

MountainRunning.NET Calendar - Switzerland -2012 -v1.0

Date	Race Title	Country	Region	KM	+Hm	-Hm	Website
7 th Jan	Swiss Snow Run Arosa	Switzerland	Graubunden	21	700	700	snowwalkrun.ch
21 st Jan	Unterwaldner Schnee Renna	Switzerland	Obwalden	9.5	940	N/A	bergarena.ch/sommer/events/schnee-rennae
25 th Mar	Sementina – San Defendente	Switzerland	Ticino	4.8	400	N/A	sites.google.com/site/astiticino/
5 th Apr	Abendberglaufe Gurten I	Switzerland	Bern	4.7	343	N/A	Ergo-sport.ch/html/actuell.html
17 th Apr	Chasel Berglauf	Switzerland	Solothurn	5.2	410	N/A	lsglaufen.ch/laufcup/
21 st Apr	Wasserfallen Berglauf	Switzerland	Basel-Landschaft	7.2	490	N/A	mr-reigoldswil.ch/wasserfallenberglauf
21 st Apr	Aubonne – Signal de Bougy	Switzerland	Vaud	11.5	300	N/A	fsg-aubonne.ch
21 st Apr	Tower-Running Basel	Switzerland	Basel-Landschaft	0	105	N/A	towerrunning.ch
27 th Apr	Tufelsschlucht Berglauf	Switzerland	Solothurn	8.3	500	N/A	juratoptour.ch/
4 th May	Wengi Berglauf	Switzerland	Solothurn	7.8	450	N/A	lgmtzendorf.ch/
5 th May	Tesserete – Gola Di lago	Switzerland	Ticino	7.2	494	N/A	uscatletica.ch/
5 th May	Montee du Nozon	Switzerland	Vaud	13.6	600	N/A	montee-nozon.ch/
5 th May	Blauen Berglauf	Switzerland	Solothurn	15	465	N/A	sport-leimental.ch/
6 th May	Zugerberg Classic	Switzerland	Zug	6.2	502	N/A	zugerberg-classic.ch/
12 th May	Vallorbe – Dent du Vaulion	Switzerland	Vaud	8.5	850	N/A	skiclubvallorbe.ch/
13 th May	Corsa del Monte Generoso	Switzerland	Ticino	7	390	N/A	scom-mendrisio.ch/generoso/
18 th May	Roggen Berglauf	Switzerland	Solothurn	10.2	500	N/A	roggenberglauf.ch/
19 th May	Trail vallee de Joux	Switzerland	Vaud	20, 35 & 50	800/1600/2050	800/1600/1850	trailvalleedejoux.ch/
19 th May	Monthey d' Illiez	Switzerland	Valais	9.2	700	150	hcpds.sw1.ch/
25 th May	Tour du Rebeuvelier	Switzerland	Jura	15.5	520	520	tourderebeuvelier.ch
25 th May	Kreuzegg Classic	Switzerland	St Gallen	12	750	N/A	kreuzegg.ch/
26 th May	Gampemey Berglauf Grabs	Switzerland	St Gallen	8.8	1000	N/A	gampemey-berglauf.ch/
26 th May	Hornli Berglauf	Switzerland	Thurgau	6.3	560	N/A	lscwil.ch/
26 th May	Bluemlisalp Lauf	Switzerland	Bern	16.1	720	N/A	bluemlisalp-lauf.ch/
26 th May	Le Droit du Catogne	Switzerland	Valais	6	1100	N/A	scsebrancher.ch/
27 th May	Course des 2 Bains	Switzerland	Valais	10	840	N/A	coursedes2bains.org
28 th May	Tavasana – Brigels	Switzerland	Graubunden	9.2	530	N/A	berglauf-brigels.ch/
31 st May	Abendberglaufe Gurten II	Switzerland	Bern	4.7	343	N/A	Ergo-sport.ch/html/actuell.html
1 st June	Niesen Treppen Lauf	Switzerland	Bern	3.5	1667	N/A	niesenlauf.ch/
2 nd June	Le Long de la Riviere du Doubs	Switzerland	Neuchatel	21	472	472	cross-club.ch/
3 rd June	LGT Marathon	Switzerland	Liechtenstein	25 & 42.2	1150/1550	250/500	lgt-alpin-marathon.li/
2 nd June	Passwang Berglauf	Switzerland	Solothurn	10.6	700	150	tvmuemliswil.ch
3 rd June	Rutlischwuh Berglauf	Switzerland	Uri	9.5	1115	N/A	sc-seelisberg.ch
3 rd June	Lodrino – Lavertezzo	Switzerland	Ticino	21	2190	1860	lodrino-lavertezzo.ch/
3 rd June	Trail Event des Paccots	Switzerland	Fribourg	19 & 37	1100/2300	1100/2300	universalsport.ch
4 th June	Course du Benou	Switzerland	Valais	10.8	300	300	venthone.ch/
4 th June	Mannlichen Half Marathon	Switzerland	Bern	21	1452	272	halbmarathon-maennlichen.ch/
6 th June	Gempen Berglauf	Switzerland	Solothurn	7.8	426	N/A	gempenlauf.ch
9 th June	La Vito Dojo	Switzerland	Valais	11 & 22	1100/1900	373/1000	vitodojo.ch
9 th June	Cressier – Chaumont	Switzerland	Neuchatel	13	744	N/A	cressier-chaumont.ch/
10 th June	Haldi Berglauf	Switzerland	Uri	9.5	1419	N/A	haldi-uri.ch/main
10 th June	Valmalenco – Valposchiavo	Switz/Italy	Graubunden	16 & 31	1150/1850	1150/1850	international-skyrace.org/
16 th June	Trail de l'Absinthe	Switzerland	Neuchatel	21, 42 & 75	722/1346/3000	722/1346/3000	defi-vdt.ch
16 th June	Neirivue – Le Moleson	Switzerland	Fribourg	10.6	1290	N/A	neirivue-moleson.ch
17 th June	Bannalp Berglauf	Switzerland	Nidwalden	11	1180	N/A	scbw.ch/
17 th June	San Vittore – Palazi	Switzerland	Ticino	14	1220	N/A	grsv.ch/home_CSVG.php

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17 th June	Ticino Ultramarathon	Switzerland	Ticino	48	1650	1650	tisupermarathon.altervista.org
17 th June	Grenchen Berglauf	Switzerland	Solothurn	12	860	N/A	grenchenberglauf.ch/
20 th June	Forchlauf	Switzerland	Zurich	21.1	405	N/A	portal.asvz.ethz.ch/Events/Seiten/Forchlauf
22 nd June	Graubunden Marathon	Switzerland	Graubunden	42, 30, 21 & 11	1414/755/1268/2700	N/A/400/400/400	lenzerheide.com/marathon
22 nd June	Course Vicques – Retemberg	Switzerland	Jura	6.3	408	N/A	caritas-jura.ch/
23 rd June	Berglauf Jaun Pass	Switzerland	Fribourg	13	380	N/A	fairplay-timing.ch/
23 rd June	Aletch Half Marathon	Switzerland	Valais	21.1	1050	100	aletsch-halbmarathon.ch/
24 th June	Course des 2 Lacs	Switzerland	Valais	11.5 & 21.5	1065/1870	500/700	bouveret.ch/
23 rd June	Froburg Berglauf	Switzerland	Solothurn	10	480	N/A	bike-running-group-lostorf.ch
24 th June	Orselina – Cardata	Switzerland	Ticino	8.7	1270	N/A	splocarnese.ch/orselina-cardada/
26 th June	Hundwilerhoehelauf	Switzerland	Appenzell	9	801	N/A	hundwilerhoehelauf.ch/
1 st July	Stanserhorn Berglauf	Switzerland	Nidwalden	10.9	1400	N/A	scstans.ch/
1 st July	Cama – Val Cama Grand Prix	Switzerland	Ticino	7.9	920	N/A	valcama.ch/grandprix_it
1 st July	Walkringer Panorama Half Marathon	Switzerland	Bern	21.1	880	880	ultrarunner-weiss@bluewin.ch
4 th July	Course des Roches Thierrens	Switzerland	Vaud	9.4	254	254	coursedesroches.ch/informations
6 th July	Hombreglauf	Switzerland	Aargau	5.9	317	N/A	hombreglauf.ch/
6 th July	Swiss Iron Trail	Switzerland	Graubunden	135 & 201	7930/10750	9155/12000	irontrail.ch/
7 th July	Swiss Iron Trail	Switzerland	Graubunden	25 & 66	1860/4830	3020/4830	irontrail.ch/
7 th July	Jura Ultra Marathon	Switzerland	Basel-Landschaft	50 & 100	1580/3500	1980/3500	swissjurarathon.com
7 th July	Trail Verbier St Bernard	Switzerland	Valais	29, 61 & 110	2500/4000/6000	2500/4000/6000	trailvsb.com/
7 th July	Zermatt Marathon	Switzerland	Valais	42.2	1300	N/A	zermattmarathon.ch/
8 th July	Montreaux – Les Rochers-de-Naye	Switzerland	Vaud	18.8	1600	N/A	montreuxlesrochersdenaye.ch
8 th July	Berglauf Eriz	Switzerland	Bern	12.4	460	N/A	berglauf-eriz.ch/
14 th July	Trophee des Rochers de Tablettes	Switzerland	Neuchatel	5.7	550	N/A	tropheetablettes.ch/
15 th July	Vogelissi Berglauf	Switzerland	Bern	13.4	824	N/A	vogelissi-berglauf.ch/
21 st Jul	Tour des Alpagnes	Switzerland	Valais	17	570	570	tourdesalpagnes.ch
21 st July	Stockhorn Half Marathon	Switzerland	Bern	21.1	1724	371	stockhorn-halbmarathon.ch/
21 st Jul	Silvretta 3000 Run	Switz/Austria	Graubunden	16, 28 & 43	1119/1515/1895	888/1284/1664	galteur.com
21 st Jul	Corvatsch Trophy St Moritz	Switzerland	Graubunden	11.9	1695	195	alpinathlon.ch/cms/corvatsch
22 nd July	Rodi – Tremorgio	Switzerland	Ticino	5.5	910	N/A	rodi-tremorgio.ch
22 nd July	Les Plans sur Bex – Cabane de Plan Neve	Switzerland	Vaud	6.6	1190	N/A	course-pedestre-plan-neve.ch/
28 th July	Trail du Velan	Switzerland	Valais	45	3600	3600	trail.crossduvelan.ch/
28 th July	Cross du Velan	Switzerland	Valais	6.8	1000	N/A	crossduvelan.ch
28 th July	Swiss Alpine Marathon	Switzerland	Graubunden	30, 42, 42 & 79	380/500/1720/2650	900/1150/1550/2650	swissalpine.ch
29 th July	Cronometro del Nara	Switzerland	Ticino	5.5	750	N/A	nara.ch/
29 th July	Taschalp Lauf	Switzerland	Valais	7.6	800	N/A	lsvo.ch/laufcup/ or fva-wlv.ch/fr/calendrier.php
31 st July	Abendberglaufe Gurten III	Switzerland	Bern	4.7	343	N/A	Ergo-sport.ch/html/actuell.html
1 st Aug	Stierenberglauf	Switzerland	Fribourg	9.7	660	N/A	mahu.ch
1 st Aug	Aigle – Leysin	Switzerland	Vaud	21.1	1650	800	aigleleysin.ch/
4 th Aug	Glacier 3000 Run	Switzerland	Bern	26	1900	200	glacier3000.ch/
4-5 th Aug	International Gondo Event (2 Stages)	Switzerland	Valais	42.2 & 42.2	2000/2000	2000/2000	gondoevent.ch/
5 th Aug	Trail Ticino	Switzerland	Ticino	58 & 117	4400/8500	4400/8500	trail-ticino.ch/
5 th Aug	Thyon – Dixence	Switzerland	Valais	16	700	350	thyon-dixence.ch/
5 th Aug	Trophee des Combins	Switzerland	Valais	7.3 & 21.4	1150/1390	N/A/1550	combin.ch/
5 th Aug	Ruggubel Berglauf Engelberg	Switzerland	Obwalden	8.5	1286	N/A	berglauf-engelberg.ch
11-12 th Aug	R'Adys Mountain Marathon (2 Stages)	Switzerland	Uri	42 & 64	N/A	N/A	radys-marathon.ch/site

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12 th Aug	Sierre – Zinal	Switzerland	Valais	31	2200	800	sierre-zinal.com/
12 th Aug	Rigi Berglauf	Switzerland	Schwyz	11.3	1380	N/A	arth-online.ch/berglauf/
12 th Aug	Belchen Berglauf	Switzerland	Solothurn	13	812	N/A	lsgolten.ch/
13-18 th Aug	5 Stage Berglauf Cup	Switzerland	Zurich	25 Total	1800 Total	N/A	5-tage.berglauf-cup.ch/
18 th Aug	Schilthorn Inferno Half Marathon	Switzerland	Bern	21.1	2175	N/A	inferno.ch/
18 th Aug	The Mountainman Ultra	Switzerland	Lucerne	21, 42 & 80	1395/2561/5000	770/2005/4674	themountainman.ch/
18 th Aug	Berglauf Jaun	Switzerland	Fribourg	9.1	550	N/A	scimfang.ch
18 th Aug	Emmentaler Half Marathon	Switzerland	Bern	21.1	680	680	emmentaler-halbmarathon.ch
19 th Aug	Trophee des Martineaux	Switzerland	Valais	6.6	1200	N/A	tropheedesmartinaux.ch/
24-26 th Aug	Alpinrunner Erlebnisauf (3 Stages)	Switzerland	Graubunden	29, 24 & 21	2000/2000/1700	1900/1200/2300	alpinrunner.ch/
26 th Aug	Matterhornlauf	Switzerland	Valais	12.5	978	N/A	matterhornlauf.ch/
26 th Aug	Weissensteinlauf	Switzerland	Solothurn	14.1	1020	N/A	weissensteinlauf.ch/
26 th Aug	Berglauf Malters – Mosere	Switzerland	Lucerne	11.3	1325	N/A	sc-malters.ch
26 th Aug	Berglauf Brulisau – Hoher Kasten	Switzerland	St Gallen	8.2	873	N/A	swb.ch/
28 th Aug	Chateaux D'Oex – La Braye	Switzerland	Vaud	6.5	716	N/A	planetesports.ch/events
1 st Sep	Schatzalp – Bergrennen	Switzerland	Graubunden	7	400	N/A	schatzalp-bergrennen.ch/
1 st Sep	Damma Lauf	Switzerland	Uri	10	700	N/A	dammarace.ch/
1 st Sep	Villeret – Chasseral – Villeret	Switzerland	Bern	26	1000	1000	coursevcv.ch/joomla/
1 st Sep	Summer Gommerlauf	Switzerland	Valais	21	420	420	obergoms.ch/tourismus/
2 nd Sep	Ovronnaz – Cabane Rambert	Switzerland	Valais	8.4	1350	N/A	ovronnaz-rambert.ch/
7 th Sep	Collontrek Skyrace 2013	Switz/Italy	Valais	22	1250	1230	collontrek.com/homepage
8 th Sep	La Grimpette des Bedjuis	Switzerland	Valais	6.2	950	N/A	grimpette.cavetroz.ch
8 th Sep	Schupfart Berglauf	Switzerland	Aargau	6.9	350	N/A	tvschupfart.ch/berglauf/
8-9 th Sep	Jungfrau Marathon	Switzerland	Bern	42.2	1830	305	jungfrau-marathon.ch
9 th Sep	Hohsaas Berglauf	Switzerland	Valais	10.7	850	N/A	saastal.ch
15 th Sep	La Petit Trotte de Vernamiege	Switzerland	Valais	15	400	400	mont-noble-tourisme.ch/tourisme/
15 th Sep	Trail des Dents du Midi	Switzerland	Valais	55	3500	3500	traildm.ch/
16 th Sep	Vacallo – Alpe Cavazza	Switzerland	Ticino	6.8	888	N/A	sites.google.com/site/astiticino/calendario
22 nd Sep	Zeglinger Berglauf	Switzerland	Biel	11	600	N/A	tvzeglingen.ch
23 rd Sep	Wisenberglauf	Switzerland	Biel	7	200	N/A	tvzeglingen.ch
23 rd Sep	Wildspitzlauf	Switzerland	Schwyz	7.8	970	N/A	steinerberg.com/Wildspitzlauf/
23 rd Sep	Fully – Sorniot	Switzerland	Valais	8	1600	N/A	fullysorniot.ch/
23 rd Sep	Berglauf Lenk	Switzerland	Bern	8.5	500	N/A	skiclub-lenk.ch/
29 th Sep	Les KM de Chandolin	Switzerland	Valais	3.2	1000	N/A	chandolin.ch/fr/Regions/
30 th Sep	Gauschla Berglauf	Switzerland	Graubunden	10	1000	1000	sbc-gauschla.ch
7 th Oct	Berglauf Hasle – Heiligkreuz	Switzerland	Lucerne	8	710	N/A	skiclub-hasle.ch/
6 th Oct	Ringgis Berglauf	Switzerland	Bern	3.8	270	N/A	skiclub-bowil.ch/
6 th Oct	Marathon Raid de Moutier	Switzerland	Bern	42.2	2640	2640	scmoutier.ch/informations_MRM.php
13 th Oct	Orsiers – Moay	Switzerland	Valais	4	950	N/A	screppaz.ch
13 th Oct	Vertic'Alp	Switzerland	Valais	5.3	1015	160	verticalp.ch/
13 th Oct	Biel – Magglingen	Switzerland	Bern	7.8	500	N/A	magglingenlauf.ch/
13 th Oct	Les Defis du Jubile (8 courses)	Switzerland	Valais	7 to 71	450 to 2530	450 to 2530	st-maugym.ch/
13 th Oct	Ascension du Christ-Roi	Switzerland	Valais	5.7	650	N/A	ascensionduchristroi.ch/
14 th Oct	Napf Marathon	Switzerland	Bern	42.2	1542	1542	napf-marathon.ch
14 th Oct	Feutersoey – Arnensee	Switzerland	Bern	7	397	N/A	berglauf-arnensee.ch/
13 th Oct	Trophee de la Neuve	Switzerland	Vaud	15	720	500	tropheedelaneuve.ch/

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14 th Oct	Derby de la Coentine Biere	Switzerland	Vaud	6.1	766	N/A	lepied.ch/
20 th Oct	Le KM Vertical Fully	Switzerland	Valais	1.92	1000	N/A	teamlatrace.ch/km/
21 st Oct	Transviamala	Switzerland	Graubunden	11.5 & 19	350/400	150/200	transviamala.ch/
21 st Oct	Jeizibarglauf	Switzerland	Valais	6.2	885	N/A	berglauf.jeizinen.ch/
27 th Oct	LWS Berglauf Beringen	Switzerland	Schaffhausen	4.5	370	N/A	lws-sport.ch/berglauf
28 th Oct	Course Courtetelle – Les Fouchies	Switzerland	Jura	8.5	500	500	joliatcycles.ch/lesfouchies/2.0/
3 rd Nov	Chalais – Vercorin	Switzerland	Valais	6	800	N/A	laderupe.ch/
4 th Nov	Gurten Classic	Switzerland	Bern	8.4	460	460	gurtenclassic.ch/
10 th Nov	Le Trophee du Talent	Switzerland	Vaud	12	450	450	trophee-lausannois.ch/Talent/
24 th Nov	Course de la St Catherine de Saillon	Switzerland	Valais	11	530	530	coursesaintecatherine.ch/