



Programme St.Moritz Running Festival

19. until 21. august 2022

Thursday 18. august		
Time	Place	Programme
17:00 - 18:00	Laudinella (Bernina Hall)	Yoga for everybody
18:00 - 19.00	Laudinella	Number bib distribution Crossing Engiadina
18:00 – 21:00	Laudinella	Dinner at Laudinella

Friday 19. august		
Time	Place	Programme
11:00 - 12:00	Festival Village (In case of bad weather: Laudinella)	Lakeside Yoga
11.30 – 13:00	Reithalle	Number bib distribution for all the races
12:30	Festival Village	Welcoming speech
12:00 - 12:55	Reithalle	Securities delivery Trail da Muntagna
13:00	Festival Village	Start Trail da Muntagna
13:30-17:00	Koncert Hall Laudinella	Sports & Health Summit
ab 15:00	Festival Village	Arrival of the first runners of Trail da Muntagna
15:00 – 18.00	Festival Village	Sponsor Village
16:00 – 18:00	Reithalle	Number bib distribution for all the races
16:00 – 17:30	Festival Village	Registration for Race for the Cure, Think Pink
17:30	Festival Village	Start Race for the Cure, Think Pink
18:00 – 21:00	Festival Village	«Pizzoccherata» - Dinner for runners Race for the Cure
18:45	Festival Village	Introduction of the elite runners of Free Fall Vertical
19:00	Festival Village	Award ceremony Trail da Muntagna
19:00	Finish area, Festival Village	Last Finisher Trail da Muntagna
19:30 - 21:00	Festival Village	Enjoy and dance with DJ Lady Chan
22:00	Festival Village	Drone show by St.Moritz



Programme St.Moritz Running Festival

19. until 21. august 2022

Saturday 20. august		
Time	Place	Programme
08.30 – 09.30	Festival Village (In case of bad weather: Laudinella)	Lakeside Yoga
08.00 – 09:00	Bever	Number bib distribution Trail da Glüsch
08:00-12:00	Reithalle	Number bib distribution Kids Race
08:00 -10:15	Reithalle	Number bib distribution Free Fall Vertical
08.15 – 08:55	Bever	Securities delivery Trail da Glüsch
08:30 – 09:30	Festival Village	Securities delivery Free Fall Vertical
09:00	Bever	Start Trail da Glüsch
10:00 – 18:00	Festival Village	Sponsor Village
10:00-14:00	Festival Village	Kids Sports Camp
10:30	Start area, Festival Village	Start Free Fall Vertical
11:00 - 12:20	Festival Village	Kids Race
11:30	Finish area, Festival Village	Arrival of the first runners of Trail da Glüsch
12:00 – 17:00	Reithalle	Number bib distribution Engadiner Sommerlauf / Run Pontresina
13:00	Festival Village	Award ceremony Kids Race
14:00	Plattform “Free Fall”	Last finisher Free Fall Vertical
15:00	Festival Village	Lecture / film or photo show
15:00	Finish area, Festival Village	Last finisher Trail da Glüsch
16.00 – 17.00	Laudinella (Bernina Hall)	PreRace Yoga
18:00 - 21:00	Festival Village	Dinner for run
18:30	Festival Village	Award ceremony Free Fall Vertical, Award ceremony Trail da Glüsch
19:00	Festival Village	Introduction of the elite runners of Engadiner Sommerlauf / Run Pontresina
20:00	Festival Village	Live concert of Accu Paragraph
22:00	Festival Village	Drone show by St.Moritz



Programme St.Moritz Running Festival

19. until 21. august 2022

Sunday 21. august		
Time	Place	Programme
08:00 – 10:00	Rondo Pontresina	Number bib distribution Run Pontresina
08:00 – 10:00	School building Sils	Number bib distribution Engadiner Sommerlauf
08:00 – 09:00	School building Sils	Number bib distribution Trail da Lej
08:15 – 08:55	School building Sils	Securities delivery Trail da Lej
09:00 – 11:00	Lej da Staz (In case of bad weather: Laudinella)	Yoga, Brunch & "Fans"
09:00	Start area, School building Sils	Start Trail da Lej
09:00 – 09:45	Rondo Pontresina	Securities delivery Run Pontresina
09:15 – 10.10	School building Sils	Securities delivery Engadiner Sommerlauf
09:40	Rondo Pontresina	Warm-up Run Pontresina
09:55	School building Sils	Warm-up Engadiner Sommerlauf
10:00	Rondo Pontresina	Start Run Pontresina
10:00 – 17:00	Festival Village	Catering and Patschific au lac
10:15	School building Sils	Start Engadiner Sommerlauf
10:45	Finish area, Festival Village	Arrival of the first runners of Run Pontresina
11:00 – 14:00	Festival Village	Kids Sports Camp
11:30	Finish area, Festival Village	Arrival of the first runners of Engadiner Sommerlauf und Crossing Engiadina
14:00	Finish area, Festival Village	Last finisher Run Pontresina
15:00	Finish area, Festival Village	Last finisher Engadiner Sommerlauf
15:00	Festival Village	Award ceremony Run Pontresina, Sommerlauf und Crossing Engiadina / Trail da Lej
16:00	Finish area, Festival Village	Last finisher Crossing Engiadina
Ab 17.00	Festival	Dismantling of the Festival Village