

# Regulations

**No race number will be sent by post.  
No race numbers can be given out at la Tour-de-Peilz.**

## Deadlines for signing up and payments

- **5 October, from abroad** either via bank or post office.
- **10 October**, by post from **Switzerland** (date stamp on the payment form). All payments (even with a CHF 10.– supplement) with a date stamp after this date will not be processed. The runner will have to repeat all the procedure at the Expo on the 23th, 24th or 25th of October and pay the supplement of CHF 10.–
- **from 14.9 to 17.10**, at SportXX, Centre commercial Crissier
- **18 October**, by internet [www.lausanne-marathon.com](http://www.lausanne-marathon.com)
- **23-24-25 October**, by late entry at Marathon Expo, **CHF 10.–**

## Collection of race numbers. Signing up on the day (extra charge of CHF 10.–)

By presenting your receipt or proof of payment. In the Marathon Expo tent, Pl. de la Navigation, Ouchy

- **Friday 23 from 3 p.m to 7 p.m.**
- **Saturday 24 from 10 a.m. to 7.30 p.m.**
- **Sunday 25 from 7 p.m.**, closing **one hour** before the start of each race and closing at **11.30 a.m. for the 1/2 Marathon**. No race numbers can be given out at La Tour-de-Peilz.

**Changing your running distance is possible at the number distribution, for an extra charge of CHF 5.– (the price difference is not returnable). Failing presentation of a medical certificate or other appropriate certification, the enrolment fee will not be refunded to you, but it will be credited to 2010 free of charge. If you enrol through our Internet site (via Datasport), crediting is not possible, because you are offered insurance providing refund of the enrolment fee in case of cancellation.**

## Charges (the Pasta party is offered)

Marathon	(from 18 years-1991)	CHF 70.– / 47 €
1/2 Marathon	(from 16 years-1993)	CHF 40.– / 27 €
1/4 Marathon (10 km)	(from 14 years-1995)	CHF 30.– / 20 €
Handcycle 1/2 Marathon		CHF 28.– / 19 €
Wheelchair 1/2 Marathon		CHF 27.– / 18 €
Nordic Walking (10 km)	(from 14 years-1995)	CHF 25.– / 17 €
Walking (10 km)	(from 14 years-1995)	CHF 24.– / 16 €
Mini Children A (2,6 km)	(from 1999 to 2002)	CHF 15.– / 10 €
Mini Children B (4,2 km)	(from 1993 to 1998)	CHF 15.– / 10 €

Categorie	Years	Categorie	Years
1 Boys	2001-2002	24 Men IV	50-59
2 Boys	99-2000	25 Men V	49 and over
3 Boyss	97-98	30 Juniors Women	90-95
4 Boys	95-96	31 Women I	80-89
5 Boys	93-94	32 Women II	70-79
6 Girls	2001-2002	33 Women III	60-69
7 Girls	99-2000	34 Women IV	50-59
8 Girls	97-98	35 Women V	49 and over
9 Girls	95-96	40 Wheelchairs Men	
10 Girls	93-94	41 Wheelchairs Women	
20 Juniors Men	90-95	42 Handcycle Men	
21 Men I	80-89	43 Handcycle Women	
22 Men II	70-79	60 Walking	95 and over
23 Men III	60-69	61 Nordic Walking	95 and over

**Starts at Av. Général-Guisan - Pully**  
8.15 a.m. 1/2 Marathon Handcycle – Wheelchairs

## Starts at Place de Milan - Lausanne

- 08.45 a.m. Walking (10 km)
  - 08.50 a.m. Nordic Walking (10 km)
  - 10.10 a.m. Marathon (starting blocks)
- Starts at Place de Milan - Lausanne (next)**
- 10.25 a.m. Mini Children A from 1999 to 2002
  - 10.30 a.m. Mini Children B from 1993 to 1998
  - 10.45 a.m. 1/4 Marathon (starting blocks)

## Start at La Tour-de-Peilz (see transport)

01.30 p.m. 1/2 Marathon (Race numbers to be collected in Lausanne)

## Transport for la Tour-de-Peilz (free)

The departure place and times of the race transport will be given to the runners with their race number.

## Clothes Transport for Marathon, 1/2 and 1/4

Clothes can be put in bags, labelled with a sticker with the runner's number on it provided by the organisation at the expo. They will be taken to Ouchy.

**Finish** – In front of the Olympic Museum at Lausanne-Ouchy.

## Valuables and Insurance

Each participant is responsible for his or her own insurance. **The organisers decline all responsibility in case of accident, damage or theft.** **Valuables:** Reception at the Bellerive Swimming-pool.

## Changing Rooms

**Lausanne:** Women and Men, Bellerive Swimming-pool, Pierre-de-Coubertin stadium, Auguste-Piccard school gymnasium.

**La Tour-de-Peilz:** Women and Men, 200 m from the start, Marronniers and Courbet school gymnasium.

## Mini children (2,6 km and 4,2 km)

The mini children's races are strictly for children born between 1993 and 2002. **No parents will be allowed to run in this race.**

## «Group» Classification (marathon, 1/2 and 1/4)

For companies, clubs or groups. At least 6 runners of any age or sex, but running the same distance. Send a list with name of group and distance to run, Surname, First name, address, sex, year of birth. **The payment should be made together under the name** of the group. The 6 best times will be used for the classification. A prize for the first three groups of each distance sent by post.

**Prize** – Each participant will receive a T-shirt. The official medal is presented at the finish line.

For all categories, the first 3 prizes will be sent by post. Prize-giving only for mini marathon. Assignment of Prize Money only for the marathon.

## SMS results

Participants will receive their result, on the day of the race, by SMS. This service is offered to you by **Swiss Life**.

## Finisher Clip

All runners will be filmed when crossing the finishing line and can download their personal video on [www.finisherclip.ch](http://www.finisherclip.ch). This service is offered by Swisslife, SportXX and **MIGROS**.


## New

The Pasta Party is offered to all runners on the boat «Le Lausanne» at the Ouchy landing place, **saturday 24 October from 4.00 p.m. to 8.00 p.m.**

## Course - Time Limit

Runners who have not passed the **20 km mark by 1.00 p.m.** will be stopped. After 3.30 p.m. the security measures will be removed and the runners must follow normal road rules from that time on.

## Group warm up, massage: at the start

- **Pl. de Milan:**  
by 
- **La Tour-de-Peilz:**  
by SUVA
- **Bellerive swimming pool:**  
Massage by DUL'X  
Recovery area by Compex

## Refreshment Sponges First Aid Controls

See the map of the race. The organisers will provide competitors with the following: water, isotonic drinks, fruit, sugar.

## Official Refreshment Posts

At km 5-10-15-20-25-30-35 and 40. Personal refreshments carrying a sticker with the runner's number and the refreshment station (in km) can be left at the entrance to Bellerive swimming pool on Sunday 25 October, between **9.00 a.m. and 9.15 a.m.** For Marathon runners only.

## Results

Online:  
[www.lausanne-marathon.com](http://www.lausanne-marathon.com)

## Important

The Lausanne Marathon races are hard endurance tests and competitors need serious and adequate training and must be in good health.

## Disqualification

No outside help in any shape or form is allowed. The race number must be worn so that the number is easily visible as well as the sponsors' publicity. Cyclists are not allowed on the course. All accompanied runners will be disqualified.

## File of address

The organizer and the main sponsors, reserve the right, insofar as there is not written opposition, to use the data to ends of marketing and publication of taken photos during the event.

## Sponsors principaux



# MIGROS

## Co-Sponsors



## Sponsors Médias



## Partenaires et fournisseurs

