

TRAILRUNNING BEGINNER CHECKLIST



Your first trail running race is an exciting adventure. Unpaved paths, steep climbs, unpredictable terrain and the mental challenge make this sport so appealing. But before you head to the starting line, good preparation is essential. This checklist will help you to prepare optimally so you can fully enjoy your first trail running event.

TRAINING

A targeted training with uphill runs, intervals and long runs on trails will help build the necessary strength, endurance and coordination. Regularly running on trails will get you used to uneven terrain, inclines and descents. Study the race course profile and gradually increase your training to match the total elevation gain. Integrate climbs and descents similar to those on the course profile into your training. If possible, plan training sessions on the race route. You can find the current conditions on the race routes [here](#).

TEST YOUR EQUIPMENT

The right equipment and nutrition can be crucial on longer routes. Review the mandatory equipment list and put together all required items. Try on your clothing and pack your running backpack with the mandatory equipment.

Make sure to complete regular training runs with your full gear. [Here](#) you can find the mandatory equipment.

PLAN AND TEST YOUR NUTRITION

Study the supply plan for your route and consider the following points:

- Which drinks and food are available at which food stations
- How much distance and altitude metres lie between the respective food stations
- At the aid stations Faulhorn and Egg (E51, E101), only 0,8 litres of drinks can be refilled at each station as all supplies need to be transported by helicopter

During training runs, test how much food and liquid you need based on the distance and elevation gain between the aid stations. It is generally recommended to supply your body with carbohydrates and electrolytes every 30 - 45 minutes.

Try the food and drinks available at the aid stations, observe which products your stomach tolerates well under extreme exertion. Create your own personalized nutrition plan. This is usually a combination of your preferred products and those provided at the aid stations. Keep in mind that not every aid station and race course offer the same products. The [supply plan](#) provides a detailed list of what is available at each stop.

MENTAL PREPARATION

- Familiarize yourself with the course. Memorize the course profile and the distances between the aid stations. Ideally, explore individual sections of the route on site.
- Set realistic goals and focus on the experience, not just the time.
- Visualize the race, mentally prepare yourself for the challenge ahead and maintain a positive mindset.
- Get inspired by watching [videos](#) from past events.

STAY INFORMED ABOUT THE EVENT

Our website provides all essential information about the Eiger Ultra Trail. You can also find additional details and inspiration on our social media channels and in the regularly sent newsletters.

One month before the event, the Race Guide will be published on our website. It includes all relevant event details, such as the schedule, bib collection, supply plan and course profile.

Carefully read the [race regulations](#) and familiarize yourself with the rules of your event.

A few days before the event a race briefing will be sent out for the E250, E101, E51 and E35 distances. This email will contain all key race details and any last-minute changes due to weather conditions.

Travel to Grindelwald early and allow enough time to collect your bib. Take a look at the [start and finish area](#), soak in the unique atmosphere of the event venue.

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BEFORE THE EVENT

- Registration & bib pickup
Ensure you are registered and know where and when to collect your bib number.
- Course check
Familiarize yourself with the elevation profile, course marking, aid stations and cut-off times.
- Check the weather forecast
Dress accordingly and be prepared for sudden weather changes in the mountains.
- Plan your arrival
Determine which train will get you on the start in time or where to park your car.
- Adjust your training
Run only easy sessions in the days leading up to the race to ensure you are well-rested.

RACE DAY

A controlled pace and well-planned nutrition will help you manage your energy efficiently.

Using well-tested equipment ensures you are prepared for any weather changes.

Enjoy the nature and the challenge - your first trail running race is an unforgettable experience and your Eiger finisher rock will always remind you of this unique day!

