

# **PRESS RELEASE**

## **TOR DES GEANTS**

From the local dialect widely spoken in the Valle d'Aosta: Tour of the Giants

**150 HOURS NON-STOP AMIDST THE GIANTS OF THE VALLE D'AOSTA**  
*The first edition of the trail-running ultramarathon*

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## TOR DES GEANTS - INTRODUCTION

The first edition of Tor des Géants (from the local dialect widely spoken in the Valle d'Aosta meaning Tour of the Giants), will start at 10am Sunday 12th September 2010.

This event, strongly supported by the Regional Government through the councillors responsible for Sport, Tourism, and Agriculture, will be the sporting event of the year for the alpine region.

The Tor des Géants is a Trail-Running race, is a non-stop ultra-marathon that is run in its entirety along the footpaths of the Alte Vie high mountain trails: 330km over 24,000 metres range in altitude, starting and finishing in Courmayeur.

The two high trails ([Alta VIA n. 1](#) and [Alta Via n. 2](#)) will be linked in an ideal circuit for the race, tracing an ideal alpine route through the most beautiful areas of the Valle d'Aosta.

The section on Col Lauzon (3,300 m.) is the highest point of the race. It is situated in the Gran Paradiso National Park, along the section between Valsavarenche and Cogne, which the athletes will cover over the first and second days of the race. In all the course will cover a total of 25 mounts of over 2,000 metres, skirt 30 alpine lakes and cross 2 nature parks (the Mont Avic Regional Park and the Gran Paradiso National Park. 34 municipalities will be involved (list follows).

Any enthusiasts over the age of 20 who wish to put themselves to the test can take part in this sporting event, which is the most arduous of its kind in the world. The time limit is **150 hours** (the race closes at 16:00 on Saturday 18th September).

For the safety of the competitors, and so as not to debase the competitive spirit, time limits for the intermediate stages will prevent behind time competitors from continuing. Each competitor will decide on his own speed and relative race strategy and only, for reasons of safety, rest, eat, and sleep in the bases set up for these purposes.

With over 500 assistants spread out along the route, the organisers, (co-ordinated by ASD Courmayeur Trailer) guarantee 7 base-stations and 43 refreshment points for the competitors. In each of the 50 bases it will be possible to rest and stock-up on food and drink, but the 7 base-stations provide larger and more comfortable spaces for sleeping as well as being equipped to supply medical assistance and ambulance services whenever needed. Furthermore, in these bases the competitors will find their own bag and personal effects, brought there by the organisers during the race in order that the athletes are provided with changes of clothing and shoes, appropriate nutritional products, and everything else that they may need for the next stage of the race.

Every base will also act as a time checkpoint so that the progress of the race and position of each competitor can be followed at all times. The results obtained by the checkpoints will be shared through the race web-site [www.tordesgeants.it](http://www.tordesgeants.it) so that whoever wants to may follow the progress of the competitors.



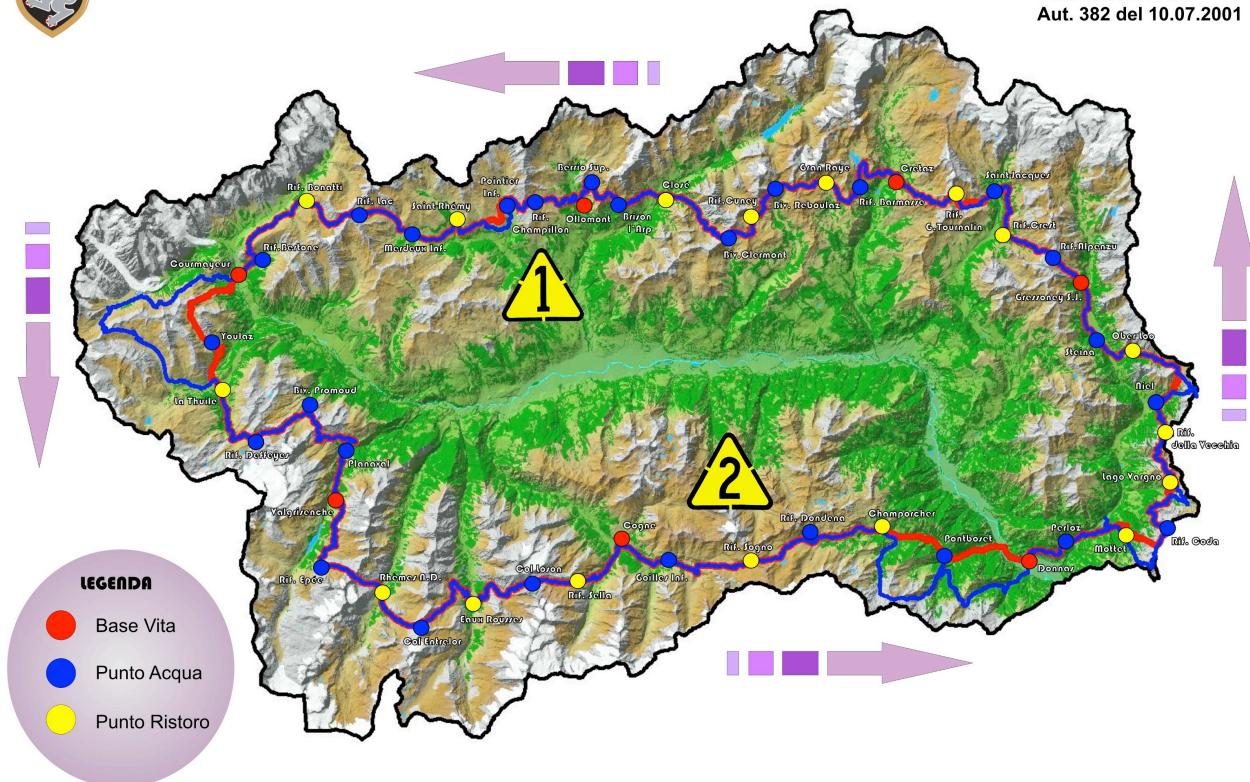
## TOR DES GEANTS - THE ROUTE

The Tor des Géants is the first mountain endurance trail to consist of one route, a loop circuit that runs through the whole Valle d'Aosta region, covering the highest paths of the four-thousanders (Gran Paradiso, Monte Rosa, Matterhorn, and Mont Blanc), the highest mountains in Europe.



### Percorso e Ristori

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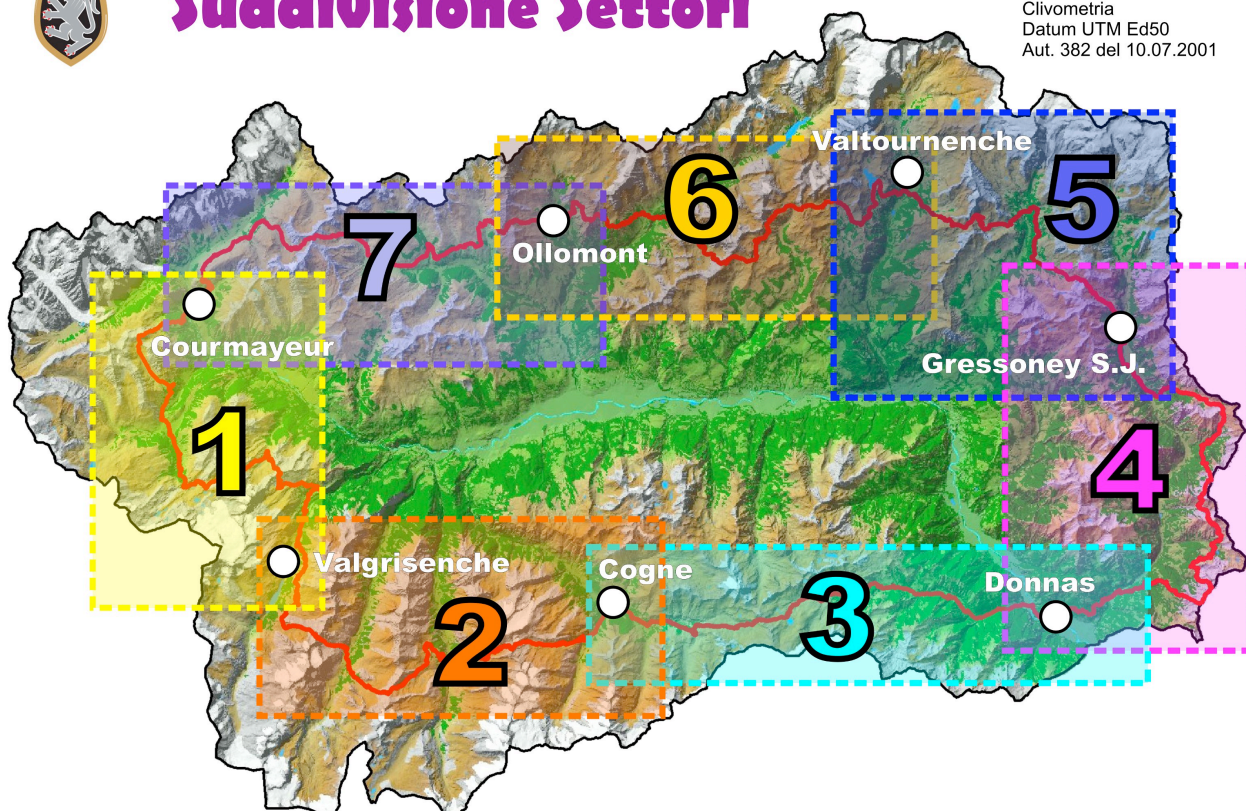
The 7 base-stations are spread along the route dividing it into its seven sections:

|                                   |       |         |
|-----------------------------------|-------|---------|
| Courmayeur – Valgrisenche         | 49 km | 3996 D+ |
| Valgrisenche – Cogne              | 56 km | 4141 D+ |
| Cogne – Donnas                    | 44 km | 3348 D+ |
| Donnas – Gressoney St Jean        | 53 km | 4107 D+ |
| Gressoney St Jean – Valtournenche | 39 km | 2601 D+ |
| Valtournenche – Ollomont          | 44 km | 2702 D+ |
| Ollomont – Courmayeur             | 48 km | 2880 D+ |



## Suddivisione Settori

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## **TOR DES GEANTS – THE MUNICIPALITIES INVOLVED**

(in order of position along the course)

1. Courmayeur
2. Pré Saint Didier
3. La Thuile
4. La Salle
5. Aise
6. Arvier
7. Valgrisenche
8. Rhêmes-Notre-Dame
9. Valsavarenche
10. Cogne
11. Champorcher
12. Pontboset
13. Hône
14. Bard
15. Donnas
16. Perloz
17. Lillianes
18. Fontainemore
19. Issime
20. Gaby
21. Gressoney-Saint-Jean
22. Ayas
23. Chamois
24. Valtournenche
25. Torgnon
26. Nus
27. Quart
28. Oyace
29. Valpelline
30. Ollomont
31. Doues
32. Etroubles
33. Saint-Oyen
34. Saint-Rhemy-en Bosses



## MINI TOR DES GEANTS

As well as its sporting purpose, the event aims to valorise and promote the Alte Vie high mountain trails of the Valle d'Aosta.

The race will bring this unspoiled but easily utilisable territory to the eyes of the world. It will demonstrate how not only elite athletes, but also simple enthusiasts can test themselves over this course with every possibility of finishing the race, and finishing will surely be the real victory for each competitor. In order to allow non-competitors to experience the same sensations and to share the beauty of the scenery, it will be possible for them to walk along sections of the course in small organised groups with guides who will accompany the groups and organise the nightly stays in hotels or mountain shelters along the route. The “Mini Tor des Géants” includes several programmes that will be on offer to both those accompanying the competitors of the ultramarathon, and anyone who wishes to take part in this unique experience without necessarily being enrolled in the competition.

The range of “Mini Tor des Géants” on offer is wide: the tours last from 1 day to a maximum of 4 days, they cover a range of difficulty levels and all seven sections of the competition route. In order to allow the competitors' friends, walking enthusiasts and interested people to encounter the athletes along the course, some of the Mini Tors des Géants that last for more than 2 days have been organised along the course in the opposite direction to that of the race.

For more information about the Mini Tor des géants: Società Cooperativa Interguide – Via Monte Emilius, 13 11100 AOSTA – Tel +39.0165.40939 [info@interguide.it](mailto:info@interguide.it); [www.tordesgeants.it](http://www.tordesgeants.it); [lovevda.it](http://lovevda.it)

Athletes who wish to follow parts of the course independently will be encouraged to do so and given the information necessary to be able to schedule their stops according to their personal needs and athletic abilities.

For information: Office régional du tourisme (Regional tourist office): +39.0165. 236627



## TOR DES GEANTS – ZERO EDITION

In September 2009, during the same period in which the race will take place in 2010, a test was organised in order to gather scientific data to verify the competition's feasibility. The temperature at the start was mild, but was followed by a lot of rain, and even snow above the 2.000m line with temperatures reaching below zero. These conditions intensified the difficulty of the test and subjected the testers to further stress.

The team was made up of two women and two men of the same age ( $43 \pm 1$ ) who were characterised by being physically average types, with previous experience in, and specific training for, particularly long trail-running races; not professional athletes but well trained amateurs: a sample group fairly representative of the people who will be competing in the 2010 Tor des Géants. The group were allowed to organise the time at their disposition, 150 hours, as they liked. This meant they were able to decide for themselves when and for how long to stop for sleep in the seven areas that will be equipped for this purpose for the race. The only constraint imposed on them was that they had to proceed all together as a group. This condition was the only pertinent difference between the "zero" edition and the following editions which will be strictly reserved for individual efforts.

To give the test major coherence and to support the results with scientific data, a number of parameters concerning fatigue and sleep deprivation were monitored. It was found that calorie expenditure weighed in at around 8,000 per day (average) which when compared to the 2.000 calories used by the average forty-year old during a standard day's work, gives a clear idea of the high level of physical exertion required by the course. It was found that the high expenditure of calories was almost entirely covered by the food and drink consumed: sandwiches, energy bars and gels, as well as rich evening meals consisting of regular dishes, (some being regional specialities) available in the shelters and restaurants to be found along the course.

Sleep deprivation was found to be probably the largest hindrance to performance due to its effects on athletic ability and motivation. On average the testers got little more than three hours sleep per night over the seven day period. The remaining part of each day was filled with covering the course, on average fourteen hours of exertion per day, and a small portion of time was used for scientific tests, eating, preparing rucksacks and equipment, encounters with the local people, and personal hygiene.

The data gathered and analysed by an exceptional tester, Pietro Trabucchi - celebrated sport psychologist, university lecturer, author of a number of books on "resistance" (psychological resistance in situations of stress) - was processed by the Rovereto Inter-university Centre of Bio-engineering and Sports Science research, and the Faculty of Sports Science of the University of Verona. They produced a research paper which was presented at the international congress "Mountain, Sport & Health. Updating study and research from laboratory to field" held in Rovereto (Trento) from 12th to 14th November, 2009.

The whole exercise has demonstrated that the course is very demanding and not suitable for anyone with no prior experience in trail-running. The successful conclusion of the race by the four trail-runners, their sensations, and the physiological data gathered, have made it clear that the 500 athletes admitted to participate in the competition will be able to take part with every probability of completing the course safely.



## THE ORGANISERS: A.S.D. COURMAYEUR TRAILERS

The A.S.D. COURMAYEUR TRAILERS is the non-profit association responsible for the organisation of the Tor des Géants.

The wide experience gained by the association and its volunteers through frequent collaboration in the organisation of sporting events, guarantees that the competition will be managed highly competently and with high safety criteria.

Already organised by ASD Courmayeur Trailers:

- ◆ **Gran Trail Valdigne - Valle del Monte Bianco:** the first trail of over 80km entirely within Italy. 87km with an altitude range of 5,100m ([www.grantrailvaldigne.it](http://www.grantrailvaldigne.it)).
- ◆ **The North Face® Ultra-Trail® du Mont-Blanc:** Courmayeur Trailers together with Trailers du Mont Blanc, a French association, are the organisers of the UTMB and other competitions in August around Mont Blanc. ([www.ultra trailmb.com](http://www.ultra trailmb.com))
- ◆
- ◆ **Arrancabirra:** serious and semi-serious 19km race that takes place in early autumn in Courmayeur attracting hundreds of enthusiasts. ([www.arrancabirra.it](http://www.arrancabirra.it))
- ◆
- ◆ **Winter Eco Trail:** a winter race of around 18km run over snow that takes place half way through December. ([www.winterecotrail.it](http://www.winterecotrail.it))

ASD Courmayeur Trailers +39 389 1138477 [info@tordesgeants.it](mailto:info@tordesgeants.it)





## **TOR DES GEANTS – REGULATIONS**

### **ENTRY**

There are no specific requirements for entering the Tor des Géants race, but we strongly recommend that only people who have already taken part in similar events lasting more than one day take part.

However, a valid medical certificate proving fitness to participate in competitive resistance sports, recognised by the competitor's country of residence, is required for entry to the race. This race is open to everyone, men and women, who are already 20 when entering the competition (Senior to Veteran categories), regardless of whether or not they are club members. Entries will officially open on 19th February 2010. Entries can be completed on the race web-site: [www.tordesgeants.it](http://www.tordesgeants.it)

### **HOW TO ENTER**

Pre-registration: between 1st October 2009 and 31st December 2009, 240 people have already registered.

Entries: from 21st February 2010 entries will officially open, the maximum number of participants has been set at 500.

The entry fee is €320, or €300 for those who have pre-registered.

Entry is made through the race web-site <http://www.tordesgeants.it> by filling in all fields on the appropriate form.

Entries will close on 20th August 2010, or when the top limit of 500 participants has been reached.

The entry fee includes all the services set out in these regulations, the race pack, the pasta party organised for the evening prior to the start, the buffet at the finishing line, all the assistance services, refreshments during the race, any transport needed to return to the hospitality base at Coumayeur, transport of competitors' personal bags from one base to the next, and the DVD of the race.

Entry is personal and it is not permitted to exchange numbers and/or make use of another competitor's registration.

### **ETHICS**

The world of TRAIL RUNNING brings together different sorts of people who do not only practise sport, but who also believe in and respect a number of important values that make up the ethics of sport.



### **Respect for people**

**Self-respect:** no cheating or deception, either before or during the run;

**Respect for the other runners:** always help another runner in trouble;

**Respect for the volunteers,** who are taking part just for the pleasure of lending a hand.

### **Respect for Nature**

Respect plants and animals by not leaving rubbish.

Stick to the paths marked in order to prevent soil erosion.

### **No money prizes**

Just a prize to reward everyone who finishes the run.

### **Sharing and solidarity**

Everyone, be they a runner or a volunteer, should act to ensure support is provided in all situations.

Support for a charity: the race also has a humanitarian objective, and this should motivate us all to realise that the concept of suffering is always relative.

## **REGULATIONS**

### **THE RACE**

A run through a natural landscape, along the paths of the Alte Vie high mountain routes of the Valle d'Aosta (Italy), with departure and arrival in the municipality of Courmayeur.

A race of approx. 320 km, involving an altitude range of 24,000 m, running through 28 municipalities.

The race involves one route, at the competitor's own speed, with a time limit, and a policy of partial autonomy.

### **SEMI-SELF-SUFFICIENCY**

Refreshment points will be provided with drinks and foods to be consumed there on the spot. Plastic cups will not be available at any of the refreshment points, so runners must bring their own cups or containers for the purpose.

Water bottles and camel bags may only be filled with still water. All runners must ensure upon leaving each one of the refreshment points that they have enough water and food to reach the next one. Outside assistance along the route is forbidden. At the bases, outside assistance will be permitted only in an area specifically set aside for this purpose. All other areas of the refreshment points will be strictly reserved for runners only.

It is forbidden for anyone not entered for the race to accompany runners along the route.



## **MATERIAL**

Upon entry to the race, each runner undertakes to take with them during the race all the compulsory material listed below. Runners who fail to do so will be disqualified.

## **SAFETY AND MEDICAL ASSISTANCE**

Rescue posts will be positioned at every col or peak, and at every refreshment point. These posts are linked via radio or phone with the race officials. Ambulances, civil protection staff and doctors will be on hand in the area.

The rescue posts will provide assistance to anyone in difficulty, using the race organisation's own resources or through third parties where necessary.

The official race doctors are authorised to suspend any runners they consider unfit to continue with the race. Rescue teams are entitled to use all the means they see fit to remove any runners they believe are in danger.

At their sole discretion, the race organisers may decide to call in the official alpine rescue teams if they believe this is in the best interests of the individual in distress. The alpine rescue team will then take control of operations and will deploy all means necessary, including helicopters. Any expenses deriving from the use of such means will be charged to the runner rescued, in accordance with the legislation currently in force.

Runners who call upon a doctor or rescuer thereby undertake to respect the authority of such figures and to accept their decisions.

## **CHECKPOINTS AND REFRESHMENT POINTS**

The ID chip will be scanned at all check or refreshment points established by the organisation .

Only runners wearing a visible race number will be allowed access to the refreshment points.

The road book, which can also be downloaded on-line, provides a detailed list of refreshment points, water supply points and bases.

"Mobile" checkpoints will also be positioned at points along the route other than the rescue posts and refreshment points. The location of these points will not be indicated by the race organisers.

## **MAXIMUM RACE TIMES AND DEADLINES TIMES**

The maximum time allowed for completion of the race is set at 150 hours.

The latest permitted departure times (deadline times) from the main checkpoints will be defined and noted on the road book.

These deadlines are calculated so as to enable runners to reach the finishing line within the maximum time allowed, whilst still allowing for stops (for a rest, for meals...). In order to be allowed to continue, competitors must **leave the checkpoints before the set deadline time**.

The organisers reserve the right to stop the race or to adjust the deadline times in the event of unfavourable weather conditions and/or for other safety concerns .

## **REST AND SHOWERS**



Hot shower facilities are available only at the bases in Valgrisenche, Cogne, Donnas, Gressoney S.J., Valtournenche, Ollomont and Courmayeur. At these bases runners may stop off for longer periods of rest (within the limits set by the deadline times); at all the other points, shelter will be provided for short rests (up to an hour).

### **WITHDRAWAL AND RETURN TO BASE**

Runners who decide to withdraw from the race along the route must go to the nearest check-point and declare their intention to do so, so the race organisers can record the withdrawal and arrange return to the Courmayeur base.

Runners who abandon the race without informing the organisers immediately, thus setting in motion search operations by the rescue teams, will be held responsible for all expenses deriving from such operations.

### **DISQUALIFICATION**

During the race, officials are authorised to carry out checks on compulsory equipment and compliance with the regulations in general (respect for the surrounding area, ethics, unauthorised assistance, bib numbers not visible on the front...)

Runners found upon inspection not to be carrying all of the compulsory equipment will be immediately disqualified, with no right of appeal.

Runners may also be disqualified for infringements of the rules captured on video and received by the organisers even after the competition.

The race jury may disqualify runners who have committed a serious infringement of the rules (see web-site).

### **RACE JURY**

The race jury is made up of:

the race director

the coordinator in charge of safety

the head of the medical team

the person in charge of the checkpoint of the area concerned

any other competent person designated by the president or by the organising committee.

The jury is authorised to rule, within a period of time compatible with the requirements of the race, on all contentious issues or disqualifications that may take place during the race. The jury's decisions are final.

### **CHANGES TO THE ROUTE OR TO THE DEADLINE TIMES - CANCELLATION OF THE RACE**



The race organisers reserve the right to make changes, at any time and without prior warning, to the race route or the location of the rescue and refreshment points.

In the event of unfavourable weather conditions (strong depression with heavy rain and snow at high altitude, major risk of storms...) the start may be delayed for a maximum of two hours, after which the race will be cancelled.

If necessary, the organisers may remove or make changes to some stretches of the route.

## **INSURANCE**

The organisation has taken out civil liability insurance for the duration of the race.

Runners are fully responsible for their participation in the race and undertake to make no claims of liability against the organisation in the event of damage or other consequences that may derive from their participation in the race.

Upon completion of the online race entry form, participants must sign a legal liability disclaimer.

## **ROAD BOOK**

A description of the route is may be downloaded from the website [www.tordesgeants.it](http://www.tordesgeants.it) on the ROUTE page. This route map includes all the practical information required, such as checkpoint deadline times, refreshment points, rescue points, first aid points, as well as access points for those accompanying runners.

## **RANKINGS AND PRIZES**

The winner will be the runner who reaches the finishing line in Courmayeur in the shortest time possible.

The ranking drawn up at the checkpoint nearest the finishing line will be held as valid.

Each base reached along the way will be considered an achievement, and each runner will receive credit for these achievements.

No money prizes will be awarded.

Each runner who completes the race will receive a “finisher” prize.

An overall ranking for men and women will be drawn up, as well as individual rankings for each male and female category.

Prizes will be awarded to the first five men and the first five women in the general ranking, and to the first three finishers in each category.

## **IMAGE RIGHTS**

Each runner expressly foregoes any claim to image rights on pictures taken during the race and authorises the organisation and its partners to use said images.