

EVENT AREA / MAP

The event area is at an altitude of between 1300m and 2500m in predominantly Alpine terrain. The 1:25'000 / 20m Swiss national map sheet no. 1154 will be used. One map will be issued per team, you are also allowed to bring your own maps. GPS is prohibited!



IMPLEMENTATION / INSURANCE

The race can also take place in bad weather, but in the event of storms, thunderstorms, snow or other unforeseeable events, the competition may be shortened or cancelled. Insurance is the responsibility of the participants. The compulsory equipment list will be at registration and on the website.

REGISTRATION / ENTRY FEE (closing date 17.7.2017)

You can register online at www.go2ol.ch or by post.

The registration is complete only once the entry fee has arrived.

Post account 85-334272-4 / OK Mountain Marathon, 8003 Zürich

IBAN CH53 0900 0000 8533 4272 4, BIC POFICH-BEXXX

Entry fee per team by 28.2.2017 = CHF 120.- / € 110.-

Entry fee per team by 17.7.2017 = CHF 140.- / € 130.-

CLUB DISCOUNT

For each 6 teams from the same club you enter you get one of them free! For more details: www.thesimm.ch

10 DAYS "MOUNTAIN ORIENTEERING" 4.-13.8.2017

With the 3 orienteering races of the "Bündner OL-Weekend" in Flims (4.-6.8.), 2 days on the training controls at Flüela (Davos, 7.+8.8.), evening races in Davos (9.8.) and the Engadine (10.8.) you have one day of rest before the SIMM at Flumserberg (12.-13.8.). For more details: www.thesimm.ch



**FLUMSER
BERG** 

COMPETITION

The SIMM (Swiss International Mountain Marathon) is THE unique outdoor event for orienteers, trail-, mountain-, endurance- and adventure runners, walkers and hikers, in pairs, as a couple or even with the family: FOR MOUNTAIN LOVERS WITH BRAINS.

You are free to choose your own route between the prescribed checkpoints and this must be navigated with the help of only map and compass while carrying everything you need to be self-sufficient at the overnight camp and during the 2 days of competition.

There is a minimal equipment list comprising essential emergency equipment that must be carried at all times by competitors. The 3 Orienteering-Marathon courses require navigation expertise and are for experienced mountain navigators and orienteers. The 2 Trail-Marathon courses, on the other hand, follow Hiking trails and require only basic knowledge of map reading.

The SIMM is (since 1976) the Swiss daughter of the Karrimor International Mountain Marathon and similar to The OMM nowadays ...

EVENT CENTRE

The competition centre is located at Schulhaus Tannenheim, CH - 8898 Flumserberg (SG) and is open on Friday evening from 18:00-20:00 and on Saturday morning from 08:00 -09:30. All necessary documentation should be handed in there. For further details, please visit www.thesimm.ch

GETTING THERE

We recommend arriving on Friday or earlier. Parking will be signposted from the village entrance.

Flumserberg is easily accessible by public transport (about 2 ¼ hours from Zurich Airport or 3 ¼ hours from Basel Airport by train + Bus). Accommodation options can be booked through Heidiland Tourismus AG or directly with the: www.flumserberg.ch.

www.thesimm.ch

Further information about the competition can be found on our website:

- Online registration portal
- Impressions of previous years' events
- Startlist and Results
- Course information
- Some Equipment and Medical 'Tips'

Orienteering-Marathon For experienced map readers

- 1 Strong 55 - 65 km / perf. for 2 days for elite athletes
- 3 Light 40 - 50 km / perf. for 2 days for adventure runners
- 5 Score 5 hrs / day own item selection / order with Challenge Formula (W/M-20/40+)

Trail-Marathon For those with less map experience

- 7 Strong 55 - 65 km / perf. for 2 days physically demanding mostly along the paths/trails
- 9 Light 35 - 45 km / perf. for 2 days for adventure runners mostly along the paths/trails

- A team consists of 2 persons (families can have more) who must stay together for the whole competition.
- In categories 3, 5 e 9 families can also compete.
- Age of 16 (born in 2001 and younger) may only be accompanied by adults.



FURTHER INFORMATION

- Mass start is on Saturday morning at 10.30 (Score at 10.45).
- Due to the transport to the start, the competition preparations must be concluded at an early stage!
- After the start, each team will receive either the map with the courses printed (trail, score) or a control sheet with the grid references (orienteering).
- Some controls are manned and are equipped with radio.
- The team must pass all control points together and carry the required equipment with them at all times.
- At the finish of the first day each team must camp with their own tent and other equipment.
- Provided at the overnight camp will be water and toilets, but not fuel.
- Chasing start for leading teams is on Sunday morning from 7.00. Teams who are more than 1h behind will instead start at 8.00 clock in a mass start (including Score).
- At the day 2 finish rucksacks will be randomly checked and any teams with incomplete equipment will be disqualified!

CONTACT

Swiss International Mountain Marathon

Gérard Baumgartner, Brunmattstr. 11, CH-3266 Wiler
Téléphone +41 32 392 30 71 / +41 79 580 54 53
E-Mail info@thesimm.ch

REGISTRATION FORM

Team / Club	<input type="text"/>	
Additive maps	<input type="text"/>	CHF 20.– per map, to be paid with the entry fee
Arrival	<input type="checkbox"/> Fr, 11.8. <input type="checkbox"/> Sa, 12.8. <input type="checkbox"/> before <input type="checkbox"/> public <input type="checkbox"/> car	
Name, first name / year of birth	<input type="text"/>	Name, first name / year of birth <input type="text"/>
Street / No.	<input type="text"/>	<input type="text"/>
Post Code / City	<input type="text"/>	<input type="text"/>
Nation	<input type="text"/>	<input type="text"/>
E-mail	<input type="text"/>	<input type="text"/>
Mobile phone number	<input type="text"/>	<input type="text"/>
Place / date	<input type="text"/>	<input type="text"/>
Signature	<input type="text"/>	<input type="text"/>
In how many Mountain Marathons did you participate so far?	<input type="text"/>	<input type="text"/>
How did you know about SIMM ?	<input type="text"/>	<input type="text"/>
1 Orienteering Marathon Strong	<input type="checkbox"/>	Women <input type="checkbox"/>
3 Orienteering Marathon Light	<input type="checkbox"/>	Men <input type="checkbox"/>
5 Orienteering Marathon Score	<input type="checkbox"/>	Mixed <input type="checkbox"/>
7 Trail Marathon Strong	<input type="checkbox"/>	Family <input type="checkbox"/>
9 Trail Marathon Light	<input type="checkbox"/>	

The organizers don't accept any liability. Participants confirm with their signature to be in possession of a valid accident insurance and to accept the rules of the Organisers of this event.