

## **USEFUL INFORMATION AND RULES**

#### Adamello Ultra Trail 170 Km

- Thursday 28/09 bibs and race prize pick up from 2 p.m. to 8 p.m. at "Sala Vip" located at Centro Eventi Adamello in Vezza d'Oglio (address Via Del Piano, n.1).
- Thursday 28/09 at 8 p.m briefing and race presentation at Piazza IV Novembre.
- Friday 29/09 at 9 a.m START from the wide green areas outside Centro Eventi.
- Before entering the starting grid, the GPS Tracker will be handed to every athlete.
- The access to the rest stops will be organized in an orderly way; we remind you that it is compulsory to use a personal glass during the whole race. The runners are required to take care personally of their garbage inside the assigned containers. It is forbidden to abandon the garbage outside the rest stops and along the trail.

We recommend that you carefully consider any personal supplies needed between rest stops.

- During the race it is possible to rest at the rest post in Ponte di Legno and at some refreshments points (Passo Tonale, Pontagna, Mu, Malga Mola) located in wide spaces where the runners will find camping beds. At the rest stop in Ponte di Legno, we recommend that you use your personal alpine sheets or sleeping bag that need to be put in your spare bag. At the other refreshment points disposable alpine sheets will be provided free of charge.
- The organization team will provide a bag, with the logo AUT, to place your change of clothes and alpine sheets that will be delivered at the intermediate rest stop located in Ponte di Legno. The runners are required to deliver their bags to Centro Eventi in Vezza d'Oglio before the start.

External assistance is only allowed in the following spots:

- Cortebona Case di Viso Passo del Tonale Ponte di Legno Pontagna Rifugio alla Cascata Edolo Lago del Mortirolo
- At the rest stop in Ponte di Legno toilets and showers are available. Moreover, changing rooms and showers are available also at the football field in Via del Piano (Vezza d'Oglio); they can be used in the days before and after the race.
- Sample checkings will be made
- Sunday 01/10 at 2 p.m.: Award Ceremony (Shipping is not foreseen).

For further information and rules: https://www.adamelloultratrail.it/gare/aut-170km/



#### Adamello Trail 100 Km

- Thursday 28/09 bibs and race prize pick up from 2 p.m. to 8 p.m. at "Sala Vip" located at Centro Eventi Adamello in Vezza d'Oglio (address Via Del Piano, n.1).
- Thursday 28/09 at 8 p.m. briefing and race presentation at Piazza IV Novembre.
- Friday 29/09 at 7 a.m. START from the wide green areas outside the Centro Eventi.
- Before entering the starting grid, the GPS Tracker will be handed to every athlete.
- The access to the rest stops will be organized in an orderly way; we remind you that it is compulsory to use a personal glass during the whole race. The runners are required to take care personally of their garbage inside the assigned containers. It is forbidden to abandon the garbage outside the rest stops and along the trail.

We recommend that you carefully consider any personal supplies needed between rest stops.

• During the race it is possible to rest at the rest stops, located in wide spaces where the runners will find alpine sheets free of charge.

External assistance is only allowed in the following spots: Cortebona - Case di Viso - Passo del Tonale - Ponte di Legno

- At the rest stop in Ponte di Legno toilets and showers are available. Moreover, changing rooms and showers are available also at the football field in Via del Piano (Vezza d'Oglio); they can be used in the days before and after the race.
- Sample checkings will be made.
- Saturday 01/10 at 4.30 p.m.: Award Ceremony. (Shipping is not foreseen).

For further information and rules: https://www.adamelloultratrail.it/en/races/at-90km/



### Adamello Short Trail 35 Km

- Saturday 30.09 bibs and race prize pick up from 8 a.m. to 12 a.m. at the "Sala Vip" located at Centro Eventi Adamello in Vezza d'Oglio (address Via Del Piano, n.1).
- From 10 a.m. transfer by bus from Vezza d'Oglio to Monno for all the athletes.
- START at 2 p.m. from the main square of Monno.
- The access to the rest stops will be organized in an orderly way; we remind you that it is compulsory to use a personal glass during the whole race. The runners are required to take care personally of their garbage inside the assigned containers. It is forbidden to abandon the garbage outside the rest stops and along the trail.

We recommend that you carefully consider any personal supplies needed between rest stops.

Changing rooms and showers are available at the football field in Via del Piano (Vezza d'Oglio); they can be used in the days before and after the race.

- Sample checkings will be made.
- Saturday 30/09 at 20.30 p.m.: Award Ceremony. (Shipping is not foreseen).

For further information and rules: https://www.adamelloultratrail.it/en/races/ast-35km-2/



# ADAMELLO ULTRA TRAIL















