



RACE *booklet 24*

Get ready for the big day!

All information about
the 21st OCHSNER SPORT Zurich Marathon.

APRIL 21, 2024



Editorial Swiss Athletics

Dear runners, Dear running enthusiasts

It fills me with joy that the Swiss Championships will once again be held as part of the OCHSNER SPORT Zurich Marathon. Every day, thousands of runners of all ages in Switzerland lace up their running shoes. Many of them aim to showcase their training dedication in competition. A special challenge is presented by the marathon distance. Whether as ambitious competitive athletes or leisure runners: Anyone finishing 42.195 km can be proud of themselves!

Last year, Helen Bekele broke the ten-year-old course record with a time of 2:24:14 in the women's category. At that time representing Ethiopia, she has since acquired Swiss citizenship and is now eagerly looking forward to the 2024 Olympic Games. I am curious to see who will clinch the prestigious Swiss championship titles this year.

On the flat course along Lake Zurich, top athletes will once again run not only for podium places, titles, and medals but also for crucial world ranking points for the 2024 Olympic Games in Paris. The Zurich Marathon takes place just nine days before the end of the qualification period.

On behalf of Swiss Athletics, I would like to sincerely thank the organizing committee of the OCHNSER SPORT Zurich Marathon, all the volunteers, as well as all sponsors and partners for their dedication. Only with their commitment, an event like this is possible.

I wish all participants a successful and injury-free competition!

Christoph Seiler
President Swiss Athletics

www.zuerichmarathon.ch

***Adrian Lehmann,
Swiss Marathon Champion 2023***



SWISSRUNNING



Unterstütze Lauftalente mit
5 Franken – der Nachwuchs-
Fünfliber macht den Unterschied!



General runner information

Travel

by public transportation

There are no parking facilities available at connection with the OCHSNER SPORT Zurich Marathon. We recommend traveling exclusively by public transportation.

ARRIVAL BIB NUMBER COLLECTION

The OCHSNER SPORT Zurich Marathon Runners Week is located at our title sponsor OCHSNER SPORT PRO.

**Lagerstrasse 10 (Europaallee),
8004 Zürich.**

We recommend arriving by public transportation via Zurich Main Station. From there, it's only a 300-meter walk (Europaallee).

SCHEDULES OF OUR OFFICIAL TRANSPORT PARTNERS:

www.sbb.ch
www.zvv.ch



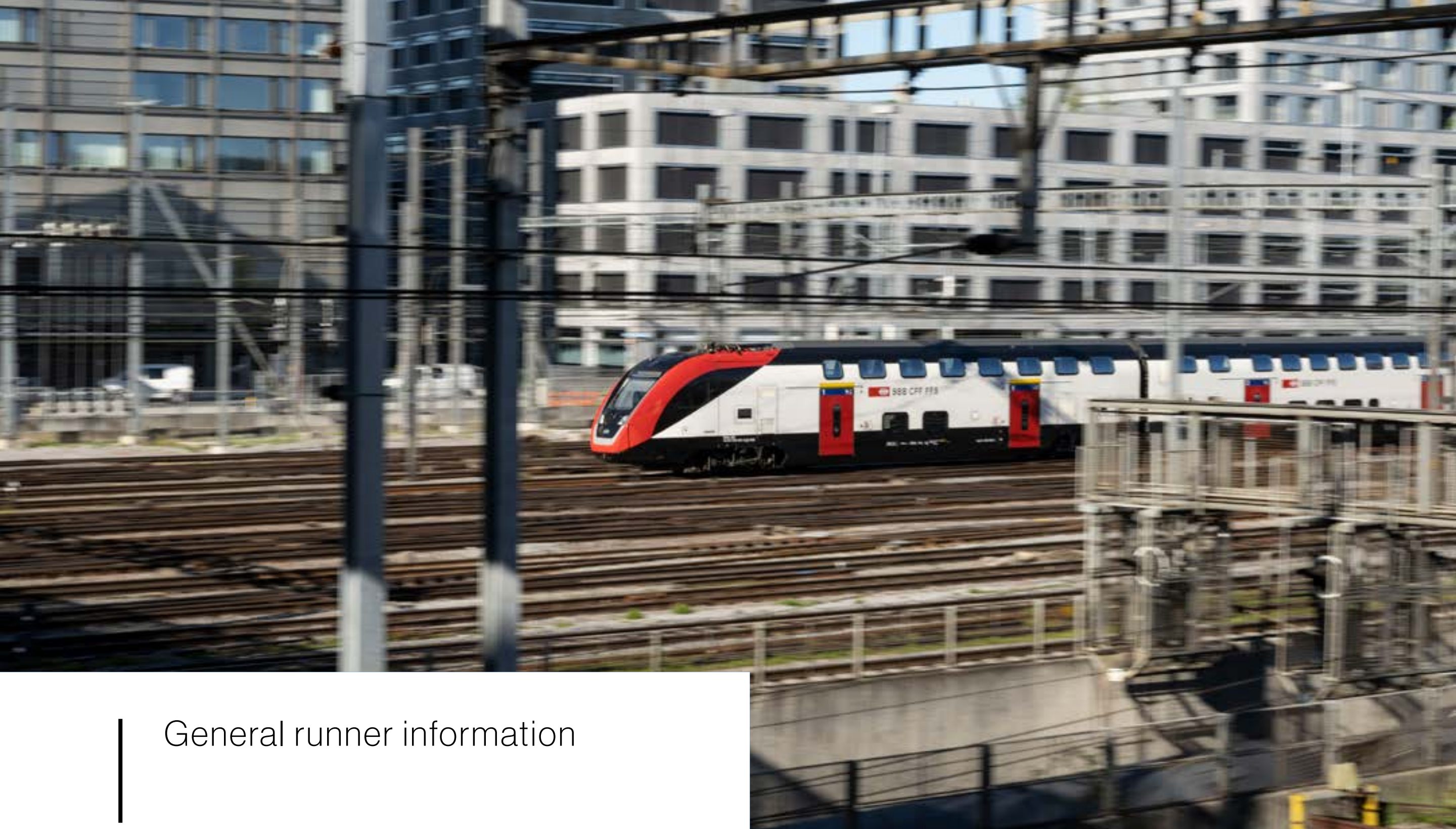
www.zuerichmarathon.ch/runners-week/runners-week



SBB CFF FFS

GEMEINSAM VORWÄRTS.





General runner information

**TRAVEL BY PUBLIC
TRANSPORTATION – MARATHON**

All participants of the marathon benefit from a free ride on public transportation in 2nd class to Zurich Enge and back via GA-area routes, including transfer to Zurich Main Station. All information regarding the SBB ticket will be sent via participant email.

**TRAVEL BY PUBLIC
TRANSPORTATION –
HALF MARATHON & Z10**

All participants of the half marathon and Z10 benefit from free travel in all zones of the Zürich Transport Network in 2nd class. The race bib also serves as the ticket and is only valid on the event day, April 21, 2024.

**TRAVEL TO/FROM START/FINISH
AREA ALL CATEGORIES**

Start:

At the Quaibrücke (all categories)

Finish Line:

At Mythenquai (Marathon/Half Marathon/Z10 - Zurich 10k)

In the finish are, you can find:

- Clothing depot at the finish line at Mythenquai (approximately 1200m walk to the start)
- Information booth
- Partner booths
- Changing rooms/showers (Mythenquai swimming area)
- Food and beverage
- Award ceremonies

<https://www.zuerichmarathon.ch/runner-prep/anreise>

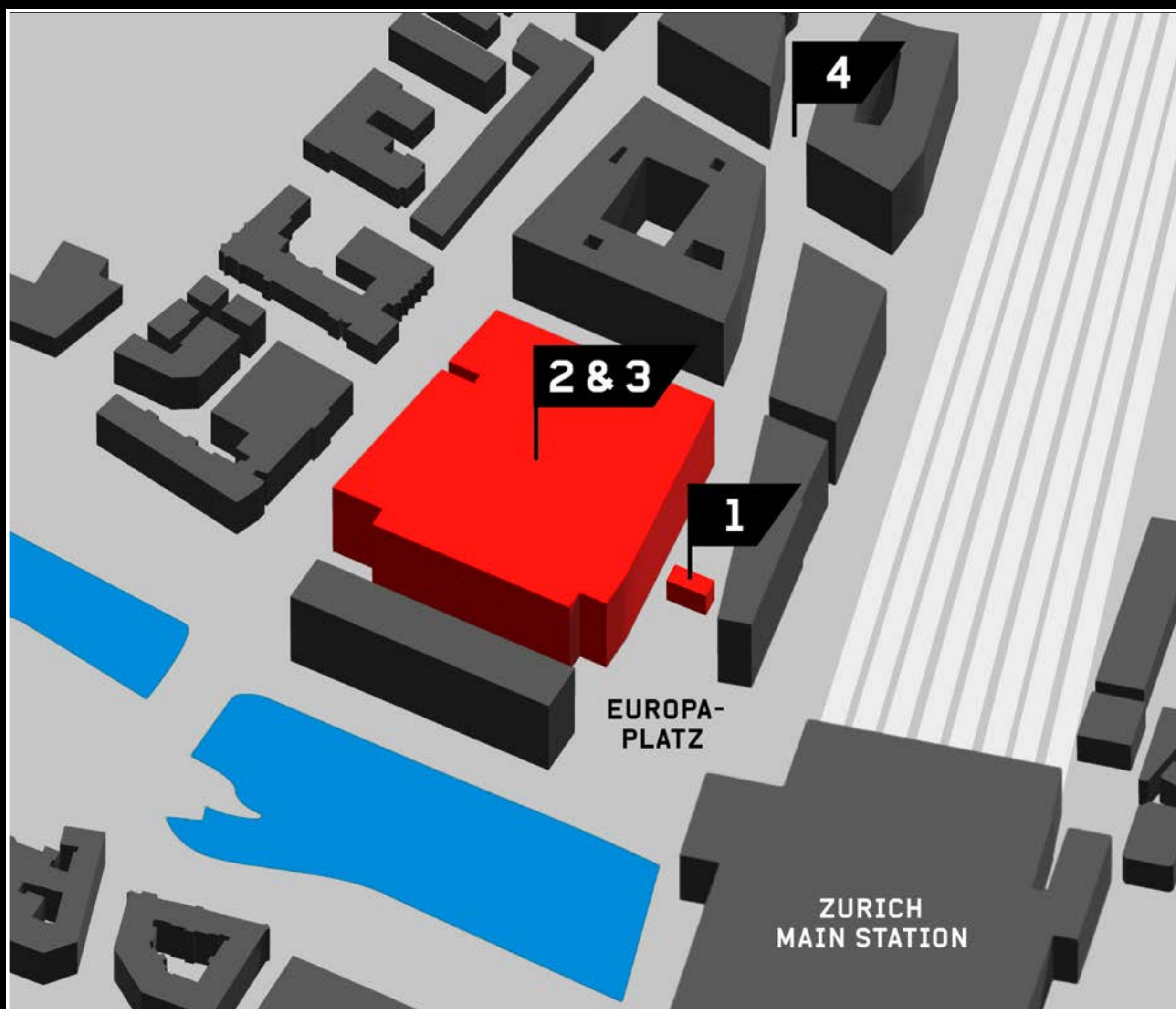
**SCHEDULES OF
OUR OFFICIAL TRANSPORT
PARTNERS:**

www.sbb.ch
www.zvv.ch



RUNNERS WEEK

Locations



1. CUBE ON EUROPAPLATZ

- BIB NUMBER DISTRIBUTION HALF MARATHON

2. MALL IN FRONT OF OCHSNER SPORT PRO (EUROPAALLEE-PASSAGE)

- BIB NUMBER DISTRIBUTION MARATHON AND ZURICH 10K
- INFOPOINT
- PRE-RACE SELFIE - SHARE #OSPZHM24 AND WIN

3. AT OCHSNER SPORT (EUROPAALLEE-PASSAGE)

- SLOT MACHINE - SCAN YOUR BIB AND WIN
- RACE NUTRITION TESTING
- RUNNING SHOE CHECK-UP WITH RUNNING EXPERT VIKTOR RÖTHLIN

4. ON ENERGY HUB (GUSTAV-GULL PLATZ 12)



General runner information

Starter shirt & race bib

At the Runners Week, all categories will receive their starter shirt from On at the bib number collection. To add a personal touch to your shirt, come to the On Energy Hub near the bib number collection! You'll receive your race bib and starter bag by presenting the race mail,



which you'll receive via email before the race. Race bibs will not be shipped.

Your race bib will include the following information:

- Starting block: Block A-F
- Bag tag for clothing storage
- Details for arrival and return journey



RUNNERS WEEK BIB NUMBER COLLECTION

| | |
|----------------------------|-------------------------|
| Tuesday, April 16, 2024: | 09:00 a.m. – 08:00 p.m. |
| Wednesday, April 17, 2024: | 09:00 a.m. – 08:00 p.m. |
| Thursday, April 18, 2024: | 09:00 a.m. – 08:00 p.m. |
| Friday, April 19, 2024: | 09:00 a.m. – 08:00 p.m. |
| Saturday, April 20, 2024: | 09:00 a.m. – 06:00 p.m. |
| Sunday, April 21, 2024: | 06:00 a.m. – 07:30 p.m. |



General runner information

RUNNERS WEEK *schedule*

The countdown is on! Excitement for the OCHSNER SPORT Zurich Marathon reaches its peak during the Runners Week. Here's what you can experience in the days leading up to the start.

OUR SPECIALS FOR YOU AT OCHSNER SPORT PRO (EUROPAALLEE-PASSAGE) DURING THE BIB NUMBER COLLECTION:

Tuesday, April 16, 2024 –
Saturday, April 20, 2024

Slot Machine

Scan your race bib and win great prizes from OCHSNER SPORT and Zürcher Kantonalbank.

Tuesday, April 16, 2024 –
Saturday, April 20, 2024

Race Nutrition Testing

with the official nutrition partner Nutriathletic.

Pre-Race Selfie

Share your pre-race selfie with #ospzhm24 and win 10 × a CHF 50.00 voucher from OCHSNER SPORT.

Wednesday, April 17th –
Friday, April 19th,
12:00 p.m. – 6:00 p.m.

Saturday, April 20, 2024,
10:00 a.m. – 12:00 p.m. and
4:00 p.m. - 6:00 p.m.“

Running shoe check-up

Marathon European champion and OCHSNER SPORT running expert Viktor Röthlin is available in the store to provide you with tips for your ideal running shoe.

Max Energy, Always. On Energy Hub.

General runner information

ON ENERGY HUB *programm*

@On Energy Hub

Gustav Gull Platz 12, Zürich (400 meters away from the bib number pickup)

Open from Tuesday, April 16, 2024, starting at 6 p.m., then daily from Wednesday, April 17, 2024, to Saturday, April 20, 2024, from 10:00 a.m. to 5:00 p.m.

Open every day: Customization Station for your personalized starter shirt.

Tuesday, 16.4.24 –
from 6:00 p.m.

Energy Experience: Run Culture Unfiltered

Experience run culture with (almost) all your senses. Including photo exhibition about the running scene and DJ set by DJ Vertigo und Pilar Vega in the On Energy Hub.

Wednesday, 17.4.24 –
from 7:00 p.m.

Energy Experience: Soul Session

Feel how music fills your soul with new energy at NNAVY's exclusive live concert. An atmospheric music experience in the On Energy Hub.

Friday, 19.4.24 –
from 9:00 p.m.

Energy Party: Runners got Moves

Only two days until Race Day. You can hardly sit still because of all the tension? Then get moving - preferably to the beat of energetic music.

Location:
Lucky Punch, Europaallee

Saturday, 20.4.24 –
10:00 a.m. – 5:00 p.m.

Energy Style: Look fast. Run faster.

On the last day before the starting gun, we won't be working on your fitness - but on your race day look.

You know: Look fast. Run faster.

Sunday, 21.4.24 –
8:00 a.m. – 4:00 p.m.

Energy Zone: Race Day

Watch out, today can be extremely motivating. In the On Energy Zone at Bürkliplatz, your fans can really cheer you on on the big day.

PROGRAM & REGISTRATION





**OCHSNER
SPORT**

**FINDE MIT UNS DEINEN
PERFEKTEN RUNNING-SCHUH**

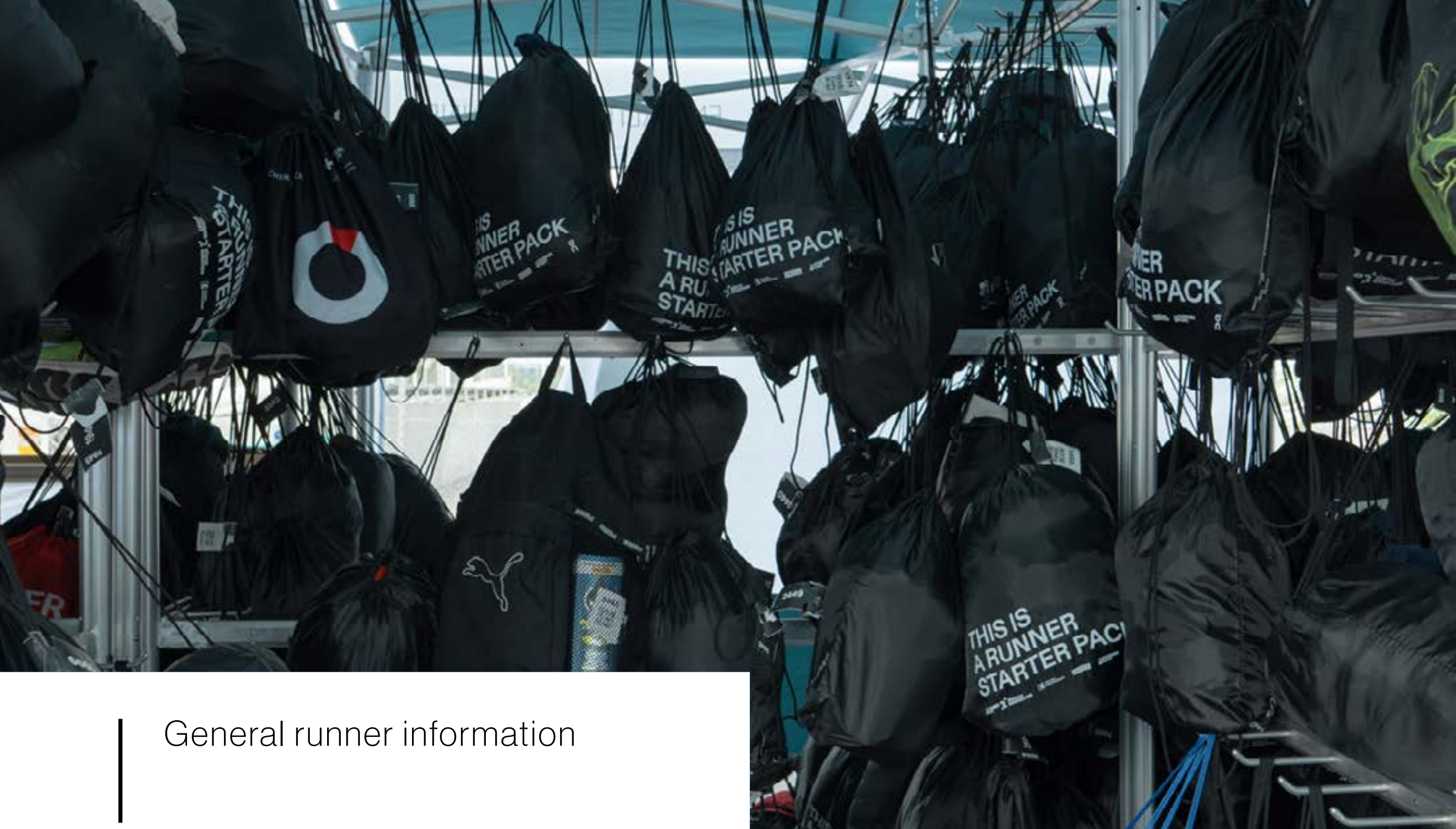
**KOSTENLOSE
DYNAMISCHE
LAUFANALYSE**

[OCHSNERSPORT.CH/RUNNING](https://ochsnersport.ch/running)

RACE DAY

Locations





General runner information

Clothing depot & starter bag

The way to the clothing depot at the **Mythenquai parking** lot is marked. In the Mythenquai swimming area (near the finish line), there are changing rooms and showers.



<https://maps.app.goo.gl/hPKcjin5zFczhBNZT8>

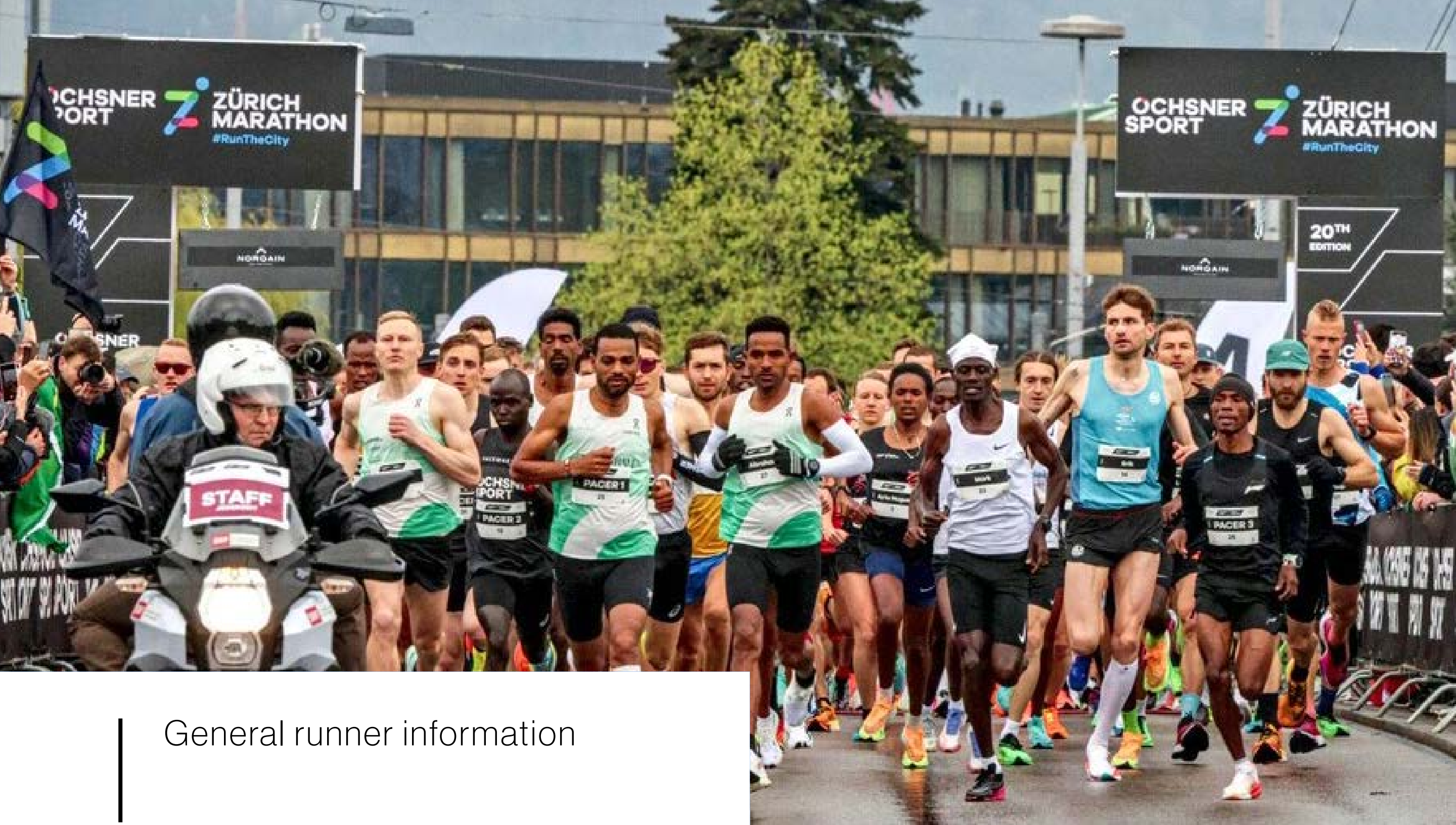
CLOTHING DEPOT

Please note that only the official starter bag of the OCHSNER SPORT Zurich Marathon can be deposited at the clothing storage. Attach the bag tag of the race bib beforehand. After finishing the race, you can pick up your bag with your race bib at the Mythenquai parking lot between 10:15 a.m. and 4:00 p.m.

| | |
|--|----------------------|
| KLEIDERDEPOT MARATHON CLOTHING DEPOT MARATHON | 701 – 1300 |
| KLEIDERDEPOT HALBMARATHON CLOTHING DEPOT HALF MARATHON | 11000 – 11500 |
| KLEIDERDEPOT Z10 CLOTHING DEPOT Z10 | 5000 – 5550 |

OPENING HOURS CLOTHING DEPOT

Sunday, April 21, 2024
from 06:30 a.m. to 04:00 p.m.



General runner information

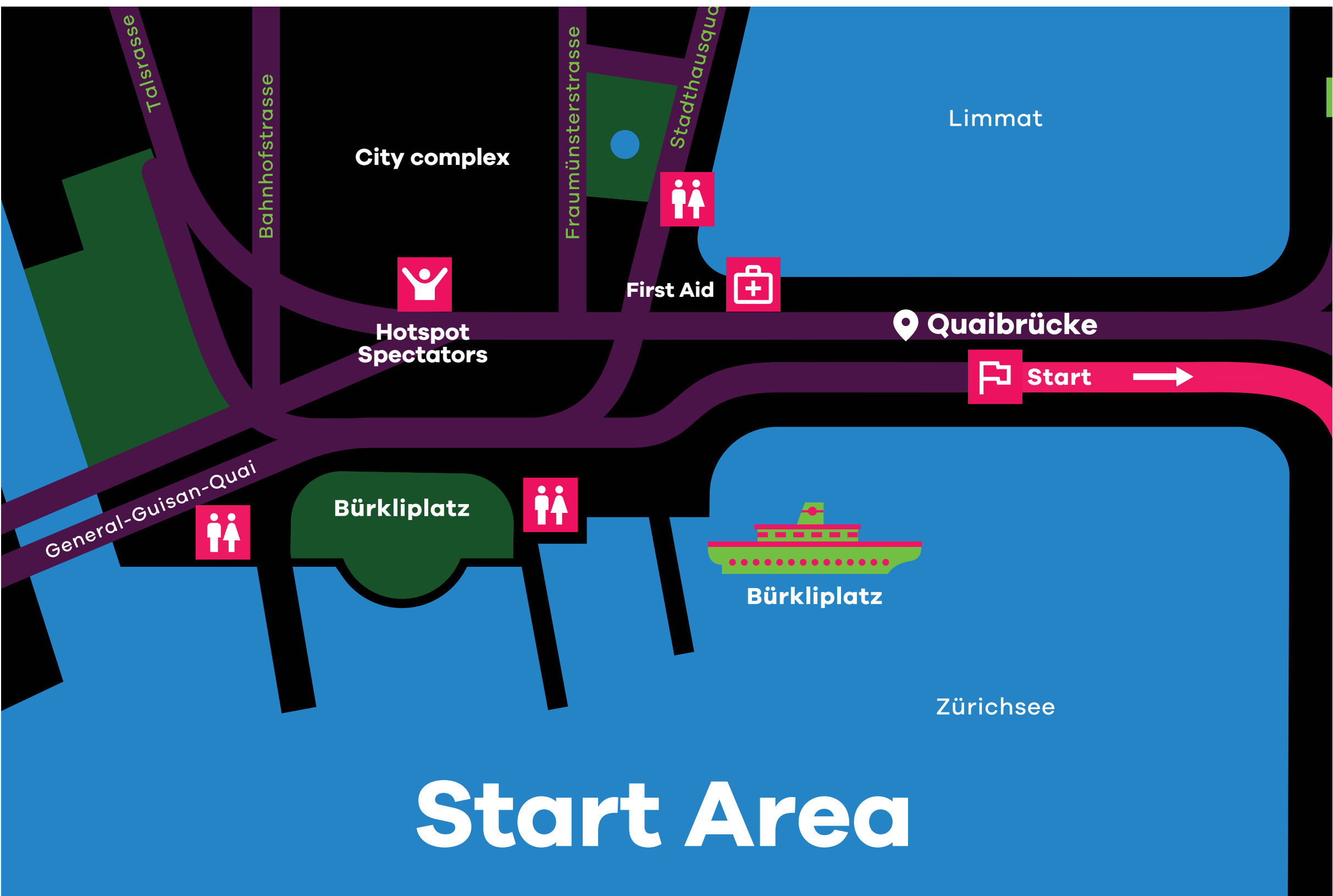
Start Area

START TIMES – Quaibrücke

- 08.00 a.m. Marathon
- 11.00 a.m. Halbmarathon
- 02.00 p.m. Z10 – Zurich 10k

Distances from the runner’s village to the start:

1200 meters – approximately 10 minutes walking distance



<https://maps.app.goo.gl/YrKe1vxBU2NU3P7q7>

Everything about the starting signal!
Are you ready?

Ready, Set, Go!

START SECTORS

Please start in the block that corresponds to your performance level (see start block on the race bib). Personal timing begins only upon crossing the start line (red mat on the ground). Entry into the start sector is controlled. Please proceed to your start sector at least 10 minutes before the start. It's approximately a 1200-meter walk from the clothing storage to the start (10 minutes).

START PROCEDURE

Your race bib will indicate your start block. On-site, well-visible flags will mark your start block. The blocks will start shortly after one another.





NORQAIN

SWISS MADE WATCHES



WILD ONE SKELETON

THE ULTIMATE HIGH-PERFORMANCE
SPORTS WATCH

NORQAIN BOUTIQUE

Rennweg 4, Zürich

Official Timekeeper «Norqain»
Timing by Race Result



Timing & Regulations



Regulations
OCHSNER SPORT
Zurich Marathon

All runners have a transponder integrated into the race bib. This transponder does NOT need to be returned at the finish line.

REGULATIONS

The following QR code will direct you to the latest regulations containing all relevant rules of the event.



General runner information

Important locations & Regulations

FIRST AID STATIONS

At the start and finish lines, as well as at every refreshment station along the route, a first aid station is set up and marked.

REGULATIONS

Instructions from the course service must be followed. Private accompaniments of runners with bicycles, inline skates, or similar are not permitted. Shortcuts and other unauthorized aids are not allowed. Disqualifications are determined by the technical management of the organizing committee.

TOILETS

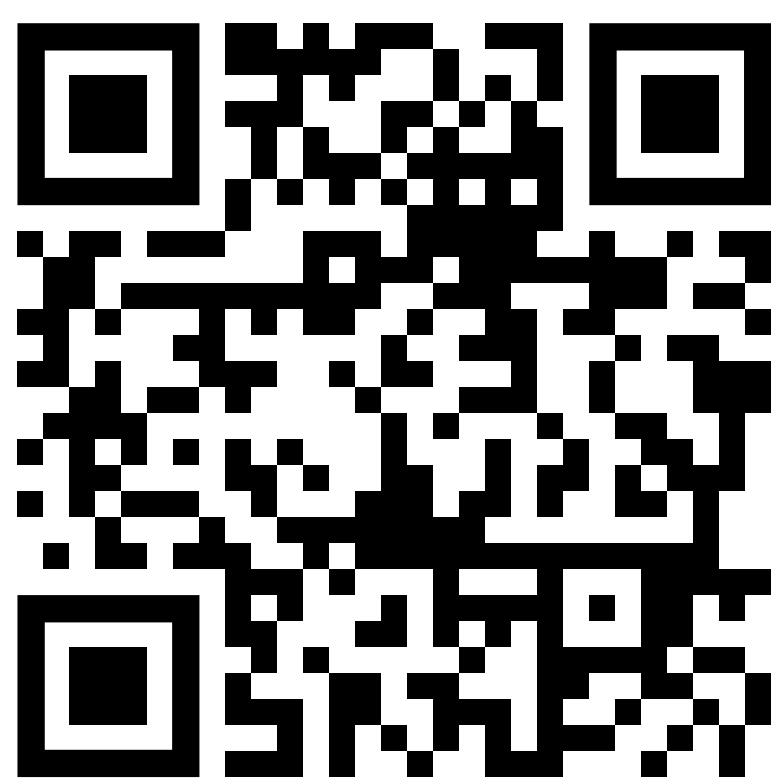
Toilets can be found in the changing rooms, at the clothing depot, in the start/finish area, and at each refreshment and first aid station.



NUTRIATHLETIC®

OFFIZIELLER NUTRITION PARTNER DES OCHSNER
SPORT ZÜRICH MARATHON

ALLES WAS DU ZUM CARBOLAODING,
DER UNMITTELBAREN LAUFVORBEREITUNG
UND DER VERPFLEGUNG AUF DER
STRECKE WISSEN MUSST.



Rabatt Code: Marathon20

Keine Experimente am Wettkampftag.
Teste unsere Produkte in der Vorbereitung.
Mit diesem Code erhältst du 20 CHF Rabatt
auf deine nächste Bestellung.

Jogging. Nourishing. Winning.

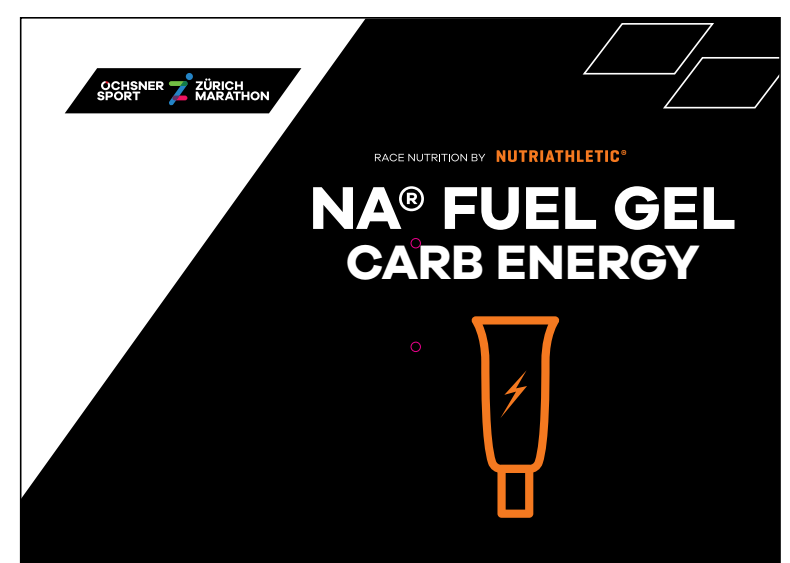
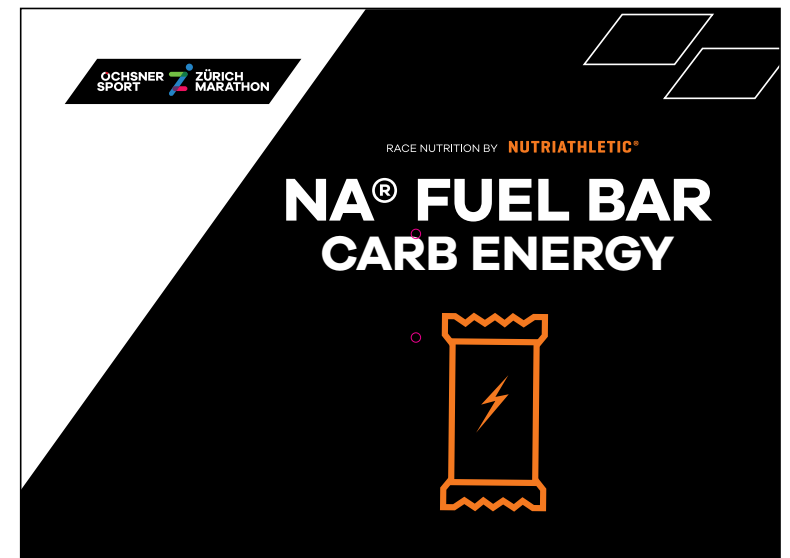
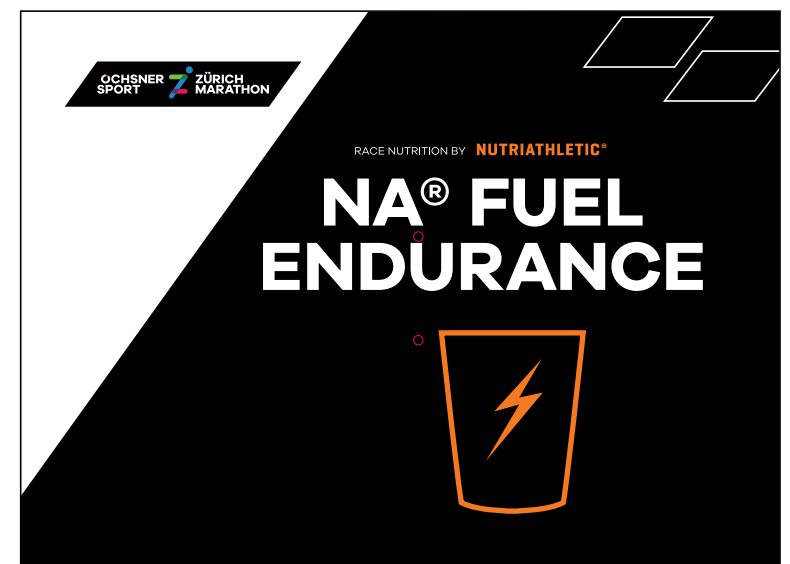
RACE NUTRITION

Nutriathletics is the official nutrition partner of the OCHSNER SPORT Zurich Marathon. Along the course, a total of twelve refreshment stations are set up. The first one is located at 1.6 km – then approximately every 3.5 km until the finish line. After crossing the finish line, all runners will receive refreshments and drinks.

ZH₂O Züriwater for all instead of PET bottles

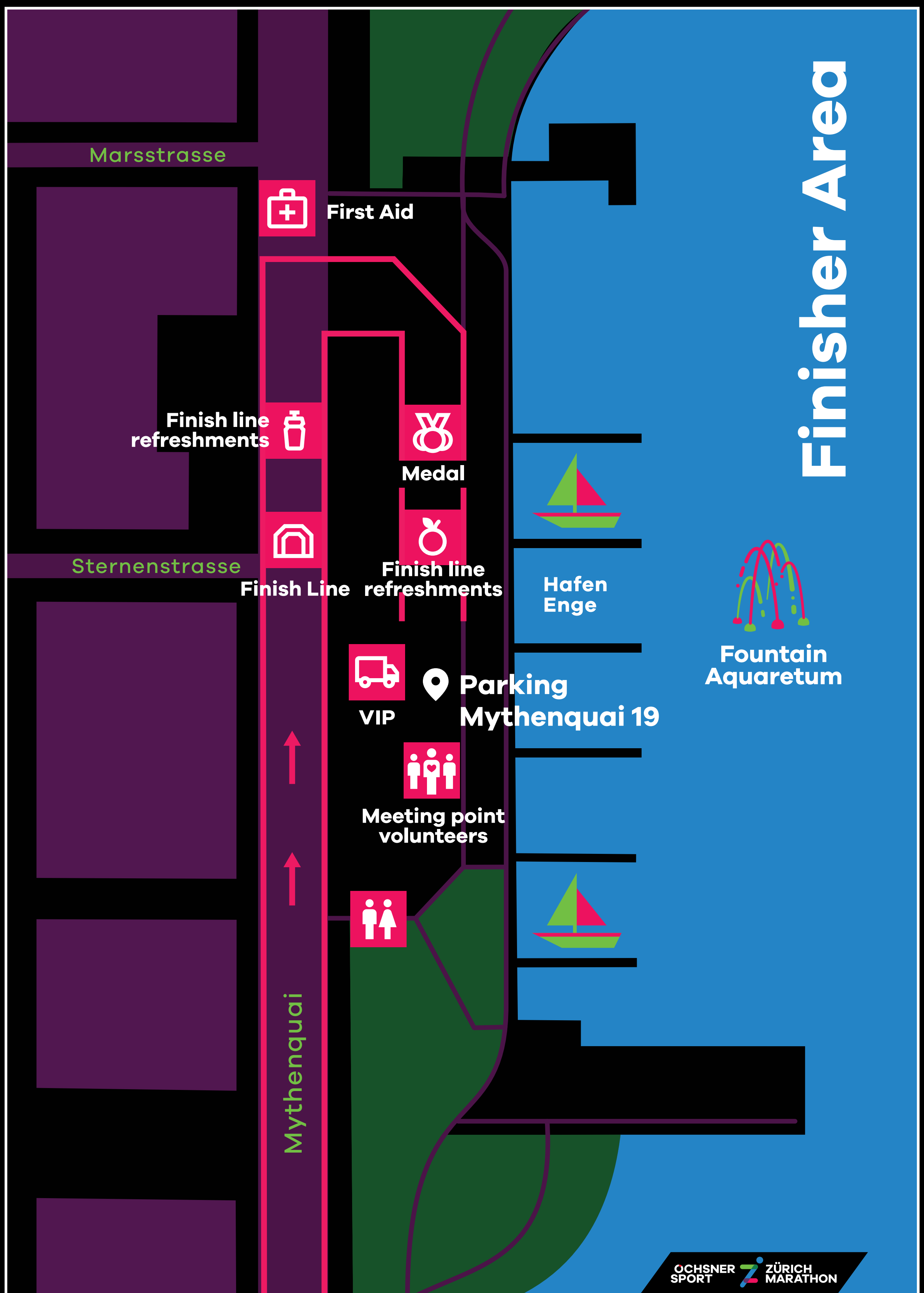
This year, on the day of the event, four water stations will be available between the start and finish areas. Drink directly from the stations or refill your water bottle with ZH₂O Züriwater.

www.zuerichmarathon.ch/runner-prep/verpflegung



RACE DAY

Finisher area





General runner information



Finisher informationen

RANKINGS

All rankings with intermediate times will be available after the race at **zuerichmarathon.ch**.



FINISHER MEDAL

At the finish line, all runners will receive the finisher medal.

WINNER CEREMONY

The list of podium runners will be visible on zuerichmarathon.ch and Race Result Timing. We kindly ask the podium finishers of each race to attend. Medals and prizes will not be sent afterward.

| | |
|-----------------|------------------|
| From 12:30 p.m. | Marathon |
| From 2:30 p.m. | Half marathon |
| From 3:15 p.m. | Z10 - Zurich 10k |

PERSONAL RACE PHOTOS

Starting Monday, April 22, 2024, you can find your personal race photos for viewing and purchasing at **sportograf.com**



FINISHER DIPLOMA

A personal diploma is available for free download to every finisher after the race. You can find the diploma in the rankings on Race Result.

my.raceresult.com

WE REWARD AN **ACTIVE** **LIFESTYLE.**

On your marks, get set, go! Exercising and building strength will help you stay fit and healthy. That's why SWICA rewards personal activities for health promotion and prevention with attractive contributions. Best of luck in the Zurich Marathon!

THERE FOR YOU.

Phone 0800 80 90 80

or [swica.ch/fit](https://www.swica.ch/fit)

BECAUSE HEALTH
IS EVERYTHING



MARATHON

Course Map

OCHSNER
SPORT

ZÜRICH
MARATHON
#RunTheCity

Marathon Laufstrecke / *Run course* 42,195 km





MARATHON

Runner Information

START/COURSE MARATHON

Date: Sunday, April 21, 2024
Start Time: 08:00 a.m.
Start: Zurich Quaibrücke
Time Limit: 5 hours and 30 minutes
Net Time
(Transponder Timing)
Distance: 42.195 km (AIMS | 2023)

PACEMAKER MARATHON

Experienced pacemakers will accompany groups targeting finish times of **3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, and 5:30 hours.** They will be easily identifiable by visible flags on their backs indicating the respective target time.

TIME LIMIT & FINISH LINE

Runners who have not reached the turnaround point in Meilen by 11:22 a.m. must surrender their race bib. The race closes at 1:55 p.m.

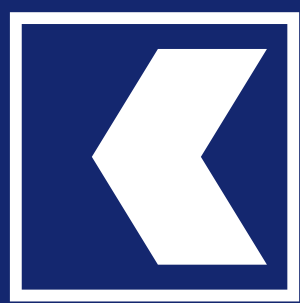
SWISS MARATHON CHAMPIONSHIPS

Participation is license-free.
All Swiss or Liechtenstein citizens are eligible for the title.
Foreign athletes can participate, but are not eligible for the title.



<https://www.zuerichmarathon.ch/marathon-2/marathon>

Hauptsponsorin



Zürcher
Kantonalbank

ZKB ZÜRILAUFCUP

**12 Läufe.
1 Erlebnis.**

zuerilaufcup.ch

HALF-MARATHON Course Map

OCHSNER
SPORT

ZÜRICH
MARATHON
HALFMARATHON

Halbmarathon Laufstrecke / *Run course* 21,1 km





HALFMARATHON

Runner Information

START/COURSE HALFMARATHON

Date: Sunday, April 21, 2024
Start Time: 11:00 a.m.
Start: Zurich Quaibrücke
Time Limit: 2 hours and 45 minutes
Net Time
(Transponder Timing)
Distance: 21.1 km (AIMS | 2023)

PACEMAKER HALFMARATHON
Experienced pacemakers will accompany groups targeting finish times of **1:30, 1:40, 1:45, 1:50, 2:00, and 2:15 hours.** They will be easily identifiable by visible flags on their backs indicating the respective target time.

TIME LIMIT & FINISH LINE

Runners who do not meet the required time limit must surrender their race bib. The race closes at 2:00 PM.

ZKB ZÜRILAUFL CUP

The half marathon of the OCHSNER SPORT Zurich Marathon is one of the twelve races of the ZKB Zürilaufl Cup.



More than a race - ZKB Zürilaufl Cup

<https://www.zuerichmarathon.ch/halbmarathon>



Z10 Course Map

OCHSNER
SPORT

ZÜRICH
MARATHON
#RunTheCity



Z10 – Zurich 10k Laufstrecke
Run course Z10 – Zurich 10k

Legende/Legend

- Strecke CityRun
Course CityRun
- Info
- Kleiderdepot
Garderoben
- Verpflegung
Beverages/Food
- Sanität
First Aid
- Essen/Trinken
- Bahnhof
Railway station
- Tram Nr. 7
Brunastrasse



0 500 m

REY
© www.reygrafik.ch



Z10 – ZURICH 10K

Runner Information

START/COURSE Z10

Date: Sunday, April 21, 2024

Start Time: 2:00 PM

Start: Zurich Quaibrücke

Time Limit: 90 minutes

Net Time

(Transponder Timing)

Distance: 10 km (AIMS | 2023)

PACEMAKER Z10 – Zurich 10k

Experienced pacemakers will accompany groups targeting finish times of

0:45, 0:50, 0:55, 1:00, and 1:10

hours. They will be easily identifiable by visible flags on their backs indicating the respective target time.

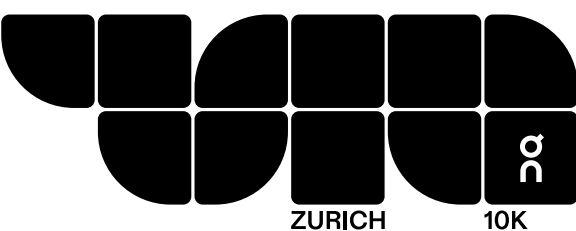
TIME LIMIT & FINISH LINE

Runners who do not meet the required time limit must surrender their race bib.

The race closes at 3:40 PM.

TITLE SPONSOR - ON

The Z10 - Zurich 10k has been named by the title sponsor On. 10 challenging kilometers through the city center of Zurich.





Dream On.

on.com

RACE DAY

Village





VILLAGE

Runner Information

RECOVERY ZONE BY OCHSNER SPORT

After your successful run, you can relax in the Recovery Zone provided by OCHSNER SPORT. Take a break with a sports massage, use the recovery boots, or the massage gun – there's something for everyone.

OCHSNER SPORT SALES TRUCK

In the sales truck, the OCHSNER SPORT sales team and the experts from „Nutriathletic“ are ready to advise you on your ideal post-race nutrition and effective post-race recovery.

POST-RACE SELFIE

Share your post-race selfie with #ospzhm24 and win 10 × a CHF 50.00 voucher from OCHSNER SPORT.

ZÜRCHER KANTONALBANK MEETING ZONE

Meet other runners in our meeting zone and participate in our competition. With a bit of luck, you could win one of the attractive prizes.

NUTRIATHLETIC

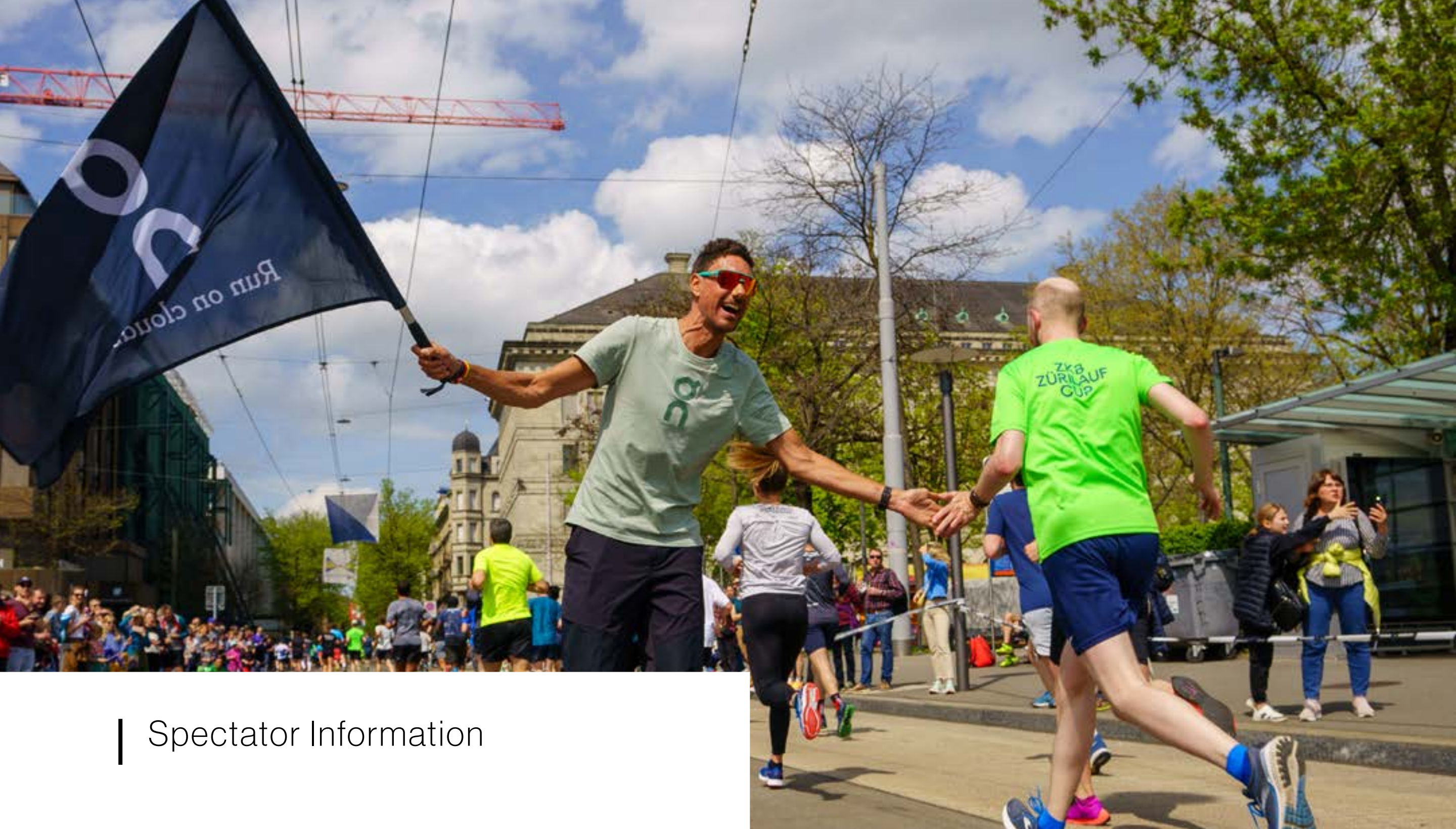
Visit Nutriathletic at the Finisher Village and get advice on your optimal running nutrition. Plus, you also have the chance to win great product prizes or, with a bit of luck, even undergo a performance test with nutritional counseling. And who knows, you might also meet exciting Nutriathletic athletes there.

BLOSSOM UP

Visit the BlossomUp booth to learn how you can effortlessly navigate pollen season with our natural products. Our experts offer personal consultation, product samples, and the chance to win a free sample in our giveaway. Ideal for those who want to stay active outdoors even during pollen season.

NORQAIN

Our Norqain booth will be available throughout the festivities, showcasing our collection. Stop by and say hello!



| Spectator Information

*Support the running community
along the sidelines and at the finish line!*

START TIMES - Quaibrücke

- 08:00 a.m. Marathon
- 11:00 a.m. Halfmarathon
- 02:00 p.m. Z10 - Zurich 10k

**EXPECTED FINISH AT
MYTHENQUAI FROM:**

- 10:05 a.m. Marathon
- 12:00 p.m. Halfmarathon
- 02:30 p.m. Z10 - Zurich 10k

THE BEST LOCATIONS

The start/finish area at the Quaibrücke and Mythenquai is passed by the runners at the start, during the city loop, and at the finish line. But also numerous other attractions make this location a festival ground for young and old.

**LOCATIONS WITH MULTIPLE
PASSINGS OF THE RUNNERS
INCLUDE:**

Quaibrücke, Bürkliplatz & Bellevue

CHEERING ZONES

When the OCHSNER SPORT Zurich Marathon sweeps through the streets of Zurich on April 21st, it won't just be an overwhelming experience for the runners. There will also be plenty of entertainment for the spectators.

So, come out to the sidelines at the cheering zones or to the DJ stations and rock the city of Zurich together with the runners!

Norqain: Bahnhofstrasse

On: Bürkliplatz

Swica: Utoquai

Ochsner Sport:
Mythenquai (Finish Line)

Zürcher Kantonalbank:
General-Guisan-Quai

Terre des Hommes:
Alfred-Escher-Strasse

**OCHSNER SPORT Zurich Marathon
DJs and their locations:**

At the following stations, you'll find our DJs who will provide motivating beats:

Utoquai: Dancefloor Police

Bahnhofstrasse: D. Caboose

Alfred-Escher-Strasse: Prince Boogie



| Spectator Information

Arrival & Meeting Points

TRAFFIC

The city center is closed from 07:00 a.m. to 04:00 p.m. The following tram lines are affected by the marathon: 2, 5, 7, 9, 13, as well as bus lines 33, 161, 165, and 916. The Seestrasse between Meilen and the city of Zurich remains closed until 2:00 PM.

ARRIVAL BY PUBLIC TRANSPORT

There are no parking facilities on-site. We recommend arriving by public transportation.

www.zuerichmarathon.ch/runner-prep/anreise

ROAD BLOCKS

Please note the road blocks and restricted access when planning your arrival.

www.zuerichmarathon.ch/infos/strassensperrungen

MEETING POINT «RUNNERS VILLAGE»

Finally reaching the finish line and embracing your loved ones. Meet up at the Runner's Village for food, cool drinks, and award ceremonies.



www.zuerichmarathon.ch/runner-prep/start-und-ziel





























VOLL BI DIR!

**ENERGY
MEIN MORGEN**
ON DAB+ AND ENERGY.CH



THANK YOU. *danke.*

A HEARTFELT THANK YOU ALSO GOES TO OUR PARTNERS & SPONSORS

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| TITELSPONSOR | | | SPONSOREN | | |
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| OFFICIAL PARTNER & TITELSPONSOR Z10 | | OFFICIAL TIMEKEEPER | | SPORTS FUNDING | |
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| MEDIA PARTNER | | | | | |
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| OFFICIAL PARTNERS | | | | | |
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SEE YOU
in 2025!

SUNDAY
13.04.2025

www.zuerichmarathon.ch

**OCHSNER
SPORT**



**ZÜRICH
MARATHON**