

SWISS CITY MARATHON

L U C E R N E

CHECK LIST

PREPARATION

- Receive starterguide by e-mail, read it and save on smartphone
- Study the infos on website and in the marathon newspaper
- Plan arrival according to entry time
- Redeem codes for free arrival and return journey online and save the train ticket on smartphone
- Add SMS service one the start list online
- Health check - no fever in the last 7 days
- Drink plenty of water

- Receive bib by mail by 23.10. or pick up from 25./26.10. (option chosen at registration)
- Visit runner expo
- Check start number and chip attached
- Fill out back of race number
- Safety pins packed

- Save valuables at valuables custody service (at the changing rooms)

RACE DAY

- Socks
- Running shoes
- Sports underwear
- Running clothes to suit weather
- bib number

EXTRAS

- Personal food (if needed)
- Drink belt or backpack
- Money (optional: 2.- piece for a locker)
- Mobile phone
- Sunscreen
- Sunglasses
- Sport watch
- Vaseline as friction protection
- Tissues
- Plaster
- Massage oil

AFTER THE RACE

- Towel and shower gel/shampoo
- Warm, dry clothes
- Hat / gloves

- Pick up luggage and valuables
- Go for massage if necessary
- Download finisher's certificate from swisscitymarathon.ch

PERSONAL NOTES

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WWW.SWISSCITYMARATHON.CH