

RUNNERS EXPERIENCE WEEK | DISTRIBUTION OF STARTER PACKAGE
Jelmoli is the official location for collecting starter shirt and starter bag. They can only be collected at the Sportwelt (Jelmoli's 4th floor) during the Runners Experience Week. Collecting starter package during the marathon week will be a unique event thanks to the various activities that will be take place.

OPENING HOURS
THU., 22. April: 10.00 – 19.00 h
FRI., 23. April: 10.00 – 19.00 h
SAT., 24. April: 09.00 – 19.00 h

How to get there: Take tram 7, 10, 11 or 13 from Zurich Main Station to the "Rennweg" stop (or walk, approx. 5 to 7 minutes).

STARTERPACKAGE ZÜRICH MARATHON VIRTUAL RUN
→ Digital bib number
→ Digital race certificate
→ Ranking list online
→ 2 Training Runs through the App, to prepare for the Zürich Marathon «Virtual Run»
→ T-Shirt (Adidas) for all categories*. IMPORTANT: These items will not be shipped.
→ Participants race bag with gifts from our sponsors*
→ Surprise gift for members of the Jubilee Club *
→ Pasta Bag by Jelmoli, etc.

* The participants race bag, t-shirt, and gift for the Jubilee Club can be picked up during the Runners Experience Week in Jelmoli. IM-PORTANT: These items will not be shipped.

Parking
You are welcome to use the parking spaces in Jelmoli's car park.

JELMOLI: YOUR RUNNING DESTINATION
Jelmoli's Sportwelt is the perfect match for any marathon runner. In the sports emporium located on the 4th floor, running enthusiasts and professional runners will always find the latest running shoe trends, specialist running clothes as well as all must-have items. This is how we help elevate your daily training routine and each marathon experience to the next level. So Jelmoli would love to welcome anyone passionate about running to the Runners Experience Week events, not just participants in the marathon. Thanks to first-rate advice and expertise, running enthusiasts may well become committed marathon runners by next year. As our motto goes: "Jelmoli runs Zurich".



STARTERSHIRT
Wear ZÜRICH MARATHON colour and complete your Virtual Run with the great starter shirt from ADIDAS.

You will receive your shirt together with your starter bag during the Runners Experience Week*.



ZÜRICH MARATHON FEELING WITH RADIO 24

The crystal-clear surround sound of the app takes you to exciting places along the traditional race course in Zurich. And: Nick Laederach (Radio24 presenter) accompanies you aurally during your running experience and brings you closer to the beauty of the city of Zurich. He also has motivational announcements for you. You'll feel like you're running in the heart of Zurich, no matter where you're doing your Virtual Run.

Your virtual running partner powered by Radio 24. They provide you with motivation, information and atmosphere.

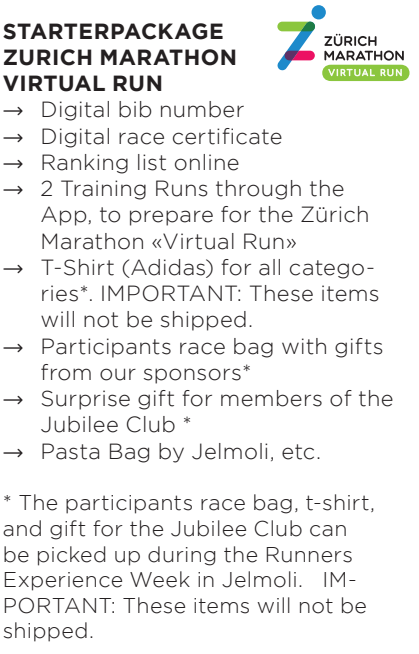
RUN TO YOUR FAVOURITE MUSIC

Do you want to increase your performance even more with music? We have the right playlists powered by Radio24 for you.

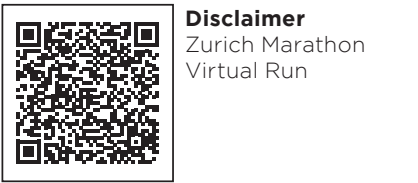
The new Radio 24 app - download it now for free and experience radio in a new way.

APPLE STORE
This way to the download.

GOOGLE PLAY STORE
This way to the download.



REGULATIONS - DOWNLOAD
With the following QR-Code you will get to the latest race regulations with all relevant principles of the event.



RUN WITH HEART - Support children with heart disease with your run.

We are pleased to introduce you to our charity partner Terre des hommes. Tdh is the leading Swiss children's charity. Its programmes in the areas of health, child protection and emergency aid support more than four million children and members of their communities in almost 40 countries every year.

You too can help and raise money for children while running!

WARUM BELOHNEN WIR EINEN AKTIVEN LEBENSSTIL?
WEIL GESUNDHEIT ALLES IST **SWICA**

SWICA wünscht viel Spass am Zürich Marathon Virtual Run. Wir belohnen persönliche Aktivitäten für Gesundheitsförderung und Prävention mit attraktiven Beiträgen. Mehr erfahren Sie unter Telefon 0800 80 90 80 oder swica.ch/fit

SAVE THE DATE ZÜRICH MARATHON 2022 SUNDAY, 10. APRIL 2022

STARTER LIST 2022

WHO IS THE FUNNIEST RUNNER?
The Running Gag

SUSTAINABILITY IS IMPORTANT TO US!

Please do not leave any litter on your favourite route during your run.

It is important to us that the roads, woods, forest paths, etc. are kept clean and that no litter is left behind by runners.

Thank you for your support!

WELCOME TO THE ZÜRICH MARATHON VIRTUAL RUN

Get ready for the Zurich Marathon „Virtual Run on 25.04.2021.

No matter where you are in the world or in Switzerland, you can experience the marathon atmosphere in Zurich live with the Zurich Marathon Virtual Run.

Take your smartphone and your headphones and off you go!

READ MORE
Visit our website.

ZÜRICH MARATHON VIRTUAL RUN - THIS IS HOW IT WORKS!

With this tailor-made virtual app, you can experience advanced live GPS tracking, a global ranking and the atmosphere of a real race through the app's dynamic 3D audio, which makes you feel like you are running in the heart of Zurich.

With your registration you will also receive the login data for the Zurich Marathon Virtual Run App.

ALL FEATURES
read more...

START TIMES ZÜRICH MARATHON VIRTUAL RUN

You determine your own starting time.

It is important that you **start your run on Sunday, 25.04.2021 between 08.00 and 11.00 (CET)!**

Current time zone Switzerland: UTC +1 CET Zurich

TIME LIMIT?
At the Virtual Run there are no time limits per distance.

ZÜRICH MARATHON VIRTUAL RUN FAVOURITE COURSE

Think about which route you want to run in advance.

We will give you the following input:

→ Surface: asphalt, forest path, gravel path, etc.
→ Circular route
→ Route from A to B (journey home by public transport)
→ Altitude difference
→ Refreshment options
→ Accompaniment possible
→ Traffic situation
→ Traffic safety
→ City or countryside

We are looking forward to your choice of your favourite route.

ZÜRICH MARATHON VIRTUAL RUN TRAINING RUN

Get familiar with the Zurich Marathon Virtual Run App!

Your advantages:
→ You know which settings you need to make on your smartphone.
→ You get a first feeling for how our app works.
→ You can choose between 5 km, 10 km and 21.1 km.
→ You still have enough time to ask questions or report problems.

COMPETITION TRAINING RUN:
Sa./So. 10./11.04.2021
Sa./So. 17./18.04.2021

DIE RIGHT PREPARATION

We recommend the following preparation courses for the Zurich Marathon:

→ Adidas Runners Zurich
→ Running group «Züri rännt»
→ running courses «LAC TV Unterstrass»
→ Athletics training «Digital Burn»
→ Running group «SSC»
→ APP «Smatch»
→ APP «ZHM Virtual Run»

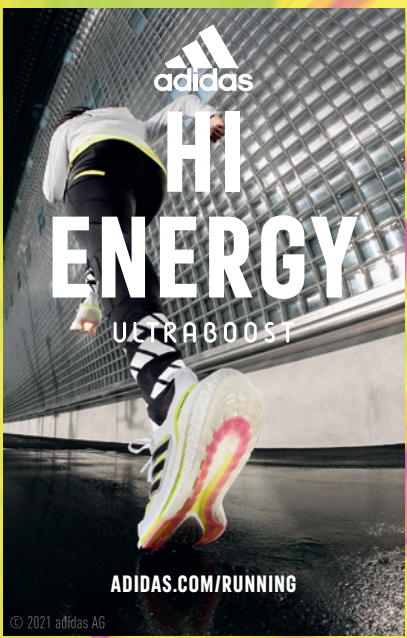
MORE DETAILS TO THE DIFFERENT THE DIFFERENT OFFERS!

Elf Läufe im Kanton Zürich

Am Puls vo Züri.
//ZKB ZüriLaufCup

Alle Informationen zu den Läufen auf **zkbzuerilaufcup.ch**

Hauptsponsorin
Zürcher Kantonalbank



ZÜRICH MARATHON VIRTUAL RUN BIB NUMBER

You will receive your race number together with your confirmation email and your login details for the Virtual Run App.

- Download PDF
- Print in colour
- Cut out

Now you are almost „ready“ for the Virtual Run on 25 April 2021.



ZÜRICH MARATHON VIRTUAL RUN CATEGORIES

You have the possibility to choose between three distances!

Are you Team Marathon?
Team Half Marathon?
Or does your heart beat for Team Adidas Cityrun?



42.195 KM



21.1 KM



10 KM



ZÜRICH MARATHON VIRTUAL RUN APP SETTINGS

Here you will find short instructions for your smartphone so that it works right away with the correct settings.



WATCH THE SHORT EXPLANATORY VIDEO...

ANY QUESTIONS?

Do not hesitate to let us know about any problems you may have. We are always available via Customer Service info@zuerichmarathon.ch or via [Intercom Chat](#).

REGA SNZ 1414 144

Show me your #FINISHER post and share your emotions with us and the other finishers!

@zuerich_marathon
#virtualrun
#runthecity



ZÜRICH MARATHON JUBILEE CLUB

From the 10th completed Zurich Marathon, you can now enjoy membership in our Jubilee Club!

We look forward to welcoming you soon to the Zurich Marathon Anniversary Club. The Zürich Marathon Virtual Run will also be counted as a completed marathon.

DISCOVER ALL JUBILEE CLUB MEMBERS



UNTERSTÜTZE DEN LAUFNACHWUCHS MIT DEM NACHWUCHS-FÜNFLIBER!

SWISSRUNNING

ZÜRICH MARATHON VIRTUAL RUN FINISHER CERTIFICATE

All finishers will receive a notification by e-mail after the arrival of all runners.

- This will contain:
- PDF finisher certificate
- PDF finisher medal
- finisher gift
- ranking list
- etc.



SURVEY

We are interested in your opinion! Please take 5 minutes to answer the questions about your run and the Virtual Run App. The data will not be passed on. It will be used to improve our services.

Thank you for your help!

HERE GOES TO THE SURVEY



ZÜRICH MARATHON VIRTUAL RUN PROTECTIVE MEASURES

For the Zurich Marathon Virtual Run the current protective measures of the Federal Office of Public Health apply.

Thank you very much for your consideration.



CORONAVIRUS: MEASURES & REGULATIONS



ZÜRICH MARATHON VIRTUAL RUN RANKING LISTS

Click here for the results! On the one hand you can find the live results during your run or the final ranking, which is updated as soon as all runners have crossed the virtual finish line.

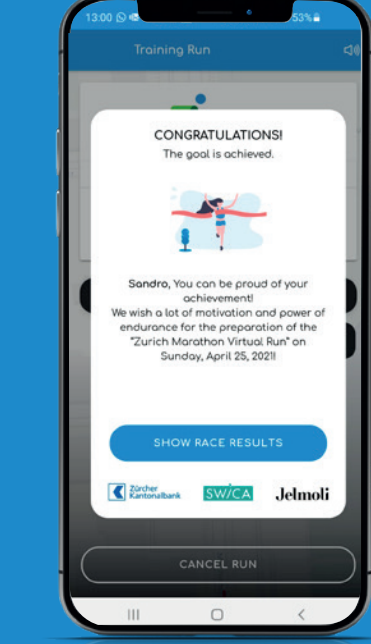
Feel free to share this!



CLICK HERE FOR THE LIVE RESULTS



HERE TO THE FINAL RANKING



ZÜRICH MARATHON ORIGINAL COURSES

The courses of all three races - marathon, half marathon and city run - run mostly along the shores of Lake Zurich. The turning point of the Zurich Marathon is in Meilen, also located on Lake Zurich. The final kilometres run through Zurich city centre, although the number of changes of direction was reduced in 2007.

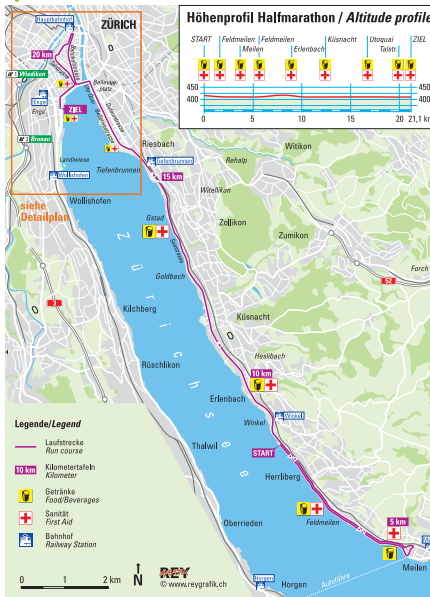
The course of the marathon is officially measured according to AIMS and IAAF rules. The last measurement was in January 2019.

Click here for the course maps:
www.zuerichmarathon.ch

Laufstrecke / Run course



Laufstrecke / Run course



Laufstrecke / Run course



A BIG THANK YOU ALSO GOES TO OUR PARTNERS & SPONSORS

SPONSOREN



OFFICIAL PARTNERS

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Kanton Zürich Sportamt

LianTong Sport und Massage

MAGNESIUM BIOMED DIRECT

MAURICE LACROIX Manufacture Horlogère Suisse

PlusSport



Therapie des Menschen

ultrasun

wannerlott

//ZKB ZüriLaufCup

ZürichCity Hotels

Zürich, Switzerland.

ZVV



ZÜRICH MARATHON VIRTUAL RUN NUTRITION

No chance of an energy low - so you'll be well supplied for every run!

Stock up on Powergels or Energize bars for the marathon and half marathon.

For more details on the right food for your race, visit our partners POWERBAR or during the RUNNERS EXPERIENCE WEEK at Jelmoli Sportwelt!



HERE YOU'LL LEARN YOU MORE...

ZÜRICH MARATHON VIRTUAL RUN APP DOWNLOAD

As soon as our app is available on the Apple Store and the Google Play Store, you will receive a personal notification via Race Result including your personal login.



APPLE STORE
This way to the download.



GOOGLE PLAY STORE
This way to the download.