

MONTEROSA SKYMARATHON

"The race of the century!"

June 23, 2018
Alagna Valsesia, ITALY



ALAGNA-
MONTEROSA-
ALAGNA

THE COURSE



ALAGNA- MONTEROSA- ALAGNA

THE COURSE

- **35 km con 7,000m di dislivello +/-**
- Il percorso segue il tracciato della funivia da **Alagna, 1,200m**, a Indren, 3,260m. Prosegue costeggiando il Rifugio Gnifetti, il Colle del Lys, culminando alla **Capanna Margherita, 4,554m** e ritorno
- Il percorso comprende tratti di **morene, creste, nevai e ghiacciai**



MONTE ROSA SKYMARATHON



THE COURSE

Distance 35 km

Vertical climb 7,000m +/-

○ CHECK POINTS & AID STATIONS

AID	Bocchetta delle Pisse - 2,396m
CP1+AID	Indren - 3,260m
CP2	Gnifetti Hut - 3,647m
CP3+AID	Colle del Lys - 4,250m
CP4+AID	Margherita Hut - 4,554m

EQUIPMENT

- **trail running shoes with snow gaiter** (snow gaiter may be separated)
- **thermal socks**
- **long tights** (or SkiAlp suit)
- **long sleeved technical top** (or SkiAlp suit)
- **windproof vest or jacket with hood**
- **sun glasses**
- **gloves**
- **head gear**
- **micro crampons**



TRAIL RUNNING SHOES WITH SNOW GAITER



LONG TIGHTS, LONG
SLEEVED TECHNICAL
TOP
(or SkiAlp suit)



WINDPROOF VEST OR JACKET WITH HOOD



MICRO CRAMPONS



MICRO CRAMPONS



ROPES



The **back pack** must contain: windproof over pants, long sleeved jacket and thermal blanket, 1 lt hydration pack or bottle. It must be carried **from the start**.

- UIAA 105 approved **harness**
- UIAA 101 approved 8 mm diameter dynamic **rope** 10m long
- UIAA 128 approved **longe** with **two carabiners**
- **micro crampons** must be worn
- **Ski/Cross country poles** (poles must be used for the entire race)

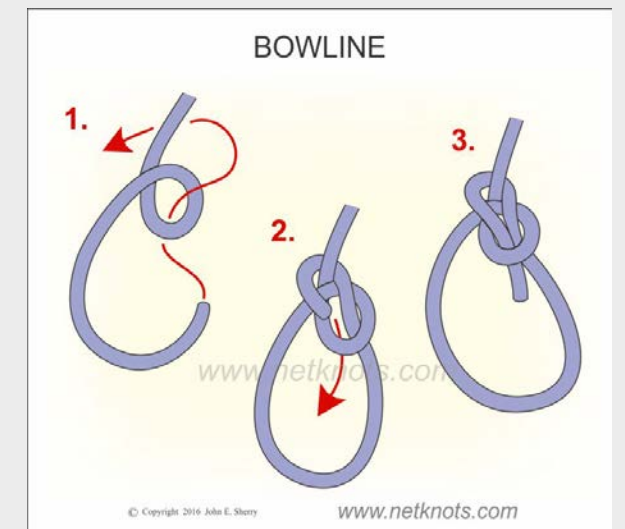
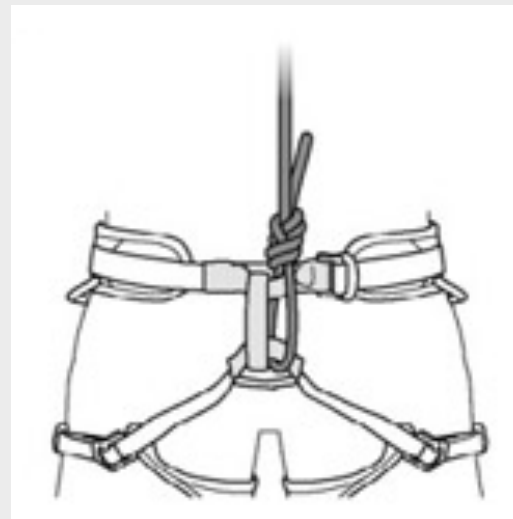
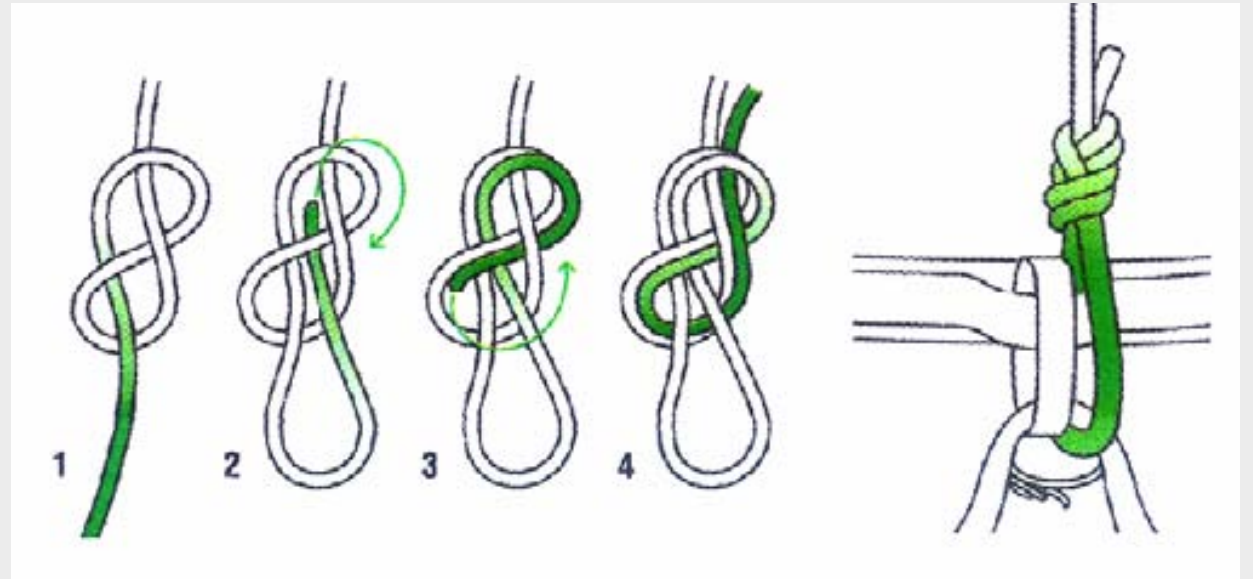
Improper use of the equipment, ropes, micro crampons or whatever action that may prejudice the safety of the team or other race participants will mean penalties or disqualification of the team.

HARNESS (norm UIAA 105)

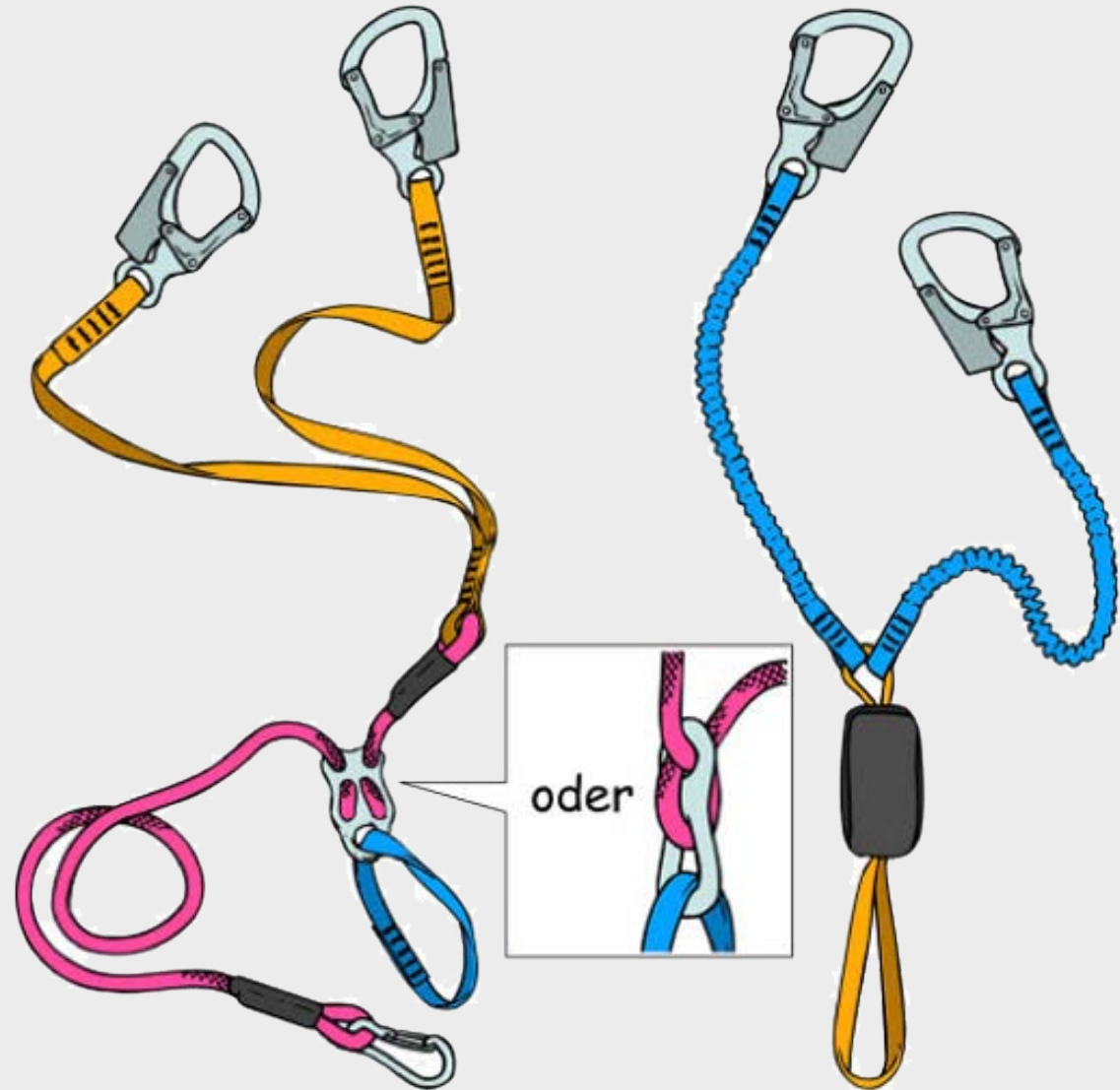


ROPES:
10m ROPE, 8mm Ø

FIGURE-EIGHT LOOP
o BOWLINE KNOT



LONGE (norm UIAA 128)



CUT-OFF TIMES



- Indren (CP1): 1h30'* after the first athlete (estimated max 4h)
- Rifugio Gnifetti (CP2): 2h after the first athlete (estimated max 4h30')
- Colle del Lys (CP3): 2h after the first athlete (estimated max 5h)
- Capanna Margherita (CP4): 2h* after the first athlete (estimated max 6h30')
- Maximum time limit to Indren station: 7h30' (return by cable car)
- Overall time limit: 9h

* In case of good weather Indren and Capanna Margherita cut-off times may be extended by 30'. Race Director may decide to modify time limits based on weather conditions

AID STATIONS

- Bocchetta delle Pisse (2,396m)
- (CP1) Indren cable car station (3,260m)
- (CP3) Colle del Lys (4,250m)
- (CP4) Margherita Hut (4,554m)

At (CP3) Colle del Lys (4,250m) and (CP4) Margherita Hut (4,554m) emergency tents, liquids and energy bars/gels will be available.

No assistance is allowed outside the aid stations and at the top







Join us for the race of the century!

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