



BY **UTMB®**



# RACE GUIDE

21-25 JUNE 2023



[lavaredo.utmb.world](http://lavaredo.utmb.world)



# CONTENTS

## GENERAL INFO

**WELCOME**  
P.3

**UTMB WORLD SERIES**  
P.6

**PROGRAM / TIMETABLE**  
P.10

**CORTINA MAP**  
P.14

## COURSES INFO

**Lavaredo 120K**  
P.16

**Lavaredo 80K**  
P.20

**Lavaredo 50K**  
P.24

**Lavaredo 20K**  
P.32

**Lavaredo 10K**  
P.34



BY **UTMB®**

# IT'S ON

## WELCOME

From 21 to 25 June you are one of the 5,700 runners from 89 countries running in the Dolomites, a UNESCO World Heritage Site, in five races with distances ranging from 10 to 120 kilometers.

La Sportiva Lavaredo Ultra Trail by UTMB® proudly joins the most prestigious circuit in trail running: the UTMB World Series. All finishers will earn Running Stones necessary to enter the lottery for the final race of the series: the UTMB Mont-Blanc.

Together with you, we would like to thank the over 600 volunteers assisting you during your weekend in the Dolomites, at bib collection and spot-checks, aid stations and the finishing areas.

We also thank the many institutions and associations that support us with professionalism and enthusiasm. Organizing an event like Lavaredo, in the village that is the venue for the Winter Olympic Games in 2026: Cortina d'Ampezzo, has been made possible thanks to their ongoing support.

We look forward to seeing you!

Simone Brogioni and Cristina Murgia  
Race Directors



IMPRESSUM  
Credits : Lavaredo 2022  
Photo by Alexis Berg  
Design: Piktogram 42



RUN. LONGER.



Photo by: Osei Pignataro, Athlete: Nicola Giovanelli

BOA®

**DIALED IN.  
PRECISION FIT.**

- **DIALED IN**  
MICRO-ADJUSTABLE PRECISION FIT
- **LOCKED IN**  
DELIVERS INCREASED FOOT SPEED AND  
IMPROVED ANKLE STABILITY
- **CONFIDENT**  
ENGINEERED TO PERFORM  
IN THE TOUGHEST CONDITIONS

**JACKAL II BOA®**

Tackle any terrain, beyond time, beyond distance.  
Maximum stability, cushioning and energy return.  
The trail is at your feet.

**RUN. LONGER.**

DACIA

# NEW DACIA DUSTER

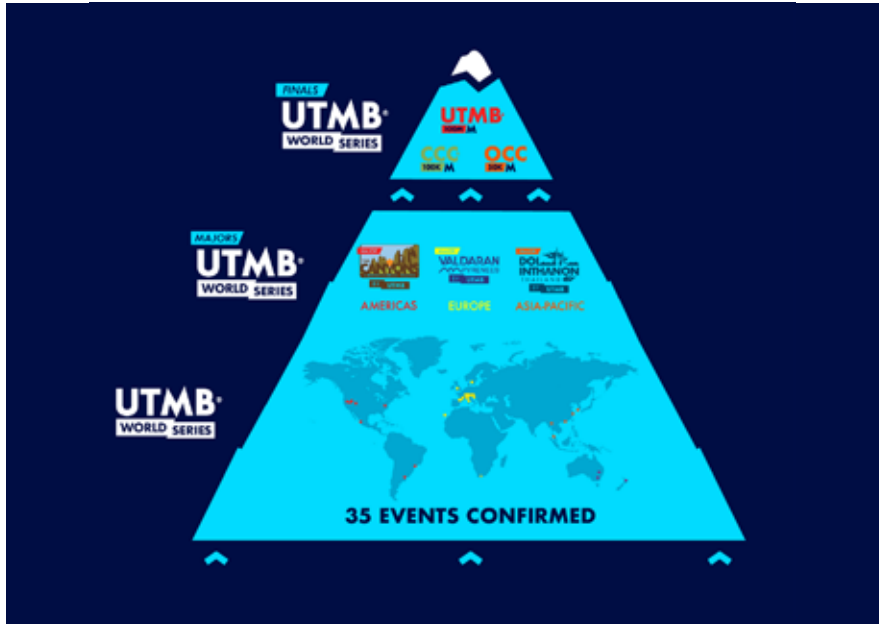
Dacia official automotive  
partner of UTMB® World Series



Range New Dacia Duster : CO2 emission min / max (g/km) (WLTP procedure) : 125/142. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,0. Dacia recommends 

   [DACIA.COM](https://www.dacia.com)

# THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

## FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



## MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



## EVENTS



Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



## RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



## UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100K and 100M.



Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

# DO YOU HAVE YOUR MY UTMB ACCOUNT ?

THIS IS WHERE YOU CAN SEE IT ALL.



**CHECK IT OUT AT [UTMB.WORLD](https://www.utmb.world)**

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends

# UTMB®

## WORLD SERIES

# 2023 FULL

## 36 EVENTS CONFIRMED

### FEBRUARY

11-12 Tarawera™ Ultramarathon by UTMB®  
New-Zealand

17-19 Amazean Jungle by UTMB®  
Thailand

### APRIL

13-16 Istria 100™ by UTMB®  
Croatia

15-16 Ultra-Trail Ninghai by UTMB®  
China

15-16 Desert RATS Trail Running Festival™ by UTMB®  
USA

#### MAJOR

28-29 The Canyons Endurance Runs™ by UTMB®  
USA

### MAY

04-06 Transvulcania by UTMB®  
Spain

11-14 Ultra-Trail Australia™ by UTMB®  
Australia

12-14 Valhöll Argentina by UTMB®  
Argentina

12-14 Ultra-Trail Snowdonia by UTMB®  
Wales

18-21 Trail Alsace Grand Est by UTMB®  
France

26-28 Mountain Ultra-Trail™ by UTMB®  
South Africa

### JUNE

03-04 Trail du Saint-Jacques by UTMB®  
France

17-18 mozart 100™ by UTMB®  
Austria

22-25 La Sportiva® Lavaredo Ultra Trail® by UTMB®  
Italy

24-25 Trail 100 Andorra™ by UTMB®  
Andorra

24-25 Western States® 100-Mile Endurance Run by UTMB®  
USA





# CALENDAR

## FIRMED



### JULY

**06-08** Restonica Trail by UTMB®  
France

#### MAJOR

**06-09** Val d'Aran by UTMB®  
Spain

**07-09** Trail Verbier Saint-Bernard by UTMB®  
Switzerland

**12-16** Eiger Ultra-Trail™ by UTMB®  
Switzerland

**21-22** Speedgoat™ Mountain Races by UTMB®  
USA

### AUGUST

**03-05** KAT100™ by UTMB®  
Austria

#### FINALS

**28 AUG-** UTMB® Mont-Blanc  
**03 SEPT** France, Italy, Switzerland

### SEPTEMBER

**08-10** Julian Alps Trail Run by UTMB®  
Slovenia

**14-17** Wildstrubel by UTMB®  
Switzerland

**22-24** Grindstone Trail Running Festival™ by UTMB®  
USA

**22-24** Paraty Brazil by UTMB®  
Brazil

**28 SEPT** Nice Côte d'Azur by UTMB®  
**01 OCT** France

### OCTOBER

**07-08** Transjeju by UTMB®  
South Korea

**13-15** Kodiak Ultra Marathons by UTMB®  
USA

### NOVEMBER

**03-04** Kullamannen™ by UTMB®  
Sweden

**03-04** Puerto Vallarta México by UTMB®  
Mexico

**10-12** TransLantau™ by UTMB®  
Hong Kong

### DECEMBER

**07-09** Ultra-Trail Kosciuszko™ by UTMB®  
Australia

#### MAJOR

**08-10** Doi Inthanon Thailand by UTMB®  
Thailand



# PROGRAM / TIMETABLE

## WEDNESDAY 21<sup>ST</sup>

Time	Location		What
18:00-21:00	Fiames Sport Center		BIB collection Lavaredo 10K
22:00	Fiames Sport Center		START! Lavaredo 10K
23:15-23:30	Fiames Sport Center		Prize giving Lavaredo 10K

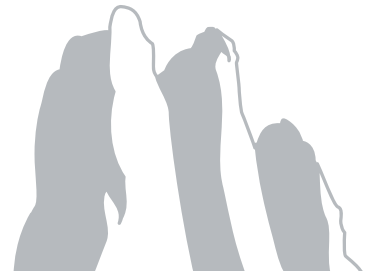
## THURSDAY 22<sup>ND</sup>

Time	Location		What
07:30	La Sportiva Store, Corso Italia		Morning run with La Sportiva athletes
10:00-19:00	Cortina Ice Stadium	 	EXPO & BIB collection Lavaredo 20K+50K
11:00	Corso Italia, Cortina		START! Kids Race
17:00	Corso Italia, Cortina		START! Lavaredo 20K
20:30-21:00	Conchiglia Piazza Dibona		Prize giving Lavaredo 20K
21:00	La Sportiva Hub, Corso Italia		Movie Night with Michele Graglia and Anton Krupicka

## FRIDAY 23<sup>RD</sup>

Time	Location		What
07:30	La Sportiva Store, Corso Italia		Morning run with La Sportiva athletes
08:00	Corso Italia, Cortina		START! Lavaredo 50K
10:00-19:00	Cortina Ice Stadium	 	EXPO & BIB collection Lavaredo 80K+120K
19:00	Conchiglia Piazza Dibona		Prize giving Lavaredo 50K
20:30	La Sportiva Hub, Corso Italia		The killbilly's in concert
22:30-23:00	La Sportiva Hub, Corso Italia		Presentation of Lavaredo 120K Elite Runners
23:00	Corso Italia, Cortina		START! Lavaredo 120K

# PROGRAM / TIMETABLE



## SATURDAY 24<sup>TH</sup>

Time	Location		What
07:00	San Vito di Cadore		START! Lavaredo 80K
12:00	Rifugio Col Gallina		Aperitivo La Sportiva
16:00	La Sportiva Hub, Corso Italia		La Sportiva Party and DJ Set

## SUNDAY 25<sup>TH</sup>

Time	Location		What
12:00-13:00	Conchiglia Piazza Dibona		Prize giving Lavaredo 120K+80K



wahoo



ELEMENT RIVAL



CHOICE OF  
**CHAMPIONS**

**UTMB<sup>®</sup>**  
WORLD SERIES

wahoo

TECHNICAL PARTNER



# MADE IN BARCELONA



## SUSTAINABLE HEADWEAR PRODUCED IN OUR HOME FACTORY

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



📍 Els Bunkers del Carmel, Barcelona

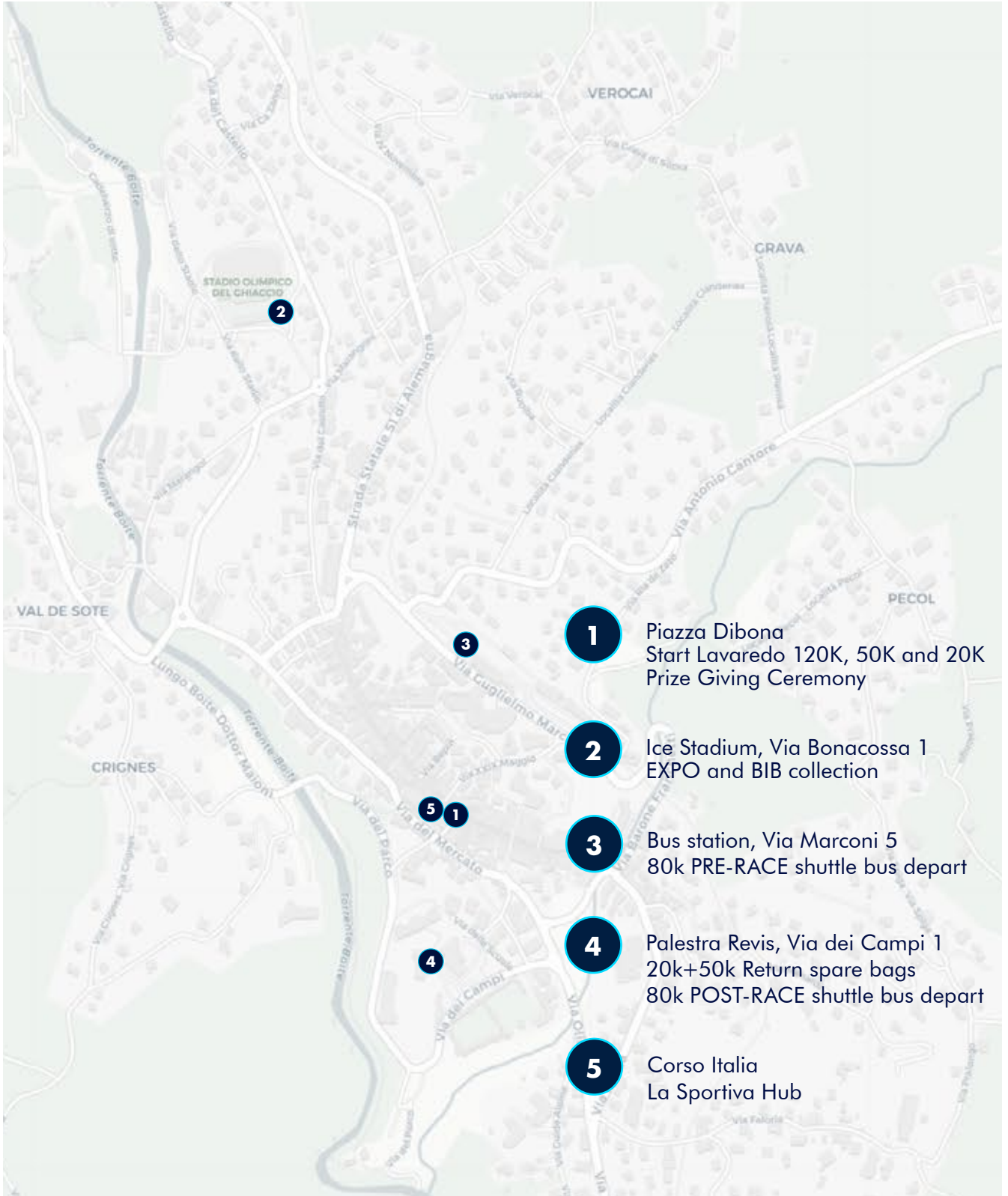
[BUFF.COM](https://buff.com)

# CORTINA MAP

## REGISTRATIONS OFFICE ADDRESS BIB DISTRIBUTION



**Ice Stadium, Via Bonacossa 1  
Cortina d'Ampezzo**



- 1** Piazza Dibona  
Start Lavaredo 120K, 50K and 20K  
Prize Giving Ceremony
- 2** Ice Stadium, Via Bonacossa 1  
EXPO and BIB collection
- 3** Bus station, Via Marconi 5  
80k PRE-RACE shuttle bus depart
- 4** Palestra Revis, Via dei Campi 1  
20k+50k Return spare bags  
80k POST-RACE shuttle bus depart
- 5** Corso Italia  
La Sportiva Hub



UTMB®

BY

UTMB®

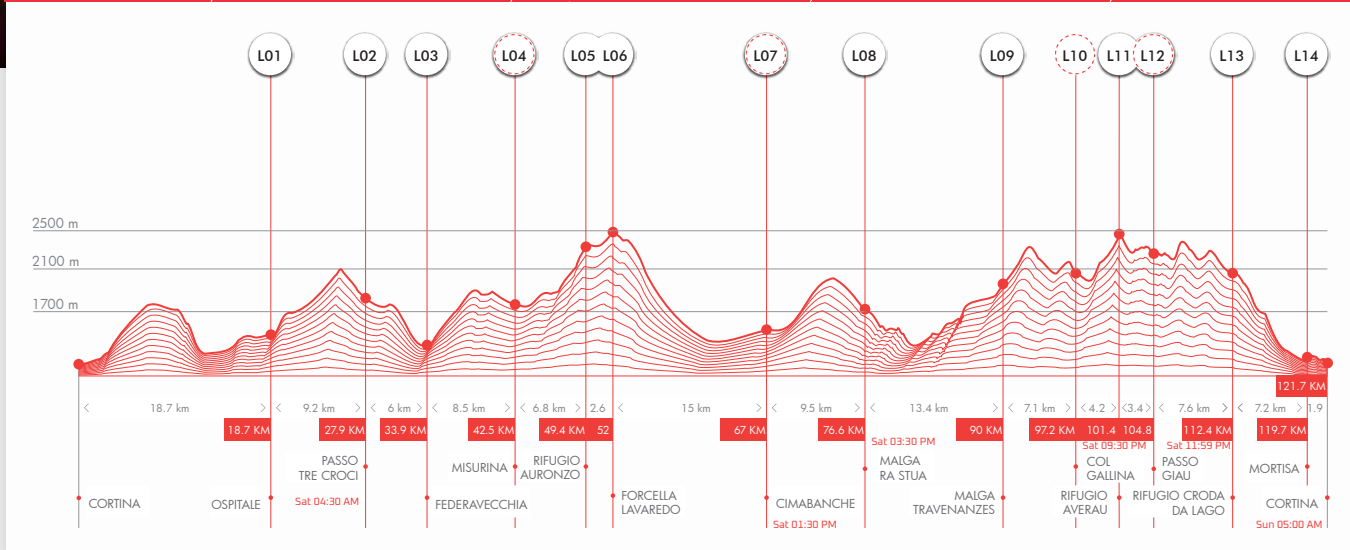
# Lavaredo 120K

RACE CATEGORY

**100M**



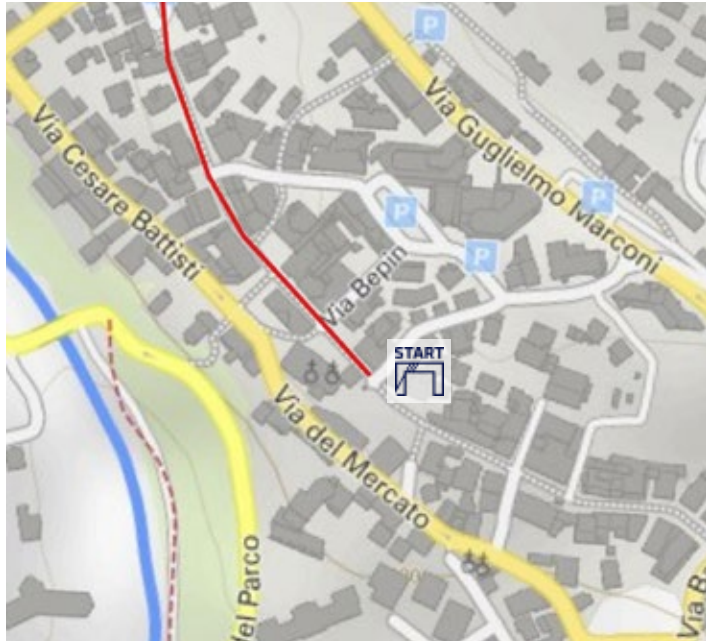
Distance 120 KM	Elevation gain 5800 m D+	Start place Cortina d'Ampezzo	Start date 23/06/2023	Start time 23:00
--------------------	-----------------------------	----------------------------------	--------------------------	---------------------



CHECKPOINT - no assistance permitted

CHECKPOINT with assistance permitted

## START MAP



## RACE INFO

**START**  
**START**  
 CORTINA D'AMPEZZO  
 Corso Italia  
 FRIDAY 23<sup>rd</sup> @ 23:00

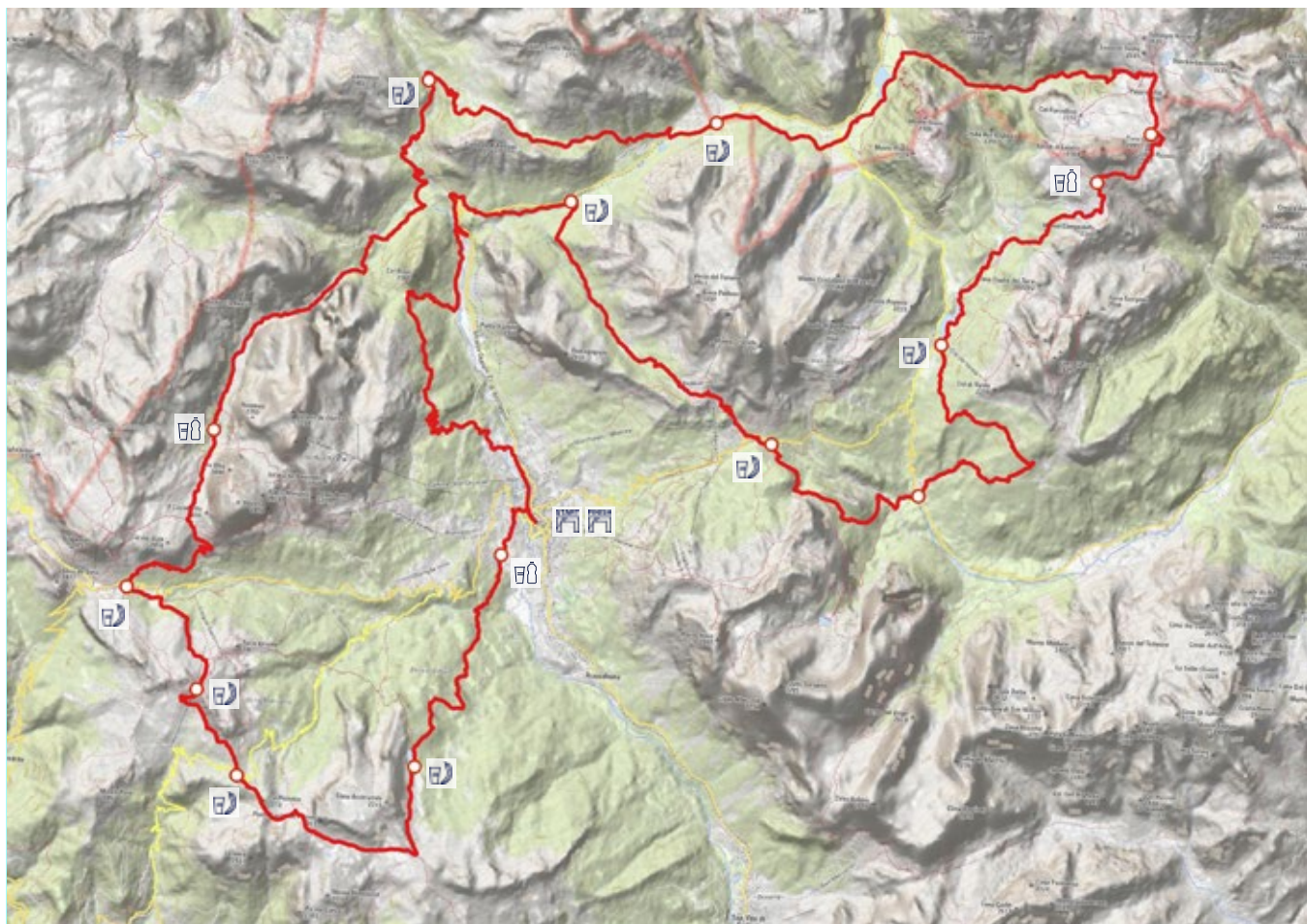
**AWARD CEREMONY**  
**AWARD CEREMONY**  
 CORTINA D'AMPEZZO  
 Conchiglia Piazza Dibona  
 SUNDAY 25<sup>th</sup> @ 12:00

**RACE RULES**  
**RACE RULES**  
 Scan the code





# MAP



 STARTING LINE

 FINISH LINE

 AID STATION

 DRINK SUPPLY



## AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1210	0	0	0	0	Fri 23:00		   
Ospitale	1483	18,7	18,7	833	560	Sat 00:16		  
Passo Tre Croci	1798	9,2	27,9	1494	906	Sat 01:09	Sat 04:30	  
Federavecchia	1385	6	34	1566	1393	Sat 01:35		
Misurina	1762	8,5	42,5	2139	1587	Sat 02:27	Sat 08:00	  
Rifugio Auronzo	2308	7,2	4938	2740	1642	Sat 03:18		 
Forcella Lavaredo	2456	2,6	52,4	2901	1657	Sat 03:36		
Cimabanche	1532	15	67,4	3038	2717	Sat 04:49	Sat 13:30	  
Malga Ra Stua	1705	9,5	77	3571	3076	Sat 05:51	Sat 15:30	
Malga Travenanzes	1985	13,3	90,4	4373	3598	Sat 07:20		 
Col Gallina	2058	7,1	97,5	4868	4020	Sat 08:14	Sat 21:30	  
Rifugio Averau	2417	4,1	101,7	5348	4141	Sat 08:51		
Passo Giau	2243	3,3	105,1	5456	4423	Sat 09:13	Sat 23:59	  
Rifugio Croda da Lago	2051	7,6	112,8	5773	4933	Sat 10:04		 
Mortisa	1254	7,4	120,2	5861	5817	Sat 10:48		
Cortina d'Ampezzo	1221	1,9	122,2	5917	5906	Sat 11:00	Sun 05:00	    



STARTING LINE



FINISH LINE



AID STATION



ORGANISATION BUS



DROP BAG



MEDICAL STATION



WC



DRINK SUPPLY



CHECKPOINT with assistance permitted

CAMELBAK®

NEW ZEPHYR™ PRO VEST

REDEFINE  
WHAT'S  
POSSIBLE



VISIT [CAMELBAK.EU](https://www.camelbak.eu) FOR MORE INFORMATION

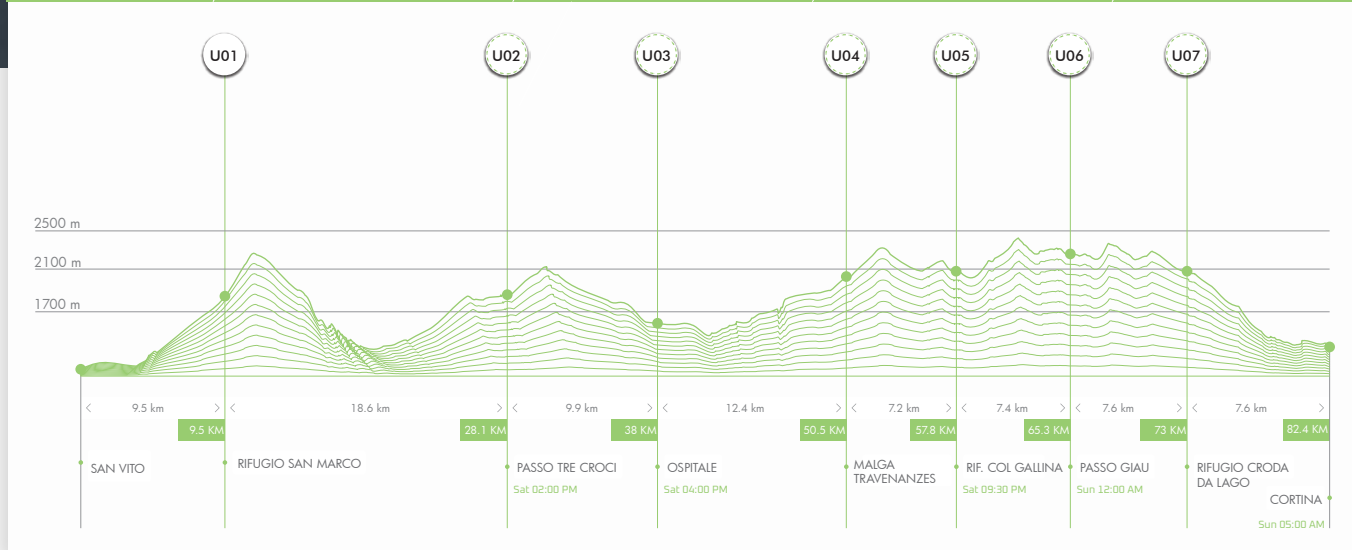
# Lavaredo 80K

RACE CATEGORY

**100K M**



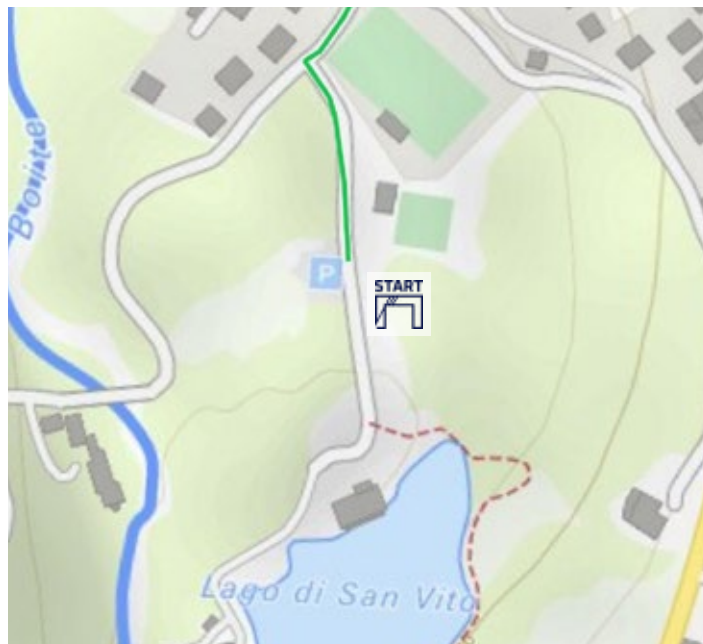
Distance 80 KM	Elevation gain 4600 m D+	Start place San Vito di Cadore	Start date 24/06/2023	Start time 07:00
-------------------	-----------------------------	-----------------------------------	--------------------------	---------------------



CHECKPOINT - no assistance permitted

CHECKPOINT with assistance permitted

## START MAP



## RACE INFO

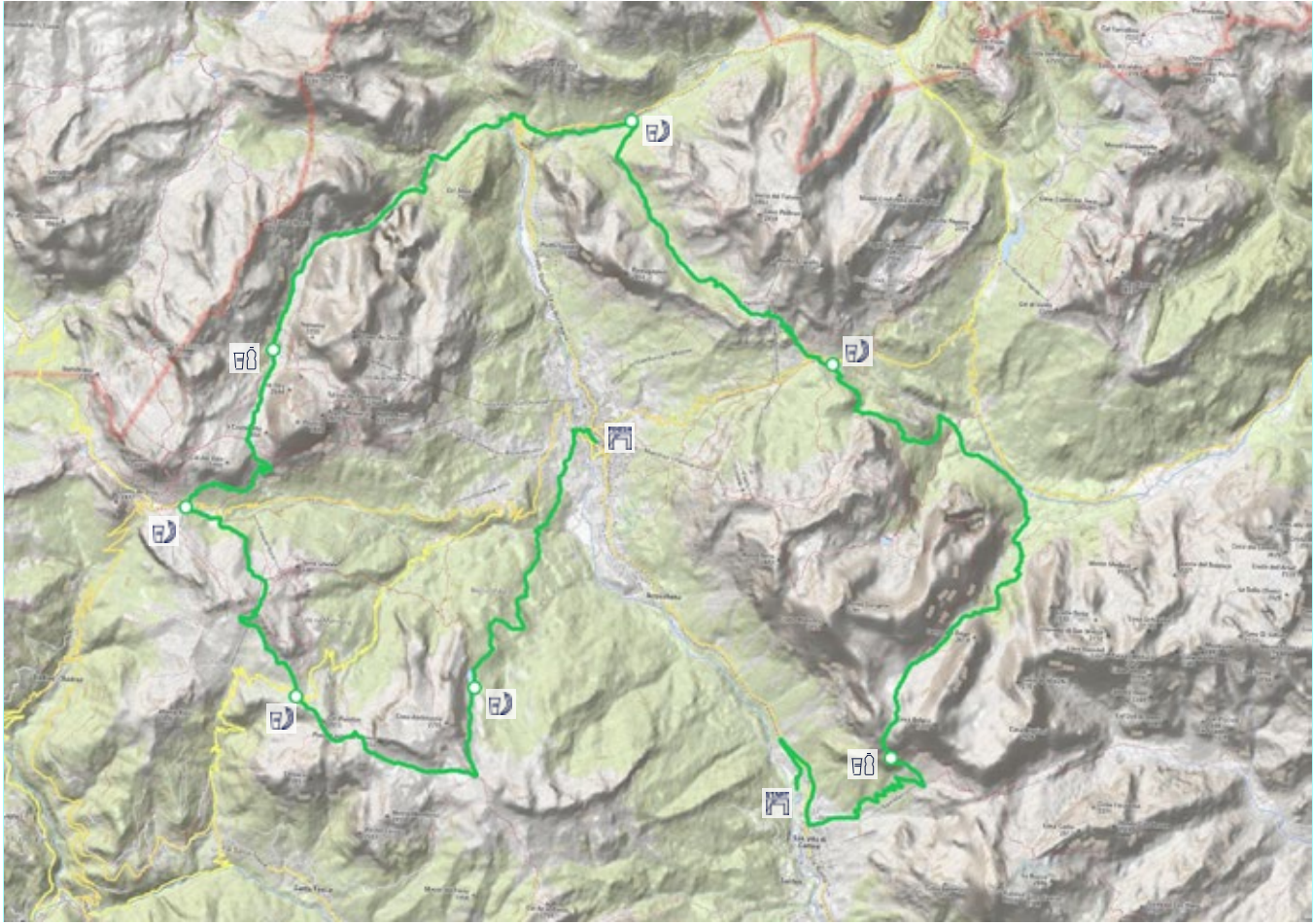
**START** **START**  
SAN VITO DI CADORE  
Mosigo Lake  
SATURDAY 24<sup>th</sup> @ 07:00

**AWARD CEREMONY**  
CORTINA D'AMPEZZO  
Conchiglia Piazza Dibona  
SUNDAY 25<sup>th</sup> @ 12:00

**RACE RULES**  
Scan the code



# MAP



**START**  
STARTING LINE



































**FINISH**  
FINISH LINE

**AID STATION**

**DRINK SUPPLY**



## AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
San Vito di Cadore	977	0	0	0	0	Sat 07:00		  
Rifugio San Marco	1801	9,5	9,5	928	105	Sat 07:47		  
Passo Tre Croci	1798	9,5	18,6	2484	1664	Sat 09:41	Sat 14:00	    
Ospitale	1489	9,9	38	2834	2321	Sat 10:30	Sat 16:00	
Malga Travenanzes	1985	12,4	50,5	3615	2607	Sat 11:40		
Rifugio Col Gallina	2058	7,2	57,8	4117	3037	Sat 12:27	Sat 21:30	    
Passo Giau	2243	7,4	65,3	4699	3430	Sat 13:20	Sat 23:59	    
Rifugio Croda da Lago	2051	7,6	73	5016	3943	Sat 14:05		   
Cortina d'Ampezzo	1221	9,4	82,4	5163	4919	Sat 15:00	Sun 05:00	      

 STARTING LINE	 FINISH LINE	 AID STATION	 ORGANISATION BUS	 SHOWER	 DROP BAG
 MEDICAL STATION	 REST AREA	 WC	 DRINK SUPPLY	 CHECKPOINT with assistance permitted	 HOT FOOD

## SHUTTLE SERVICE FOR ATHLETES

When	Time and location of the departure
PRE-RACE	Departure to San Vito di Cadore: 6:00 am for those athletes who have reserved a seat. Bus Station, Via Guglielmo Marconi 5, Cortina d'Ampezzo
POST-RACE	Departure to San Vito di Cadore: from Saturday, 5:00 pm to Sunday 05:00 am, every hour, for those athletes who have reserved a seat. Olympic Ice Stadium, Via Bonacossa 1, Cortina d'Ampezzo



# R2<sup>3.0</sup> CALF SLEEVES



### Compression Grid Pattern

Targeted high level muscle support.

**Decreasing the risk of injury and cramps.**



### Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

**Less chance of shin splints & stomach inflammation**



### Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

**Added support & less inflammation**



### Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

**Less chance of sprained ankles**

**MICRO GAINS, MACRO RESULTS.**



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



[www.compressport.com](http://www.compressport.com)



S

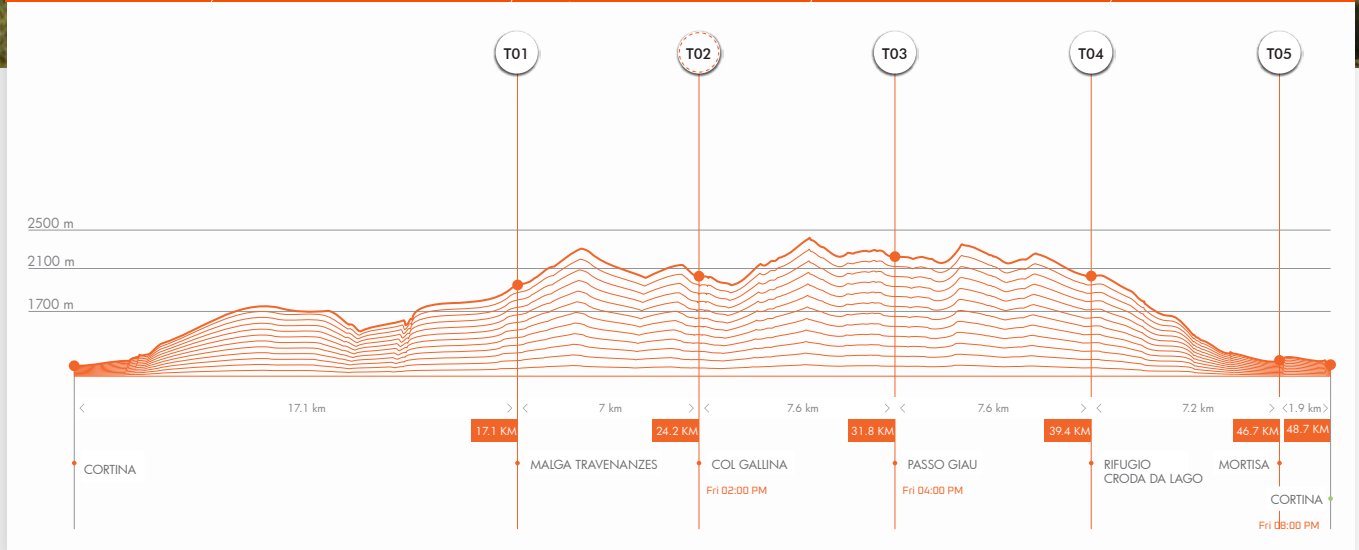
# Lavaredo 50K

RACE CATEGORY

**50K M**



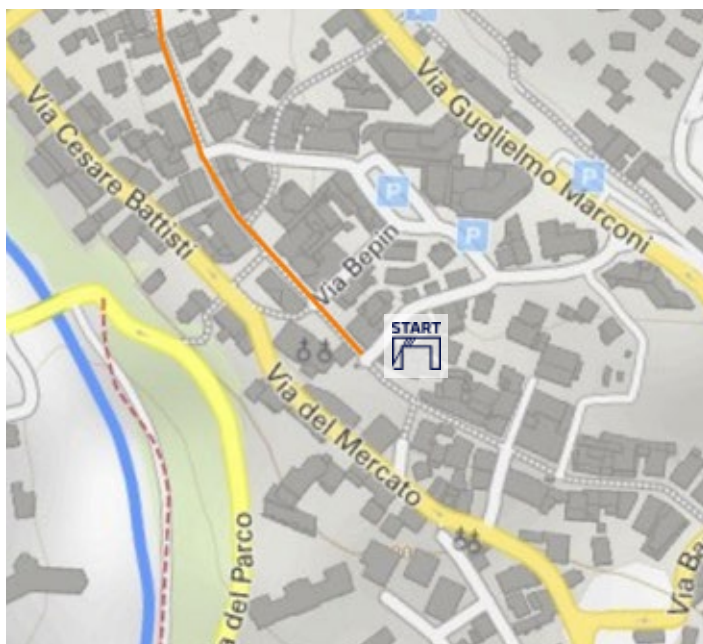
Distance 50 KM	Elevation gain 2600 m D+	Start place Cortina d'Ampezzo	Start date 23/06/2023	Start time 08:00
-------------------	-----------------------------	----------------------------------	--------------------------	---------------------



CHECKPOINT - no assistance permitted

CHECKPOINT with assistance permitted

## START MAP



## RACE INFO

**START**  
**START**  
 CORTINA D'AMPEZZO  
 Corso Italia  
 FRIDAY 23<sup>rd</sup> @ 08:00

**AWARD CEREMONY**  
**AWARD CEREMONY**  
 CORTINA D'AMPEZZO  
 Conchiglia Piazza Dibona  
 FRIDAY 23<sup>rd</sup> @ 19:00

**RACE RULES**  
**RACE RULES**  
 Scan the code





# MAP



**START**  
STARTING LINE

**FINISH**  
FINISH LINE

**AID STATION**

**DRINK SUPPLY**

## AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1210	0	0	0	0	Fri 08:00		
Malga Travenanzes	1985	17,1	17,1	1154	379	Fri 09:23		
Col Gallina	2058	7	24.2	1634	786	Fri 10:03	Fri 14:00	
Passo Giau	2243	7	31.8	2222	1189	Fri 10:50	Fri 16:00	
Rifugio Croda da Lago	2051	7,6	39,4	2541	1701	Fri 11:30		
Mortisa	1254	7,2	46,7	2599	2555	Fri 12:05		
Cortina d'Ampezzo	1221	1,9	48,7	2655	2644	Fri 12:15	Fri 20:00	



# ULTRA NUTRITION GUIDE

Our nutrition guide will give you all the keys to reach your ultra endurance goals. It's up to you to adapt them to your diet, your training program and your race objectives.



## 3 WEEKS BEFORE THE RACE

### Test your nutrition

Train your gut to process big quantities of calories. Track your food and water intake to determine what works best for you.

Example : Train to ingest 300- 350 Kcal\* per hour, with 1 dose of Ultra Energy™ Drink Mix and ½ bar.

### Adopt a healthy diet

Stock up on good nutrients through a well-balanced diet in the last weeks before the race.

Example : Opt for a plate that provides 50% carbohydrates, 25% vegetables and 25% protein. Complete your meal with a portion of fruit.

## 3 DAYS BEFORE THE RACE

### Carb loading

Get 400 - 500g of carbohydrates per day\* to increase your glycogen stores to improve your endurance during race day (carb loading).

Favor foods with a low glycemic index such as bread, pasta, rice or quinoa.

Example: 150g of rice = 115g of carbohydrates, 2 slices of bread (60g) + 2 tablespoons of Protein Nut Butter = 40g of carbohydrates.

### Avoid risky food

Rule out raw vegetables, legumes, whole grains and spicy foods to prevent the risk of digestive complications on race day.

Example : Opt for a plate that provides 50% carbohydrates, 25% vegetables and 25% protein. Complete your meal with a portion of fruit.

#### Näak's tip

Make your last outing in race condition 10 days before the event, to validate your equipment and your nutrition.

## 3 HOURS BEFORE THE RACE

### Optimize your food

The last meal should be easily digestible, energizing and balanced for optimal gastric comfort. Hydrate regularly, in small quantities.

Example: 1 bowl of oatmeal with 1 banana and 2 tablespoons of honey = 125g of carbohydrates.

#### Näak's tip

Prepare half a portion of the drink mix (1 scoop in 500ml) to sip 1 hour before the race to prepare your body for the exercise and to make sure you are well hydrated.



## DURING THE RACE



### Maintain a constant energy level

Ingest 300 - 350 Kcal\* per hour including 40-80g\* of carbohydrates to ensure a steady supply of energy.

### Hydrate well

Drink 500 to 600 ml\* of water per hour during exercise. Don't forget that a lack of water is associated with a drop in performance and can cause digestive problems.

### Supplement with BCAAs

Take at least 1g of BCAAs per hour\* to reduce muscle fatigue. Supplementing with BCAAs helps improve muscle resistance and optimize glycogen stores during a long endurance activity.

#### NÄAK ULTRA ENERGY™ PRODUCTS

PRODUCT MIX	1 Dose Drink Mix 1/2 Bar	1 Dose Drink Mix 1 Waffle	1 Bar 1 Waffle
PROTEINS	11.5g	11g	10g
BCAAs	1.8g	1.7g	1.5g
ELECTROLYTES	850mg	840mg	630mg
CARBS	66g	71g	38g
CALORIES	350kcal	390kcal	330kcal

#### Näak's tip

Cut your energy bar (200 Kcal) into 4 pieces (50 Kcal/piece) to spread your calorie intake over 1 hour.

## AFTER THE RACE



Eat in the 30 minutes following your race to ensure a successful recovery.

In this timeframe, a metabolic window appears: the nutrients you are going to consume will be more quickly assimilated by your body.

### Recharge your glycogen stores

Consume 80-100g\* of carbohydrates within 30 minutes after your effort.

### Optimize your muscle recovery

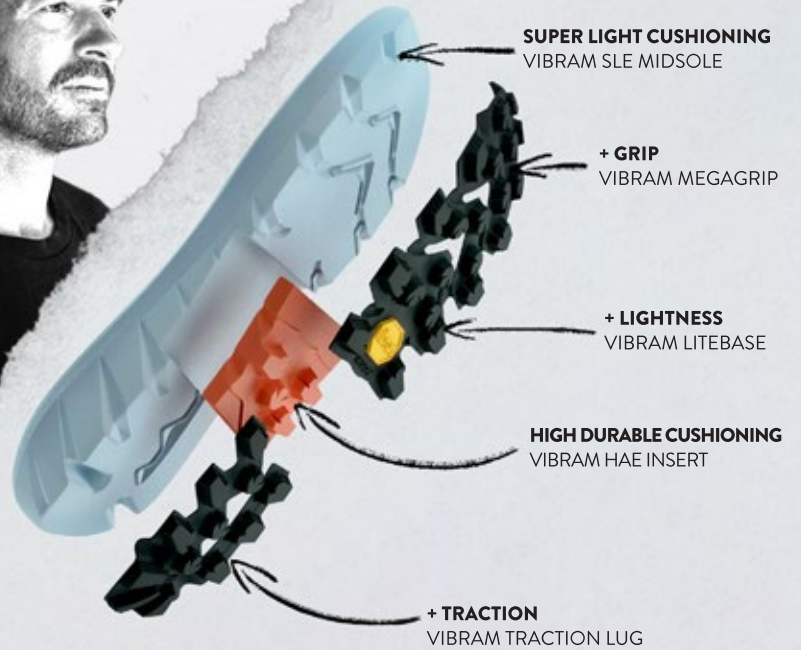
To help your muscles rebuild and reduce muscle soreness, make sure to provide your body with 20-25g\* of complete protein rich in BCAAs.

\*for an adult of 70kg with a daily requirement of 2500 Kcal.

#### Näak's tip

Prepare a smoothie with 1 portion of Ultra Recovery Vanilla, 1 whole banana and 30g of oat flakes (65g of carbohydrates and 30g of protein). Spread 1 tablespoon of protein nut butter on the waffle of your choice, it is giving you 20g of carbohydrates and 8g of protein in one bite.

# VIBRAM ELITE SOLE X GEDIMINAS GRINIUS



E L I T E S O L E E L I T E S O L E



## THANKS TO ALL OUR LOCAL SUPPLIERS



Ospedale Cortina  
Cortina d'Ampezzo





All the information you need to follow, support and immerse yourself in the event on a single application

## Main features :



### Follow an event :

Access general event information, follow your family or friends live or relive a past event.



### Find and follow a runner :

Follow the progress of a runner in detail including their speed, last point of passage, the estimated arrival at their next point of passage and find their videos (if option LiveCam).



### Orientate yourself around the course :

View all the routes including the time barriers and utilize the GPS navigation to find waypoints.



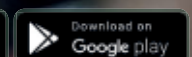
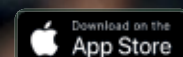
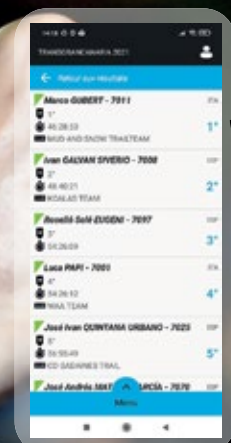
### Create a specific roadbook :

To assist a group, enter your list of favorites, configure the waypoints where you want to see all the runners and the application will do the rest of the work according to your journey times.



### Make a favorites list :

Select multiple runners to follow and keep up to date on their progress through automatic notifications.





*The runner's digital swiss army knife! Optimize your race management, stay connected with your friends participating in the same race, and share your adventure with your loved ones*

## Main features:



### Safety during the race :

Report your abandonment, send an SOS or call the Race Direction.



### Ghost Runner :

Set up a ghost runner based on your UTMB®Index or time goal and receive notifications to let you know if you're on track.



### Landmarks on the course :

Find out the next important waypoints with the estimated time to get there.



### Sharing on social networks :

Share your race progress on your social networks in one click to update your friends. Also share your personalized certificate at the end of the race.



### Follow your friends :

For friends on the same race, follow them to know if you are in front or behind, and by how long. For those on another race, keep up to date their progress without changing the app



### GPS tracking :

Use your smartphone as a GPS beacon to send information directly to your runner file on the live tracking site.





**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



 **F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



# LACOOOPERATIVA DICORTINA

Darsi appuntamento qui è come entrare in un piccolo mondo, che ti offre calore, ospitalità e soddisfa ogni tuo desiderio: 100 mila articoli, 200 persone al tuo servizio, 130 anni di esperienza, nel grande magazzino più importante delle Dolomiti. Quando sei a Cortina, vieni in Cooperativa.  
Corso Italia, 40 - tel. 0436 861245 - info@coopcortina.com - www.coopcortina.com

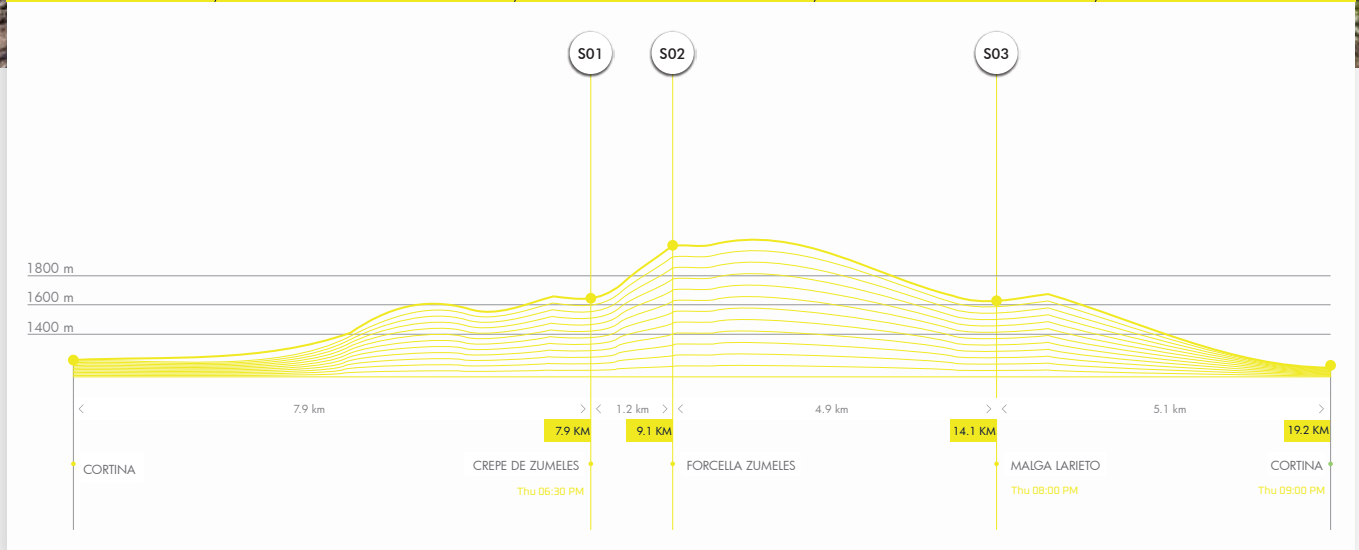
# Lavaredo 20K

RACE CATEGORY

**20K / M**

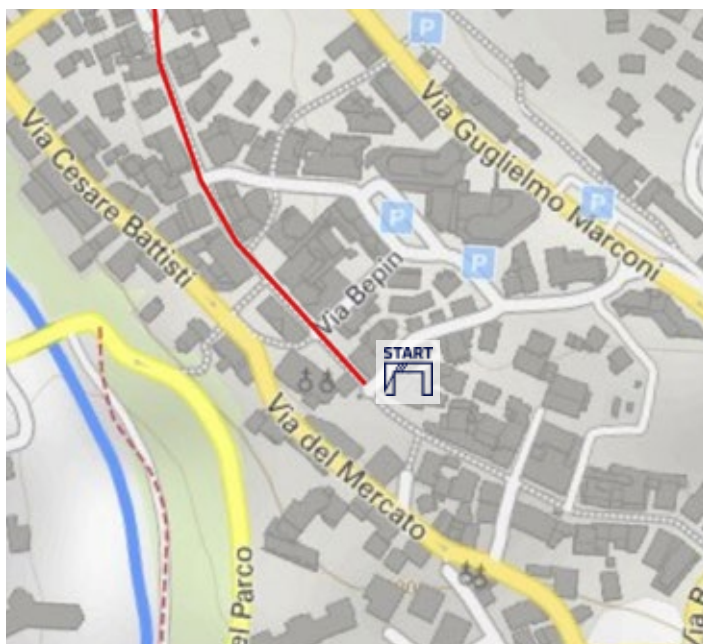


Distance 20 KM	Elevation gain 1000 m D+	Starting place Cortina d'Ampezzo	Start date 22/06/2023	Time of departure 17:00
-------------------	-----------------------------	-------------------------------------	--------------------------	----------------------------



CHECKPOINT - no assistance permitted

## START MAP



## RACE INFO



**START**  
CORTINA D'AMPEZZO  
Corso Italia  
THURSDAY 22<sup>nd</sup> @ 17:00 AM



**AWARD CEREMONY**  
CORTINA D'AMPEZZO  
Conchiglia Piazza Dibona  
THURSDAY 22<sup>nd</sup> @ 20:30

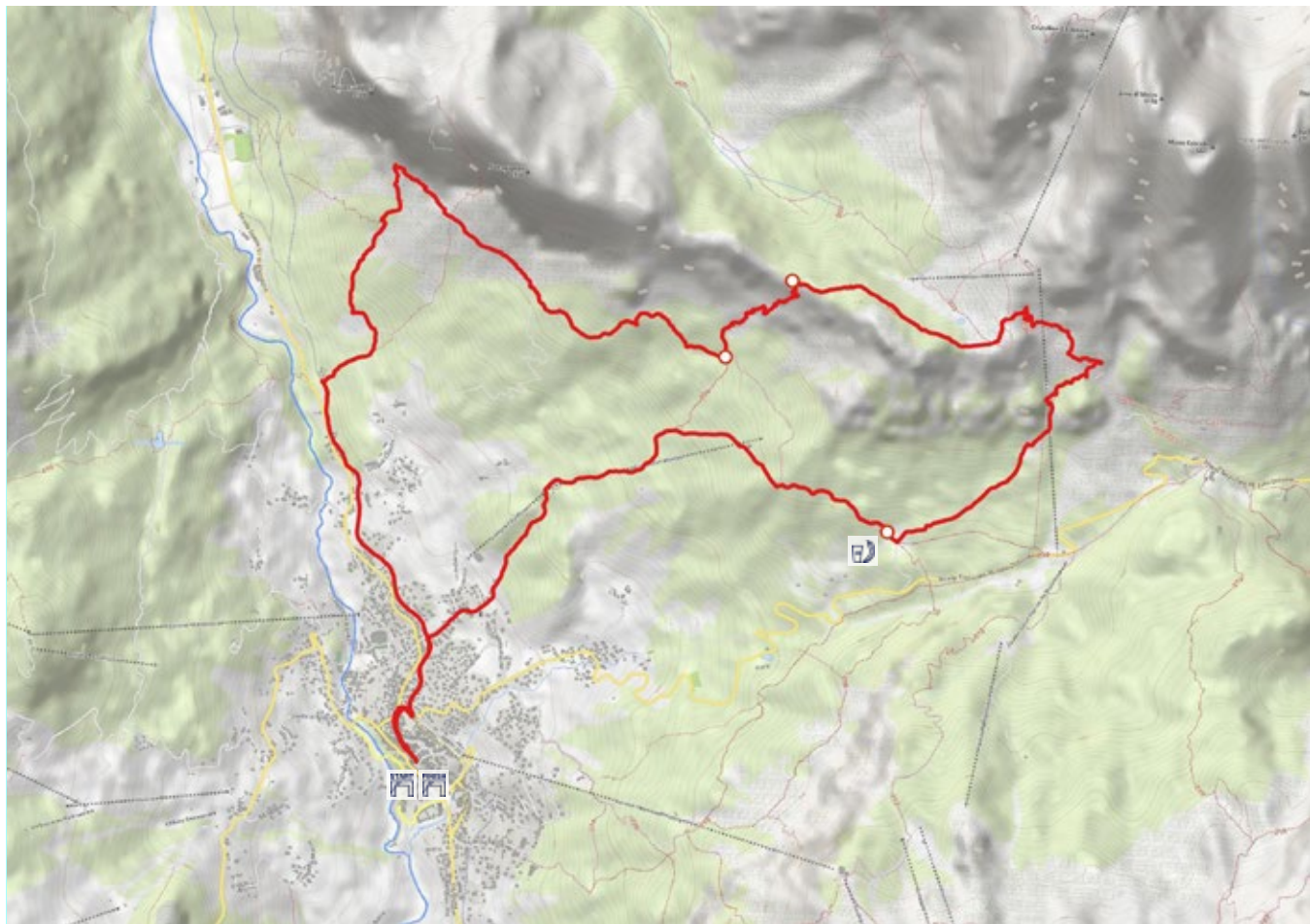


**RACE RULES**  
Scan the code





## MAP






 STARTING LINE

 FINISH LINE

 AID STATION

 DRINK SUPPLY

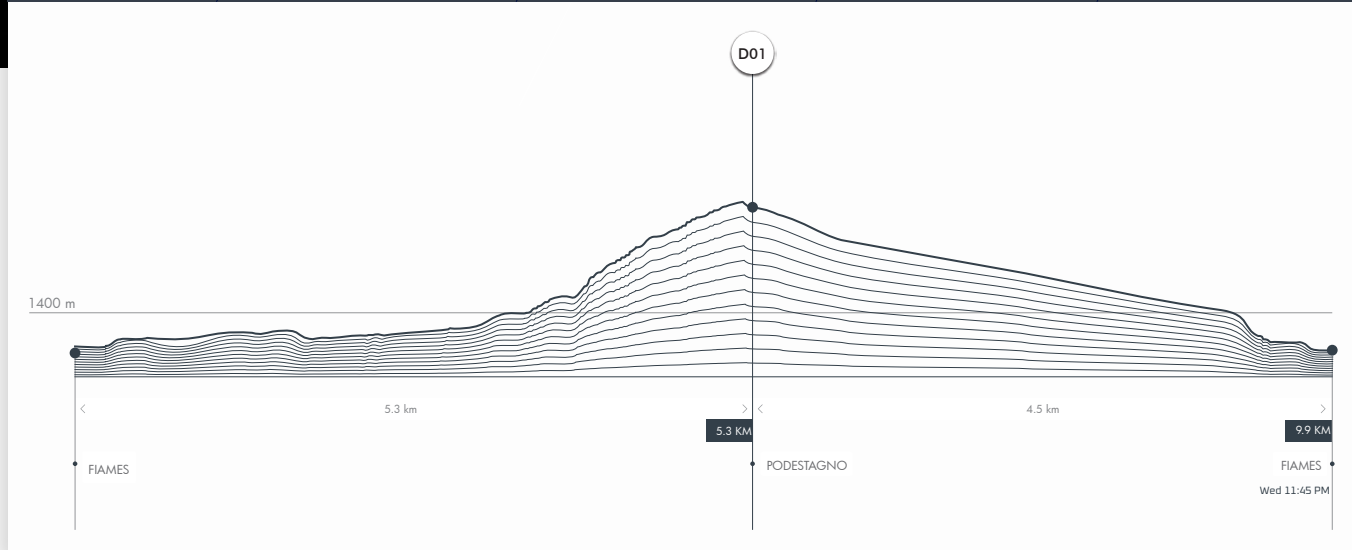
## AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1216	0	0	0	0	Thu 17:00		
Crepe de Zumeles	1633	7,9	7,9	530	113	Thu 17:34	Thu 18:30	
Forcella Zumeles	1994	1,2	9,1	889	113	Thu 17:48		
Malga Larieto	1608	4,9	14,1	969	577	Thu 18:09	Thu 20:00	
Cortina d'Ampezzo	1164	5,1	19,2	1028	1079	Thu 18:30	Thu 21:00	

# Lavaredo 10K



<b>Distance</b> 10 KM	<b>Elevation gain</b> 200 m D+	<b>Starting place</b> Fiames Sport Center	<b>Start date</b> 21/06/2023	<b>Time of departure</b> 22:00
--------------------------	-----------------------------------	--	---------------------------------	-----------------------------------



CHECKPOINT - no assistance permitted

## START MAP



## RACE INFO

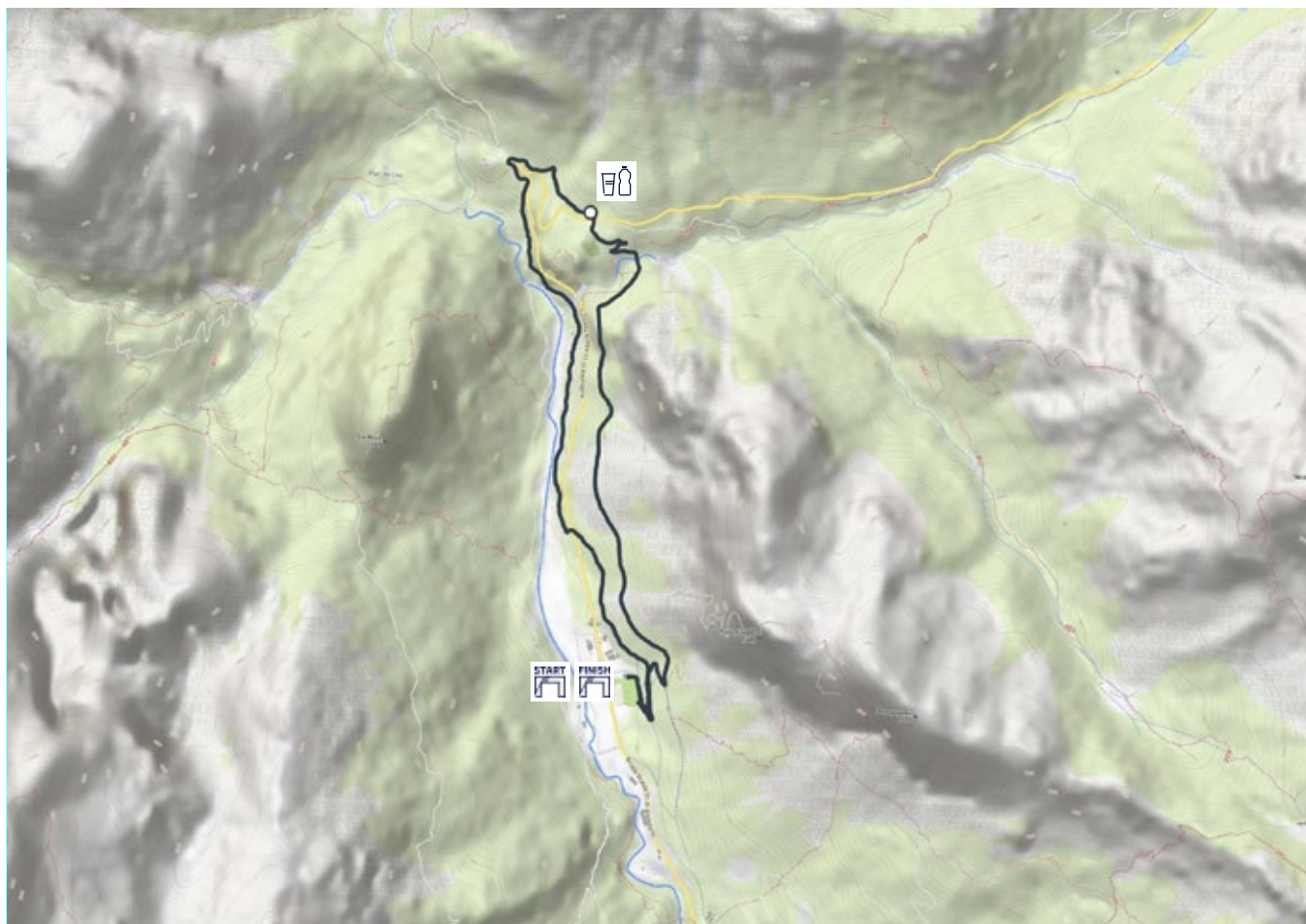
**START**  
**START**  
 CORTINA D'AMPEZZO  
 Fiames Sport Center  
 WEDNESDAY 21<sup>st</sup> @ 22:00

**AWARD CEREMONY**  
 CORTINA D'AMPEZZO  
 Fiames Sport Center  
 WEDNESDAY 21<sup>st</sup> @ 23:15

**RACE RULES**  
 Scan the code



## MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY

## AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Fiames	1359	0	0	0	0	Wed 22:00		
Podestagno	1533	5,3	5,3	193	19	Wed 22:21		
Fiames	1359	4,5	9,9	193	193	Wed 22:38	Wed 23:45	

## SHUTTLE SERVICE FOR ATHLETES

When	Time and location of the departure
PRE-RACE	Departure to Fiames Sport Center: 8:00 pm and 8:30 pm for those athletes who have reserved a seat. Bus Station, Via Guglielmo Marconi 5, Cortina d'Ampezzo
POST-RACE	Departure to Bus Station, Via Guglielmo Marconi 5: from 11 pm to midnight, for those athletes who have reserved a seat. Fiames Sport Center

# Ospedale Cortina

# PER LA SALUTE DI OGNI PERSONA, LA RICERCA DEL MEGLIO.



Ortopedia  
e Traumatologia

Punto di  
Primo Intervento

Chirurgia  
protesica

Cardiologia

Medicina fisica  
e Riabilitazione

Allergologia  
e Pneumologia

L'Ospedale Cortina, accreditato con il Servizio Sanitario Nazionale, fa parte di GVM Care & Research, gruppo ospedaliero italiano con ospedali di Alta Specialità e polispecialistici in 10 regioni italiane oltre a 6 paesi esteri.

L'Ospedale Cortina esprime la filosofia del Gruppo basata sull'**umanizzazione delle cure**, sulla **centralità del paziente** e sull'**approccio medico multidisciplinare**, con **percorsi personalizzati di prevenzione, diagnosi e cura** anche tramite **innovativi Check-Up**.

La struttura è dotata inoltre di **Punto di Primo Intervento**, **Punto Prelievi** e di apparecchiature diagnostiche all'avanguardia come **TAC**, **Risonanza Magnetica**, **Mammografo**, **OPT per la diagnostica dentale**, **Ecografi** ed **Ecocolordoppler**.

L'Ospedale è accreditato con il Servizio Sanitario Nazionale e convenzionato con Fondi Sanitari Integrativi, Casse Mutua e Assicurazioni Sanitarie.



**Ospedale Cortina**  
Cortina d'Ampezzo

Via Codivilla 23 - Cortina d'Ampezzo (BL)

☎ 0436.883111

[www.ospedalecortina.it](http://www.ospedalecortina.it)

**Ospedale Cortina.**  
**Dove la tua salute**  
**viene prima di tutto.**



Ospedale Cortina  
Cortina d'Ampezzo



**GVM**  
CARE & RESEARCH



**CONTACT:**

[lavaredo@service.byutmb.world](mailto:lavaredo@service.byutmb.world)

**FOLLOW US:**



[lavaredo.utmb.world](http://lavaredo.utmb.world)