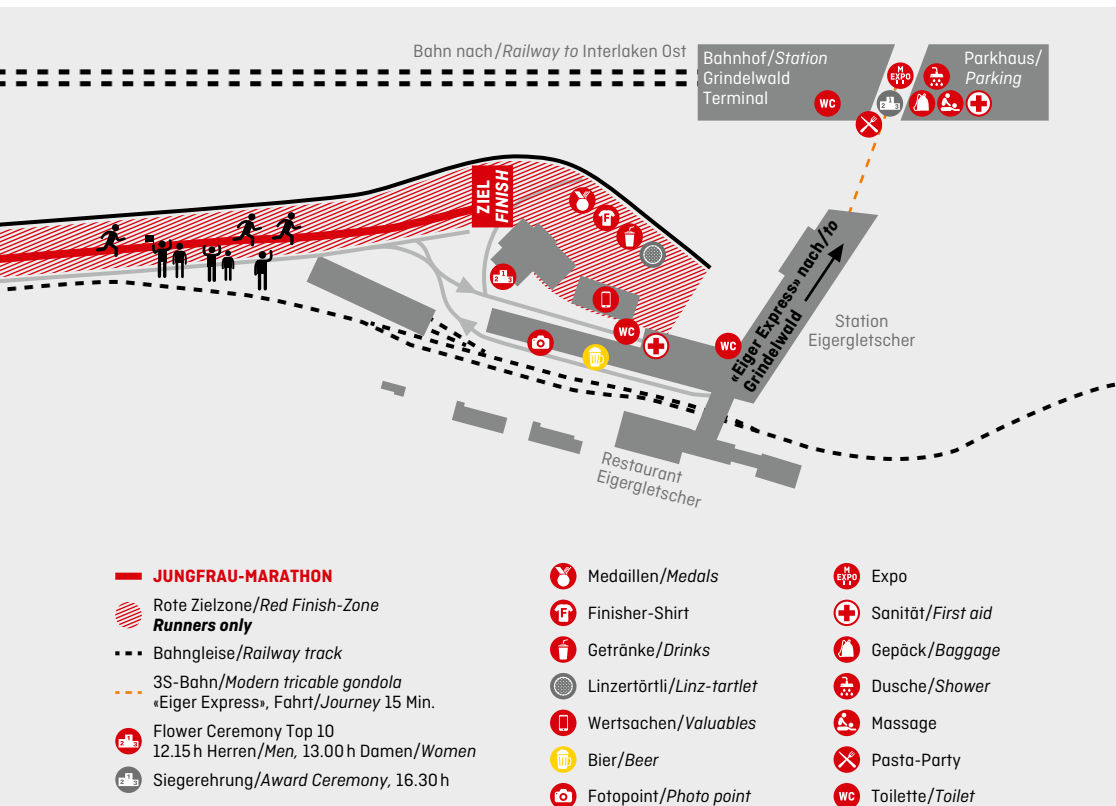
Elite runners with a red race number and runners staying in the Lauterbrunnen Valley (pink sticky label) can collect their belongings at the valuables desk at the finish.

Laura Hattenrott, winner of the 2022 Jungfrau-Marathon



FINISH AT EIGERGLETSCHER

2320 METRES ABOVE SEA LEVEL



GETTING BACK TO INTERLAKEN

Return travel to Interlaken is by rail via Grindelwald Terminal. The return journey is included in the entry fee (race number = train ticket).

GETTING BACK TO WENGEN AND LAUTERBRUNNEN

For guests and locals from the Lauterbrunnen Valley, return travel WITH BAGGAGE is via Kleine Scheidegg or via Grindelwald Terminal (Grindelwald-Männlichen gondola cableway / Männlichen-Wengen aerial cableway). The return journey is included in the entry fee (race number = ticket).

PICKING UP PERSONAL ITEMS (OFFICIAL BAG)

Indoor car park, Grindelwald Terminal

SHOWERS

Indoor car park, Grindelwald Terminal

MASSAGES AT THE FINISH

Saturday, 13.00 to 18.00 h

at Grindelwald Terminal (indoor car park)

After your shower, you can request a free massage from the BeoSpoMa Team masseurs.

PASTA PARTY

Your pasta party voucher can be redeemed at the E-Tron Bar at Grindelwald Terminal.

FINISHING CERTIFICATE

Print out your finishing certificate at home from the **datasport.com** website.

RANKING LISTS

Ranking lists will be published on the **jungfrau-marathon.ch** website.

OFFICIAL PHOTO SERVICE

Once again, the Alphafoto team is here to capture on camera the exhilarating moment when you cross the finish line. Your personal images will be available to view and order on the **alphafoto.com** website a few days after the event.

alphafoto.com

Sportbilder, die bewegen.

FINISHER VIDEO

Your finish will be captured on film. The clip will be available to watch on the **jungfrau-marathon.ch** website a few days after the event.

AWARD CEREMONIES **FLOWER CEREMONY / HONOURS**

SATURDAY, 9 SEPTEMBER 2023

Flower ceremony Eigergletscher

Award Ceremony Top 10 JUNGRAU-MARATHON

Venue: Skibar Schreinerei, Eigergletscher

12.15 h Men

13.00 h Women

Award ceremony categories / Honouring loyal runners

16.30 h Grindelwald Terminal

A ceremony will be held to award prizes to the three fastest women and men in each category.

We shall be specially honouring our loyal runners who have completed their 10th, 20th, 25th or even 26th Jungfrau-Marathon. **These multiple finishers are cordially invited to an aperitif from 15.30 to 17.30 h at the e-tron energy Bar at Grindelwald Terminal.**

THANK YOU FOR YOUR VALUED SUPPORT

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MEMBERSHIP



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