

Route Familiarization

To get an ideal preparation for the IRONMAN Switzerland in Thun, join our free bike and run training, led by the tripl3.ch and accompanied by the [Motocrew](#).

Date

Sunday, June 9th, 2024 – Bike and Run Training

Meeting Point

10 am (bike) / approx. 14 am (run) in front of the [Lachen Parking in Thun](#).
The route familiarization take place in all weathers!

Procedure

One lap (90k) on the IRONMAN Switzerland bike course, divided in different speed groups.
Thereafter one lap (14k) on the IRONMAN Switzerland run course in new speed groups.

Registration

If you would like to take part in the route familiarization, please fill out the following [registration form](#). Participation is allowed only with registration.

Parking area

Possible on site (subject to a fee), but we recommend using public transport.

Required Equipment

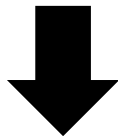
Bike and running wear, helmet (mandatory!), your own bike, bike lock. In June, showers are available at the [Strandbad Thun](#) for the normal admission price (7 CHF).

Nutrition

Please bring your own nutrition with you.

Waiver of Liability

Please read through the below waiver carefully, sign it and bring it with you. Of course, we will have some hard copies available for you on site in case you don't have access to a printer.



Waiver of Liability - Route Familiarization

I agree that:

1. I take the full responsibility for my personal items and sport equipment and I am fully responsible for the condition and adequacy of my sport equipment.
2. The organizer is not liable for damages except in cases of intent or gross negligence.
3. The organizer will take no responsibility for health risks of the participant in connection with the participation in the event.
4. I am aware that participation in the event bears risks and that risk of serious danger and also death cannot be excluded. I acknowledge and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in the event.
5. I authorize the organizer to use all pictures that may be taken during the route familiarization to promote the IRONMAN Switzerland races. I am aware of the fact and accept that there may be vehicles or pedestrian traffic on the course route.
6. I am aware of the dangers associated with the consumption of alcohol and/or drugs before, during and after the event. I assume responsibility for any injury, loss or damage caused by consumption of alcohol and/or drugs.
7. I confirm that I have read through this waiver of liability carefully and that I fully comply with its content. I furthermore confirm, that I have an adequate insurance coverage.

.....

First Name, Last Name

.....

City, Date

.....

Signature