



# RUNNER'S INFO

## 2023

# PROGRAMME

## FRIDAY 21.07.23

15:00 – 20:00

BIB PICK UP **MARATHON,**  
**TRAIL & ULTRA**

Sala sopra la Farmacia

21:00

TALK BY MILENA BETHAZ,  
WORLD SKYRUNNING CHAMPION

Sala Manifestazioni Arly

## SATURDAY 22.07.23

Start/finish area  
Piazza Cavalieri di Vittorio Veneto

04:00-04:30

BIB PICK UP **ULTRA**

05:00

START **ULTRA**

06:00 – 08:00

BIB PICK UP  
**MARATHON & TRAIL**

07:30

START **MARATHON**

08:30

START **TRAIL**

11:15

ARRIVAL FIRST RUNNERS **TRAIL**

11:50

ARRIVAL FIRST RUNNERS **MARATHON**

12:30

ARRIVAL FIRST RUNNERS **ULTRA**

FROM 12:30

PASTA PARTY

FROM 15:30

PRIZE GIVING

AFTER 16:00

LIVE MUSIC FROM ALBERTO VISCONTI  
AND PHILIPPE MILLERET & DJ SET

# PROGRAMME

# GPX TRACK

It is highly recommended to download the course tracks to your personal watch or device before the race.

These have been updated in the last days to ensure an even more spectacular and safe course, so please make sure to download them through the following links!

[GPX TRAIL](#)

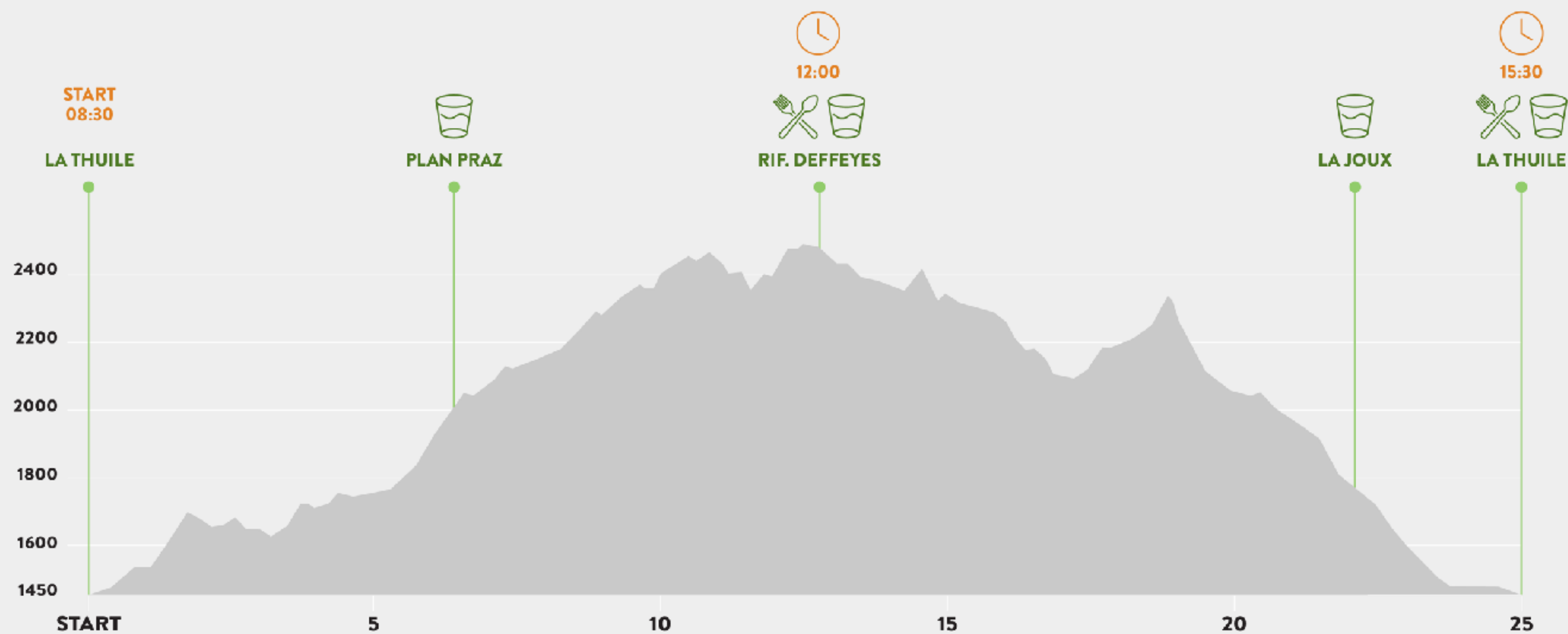
[GPX MARATONA](#)

[GPX ULTRA](#)



# LA THUILE TRAIL

25km 1500m D+



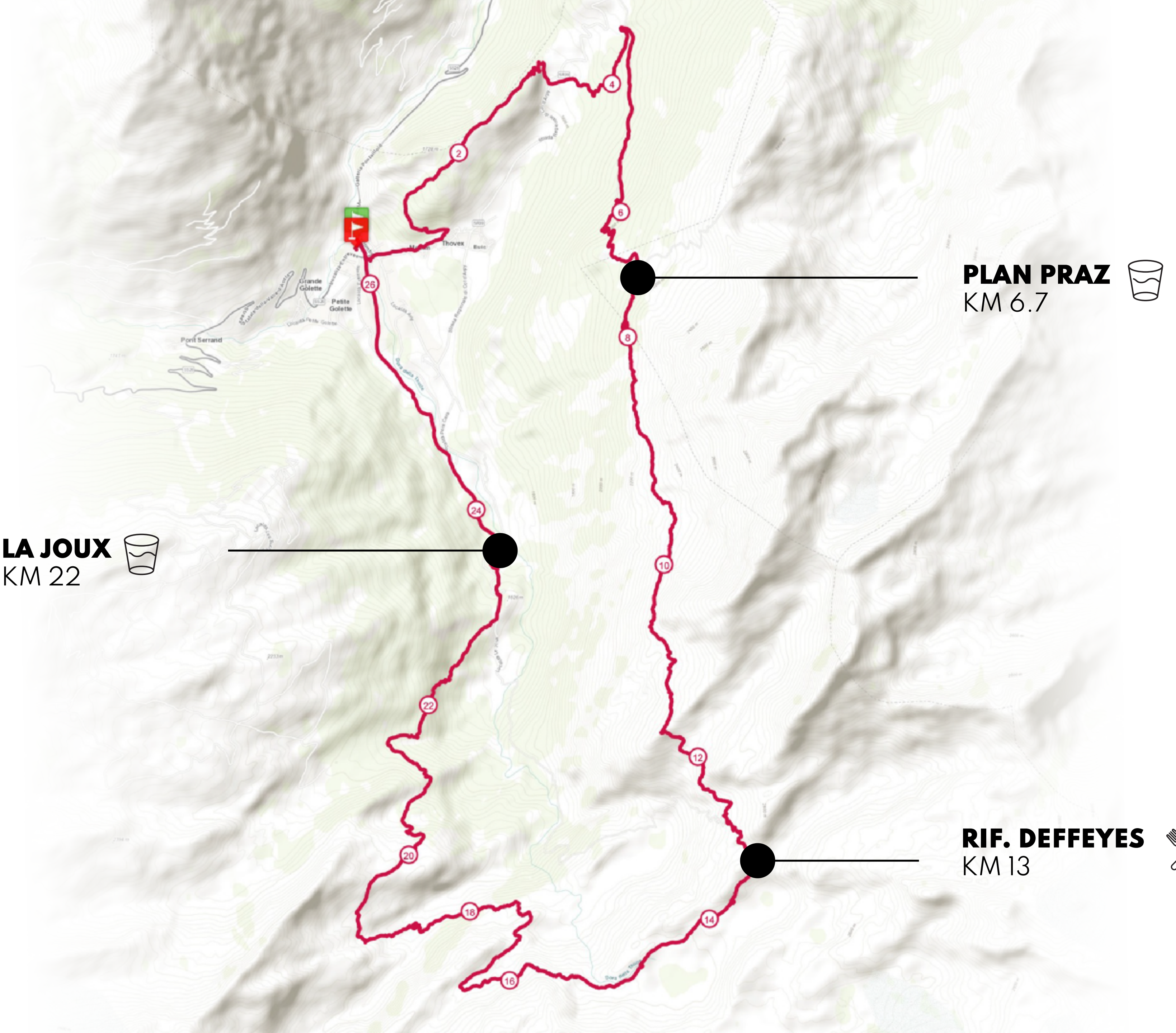
**LA JOUX**  
KM 22



**PLAN PRAZ**  
KM 6.7



**RIF. DEFFEYES**  
KM 13



# MANDATORY EQUIPMENT FOR THE TRAIL

By registering, each runner agrees to carry all the obligatory material listed below throughout the race, under penalty of disqualification.

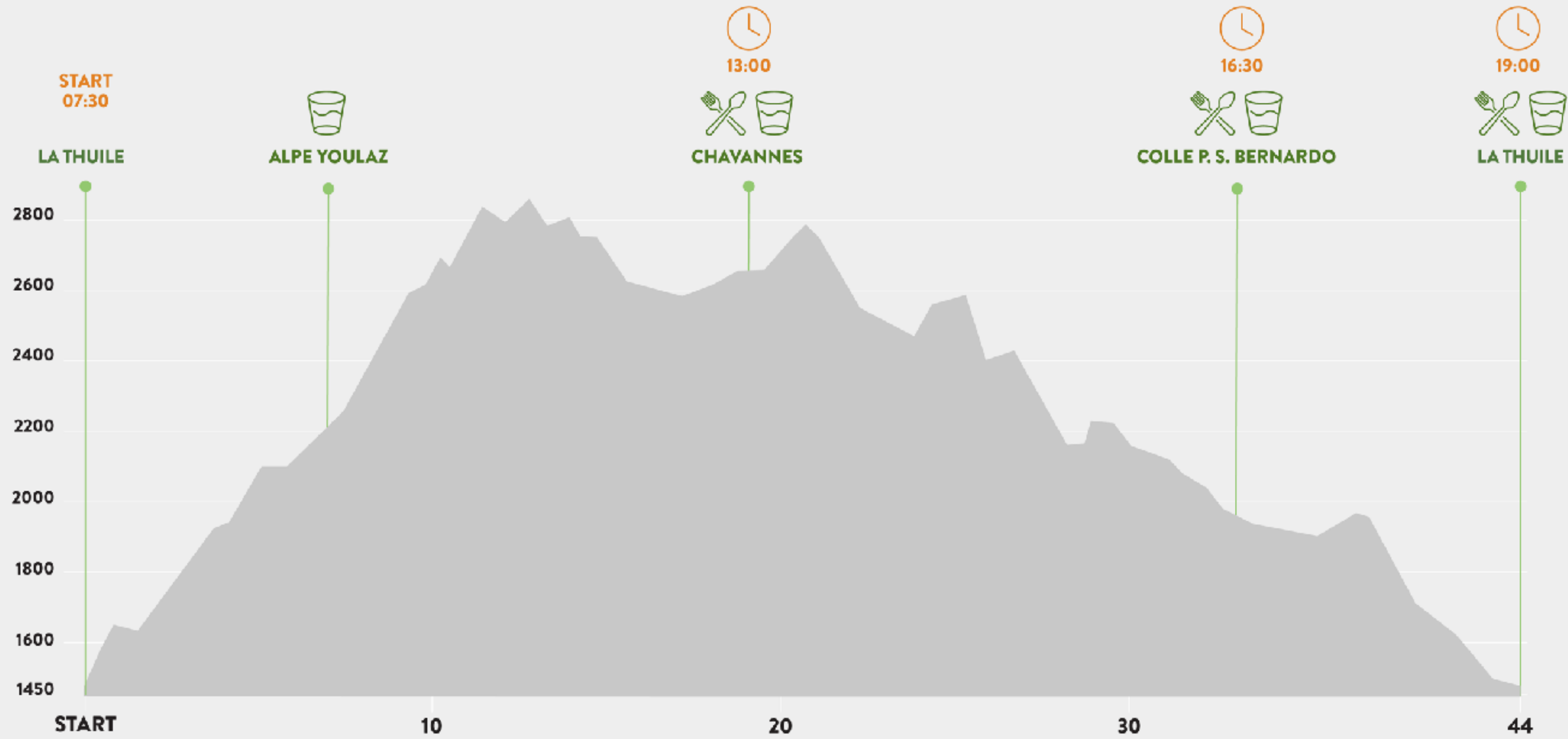
Compulsory for the **Trail**:

- hat or bandana or buff;
- shoes suitable for the competition and the type of terrain, suitable to hold (grip) and secure to the foot (lace up);
- clothing suitable for mountain running;
- backpack or fanny pack;
- elastic bandage suitable for bandaging or strapping (minimum 80cm x 3cm);
- whistle; water reserve (minimum 1000cl) and food reserve (minimum 2 food bars or similar);
- personal drinking cup;
- thermal long sleeve t-shirt;
- waterproof technical jacket with a hood \* minimum recommended 10 000 Schmerber;
- survival blanket;
- cell phone (with rescue service saved in contacts)



# LA THUILE MARATHON

44km 2500m D+



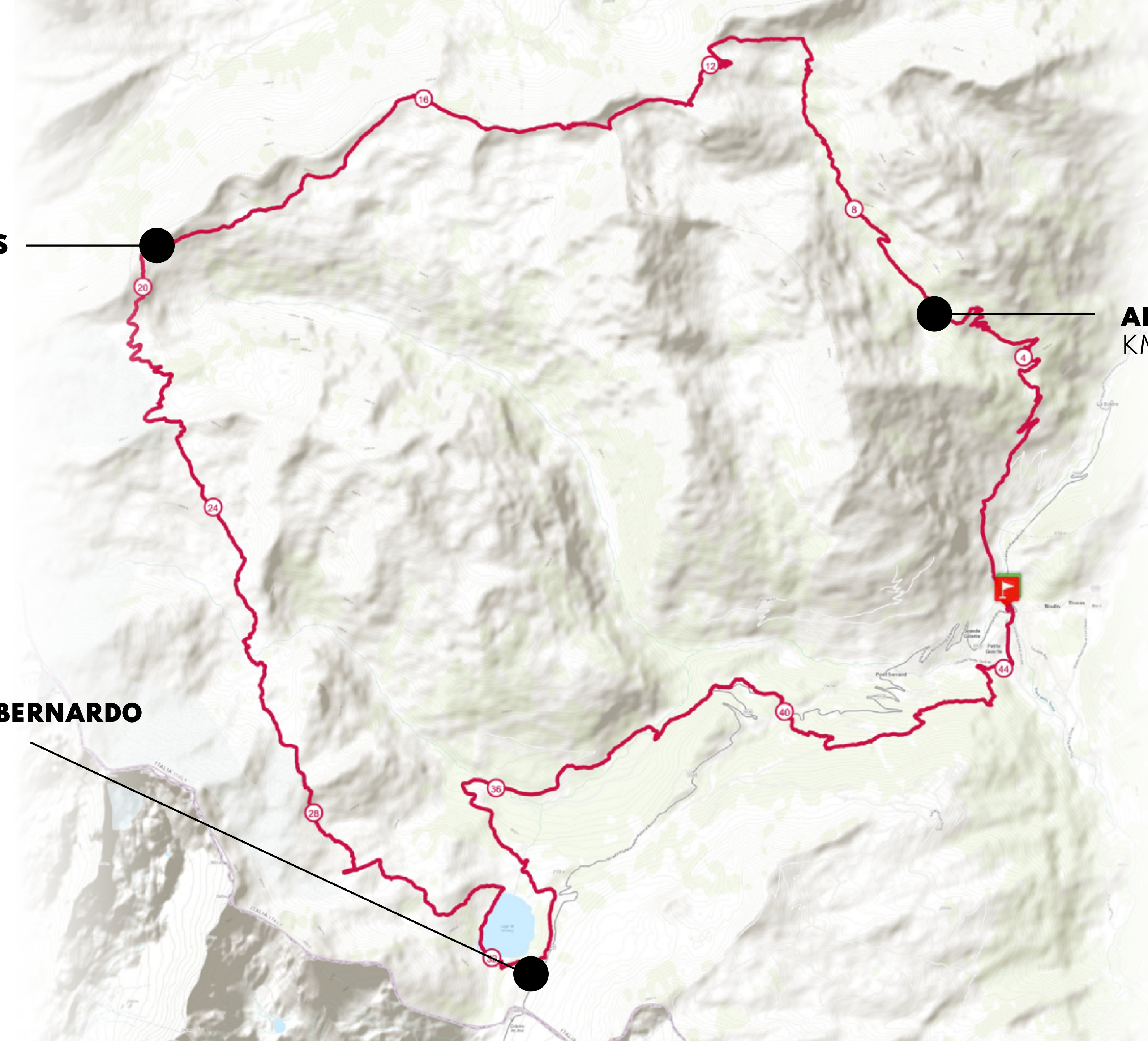
**CHAVANNES**  
KM 18



**ALPE YOULAZ**  
KM 6



**COLLE P. S. BERNARDO**  
KM 32





# MANDATORY EQUIPMENT FOR THE MARATHON

By registering, each runner agrees to carry all the obligatory material listed below throughout the race, under penalty of disqualification.

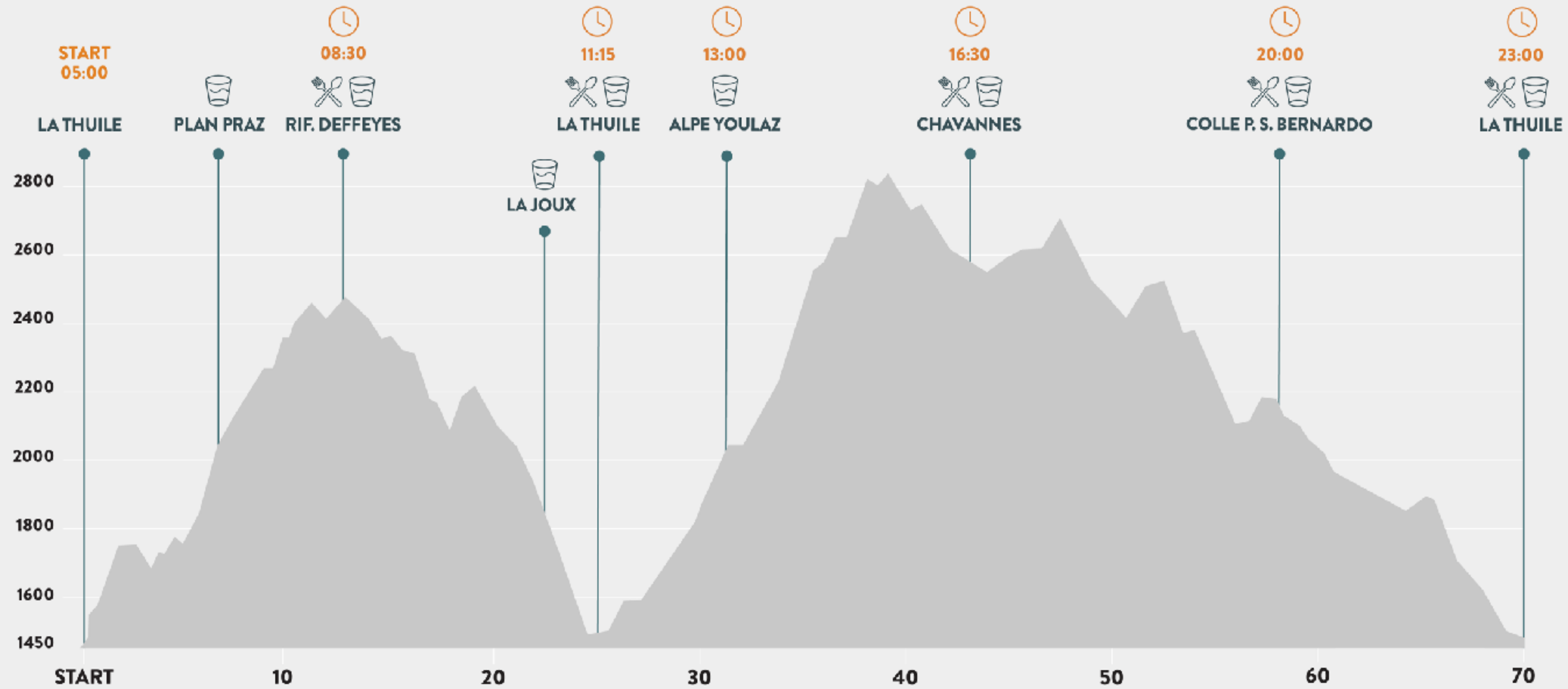
Compulsory for the **MARATHON**:

- hat or bandana or buff;
- shoes suitable for the competition and the type of terrain, suitable to hold (grip) and secure to the foot (lace up);
- clothing suitable for mountain running;
- backpack or fanny pack;
- elastic bandage suitable for bandaging or strapping (minimum 80cm x 3cm);
- whistle; water reserve (minimum 1000cl) and food reserve (minimum 2 food bars or similar);
- personal drinking cup;
- thermal long sleeve t-shirt;
- waterproof technical jacket with a hood \* minimum recommended 10 000 Schmerber;
- survival blanket;
- cell phone (with rescue service saved in contacts)
- gloves
- leggings, or pants below the knee + long socks, so that you can cover the whole leg



# LA THUILE ULTRA

70km 4000m D+



**CHAVANNES**

KM 43



**COLLE P. S. BERNARDO**

KM 57



**LA THUILE**

KM 25



**ALPE YULAZ**

KM 31



**PLAN PRAZ**

KM 6.7



**RIF. DEFFEYES**

KM 13



# MANDATORY EQUIPMENT FOR THE ULTRA

By registering, each runner agrees to carry all the obligatory material listed below throughout the race, under penalty of disqualification.

Compulsory for the **ULTRA**:

- hat or bandana or buff;
- shoes suitable for the competition and the type of terrain, suitable to hold (grip) and secure to the foot (lace up);
- clothing suitable for mountain running;
- backpack or fanny pack;
- elastic bandage suitable for bandaging or strapping (minimum 80cm x 3cm);
- whistle; water reserve (minimum 1000cl) and food reserve (minimum 2 food bars or similar);
- personal drinking cup;
- thermal long sleeve t-shirt;
- waterproof technical jacket with a hood \* minimum recommended 10 000 Schmerber;
- survival blanket;
- cell phone (with rescue service saved in contacts)
- gloves
- leggings, or pants below the knee + long socks, so that you can cover the whole leg
- 2x working headlamp with spare batteries
- waterproof pants
- food reserve (minimum 4 food bars or similar);

# IMPORTANT INFORMATION MARATHON & ULTRA

Between Col Chavannes and Col de Bassa Serra there are some very short stretches on undemanding snow as well as two technical passages, which have been secured by our mountain guides and where race personnel will be present.

Caution: Where the yellow sign is present, cross the passage responsibly and proceed with caution.



# COURSE MARKINGS

The course has been marked with the following signs:

- Red flags
- Green dots and arrows
- Red and/or white tape





**RITIRO  
PETTORALI**  
SALA SOPRA FARMACIA  
VIA MARCELLO COLLOMB 36  
11016 LA THUILE

**PARTENZA  
/ ARRIVO**

**DOCCE**  
CENTRO SPORTIVO KONVER  
(PYRAMIDE)