

SWISS+ CITY MARATHON

LUCERNE

CHECK LIST

PREPARATION

- Receive and read entry ticket
- Print out entry ticket and pack it
- Plan early arrival
- Redeem codes for free travel/arrival online
- Print free train ticket
- Add SMS text service to list of runners
- Health check – no fever in the last 7 days
- Drink plenty of water/fluids

- Collect race number (info below)
- Is the chip attached to the number?
- Fill out back of race number
- Safety pins

- Vaseline to prevent chafing
- Tissues
- Plasters
- Massage oil

- Hand valuables in by 08.30 hours to valuables custody service

NOTES

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RUNNING

- Socks
- Shoes
- Sports underwear
- Running clothes to suit weather
- Old jacket/pullover for waiting at the start

EXTRAS

- Personal food
- Drinks belt/drinks bottle
- Money
- Mobile phone
- Sunscreen
- Sunglasses
- Sport watch

AFTER THE RACE

- Towel and shower gel/shampoo
- Warm, dry clothes for after the race
- Hat/gloves

- Hand in chip after finishing
- Pick up finisher's shirt and put on
- Pick up luggage and valuables
- Go for massage if necessary
- Download finisher's certificate from: swisscitymarathon.ch

ISSUING OF RACE NUMBERS

VHS = SWISS MUSEUM OF TRANSPORT

Fri. 27 October, 16.00–20.00 hours	Hotel Schweizerhof Lucerne
Sat. 28 October, 10.00–17.00 hours	Hotel Schweizerhof Lucerne
Sun. 29 October, 06.30–08.30 hours	VHS (only for marathon and half-marathon)
Sun. 29 October, 09.30–12.30 hours	Horwerhalle Horw (only for 10KM)

Good luck!
SWISSCITYMARATHON.CH