



# **RUNNER'S GUIDE** 2024

# Dear Runners, we're super excited to welcome you to La Thuile!

Here are a few important updates:

- **Crampons recommended**

Due to snowfields in several sections of the route, for the MARATHON AND the ULTRA it is recommended that you carry and use crampons, in order to tackle the snowy sections in complete safety. On the route of the MARATHON and the ULTRA there are several snow crossings that have been secured, as well as several snow sections in the area between Chavannes and Bassa Serra.

- **Alpe Youlaz Aid Station**

For the MARATHON and ULTRA races, the aid station at Alpe Youlaz was brought forward due to a landslide on the road. The new aid station is now located at km 4.5 for the MARATHON and km 29.5 for the ULTRA. We therefore advise you to hydrate well and leave with the necessary liquids to reach the refreshment post at Col Chavanne, located 15 km away. For the ULTRA, the cut off point at Alpe Youlaz aid station has therefore been brought forward to 12:30.

- **Bag deposit**

A bag deposit is provided at the Chalet next to the finish area. One bag per athlete up to maximum 30L may be left here during the race. Please use your bag number that you receive at bib pick up. The bag must be dropped no later than 15 minutes before the start of your race and must have the runner number label attached.

- Only for the ULTRA, runners may choose to drop their bag at the La Thuile aid station (km25), with food, gels, clothing etc. that can be used during the race. One bag of maximum 30L per athlete, with the runner's number clearly attached.
- Once all athletes have passed through the La Thuile aid station all bags will be moved to the Chalet and can be picked up after the race.

15:00 – 20:00

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

Office above the pharmacy

**FRIDAY**  
26.07.24

# SATURDAY

## 27.07.24

Start/finish area  
Piazza Cavalieri di Vittorio Veneto

04:00-04:30

BIB PICK UP **ULTRA**

04:45

PRE RACE BRIEFING **ULTRA**

05:00

START **ULTRA**

06:00 – 08:00

BIB PICK UP **MARATHON** & **TRAIL**

07:15

PRE RACE BRIEFING **MARATHON**

07:30

START **MARATHON**

08:15

PRE RACE BRIEFING **TRAIL**

08:30

START **TRAIL**

11:15

ARRIVAL OF THE FIRST RUNNERS **TRAIL**

12:00

ARRIVAL OF THE FIRST RUNNERS **MARATHON**

FROM 12:30

PASTA PARTY

13:00

ARRIVAL OF THE FIRST RUNNERS **ULTRA**

14:30

PRIZE CEREMONY **TRAIL** & **MARATHON**

15:00

PLOGGING WITH NATURALBOOM

15:00-18:30

LIVE MUSIC FROM ALBERTO VISCONTI OF L'ORAGE  
IN CONCERT WITH ELECTRIC TRIO

16:30

PRIZE CEREMONY **ULTRA**

FROM 18:30

LA THUILE TRAIL PARTY WITH KIKKO DJ  
UNTIL LATE

# 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](#)

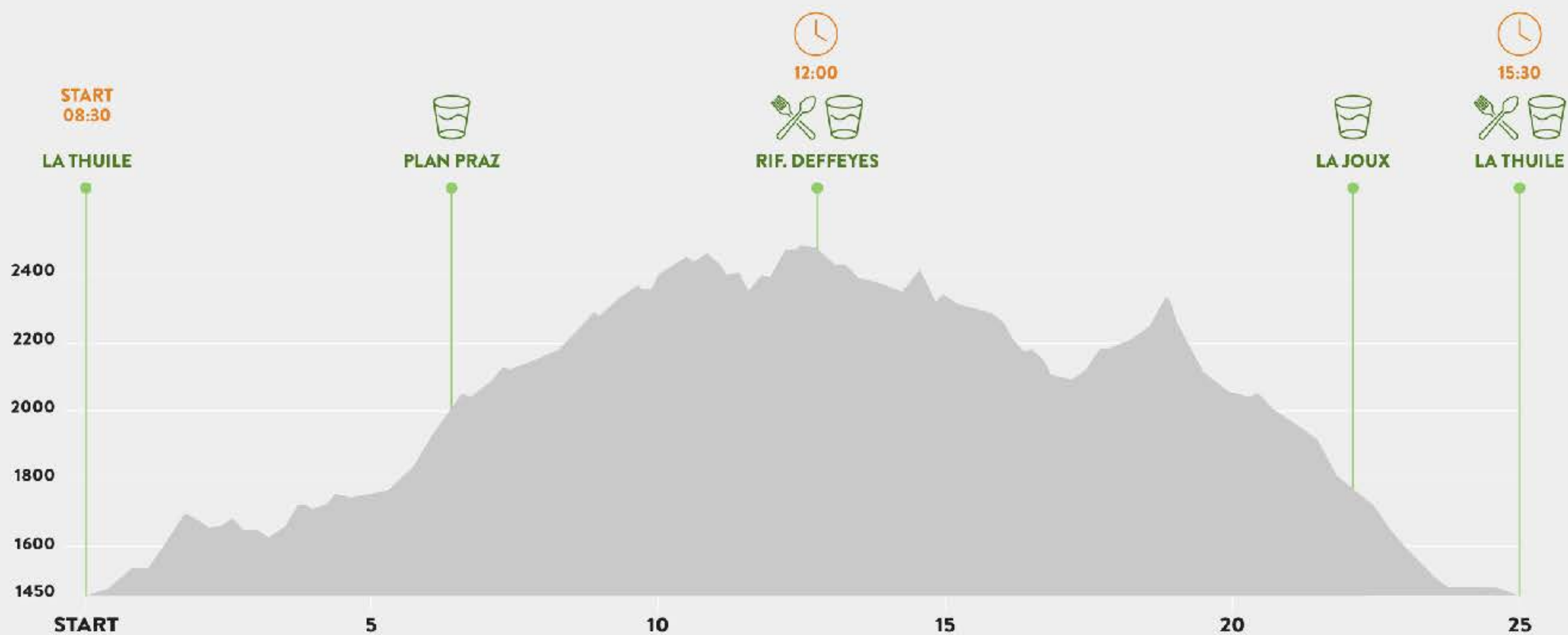
[GPX MARATONA](#)

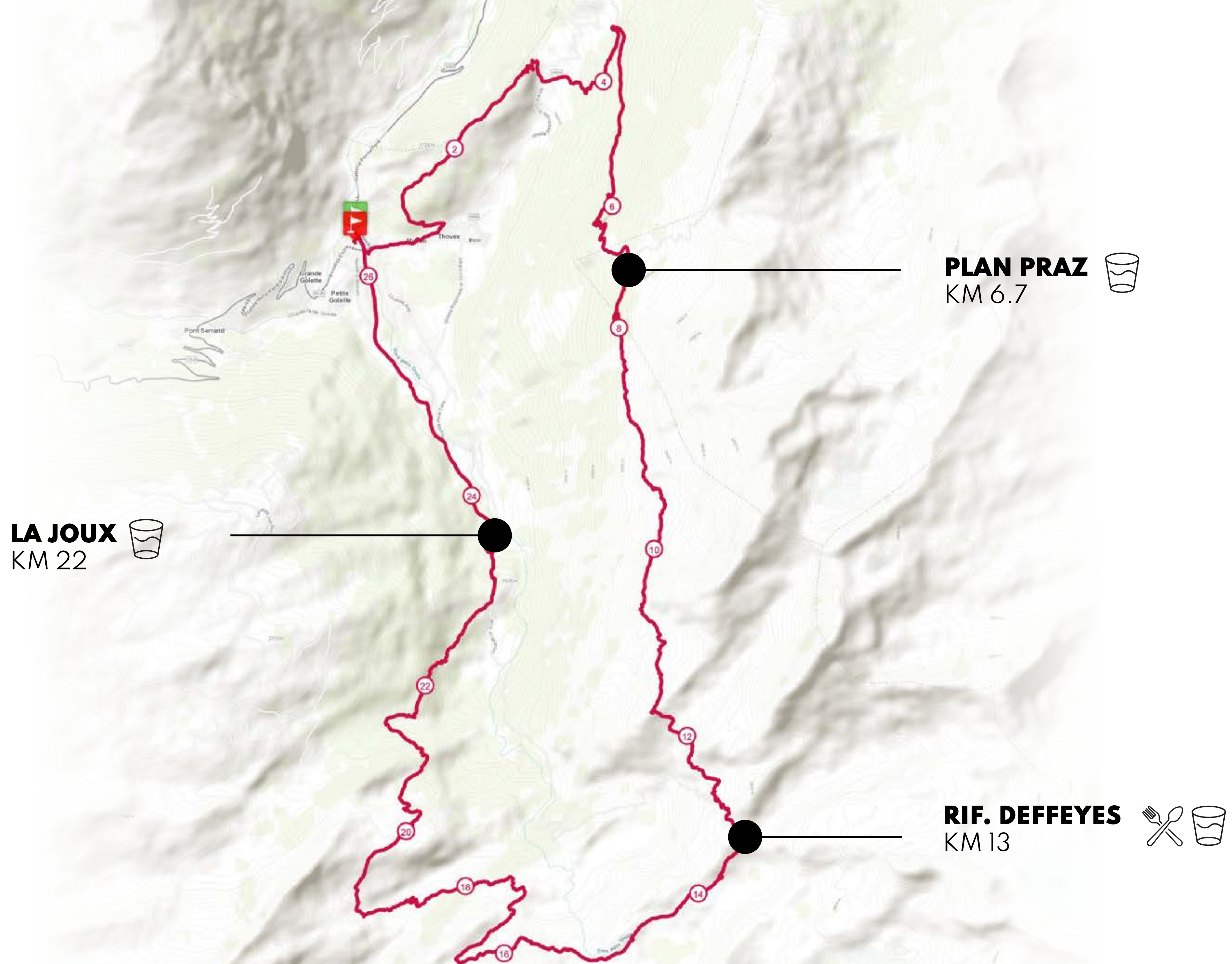
[GPX ULTRA](#)



## LA THUILE TRAIL

25km 1500m D+





**PLAN PRAZ**  
KM 6.7



**LA JOUX**  
KM 22



**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)



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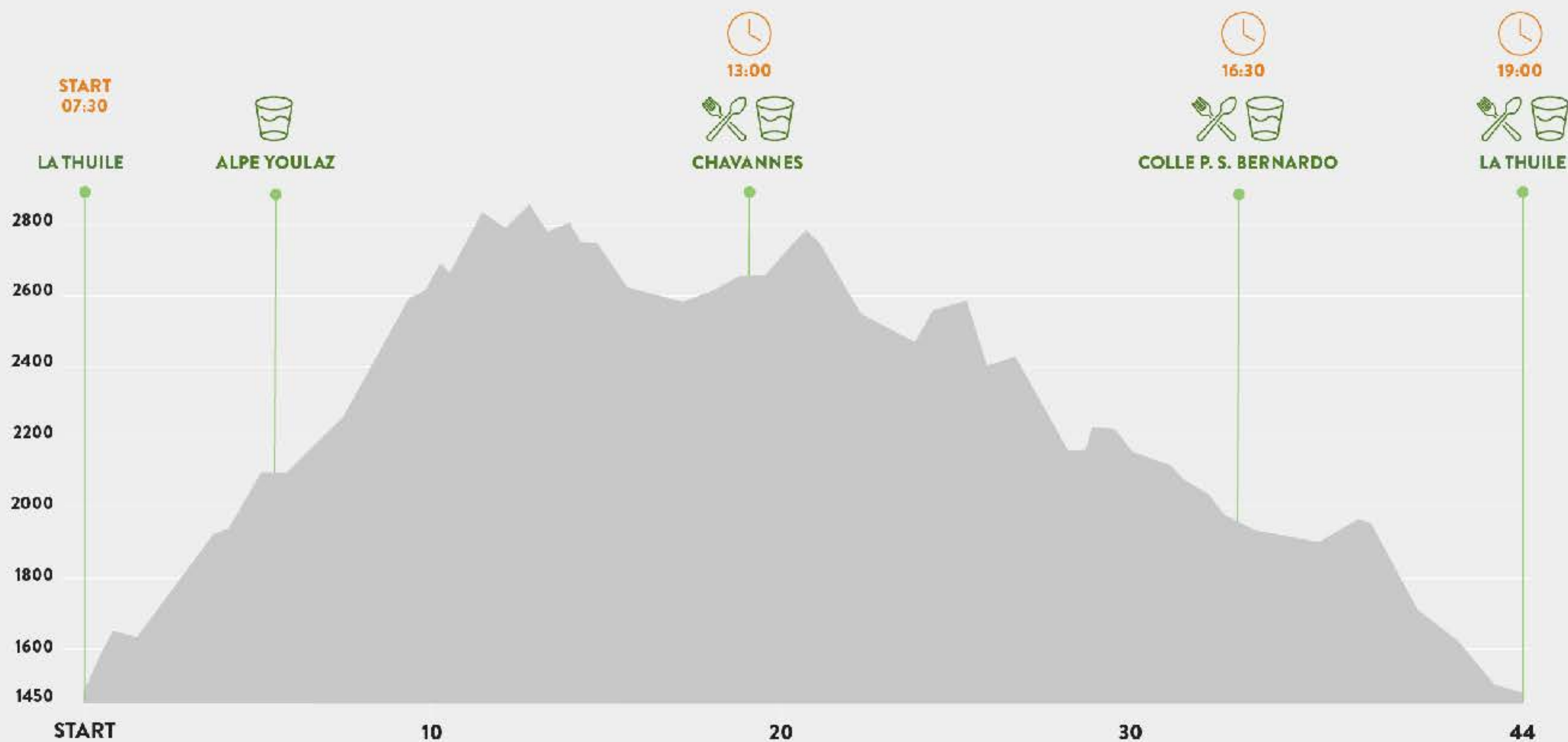
## LA THUILE MARATHON

44km 2500m D+



LA THUILE TRAIL

25 | 42 | 70



**CHAVANNES**  
KM 19



**ALPE YOULAZ**  
KM 4.5



The aid station at Alpe Youlaz has been moved forward due to a landslide on the road.

We therefore advise you to hydrate well and leave with the necessary liquids to reach the refreshment point at Col Chavanne, located 15 km away.

**COLLE P. S. BERNARDO**  
KM 33



# 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

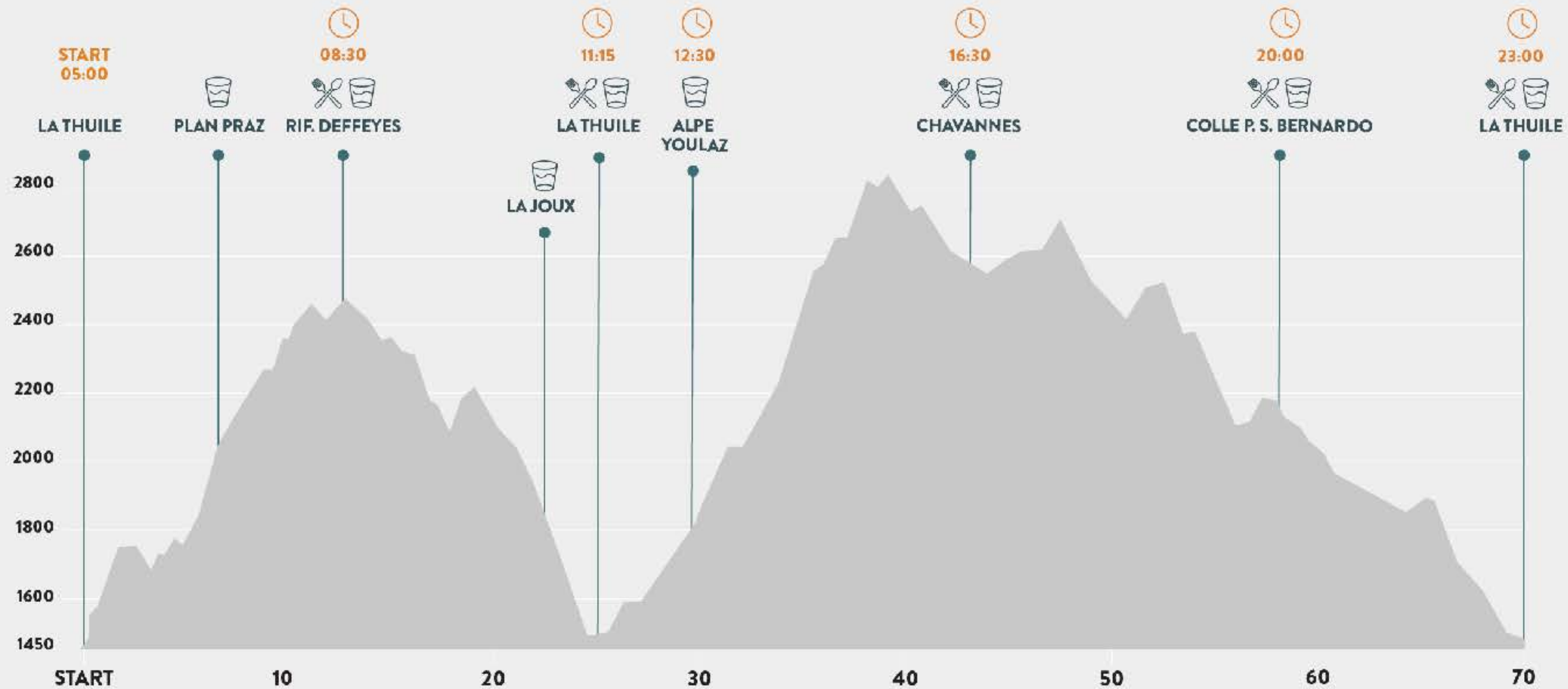
Recommended material:

- Crampons



## LA THUILE ULTRA

70km 4000m D+



**CHAVANNES**  
KM 44



**ALPE YULAZ**  
KM 29.5



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We therefore advise you to hydrate well and leave with the necessary liquids to reach the refreshment point at Col Chavanne, located 15 km away.

**LA THUILE**  
KM 25



**PLAN PRAZ**  
KM 6.7



**COLLE P. S. BERNARDO**  
KM 58



**LA JOUX**  
KM 22



**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);

Recommended material:

- Crampons

# 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





*finisher club*



## WE'RE STOKED TO LAUNCH OUR NEW LA THUILE TRAIL FINISHER CLUB!

**Completing one of our races is no easy feat, and those who manage to cross the finish line will become members of the La Thuile Trail Finisher Club.**

Those that make it to the finish will receive:

- A finisher club goodie
- 5 EUR discount for next years event
- We'll keep in touch with you throughout the year with newsletters including important info and training tips

We look forward to having you join the club!