



CHASING CANCELLARA



GRANFONDO VADUZ



24.09.2023
ROADBOOK

INTERNATIONAL PARTNER



OFFICIAL TIMEKEEPER



NATIONAL PARTNER



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PARTNERS

INTERNATIONAL PARTNER



OFFICIAL TIMEKEEPER



NATIONAL PARTNER



SUPPLIER



257 MACH MEHR AUS DEINER ZEIT



STILVOLL UNTERWEGS MIT DEN
257 URBAN BIKES VON BMC



bmc-switzerland.com/257-urban-bikes

BMC

SCHEDULE

SATURDAY, SEPTEMBER 23

05:00 – 07:00 p.m. bib number distribution and luggage drop-off

SUNDAY, SEPTEMBER 24

From 07:30 a.m. bib number distribution and luggage drop-off

08:30 a.m. start group 1 (32 km/h)

08:40 a.m. start group 2 (29 km/h)

08:50 a.m. start group 3 (26 km/h)

09:00 a.m. start group 4 (23 km/h)

09:15 a.m. start small loop

11:30 a.m. arrival 1st participants at the finish

From 11:15 a.m. finisher meal

From 02:30 p.m. prize ceremony

Group assignments and personal start times will be communicated in the week of the event.

CONTACTS

INFORMATION

+41 79 950 76 23
(from September 23, 2023, 12:00 p.m.)
info@chasingcancellara.com

NEUTRAL RACE SERVICE

+41 79 915 84 53

MEDICAL SERVICE

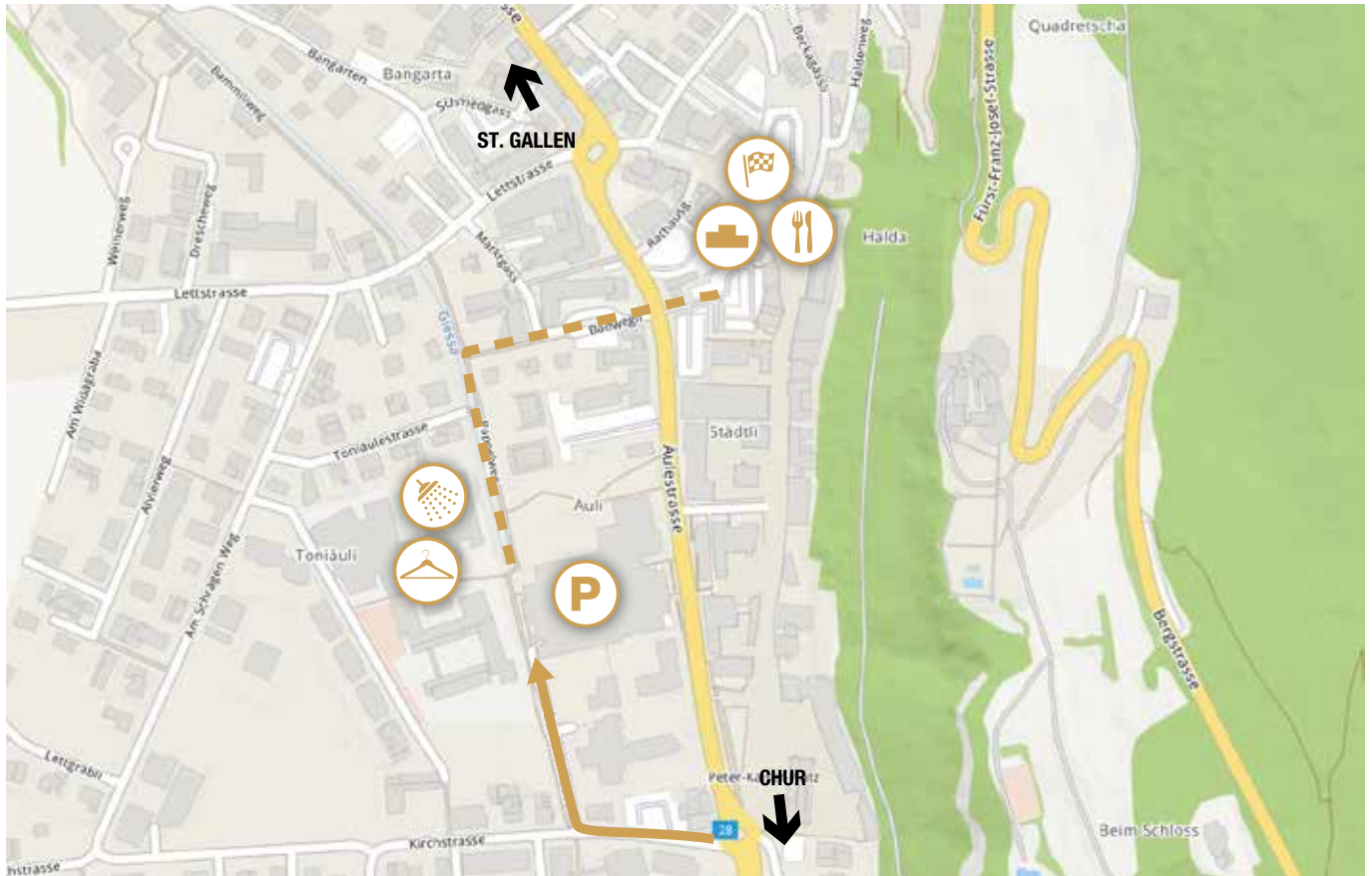
samaritans on site
+41 79 628 21 24

GENERAL EMERGENCY NUMBERS

Emergency rescue service	144
Rega	1414
Police	117


APPROACH

Parking and showers: Primarschule Äule, Giessenstrasse 11, 9490 Vaduz, Liechtenstein




 start / finish

 finisher meal

 prize ceremony

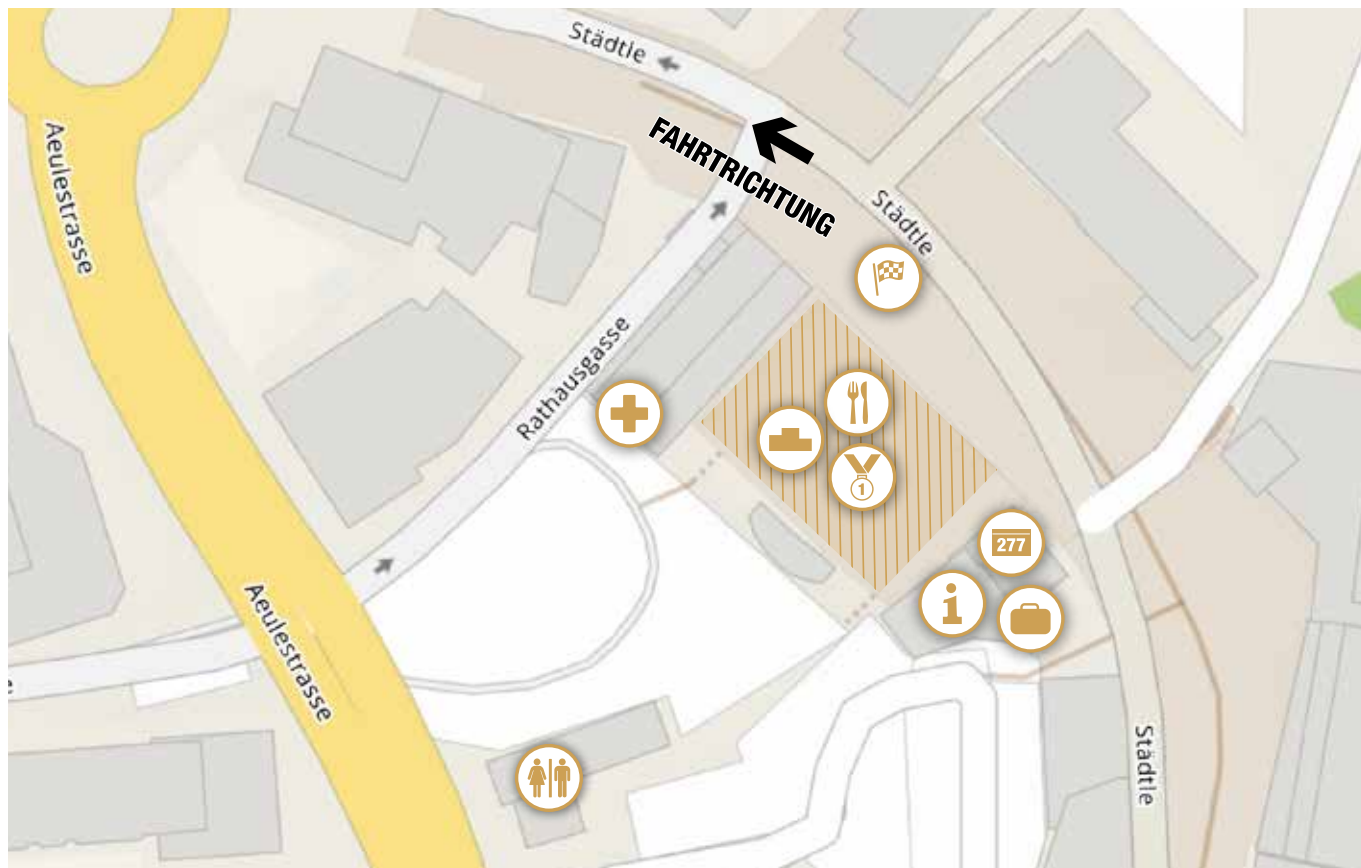
 parking

 dressing rooms

 showers

SITE PLAN START / FINISH AREA

Rathaus Vaduz, Städtle 6, 9490 Vaduz, Liechtenstein



- | | | |
|---|---|--|
|  start / finish |  bib number distribution |  medal handover |
|  toilets |  Info-Point / late entries |  finisher meal |
|  medical service |  luggage |  prize ceremony |

EQE SUV

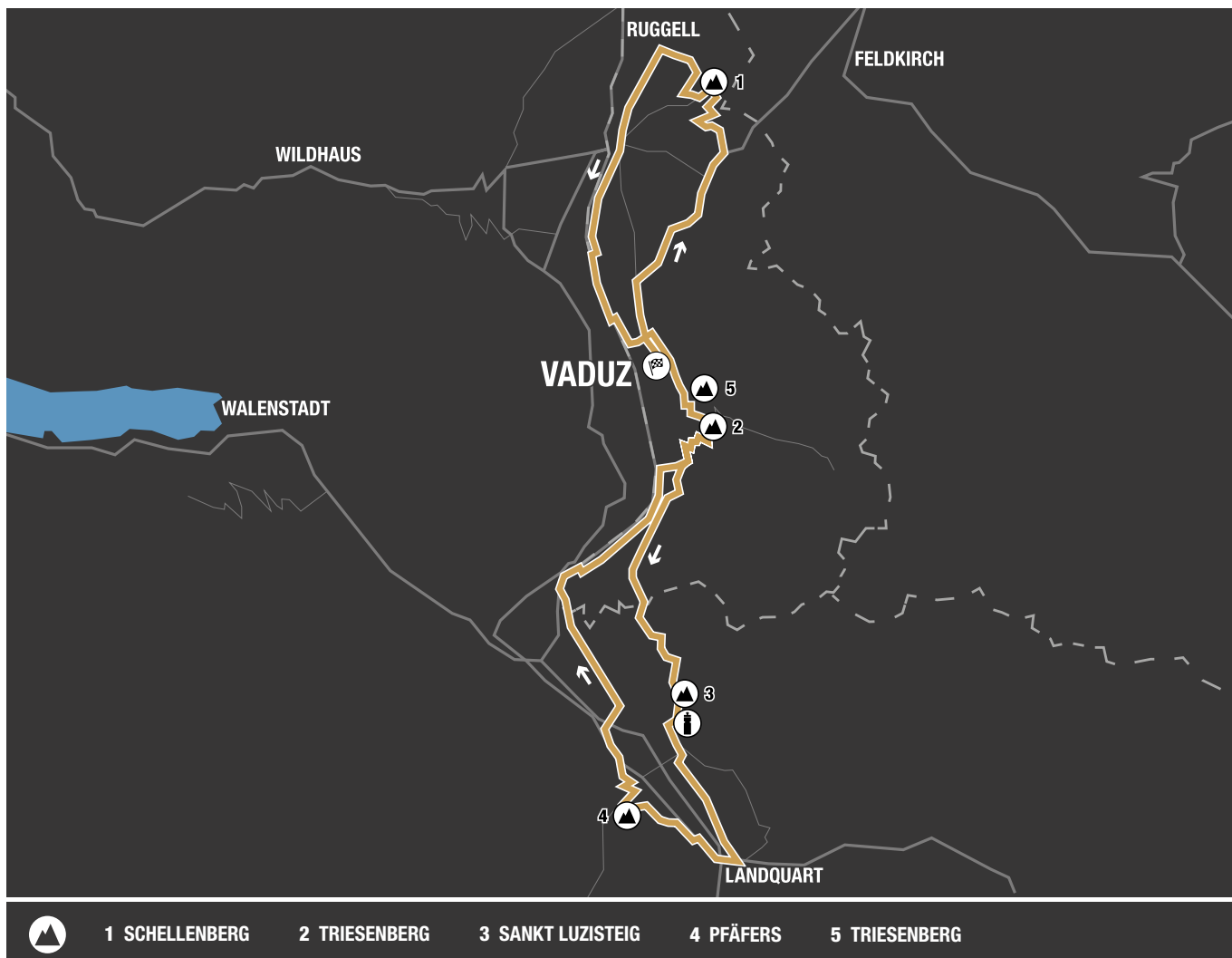
EMISSIONSFREI ANS ZIEL - AUF VIER RÄDERN ODER ZWEI.

Wir sind stolzer Partner von Chasing Cancellara. Auch dieses Jahr können sich Radsportbegeisterte vom Amateur bis zum Halbprofi mit dem zweifachen Olympiasieger und Mercedes-Benz Markenbotschafter Fabian Cancellara in verschiedenen Rennformaten messen. Wir drücken allen Teilnehmenden die Daumen!

Mehr erfahren

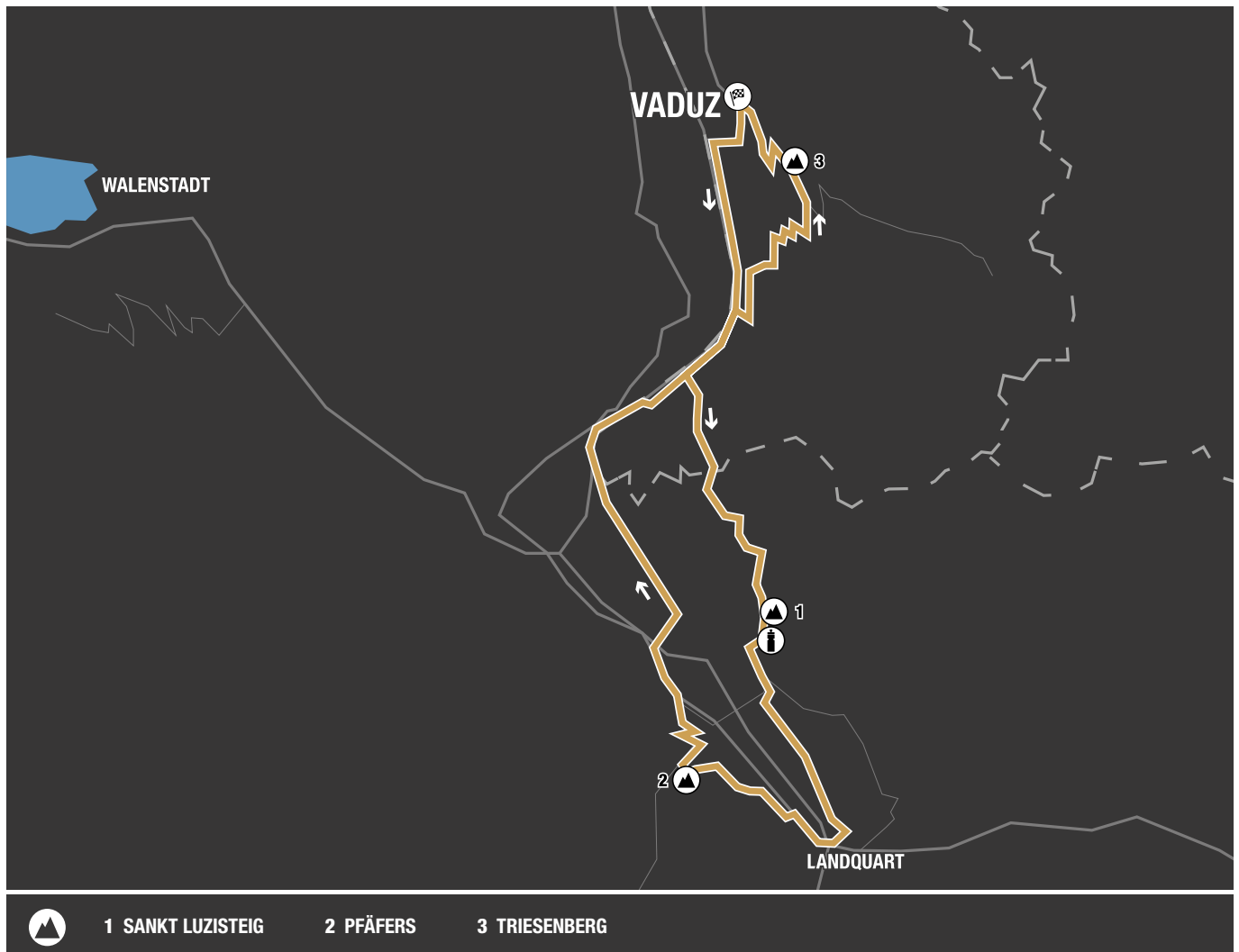


ROUTE **BIG LOOP**



The GPX files of the route can be found on the website: <https://www.chasingcancellara.com/granfondo-vaduz>

ROUTE SMALL LOOP



The GPX files of the route can be found on the website: <https://www.chasingcancellara.com/granfondo-vaduz>



TUDOR



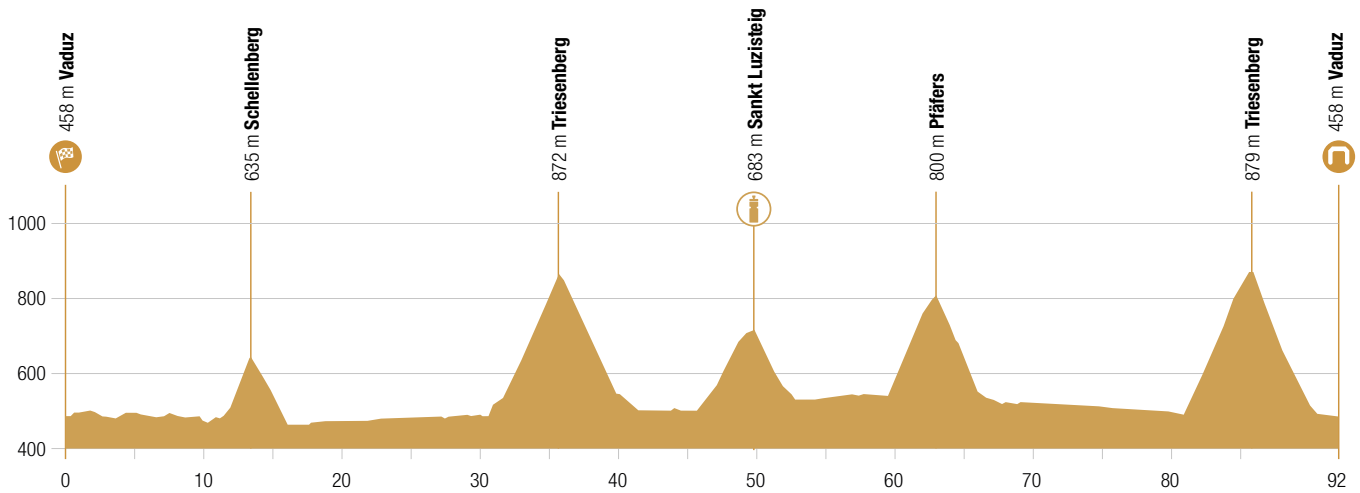
#BORN TODARE

What is it that drives someone to greatness? To take on the unknown, venture into the unseen and dare all? This is the spirit that gave birth to TUDOR, a spirit carried forward by every woman and man who wears this watch. Without it, there is no story, no legend and no victory. This is the spirit that drives the **TUDOR Pro Cycling Team** every single day. This is the spirit embodied by every TUDOR Watch. Some are born to follow. Others are born to dare.



BLACK BAY CHRONO

RACE SCHEDULE BIG LOOP



ascent ▲ 1700 m descent ▼ 1700 m total time 3 h 04 min average speed 30 km/h

meters above sea level	km	km	place		average speed km/h			
					30	20	30	20
458	0.0	92.0	Vaduz	start	08:30	08:30	10:00	10:00
452	3.6	88.4	Schaan		08:36	08:39	10:06	10:09
456	11.3	80.7	Mauren	start ascent	08:49	08:59	10:19	10:29
635	13.2	78.8	Schellenberg	▲	08:57	09:11	10:27	10:41
434	17.6	74.4	Ruggell		09:01	09:17	10:31	10:47
468	30.8	61.2	Ebenholz		09:27	09:55	10:57	11:25
498	31.0	61.0		start ascent	09:29	09:59	10:59	11:29
872	35.3	56.7	Triesenberg	▲	09:46	10:25	11:16	11:55
529	39.9	52.1	Oberdorf		09:49	10:29	11:19	11:59
481	44.2	47.8	Balzers		09:57	10:40	11:27	12:10
493	45.9	46.1		start ascent	10:00	10:45	11:30	12:15
683	48.6	43.4	Sankt Luzisteig	🚰 ▲	10:13	11:04	11:43	12:34
507	52.9	39.1	Maienfeld		10:15	11:07	11:45	12:37
519	57.5	34.5	Landquart		10:24	11:21	11:54	12:51
518	59.1	32.9		start ascent	10:27	11:26	11:57	12:56
800	62.3	29.7	Pfäfers	▲	10:39	11:44	12:09	13:14
515	66.0	26.0	Bad Ragaz		10:42	11:48	12:12	13:18
486	74.7	17.3	Trübbach		10:57	12:11	12:27	13:41
512	81.0	11.0	Oberdorf	start ascent	11:07	12:26	12:37	13:56
879	85.2	6.8	Triesenberg	▲	11:28	12:58	12:58	14:28
458	92.0	0.0	Vaduz	finish	11:34	13:06	13:04	14:36

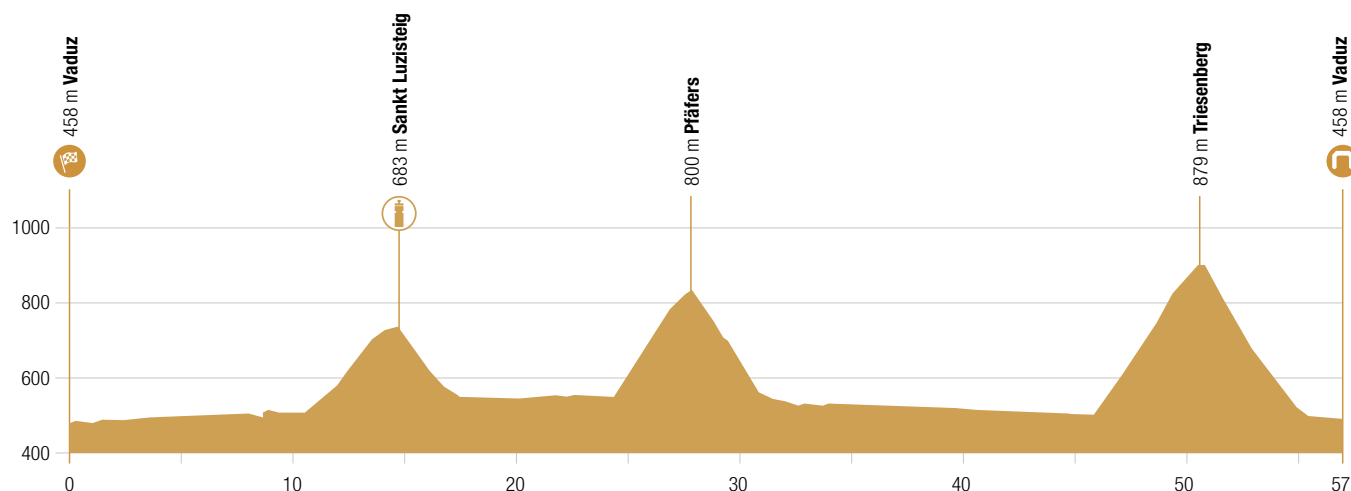


ascent



feed zone

RACE SCHEDULE SMALL LOOP



ascent ▲ 1092 m descent ▼ 1030 m total time 1 h 54 min average speed 30 km/h

meters above sea level	km	km	place	average speed km/h		
				30	20	
458	0.0	57.2	Vaduz	start	09:15	09:15
481	9.4	47.8	Balzers		09:32	09:41
493	12.9	44.3		start ascent	09:36	09:46
683	14.8	42.4	Sankt Luzisteig		09:47	10:04
507	18.1	39.1	Maienfeld		09:50	10:08
519	22.7	34.5	Landquart		09:59	10:22
518	25.6	31.6		start ascent	10:03	10:28
800	28.8	28.4	Pfäfers		10:13	10:43
515	31.2	26.0	Bad Ragaz		10:17	10:49
486	39.9	17.3	Trübbach		10:33	11:13
512	47.8	9.4	Oberdorf	start ascent	10:44	11:29
879	52.0	5.2	Triesenberg		11:02	11:56
458	57.2	0.0	Vaduz	finish	11:09	12:06



ascent



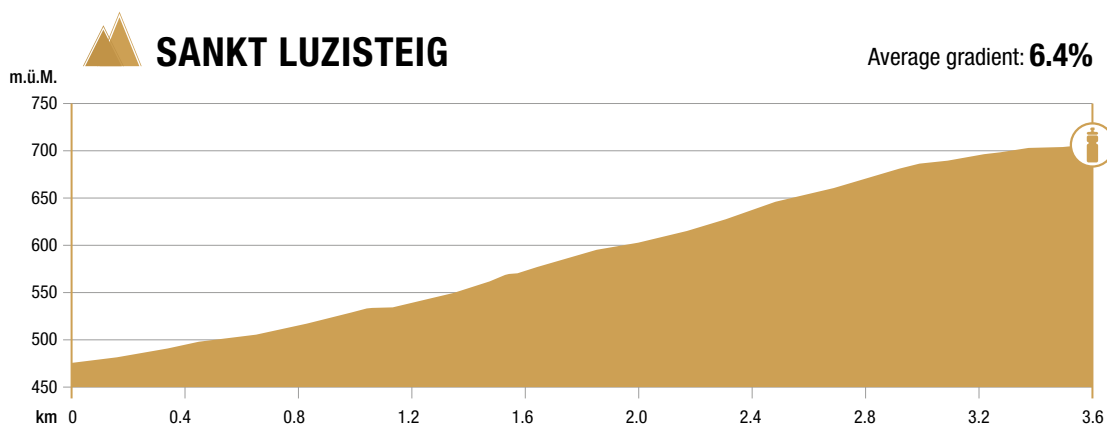
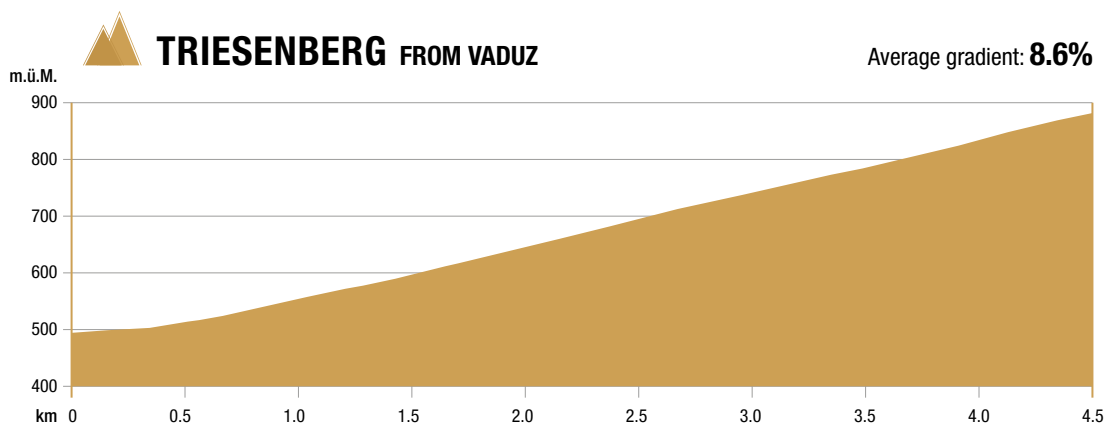
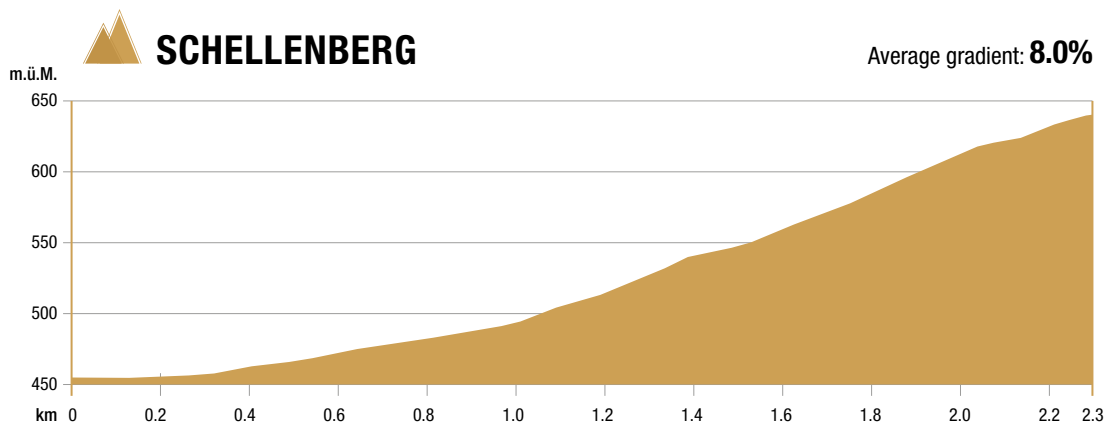
feed zone

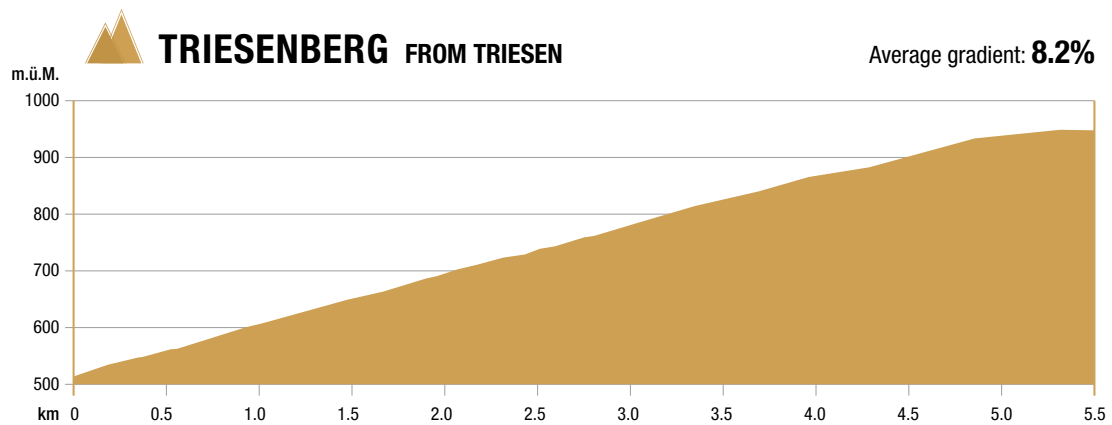
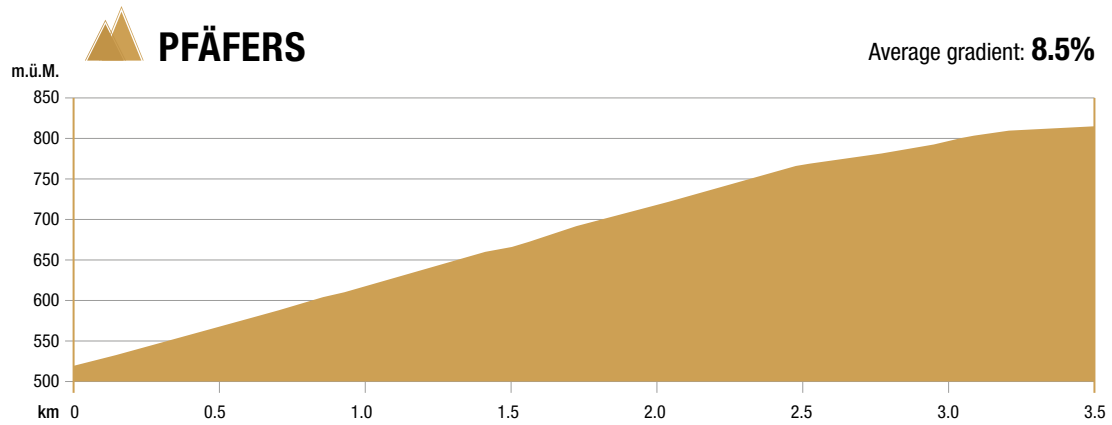
GET THE LIMITED EDITION OF THE CHASING CANCELLARA JERSEY 2023



ASSOS
OF SWITZERLAND







ARTICLE 1 // LATE ENTRIES

Up to 60 minutes before the start of the race, you can sign up at the bib number distribution. Compared to the online registration, a late registration fee of CHF 10.00 is due.

ARTICLE 2 // STARTING PROCEDURE

The Granfondo Vaduz will be held as a mass start race. The starters will be divided into 5 starting blocks before the start of the race. The exact start times will be communicated during the week before the event. The first group will start at 08:30 a.m..

ARTICLE 3 // FORMAT

Only the following climbs will be timed:

- Schellenberg
- Triesenberg
- Sankt Luzisteig
- Pfäfers
- Triesenberg

Both the best male and female with the lowest accumulated time will be crowned the winner. All non-timed sections will be driven neutralized. The participants move in open traffic along the entire route.

ARTICLE 4 // EQUIPMENT WHEEL

Handlebar attachments and disc wheels are prohibited. Any motorized support on the bike is strictly prohibited. If used by participants, they will immediately be taken out of the race and disqualified.

ARTICLE 5 // REGISTRATION

The registration can be done via internet. Registrations by phone or e-mail will not be accepted.

The organizer reserves the right to disqualify participants at any time without reimbursement of the participant's amount if they either provided false information about their personal data during their registration, violated the regulations in any form, or suspected that the athlete will go to the start after

ingesting unapproved substances (doping).

The starting position can be rewritten via info@chasingcancellara.com for a fee of 10 CHF. With the registration number the starting position can be rewritten with a registration confirmation for a fee of 20 CHF.

An annulment cost insurance of the paid entry fee can be completed upon request upon registration. In the event of illness or accident, the insured person (against presentation of a medical certificate) receives the paid entry fee via the company Sette Sports (in the form of a voucher).

If the race cannot be held or only partially carried out due to force majeure, extraordinary risks or official regulations, there is no entitlement to the reimbursement of the entry fee.

ARTICLE 6 // REGISTRATION AND TIMEKEEPING

The registration and time keeping will be conducted by Race Result and all information can be found on the platform of Race Result. The results and participant lists can be seen on www.my.raceresult.com. For questions regarding registration, please contact info@chasingcancellara.com.

ARTICLE 7 // RIGHT AT THE PICTURE

The organiser of Chasing Cancellara is entitled to reuse photos, footage and voices taken of the riders for promotional purposes.

ARTICLE 8 // TERMS AND CONDITIONS

With the registration, I acknowledge the announcement and the disclaimer for the organizer of damages of every type. I will neither against the organizer nor against the sponsors of the event and their representatives make claims for damages and injuries of every type which can occur during my participation. Each participant has to sign the waiver when picking up the bib number. I confirm that I have sufficiently trained for the participation at this run and that I am physically healthy. The insurance is the issue of the participants. The medical personal is justified to take me out of the race if there are any signs of a damage to health. I agree that the in

the registration named data can be used for the purpose of the event. I assure the correctness of the made information. Your data will be stored electronically!

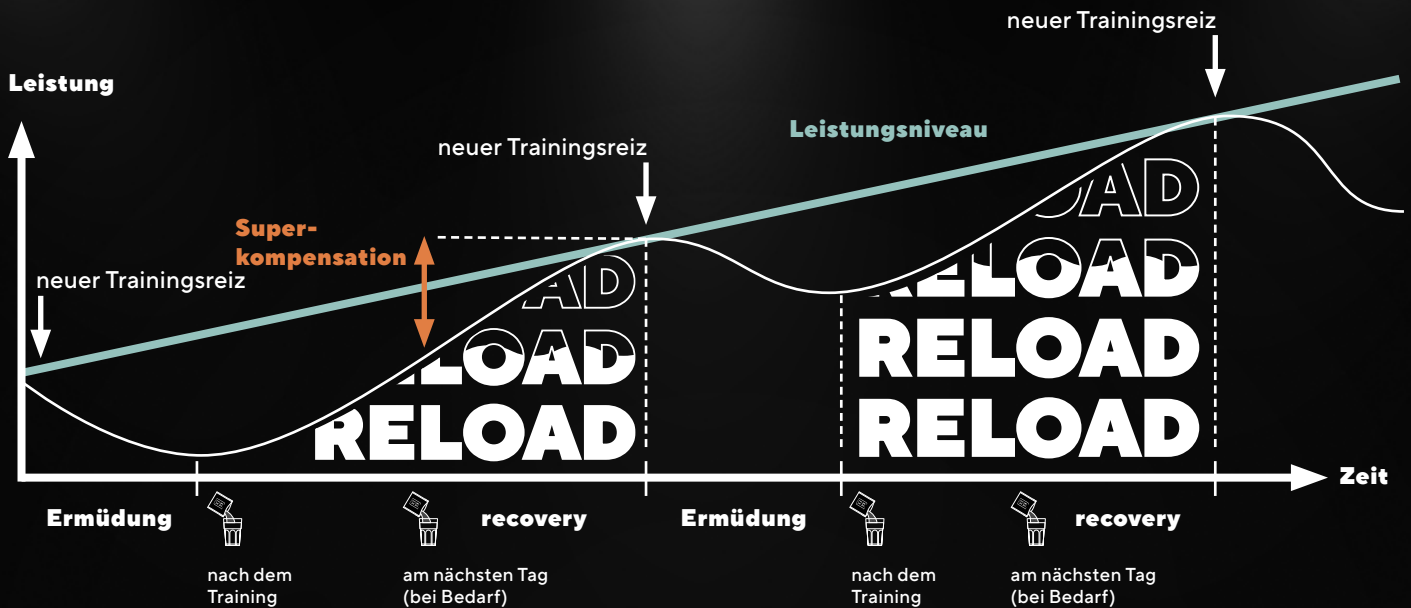
ARTICLE 9 // DATA COLLECTION AND DATA UTILIZATION

The personal data which are stated during the registration will be stored and used for the payment and registration process. The athlete agrees with the registration to store the data for this usage.

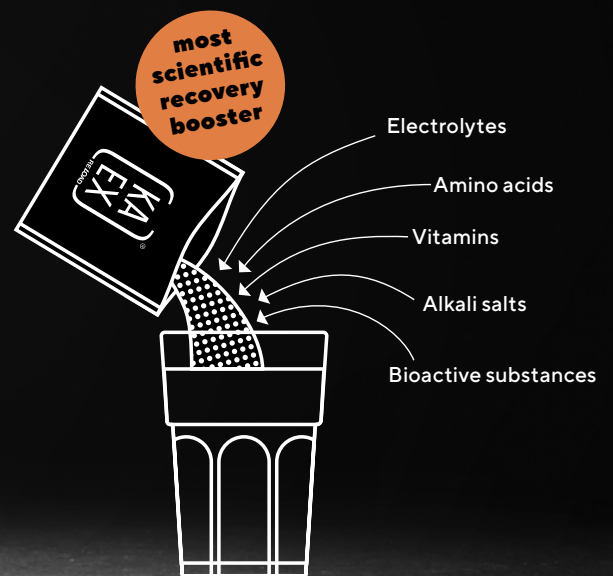
ARTICLE 10 // REGULATION CHANGES

The organizer has the right to change the regulation, the course and the schedule at any time. Changes will be published on the website and/or directly communicated to the registrants.

Superkompensation und Optimaler Formaufbau



Bei jeder Trainingseinheit und jedem Wettkampf wird der Körper Stress ausgesetzt, unter anderem durch den Verbrauch wichtiger Biomoleküle, oxidativen Stress, Übersäuerung und Mikroentzündungen der Muskeln. Auf die Ermüdung durch den Trainingsreiz folgt eine Erholungsphase von 24-48 Stunden, die insbesondere während des Schlafs stattfindet. In dieser Zeit strebt der Körper danach, seinen ursprünglichen Zustand wiederherzustellen, wofür spezifische Biomoleküle erforderlich sind. Neben den essenziellen Makronährstoffen wie Proteinen und Kohlenhydraten spielen auch Mikronährstoffe eine entscheidende Rolle bei den Recovery-Prozessen. Bei den Erholungsprozessen kann der Körper über das Ziel hinausschiessen, wodurch das Leistungsniveau kurzzeitig über dem Ausgangszustand zu liegen kommt – dies nennt man die Superkompensation. Der Körper überkompensiert, um gegen zukünftige Belastungen besser gewappnet zu sein. Eine gezielte Unterstützung des Körpers mit den richtigen Mikro- und Makronährstoffen während der Recovery-Phase fördert die Bedingungen für eine möglichst erfolgreiche Superkompensation. Zudem sind Mikro- und Makronährstoffe nach der Trainingseinheit unerlässlich für die Vermeidung von Verletzungen sowie das allgemeine mentale und physische Wohlbefinden.



Drink with 300-500ml water

RELOAD RELOAD RELOAD



**KA-EX
IM ABO
33%* mit dem
Code 333**
*auf die ersten drei Ab-
lieferungen (3x33,30 CHF
statt 3x49,90 CHF)



+ over 1'000 professional athletes

www.ka-ex.com

PROCEDURE

The event will take place in all weathers.

DEPOT PERSONAL ITEMS

Personal belongings can be handed in at the start number collection. The organiser accepts no liability for any damage.

BLOCKING

The event will take place in open traffic.

DRESSING ROOMS / SHOWERS

Dressing rooms and showers are available. Adress: Primarschule Äule, Giessenstrasse 11, 9490 Vaduz, Liechtenstein

FINISHER MEAL

The finisher meal consists of a starter, main course and dessert and can be purchased with a voucher. The vouchers will be handed out at the start number distribution.

PHOTOS OF PARTICIPANTS

Sportograf photographers will be waiting for you along the course to take great photos. You can view and order them shortly after the race. <https://www.sportograf.com/de/event/9645>

WAIVER

The waiver must be signed by all participants at the bib number distribution. www.chasingcancellara.com/waiver

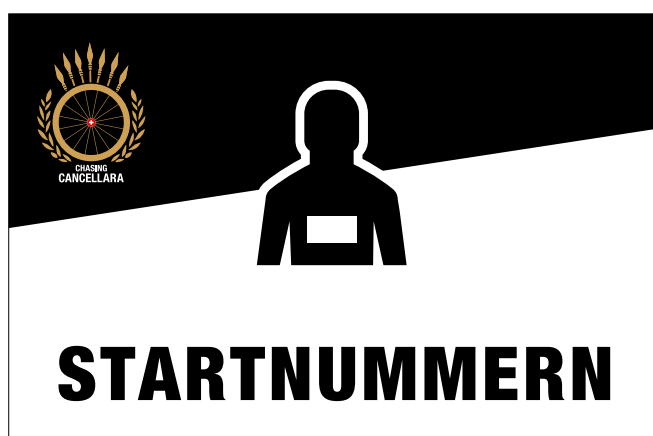
BIB NUMBERS



BIG LOOP



SMALL LOOP



GET YOUR OWN FINISHER PICTURE STRAIGHT AFTER THE RACE!



Thanks to the “**TUDOR Frame**” take your own souvenir photo immediately at the finish.

How it works:

- 1 – Scan your bike chip
- 2 – Your name and time will appear on the screen
- 3 – Take your picture and keep unforgettable memories of this daring day!

#BORNTODARE #TUDORWATCH #CHASINGCANCELLARA



CHASING CANCELLARA



GRANFONDO VADUZ



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Sette Sports | Grenzstrasse 1 | 6214 Schenkon

INTERNATIONAL PARTNER



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