

Dear SIMM Participants,

The SIMM is just around the corner. Please study the following information carefully to ensure your race runs smoothly. We strongly recommend that you arrive on Friday so that you have enough time to register and prepare for the competition.

## **PARKING SPACES**

There are NO parking spaces available at the competition centre. Please use public car parks or car parks at the accommodation.

## **Arrival, Registration, Competition centre**

Crans-Montana Inter-municipal School Centre  
Route des Sommets de Crans 25  
3963 Crans-Montana

[Link map.geoadmin.ch](https://www.geoadmin.ch)

[Link Google Maps](#)

On Friday and Saturday, public transport travellers travel to Crans-Montana Gare (Funiculaire) and reach the school building on foot in 20 minutes (1.3 km, +40 m).

The registration is open on Friday from 18.00 to 20.00 and on Saturday from 7.30 to 9.15 hrs.

Attention for those arriving on Saturday, please allow enough time. If you do not register until Saturday, make sure you arrive in time before the registration deadline (only open until 9.00 a.m.). Otherwise, there will not be enough time to get to the start via cable car.

## **SI-Cards**

All teams will receive 2 SI-Cards (electronic timing chips, AKA “dibbers”) which must remain attached by the security band to each team member for the whole two days.

Due to the use of 2 SI-Cards, both runners must consistently approach and acknowledge each checkpoint. This enables equal and therefore fair competition for everyone. The SI cards are handed in and attached at registration. You do not need your own SI-Card.

## **Walk and Transport to the start**

Walk of 15-20 min, 1.0 km, +40 m from the competition centre to the valley station of the Crans Cry d'Er cable car. The mountain railway is included in the entry fee. The competition start is directly at the top station.

Cable car Crans - Cry d'Er, journey time 15 min. Do NOT get off at the middle station.

First ascent 08:30

Last ascent 09:55 !!!

**The start on Saturday is at 10:30 for courses 1, 3, 7 and 9.**

**Course 5 Score starts at 10:40.**

## Maps

Swisstopo has been making all map data freely available since 2021. This allows us to provide each team with two pre-printed maps. Although pre-printed maps were previously available only for courses 5 (*Score*), 7 (*Trail Marathon Strong*) and 9 (*Trail Marathon*), now the runners on courses 1 (*Orienteering Marathon*) and 3 (*Orienteering Marathon Light*) will also receive pre-printed maps and no longer need to draw the controls on themselves. The weekend will remain adventurous enough despite these changes – you still need to carry all your equipment such as clothes, food, tent and sleeping bags for the 2 days!

All teams will receive two maps at the mass start. The maps are printed on weatherproof A3 paper, so plastic map bags will not be provided.

Since the maps will be given out at the mass start on Saturday morning, you will no longer be able to highlight small paths on the Friday evening or Saturday morning. You are however free to buy a normal map in advance and prepare it if you want.

The control descriptions are symbolically printed on the map in accordance with the IOF. A text description of the controls can be downloaded here

<https://www.mountainmarathon.ch/en/index.php/ablauf/musterkarte>

or requested at registration. A sample card is also available here.

The radio posts are shown with a 4-fold arrow around the post circle. Radio posts that are not on your path are also shown (only 4-fold arrow, no post circle). This makes it possible to go to the nearest radio post in an emergency.

On Sunday, all teams in courses 1 and 7 will start together at 7am; there is no chasing start for them. We made this change so that the “slower” teams finish an hour earlier than in previous years.

Courses 3 and 9 will start from 7.00 am on the chase start. At 8.00 a.m. there will be a collective start for all teams with more than one hour behind, including course 5 Score.

## Gear

We would like to remind you that your material must be complete according to the equipment sheet on our website <https://www.mountainmarathon.ch/en/index.php/ablauf/ausruestung>.

Please print out this form at home and bring it with you to registration.

We wish you all an enjoyable and accident-free weekend!