



## 5. MATTMARK MEMORIAL 1965



### INFORMATION

Date: Saturday, 9 september 2023  
 Registration: [www.mattmark-halbmarathon.ch](http://www.mattmark-halbmarathon.ch)  
**Open 10 december 2022, from 8 am**  
**Limit of 1000 runners**

Participants:  
 Start: half-marathon Saas-Balen / Sportplatz  
 Lake circuit 8 km dam Mattmark  
 finish: all categories dam Mattmark  
 time limit: until 3 pm (HM limit: 2pm top of dam)  
 awards: **2.30 pm ranking ceremony in the village of Saas-Almagell**

### PROGRAMME / PRICES / TIMES

Mattmark Memorial 1965	Half marathon	Lake-Circuit	Half marathon	Lake-Circuit
<b>U25, 25+, 40+, 50+, 60+</b>	from CHF 50.-	from CHF 35.-	10:30 am	10:30 am
<b>FUN</b> (alphabetical order)	from CHF 50.-	from CHF 35.-	09:30 am	10:00 am
<b>Juniors 09-19 (U15)</b>	---	CHF 20.-	---	10:30 am

### JACKPOT / AWARDS / PRIZES

Prize money for course record 2023. If the record is not broken, the jackpot increases annually by 500.- (HM) / 250.- (8km). Jackpot half marathon men: CHF 1500.- Jackpot half marathon women: CHF 1000.-Jackpot 8km men: CHF 500.- Jackpot 8km women: CHF 750.-

Overall winner and half marathon winner: Prize worth CHF 600. Functional finisher t-shirt. Great prizes for the top three of each category, ranking list on the Internet. The ranking will be announced from 2:30 p.m. in the village center of Saas-Almagell.

### PARKING / ARRIVAL / SHUTTLE SERVICE FOR RUNNERS

Parking spaces are available in Saas-Balen and at the Mattmark dam. The best way to get there is by public transport, according to the Postbus timetable Visp - Saas-Balen - Mattmark.

Free return transport from Mattmark to Saas-Almagell, Saas-Grund, Saas-Fee, Saas-Balen on presentation of the start number.

From the 1st night (SaastalCard) all PostAuto trips in the Saas Valley are included. You can also use the mountain railways (except Metro Alpin) free of charge. More information at [www.saas-fee.ch/de/saastalcard](http://www.saas-fee.ch/de/saastalcard).

### START

The starting field may be divided into blocks. Which block you run in depends on the time you specified when you registered. In this case you will be informed by the timekeeper DATASPORT about your block allocation.

### FINISH

As soon as you have picked up the finish catering (bars), your running baggage and finisher shirt, you leave the finish area. Follow the distance rule.

### START NUMBER DISTRIBUTION

Friday, 08.09.23 18:30 – 20:00 in Saas-Balen (HM & Lake-Circuit)  
 Saturday, 09.09.23 from 08:30 am in Saas-Balen (Half marathon)  
 from 09:00 am in Mattmark (Lake-Circuit)

### LUGGAGE TRANSPORT AND VALUABLES

Luggage and valuables can be handed in at the gym in Saas-Balen (half marathon) and at the Mattmark dam (lake circuit). They will be transported to the finish area.

### WARDROBE / SHOWER / MASSAGE

There are cloakrooms, showers and massage facilities in Saas-Almagell at the sports field. The SHUTTLE SHUTTLE or the bus will take you there in 5 minutes. Massages are offered in Saas-Almagell. Toilets are available in Saas-Balen, at the finish and in Saas-Almagell.

## CATERING / CANTEEN

ISOSTAR is the official catering partner of the MATTMARRK MEMORIAL 1965 Half Marathon. ISOSTAR drinks have an isotonic effect and replace minerals. This is how the runners are supplied with energy.

There are 7 aid stations along the route (see below). Small refreshments will be offered in the finish area (bars). The canteen is in Saas-Almagell, where the ranking is announced.

## HELP

Walking aids in the form of hiking poles, ski poles and the like are only allowed in the FUN category. You can also run. Alphabetical time list.

## EMERGENCY CALL: 144

## SELF-RESPONSIBILITY / LIABILITY / DOPING

Please consult the regulations at [www.mattmark-halbmarathon.ch](http://www.mattmark-halbmarathon.ch)

## ACCOMMODATION

We recommend the following partner accommodations:

Hotels	Apartments
Pirmin Zurbriggen	Helvetia Apartments
Walliserhof	König Immobilien
Bristol	Adora
Saaserhof	Arcadia
Etoile	Morgenrot
Kristall	Distel
Mistral	Dolce Vita
Bergheimat	Am Stein / Amsel
Schweizerhof	Mondelli
Monte-Moro	Adonis
Pension Heino	Am Vogelwald
WellnessHostel4000	Alea
Christiania Saas-Almagell	The Silver Lining
Mattmarkblick	Apartments: Bellevue...
Roby	Weideli
	Arcade Apartments & Spa
	Apollo / Taxi Zurbriggen

# further information and changes

[www.mattmark-halbmarathon.ch](http://www.mattmark-halbmarathon.ch)

## HALF-MARATHON

21.1 km / 810 m up / 90 m down

## Verpflegungs- und Versorgungsposten

	km	m ü. M.	Wasser	Isostar	Cola	Tee	Bananen	Gel	Riegel	Sanität
① Saas-Balen	Start	1480	✓							
② Unter den Bodmen	5.9	1560	✓	✓						
③ Zermeiggern	9.1	1700	✓	✓			✓			
④ Strassenquerung 1	12.7	1950	✓	✓			✓		✓	
⑤ Staudamm	13.8	2190	✓	✓	✓		✓	✓	✓	+
⑥ Distel	17.3	2230	✓	✓	✓		✓	✓	✓	+
⑦ Ziel	21.1	2190	✓	✓		✓				+

**isostar**

### Wegeart

— Asphalt	0,5km
— Weg	13,9km
— Pfad	4,4km
— Unbekannt	1km
— Straße	1,2km

### Höhenprofil

