

Pacer Rules

1. Runners can have one or more pacers at a time accompany them, starting from Gstaad base camp (approx. 60 km) to the finish line in Montreux, but also start from Rossinière and Rocher de Naye.
2. Pacers can start at any official post in the race (from Gstaad towards the finish in Montreux)
3. Each pacer must sign a release form at their start location (Gstaad, Rossinière, or Rochers de Naye), at least 30 minutes before their runner arrives. This way the organisation will know who are on the racetrack at any point in time.
4. Pacers must be human (no pets), 18-years of age or older. If a parent or legal guardian desires to have a minor (under 18) pacer, please contact the Race organisation.
5. Pacers must enter and leave each aid station with their runner and must clearly identify themselves to aid station personnel. Pacers may accept aid at aid stations.
6. Pacers may assist their runner with the filling of water bottles or replenishment of supplies at aid stations but may not come into the aid station ahead of their runner, or depart after their runner, to speed up the re-fueling process.
7. Pacers may not carry water, food, flashlights, shoes, clothing, or other supplies for their runner or provide any other type of mechanical or physical assistance to their runner on the course. Mule-ing is expressly forbidden. Pacers may only carry their own supplies and food.
8. If a runner withdraws from the race, the pacer cannot continue the race.
9. Littering of any kind at any point on the Crossing Switzerland Trail is strictly prohibited

