



ENGADIN  
SKIMARATHON

PRESENTED BY **helvetia** 

## ENGADIN SKIMARATHON

The story of the biggest cross-country event in  
Switzerland

### **You can ski only as well as you eat...**

**If you do not eat properly, you will not be able to reach the finish: this simple basic rule also applies to the Engadin Skimarathon. In order to provide the 14,200 participants with food and drinks, the Engadin Skimarathon and its partners operate a sophisticated logistics system.**

The planning of meals for the skiers is a logistical challenge: around 500 volunteers are on duty during marathon Sunday to ensure the well-being of the participants. In addition to the provisions offered at the start and the finish, there are five provision stands along the route. Before the drinks and food can be given out however, about 20,000 liters of hot water for the preparation of tea and bouillon must be boiled and shipped to the various posts.

In the early years of the Engadin Skimarathon, each post was personally responsible for the supply of water from the hotels in its village. Since 1979, all stations receive water directly from the "Lateria Engiadinaisa" dairy in Bever. The night before the ski marathon, the water is heated to 80 degrees and delivered by truck the next morning to the various catering posts. A total of 5 hot water tanks and 6-8 tanks with cold water are supplied for the preparation of the drinks.

The provisions on offer have also changed significantly since 1969. The emergence of isotonic drinks in the 80s was marked. Beer and coffee are also in high demand, especially at the last refueling posts. The doctors however, have opposed the supplying of coffee: a fatigued body should not be supplied with stimulants. In 2015, a new catering concept was introduced in cooperation with Isostar (Wander). In addition to the traditional Max Havelaar bananas, Isostar High Energy bars and Ovaltine chocolate are currently offered. From 2020, the Swiss company Oswald will prepare the bouillon for all participants. Alone at the day of the Engadin Skimarathon, around 3,500 liters of bouillon will be drunk.

## Quantity overview 1988

### Liquids

19'000 Portions of Rivella  
8'000 Portions of Rivella Activ  
41'000 Portions of Rivella Marathon  
5'600 Litres of Knorr-bouillon  
200 Litres of lemon juice  
300 Portions of instant tea

### Food

40 kg dextrose  
2'500 Sandwiches  
100 kg Ham  
5'000 Rice tarts  
300 kg dried apricots  
200 kg oranges

## Quantity overview 2020

### Liquids

75'000 Portions of Isostar  
35'000 Portions of tea  
20'000 Portions of bouillon  
15'000 Portions of Ovomaltine  
80'000 Portions of water

### Food

28'000 Portions of Isostar High Energy bars  
80'000 Portions of Ovomaltine chocolate  
8'000 MAX HAVELAAR bananas