

8th Annual Zurich Marathon and 1st Zurich Relay Marathon Sunday, 11 April 2010

Last chance to register

**New attractions are in store at this year's Zurich Marathon on Sunday, 11 April 2010.
Running buffs need merely register by Sunday, 21 March.**

Athletes from over 40 countries and all 26 cantons have already registered for this year's Zurich Marathon. A new course will guarantee faster times and can even be viewed in advance online. Pacemakers will also join in this year to ensure that runners are speedier than ever. An additional attraction this year is the Zurich Relay Marathon. Registration is filling fast for this first-ever event: as of today, 210 of the 300 relay teams needed for the race have already signed up.

Meet the EC time limit thanks to a faster course

As captivating as ever, the Zurich Marathon's stunningly scenic route winds around the picturesque Lake of Zurich, its charming old town and classy Bahnhofstrasse. And this year, runners are in store for a panoramic course free of any tight curves from Meilen back to the finish line. This will equate to an even faster Zurich Marathon and a considerably shortened final stretch in the city. On top of that, designated pacemakers will push European Championship candidates to maximum performance, and also assist the Swiss Zurich Marathon Champion, Tarcis Ancay, and other top Swiss runners in achieving the EC time limit of 2:18:00. The women's time limit for the upcoming European Championship is 2:43:00. Once again this year, the Zurich Marathon will also serve as the Swiss Championship.

Always up-to-the-minute thanks to nifty tools

Thanks to Garmin, the pacemakers outfitted by Nike will be wearing GPS-equipped watches, ensuring the optimal running companion who'll set the perfect pace for all those striving to meet the time limit or various achievement levels. Precisely measured by the Association of International Marathons and Distance Races AIMS, the new route can be viewed in advance online. Our partner Garmin has developed software that'll enable runners to download a GPS program onto their watches that lets them track their speed. Furthermore, the optimal route – down to the refreshment stations! - can be viewed in advance on Google Earth. In cooperation with Datasport, the ewz will be offering a free text messaging service that sends the runner as well as three additional persons interim and finishing times via the mobile phone. The complete route including all details can be viewed online at: www.zurichmarathon.ch/streckenplaene.php.

First-ever relay marathon

An additional premiere is in store along this year's optimized Zurich Marathon route. In teams of four, both beginners and ambitious runners alike will get a kick out of this classic Zurich Marathon route divided into a four-leg relay race of 5K, 2x10K and 1x17K. This new attraction will fulfill the long-desired wish for shorter alternative courses. This will also provide a great chance for those to join in who weren't able to optimally prepare due to this year's tough winter weather. More information on the first-ever Zurich Relay Marathon is available online at: www.zurichstaffelmarathon.ch. Registration and further details are available at: www.zurichmarathon.ch and www.zurichstaffelmarathon.ch.

2010 Zurich Marathon and Zurich Relay Marathon – in short

Registration / Marathon Categories

The classic marathon distance of 42.195 kilometers is offered in the following categories:

Category	Age Group (Year of Birth)
M 18 / F 18	1991 and younger
M 20 / F 20	1981 - 1990
M 30 / F 30	1971 - 1980
M 40 / F 40	1966 - 1970
M 45 / F 45	1961 - 1965
M 50 / F 50	1956 - 1960
M 55 / F 55	1951 - 1955
M 60 / F 60	1946 - 1950
M 65 / F 65	1945 and older

The categories "Wheelchair" and "Inline" cannot be offered due to the tram tracks running along certain sections of the route.

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Zurich Marathon entry fee for all categories: CHF 110.–

Registration: www.zurichmarathon.ch

First-ever Zurich Relay Marathon

Only one registration per four-person team is required for the Zurich Relay Marathon. Registration is only possible online via Datasport: www.zurichstaffelmarathon.ch.

Zurich Relay Marathon entry fee: CHF 210.–

Registration deadline for the Zurich Marathon and the Zurich Relay Marathon is **21 March 2010**.

Start numbers

Start numbers will be distributed in conjunction with the runner expo located in the Saalsporthalle, Giesshübelstrasse 41, Zurich (Tram Nr. 13 or Sihltal-Bahn S4 to station: Saalsporthalle/Sihlcity).

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