



**2017
RUNNERS
GUIDE**

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RUN IN STYLE



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Welcome to The Great Wall Marathon 2017

Dear Runners and Spectators,

Welcome to the 18th edition of The Great Wall Marathon!

This year is quite special as it marks the 60th running event organized worldwide by Albatros Adventure Marathons since the inaugural Great Wall Marathon in 1999. The positive reception that Albatros Adventure Marathons has found on a global stage is a direct result of the success we have seen with The Great Wall Marathon.

We credit much of The Great Wall Marathon's success to the unwavering commitment we share with our event partner, Mr. Guo Feng, and his firm, Culturestone Event. We are also grateful for the steadfast support by the government of Tianjin Province, Jixian, the Great Wall authorities and the local communities in the Huangyaguan area. A big thank you is owed to our staff and volunteers for giving their time and energy to make this race possible, and last, but very not least, I would like to thank the spectators who are here to support their loved ones and share our vision of a social running event.

Here at Albatros Adventure Marathons, we believe in creating great experiences, pushing your limits and achieving something extraordinary. On Saturday, 20 May, runners will be crossing the Great Wall of China in the adventure race of a lifetime. This accomplishment is certainly a thrill that many only dream of completing!

Regardless of your running skills or chosen distance, you will face an incredible physical and mental test as you take on challenging elevation changes and thousands of steps along the Great Wall. You undoubtedly have committed many hours preparing for this big day and now it is time to really push your limits!

On behalf of the organizing authority, our partners, sponsors, staff and volunteers, I wish you all success and positive energy as you take on The Great Wall Marathon. We are looking forward to congratulating you for your extraordinary achievement and presenting you with the finisher medal that you absolutely deserve. Good luck!



Søren Rasmussen
Owner and Founder, Albatros Adventure Marathons



2017 GREAT WALL MARATHON TEAM



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EVENT SUPPORTERS

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RACE HISTORY

In 1998, the founder of Albatros Travel, Mr. Søren Rasmussen, conceived a vision for The Great Wall Marathon while brainstorming new travel opportunities. Although the idea at first seemed too exclusive and unrealistic, Mr. Rasmussen took on the challenge and flew to China to visit different sections of the wall with Mr. Guo Feng, founder of Beijing's Culturestone Event.

The Huangyaguan Great Wall – a section that winds through dramatic and lush scenery in the Tianjin Province – immediately felt ideal, as this area also offered the possibility to see numerous small villages, which would enrich the view for the runners and infuse the race with some rare authenticity.

Without prior experience in marathons, there were more questions than answers regarding the organization of a race on the Great Wall of China. Safety had to be the first priority and a tremendous network of doctors, nurses, radio technicians, timekeepers and all-around volunteers – many of whom were former elite runners – was quickly established to set up the boundaries for the very first Great Wall Marathon.

A year after Mr. Rasmussen's vision, 350 runners from Denmark gathered at the entrance to the Great Wall of China in Huangyaguan ready to loosen up and set their focus on the Great Wall of China. Some hours after the start signal, 292 Finishers successfully conquered the grueling marathon course!

The following year, the race became international with runners from 8 countries. Today, we have an annually sold out event with 2,500 runners from more than 65 countries and our aim is to give everybody the experience of a lifetime.

RACE RECORDS

DISTANCE	CATEGORY	TIME	YEAR	RECORD HOLDER
21.1KM	Women	1:48:55	2011	Melanie Newton, AUS
21.1KM	Men	1:33:14	2002	Keith Matiskella, USA
42.2KM	Women	3:32:12	2013	Silvia Serafini, ITA
42.2KM	Men	3:09:18	2013	Jonathan Wyatt, NZL Jorge Maravilla, USA Dimitris Theodorakakos, GRC

FAST FACTS

- 1999 - The first Great Wall Marathon kicks off on 26 May. 292 runners finish.
- 2001 - The half marathon is introduced with 186 finishers.
- 2003 - The SARS epidemic causes organisers to cancel the event.
- 2004 - The route is changed to its current form. The 5 km and 10 km competitions are added.
- 2009 - The Great Wall Marathon celebrates its 10-year anniversary.
- 2013 - The maximum capacity of 2,500 runners is reached for the first time. The 5 km and 10 km competitions are merged into the 8.5 km Fun Run.
- 2016 - Great Wall Marathon finisher number 20,000 crosses the finish line.

22,216 runners have finished The Great Wall Marathon between 1999 and 2016.

More than 15,000 bottles of water are carried on foot to the wall on race day.

Mr. Henrik Brandt is the only person to finish all 17 Great Wall Marathons and yes, he's on the start line again this year!



MERCHANDISE

During the Inspection Day and Race Day, a variety of exclusive Great Wall Marathon merchandise from Newline can be purchased at the start and finish area in Yin & Yang Square in Huangyaguan.

A limited edition of The Great Wall Marathon Finisher Shirt, a running jacket, cap, and bottle are among the items available on 18 and 20 May.

While cash payment in RMB, USD and EUR will ensure a quicker execution of your purchase, we also accept JCB, Visa and Master Card (*credit card fees apply*).



FINISHER HEATHER SHIRT - Men & Women
Moisture Management, Breathable



GWM WINDPACK JACKET - Men & Women
Wind protection, Water repellent, Breathable, Lightweight



GWM RUNNING CAP
Moisture management

WE ACCEPT

CASH PAYMENT
RMB, USD & EUR

CREDIT CARD



+0.80%



+0.80%



+1.90%

RACE PACK

International runners and spectators will receive their race pack upon arrival to the hotel in Beijing on 16-17 May. Look for The Great Wall Marathon staff in the hotel lobby.

(Participants arriving after 22:00 on the 17th, may receive their race pack Thursday morning when going for the Route Inspection.

Local runners residing in China will receive their race packs through Chinese mail service in April).

Please check that you have received the items listed below:

– **Your race number and baggage tag**

Runners only. More information on page 25.

– **8 safety pins**

Runners only.

– **The official Great Wall Marathon T-shirt**

Note that you can change your t-shirt size on Race Day as long as supplies last.

Local runners residing in China should also refer to page 20 for special details.

– **The Great Wall Marathon entry ticket consisting of 4 coupons:**

- Inspection Day entry & lunch on 18 May
 - Race Day entry to the start and finish area on 20 May
(Your race number is NOT valid for entry to the start and finish area!)
 - Lunch on Race Day, 20 May
 - Massage on Race Day, 20 May *(Runners only)*
- Local runners and spectators residing in China may have fewer coupons on their entry ticket, depending on the package booked.*

If any of the above items are missing, please inform The Great Wall Marathon staff at your hotel or contact the office in Beijing.

The Inspection Day and Race Day entry coupons must be shown at the Ticket Check Point at the Huangyagyan Fortress to gain access to Yin & Yang Square, where the start and finish will be located.

INSPECTION DAY

Thursday, 18 May

The Inspection Day takes place at the Great Wall of China in Huangyaguan and is key to mental preparation for the challenges that await you on Race Day.

You will receive an important briefing from the race officials before walking the part of the route that takes place on the wall. In addition to enjoying the sight-seeing, this is an important time to consider the number of steps, elevation and familiarise yourself with the most demanding part of the route.

The Inspection Day is also the perfect opportunity for runners and spectators alike to enjoy a “relaxed” visit to the Great Wall of China with ample time to take as many photos as you like - without racing against the clock!

Following the wall from the main entrance, you will end up at Yin & Yang Square, where lunch will be served and the race officials and medical team will be ready to offer their assistance and answer questions.

If you want to change your distance, visit the time-taking desk for assistance. You must bring your original race number!

Change of distance is NOT PERMITTED on Race Day.

INSPECTION DAY LOGISTICS

Busses depart in the morning from your hotel in Beijing to Yin & Yang Square in Huangyaguan, which is the official start and finish area for all distances. Plan to be in the hotel lobby at least 15 minutes before the scheduled departure time.

The bus you travel on this morning will be the same bus that you board when driving from Yin & Yang Square to the main entrance of the Great Wall and, again when going back to Beijing or Jixian. Please be sure to follow your group and the instructions of your local guide.

The busses will be locked when not in use, but please keep valuables on you at all times. The Great Wall Marathon organisation cannot be held responsible for lost valuables.

Important for 6-day tour guests:

You must check out of your hotel in Beijing and bring your luggage this morning. After the Inspection Day, you will be transferred to your new hotel in Jixian.

INSPECTION DAY

Thursday, 18 May

Please take notice of the time schedule and be on time.

TIME SCHEDULE FOR INSPECTION DAY

- 06:30** Departure from hotel in Beijing
- 09:00** Arrival at Huangyaguan
- 09:30** Race briefing by race officials
- 10:15** Departure in bus to the main entrance of the Great Wall
- 10:30** Inspection of the Great Wall
- 11:30** Lunch starts at Yin & Yang Square
- 14:30** Departure for hotels in Beijing and Jixian
- 15:30** Expected arrival in Jixian
- 17:00** Expected arrival in Beijing

**Do not forget
to bring your
Entry Ticket for
Inspection Day!**



RACE DAY

Saturday, 20 May

TIME SCHEDULE FOR RACE DAY

03:30 Departure for runners staying in Beijing

05:00 Departure for runners staying in Jixian

06:00 Arrival at Huangyaguan

06:30 Warm up

07:10 Marathon and half marathon runners in Start Wave 1 ready to start

07:15 Official welcome by Tianjin province officials

07:30 START WAVE 1 – Marathon and half marathon

07:40 START WAVE 2 – Marathon and half marathon

07:50 START WAVE 3 – Marathon and half marathon

08:00 START WAVE 4 – Marathon and half marathon

08:10 START WAVE 5 – Fun Run

09:00-09:30 First Half Marathon runner expected to cross the finish line

10:30-11:00 First Marathon runner expected to cross the finish line

11:00 Lunch service is open at Yin & Yang Square

12:00 First bus departs for Beijing. Later busses will depart when full

14:00 The gate to enter the wall the second time closes

16:00 The Great Wall Marathon 2017 ends

16:30 Last bus departs for Beijing

Do not forget
to bring your
Entry Ticket for
Race Day!



RACE DAY

Saturday, 20 May

Today is the big day! Gear up and get ready to take on the challenge of running on the Great Wall of China! Good luck and enjoy!

BREAKFAST

Breakfast boxes will be handed out to all international participants departing from Beijing. International participants departing from Jixian will have an early breakfast served in the hotel.

6-DAY TOUR PARTICIPANTS IN JIXIAN

Participants staying in Jixian must check out of the hotel in the morning. Suitcases will be sent to your hotel in Beijing. We recommended bringing a small bag with a change of clothes or other essentials for use after the race until you see your luggage in Beijing in the late afternoon/evening.

TRANSPORTATION TO THE START

The Great Wall Marathon takes place in Huangyaguan, located 2.5 hours drive from Beijing and 1 hour drive from Jixian. Runners and spectators on the official tour packages will be transported by bus to the start. Departure will be from your hotel according to the time schedule on page 12. Plan to be in the hotel lobby at least 15 minutes before your scheduled departure.

ENTRY TO THE START & FINISH AREA

You must bring your Great Wall Marathon entry ticket to enter the start and finish area, collect your lunch packet and receive your complimentary 20-minute massage after the race. The Race Day entry coupon must be presented at the ticket check point. The race number is not valid to access the start area.

LUNCH

Sandwich lunches will be served at Yin & Yang Square from 11:00. Use your lunch coupon from The Great Wall Marathon ticket to receive your sandwich.

RETURN BUSES

Busses from the race site back to Beijing depart from the bus parking lot between 12:00-16:30. The busses are grouped according to the different hotels in Beijing, meaning that the first bus departing may not necessarily be going to your hotel. Before boarding please check the sign in the front window or ask the bus guides to see if the bus stops at your hotel. Busses leave only when full.

CELEBRATION DINNER

Sunday, 21 May

To celebrate your incredible achievement, we are looking forward to welcoming you to a festive celebration dinner with great food and entertainment. After dinner, you are all invited to the After Party, where you can loosen up your legs with dancing and refuel your body with a mixture of delicious drinks. Don't miss this great evening to have fun with your fellow Great Wall Marathon runners.

The Celebration Dinner Ticket will be distributed by your local guide on the bus while en-route to the dinner venue.

Departure from your hotel in Beijing depends upon which hotel you are staying at. Check with your local guide and the time schedule in the hotel reception for a specific departure time.

TIME SCHEDULE FOR CELEBRATION DINNER

18:30 Arrival at the celebration dinner venue

19:00 The celebration dinner begins

21:00 First busses depart to the hotels & After Party

The busses are grouped according to the different hotels and the After Party venue. Please follow the guides' instructions and check the sign in the front window to see if the bus stops at your destination.

There is no bus transportation back from the After Party venue, but taxis are plentiful in the area.



SPECTATOR INFORMATION



A good race is often defined by the support of cheering spectators and we are excited to welcome all of those friends and family members, who have travelled this long way to cheer on the runners. Thank you for your support!

Spectators staying in Beijing can go with the runners to the race site on Race Day, but also have the option to take a later departure from Beijing. Later buses depart **ONLY** from the parking lot at Beijing International Hotel, 9 Jiangguo Mennei Street. Later departure times are: 04:30, 5:00 and 6:30.

Getting to Beijing International Hotel on time is each participant's own responsibility. If you choose to take one of the later departures, you will miss the start of the race.

Spectators staying in Jixian must go with the runners. There will be no late departures from Jixian.

Race Day spectating is only possible at the start and finish area at Yin & Yang Square or in Huangyaguan village. As a means to prevent congestion along the route, the Great Wall will be closed to everyone except runners on Race Day. We encourage all spectators to remain at Yin & Yang Square, and cheer for marathoners returning to conquer the wall a second time and for all runners crossing the finish line.

If you leave Yin & Yang Square to cheer in Huangyaguan village, but plan to return to the start and finish area, do not forget to collect a Race Day re-entry coupon at the ticket check point. This is required for re-entry!

Due to the closure of the wall on race day the Inspection Day 18 May is the opportunity for spectators to enjoy the remarkable views from the Great Wall.

Albatros travel

QUALITY TRAVELS SINCE 1986

A Scandinavian travel company with a global wingspan, Albatros Travel has grown from a small office in Copenhagen, Denmark to offices around the world.

'Albatros' is the Danish spelling of 'albatross' - the globetrotting bird with the big wingspan! From safaris and cruises, to Arctic voyages and Adventure Marathons in the African bush, Albatros Travel spans the world with our unique packages.

From our humble beginnings in 1986, the family-owned company now employs more than 250 full-time staff in branches across three continents.

All of Albatros Travel's different business operations are united under the same set of principles that govern the Albatros Way: a commitment to quality, responsible travel and customer satisfaction.

Albatros Expeditions

Albatros Expeditions specialises in expedition cruises to the Arctic and Antarctica. With ice-strengthened hulls, our small ships provide access to the most remote polar regions.



Albatros Africa

From our tented Honeyguide Safari Camps to our branch offices in South Africa, Namibia, Kenya and Tanzania, we offer exciting, adventurous and diverse safari experiences in Southern and East Africa.

Victory Cruise Lines

Our newest cruise product offers tours on America's Great Lakes in the summer and Cuba in winter, including a circumnavigation of this lively island nation. Join us as we visit the top destinations in these two regions.

albatros-travel.com



LIFE-CHANGING ADVENTURES



Our challenging running events take participants to a whole new level! Albatros Adventure Marathons organizes annual races, each characterized by locations of exceptional natural beauty and historic significance.

From the barren desert landscape of Jordan to the African savannah, from the epic Great Wall of China to the temples of Bagan and even up to the Arctic Circle, these remarkable courses will challenge even the most experienced runner.

Our concept offers race entry along with a tour package, creating the perfect opportunity to share the journey with family and friends. We also aim to provide you with a lifetime experience while creating responsible tourism, raising awareness for these remarkable areas and giving back to the local communities.



Pushing **your** limits

albatros-adventure-marathons.com



What's your **next** challenge?



BIG FIVE MARATHON

South Africa

23 June 2018 - from 1,625 EUR

www.big-five-marathon.com



"We watched herds of wildebeest running past, ran past a lake full of hippos, saw amazing birds and ran over all kinds of animal tracks."

2016 FINISHER

POLAR CIRCLE MARATHON

Greenland

27-28 October 2018

www.polar-circle-marathon.com



"This definitely goes on to my top 5 of the most extreme things I have ever been part of!"

FORMER US NAVY SEAL & 2015 FINISHER

BAGAN TEMPLE MARATHON

Myanmar

25 November 2017 - from 1,198 USD

www.bagan-temple-marathon.com



"A brilliant, but really tough course in such a unique environment. You have to see it, or do it, to believe it!"

2016 FINISHER

10%OFF

on your Bagan
Temple and Petra
Desert Marathon 2017
tour package. Book
online before 1 July
2017 with code
AAM171



PETRA DESERT MARATHON

Jordan

26 August 2017 - from 898 USD

www.petra-desert-marathon.com

"It was a tough course, but worth every step of the way. You are not running at the end of the world, but I swear I could see it from there."

2016 FINISHER

LOCAL PARTICIPANTS

Special information for residents in China

ENTRY TICKET

Do not forget your Great Wall Marathon Entry Ticket. Only persons holding a ticket will be allowed to enter the start and finish area.

ACCOMMODATION

If you have booked hostel or hotel accommodation for Friday in Huangyaguan or nearby through The Great Wall Marathon office, you must report to The Great Wall Marathon staff located at Huangyaguan Great Wall Hotel. We will assist you with the check-in. Do not forget to bring your accommodation voucher, which must be shown upon arrival.

If you have booked accommodation in Huangyaguan through The Great Wall Marathon office, check-out time on Race Day is 16:00, which gives you ample time to shower and feel refreshed after the race.

We would like to remind you that the local hostels are very basic, but clean. You should bring your own towel and toiletries. Please keep in mind, the hostels do not serve western-style food.

T-SHIRT

If the official Great Wall Marathon running t-shirt is not included in the race pack, local runners residing in China will instead find a t-shirt coupon.

On Race Day 20 May you can exchange this coupon for your t-shirt at the designated area in Yin & Yang Square. T-shirts are only handed out in exchange for the coupon.

Local spectators residing in China do not receive a t-shirt.



LOCAL PARTICIPANTS

Special information for residents in China

BUS SERVICE

Return bus transportation from Beijing to the start area in Huangyaguan is available for local runners and spectators residing in China. To book bus transportation from Beijing, please contact The Great Wall Marathon's Beijing office for more details.

Service will operate as follows:

Local participants, who have booked pre-race accommodation near the start area:	May choose between two departures from Beijing on Friday, 19 May. Tickets cost 180 RMB pr. person and driving time is approximately 3 hours. The two available departures are: <ul style="list-style-type: none">• 13:00 from Qianmen Hotel parking lot. 175 Yong'an Road, Xuanwu District, Beijing.• 18:30 at Terminal 2, Beijing Capital Airport. Meeting point: the arrival hall at Gate no. 13.
Local participants, who have booked pre-race accommodation in Beijing:	Depart from their hotel in Beijing at 03:30 on the morning of the race 20 May. Plan to be in the hotel lobby at least 15 minutes before scheduled departure.
Local participants, who have only booked the race entry:	Depart from Beijing International Hotel, 9 Jiangguo Mennei Street at 03:30 on the morning of the race 20 May. Getting to Beijing International Hotel on time is each participant's own responsibility! Plan to arrive at least 15 minutes before departure.
Spectators, who have booked bus transportation with The Great Wall Marathon office:	Have the option to take a later bus from Beijing on Race Day 20 May at 04:30, 05:00, or 06:30. Later busses will only depart from Beijing International Hotel, 9 Jiangguo Mennei Street. Note: By taking one of the later busses you will miss the start of the race!

LOCAL PARTICIPANTS

Special information for residents in China

RACE DAY BREAKFAST

Participants who have booked hotel accommodation through The Great Wall Marathon office have breakfast included. For those booked in Beijing a breakfast box will be provided. The hostels in Huangyaguan serve a local breakfast. Local runners, who have arranged their own transportation or only booked bus transport from Beijing to the race, must provide their own breakfast.

RACE DAY ARRIVAL

If you are coming to Huangyaguan on your own, please make sure you arrive early enough in the morning to provide you with the adequate time to enter Yin & Yang Square, store your personal items and be ready to run.

You should not arrive any later than 06:00.

DIRECTIONS TO HUANGYAGUAN

How to get to the race site from downtown Beijing:

- Take exit 机场高速 (Airport Express Way) to merge onto 机场高速 (Airport Express Way)
- Take exit 机场南线 (South Airport Express) to merge onto 机场南线 (South Airport Express), toll road
- Take the exit onto 京平高速 (Beijing - Pinggu Expressway), toll road
- Take exit 北部货运通道 (Běi bù huò yùn tōng dào)/夏各庄 (xià gè zhuāng) – toll road
- Take the road in direction of 金海湖 (Jinhaihu Lake)
- Follow the road signs to 黄崖关长城 (Huangyaguan Great Wall) where The Great Wall Marathon takes place

MASSAGE

Massage is not included for local runners residing in China. After the race, a 20-minute massage can be purchased on site for 85 RMB.

FLIGHTS

If you are flying out of Beijing after the race on 20 May, we recommend that you do not book a flight departing earlier than 16:00. Some of the busses will stop at Beijing Capital Airport on the way to Beijing, but not all. We advise that you check with the driver or one of the local guides before boarding a bus, if you are going to the airport.



RUNNER INFORMATION

ENTRY TICKET

To enter the start and finish area at Yin & Yang Square, you must show your Great Wall Marathon Entry Ticket at the Ticket Checkpoint, located at the entrance gate. **Your bib number is not valid for entry!**

WEATHER

In recent years, the weather during The Great Wall Marathon has been somewhat unpredictable, varying from a low of 16°C/61°F to a high of 35°C/95°F. On average, the temperature is around 25°C/77°F. Rain is generally unusual during the race, but can occur. Be prepared for high humidity.

RACE DAY BAGGAGE STORAGE

We highly recommend that you bring a small bag (you may use the race pack bag or your own backpack) with a change clothes and other items you may need after finishing and until you see your suitcase in Beijing. Depending on how fast you run and how long you hang around before taking a shuttle bus back to your hotel, you can expect to arrive in Beijing late in the afternoon or evening.

Your bag with personal items can be stored in the designated baggage area in Yin & Yang Square. Please mark your bag with the baggage tag that you received with your race number. We kindly ask you to make sure the baggage tag is visible, so it will be easy for the staff to locate your baggage. To avoid long queues at the baggage storage, please mark your baggage before entering Yin & Yang Square.

Fun Run participants are asked to hand in their baggage after 07:30, which is after the first wave of marathon and half marathon runners have started.

The baggage storage will be manned throughout the whole day. The Great Wall Marathon organisation cannot be held responsible for loss or damage of any personal belongings and valuables.

NOTE! Participants staying in Jixian must check out of the hotel in the morning. Suitcases will be sent directly to your hotel in Beijing, so do not pack items needed immediately after the race in your suitcase.

RUNNER INFORMATION

RACE NUMBER

Your race number sheet consists of three important parts, each divided by a perforated line for easy detachment.



1. Baggage tag

If you wish to store a bag with personal items during the race, please attach the baggage tag visibly to your bag.

2. FRONT race number

This must be attached to the front of your torso. It must be fully visible at all times during the race! Your race number is colour-coded to indicate your chosen distance.

The start wave number indicates in which wave you must start. You must enter the start wave according to the wave number and colour on your FRONT race number.

Wave 1 starts at 07:30 (Pink)

Wave 2 starts at 07:40 (Yellow)

Wave 3 starts at 07:50 (Blue)

Wave 4 starts at 08:00 (Grey)

Wave 5 starts at 08:10 (Green - Fun Run only)

3. BACK race number

This smaller number must be attached to your back. It must also be visible at all times during the race. In addition to working as a back-up chip, this back race number helps the race officials guide runners along the course, in case you should accidentally take a wrong turn.

If you take any medications, or have other medical issues or injuries, please write this down on the backside of the FRONT race number.

Do not bend or fold your race number as this may damage the chip.

RUNNER INFORMATION

RACE START

In order to avoid congestion on the Great Wall, the race will start in five separate waves. Wave 1, 2, 3 & 4 are all a mix of marathon and half marathon runners. Wave 5 is only Fun Run participants. Wave 1 includes those with a faster time submitted on the entry form. Wave 4 includes those with the slowest or no time submitted on the entry form. NOTE! Late entries received after 20 March 2017 will be placed in wave 4 regardless of submitted time. **Wave start times cannot be changed.**

You must start in the wave to which you have been assigned. If you wish to start with another participant, who is assigned to a different wave, you may do so by starting together in the higher wave number/later start wave.

Failure to respect the wave system may lead to disqualification.

All distances start and finish at Yin & Yang Square.

TIME LIMITS

The time limit to finish the race is 8 hours. All runners finishing with a net time slower than 8 hours will receive an FNT (Finished No Time) on the results list.

At 14:00 (6 hours after the last runner in wave 4 has crossed the start line), the gate leading to the wall will be closed. Marathon runners, who have not reached 35 km (21.75 mi) at 14:00, will not be allowed to finish.

At 16:00 (8 hours after the last runner in wave 4 has crossed the start line), The Great Wall Marathon ends. Runners, who are still on the route, will be picked up by an official race vehicle and taken to the finish area.



RUNNER INFORMATION

TIME TAKING

The Great Wall Marathon is timed with Ultimate Sport Service bib chip, which is attached to your FRONT race number. Do not fold or wrinkle the race number as this may damage the chip. Runners, who run the race without their race numbers properly attached and displayed, risk not having their finish time recorded and not being listed in the results.

All runners will receive a net finishing time (according to the moment you cross the start line). The top 3 male and female finishers of the marathon and half marathon are found on gun time (the first 3 to physically cross the finish line). The Fun Run is a non-competitive race and no winners will be announced.

Timing check points are located strategically along the route to check that all runners complete the entire course. These split times will not be published on the results list.

Live results will be available 20 May 2017 on www.great-wall-marathon.com

ROUTE LOGISTICS & SAFETY

Signs are located at each kilometer along the route and colour-coded according to the race they represent. Each kilometer sign will also display the equivalent distance in miles.

Marathon = black

Half marathon = red

Fun Run = green

To avoid congestion along the narrower stretches of the Great Wall itself, we ask slower runners to keep to the right and make way for faster runners approaching from behind. Additionally, we ask Fun Run participants to make way for any marathon runners crossing back up the wall, should they meet one another during the race period.

The route is not closed to vehicular traffic. Please take care at all times when running on the roads and look out for vehicles.

The Great Wall Marathon organisation reserves the right to alter the route without warning. Any decision made by the race officials and/or the medical team is final.

RUNNER INFORMATION

WRISTBAND

The wristband requirement applies for full marathon runners only!

Marathon runners must cross the Great Wall twice. When they reach the Great Wall the second time (after 34.5km) they will cross the wall bridge leading to the Goat Track hill. At the far end of the bridge, marathon runners will receive a wristband as proof of having run the wall section two times.

The wristband must be fully visible for the remaining part of the race!

The route on Yin & Yang Square is split into two lanes – one leading to the finish line and the other leading to the wall. Marathon runners entering Yin & Yang Square without the wristband will be directed towards the wall, while marathon runners wearing the wristband will be directed towards the finish line.

SUPPLIES ON ROUTE

Drinks stations are positioned along the route. Bottled water is available at all stations. Selected stations will provide energy drinks, bananas and wet sponges - see the route map on page 32-33 for details.

Do not drink water from the sponges. Drink the bottled water only.

Energy gels will be offered to *marathon* runners after 26km and 34.5km. It is not possible to distribute personal supplies on the route.

Please do not litter on the route. Deposit empty bottles at the drinks stations, instead of on the road or on the wall.



RUNNER INFORMATION

TOILETS

Toilets will be available at Yin & Yang Square as well as water stations 4, 8 & 14.

MEDICAL AID

A medical team, led by Danish doctors and nurses, and assisted by Chinese paramedics, is available throughout the race.

At Yin & Yang Square, a first aid clinic will be available for those who need extra care and medical attention after the race. First aid stations and ambulances are located at strategic points on the route. A mobile doctor will also be patrolling the route.

Please watch your step on the wall! The steps are uneven and steep, so be careful.

Remember the medical team is here for you! If you have any questions, please do not hesitate to ask for assistance before, during and after the race.

ADVICE FROM THE MEDICAL TEAM

- Start drinking plenty of water a few days before the race. During the race, it is advisable to drink at all the drink stations.
- If you take any medications or have any known allergies, write these details down on the back of your bib number and consult the medical team on Inspection Day or in the morning before the race starts.
- Always listen to your body. Do not ignore feelings of illness or injury. "Just not feeling right" can be a sign of a serious medical problem and you should consult the medical team.
- If possible, avoid taking NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) before the race. These drugs, which include ibuprofen and naproxen sodium, can limit blood flow to the kidneys, increasing the risk of low sodium (hyponatremia).
- If you do plan to take NSAIDS, consult the Medical Team on Inspection Day or in the morning before the race starts. Alternatively, Tylenol (acetaminophen) is a safe choice before and during the race.

RUNNER INFORMATION

- Immediately after finishing the race, keep moving. Although you may feel like staggering toward the nearest seat, resist the urge to sit down. Keep walking around Yin & Yang Square for 5-10 minutes after you stop running. Your body needs this time to return your heart rate to normal and redistribute blood, which tends to pool in your legs during the race. Walking can also prevent post-race fainting.
- Begin refuelling. After the race, you need to refuel with fluids, carbs, salt, and a little protein. To optimize your recovery, try to get all four of these key ingredients into your body within 30 minutes of crossing the finish line. You may not feel like eating after finishing, which could mean you did not consume an adequate amount of salt or liquid during the race.

DROPPING OUT

If you need to leave the race for any reason, go to the nearest drink station and wait for assistance. If that is not possible, wait on the side of the road for a patrol car.

While we strive to offer help as fast as possible, it is not possible to monitor all parts of the route at all times. Please allow for some waiting time before assistance arrives.

We kindly ask all runners to look out for each other and report to the race officials and/or medical team, if you see a runner in trouble.



RUNNER INFORMATION

FINISH LINE

The finish line for all distances is located in Yin & Yang Square. Once runners have finished, they will receive their finisher medal. Results will be updated regularly and can be checked on the iPads located behind the finish line.

Lunch is served at the designated area in Yin & Yang Square – do not forget your lunch coupon from The Great Wall Marathon entry ticket in order to pick-up your lunch packet.

Cold showers are available in the court neighbouring Yin & Yang Square. You must bring your own towel, if you wish to shower before heading back to Beijing.

Massages are available outside when walking back towards the parking lot.

PHOTOS & FINISHER CERTIFICATE

A team of photographers from Marathon Photos will be shooting photos along the route. Be sure to keep your race number visible at all times for easy identification. At the finish line, Marathon Photos will take your medal photo and record your victory on video.

After the race, visit the Marathon Photos website to download your Finisher Certificate (free of charge) and to purchase photos and DVDs from Race Day.

See more on www.marathon-photos.com.

RETURN BUSES

Busses returning back to Beijing will depart from the bus parking lot between 12:00 and 16:30.

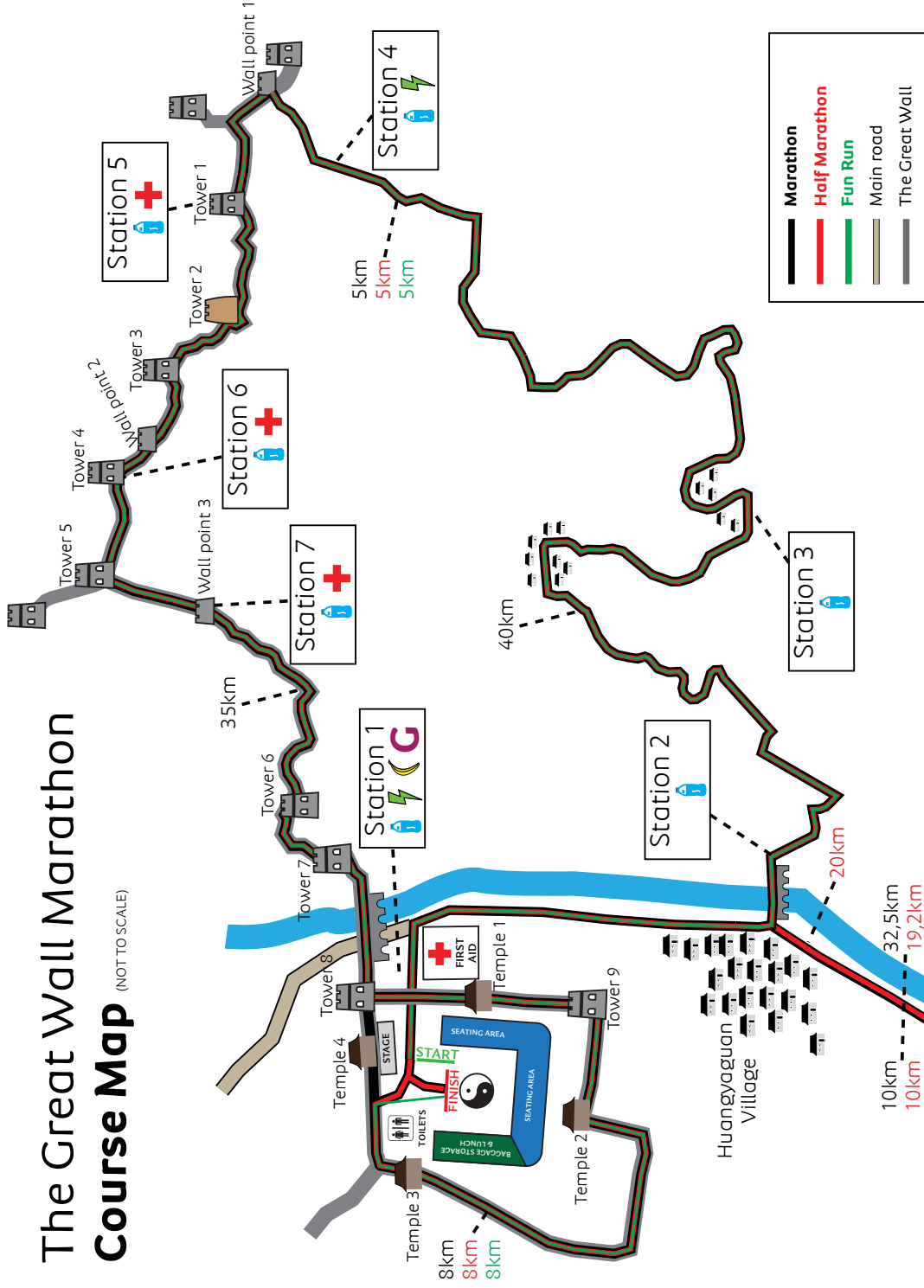
The busses are grouped according to the different hotels in Beijing, which means that the first bus departing may not necessarily be going to your hotel. Before boarding a bus, please check the sign in the front window or ask a local guide to see if the bus stops at your hotel.






Busses leave only when full.

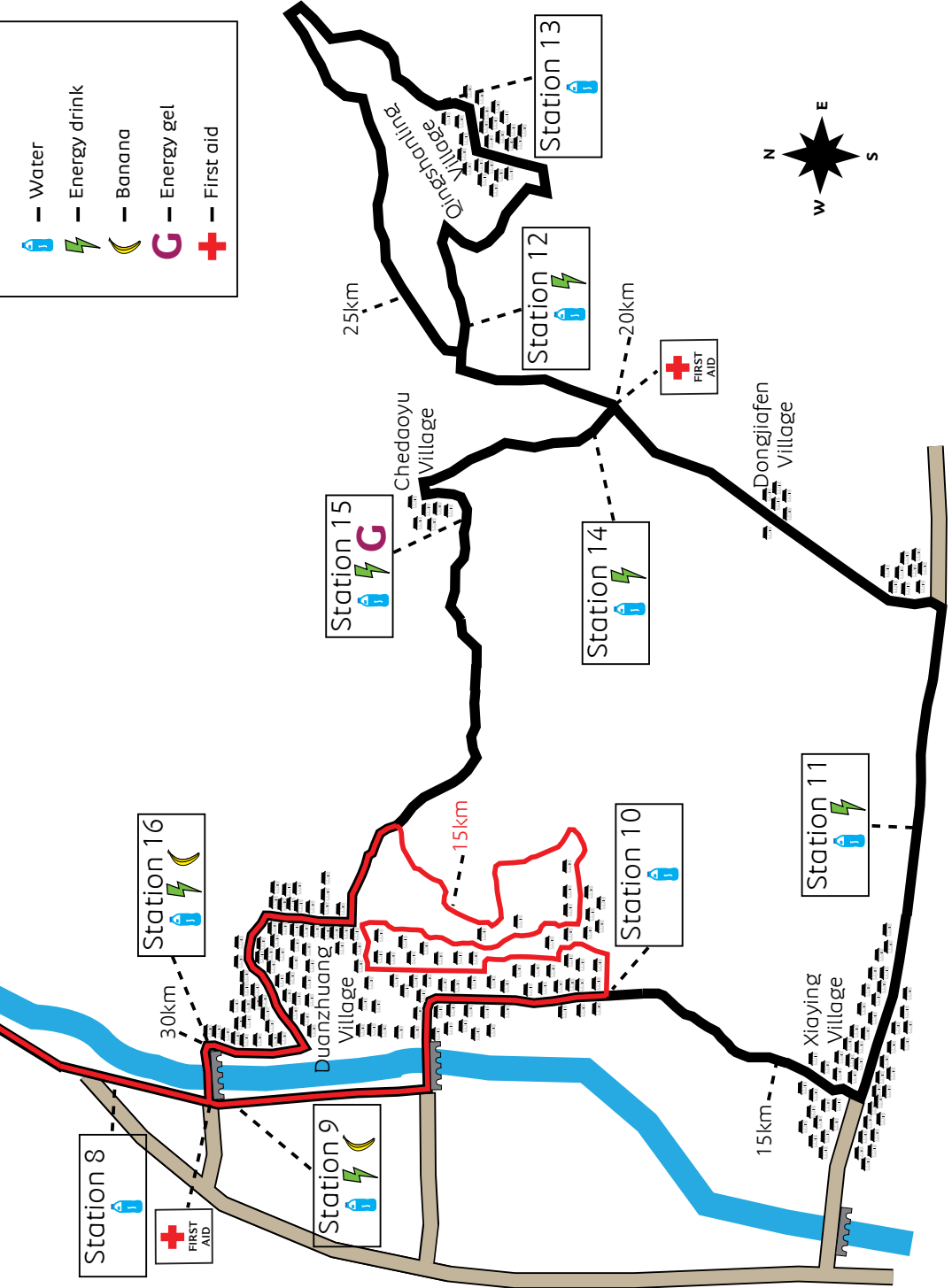
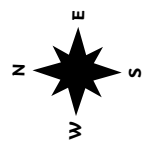
The Great Wall Marathon

Course Map

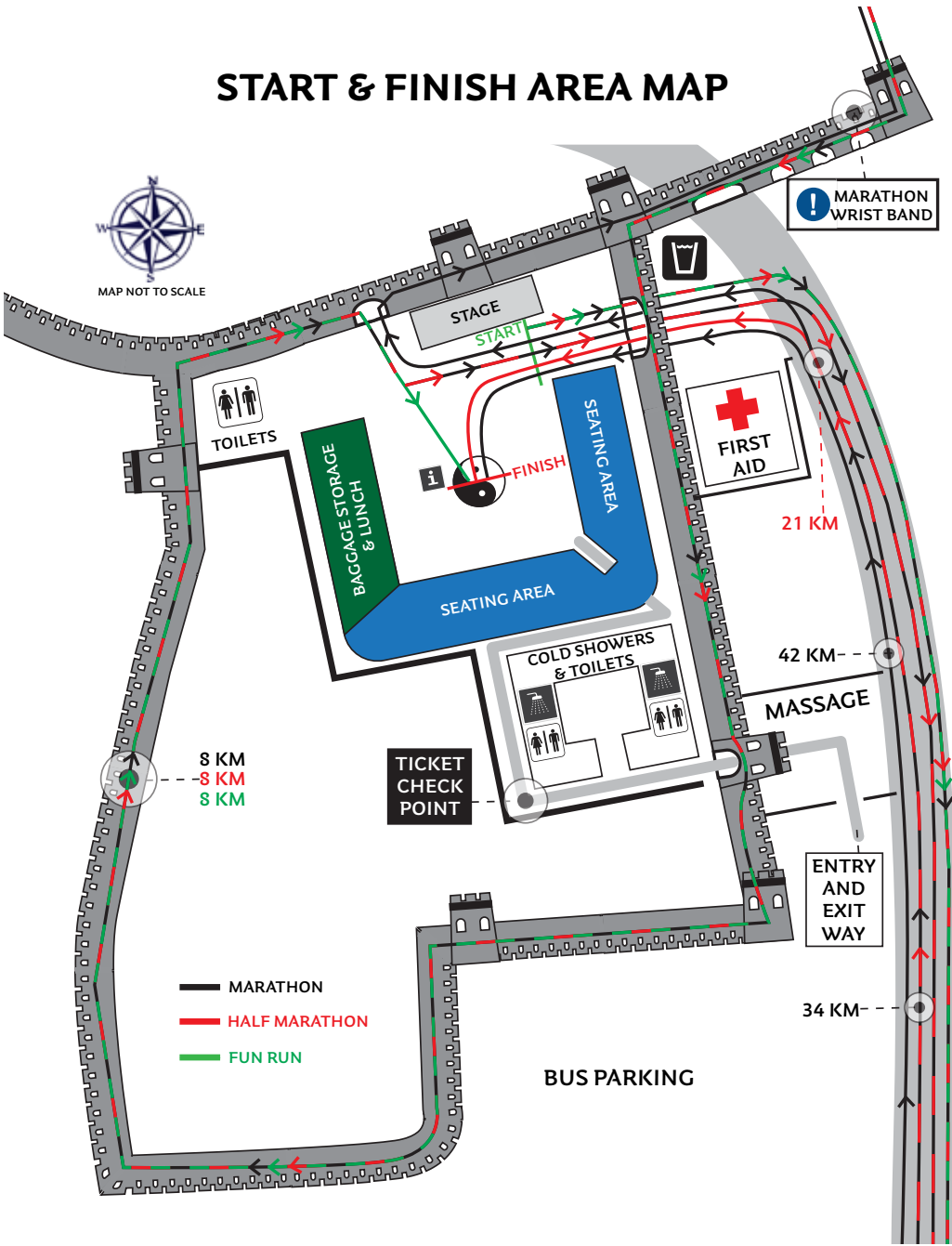
(NOT TO SCALE)



	Water
	Energy drink
	Banana
	Energy gel
	First aid

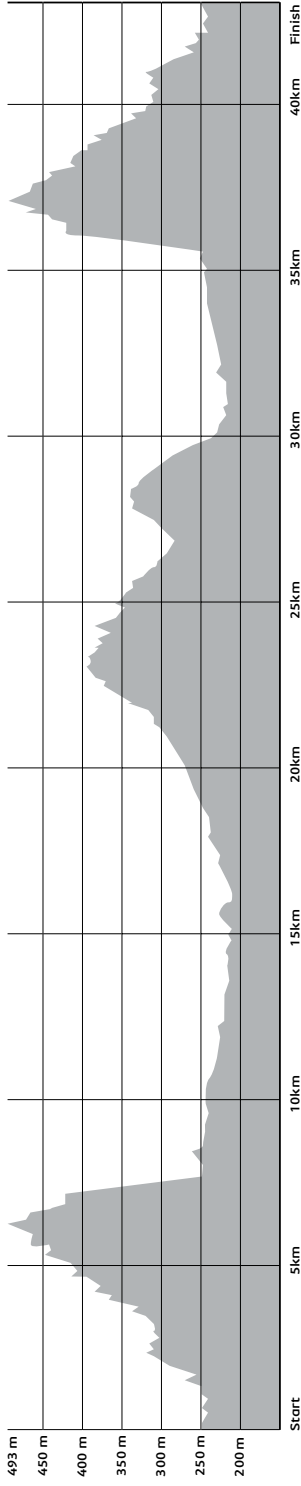


START & FINISH AREA MAP

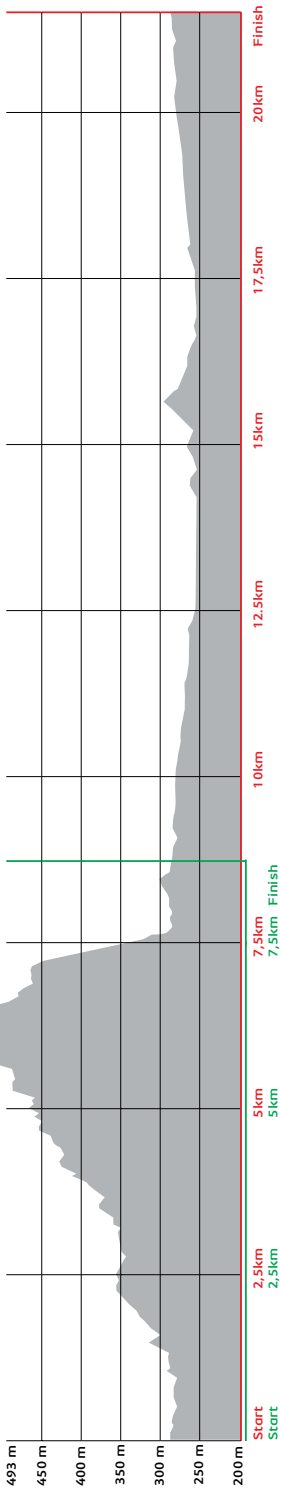


ELEVATION PROFILES

Marathon



Half marathon & Fun Run





南靖土楼国际马拉松

2017
GREAT HAKKA
MARATHON



GO FOR AN AMAZING RACE 与奇迹同行

2017南靖土楼国际马拉松
2017/11/25



Official Website: www.great-hakka-marathon.com / www.tulou-marathon.com E-mail: guo.feng@great-hakka-marathon.com / hakka@tulou-marathon.com

Mobile phone: +8618710012400/15880200714 Hotlines: +861063552521/+ 865925969036 Fax: +861063553573/+865925072518

Address: Taiyangdao Tower 12E, Haishan Commercial Center, Huli District, Xiamen City, Fujian Province, China



离京航班

外地参赛选手和观众比赛日需要当日乘班机返回居住城市的，建议所订航班不要早于下午四点以免误机。

比赛日到达时间

比赛当天自驾方式前往赛场的选手请务必及时到达。

黄崖关长城自驾指引

How to get to the race site from downtown Beijing:

- Take exit 机场高速 (Airport Express Way) to merge onto 机场南线 (Airport Express), toll road
- Take exit 机场南线 (South Airport Express) to merge onto 机场南线 (South Express Way)
- Take the exit onto 京平高速 (Beijing - Pinggu Expressway), toll road
- Take exit 北部货运通道 (Běi bù huò yùn tōng dào)/北务 (bei wu) – toll road
- Take the road in direction of 金海湖 (Jinhaihu Lake)
- Follow the road signs to 黄崖关长城 (Huangyaguan Great Wall) where The Great Wall Marathon takes place.

中国大陆报名选手及观众须知

别忘记带上入场券!

住宿

通过长城馬拉松北京总部预定赛场附近宾馆农舍的人员,请务必在入住前到赛事驻黄崖山庄的接待组报到,领取入住通知单,并由专门工作人员陪同办理入住手续。请带上订房确认单。

当地的酒店和农家院条件比较简陋,没有西式菜品,但是房间清洁干净,有独立卫生间。请自备洗漱用品和食物。

当地宾馆和农舍如无特殊说明,均可在下午4点退房。

汽车服务

5月19日(比赛前一日)选择在黄崖关比赛现场酒店及家庭旅馆居住的选手和观众可以考虑乘坐馬拉松北京总部提供的收费巴士。费用为每人180元人民币。途中时间约为2-3小时。

出发时间及地点为 13:00 在前门建国饭店停车场。地址:宣武区永安路175号。

电话:(86-10) 63016688

18:30 在北京机场2号航站楼到达厅的 13号 门集合。

通过长城馬拉松北京总部预订北京市内酒店的选手和观众可享受所住比赛日该饭店门前的车辆前往比赛现场。

其它的当地报名选手一律到位于北京建国门内大街9号的国际饭店西侧停车场乘车前往比赛现场。

北京的观众可选择乘坐晚于0330am发车的车次。发车地点仍为北京建国门内大街9号的国际饭店西侧停车场。请注意乘坐晚发车次去比赛现场的观众将看不到全程和半程馬拉松的起跑过程。晚发车次出发时间为0430am, 0500am和0630am。



这段行走时间可以避免晕厥，有助恢复你的心率和全身血液重新分配。

- 开始进食。赛事结束后，选手需要补充液体，碳水化合物，盐分和少量蛋白质。在阈线后半小时内食用含有上述四种元素的饮食品。如果赛后你完全不想进食，说明你在赛程中身体没有得到足够盐分和液体。

比赛终点

所有赛程的终点都设在阴阳广场。

抵达终点的选手将获得奖牌。

比赛成绩将贴在终点的成绩公告板上。

在阴阳广场指定区域提供午餐，取餐请出示入场券。

在阴阳广场隔壁的院子里，主办方设有淋浴服务，请自带毛巾及其它淋浴用品。

在阴阳广场的入口处设置按摩区，大餐餐的入场券包含一次免费按摩。自费按摩现付85元人民币。

马拉松照片提供

主办方沿途设有摄影点，专业摄影师将为赛事提供高质量的摄影拍照服务。选手在赛程中需保持跑步号码在任何时候都清晰可见。

在终点处，每个网线选手都将会被摄影拍照。照片和DVD 在赛事结束七天后可在马拉松摄影公司的网站上预订购买。选手参赛证书也可在赛事后到该网站免费下载打印。网站地址是 www.marathon-photos.com

返程车辆

从中午12:00到16:30，组委会提供从比赛现场停车场返回北京的大巴。车满即发。返程大巴是根据停靠酒店的线路划分的，这就意味着有些车辆不会经停您所住的酒店。因此，在您上车之前请仔细核对车前经停酒店的标识或者向现场的工作人员询问。

观众

别忘记带上比赛日的入场券。

温馨提示：比赛当天长城赛段只对参赛选手开放。

当地报名观众没有马拉松纪念T恤。但是现场有售。

途中补给

赛道沿线设有供水站，饮用水免费供应，部分供水站还提供能量饮料，香蕉和湿海绵。

我们还将给全程马拉松选手在26公里和34公里处提供能量胶。

我们不提供在赛道途中寄存个人补给品的服务。

温馨提示：选手不要在跑步途中随意抛洒垃圾。

请将喝过水的瓶子放在途中经过的水站。

洗手间

阴阳广场内，饮水点4, 8, 14 处，我们设置了洗手间。

医疗救护

由中外医生护士组成的医疗小组将全程提供医疗救护服务。

医疗救护站设置在阴阳广场，在赛道关键点停放有救护车。

同时，将有一名医生沿赛道巡视。

由于台阶不平整，请特别留意脚下！

请记住，无论在比赛前，比赛中还是在比赛后，我们的医疗小组随时可以为你提供医疗救护服务。

放弃比赛

如果你在赛程中不得不放弃比赛，请走到最近的供水站等候救助。如果因故无法走到供水站，则可在路边等候巡逻车救助。温馨提示：尽管主办方全力保障，但是也不可能保证零时间实现救助，所以被救助者要有等候的心理准备。请全体参赛选手发扬互帮互助的精神，如遇险情及时报告主办方。

医生建议

- 赛前的几天要多喝水，在比赛中，建议在每个补水站补充水，在酷热潮湿的天气里，要多饮一些水。
- 比赛前要避免服用非甾体抗炎药，此类药物因为含有布洛芬和奈普生纳成份，会限制肾脏的血流，导致低钠血症。如果您打算服用此类药物请在踩线日或比赛前咨询医疗组。泰诺（对乙酰氨基酚）可以作为赛前和赛中安全的替代药。
- 赛事中一定要注意不良身体症状和生理反应。不要忽视病症和伤痛。因为身体上的轻微不适可能就是系列严重问题的初步症状。在比赛起终点和赛道关键点布置有医疗站和相关救护人员。
- 比赛完线后，建议选手继续运动一会儿。尽管此时选手非常想坐下休息，但是记住一定不能马上静止不动，要继续在广场内行走5-10分钟。



腕带只提供给全程马拉松选手。

提示：没有腕带的选手请再次登上长城。

有“腕带”的选手进入通往终点的赛道。
在进入阴阳广场时有两条赛道，一条通向终点，另一条通向长城登城入口处。全程马拉松的选手进入阴阳广场时，没有“腕带”的选手进入通往长城登城入口的赛道，

“腕带”必须戴在明显的位置。

正关后的桥上，得到赛事工作人员分发的腕带。

第一次是逆时针方向，第二次是顺时针方向。当选手第二次通过长城时，将在经过长城

参加全程马拉松的选手必须通过长城两次。

腕带(只提供给参加全程马拉松的选手)

比赛中裁判以及医疗组所做的决定均为最终裁定，选手必须服从。

长城马拉松组委会保留临时更改比赛线路的权力。

在此段赛道跑步时请始终注意交通安全。

温馨提示：长城马拉松公路赛道段不是封闭赛道，

避免在长城上造成拥堵。

在长城赛段，请参赛选手靠右行走，让出道路给准备超越的选手。

里程标志牌显示公里数及对应的英里数。

绿色代表8.5公里。

里程标志牌的颜色对应不同距离，黑色代表全程马拉松，红色代表半程马拉松，

沿着比赛赛道，每间隔一公里，设置一个里程标志牌。

赛道服务

赛事安排

为避免长墙上堵塞，比赛起跑分为五组出发。选手必须按自己号码分组起跑。

互相熟悉的选手如果不愿意分开，分在前组的可以退到后组出发。

8.5公里在最后一组出发。

出发时间第一组 07:30，第二组07:40，第三组07:50，第四组08:00，第五组（8.5公里）08:10。所有的出发及结束点都在正关广场内。

出发分组是根据选手提供的过往最佳成绩来分配的。时间快的选手在前面的出发组，时间慢的在后边的出发组。

不遵守出发分组的选手将面临取消比赛的处罚。

时间限制

比赛全程时间为8小时，所有跑步净时间超过8小时的选手将在成绩单上记为FNT（无完成时间）。

下午14:00 钟（第四组最后一名选手出发后的6 小时），二次上长城的门将被关闭。在此期间尚未到达35公里处的选手将不被允许再上长城继续比赛。

下午16:00钟（第四组最后一名选手出发后8小时），长城马拉松结束。

尚在路上跑步的选手将被比赛裁判停止比赛，并用车接回终点。

计时

长城马拉松的计时是由 USS 计时公司提供的基于射频技术的计时装备来进行的。选手的号码布内装有计时芯片。为保护芯片正常工作请不要折叠或弄皱号码布。所有计时结果都是净比赛时间，也就是说从穿过起跑线开始到闯线为止的时间。但是为避免排名纠纷，全程和半程男女前三名选手的确定是以闯线时间早晚计算。

8.5公里不是竞赛距离，所以没有选手没有排名及颁奖。

计时垫将被放置在赛道的几处关键点，以核对选手是否跑完规定的里程。请注意选手的分段计时不在最后公布的成绩单中。

查询成绩可浏览长城马拉松的官方网站。



如果您服用了任何药物或者身体有任何不适，请将相关信息写在跑步号背面。请不要弯曲或折叠跑步号以免损坏里面的芯片。

参赛号码的颜色是由你所参赛的距离决定的。全程马拉松和半程马拉松选手请按照号码布的起跑小组号参加起跑。

最下面一联较小，是置于后背的跑步号，请务必在比赛时置于后背并保持全程可见。中间一联较大，是置于前胸的跑步号，请务必在比赛时置于前胸并保持全程可见。

最上面的一联为行李牌。

跑步号共有三联，中间打有齿孔。

参赛号码

我们将不负任何责任。

行李寄存处将全天为参赛选手服务，直到赛事结束。长城马拉松主办方只负责提供简单的寄存服务，对于个人物品和贵重物品丢失及损坏，我们将不负任何责任。

为了节约大家的时间，我们建议参加8.5公里的选手，在全程和半程的选手7点30分起跑后，再到寄存处寄存行李。

为了避免不必要的麻烦，请在进入广场前将行李牌系在行李上。

以便于工作人员快速查找。

在比赛当天，行李可以寄存在指定的行李寄存处。请将行李牌置于清晰可见处，

面的小袋子里。

我们建议您使用主办方提供的资料袋存放您的衣服及个人物品。行李牌请放在资料袋外

行李寄存

比赛期间，当地的气温通常在16-35摄氏度之间，平均气温大约在25度左右。赛事期间除偶尔发生，一般很少有雨，但是有可能湿度很高。

当地气候

比赛日程表

- 03:30 北京发车
- 05:00 蓟县发车
- 06:00 抵达黄崖关
- 06:30 热身
- 07:10 全程和半程马拉松选手第一组进入起跑区
- 07:15 当地官员致辞
- 07:30 第一组起跑
- 07:40 第二组起跑
- 07:50 第三组起跑
- 08:00 第四组起跑
- 08:10 第五组(8.5 公里) 起跑
- 09:15-09:45 半程第一名预计完成比赛
- 10:30-11:00 全程第一名预计完成比赛
- 11:00 午餐开始供应
- 12:00 开始发车返回北京，每满一辆发车一辆
- 14:00 第二次登长城的大门关闭
- 16:00 2017 年长城马拉松结束
- 16:30 末班车返回北京

门票

务必携带门票进入阴阳广场，门口验票。出示跑步号是不够的！
门票的副券部分包括午餐，大套餐选手门票副券。



踩线日

今天，所有的选手在黄崖关长城集合，一同进行赛前热身并游览驰名中外的中国长城。工作人员将为选手讲解比赛的规则和注意事项。说明会之后大家一同驱车到长城的主入口——太平寨，开始长城段的观光和踩线。山下的阴阳广场就是踩线的终点。希望今日踩线之后你能从精神上做好长城马拉松赛前的准备。

务必携带入场券进入阴阳广场。

对于观众来说今天的踩线是游览长城的绝佳机会，因为比赛日此段长城将不再为观众开放了。

返回阴阳广场踩线结束。赛事的组织者，裁判员，医务人员，计时工作人员以及比赛日摄像师们在广场恭候大家，他们做好了准备来回答选手们的问题。今天的踩线后选手可以改变比赛距离。改距离请到计时组办公桌前，务必携带跑步号。比赛日当天不得改距离！

温馨提示：今天你来回所乘坐的汽车始终是同一辆，请务必和你的导游和团队成员在一起。

汽车在无人时段将锁门，但请自己妥善保管贵重物品。

长城马拉松对贵重物品丢失不负责。

踩线日程表

06:30 北京发车
09:00 抵达黄崖关
09:15 赛事裁判说明马拉松规则和注意事项
10:15 发车到太平寨
10:30 开始长城段踩线
11:30 广场午餐
14:30 发车返回北京/蓟县
15:30 预计抵达蓟县
17:00 预计抵达北京

参赛包

资料袋中有马拉松手册。
其它在内的东西有：

- 比赛选手有跑步号和8个别针。

- 马拉松纪念T恤衫

如果你的资料袋中没有跑步服，资料袋中会有一张跑步服领取券。
比赛当天凭券领取跑步服。

- 长城马拉松门票中包含2-3 张入场券

- 报名踩线活动的选手有5月18日踩线日入场券（需要提前单独预定）
- 全部比赛选手和观众有5月20日比赛日入场券
- 全部比赛选手和观众有5月20日午餐券

上述入场券如有遗失请立即与长城马拉松北京总部联系

所有选手和观众必须凭入场券进入长城马拉松起终点——阴阳广场，
仅出示跑步号是不够的。请务必妥善保管！无券不得入场！



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长城马拉松
2017
参赛指南

