

MONTEROSA SKYMARATHON

"The race of the century!"

June 19, 2021
Alagna Valsesia, ITALY



COVID19 SAFETY PROTOCOLS



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Start/finish line

- Athletes must have their body temperature lower than 37.5°C. Exceeding this threshold will exclude the athlete from racing.
- It is mandatory to wear a face mask (surgical or FFP2) for the first 500m and after the finish line
- The face mask must be carried and worn in the cable car in case of withdrawal

Aid stations

- Aid-stations are organized with self-service single-dose containers

Read the [full COVID19 protocol](#)

PROGRAMME



FRIDAY JUNE 18

- **10.00/18.00** bib collection (Palazzetto dello sport)

SATURDAY JUNE 19

- **6.00 Monte Rosa SkyMarathon start**
- **10.30** arrival first athletes Monte Rosa SkyMarathon
- **11.30** award ceremony (finish line)
- **15.00** official award ceremony (TBC)

MONTE ROSA SKYMARATHON

THE COURSE



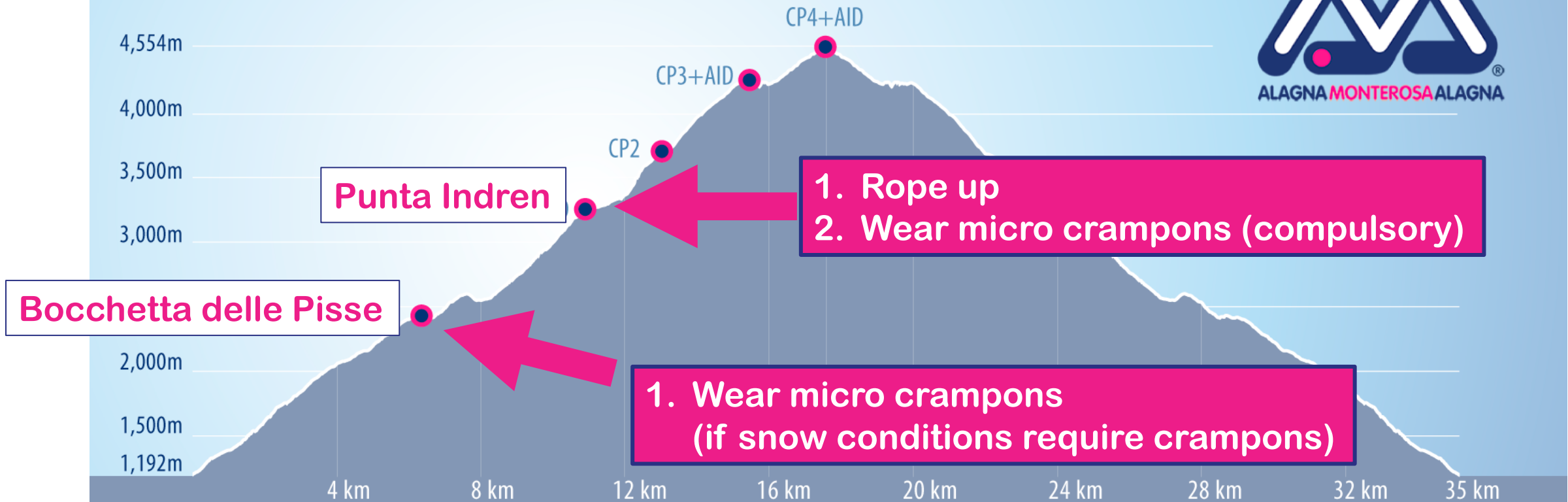
MONTE ROSA SKYMARATHON

THE COURSE

- **35 km** with **7,000m** total climb +/-
- 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



1. Rope up
2. Wear micro crampons (compulsory)

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(if snow conditions require crampons)

Punta Indren

Bocchetta delle Pisse

MONTE ROSA SKYMARATHON EQUIPMENT



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**
- **re-usable glass (for aid stations)**





TRAIL RUNNING SHOES



SHOES WITH SNOW GAITER

(separated or incorporated snow gaiter)



SKY ALP SUIT or
LONG TIGHTS AND LONG SLEEVED TECHNICAL TOP



WINDPROOF VEST OR JACKET WITH HOOD



MICRO CRAMPONS

with at least 12 metal spikes distributed between toe and heel

(compulsory from Indren)

ROPES (compulsory from Indren Station)



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.

ROPES – When to use them



Athletes must rope up from Indren Station and use the longe to proceed on fixed ropes where they're available on the course both on the uphill and on the downhill.

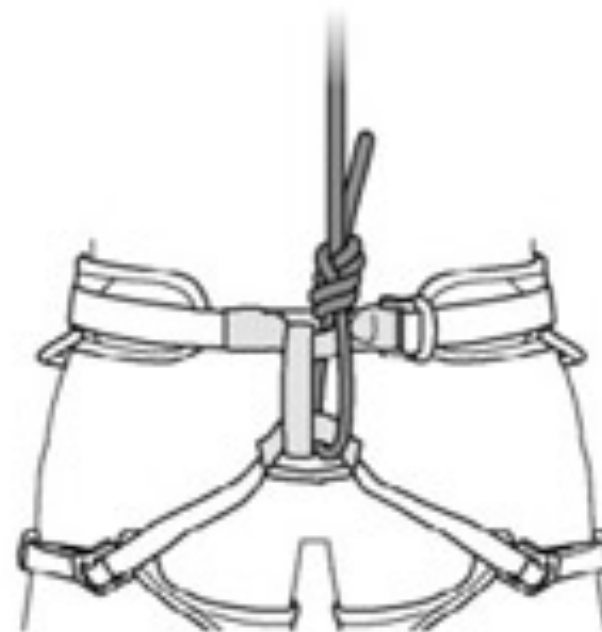
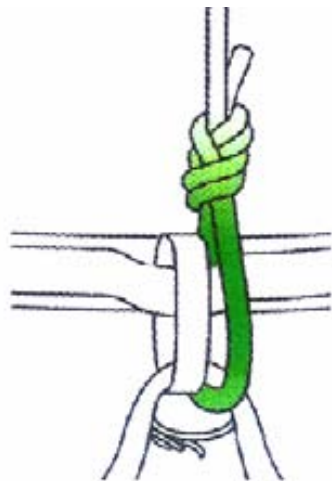
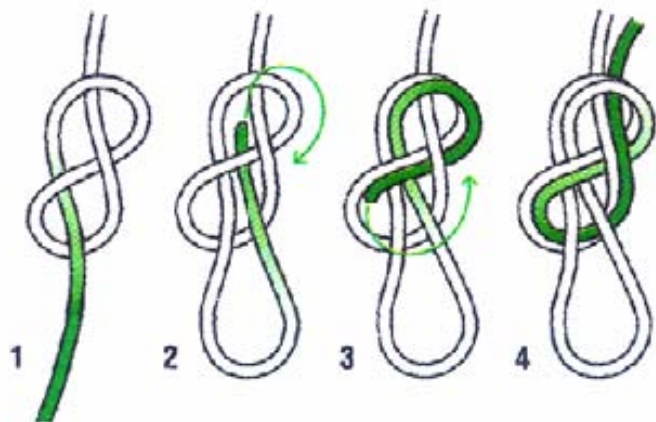
Fixed ropes will be present at:

- Gnifetti couloir
- Last stretch to Margherita Hut
- Possibly before Indren Station



HARNESS (UIAA 105 norm)
LONGE (UIAA 128 norm)

(compulsory from Indren Station)



ROPES (10m ROPE, 8mm Ø)
FIGURE-EIGHT LOOP or BOWLINE KNOT

(compulsory from Indren Station)

CUT-OFF TIMES

- **Indren (CP1): 3h**
- **Rifugio Gnifetti (CP2): 4h30'**
- **Colle del Lys (CP3): 5h30'**
- **Capanna Margherita (CP4): 6h30'**
- Maximum time limit to Indren station: 7h30' (return by cable car)
- **Overall time limit: 9h**



AID STATIONS

- Bocchetta delle Pisse (2,396m)
- (CP1) Indren cable car station (3,260m)
- At (CP3) Colle del Lys (4,250m) and (CP4) Margherita Hut (4,554m) only emergency tents, liquids and energy bars/gels will be available.

Aid-stations are organized with self-service single-dose containers

Due to COVID, no external assistance is allowed. Only staff members may access CP4 Margherita Hut during the race.



WITHDRAWAL



In case of withdrawal or cut off time athletes must:

- Inform the nearest check point on the course communicating bib number
- KEEP ROPED UP and NEVER go out of the race course, keeping the bib visible. Reach the nearest cable car station to return to Alagna
- Show the bib to the cable car personnel to access the cable car. Wear face mask
- Go to chrono tent at finish line and return the bib

Thank you for
reading!

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