



# ISTRIA 100

BY **UTMB**



# RACE GUIDE

04 - 07 APRIL 2024

**UTMB**<sup>®</sup>  
WORLD SERIES

**HOKA**  
FLY HUMAN FLY

DACIA

SUUNTO

näak

 GRAD UMAG  
CITTÀ DI UMAGO

umag

<https://istria.utmb.world/>



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# ISTRIA 100

BY **UTMB**

## IT'S ON.

Dear trail runner,

It is an honour to present to you the beautiful peninsula of Istria and its trails. This year's race is celebrating 11th edition, and we are happy you will be part of it, creating history itself. Through five distances, you will discover diverse trails and get a chance to explore Istria, its rich history of uphill medieval towns, beautiful vineyards and numerous olive oil trees, whether you are running 100 miles across the peninsula or a shorter distance.

Trail running has a different meaning for each of us, but one thing is common: respect nature, respect the community where the race is taking place as this is someone's home and respect each other as we are all together creating a big, unique trail running community.

To make your race in Istria as smooth as possible, we created this guide to show you the most important information for better planning of the race, which will also help your supporters to follow the race easier.

We wish you a fantastic race to accomplish all your goals and showcase your best result to the world.

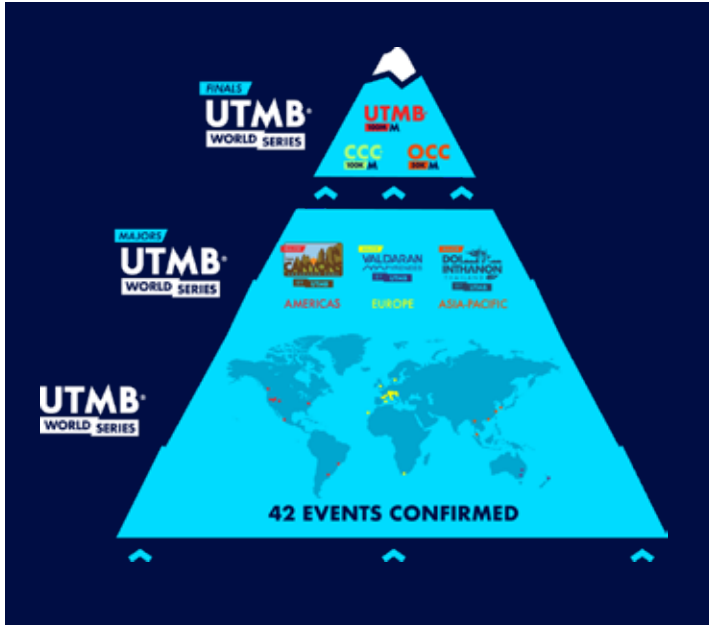
Welcome to the 11th edition of Istria 100 by UTMB!

RACE DIRECTORS  
Ivana MALOVIĆ GREGURIĆ  
Marko GREGURIĆ

IMPRESSUM  
Credits : Sport box d.o.o.  
Photo by shutterport.eu & Portrait of an Athlete  
Design: Piktogram 42

**UTMB**<sup>®</sup>  
**WORLD SERIES**

# MEET YOUR EXTRAORDINARY



Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations, the UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle Dacia UTMB® Mont-Blanc.

## FINALS

The mythic Dacia 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 210 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 while showcasing the unique aspects that each race destination offers at 42 Events around the world. Begin your quest to Dacia 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 give 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. Your UTMB® Index is also used to define your start wave. There are over 5500 UTMB® Index races around the world where you can validate or help to improve your UTMB® Index.

**DO YOU HAVE YOUR  
MY UTMB ACCOUNT ?**

**THIS IS WHERE YOU CAN SEE IT ALL.**



**CHECK IT OUT AT  
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



## OCEANIA

- 17-18 FEB** Tarawera Ultra-Trail by UTMB®  
New Zealand
- 16-19 MAY** Ultra-Trail Australia™ by UTMB®  
Australia
- 28-30 NOV** Ultra-Trail Kosciuszko™ by UTMB®  
Australia

## EUROPE

- 22-24 MAR** Chianti Ultra Trail by UTMB®  
Italy
- 04-07 APRIL** Istria 100™ by UTMB®  
Croatia
- 10-12 MAY** Ultra-Trail Snowdonia by UTMB®  
Wales
- 17-20 MAY** Trail Alsace Grand Est by UTMB®  
France
- 01 JUNE** mozart 100™ by UTMB®  
Austria
- 06-08 JUNE** Tenerife Bluetrail by UTMB®  
Spain
- 14-16 JUNE** Trail du Saint-Jacques by UTMB®  
France
- 14-16 JUNE** Trail 100 Andorra™ by UTMB®  
Andorra
- 26-30 JUNE** La Sportiva® Lavaredo Ultra Trail® by UTMB®  
Italy

- MAJOR**
- 03-07 JULY** Val d'Aran by UTMB®  
Spain

- 04-06 JULY** Restonica Trail by UTMB®  
France
- 05-07 JULY** Trail Verbier Saint-Bernard by UTMB®  
Switzerland
- 17-21 JULY** Eiger Ultra-Trail™ by UTMB®  
Switzerland

- 01-03 AUG** KAT100™ by UTMB®  
Austria

- FINALS**
- 26 AUG** Dacia UTMB® Mont-Blanc  
France, Italy, Switzerland

- 12-15 SEPT** Wildstrubel by UTMB®  
Switzerland
- 20-22 SEPT** Julian Alps Trail Run by UTMB®  
Slovenia
- 03-06 OCT** Nice Côte d'Azur by UTMB®  
France

- 01-02 NOV** Kullamannen™ by UTMB®  
Sweden

- 01-03 NOV** Mallorca by UTMB®  
Spain



## THE AMERICAS

- 12-14 APRIL** Desert RATS Trail Running Festival™ by UTMB®  
USA

- MAJOR**
- 26-27 APRIL** The Canyons Endurance Runs™ by UTMB®  
USA

- 09-12 MAY** Valhöll Argentina by UTMB®  
Argentina

- 29-30 JUNE** Western States® 100-Mile Endurance Run  
USA

- 19-20 JULY** Speedgoat™ Mountain Races by UTMB®  
USA

- 02-04 AUG** Quito Trail by UTMB®  
Ecuador

- 19-22 SEPT** Paraty Brazil by UTMB®  
Brazil

- 20-22 SEPT** Grindstone Trail Running Festival™ by UTMB®  
USA

- 28-29 SEPT** Ultra Trail Whistler by UTMB®  
Canada

- 11-12 OCT** Kodiak Ultra Marathons by UTMB®  
USA

- 07-09 NOV** Puerto Vallarta México by UTMB®  
Mexico

# UTMB® WORLD SERIES

42 EVENTS  
IN 2024

## AFRICA

- 24-26 MAY** Mountain Ultra-Trail™ by UTMB®  
South Africa

- 22-23 JUNE** Mauritius by UTMB®  
Mauritius



## ASIA

- 19-21 APRIL** Ultra-Trail Mount Yun by UTMB®  
China

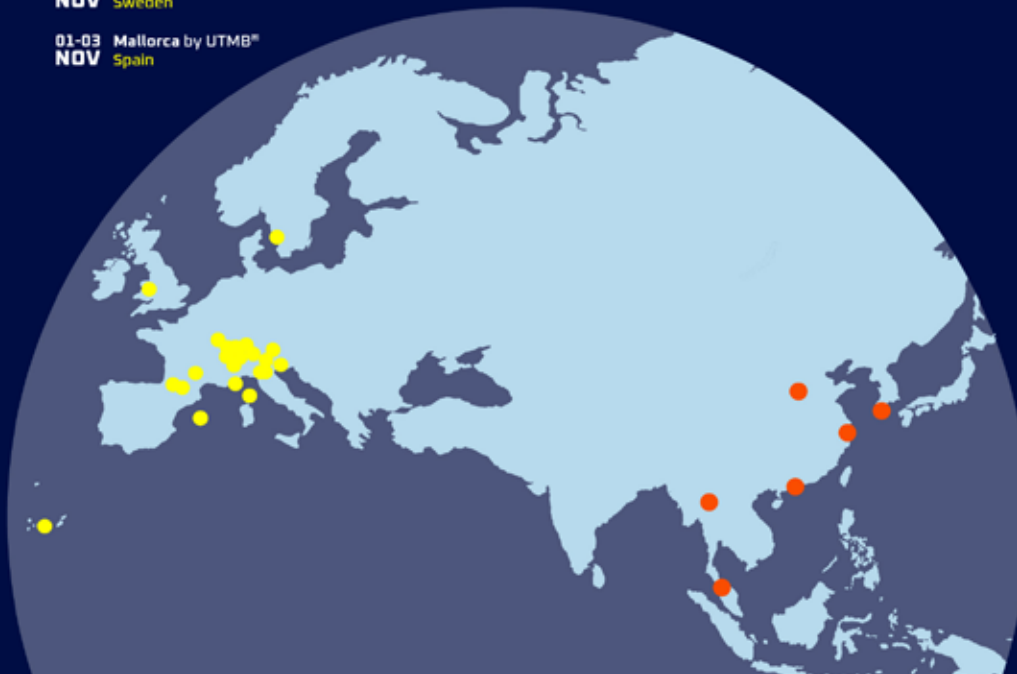
- 03-05 MAY** Amazean Jungle Thailand by UTMB®  
Thailand

- 12-13 OCT** TransJeju by UTMB®  
South Korea

- 17-20 OCT** Ultra-Trail Ninghai by UTMB®  
China

- 08-10 NOV** TransLantau™ by UTMB®  
Hong Kong, China

- MAJOR**
- 06-08 DEC** Doi Inthanon Thailand by UTMB®  
Thailand





The LiveTrail APP: a complete experience on a single platform!

In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

## MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:



- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time

## SCAN THE CODE










## THURSDAY 4<sup>TH</sup>

Time	Location		What
14:00 - 20:00	Sports Hall, Umag		EXPO & BIB distribution, 168K, 110K, 69K, 42K, 21K
18:00	TBD		Elites presentation

## FRIDAY 5<sup>TH</sup>

Time	Location		What
09:00 - 12:00	Sports Hall, Umag		EXPO & BIB distribution, 168K & 110K
12:00 - 14:00	Sports Hall, Umag		EXPO & BIB distribution closed
14:00 - 20:00	Sports Hall, Umag		EXPO & BIB distribution, 110K, 69K, 42K & 21K
14:30	Sports Hall, Umag		168K Bus departure
17:00	Labin		168K Start





## SATURDAY 6<sup>TH</sup>

Time	Location		What
04:45	Sports Hall, Umag		110K Bus departure
07:00	Buzet		110K Start
06:45	Sports Hall, Umag		69K Bus departure
07:30 - 13:00	Sports Hall, Umag		EXPO & BIB distribution, 42K & 21K
09:00	Buzet		69K Start
10:00	Sports Hall, Umag		42K Bus departure
11:00	Finish line		Expected 168K winner
12:00	Motovun		42K Start
14:30	Finish line		Expected 69K winner
15:00	Finish line		Expected 42K winner
17:00	Finish line		Expected 110K winner

## SUNDAY 7<sup>TH</sup>

Time	Location		What
08:30	Sports Hall, Umag		21K Bus departure
10:00	Grožnjan		21K Start
11:15	Finish line		Expected 21K winner
13:00	Finish line		AWARDS CEREMONY

## LOCATIONS

- Sports hall "Marije i Line", Školska ulica 14, Umag
- Labin start - old town square, ulica Paola Sfecija 1, Labin
- Buzet start - parking near stadium, Sportska ulica 3, Buzet
- Motovun start - parking, Kanal 1, Motovun
- Grožnjan start - parking place, Grožnjan
- Finish line - Trg Slobode, Umag

## START/ARRIVAL ZONE

- 1** Registrations / EXPO entrance
- 2** Info / Elite runners
- 3** Active QR code scan & BIB  
Please prepare:
  - your confirmation mail from Active
  - a photo ID
 You will receive:
  - your personal BIB
  - sticker for the spare bag (only 168K & 110K course)
  - sticker for the small bag
  - BUS transfer voucher (only if you have paid for it during registration)
  - post-race hot meal voucher
  - sleep BIB (only 168K & 110K course)

- 4** Start pack gift
- 5** EXPO Zone
- 6** UTMB World Series Zone
- 7** Chill area
- 8** Exit
- 9** Bag drop off entrance/exit
- 10** Spare bag drop off / pick up
- 11** Physio / medic zone entrance
- 12** Physio / medic zone
- 13** Locker rooms / showers

## UMAG MAP



**SCAN THE CODE**

## WORKING HOURS

<b>Thursday 4<sup>th</sup></b>	14:00 - 20:00	 
<b>Friday 5<sup>th</sup></b>	9:00 - 12:00 14:00 - 20:00	 
<b>Saturday 6<sup>th</sup></b>	07:30 - 13:00 14:00 - 00:00	  
<b>Sunday 7<sup>th</sup></b>	00:00 - 16:00	









**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**



# UTMB®

# LIVE ▶

## THE REAL TIME TRACKING INTERFACE DURING THE EVENT

Enjoy high-quality live coverage, follow your favorite runners and access advanced statistics.



## FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE

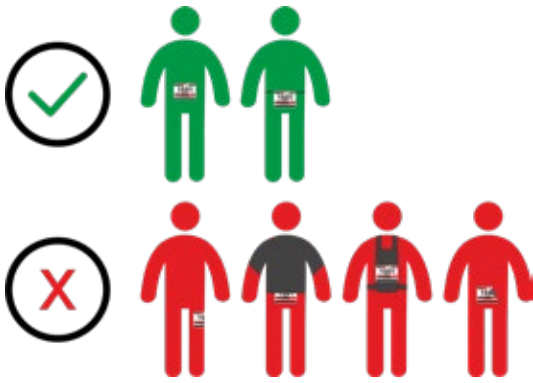
[LIVE.UTMB.WORLD](https://live.utmb.world)



## BIB GUIDE

### BIB

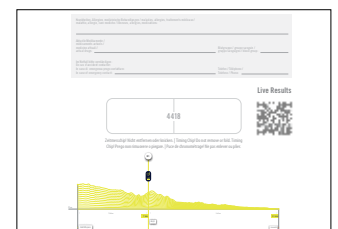
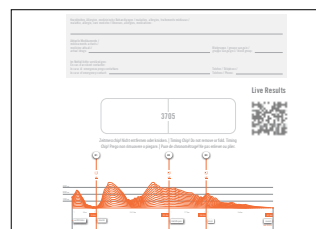
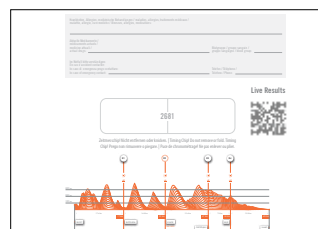
proper way to wear a BIB during the race



### ISTRIA 168K COURSE BIB front and back side



### OTHER COURSES BIB front and back side





# PRACTICAL INFORMATION

## BAGS AND STICKERS

In your race pack, you will get two plastic bags. One big which will serve as your drop bag and it will be deposited in Buzet (half way down the course, only 168K and 110K) and another small one which you can use for depositing personal stuff/gear at the start.

Big one should be deposited in Umag after BIB distribution, we will transport it to Buzet, you can reclaim it there and it must be deposited in Buzet for repatriation to Umag. Smaller one is simpler, when you arrive at the start, you can pack in it any excess stuff/gear/clothes that you don't need in the race, it can be deposited at the start, we will repatriate it back to Umag where can be reclaimed after you finish the race. Of course, only upon showing your BIB.

We will transport only the bags that we provide, so don't try to bring any of yours because it will not be transported to Buzet. And please, don't put your walking poles in it because not only it is against the rules, but it could be easily broken. We will not be responsible for it.

On each bag you receive, you should put the corresponding sticker with your designated BIB, bigger one on the spare bag, smaller one on the small bag.

### SMALL BAG

| 168K | 110K | 69K |  
| 42K | 21K |



### SPARE BAG

| 168K | 110K |



### SMALL BAG and the stickers



### SPARE BAG and numbers



## COURSE SIGNAGE

There are more than 7.000 fluo orange flags on the course (every 40 meters) along with around 150 arrow signs and a few kilometers of red-and-white stripe tape.

In the urban areas, pay attention to the green markings sprayed on the road (every 50 m), which points in the right direction.



**PLASTIC GUIDEPOST**



**MARKINGS ON THE ROAD**  
urban areas



**FLAGS ON THE COURSE**  
outside urban areas

### AID STATION SIGNAGE

At every aid station you will find a large sign like this one on the right.

It shows all the information needed to survive up to the next aid station:

- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish
- cumulative ascent to the finish
- course profile





# PRACTICAL INFORMATION



## TRANSFER TO THE START

You will have transfer to the start **ONLY** if you have reserved it during your registration.

On your BIB you will find number of your bus in which you have a secured place (see BIB below). Details for departure will be written on your BIB envelope.

Please, respect your bus number and be on time for the departure.

Gathering is in front of the sports hall.

Don't forget your BIB! Without BIB you will not be able to enter the bus and start the race ;)

\*If you don't have bus number on your BIB, that means that you didn't book it, therefore, you are not entitled to use the service

## TRANSFER SCHEDULE AND ITINERARY

Course	Location	Itinerary	Day, date	Time of departure	Time of arrival
ISTRIA 168K	Umag - Sports Hall	Umag - Labin	Friday, April 5 <sup>th</sup>	14:30	16:00
ISTRIA 110K	Umag - Sports Hall	Umag - Buzet	Saturday, April 6 <sup>th</sup>	04:45	06:00
ISTRIA 69K	Umag - Sports Hall	Umag - Buzet	Saturday, April 6 <sup>th</sup>	06:45	08:00
ISTRIA 42K	Umag - Sports Hall	Umag - Motovun	Saturday, April 6 <sup>th</sup>	10:00	11:00
ISTRIA 21K	Umag - Sports Hall	Umag - Grožnjan	Sunday, April 7 <sup>th</sup>	08:30	09:00

**BIB**  
and the bus transfer info  
**N** = your bus number



There is a FREE shuttle service with a van from sports hall to hotel Umag Plava Laguna and back to sports hall. Shuttles drive according to schedule.

Everyone who is accommodated in official accommodation - Plava Laguna hotel Umag and hotel Sipar can benefit from this service. Hotel Sipar is just next to hotel Umag.

All runners, their families and friends can use this service for free.

Official van will have Istria 100 by UTMB on the windshield.

Pick-up/drop-off location at hotel: in front of hotel Umag Plava Laguna - location **A** on the map.

Pick-up/drop-off location at sports hall: in front of hall, next to UTMB WS tent - location **B** on the map.

Schedule on the next page.



# SHUTTLES SCHEDULE



DEPARTURE		
	A	B
THURSDAY, April 4th	13.45	-
	14.00	-
	14.30	14.30
	15.00	15.00
	15.30	15.30
	16.00	16.00
	16.30	16.30
	17.00	17.00
	17.30	17.30
	18.00	18.00
	18.30	18.30
	19.00	19.00
	19.30	19.30

DEPARTURE		
	A	B
FRIDAY, April 5th	09.00	-
	09.30	09.30
	10.00	10.00
	10.30	10.30
	11.00	11.00
	11.30	11.30
	12.00	12.00
	12.30	12.30
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	17.30	17.30
	18.00	18.00
	18.30	18.30
	19.00	19.00
19.30	19.30	
-	20.00	

DEPARTURE		
	A	B
SATURDAY, April 6th	04.15	-
	04.30	-
	06.00	-
	06.15	-
	06.30	-
	07.15	-
	07.30	07.30
	08.00	08.00
	08.30	08.30
	09.00	09.00
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20.30	20.30	
21.00	21.00	
21.30	21.30	
22.00	22.00	
22.30	22.30	
23.00	23.00	
23.30	23.30	

DEPARTURE		
	A	B
SUNDAY, April 7th	00.00	00.00
	00.30	00.30
	01.00	01.00
	01.30	01.30
	02.00	02.00
	02.30	02.30
	03.00	03.00
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15.30	15.30	
16.00	16.00	
16.30	16.30	
17.00	17.00	
17.30	17.30	
18.00	18.00	



## RUNNER'S COMMITMENT

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

- Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
- Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
- Aware that the organization's role is not to help a runner manage these problems.
- Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.

## SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated

to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.

2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. For races of the 100M, 100K and 50K, a personal assistant is allowed at certain aid stations (\*), in the area specifically reserved for this use and at the discretion of the team leader. Only one person is allowed to provide assistance, which only includes providing the runner a bag with a maximum volume of 30 liters. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remain seated on a chair and does have to lie. The rest of the aid station is strictly reserved for the runners
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The assistance zone begins 500m before and ends 500m after the aid station, and there is only one assistant allowed per runner. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

The list of places where assistance is tolerated is available on the website race pages.

## EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it.

Organized and/or random equipment checks will be carried out during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them.

**Please note:** the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow and will be a better protection and allow better performances.

It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

List of mandatory equipment is available on the website race pages.

**All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack or belt for the duration of the whole race and must not be changed during the race.**

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the course of the race. No poles are authorized in the spare

# RACE RULES

bags. The use of poles may be prohibited in certain areas marked by specific signs along the course, for safety or environmental reasons.

If you have further questions about mandatory equipment, do not hesitate to consult the organization.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

## RACE-BIBS

Race-bibs are handed over to each runner upon presentation of a valid ID with photo.

**The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.** It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the organization transportation, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the race bib will be cut.

## DROP BAGS / SPARE BAGS

At the race-pack collection, each participant receives at least a 30-liter bag. After filling the bag with the items of their choice and closing them, runners can drop them off at the dedicated event area.

For logistics reasons, UTMB World series events only accept the UTMB World series spare bags that are distributed during the check-in. Those bags are reusable, so we ask the runners who already have received one of those bags to reuse it each time they take part in a UTMB World Series event.

How to get your bags at the finish

area?

The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race.

For any runner that drops out of the race, the organization will take the bags to the finish area, as long as the runner's withdrawal is registered with the race organizer. Because of logistical factors, the organization cannot guarantee that all bags are brought before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags. We advise runners to keep toiletries and spare clothes at their accommodation.

See drop bags location on the website race pages.

## RESPECT FOR THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers,...). Trash/rubbish bins are available at each aid-station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- All runners must follow the paths as they are way-marked, without short-cutting them. Actually, short

cutting a path causes erosion thus damaging the site.

- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

**To enter the aid stations, runners must wear their race-bib.**

The race guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

## CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points along the course. Unexpected check points are set up along the route. Their location will not be publicized.

## WAY-MARKING

Way markers are made of a reflective material that catches the light from the runner's headlamp, so that they are easily visible at night.

**WARNING: if you can't see any way markers, turn back!**

Because we respect the environment, we do not use any paint on the trails.

## SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command

center or on the course during the events. Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

- By going to a medical station
- By calling the command center (phone number should be saved in mobile/cellphone)
- By asking another runner to call for help
- By using the SOS function on the LiveTrail app (if applicable)

Runners must provide assistance to any person in danger and alert the command center.

If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specify on the race guide.

**A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.**

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event.
- Demand any competitor to use any item of the mandatory equipment.
- Evacuate any runners deemed to be in danger.
- Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

## TIME LIMITS AND CUT-OFF TIMES

You may find the time limit (cut-off times) for leaving the main aid stations on the event web site and in the Runner's Guide. In case of any changes, the new cut-off times will be announced via SMS/text message.

When start is organized in several waves, the maximum authorized time and time barriers are calculated taking into account the departure time of the runners from the LAST wave.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time (whatever their time of arrival at the check point).

All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

Time limit and cut off times are specified on the website race pages.

## DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveRun app (if applicable) and inform the command center.

If a runner wishes to withdraw while on the route between two checkpoints, he/she must reach the nearest check-point where he/she must report their withdrawal.

Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms, ...

Repatriation works as follows:

- Vehicules are available at some aid stations to take runners who drop out back to finish line.
- Runners who drop out at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- For aid stations or security points accessible by car or 4x4:

After the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.

In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

## REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets. Runners having finished their race and wishing to prolong their stay, must have their own accomodation.

## POST RACE SERVICES

All the post race services are listed on the website race pages.

## RANKING AND AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

UTMB® World Series Events The first five men and the first five women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

UTMB® World Series Finals The first ten men and the first ten women in the



# RACE RULES

general ranking, as well as the first runner man and woman in each category receive a trophy.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Results for all participants are available at [www.utmbworld.com](http://www.utmbworld.com).

## Age Categories

- 16-17
- 18-19
- 20-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

## COMPLAINTS/PROTESTS

Any complaint regarding the rankings must be submitted to the organization by email within two hours after the runner's arrival. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

## EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

## RIGHTS FOR IMAGE

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB®, CCC®, TDS® and PTL® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organization.

## INDIVIDUAL SPONSORS

Runners who are sponsored or otherwise using the branding of third-parties for promotional purposes, shall only use such third-party branding on their clothing and equipment during the competition. All other items, including but not limited to flags, banners or posters, are not allowed to be used, carried or worn along the race route, including at the finish line. Violations against this provision might lead to a penalty as decided in the sole discretion of the respective race directors.

## POLITICAL EXPRESSION

Any proclamation, display or exhibition of political or religious messages or related images during the Event is prohibited.

## PACERS

Pacers are not allowed during the race.

## CLAIMS

Any claim arising from the runner's registration for one of the Istria 100 by UTMB races must be emailed at: [istria100@service.byutmb.world](mailto:istria100@service.byutmb.world)

Any dispute concerning the registration (e.g. if a runner is not selected via the lottery) or relating to sporting management and rules (e.g. if a runner abandons a race) cannot be considered a valid reason for a claim.

## ORGANIZATION

IRONMAN CROATIA d.o.o. organizes Istria 100 by UTMB® in collabora-

tion with the Sport box d.o.o. and the support of the local municipalities.

## DEFINITION OF THE RACES

Istria 100 by UTMB® is an event that includes several races in the open country, passing through the hiking routes of Istria. Each event takes place in one single stage, at an undefined pace, and within a time limit.

### 100M CATEGORY

- 168K course: around 168 km and about 6.590 meters elevation gain, starts from Labin, in semi-autonomy. The cut-off time for finishing is 46 hours.

### 100K CATEGORY

- 110K course: around 110 km and about 3.860 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 28 hours.

### 50K CATEGORY

- 69K course: around 69 km and about 2.220 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 15 hours.
- 42K course: around 42 km and about 950 meters elevation gain, starts from Motovun, in semi-autonomy. The cut-off time for finishing is 8 hours.
- \*42K race is in the 50k category, but does not grant direct access to UTMB Finals

### 20K CATEGORY

- 21K course: around 21 km and about 130 meters elevation gain, starts from Grožnjan, in semi-autonomy. The cut-off time for finishing is 4 hours.

## GENERAL

In order to ensure their security and the smooth running of each event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below). And take all the equipment with them during the race even if the runner is not using it.

The "hot-weather" and the "cold-weather" kits are part of the mandatory equipment.

According to the weather conditions, the organization might require one of those three additional kits and inform each participant before the opening of the race-pack collection.

Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces that each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow, and therefore better safety and performance.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

## EQUIPMENT

### 168K & 110K COURSE

#### BASIC KIT

- Running pack to carry mandatory gear throughout the race
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
  - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
  - Keep the phone on, airplane mode is forbidden and could give rise to penalties
  - For smartphones: LiveRun application installed and activated.
  - An external battery is highly recommended
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 2 working headlamps with spare cells/batteries for each headlamp. Recommendation: 200 lumens or more for the main torch
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve. Recommendation: 800kcal (2 gels + 2 power bars each of 65g )
- Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) – the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
  - the seams must be sealed
  - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)-since they do not damage in any obvious way the impermeability- are accepted.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable



for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail

- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Cap or bandana or Buff®
- Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket (the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa) with durable water-repellent protection (DWR protection)
- Hat
- Warm and waterproof gloves
- Waterproof over pants
- ID - passport/ID card

## HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses \*\*\*
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

## COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Protective eyewear \*\*\*
- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
- Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

\*\*\* it is possible to use the same glasses if they

are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses) All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to)

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

## 69K COURSE

### BASIC KIT

- Running pack to carry mandatory gear throughout the race
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race: -- mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged) -- Keep the phone on, airplane mode is forbidden and could



- give rise to penalties. -- For smartphones: LiveRun application installed and activated.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
  - Minimum water supply: 1 liter
  - 1 working headlamp. Recommendation: 200 lumens or more
  - Survival blanket of 1.40m x 2m minimum
  - Whistle
  - Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
  - Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
  - Jacket with hood for bad weather in the mountains. The jacket must be made with a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry)
  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
  - the seams must be sealed.
  - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are accepted.
- The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely are recommended
  - Cap or bandana or Buff® is recommended
  - ID - passport /ID card

## HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck

- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

## COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit
- If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

## 42K COURSE BASIC KIT

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at



any time before, during, and after the race:  
-- mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged) -- Keep the phone on, airplane mode is forbidden and could give rise to penalties. -- For smartphones: LiveRun application installed and activated.

- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 1 working headlamp. Recommendation: 200 lumens or more
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
- Jacket with hood for bad weather in the mountains. The jacket must be made with a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) - \*\* to be announced prior to race\*\*
- The jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- the seams must be sealed.
- the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are accepted.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

- Cap or bandana or Buff® is recommended
- ID – passport /ID card

## HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

## COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- GPS watch
- Knife or scissors for cutting elastic bandage

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

## 21K COURSE

### BASIC KIT

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race: -- mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged) -- Keep the phone on, airplane mode is forbidden and could give rise to penalties. -- For smartphones: LiveRun application installed and activated.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter is recommended
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
- Jacket with hood for bad weather in the mountains. The jacket must be made with a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) .\*\* to be announced prior to race\*\*
- the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- the seams must be sealed.
- the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are accepted.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

- Cap or bandana or Buff® is recommended
- ID – passport /ID card

### HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

### COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Vaseline or anti-heat cream
- GPS watch

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.





# ALL-OUT TRAIL POWER

## TECTON X 2

Reach new peaks of performance  
with propulsive carbon plates.

**HOKA**  
FLY HUMAN FLY

## TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors, Marshalls and aid stations/security points' team leaders can instantly apply (\*) a penalty according to the following chart:

100K AND 100M RACES	
BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist (no minimum water supply, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (only 1 torch lamp + list on the event website)	1 hour penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners) NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized	Disqualification
Not assisting a person in need (in need of care)	Disqualification
Assistance outside of authorized zones	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	15 minute penalty
Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No timing chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards/marshals, aid station's team leader, doctors or search and rescue staff	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Use of poles not carried from the beginning of the race	1 hour penalty

# RACE RULES



20K AND 50K RACES	
BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist: no minimum water supply, no waterproof jacket with hood (if required), no torch (if required), no survival blanket (if required), no smartphone	Immediate disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch light, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, collapsible cup)	30 minute penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organization or runners) NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized	Disqualification
Not assisting a person in need (in need of care)	Disqualification
Assistance outside of authorized zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	10 minute penalty
Cheating (e.g.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
Wearing a non-conforming race-bib	10 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	10 minute penalty
No timing chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification

(\*) The time penalties are immediately applicable on the spot, meaning the runner must "stand down" for the duration of the penalty time. The runner's time will not be stopped while the penalty is being served. If a breach of regulation is discovered after the race, the Race Director can also decide to apply a penalty on the finish time of the runner. Any other breach of the rules will be subject to a penalty decided by the Race Directors. In case of a disqualification, the runner is not entitled to get refunded of the entry fee.



## SAFETY

Each runner is responsible for his own security. Even the best runners are not immune to injury which might immobilise them during the night, in the cold and rain high in the mountains.

To minimise the risks it is necessary to: Understand that Istria 100 by UTMB® is neither a marathon nor an ordinary trail. Run below your possibilities to keep some "juice" to tackle a difficult situation such as a sudden change of the weather conditions.

Even in the spring, sudden changes in the weather conditions can occur. The temperature in the mountain areas can drop to 0°C during the night, rain or hail can fall abundantly, and one can get lost in fog despite comparatively comprehensive way-markers. And it can also reach more than 25°C during the day!

In the mountains, one of the first rules is to systematically avoid stopping at a high point, very exposed to the wind and other bad weather conditions.

In case of weakness, do not hesitate to rest at the next refreshment point, but never at the top of a pass or at a high point. A few moments of recovery, quick burning sugars mixed with some slow-burning sugars will allow continuing in a better shape.

Avoid any heat loss, anticipate the changes in temperature (it's while going down that one cools down), do not wait to shiver before covering up, do not change into dry clothes in full wind, plan ahead or wait to be in a sheltered position.

If over several hundred metres you do not see any way-markers, turn round and retrace your steps to find the last one.

Stay on the paths.

Do not stop to rest in the case of extreme fatigue, in the cold and wind, go to the nearest security point, if neces-

sary by going back the way you came.

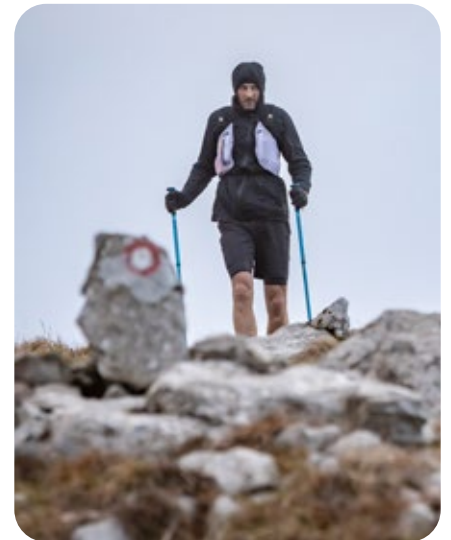
Alert other competitors in case of injury or of incapacity to continue. Call the race direction on the number written on the BIB or even the emergency number 112 for Croatia.

Walking poles: be careful with your poles, especially in the first part of the race when the human density is particularly strong. Do not use the wrist-straps on the descents: if you fall, the wrist-straps prevent you from getting back using your hands (also causes injuries to the shoulders, wrists, forearms... or graver still the skull).

Remember: Assisting an injured runner (or volunteer), or one whom is in difficulty is an absolute must!

A mobile phone is obligatory for each runner with the international roaming action activated throughout the race and with the battery in working order (think of deactivating your options to save you batteries, eg: Bluetooth). For those who are afraid of being disturbed by the ring of their phone, put it into silent mode keeping the "text alert" active. If the race should be stopped, keep your mobile phone switched on to receive further race information. The organisation must be able to contact you under any circumstance, which includes before and after the race, due to bad weather or any other unforeseen occurrence.

Verify that the number you have put on your registration form is the number of the phone that you will be carrying during the race.



## CLIMATE

The basic characteristic of the climate of the Istrian peninsula is given by the Mediterranean climate. Along the coast, it gradually changes towards the continent and it passes into continental, due to cold air circulating from the mountains and due to the vicinity of the Alps.

The main characteristics of the Mediterranean climate are dry and warm summers, with the average number of approximately 2.400 sunny hours a year. Winters are mild and pleasant, while it snows very rarely.

The annual average of air temperatures along the northern part of the coast is about 14°C, while it is 16°C in the southern area and the islands. January is the coldest month with the average temperature mainly of about 6°C, and July and August are the warmest, with the average temperature of about 24°C.

The period when the daytime middle of the air temperature is higher than 10°C approximately lasts for 260 days a year, while hot weather, with a daily maximum above 30°C, lasts for maximally twenty days.



DACIA

# NEW DACIA JOGGER

Dacia official automotive  
partner of UTMB® World Series



Range New Dacia Jogger : CO2 emission min / max (g/km) (WLTP procedure) : 108/130. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,8. Dacia recommends 

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



## ISTRIA 168K COURSE | WOMEN

Full name	Nationality	Team	100M M	UTMB INDEX
Esther FELLHOFER	Austria		717	716
Claire BANNWARTH	France		710	708
Alessandra BOIFAVA	Italy	FERRINO WOMEN TEAM	668	721
Charlotte D'ALENCON	France		653	674
Ana Cristina CONSTANTIN	Romania		634	645
Katja KEGL VENCELJ	Slovenia		619	633
Ida-Sophie HEGEMANN	Germany	THE NORTH FACE	-	733
Marina OANA	Romania		-	653
Alenka PAVC	Slovenia	TEAM PAVC	-	608

## ISTRIA 168K COURSE | MEN

Full name	Nationality	Team	100M M	UTMB INDEX
Alexander WESTENBERGER	Germany		848	853
Marian PRIADKA	Slovakia	SALOMON	843	851
Fotis ZISIMOPOULOS	Greece		836	874
Ivan HRASTOVEC	Slovenia		823	821
Juuso SIMPANEN	Finland	TEAM VJ / RAB / SUUNTO	820	827
Matic ČAČULOVIĆ	Slovenia		812	816
Morgan PILLEY	Australia	LA SPORTIVA INTERNATIONAL	805	805
Mathias DEUTSCHBAUER	Austria		801	801
Arnaud LEJEUNE	France		797	813
Gerald FISTER	Austria		794	826
Aleš SEDLAK	Czech Republic		768	772
Marek CAUSIDIS	Czech Republic		-	848
Jon LIHTENEGER VIDMAJER	Slovenia	K24 ULTRA TRAIL	-	820
Ilie ILOIU	Romania		-	769
Adrien COMBE	France		-	764

## ISTRIA 110K COURSE | WOMEN

Full name	Nationality	Team	100K M	UTMB INDEX
Katarzyna SOLINSKA	Poland	ON TRAIL TEAM	752	750
Ines MARQUES	Portugal		719	723
Claudia ROSEGGGER	Austria		699	697
Mariya NIKOLOVA	Bulgaria		685	687
Eve MOORE	United Kingdom		680	678





ISTRIA 110K COURSE   MEN				
Full name	Nationality	Team	100K M	UTMB INDEX
Pau CAPELL	Spain	THE NORTH FACE	870	890
Pablo VILLA	Spain	ADIDAS TERREX	853	879
Marek CAUSIDIS	Czech Republic		844	848
Simone CORSINI	Italy	HOKA ITALIA	838	840
Luca MANFREDI NEGRI	Italy		828	830
Zan ZEPIC	Slovenia	SALOMON ADRIA	-	846
Dimitri MOREL-JEAN	France		-	806
Galen REYNOLDS	Canada	TEAM MONTANE	-	802

ISTRIA 69K COURSE   WOMEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Martina KLANCNIK POTRČ	Slovenia		722	723
Lena LAUKNER	Germany	THE NORTH FACE	709	708
Kristyna CERNA	Austria		-	684
Melodie GILBERT	Canada	NÄAK	-	680

ISTRIA 69K COURSE   MEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Andrzej WITEK	Poland	ASICS FUJI TRAIL	881	891
Hans-Peter INNERHOFER	Austria		872	881
Simon GOSSELIN	France	ON RUNNING	854	879
Martin HALASZ	Slovakia		838	864
Jordi GAMITO BAUS	Spain		-	853

ISTRIA 42K COURSE   WOMEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Andrea KOLBEINSDÓTTIR	Iceland		766	766
Emily SCHMITZ	United States		720	737
Claudia TREMPES	Spain	ON TEAM	-	755

ISTRIA 42K COURSE   MEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Hannes PERKMANN	Italy		-	831



# ISTRIA 168K

The course starts in the 3000 years old town Labin, climbs the Učka mountain with the spectacular views to Kvarner region and descends in Buzet where your drop bag will wait for you.

RACE CATEGORY

**100M**



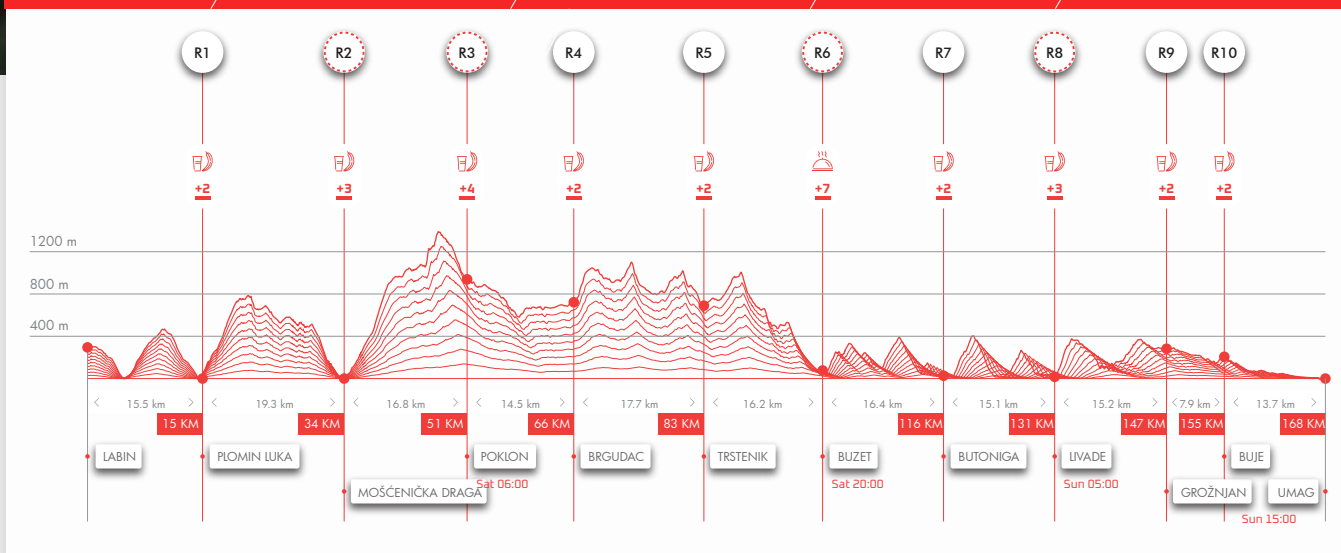
Distance  
168.6 KM

Elevation gain  
6590 M+

Start place  
LABIN

Start date  
05.04.2024.

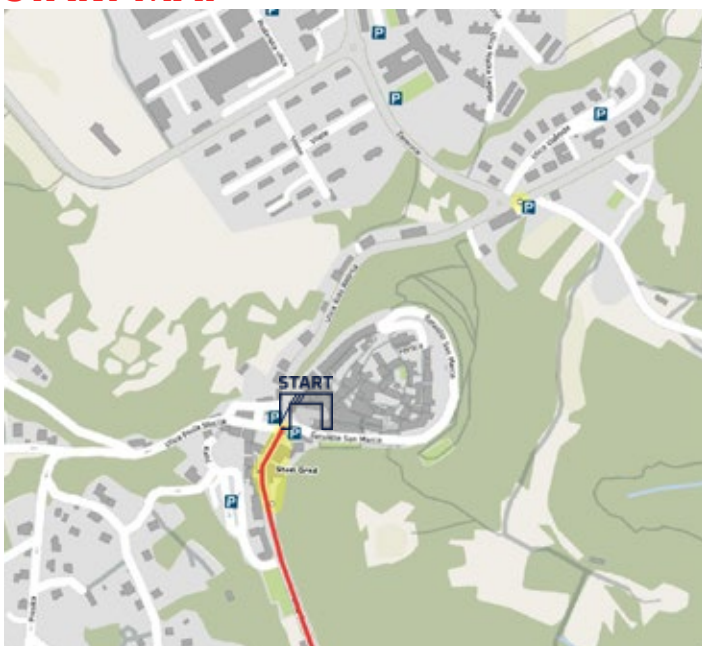
Start time  
17:00



**R1** CHECKPOINT - no assistance permitted

**R2** CHECKPOINT with assistance permitted

## START MAP



## START INFO

**START** LABIN  
Titov trg  
FRIDAY 5<sup>th</sup> @ 17:00


**from Umag - fastest route\***

Umag - direction Buje - enter A9/E751 towards Rijeka / Pula - take exit 2 (Žminj) A9/E751 - direction Labin / Barban - in Barban direction Labin  
\*toll roads




distance: 91 km  
drive time: 1h 28min

# TIMETABLE

## THURSDAY 4<sup>TH</sup>

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



## FRIDAY 5<sup>TH</sup>

09:00 - 12:00	Sports Hall, Umag	 BIB distribution
14:30	Sports Hall, Umag	 Bus departure to start
17:00	Labin	 START!

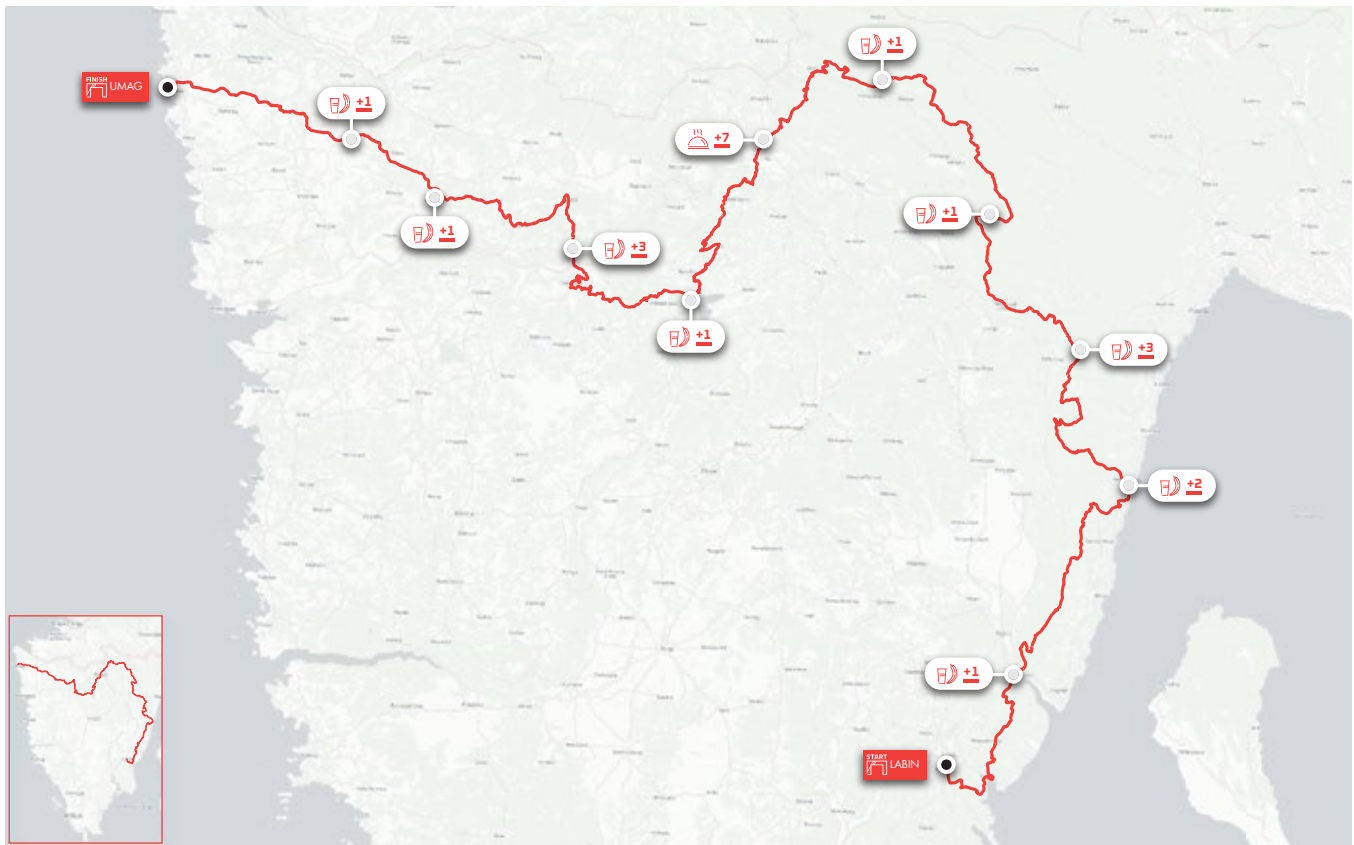
## SATURDAY 6<sup>TH</sup>

11:00	Finish line, Umag	 Expected Winner
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## SUNDAY 7<sup>TH</sup>

13:00	Finish line, Umag	 AWARD CEREMONY
15:00	Finish line, Umag	 Time limit

# MAP



 STARTING LINE

 FINISH LINE

 AID STATION

 HOT MEAL



# AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Labin	293	0	0	0	Fri 17:00	Fri 17:02		START 
Plomin luka	4	15.5	455	742	Fri 18:07	Fri 19:57		 
Mošćenička draga	5	19.2	1342	1631	Fri 19:57	Sat 00:32		  
Poklon	939	16.8	2732	2082	Fri 22:05	Sat 06:00	Sat 06:00	  
Brgudac	717	14.5	2908	2487	Fri 23:24	Sat 09:10		  
Trstenik	690	17.7	3631	3232	Sat 01:29	Sat 14:29		  
Buzet	81	16.2	4009	4214	Sat 03:16	Sat 19:12	Sat 20:00	      
Butoniga	24	16.4	4722	4990	Sat 05:15	Sun 00:36		  
Livade	12	15.1	5324	5607	Sat 07:03	Sun 05:00	Sun 05:00	   
Grožnjan	280	15.2	5952	5973	Sat 08:56	Sun 10:14		  
Buje	205	7.8	6034	6128	Sat 09:40	Sun 12:07		  
Umag	1	13.7	6034	6325	Sat 10:51	Sun 15:00	Sun 15:00	FINISH 










 NÄÄK® PRODUCTS

Aid station	Hot-food	Cheese Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffe	Hot soup	NÄÄK liquid	NÄÄK solid
Plomin luka			X	X		X			X	X	X	X	X		X	X
Mošćenička draga				X		X		X	X	X	X	X	X	X	X	X
Poklon		X		X	X	X	X		X	X	X	X	X	X	X	X
Brgudac			X	X		X		X	X	X	X	X	X	X	X	X
Trstenik		X		X	X	X	X		X	X	X	X	X	X	X	
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						

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Adventure  
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Some people  
choose  
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# ISTRIA 110K

The second largest course starts from Buzet and offers you typical istri-an inland trails. After 20 km, the 110K trail merges with 168K trail and continues the climb to the highest peaks of Istria.

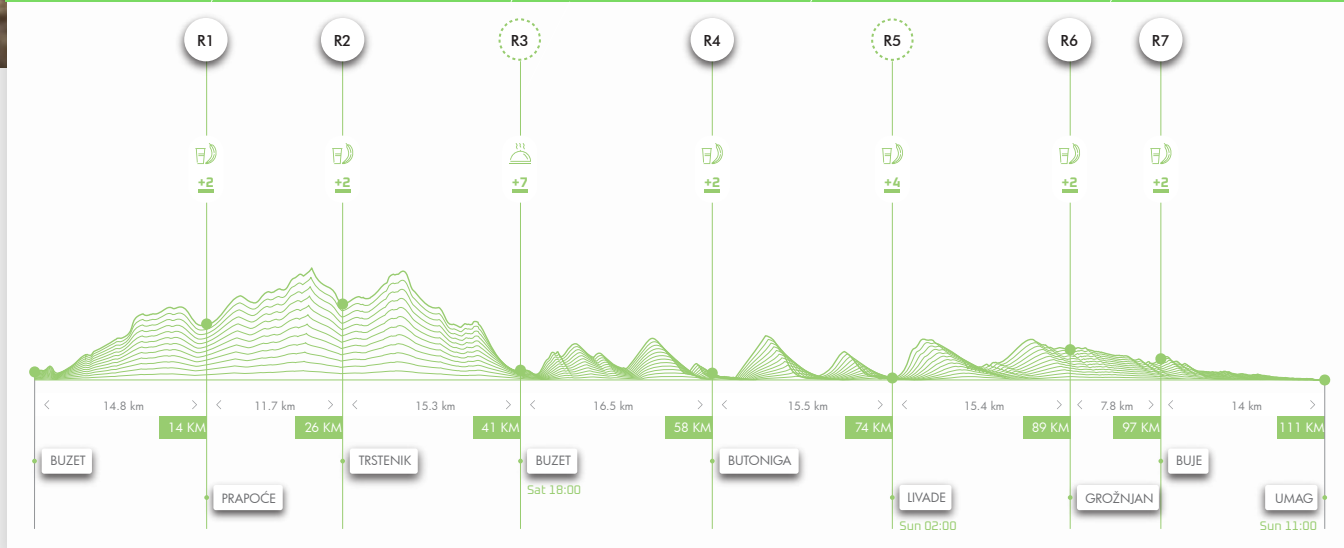


RACE CATEGORY

**100K M**



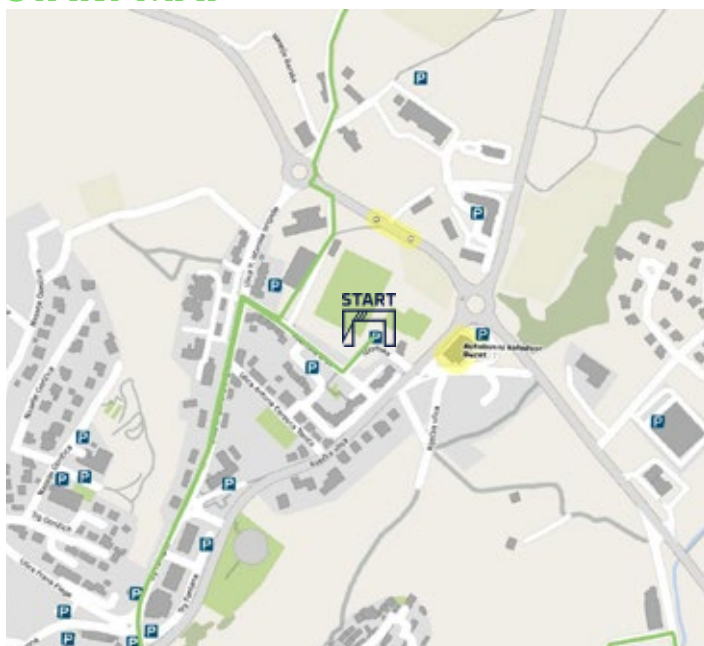
Distance 110 KM	Elevation gain 3860 M	Start place Buzet	Start date 06.04.2024.	Start time 07:00
--------------------	--------------------------	----------------------	---------------------------	---------------------



**R1** CHECKPOINT - no assistance permitted

**R2** CHECKPOINT with assistance permitted

## START MAP



## START INFO

**START** BUZET  
Sportska ulica  
SATURDAY 6<sup>th</sup> @ 07:00

**from Umag - fastest route\***


Umag - direction Buje - in Buje  
direction Buzet

distance: 48 km  
drive time: 1h 02min



# TIMETABLE

## THURSDAY 4<sup>TH</sup>

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



## FRIDAY 5<sup>TH</sup>

09:00 - 12:00 14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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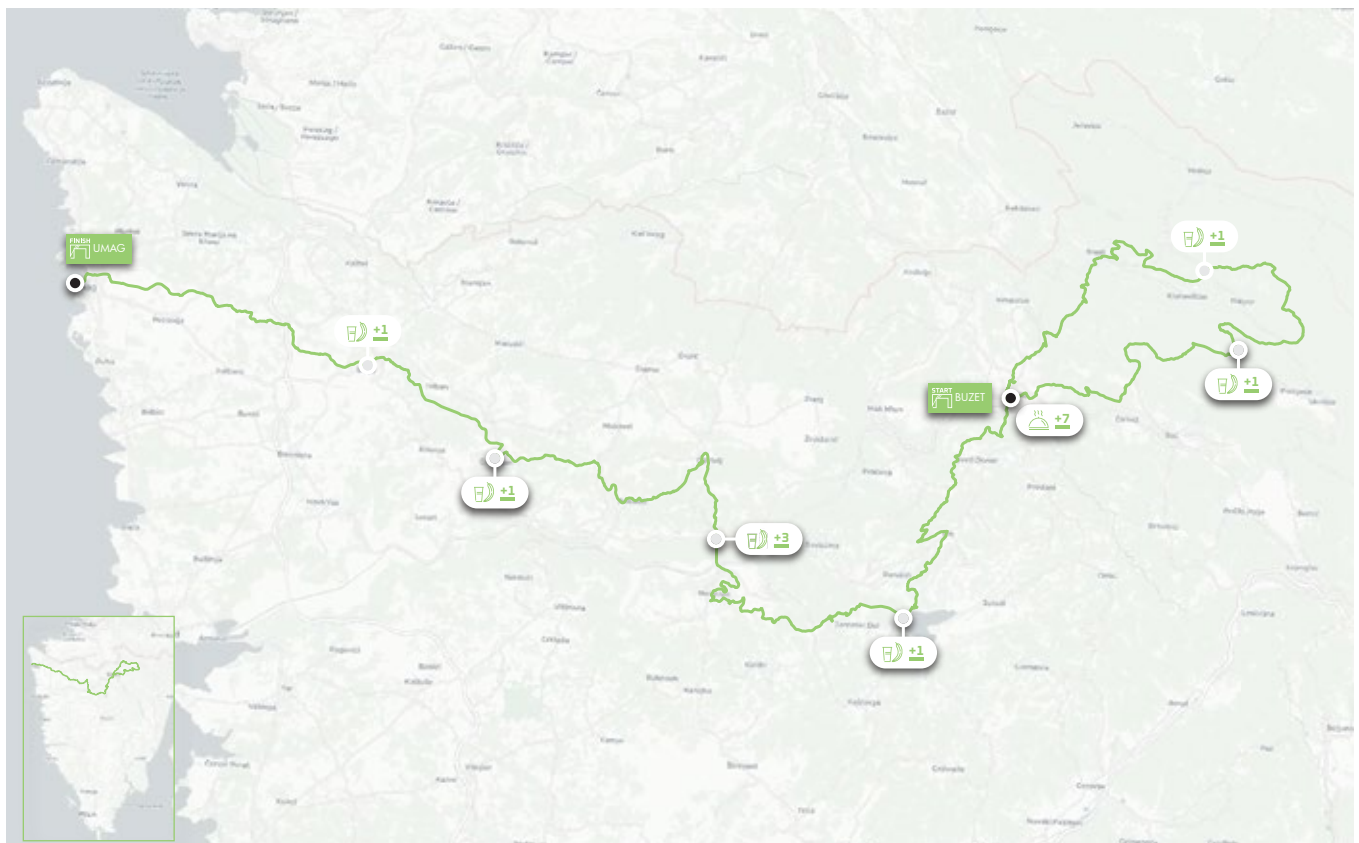
## SATURDAY 6<sup>TH</sup>

04:45	Sports Hall, Umag	 Bus departure to start
07:00	Buzet	 START!
17:00	Finish line, Umag	 Expected Winner


## SUNDAY 7<sup>TH</sup>

11:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

# MAP



# AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Buzet	77	0	0	0	Sat 07:00	Sat 07:02		START 
Prapoće	499	13.6	662	248	Sat 08:03	Sat 10:01		  
Trstenik	676	11.6	1289	685	Sat 09:07	Sat 13:18		  
Buzet	77	15.3	1712	1717	Sat 10:26	Sat 17:02	Sat 18:00	      
Butoniga	33	16.5	2469	2506	Sat 12:06	Sat 21:27		  
Livade	12	15.4	3096	3158	Sat 13:41	Sun 02:00	Sun 02:00	   
Grožnjan	282	15.3	3765	3567	Sat 15:18	Sun 06:30		  
Buje	188	7.7	3814	3712	Sat 15:57	Sun 08:09		  
Umag	5	14	3846	3912	Sat 17:07	Sun 11:00	Sun 11:00	FINISH 

 ASSISTANCE AUTHORIZED
  PROVISIONS
  WC
  SHOWER
  HOT MEAL
  RESTING
  DOCTOR
  DROP BAG
   
 NÄÄK® PRODUCTS

Aid station	Hot-food	Cheese Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffe	Hot soup	NÄÄK liquid	NÄÄK solid
Prapoće				X		X		X	X	X	X	X			X	X
Trstenik		X		X	X	X	X		X	X	X	X	X	X	X	
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						



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



**Compression Grid Pattern**  
Targeted high level muscle support.  
**Decreasing the risk of injury and cramps.**



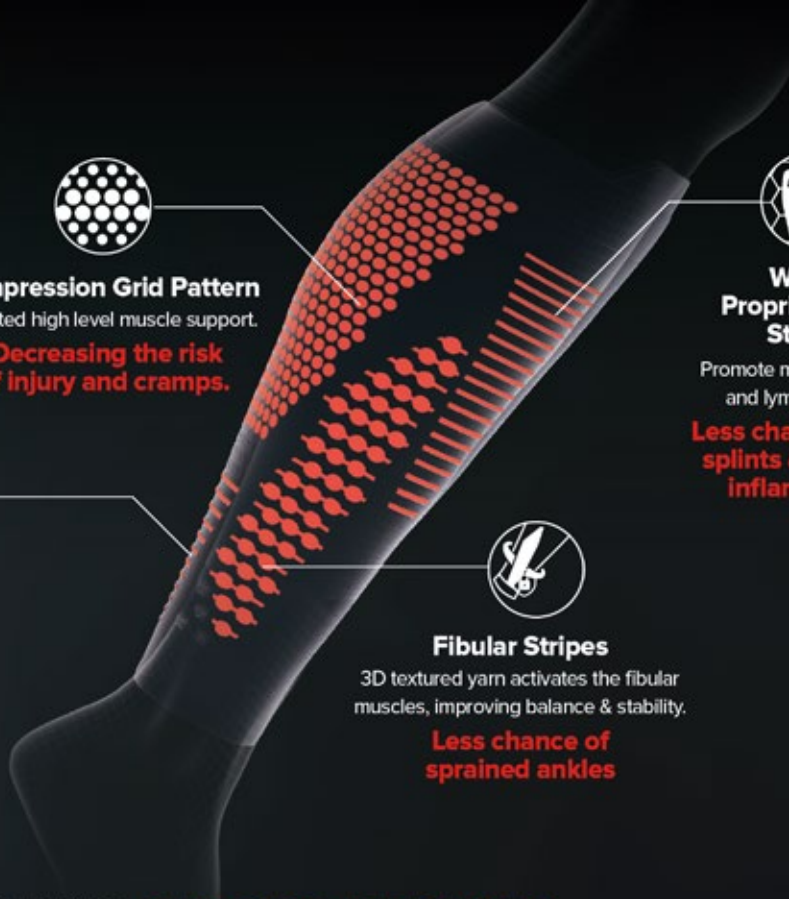
**Waffle Proprioceptive Stripes**  
Promote microcirculation and lymphatic flow.  
**Less chance of shin splints & stomach inflammation**



**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.**

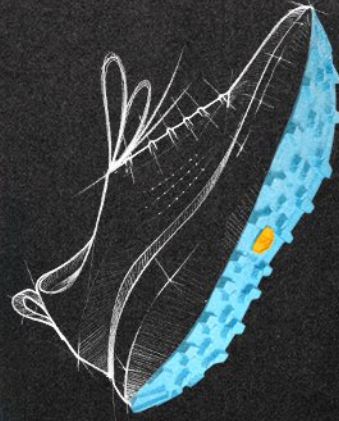


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# REDEFINE LIMITS



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# ISTRIA 69K

This trail will show you Central Istria in all its glory! The trail starts in the old town of Buzet and takes the shortest route to Butoniga lake, and it finish in the city of Umag.

RACE CATEGORY

**50K M**



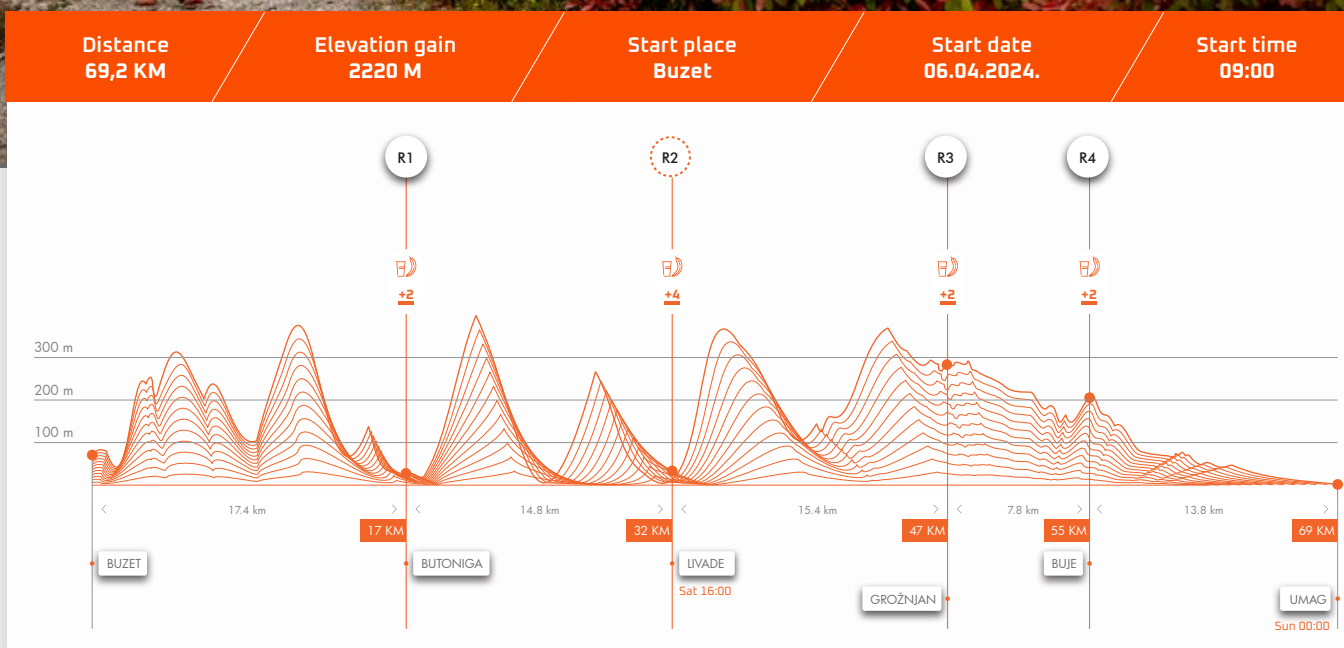
Distance  
69,2 KM

Elevation gain  
2220 M

Start place  
Buzet

Start date  
06.04.2024.

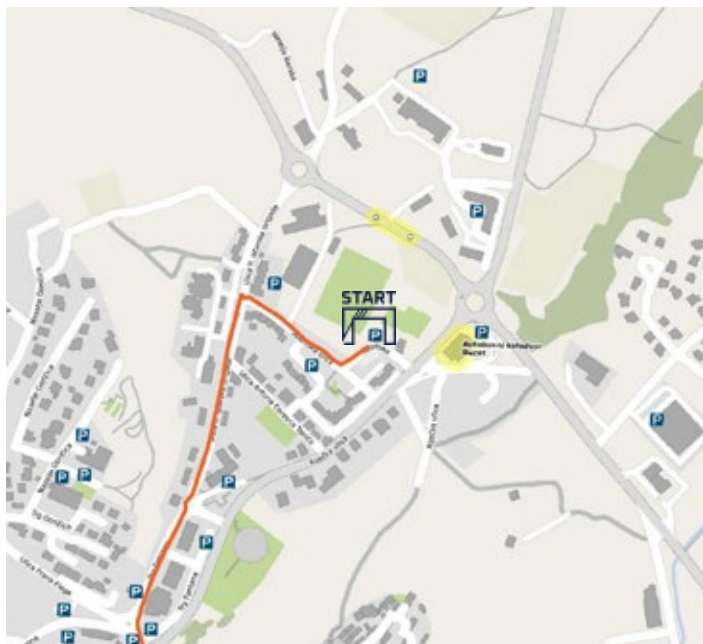
Start time  
09:00



**R1** CHECKPOINT - no assistance permitted

**R2** CHECKPOINT with assistance permitted

## START MAP



## START INFO

**START** BUZET  
Sportska ulica  
SATURDAY 6<sup>th</sup> @ 09:00

**from Umag - fastest route\***


Umag - direction Buje - in Buje direction Buzet

distance: 48 km  
drive time: 1h 02min




# TIMETABLE

## THURSDAY 4<sup>TH</sup>

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



## FRIDAY 5<sup>TH</sup>

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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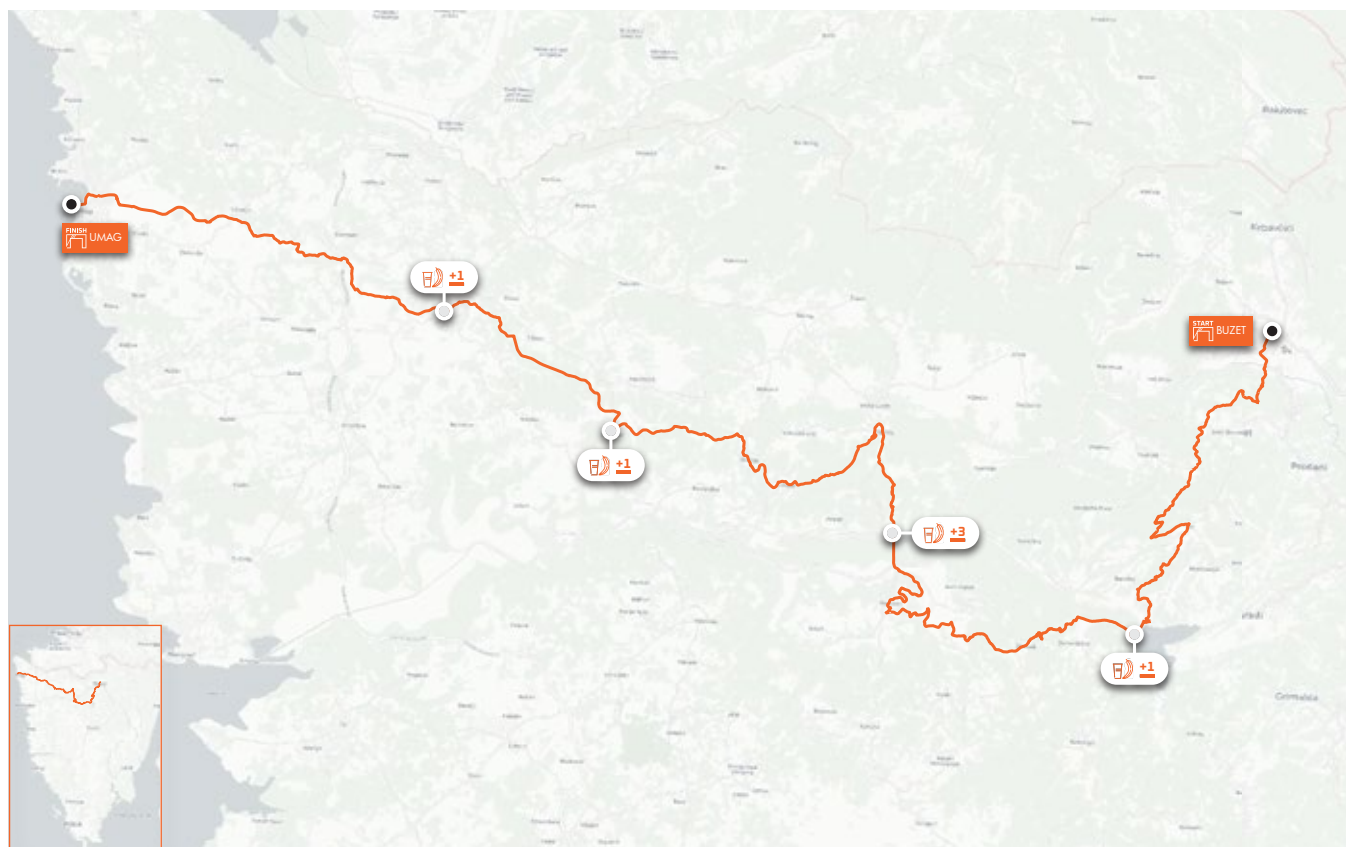
## SATURDAY 6<sup>TH</sup>

06:45	Sports Hall, Umag	 Bus departure to start
09:00	Buzet	 START!
17:30	Finish line, Umag	 Expected Winner

## SUNDAY 7<sup>TH</sup>

00:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

# MAP


















 STARTING LINE

 FINISH LINE

 AID STATION

# AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Buzet	77	0	0	0	Sat 09:00	Sat 09:02		START 
Butoniga	33	17.4	708	757	Sat 10:18	Sat 12:42		  
Livade	11	14.7	1307	1372	Sat 11:34	Sat 16:00	Sat 16:00	   
Grožnjan	278	15.3	1920	1722	Sat 12:58	Sat 19:55		  
Buje	203	7.8	2004	1875	Sat 13:35	Sun 21:32		  
Umag	1	13.8	2004	2076	Sat 14:37	Sun 00:00	Sun 00:00	FINISH 

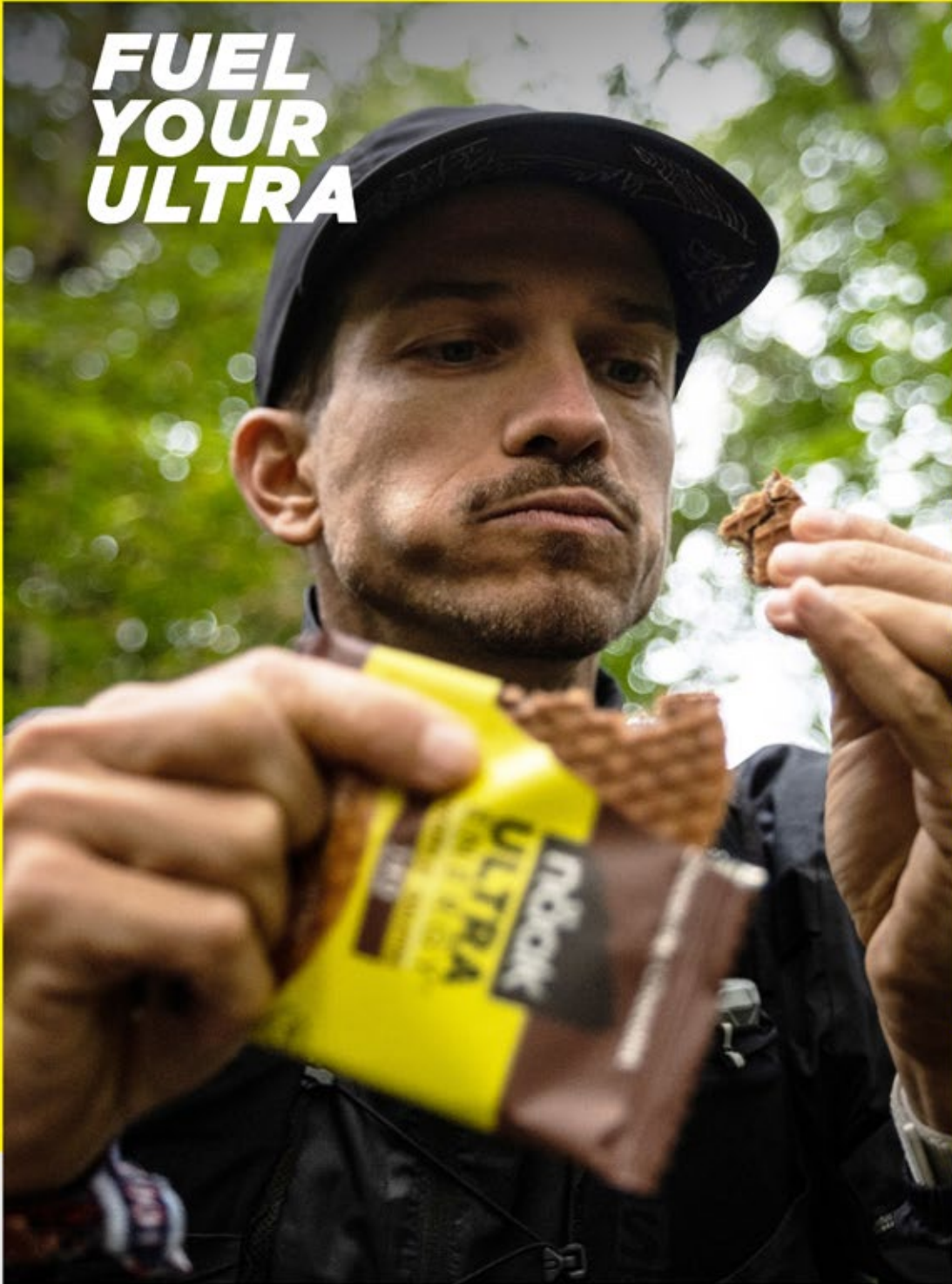


Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffe	Hot soup	NÄÄK liquid	NÄÄK solid
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						





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# ISTRIA 42K

This course is great for beginners in trail running. It starts at the bottom of the medieval town of Motovun, climbs up the second medieval town of Grožnjan, and merges with the other courses all the way to the sea-front in Umag.

RACE CATEGORY

**50K M**



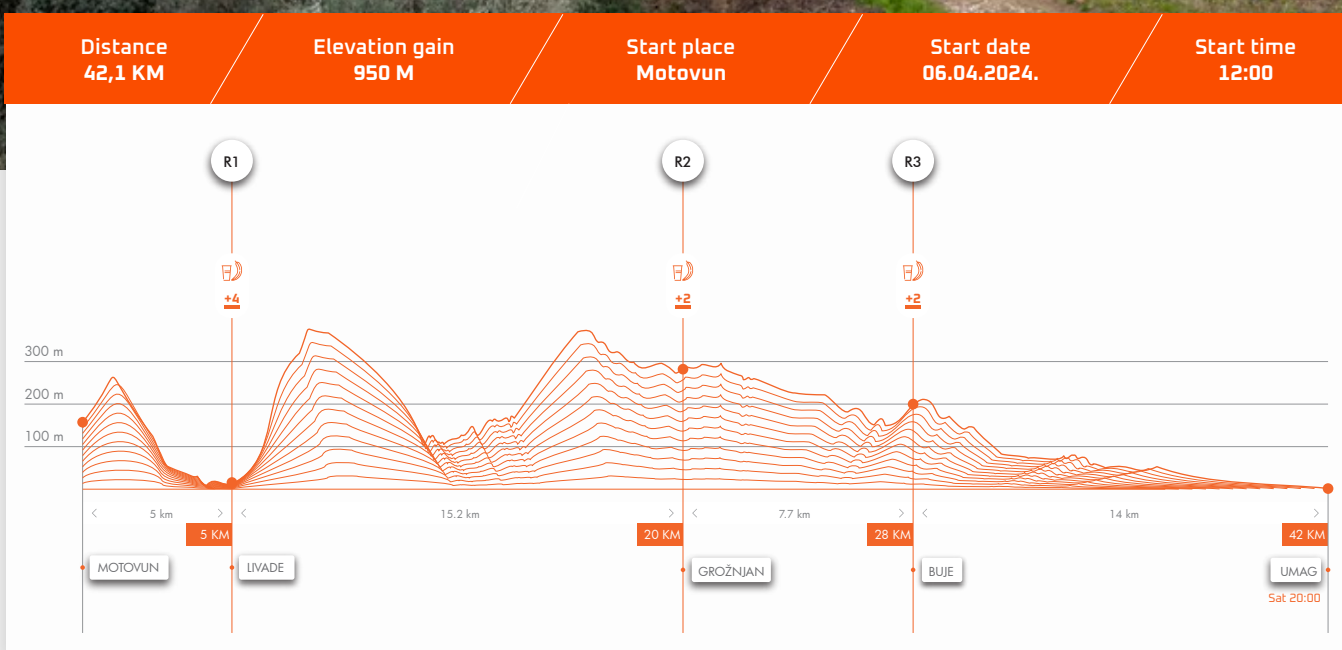
Distance  
42,1 KM

Elevation gain  
950 M

Start place  
Motovun

Start date  
06.04.2024.

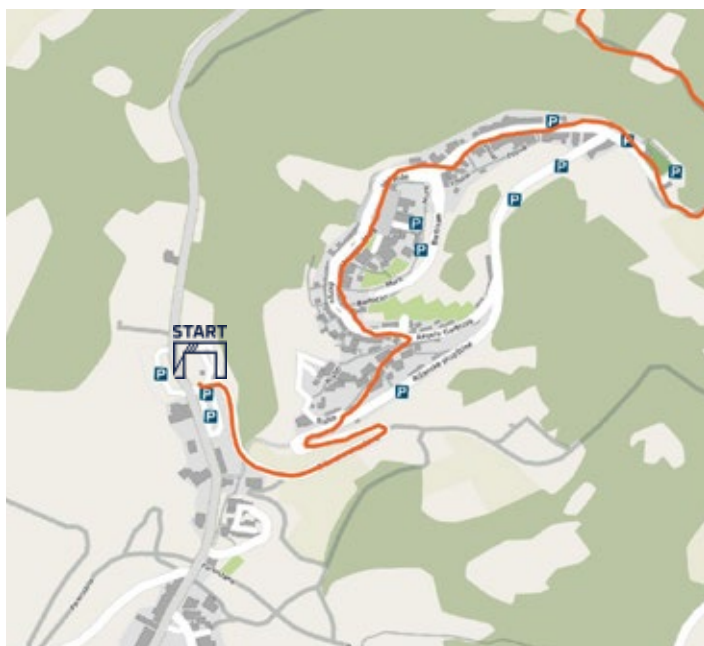
Start time  
12:00



**R1** CHECKPOINT - no assistance permitted

**R2** CHECKPOINT with assistance permitted

## START MAP



## START INFO

**START** **MOTOVUN**  
Lower city parking  
SATURDAY 6<sup>th</sup> @ 12:00

**from Umag - fastest route\***

Umag - direction Buje - in Buje direction Buzet

distance: 35 km  
drive time: 0h 49min

# TIMETABLE






## THURSDAY 4<sup>TH</sup>

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

## FRIDAY 5<sup>TH</sup>

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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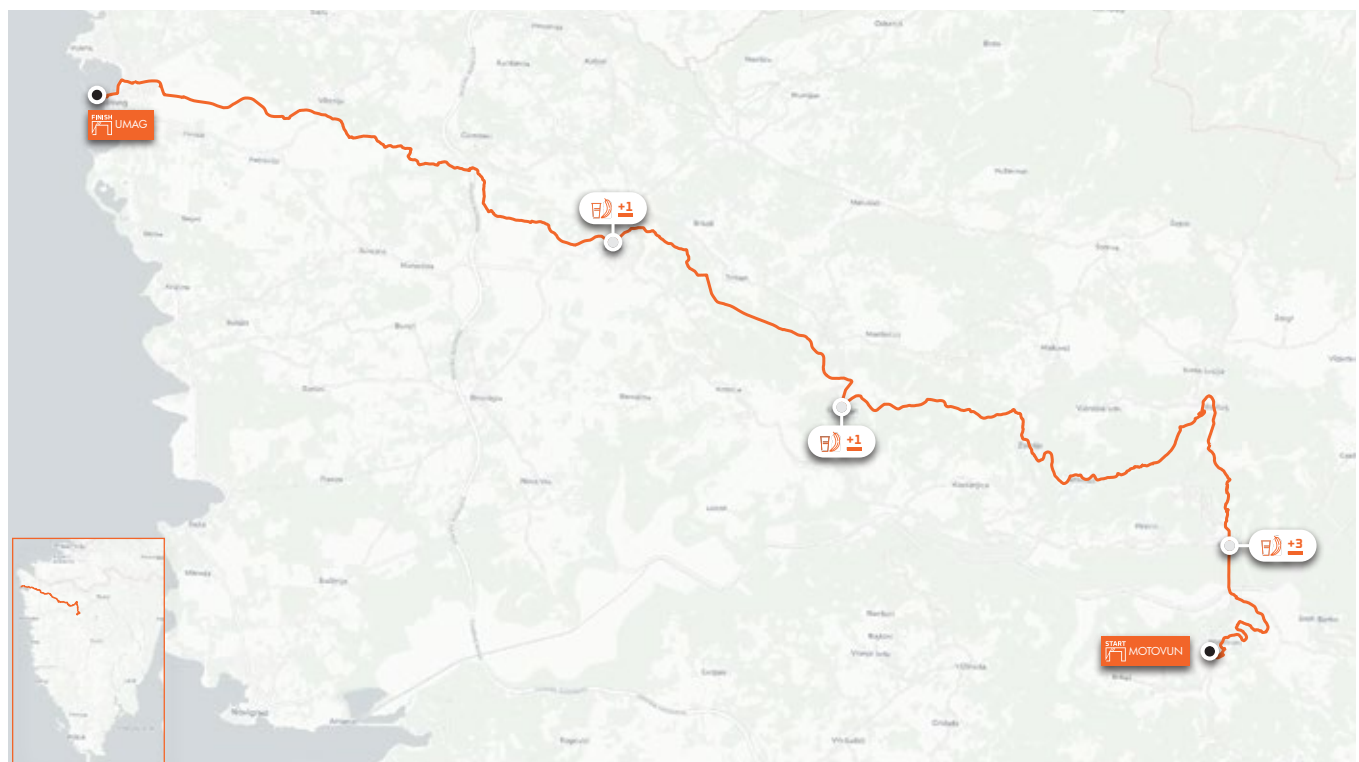
## SATURDAY 6<sup>TH</sup>

07:30 - 10:00	Sports Hall, Umag	 BIB distribution
10:00	Sports Hall, Umag	 Bus departure to start
12:00	Motovun	 START!
15:00	Finish line, Umag	 Expected Winner
20:00	Finish line, Umag	 Time limit

## SUNDAY 7<sup>TH</sup>

13:00	Finish line, Umag	 AWARD CEREMONY
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# MAP





# AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D- (M)	Fastest	Slowest	Time barrier	Services
Motovun	157	0	0	0	Sat 12:00	Sat 12:02		START 
Livade	11	5	99	246	Sat 12:19	Sat 12:55		  
Grožnjan	277	15.2	727	612	Sat 13:30	Sat 16:09		  
Buje	189	7.7	789	765	Sat 14:01	Sat 17:33		  
Umag	1	14	811	966	Sat 14:55	Sat 20:00	Sat 20:00	FINISH 

 PROVISIONS     DOCTOR     NÄÄK® PRODUCTS

Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffe	Hot soup	NÄÄK liquid	NÄÄK solid
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						





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# ISTRIA 21K

The shortest course is for everyone who would like to experience trail running for the first time.

RACE CATEGORY

**20K M**



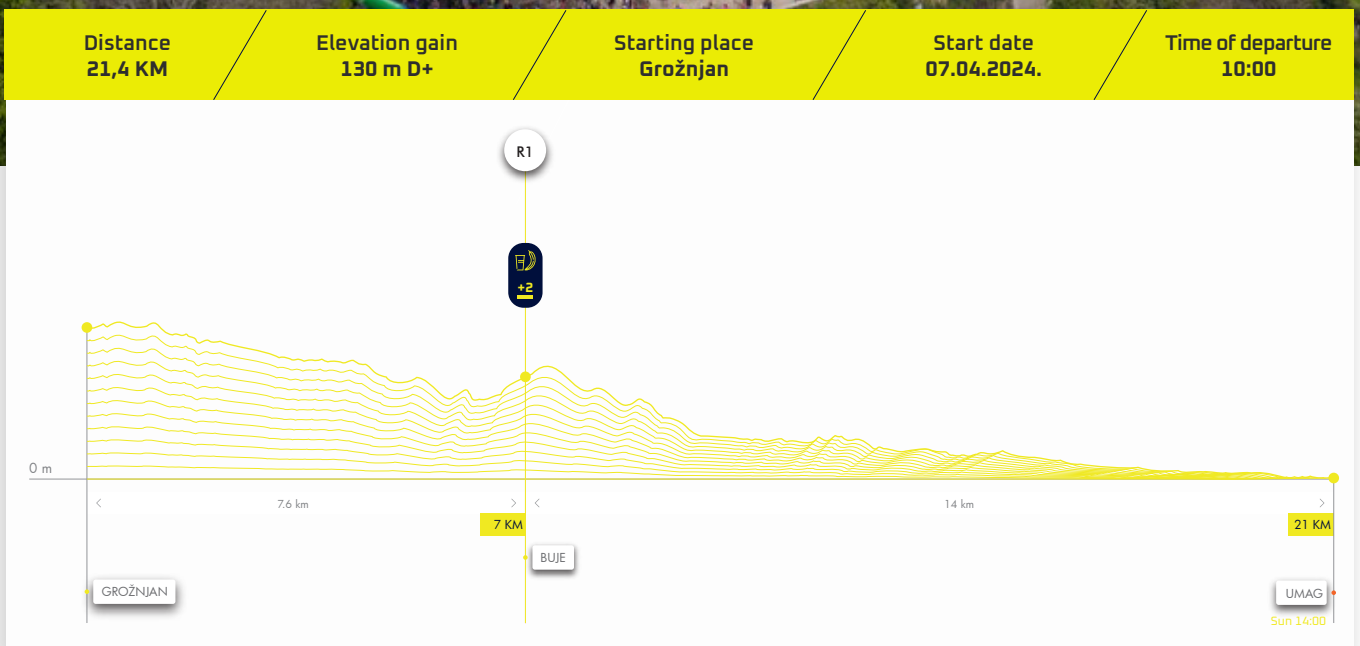
Distance  
21,4 KM

Elevation gain  
130 m D+

Starting place  
Grožnjan

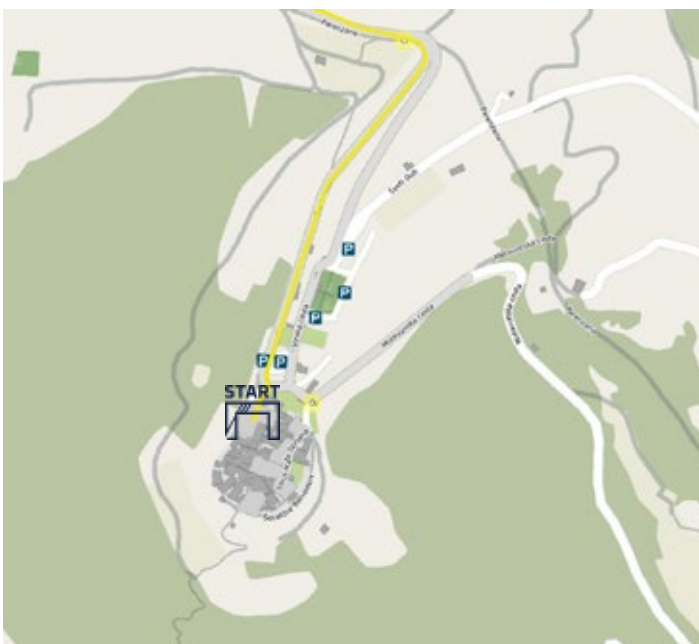
Start date  
07.04.2024.

Time of departure  
10:00



R1 CHECKPOINT - no assistance permitted

## START MAP



## START INFO



**START** GROŽNJAN  
Town square  
SUNDAY 7<sup>th</sup> @ 10:00



**from Umag - fastest route\***

Umag - direction Buje - in Buje direction Buzet

distance: 21 km  
drive time: 0h 27min



# TIMETABLE

## THURSDAY 4<sup>TH</sup>

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

## FRIDAY 5<sup>TH</sup>

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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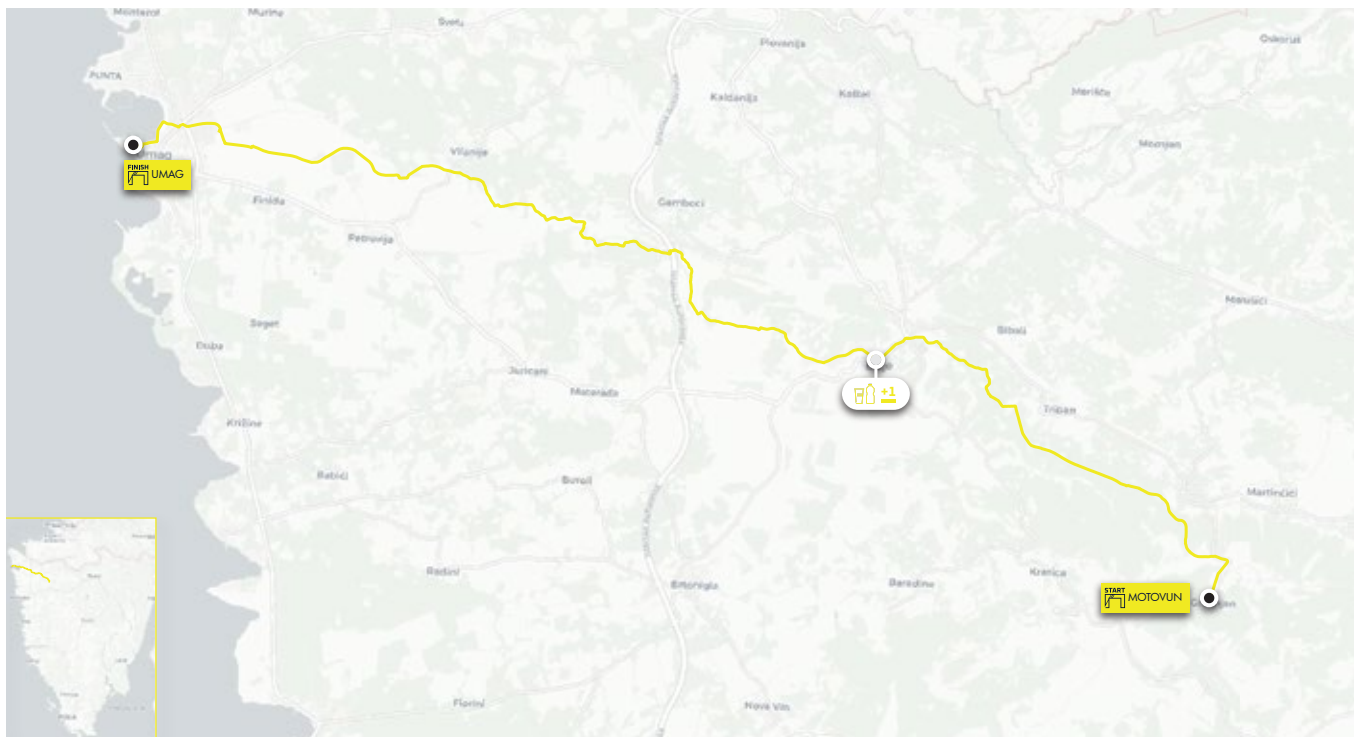
## SATURDAY 6<sup>TH</sup>

07:30 - 13:00	Sports Hall, Umag	 BIB distribution
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## SUNDAY 7<sup>TH</sup>

08:30	Sports Hall, Umag	 Bus departure to start
10:00	Grožnjan	 START!
11:15	Finish line, Umag	 Expected Winner
13:00	Finish line, Umag	 AWARD CEREMONY
14:00	Finish line, Umag	 Time limit

# MAP





# AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D- (M)	Fastest	Slowest	Time barrier	Services
Grožnjan	0	0	0	0	Sun 10:00	Sun 10:02		START 
Buje	189	7.6	61	155	Sun 10:30	Sun 11:22		  
Umag	1	14	130	356	Sun 11:29	Sun 14:00	Sun 14:00	FINISH 

 PROVISIONS

 DOCTOR

 NÄÄK® PRODUCTS

Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffe	Hot soup	NÄÄK liquid	NÄÄK solid
Buje		X	X	X		X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						





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