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EVENTS LIST



July 30th - August 1 2010: the 2010 edition of the epic **Chiemgau 100 Ultra Mountaintrail** in southern Germany, with a choice of 100km and 4'400 meters ascent (red parcours), or 100 miles and close to 7'000 meters ascent (red plus magenta parcours).

Please click on [Chiemgauer 100](#) for the official website (in German)

For the first time, Help-for-Hope was present, with **Michael Grau** taking on the gruelling 100km. And he made it!! **Congratulations Michael for a very special success in a mythical endurance race!!**

Picture to the left: Michael (right, bib 226) with friend, recharging batteries with a beer (hey it's Germany!) before descending to the finish

line :-)

Here is Michael's report: "Join a great challenge"

"The week before the start of the 100km I followed permanently the weather forecast, as it was raining cats and dogs. Nevertheless I took the car Friday before the race started and drove the 120km from Munich to Ruhpolding, close to the lake Chiemgau and famous for the Biathlon Worldcup races. It was perfect timing when I arrived, it stopped raining and the sun came out. The weather forecast for Saturday was then very promising: sunny 25 degrees with little wind; perfect conditions.



The Start for the 100 km with its 4400 altitude meters was on

Saturday morning at 5am with a maximum time for the 100km distance of 18 hours. The first round is 26km with 540 altitude m and brings you back to the stadium. After this little warm up we went into the real mountains. After the first km the whole field took the wrong direction and we made some extra meters.

After the first 25 km we passed again the stadium where we started. *Picture to the left: start at 5pm*

The next 25km are the key part of the race. You are faced with 3 steep ascends and 2,5 steep descends which were muddy and very difficult to run. The next 25 km are more or less flat und relaxing. I arrived about 1 hour before the cut off in Maria Eck where the last ascend with 950 altitude meters starts. Here you gave also the possibility to take a short cut and finish with 80 km.

This last ascend was never ending story. After each curve I was hoping to see the top of the Hohefelln. Then finally after 1.15 hours I reach the top and had a gorgeous view on the Lake Chiemsee. Just for the view it was really worth all the pain. After a few potatoes and an alcohol free bier I started the descend. Until now I thought I left the worst part behind me, but what I faced here was just unbelievable. It was steep with some climbing parts. After few hundred meters the path became wider and it was relatively easy to run. Since the Hochfelln I was accounted by Norbert an Ultra Trail de Montblanc finisher. We arrived after 17.28 minutes in the stadium.



It was my first 100 km trail run. And it was an unbelievable feeling finishing it. Whenever I think back I am getting a goose skin. I guess I will do the 100 miles next year.

Michael"

NEXT EVENTS

34^e COURSE DE L'ESCALADE 03 December 2011

NEWS

Exciting new Sponsorships for 2011!

- 05/10 **Steph & Pierre** win Nyon!
- 30/10 2 podiums in Lausanne !
- 09/10 **Tesfaye** wins RER !
- 09/10 **Jim** runs the Chicago Marathon!
- 09/10 **Chrystel & Pierre** win Berlin!
- 08/10 **Louis** wins IM Hawai !
- 02/10 **Pierre** in Morat-Fribourg!
- 15/09 **Roxane's** first race in St-Prex!
- 28/08 First Tri for **Sophie** in Yverdon!
- 28/08 Another Victory for **Valentine!**
- 20/08 **Val** wins her 4th National Title!
- 24/07 **Federico** is an Ironman!
- 24/07 **Sybill**e wins Geneva-Tri!
- 22/07 **Swann**, World Champion!!!
- 19/07 **Swann** qualifies for the Olympics!
- 17/07 1st Tri for **Monica, Irina & Mauricio!**
- 10/07 **2Ironmen & 2Triathletes** run together!
- 26/06 **Help-for-Hope** 1st in Fyne Marathon!
- 18/06 **Val** wins triathlon in Zug!
- 12/06 **Sybill**e races Seeland Triathlon!
- **05/06 HIM Rapperswil, a great success!**

For previous races, please check under [Events](#)