

# Runners description of The Great Wall 10K

## Stretch No. 1 Section A - A 'Village Zone'

The shot has just been fired and you have set out on one of the big challenges of your life:

The Great Wall 10K  
Keep a sharp watch out for all traffic on the road. Be aware of the locals, especially the children. Remember to smile and wave to other fellow travelers and family members. You are about to perform the athletic feat of your life – and may be envied by many.

Enjoy the contact with the road – and before you realize it, you will be inside the village – but to get there – make a 90 degree turn to your RIGHT, through the a narrow patch, turn right once more towards the parking lot, where you left the busses, cross the place and you are on the main road and back at Y&Y. You may be passed by some of the fastest marathon runners starting their second trip crossing The Wall. Please give them space and let them pass you.

## Stretch No. 2 Section A - C

### 2,4 km on The Wall

By now you will have reached the first steps on your turbo-charger, and are climbing the steps just to the right! Having made the first flight of around Y&Y and reached Tower 13, you turn to your right in order to get to the long Bridge No. 1, which will lead you straight to h\_ \_ \_ . No, that is not the word. It will lead you straight to the steps up of your very special friend, The Wall! The wonderfully wide asphalt road of Stretch2 is now 2.3 km ahead of you, over many mountains and beyond quite a bit of the world-famous Great Wall of China. So here you might regret not having made a much longer pit stop in the finishing area. There will be drink stations on The Wall though – at the point where you enter The Wall and in Towers 8 and 4!

The easiest way to describe the next stretch is simple! You will have to run or walk the following stretch:

### Tower 12 - W2

Go for it, and easy does it. That is how you will succeed. If you start to lose your breath during the climb, then make one or two breaks on your way. If you are lucky enough to find someone to talk with on your way up, this might prove to be the best way of coping with the stairs.

To get up on The Wall you will have to pass through a 'wall of malice' by turning 90 degrees to your right, going 2-3 steps up, and then turning 90 degrees to your left.

Once you are on The Wall the climb continues, and here you might have to catch hold of the rope to get safely up the last stretch.

After this you will reach the narrow path, and even though you know for sure that there is no oncoming traffic, you have to be careful and on the alert anyway, and don't forget that the '*no overtaking*' rule still applies at this exposed place.

The path ends with another 'wall of malice,' another right-left combination, both of them 90 degrees, with 11 steps in between.

### W2 - Tower 9

At W2 you will reach the first drink station on The Wall. Gather some strength here after forcing your way up those many steps, and get ready for the highly difficult passage around the platform. This may be the time for some 'Marathon Psychology.' Look around at your fellow contestants and say to yourself: "I am certainly feeling bad, but the others are certainly feeling much worse." Then all of a sudden you are able to go on for a little while longer!

Soon after the difficult stretch you will be going on a very wide section of brick wall with no speed limit – so go right ahead. If you are lucky enough to be running in the company of some kind, supportive people, then stick with them, at least for this

stretch of The Wall.

### Tower 9 - Tower 8

Soon you will reach Tower 9, where you have to turn right - inside the tower itself! After that make a climb in low gear to Tower 8, where you will be rewarded with a drink station. Make good use of it!

### Tower 8 - Tower 7 - Tower 6 (The Widow's Tower)

You are on your way now towards Tower 6, and after Tower 7 you will reach what is technically the most difficult part of the whole race when the fatigue element is taken into consideration!

Consider very carefully – and take your time – do not press your fellow contestants on, instead support them as much as possible! Don't forget, that you are all on the same Wall together!

### Tower 6 (The Widows Tower) - Tower 5

After Tower 6 you will be climbing towards Tower 5, and you may have to make use of the rope here. Remember that it is no disgrace to ask for assistance if worst comes to worst! On the contrary, pride is punished very severely indeed.

### Tower 5 (The Blind Tower) - Tower 4

When you are safe and sound at Tower 4, be sure to take the time to enjoy the view and at the same time to quench your thirst or treat your heartburn. You might have a bandage or two applied, in case you have blisters on your palms from the ropes. Remember that you are now on the last stretch of The Wall and might never come here again - at least not until next year.

### Tower 4 - Point W1

From Tower 4 the trail goes more or less downhill, all the way to Point 1 on The Wall with the stone portal W1. Here you run down the steps, then to your right and onwards down the steps to the big open square, where you will find a medical

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team and a drink station. Here it is also possible to visit a rest room and since the next facilities are at the finishing area nearly 6 km away, it might not be such a bad idea!

## **Stretch No 3 Section C - B 4.5 km of descent on a very steep asphalt mountain road**

After the open square you will be running under "The White Portal", and onto the descent of Stretch No. 3. The asphalt road has a slope of 10% towards the finish, which makes it just as fine as having tail wind when riding a bike.

But with the good news, a small warning before starting downhill: Be very careful. Keep in full control of your running at all times, and do not let others tempt you to increase your speed.

About 2 km after the finishing on The Wall, at 9 km, and again just before Bridge 2, you will find the last two drink stations.

Do not skip them.

Take a good look at the impressive wooden portal that you will be passing to get on the main road, but you should also pay attention to the road, as you will be mixing with the some off the marathon runners who are heading towards Yin Yang Square to enter the wall the second time!

There will be plenty of guides in the area showing the way.

Follow their directions. You are now heading straight for the FINISHING LINE and this might be the right time to start posing like a winner and practice lifting your arms! The medal is just ahead of you - GO FOR IT!

## **Stretch No. 4**

### **Section B - A**

#### **0.8 km on highway**

#### **"Village Zone and Finish Line"**

You are only a stone's throw from the finish line, and now you can enjoy the thought that your fantasies about reaching the finish line are realistic, that YOU DID IT!

The finishing line is situated on the Yin Yang symbol in the area with many towers that we call the square. Even though the speed limit for cars is reduced to 20 km per hour throughout the area, you should still take care when

crossing the road for the last time to make those last few steps to the finish line.

Enjoy your personal triumph when crossing the remaining meters towards the finish line. Enjoy the applause - you deserve it! Should it happen that your finishing time is a bit longer than what you expected, you will surely find comfort in having overcome the challenge of finishing The Great Wall 10K

## **THE MEDAL**

**IS YOURS TO KEEP!**