ISTRIA
100 MILES OF ISTRIA
ULTRATRAIL

ULTRA-TRAIL® WORLD TOUR

RACE GUIDE 2018

**ALL YOU NEED TO KNOW.
AND MORE!**

ISTRIA, CROATIA
APRIL 5TH-8TH 2018

www.istria100.com / April 2nd 2018







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IMPRESSUM

Photo: Dejan Hren, 3 sporta, Krume Ivanovski, Marko Kadija, Istria Tourist Board
Text and data : Alen Paliska, ITRA, Istria Tourist Board



ALEN PALISKA
Race director

WELCOME IN ISTRIA BY RD

ENJOY ON THE TRAIL, BUT DON'T MISS OTHER THINGS ISTRIA OFFERS

Company Sport Box along with the sport club SRK Alba and their partners, organize from 6 to 8 April 2018 the 6th edition of 100 Miles of Istria, ultra trail race across the Istrian peninsula.

As the director of the event, it is a great pleasure to welcome all who wish to participate in this trail running event. In the previous edition, 1.310 athletes from 37 different countries participated, which made us very happy and proud!

It is for us, without a doubt, a huge honor to organize this event on the Istrian peninsula that, beyond it's recognized touristic attributes, offers excellent conditions for practicing this sport.

The trail routes will lead you to the heart of the Istrian peninsula, through some pretty old medieval towns, you will feel like visiting Tuscany! By the way, the longest route will also take you to the smallest town in the world - Hum.

Besides the elite longest course (RED - 168 km) we offer another three courses which start in Lovran (BLUE - 110 km), Buzet (GREEN - 67 km) and Motovun (YELLOW - 41 km). All courses finish on the western part of the peninsula, in Umag, which is located 30 minutes from the border with Slovenia and has a wide range of hotel accommodation nearby.

But we have even more! A super cute 1 Mile race for the kids :). Completely free!

We strongly believe that this event will have all the brilliance expected and be an extra motive to all who are here to stay a while longer or, perhaps, to return one day.

While in Istria, don't miss out on our exquisite local cuisine! It offers you a wide range of delicious food based on the Mediterranean cuisine, as well as top notch wines, and what is more, Istria has been ranked as the best olive-growing region in the world.

We wish you a splendid and unforgettable stay in our beautiful region, a successful race and let the best win!

Welcome to the 6th edition of 100 Miles of Istria!

WE LOVE WHAT WE DO BECAUSE WE ARE PASSIONATE ABOUT IT.



MARKO GREGURIĆ
CEO



IVANA MALOVIĆ GREGURIĆ
Accommodation and transfers



DAVOR ROCE
Logistics



ELENA GRŽINIĆ
Registrations



IGOR DOROTIĆ
Course marking



ALEKSANDAR PETKOVIĆ
EXPO



IVANA ANIČIĆ
Volunteers



DR. ELVIS ČERNEKA
Medic



LILIANA BOŽIĆ ROCCO
PR



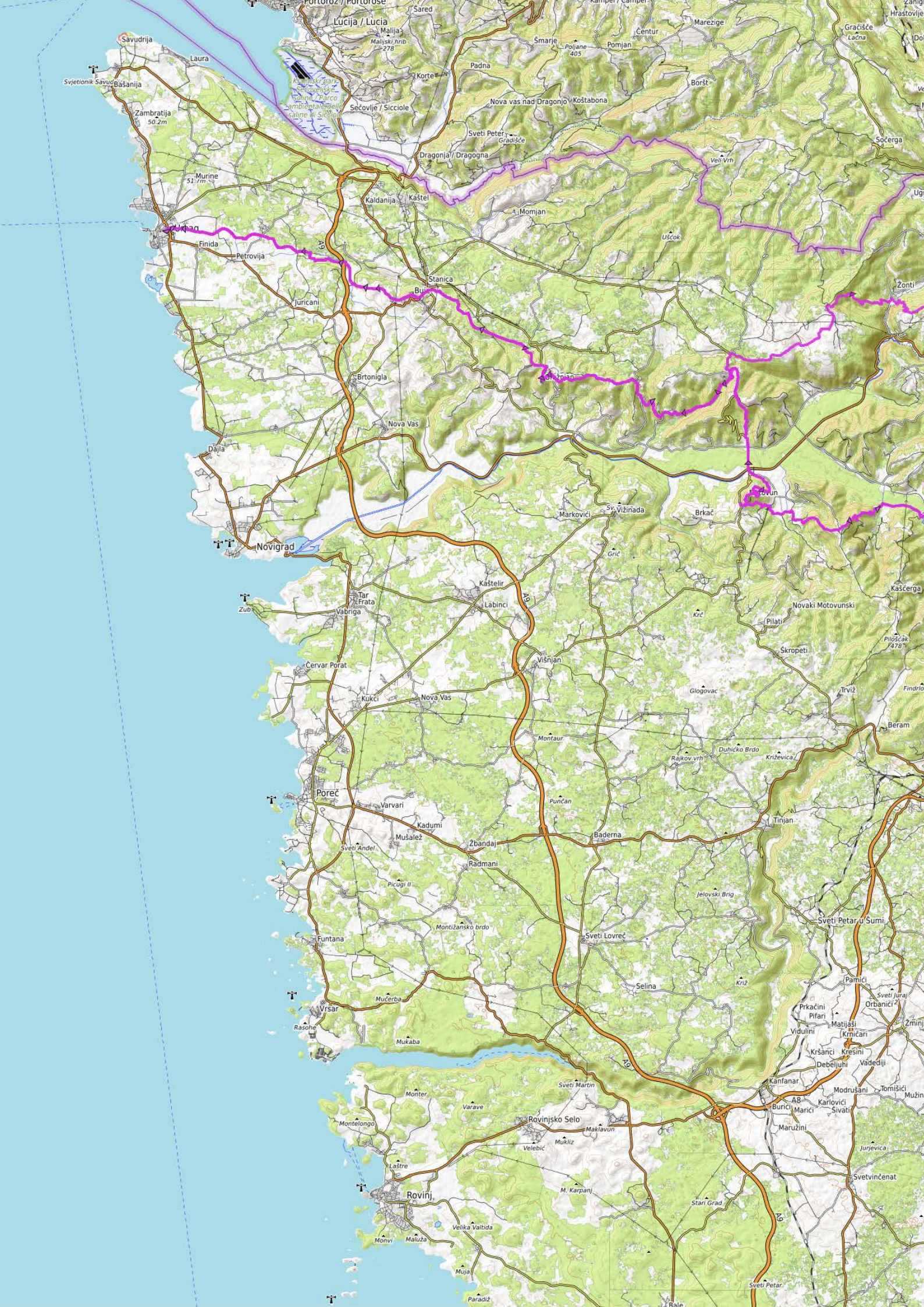
MARTIN ČOTAR
Finish area

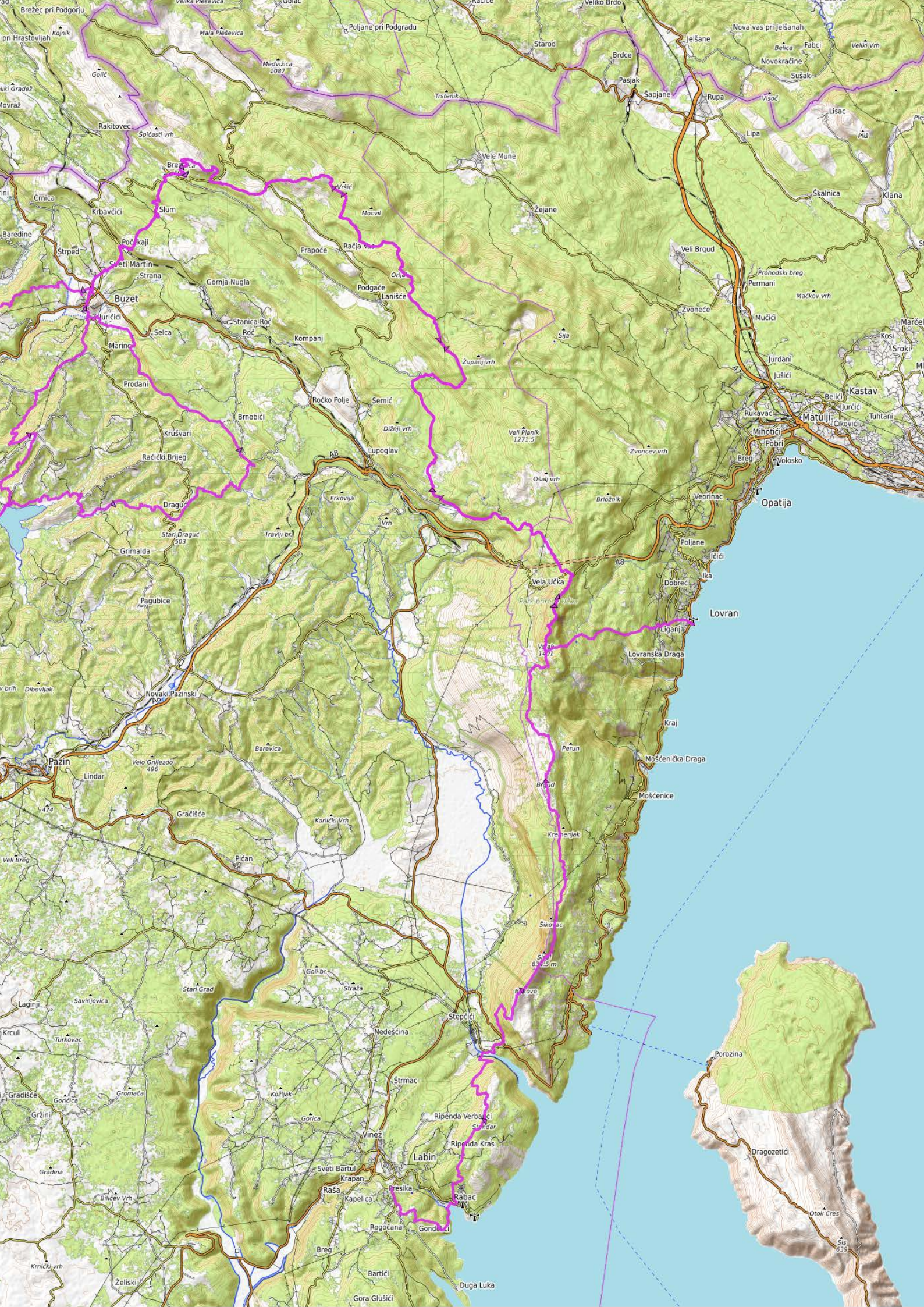


TEA MIRKOVIĆ
One Mile race



SEBASTIJAN LABINJAN
Security


Portorož / Portorose
Lucija / Lucija
Sarad
Malija
Savudrija
Laura
Svjetionik Savudrija
Bašanija
Zambratija
50.2m
Sečovlje / Sicciole
Korte
Padna
Nova vas nad Dragonjo
Koštabona
Smarje
Poljane
405
Pomjan
Centur
Marezige
Gračišče
Lačna
Boršt
Sveti Peter
Gradišče
Dragonja / Dragogna
Veli Vrh
Socerga
Murine
51.7m
Kaldanija
Kaštel
Momjan
Umag
Finida
Petrovija
A9
Uščok
Stanica
Juricani
Žonti
Brtonigla
Nova Vas
Dajla
Markovici
Sv. Vižinada
Brkač
Novigrad
Grić
Kaštelir
Tar
Frata
Vabriga
Zub
Labinci
Kašćerga
Novaki Motovunski
Pilati
Pilošćak
478
Škropeti
Višnjan
Červar Porat
Kukci
Nova Vas
Glogovac
Trviž
Findrlo
Montaur
Beram
Duhićko Brdo
Križevica
Rajkov vrh
Poreč
Varvari
Punčan
Kadumi
Mušalež
Sveti Anđel
Žbandaj
Baderna
Tinjan
Radmani
Picugi II
Jelovski Brig
Sveti Petar u Šumi
Montižansko brdo
Funtana
Sveti Lovreč
Selina
Križ
Pamići
Sveti Juraj
Mučerba
Vrsar
Orbanići
Prkačini
Pifari
Matijaši
Vidulini
Krnicari
Žminj
Rasohe
Mukaba
Krsanci
Kresini
Debeljuhi
Vadediji
Sveti Martin
Kanfanar
Modrušani
Tomišići
Monter
Varave
A8
Burići
Karlovići
Marici
Sivati
Mužin
Montelongo
Rovinjsko Selo
Maklavun
Maružini
Mukliz
Velebić
Jurjevica
Laštre
Svetvinčenat
M. Karpanj
Rovinj
Stari Grad
Velika Valtida
Monvi
Maluža
Muja
Sveti Petar
Paradiž
Bale


Buzet
Pazin
Lovran
Opatija
Labin
Rabac
Matulji
Kastav
Vela Učka
Park prirode Učka
Ćićarija
Brežec pri Podgorju
Poljane pri Podgradu
Nova vas pri Jelšanah
Jelšane
Starod
Brdce
Pasjak
Šapjane
Rupa
Lisac
Lipa
Rakitovec
Vele Mune
Črnica
Krbavčići
Slum
Žejane
Veli Brgud
Permani
Škalnica
Klana
Baredine
Štrped
Sveti Martin
Strana
Gornja Nugla
Podgače
Lanišće
Prapoće
Mučići
Zvoneće
Jurdani
Jušići
Belići
Rukavac
Mihotići
Pobri
Bregi
Volosko
Veprinac
Poljane
Ičići
Ika
Dobreć
Liganj
Lovranska Draga
Kraj
Mošćenička Draga
Mošćenice
Porozina
Dragozetići
Otok Cres
Ripenda Verbanci
Ripenda Kras
Vinež
Sveti Bartul
Krapan
Presika
Kapelica
Rogočana
Gondolići
Breg
Bartići
Duga Luka
Gora Glušići
Stepčići
Nedešćina
Štrmac
Gorica
Kožljak
Gradišće
Goričica
Gromača
Gržini
Gradina
Bilićev Vrh
Krnički vrh
Željski
Laginji
Savinjovica
Krculi
Turkovac
Stari Grad
Straža
Goli br.
Gračišće
Karlički Vrh
Pićan
Veli Breg
Barevica
Lindar
Velo Gnijezdo
496
474
Novaki Pazinski
Dibovljak
Pagubice
Grimalda
Stari Draguć
503
Travlji br.
Draguć
Frkovija
Vrh
Ošalj vrh
Briložnik
Zvončev vrh
Veli Planik
1271.5
Dižnji vrh
Lupoglav
A8
Račički Brijeg
Krušvari
Brnobići
Ročko Polje
Semić
Kompanj
Roč
Stanica Roč
Selca
Marinc
Prodani
Juričići
Županj vrh
Orlja
Šija
Prohodski breg
Mačkov vrh
Zvonček
Medvižica
1087
Trstenik
Višoč
Špičasti vrh
Mala Pleševica
Velika Pleševica
Golić
Kojnik
Mocvil
Vršič
Brezovica
Perun
Brgud
Kremenjak
Šikovac
Sis
854.5 m
Blakovo
Veliki Vrh
Fabci
Beluca
Novokračine
Sušak
Pliš
Marčelji
Kosi
Sroki
Tuhtani
Cikovići
Jurčići
Volosko
Veli Planik
1271.5
Vela Učka
1401

ULTRA TRAIL WORLD TOUR

ULTRA-TRAIL® WORLD TOUR

DO YOU REALLY KNOW WHAT IT TAKES TO RUN WITH THE BEST?

JOIN THE ULTRA-TRAIL WORLD TOUR AND FIND OUT!

AN INTERNATIONAL CIRCUIT WITH SHARED VALUES

The races in the Ultra-Trail® World Tour, in their specific natures, illustrate all the diversity of trail: steep paths of the Alps, California trails, hills and beaches of Hong Kong, Moroccan desert…

The races' many different formats present participants with a real adaptation challenge.

Between The North Face® Lavaredo Ultra-Trail® and the Tarawera 100km Ultra-marathon, between the Ultra-Trail® Mt. Fuji and Transgrancanaria HG, participants need very different qualities to win, or simply to become a finisher.

While being fundamentally different, the Ultra-Trail® World Tour races have common values, which they are proud to share and to promote. Ethics, equality in sports, self-respect, respect for others, for the environment…

Taking part to the Ultra-Trail® World Tour is the opportunity, throughout the years, to discover cultural and sporting differences.

Every continent is included: Africa, America, Asia, Europe, Oceania… providing opportunities to enhance their sporting culture, create new friendships, and to feed on emotions in order, one day perhaps, to be a "finisher" in all the events!

HOW WERE THE RACES SELECTED?

- Trail running races of at least 100km
- Emblematic venues
- Popular races (around 500 runners minimum)
- International events
- Minimum 2 realized editions.

ANNUAL RANKINGS FOR THE AWARD OF THE TITLE OF CHAMPION OF THE ULTRA-TRAIL® WORLD TOUR

The Ultra-Trail® World Tour proposes an international competitive circuit. Any "Finisher", according to her/his performance, earns points.

For the annual ranking, the Ultra-Trail® World Tour takes into account the 2 best results of the year, without distinction of race category.

At the end of the year, after the last race, the titles of "Ultra-Trail® World Tour" champion, male and female. Top 5 male and female runners are rewarded in the annual ranking.

WORLD RANKINGS TO KNOW AT ALL TIMES THE BEST RUNNERS ENGAGED ON THE ULTRA-TRAIL® WORLD TOUR

The Ultra-Trail® World Tour takes into account the 5 best results of the last 3 years to update every week the UTWT World Rankings. It encourages regularity and commitment in our series of races.

A RUNNERS' FAMILY

The Ultra-Trail® World Tour is not only a club of amazing races, it is also a family of runners.

Participation in one of these circuit races will automatically imply integration in the rankings for the Ultra-Trail® World Tour of the given year.

The runners who have finished at least 2 different races of the series also integrate the very special finishers club.

2017 WINNERS



FRANCOIS D'HAENE
Salomon Team

2017 resulta
MIUT 2017 winner
UTMB 2017 winner



ANDREA HUSER
Mammut Pro team

2017 results
Transgrancanaria 2nd place
MIUT winner
WSER 10th place
Eiger winner
UTMB 2nd place
Grand Raid Reunion winner
UTCT 4th place



ULTRA-TRAIL® WORLD TOUR



ENTER THE CIRCUIT OF THE MOST EMBLEMATIC RACES OF THE WORLD

WHAT IS UTWT?

The Ultra-Trail® World Tour (UTWT) is an international series bringing together the most emblematic trail running races in the world.

For Season 5 the UTWT is happy to invite runners from all over the world to run one of the 21 races of the competition.

21 races: 21 invitations to travel, to discover new territories, new playgrounds and new cultures.
The series has been built to represent the variety of our sport. Although all different, UTWT races share common values: ethics, fairplay, self-respect, respect for others, respect for environment.

At the end of the season, the 2 UTWT Champions will be crowned.

But this is first and foremost a series open to everybody, the challenge is to become a finisher!

OUR 2017 WINNERS

ANDREA **HUSER**

Transgrancanaria HC®, 2nd place
MIUT®, 1st place
Western States Endurance Run, 10th place
Eiger Ultra-Trail®, 1st place
UTMB®, 2nd place
Diagonale des Fous, 1st place
Ultra-Trail® Cape Town, 4th place

FRANCOIS **D'HAENE**

MIUT® 2017, 1st place
UTMB® 2017, 1st place



ULTRA-TRAIL® WORLD TOUR

COMPETITION 2018



1	Vibram® Hong Kong 100	January 27
2	Tarawera Ultramarathon	February 10
3	Transgrancanaria HG	February 23
4	Marathon des Sables	April 6-16
5	100 Miles of Istria	April 7
6	Patagonia Run	April 7
7	MIUT® - Madeira Island Ultra-Trail®	April 28
8	Ultra-Trail® Mount Fuji	April 28
9	Penyagolosa Trails	May 11
10	Ultra-Trail® Australia	May 18
11	mozart 100®	June 16
12	The North Face® Lavaredo Ultra Trail	June 22
13	The Western States 100 Mile Endurance Run	June 23
14	Eiger Ultra-Trail®	July 13
15	TDS®	August 29
16	CCC®	August 31
17	UTMB®	August 31
18	Harricana Ultra-Trail®	September 7
19	Salomon Cappadocia Ultra-Trail®	October 20
20	Javelina Jundred	October 27
21	Ultra-Trail® Cape Town	December 1

UTWT DISCOVERY RACES

A Discovery Race of the Ultra-Trail® World Tour is an invitation for runners from all over the world to discover new destinations.

In the heart of China or at the North of the Arctic Circle, the Ultra-Trail® World Tour takes you where you never thought you would go running.

UTWT Discovery races are not part of the competition – runners participating to these races do not get points for the Rankings.



To learn more:

www.ultratrailworldtour.com

contact@ultratrail-worldtour.com

Follow us on :

COUNTRIES AT THE RACE



ARM
ARMENIA



AUS
AUSTRALIA



AUT
AUSTRIA



BEL
BELGIUM



BIH
BOSNIA AND HERZEGOVINA



BLR
BELARUS



BRA
BRASIL



BUL
BULGARIA



CAN
CANADA



COL
COLOMBIA



CRC
COSTA RICA



CRO
CROATIA



CZE
CZECH REPUBLIC



DEN
DENMARK



ESP
SPAIN



EST
ESTONIA



FIN
FINLAND



FRA
FRANCE



GBR
GREAT BRITAIN



GER
GERMANY



GRE
GREECE



HUN
HUNGARY



INA
INDONESIA



IRL
IRELAND



ISR
ISRAEL



ITA
ITALY



JPN
JAPAN



KOR
SOUTH KOREA



LAT
LATVIA



LTU
LITHUANIA



MAS
MALAYSIA



MDA
MOLDOVA



MKD
MACEDONIA



MNE
MONTENEGRO



MRI
MAURITIUS



NED
NETHERLANDS



NOR
NORWAY



NZL
NEW ZEALAND



POL
POLAND



POR
PORTUGAL



ROU
ROMANIA



RUS
RUSSIA



SCO
SCOTLAND



SIN
SINGAPORE



SLO
SLOVENIA



SRB
SERBIA



SUI
SWITZERLAND



SVK
SLOVAKIA



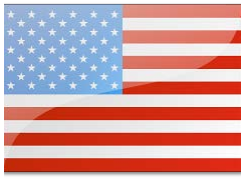
SWE
SWEDEN



TUR
TURKEY



UKR
UKRAINE



USA
UNITED STATES

52
COUNTRIES

PROGRAMME FOR THE RACE WEEKEND

| R | RED COURSE | B | BLUE COURSE | G | GREEN COURSE | Y | YELLOW COURSE | E | EXPO | 1 | ONE MILE



THURSDAY, APRIL 5TH

03:00 PM | R | B | G | Y |
UTWT Press conference
race HQ Umag

04:00 PM | R | B | G | Y |
BIB distribution opens
race HQ Umag

08:00 PM | R | B | G | Y |
BIB distribution closes
race HQ Umag

FRIDAY, APRIL 6TH

09:00 AM | R | B |
BIB distribution opens
race HQ Umag

09:00 AM | E |
EXPO opens
race HQ Umag

01:30 PM | R | B |
BIB distribution closes
race HQ Umag

02:00 PM | R |
departure for the start
bus park zone Umag

03:30 PM | B | G | Y |
BIB distribution opens
race HQ Umag

04:00 PM | R |
arrival to the start
Labin

05:00 PM | R |
RED course start!
Labin



08:30 PM | B | G | Y |
BIB distribution closes
race HQ Umag

08:00 PM | E |
EXPO closes
race HQ Umag

09:00 PM | B |
departure for the start
bus park zone Umag

11:00 PM | B |
arrival to the start
Lovran

MIDNIGHT | B |
BLUE course start!
Lovran



SATURDAY, APRIL 7TH

06:00 AM | G | Y |
BIB distribution opens
race HQ Umag

06:00 AM | E |
EXPO opens
race HQ Umag

06:00 AM | G |
departure for the start
bus park zone Umag

07:00 AM | G |
arrival to the start
Buzet

08:00 AM | G |
GREEN course start!
Buzet



10:15 AM | R |
RED course expected winner time
finish Umag

11:25 AM | B |
BLUE course expected winner time
finish Umag

11:30 AM | Y |
BIB distribution closes
race HQ Umag

NOON | Y |
departure for the start
bus park zone Umag

12:45 PM | Y |
arrival to the start
Motovun

01:30 PM | G |
GREEN course expected winner time
finish Umag

02:00 PM | Y |
YELLOW course start!
Motovun



05:00 PM | Y |
YELLOW course expected winner time
finish Umag

07:00 PM | E |
EXPO closes
race HQ Umag

10:00 PM | Y |
YELLOW course last runner expected
finish Umag

11:00 PM | G |
GREEN course last runner expected
finish Umag

SUNDAY, APRIL 8TH

06:00 AM | B |
BLUE course last runner expected
finish Umag

09:00 AM | E |
EXPO opens
race HQ Umag

10:00 AM | 1 |
BIB distribution opens
race HQ Umag

11:45 AM | 1 |
BIB distribution close
race HQ Umag

NOON | 1 |
ONE MILE race start!
finish Umag

01:00 PM | R | B | G | Y |
AWARDS CEREMONY
finish Umag



03:00 PM | E |
EXPO closes
race HQ Umag

03:00 PM | R |
RED course last runner expected
finish Umag



WHAT'S NEW?

WE ARE IN THE CONSTANT PURSUIT FOR THE IMPROVEMENTS. THIS YEAR, SOME NEW MOMENTS WILL BE INTRODUCED

Always wanted to see yourself on the TV? Or you always wanted to explain to your friends just how beautiful the course was?

There's a solution! You will be able to follow this year's race live on our Facebook page! All you have to do is follow the official Page at the following address:

www.facebook.com/istria100

Don't forget to throw us a Like or even Share, it means a lot to us!

The other thing is that there will be a bunch of physiotherapist waiting for you when you reach the finish line.

How about some free physio service after the race? Wouldn't that be nice? :)

Yes, we know. You are just crazy about the beer. So are we.

With great pleasure we would like to introduce our genuine crafted Pale Ale 100 Miles of Istria Ultrabeer, breweded with love and care by the one of the first Croatian breweries , Zmajska Pivovara. To celebrate the cooperation, each runner will find one Zmajsko Ultrabeer in the start pack.

Of course, there will be plenty more but first you will have to finish the race. Or dropout, it's the same. The beer will wait!

Find more about the beer at:

www.zmajskapivovara.hr

100 MILES OF ISTRIA EXPO

SHOPS

SPORT BOX

www.sportbox.hr



www.facebook.com/opgcarin/



www.polufinale.hr/easy-going-store/

PROTEONE

www.proteone.hr

run trek

www.shop.run-trek.hr



www.trailshop.at

BRANDS



Compressport

salomon

Salomon

CAMELBAK®
GOT YOUR BAK

Camelbak

LEDLENSER

Ledlenser

BLACKROLL

BlackRoll

RACES

Vučko Trail

Jahorina Ultra Trail

Ultra Trail Hungary

Dalmacija Ultra Trail

Stara Planina Trail

Trail Delle Orchidee

Žumberak Trail

Ultra Trail Vipava Valley

Lemkowyna Ultra Trail



La corsa della bora



Velebit 100 Miles



Grossglockner Ultra Trail

ZADAR TRIATLON

Zadar Triatlon



Skakavac Trail





RUN LIKE THE BEER IS WAITING FOR YOU

BECAUSE IT IS!

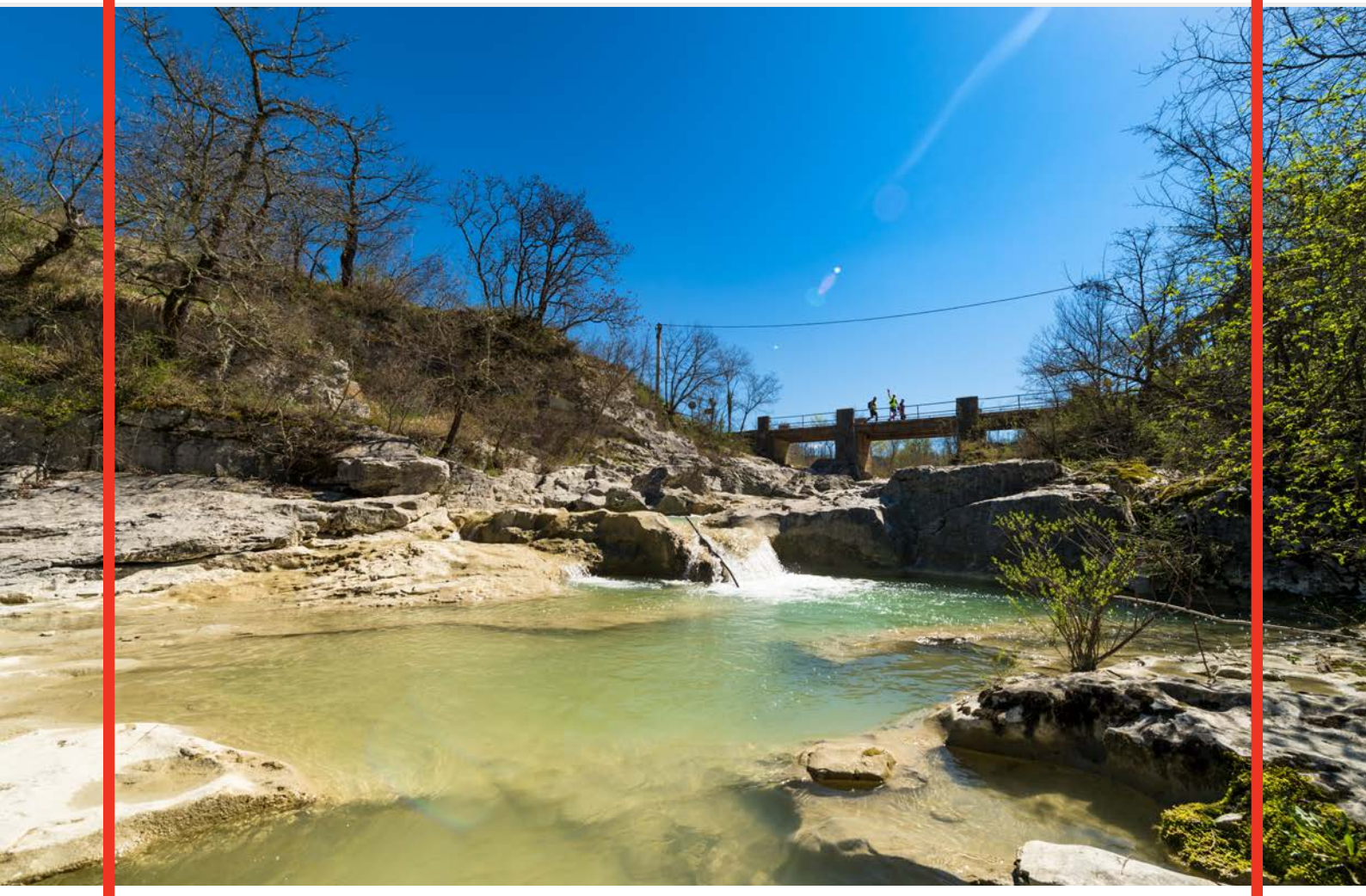
Zmajska pivovara was established as a result of our long-standing passion for great beer.
After quite a few years of experience in homebrewing it was founded in 2014, in Zagreb. We became one of the first croatian craft breweries and one of the key players in croatian craft beer revolution.
We are focused on brewing ales. With beers brewed all year round and our seasonal beers we are happy to present to all beer entusiasts, as well as to those who are yet to become one, the kind of beer we love to drink ourselves:
Brewed with love, taking meticulous care of each and every detail.
Immaculate in choice of ingredients. Recognizable. Not fanciful, but fine.

As proud sponsors of 100miles of Istria Ultratrail we aim to energise body with fluid and mind with aroma.
GOOD LUCK TO ALL THE RUNNERS!

ZMAJSKA PIVOVARA

zmajskapivovara.hr

RACE RULES



READ THIS SECTION VERY CAREFULLY!

WHETHER YOU HAVE ALREADY RUN THE 100 MILES OF ISTRIA OR WHETHER IT IS THE FIRST TIME THAT YOU ARE PARTICIPATING, READ THESE PAGES CAREFULLY.

YOU WILL FIND ALL THE INFORMATION THAT YOU WILL NEED FOR ORGANISING YOUR RACE, AND IN PARTICULAR THE SPECIFITIES OF THE 2018 RULES AND REGULATIONS.

1 ORGANIZATION

The company Sport Box d.o.o., in collaboration with the club SRK Alba are organizing the sixth edition of 100 Miles of Istria ultra-trail race, a partial self-sufficiency mountain trail running race in a low-mountain environment.

2 GENERAL INFORMATION

The 100 Miles of Istria Ultratrail race is a running race that takes place along paths in Istria with five different courses:

- RED: 100 miles Of Istria Ultra Trail: The race starts on Friday, April 6th from Labin. Maximum time: 46 hours. Each finisher will be awarded 6 ITRA/UTMB qualification points and with WSER qualification
- BLUE: 110 km of Istria Ultra Trail: The race starts on Friday, April 6th from Lovran. Maximum time: 30 hours. Each finisher will be awarded 5 ITRA/UTMB qualification points
- GREEN: 67 km of Istria Trail: The race starts on Saturday, April 7th from Buzet. Maximum time: 15 hours. Each finisher will be awarded 4 ITRA/UTMB qualification point
- YELLOW: 41 km of Istria Trail: The race starts on Saturday, April 7th from Motovun. Maximum time: 8 hours. Each finisher will be awarded 2 ITRA/UTMB qualification points
- Kids race. The race starts on Sunday, April 8th in Umag

3 PARTICIPATION REQUIREMENTS

To be completely aware of the length and the specificity of the event and to be perfectly prepared for it.

To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains which permits the management of problems induced by this type of course, and notably:

- To know how to face, without outside help, climatic conditions which can become very difficult due to the microclimate conditions (night, wind, cold, fog, rain or snow)
- To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments…
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in nature, security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

These races are open to anyone, man or women, born in 1998 or before (categories hopefuls to veterans), club member or not.

The participants born between 1998 and 2000 may only participate in presenting a parental consent, and they may only apply for the following races: YELLOW or GREEN.

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve and to promote the event's ethical charter available at **www.istria100.com**.

4 SEMI AUTONOMY

The individual principle of racing in semi-autonomy is the rule.

Semi-autonomy is defined as having the capacity to be autonomous between two refreshment points, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries…).

This principle is implicated in the following rules:

- Each runner must have all of his/hers obligatory equipment with him/her at all times during the race. He/She carries this equipment in a pack presented at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag and its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.
- Refreshment points have been supplied with food and beverages to consume on the spot. Only plain water (excluding other drinks) is destined for water bottle or bag replenishment. Each runner must make sure to have, upon leaving each refreshment point, the quantity of water and food necessary for them to reach the next refreshment point.
- Personal assistance is only tolerated at refreshment points, in the zone specifically reserved for this purpose and with the agreement of the head of the post. This assistance can only be assured by one single person, without specific equipment another one than one bag of a volume of 30 liters maximum. The remainder of the refreshment point is strictly reserved for the runners.

- It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

5 ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in the 100 Miles of Istria ultra-trail race assumes the acceptance of the present regulations and ethics of the race which are available at **www.istria100.com**

6 MAXIMUM NUMBERS OF RUNNERS

- RED
  100 miles of Istria Ultra Trail: 600
- BLUE
  110 km of Istria Ultra Trail: 500
- GREEN
  67 km of Istria Trail: 500
- YELLOW
  41 km of Istria Trail: 500
- KIDS RACE
  200

TOTAL 2.300

7 RESERVED PLACES

A number of delimited places are reserved for: our partners, the international elite (based on the ITRA's performance index), 2017 winners and certain journalists (who are reporting from within the race), as well as certain volunteers who are very active.

8 ELITE RUNNERS ENROLMENT

Concerning the recognition of high caliber athletes and also for the fair management of registration, we reserve places for elite athletes, who make the request, according to strict criteria based on the ITRA performance index.

All requests for registration must reach us by email (elite@istria100.com) before December 31st 2017.

	RED		BLUE / GREEN YELLOW	
	MEN	WOMEN	MEN	WOMEN
FREE REGISTRATION	>870	>770	>820	>720
GUARANTEED REGISTRATION BUT FEE TO BE PAID	>770	>670	>720	>620

Runners who correspond to the criteria can benefit from the registration conditions.

Registration for elite athletes is not automatic, each one must finalize their registration themselves.

9 ENROLMENT

The pre-registration starts on August 1st 2017 and closes on February 28th 2018 unless the maximum number of participants in total has already been reached. Keep in mind that the registration is considered finished only upon successful payment.

10 REGISTRATION FEES

- RED: 100 miles of Istria Ultra Trail: until December 31st 2017 130 € | until February 28th 2018 140€
- BLUE: 110 km of Istria Ultra Trail: until December 31st 2017 100 € | until February 28th 2018 110€
- GREEN: 67 km of Istria Trail: until December 31st 2017 60 € | until February 28th 2018 70€
- YELLOW: 41 km of Istria Trail: until December 31st 2017 50 € | until February 28th 2018 60€
- Kids race: gratis

Keep in mind that the registration is finished only upon payment.

11 ENROLMENT

Registration fees can be paid by bank transfer.

The registration fees include the following:

- a race bib
- assistance and refreshments along the race route
- race pack
- transfer to the start (from Umag)
- a food voucher on arrival
- a start pack gift
- a finisher's medal

The registration for any of these races is firm and final and it is not possible to change races

12 GUARANTEE OF ENROLMENT CANCELLATION

Any person can at the moment of their enrolment subscribe to the cancellation guarantee, averaging an additional charge of 10 € per person to add to enrolment fees on the same payment.

The object of the guarantee is to enable reimbursement of the fees incurred for the enrolment to one of the four races in the case where a runner asks to cancel his enrolment because of the following events:

- an accident, a serious illness or the death of the runner himself/herself.

- a serious illness necessitating hospitalization or a death one's spouse or common-law husband/wife, one's parents or one's children in the first generation, this in the thirty days preceding the event.

In the case of an accident or serious illness to the runner, it is necessary to furnish a medical certificate with signature and stamp of the doctor attesting to the contra-indication to taking part in the race. All other reasons for cancellation must be justified with a certificate signed and stamped by an official authority.

Conditions of indemnity: Any demand for reimbursement must reach us accompanied by the medical certificate, at the last in the 10 days following the event. The demands are treated in the two months which follow the event.

13 CANCELLATION OF AN ENROLMENT

Any cancellation of registration must be made by email at cancellation@istria100.com . No cancellations are accepted by telephone or fax.

In the case of cancellation for a cause described in the paragraph above, the competitor can, if they have subscribed to it at the time of their enrolment, make his guarantee of enrolment cancellation function by sending us with his letter of withdrawal the necessary document (see above paragraph).

If a competitor registered has not taken out the cancellation guarantee upon registration or wishes to cancel their registration for a reason not covered by this cancellation guarantee, reimbursement of a percentage of the registration fee will be made by crediting the bank account associated with the credit card used upon registration in accordance with the following conditions:

SEND DATE	AMOUNT SREDITED IN% OF THE REGISTRATION COST (EXCLUDING CHARGES)
BEFORE DECEMBER 31ST 2017	60%
FROM JANUARY 1ST TILL FEBRUARY 28TH 2017	50%
AFTER FEBRUARY 28TH 2017	NO REIMBURSEMENT CAN BE MADE

Race bib exchange is not allowed. Registration fee can NOT be used for the following race year (2019), and it's not transferable to another person.

Should the race be canceled because of circumstances beyond our control up to 15 days before the race, the Organization reserves the right to refund 50% of the admission fee. This percentage is calculated to enable the Organization to cover part of the expenses incurred.

Should the race be canceled or interrupted for atmospheric reasons, or for any other reason beyond our control, no refund of the registration fee will be made.

14 CANCELLATION OF A REGISTRATION IN THE CASE OF INJURY

In the case of a non chronic osteoarticular or muscular injury to the runner, and uniquely in this situation, suffered after registration and not completely curable by the day of the race, the organisation recommends that the injured runner does take an unnecessary risk, and cancels his registration for the current year at the same time making a request to participate in a future race.

Any request for postponement must reach us, accompanied with a complete medical report (detailed medical report and x-ray results confirming the diagnosis) by April 15th 2018 at the latest. Any incomplete report will be rejected.

Requests will be processed by May 1st 2018 at the latest. The only medical council will judge the case and their decision is final.

15 RUNNER'S COMMITMENTS

By registering, each runner personally agrees to engage in the following :

- I declare that I have read and understood the regulations and ethics of the race (available at www.istria100.com)
- I understand and approve of the conditions of participation which figure in the regulations
- I agree to respect all items of the regulations
- I agree to scrupulously respect and promote the ethic
- I agree to be aware of any medical condition which could concern me and, consequently relieve the organization of any responsibility for any medical problem which may arise during the event due to any negligence on my part

16 EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However, it is important to note it is the minimum necessary and that each trail-runner must adapt it according to their needs. It is important, in particular, not to choose clothing that is the lightest possible weight in order to gain a few grams but to choose items which will give real protection against the cold, windy or snowy mountain weather, therefore giving a good level of security and performance.

Obligatory material :

EQUIPMENT	RED	BLUE	GREEN	YELLOW
mobile phone (save in the contacts the security numbers of the organisation, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries)	O	O	O	O
personal beaker 15cl. minimum (water-bottles or flasks with lids are not acceptable)	O	O	O	O
stock of water minimum 1 litre	O	O	O	O
torch in good working condition with replacement batteries	O	O	O	O
survival blanket 1.40m x 2m minimum	O	O	O	O
whistle	O	O	O	O
adhesive elastic band enable making a bandage or a strapping (mini 100cm x 6 cm)	O	O	R	R
food reserve	O	O	O	O
Jacket, with a hood, capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane	O	O	O	O
long running trousers or leggings or a combination of leggings and long socks which cover the legs completely	O	O	R	R
Additional warm midlayer top: One single midlayer long sleeve top for warmth (cotton excluded) OR a two piece clothing combination of a long sleeve baselayer/midlayer for warmth (cotton excluded)	SR	SR	R	R
cap or bandana	R	R	R	R
warm hat	R	R	R	R
warm and waterproof gloves	R	R	R	R
waterproof over-trousers	R	R	R	R

LEGEND:
O – obligatory equipment
R – recommended equipment
SR – strongly recommended equipment

* – the jacket must, imperatively, have an integral hood or one which is attachable by a system made for that effect by the manufacturer.

- all seams must be taped/sealed.
- the jacket must not have sections composed of fabric which is not waterproof, but the air vents (under the arm, across the back), which do not appear to affect the waterproof-ness of the garment are accepted.

It is the runner's responsibility, according to these criteria, whether their jacket fits the regulations and therefore bad weather in the mountains, but, when controlled, the judgement will be made by the person responsible for the control or the race steward.

* The windproof jacket does not replace the mandatory waterproof jacket with hood

Required by the police :

- ID card

Very strongly recommended :

- Knife or scissors with which to cut the self-adhesive elasticised bandage
- walking poles for security on slippery ground in case of rain or snow
- a change of warm clothes indispensable in the case of cold weather, rain or injury
- the sum of 20 € minimum (in order to cover the unexpected….)

Advised (list not definitive) :

- Telescopic sticks, change of clothing, compass, knife, string, sun cream, Vaseline or anti-chaffing cream, needle and thread,…

All clothing must be the runner's size and without alteration since leaving the factory.

If you decide to use poles, you must keep them throughout the whole of the race… It is forbidden to start without sticks and recover them up along the way.

No poles will be allowed in the spare's bags.

For all your questions concerning obligatory equipment consult the FAQs

17 RACE BIBS

Every bib is individually handed to each runner on the production of:

- a photographic identity,
- your race pack, and all you obligatory equipment

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified nor hidden.

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags…Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

18 SPARES BAGS

RED & BLUE : each competitor receives with his/her race bib, two plastic bags.

The big one: for the aid station Buzet. Having filled it with the affairs of their choice and having closed it, they can deposit it, at the designated place at the race HQ in the working hours. The bag is transported by the organization to Aid station Buzet. When reaching Buzet, each runner reclaims their bag. When they leave again, they deposit their bag at the area set aside for this purpose. The bag is then taken back to Umag.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at each race start. The bags are then taken back to Umag.

GREEN & YELLOW: each competitor receives with his/her race bib, small plastic bags.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at each race start. The bags are then taken back to Umag.

The organization assures the repatriation, to Umag, of sacks belonging to runners who have abandoned, on the condition that their abandonment has been registered. The delay of the return of bags is based on the logistical constraints and the organization cannot guarantee a complete return of the bags before the end of the race.

Only the bags supplied by the organization will be transported. Sticks are not transportable in these bags.

The contents of the bags not having been checked, any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it.

The Organization will definitely NOT send any bag to participants' houses. Bags not collected after this deadline will be immediately destroyed for reasons of hygiene.

It is recommended to keep toiletry and change of clothing material at Umag.

19 RESCUE AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the event in Umag.

The rescue posts are aimed at bringing help to any person in danger with the means particular to the organization or registered.

If it appears that a runner is in difficulty or seriously injured to call for assistance :

- go in person to a first aid point
- telephone the course controller
- ask another runner to alert the first aiders

It is essential that each runner helps anybody in danger and alerts the first aid point.

Do not forget, that due to the problems related to the environment and the type of event, one might have to wait

for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.

A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. From the moment where the health of a runner necessitates treatment via an intravenous drip, the runner will be, obligatorily, excluded from the race.

The first-aiders and doctors have the right to :

- exclude from a race (by invalidating the race-bib) all competitors deemed unfit to continue the event.
- to evacuate by any means a runner judged to be in danger
- to hospitalize any runners whose state of health necessitates doing so

The choice of the means of evacuation and of the hospital is the decision of the official first-aiders and doctors.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given.

If for any reason it is impossible to make contact with the course controller (+385 91 577 44 25), you can call the rescue services directly by dialing 112 (especially if you find yourselves in a zone « urgency sos only »)

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organization.

20 CONTROL AND REFRESHMENTS POSTS

A control is carried out on the arrival of any rescue or refreshment post.

Unexpected control posts are set up in places other than the rescue and refreshment posts. Their position is not communicated by the organization.

Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.

The race guide and the relevant pages on the internet give a precise list of the refreshment points.

They will be equipped with drinks + sweet cakes, chocolate, bananas, oranges, raisins, prunes, salty biscuits, cheese, sausage, bread.

Rations without gluten will be available upon request

Furthermore, a hot dish is offered in Buzet and in Umag at the end of the race.

To avoid the wastage of disposable plastic cups during the race, every runner has to equip himself with a tumbler with a minimum volume of 15cl. Attention, water-bottles, and flasks are not beakers!

Due to the large numbers, disposable beakers will be used at the following points:

- Plomin Luka, Poklon, Vrh, Oprtalj

A small pouch for collecting their rubbish is handed to every runner with their race bib. Every runner seen throwing down their litter along the route will be penalized.

Trash cans are provided in large numbers at every refreshment post and must be used.

21 MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time for the event, for the totality of the course, is fixed at:

- RED: 46 hours
- BLUE: 30 hours
- GREEN: 15 hours
- YELLOW: 8 hours

The time limits for leaving (time barriers) of the principal control posts will be marked and written in the course guide.

These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed while making possible stops (rest, meal…) To be authorized to continue the event, runners must set off again from the control post before the fixed time limit (whatever their arrival hour at the control post).

Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy.

Participants who reach the checkpoints after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line by shuttle bus. For logistical reasons, competitors who have dropped out may have to wait before being returned to the finish area. Any participant who drops out from the race at any point other than

the established checkpoints should make their own way to the following aid station/checkpoint and from there will be transported to Umag by car.

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

22 REST AND SHOWERS

Uniquely for RED and BLUE race: at Buzet, each competitor can benefit from a rest area (with camp beds and blankets).

Those runners who wish to stay on in Umag after the race must make their own accommodation arrangements.

It is possible to take a hot shower, only at the arrival.

Access to the rest area and to the showers at the arrival is strictly limited to runners in bare feet.

23 ABANDONMENT AND REPATRIATION

Except for injury, a runner must only abandon at a control post. They must alert the head of the post, who will invalidate their race-bib.

The runner keeps his invalidated race bib because it is still his pass for shuttles, buses, meals, care rooms…

Repatriation will be decided on by the post leader, based on the following general rules :

Buses are available from certain refreshment posts indicated by a pictogram "bus" on the event route maps to repatriate runners, who abandon, back to Umag.

Runners who abandon at another rescue or refreshment post but whose state of health does not necessitate being evacuated must get back as quickly as possible and by their own means to the closest repatriation point.

Concerning the refreshment or rescue posts accessible to cars or four-wheel drive

During the closure of the post, the organization can, in the measure of means available, repatriate the runners having retired and still present at the post

In the case of unfavorable weather conditions justifying partial or total closure of the race, the organization ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment.

If during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organization's control.

24 WAY MARKERS

For better night vision, the way markers include a section of white reflective material which will be easily visible with a head torch.

ATTENTION: if you can not see any more markers, retrace your steps!

With respect for the environment, no paint will be used on the paths.

It is imperative that you follow the paths with the markers without taking shortcuts.

25 FINISH

When you finish, you will receive a finisher's medal.

26 PENALTY - DISQUALIFICATION

Race officials present on the course, and those in charge of different control and refreshment posts are authorized to uphold regulations and to immediately (*) impose a penalty for non-respect, based on the following chart :

BREACH OF RULES PENALTY	DISQUALIFICATION
Short-cutting the route	At the race directors' decision
Lacking obligatory safety equipment (no minimum water supply of 1 litre, no waterproof jacket with hood, no torch, no survival blanket, no mobile phone)	Immediate disqualification
Lacking other obligatory equipment	Penalty 30 min
Refuse to have obligatory equipment checked out	Disqualification
Throwing away rubbish (voluntary act) by a competitor or a member of their team	Penalty 1 hour
Not respecting people (organisation or runners)	Penalty 1 hour
Not assisting a person in difficulty (requiring official assistance)	Penalty 1 hour
Receiving help outside authorised zones	Penalty 1 hour
Cheating (e.g.: using transport, sharing race number,…)	Immediate disqualification and for life
Not passing through a control point	Depending on the Race Jury

Refusal to comply with an order from race control, from a race official, from a head of post, from a doctor or from a rescue worker	Disqualification
Departure from a control post after the hour limitation	**Disqualification**

(*) Time penalties are immediately applicable in situ, that's to say a runner while be required to interrupt their race for the duration of the penalty.

Any other breach of the rules will be the object of a sanction decided on by the Race Jury.

27 COMPLAINTS

All objections must be in writing and lodged with the course director, with a caution of 100 (one hundred) euros (non-returnable if the objection is not valid), within two hours of the arrival of the runner concerned.

28 EVENT JURY

This is made up of:

- a representative of the runners
- the Sport box d.o.o. director
- the race director

The jury is authorized to give a ruling in the time compatible within the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

29 MODIFICATIONS TO THE COURSE OR TO THE TIME BARRIERS; CANCELLATION OF THE RACE

The organization reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning.

In the case of unfavorable weather conditions (important quantities of rain or snow at altitude, a strong risk of storms….) the start may only be postponed by maximum several hours, after that time the race is canceled.

In the case of poor meteorological conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organization to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made.

30 INSURANCE

Civil responsibility:

The organizer has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident:

Each competitor should have their own accident insurance which will cover any costs of search and rescue. Such insurance can be taken out with any organization of the competitor's choice in particular with the French Federation of Athletics via the subscription of the 'Pass' Running' or membership

31 RACE GUIDE

A guide is downloadable from www.istria100.com from the month of February. It includes in particular practical information such as the cut off times, refreshment posts, rescue posts, care posts, as well as access points for accompanying persons.

32 RANKINGS AND AWARDS

For the four trail races, only the runners arriving at Umag are classed.

For each race, a general classification man and woman and a classification for each category man and woman are established.

RED: the first 5 men and the first 5 women in the general classification, as well as the winners from each category, receive a trophy and a prize

BLUE, GREEN, and YELLOW: the first 3 men and the first 3 women in the general classification, as well as the winners from each category, receive a trophy and a prize

Categories:

- Seniors Men/Women
  SEM / SEW 1999-1978
- Veterans Men/Women 1
  VM1 / VW1 1977-1958
- Veterans Men/Women 2
  VM2 / VW2 1957 and older

33 INDIVIDUAL SPONSORS

Competitors who are sponsored may only have the sponsor's logos on their clothing or equipment used during the race. All other publicity accessories (flags, banners) are forbidden at all points of the race including at the finish, at the risk of penalties imposed by the jury.

34 PHOTO COPYRIGHT

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his image. Only the organization can pass on these rights for the image in any media, via an accreditation or an adapted license.





Motivated and Trained for Wienerwald-Ultra-Trail

Eight different races are held:

- TITAN-WUT: 100 miles, 5.400 altitude difference (three rounds each 54,5 km)
- TT-WUT: 100 miles relay (3-6 persons)
- PLATIN-WUT: 109 km, 3.600 altitude difference (two rounds each 54,5 km)
- DIAMOND-WUT: 54,5 km, 1.800 altitude difference (one round with 54,5 km)
- Speed-Trail: 22,8 km, 700 altitude difference (two rounds each 11,4 km)
- Sprint-Trail: 11,4 km, 350 altitude difference (one round with 11,4 km)
- Dog-Trail: 11,4 km, 350 altitude difference (one round with 11,4 km)
- Kids-Run: 400 metres – 1.600 metres

More details: https://www.wienerwaldtrail.at/english/





Save the date: 28. - 30. September 2018!!!









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2017
AWARDS

OLIVE OIL AWARD ZURICH 2017 GOLD

OLIVE OIL AWARD ZURICH 2017 BEST ORGANIC

IOOC Gold Medal 2017

FLOS OLEI 2017 SELECTED FARM

GOLD OliveJapan INTERNATIONAL EXTRA VIRGIN OLIVE OIL COMPETITION 2017

SOL D'ORO INTERNATIONAL COMPETITION NORTHERN HEMISPHERE VERONA 2017



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REGISTRATIONS

WORKING HOURS

THU. APRIL 5TH
4:00 PM - 8:00 PM

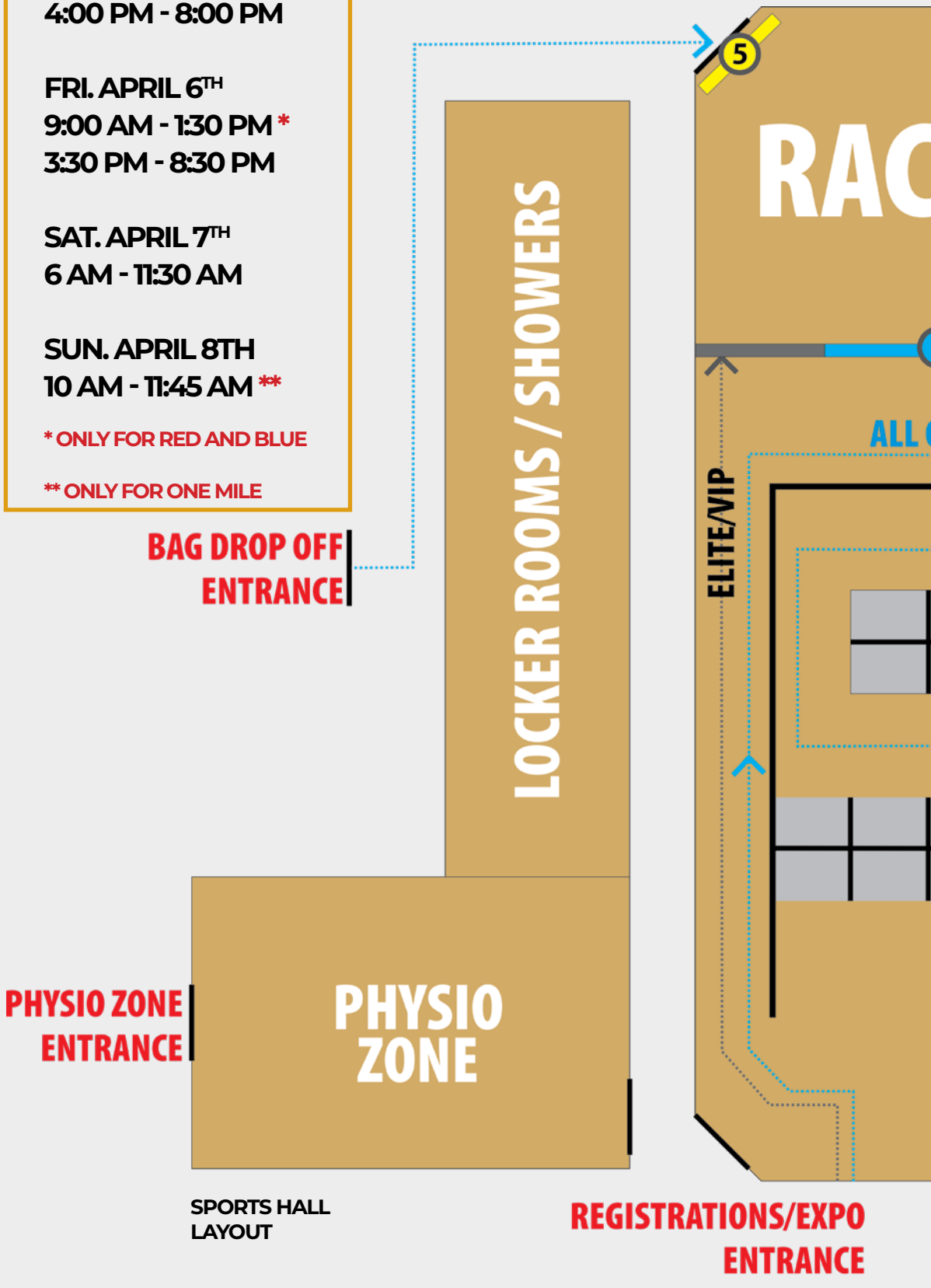
FRI. APRIL 6TH
9:00 AM - 1:30 PM *
3:30 PM - 8:30 PM

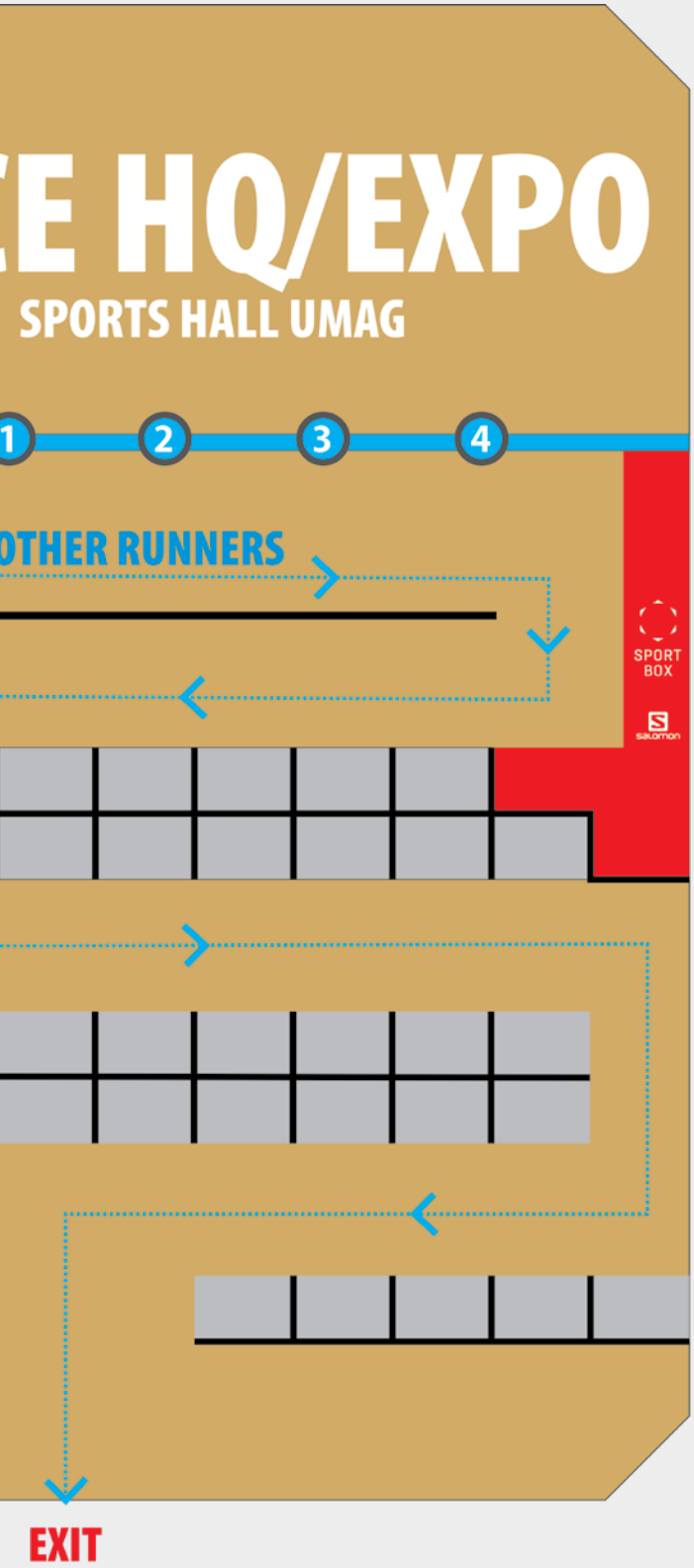
SAT. APRIL 7TH
6 AM - 11:30 AM

SUN. APRIL 8TH
10 AM - 11:45 AM **

* ONLY FOR RED AND BLUE

** ONLY FOR ONE MILE





1 EQUIPMENT CHECK + ID

PLEASE PREPARE MANDATORY EQUIPMENT AND
- AN PHOTO ID |R|B|G|Y|
- MOBILE PHONE |R|B|G|Y|
- PERSONAL BEAKER (MIN. 15 CL) |R|B|G|Y|
- BASIC FIRST AID KIT |R|B|G|Y|
- HEAD TORCH |R|B|G|Y|
- SURVIVAL BLANKET |R|B|G|Y|
- HOODED JACKET |R|B|G|Y|
- LONG TROUSERS OR LEGGINGS |R|B|

2 DISCLAIMER

PLEASE PREPARE THE SIGNED DISCLAIMER OR SIGN THE DISCLAIMER |R|B|G|Y|

3 BIB AND BASIC START PACK

YOU WILL RECEIVE:
- YOUR PERSONAL BIB |R|B|G|Y|
- BIG DROP BAG |R|B|
- STICKER FOR THE BIG DROP BAG |R|B|
- SMALL DROP BAG |R|B|G|Y|
- STICKER FOR THE SMALL DROP BAG |R|B|G|Y|
- A SMALL BAG FOR GARBAGE |R|B|G|Y|

4 START PACK GIFT AND OPTIONAL GIFT

YOU WILL RECEIVE:
- COMPRESSPORT TECHNICAL T-SHIRT |R|B|G|Y|
- OPTIONAL COMPRESSPORT GIFT |R|B|G|

5 BIG BAG DROP OFF |R|B|

YOU CAN LEAVE YOUR BIG BAG IN THE FOLLOWING WORKING HOURS:
- THURSDAY, APRIL 5TH 3PM - 8 PM
- FRIDAY, APRIL 6TH 9 AM - 1:30 PM | 3:30 PM - 8:30 PM

5 BIG AND SMALL BAG PICK UP |R|B|G|Y|*

YOU CAN PICK YOUR BAGS IN THE FOLLOWING WORKING HOURS:
- SATURDAY, APRIL 7TH 11:30 AM - MIDNIGHT
- SUNDAY, APRIL 8TH MIDNIGHT - 4 PM

*ONLY UPON PRESENTING YOUR PERSONAL BIB

LEGEND

- EXPO STANDS
- ELITE/VIP CHECK
- ALL OTHER RUNNERS CHECK
- BAGS DROP OFF / PICK UP
- SPORT BOX STAND

BAGS AND STICKERS



SMALL BAG
| R | B | G | Y |



BIG BAG
| R | B |

In your race pack, you will find two plastic bags. One big which will serve as your spares bag and it will be deposited in Buzet (half way down the course) 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 re-claim 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 Big bag, smaller one on the Small bag.



SMALL BAG
and the stickers





BIG BAG
and the stickers



UNDER PATRONAGE OF

ISTARSKA
ŽUPANIJA



REGIONE
ISTRIANA

ADMINISTRATIVE
DEPARTMENT FOR
TOURISM

VIP AND ELITES

TWO SPECIFIC GROUPS OF RUNNERS. ONE OF THEM IS ELITE RUNNERS GROUP AND THE OTHER ONE IS VIP GROUP. BOTH OF THEM WILL HAVE AN ACCELERATED REGISTRATION PROCEDURE AND A SLIGHTLY DIFFERENT PERSONALIZED BIB

ELITE
RUNNERS

Who are the ELITE runners?

This one is very simple, for men, runners with +800 ITRA performance index, for women, runners with +700 ITRA performance index. In addition, every UTWT supported runner is considered as ELITE.

WOMEN

Francesca Canepa ITA

MEN

Julien Chorier FRA
Paul Giblin SCO
Carlo Salvetti ITA
Marjan Zupančić SLO
Stefano Fantuz ITA

VIP
RUNNERS

Who are the VIP runners?

Well, first of all, winners of the each course since 2013 and a group of runners who's been faithful to the race from the very beginning, meaning that they had been present on every race edition so far. We are overwhelmed by their loyalty, so this would be a little push up for them.

WINNERS

Mauricio Križmanić CRO
Ivan Blečić CRO
Nataša Aljančić SLO
Tadeja Krušec CRO
Vedran Dakić CRO
Špela Strasser SLO
Zdenek Kriz CZE
Mateja Blažević CRO
Jay Aldous USA
Marta Poretti ITA
Toni Vencelj SLO
Ajda Radinja SLO
Darija Bostjančić CRO
Marjan Zupančić SLO
Francesca Canepa ITA
Igor Yovanovitch Gil ESP
Stephanie Manivoz FRA
Sebastian Fuchs GER
Petr Zakovsky CZE
Jelena Brezak CRO
Thomas Wagner AUT
Sebastijan Zarnik SLO
Barbara Trunkelj SLO
Johannes Klein GER
Graziana Pe' ITA
Elizaveta Ershova USA
Dylan Bowman USA

RACE INVENTORY :)

Klemen Bratuša SLO
Rok Bratuša SLO
Goran Dellebernardina CRO
Vladimir Dobrivojević CRO
Maik Güenther GER
Petr Hruby CZE
Bernard Ivanov CRO
Stjepan Jandrečić CRO
Klaudio Juričić CRO
Peter Macuh SLO
Vlasta Mastrović CRO
Andrej Mederal SLO
Sanja Mladenović CRO
Ivan Mučnjak CRO
Ivan Perić CRO
Vedran Sabljić CRO
Denis Treu ITA
Marija Trontelj SLO
Igor Verbnjak CRO
Enrico Viola ITA
Mladen Živčić CRO
Zvonko Mezga SLO


LEDLENSER


THE NORTH FACE
DYNAFIT
RACE DIRECTOR
ULTRA-TRAIL®
WORLD TOUR

RUNNERS TO FOLLOW
FEMALE

COURSE	BIB	SURNAME	NAME	COU	ITRA	STATUS
RED	1	Canepa	Francesca	ITA	733	A
RED	5	Buehler	Luzia	SUI	666	BBB
YELLOW	1301	Trunkelj	Barbara	SLO	654	BBB
RED	8	Striednig	Ulrike	AUT	637	BB
RED	10	Tonetti	Scilla	ITA	636	BB
RED	12	Kegl Vencelj	Katja	SLO	630	BB
GREEN	807	Lachner	Evelyne	AUT	626	BB
RED	14	Matuła	Ewelina	POL	619	BB
RED	15	Pavc	Alenka	SLO	619	BB
RED	20	Grieger	Katrin	GER	604	BB
RED	21	Cristina	Cecan	ROU	599	B
GREEN	811	Rath	Sabrina	AUT	597	B
GREEN	812	Alekseeva	Ekaterina	RUS	596	B
RED	23	Malai	Viorica	MDA	594	B
GREEN	815	Chelysheva	Anastasia	RUS	594	B
RED	29	Bajec	Klara	SLO	583	B
RED	32	Olivi	Alessandra	ITA	581	B
BLUE	512	Marukić	Maja	CRO	581	B
GREEN	816	Trampuž	Meta	SLO	578	B
GREEN	817	Zamboni	Irene	ITA	570	B
BLUE	521	Waters	Angela	NZL	566	B
YELLOW	1306	Urban	Maja	CRO	566	B
RED	40	Csernus	Brigitta	HUN	565	B
YELLOW	1307	Trontelj	Marija	SLO	565	B
BLUE	522	Surubaru	Diana	ROU	562	B
GREEN	819	Vajda	Anita	HUN	562	B
BLUE	523	Passuello	Nicoletta	ITA	560	B
RED	45	Díaz Soldevilla	Marta	ESP	558	B
BLUE	525	Cavedon	Valentina	ITA	557	B
RED	49	Mladenović	Sanja	CRO	553	B
RED	50	Ogrin	Alenka	SLO	553	B

FEMALE LEVELS

A	ELITE 3	> 700 POINTS
BBB	EXPERT1	> 650 POINTS
BB	EXPERT2	> 600 POINTS
B	EXPERT3	> 550 POINTS
CCC	ADVANCED1	> 500 POINTS



FRANCESCA CANEPA (ITA)
733 ITRA POINTS

2017 HIGHLIGHTS

100 MILES OF ISTRIA	WINNER
TRAIL DES COURSIERES	WINNER
SWISSALPINE DAVOS	WINNER
DEVIL'S RIDGE	WINNER
ULTRATRAIL LAGO D'ORTA	WINNER
3 DIAS TRAIL IBIZA	WINNER
SCENIC TRAIL	WINNER
VESUVIO SKY MARATHON	2ND PLACE
MAXI-RACE	3RD PLACE



LUZIA BÜHLER (SUI)
666 ITRA POINTS

2017 HIGHLIGHTS

WASATCH FRONT 100 MILE	WINNER
SWISSALPINE DAVOS	3RD PLACE



BARBARA TRUNKELJ (SLO)
654 ITRA POINTS

2017 HIGHLIGHTS

100 MILES OF ISTRIA YELLOW	WINNER
VALAMAR TRAIL SEMI	WINNER



SCILLA TONETTI (ITA)
636 ITRA POINTS

2017 HIGHLIGHTS

LICONY TRAIL	WINNER
TOR DES GEANTS	6TH PLACE

RUNNERS TO FOLLOW
MALE

COURSE	BIB	SURNAME	NAME	COU	ITRA	STATUS
GREEN	801	Chorier	Julien	FRA	843	A
GREEN	802	Fantuz	Stefano	ITA	831	A
RED	2	Giblin	Paul	SCO	826	A
BLUE	501	Salvetti	Carlo	ITA	818	A
BLUE	502	Zupančič	Marjan	SLO	802	A
RED	3	Rigodanza	Francesco	ITA	792	BBB
GREEN	803	Hrastovec	Ivan	SLO	788	BBB
BLUE	503	Zarnik	Sebastjan	SLO	787	BBB
GREEN	804	Wagner	Thomas	AUT	780	BBB
RED	4	Massarenti	Paolo	ITA	770	BBB
RED	6	Smolnikar	Aljoša	SLO	752	BBB
BLUE	504	Potočnik	Tilen	SLO	752	BBB
GREEN	805	Geisler	Michael	AUT	748	BB
RED	7	Depaoli	Mattia	ITA	744	BB
RED	9	Stipčević	Josip	CRO	736	BB
GREEN	806	Farra	Gabriele	ITA	733	BB
RED	11	Moro	Luca	ITA	731	BB
BLUE	505	Halasz	Martin	SVK	730	BB
RED	13	Guerini	Luca	ITA	729	BB
BLUE	506	Gajos	Daniel	POL	720	BB
RED	16	Chevallier	Ludovic	FRA	718	BB
RED	17	Reich	Markus	AUT	717	BB
RED	18	Zambon	Alessio	ITA	714	BB
YELLOW	1302	Tkach	Andriy	UKR	714	BB
GREEN	808	Fedel	Silvano	ITA	712	BB
YELLOW	1303	Čačulovič	Matic	SLO	712	BB
RED	19	Viola	Enrico	ITA	707	BB
BLUE	507	Martin	Oriano	ITA	705	BB
BLUE	508	Kodym	Matthias	AUT	704	BB
GREEN	810	Toffoli	Piero	ITA	702	BB
BLUE	509	Bellamy	Stewart	GBR	701	BB
BLUE	510	Zupan	Klemen	SLO	698	B
GREEN	813	Schwaiger	Hermann	AUT	696	B
RED	22	Kot	Rafal	POL	694	B
GREEN	814	Brauen	Rene	SUI	692	B
RED	24	Gyurkó	Péter	HUN	690	B
RED	25	McMillan	William	GBR	690	B
RED	26	Fahrengruber	René	AUT	689	B
BLUE	511	Grivins	Peteris	LAT	689	B
RED	27	Furlan	Alberto	ITA	685	B
RED	28	Chervyakov	Alexander	RUS	684	B
RED	30	Vidali	Miha	SLO	683	B
RED	31	Salpistis	Nazareno	ITA	682	B
RED	33	Renevier	François	SUI	680	B
BLUE	513	Benset	Loic	FRA	680	B
RED	34	Mamić	Andi	SLO	677	B
BLUE	514	Volčanšek	Mitja	SLO	677	B
RED	35	Slapničar	Matevž	SLO	675	B
BLUE	515	Panić	Vladimir	SRB	675	B

MALE LEVELS

A	ELITE 3	> 800 POINTS
BBB	EXPERT1	> 750 POINTS
BB	EXPERT2	> 700 POINTS
B	EXPERT3	> 650 POINTS
CCC	ADVANCED1	> 600 POINTS



JULIEN CHORIER (FRA)
843 ITRA POINTS

2017 HIGHLIGHTS

TRAIL DE HAUTE PROVENCE	WINNER
HONG KONG 100	10TH PLACE
LAVAREDO ULTRA TRAIL	10TH PLACE
UTMB	17TH PLACE



SEFANO FANTUZ (ITA)
831 ITRA POINTS

2017 HIGHLIGHTS

EOLO CAMPO DEI FIORI TRAIL	WINNER
LE PORTE DI PIETRA	WINNER
SKYLAKES	7TH PLACE
WORLD CHAMPIONSHIP	16TH PLACE

RUNNERS TO FOLLOW
MALE

COURSE	BIB	SURNAME	NAME	COU	ITRA	STATUS
BLUE	516	Aichinger	Dominik	AUT	675	B
RED	36	Kalashnikov	Anton	RUS	672	B
BLUE	517	Novak	Aleš	SLO	672	B
RED	37	Audran	Frederic	FRA	671	B
BLUE	518	Eldrup	Erland	NOR	670	B
YELLOW	1304	Schaffenrath	Lukas	AUT	668	B
YELLOW	1305	Roskovics	Nyikolaj	HUN	667	B
RED	38	Gärtner	Helmut	AUT	666	B
RED	39	Petrut	Alex Cosmin	ROU	666	B
BLUE	519	Simonazzi	Francesco	ITA	666	B
BLUE	520	Franciosi	Jonathan	ITA	666	B
RED	41	Soveresan	Andrei-Gratian	ROU	665	B
RED	42	Treu	Denis	ITA	664	B
GREEN	818	Rogina	Darko	CRO	663	B
GREEN	820	Mandekić	Marin	CRO	662	B
RED	43	Končnik	Matej	SLO	661	B
RED	44	Lohr	Wolfgang	GER	659	B
BLUE	524	De Villa	Alex	ITA	659	B
RED	46	Hajek	Jakub	CZE	656	B
RED	47	Chanev	Kaloyan	BUL	655	B
RED	48	Erjavšek	Boštjan	SLO	653	B
RED	51	Szokolszky	Istvan	ROU	653	B
BLUE	526	Olivier	Moreno	FRA	651	B
GREEN	821	Kožar	Uroš	SLO	651	B
RED	52	Ionov	Sergey	GBR	650	B



PAUL GIBLIN (SCO)
826 ITRA POINTS

2017 HIGHLIGHTS

MALNAD ULTRA	WINNER
100 MILES OF ISTRIA RED	3RD PLACE
SILVER STATE 50/50	4TH PLACE
TRANSGRANCANARIA	13TH PLACE



CARLO SALVETTI (ITA)
818 ITRA POINTS

2017 HIGHLIGHTS

TUSCANY CROSSING	WINNER
ULTRA TRAIL LAGO D'ORTA	2ND PLACE
BVG TRAIL	2ND PLACE
RONDA GHIBELLINA	4TH PLACE



MARJAN ZUPANČIĆ (SLO)
654 ITRA POINTS

2017 HIGHLIGHTS

100 MILES OF ISTRIA BLUE	WINNER
ULTRA TRAIL VIPAVA VALLEY	WINNER
TRAIL MARATON POHORJE	WINNER
DALMACIJA ULTRA TRAIL	WINNER



FRANCESCO RIGODANZA (ITA)
792 ITRA POINTS

2017 HIGHLIGHTS

ULTRABERICUS TRAIL	WINNER
DUEROCCHE TRAIL	2ND PLACE
AIM ENERGY ULTRA & WILD	3RD PLACE
CORTINA TRAIL	5TH PLACE



R 2 V 2
OXYGEN

VEINO-MUSCULAR COMPRESSION TECHNOLOGY

Combining compression and ultra-breathable fabrics
for a feeling of lightness, freshness, energy and power.
Ventilation and support of the calf –
Full ventilation and breathability on the shin.

COMP RESS PORT



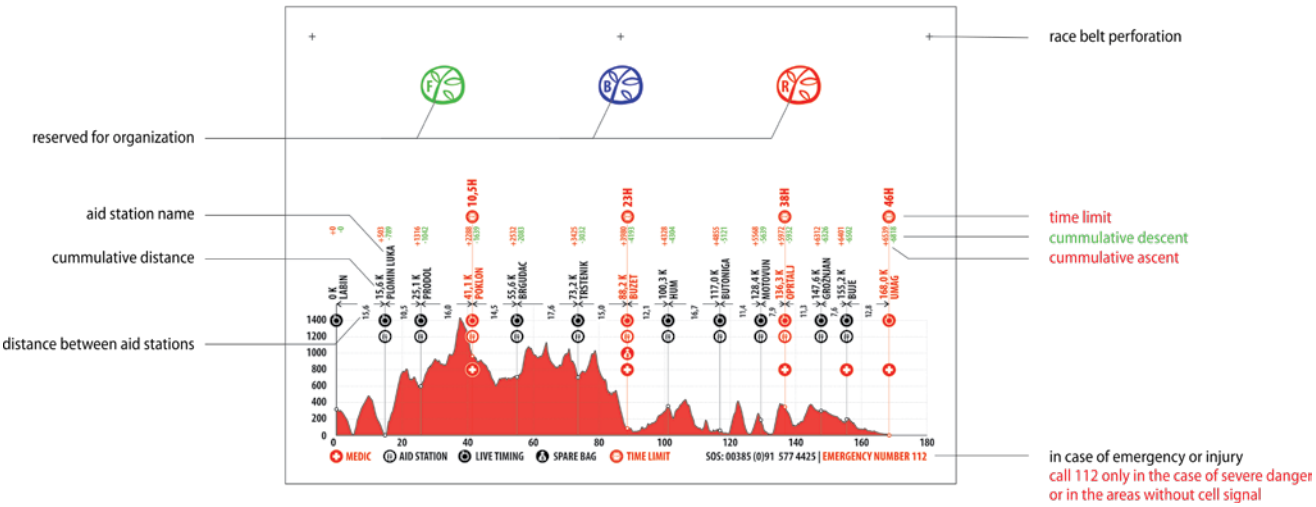
HURRICANE JACKET & VEST V 2

COMP RESS PORT

BIB GUIDE


100 MILES OF ISTRIA
ULTRATRAIL 2018
RED COURSE | 100 MILES +6.539 m | www.istria100.com
BIB
COU
NAME AND SURNAME
ULTRA-TRAIL® WORLD TOUR
CAT
start number
country code
country flag
RED course BIB
race belt perforation
name and surname
age category


100 MILES OF ISTRIA
ULTRATRAIL 2018
RED COURSE | 100 MILES +6.539 m | www.istria100.com
BIB
ELITE
COU
NAME AND SURNAME
ULTRA-TRAIL® WORLD TOUR
CAT
ELITE/VIP designation


reserved for organization
aid station name
cummulative distance
distance between aid stations
race belt perforation
time limit
cummulative descent
cummulative ascent
in case of emergency or injury
call 112 only in the case of severe danger
or in the areas without cell signal
MEDIC
AID STATION
LIVE TIMING
SPARE BAG
TIME LIMIT
SOS: 00385 (0)91 577 4425 | EMERGENCY NUMBER 112

COURSE SIG-NAGE

AID STATION SIGNAGE

At every aid station you will find a large sign like this one below.

It shows all the information needed:

- distance from the start
- the name of the next aid station
- the distance to the next aid station
- distance to the finish

COURSE MARKINGS

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.



METAL GUIDEPOST



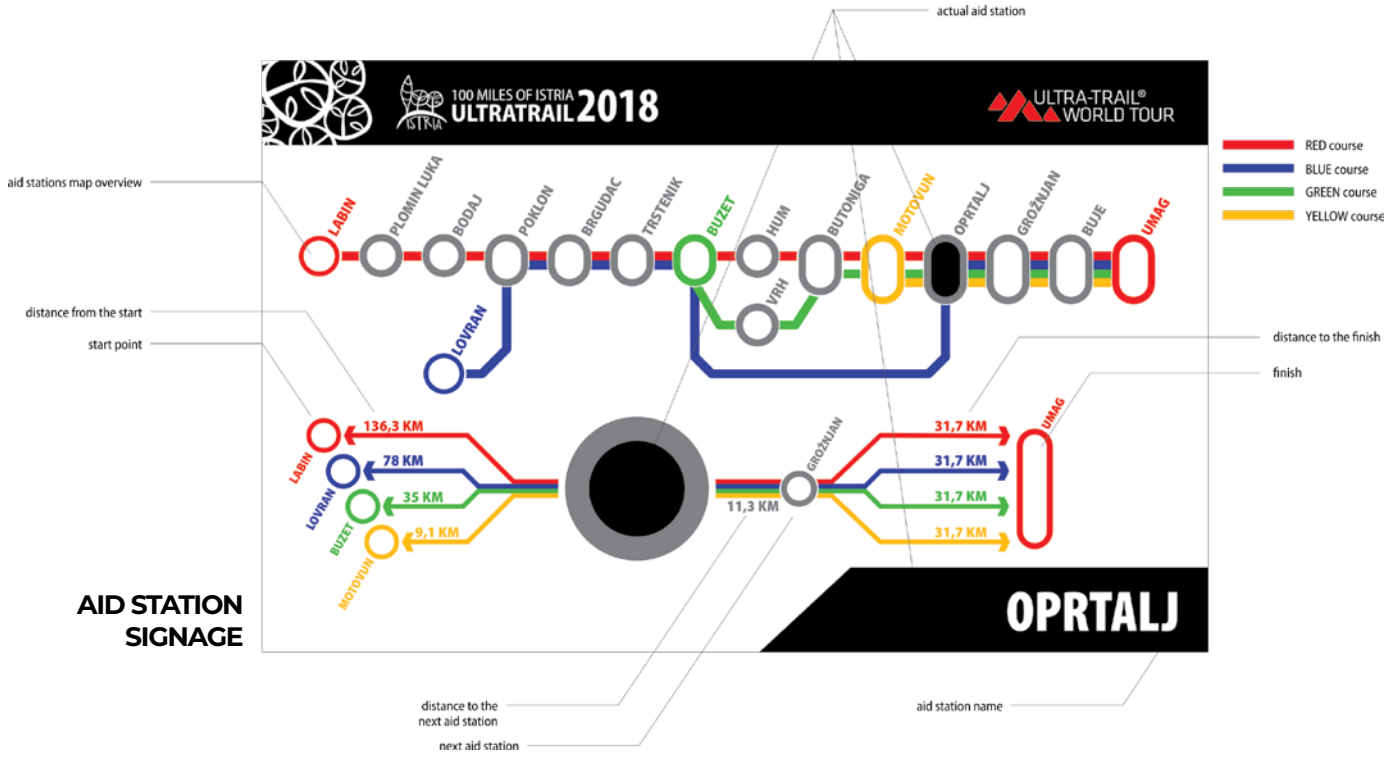
FLAGS ON THE COURSE
outside urban areas



PLASTIC GUIDEPOST



MARKINGS ON THE ROAD
urban areas



AID STATION SIGNAGE

SECURITY.

As organisers, our role is to guarantee the security of the competitors and in particular the security on the ground, thanks to our volunteers; doctors, nurses and first-aiders.

Even in spring, sudden changes in the weather conditions can occur. At the start of April, the temperature can drop to -10°C, snow 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!

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 100 Miles of Istria 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.

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 post, if necessary by going back the way you came.

Alert other competitors in case of injury or of incapacity to continue. Call the race direction +385 91 577 44 25 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 wriststraps 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!

Mobile/Cell phone & emergency calls

A mobile telephone 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 telephone 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 that you have put on your registration
document is the number of the phone that you will be carrying during the race.

IN CASE OF BAD WEATHER CONDITIONS, AND FOR SECURITY REASONS, THE ORGANISATION RESERVES THE RIGHT TO STOP THE RACE OR MODIFY THE TIME BARRIERS!

IMPORTANT NUMBERS

RACE HQ
00385 (0)91 577 44 25

RESCUE SERVICE
112



PHOTO.
Charlie Sharpe (GBR) in the shelter during 2015 hail storm

IMPORTANCE OF THE HIGH QUALITY EQUIPMENT

Do not forget that various hazards connected to both the environment and the race, might keep you waiting longer that expected for assistance.

Your safety will therefore depend upon the quality of what you put in your pack. The mandatory equipment is therefore a absolute must!

MANDATORY EQUIPMENT

MOBILE PHONE
| R | B | G | Y |



Save in the contacts the security numbers of the organization, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries)

PERSONAL BEAKER
| R | B | G | Y |



Minimum 15cl
Water-bottles or flasks with lids are not acceptable.

STOCK OF WATER
| R | B | G | Y |



Minimum 1 litre

HEAD TORCH
| R | B | G | Y |



In good working condition with replacement batteries

SURVIVAL BLANKET
| R | B | G | Y |



Minimum dimensions 1,40 m x 2,0 m

WHISTLE
| R | B | G | Y |



ADHESIVE ELASTIC BAND
| R | B |



EnableS making a bandage or a strapping (minimum 100cm x 6 cm)

FOOD RESERVE
| R | B | G | Y |



IMPORTANCE OF THE HIGH QUALITY EQUIPMENT

HOODED JACKET
| R | B | G | Y |



Capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane

LONG RUNNING TROUSERS
| R | B |



Or leggings or a combination of leggings and long socks which cover the legs completely

STRONGLY RECOMMENDED EQUIPMENT

ADDITIONAL WARM MIDLAYER TOP



TREKKING POLES



RECOMMENDED EQUIPMENT

CAP OR BANDANA



WARM HAT



WARM AND WATERPROOF GLOVES



WATERPROOF OVER-TROUSERS





COURSE CONDITION

CLIMATE

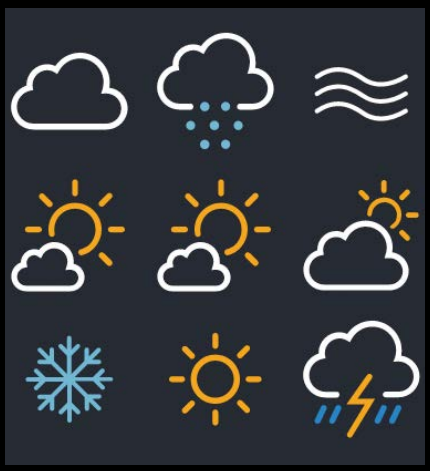
The basic characteristic of the climate of the Istrian peninsula is given by the Mediterranean climate. Along the coast, it gradually changes towards the continent and it passes into continental, due to cold air circulating from the mountains and due to the vicinity of the Alps.

The main characteristics of the Mediterranean climate are dry and warm summers, with the average number if 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.

TERRAIN

Mild and wavy relief shapes rise up towards the central part of the peninsula, to reach their highest point in the north-east, on the mountain massif of Ćićarija and Ucka - peak Vojak with 1.396 metres (situated in the Primorsko-Goranska Region).

According to the geological and geomorphic structure, the Istrian peninsula can be divided in three completely different areas. The hilly northern and north-eastern part of the peninsula, due to its scarce vegetation and nude Karst surfaces is also known as White Istria. South-west from White Istria stretches the area that is considerably richer morphologically. These are the lower flisch mountainous tracts consisting of impermeable marl, clay, and sandstone, which is why this part is called Grey Istria. Limestone terrace along the coastline, covered with red earth is called Red Istria.



METEO

MEAN VALUES FOR APRIL

AIR TEMPERATURE	
Mean	12,6° C
Abs. maximum	28,9° C
Abs. minimum	-0,2° C
SUNSHINE	
Duration (hours)	176,1
PRECIPITATION	
Total (mm)	112,6
Max. snow cover (cm)	-
DAYS WITH	
clear sky	4
Fog	0
Rain	12
Frost	1
Snow	0
Min. Temp < 0° C	0
Max. Temp > 25° C	0

ILLUMINATION

SUN		
	Sunrise	Sunset
April 6th	6:33	19:36
April 7th	6:31	19:37
April 8th	6:30	19:38

MOON

phase: waning gibbous illumination: 67 %		
	Moonrise	Moonset
April 7th	15:47	04:53
April 8th	16:52	05:25
April 9th	17:55	05:54

START PACK GIFTS

COMPRESSPORT
High-end compression clothing

We want your great istrian memories to last. Each partic-ipant will be given a quality souvenir from the Swiss company Compressport.



COMPRESSPORT 100 MILES OF ISTRIA T-SHIRT
In the start pack for YELLOW, GREEN, BLUE and RED course



COMPRESSPORT 100 MILES OF ISTRIA TRAIL SOCKS
In the start pack for GREEN, BLUE and RED course

COMP
RESS
PORT

R2v2



K-PROTECT

An ergonomic band wich applies compression on the pattellar tendon to absorb vibrations and to provide extra knee support.

ULTRALIGHT

Does not retain water and will remain featherlight in all conditions.

ULTRA RESIST

In normal use it is not liable to ripping.

SHOCK ABSORBER

360° compression on the entire calf softens the effect of "shock waves" on the muscles, veins and joints.

ANTI-FATIGUE

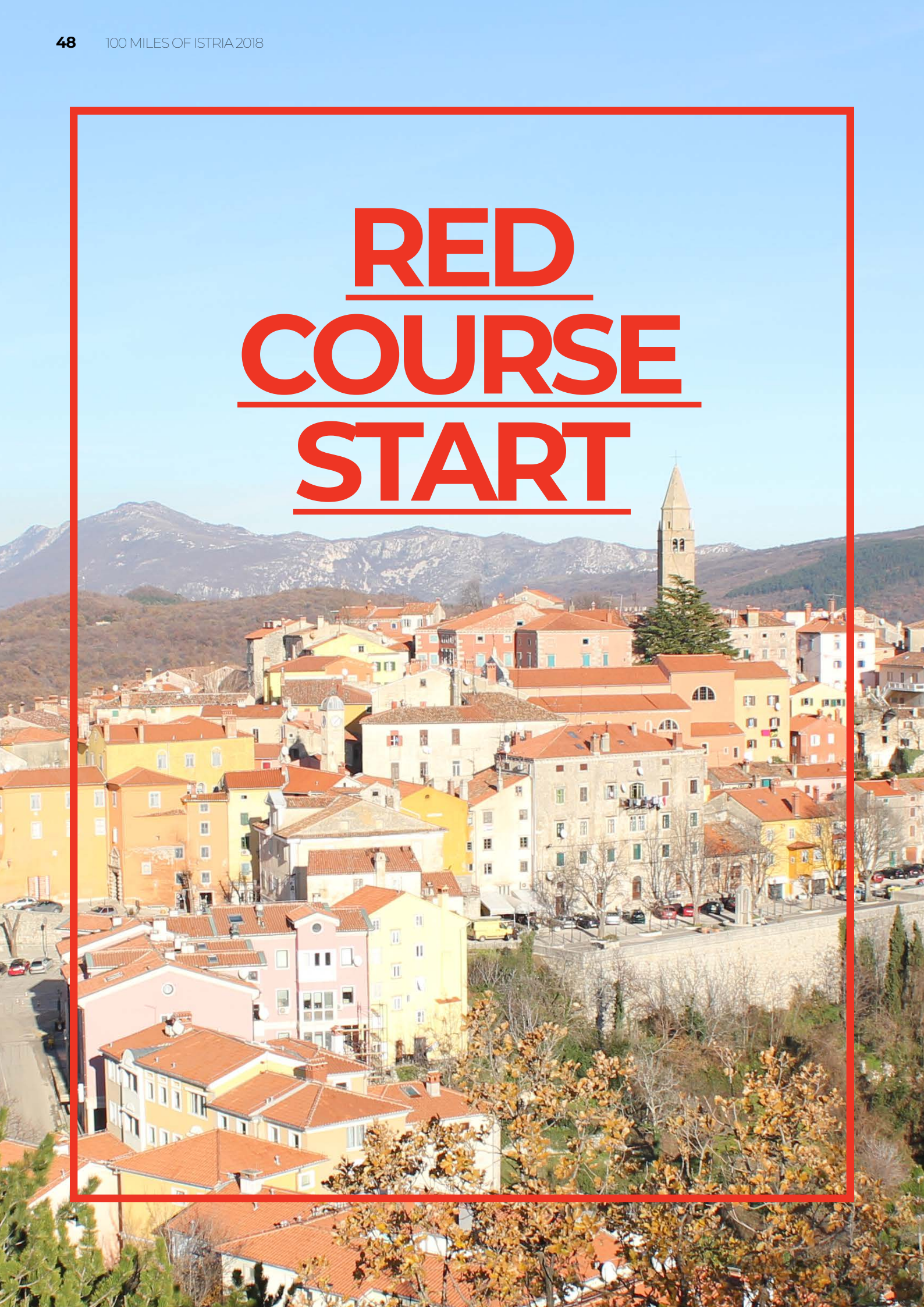
MASSAGING FIBRE

DTOX

RECOVERY



RED COURSE START



LABIN APRIL 6TH 5PM

OLD TOWN SQUARE

THE PEARL OF THE KVARNER BAY

The medieval town of Labin is situated on the hill above Rabac. Its old name of Albona was first mentioned in 285 AD. The birthplace of Matthias Flacius Illyricus, the reformer and collaborator of Martin Luther, it is a cultural and administrative center today. The rich cultural and architectural heritage of Labin is enlivened by number of art ateliers and by the bustling youth gathering in the coffee bars scattered around the old town. The Sculpture Park in nearby Dubrova features over 70 forma viva stone sculptures.

After a walk through the narrow streets of the Old Town, pay a visit to the Town Museum with its archaeological and unique in this part of Europe, a miniature coal mine. Have a look at the Memorial collection of Matthias Flacius Illyricus, peek into the art ateliers, enjoy the view of Rabac and Cres island from the Fortica or pop into the small, elegant shops and take refreshments on one of the terraces of the local coffee bars. Whether to do business or just to have a chat, these are the places where everyone meets.

'RES PUBLICA ALBONESSIUM'

Labin, a picturesque town situated on a 320 meters high hill and only three kilometers from the seaside, was inhabited already two thousand years B.G. The remnants of Kunci, one of the settlements called the 'castellums', dating from the Bronze Age, can be found in the vicinity of Labin. Its old Illyrian-Celtic name is Albona or Alvona and it was probably founded by Celts in the 4th century B.C. on the ruins of the ancient city. Some historians say it was fortified by the Illyrians in the 11th century B.C. They also say that Albona in the Celtic language means 'a town on the hill' or 'an elevated settlement'.

Titus Livius said that Labin inhabitants were pirates. After the conflicts between the local inhabitants and Romans, which had started in the 3rd century B.C., Istra came under the Romans in 177 B.C. The borderline was the river Rasa. Labin and its surroundings thus became an integral part of Illyrian, the Roman province with a high degree of independence and authority over the nearby settlements. The oldest written document about Labin is a relief from the 3rd century with the insertion 'RES PUBLICA ALBONESSIUM'.

TIME TABLE

02:00 PM
DEPARTURE FOR THE START FROM UMAG

04:00 PM
ARRIVAL TO THE START IN LABIN

05:00 PM
START!

HOW TO GET THERE BY CAR?

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
ETA: 1h 28min

from Umag - scenic route
Umag - direction Buje - in Buje direction Buzet - in Buzet direction Tunel Učka - in Lupoglav direction Boljun - in Boljun direction Labin
distance: 98 km
ETA: 2h 01min



PHOTO.
Course start map

START LIST

RED COURSE

1	CANEPA	FRANCESCA	VW 1	ITA
2	GIBLIN	PAUL	VM 1	SCO
3	RIGODANZA	FRANCESCO	SE M	ITA
4	MASSARENTI	PAOLO	VM 1	ITA
6	SMOLNIKAR	ALJOŠA	VM 1	SLO
7	DEPAOLI	MATTIA	SE M	ITA
8	STRIEDNIG	ULRIKE	VW 1	AUT
9	STIPČEVIĆ	JOSIP	SE M	CRO
10	TONETTI	SCILLA	VW 1	ITA
11	MORO	LUCA	VM 1	ITA
12	KEGL VENCELJ	KATJA	SE W	SLO
13	GUERINI	LUCA	VM 1	ITA
14	MATUŁA	EWELINA	SE W	POL
15	PAVC	ALENKA	VW 1	SLO
16	CHEVALLIER	LUDOVIC	SE M	FRA
17	REICH	MARKUS	SE M	AUT
18	ZAMBON	ALESSIO	SE M	ITA
19	VIOLA	ENRICO	VM 1	ITA
20	GRIEGER	KATRIN	VW 1	GER
21	CRISTINA	CECAN	SE W	ROU
22	KOT	RAFAL	SE M	POL
23	MALAI	VIORICA	VW 1	MDA
24	GYURKÓ	PÉTER	VM 1	HUN
25	MCMILLAN	WILLIAM	SE M	GBR
26	FAHRENGRUBER	RENÉ	VM 1	AUT
27	FURLAN	ALBERTO	VM 1	ITA
28	CHERVYAKOV	ALEXANDER	SE M	RUS
29	BAJEC	KLARA	VW 1	SLO
30	VIDALI	MIHA	SE M	SLO
31	SALPISTIS	NAZARENO	SE M	ITA
32	OLIVI	ALESSANDRA	SE W	ITA
33	RENEVIER	FRANÇOIS	SE M	SUI
34	MAMIĆ	ANDI	VM 1	SLO
35	SLAPNIČAR	MATEVŽ	VM 1	SLO
36	KALASHNIKOV	ANTON	SE M	RUS
37	AUDRAN	FREDERIC	VM 1	FRA
39	PETRUT	ALEX COSMIN	SE M	ROU
40	CSERNUS	BRIGITTA	VW 1	HUN
41	SOVERESAN	ANDREI-GRATIAN	SE M	ROU
42	TREU	DENIS	VM 1	ITA
43	KONČNIK	MATEJ	SE M	SLO
44	LOHR	WOLFGANG	VM 1	GER
45	DÍAZ SOLDEVILLA	MARTA	VW 1	ESP
46	HAJEK	JAKUB	VM 1	CZE
47	CHANEV	KALOYAN	SE M	BUL
48	ERJAVŠEK	BOŠTJAN	SE M	SLO

49	MLADENOVIĆ	SANJA	SE W	CRO
50	OGRIN	ALENKA	SE W	SLO
51	SZOKOLSZKY	ISTVAN	VM 1	ROU
52	IONOV	SERGEY	SE M	GBR
53	NAPAST	FRANČIŠEK	VM 1	SLO
55	MASCARIN	MARC	VM 1	ITA
56	ZIAMPARAS	DIMITRIOS	VM 1	GRE
57	BAJEC	MATJAŽ	VM 1	SLO
58	VAPAAOKSA	JENNI	VW 1	FIN
59	WALCZYK	KRZYSZTOF	SE M	POL
60	KJAER	THURE	VM 1	DEN
61	MARZIANI	TOMMASO	SE M	ITA
62	KUBO	NOBUHITO	VM 1	JPN
63	BUDINSKI	MILAN	SE M	CRO
64	JEANRENAUD	HUGUES	VM 1	SUI
65	KLANČNIK	ANJA	SE W	SLO
66	KRALJ	VANE	VM 1	SLO
67	BALZARINI	ELENA	VW 1	ITA
68	JULES	FREUND	SE M	FRA
69	JOHANSEN	FRANK	VM 1	DEN
71	KOWALIK	ANDRZEJ	SE M	POL
72	VEZENTAN	LAURENTIU	VM 1	ROU
73	JOVANOVSKI	IGOR	SE M	MKD
74	BURLON	STEFANO MARCELLO	SE M	ITA
75	FRACCARO	FRANCO	VM 1	ITA
76	ILIE	MARCEL	SE M	ROU
77	HRIBAR	MATEJ	VM 1	SLO
78	KOBOLD	MARKO	SE M	SLO
79	CRISAN POP	VLAD ADRIAN	SE M	ROU
80	GIURATO	LUCA	VM 1	ITA
82	CIMAROSTI	ALESSANDRO	VM 1	ITA
83	ŽBONTAR	DRAGA	VW 1	SLO
84	BUONCRISTIANI	ANDREA	SE M	ITA
85	MÄKELÄ	TOMI	VM 1	FIN
86	PRIBIČEVIĆ	ROKO	SE M	CRO
87	BAUER	ALEXANDER	VM 1	GER
88	KOT	VLADIMIR	SE M	RUS
89	ROGIĆ JUKOPILA	NATAŠA	VW 1	CRO
90	SESLIJA	DUBRAVKA	SE W	ITA
91	CROSS	RICH	VM 1	GBR
92	SMOLYAK	ANATOLIY	SE M	RUS
93	ZUGAN	BORKO	SE M	CRO
94	SEMENOV	IVAN	SE M	UKR
95	PERIĆ	IVAN	SE M	CRO
96	BERNIK	BOŠTJAN	SE M	SLO
97	LEKŠE	TONI	VM 1	SLO

98	GROSSO	ROBERTO	VM 1	ITA
99	POCH	LAURA	VW 1	ESP
100	PERKOWSKI	PIOTR	SE M	POL
101	STRIZZOLO	MARCO	VM 1	ITA
102	KEČ	NENAD	VM 1	CRO
103	BOLTA	URBAN	SE M	SLO
104	CSAKI	KAROLY	SE M	ROU
105	DEEGAN	LILLIAN	VW 1	IRL
106	SMOLIS	IVO	SE M	POL
107	BARBIERO	GIANLUCA	SE M	ITA
108	GALLETTO	MARCO	VM 1	ITA
109	VIEZZI	MANUEL	SE M	ITA
110	VINCENT	CHLOE	VW 1	NZL
111	BUCCIOL	MARCO	VM 1	ITA
112	NAGY	ADRIÁN	SE M	HUN
113	MUZHETCKII	NIKOLAI	VM 1	RUS
114	NEMECEK	ONDREJ	SE M	CZE
115	CONARDI	DAVIDE	VM 1	ITA
116	GRIEGER	MATTHIAS	VM 1	GER
117	PICCIN	FRANCO	VM 1	ITA
118	DOKIĆ	DALIBORKA	VW 1	CRO
119	MENCIN	DUŠAN	VM 1	SLO
120	VICARIO	MICHELE	VM 1	ITA
121	CEJOVIC	DRAGANA	VW 1	MNE
122	GRASSELLI	MARKO	VM 1	SLO
123	ODA	TAKUYA	SE M	JPN
124	RIGODANZA	LORENZO	VM 1	ITA
125	SCHUSTER	DONALD	VM 1	GER
126	CIMAROSTI	GABRIELE	VM 1	ITA
127	BLAŠKOVIĆ	MAJA	SE W	CRO
128	KOHÁN	BALÁZS	SE M	HUN
130	LYCKEKLINT	MIKAEL	SE M	SWE
131	SHEVCHUK	ALENA	VW 1	RUS
132	SOH	HIAN LIM	VM 1	MAS
133	PERŠAK	BOŠTJAN	VM 1	SLO
134	VADLJA	ANDREJ	SE M	CRO
135	TORBARINA	TONI	SE M	CRO
136	VASILACHE	CRISTINA	SE W	ROU
137	KOVÁCS	ÁDÁM	VM 1	HUN
138	MARN	JANI	VM 1	SLO
139	RAPOTAN	IONEL	VM 1	ROU
140	YAKIMENKO	VITALIY	SE M	RUS
141	HÖHNER	MAXIMILIAN	SE M	GER
142	GOMBAČ	ŽIGA	VM 1	SLO
143	IVANOV	BERNARD	VM 1	CRO
144	MOLINARI	LUCA	VM 1	ITA

145	KEREŽI	ROBERT	VM 1	SLO
146	RAJTAR	ZBIGNIEW	VM 1	POL
147	BARNTHALER	WOLFGANG	SE M	AUT
148	DINCEA	LUCIAN	VM 1	ROU
149	SVOBODOVA	MICHAELA	SE W	CZE
150	VUKOTIČ	DEJAN	VM 1	SLO
151	KREBER	DOMAGOJ	SE M	CRO
152	MUČNJAK	IVAN	VM 1	CRO
153	FERRER GILABERT	SALVADOR	SE M	ESP
154	INCAUDO	MATTEO	SE M	ITA
155	PIECHA	ARTUR	VM 1	POL
157	MARTINIS	DANIELE	VM 1	ITA
158	STIEBINGER	OLIVER	SE M	AUT
159	PFEILER-OPITZ	MARIANNE	VW 1	AUT
160	BERZENJI	SANDA	VW 1	CRO
161	RICHER	CHRISTOPHE	VM 1	FRA
162	BOŽIĆ	ELZA	VW 1	CRO
163	MARABESE	ENNIO	VM 1	ITA
164	TABAKOVIĆ	DRAGANA	SE W	SRB
165	DAMIANI	NICOLETTA	VW 1	ITA
166	FISCHER	ERICH	VM 1	AUT
167	PERIĆ	GORAN	VM 2	CRO
168	AFANASENKOV	MIKHAIL	VM 1	RUS
169	KULIKOV	ROMAN	SE M	RUS
170	DAL VECCHIO	CARLO	VM 1	ITA
171	FONDRIEST	ALBERTO	VM 1	ITA
172	PIASECKI	RAFAL	SE M	POL
173	ČAMBER	SILVIJO	VM 1	CRO
174	MACUH	PETER	VM 1	SLO
175	ZAMAN	ANDREJ	VM 1	SLO
176	HAJEK	JAN	VM 1	CZE
177	SIHERLE	BORUT	VM 1	SLO
178	DOLENC	ALEŠ	VM 1	SLO
179	SPADARI	DARIO	SE M	ITA
180	PASTORE	MAURIZIO	VM 1	ITA
181	CHALUT	LAURENT	VM 1	FRA
182	RÁCZ	RÓBERT	VM 1	HUN
183	KOUSTENIS	IOANNIS	VM 1	GRE
184	MOGNOL	EDY	VM 1	ITA
185	NACCI	MAURO	VM 1	ITA
186	VAN DE BERGH	INGO	VM 1	NED
187	KUKUČKA	KATARINA	SE W	CRO
188	ŠAŠINKA	ARAMIS	VM 1	SWE
189	PISCHIUTTA	PAOLO	VM 1	ITA
190	TEŽAK TEŠKY	ANDREJ	VM 1	SLO
191	BAGGIO	ENRICO	SE M	ITA

192	BASIACO	ROBERTO	VM 1	CRO
193	DOWLING	JASON	VM 1	IRL
194	MISJA	NIKO	SE M	SLO
195	PARRA	DORA	SE W	COL
196	KAKUK	ÁDÁM	SE M	HUN
197	KRASZNAI	GÁBOR	VM 1	HUN
198	NIKOLOV	NIKOLA	VM 1	BUL
199	PEDRON	FABIO	VM 1	ITA
200	RUBÁŠOVÁ	PETRA	VW 1	CZE
201	EHLER	ANDY	SE M	GER
202	SABLJIĆ	VEDRAN	VM 1	CRO
203	VAN GOMPEL	MERVYN	SE M	BEL
204	KONOSHITA	MITSUJI	VM 1	SIN
205	STUDENÝ	LUBOMÍR	VM 1	CZE
206	TERZIĆ	HRVOJE	SE M	CRO
207	BROSOLO	PASCAL	VM 1	ITA
208	FIRTH	DARREN	VM 1	GBR
209	MIEZERS	JANIS	VM 1	LAT
210	TOMA	ADRIAN	VM 1	ROU
211	WEISSL	WERNER	VM 1	AUT
212	HILLIER	LAURA	VW 1	CAN
213	ZANIBONI	DANIELE	VM 1	ITA
214	MIOČIĆ	MARINKO	VM 1	CRO
215	VELIMIROVIĆ	IVONA	VW 1	SRB
216	BUCHINGER	REINHARD	VM 1	AUT
217	GASTE	ANTHONY	VM 1	FRA
218	MILEVOJ	MARKO	SE M	CRO
219	ARTIGAS	JOSEP	VM 1	ESP
220	DIMITROV	IVAN	SE M	BUL
221	KRIVANJ	KRUNOSLAV	VM 1	CRO
222	HABLECKER	ALEXANDER	VM 1	AUT
223	RODEGHIERO	LUIGI	VM 1	ITA
224	ERMAKOV	ALEXEY	VM 1	RUS
225	KOTSIARIS	STEFANOS	SE M	GRE
226	LONGIN	MATTHIAS	VM 1	AUT
227	SLUKAN	IVAN	VM 1	CRO
228	BERARDI	ANTONIO	VM 2	ITA
229	CLINCIU	RAUL	VM 1	ROU
230	KOŠMERL	STOJAN	VM 2	SLO
231	MCGINN	JAMES	VM 1	GBR
232	PETROV	PAVEL	SE M	BUL
233	SIMONUTTI	GIORGIO	VM 1	ITA
234	SUCH	ARKADIUSZ	SE M	POL
235	KRLE	DEJAN	SE M	MKD
237	TOLDO	ALBERTO	VM 1	ITA

238	KRAMER	ANDREJ	VM 1	SLO
239	CRUCITTI	PASQUALINO	VM 1	ITA
240	BABNIK	MARIN	SE M	CRO
241	KERZHNER	MAKSIM	VM 1	RUS
242	LUČIĆ	BRANKO	SE M	SRB
243	PADIOLEAU	JOHANN	VM 1	FRA
244	STANAR	RADANA	VW 1	SWE
245	DZUGAN	WITOLD	VM 1	POL
246	MANDIĆ	DANIJEL	SE M	SRB
247	SURIJAN	RENATO	SE M	CRO
248	SRB	MARKUS	VM 1	AUT
249	BAGGIO	ENZO	VM 2	ITA
250	CEKSTERS	AIGARS	SE M	LAT
251	DELLABERNARDINA	GORAN	SE M	CRO
252	MAYER	GÜNTHER	VM 1	AUT
253	TOUNEC	VLATKO	VM 1	CRO
254	PAULINO	CARLOS	VM 1	POR
255	ANTONIASSI	GIUSEPPE	VM 2	ITA
256	RENIĆ	TOMISLAV	VM 1	CRO
257	VERBNJAK	IGOR	VM 1	CRO
258	FLECHER	LUDOVIC	SE M	FRA
259	BUKŠS	EDGARS	SE M	LAT
260	KRAJCAR	DRAŽEN	SE M	CRO
261	NUZZI	PIER FRANCESCO	VM 1	ITA
262	PIRKOVSKI	IGOR	SE M	MKD
263	SEEWALD	WALTER	VM 1	AUT
264	PISCITELLO	SERGIO	VM 1	ITA
265	VIŠNAR	ZLATKO	VM 1	SLO
266	DUNDARA	ROBERT	VM 1	CRO
267	FIORE	PAOLO	VM 1	ITA
269	SOUKUP	MICHAL	VM 1	CZE
270	VADNAL	IZABEL	SE W	SLO
271	ROGULJIĆ	IVAN	SE M	CRO
272	STACHOWIAK	JÖRG	VM 1	GER
273	ÁKOS	NÉMETH	VM 1	HUN
274	MYSLIK	ROBERT	VM 1	AUT
275	ROSANDIĆ	JELENA	VW 1	CRO
276	BRONOWICKI	RYSZARD	VM 2	POL
277	DESGEORGE	ERIC	VM 1	FRA
278	KELEMEN	TOMISLAV	SE M	CRO
279	SCHNEIDER	THORSTEN	SE M	GER
280	VALE	VEDRAN	SE M	CRO
281	HOCHBAUER	EVA	SE W	ROU
282	PERIĆ	GORAN	SE M	SLO
283	GONDECK	MARTINA	VW 1	AUT

284	PERKOVIĆ	BERNARD	VM 1	CRO
285	VALENTE	EMANUELE PAOLO	SE M	GER
286	SKENDEROVIĆ	ALFRED	SE M	HUN
287	REITTER SKENDEROVIC	LIDIJA	SE W	GER
288	URANAKA	HIRONORI	SE M	JPN
289	WĘGIEL	BOGDAN	VM 1	POL
290	PETKES	ZSOLT	VM 1	HUN
291	VRANARIČIĆ	MARIJO	VM 1	CRO
292	BERTINI	MASSIMILIANO	VM 1	ITA
293	RUŽIĆ	KRISTIAN	SE M	CRO
294	ULIANA	SIRO	VM 2	ITA
295	GRILLO	ENNIO	VM 1	ITA
296	PODHAJSKÝ	JAN	VM 1	CZE
297	BORSOS	ATTILA	SE M	HUN
298	DELBONO	FABIO	SE M	ITA
300	PREVORČIČ	ALFONZ	VM 1	SLO
301	KONČURAT	LUKA	SE M	CRO
302	KOVAČIĆ	VEDRAN	SE M	CRO
303	NOVOSEL	IVOR	SE M	CRO
304	ZAMFIROV	TSVETELIN	SE M	BUL
305	BALAN	DANIEL	SE M	ROU
306	HIRATA	KEISUKE	VM 1	JPN
307	JAKOVČIĆ	IZIDOR	VM 1	CRO
308	RAMELLO	MARCO	SE M	ITA
309	SKEJA	MLADEN	SE M	CRO
310	DUGANDŽIĆ	MARKO	SE M	CRO
311	PINTERIČ	DEJAN	VM 1	SLO
312	SLAVULJ	DARKO	VM 1	CRO
313	KORIĆ	FRANJO	VM 1	CRO
314	OLIVIER	LANGELEZ	VM 1	BEL
315	VUKMAN	MARIN	VM 1	CRO
316	RADOVIĆ	ŽELJKO	SE M	SRB
317	BAKALIĆ	BORIS	VM 1	CRO
318	MAUILLON	LAURENT	VM 1	FRA
319	ORSOLINI	MAURIZIO ALEX	SE M	ITA
320	ALKIĆ	ADO	SE M	BIH
321	NILSEN	MATTIS	SE M	NOR
322	WASHINGTON RIBEIRO DE ANDRADE	ALEXANDRE	VM 1	BRA
323	SIEDLER	JASON	VM 1	USA
324	BUBIĆ	DAMIR	SE M	SRB
325	DEL BENE	GIULIO	VM 1	ITA
326	STRASSER	RONALD	VM 1	AUT
327	LAPPONI	CARLO ALBERTO	VM 1	ITA
328	PEARTON	MARC	VM 1	GBR

329	TRAVERT	JEAN EDOUARD	SE M	FRA
330	DJAKOVIC	ALEKSANDAR	VM 1	SRB
331	VUKANČIĆ	DARIJO	VM 1	CRO
332	PEERBOOMS	ROGER	VM 1	NED
333	BAKIJA	ANDREJ	VM 1	SLO
334	TUBIN	SAŠA	SE M	CRO
335	GOLDENBERG	CELSO	VM 1	BRA
336	TURNŠEK	DAVID	SE M	SLO
337	MEZGA	ZVONKO	VM 2	SLO
338	KRAJEWSKI	ARTUR	VM 1	POL
339	KURTA	ALADAR	VM 1	ROU
340	POPOVIĆ	NENAD	VM 1	CRO
341	RUSAKOV	DMITRY	VM 1	RUS
342	NIKOLIN	NEMANJA	SE M	SRB
343	BAZZALI	MARIO	VM 2	BRA
344	VARGA	LASZLO	VM 1	HUN
345	CICOSKI	NIKOLA	SE M	MKD
346	ŠPANOVIĆ	ROBERT	VM 1	CRO
347	TAVARES	FÁBIO	VM 1	BRA
348	SHIROKURA	MASAJI	VM 1	JPN
349	RODRIGUEZ	RUBEN	SE M	SUI
350	ŽIVČIĆ	MLADEN	VM 2	SLO
351	STANOJEVIĆ	GORAN	VM 1	CRO
352	HLOUCAL	STEPHAN	VM 2	GER
353	DROBNJAK	SINIŠA	VM 1	CRO
354	UNGUREAN	LADISLAU	VM 1	ROU
355	BOGYA	ZOLTAN	VM 1	ROU
356	ROJC	BORUT	VM 1	SLO
357	TANNINGER	ROMAN	VM 1	AUT
359	DAUTRICH	JOSHUA	SE M	USA
360	SALAMON	ELVIS	VM 1	CRO
361	KEJŠAR	JAN	SE M	CZE
362	VISKOVIĆ	TONKO	VM 1	CRO
363	BINIČKI	IVAN	SE M	CRO
364	OHLSSON	FREDRIK	SE M	CZE
365	MAYER	MIROSLAV	VM 1	CRO
366	WINGKY	MOCHAMMAD	VM 1	INA
367	LEVIČNIK	MILOŠ	VM 1	SLO
368	KOZANITIS	THEMISTOKLIS	VM 1	GRE
369	KUNIGO	SATOSHI	VM 1	JPN
370	PORTNER	ANTUN	SE M	CRO
371	BATTISTUTTA	DINO	VM 1	CRO
372	GALOVIĆ	DEAN	VM 1	CRO
373	JURIČIĆ	KLAUDIO	VM 1	CRO
374	BASTAĆ	HRVOJE	SE M	CRO

375	MARKEŠIĆ	ZORAN	SE M	CRO
376	BAJAGIĆ	DEJAN	SE M	SRB
377	ŠARAC	VLADIMIR	VM 1	SRB
378	O'BRIEN	MARK	SE M	IRL
379	AMBRUS	KALMAN JOZSEF	SE M	ROU
380	AZENIĆ	GORAN	VM 1	CRO
381	BERGANT	STANISLAV	VM 1	CRO
382	BULJAT	VICE	SE M	CRO
383	COYLE	PATRICK	SE M	USA
384	DOBRIĆ	VLADIMIR DRAŽEN	VM 1	CRO
385	PRAVICA	NIKOLA	SE M	CRO
386	ĐOKIĆ	ŽUDANA	SE W	SRB
387	FEHÉR	TAMÁS	SE M	HUN
388	GERASIMOVIĆ	MARKO	SE M	SRB
389	HALVORSEN	JESPER	VM 1	DEN
390	JOVANOVIĆ	VELIBOR	SE M	SLO
391	KARAPANDŽIĆ	VEDRAN	SE M	CRO
392	KOCIJAN	IVAN	SE M	CRO
393	MAGALI	DUJACQUIER	VW 1	BEL
394	MARKOVIĆ	ANKA	SE W	SRB
395	MITROVIĆ	MLADEN	SE M	NOR
396	MRKIĆ	GORAN	VM 1	CRO
397	MUTEC	IGNAC	SE M	SLO
398	PENDIĆ	MIROSLAV	VM 1	CRO
399	SCHIEßL	NORBERT	VM 1	AUT
400	SEPP	LEIVO	VM 1	EST
401	SIEDLACZEK	VOJTĚCH	SE M	CZE
402	SKINNARI	JUHA	VM 1	FIN
403	SPREMO	ALJOŠA	SE M	SRB
404	SZŐNYI	FERENC	VM 1	HUN
405	ŠERKEZI	MATJAŽ	SE M	SLO
406	ŠVIGIR	ROMAN	VM 1	CRO
407	TANASE	VLAD	SE M	ROU
408	TRBOVIĆ	DANE	SE M	SRB
409	VIDIĆ	IVAN	SE M	CRO
410	YOUNG	NICHOLAS	SE M	USA
411	ZOVIĆ	DRAGAN	SE M	CRO

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
LABIN	0			
PLOMIN LUKA	15,6	1:13:00	2:51:00	
PRODOL	25,1	2:28:00	5:44:00	
POKLON	**41,1**	**4:02:00**	**10:30:00**	**10:30:00**
BRGUDAC	55,6	5:03:00	13:45:00	
TRSTENIK	73,2	7:07:00	18:58:00	
BUZET	**88,2**	**8:53:00**	**23:00:00**	**23:00:00**
HUM	100,3	10:07:00	26:38:00	
BUTONIGA	117,0	11:52:00	31:45:00	
MOTOVUN	128,4	13:16:00	35:29:00	
OPRTALJ	**136,3**	**14:12:00**	**38:00:00**	**38:00:00**
GROŽNJAN	147,6	15:22:00	41:04:00	
BUJE	155,2	16:03:00	42:52:00	
UMAG	**168,0**	**17:15:00**	**46:00:00**	**46:00:00**

PLAVA LAGUNA



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family holidays in Istria, Croatia

WE TAKE FUN SERIOUSLY

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6 ITRA POINTS

6 UTMB POINTS

WSER QUALIFIER

CROATIAN TRAIL CUP

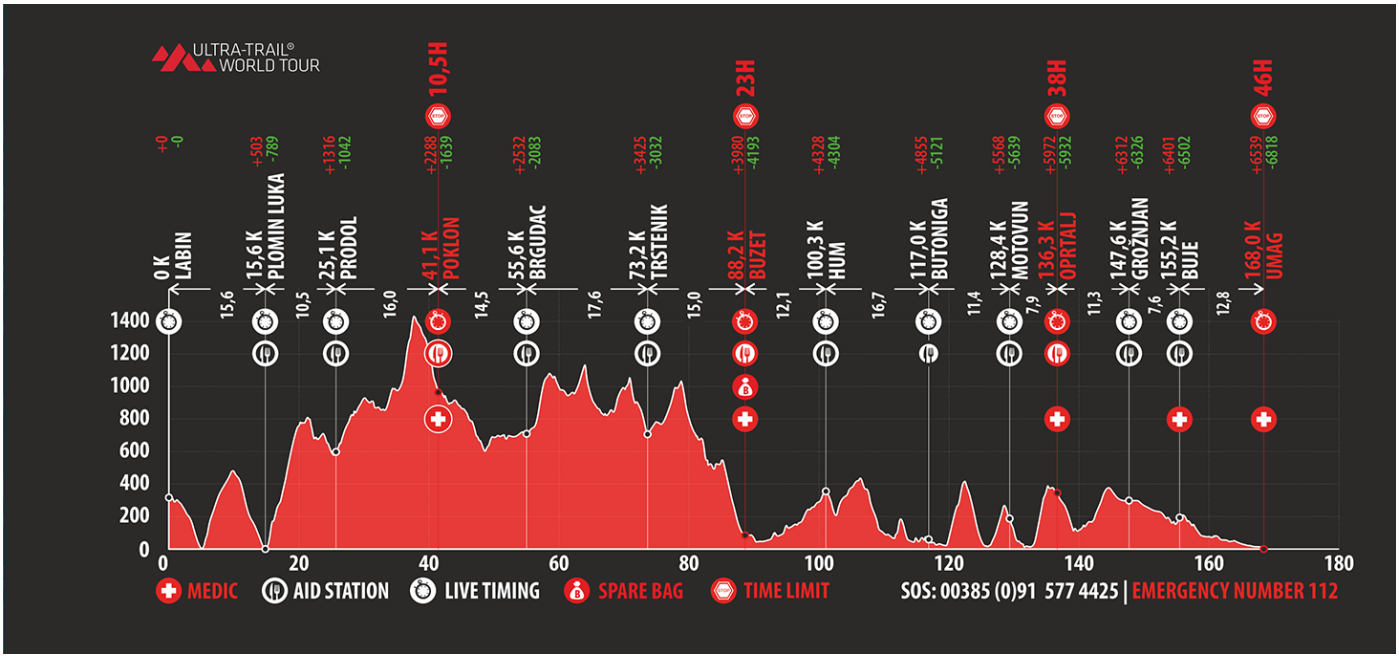
RED COURSE

168 K | +6539 M | -6818 M

COURSE RECORD

MALE:	**DYLAN BOWMAN (USA)**	**17:51:50**	**| 2017**
FEMALE:	**FRANCESCA CANEPA (ITA)**	**23:34:27**	**| 2017**

AID STATION NAME	TIME LIMIT HOURS FROM THE START	TIME LIMIT ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
LABIN																					
PLOMIN LUKA					X				X	X		X			X	X		X	X	X	X
PRODOL					X					X		X		X	X	X					X
POKLON	10,5	SATURDAY 3:30 AM	X		X			X		X	X	X	X		X	X	X	X			X
BRGUDAC					X				X	X		X		X	X	X		X	X	X	X
TRSTENIK					X			X		X	X	X	X		X	X		X		X	X
BUZET	23 H	SATURDAY 4 PM	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X		X
HUM					X					X		X			X	X		X			X
BUTONIGA					X					X		X		X	X	X		X	X	X	X
MOTOVUN					X			X		X	X	X	X		X	X		X			X
OPRTALJ	38 H	SUNDAY 7 AM	X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN					X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	46 H	SUNDAY 3 PM	X			X	X			X		X			X	X					X




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OCTOBER
2018
DISTANCE
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100 km
70 km
48 km
30 km


lacorsadellabora
trieste
January 6th 2019
8 km just
21 km half
57 km trail
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SLOVENIJA



BLUE COURSE START

LOVRAN APRIL 6TH MIDNIGHT

OLD PORT

THE LAUREL TOWN

Lovran is a town with a long and diverse past, with a hundred-year-long tradition of tourism. It took its name from laurel, laurus nobilis, which grows abundantly in the evergreen groves in the town and environs.

Of all the places that have developed on the steep eastern slopes of Učka, Lovran is the oldest, coming into being directly on the coast of Liburnia. Lovran has preserved its historical core and medieval city plan. The old city was girt with defensive walls and bastions, on the foundations and walls of which, during time, houses have been built.The courtyards of the Old Town are a particular charm of Mediterranean cityscapes. Behind the stone portals the façades of the neighbouring houses can be seen, decorated with their steps, porches and vaults. In the centre of the courtyard is the wellhead.

A good climate, luxuriant Mediterranean vegetation and a favorable geographic location contributed to the rapid development of tourism during the late 19th and early 20th centuries. Since that time, Lovran, together with Opatija, has been the most important locality on the famed Riviera. Several villas designed by the celebrated Viennese architect Carl Seidel dating from that period are part of the world architectural heritage.

At the beginning of the 21st century, Lovran can draw on a rich historical heritage, a hundred-year-old tradition of tourism, a well-preserved nature, a developed infrastructure and everything else that permits a new take-off in the tourist industry combined with sustainable development and respect for all ecological standards.

TIME TABLE

09:00 PM
DEPARTURE FOR THE START FROM UMAG

11:00 PM
ARRIVAL TO THE START IN LOVRAN

MIDNIGHT
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route*
Umag - direction Buje - in Buje direction Buzet - in Buzet direction Tunel Učka - through tunnel - exit Veprinac direction Ičići - in Ičići turn right
*toll roads
distance: 89 km
ETA: 1h 53min

from Umag - scenic route
Umag - direction Buje - in Buje direction Buzet - in Buzet direction Tunel Učka - before tunnel exit Labin - in Vozilići turn left direction Rijeka
distance: 123 km
ETA: 2h 27min

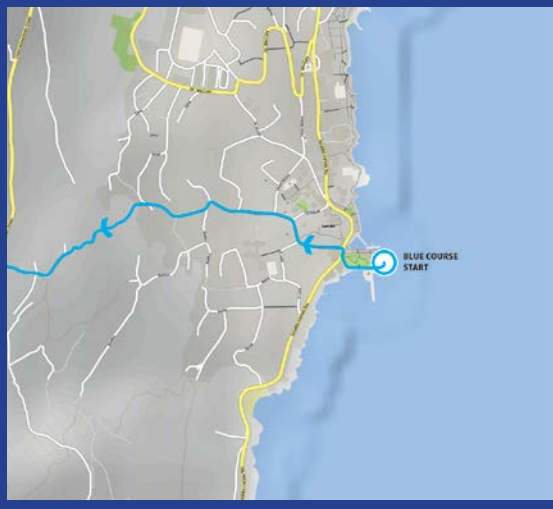


PHOTO.
Course start map

START LIST

BLUE COURSE

501	SALVETTI	CARLO	SE M	ITA
502	ZUPANČIČ	MARJAN	VM 1	SLO
503	ZARNIK	SEBASTJAN	VM 1	SLO
504	POTOČNIK	TILEN	SE M	SLO
505	HALASZ	MARTIN	SE M	SVK
506	GAJOS	DANIEL	SE M	POL
507	MARTIN	ORIANO	SE M	ITA
508	KODYM	MATTHIAS	SE M	AUT
509	BELLAMY	STEWART	VM 1	GBR
510	ZUPAN	KLEMEN	SE M	SLO
511	GRIVINS	PETERIS	SE M	LAT
512	MARUKIĆ	MAJA	SE W	CRO
513	BENSET	LOIC	VM 1	FRA
514	VOLČANŠEK	MITJA	SE M	SLO
515	PANIC	VLADIMIR	SE M	SRB
516	AICHINGER	DOMINIK	VM 1	AUT
517	NOVAK	ALEŠ	VM 1	SLO
518	ELDRUP	ERLAND	SE M	NOR
519	SIMONAZZI	FRANCESCO	VM 1	ITA
520	FRANCIOSI	JONATHAN	VM 1	ITA
521	WATERS	ANGELA	SE W	NZL
522	SURUBARU	DIANA	SE W	ROU
523	PASSUELLO	NICOLETTA	VW 1	ITA
524	DE VILLA	ALEX	SE M	ITA
525	CAVEDON	VALENTINA	SE W	ITA
526	OLIVIER	MORENO	VM 1	FRA
527	PETRONE	MICHELE	VM 1	ITA
528	GŁODOWSKA	KAMILA	SE W	POL
529	MELEZHYK	YULIIA	SE W	UKR
530	BARRERA CASTAR-NADO	FRANCI	SE M	ESP
531	MOIRANO	FILIPPO	VM 1	ITA
532	SHEVRIKUKO	ARKADIY	SE M	BUL
533	DAKIĆ	VEDRAN	SE M	CRO
534	FILE	BALÁZS	SE M	HUN
535	UPMACE-GRĪVIŅA	IEVA	SE W	LAT
536	LOHR	EVA	VW 1	GER
537	GRESELIN	LUCA	VM 1	ITA
538	KIRŠIĆ	IGOR	SE M	CRO
539	DROBEŽ	KATJA	VW 1	SLO
540	GARCÍA TENORIO	CAYETANO	SE M	ESP
541	KRUC	TIHOMIR	SE M	CRO
542	KOWALSKI-BAR-	MIKOŁAJ	SE M	POL
544	GUARINO	RICCARDO	VM 1	ITA
545	HERCOG	MARKO	SE M	SLO
546	OSTOJIĆ	NENAD	SE M	CRO

547	RIHTARŠIČ	ALMA	VW 1	SLO
548	GRZELAK	ADRIAN	SE M	POL
549	GIEBLER	ALEXANDER	SE M	GER
550	BAVDEK	DARE	VM 1	SLO
551	SITAR	DENIS	SE M	SLO
552	DRUZINA	DANIEL	SE M	ITA
553	FERRARI	FABIO	VM 1	ITA
554	NIKOLIĆ	PREDRAG	VM 1	CRO
555	HERMAN	MARKO	SE M	CRO
556	LOCHNER	PETER	SE M	AUT
557	BAUMANN	ANTON	VM 1	AUT
558	MARTIN	ARIANA	SE W	ITA
559	KRKLJEŠ	SLAVEN	SE M	CRO
560	DOLINAR	MIHA	VM 1	SLO
561	HEK	GORAN	SE M	CRO
562	ŠTOLCAR	PETER	SE M	SLO
563	MILEVČIĆ	ZVONIMIRA	SE W	CRO
564	BORTOLOTTI	MARCELLO	VM 1	ITA
565	RUDAN	IGOR	SE M	CRO
566	KERGALVIS	AIVIS	SE M	LAT
567	ŠPOLJAREC	TAJANA	VW 1	CRO
568	TAPANINEN	HEIKKI	SE M	FIN
569	MASLEK	MARINA	SE W	CRO
570	STRNAD	ANDREJA	SE W	SLO
571	DONIK	JERNEJ	VM 1	SLO
572	MURAWSKI	MACIEJ	VM 1	POL
573	SIMČIĆ	KARMEN	SE W	CRO
574	MILEVA	MARTINA	SE W	MKD
575	PAVIC	BRANISLAV	SE M	SWE
576	NOÈ	GUGLIELMO	VM 1	ITA
577	RYMANOVA	DINA	SE W	RUS
578	RAVNAK	TAMARA	VW 1	SLO
579	GYONGYI	LENART	VW 1	ROU
581	PUIATTI	STEFANO	VM 1	ITA
582	ALESSANDRIS	GIULIO	SE M	ITA
583	CASAGRANDE	ALESSANDRO	VM 1	ITA
584	TRČEK	VIDA	VW 1	SLO
585	HAU	ANDREW	VM 1	MRI
586	ČERNEKA JACIN	RAHELA	SE W	CRO
587	STUPAR	MILAN	SE M	BIH
588	ZANOLI	STEFANO	VM 1	ITA
589	ŽIBERT	DEJAN	SE M	SLO
590	IVANDIJA	IVANA	VW 1	CRO
591	TOMIĆ	ŽIVKO	SE M	SRB
592	MRAZ	BORUT	VM 1	SLO
593	GALIC	ROBERT	VM 1	SWE

594	KNAFELJ	SAMO	SE M	SLO
595	KUŠTRIN	ANDRAŽ	SE M	SLO
596	SÓJKA	PAWEŁ	VM 1	POL
597	MARKIČ	SILVO	VM 1	SLO
598	MAGRANER	JEAN-MICHEL	VM 1	FRA
599	TUŠAR	ANDREJA	VW 1	SLO
600	WIESER	ANDREA	VW 1	ITA
601	KUŠTRIN	URŠKA	SE W	SLO
602	ČAJKO	IVICA	SE M	CRO
603	JURŠE	IGOR	VM 1	SLO
604	DE BOECK	YANNICK	SE M	BEL
605	MOSOIA	NICOLETA	SE W	ROU
606	SCABAR	MARCO	SE M	ITA
607	ROCCO	DARIO	VM 1	CRO
608	MALIGOJ	TADEJ	VM 1	SLO
609	MLAKAR	BOŠTJAN	VM 1	SLO
610	SPENCER	DAVID	VM 2	USA
611	PATEK	ANDREAS	SE M	AUT
612	GABOR	MIRUNA	VW 1	ROU
613	DI MOLFETTA	PASQUALE	VM 1	ITA
614	MAAYAN	OMRI	SE M	ISR
615	GUENTHER	MAIK	VM 1	GER
616	MARALDO	JURI	VM 1	ITA
617	IVANOV	ALEXANDRU	SE M	ROU
618	OBID	JAKA	SE M	SLO
619	STOJKOV	SLAVEN	SE M	BIH
620	KISS	ANDRÁS	VM 1	HUN
621	AFRIĆ	KRISTINA	SE W	CRO
622	VINKOVIĆ	NINO	SE M	CRO
623	MICHIELAZZO	VANNILEO	VM 2	ITA
624	VERBNIK	ALEŠ	SE M	SLO
625	JERIĆ-MILOŠ	VEDRANA	SE W	CRO
626	NAJDOVSKI	SANJA	SE W	MKD
627	VAZZOLER	CARLO	VM 1	ITA
628	ŠARIĆ	NIVES	SE W	CRO
629	POLJANEC	DAVOR	VM 1	CRO
630	CATTARUZZA	ALFIO	VM 1	ITA
631	SVARINSKIS	SANDIS	VM 1	LAT
632	KRAMAR	BOJAN	VM 1	SLO
633	KOMPARA	INES	SE W	SLO
634	MIRANOVIC	LUKA	SE M	MNE
635	LEONOV	DIMITRIY	SE M	GER
636	FRERET	NICOLAS	SE M	CAN
637	ŠUNJE-RIZVAN	AMILA	SE W	BIH
638	KASTELIC	IGOR	VM 1	SLO
639	VODA	RARES	VM 1	ROU

640	SHIPOVIKJ	KATERINA	SE W	MKD
641	BONAMASSA	DARIO	VM 1	ITA
642	AGIĆ	ZLATA	SE W	CRO
643	PAUWELS	JORIS	VM 1	BEL
644	MENEGHEL	ELISABETTA	VW 1	ITA
645	TOMIŠIĆ	BRANKO	SE M	CRO
646	ZOHIL	MAURO	SE M	CRO
647	ŽEFRAN	JANEZ	VM 1	SLO
648	MAGON	MIRCO	VM 1	ITA
649	YOSHIOKA	ATSUKO	VW 1	AUT
650	KIRBIŠ	ADI	VM 1	SLO
651	CAR	BRUCE	VM 1	AUS
652	MIRONOV	OLEG	SE M	RUS
653	NOVOSEL	DEAN	VM 1	CRO
654	KREČ	SONJA	SE W	CRO
655	ZOCHERMAN	JACOB	SE M	SWE
656	OREHOVEC	RANKO	SE M	CRO
657	OLSSON	ALFRED	SE M	SWE
658	PERIN	GUIDO	VM 1	ITA
659	POLJAK	GORAN	SE M	CRO
660	ŠOLAJA	KATARINA	SE W	SRB
661	MAROSZ	VOJTĚCH	SE M	CZE
662	CONKA	DIDZIS	VM 1	LAT
663	KANTUŽER DEŽELAK	OLGA	VW 1	SLO
664	BREČEVIĆ	EDUARD	SE M	CRO
665	RYSZARD	FIEGA	VM 1	POL
666	MALEC	DAWID	SE M	POL
667	NIEDZWIECKI	MAREK	VM 1	POL
668	HOLCZER	ZOLTÁN	VM 1	HUN
669	LUPŠA	BOŠTJAN	VM 1	SLO
670	MUŠURA	VEDRAN	SE M	CRO
671	SCHÖNEGGER	WOLFGANG	VM 1	GER
672	DOLEŽAL	ZLATKO	SE M	CRO
673	JUNGIĆ	SAŠA	SE M	CRO
674	DUGI	TIHOMIR	SE M	CRO
675	ĆIRIĆ	DRAGAN	SE M	SRB
676	DOLEŽAL	VELIMIR	SE M	CRO
677	NORIO	CLAUDIO	VM 1	ITA
678	RAVNAK	ROLANDO	VM 1	SLO
679	KOSANOVIĆ	ALEKSANDAR	SE M	CRO
680	EROFEEV	ALEKSANDR	SE M	RUS
681	CHYLAK	JAKUB	SE M	POL
682	POTOČNIK	JAN	SE M	SLO
683	PROSEN	PRIMOŽ	SE M	SLO
684	SANDOR	BALAZS	SE M	AUT
685	MURN	KARLO	SE M	CRO

686	DENES	LENART	VM 1	ROU
687	OGRAJENŠEK	ANDREJ	VM 1	SLO
688	BUGJA	ANDREA	SE W	ROU
689	LOKAS	TOMISLAV	VM 1	CRO
690	TRITSCHBERGER	JEAN-MICHEL	VM 1	FRA
691	LUMBERG	ALVAR	SE M	EST
692	SOKK	MARTIN	SE M	EST
693	CAMPO DALL'ORTO	LUCA	SE M	ITA
694	PAPP	CSABA	VM 1	ROU
695	LOVŠIN	NEJC	SE M	SLO
696	GOLDSTEIN	KATHI	SE W	GER
697	ŠOIĆ	NIKOLA	SE M	CRO
698	NIKOLOVSKA	KATERINA	SE W	MKD
699	MARKOVIĆ	MARKO	SE M	CRO
700	TERLER	MANFRED	VM 1	AUT
701	LITOSHIK	DENIS	SE M	RUS
702	MILIC	MLADEN	VM 1	SUI
703	VITKOVIĆ	DIANA	SE W	CRO
704	DE NADAI	STEFANO	VM 1	ITA
705	GUZIUR	PETR	SE M	CZE
706	CIEŃCIAŁA	JERZY	SE M	CZE
707	KALINA	MARTIN	SE M	CZE
708	ŠIROL	ENTONI	SE M	CRO
709	HRLIĆ	MARCO	SE M	CRO
710	SAKAČ ROŽMANEC	MAJA	VW 1	SLO
711	SZÉLL	GERGELY	VM 1	HUN
712	ŠABIĆ	ADMIR	SE M	BIH
713	KOŠUT	LUKÁŠ	SE M	CZE
714	BRČIĆ	DAVID	SE M	CRO
715	WIESNER	RICHARD	SE M	CZE
716	SAKAČ	DAMJAN	VM 1	SLO
717	BAŠIĆ	SRĐAN	VM 1	BIH
718	KIM	JAEWOO	VM 1	KOR
719	CULJAK	MATIJA	SE M	CRO
720	PHILIPPOV	IGOR	SE M	RUS
721	JÕGI	ERIK	VM 1	EST
722	KOSHKIN	IVAN	VM 1	RUS
723	ROJKO	MIRAN	VM 1	SLO
724	ALAJOUTSI	JUKKA	VM 1	FIN
725	ONISZCZUK	RAFAEL	VM 1	AUT
726	TOMCZAK	ANDRZEJ	VM 1	POL
727	PRODAN	IGOR	SE M	CRO
728	CEOLIN	DAVIDE	SE M	NED
729	KINKELA	KRISTIJAN	VM 1	CRO
730	PANIC	MARKO	SE M	BIH

731	MRKIĆ	SANJIN	SE M	CRO
732	POLYAKOV	SERGEY	SE M	RUS
733	HABJAN	FRANCI	SE M	SLO
734	FUNKA	ANDRZEJ	VM 1	POL
735	IVANDIJA	VJEKOSLAV	VM 1	CRO
736	DLUG	PAUL	SE M	USA
737	DOBRIVOJEVIĆ	VLADIMIR	VM 2	CRO
738	DOVGAN	FRANCI	VM 1	SLO
739	KAPO	KENAN	SE M	BIH
740	KONDERLA	RICHARD	VM 1	CZE
741	NISTRU	EDUARD	SE M	ROU
742	HAJN	RADEK	SE M	CZE
743	CELIŽIĆ	MARKO	SE M	CRO
744	PIZZOL	STEFANO	VM 1	ITA
745	PERIĆ	VLADIMIR	VM 1	CRO
746	CICUTTIN	MARCO	VM 1	ITA
747	MAXIMOV	ALEX	SE M	CZE
748	CAMPBELL	ROBERT	VM 1	GBR
749	MOHOROVIČIĆ	VEDRAN	VM 1	CRO
750	SHIPOVIKJ	DARKO	SE M	MKD
751	TOPOLNJAK	MARKO	SE M	CRO
752	CIURCINA	LUCIANO	SE M	ITA
753	RODRIGUES	CARLOS	VM 1	POR
754	MAZIEC	DARIUSZ	SE M	POL
755	KOKANOVIĆ	DEJAN	SE M	BIH
756	GÁBOR	BORSOS	SE M	HUN
757	GLAZER	DEJAN	VM 1	CRO
758	NAJDOVSKI	VIKTOR	SE M	MKD
759	KRAMBERGER	SILVO	VM 1	SLO
760	VUJIĆ	ŽELJKO	VM 1	BIH
761	BELIĆ	SAŠA	SE M	CRO
762	CENČIĆ	DRAŽEN	SE M	CRO
763	GLAZER	ALEXANDER	VM 1	RUS
764	ŠOPREK	JOSIP	SE M	CRO
765	FOULDS	MATTHEW	SE M	GBR
766	MECEA	MIHAI	SE M	ROU
767	BARKIĆ	TOMISLAV	SE M	CRO
768	HAYES	MICHAEL	SE M	GER
769	KANTARDJISKI	IVAN	SE M	MKD
770	KINCL	PETR	SE M	CZE
771	KLARIĆ	ANTONIO	SE M	CRO
772	KOSTIĆ	ALEKSANDAR	SE M	SRB
773	KREILACH	DAVOR	SE M	CRO
774	MILOŠ	VELIMIR	VM 1	BIH
775	POSAVEC	DEJAN	SE M	CRO

776	ROGIĆ	PREDRAG	SE M	CRO
777	ŠAGI	GORAN	SE M	CRO
778	CURI	MARKO	SE M	CRO
779	KASIC	SEMIR	SE M	BIH
780	KONČAR	VLADIMIR	SE M	CRO
781	MATYS	ZBYNĚK	SE M	CZE
782	MRŠNIK	DARKO	VM 1	CRO
783	TÓTH	GYÖRGY ATTILA	SE M	HUN
784	BRNOBIĆ	VELJANO	VM 2	SLO
785	KAREL	BRACKO	VM 1	SUI
786	NOYKOV	PLAMEN	VM 1	BUL
787	PETROVIĆ	ALEKSANDAR	SE M	SRB
788	JADAMUS	BOGDAN	SE M	CZE
789	MANEA	CRISTIAN CLAUDIU	VM 1	ROU
790	ROMERO	MANUEL	SE M	ESP
791	SELIMOVIĆ	ADNAN	VM 1	BIH
792	KAPÁS	GERGELY	VM 1	HUN
793	PICCOLI	MARCO FURIO	VM 1	ITA
794	FIJALKA	PETER	SE M	SVK
795	VUJEVIČ	PETER	VM 1	SLO
796	MASTROTTO	ROBERTO	SE M	ITA

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
LABIN	0			
POKLON	**11,8**	**1:29:00**	**4:00:00**	**4:00:00**
BRGUDAC	26,3	2:30:00	6:45:00	
TRSTENIK	43,9	4:34:00	11:24:00	
BUZET	**58,9**	**6:20:00**	**14:56:00**	**15:00:00**
OPRTALJ	**78,0**	**8:28:00**	**21:00:00**	**21:00:00**
GROŽNJAN	89,3	9:36:00	24:30:00	
BUJE	96,9	10:13:00	26:32:00	
UMAG	**109,7**	**11:24:00**	**30:00:00**	**30:00:00**



5 ITRA POINTS

5 UTMB POINTS

CROATIAN TRAIL CUP

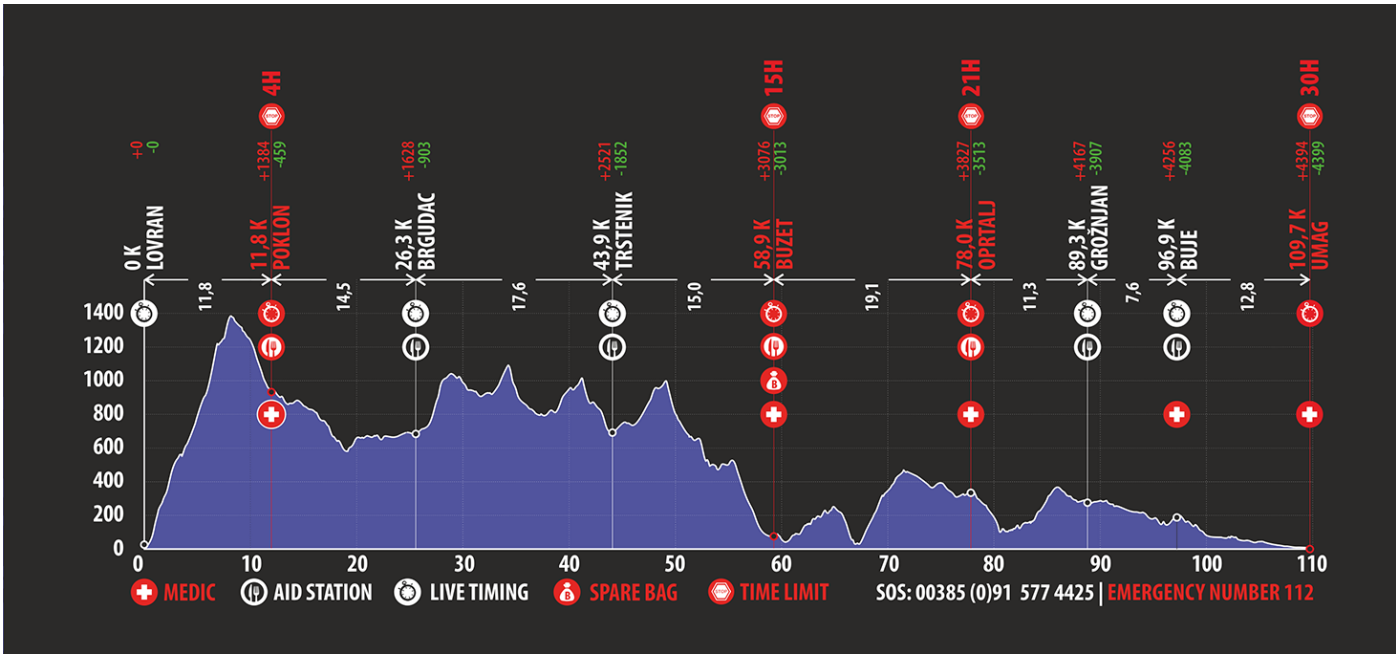
BLUE COURSE

110 K | +4394 M | -4399 M

COURSE RECORD

MALE:	**MARJAN ZUPANČIĆ (SLO)**	**11:38:36**	**| 2017**
FEMALE:	**ELIZAVETA ERSHOVA (USA)**	**14:24:32**	**| 2017**

AID STATION NAME	TIME LIMIT HOURS FROM THE START	TIME LIMIT ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
LABIN																					
PLOMIN LUKA					X				X	X		X			X	X		X	X	X	X
PRODOL					X					X		X		X	X	X					X
POKLON	4 H	SATURDAY 4 AM	X		X			X		X	X	X	X		X	X	X	X			X
BRGUDAC					X				X	X		X		X	X	X		X	X	X	X
TRSTENIK					X			X		X	X	X	X		X	X		X		X	X
BUZET	15 H	SATURDAY 3 PM	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X		X
OPRTALJ	21 H	SATURDAY 9 PM	X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN					X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	30 H	SUNDAY 6 PM	X			X	X			X		X			X	X					X



MARIA ALM · DIENTEN · MÜHLBACH

HOCHKÖNIG MAN TRAIL RUNNING

OSJETI... POBJEDNIK NIKAD NE ODUSTAJE

ÖSTERREICHS Nr. 1 HOCHKÖNIG MAN TRAILRUNNINGEVENT 2017*

HOCHKÖNIGMAN

1.- 3. Juni 2018, TRAILRUNNING FESTIVAL

RAIDLIGHT ENDURANCE TRAIL
88KM/ 5.270HM

B`JAKS MARATHON TRAIL
47KM/ 2.900HM



www.hochkoenigman.run

4th edition

100 UTVV

ULTRA-TRAIL® VIPAVA VALLEY • SLOVENIA

12 May 2018

Be a part of the most beautiful trail race in Slovenia.

UTMB® QUALIFYING RACE 2018

Slovenia

Kategorije/Races:

- **UT 100** (106 km) 5 points
- **T 50** (50 km) 3 points
- **T 30** (30 km) 2 points
- **Relay 100 UT** (3 x 35 km)
- **CITY RUN** (10 km)

"I would like to thank all the people on the aid stations and the organizer. This was one of the best organized races I did. Good marking of the track, friendly people all over, helpful, the food on the stations perfect. I could really enjoy the race. Thank you!"

Martina Trimmel,
Austrian trail runner

www.ultratrail.si

GREEN COURSE START



BUZET APRIL 7TH 8AM

TOWN CENTRE

CITY OF TRUF-FLES

Buzet is situated in the very north of Istria near the border with Slovenia. Its historic core, dating from the Middle Ages lies on a hilltop above a fertile valley of the longest Istrian river – the Mirna.

Today, Buzet is widely known as the 'City of Truffles' since the forests along the Mirna River are especially rich in this divine tuber. According to some views, the white truffle of Istria is as good as the most famous white truffle from the Italian region of Alba. In honour of this truffle, each year Truffle Days are organized in September and October.

On the second weekend in September a large folk festivity also take place in Buzet with a special attraction – a giant omelette (commonly known as 'fritada' or 'fritaja') with over 2 000 eggs and 10 kilograms off truffles is prepared in a huge pan. This event officially marks the beginning of Truffle Days in Istria.

The area of Buzeština has been inhabited since ancient times. Proof of this are pre-historic remains of stone objects found in Golupska cave, Podrebarska cave and some other caves. Illyrian tribes inhabit-ed these areas in the Bronze Age when they began to build hilltop settlements surrounded by walls.

From AD 177 to AD 476 this area was under Roman rule.

THE BUZET EARRING

The bronze earring, known as the Buzet Earring in archaeological literature, was predominantly found in the early Middle Ages in the graves of the native as well as Romanized Illyrian-Celtic people in the area between the Adriatic coasts and the Alps, especially in northern Istria between Buzet and the west coast. In the literature the earring appears in the 7th and 8th centuries.

The Buzet Earring has been listed in the Cultural Heritage Register of the Republic of Croatia under the entry RRI-118 since 23rd October, 1968, while its samples have been kept in the Regional Museum of Buzet.

A silver replica of the Buzet Earring has been created as an original souvenir of Buzet.

TIME TABLE

06:00 AM
DEPARTURE FOR THE START FROM UMAG

07:00 AM
ARRIVAL TO THE START IN BUZET

08:00 AM
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route
Umag - direction Buje - in Buje direction Buzet
distance: 48 km
ETA: 1h 02min



PHOTO.
Course start map

START LIST

GREEN COURSE

801	CHORIER	JULIEN	SE M	FRA
802	FANTUZ	STEFANO	SE M	ITA
803	HRASTOVEC	IVAN	SE M	SLO
804	WAGNER	THOMAS	SE M	AUT
805	GEISLER	MICHAEL	VM 1	AUT
806	FARRA	GABRIELE	SE M	ITA
807	LACHNER	EVELYNE	VW 1	AUT
808	FEDEL	SILVANO	VM 1	ITA
809	BREZAK	JELENA	SE W	CRO
810	TOFFOLI	PIERO	VM 1	ITA
811	RATH	SABRINA	SE W	AUT
812	ALEKSEEVA	EKATERINA	SE W	RUS
813	SCHWAIGER	HERMANN	SE M	AUT
814	BRAUEN	RENE	SE M	SUI
815	CHELYSHEVA	ANASTASIA	SE W	RUS
816	TRAMPUŽ	META	SE W	SLO
817	ZAMBONI	IRENE	SE W	ITA
818	ROGINA	DARKO	VM 1	CRO
819	VAJDA	ANITA	VW 1	HUN
820	MANDEKIĆ	MARIN	VM 1	CRO
821	KOŽAR	UROŠ	SE M	SLO
822	LEDERER	KATJA	VW 1	AUT
823	KLIGL	DAMIR	VM 1	CRO
824	PIGNAT	MARINELLA	VW 1	ITA
825	SOJER	RAPHAEL	SE M	AUT
826	BRAUEN	CLAUDIA	SE W	SUI
827	PIEROBON	GIORGIO	VM 1	ITA
828	KRULJAC	PAVLE	SE M	CRO
829	CZECZOTKOVÁ	HELENA	VW 1	CZE
830	MARKOTIĆ	TAMARA	SE W	CRO
831	FLORIAN	SERAN-DOBRIN	SE M	ROU
832	LACKOVIĆ	ANITA	SE W	CRO
833	JAKOVLJEVIĆ	NIKOLINA	SE W	CRO
834	ROTAR	MARINA	SE W	CRO
836	BALAŽINEC	ALEKSANDAR	SE M	CRO
837	LOCHNER	CARMEN	SE W	AUT
838	GYURCSÓ	ANDREA	SE W	HUN
839	MARAŽ	ŽIGA	SE M	SLO
840	KRAŠOVEC	BOGDANA	VW 1	SLO
841	ARTAMONOVA	NADEZHDA	SE W	RUS
842	TRČEK	MAJDA	VW 1	SLO
844	ČAVRAK	MATIJA	SE M	CRO
845	ŁĘŻNIAK	ALEKSANDER	SE M	POL
846	CULEJ	JELENA	SE W	CRO
847	DRAKULA	DARKO	SE M	CRO
848	JEŽOVITA	ANA	SE W	CRO

850	DOUMA	JESSE	SE M	CRO
851	SISKA	JAN	SE M	CZE
852	LJEVAR	KRISTINA	SE W	CRO
853	IHO	SATU	SE W	GBR
854	TRATNIK	DEJAN	SE M	SLO
855	TURŠIČ	TOM	VM 1	SLO
856	SIERIK	OLEKSII	SE M	UKR
857	STOJKOVIĆ	JOVANA	SE W	SRB
858	DUJMOVIĆ	ANTONIO	SE M	CRO
859	GAKHARIYA	ANNA	SE W	RUS
860	GABELICA	GABI	VW 1	CRO
861	OCVIRK	EVA	VW 1	CRO
862	ČULIG	DINKO	SE M	CRO
863	KÖHLER	JÜRGEN	SE M	AUT
864	GRASSET-BOURDEL	RENAUD	SE M	AUT
865	PAŠKVAN	BRANKA	VW 1	CRO
866	PUREBER	KAJA	SE W	SLO
867	KÜHBERGER	ANTON	VM 1	AUT
868	HARAČIĆ	RAŠID	SE M	BIH
869	ABDALKINA	NATALIA	SE W	RUS
870	ŠIROL	ENDI	SE M	CRO
871	HRENEK	IVANA	SE W	CRO
872	MUDROVČIĆ	HRVOJE	SE M	CRO
873	OLKHOVAYA	EUGENIA	VW 1	RUS
874	SEMENOV	ARTEM	SE M	RUS
875	STEFANUTO	MARCO	SE M	ITA
876	LACHER	REGULA	VW 1	SUI
877	ABDAKOVIĆ	MIRSAD	VM 1	BIH
879	SOKALSKI	GRZEGORZ	VM 1	POL
880	ČELAN	MATEJA	VW 1	SLO
881	MAIER	THOMAS	SE M	GER
882	PERUŠ	BORIS	VM 1	SLO
883	LACZKO	AGNES	SE W	HUN
884	MURAWSKA	JOANNA	VW 1	POL
885	ČADEŽ	JANEZ	VM 1	SLO
886	GUSEV	ALEXEY	SE M	RUS
887	DELLA PUPPA	FRANCESCO	SE M	ITA
888	KLITSENKO	GEORGE	SE M	RUS
889	MALOČA	MARTINA	SE W	CRO
890	VOJIĆ KRAJCAR	CRISTINA	VW 1	CRO
891	DEJAK	DINO	SE M	CRO
892	GAVRAN	IVAN	SE M	CRO
893	KAVČIČ	RAJKO	VM 1	SLO
894	LAMPL	WOLFGANG	VM 1	AUT
895	REBEK	IRIS	VW 1	SLO
896	ČAMPA	HELENA	VW 1	SLO

897	EPPICH	HANNES	SE M	AUT
898	PAVLIN	JOSIP	VM 1	CRO
899	BENKOVIĆ	MIJO	VM 1	CRO
900	DOUETTE	ERIC	VM 2	FRA
901	VILKE	SINIŠA	VM 1	CRO
902	AMARICCI	ADRIANO	SE M	ITA
903	LEROUX	MICKAEL	VM 1	FRA
904	TROBEC	MARJAN	VM 1	SLO
905	JONKE VALPOTIĆ	IVANA	SE W	CRO
906	RINGLER	SIMON	SE M	GER
907	SHAINUROV	RAFID	VM 1	RUS
908	FUFAEV	IGOR	VM 1	RUS
909	MAYERSTETTER	RENE	SE M	AUT
910	CORKO MESTROVIC	IRENA	VW 1	CRO
911	ČIŽMAN	ANKA	VW 1	SLO
912	KOSNOWSKA	KATARZYNA	VW 1	POL
913	PONOMAREVA	VERONIKA	VW 1	RUS
914	BAJIĆ	DENIS	SE M	CRO
915	MACUKA	ELIO	SE M	CRO
916	BENVEGNU LEBAN	JANA	SE W	CRO
917	BLINOV	DMITRII	SE M	RUS
918	MEDERAL	ANDREJ	VM 1	SLO
919	SACCARDO	FILIPPO	VM 1	ITA
920	KAURIN	NATAŠA	SE W	BIH
921	SOVILLA	LUCA	VM 1	ITA
922	CAPICIKOVA	KATARINA	SE W	SVK
923	HRUBY	PETR	VM 1	CZE
924	HREN	LUKA	SE M	SLO
925	SULJIĆ	IRHAD	SE M	BIH
926	PIRIJA	MAJA	SE W	CRO
927	ROZEK	GORDANA	VW 1	POL
928	RUBEŠA	KATJA	VW 1	CRO
929	MARINČIĆ	ZVONIMIR	SE M	CRO
931	LUKOV	SIMEON	SE M	BUL
932	ČUFAR	ZDRAVKO	VM 1	SLO
933	GERBAJS	BORUT	SE M	SLO
934	VUKADINOVIĆ	SRDJAN	SE M	BIH
935	HRYŃ	AGATA	SE W	POL
936	BONVICINI	MATTEO PAOLO	SE M	ITA
937	SAMEC	JUR	VM 1	SLO
939	BERAČ	MIRJANA	VW 1	CRO
940	DENIĆ	ZRINKA	VW 1	CRO
941	MILISAVLJEVIĆ	MILOŠ	SE M	SRB
942	GAJDZINSKI	KRZYSZTOF	SE M	POL
943	KORBAS	PIOTR	SE M	POL
944	ORBANIĆ	FILIP	SE M	CRO

945	STEINACHER	ROK	SE M	SLO
946	ŠIŠIĆ	MIRZA	SE M	BIH
947	MOHORKO	IVANA	VW 1	CRO
948	PERIĆ	ANA	SE W	BIH
949	DEMETER	ISTVAN	SE M	HUN
951	BARADELLO	LUCA	VM 1	ITA
952	PELLICCIA	STEFANO	VM 1	ITA
953	STEINACHER	MATEJ	SE M	SLO
954	TSCHILTSCH	FRANZ	SE M	AUT
955	ANISIMOVA	ELENA	VW 1	RUS
956	KAPETANOVIĆ	ŠEJLA	VW 1	BIH
957	HRVATIN	SANEL	SE M	CRO
958	OCVIRK	EDI	VM 1	CRO
959	KATARGIN	DMITRII	SE M	RUS
960	HERRERA	ALEJANDRO	SE M	ESP
961	KOZINA	JURE	SE M	SLO
962	BAKARIĆ	DRAŽEN	SE M	CRO
963	REBEK	SEBASTJAN	VM 1	SLO
964	STARČEVIĆ	ROBERT	SE M	CRO
965	BAKONYI	ANDRÁS	SE M	HUN
966	PUTANEC	GORDAN	VM 1	CRO
967	LOVENEKE	THOMAS	VM 1	SWE
968	ŠPELIĆ	ROBERTO	VM 1	CRO
969	MARCADELLA	MARCELLO	SE M	ITA
970	CONKA	AIJA	VW 1	LAT
971	NOVAKOVIĆ	LOLA	VW 1	SLO
972	TASIĆ	JADRANKA	VW 1	SRB
973	MATIĆ	IVANA	VW 1	CRO
974	DZIEDZINA	TOMASZ	SE M	POL
975	SURUBARU	ADRIAN	VM 1	ROU
976	FLEGAR	ROBERT	VM 1	CRO
977	BANIČ	MATEJ	VM 1	SLO
978	KNAVS	ANTON	VM 2	SLO
979	KATARINČIĆ	ERWIN	VM 1	CRO
980	BRČIĆ	VERONIKA	VW 1	CRO
981	PAVLOVIĆ	MARINA	SE W	CRO
982	KRISTANC	ROBERT	VM 1	SLO
983	STERLE	GREGOR	VM 1	SLO
984	ILIES	SIMINA	SE W	ROU
985	RAUTER	DUŠAN	VM 1	SLO
986	KINKELA	VENDI	SE W	CRO
987	SEKULIĆ	MARKO	SE M	CRO
988	PERIN	DANIELA	SE W	CRO
989	ĆETKOVIĆ	DINKO	VM 1	CRO
990	MIJANOVIĆ	NEVEN	SE M	CRO
991	KLJENAK	IVO	VM 1	SLO

992	ŚLEMP	BERNADETTA	VW 1	POL
993	PILJEK	MARKO	VM 1	CRO
994	MELLIES	DIRK	SE M	GER
995	MIKŠIĆ	KRUNOSLAV	VM 1	CRO
996	ANDRIANY	FLORA	VW 1	FRA
997	BAKARIĆ	LUKA	SE M	CRO
998	BROZIĆ	DENIS	VM 1	CRO
999	JUREČIČ	MIHA	SE M	SLO
1000	LAHAJNAR	LUKA	SE M	SLO
1001	VOLARIĆ	JOSIP	SE M	BIH
1002	WRIGHT	STEPHANIE	SE W	CAN
1003	ROMPPANEN	SEITA	SE W	FIN
1004	JAGODIĆ	JADRANKO	VM 1	CRO
1005	LOVRIĆ	HRVOJE	VM 1	CRO
1006	HRUBA	KLARA	SE W	CZE
1008	DRUŽETA	KRISTIAN	VM 1	CRO
1009	ĐOKIĆ	IGOR	VM 1	CRO
1010	RAZIN	MIKHAIL	SE M	RUS
1011	KLEMENČIČ	INOT	VM 1	SLO
1012	KOS	ALAN	VM 1	CRO
1013	KRIZMANIĆ	DENIS	SE M	CRO
1014	SEBHELYI	SÁNDOR	VM 1	HUN
1015	FERIĆ	ANKA	VW 1	CRO
1016	DELUKA	GORDAN	VM 1	CRO
1017	GABOR	MARJAN	VM 1	SLO
1018	MAGDIĆ	IVAN	VM 1	CRO
1019	FRANTAL JADREŠKO	MIRJANA	VW 1	CRO
1020	NICHOLS	CAITLIN	SE W	USA
1021	HROMKOVIC	JURAJ	VM 1	SUI
1022	STEFANOVIĆ	NENAD	VM 1	BIH
1023	SOKOLOVIĆ	MARIJANA	VW 1	CRO
1024	BOUFFE	MAXIME	SE M	FRA
1025	FRANKOVIĆ	VLADO	SE M	CRO
1026	MYADZEL	ALEXANDER	SE M	RUS
1027	ZAVIDIĆ	ANDREJ	SE M	CRO
1028	REŠETAR	DIANA	SE W	CRO
1029	ŠTEFE	MIHA	SE M	SLO
1030	BUREŠ	DAVID	SE M	CZE
1031	SZOCSEVKA	GABOR	SE M	HUN
1032	MAKAROVA	IRINA	SE W	RUS
1033	BAKŠA	KRISTIJAN	VM 1	CRO
1034	RAK	SNJEŽANA	VW 1	CRO
1035	JURAS	TOMISLAV	VM 1	CRO
1036	KECMAN	ZORICA	VW 1	AUT
1037	ASADCHY	KANSTANTSIN	SE M	BLR
1038	JANDREČIĆ	STJEPAN	VM 1	CRO
1039	POSINJAK	IVAN	VM 1	CRO
1040	AFANASYEV	ANDREY	VM 1	RUS

1041	RODLAUER	WOLFGANG	VM 1	AUT
1042	KOSTOVA PANK-OVSKA	SOFIJA	VW 1	MKD
1044	YLIHÄRSILÄ	MERJA	VW 1	FIN
1045	DEDIC	ADNAN	VM 1	BIH
1046	BUDINŠĆAK	TOMISLAV	SE M	CRO
1047	KARZEN	MIRNA	VW 1	CRO
1048	VASCOTTO	ROBERTO	VM 1	ITA
1049	BERNARDI	GIUSEPPE	SE M	GER
1050	FERNEŽIR	ZVONIMIR	VM 1	CRO
1051	ROGLEV	DARKO	SE M	MKD
1052	VELLANDI	EMILIO	VM 1	ITA
1053	FÜRPASS	GERHARD	VM 1	AUT
1054	GAŠPARAC	BRANKO	VM 1	SLO
1055	ROMPPANEN	MARKO	VM 1	FIN
1056	CVITKOVIĆ	IVAN	SE M	CRO
1057	POH	LENG FONG	VM 1	SIN
1058	JAKŠETIĆ	MARIN	SE M	CRO
1059	STEINMAURER	FLORIAN	SE M	AUT
1060	TOMIŠIĆ	BLAŽ	VM 1	CRO
1061	KLIČIĆ	MIRSAD	VM 1	BIH
1062	FÜLEKI	RÓBERT	SE M	HUN
1063	SINČIĆ	DEAN	VM 1	CRO
1064	DZIERZYNSKI	PIOTR	VM 1	POL
1065	VRANCICH	MORENO	SE M	CRO
1066	BERGOČ	ANDREJ	VM 1	SLO
1067	BIOGRADLIJA	ARNES	SE M	BIH
1068	ŠĆRBEC	JOSIP	VM 1	CRO
1069	BENASSUTTI	ROBERTO	VM 1	ITA
1070	VRČKO	MATEJ	SE M	SLO
1071	MAGLICA	DANIJEL	VM 1	CRO
1072	ČERNE	ALJAŽ	SE M	SLO
1073	SRDOČ	SANJIN	SE M	CRO
1074	JURIČKO	PETER	VM 1	SVK
1075	GAIOTTO	LORIS	VM 1	ITA
1076	KEGIAN	EDGAR	VM 1	RUS
1077	KOZYRIN	IURII	VM 1	RUS
1078	MAZUROV	SERGEI	SE M	RUS
1079	ZIDARIĆ	NIKOLA	SE M	CRO
1080	ČELAN	MILAN	VM 2	SLO
1081	KAJFEŠ	DARKO	VM 1	CRO
1082	FAMMLER	MAX	VM 1	AUT
1083	BUDINŠĆAK	MLADEN	VM 1	CRO
1084	PANKOVSKI	TRAJCHE	VM 1	MKD
1085	BERARDINO	ANTONIO	SE M	ITA
1086	HUSANOVIC	HARIS	VM 1	BIH
1087	UJČIĆ	VEDRAN	SE M	CRO
1088	MILIŠIĆ-ZEČEVIĆ	ANGEL	SE M	CRO

1089	RADUCIC	TOMAZ	SE M	SUI
1090	TONON	MICHELE	VM 1	ITA
1091	MILJKOV	NIKOLA	SE M	SRB
1092	FRANKS	MATTHEW	SE M	RUS
1094	LIQUORI	ALESSANDRO	VM 1	ITA
1095	POPEK	DEJAN	VM 1	CRO
1096	CUYNO	CHRISTIAN	VM 1	USA
1097	LOVREKOVIĆ	DAMIR	VM 1	CRO
1098	GALOVIĆ	ZORAN	VM 1	CRO
1099	ROŠKAR	BRANKO	VM 1	SLO
1100	SMOLNIKAR	JANKO	VM 1	SLO
1101	KECMAN	ANĐELKO	SE M	CRO
1102	MRDALJ	BORIS	VM 1	CRO
1103	BEŠLAGIĆ	DŽEVAD	SE M	BIH
1104	FAZLAGIĆ	SAMIR	VM 1	BIH
1105	MAHMUTOVIĆ	ARMIN	SE M	BIH
1106	NERIĆ	MARKO	SE M	CRO
1107	DRANDIĆ	TONI	SE M	CRO
1108	ŠEPERIĆ-GRDIŠA	IVAN	SE M	CRO
1109	ARKHANGELSKI	ARTEM	VM 1	RUS
1110	DRŽAN	TOMAŽ	VM 1	SLO
1111	KVEŠTAK	GORAN	VM 1	CRO
1112	MATASE	JURAJ	SE M	SVK
1113	ŠUNJIĆ	DRAŽEN	VM 1	CRO
1114	MERLE	MAKSIMILIAN	VM 1	CRO
1115	AZINOVIĆ	DAMIR	VM 1	CRO
1116	JENKO	VASILIJ	VM 1	BIH
1117	PERIĆ	DRAŽEN	VM 1	CRO
1118	GJURAS	DRAZEN	VM 1	CRO
1119	RYZNAR	KRISTIJAN	VM 1	CRO
1120	LAJTER	JOSIP	SE M	CRO
1121	ALEXEEV	ANTON	SE M	RUS
1122	BALÁZS	BÁNFALVI	SE M	HUN
1123	BALÁZS	NEDJALKOV	SE M	HUN
1124	BARIĆ	HRVOJE	SE M	CRO
1125	BAŽULIĆ	DINKO	VM 1	CRO
1126	BEGONJA	MARJAN	SE M	CRO
1127	ALIĆ	ANAMARIJA	VW 1	CRO
1128	BOŠKOVIĆ	VIDO	SE M	CRO
1129	BOŽIĆ	DEJAN	VM 1	CRO
1130	BEHRENS	JESSICA	SE W	GER
1131	BUBLIĆ	IVAN	SE M	CRO
1132	BOŠKOVIĆ	JELENA	SE W	CRO
1133	BURES	MICHAL	SE M	CZE
1134	BUDIMIR	IVANA	SE W	CRO
1135	CRNOMARIĆ	ŽELJKA	SE W	CRO
1136	ĆOSIĆ	DANIJELA	VW 1	CRO
1137	CAMERON-CLARKE	MARTIN	SE M	GBR

1138	CAR	ALEN	SE M	CRO
1139	GJORGJIIEVSKA	ALEKSANDRA	SE W	MKD
1140	CICCAGLIONI	FABRIZIO	SE M	ITA
1141	GOGÓL	JUSTYNA	SE W	POL
1142	ČAVIĆ	DUŠAN	VM 1	SRB
1143	GRABNER	MONIKA	VW 1	AUT
1144	ČAVLEK	TOMISLAV	VM 1	CRO
1145	GRUBIŠIĆ	MANDICA	SE W	CRO
1146	ČRLJENEC	MARIO	VM 1	CRO
1147	GRUBJEŠIĆ	VESNA	VW 1	CRO
1148	HANŽIĆ	KARMEN	VW 1	CRO
1149	DEBELJAK	GAŠPER	VM 1	SLO
1150	HORVAT	DANIJELA	VW 1	CRO
1151	KLARIĆ	MIRJANA	VW 1	CRO
1152	KOS	DANIJELA	VW 1	CRO
1153	DOBI	ZSIGMOND	VM 1	HUN
1154	KULJANSKI MARIC	SONJA	SE W	SRB
1156	DORČIĆ	DINO	SE M	CRO
1157	KUTLEŠA	DOROTEA	SE W	CRO
1159	MARIĆ	MARIKA	SE W	CRO
1160	EMKIC	IBRAHIM	SE M	AUT
1161	MIAZGA	DIANA	VW 1	ROU
1162	FIĆURIN	HRVOJE	SE M	CRO
1163	GABOR	MATJAŽ	VM 1	SLO
1164	O'DONNELL	ALEXA	SE W	GER
1165	GLOBOČNIK	DUŠAN	SE M	SLO
1166	RENDULIĆ	TAMARA	SE W	SRB
1167	SÁROSDI	EDIT	SE W	HUN
1168	HACKSTOCK	MARKUS	SE M	AUT
1169	HADŽIĆ	NEDŽAD	SE M	CRO
1170	SLOBODNJAK	PETRA	SE W	CRO
1171	SOLDO	MARGITA	SE W	CRO
1172	HASALA	PAVEL	SE M	CZE
1173	HASSLER	MANUEL	SE M	AUT
1174	HEUPER	YANNICK	SE M	GER
1175	STEINLECHNER	MARIA	SE W	AUT
1176	HOLMIK	DRAŽEN	VM 1	CRO
1177	ŠTAMCAR	MARTINA	SE W	SLO
1178	IMMER	JAROSLAV	VM 1	CZE
1179	VALENTIĆ	TAJANA	VW 1	CRO
1180	VES	BLAŽKA	SE W	SLO
1181	IVANČIĆ	MATEJ	SE M	CRO
1182	KASIC	SANEL	SE M	BIH
1183	KAVAR	MATJAŽ	VM 1	SLO
1184	ZEBA	TAMARA	SE W	CRO
1186	KIRETA	HRVOJE	VM 1	CRO
1187	KIŠIĆ	STJEPAN	SE M	CRO
1188	KOLARIĆ	IGOR	VM 1	CRO

1189	KOVAČEVIĆ	DRAGAN	SE M	CRO
1190	KOŽUL	MARKO	SE M	BIH
1191	KRASTINS	KRISTS	SE M	LAT
1192	KREŠEVIĆ	MARIO	SE M	CRO
1193	LIBERT	WILLIAM	SE M	GER
1194	LJUBIČIĆ	NENAD	SE M	CRO
1195	MADAR	ISTVÁN	SE M	HUN
1196	MANDIĆ	KREŠIMIR	VM 1	CRO
1197	MARKELJ	ERIK	VM 1	SLO
1198	MAROSZ	BŘETISLAV	SE M	CZE
1199	MAROT	DAVID	VM 1	CRO
1200	MATAIJA VALH	MARKO	SE M	CRO
1201	MÉSZÁROS	SÁNDOR	VM 1	HUN
1202	MIKLOŠEVIĆ	IGOR	VM 1	CRO
1203	MIKŠAJ	MATIJAS	SE M	CRO
1204	MRAKUŽIĆ	ROBERT	VM 1	CRO
1206	NIŽIĆ	MATE	VM 1	CRO
1207	OZEROV	MAKSIM	SE M	RUS
1208	PALAVRA	MIROSLAV	SE M	CRO
1209	PÉNZES	BENCE	SE M	HUN
1210	PERC	ALEKSANDAR	VM 1	CRO
1211	PERČIĆ	FRENKI	SE M	CRO
1212	PETRIĆ	LUKA	SE M	CRO
1213	PETROVIĆ	DENIS	SE M	SLO
1214	PIPINIĆ	HRVOJE	SE M	CRO
1215	PRAUHART	BENJAMIN	SE M	AUT
1216	RIBARIĆ	SANDI	SE M	CRO
1217	RIZNYK	PETRO	SE M	UKR
1218	RODIGER	CHRISTIAN	SE M	GER
1219	RODRIGUEZ	RAÚL	VM 1	ESP
1220	ROSANDA	BORIS	VM 1	CRO
1221	SCHREIBMAIER	MARIO	VM 1	AUT
1222	SCHWALD	THOMAS	VM 1	AUT
1223	SEITER	HRVOJE	SE M	CRO
1224	SILGALS	KALVIS	SE M	LAT
1225	SINOVČIĆ	ALAN	VM 1	CRO
1226	ŠER	VEDRAN	SE M	CRO
1227	ŠTIVIČIĆ	ŠTEFAN	SE M	CRO
1228	THIEME	FREDERIK	SE M	GER
1229	TKALČEC	BOŠTJAN	VM 1	SLO
1230	TURKOVIĆ	DAVORIN	SE M	CRO
1231	URBANC	FRANCI	VM 1	SLO
1232	VAITONIS	JUOZAS	SE M	LTU
1233	VELČIĆ	MARINO	VM 1	CRO
1234	VERONEK	NINO	VM 1	CRO
1235	VLAHOV	MARKO	SE M	CRO
1236	VRATARIĆ	IGOR	SE M	CRO
1237	VUKOVIĆ	ANTE	SE M	CRO
1238	ZAĶIS	EDGARS	SE M	LAT
1239	ŽEBČEVIĆ	KARLO	SE M	CRO
1240	ŽELE	DINKO	SE M	CRO
1241	ZEVNIK	EGON	VM 1	SLO
1242	SYVOKAS	DEIMANTAS	SE M	LTU
1243	PARISE	MARCO	VM 1	ITA
1244	LINDIČ	ANDREJ	VM 1	SLO
1245	FRANCETIĆ	MARTINA	SE W	CRO
1246	GÄRTNER	HELMUT	SE M	AUT
1247	BATINIĆ	MIHAELA	VW 1	CRO

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
BUZET	**0**			
VRH	10,5	0:56:00	1:52:00	
BUTONIGA	15,7	1:17:00	2:36:00	
MOTOVUN	27,1	2:17:00	5:20:00	
OPRTALJ	**35,0**	**2:59:00**	**8:00:00**	**8:00:00**
GROŽNJAN	46,3	3:55:00	10:47:00	
BUJE	53,9	4:37:00	12:29:00	
UMAG	**66,7**	**5:34:00**	**15:00:00**	**15:00:00**



Grad Umag

Città di Umago

DOBRODOŠLI! BENVENUTI! WELCOME!

The city of Umag is situated on the western coast of the Istrian peninsula, only 6 miles away from the Slovenian border and near Savudrija, which is Croatia's westernmost point. It has a population of 14.000, with an inflow of 10.000 visitors on weekends and 40.000 guests during the tourist season.

Known as a renowned tourist destination, Umag offers high-quality accommodations all year round. The beauties of its natural attractions as well as its geographical position have been crucial for the development of tourism, so nowadays Umag has over two million overnight stays every year.

Umag is also a sports destination best known for the ATP international tennis tournament. There is more than tennis, though, as proven by the presence of 11 football fields, a modern and sophisticated handball arena and a vast number of sport associations, clubs, structures and playgrounds. Moreover, Umag hosts a unique Sports fair, as well as the "100 Miles of Istria" race, part of the Ultra-Trail World Tour.

Tourism in Umag goes hand in hand with the typical agriculture of the Mediterranean area. Its fertile soil is suitable for the cultivation of olive trees and grapevines, resulting in first-class olive oils and wines renowned both at home and abroad.

Umag has something for every season. From festivals, events, wellness days, gastronomic or sport events - you will never be bored in Umag!

4 ITRA POINTS

4 UTMB POINTS

CROATIAN TRAIL CUP

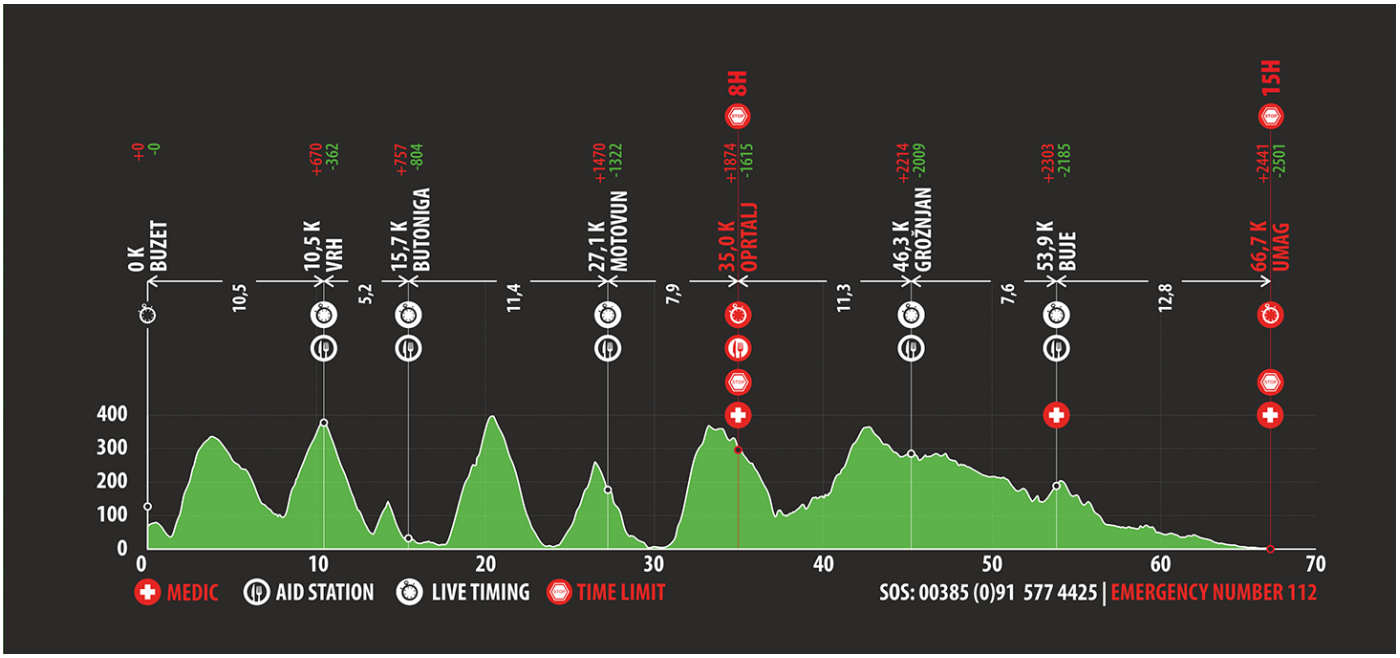
GREEN COURSE

67 K | +2441 M | -2501 M

COURSE RECORD

MALE:	**JOHANNES KLEIN (GER)**	**5:39:28**	**| 2017**
FEMALE:	**AJDA RADINJA (SLO)**	**6:35:47**	**| 2017**

AID STATION NAME	TIME LIMIT HOURS FROM THE START	TIME LIMIT ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
BUZET																					
VRH					X					X		X			X	X		X			X
BUTONIGA					X					X		X		X	X	X		X	X	X	X
MOTOVUN					X			X		X	X	X	X		X	X		X			X
OPRTALJ	8 H	SATURDAY 4 PM	X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN					X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	15 H	SATURDAY 11 PM	X			X	X			X		X			X	X					X




VELEBIT
a lonely wolf trail
100miles
31. August -2. September 2018. | 16th edition
www.outdoor.hr/velebit100miles
100miles • 6 points | 50miles • 4 points | 42km | 26km | 15km | 7km
National park Paklenica | National Park North Velebit | Velebit park of Nature | CROATIA


Serbia, Stara mountain
1st - 3rd June 2018
ULTRA
STARA
TRAIL
PLANINA
24 km
57 km
108 km
QUALIFYING RACE 2018
more info www.ultrakleka.com
registration on https://trka.rs/event/60/
"I'm the Balkans, which is my old name,
and the Balkan Peninsula was named after me.
My peaks rise above 2.000 m.a.s.l.
Come and discover me!"
SKYRUNNING
SERBIA



YELLOW COURSE START

MOTOVUN APRIL 7TH 2PM

PARKING AT THE LOWER CITY

THE ANCIENT KEEPER OF THE RIVER MIRNA VALLEY

In the northern part of Istria, overlooking the Mirna River valley, lies surely the most famous and attractive Istrian medieval town of Motovun-Montona. This captivating hilltop town is one of the characteristic symbols of the Istrian interior.

Motovun is the perfect venue for a large number of events, the most significant among them being the International Motovun Film Festival that takes place at the end of July where world-known film artists may be seen. Motovun is also interesting for ballooning lovers, its favourable microclimate enables flying in balloons all year round, so that Motovun-Montona hosts several ballooning events.

Motovun Forest which stretches along the Mirna River valley is especially rich in truffles, the underground malodorous fungus believed to be an aphrodisiac. Istrian white truffles, whose season lasts from September to December are said to be as good as the finest Italian and French truffles.

Opposite Motovun stands the charming picturesque town of Oprtalj-Portole, as well as Livade, famous for the Days of Truffles held every year from September to November. Every year in Livade, also known as the World's truffle centre, a special festival is organized with a contest of choosing the largest truffle.

In close vicinity is also Istarske toplice, thermal spa with curative water.

Motovun is especially attractive due to its medieval town walls that surround the town in a ring-like manner and the view of the vineyards and the Motovun Park Forest. The tourist and gastronomic offer turned Motovun-Montona into one of the most popular excursion destinations of the tourists who spend their holidays on the west and east coast of Istria.

The area around the town can be seen while walking the Motovun Park Forest in search of the gastronomic specialty – the truffle, while visiting the vineyards of teran, pinot, malvasia on the south-western slopes, while hunting or cycling. Since 1903, in the part of the town called Kanal every third Monday since 1903 a cattle fair is held. One of the legends related to Motovun is the one about Veli Jože (Big Jože), based on it Vladimir Nazor wrote the short story of the same name.

TIME TABLE

NOON
DEPARTURE FOR THE START FROM UMAG

12:40 PM
ARRIVAL TO THE START IN MOTOVUN

02:00 PM
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route
Umag - direction Buje - in Buje direction Buzet
distance: 35 km
ETA: 0h 49min



PHOTO.
Course start map

START LIST

YELLOW COURSE

1301	TRUNKELJ	BARBARA	SE W	SLO
1302	TKACH	ANDRIY	SE M	UKR
1303	ČAČULOVIČ	MATIC	SE M	SLO
1304	SCHAFFENRATH	LUKAS	SE M	AUT
1305	ROSKOVICS	NYIKOLAJ	VM 1	HUN
1306	URBAN	MAJA	SE W	CRO
1307	TRONTELJ	MARIJA	VW 1	SLO
1308	RAZUM	MATIJA	SE M	CRO
1309	PERRACINI	ANDREAS	VM 1	SUI
1310	ŽNIDARŠIČ	ALJOŠA	SE M	SLO
1311	ERDEI	ANDREW	SE M	HUN
1312	BRATUŠA	ROK	SE M	SLO
1313	VLAIĆ	IVAN	SE M	CRO
1314	RADULOVIĆ	ERVIN	SE M	CRO
1315	YANO	TATIANA	SE W	BRA
1316	KULIĆ	PETRA	SE W	CRO
1317	PAUKOVIĆ	HRVOJE	VM 1	CRO
1318	JANOŠIKOVA	ELENA	SE W	SVK
1319	BUCHMANN	MARC	VM 1	SUI
1320	BATUR	RENATA	SE W	CRO
1321	KRUŠEC	TADEJA	VW 1	CRO
1322	REGATTIN	LUCIANO	VM 1	ITA
1323	DRUŽETA	TONI	SE M	CRO
1324	GERLIČ	IZTOK	VM 1	SLO
1325	ZÁDORI	ROLAND	SE M	HUN
1326	KAJFEŠ	IVAN	SE M	CRO
1327	LAVRIČ	PRIMOŽ	VM 1	SLO
1328	KARANOVIČ	NENAD	SE M	SLO
1329	FILIPOVIC	MAJA	VW 1	CRO
1330	TROBEC MLAKAR	POLONA	VW 1	SLO
1331	IVANKOVIĆ	SINIŠA	VM 1	CRO
1332	ČAMPA	ŠPELA	SE W	SLO
1333	GALKOWSKI	VALENTINA	SE W	CRO
1334	ZRINIĆ	KRISTIJAN	VM 1	CRO
1335	MRZEL	URŠA	SE W	SLO
1336	PUCKO	PRIMOŽ	SE M	SLO
1337	ŠOMOĐI	VANJA	SE M	CRO
1338	SAVIĆ	ANDRIJA	SE M	CRO
1339	BANKOVIĆ	IVAN	SE M	CRO
1340	GUERINY	ERIC	VM 1	FRA
1341	BALOH	JANJA	VW 1	SLO
1343	RADESCU	ALEXANDRA	SE W	ROU
1344	BRATUŠA	KLEMEN	SE M	SLO
1345	SPAHIĆ	IRENA	SE W	CRO
1346	SRŠEN	MATEA	SE W	CRO
1347	ENGELS	JONATHAN	SE M	BEL

1348	LAVRIČ	DOMINIKA	VW 1	SLO
1349	DE GRAVISI	DONALD	VM 1	CRO
1350	ŠAVLE	VALTER	VM 1	CRO
1351	GALIC	GORDANA	VW 1	SWE
1352	SAURUG	DANIEL	SE M	AUT
1353	PERČIČ	ŠPELA	SE W	SLO
1354	GOTESMAN	ŽUŽA	SE W	CRO
1355	IVANICHEVA	GANNA	SE W	UKR
1356	JERIN	MAŠA	VW 1	CRO
1357	IMAMAGIC	SANJA	SE W	CRO
1358	DRAGAŠ	NATAŠA	VW 1	CRO
1359	KRAJEWSKA	ALICJA	VW 1	POL
1360	KNEŽEVIĆ	MIRNA	SE W	CRO
1361	ERDEC	ANDRIJANA	VW 1	CRO
1362	FABRIS	TANJA	SE W	CRO
1363	BADURINA	MARTINA	SE W	CRO
1364	KONDERLOVÁ	TEREZA	SE W	CZE
1365	RAJTAR	RENATA	VW 1	POL
1366	PERRACINI-LIECHTI	RUTH	VW 1	SUI
1367	GLAVINIĆ	NATALIJA	VW 1	CRO
1368	KEŠMER	BARBARA	VW 1	CRO
1369	VELIĆ	KETRIN	SE W	CRO
1370	MARION MERLE	EMILI	VW 1	CRO
1371	TRONTELJ	BOGO	VM 1	SLO
1372	KRESZ	REBEKA	SE W	HUN
1373	ŠALEHAR	DENIS	VM 1	SLO
1374	KUKULJAN	MILAN	SE M	CRO
1375	ŠKOFIĆ	SIDONIJA	SE W	CRO
1376	ERJAVEC	MOJCA	VW 1	SLO
1377	KRALJ	ANA	SE W	CRO
1378	HOMAR MACUH	IRENA	VW 1	SLO
1379	BENAZIC	ESMA	VW 1	CRO
1380	ČABARAVDIĆ	SAŠA	SE M	CRO
1381	UKOTA	DALIBOR	VM 1	CRO
1382	GRGEČIĆ	MIRJANA	VW 1	CRO
1383	LIPICER	TOMAŽ	VM 1	SLO
1384	VINCETIĆ	TENA	SE W	CRO
1385	ZANEI	LUCA	SE M	ITA
1386	DRAŽENOVIĆ	DOMAGOJ	SE M	CRO
1387	JELIĆ	MARKO	SE M	CRO
1388	ZAVAGNIN	BENIAMINA	VW 1	ITA
1389	BOIGER	ROMANA	SE W	AUT
1390	MASTROVIĆ	JAN	SE M	CRO
1391	VRKIĆ	DINA	SE W	CRO
1392	ZAVODNIK	DAVID	SE M	SLO
1393	LACHNER	JOSEF	VM 2	AUT

1394	POZDER	ŽARKO	SE M	CRO
1395	VOJNIKOVIĆ	JASMINA	SE W	CRO
1396	PEROŠ	ANA	SE W	CRO
1397	PETREC	ZVONIMIR	SE M	CRO
1398	BENCSIK	GÁBOR	SE M	HUN
1399	CULEJ	NIKOLA	SE M	CRO
1400	MILOHANOVIĆ	NATAŠA	SE W	CRO
1401	SOKAČ	SUZANA	SE W	CRO
1402	IVANČIČ JURŠE	LILI	VW 1	SLO
1403	GRUNTAR	IRENA	VW 2	SLO
1404	OKRETIČ	RENATA	VW 1	CRO
1405	RODOLFO	PEDRO	VM 1	POR
1406	KOCEIĆ	NINA	SE W	CRO
1407	PLEŠA	TOMISLAV	VM 1	CRO
1408	ROMIĆ	MAGDA	VW 1	CRO
1409	LIPICER STANTIC	MOJCA	VW 1	SLO
1410	NUIĆ	IVA	SE W	CRO
1411	PAVLOVIĆ	MATEA	SE W	CRO
1412	ZANINA	OLGA	SE W	RUS
1413	MARKOVIĆ	ALEKSANDRA	SE W	CRO
1414	FELIĆ	NERMIN	VM 1	AUT
1415	RADOLOVIĆ	LEO	VM 1	CRO
1416	KÖHLER	SILVIA	SE W	AUT
1417	GAŠPARINI	VILIAM	VM 1	CRO
1418	PECIC	BOGOLJUB	SE M	GER
1419	VENTIN	SANJA	VW 1	CRO
1420	JAGUNIĆ	MISLAV	SE M	CRO
1421	KOLENC	SIMON	SE M	SLO
1422	MAVRINAC	SUZANA	SE W	CRO
1423	SINTIĆ UHAČ	BARBARA	VW 1	CRO
1424	RUDAN	BARBARA	VW 1	CRO
1425	KOSMAČ	ALENKA	VW 1	SLO
1426	BATARILO	TOMISLAV-TOSHA	VM 1	BIH
1427	HLAČA	SUZANA	VW 1	CRO
1428	BAUMANN	GERLINDE	VW 1	AUT
1429	DUNAI-LÁNG	ANITA	SE W	HUN
1430	KOLENC	NINA	SE W	SLO
1431	VERTELJ	TANJA	SE W	SLO
1432	RADIĆ	IVAN	SE M	CRO
1433	DEČKO	MATEJ	VM 1	SLO
1434	PLIESCHNEGGER	GOTTFRIED	VM 1	AUT
1435	PERIĆ	MIRJANA	VW 1	CRO
1436	JEŽ	MOJCA	VW 1	SLO
1437	TEPSIC	NADA	VW 1	CRO
1438	RODLAUER	DORIS	VW 1	AUT
1439	GORIČANEC	GORAN	VM 1	CRO

1440	MUSAR MIŠELJIĆ	NATAŠA	VW 1	SLO
1441	REMIGI	MARIO	VM 1	ITA
1442	AKALIN	HANDE	SE W	TUR
1443	LUONG	TU CHI	SE W	GBR
1444	KOREN	ALEŠ	SE M	SLO
1445	SORIĆ	DALEN	SE M	CRO
1446	ŠUPUK	MELISA	SE W	CRO
1447	HARIĆ	ALFIO	VM 1	CRO
1448	MUJKIĆ	HARIS	SE M	CRO
1449	SLAMAR	KRISTINA	SE W	CRO
1450	FILATOV	DANIIL	SE M	RUS
1451	ROŠIN	JAKŠA	VM 1	CRO
1452	KRANER	NATALIJA	VW 1	SLO
1453	MAYER	ANDREA	VW 1	AUT
1454	ŠPEHAR	MARKO	VM 1	CRO
1455	PUKŠEC	NINA	SE W	CRO
1456	MARINOV	GORAN	SE M	CRO
1457	CÎNJĂU	ALINA	SE W	ROU
1458	RODIĆ	ANTE	SE M	CRO
1459	ROSKOVICS	MARIANNA	VW 1	HUN
1460	VADLJA	LUKA	SE M	CRO
1461	ČOVIĆ	DRAGOMIR	SE M	CRO
1462	DRANDIĆ	DENIS	VM 1	CRO
1463	IVANIŠEVIĆ	DUŠAN	SE M	CRO
1464	KONIECZNY	PIOTR	SE M	POL
1465	KURTO	ZLATAN	SE M	BIH
1466	MOŽANIĆ	TOMISLAV	SE M	CRO
1467	STOJANOVIĆ	SONJA	SE W	SRB
1468	FABLE	DENIS	VM 1	CRO
1469	PRKA	ALEN	SE M	CRO
1470	KRTIĆ	MARTINA	VW 1	CRO
1471	KUKRIC	MARIANA	SE W	BIH
1472	RADULOVIC	DRAGANA	SE W	BIH
1473	BARTOLIĆ	NATAŠA	SE W	CRO
1474	KOSMAČ	PRIMOŽ	VM 1	SLO
1475	PARAĆ	ZLATKO	SE M	CRO
1476	HABŠUDA	MARIÁN	SE M	SVK
1477	JEZERŠEK	BOŠTJAN	VM 1	SLO
1478	GRUBIŠIĆ	NEVEN	VM 1	CRO
1479	FABRIS	IGOR	VM 1	CRO
1480	ODAK	IVAN	SE M	CRO
1481	BURIAN	MAX	SE M	AUT
1482	KAPETANOVIĆ	HRVOJE	VM 1	CRO
1483	KEŠMER	GORAN	VM 1	CRO
1484	GRASSELLI	SIMONA	VW 1	SLO
1485	PAULETIĆ	IVAN	SE M	CRO

1486	KARDACH	KAMIL	SE M	POL
1487	BARBARIĆ	BOŽO	VM 1	CRO
1488	FABIJANIĆ	MARKO	SE M	CRO
1490	LUKIĆ	PREDRAG	SE M	SRB
1491	BUIĆ	DEJAN	SE M	CRO
1492	RENIĆ	ZVONIMIR	VM 1	CRO
1493	KARANAC	SLAVAN	VM 1	SRB
1494	KRÓLIK	KRZYSZTOF	VM 1	POL
1495	PERIĆ	TRPIMIR	VM 1	CRO
1496	RUDAN	IGOR	VM 1	CRO
1497	KLARIĆ	ANTE	SE M	CRO
1498	BASA	RADE	VM 1	CRO
1499	DOKLEJA	DEJAN	VM 1	CRO
1500	MARINAC	ROBERT	VM 1	CRO
1501	ŽUŠKIN	SRĐAN	SE M	CRO
1502	DRAŽENOVIĆ	IVAN	SE M	CRO
1503	AMIRAGHYAN	ANI	SE W	ARM
1504	ANAGRIUS	ULF	VM 1	SWE
1505	APOLLONIO	SANDRO	VM 1	CRO
1506	ARTNIK KNIBBE	TJAŠI	VW 1	SLO
1507	AVDIĆ	ADNAN	VM 1	BIH
1508	BAJEC KADUNC	ANDREJA	SE W	SLO
1509	BARAĆ DOBRAN	ANA	VW 1	CRO
1510	BARKOVIC	KLAUDIO	SE M	CRO
1511	BELJO	MARINKO	VM 1	CRO
1512	BEROVIĆ	DRAŽENA	SE W	CRO
1513	BESTAK	MARKO	SE M	CRO
1514	BESTAK	JELENA	SE W	CRO
1515	BEVIAKVA	SENDI	SE W	CRO
1516	BITORAJAC	KRISTINA	SE W	CRO
1517	BLAŽEVIĆ	GORAN	SE M	CRO
1518	BOGDANOVIC	SANDRA	VW 1	CRO
1519	BONACA	SANJA	VW 1	CRO
1520	BORIĆ	IGOR	SE M	CRO
1521	BOUFFE	JEAN-MARC	VM 1	FRA
1522	BOUTHIER	STÉPHANE	SE M	GER
1523	BRAČKO	ROBERT	VM 1	SLO
1524	BRAJKOVIĆ	VESELA	SE W	CRO
1526	BRALA	MARTINA	SE W	CRO
1527	BRDAR	DUŠKO	SE M	CRO
1528	BRENKO TOMIĆ	ROMINA	VW 1	CRO
1529	BRKARIĆ	IGOR STEFANO	VM 1	CRO
1530	BRKIĆ	IVANA	SE W	BIH
1531	BRLETIĆ	TIJANA	SE W	CRO
1532	BUKOVAC	VIŠNJA	VW 1	CRO
1533	BUKOVNIK UR-	PETRA	SE W	SLO
1534	BURIĆ	TOMISLAV	SE M	CRO
1535	CAROLLO	SONIA	VW 1	ITA

1536	CAVEDONI	MATTEO	SE M	CRO
1537	CICHÁ	OLGA	SE W	CZE
1538	COBAL	SARA	SE W	CRO
1539	CUPIC	ROBERTA	VW 1	CRO
1540	CVEK	IGOR	SE M	CRO
1541	CVITAN	SAŠA	SE M	CRO
1542	ČADEŽ	RADO	VM 2	SLO
1543	ČARGONJA	VANA	SE W	CRO
1544	ČAVUŽIĆ ČAJKO	JASMINKA	SE W	CRO
1545	ČERNEHA	DARKO	VM 1	CRO
1546	DEKOVIC	DANIEL	SE M	CRO
1547	DELUKA	SANDRA	VW 1	CRO
1548	DELUKA TIBLJAS	ALEKSANDRA	VW 1	CRO
1549	DEROCCHI	PAOLO	VM 1	CRO
1550	DESPOTOVIĆ	TAMARA	VW 1	CRO
1551	DILIGENSKI	MIHAILO	SE M	SRB
1552	DJELMO	MARA	VW 1	CRO
1553	DOBNIKAR	GREGOR	SE M	SLO
1554	DOLECKA	ELŻBIETA	VW 1	POL
1555	DOLENEC	TANJA	SE W	CRO
1556	DOLIĆ	IVAN	SE M	CRO
1557	DOLINŠEK	MARIJA	SE W	SLO
1558	DORČIĆ	MILJENKO	VM 2	CRO
1559	DORČIĆ	MILENA	VW 1	CRO
1560	DRAGIČEVIĆ	JADRANKA	VW 1	CRO
1561	DRAŽENOVIĆ	ZDRAVKO	VM 1	CRO
1563	DUARTE JIMENEZ	NELSON	VM 1	CRC
1564	DUMBOVIĆ	IVANA	SE W	CRO
1565	DURAKOVIĆ	SANDRA	VW 1	SLO
1566	ĐUKIĆ	VEDRAN	SE M	CRO
1567	FEDERICI	ROBERTO	SE M	CRO
1569	FILIPOVIĆ	JOSIPA	SE W	CRO
1570	FINK	ANDREJA	VW 1	SLO
1571	FLAH	IVA	SE W	CRO
1572	FRASSL	IRENE	VW 1	AUT
1573	FRATNIK	TANJA	VW 1	SLO
1574	FUĆAK	DALIBOR	VM 1	CRO
1575	GABRIĆ	BORIS	VM 1	CRO
1576	GALETIĆ	ALEKSANDRA	SE W	CRO
1577	GALJOT	BARBARA	VW 1	SLO
1578	GARBOVA	SANDY	SE W	CZE
1579	GERIČ	NATAŠA	VW 1	SLO
1580	GLAVAN	SANDRA	SE W	CRO
1581	GLINSKA	BEATA	VW 1	CRO
1582	GOJKOVIC	DANIJELA	VW 1	SRB
1583	GORENC	MARKO	SE M	CRO
1584	GRABLJEVEC	MATJAŽ	SE M	SLO
1585	GRABROVIĆ	NINA	SE W	CRO

1586	GREINIX	ASTRID	SE W	AUT
1587	GRGIĆ	MARINA	SE W	CRO
1588	GVOZDANOVIĆ	GABRIJELA	SE W	CRO
1589	GVOZDEN	VLADIMIR	VM 1	SRB
1590	HAĐUR	KRISTIJAN	SE M	CRO
1591	HOLETIĆ	DAVORKA	SE W	CRO
1592	HOLJEVAC	TAJANA	VW 1	CRO
1593	HORVÁTH	ATTILA	VM 1	HUN
1594	HRIBERNIK	ALEŠ	VM 1	SLO
1595	HRIBERNIK	NATAŠA	VW 1	SLO
1597	HUDEC	SVJETLAN	VM 1	CRO
1598	ILEČIĆ	DINO	SE M	SWE
1599	ISKRA	IVANA	SE W	CRO
1600	IVANČIĆ	GORAN	SE M	CRO
1601	IVANČIĆ	MARIJA	VW 1	CRO
1602	IVANKOVIĆ	DEJAN	SE M	SRB
1603	JAKOVČEVIĆ	ANTONIA	VW 1	CRO
1604	JAKOVČIĆ	LAURA	VW 1	CRO
1605	JAKUPOVIĆ	EMIR	VM 1	CRO
1606	JAMBROŠIĆ	ANDREA	VW 1	CRO
1607	JELIĆ	LUKA	SE M	CRO
1608	JELIĆ	ANĐELKA	SE W	CRO
1609	JELIĆ	IVANA	SE W	AUT
1610	JESENKO	MARIO	VM 1	AUT
1611	JOVANOVIĆ	JELENA	SE W	SRB
1612	JOVIĆ	ŠIME	SE M	CRO
1613	JURKOVIĆ	MARKO	SE M	CRO
1614	KADIRIĆ	DALVIN	SE M	BIH
1615	KALČIĆ	INGRID	SE W	CRO
1616	KALEBIĆ	IVO	SE M	CRO
1617	KALIGARI	MIHAELA	SE W	CRO
1618	KALŠAN	ANTONIJA	VW 1	CRO
1619	KARPATI	ZOLTAN	VM 1	HUN
1620	KAUZLARIĆ	SANJA	SE W	CRO
1621	KEDŽO	HRVOJE	SE M	CRO
1622	KEFEČEK	TAMARA	VW 1	CRO
1623	KERSULIĆ	ANA	SE W	CRO
1624	KILPATRICK	GABRIJELA	SE W	AUS
1625	KINKELA	IVANA	SE W	CRO
1626	KLARIĆ	IRENA	VW 1	CRO
1627	KOKOT	KRUNOSLAV	VM 1	CRO
1628	KOKOT	SUZANA	VW 1	CRO
1629	KOLIĆ	SANDRA	SE W	CRO
1630	KOLIĆ	SANJA	VW 1	CRO
1631	KOMERIČKI	MARIJO	SE M	CRO
1632	KONJIĆ	GORAN	VM 1	CRO
1633	KORBAS	KAROLINA	SE W	POL
1634	KOREN	IGOR	SE M	CRO
1635	KOROTAJ	MAKSIMILIAN	SE M	CRO
1636	KOROTAJ	RONALD	VM 1	CRO
1637	KOSIAK	WOLFGANG	VM 1	AUT
1638	KOSTELIĆ RANOGA-JAC	VESNA	VW 1	CRO
1639	KOSTIĆ	IVANA	SE W	SRB
1640	KOŠUT	FILIP	SE M	CZE
1641	KOVAČIĆ	PETAR	VM 1	CRO
1642	KRAJINOVIĆ	ZORANA	SE W	CRO
1643	KRASNIK	SIMONA	VW 1	SLO
1644	KRAŠOVEC	LADO	VM 1	SLO
1645	KUČIĆ	ALFONZ	VM 1	CRO
1646	KUČIĆ	MIHAELA	VW 1	CRO
1647	KUTIJA	TOMISLAV	VM 1	CRO
1648	LAZAREVIĆ	IVA	SE W	SRB
1649	LENARČIČ	PETER	SE M	SLO
1650	LIIV	JANIKA	SE W	EST
1651	LISAC	FILIP	SE M	CRO
1652	LISE	CRISTIAN	VM 1	ITA
1653	LOJO	IVANA	VW 1	CRO
1654	LOKAS	KRUNOSLAV	VM 1	CRO
1655	LOOME	FELICITY	SE W	USA
1656	MACARIE	SZABOLCS	SE M	HUN
1657	MAGNUSSON	ANTON	SE M	SWE
1658	MAKSIMOVIĆ	BOJANA	VW 1	CRO
1659	MAKUC	MARKO	VM 1	SLO
1660	MALI	MAJA	SE W	SLO
1661	MALINAR VELČIĆ	ANA	SE W	CRO
1662	MAMIĆ	LJILJANA	VW 1	CRO
1663	MANZIN	ANDREA	SE M	CRO
1664	MARINAC	NIVES	SE W	CRO
1665	MARINOVIĆ	DOMAGOJ	VM 1	CRO
1666	MAROVIĆ	SUZANA	VW 1	CRO
1667	MARUŠIĆ	DARIO	SE M	CRO
1668	MATAIĆ	MARTIN	SE M	CRO
1669	MATIĆ	VEDRAN	SE M	CRO
1670	MATIJEVIĆ	GORDANA	VW 1	CRO
1671	MELISCHNIG	GUENTER	VM 1	AUT
1672	MEŠTROVIĆ	MARKO	SE M	CRO
1673	MIELERT	ANTONIA	SE W	GER
1674	MILANKOVIĆ	LILI	SE W	SLO
1675	MILEK	MAJA	SE W	CRO
1676	MIRKOVIĆ-KNAUS	KARLO	SE M	CRO
1677	MITAR VLAŠIĆ	SANJA	VW 1	CRO
1678	MITRIC	IVANA	SE W	SRB
1679	MIXICH	ALEKSANDAR	VM 1	CRO
1680	MOČIBOB	VEDRAN	VM 1	CRO
1681	MOFERDIN	OLIVIJA	VW 1	CRO

1682	MOGULJAK	TAMARA	SE W	CRO
1683	MORIĆ	IVANA	VW 1	CRO
1684	MRDOVIĆ	DUŠAN	SE M	SRB
1685	MUNOZ	ALEXANDER	SE M	USA
1686	NADOLU	BOGDAN ALEXAN-DRU	SE M	ROU
1687	NEGOVETIĆ	MATEI	SE M	CRO
1688	NEKIĆ	KATARINA	SE W	CRO
1689	NIKOLIĆ	DOLORES	VW 1	CRO
1690	OBLAK	MARKO	VM 1	SLO
1691	ODAK	ANA	SE W	CRO
1692	OLIĆ	BERNARDO	VM 1	CRO
1693	ORIHOVAC	EVGENIJ	SE M	CRO
1694	OSTOVIĆ	IGOR	VM 1	CRO
1695	OŠAP	DANIJELA	SE W	SRB
1696	ØVERLAND	MARIA ERICHSEN	SE W	NOR
1697	PAP	MARIJAN	SE M	CRO
1698	PAPIĆ	TAJANA	SE W	CRO
1699	PAŠIĆ	MAJA	SE W	BIH
1700	PAULIŠIĆ	MARIJAN	SE M	CRO
1701	PEJIĆ	TOMISLAV	SE M	CRO
1702	PERGE	PETAR	VM 2	CRO
1703	PERIĆ	SANJA	VW 1	CRO
1704	PERUŠKO TOPIĆ	VANESA	VW 1	CRO
1705	PETOHLEB ČERNEHA	SAMANTA	VW 1	CRO
1706	PETROVIC	JELENA	SE W	SRB
1707	PETROVIC RADIC	DIJANA	SE W	CRO
1708	PIBERNIK	VANESSA	VW 1	CRO
1709	PIEROBON	IVONA	SE W	CRO
1710	PIZOVIĆ	AIDA	SE W	BIH
1711	PLATISA	JESENA	SE W	CRO
1712	POTYRALO	DAMIAN	SE M	POL
1713	PUNTIJAR	ANDREJA	VW 1	CRO
1714	QUINESSER	MARKUS	VM 1	AUT
1715	RAJČEVIĆ	EDO	SE M	CRO
1716	RAUTER	MARTINA	VW 1	SLO
1717	REJEC	BOJAN	SE M	SLO
1718	REPOVŠ	MOJCA	VW 1	SLO
1719	RESCH	HUBERT	VM 1	AUT
1720	RESCH	KATRIN	SE W	AUT
1721	RESHETOVA	NATALIA	VW 1	RUS
1722	ROGULJ HRELJA	IVA	SE W	CRO
1723	ROSCHINA	ANASTASIIA	SE W	GER
1724	ROŽIČ	DARJA	VW 1	SLO
1725	RUZIC	ANA	SE W	CRO
1726	RUŽIĆ	NIKA	SE W	CRO

1727	SABITOVA	YULIYA	SE W	RUS
1728	SAVČIĆ	DRAGAN	VM 1	SRB
1729	SCALE	SUZANNE	SE W	GBR
1730	SCHREIBMAIER	BIRGIT	VW 1	AUT
1731	SEKUŠAK	TENA	SE W	CRO
1732	SEVIĆ	NINOSLAV	VM 1	SRB
1733	SIEBERT	OLAF	VM 1	NED
1734	SLEZAKOVA	JANA	SE W	CZE
1735	SLIBAR	EMINA	SE W	CRO
1736	SOUKUP	ÁGNES	SE W	HUN
1737	SPAHIĆ	DAMIR	SE M	CRO
1738	STANISSA	VALENTINA	SE W	CRO
1739	STANKOVIĆ	ANDREA	SE M	CRO
1740	STOLL	MARTINA	VW 1	AUT
1741	STRAKA	DUNJA	SE W	CRO
1742	STRUGAR BEVC	NIKA	SE W	SRB
1743	SUNJE	EMINA	SE W	BIH
1744	SUPIČIĆ	MARINA	SE W	CRO
1745	SZAMOSI	SZABOLCS	VM 1	HUN
1746	SZÉLL	MARIANNA	VW 1	HUN
1747	ŠALEHAR	ROBERT	VM 1	SLO
1748	ŠARIĆ	ANDRIJA	SE M	CRO
1749	ŠETINA	LUKA	VM 1	SLO
1750	ŠETINA	MAJA	VW 1	SLO
1751	ŠILIĆ	BOJAN	VM 1	BIH
1752	ŠIMEK	DAVID	SE M	CZE
1753	ŠIMOVIĆ	VLADIMIR	SE M	CRO
1754	ŠIROLA	SIMON	SE M	CRO
1755	ŠKROPETA	LUKA	SE M	CRO
1756	ŠOJAT	SVEN	SE M	CRO
1757	ŠOKIĆ	BENJAMIN	SE M	CRO
1758	ŠOLAJA	TATJANA	SE W	CRO
1759	ŠTEFIĆ	ANITA	SE W	CRO
1760	ŠTIFANIĆ	SINIŠA	VM 1	CRO
1761	TEKOVIĆ	ANDREJ	SE M	CRO
1762	TELEKY	TIMEA	SE W	HUN
1763	TERIHAJ	SEBASTIJAN	VM 1	CRO
1764	TERŽAN	ROK	SE M	SLO
1765	TIBLJAS	ANTE	VM 1	CRO
1766	TICA	MLADEN	VM 1	CRO
1767	TODOROVIĆ	ALEKSANDRA	VW 1	SRB
1768	TOMC	KATARINA	VW 1	SLO
1769	TOMIĆ	DRAŽEN	VM 1	CRO
1770	TOMIĆ	MARKO	SE M	CRO
1771	TONANI	EMANUELA	SE W	ITA
1772	TONCIC-LADHA	LORRAINE	VW 1	CAN

1773	TOPOLE	AMADEJA	VW 1	SLO
1774	TRAHLIC	MIROSLAV	VM 1	CRO
1775	TRETINJAK	ANTONIJA	SE W	CRO
1776	TUČKORIĆ	ZDENKO	VM 1	CRO
1777	UDOVIČIĆ	DEAN	VM 1	CRO
1778	URBANC	EVA	SE W	SLO
1779	URBANČEK	ROK	SE M	SLO
1780	URUKALO	ZORICA	SE W	SRB
1781	VADLJA	MARTINA	SE W	CRO
1782	VALEČIĆ	DARKO	SE M	CRO
1783	VANJEK	DIJANA	SE W	CRO
1784	VAREŠKIĆ	NEDELJKO	VM 1	CRO
1785	VAREŠKO	ROBERTO	SE M	CRO
1786	VEZENTAN	DIANA	VW 1	ROU
1787	VIDMAR	MARCELLA	SE W	CRO
1788	VIGNJEVIĆ	MARINA	SE W	SRB
1789	VINCZE	ZSOLT	VM 1	HUN
1790	VINCZE	RITA	VW 1	HUN
1791	VITASOVIĆ	VEDRAN	VM 1	CRO
1792	VRBANIĆ	LIDIJA	VW 1	CRO
1793	VRUS	GORAN	SE M	CRO
1794	VUČKOVIĆ	GORAN	SE M	CRO
1795	VUČKOVIĆ	PJER	VM 1	SRB
1796	VUKADINOVIĆ	ŽELJKO	VM 1	CRO
1797	WENDLAND	REINER	SE M	IRL
1798	ZDRAVKOVIĆ	NADA	SE W	SRB
1799	ZDRAVKOVIĆ	MARTA	SE W	SWE
1800	ZEMUNIK	BILJANA	SE W	CRO
1801	ZUGAN	JANA	SE W	CRO
1802	ŽEPČAN	ADI	SE M	CRO
1803	ŽEVRNJA	VLADIMIR	VM 1	CRO
1804	ŽIGO	ANTE	SE M	CRO
1805	ŽIVKOVIĆ	TAJANA	VW 1	CRO
1806	JERKIĆ	PETRA	SE W	CRO
1807	VRBANEC	MARKO	SE M	CRO
1808	HABIJAN	DAMIR	SE M	CRO
1809	OZVAČIĆ	TIHANA	SE W	CRO
1811	VUJNOVIĆ	MARKO	SE M	CRO
1812	ŠKURINA	IVAN	SE M	CRO
1813	PURGARIĆ	HELENA	VW 1	CRO
1814	KEGALJ	MARIJAN	SE M	CRO
1815	ĆURKOVIĆ	IVAN	VM 1	CRO
1816	SMOLINSKI	MANDY	VW 1	GER
1817	MALZAHN	KAI	SE M	GER
1818	LATIN	SERGEJ	VM 1	CRO
1819	ZDARILEK	ANA	SE W	CRO
1820	ČERTANC	SAŠA	SE M	CRO
1821	PUŠNIK	VIKA	SE W	SLO
1822	BRBAKLIĆ TEPAVAC	MARINA	SE W	SRB
1823	DUJMIĆ	DENISA	SE W	CRO
1824	FOROSTOVETS	IEVGEN	SE M	UKR
1825	TOMLJANOVIĆ	KRUNO	VM 1	CRO
1826	GRKOVIĆ	RANKO	VM 1	CRO
1827	POVŠIČ	BOJAN	SE M	CRO
1828	DIVKOVIĆ	GABRIJELA	VW 1	CRO
1829	OSTOJIĆ	LANA	SE W	CRO

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
MOTOVUN	0			
OPRTALJ	9,1	0:46:00	1:41:00	
GROŽNJAN	20,4	1:38:00	3:39:00	
BUJE	28,0	2:11:00	5:19:00	
UMAG	**40,8**	**3:07:00**	**8:00:00**	**8:00:00**

2 ITRA POINTS

2 UTMB POINTS

CROATIAN TRAIL CUP

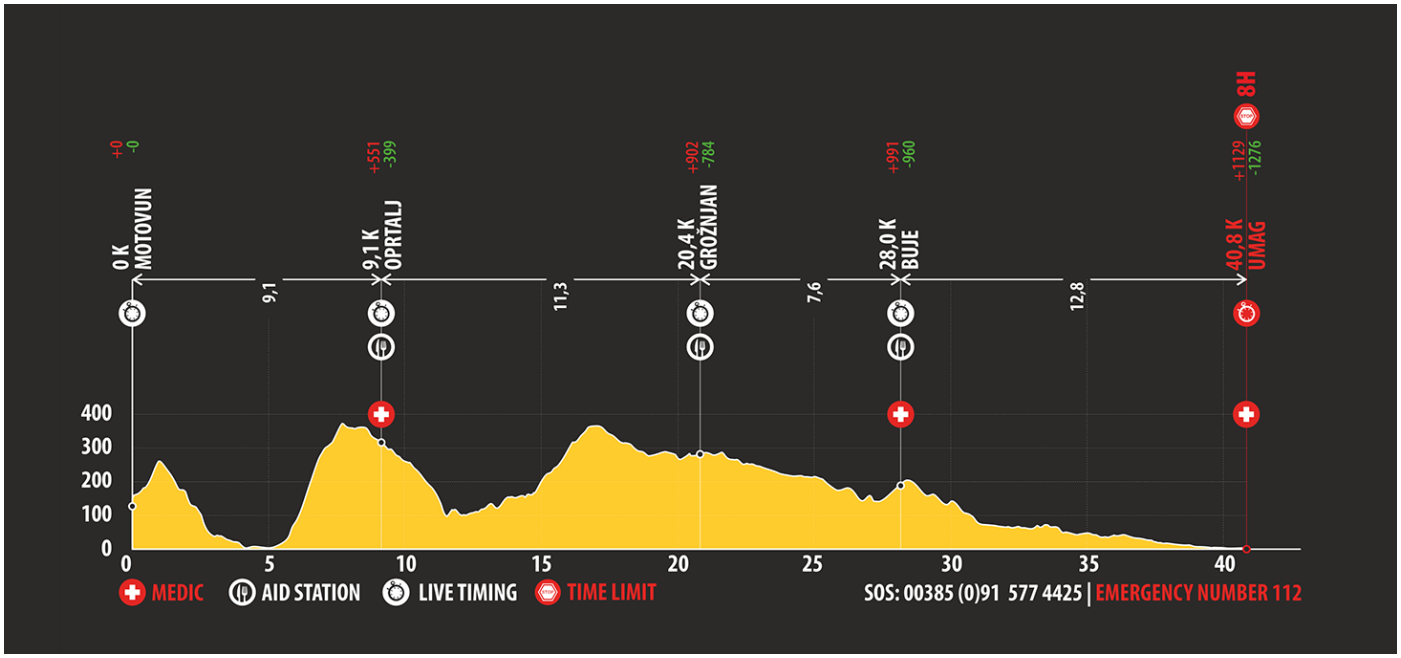
YELLOW COURSE

41 K | +1129 M | -1276 M

COURSE RECORD

MALE:	**SEBASTJAN ZARNIK (SLO)**	**3:14:43**	**| 2017**
FEMALE:	**BARBARA TRUNKELJ (SLO)**	**3:42:16**	**| 2017**

AID STATION NAME	TIME LIMIT HOURS FROM THE START	TIME LIMIT ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
MOTOVUN																					
OPRTALJ			X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN					X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	8 H	SATURDAY 10 PM	X			X	X			X		X			X	X					X



VALAMAR
HOTELS & RESORTS

VALAMAR
trail

....where the hills meet the sea...

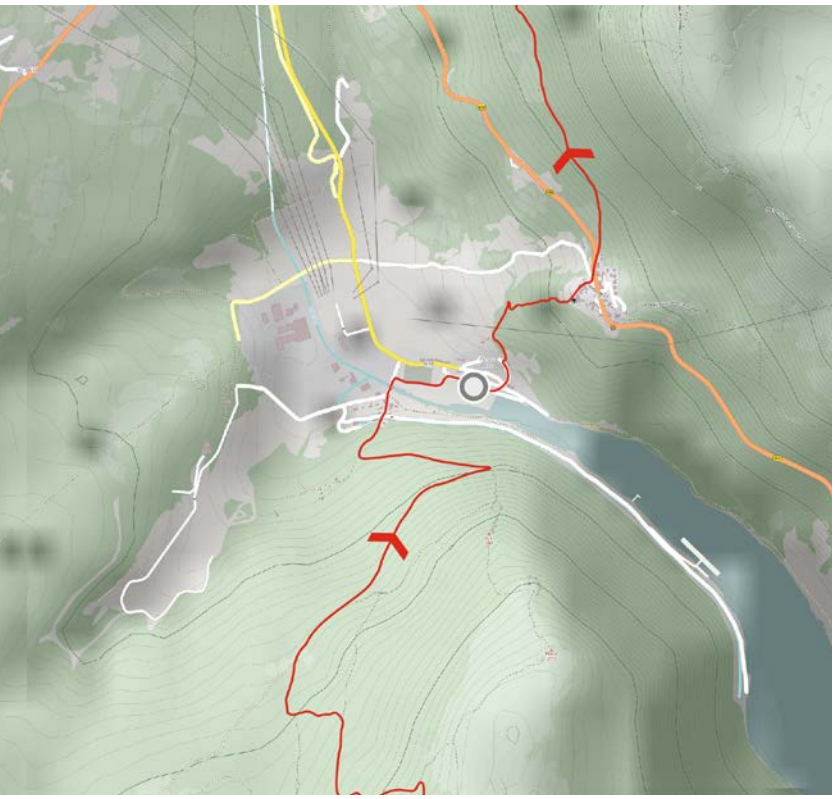
Rabac, September 29th
www.valamartrail.com



SPORT
BOX

AID STATION PLOMIN LUKA

COURSES: | R |





AID STATION INFO

From Labin: 12 km
From Umag: 86 km

Micro location: Plomin harbour
Around 200 parking places available

GPS location: N 45.134729
E 14.174475
Altitude: 2 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka - in Vozilići direction Plomin luka
distance: 12 km
ETA: 0h 14min

AID STATION TRIVIA

Plomin (Italian: Fianona) is a village in the Croatian part of Istria, situated approximately 11 km north of Labin, on an 80 meters high hill. It is a popular destination for tourists traveling through Istria by road.

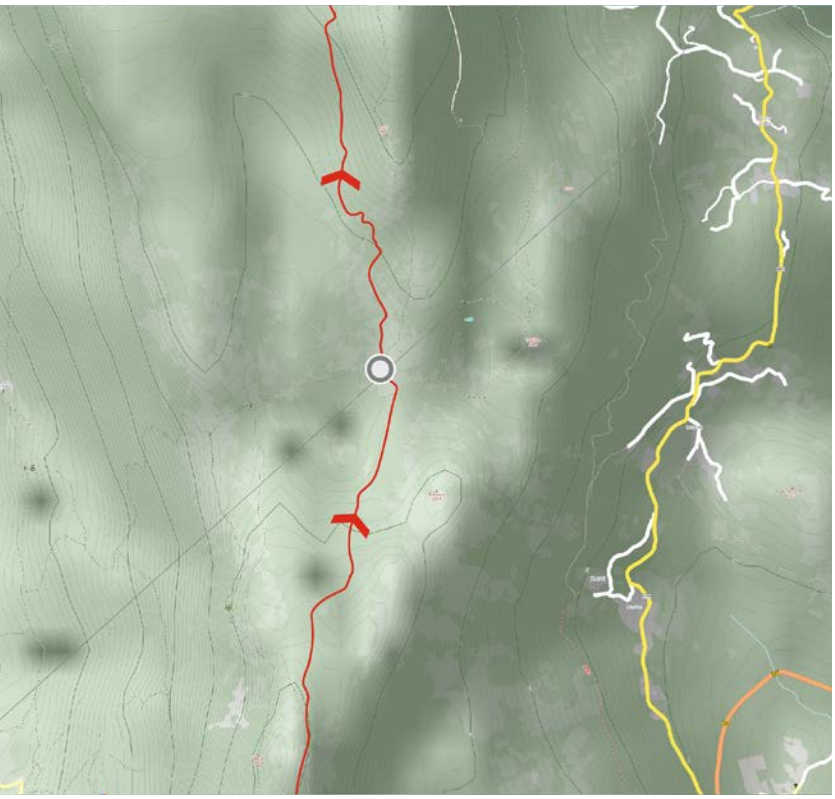
Originally named Flanona, the settlement was built in Roman times, above the bay bearing the same name. Plomin was abandoned after World War II, due to the bay becoming too muddy and its inhabitants, mostly Italians, emigrating to Italy. However, it has since been repopulated, and is today home to approximately 130 people. The buildings in the town are several hundred years old, built on the ruins of the original Roman houses. The walls date back to the 9th century.

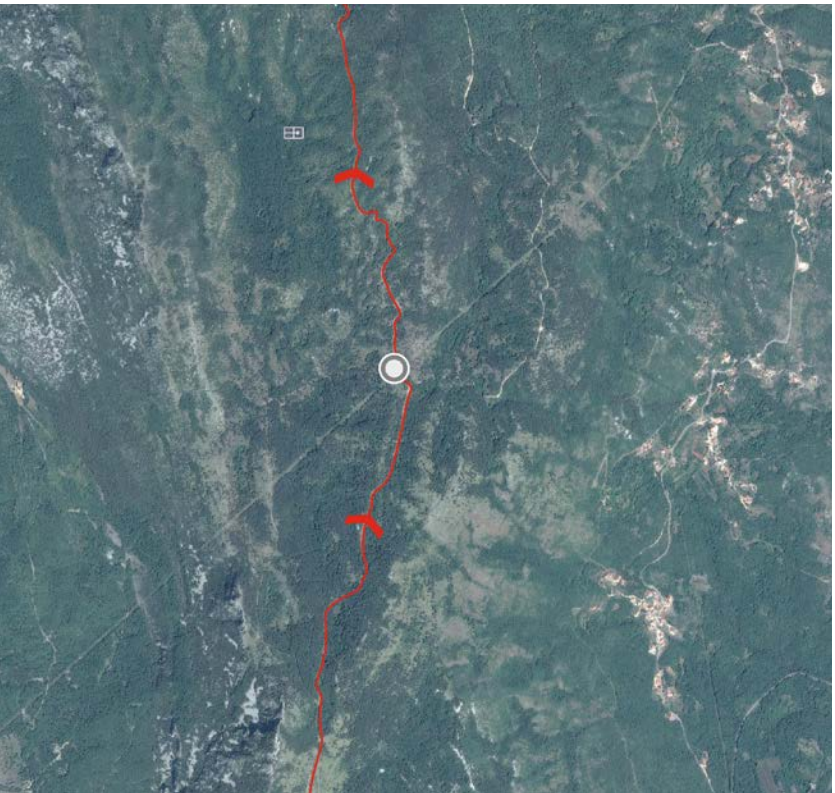
Plomin contains two churches, St George the Elder and St George the Younger. Both contain Christian art. St. George the Elder contains Plomin tablet as a part of the outer wall, an 11th-century religious text written in the Glagolitic alphabet, the oldest known Slavic alphabet.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	14,4	-	-	-
FASTEST ACTUAL TIME	FRI 18:13:00	-	-	-
SLOWEST ACTUAL TIME	FRI 19:51:00	-	-	-

AID STATION PRODOL

COURSES: | R |







AID STATION INFO

From Labin: 32 km
From Umag: 86 km

Micro location: Prodol at the crossroad
Few parking places available

GPS location: N 45.198364
E 14.211301
Altitude: 570 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka - in Brseč direction Martina - in Sveta Jelena connect to the forest road
ETA: 0h 48min

AID STATION TRIVIA

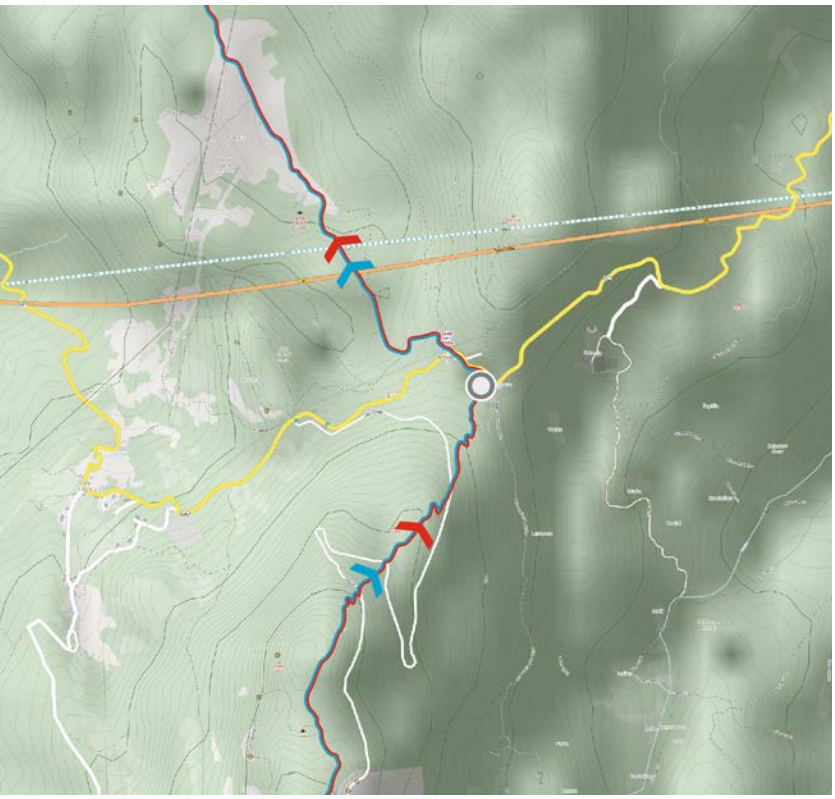
Prodol is the location deep inside the Učka nature park. From that point, a splendid panorama stretches from mountains above Rijeka, across the Kvarner bay to the city of Rijeka at the north.

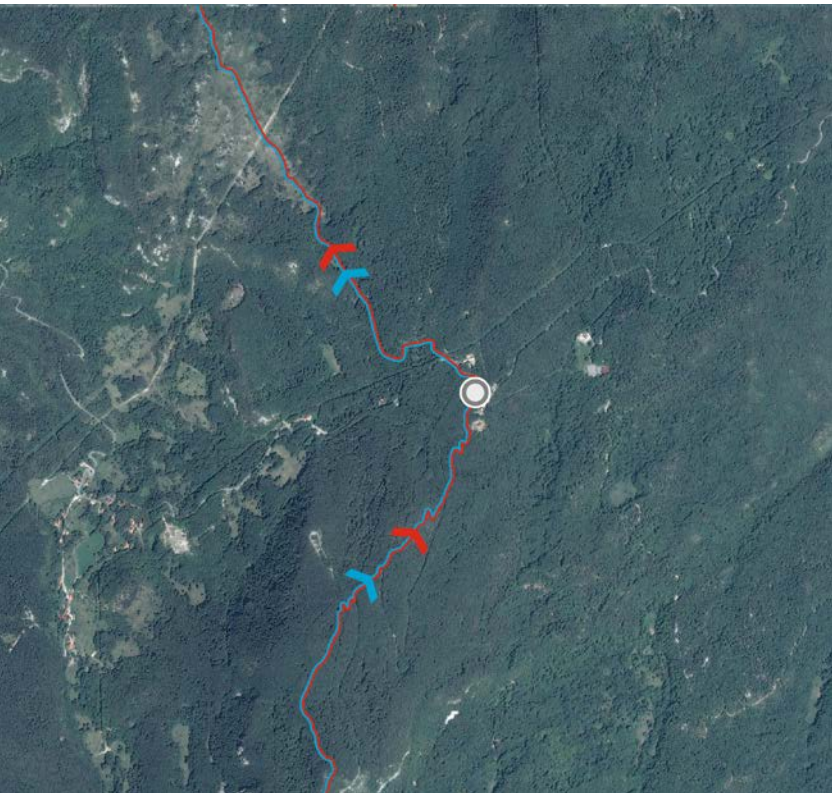
Usually accessible only by off-road vehicles, driving there isn't advisible because the roads are very poor.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	25,2	-	-	-
FASTEST ACTUAL TIME	FRI 19:28:00	-	-	-
SLOWEST ACTUAL TIME	FRI 22:44:00	-	-	-

AID STATION POKLON

COURSES: | R | B |





AID STATION INFO

From Labin: 40 km
From Umag: 78 km
From Lovran: 18 km

Micro location: parking in front of the mountain hut
Around 50 parking places available
GPS location: N 45.308049
E 14.215642
Altitude: 931 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka - in Vozilići direction Tunel Učka - direction Poklon
distance: 40 km
ETA: 0h 14min

from Lovran - fastest route
Lovran - direction Rijeka - in Ičići direction Veprinac - direction Poklon
distance: 19 km
ETA: 0h 31min

AID STATION TRIVIA

Poklon, pass on the road Vranje-Veprinac, through Učka, at 922m above sea level. Before the construction of the istrian railway in 1876, pilgrims from Istria and Rijeka traveled across Učka on foot. At the Poklon pass, from which you can see all of the Kvarner bay, they would bow and take an oath to the church of Our Lady of Trsat. It is an untranslatable fraze, poklon in Croatian means to bow.

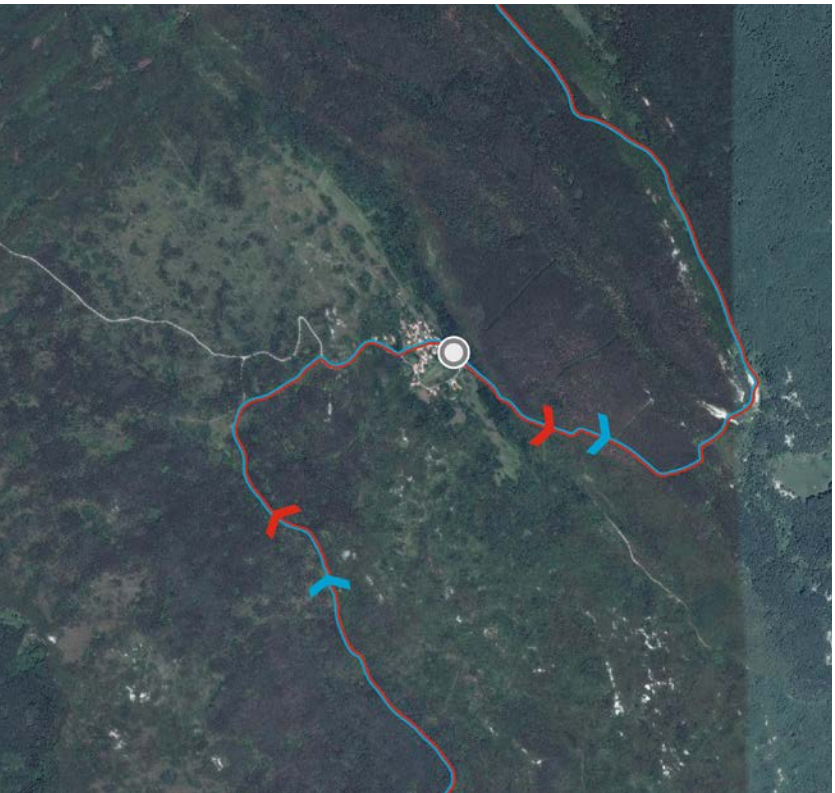
Strategically important road Pazin-Kastav was built In the 18th century, popularly called Istrian Josephine. Poklon is an integral part of the Učka Nature Park. There are hotels, Učka mountain lodge and a monument in the form of a large stone cross with the inscription: "In memory of Blessed Stepinac".

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	41,1	11,6	-	-
FASTEST ACTUAL TIME	FRI 21:01	SAT 01:29	-	-
SLOWEST ACTUAL TIME	SAT 03:30	SAT 04:00	-	-

AID STATION BRGUDAC

COURSES: | R | B |







AID STATION INFO

From Labin: 48 km
From Umag: 70 km
From Lovran: 38 km
From Buzet: 20 km

Micro location: inside the memorial building
Around 50 parking places available across the village
Easisest way to get there is to follow the waysigns from
GPS location: N 45.380908
E 14.144248
Altitude: 733 m

HOW TO GET THERE BY CAR?

from Poklon 26km
Poklon - direction Labin - Lupoglav - direction Lanišće - direction Brgudac
ETA: 0h 34min

AID STATION TRIVIA

Brgudac, a village on Ćićarija, in the municipality of Lanišće (45 ° 23'N, 14 ° 09'E) from the 12th century. Located on the edge of the flattened areas at 749 meters above the sea level at the foot of the ridge formed by the Brajkov peak (1092m) and Korita. To the village leads a narrow road from the direction of Lanišće, but there are some hiking trails toward Semić, Planik peak and mountain hut Korita. Small population cultivate modestly fertile land for their own purposes.

In the past there has been some cattle breeding and production of charcoal. The area in the medieval age belonged to the Patriarchate of Aquilea, the Counts of Gorica, and later to the Venetian Republic.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	57,5	26,0	-	-
FASTEST ACTUAL TIME	FRI 22:03	SAT 02:30	-	-
SLOWEST ACTUAL TIME	SAT 06:45	SAT 06:45	-	-

AID STATION TRSTENIK

COURSES: | R | B |





AID STATION INFO



From Buzet: 28 km
From Umag: 78 km

Micro location: at the parking in the village centre
Around 20 parking places available in the village
GPS location: N 45.449836
E 14.057863
Altitude: 685 m

HOW TO GET THERE BY CAR?

from Brgudac
Brgudac - direction Lupoglav - direction Lanišće - direction Jelovice - Trstenik
distance: 16 km
ETA: 0h 21min

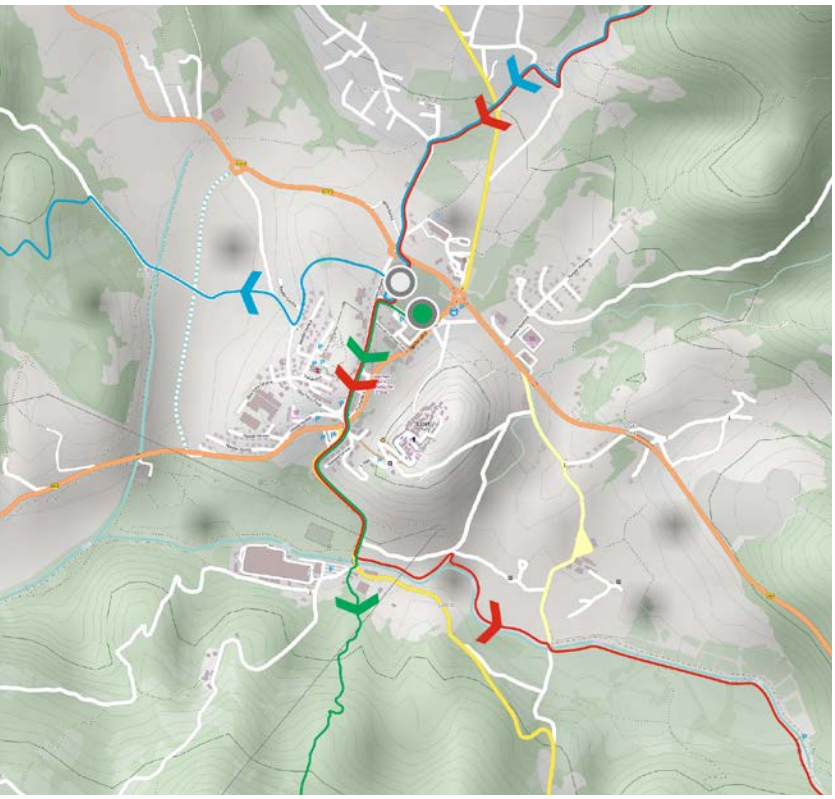
AID STATION TRIVIA

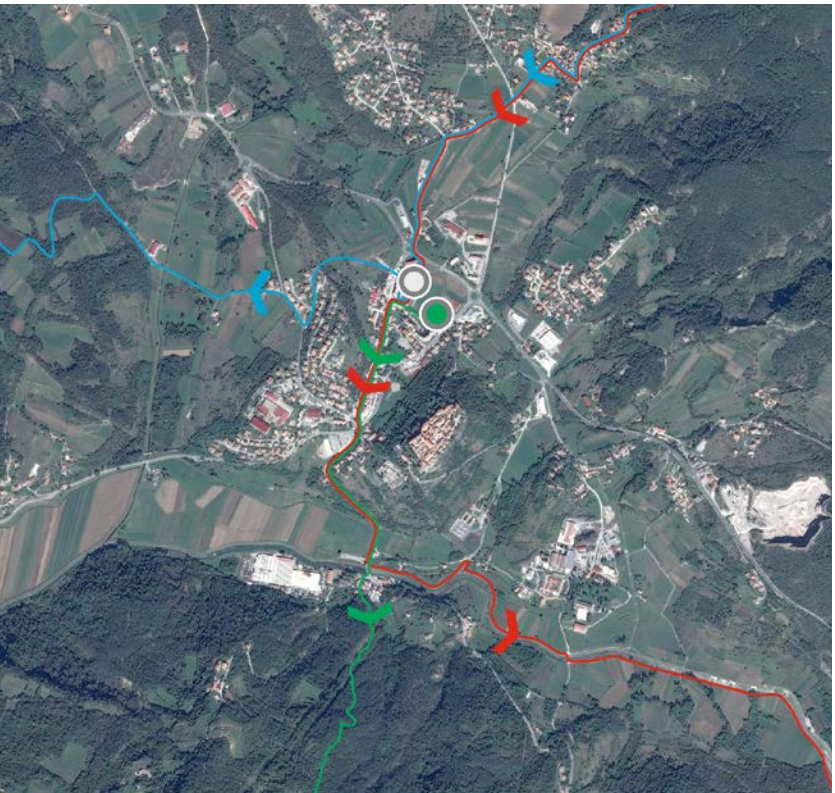
Trstenik is a village in Ćićarija, in the municipality of Lanišće, at 697 m above the sea level, 8 km northwest of the municipal center Lanišće. It is located on the road that leads from Lanišće for Dane (Lanišće) and Vodice (Lanišće), near the intersection of Brest (Lanišće) and Buzet, on a small hill between two longitudinal valleys. Residents are traditionally engaged in agriculture and cattle breeding, and lived most of the milk and wood they have sold. According to the census in the late 19th century, Trstenik counted 223 inhabitants, followed by steadily losing population, and slowly dying.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	73,1	43,6	-	-
FASTEST ACTUAL TIME	SAT 00:06	SAT 04:34	-	-
SLOWEST ACTUAL TIME	SAT 11:57	SAT 11:25	-	-

AID STATION BUZET

COURSES: | R | B |





AID STATION INFO

From Umag: 52 km

Micro location: inside the sport hall
Around 100 parking places available
GPS location: N 45.41179
E 13.966842
Altitude: 79 m

HOW TO GET THERE BY CAR?

from Trstenik 28km
Trstenik - direction Buzet
ETA: 0h 34min

AID STATION TRIVIA

Buzet and its area have been inhabited since ancient times. Illyrian tribes inhabited these areas in the Bronze Age when they began to build hilltop settlements surrounded by walls. From AD 177 to AD 476 the area was under the Roman rule, which was followed by Byzantine rule and after the great movement of the peoples came the Croats and Slovenes. At the end of the 8th century Istria was under the rule of the Franks, who introduced the feudal system.

Buzet recognized the rule of the Aquileian Patriarch up until 1497, and from that year until 1797 it was under Venetian rule. After the fall of the fort Rašpor, Buzet became the base of the Venetian military commander of the area which had a significant impact on Buzet. It was the time when crafts developed, great care was taken about possible enemy attacks, providing arms and fortifying the town walls. Small well was renovated, large and small gates were built as well as the new parish chrurch of the Assumption of the Blessed Virgin Mary. After the fall of the Venetian Republic, Istria came under Austrian rule, which lasted until 1918.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	88,3	58,8	-	-
FASTEST ACTUAL TIME	SAT 01:53	SAT 06:20	-	-
SLOWEST ACTUAL TIME	SAT 16:00	SAT 15:00	-	-

AID STATION HUM

COURSES: | R |





AID STATION INFO

From Buzet: 14 km
From Umag: 64 km

Micro location: above town's gate in front of the church
Around 50 parking places available
GPS location: N 45.348319
E 14.050543
Altitude: 332 m

HOW TO GET THERE BY CAR?

from Buzet
Buzet - direction Rijeka - direction Hum
distance: 14 km
ETA: 0h 18min

AID STATION TRIVIA

Hum is often referred to as the smallest town in the world. It has only 17 inhabitants and preserved city institutions. It is located in central Istria, 14 kilometers southeast of Buzet.

Inside the preserved city walls are two small streets, the parish church of the Assumption of Mary was built in 1802, a Romanesque church OF St. Jerome from the 12th century, decorated with frescoes under Byzantine influence, with many Glagolitic inscriptions and graffiti from Master Anthony of Padua.

Hum has preserved the tradition "of choosing the prefect for a year". All the men of the parish in the town loggia vote on a wooden stick for its candidate.

It is famous for its Glagolitic Alley. Hum gate, through which you enter in Hum, is the last feature of the mentioned Alley. The doors are metal, and around knob there are twelve medallions depicting months.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	73,1	-	-	-
FASTEST ACTUAL TIME	SAT 03:07	-	-	-
SLOWEST ACTUAL TIME	SAT 19:37	-	-	-

AID STATION BUTONIGA

COURSES: | R | G |





AID STATION INFO

From Buzet: 19 km
From Umag: 43 km

Micro location: at the guarding house at the end of the dam
No parking places available
GPS location: N 45.329451
E 13.91885
Altitude: 37 m

HOW TO GET THERE BY CAR?

from Hum 28km
Trstenik - direction Buzet
ETA: 0h 34min

from Vrh 5km
Vrh - direction south
ETA: 0h 8min

AID STATION TRIVIA

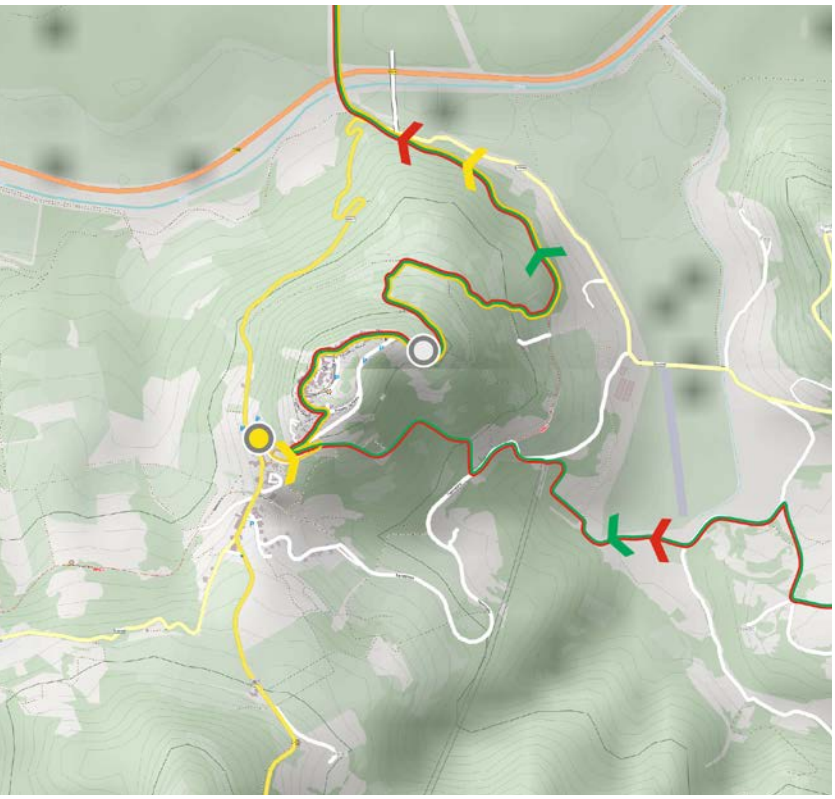
Butoniga lake is artificial lake in Istria, on the same river. The primary purpose is water supply, and also serves to retain water waves, and irrigation. The lake is not allowed to swim or fish.

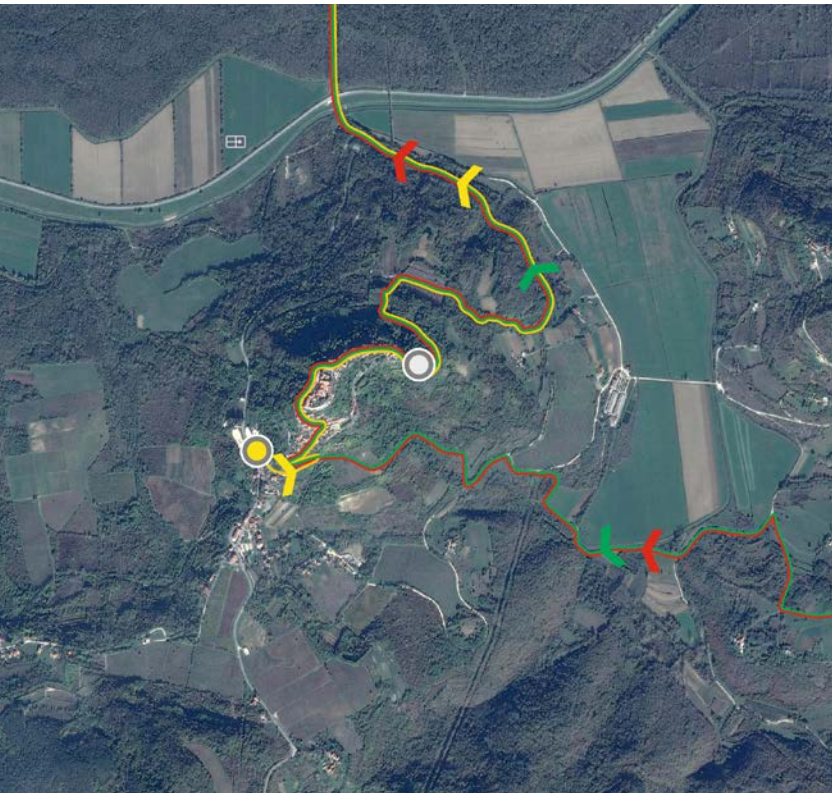
The lake has carp, chub and trout and is suitable for fishing. Built in 1988. The main tributaries of the lakes are river Butoniga, Draguc and Račički stream. Basin Lake Butoniga located at an altitude between 40 and 500 meters. The surface on the left is 73 km2. The surface of the lake at normal backflow is 2.45 km2. The volume of the reservoir is 19.7 million m3, of which the dead space for the acceptance of waste sediment 2.2 million m3. Prague overflow at 41 meter above sea level.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	117,1	-	15,7	-
FASTEST ACTUAL TIME	SAT 04:52	-	SAT 09:17	-
SLOWEST ACTUAL TIME	SUN 00:45	-	SAT 10:36	-

AID STATION MOTOVUN

COURSES: | R | G |





AID STATION INFO

From Buzet: 19 km
From Umag: 38 km

Micro location: near the cemetary

GPS location: N 45.337571
E 13.832686

Altitude: 260 m

HOW TO GET THERE BY CAR?

from Butoniga
Butoniga - direction Livade - direction Buje - direction Motovun
distance: 13 km
ETA: 0h 16min

AID STATION TRIVIA

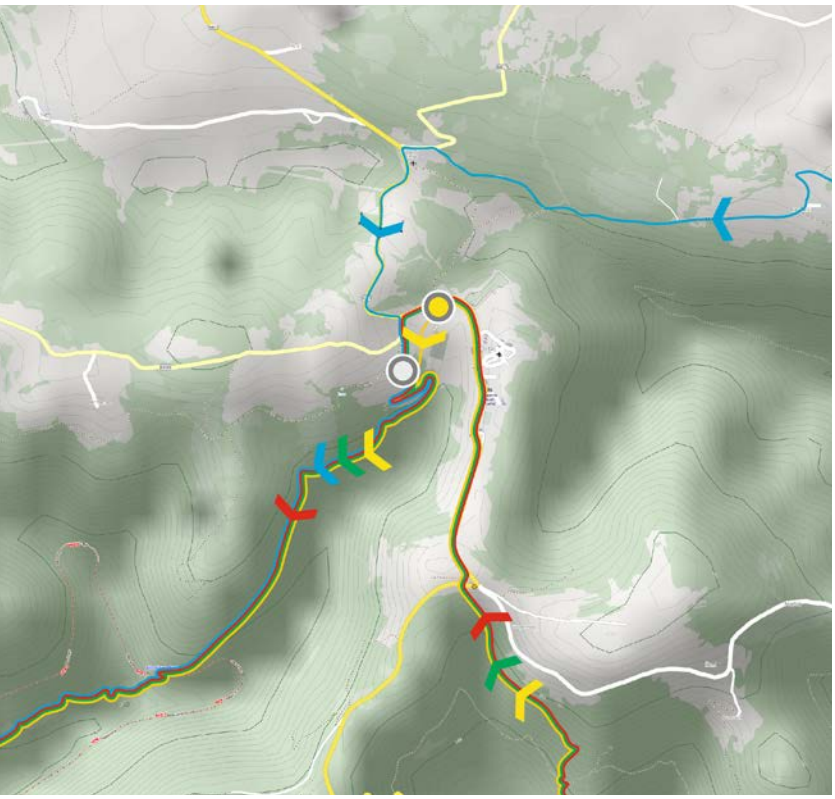
Motovun is one of the most beautiful towns in Istria, certainly worth visiting, whether you are a runner or just a tourist.

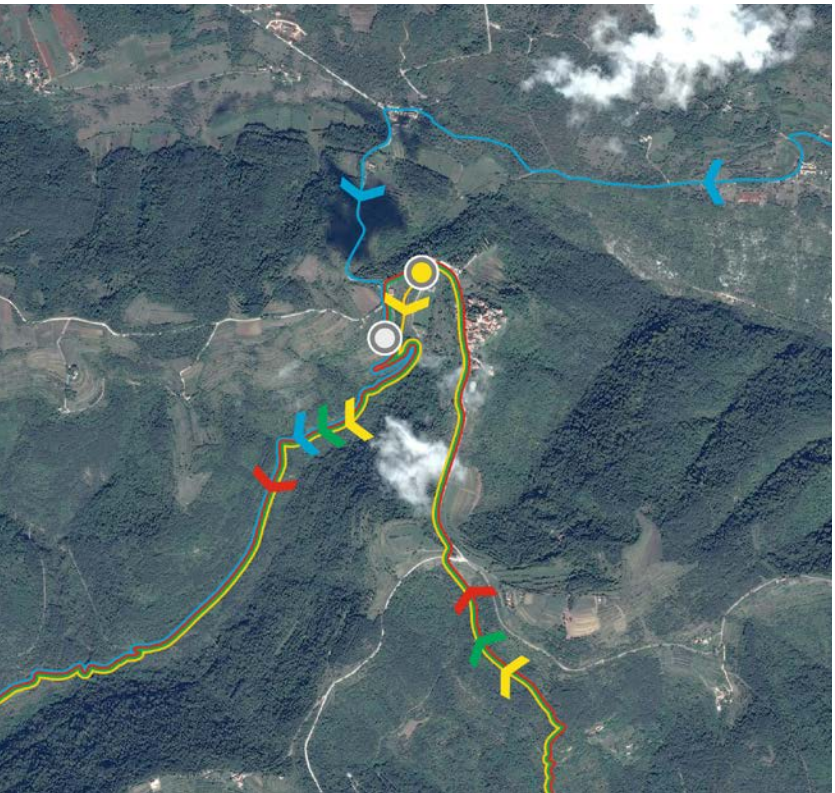
At the foot of the Motovun hill, the mythical Jason and the Argonauts sailed along the Mirna River, but the first inhabitants to leave traces populated this area in the period between 3,500 and 2,200 B.C. The first mention of Motovun in written records dates back to 804 and after centuries of domination by the Germans and the Patriarchs of Aquileia, Motovun asked Venice to be accepted under its rule in 1278 and remained so until 1797. At the time of the Austro-Hungarian Monarchy this area was renowned for the growing of trees used in ship-building. The Motovun area is abundant with natural beauties due to its biological diveristy, rich flora and fauna and good climate. Visitors are drawn to the lush green meadows and the natural habitat filled with many plants and animals. The River Mirna bisects the valley and runs through the Motovun forest, which is known for its famous inhabitants – truffles. No one should miss the spectacular view from the city walls over the Mirna valley.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	128,3	-	27,1	-
FASTEST ACTUAL TIME	SAT 06:16	-	SAT 10:17	-
SLOWEST ACTUAL TIME	SUN 04:29	-	SAT 13:20	-

AID STATION OPRTALJ

COURSES: | R | B | G | Y |





AID STATION INFO

From Buzet: 20km
From Umag: 28 km

Micro location: across the valley, opposite from the city, above the football pitch.

Around 10 parking places available
GPS location: N 45.380844
E 13.819692
Altitude: 324 m

HOW TO GET THERE BY CAR?

from Motovun 11km
Motovun - direction north - Livade - direction Oprtalj
ETA: 0h 20min

from Buzet 24km
Buzet - direction Buje - direction Livade - direction Oprtalj
ETA: 0h 26min

AID STATION TRIVIA

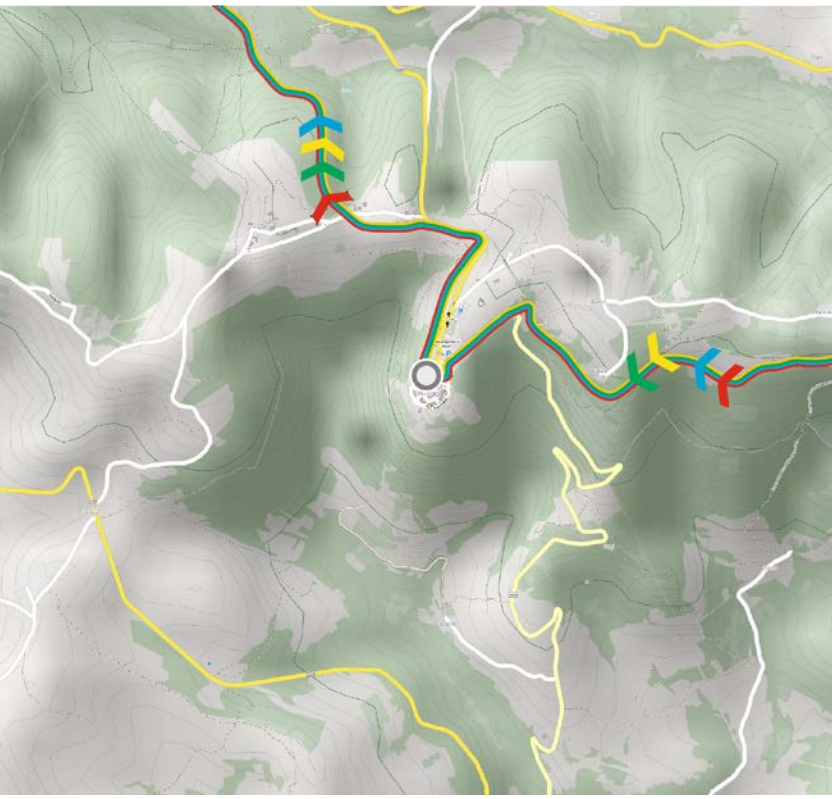
Oprtalj, situated on the hill reachable from Motovun-Montona along the narrow southward plateau is according to many, one of the most picturesque towns of the northern Istria. Oprtalj or Portole, which is its Italian name, was formerly a fort surrounded by defensive walls on which houses were built among barely protruding former town gates. In front of the gates, there is a huge Venetian loggia with the collection of stone monuments and an immediate vicinity of a plateau situated on the high fortifications offering the view all the way to the sea.

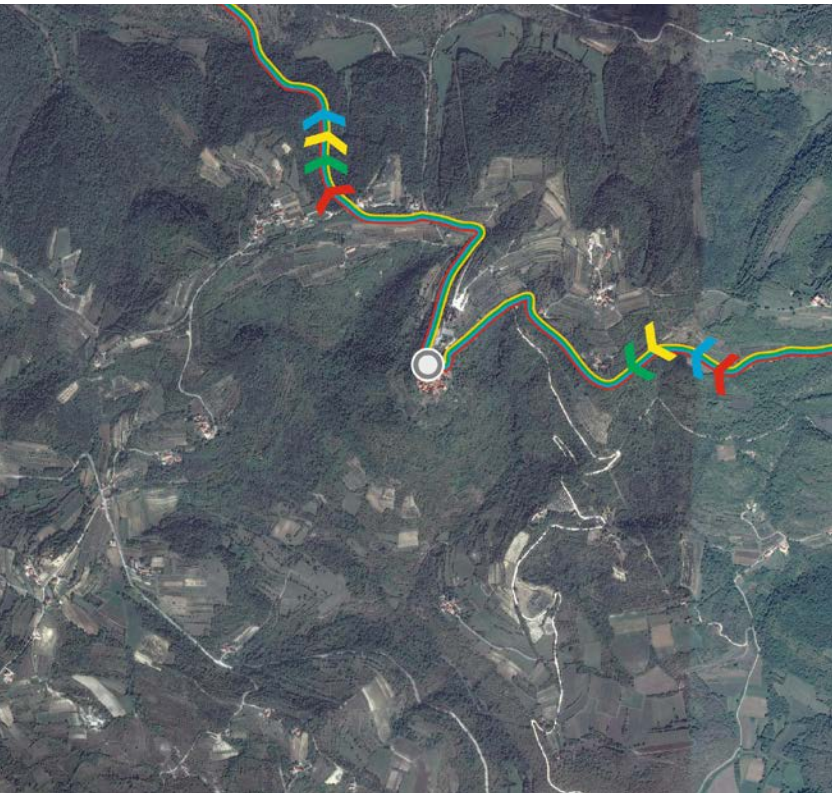
This area is famous for three more locations well-known for its sights. Below Oprtalj next to the Mirna river, there is Livade, a world centre of truffles. In the immediate vicinity of Livade, Zrenj also called Sridone is situated, a former town of skilful and rich craftsmen such as blacksmiths, weavers, stone-masons and the birth place of St. Geronimo. Below the 85 meters high rock, on the spring of healing water of St. Stephen there is a health resort 'Istrian Spa'.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	136,3	78,0	35,1	9,1
FASTEST ACTUAL TIME	SAT 07:12	SAT 08:28	SAT 10:59	SAT 14:46
SLOWEST ACTUAL TIME	SUN 06:59	SAT 20:59	SAT 15:59	SAT 15:41

AID STATION GROŽNJAN

COURSES: | R | B | G | Y |





AID STATION INFO

From Umag: 21 km

Micro location: in the city, near the town's church

There are more than 100 parking places
GPS location: N 45.379317
E 13.722641
Altitude: 283 m

HOW TO GET THERE BY CAR?

from Oprtalj
Oprtalj - direction Šterna - direction Grožnjan
distance: 15 km
ETA: 0h 21min

AID STATION TRIVIA

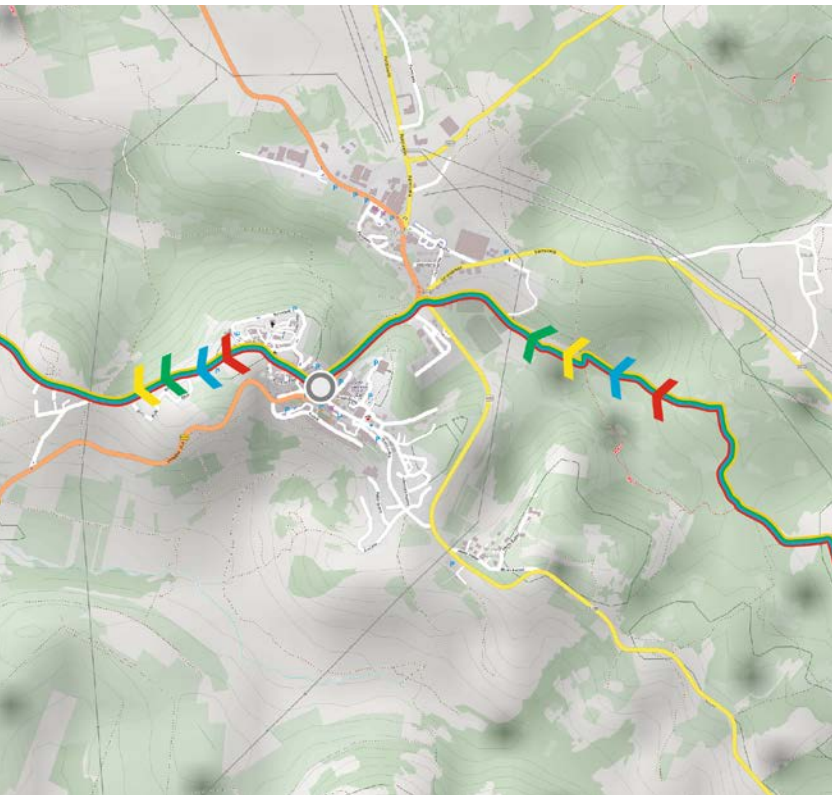
Grožnjan, a small Istrian town of great cultural significance not only in Croatia but also internationally, lives its summer months very intensely. Every year at the beginning of May, the little streets and squares of Grožnjan-Grisignana metamorphose and turn into a truly artistic beehive: it opens its summer music academies for young people, its artistic, dance and drama workshops and its peace activism workshops under the leadership of well-known experts and teachers and famous names from music, art and drama.

During those few summer months Grožnjan-Grisignana lives and breathes art and the labyrinth of its little streets become one great stage on which are constantly interchanging the sounds of jazz and classical music, guitar and piano, violin and cello, drum and vibraphone...

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	147,6	89,3	46,4	20,6
FASTEST ACTUAL TIME	SAT 08:22	SAT 09:36	SAT 11:55	SAT 15:38
SLOWEST ACTUAL TIME	SUN 10:03	SUN 00:30	SAT 18:47	SAT 17:39

AID STATION BUJE

COURSES: | R | B | G | Y |





AID STATION INFO

From Umag: 13 km

Micro location: in the town's centre, near the roundabout in the atrium

Around 100 parking places available
GPS location: N 45.408898
E 13.658645
Altitude: 189 m

HOW TO GET THERE BY CAR?

from Grožnjan 8km
Grožnjan - direction Buje
ETA: 0h 11min

AID STATION TRIVIA

Situated on top of a hill at 222 m above sea level, the small town of Buje dominates the surrounding green terrace-like fields. Due to its strategic location it is called The Watchman of Istria.

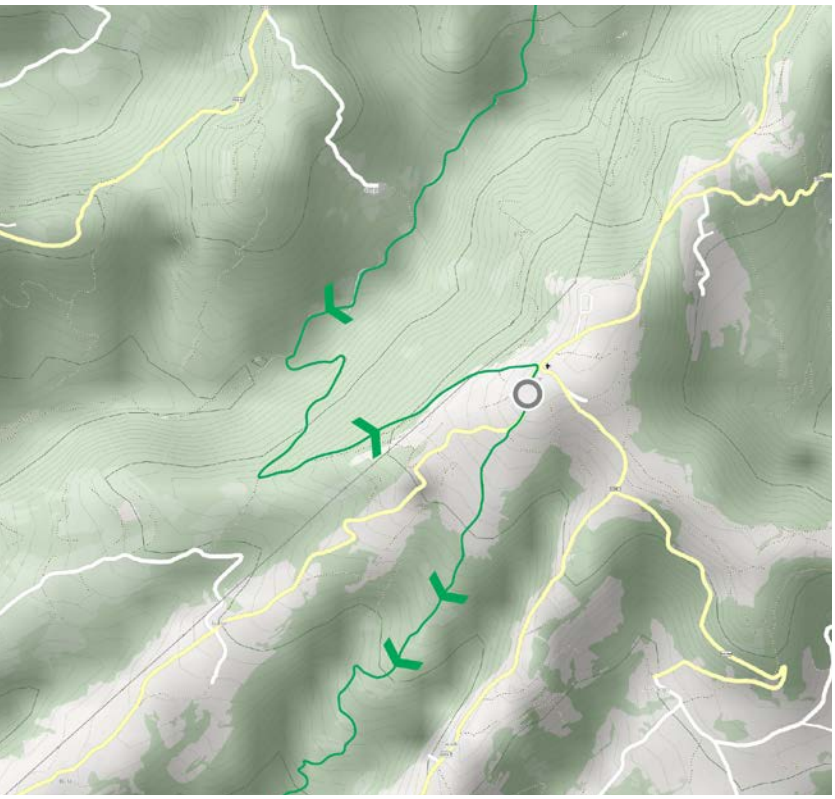
Buje-Buie is surrounded by numerous hills which were settled already during the Bronze Age by various tribes and during the Iron Age the Histrians came to their prehistoric settlements. With the foundation of Roman Reign the region becomes Agro della Cononia di Trieste which was annexed to the region Venetia et Histria. During the turbulent time of Barbarian invasions the population found refugee in fortresses built on flat hill tops. The fortified castle of Buje-Buie dates from this period, too.

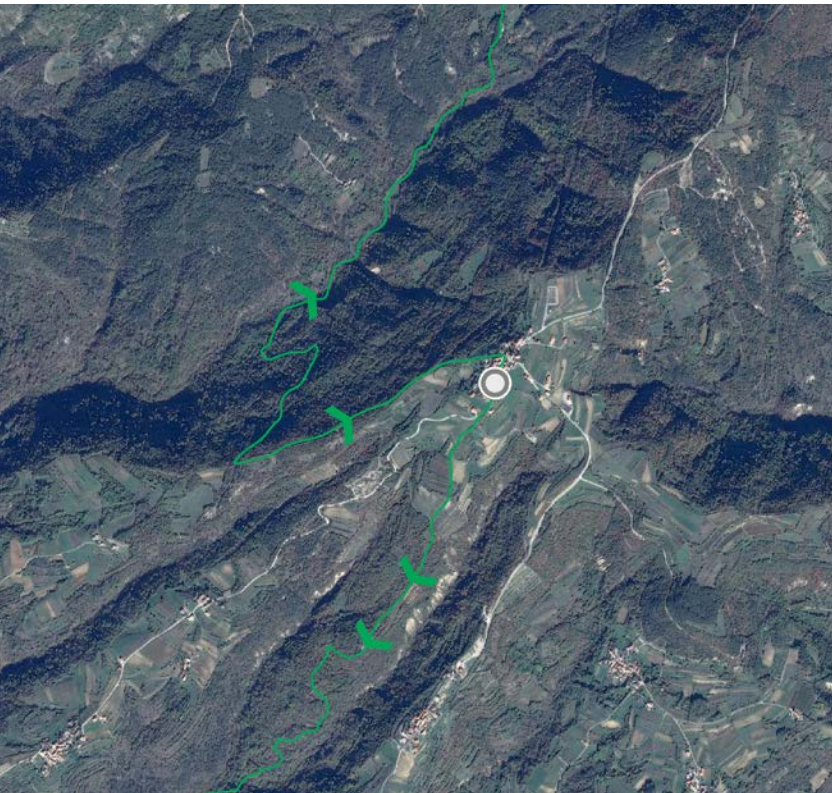
Since the 18th century the settlement has spread outside the town walls. The new neighbourhoods have become important centres of culture, education, sport, economy and administration.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	155,1	96,8	53,9	28,3
FASTEST ACTUAL TIME	SAT 09:03	SAT 10:13	SAT 12:37	SAT 16:49
SLOWEST ACTUAL TIME	SUN 11:52	SUN 02:32	SAT 20:29	SAT 19:18

AID STATION VRH

COURSES: | G |





AID STATION INFO

From Umag: 46 km
From Buzet: 11 km

Micro location: in the village centre

Around 100 parking places available
GPS location: N 45.359377
E 13.938779
Altitude: 385 m

HOW TO GET THERE BY CAR?

from Buzet
Buzet - direction Draguć - direction Vrh
distance: 11 km
ETA: 0h 16min

AID STATION TRIVIA

This small Istrian town is perched on a hill north of Butoniga Lake. This exceptional position enables you to see over 130 towns, villages and churches of the Istrian peninsula from its bell tower.

The area of Vrh known as Vrhuvština comprises 17 villages with about 700 inhabitants. The town has 40 houses situated around the parish church of the Assumption of the Virgin Mary.

The parish church of the Assumption of the Virgin Mary from 1231 houses the most important monument known as the stone repository with decorative figures and a Glagolitic inscription. Another old architectural monument in Vrh is the chapel of St. Anthony the Abbot, built in the 15th century and reconstructed in 1894 which lies along the road, south of the town. On the chapel is a stone plaque with Glagolitic inscription indicating the year of construction, name of builder, priest and laymen who managed the church property.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	-	-	10,5	-
FASTEST ACTUAL TIME	-	-	SAT 08:56	-
SLOWEST ACTUAL TIME	-	-	SAT 09:52	-



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FINISH

UMAG APRIL 5TH - 8TH

ELEMENTARY SCHOOL "MARIJA I LINA" SPORTS HALL

FIRST TOURIST ENTRANCE TO CROATIA

Umag, small town and port on the north-western coast of Istria, presents 'Croatia's gateway to Europe'. It also has the reputation of the Istrian sports centre, since as the host of the ATP tournament for many years now, it attracts numerous top world tennis players.

Its beneficial features were already recognized by the Romans who turned it into their summer residence. The magnificence and splendour of those times today is reflected in the many Venetian houses in the old part of Umag.

At a distance of only 40 kilometres from Trieste, 150 kilometres from Ljubljana, the capital of Slovenia and 50 nautical miles from Venice, Umag is a favourite holiday destination with extraordinary excursion possibilities. Umag's hinterland offers newly discovered tourist attractions like mountaineering, caving and other chances for adventure enthusiasts.

The old town of Umag is located on a small peninsula (which was once an island) on the north-western coast of Istria. It was built on the foundations of Roman archaeological ruins and it has preserved its network of narrow streets and a Medieval urban structure. Even the Romans proclaimed Umag for their seaside resort and connected it with the mainland.

The new part of Umag stretches for the most part along the coast from Katoro to Novigrad, where its main tourist capacities are located.

Apart from Umag, there are two more famous tourist destinations in this area – Savudrija with its oldest lighthouse on the Croatian Adriatic Sea from the year 1826 and Lovrečica as a peaceful oasis for family vacations. Due to its geographical location, Umag is the first Croatian tourist gate to / from Europe, 10 kilometers distance from the European highways.

Umag is also the first nautical gate from Central Europe to Croatia, located in an attractive bay with one of the most prestigious ACI marinas awarded with one of eleven Blue flags – the European standard for the cleanliness of beaches and marinas, Umag-Umago o as a tourist destination is particularly proud of.

The tourist mini train connects Umag with Katoro where a Roman archaeological finds can be visited.

TIME TABLE

FRIDAY 6TH
09:00 AM
EXPO OPENS

08:00 PM
EXPO CLOSES

SATURDAY 7TH
06:00 AM
EXPO OPENS

07:00 PM
EXPO CLOSES

SUNDAY 8TH
09:00 AM
EXPO OPENS

NOON
ONE MILE OF ISTRIA START!

01:00 PM
AWARD CEREMONY

03:00 PM
EXPO CLOSES

03:00 PM
LAST COMPETITOR EXPECTED



PHOTO.
Finish map



ONE MILE OF ISTRIA

UMAG APRIL 8TH NOON

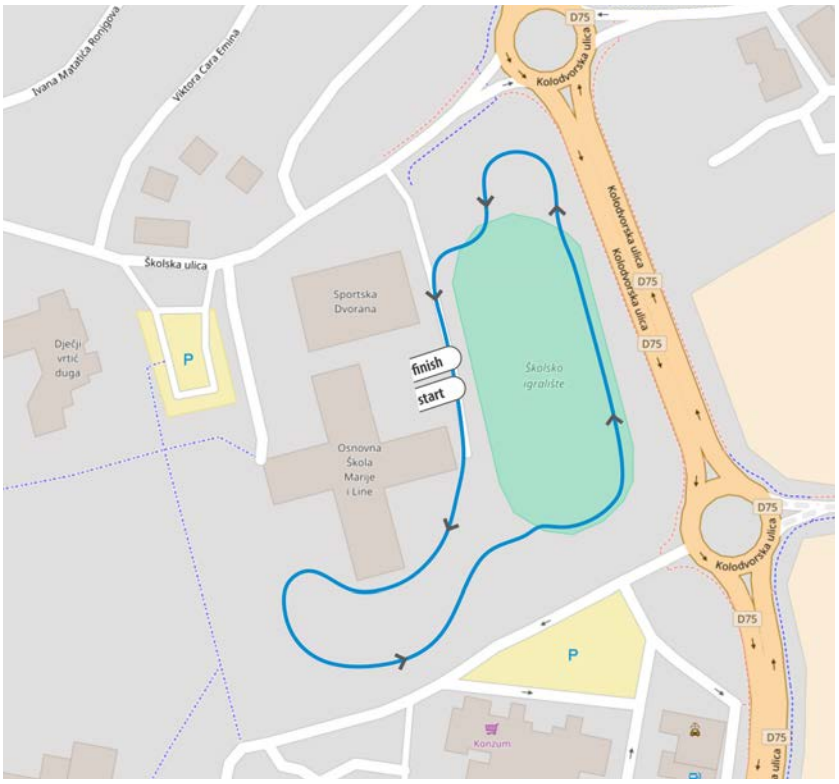
ELEMENTARY SCHOOL SPORTS HALL

AND SOMETHING FOR YOUR KIDS TOO!

One mile of Istria is a cute little race for the kids. Enrollment is absolutely free but you should hurry because we have only 200 BIBs available.

You can enroll your kids by sending an e-mail at **ONEMILE@ISTRIA100.COM.**

Each kid will get a finisher's medal!



TIME TABLE

10:00 AM
BIB DISTRIBUTION OPENS

11:45 AM
BIB DISTRIBUTION CLOSE

NOON
START!



PHOTO.
Course start map

ITRA

INTERNATIONAL TRAILRUNNING ASSOCIATION

PRESENTATION AND OBJECTIVES

On September 3rd 2012, the 1st International Trail running conference was held in Courmayeur, Italy with more than 150 delegates (race organisers, manufacturers, journalists and elite athletes) who came from 18 different countries around the world.

This was the first time that so many players in the field of trail-running were were gathered. This conference allowed all the participants to see the diversity of points of view and to understand the necessity for trail-running to be organised as a discipline, in its own right, while taking into account the different approaches on the different continents: America, Asia, Africa Oceania and Europe.

Divided in 5 working groups, 50 volunteers (race organisers, athletes, federation representatives, manufacturers, journalists, coaches...), from 13 different countries on the 5 continents, worked together around a virtual round table.

Uniting their cultures and points of view to accompany this discipline in full evolution, they have worked on writing an ethical charter, proposing an international definition of trail-running, and the setting up of a policy for health matters and anti-doping. They founded a basis for a reasonable management of top-level athletes and reflected upon the creation of an international ranking system.

These conclusions laid down the foundations for the practice of trail-running, and established the basis on which to create an association wanting to bring together all the actors of trail-running worldwide, around shared values and principles.

This is how the International Trail-Running Association (ITRA) was born in July 2013, driven by the passion for trail-running and the enthusiasm of its founding members.

The International Trail-Running Association is open to all players in the field of trail-running and wishes above all to be a place for meeting, listening and exchanges.

GOALS

The main objectives of the ITRA are:

To develop and promote trail-running as a discipline in its own right, accessible to all, rich in its diversity of cultures and venues of practice;
To promote its sporting ethic which relies heavily on strong values (authenticity, humility, fair-play, equity, respect and solidarity) with not only all the players in trail-running but the general public as well;
To contribute to the improvement of the quality of the organisation and the security of participants;
To promote the preventative actions concerning health matters and above all to do everything possible to fight against doping;
To contribute to a better practice of respect for the environment and to promote sustainable development at the heart of trail-running;
To allow all its members to express their feelings and to be heard at an international level;
To maintain constructive relationships and to collaborate with national trail-running associations and national and international federations;
To promote and collaborate in the organisation of championships or of continental or world trail-running circuits which will reinforce the international visibility of trail-running and produce valuable recognition to elite athletes.

DEFINITION OF TRAIL RUNNING

Trail-running is a pedestrian race open to all, in a natural environment (mountain, desert, forest, plain…) with minimal possible paved or asphalt road (which should not exceed 20% of the total course).

The terrain can vary (dirt road, forest trail, single track…) and the route must be properly marked (1).

The race is ideally – but not necessarily – in self-sufficiency or semi self-sufficiency (2) and is held in the respect for sporting ethics, loyalty, solidarity and the environment.

Classification of Trail running races
As part of the rewriting of Article 252 of the IAAF Competition Rules, defining the trail, the ITRA has improved the definition of trail categories in order to group the races coherently. The old classification, based on distances (without taking into account the elevation), did not provide enough coherence with regard to the efforts made by the trail runners. Indeed, two races of 100km, but with very different elevation gain were in the same category whereas the effort made

by the trail runners is not the same at all (as well as the time .

Henceforth, the classification of the races is based on the same km-effort as those used to attribute the ITRA points (calculated by adding the distance (in Km) and the hundredth of the positive elevation gain (in m)). In this way, these categories of trail more accurately reflect the effort that will have to be made by a runner on a race.

This new classification, implemented in March 2018, has 7 different categories of trail running (from XXS to XXL) all associated with the new ITRA points according to the following table:

Category	ITRA points	Km-effort	Approximate time of the winner (*)
XXS	0	0-24	1h
XS	1	25-44	1h30 - 2h30
S	2	45-74	2h30 - 5h
M	3	75-114	5h - 8h
L	4	115-154	8h - 12h
XL	5	155-209	12h - 17h
XXL	6	>=210	>17h

(1) "Properly marked" means that the runners will receive enough information to complete the race without getting lost. That includes physical markings (flags, tapes, signs…) or GR permanent markings or GPS tracks or map indication.

(2) "Self-sufficiency or semi self-sufficiency" means that the runner has to be autonomous between aid stations, regarding clothing, communications, food and drink.

(*) when the winner has an international level (ITRA score of 830 at least). The time of the winner is approximate. This is not a mandatory time. It's just an indication.

WHAT IS THE ITRA PERFORMANCE INDEX?

The ITRA performance index is intended to provide a tool for evaluating the speed level of trail runners. In particular, the performance index can be used for comparing the speed of runners around the world, including athletes who may never have run in the same event.

The index corresponds to the potential speed of each runner on a scale of 1000 points. The value obtained is termed the "score". It is not an index of evenness.

The performance index is regularly updated.

TO WHAT LEVEL CORRESPONDS THE PERFORMANCE INDEX?

Hommes			
> 900	AAA	ELITE 1	Niveau International
> 850	AA	ELITE 2	
> 800	A	ELITE 3	
> 750	BBB	EXPERT 1	Niveau National
> 700	BB	EXPERT 2	
> 650	B	EXPERT 3	
> 600	CCC	ADVANCED 1	
> 550	CC	ADVANCED 2	
> 500	C	ADVANCED 3	
> 450	DDD	INTERMEDIATE 1	
> 400	DD	INTERMEDIATE 2	
> 350	D	INTERMEDIATE 3	
<350	E	STARTER	

Femmes			
> 800	AAA	ELITE 1	Niveau International
> 750	AA	ELITE 2	
> 700	A	ELITE 3	
> 650	BBB	EXPERT 1	Niveau National
> 600	BB	EXPERT 2	
> 550	B	EXPERT 3	
> 500	CCC	ADVANCED 1	
> 450	CC	ADVANCED 2	
> 400	C	ADVANCED 3	
> 350	DDD	INTERMEDIATE 1	
> 300	DD	INTERMEDIATE 2	
> 250	D	INTERMEDIATE 3	
<250	E	STARTER	

ITRA

WHAT ARE THE DIFFERENT CATEGORIES OF THE PERFORMANCE INDEX?

The performance index can be sub-divided into different categories:

- The general index: based on a weighted mean of the 5 best results for each runner over the previous 36 months, regardless of the race category.
- The index by category: the principle is the same as that of the general index but the calculation (weighted mean) is based on races in the respective category (for example races over 100 km for the Ultra Trail XL category).

WHICH RACES ARE INCLUDED IN THE PERFORMANCE INDEX?

This performance index is calculated using all the trail races which publish an official ranking. Priority is given to ITRA races, i.e. races which are shown in the ITRA calendar and the results of which are published by the organiser. No other event will be used except in the event of special circumstances determined by ITRA.

With reference of the definition of trail as defined by the ITRA, this index takes in to account all those races in open country which have a minimum distance on asphalt and which take place in total or semi self-sufficiency.

HOW IS THE PERFORMANCE INDEX CALCULATED AND OVER WHAT PERIOD?

The performance index is calculated from the weighted mean of the 5 best results achieved by a runner over the previous 36 months (for the general index or the index by category). In the case where a runner does not have a sufficient number of races, a tapered statistical calculation allows extrapolation of theoretical results of the missing races, and hence the calculation of the runner's performance index. One single race can therefore be sufficient for a runner to appear in the performance index.

This period of 36 months is long enough to permit reliable statistical calculations. Furthermore, in the case of an injured runner, they still appear in the performance index due to their previous performances.

The fact that the mean used is weighted makes it impossible for an individual runner to calculate his performance index. The calculation is more complex than simply finding the average of the 5 best scores ((score 1 + score 2 + … score 5) divided by 5).

WHY DO SOME RACES NOT APPEAR IN MY RECORD?

The races that do not appear are those for which we have not received results from the organiser.

Occasionally, for the sake of expediency, ITRA may enter some results manually but in all other cases results must be forwarded by the race organisers.

A runner who notices that a race in which the runner has taken part is not shown in the ITRA calendar or list of results can contact the organiser to request that the results be submitted. In order to do so, before the organiser can upload the results he must create an Organiser Space (if he has not already done so) and input details of the race. This process is an entirely free service (and is independent of the course evaluation).

WHY IS THE "GENERAL" INDEX OFTEN BETTER THAN AN INDEX BY CATEGORY?

The general index is calculated on the weighted average of the 5 best results, a mix of categories, while the category index is calculated on the best results of the category. For a versatile runner, often their best 5 races will be spread across several different categories, which therefore gives them a better result in the general index than they would have for each category.

IS THE PERFORMANCE INDEX MIXED?

The performance index calculation applied is the same for men and for women. It is therefore possible to the compare the performances of men with those of women.

FOR ALL THAT CONCERNS THE PERFORMANCE INDEX, IS IT ADVANTAGEOUS TO BE A MEMBER OF THE ITRA?

All members of the ITRA (see subscriptions organisers, associations, brands or runners & sympathisers at 5 Euros) have a member's account. To consult the performance index it is necessary to identify oneself (click on "My account", then give your login and password), it is then possible to consult runners' complete results, as well as the full results of each race. Being a member of the ITRA also allows the consultation of previous year's performance indexes.

ITRA SCORING

WHAT IS THE ITRA SCORE?

For each race listed in your runner's record a score is given. This score represents an "evaluation" of your performance in the race in question, the highest possible score being 1000. The various scores given to a runner are used to calculate the runner's performance index (general or by trail category).

HOW IS MY SCORE FOR EACH RACE CALCULATED?

The score for each race is calculated from the distance and the elevation profile, as input by the race organiser. Where race organisers have requested an ITRA evaluation of their events, we use the data obtained following the evaluation (see the ITRA procedure for trail race evaluation). If not, we use the data supplied by the organiser.

The distance is "smoothed" using an empirical formula, expressed approximately as "the distance expressed in kilometers + a hundredth of the ascent/descent expressed in meters".

Using this "smoothed" distance, each result (time) is then compared with a theoretical best possible performance, determined by reference to multiple world records and corresponding to a maximum score of 1000 points. Thus, in a first calculation step, the score associated with a result is in the form of a number of points representing a ratio between the runner's time and the theoretical best possible performance.

In a second calculation step, and in order to take into account the specificities on trail related to the route and to the race conditions, we apply a coefficient of readjustment. It is calculated in so that the average of the ITRA scores gained by all the riders at the finish line multiplied by this coefficient is equal to the average of the ITRA ratings of the riders at the start.

The calculation of a score does not take the ranking into account.

IS A SCORE CALCULATED FOR EACH RACE?

Yes, when we receive the results from the organiser. Filing the results is a free service but the race organiser must respect the format required.

Exceptions: no score is calculated for "vertical KM" races or for races with too many stages or for which the number of effort points (distance + (elevation profile/100)) is less than 20.

THE SCORE FOR A RACE IN WHICH I TOOK PART HAS CHANGED. IS THAT NORMAL?

Yes, the calculation of the scores can be modified and may be subject to adjustment consequent upon the receipt of additional information (conditions, route changes not communicated to us by the organiser, ...). However, such adjustments are infrequent.

WHY IS MY SCORE LISTED AS "TO COME"?

This indicates that the result has been entered into our database but that the score is still being calculated. Dependent upon the number of results to be processed, the updating and calculation of scores may take a little while.

IS THE SAME SCORE GIVEN TO A RUNNER FOR EACH SIMILAR RACE?

No. The score is not the same since it relates to the performance of a runner for a specific race in specific conditions and will therefore depend on the distance and elevation profile of a race as well as on the coefficient of correction.

Two races may be advertised with the same distance and the same elevation profile yet, in reality, differ considerably (condition; the technical difficulty of the course; the relationship of elevation gain to distance (4 x 1000 m or 8 x 500m) etc.). A statistical coefficient of correction makes allowance for these less obvious differences, which explains why two runners respectively running races that are different yet have the same advertised characteristics (distance and elevation profile) can achieve similar times but be given different scores.

WHAT IS THE FINISHER CRITERIA ?

The Finisher criteria is calculated according to the limited time authorised by the organizer and concerns more particularly the slowest runners.

It gives the Performance Index required to be able to finish the race within the time limit. By comparing the Finisher criteria to their own Performance Index, each runner will be able to judge their ability to finish the race within the time limit.

ITRA SCORING

WOMEN TOP 20 WORLD

Caroline CHAVEROT	**806**	**FRA**
Megan KIMMEL	**797**	**USA**
Camille HERRON	**796**	**USA**
Ida NILSSON	792	SWE
Ruth CROFT	787	NZL
Martina STRAHL	784	SUI
Stevie KREMER	783	USA
Mimmi KOTKA	780	SWE
Emelie FORSBERG	778	SWE
Ailsa MACDONALD	777	CAN
Andrea HUSER	776	SUI
Courtney DAUWALTER	775	USA
Maite MAIORA ELIZONDO	775	ESP
Elisa DESCO	773	ITA
Kaci LICKTEIG	772	USA
Yiou WANG	772	USA
Mira RAI	772	NEP
Lucy BARTHOLOMEW	771	AUS
Tove ALEXANDERSSON	771	SWE
Clare GALLAGHER	769	USA

MEN TOP 20 WORLD

Jim WALMSLEY	**946**	**USA**
Kilian JORNET-BURGADA	**926**	**ESP**
Luis-Alberto HERNANDO	**921**	**ESP**
Hayden HAWKS	920	USA
Joe GRAY	915	USA
Francois D'HAENE	914	FRA
Remi BONNET	914	SUI
Stian ANGERMUND	913	NOR
Tadei PIVK	913	ITA
Marco DE GASPERI	912	ITA
Max KING	912	USA
Tim FRERIKS	912	USA
Tom OWENS	912	GBR
Jonathan ALBON	911	GBR
Anthony COSTALES	908	USA
Aritz EGEA	908	ESP
Marc LAUENSTEIN	907	SUI
Tyler MCCANDLESS	906	USA
Zach MILLER	905	USA
Sage CANADAY	903	USA

WOMEN TOP 10 EUROPE

Caroline CHAVEROT	**806**	**FRA**
Ida NILSSON	792	SWE
Martina STRAHL	784	SUI
Mimmi KOTKA	780	SWE
Emelie FORSBERG	778	SWE
Andrea HUSER	776	SUI
Maite MAIORA ELIZONDO	775	ESP
Elisa DESCO	773	ITA
Tove ALEXANDERSSON	771	SWE
Nathalie MAUCLAIR	767	FRA

MEN TOP 10 EUROPE

Kilian JORNET-BURGADA	**926**	**ESP**
Luis-Alberto HERNANDO	921	ESP
Remi BONNET	914	SUI
Francois D'HAENE	914	FRA
Tadei PIVK	913	ITA
Stian ANGERMUND	913	NOR
Tom OWENS	912	GBR
Marco DE GASPERI	912	ITA
Jonathan ALBON	911	GBR
Aritz EGEA	908	ESP

WOMEN TOP 10 CROATIA

Marija VRAJIĆ-TROŠIĆ	**689**	**CRO**
Nikolina ŠUŠTIĆ	672	CRO
Veronika JURIŠIĆ	668	CRO
Darija BOSTJANČIĆ	611	CRO
Mirjana KOLAC	607	CRO
Jelena BREZAK	602	CRO
Maja MARUKIĆ	581	CRO
Anita ANTOLKOVIĆ	577	CRO
Maja URBAN	566	CRO
Ivna VUKŠIĆ	565	CRO

MEN TOP 10 CROATIA

Josip STIPČEVIĆ	**736**	**CRO**
Matija GRABROVEČKI	721	CRO
Nikola HORVAT	718	CRO
Ivan BLEČIĆ	712	CRO
Duje LEKŠIĆ	708	CRO
Hrvoje-Lovelos SLOVINAC	701	CRO
Goran MODRUŠAN	692	CRO
Nikola ŠPOLJAR	689	CRO
Nikola SMOLIĆ	686	CRO
Vedran RZAUNEK	678	CRO


salomon
TIME TO PLAY
MAKE ANY TERRAIN YOUR PLAYGROUND
XA ELEVATE


SUUNTO
PROGRESS BEYOND LOGIC
19:36
10:09
1324 m
SUUNTO
SUUNTO SPARTAN SPORT WRIST HR BARO

ETHICAL CHARTER.

THE VALUES OF TRAIL RUNNING BY

INTERNATIONAL TRAILRUNNING ASSOCIATION



PHOTO.
Mirjana Kolac (CRO) and Darija Bostjančić (CRO) at the finish line celebrating 2nd and 3rd place on the BLUE course

The members of the ITRA representing the different components of the trail-running community from the 5 continents,
so as to accompany the major evolutions of our sport and allow the conditions necessary for its future to flourish,
have decided to unite our cultures and passions to bring together our heritage, our visions of trail-running and our values.

These values have driven our initiative because they are the soul of trail-running, a core bond shared by the various players and participants in this discipline's field, a core bond where authenticity and fair-play take central stage.

In fact, what is trail-running other



than an authentic event in open country, without any external props, a marvellous way to offer access to our regions, our footpaths, much like sharing our "homes"?

What better driving-force for trail-running than the organiser's motivation and desire to welcome runners, like welcoming friends to share something important with them, indeed something essential, where passion, conviviality, a world vision and human relationships are central?

By establishing this ambiance, this framework, by using simple and powerful rules, to which all the players naturally refer we can be sure to spread, for a long time to come, the values of our sport and also explain all that unites us:

"To surpass oneself and explore one's physical and mental abilities while in contact with beautiful and sometimes harsh natural surroundings.
The pleasure of running, without necessarily focusing on striving for performance, even if this doesn't prevent one from being proud of one's final ranking.

The sharing of one's passion and emotions with other runners and volunteers.

To experience the pride of being a "finisher".

Mutual help and support to finish and share the emotion of crossing the finishing line together after several hours of effort.

To experience a great moment of conviviality together with all the participants and players involved within an event.

To experience solidarity…

To hear the great champions' testimonies of respect for the performances of unknown runners…"

The analysis of these comments outlines the foundations of an unwritten culture which have united the players of the trail-running community since its beginning, and which continue to do so while our discipline experiences an ever-increasing popularity.

They wished to formalise these principles in the form of an International Trail-running Charter by defining their underlying values: the aim of this initiative is to share the salient points guiding the behaviour of all the players, whether they be runners, organisers, partners, volunteers, inhabitants or those responsible for the territories and regions that host trail-running events.

To adhere to, promote and implement these ideals is proof of a commitment in favour of a sport experienced as a human adventure, a source of self-fulfilment and sharing.

This Charter is in no way a call for uniformity, nor for standardisation. It leaves each and every individual the freedom to express their attachment to the trail running spirit according to their cultures and sensibilities.

AUTHENTICITY

Authenticity is the first trail-running value. At its origins, trail-running was born from the runners' motivation to practise their sport in contact with natural surroundings, so as to experience the beauty of the landscape and to learn to evolve without artifice in an environment that is demanding for both body and spirit. Trail-running is an authentic sport, because it creates a confrontation between the participant and the unspoilt natural environment as a source of inspiration, surpassing oneself, but also one of harmony.

As a social activity, trail running promotes human relationships based on simplicity, conviviality, sharing

and respect for differences. The trail-running community gives these authentic values as much importance as those of performance and competition.

HUMILITY

In practising trail-running, an activity in open country, humility is a behaviour that is adapted as much to the natural environment as to oneself.

In natural surroundings, it relies upon taking into consideration the existing natural hazards, whatever the relevance and the quality of the measures taken by the organisation of a race to ensure the safety of its participants. Humility, in the face of nature, supposes the capacity to show caution and can go as far as renouncing the race or the envisaged project.
For that which concerns each individual, humility is based on the consciousness and the knowledge of one's limits so as not to question one's physical or mental integrity.

As a type of behaviour, humility is an inseparable attitude of listening and learning for better understanding of the principles which govern natural environments or the fundamentals of practising an intensive sport in natural environments.

FAIR PLAY

Fair-play indicates the loyal acceptance of rules, not only to the letter but also in the spirit which presides over their definition.

For the runners, to be fair-play means respecting the race regulations, not cheating, not bending the rules, refusing all forms of doping; but also embodying the human values of trail-running throughout all of their races; mutual aid and solidarity with the other runners, respect for all the players present at the races.

For organisers, respecting fair-play supposes the implementation of the necessary means to fight against "... cheating, bending the rules, doping, ...physical and verbal violence ...exploitation, unequal opportunities, excessive commercialisation and corruption" (extract from the Council of Europe's Code of Sports Ethics).

EQUITY

Is in the search for a just balance, based on impartiality and equal opportunity from which each runner should benefit.

AUTHENTICITY
HUMILITY
FAIRPLAY
EQUITY
RESPECT
SOLIDARITY

The trail-running races are open to all runners. The regulations are conceived so that they apply equally to all concerned. All athletes are subject to the same conditions and they have the same rights and same duties. The measures taken to welcome the top athletes must on no account hamper the participation of the other runners.

It is the responsibility of the organisers to guarantee this principle of equity, to carry out the necessary checks and to offer all the participants the best race conditions possible.

RESPECT

The principle of respect embraces the respect for others, respect for one's self and respect for the environment.

Respect for others

To respect others, is to understand and accept their differences and it is to act in such a way as to not bother or hamper them. It is equally understanding that the race takes place in surroundings which have their own culture and traditions; it is consequently adopting the necessary "knowledge and understanding" in order to respect the local population, its culture and its customs.

Each runner also agrees to respect all people encountered during the course of the trail, who are also benefiting from the open country at the same time (other trail-runners, hikers, etc.).
Each runner agrees to know and respect the regulations of the race in which they have chosen to participate.

Respect for oneself

The practice of trail-running can entail risks and the search for performance and/or pleasure on no account justifies the distortion of one's, more or less long term, good health.

Each runner will be particularly vigilant so as not to take any doping product and not to resort to the abusive use of self-medication. They must take care not to exceed their limits to the point of affecting their physical or moral integrity.

Respect for the environment

Races take place in fragile natural environments. All players involved with trail-running races, runners, organisers, partners, accompanying persons make a commitment to protect the natural equilibrium.

Organisers of trail-running races must do all they can to reduce the negative impact linked to the running of their races. They make a commitment by sharing information and making efforts to educate in order to contribute to the general awareness of the natural environment's fragility.
Each organiser will identify the environmental risks engendered by their event and propose concrete actions to reduce the risks to the minimum. They will encourage the use of public transport or car-sharing and limit, as much as they can, the use of other motorised equipment.
Each runner makes a commitment to adopt the most relevant behaviour to minimize his or her impact on the terrain through which he or she passes.

Together, the members of the trail-running community act as ambassadors for the promotion and conservation of natural environments.

SOLIDARITY

Solidarity is a value that is practised and shared by the inhabitants at the heart of natural regions, which can become hostile, and consequently they need to help each other to progress better together or simply to survive. In the name of the principle of solidarity, each player in the field of trail-running is asked to prioritise going to the aid of anybody in danger or difficulty wherever they are and in whatever circumstance.

In a more global manner, the participants and players in the trail-running field often show solidarity by making a commitment in favour of environmental, social or societal causes or by helping the underprivileged. Trail-running race organisers implement this principle of responsibility by directly supporting charitable actions and sustainable development; numerous participants "run for a cause" to support the projects of their choice.

HEALTH POLICY?

PREVENTIVE AND RESEARCH ACTIONS CONCERNING HEALTH POLICY

The event organization has decided upon the implementation of health policy measures during 100 Miles of Istria. This preventive action does not replace the current national and international regulations regarding anti-doping campaigns but aims to strengthen the medical supervision set up by the event organization, in accordance to their safety-health-assistance programme. These measures are managed jointly by the International Trail Running Association (ITRA), the Ultra-Trail World Tour (UTWT) and the event organization. This preventive action will be implemented by a medical commission, consisting of doctors, which can take advice from experts as it considers appropriate and which will be able to express a consultative opinion to the event organization's jury on the medical condition of participants.

Each participant agrees to:

1. Declare to the medical commission the following information:

- Any medical history and/or pathology which may increase the risks during vigorous exercise;
- The use of any medicine;
- The request or procurement of any Therapeutic Use Exemption (TUE) for any medicine or substance which is proscribed.

The declaration of this information to the medical commission must only be done through the health space that each participant can create for free on the ITRA website: www.itra.run.

The medical information declared is accessible only to the medical commission and medical staff of the safety-health-assistance programme set up by the event organization.

2. Provide any urinary, blood, hair and/or saliva samples and analyzes requested by the medical commission, provided that the costs involved in achieving these samples and analyzes are the direct responsibility of the event organization.

3. To answer any reasonable request from the medical commission so as to decide upon their capacity, or not, to participate in the race, it being understood that the medical commission can propose to the event organization, that the participant be excluded from the race for health reasons.

Any unreasonable failure, refusal or provision of erroneous information from a participant related to the health policy may result in disqualification from the event.

OPEN YOUR FREE HEALTH SPACE ACCOUNT AT
http://www.i-tra.org/page/381/My_health_space.html

ACCOMMODATION

VILLAGE SOL GARDEN ISTRA 4*

Double room:
34,00 EUR / BB / pp and night

Single use (1 person):
44,00 EUR / BB / per night



HOTEL SOL UMAG 4*

Double room:
39,00 EUR / BB / pp and night

Single use (1 person):
49,00 EUR / BB / per night



PRIVATE ACCOMMO-DATION (APARTMENTS, ROOMS, HOUSES...)

1 person: 40,00 EUR per night
2 people: 55,00 EUR per night
3 people: 70,00 EUR per night
4 people: 85,00 EUR per night
5 people: 100,00 EUR per night
6 people: 125,00 EUR per night
Children up to 11,99 years: 5,00 EUR per night
Pets: 5,00 EUR per night



NEED ACCOMMODATION OR TRANSFER?

FIND INFO AT WWW.ISTRIA100.COM

CONDITIONS

Prices are valid for the period of 1.4.-10.4.2018.

Written prices are per person and night.

Residence tax and VAT are included in the price.

Additional payment for lunch/dinner in Sol Garden and Sol Umag = 12,00 € per person.

DISCOUNTS

Valid for Sol Garden and Sol Umag only:

Children from 0 to 11,99 years with 2 adults in a room, on a spare bed = FREE OF CHARGE

Children from 0 to 11,99 years with 2 adults in a room, on a normal bed = 25% discount

Third adult on a spare bed = 25% discount

ARE YOU COMING BY PLANE?

We can organize your transfer from airport to your accommodation unit and backwards. You just need to fill transfer form and our booking team will contact you with details and prices. See you in Umag!

POWERED BY:
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Address: Sjeverna ulica 2/2, 52420 Buzet
IBAN: HR9123600001501948381
BIC (SWIFT): ZABAHR2X (Zagrebacka banka Zagreb)

ADDITIONAL INFORMATIONS
For more information about transfer options please contact:
BOOKING@ISTRIA100.COM



PHOTO.
Umag from the air

ATTRACTIONS AND ACTIVITIES IN ISTRIA APRIL 1ST - 15TH

UMAG AND SURROUNDINGS

DAYS OF ISTRIAN ASPARAGUS

Umag-Umago, Novigrad-Cittanova, Buje-Buie, Brtonigla-Verteneglio

Gastronomic event dedicated to asparagus

March 21st - May 13th

EASTER WITH MUSIC

Novigrad-Cittanova

Entertainment program

April 1st

EASTER IN THE TOWN SQUARE

Umag-Umago

Easter celebration with a special entertainment program

April 1st

ASPARAGUS FESTIVAL

Kaštel (Buje-Buie)

International gastronomic competition

April 6th - 8th

UMAG TROPHY

Umag-Umago

International football tournament U8, U9, U10

April 6th - 8th

MUSIC TOURISM WEEK

Završje-Piemonte d'Istria

Entertainment program

April 9th - 15th

INTERNATIONAL MUSHROOM DAYS: SMRČKIJADA

Umag-Umago, Nova obala

Presentation of the Mushroom Morel

April 13th - 14th

ŠPAROGE OPEN 2018

Savudrija-Salvore, Golf Club Adriatic

Golf tournament

April 13th

WINE & WALK SWEET

Momjan-Momiano, Buje-Buie

Sports & gastronomic event

April 14th

POREČ AND SURROUNDINGS

MRF ISTRA MUSIC FESTIVAL

Poreč-Parenzo, Hotel Pical

8th International festival of choirs and orchestras

April 4th - 8th

ISTRIAN RIVIERA & GRAND PRIX OF TAR-VABRIGA

Tar-Torre, Motodrom

Car race

April 8th

POREČ FEST

Poreč-Parenzo, Gradsko kazalište Poreč, Glazbena škola Poreč

International guitar and violin competition

April 13th - 15th

ROVINJ AND SURROUNDINGS

ON THE PATHS OF ROVINJ DELICACIES

Rovinj-Rovigno, Rovinjski restorani (Rovinj restaurants)
April 7th - 14th

DAYS OF COMMUNICATION

Rovinj-Rovigno, Hotel Lone (Hotel Lone)
April 12th-15th

WEEKEND BIKE AND GOURMET TOUR

Rovinj-Rovigno
April 14th - 15th

LABIN AND SURROUNDINGS

EASTER BREAKFAST AT THE WATERFRONT

Rabac, Riva

Gathering with the traditional Easter food
April 1st

LABIN SPRING GASTRONOMIC RHAPSODY

Labin

Days of asparagus and cuttlefish
April 1st - 30th

CENTRAL ISTRIA

GRAČIŠĆE WINE FESTIVAL

Gračišće - old town
April 2nd

FEŠTA OD ROŽIC

Svetvinčenat, Placa (Square)

Flower fair
April 6th-8th

PULA AND SURROUNDINGS

MASSIVE SPRING BREAK

Pula-Pola, Cargo Club

Concert
April 6th

XCO AND XCM ROCKY TRAIL

Premantura (Medulin)

UCI MTB race
April 7th-8th

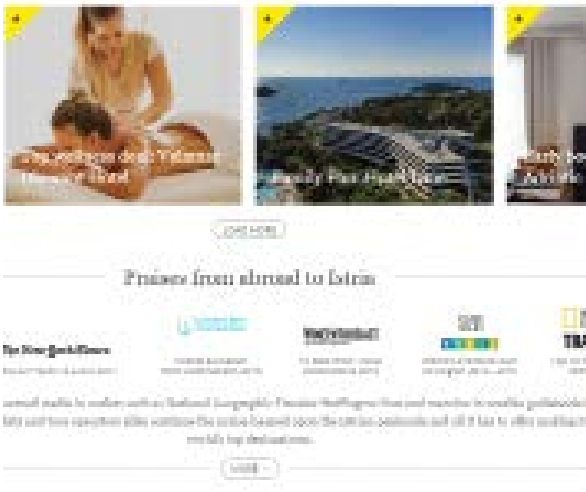
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Istria
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ISTRIA

THE HEART-SHAPED PENINSULA REACHING DEEP INTO THE CLEAR BLUE WATERS OF THE ADRIATIC SEA IS A HIDDEN GARDEN OF BEAUTY WHICH OPENS THE DOOR TO THE SUNNY AND WARM MEDITERRANEAN

Come and travel through it without hesitation, and the holiday of your dreams will become reality. Multicultural and hospitable, this is an area where wide-ranging diversities have come together to form a happy union.

Istria's crystal clear sea, clean shores and ports, its lively fishing boats and teeming narrow stone streets exude the true charm of the Mediterranean. Small, picturesque medieval towns perched on the peaks of its hills emanate the peace and gentleness of landscapes that irresistibly evoke the most beautiful parts of Tuscany or Provence.

Whereas the coastlines of Pula, Rovinj, Vrsar, Poreč, Novigrad or Umag bring to mind heritage and antiquity and conjure up images of Venice, in the central part of Istria the spirit of Central Europe is instantly discernible. In other words, Istria offers more than just the sea, sunbathed shores, romantic coves and tiny ports! She beckons you to follow the fairyland paths leading to the small medieval towns crowning her hilly landscape. Climb up to any one of them. Be it Motovun, Grožnjan, Završje, Oprtalj or, indeed, the smallest town in the world, Hum. A walk through their narrow, stone-paved streets will become a magical journey through a history that is quite unique. Follow that special path, from the massive town gate to a bench on the town loggia, and then on to the church on the main square and the bell tower, a view from which Istria will, for a brief moment, shine forth from a different panorama. Although they seem to be very similar, each of these tiny medieval towns is a quite individual entity.

So, be curious! Peek into doorways, discover the coats of arms, enter churches and find rest in the cool and quietude of the chapels. Here, you will come to understand the popular legends about diligent fairies who spend the nights building and rebuilding the walls, and also about 'štrigas' - bad witches who are always stirring up trouble. If you should meet anybody in your wanderings, feel free to stop and ask them whatever you wish. The people here are kindly and hospitable, and they will gladly tell you the story of Istria, a land in which even the greatest diversities live in peace and harmony, taking pride in their openness.

Istria truly is 'terra magica'; blessed with unspoiled nature, the crown jewel of which are the Brijuni islands, one of the most beautiful archipelagos in the Mediterranean with rare plant and animal species. This is a land whose long and rich history can be read literally from dinosaur footprints.

Fortified by the northerly bora and invigorated by the mistral, fragrance imbued with Spanish broom, sage and lavender, drowsy from stone pines, thyme and immortelle, with a climate that makes for a five month long swimming season, Istria is indeed the ideal tourist destination.

Of course, don't forget to taste Istria! From delicacies of the sea to delectable truffles, the liquid gold of the local Malvasia, the aromatic Muscat of Momjan, or the ruby-red Teran that once fortified Casanova himself, your palate will combine these divine pleasures into a fusion of unforgettable Istrian experiences. So, rather than dreaming of the holiday of your life - wake up in Istria! Step into this vibrant hub of civilisations whose cultural arboretum has been jealously nurtured since the times of the Histri, the Celts and the Romans, through the Slavonic peoples and the Venetians, all the way to the Austro-Hungarian Empire, and you will soon learn why Istria is so special.

To begin, remember the Legend of the Argonauts. In vain pursuit of Jason and the stolen Golden Fleece, having arrived to the shores of Istria, the people of Colchis decided not to return to their home. There is something in her magic, like in no other place in the Mediterranean. Here you will find a town which, just like Rome, lies on seven hills and boasts a famous amphitheatre. On one of those hills, a weary Hungarian king felt the desire to exchange his resplendent robes for the modest robe of a monk, and die in a state of sanctity, while the immortal Dante, inspired by the view from a panoramic viewpoint, wrote the verses of his masterpiece, The Divine Comedy. The name



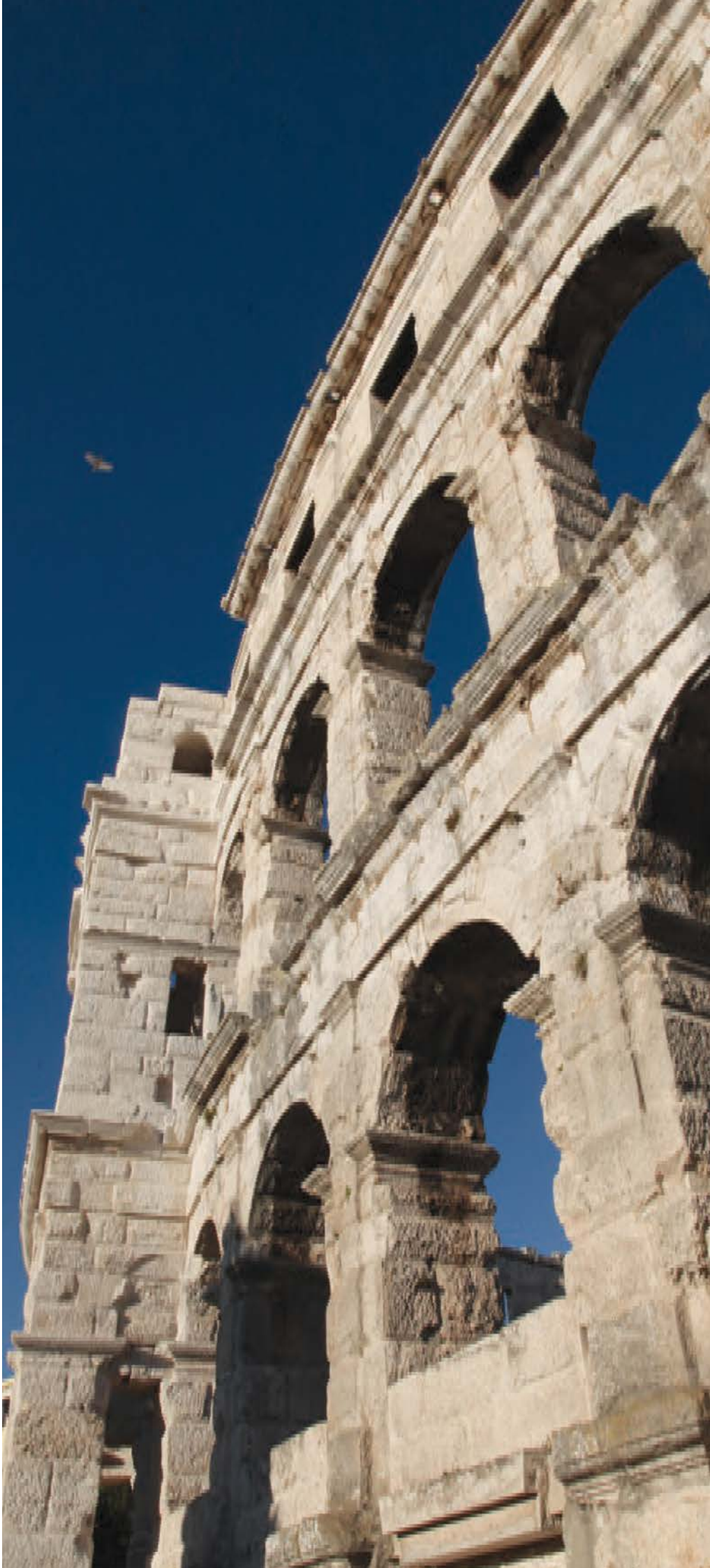






of this town is Pula, Istria's largest urban centre. It is the beating heart of the peninsula, with 3000 years of history behind it and a unique place in the Mediterranean. Pula boasts a diverse, impressive cultural heritage. Just like the peninsula upon which it rose, it is not without reason that it carries a feminine name. Modest but fascinating, Pula and Istria have long been known as enchantresses with a hundred faces, faces that have been seducing visitors for thousands of years. Whoever strays once into their invisible web, and experiences but a morsel of the joy they can give, always wishes to return again, and again!





ISTRIAN CUISINE AND WINES

In Mediterranean, but also wider European relations, Istria is branded as the area of wines, olives and truffles, superior gastronomy, developed wine culture, authentic model of agritourism and traditionally successful coastal tourism in towns such as Pula, Rovinj, Poreč, Umag, Novigrad and many smaller places. How did Istria transform into a region of very attractive living and a growing economy, recently becoming populated not only by people from other parts of Croatia, but a growing number of foreigners, too?

It turned its least populated and somewhat forgotten, and green countryside of Istria, into its strongest and most go-ahead natural resource. The essence of the development philosophy of this region and Istria's future is based on it. The initiators of the strategic development of Istria were the first to realise that the inner part of this peninsula represents the hidden treasure yet to be discovered. They figured out that the successful development of coastal tourism will largely depend on reviving the neglected parts of Central Istria.

Many old olive groves and vineyards were restored. Large areas of deserted land were planted with young olives and vines, fruits and vegetables. The inhabitants recognised the value and potential of this extremely fertile red Istrian soil and a high quality base for development of contemporary agriculture was soon developed. Focusing mainly on olive production and wine growing, it led the revival of the gastronomic and oenological scene.

Small family-run wine cellars and taverns revitalised traditional recipes, and the Motovun Forest with its Mirna River and black and white truffles became one of the most visited and famous forests in Europe. The elite gastronomic offer now includes seasonal specialities: meat of boškarin, indigenous Istrian cattle weighing up to one ton, and wild asparagus. Country farms and restaurants offer Istrian proscuitto of extraordinary quality, home- made sheep and goat cheese, home-grown eggs, home-made pasta, traditional pickled foods, honey, vegetables grown in village gardens, various venison dishes, pork cutlets (ombolo or zarebnjak) and sausages with pickled cabbage, žgvacet (stew or moussaka) with gnocchi, veal prepared under čripnja (steel or clay dish), Istrian red wine soup with olive oil, salt, pepper and toasted bread, crabs from the Pula local waters served with salad, sweet ravioli à la Labin, tea cakes (cukerančići), etc.

Istrian estates (stancije) were reconstructed, preserving the authentic architectural characteristics of ancient building traditions and they now provide visitors with superior comfort while offering authentic food, faithfully reflecting the identity of this region and its rich gastronomic heritage.

The gastronomy was developed on the foundations of centuries-old tradition, modernised with new recipes and imaginative combinations featuring both Mediterranean and Central European cuisines.

Istrian olive oils win most prizes in all important world festivals and competitions, while Istrian wines receive high marks from world-renowned wine experts and critics in respected professional wine journals. Wine and olive trails give impressive insights into the regional wealth, while festivals (such as Vinistra in Poreč, Open Days for visitors all over Istria and Days of Olive Oils in Vodnjan) give a strong incentive for faster and more quality development of wine-growing, wine production and olive growing. Malvasia became a wine trade mark of Istria, recognised in a wider region. New generations of viticulturists and winegrowers systematically improve the quality offering of this important Istrian brand.



Istrian gastronomy offers a wide palette of the most diverse delicacies; from fuži with truffles (home-made Istrian pasta), venison and boškarin with pljukanci (home-made Istrian type of gnocchi), asparagus fritaje (a type of omelette), pasta, proscuitto smoked and dried in the original Istrian manner, bacon and other meat products, to sea specialities; fish, crabs and shells from the Lim Channel. Extraordinary biodiversities, mountain ranges from Učka to the Mirna River valley and the coastal belt all packed into the relatively small Istrian territory. This is an inexhaustible source for the creation of an imaginative gastronomic and wine offering. The former flight of the population from the countryside turned into an emigration exodus, has now changed into a mass and ongoing return. First-class olive-growers, wine makers, wine-growers, oenologists and caterers, are becoming valued entrepreneurs. Small family-owned hotels win the highest awards in the hotel industry category on a regular basis. Refurbished estates are being equipped for the highest standard of tourism. The white truffle (Tuber magnatum), found in the Motovun Forest, entered the Guinness Book of World Records, as a rarity, being the largest, precious tuber ever found in the World (1.31 kg). Goat cheeses from the Kumparička estate stand shoulder to shoulder with world renowned cheese products. Oysters and mussels from the Lim Channel will impress discerning gourmets. If we combine the Istrian gastronomic and oenological features with the beauty of the almost untouched countryside of the peninsula, its coast and islands, and in particular, the Briuni National Park and Učka Park of Nature, it becomes obvious that Istria presents one of the most attractive European regions. It moves away from the idea of terra incognita, coming closer to being a land of truffles, wines, olives and helpful, warm hosts, who will proudly offer the wealth of the Istrian soil and traditional heritage to their guests. On the other hand, Istrian restaurants, most of which preserved the romantic atmosphere of the old taverns, compete in the quality and diversity of their offer. Some of them match the high achievements of the European catering industry.

The most popular of them are the Giannino, San Rocco, Monte, Milan, Blu, Pepenero, Morgan, Batelina and Vodnjanka.

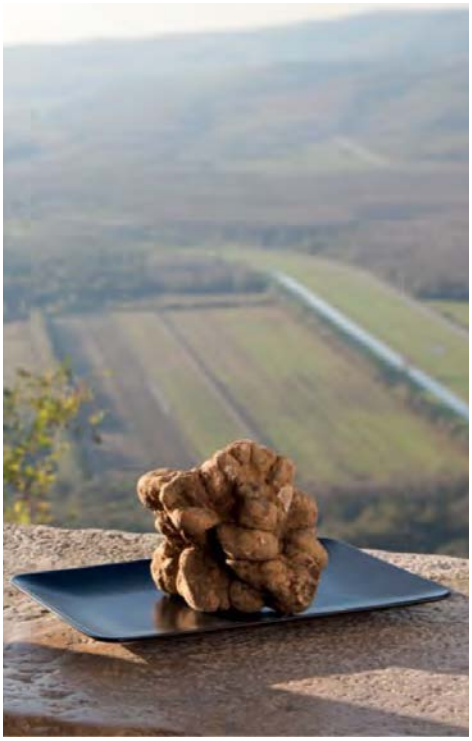
By many of its geographical features, Istria will remind you of Provence or Tuscany. Culture in the revived Istrian towns, such as Motovun, Grožnjan, Buzet, Grimalda and Svetvinčenat, contributed to the popularisation of Istria as an unmissable cultural destination. The shows at the Ulysses Theatre in Brijuni, film festivals in Pula and Motovun, summer concerts in Grožnjan and the Amphitheatre in Pula are internationally recognised cultural events, positioning Istria on the cultural map of Europe.

However, the majority of visitors are delighted with Istria because of its wine, olives and truffles – its brand-making features. The Istrian gastronomy, with its brave mix of the traditional and avant-garde, offers its guests memorable specialities, allied with wines of the Istrian climate, affirmed and recognised in the international wine arena. These are the reasons for touring Istria with plentiful gastronomic and oenological curiosity, armed with sufficient patience to discover new and so far unknown pleasures in the hidden corners of this beautiful, promised land, and to satisfy the highest hedonistic criteria.

HEALTH

Istria is a Croatian region, surrounded by the sea, thus its cuisine is mostly based on the fruits of the sea. Change of seasons and the Mediterranean climate, as well as the conditions at sea, dictate the type of seafood to be chosen at a given time. Plenty of fresh fish and famous shrimps are available for most of the year and they are a perfect choice for a healthy heart, particularly the Omega 3 fatty acids, obtained from seafood which protect the heart and vascular system.

Zinc (Zn), the mineral found amply in seafood, is of vital importance for the immune system. The amount of zinc in the body is related to vitality and replacement of lost energy; revitalisation. Shells, limpets and fish are surely the primary choices in Istria, for they are full of minerals. Exotic taste and an extravagance of truffles are a



temptation for all those ready for a gastronomic adventure.

A strong point in the gastronomy of Istria is made by olive oil, which presents a perfect choice for energy and good health.

WINES

Istria is the largest peninsula in Croatia and its most western winegrowing region. Its geographic position is excellent, and is almost fully surrounded by the sea. It has a mild Mediteranean climate, with significant continental influences. This area is also very interesting and diverse from the geopolitical view; it is situated within three states, between the east and the west, in touch with many different peoples and on a crossroads of different cultures. Its rich and turbulent history, Istria nowadays uses to its advantage – it is a multi-cultural environment, open and progressive in many segments of human life and work.

All of that had its impact on the development of vineyards and wine-growing, the history of which dates far into ancient times. It is thought that the first vine was brought by the Greek

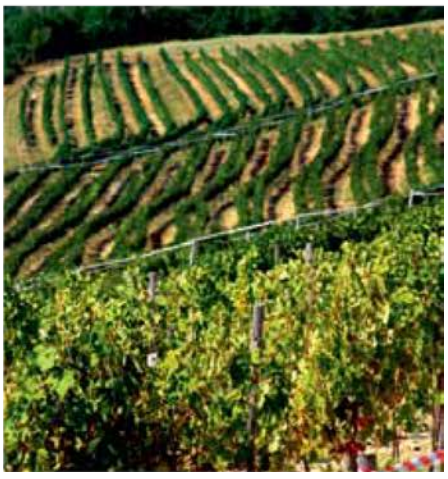
colonists, several centuries before Christ. Istrian viticulture was developing through the centuries and its peak occurred at the end of the 19th century, together with other parts of Croatia, before the appearance of the vine-pest. Today, Istria is one of the most important Croatian winegrowing areas. Wine is not only an important agricultural product, but also an integral part of the tourist offer. As proof of this, everyone who comes to Istria by car can see; after passing the 5 km long tunnel through the Učka Mountain, one of the first signs: Istria – the land of good wine.

WINE-GROWING FIELDS AND PRODUCTION CONDITIONS

Istrian vineyards are situated in three wine-growing areas – western, central and eastern Istria. The whole peninsula is characterised by vast differences in its landscape – its vineyards are situated at all altitudes, from sealevel to 400 m above the sea. Climate is also diverse. The average annual temperature in Poreč and Pula is high (13 – 14 °C), with a moderate amount of rainfall (of about 850 mm/year). Central Istria experiences a more significant influence from the continental climate and

thus, the average annual temperature in Pazin is just above 11 °C, with a significantly higher amount of rainfall (>1000 mm/year). But, besides these large differences in environmental conditions, the most significant and notable difference is in the soil particularly and obviously its colour. Istria is thus often divided into the Red (red soil, terra rossa), and White (flysch soil, terre biance). It is the diversity of the environmental conditions that leads to the high number of grape varieties being successfully grown in this area. Istria is a specific region where we find an equal distribution of continental and Mediterranean varieties. Many of them achieve supreme results and significantly contribute to the fullness of Istrian wine's nose and taste.





ISTRIAN VARIETIES AND THEIR WINE

Until the middle of the last century, red varieties prevailed in Istria. Today, the leading variety in the assortment is the Istrian Malvasia, a white variety dominant in all winegrowing fields. It belongs to the large group of malmseys, with some fifteen varieties of different characteristics. They are found all over the Mediterranean, and their common name often relates them to Greece, i.e. its historic port of Monemvasia in the Peloponnesus. Still, all the research indicates that this particular malvasia is unique and it is most probably the indigenous Istrian variety. It has been grown in Istria for centuries, and its sudden rise happened after WW II, with the increase of interest in white wines. It is a polyvalent variety, used for production of all types of wine, from sparkling to soft, dessert wines. The quality of the wine strongly depends on the growing circumstances, and particularly the quality of the soil. The best varieties of malvasia come from high terrains and soft, flysch grounds. We find it in all quality categories – from table to supreme wines. Nonetheless, the vast majority of malvasia comes from dry wines from ordinary picking, with a discrete, pleasant type of aroma, which reminds us of the locust flower, and is of good constitution with a full, balanced taste. It represents the basis of production and is the base wine for almost all Istrian wine makers.

Chardonnay, white and grey Pinot are world-known varieties, with excellent results in Istria. The specific climate of Istria has a favourable impact on the characteristics of the wine, and they mature into wine of full and medium strength, but aromatic with a balanced taste. The same qualities can be noted with white sauvignon. This environment provides for its flavour to be fully expressed. In comparison to the colder parts of the continent, where sauvignon varieties are lighter, with an intensive flowery flavour, the wine here is fuller and the bouquet is more complex. The white Muscat wine holds a specific place within the assortment. It is usually found here under the name Muscat Momjanski (named after the area in which it is found, Momjanština). In particular,

Momjan, a picturesque place in Western Istria, has a tradition of cultivating this particular variety, and is known for production of some of the best Croatian dessert wines.

These are usually much flavoured, semisweet or sweet wines, produced from regular picking or some traditional procedures typical of the production of dessert wines. In this way, the grapes are usually left on the vine to become over ripe, possibly until the end of October or November, or are additionally dried after picking. Teran (or Terrano) is the leading red variety in Istria. It gives usually well coloured, aromatic wine, pleasant and fresh, with a tart taste. The best Teran wine is produced in central Istria, around Motovun. In good years, and with moderate vinification, these wines are among the best this variety can give. Refosk (refosco) is a type of variety close to Teran, and was therefore considered for that wine for a long time. Still, they differ. Refosk is less prominent, but gives wine of similar characteristics and is also considered a native variety and a trade mark of red Istrian wines.

Cabernet Sauvignon, Cabernet Franc and Merlot are world-known varieties, and they are widespread in Istria where they achieve excellent results and are used on their own or as a cuvée. They are grown all over the peninsula, but the best vineyards are found in the western, warmer part, close to the sea. The largest plantations are around Poreč. Their wines are full, medium strong, well coloured and with a discrete, distinctive flavour. Red Pinot is less well represented, but it gives good wines. They are fuller and of better colour than those from inland. It gives the best results in the production of Istrian sparkling wines, together with Chardonnay and Istrian malmsey. Hrvatica (a woman of Croatia) is a less represented variety. It is considered an indigenous variety, gives a good crop and its wine is in the middle quality range. Borgonja is another variety considered as autochthonous, although, for a while, it was thought to be identical to the French Gamay. Still, genetic research has discarded this hypothesis, and has established that this variety is identical to Frankovka (a dark-skinned variety), i.e. the Blaufrankisch or Lemberger variety. It gives good, red wine, of moderate fullness and colour, very appropriate for everyday use with many Istrian traditional dishes. The Muscat Ruža of Poreč is a local synonym for a more famous Austrian Rosenmuskateller or the Italian Moscato Rosa, an old variety of rather particular features; it gives excellent, mostly dessert wine, whose bouquet reminds us of roses. The wines are semi-sweet or sweet, of very intensive bouquet, moderately coloured and of full taste, balanced and with very long ending. Besides the varieties mentioned above, which form the majority in the vineyards of Istria, we can also mention draganela, brajdenica, opačevina, dolcin, duranija, surina and some other varieties, which are today almost forgotten. They are not used separately, but as part of a mixed, mostly old plantations. We consider them the native varieties and measures have been taken lately to revitalise them.

PRINCIPAL PRODUCERS

According to many indicators, Istria is one of the leading Croatian wine-growing regions. The number of producers is on the rise, and the areas covered with grape-vines are expanding. Most of them are located in western Istria and the majority are small wine cellars, companies and family farms. During the 90s of the last century, a new Istrian wave started from here. A few young producers started production in a new, modern way and have quickly risen to the Croatian peak. They are successful on the world markets today and their products are often given excellent marks and receive awards. Among them, distinguished are the Matošević (with famous, recognised malvasia Alba and Alba barrique, Grimalda, excellent Cuvée Chardonnay, Sauvignon and Istrian malvasia) and Kozlović (with Santa Lucia, from the location of the same name, is one of the most sought after malvasias, and semi-sweet Momjanski Muscat in the category of dessert wines), but also Coronica and Trapan, who have been attracting world attention lately with their malvasias. There are also the Pilato, Degrassi, Arman and a dozen other less known, but perceptive wine makers.

The largest producers are the Agrolaguna and Istravino. They offer many varieties of wine of moderate price and good and excellent quality (particularly Merlot and Cabernet Sauvignon of the Agrolaguna, and Teran Dajla of the Istravino). It is important to mention also the wine maker Roxanich and Franco Arman, whose wines have recently been positioned among the best Istrian teran wines. Some of the best Croatian sparkling wines are produced in Istria, under the name of Misal, where we find several sparkling wines produced in a traditional procedure of bottle fermentation. Besides the usual varieties of chardonnay and red pinot, produced in the traditional, champagne method, the native Istrian varieties are also being vinificated, making those wines rather specific and interesting.

The Association of Vine and Wine Growers, Vinistra, is largely responsible for the development of vine-growing and wine making in Istria. They organise regular exhibitions of wine, Vinistra, (at the beginning of May) and the international competition, The World of Malvasia, which is a sort of a world championship of wine produced from different malvasias. They have initiated the programme Malvasia IQ, the system for awarding a specific marking IQ (Istrian Quality) to the best alvasias. In this way, they promote and raise the quality of the most important Istrian wine.



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