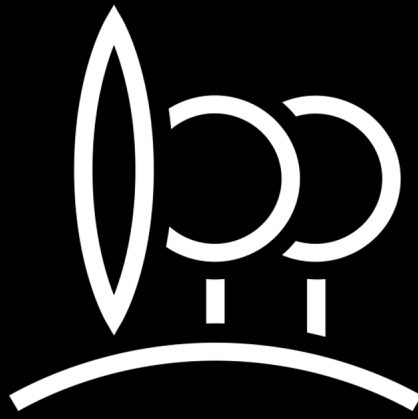


ISTRIA, CROATIA
SEPTEMBER 9TH-12TH 2021

www.istria100.com



100
MILES
OF
ISTRIA

RACE GUIDE
2021

ALL YOU NEED TO KNOW.
AND MORE!

V1
SEPTEMBER 3RD 2021



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IMPRESSUM

Photo: Dejan Hren, 3 sporta,
Krume Ivanovski, Marko Kadija,
Istria Tourist Board
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Istria Tourist Board

FOLLOW THE RACE LIVE!



LIVE TRACKING APP
FOR COMPETITORS



LIVE TRACKING APP
FOR PUBLIC



www.livetrail.net



ALEN PALISKA
Race director

WEL- COME IN IS- TRIA BY RD

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

Dear runners, dear friends, in these very strange or can I say - interesting times we are living in, it is my outmost joy to welcome all of you on the 8th edition of this very special trail running event.

The event has been prepared by our company Sport Box along with the sport club SRK Alba and our partners. Traversing from one coast to another, it will show you, from 9 to 12 September 2021, our marvelous region at its best.

In the previous edition, 1.788 athletes from 51 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 running in the medieval era!

In the previous year all courses had been subjected to a revision resulting that there is only one path to the finish line which will make the race even more interesting.

Besides the elite longest course (RED - 168 km) we offer another four courses which start in Lovran (BLUE - 128 km), Buzet (GREEN - 67 km), Motovun (YELLOW - 40 km) and Grožnjan (WHITE - 20 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.

The WHITE course is this year's novelty and it was put in place for the volunteers, supporters and everybody who wants to try trail running.

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 8th 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
Infrastructure



NIKOL ZOVIĆ
Volunteers



DR. ELVIS ČERNEKA
Medic



LILIANA BOŽIĆ
PR



MARTIN ČOTAR
Finish area



SEBASTIJAN LABINJAN
Safety



MICHELE FABRO
Sport Box shop

UMAG
FINISH

GROŽNJAN
START WHITE

MOTOVUN
START YELLOW



**SCAN THE QR CODE
TO REVEAL THE COURSES
AND ALL IMPORTANT LOCATIONS**



BUZET
START GREEN

LOVRAN
START BLUE

LABIN
START RED

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!

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

The Ultra-Trail® World Tour proposes an international competitive circuit.

Since January 2020, a unique UTWT ranking has been established over a sliding period of 24 months. This new UTWT ranking system is based on each athlete's best four Ultra-Trail® World Tour results over a rolling 24 month period.

Therefore, runners need to have taken part in a minimum of four Ultra-Trail® World Tour races in the last 24 months to be included into the ranking.

At the end of the year, after the last race, the titles of UTWT World Champion will be given to both male and female winners.

A RUNNERS' FAMILY

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

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...

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

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.

NEW RANKING POINTS SYSTEM

The new ranking points system consists of four levels :

- **UTWT 500**
- **UTWT 1000**
- **UTWT 1500**
- **UTWT 2000**

The four different categories are named by the maximum number of points the winners can obtain during the race. For example, the winner of a race which has been given the level UTWT 1000 will earn 1000 points.

2019 WINNERS



PAU CAPELL

The North Face

UTWT results

Transgrancanaria HG winner

Patagonia Run winner

Mozart100® winner

UTMB® (UTMB® Mont-Blanc) winner



BETH PASCALL

Salomon

UTWT results

Western States Endurance Run winner

Ultra trail Cape Town winner



- 16/1-15/2/21 **1** **Vibram Hong Kong 100 Flex**
HONG KONG
- 13/2/21 **2** **Tarawera Ultramarathon**
NEW ZEALAND
- 9/4/21 **3** **100 Miles of Istria**
CROATIA
- 17/4/21 **4** **Madeira Island Ultra-Trail®**
PORTUGAL
- 23/4/21 **5** **Penyagolosa Trails® HC®**
SPAIN
- 23/4/21 **6** **Ultra-Trail Mt. Fuji**
JAPAN
- 7/5/21 **7** **Whalers' Great Route Ultra-Trail®**
PORTUGAL
- 14/5/21 **8** **Volvic-Volcanic Experience - VVX**
FRANCE
- 15/5/21 **9** **Ultra-Trail Australia**
AUSTRALIA
- 5/6/21 **10** **Ultra-Trail® Snowdonia** **NEW**
UK
- 19/6/21 **11** **mozart 100®**
AUSTRIA
- 26/6/21 **12** **Western States® 100-mile Endurance Run**
USA
- 9/7/21 **13** **Val d'Aran by UTMB®**
SPAIN
- 17/7/21 **14** **Eiger Ultra Trail**
SWITZERLAND



■ UTWT 2000 ■ UTWT 15

WWW.ULTRATRAIL-WORLDTOUR.COM



ULTRAIL® 2021 WORLD TOUR



- 18/7/21 **15** RZD Golden Ring Ultra Trail 100
RUSSIA
- 24/8/21 **16** TDS (UTMB® Mont-Blanc)
FRANCE-ITALY-SWITZERLAND
- 26/8/21 **17** CCC® (UTMB® Mont-Blanc)
FRANCE-ITALY-SWITZERLAND
- 27/8/21 **18** UTMB® (UTMB® Mont-Blanc)
FRANCE-ITALY-SWITZERLAND
- 11/9/21 **19** Ultra-Trail Harricana™ of Canada
CANADA
- 9/10/21 **20** Trans Jeju
KOREA
- 16/10/21 **21** Ultra-Trail® Ninghai
CHINA
- 16/10/21 **22** Salomon Cappadocia Ultra-Trail®
TURKEY
- 30/10/21 **23** Javelina Jundred
USA
- 30/10/21 **24** Thailand by UTMB® **NEW**
THAILAND
- 5/11/21 **25** Kullamannen **NEW**
SWEDEN
- 19/11/21 **26** Panda Trail by UTMB® **NEW**
CHINA
- 27/11/21 **27** Ultra-Trail Cape Town®
SOUTH AFRICA
- 3/12/21 **28** Oman by UTMB®
OMAN

500 ■ UTWT 1000 ■ UTWT 500

FOLLOWTHETOUR

FACEBOOK: [HTTPS://WWW.FACEBOOK.COM/ULTRATRILWORLDTOUR/](https://www.facebook.com/ultratrailworldtour/)

INSTAGRAM: [HTTPS://WWW.INSTAGRAM.COM/ULTRATRILWORLDTOUR/](https://www.instagram.com/ultratrailworldtour/)

TWITTER: [HTTPS://TWITTER.COM/ULTRATRILWTOUR](https://twitter.com/ultratrailwtoour)

YOUTUBE: [HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCBBVRJQ3H6YRVC9G6XBLJZW/FEATURED](https://www.youtube.com/channel/UCBBVRJQ3H6YRVC9G6XBLJZW/FEATURED)

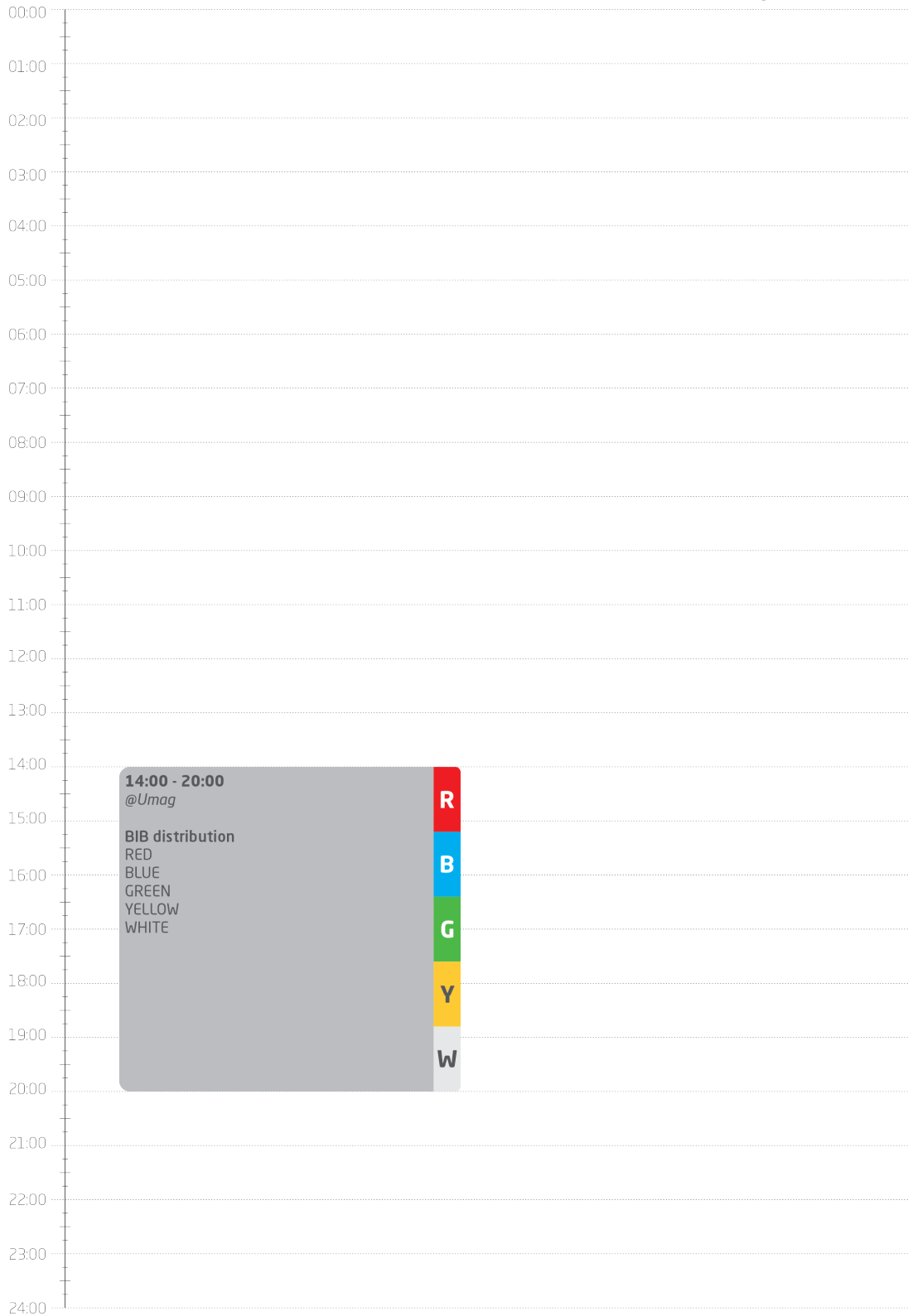


59 COUNTRIES



PROGRAMME FOR THE RACE WEEKEND

THURSDAY, APRIL 9th



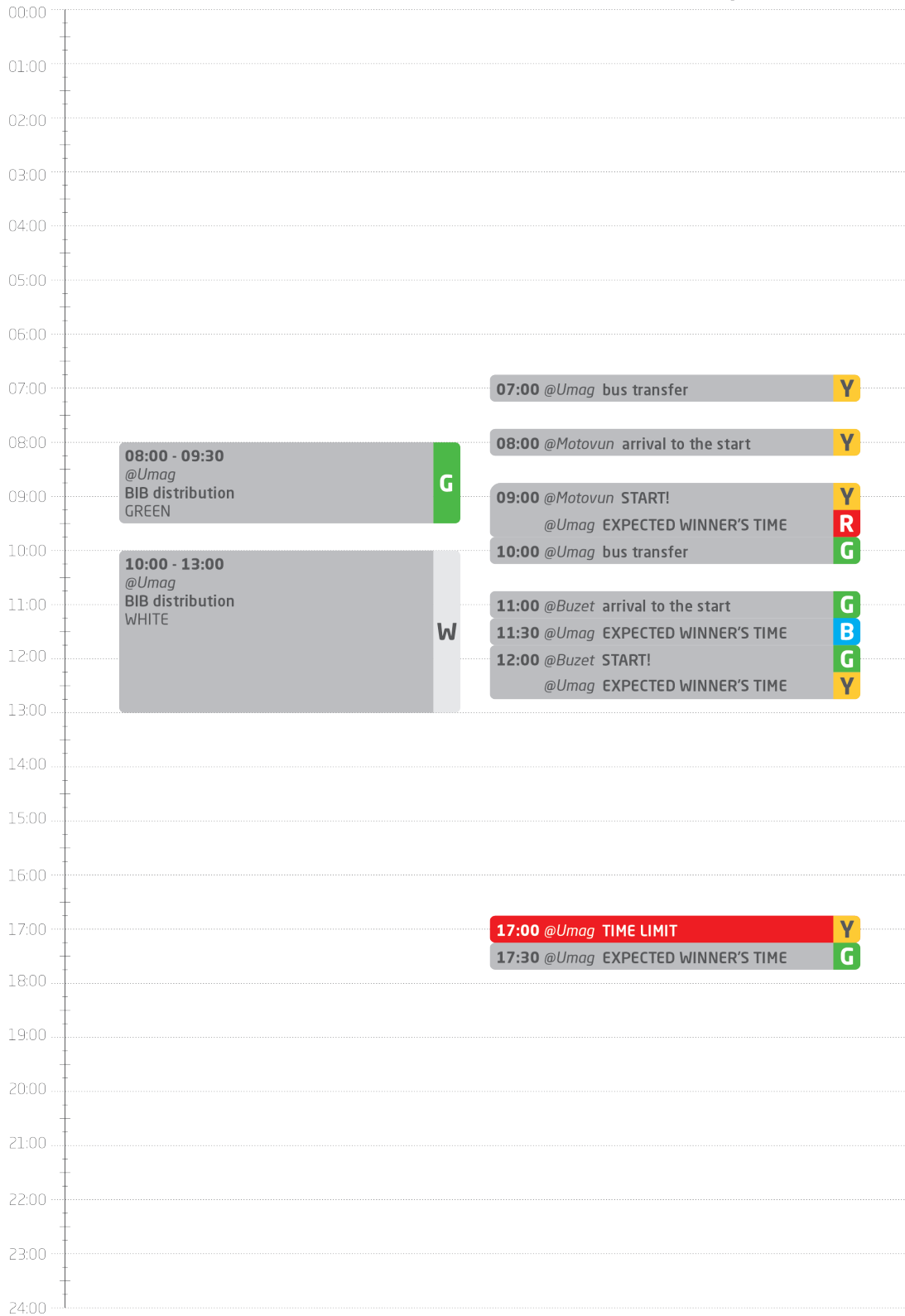
legend | **R** RED course **B** BLUE course **G** GREEN course
Y GREEN course **W** WHITE course

FRIDAY, APRIL 10th



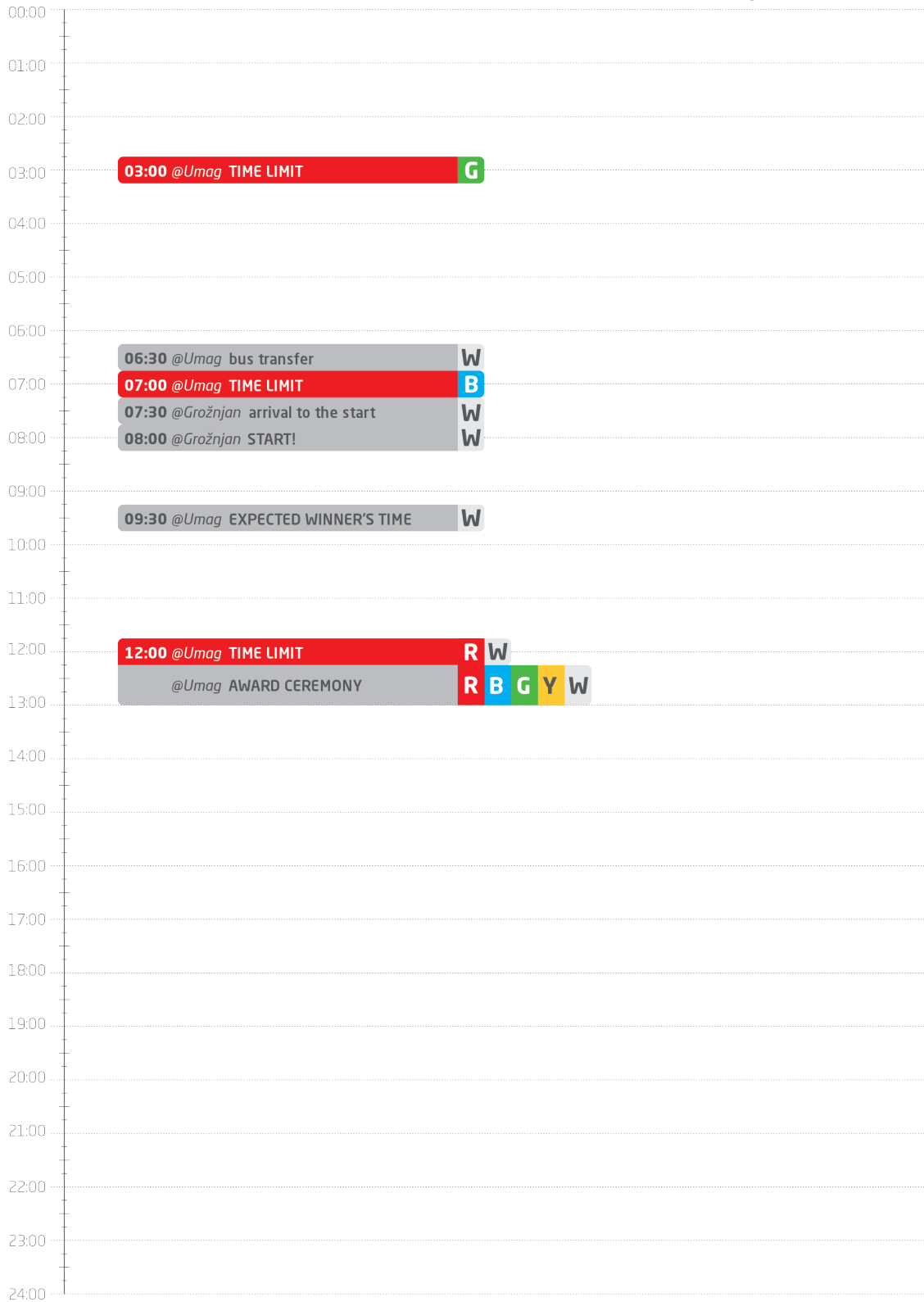
Legend | **R** RED course **B** BLUE course **G** GREEN course
Y GREEN course **W** WHITE course

SATURDAY, APRIL 11th



legend | **R** RED course **B** BLUE course **G** GREEN course
Y GREEN course **W** WHITE course

SUNDAY, APRIL 12th



Legend | **R** RED course **B** BLUE course **G** GREEN course
Y GREEN course **W** WHITE course

COVID-19 INFO

BIB PICK-UP

Runner has to come personally to pick up the BIB, identify himself and have the equipment check (which is obligatory to carry during the race).

Before entering the sports hall for the BIB pick-up while waiting in the line and inside the sports hall, masks are obligatory!

Volunteer will check the temperature to each runner. In case a person has temperature higher than 37,2 Celsius or has symptoms that could show signs of Covid-19, it will not be possible to enter the sport hall for the BIB pick-up and will have to step away.

Runner coming for the BIB pick-up will have to meet one of the following three conditions:

- Vaccination certificate (2nd dose included)
- Recent PCR or antigenic test (48h or 72h)
- Covid-19 recovery certificate

If one of the written conditions is valid, runner will get a bracelet valid for the event days. Without this bracelet, access

to the sports hall, entering bus to the start and access to the start line may be denied by security personnel.

TRANSFER BY BUS TO THE START

While entering the bus, runner will have to show the bracelet to the volunteer and have a temperature check. Masks are obligatory in the bus.

START

Masks are obligatory while standing in the start area and starting the race.

AID STATIONS

Volunteers will give food and drinks to each runner. Runner can not take the food or drink by himself.

Masks are obligatory while entering and being at the feed zone

TRANSFER IN CASE OF CANCELA-TIONS OR INJURY

Masks are obligatory while being in the vehicle.

FINISH LINE

After entering the finish line, runner will have to step away from the finish area as soon as possible.

AWARD CEREMONY

Masks are obligatory while getting to the stage.

HOKA

**A NEW
TRAIL ICON
IS BORN**



ZINAL

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 SPECIFICS OF THE 2020 RULES AND REGULATIONS.

1 ORGANIZATION

The company Sport Box d.o.o. and club SRK Alba co-organise the 100 Miles of Istria with the assistance of the towns: Labin, Buzet, Pazin, Buje, Umag, and the municipalities: Kršan, Mošćenička Draga, Lovran, Lupoglav, Lanišće, Motovun, Opatalj, and Grožnjan.

2 ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in the 100 Miles of Istria events implies the express acceptance, without reserve, of the present regulations, the ethics of the event and any instructions sent by the organizer to the participants.

3 GENERAL INFORMATION

The 100 Miles of Istria is an event within which are a certain number of events in open country, using the great hiking routes of Istria and Kvarner region. Each event takes place in one single stage, at an undefined pace within a time limit.

- RED: around 168 km long with 6.390 meters of height difference, starts from Labin, in semi-autonomy, 46 hrs max. Around* 600 runners.
- BLUE: around 128 km long with 4.940 meters of height difference, starts from Lovran, in semi-autonomy, 34 hrs max. Around* 600 runners.
- GREEN: around 67 km long with 2.150 meters of height difference, starts from Buzet, in semi-autonomy, 15 hrs max. Around* 600 runners.
- YELLOW: around 41 km long with 940 meters of height difference, starts from Motovun, in semi-autonomy, 8 hrs max. Around* 600 runners.
- WHITE: around 20 km long with 140 meters of height difference, starts from Grožnjan, in semi-autonomy, 4 hrs max. Around* 600 runners.

*A number of delimited places are reserved for: our partners, the international elite (based on the ITRA performance index), 2019 winners and certain journalists (who are reporting from within the race), as well as certain volunteers who are very active.

4 PARTICIPATION AND REGISTRATION CONDITIONS

The races are open to any person, male or female, licensed, or not. A declaration of liability has to be signed by the parents from participants born in 2002 or younger.

The participants born between 2002 and 2004 may only participate in the following courses: GREEN, YELLOW and WHITE.

Registration has to be made online at the registration portal of the event www.istria100.com. The indemnity provision and the Conditions for participation have to be accepted during online registration. A participant only becomes entitled to a starting slot after a successful payment provided that slots are still available.

Each participant has to pick up his/her starting pack in person.

Athletes who have been found guilty of doping will not be admitted. Moreover, the organizer is entitled to disqualify athletes for reasons important to the organizer.

5 REGISTRATION FEE

Registration is available online at www.istria100.com. All registrations and management of all entrants data are handled by our timekeeping service. By registering to the 100 Miles of Istria, competitors automatically accept the competition regulations. Registration is final. The fee must be paid online by credit card via a secure payment system.

COURSE	18.07.2019. - 31.12.2019.	01.01.2020. - 29.02.2020.
RED	140 €	140 € + Active fee
BLUE	110 €	110 € + Active fee
GREEN	70 €	70 € + Active fee
YELLOW	60 €	60 € + Active fee
WHITE	40 €	40 € + Active fee

The fee covers the following:

- personalized bib number including RFID time keeping-tag
- starter pack with gifts
- drop bags for RED and BLUE course
- clothing service (small bags) for all courses, clothing bags will be transported from the start to the finish line in Umag
- rich aid stations, approximately every 15 km with drinks and food
- showers and changing room facilities next to the finish area
- a hot meal in Umag
- massage service next to the finish area
- finisher's medal for all finisher at each course
- medical first aid in the finish area

- finisher's certificate downloadable from the dedicated online repository
- live timekeeping, interim times and results
- a hot meal in Buzet (RED and BLUE only)
- showers and rest area in Buzet (RED and BLUE only)

The fee doesn't cover:

- bus transfer from Umag to the start of each course (can be reserved during the online registration), to be paid 5 €
- A route change to a shorter distance is possible and will incur a surcharge of 5 €. The entry fee difference will not be refunded.

6 RUNNER'S COMMITMENT

To participate in the 100 Miles of Istria events, in particular, on the RED and BLUE course, it is essential :

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it ;
- To have acquired, previous to the race, real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow) ;
 - Know how to manage, including when one is isolated, physical or mental problems arising from great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be totally conscious that the organization's role is not to help a runner manage these problems;
 - To be totally aware that for such an activity in the mountains security depends upon the runner's capacity to adapt to the problems encountered or foreseen
 - To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race.
 - To accept to receive newsletters providing information about the event.

7 SEMI AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The 100 Miles of Istria events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much

on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principle implies, in particular, the following rules:

- Each runner must have with them throughout the duration of the race the totality of their mandatory equipment (see paragraph 8. EQUIPMENT). At any moment of the race, pack and its contents can be checked by the race officials. The runner is obliged to submit to these checks in good faith, at the risk of exclusion from the race.
- The refreshment posts supply drinks and food to be consumed on site. The organization only supplies still water or energizing drink for filling water bottles or hydration packs. When leaving the aid station, the runners should take care to ensure they have the quantity of drink and food which is necessary to keep them going until the following aid station.
- Personal assistance is tolerated exclusively at certain aid stations (*), in the zone specifically reserved for this use. Assistance can only be given by one person, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
- It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

Note: A participant who accepts being filmed, and therefore accompanied, outside of the expressly designated zones contravenes the principle of semi-autonomy. The race officials witnessing irregularities are authorized to penalize the participants in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following aid stations:
Mošćenička Draga, Poklon, Buzet and Livade

Personal assistance is forbidden at all other refreshment posts, as well as at any other point of the race route.

8 EQUIPMENT

In order to ensure their security and the good progress of each event, each participant must have at their disposal the all the mandatory equipment on the list, detailed below.

The "hot-weather", "cold-weather" kits are integrally a

part of the obligatory equipment. According to the weather conditions, the organizers can activate a kit and inform each participant before the opening of the race-bib distribution for their race. Each participant must, therefore, present their mandatory equipment, including the kit activated by the organizers, in order to retrieve their race-bib, and agree to keep it with them throughout the event.

It is important to note that the material imposed by the organizers is a vital minimum which each trail-runner must adapt in function to their own capacities. In particular, they must not choose the lightest weight clothing possible in order to gain a few grams but opt for clothing which really offers good protection in the mountains against the cold, wind and snow, which therefore give better security and better performance.

BASIC, HOT AND COLD WEATHER EQUIPMENT KIT list at page 29

9 HEALTH POLICY / QUARTZ EVENT PROGRAM

The Organization of the 100 Miles of Istria has decided to set up the QUARTZ Event Program to protect participants' Health and to contribute to a clean sport.

The QUARTZ Event Program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during, and after the competition.

The QUARTZ Event program is managed by an Experts Commission that gives advice to the race direction on the medical condition of participants.

This Experts Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons before the competition (« no start ») or not ranked after the competition for non-compliance with the procedures.

The QUARTZ Event Program is for each participant who agrees to:

- Declare to the Experts Commission the following information:
 - Any medical history and/or pathology, in particular those which may increase risks during competition.
 - The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition.
 - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE).

The declaration of medical information to the Experts Commission is done through the QUARTZ health space

for which each participant has access from the website <https://quartzprogram.org>. The declared medical information is only accessible by the Experts Commission, the QUARTZ Program Team members as well as to the medical team during eventual care during the competition.

- Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organization.
- Respect the 2021 Prohibited list from World Anti-Doping Code but also do not participate in the competition when using:

Within 60 days before the start of the competition and during the competition

- Intravenous iron infusion

Within 7 days before the start of the competition and during the competition

- Intravenous infusion
- Gas inhalation
- Substance subject to a Therapeutic Use Exemption (TUE) according to the WADA (World Anti-Doping Agency) Prohibited List published annually
- All glucocorticoids regardless of the mode of administration
- Thyroid synthesis hormones except in case of partial or total removal of the thyroid or hypothyroidism of medical origin.

Within 24 hours before the start of the competition and during the competition

- All beta-2-agonist regardless of the mode of administration
- All painkillers including Tramadol and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) regardless of the mode of administration
- All substances included in the 2021 WADA Monitoring Program

The possible use of these different substances may be identified in the context of the analysis carried out before and/or after the competition or any other means of investigation.

- Accept to answer any meeting request on-site or remotely (phone or videoconference) that the Experts Commission may ask for in order to discuss

their ability or not to participate in the competition or not to be rank after the competition.

- Submit any doping control form legible completed within 30 days before the start of the competition and up to 15 days after the competition.
- Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification, and opposition to data concerning him. The Experts Commission is the authority with which the participant can exercise this right.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event program can result in the exclusion of the participant from the competition before the competition or not to be rank after the competition.

10 ANTI-DOPING CONTROL

The anti-doping rules of the International Association of Athletics Federations (IAAF), Croatian Athletics Federation (HAS), the World Anti-doping Association (WADA) and the National Anti-doping Agency are fully applied. These rules are accessible on the relevant websites. Athletes taking part in the competition are obliged to familiarize themselves with these rules as well as the procedures on checks, sanctions, and appeals.

Any competitor could be subjected to an anti-doping control before, during or at the finish of an event. In the case of a refusal or abstention, the sports-person will be sanctioned in the same manner as that were they to have been convicted of doping.

11 INSURANCE

Competitors are advised to obtain insurance. Each competitor should be covered by accident insurance. This must cover potential costs for Rescue operations (particularly helicopter evacuation, search, and action by rescue) and treatment. Any damage claims from competitors against the Race Organizer, regardless of their legal reason, are void.

For members of the ITRA (International Trail Running Association), it is possible to subscribe to an Assistance – Repatriation insurance which covers the cost of search and rescue world-wide. For more information go to www.itra.run

The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Expenses arising from the use of exceptional methods of rescue or evacuation have to be paid by the person rescued who will also have to pay their return from the place to where they were evacuated. It falls to the runner to create their file and present it to their insurance company within the stated time limit.

12 RESPECT FOR THE ENVIRONMENT

By registering for the 100 Miles of Istria event, participants agree to respect the environment and the natural areas they pass through. In particular :

- It is strictly forbidden to abandon your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each aid station and it is imperative that they are used. The race officials conduct random checks all along the race route.
- All participants must keep any rubbish and wrappers with them until they can throw them in the bins which are provided for them at each aid stations. The organization encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin.
- It is imperative that you follow the paths as they are way-marked, without short-cutting them.
- No disposable plastic dishes (cutlery, cups, bowls) will be distributed at the aid stations. This is to reduce the plastic usage by runners, as well as by the volunteers of the 100 Miles of Istria. Instead of the plastic utensils, the organizer will provide wooden or paper ones.

13 ELITE RUNNERS

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.

Registration for elite athletes is not semi-automatic, each one must finalize their registration themselves upon receiving the voucher code from the organizer.

	RED	RED	BLUE, GREEN, YELLOW AND WHITE	BLUE, GREEN, YELLOW AND WHITE
	men	women	men	women
free registration	>870	>770	>830	>730
guaranteed registration but fee to be paid	>770	>670	>730	>630

Having the status of an international elite creates rights and duties for the athletes concerned. They are as below :

Rights :

- In regard of justified recognition for athletes of a high caliber and for fair management of registration, we reserve places for elite athletes, who request a place, according to precise criteria based on their general ITRA performance index data.
- A special personalized start bib
- Priority registration and equipment check

Duties :

- At the start of the races, elite athletes are invited to position themselves at the front of the start line.
- Be present at any press conferences and official ceremonies to which they are invited ;
- Be present at prize-giving ceremonies if it concerns them ;
- Accept to carry a GPS tag, supplied by the organization at the start of the race, throughout the totality of the race; then to return this tag at the end of their race;
- Be present at the start line no later than 20 minutes before the start of the event.

14 PHOTO/VIDEO RIGHTS

Every competitor expressly foregoes the right for any images or video footage during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images and videos to any media, via an accreditation or relevant license.

All communication about the event or the use of images or videos from the event must respect the name of the event, the registered trademark and have official approval from the organization.

15 INDIVIDUAL SPONSORS

Sponsored competitors can only display their sponsor's logos on their clothing and equipment used during the race. All other publicity accessories (flags, banners...) are forbidden at all points of the race route including the finish line, at the risk of a penalty given by the discretion of the race directors.

16 PERSONAL DATA PROTECTION POLICY

With the registration, the participant agrees that personal data can be gathered and passed on to third parties for the purposes of timekeeping, rankings, and results as well as for the publication of respective lists on the internet.

The information is collected as part of a registration for one of the 100 Miles of Istra courses, for the needs of the organization and in particular to identify each competitor in order to communicate his/her information related to his/her participation before, during or after the event.

The participant agrees that his first name, last name, country, date of birth, team name, bib number and results (ranking, time) may be published in all print and electronic media relevant to the event.

The runner's data is kept in the database for 10 years. This period is renewable at each registration and corresponds to the legal data retention period of the medical and non-contraindication to the practice of athletics or running in competition certificate, or the sports card.

Beyond these 10 years, and unless the runner authorizes the organization to keep his/her data, all data are deleted except the runner's surname, first name, date of birth, gender and nationality to maintain the rankings.

According to the General Data Protection Regulations (EU RGPD 2016/679), any competitor has the right to access and amend every information concerning him/her. This can be done via his/her runner's page which is available at the Active network platform.

Any data modification can be made by the competitors themselves at the registration platform Active.com.

17 RACE BIBS

Each race bib is distributed individually to each runner upon presentation of :

- An ID card or passport (document with the photo),
- Your race pack and all the mandatory equipment.

The race bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race.

It must always be placed on top of all clothing and can in no case be positioned on a leg or pack. The name and partner's logos must not be either modified or hidden. The race-bib is the pass necessary for accessing the shuttle buses, buses, refreshment posts, infirmary, rest areas, showers, drop-off or pick-up areas for drop sacks...

Except in the case of a refusal to comply with a decision taken by a race official, the bib is never taken away. Only in the case of abandonment, the bib is deactivated.

18 DROP BAGS

RED/BLUE: each competitor receives a big (30-liter) bag and a small bag with their race bib.

The big one: for the aid station Buzet. After having filled it with the necessities of their choice and having closed it they can drop it off ONLY in the designated area in Umag. This bag is taken to aid station Buzet by the organization. Upon arriving in Buzet the runner must, obligatorily, withdraw their bag. When they leave the aid station they, personally, leave their bag in the designated area. The bags are then returned to Umag.

Small bag: 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/WHITE: each competitor receives a small bag with their race bib.

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.

Note 1: Competitors are advised not to place objects of value in the bags; the organizer accepts no liability for any theft, loss or damage of bags or their contents.

Note 2: The small bags can be deposited ONLY at the start location.

Recuperation of bags in Umag: The bags are returned to either the competitor or a family member or friend, uniquely upon presentation of the race-bib. The bags must be recuperated no later than 2 hours after the end

of the race. After that time, the runner must come, in person, to recuperate their bag, at their own cost, from the organization in Umag.

The organization ensures the repatriation, to Umag, of any bags of runners who abandon, on the condition that the abandonment has been registered. The delay of the repatriation is in relation to logistical constraints and the organization can not guarantee a complete repatriation of bags before the end of the race.

Only the bags supplied by the organization will be transported. Poles are not allowed in these bags. The contents of the bags will not be verified, no complaint about the contents of the bag at the finish will be accepted.

19 AID STATIONS

The organization ensures the presence of solid and liquid refreshments along the race-route.

The aid stations supply drinks and food for consuming in situ.

The organization supplies still water and energizing drink for filling water bottles/hydration packs and personal beakers.

The competitor must take care when leaving each aid station, that they have enough food and drink to last them to the next aid station.

Only runners wearing a visible race-bib who have been duly checked have access to the aid stations.

20 CHECK POSTS

A check is carried out at the arrival at an aid station and at certain security posts.

Unexpected check posts are set-up at posts other than those of aid stations or security posts.

Their location is not divulged by the organization.

21 WAY-MARKING

The courses will be marked with 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.

For better sighting at night, the way-markers are fitted, in part, with reflective material which attracts the light of

your torch. In the urban areas, the course will be marked with red-and-white tape along with the arrows sprayed on the asphalt surfaces.

ATTENTION: if you don't see any course mark for some time (longer than 200 m), turn back!

In respect to the environment, no paint is used on the paths.

22 MAXIMUM AUTHORIZED TIME AND TIME LIMITS

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

- RED: 46 hours
 - intermediate time limits
 - 51,7 k POKLON 13 hours
 - 99,5 k BUZET 27 hours
 - 131,9 k LIVADE 36 hours
- BLUE: 34 hours
 - intermediate time limits
 - 12,0 k POKLON 4 hours
 - 59,8 k BUZET 15 hours
 - 92,2 k LIVADE 24 hours
- GREEN: 15 hours
 - intermediate time limits
 - 32,3 k LIVADE 7 hours
- YELLOW: 8 hours
- WHITE: 4 hours

These time barriers are calculated to allow competitors to arrive at the finish within the maximum time allowed while having made eventual stops (rest, food...).

In order to be authorized to continue with an event, competitors must leave the checkpoint before the time limit (whatever their time of arrival at the checkpoint).

All competitors excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

23 MAXIMUM AUTHORIZED TIME AND TIME LIMITS

It is up to a runner in trouble or seriously hurt to call for

the help :

- By going to an aid station
- By calling race HQ
- By asking another runner to alert the security service

Every runner must give assistance to any person in danger and alert security services.

In the case where it is impossible to contact race HQ, you can make a direct call to the national security service (most particularly if you find yourself in a zone where only emergency calls are possible)

- 112

Do not forget that hazards of all sorts, linked to the environment and the race, may require you to wait for assistance for a longer time than expected. Your security, therefore, depends upon the quality of the equipment which you have put in your pack.

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organization, are able to :

- exclude any competitor from the race who is judged to be unable to continue the event
- oblige any competitor to use any element of obligatory equipment
- have evacuated by any means any runners who are judged to be in danger
- orientate patients to a better treatment structure which is better adapted to their needs

A runner who contacts a doctor or rescue personnel submits themselves to their authority and agrees to accept their decisions

As from the moment where the state of a runner's health justifies treatment via an intravenous drip, they are obligatorily excluded from the race.

An infirmary will be accessible in Umag throughout the duration of the event. Competitors who have a severe medical problem may present themselves. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

Each runner must stay on the way-marked route, even to sleep.

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

24 FINISH

When you finish, you will receive a finisher's medal. A post-race meal is served at the designated restaurant in Umag.

25 SHOWERS

There is the possibility of a hot shower at the end of the race. Access to the end of race showers is, strictly, only accessible to runners. The race-bib is the pass for accessing the showers.

Throughout the course, showers are available for RED and BLUE course at aid station Buzet.

26 RANKING AND RECOMPENSE

Age categories:

- Seniors Men/Women SEM / SEW 2001-1980
- Veterans Men/Women 1 VM1 / VW1 1979-1960
- Veterans Men/Women 2 VM2 / VW2 1959 and older

For each race, a general ranking, male and female, and for each category, male and female, is established.

RED: the first 5 men and the first 5 women in the general ranking, as well as the winner of each category, receive a trophy.

BLUE, GREEN, YELLOW, and WHITE: the first 3 men and the first 3 women in the general ranking, as well as the winner in each category, receive a trophy.

Runners must be present at their prize giving. The trophies are only distributed at the ceremony.

Results will be published at the official website at www.istria100.com. Finisher's certificates will be available and downloadable from the online repository at the official website.

27 ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon outside of an aid station. They must inform the person responsible for the post.

In the case of the decision to abandon between two aid stations, the runner must go to the next aid station where they announce their abandonment.

The runner keeps hold of their race-bib because it is the pass for accessing shuttle buses, buses, meals, treatment

rooms...

Repatriation will be organized from each aid station. Injured or sick athletes will have a priority. In case of total stoppage of the race, the organization ensures the repatriation of the runners as fast as possible.

28 PENALTIES - DISQUALIFICATION

Race officials present along the race-route, and those responsible for the different aid stations and security posts are able to enforce the regulations and immediately apply a penalty in the case of non-respect for these regulations, according to the following chart:

BREACH OF REGULATION	PENALTIES* - DISQUALIFICATION
Short-cutting the route	at the race director's discretion
Absence of obligatory equipment (no waterproof jacket with hood, no torch, no survival blanket, no mobile/cell phone)	immediate disqualification
Absence of other obligatory equipment	1-hour penalty
Refusal to have obligatory equipment checked	disqualification
Phone turned off or in airplane mode	15-minute penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1-hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are uncivil and/or refuse to respect the organization's instructions will be penalized.	disqualification
Not assisting a person in difficulty (in need of care)	disqualification
Assistance outside the designated areas	1-hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	1-hour penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	immediate disqualification for life
Lack of visible race-bib	15-minute penalty
The wearing of a non-conforming race-bib	15-minute penalty
Absence of an electronic chip	at the race director's discretion
Absence of passage through a control point	at the race director's discretion

Refusal to comply with an order from the race directors, race officials, chief of posts, doctors or rescue personnel.	disqualification
Refusal of anti-doping control	the runner will be sanctioned in the same manner as they would be for drug taking
Departure from a checkpoint after the time limit	disqualification

(*) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt their race for the duration of the penalty time.

All other lack of respect for the regulations will be subject a sanction at the race directors' discretion.

29 COMPLAINTS

Complaints must be officially made by the competitor to the Race Jury in writing and within 2 hours of the arrival of the participant concerned, with a 100 € deposit. If the Race jury decision is positive, the deposit will be returned to the participant. If not, it will remain to the organizer.

30 RACE JURY

The Race Jury consists of the following officials:

- Sport box d.o.o. CEO
- Race director
- Member of the Race Organizing Committee
- Member of the Safety Commission
- Route Section Manager (if necessary)
- Check Point Manager (if necessary)

The Race Jury is authorized to preside over any and all cases of wrong-doing or other such occurrences where necessary. No objections can be held against Race Jury's decision.

31 EXCEPTIONAL CONDITIONS

If the circumstances require, the organization reserves the right to, at any moment, modify the route, start times, time limits, the position of aid stations or security posts, and any other aspect related to the good functioning of the event.

In the case of a force majeure, weather conditions which are too unfavorable or any other circumstance which puts the security of the competitors at risk, the organization reserves the right to :

- defer the start by a few hours maximum
- modify the time limits
- cancel the event
- neutralize the event
- stop the race in progress

32 AMENDMENTS TO THE REGULATIONS

The organizer reserves the right to make short-term amendments that will be announced in a timely fashion.

33 CANCELLATION OF A REGISTRATION

Any cancellation of a registration must be made by email. No withdrawal is registered by telephone.

The reimbursement of fees paid at registration will be made by partial re-credit to the bank account associated with the credit card used at the time of registering, under the following conditions :

DATE SENT	AMOUNT OF RE-CREDIT IN % OF THE AMOUNT OF REGISTRATION (EXCLUDING ANNEX CHARGES)
before December 1st 2019	60%
01.12.2019 - 31.1.2020	50%
01.02.2020 - 29.2.2020	40%
after February 29th	0%

34 CANCELLATION OF A REGISTRATION - SPECIAL CASES

1. In the case of a runner's non-chronic osteoarticular or muscular injury, and only in this case, arising after registration and which is not completely curable by the day of the race, the organization recommends that the injured runner does not put themselves at unnecessary risk, cancels their registration (cancellation conditions as above) and asks for a priority registration, for the same race, during a future event.
2. In case of a serious illness or death of the participant, the start fee will be returned in full (bank fees excluded). In order to get the refund, it is necessary to supply a medical certificate signed and stamped by the doctor giving evidence of the runner's incapacity to participate in the race or death certificate.
3. In case of the pregnancy of a registered competitor (birth date 6 month before – 6 month after the race), the organization recommends that the pregnant runner does not put themselves at unnecessary risk, cancels their registration (cancellation conditions as above) and asks for a priority registration, for the same race, during a future event.

All requests for priority, in the case of a cancellation due to injury, must reach us accompanied by a complete medical file (detailed medical report and image examination results confirming the diagnostic written in ENGLISH or CRO-ATIAN language, signed and stamped by the doctor) by ~~May 1st 2020~~ **October 9th 2020** at the latest by email. Any incomplete files will be rejected.

The requests will be treated by ~~May 15th 2020~~ **October 23rd 2020** at the latest. The medical committee's decision is final and without appeal.

If the medical committee's decision is favorable, the participant will benefit from priority registration for the same race in a future year. Priority registration only means avoiding the draw. The registration is subject to all the usual registration regulations (entering data, registration fees).

BASIC EQUIPMENT KIT

BASIC KIT EQUIPMENT PART	RED	BLUE	GREEN	YELLOW	WHITE
race pack destined to transport obligatory equipment throughout the race	O	O	O	O	R
mobile phone	O	O	O	O	O
personal beaker 15 cl minimum	O	O	O	O	O
supply of water 1-liter minimum	O	O	O	O	R
head torch	O	O	O	-	-
spare batteries for the head torch	O	O	-	-	-
survival blanket 1,40 x 2,0 m minimum	O	O	O	O	O
basic first aid kit	O	O	O	O	O
whistle	O	O	O	O	O
food reserve	O	O	O	O	R
hooded jacket	O	O	O	TBA	TBA
long legged trousers or a legging+socks combination (cover the leg completely)	O	O	R	-	-
cap or bandana	O	O	R	R	R
additional warm second layer	O	O	-	-	-
waterproof over-trousers	TBA	TBA	-	-	-
ID or passport	O	O	O	O	O

- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Croatia (load into its memory the organization's security numbers, don't hide your number and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and it could lead to a penalty.
- head torch in good working order with spare cells/batteries
 - Recommendation: 200 lumens or more
- basic first aid kit
 - 2 gauze pads 10 x 10 cm minimum
 - 1 gauze roller bandage
 - a box of adhesive bandages
- Food reserve
 - Recommendation : 800kcal (2 gels + 2 energising bars each of 65g)

- The hooded jacket which can withstand bad weather in the mountains with waterproof* and breathable** membrane (eg. Outdry)
 - *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13
 - the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability, are accepted.
 - It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated but, during a check, the judgment is made by the person in charge of the check or the race official.
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M))
- OR the combination of a warm long sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
- *the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa

HOT-WEATHER KIT (can be deemed necessary by the organization, according to the weather conditions)

BASIC KIT EQUIPMENT PART	RED	BLUE	GREEN	YELLOW	WHITE
sunglasses	O	O	O	R	R
Saharan cap or any combination which completely covers the head and nape of the back	O	O	O	R	R
completely covers the head and nape of the back	O	O	O	R	R
sun cream	O	O	O	R	R
supply of water 2-liter minimum	O	O	O	R	R

COLD-WEATHER KIT (can be deemed necessary by the organization, according to the weather conditions)

BASIC KIT EQUIPMENT PART	RED	BLUE	GREEN	YELLOW	WHITE
3rd warm layer	O	O	R	R	R
robust and closed running shoes (minimalist, ultralight and sandals excluded)	O	O	O	O	O
warm hat	O	O	O	O	O
warm and waterproof gloves	O	O	O	R	R
supply of water 2-liter minimum	O	O	O	R	R

3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)

Recommendation: fleece or compressible down jacket

LEGEND

O – obligatory

R – recommended

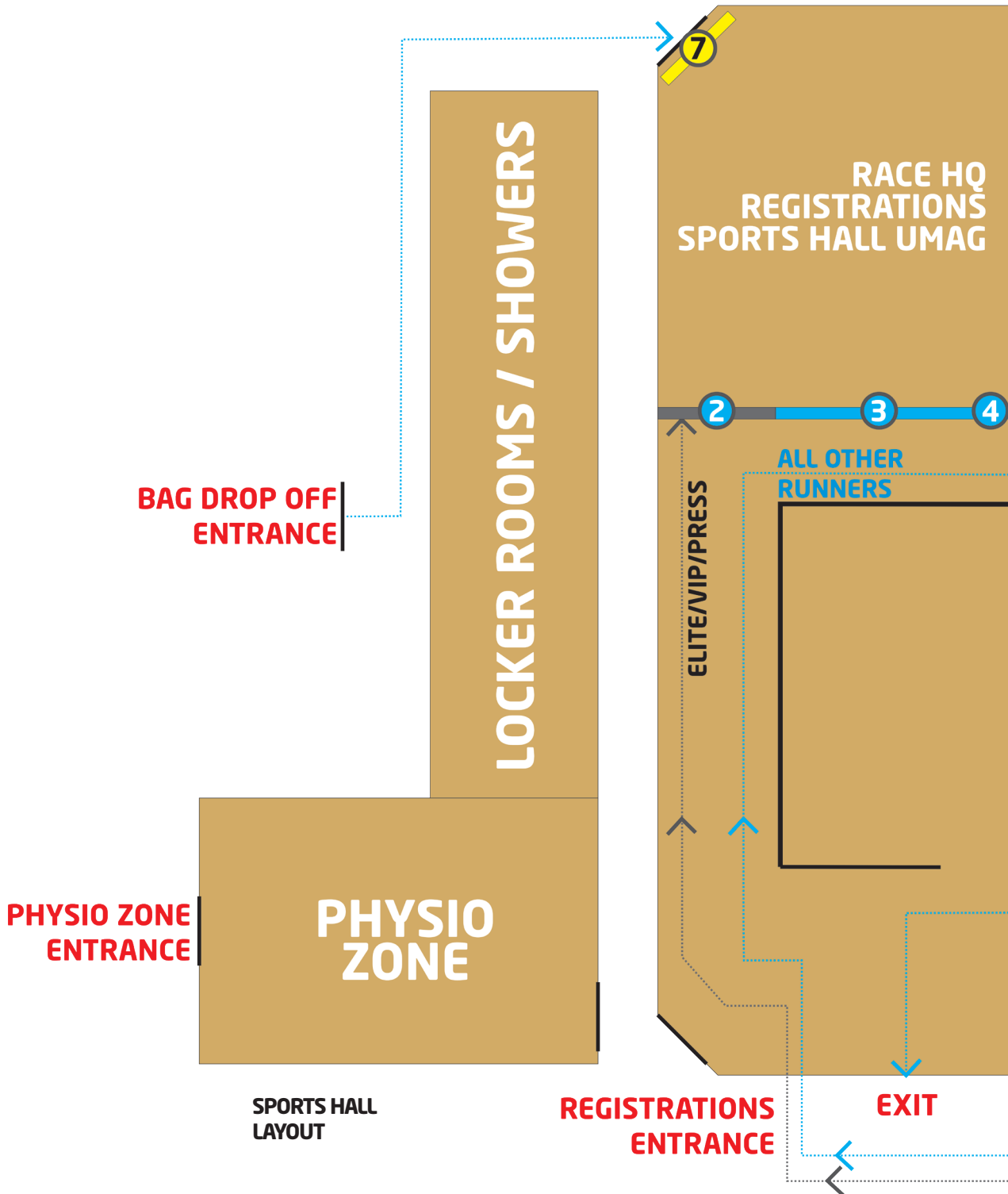
TBA – to be announced

REGISTRATIONS

REGISTRATIONS OFFICE WORKING HOURS

THURSDAY SEPTEMBER 9TH
14:00 - 20:00 | R | B | G | Y | W |

FRIDAY SEPTEMBER 10TH
09:00 - 10:30 | R |
10:30 - 12:00 | B |
14:00 - 17:30 | B | G | Y | W |
17:30 - 20:00 | G | Y | W |



HOURS

SATURDAY SEPTEMBER 11TH

08:00 - 09:30 | G |

10:00 - 13:00 | W |





VERTIX 2

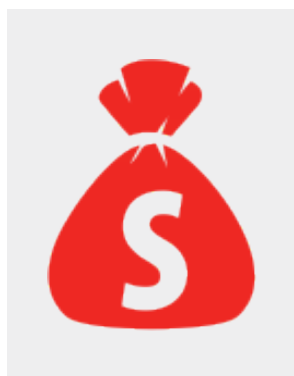
GPS Adventure Watch

NEXT GENERATION ADVENTURE



LEDLENSER

BAGS AND STICKERS



SMALL BAG
| R | B | G | Y | W |

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

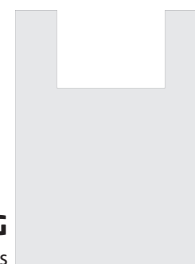
Big one should be deposited in Umag after BIB distribution, we will transport it to Buzet, you can reclaim it there and it must be deposited in Buzet for repatriation to Umag. Smaller one is simpler, when you arrive at the start, you can pack in it any excess stuff/gear/clothes that you don't need in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



BIG BAG
| R | B |

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.

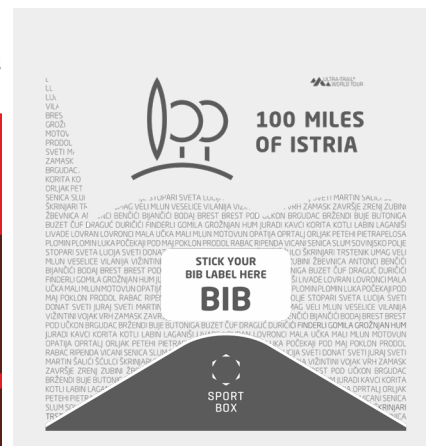
On each bag you receive, you should put the corresponding sticker with your designated BIB, bigger one on the Big bag, smaller one on the Small bag.



SMALL BAG
and the stickers



BIG BAG
and the stickers



TRANSFER TO THE START

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

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

Please, respect your bus number and be on time for the departure. Gathering is in front of the sports hall.

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

*If you don't have bus number on your BIB, that means that you don't need a bus transfer.

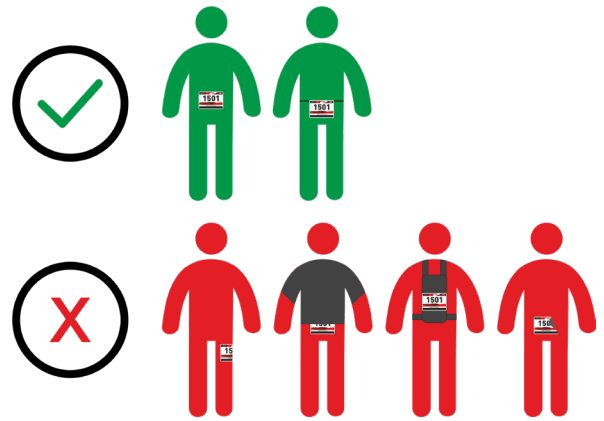
TRANSFER SCHEDULE AND ITINERARY

RED:	Friday, September 11th 11:00	UMAG - LABIN
BLUE:	Friday, September 11th 18:00	UMAG - LOVRAN
GREEN:	Saturday, September 12th 10:00	UMAG - BUZET
YELLOW:	Saturday, September 12th 7:00	UMAG - MOTOVUN
WHITE:	Sunday, September 13th 6:30	UMAG - GROŽNJAN

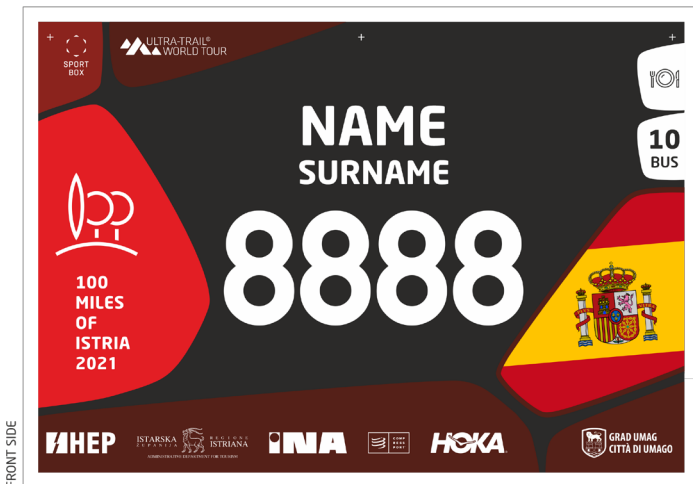


BUS number transfer to the start

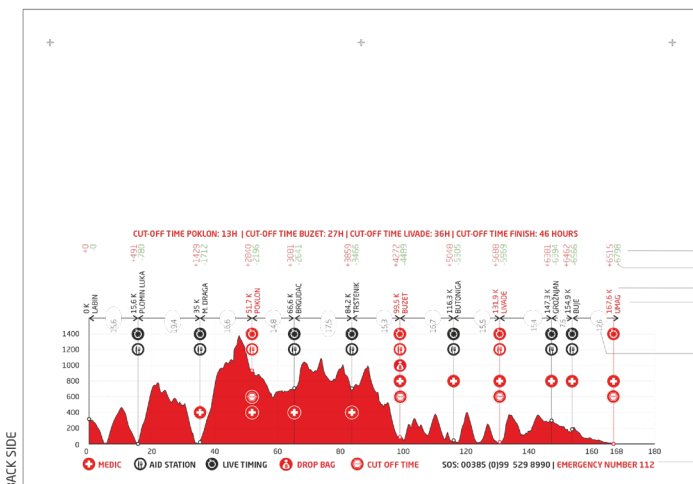
BIB GUIDE



FRONT SIDE



FRONT SIDE



BACK SIDE

- race belt perforation
- after race meal
- BUS number transfer to the start
- start number
- country flag
- RED course regular BIB



BLUE regular and VIP/ELITE BIB



GREEN regular and VIP/ELITE BIB



YELLOW regular and VIP/ELITE BIB



WHITE regular and VIP/ELITE BIB

- cumulative descent
- cumulative ascent
- cumulative distance
- aid station name
- distance between aid stations
- in case of emergency or injury call 112 only in the case of severe danger or in the areas without cell coverage

COURSE SIGNAGE

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.



FLAGS ON THE COURSE
outside urban areas



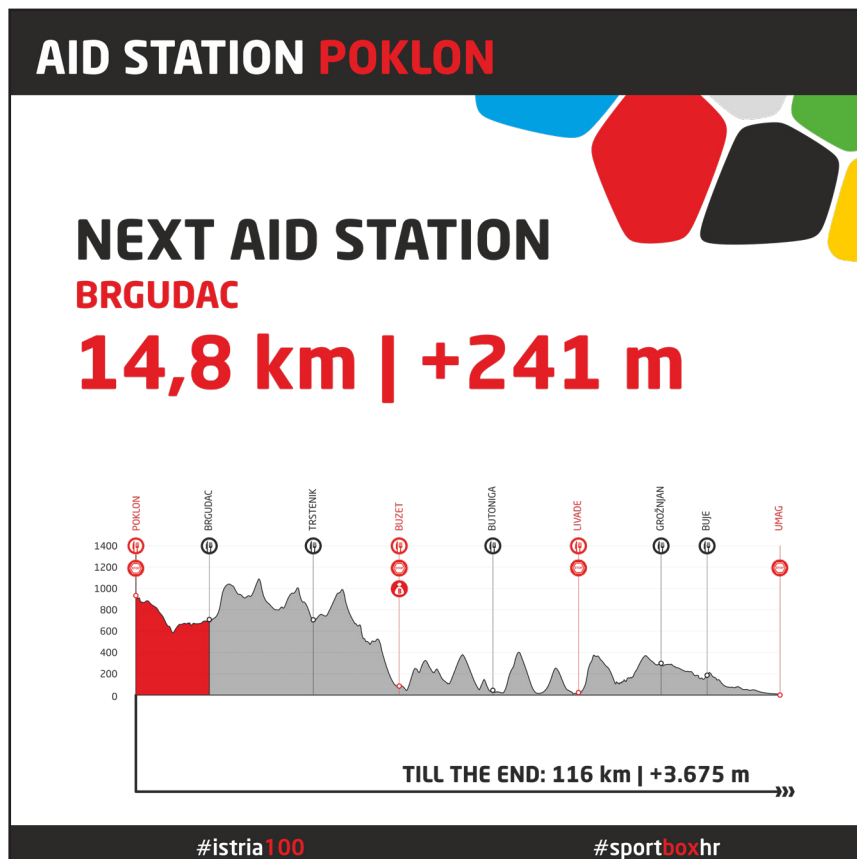
PLASTIC GUIDEPOST MARKINGS ON THE ROAD
urban areas

AID STATION SIGNAGE

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

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

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

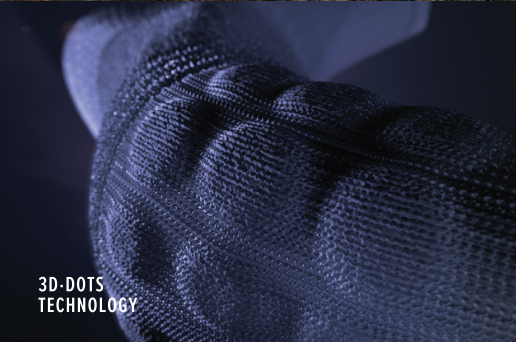


AID STATION SIGNAGE

PRO RACING SOCKS TRAIL V3.0



EXCLUSIVE 3D.DOTS TECHNOLOGY
BLISTERS PREVENTION
STABILITY AND PROPRIOCEPTION



3D.DOTS
TECHNOLOGY



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BESPLATNO POSTAVLJANJE SAMOUSLUŽNIH AUTOMATA ZA TOPLE I HLADNE NAPITKE

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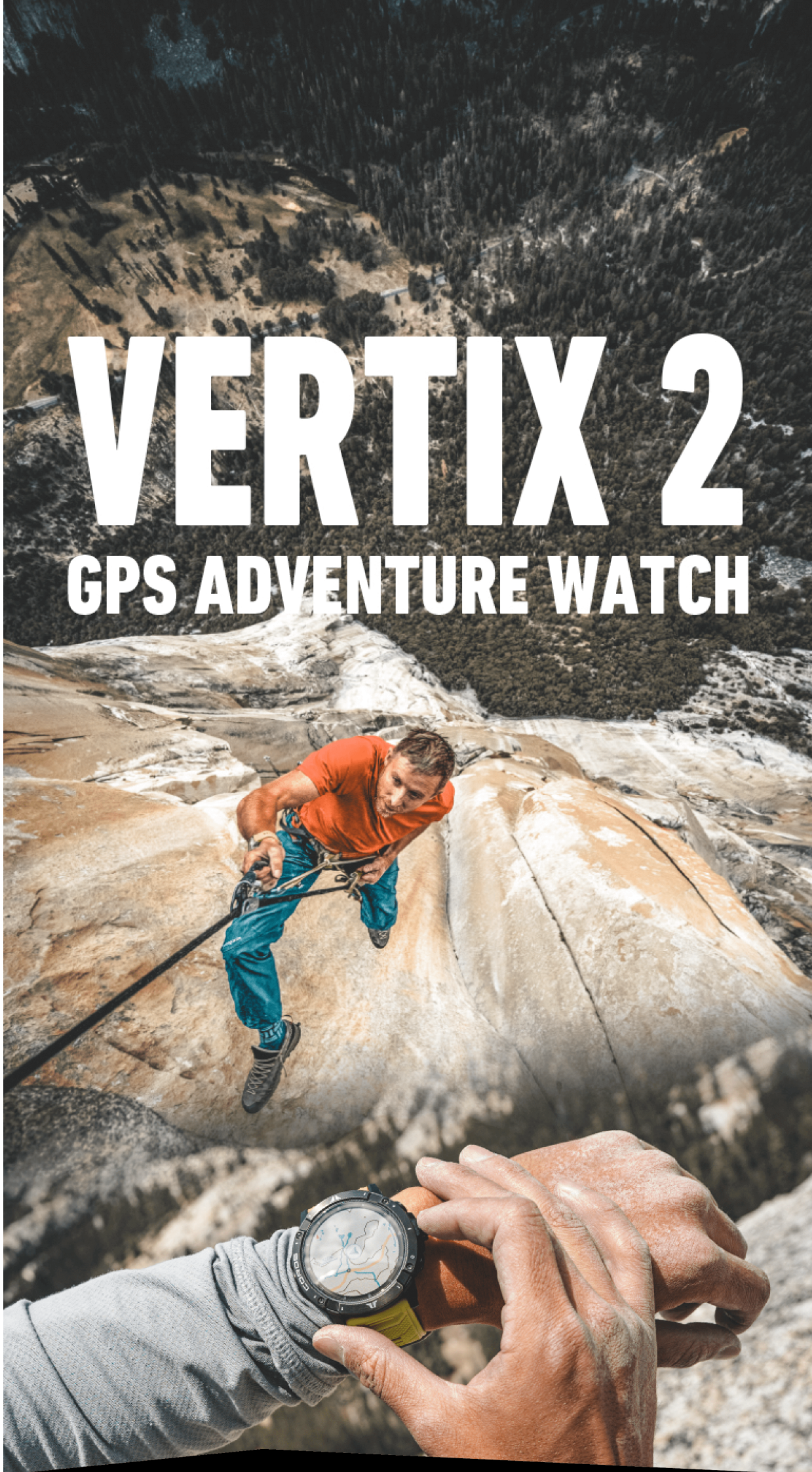


BUZET SJEDIŠTE

Naselje Baraka 7, 52420 Buzet
T +385 52 663 291
E info@automatic-servis.hr

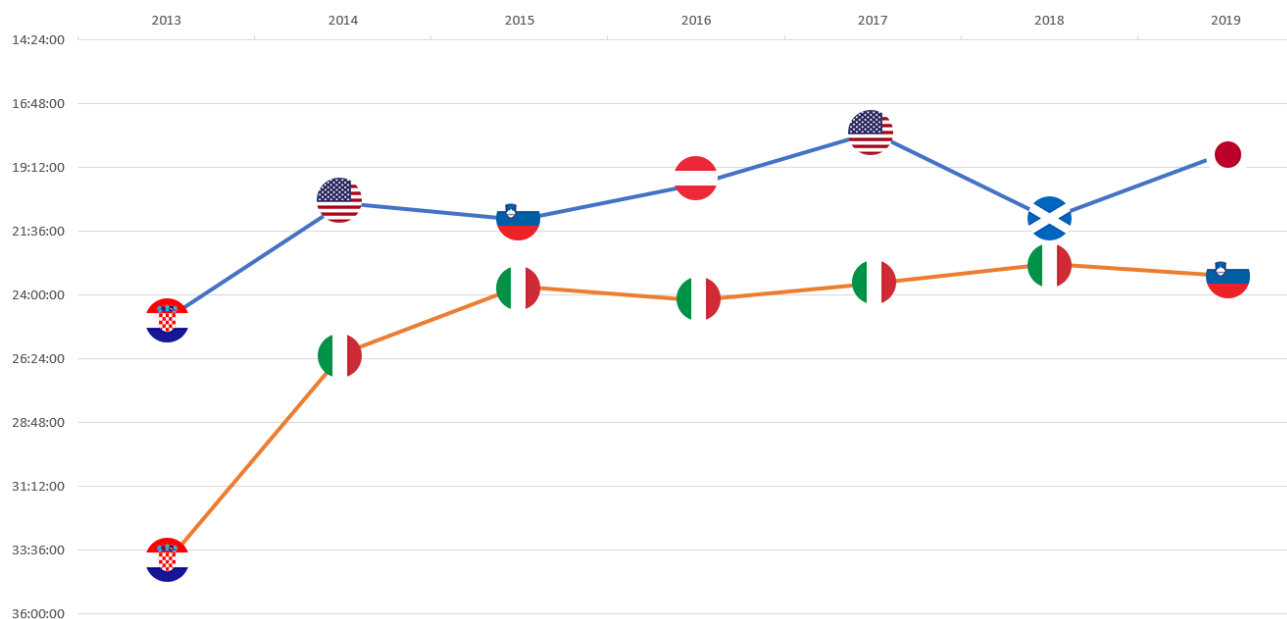
VERTIX 2

GPS ADVENTURE WATCH



HALL OF FAME

RED COURSE WINNERS HISTORY



WINNERS

2013 F TADEJA KRUŠEC (CRO) 34:02:01
 2013 M MAURICIO KRIŽMANIĆ (CRO) 24:53:55

2014 F MARTA PORETTI (ITA) 26:11:18
 2014 M JAY ALDOUS (USA) 20:31:39

2015 F FRANCESCA CANEPA (ITA) 23:39:47
 2015 M MARJAN ZUPANČIĆ (SLO) 21:08:50

2016 F FRANCESCA CANEPA (ITA) 24:12:22
 2016 M THOMAS WAGNER (AUT) 19:49:43

2017 F FRANCESCA CANEPA (ITA) 23:34:27
 2017 M DYLAN BOWMAN (USA) 17:51:50*

2018 F FRANCESCA CANEPA (ITA) 22:49:33*
 2018 M PAUL GIBLIN (SCO) 21:06:53

2019 F KATJA KEGL VENCELJ (SLO) 23:16:54
 2019 M KAZUFUMI OSE (JPN) 18:38:58

*COURSE RECORDS

TOP RESULTS WOMEN

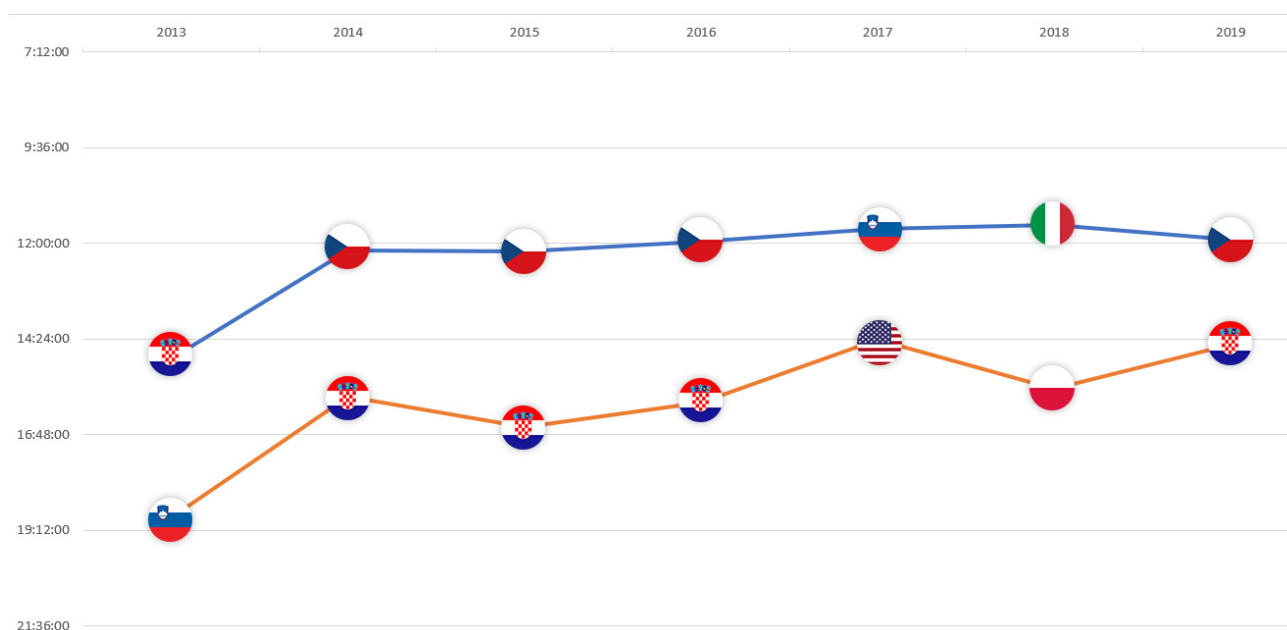
1. FRANCESCA CANEPA (ITA) 22:49:33
2. KATJA KEGL VENCELJ (SLO) 23:16:54
3. KATJA KEGL VENCELJ (SLO) 23:25:44
4. FRANCESCA CANEPA (ITA) 23:34:27
5. FRANCESCA CANEPA (ITA) 23:39:47
6. FRANCESCA CANEPA (ITA) 24:12:22
7. FEDERICA BIOFAVA (ITA) 24:25:38
8. DARIIA BODNAR (UKR) 24:46:37
9. ALENKA PAVC (SLO) 24:52:58
10. JULIA BOETTGER (GER) 24:54:52

TOP RESULTS MEN

1. DYLAN BOWMAN (USA) 17:51:50
2. KAZUFUMI OSE (JPN) 18:38:58
3. OLIVIERO BOSATELLI (ITA) 18:54:31
4. GREGOIRE CURMER (FRA) 18:55:50
5. PAUL GIBLIN (SCO) 19:21:56
6. LUCA MANFREDI NEGRI (ITA) 19:30:37
7. THOMAS WAGNER (AUT) 19:49:43
8. PETER KIENZL (ITA) 19:52:44
9. GERHARD SCHIEMER (AUT) 20:10:19
10. TONI VENCELJ (SLO) 20:19:55

HALL OF FAME

BLUE COURSE WINNERS HISTORY



WINNERS

2013 F	NATAŠA ALJANČIĆ (SLO)	18:52:34
2013 M	IVAN BLEČIĆ (CRO)	14:53:19
2014 F	MATEJA BLAŽEVIĆ (CRO)	15:49:58
2014 M	ZDENEK KRIZ (CZE)	12:10:27
2015 F	DARIJA BOSTJANČIĆ (CRO)	16:36:22
2015 M	ZDENEK KRIZ (CZE)	12:12:25
2016 F	JELENA BREZAK (CRO)	15:59:11
2016 M	PETR ZAKOVSKY (CZE)	11:57:33
2017 F	ELIZAVETA ERSHOVA (USA)	14:24:32*
2017 M	MARJAN ZUPANČIĆ (SLO)	11:38:36
2018 F	KAMILA GLODOWSKA (POL)	15:38:07
2018 M	ROBERTO MASTROTTO (ITA)	11:31:55*
2019 F	INGRID NIKOLESIĆ (CRO)	14:32:43
2019 M	ALEŠ SEDLAK (CZE)	11:53:48

*COURSE RECORDS

TOP RESULTS WOMEN

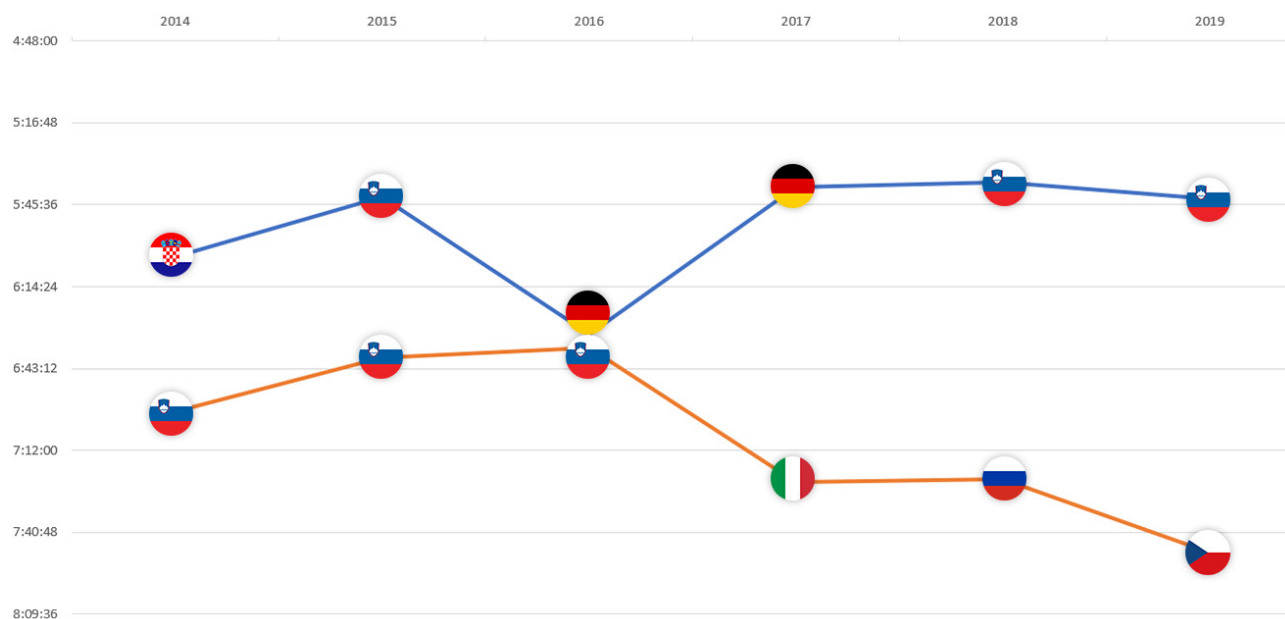
1.	ELIZAVETA ERSHOVA (USA)	14:24:32
2.	DARIJA BOSTJANČIĆ (CRO)	14:30:15
3.	INGRID NIKOLESIĆ (CRO)	14:32:43
4.	MIRJANA KOLAC (CRO)	14:36:12
5.	AYSEN SOLAK (TUR)	14:50:06
6.	SARA TREVISAN (ITA)	14:55:26
7.	INES JOZIĆ (CRO)	15:07:51
8.	MARIYA NIKOLOVA (BUL)	15:15:00
9.	ALESSANDRA OLIVI (ITA)	15:31:48
10.	KAMILA GLODOWSKA (POL)	15:38:07

TOP RESULTS MEN

1.	ROBERTO MASTROTTO (ITA)	11:31:55
2.	MARJAN ZUPANČIĆ (SLO)	11:38:36
3.	MARTIN HALASZ (SVK)	11:42:57
4.	CARLO SALVETTI (ITA)	11:51:29
5.	ALEŠ SEDLAK (CZE)	11:53:48
6.	CLEMENT BARRET (FRA)	11:55:28
7.	PETR ZAKOVSKY (CZE)	11:57:33
8.	ALISTER BIGNELL (SUI)	12:00:00
9.	ZDENEK KRIZ (CZE)	12:12:25
10.	PIOTR CHOROS (POL)	12:12:38

HALL OF FAME

GREEN COURSE WINNERS HISTORY



WINNERS

2014 F	ŠPELA STRASSER (SLO)	6:58:20
2014 M	VEDRAN DAKIĆ (CRO)	6:03:45
2015 F	AJDA RADINJA (SLO)	6:39:15
2015 M	TONI VENCELJ (SLO)	5:43:00
2016 F	AJDA RADINJA (SLO)	6:35:47*
2016 M	SEBASTIAN FUCHS (GER)	6:31:06
2017 F	GRAZIANA PE' (ITA)	7:23:00
2017 M	JOHANNES KLEIN (GER)	5:39:28
2018 F	ANASTASIA CHELYSHEVA (RUS)	7:22:10
2018 M	IVAN HRASTOVEC (SLO)	5:37:32*
2019 F	MARCELA MIKULECKA (CZE)	7:47:47
2019 M	MATIC ČAČULOVIČ (SLO)	5:43:35

*COURSE RECORDS

TOP RESULTS WOMEN

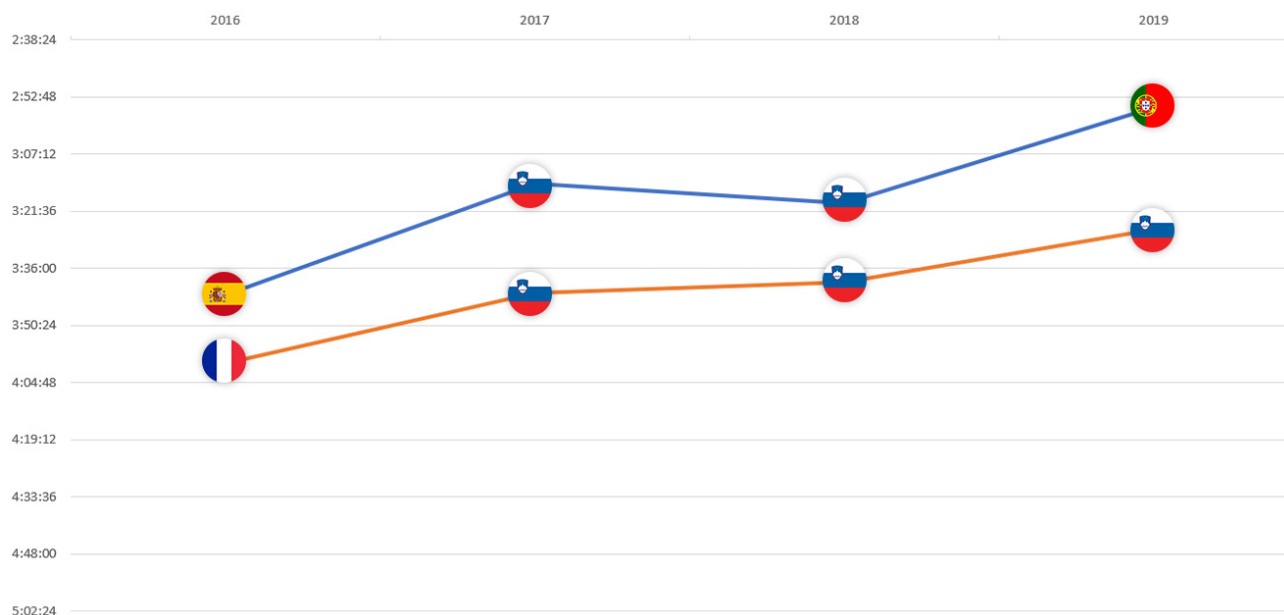
1.	AJDA RADINJA (SLO)	6:35:47
2.	AJDA RADINJA (SLO)	6:39:15
3.	ŠPELA STRASSER (SLO)	6:58:20
4.	INGRID NIKOLESIĆ (CRO)	7:15:34
5.	ANITA VAJDA (HUN)	7:21:19
6.	ANASTASIA CHELYSHEVA (RUS)	7:22:10
7.	GRAZIANA PE' (ITA)	7:23:00
8.	VIKTORIJA MODRIJAN (SLO)	7:27:15
9.	SABRINA RATH (AUT)	7:30:21
10.	NANCY ABURTO (ITA)	7:30:48

TOP RESULTS MEN

1.	IVAN HRASTOVEC (SLO)	5:37:32
2.	JOHANNES KLEIN (GER)	5:39:28
3.	TONI VENCELJ (SLO)	5:43:00
4.	MATIC ČAČULOVIČ (SLO)	5:43:35
5.	YURY SHTANKOV (RUS)	5:44:36
6.	DONATELLO ROTA (ITA)	5:47:29
7.	DAMIR MESEC (CRO)	5:56:32
8.	TOMICA KOLENKO (CRO)	5:57:43
9.	JULIEN CHORIER (FRA)	6:01:51
10.	VEDRAN DAKIĆ (CRO)	6:03:45

HALL OF FAME

YELLOW COURSE WINNERS HISTORY



WINNERS

2016 F	STEPHANIE MANIVOZ (FRA)	3:59:49
2016 M	IGOR YOVANOVITCH GIL (ESP)	3:42:35
2017 F	BARBARA TRUNKELJ (SLO)	3:42:16
2017 M	SEBASTIJAN ZARNIK (SLO)	3:14:43
2018 F	BARBARA TRUNKELJ (SLO)	3:39:26
2018 M	MATIC ČAČULOVIČ (SLO)	3:19:35
2019 F	BARBARA TRUNKELJ (SLO)	3:26:19*
2019 M	HELIO FUMO (POR)	2:55:19*

*COURSE RECORDS

TOP RESULTS WOMEN

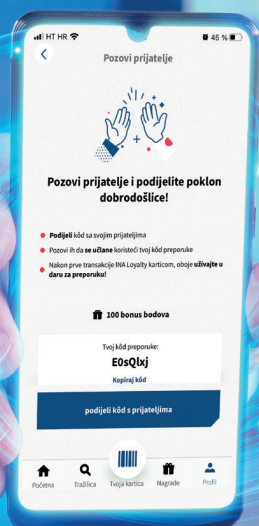
1.	BARBARA TRUNKELJ (SLO)	3:26:19
2.	BARBARA TRUNKELJ (SLO)	3:39:26
3.	BARBARA TRUNKELJ (SLO)	3:42:16
4.	STEPHANIE MANIVOZ (FRA)	3:43:52
5.	ZORANA TEŽAK (CRO)	3:53:58
6.	ANTONIA MIELERT (GER)	3:58:24
7.	STEPHANIE MANIVOZ (FRA)	3:59:49
8.	PETRA KULIĆ (CRO)	4:02:53
9.	MAJA URBAN (CRO)	4:05:04
10.	HRISTINA KOZAREVA-LEIKEB (BUL)	4:05:49

TOP RESULTS MEN

1.	HELIO FUMO (POR)	2:55:19
2.	MARJAN ZUPANČIĆ (SLO)	3:11:57
3.	ANDREI IVANESCU GLIGA (ROU)	3:12:21
4.	SEBASTIJAN ZARNIK (SLO)	3:14:43
5.	MARTIN JOR (CZE)	3:16:51
6.	MARKUS GLANTSCHNIG (AUT)	3:18:11
7.	MATIC ČAČULOVIČ (SLO)	3:19:35
8.	ANDRIY TKACH (UKR)	3:20:58
9.	DINO DORČIĆ (CRO)	3:26:13
10.	FRANCK MANIVOZ (FRA)	3:26:43

Z. Horvat

ZLATKO HORVAT
Rukometaš



NAGRAĐUJEMO TIMSKU IGRU!

Preporučite prijatelju INA Loyalty aplikaciju i oboje ste na dobitku!

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 the summer, sudden changes in the weather conditions can occur. At the start of September, the temperature in the mountainous areas can drop to 0°C during the night, rain or hail can fall abundantly, and one can get lost in fog despite comparatively comprehensive way-markers. And it can also reach more than 25°C!

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 99 529 89 90** 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!

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 CUT-OFF TIMES!

IMPORTANT NUMBERS

RACE HQ
00385 (0)99 529 89 90

RESCUE SERVICE
112



PHOTO.

Kazufumi Ose (JPN) at the Vojak climb during 2019 snow storm

IMPORTANCE OF THE MANDATORY EQUIPMENT

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

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

MANDATORY EQUIPMENT

MOBILE PHONE |R|B|G|Y|W|



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|W|

**find me in Sport box shop at the Expo*



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

STOCK OF WATER

|R|B|G|Y|W|

**find me in Sport box shop at the Expo*



Minimum 1 litre

HEAD TORCH

|R|B|G|

**find me in Sport box shop at the Expo*



In good working condition with replacement batteries

SURVIVAL BLANKET

|R|B|G|Y|W|

**find me in Sport box shop at the Expo*



Minimum dimensions 1,40 m x 2,0 m

WHISTLE

|R|B|G|Y|W|



ADHESIVE ELASTIC BAND

|R|B|



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

FOOD RESERVE

|R|B|G|Y|W|

**find me in Sport box shop at the Expo*



HOKA

**FLY ON
THE TRAILS**



**IMPOSSIBLY LIGHT.
INCREDIBLY AGILE.
INSANELY FAST.**

ZINAL

IMPORTANCE OF THE MANDATORY EQUIPMENT

HOODED JACKET

| R | B | G | Y ** | W ** |

**find me in Sport box shop at the Expo*

*** to be announced*



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 |

**find me in Sport box shop at the Expo*



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

STRONGLY RECOMMENDED EQUIPMENT

ADDITIONAL WARM MIDLAYER TOP

**find me in Sport box shop at the Expo*



TREKKING POLES

**find me in Sport box shop at the Expo*



RECOMMENDED EQUIPMENT

CAP OR BANDANA

**find me in Sport box shop at the Expo*



WARM HAT

**find me in Sport box shop at the Expo*



WARM AND WATERPROOF GLOVES

**find me in Sport box shop at the Expo*



WATERPROOF OVER-TROUSERS

**find me in Sport box shop at the Expo*





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 of approximately 2.400 sunny hours a year. Winters are mild and pleasant, while it snows very rarely.

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

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

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 **Učka** - 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 SEPTEMBER

AIR TEMPERATURE	
Mean	18,8° C
Abs. maximum	32,6° C
Abs. minimum	4,8° C
SUNSHINE	
Duration (hours)	179
PRECIPITATION	
Total (mm)	156,5
Max. snow cover (cm)	0
DAYS WITH	
clear sky	15
Fog	1
Rain	10
Frost	0
Snow	0
Min. Temp < 0° C	0
Max. Temp > 25° C	10

SUN		
	Sunrise	Sunset
September 10 th	6:34	19:22
September 11 th	6:35	19:20
September 12 th	6:37	19:18

MOON PHASE waxing crescent		
	Moonrise	Moonset
September 10 th	10:23	21:16
September 11 th	11:42	21:44
September 12 th	13:01	22:18

START PACK GIFTS



COMPRESSPORT
High-end compression clothing

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



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



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

COLLECTION TRAIL RUNNING COMPRESSPORT®



PERFECT MUSCLE SUPPORT, OPTIMAL THERMOREGULATION, ULTRA-LIGHTNESS, SUPERIOR COMFORT. COMPRESSPORT® TRAIL RUNNING GARMENTS ARE DESIGNED TO IMPROVE YOUR PERFORMANCE WHATEVER YOUR NEXT GOAL. DISCOVER OUR FULL RANGE OF CLOTHING FOR MEN AND WOMEN AND CONQUER THE HEIGHTS!



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FITTED SS TOP



TRAIL RACING
SHORT



ULTRA TRAIL
SOCKS



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**WHEREVER YOU RACE,
WE SUPPORT YOU.**

RED COURSE START



LABIN SEPTEMBER 10TH 14:00

OLD TOWN SQUARE

THE PEARL OF THE KVARN- ER 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

11:00
DEPARTURE FOR THE START FROM
UMAG

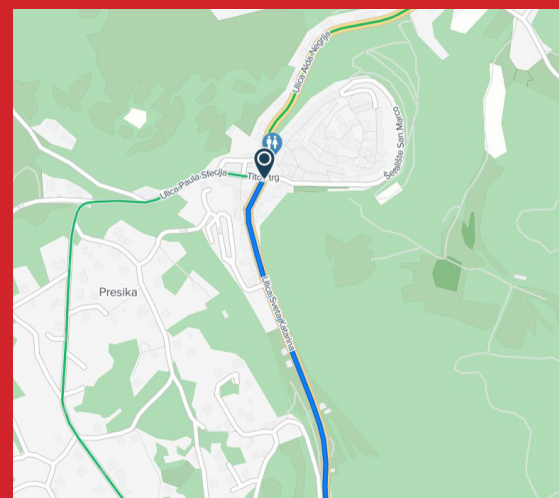
13:00
ARRIVAL TO THE START IN LABIN

14:00
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



Course start map

START LIST

RED COURSE

1	Ronimoiss	Andris	LV
2	Rigodanza	Francesco	IT
3	Mastrotto	Roberto	IT
4	Riera Castro	Isaac	ES
5	Zambon	Alessio	IT
6	Di Giacomo	Fabio	IT
7	Bannwarth	Claire	FR
8	Boifava	Alessandra	IT
9	Westerlin	Henrik	CH
10	Kegl Vencelj	Katja	SI
11	Kruljac	Pavle	HR
12	Stenqvist	Viktor	SE
13	Bourassa	Denise	US
14	Schnabl	Sophia	AT
15	Bonfante	Marco	IT
16	Cornaro	Nevio	IT
17	Pietrzak	Krystian	PL
18	Nikolesić	Ingrid	HR
19	Guerini	Luca	IT
21	Kaltenbacher	Harald	AT
22	Persson	Rasmus	SE
23	Knafelj	Samo	SI
24	Vrvilo	Ivana	HR
25	Daxelhofer	Brigitte	CH
26	Mezincescu	Alice	GB
27	Urbanc	Eva	SI
28	Klaus	Matthias	AT
29	Wethacz	Dariusz	PL
30	Feik	Andrej	SK
31	Gottberg	Mikael	SE
32	Fahrengruber	Rene	AT
33	Kogut	Stanisław	PL
34	Mokrzycka	Patrycja	IT
35	Dolinar	Miha	SI
36	Sajovic	Blaz	SI
37	Gonon	Elodie	FR
38	Tautscher	Hannes	AT
40	Bergo	Elisa	IT
41	Rigodanza	Lorenzo	IT
42	Hajek	Jakub	CZ
43	Sava	Sebastian	RS
44	Gonon	Bertrand	FR
45	Kozubik	Lukas	CZ
46	Leperlier	Eric	FR
47	Buić	Mladenka	HR
48	Glushko	Daniil	RU

49	Varga	Orsolya	HU
50	Perić	Ivan	HR
51	Azmi	Naaman	IL
52	Kelemen	Mitja	SI
53	Ott	Matthias	DE
54	Ravnak	Tamara	SI
55	Klancnik	Anja	SI
56	Defecinski	Radoslaw	PL
57	Soroceanu	Costin	RO
58	Sikora	Michal	PL
59	Koraca	Peter	SI
60	Mascarin	Marc	IT
61	Treu	Denis	IT
62	Smereciuc	Paul	RO
63	Krklijes	Slaven	HR
64	Mohorovičić	Vedran	HR
65	Leonov	Dimitriy	RU
66	Hochbauer	Eva	RO
67	Protsyk	Roman	UA
68	Galetto	Luca	IT
69	Locori	Matteo	IT
70	Neuweiler	Wolfgang	DE
72	Schießl	Norbert	AT
73	Schiavon	Giulio	IT
74	Antoniasse	Giuseppe	IT
75	Piccin	Franco	IT
76	Cimarosti	Gabriele	IT
77	Ebner	Johannes	AT
78	Greselin	Luca	IT
79	Bersan	Sergiu	RO
80	Basiaco	Roberto	HR
81	Mandić	Danijel	RS
82	Zanette	Pierina	IT
83	Weissl	Werner	AT
84	Toldo	Alberto	IT
85	Vukotič	Dejan	SI
86	Vanbeneden	Kristof	BE
87	Prosen	Meta	SI
88	Buchinger	Julian	AT
89	Cokan	Rok	SI
90	Ljevar	Kristina	HR
91	Lambert	James	US
92	Stivanello	Mariano	IT
93	Stemberger	Andreas	AT
94	Brunner	Juergen	AT
95	Coolen	Cindy	NL
96	Crognale	Donato	IT
97	Hajek	Jan	CZ
98	Slukan	Ivan	HR
99	Pellicciotta	Filippo	IT

100	Mancusi	Gianluca	IT
101	Bontempi	Alberto	IT
102	Zidar	Pavlo	SI
103	Macuh	Peter	SI
104	Neyka	Christian	DE
105	Vandeneede	Diederik	BE
106	Torbarina	Toni	HR
107	Henscheid	Stefan	DE
108	Polić	Nikola	HR
109	Skenderović	Alfred	HU
110	Klančnik	Tomislav	SI
111	Vlačich	Maria	HR
112	Paoletti	Paolo	IT
113	Vetevoog	Kaido	EE
114	Purgarić	Helena	HR
115	Steinmeister	Martin	DE
116	Specht	Mikołaj	PL
117	Flegar	Robert	HR
118	Galletto	Marco	IT
119	Laugesen	Lars	DK
120	Buljat	Vice	HR
121	Cartelli	Walter	IT
122	Verbnjak	Igor	HR
123	Kinkela	Kristijan	HR
124	Markič	Silvo	SI
125	Agić	Zlata	HR
126	Alkic	Ado	BA
127	Nemecek	Ondrej	CZ
128	Tomasi	Mattia	IT
129	Čeliković	Mario	HR
130	Mazur	Oleksandr	UA
131	Nacci	Mauro	IT
132	Maier	Hubert	DE
133	Prints	Vallo	IE
134	Mučnjak	Ivan	HR
135	Aßlauer	Johannes	AT
136	Szczepanski	Jakub	PL
137	Marconi	Massimo	IT
138	Ravnak	Rolando	SI
139	Stehle	Sebastian	DE
140	Pasian	Matteo	IT
141	Rebek	Sebastjan	SI
142	Buchinger	Reinhard	AT
143	Vicić	Matko	HR
144	Svetina	Aleksander	SI
145	Ohm	Sarah	DE
146	Pavlović	Irena	RS
147	Sharma	Neeraj	IN
148	Urbaczka	Pavel	CZ
149	Vale	Vedran	HR

150	Giambattistoni	Luca	IT
151	Pham	Minh Bao	FR
152	Haxhidema	Abdyrrahim	XK
153	Dymenko	Serhii	UA
154	Rogelj	Dejan	SI
155	Ritzen	Serge	NL
156	Steinke	Robert	AT
157	Czerwiec	Artur	PL
158	Yap	Renton	SG
159	Tomasi	Roberto	IT
160	McGinn	James	GB
161	Vadlja	Andrej	HR
163	Gruber	Arlin	AT
164	Hentsch	Torsten	DE
165	Čavlek	Tomislav	HR
166	Martinović	Zoran	HR
167	Kaster	Gerhard	DE
169	Dundara	Robert	HR
170	Drandić	Denis	HR
171	Grillo	Ennio	IT
172	Clarke	Zachary	US
173	Tabakovic	Dragana	RS
174	Komlos	Dora	HU
175	Jandrečić	Stjepan	HR
176	Rodeghiero	Luigi	IT
177	Paavola	Antti	FI
178	Stanojević	Goran	HR
179	Karrer	Edgar	DE
180	Gabor	Miruna	RO
181	Čurik	Dejan	HR
183	Orsolini	Maurizio Alex	IT
184	Habijan	Damir	HR
185	Ganev	Konstantin	BG
186	Heyns	Paul	BE
187	Mewes	Michael	DE
188	Ceksters	Aigars	LV
189	Kos	Marko	SI
190	Churcher	Matthew	GB
191	Vizman	Avi	IL
192	Fazlagić	Samir	BA
193	Salamon	Elvis	HR
194	Choi	Jouyoung	US
195	Rogović	Loren	HR
196	Gyalai	Zsolt	RO
197	Pizzol	Stefano	IT
198	Vrataric	Igor	HR
199	Meić	Robert	HR
200	Masotto	Alessandro	IT
201	Coolen	Hans	BE
202	Kolarić	Igor	HR

203	Djakovic	Aleksandar	RS
204	Meiser	Franz	DE
205	Ayhan	Cem	TR
206	Christensson	Thomas	SE
207	Corazza	Antonino	IT
208	Wiesner	Richard	CZ
209	Kawałko	Ryszard	PL
210	Buić	Dejan	HR
211	Uliana	Siro	IT
212	Thomas	Neil	GB
213	Janechova	Katarina	SK
214	Visković	Tonko	HR
215	Mayer	Miroslav	HR
216	Heinz	Roland	DE
217	Voda	Rares	RO
218	Violot	Ben	CA
219	Ercole	Andrea	IT
220	Dattatreya	Robi	NL
221	Willems	Raf	BE
222	Funka	Andrzej	PL
223	Jakovcic	Izidor	HR
224	Jantawong	Suwit	TH
225	Cesca	Nicola	IT
227	McWilliams	Louise	GB
228	Rogić Jukopila	Nataša	HR
229	Tekeliová	Linda	CZ
230	Manuela	Dincea	RO
231	Đokić	Žudana	RS
232	Mörtl	Christoph	AT
233	Döring	Sandro	DE
234	Juras	Tomislav	HR
235	János	Páli	HU
236	Paulitsch	Jürgen	AT
237	Gergely	Bernáth	HU
238	Šverko	Bojan	SI
239	Szocsevka	Gábor	HU
240	Mello	Spyros	GR
242	Wagner	Thomas	DE
243	Siedler	Jason	US
244	Rouland	Christopher	US
245	Paulišić	Marijan	HR
246	Bühl	Magnus	DE
247	Honegr	Tomáš	CZ
248	Ignjic	Igor	RS
249	Petrovic	Home	HR
250	Scott	Ash	GB
251	Kovařík	Pavel	CZ
252	Millward	Jason	GB
253	Reynolds	Tom	IE

254	Oo	Zaw	SG
255	Vilke	Siniša	HR
256	Brakel	Yannick	BE
257	Brdar	Duško	HR
258	Andersson	Karl-Fredrik	SE
259	Tepeš	Tomislav	HR
260	Jašarević	Eniz	HR
261	Galland	Jean-Charles	GB
262	Prosen	Primož	SI
263	Kajfeš	Darko	HR
264	Pichler	Jürgen	AT
266	Erjavšek	Boštjan	SI
267	Brown	Terence	GB
268	Balázs	Kohán	HU
269	Šokčić	Petar	HR
270	Istvan	Szokolszky	RO
271	Lucian	Dincea	RO
272	Šašinka	Aramis	HR
273	Popović	Miloš	RS
274	Lurz	Jürgen	DE
275	Eržen	Boris	SI
276	Ružić	Kristian	HR
277	Bilić	Mario	HR
278	Bernik	Bostjan	SI
279	Ridira	Jean-Stéphane	HU
280	Pátek	Ondřej	CZ
281	Wehner	Márton	HU
282	Wehner	Géza	HU
283	Grushko	Mikhail	RU
284	Bennington	Aaron	US
285	Günther	Timon	DE
286	Kožar	Uroš	SI
287	Kapás	Gergely	HU
288	Zetović	Tomislav	HR
289	Šagi	Goran	HR
291	Sörman	Carl Johan	SE
292	Campo Dall'Orto	Luca	IT
293	Sobočan	Anže	SI
294	Wu	Ji	CN
295	Fosztó	Zsolt	HU
296	Šarac	Vladimir	RS
297	Nikolov	Đorđe	SI
298	Rajčević	Bogdan	HR
299	Zajc	Peter	SI
300	Mutec	Ignac	SI
301	Kirbiš	Adi	SI
302	Rogić	Predrag	HR
303	Peršić	Robi	HR
304	Tubin	Saša	HR

305	Matarić	Gašpar	RS
306	Štverák	Tomáš	CZ
307	Haračić	Rašid	BA
308	Bošković	Vido	HR
309	Repina	Sebastijan	SI
310	Bicsérdy	Gábor	HU
311	Lehkonen	Henri	HK
312	Frisch	László	HU
313	Kostanić	Karmen	HR
314	Zrost	Paul	DE
315	Schaper	Jens	DE
316	Beresnev	Aleksei	RU
317	Pinter	Uroš	SI
318	Rosin	Marco	IT
319	Peršić	Mauro	HR
320	Jalmin	Loïc	FR
321	Steurer	Steffen	AT
322	Kiss	András	HU
323	Geoffroy	Lacour	FR
324	Artioli	Lorenzo	IT
325	Stahala	Martin	DE
326	Guenther	Maik	DE
328	Dobrić	Vladimir Dražen	HR
329	Tasić	Jadranka	RS
330	Kurdija	Zoran	HR
331	Srb	Markus	AT
332	Strauss	Christof	AT
333	Jocić	Dragan	RS
334	Svoboda	Marek	CZ
335	Kreč	Sonja	HR
337	Topolnjak	Marko	HR
338	Petek	Branimir	HR
339	Husanovic	Haris	BA
340	Wächter	Ben	DE
342	Fersch	Sascha	DE
343	Moczulska	Małgorzata	PL
344	Caric	Matej	HR
345	Carlsson	Anna	SE
347	Passoni	Giacomo	IT
348	Sekušak	Tena	HR
349	Skrzysinski	Gniewomir	PL
350	Šoić	Nikola	HR
351	Žibert	Dejan	SI
352	Acosta Frances	Vicent	ES
353	Nikolova	Mariya	BG
354	Atanasov	Konstantin	BG
355	Giuriato	Luca	IT

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME HOURS FROM THE START
LABIN	0			
PLOMIN LUKA	15,6	FRI 15:23	FRI 17:09	
MOŠČENIČKA DRAGA	35,0	FRI 17:23	FRI 21:42	
POKLON	51,7	FRI 19:43	SAT 2:58	13 HOURS
BRGUDAC	66,6	FRI 21:06	SAT 6:27	
TRSTENIK	84,2	FRI 23:35	SAT 12:40	
BUZET	99,5	SAT 1:20	SAT 17:00	27 HOURS
BUTONIGA	116,3	SAT 3:13	SAT 21:35	
LIVADE	131,9	SAT 5:17	SUN 2:00	36 HOURS
GROŽNJAN	147,3	SAT 6:57	SUN 6:56	
BUJE	154,9	SAT 7:40	SUN 8:54	
UMAG	167,6	SAT 8:46	SUN 12:00	46 HOURS



6 ITRA POINTS



6 UTMB POINTS
6 RUNNING STONES

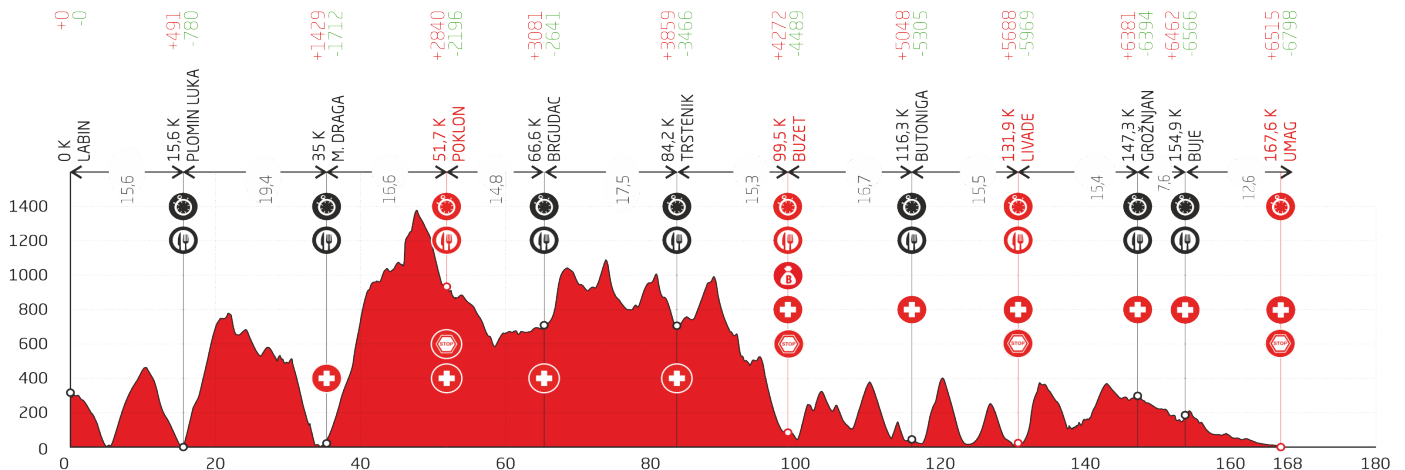


RED COURSE

167,6 K | +6.515 M | -6.798 M
COURSE RECORD

MALE: DYLAN BOWMAN (USA) 17:51:50 | 2017
FEMALE: FRANCESCA CANEPA (ITA) 22:49:33 | 2018

AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF 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
MOŠČENIČKA			X		X					X		X		X	X	X						X
POKLON	13 H	SAT 3:00	X		X			X		X	X	X	X		X	X	X	X				X
BRGUDAC			X		X			X	X			X		X	X	X		X	X	X		X
TRSTENIK			X		X			X		X	X	X	X		X	X		X		X		X
BUZET	27 H	SAT 17:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X			X
BUTONIGA			X		X					X		X		X	X	X		X	X	X		X
LIVADE	36 H	SUN 02:00	X		X			X	X			X		X	X	X	X	X	X	X		X
GROŽNJAN			X		X			X		X	X	X	X		X	X						X
BUJE			X		X			X	X			X		X	X	X						X
UMAG	46 H	SUN 12:00	X			X	X			X		X			X	X						X





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!

BLUE COURSE START



LOVRAN SEPTEMBER 10TH 21:00

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 Ucka, 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

18:00
DEPARTURE FOR THE START FROM
UMAG

20:00
ARRIVAL TO THE START IN LOVRAN

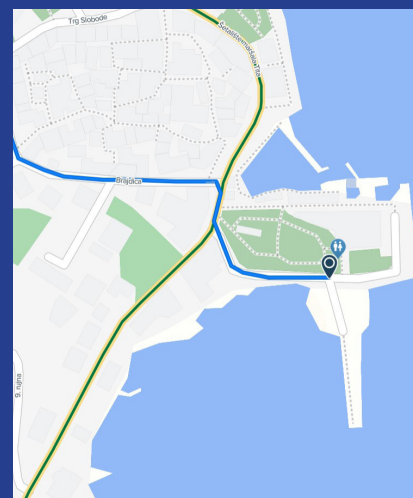
21:00
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route*
Umag - direction Buje - in Buje direction
Buzet - in Buzet direction Tunel Ucka -
through tunnel - exit Veprinac direction
Icici - in Icici 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 Ucka -
before tunnel exit Labin - in Vozilici turn
left direction Rijeka
distance: 123 km



Course start map

START LIST

BLUE COURSE

500	Čačulovič	Matic	SI
501	Sedlak	Ales	CZ
503	Wagner	Thomas	AT
504	Hren	Luka	SI
505	Gouthier	Enrica	IT
506	Curini	Mariangela	IT
507	Trontelj	Marija	SI
508	Giroto	Valerio	IT
509	Bieniecka	Anna	PL
510	Ljungdahl	Daniel	SE
511	Shevrikuko	Arkadij	BG
512	Gal	Igor	HK
513	Fumagalli	Diego	IT
514	Nikolic	Predrag	HR
515	Libardi	Stefano	IT
516	Ruzicka	Christoph	AT
517	Moro	Flavio	IT
518	Kąsiel	Paweł	PL
519	Hapanovych	Vladyslav	UA
520	Kralj	Vane	SI
521	Hamran	Matej	SK
522	Devetti	Elisa	IT
523	Zmrzlikar	Jure	SI
524	Chan	Chun Fung	HK
525	Čavrak	Matija	HR
526	Cojocariu	Maria	RO
527	Dolenac	Kristijan	HR
528	Velić	Ketrin	HR
529	Buoncristiani	Andrea	IT
530	Čakanić	Davor	HR
531	Gazda	Richard	CZ
532	Belal	Ahmed	FR
533	Callegari	Mauro	IT
534	Glushko	Dmitrii	RU
535	Magon	Mirco	IT
536	Martin	Stanislav	HR
537	Dubrović	Damir	HR
538	Keresztes	Csaba	HU
539	Hermenier	Roland	FR
540	Cuderman	Jure	SI
541	Erbrich	Stefan	CH
542	Todorović	Aleksandra	RS
543	Quaia	Pier Vito	IT
544	Hedegard	Jonas	SE
545	Porfirio	Humberto	BR
546	Kreiter	Balazs	HU

547	Rucker	Petra	AT
548	Delourme	Thierry	FR
550	Urbaczka	Matej	CZ
552	Dellabernardina	Goran	HR
553	Sterle	Gregor	SI
554	Rosandić	Jelena	HR
555	Walters	Jamie	FR
557	Gorella	Cristian	IT
558	Frankovic	Vlado	HR
559	Fitchett	Jonathan	GB
560	Leczowicz	Patryk	PL
561	Andics	Roland	HU
562	Brekovic	Morana	HR
563	Le Ruyet	Philippe	FR
564	Kobliha	Jiri	CZ
566	Slosar	Martin	SK
567	Bassing	Pierre	DE
568	Costa	Elena	IT
569	Bajic	Denis	HR
570	Kolenko	Sebastijan	SI
571	Norio	Claudio	IT
572	Lugnan	Maurizio	IT
573	Vadlja	Martina	HR
574	Svarinskis	Sandis	LV
575	Pastore	Maurizio	IT
576	Sirotić	Irvin	SI
577	Smirnov	Vladimir	RU
578	Tham	Kok Wah	MY
579	Markovic	Ivka	IT
580	Jelić	Mario	HR
581	Bračko	Bojan	HR
582	Smolinski	Konrad	DE
583	Pinho	Rui	PT
584	Kos	Alan	HR
585	Rucker	Stefan	AT
586	Kurta	Aladar	RO
587	Ahamed	Naveej	IN
588	Kireta	Hrvoje	HR
589	Glazer	Alexander	RU
590	Vugrinec	Zenil	HR
591	Sak	Kai Yau	HK
592	Macrae	Craig	NZ
593	Martinez	Nathan	FR
594	Seiter	Hrvoje	HR
595	Bakija	Andrej	SI
596	Vellandi	Emilio	IT
597	Schwald	Thomas	AT
598	Sui	Buon	FR
599	Brkarić	Igor Stefano	HR
600	Chew	Chee Ling	AU

601	Hanna	Patrick	SG
602	Mijić	Dejan	HR
603	Ilic	Ivan	RS
604	Lovrekovic	Damir	HR
605	Tonon	Michele	IT
606	Prosen	Tina	SI
607	Janežič	Jelena	RS
608	Kapetanović Jenko	Šejla	BA
609	Maljković	Nataša	HR
611	Keyes	Sarah	US
612	Hršak	Renata	HR
613	Orešković	Dubravka	HR
615	Gombár	Gábor	HU
616	Širola	Simon	HR
617	Jeworrek	Johannes	DE
618	Vitté	Joachim	DE
619	György	Gáabri	HU
620	Florian	Glevan	RO
621	Mrakužić	Robert	HR
622	Schaap	Alexander	NL
623	Zandbergen	Rob	NL
624	Nakano	Tomoki	JP
625	Herzog	Manuel	DE
626	Šverko	Danijel	HR
627	Fras	Gregor	SI
628	Brekovic	Krešimir	HR
629	Drobnjak	Sinisa	HR
630	Hegediš	Andrej	HR
631	Jadan	Josip	HR
632	Car	Bruce	US
633	Krenker	Marko	SI
634	Brozicevic	Stéphane	FR
635	Hatlapatka	Michal	CZ
636	Dietrich	Florian	DE
637	Bernhards	Toms	NL
638	Söderlund	Emil	FI
639	Šmit	Denis	HR
640	Chuchválek	David Connor	CZ
641	Sardella	Claudio	IT
642	Glisic	Srdjan	RS
643	Živčić	Mladen	SI
644	Perklič	Alen	SI
645	Derntl	Karl	AT
646	Alemadi	Talal	QA
647	Galkowski	Domagoj	HR
648	Pucko	Primož	SI
649	Simonutti	Giorgio	IT
650	Simonazzi	Francesco	IT
651	Cernogoraz	Giovanni	HR
652	Németh	Gergely	HU

653	Pönitzsch	Dennis	DE
654	Đopan	Lukáš	CZ
655	Božić	Dejan	HR
656	Švaljek	Stjepan Tomislav	HR
659	Lukic	Ana	RS
660	Glückert	Fabian	DE
661	Sreš	Simon	SI
663	Chanev	Kaloyan	BG
664	Pruutti	Elke	AT
666	Brečević	Eduard	HR
668	Szczepaniak	Witold	PL
669	Lončarić	Robert	HR
670	Parolin	Matteo	IT
671	Ossana	Diego	IT
672	Prasser	Stefan	AT
674	Millar	Ivan	IE
675	Haidinger	Alex	AT
676	Antal	Zoltan	HU
677	Aust	Frank	DE
678	Maček	Marjan	SI
679	Mazzarini	Ivan	IT
680	Bošković	Antonio	HR
682	Winkler	Till	DE
683	Vollenhofer-Rohlfing	Christian	AT
684	Keil	Wonny	AT
685	Goebel	Pawel	PL
687	Świdziński	Tomasz	PL
688	Matić	Miljan	RS
689	Cakić	Ivan	RS
691	Reynolds	Galen	CA
692	Mossoczy	Zbigniew	PL
693	Dervisevic	Otgoned	HR
694	Scoffone	Francesco	IT
695	Knobloch	Antje	DE

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME HOURS FROM THE START
LABIN	0			
POKLON	12,0	1:44:00	4:00:00	4 HOURS
BRGUDAC	26,8	2:59:00	6:46:00	
TRSTENIK	44,4	5:04:00	11:25:00	
BUZET	59,8	6:42:00	15:00:00	15 HOURS
BUTONIGA	76,6	8:37:00	19:26:00	
LIVADE	92,2	10:35:00	24:00:00	24 HOURS
GROŽNJAN	107,6	12:33:00	29:13:00	
BUJE	115,2	13:16:00	31:06:00	
UMAG	127,9	14:21:00	34:00:00	34 HOURS



INTERNATIONAL
TRAIL RUNNING
ASSOCIATION

5 ITRA POINTS

BLUE COURSE

127,9 K | +5.075 M | -5.068 M



5 UTMB POINTS

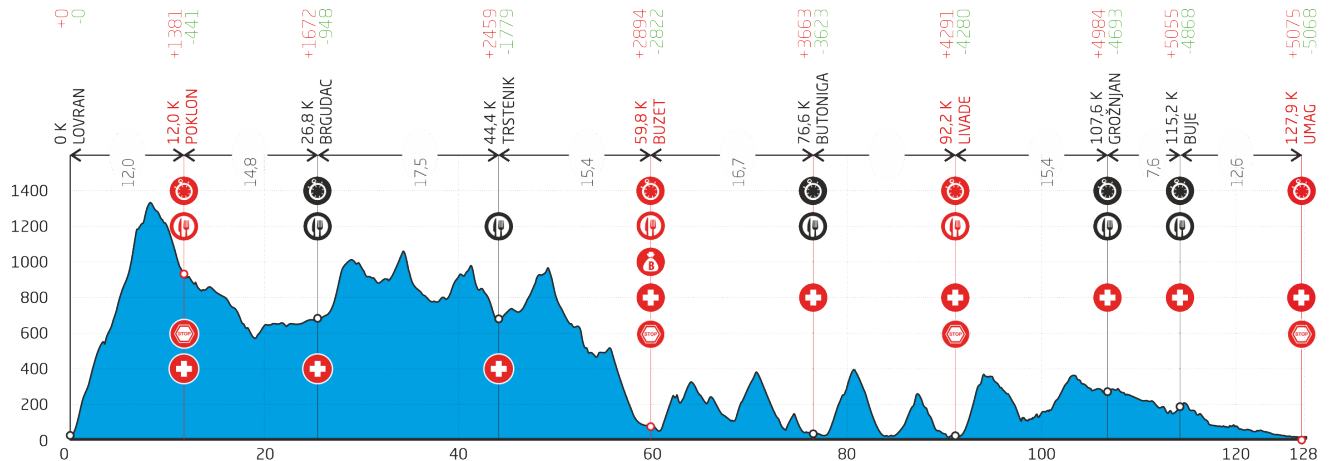
COURSE RECORD

MALE: ROBERTO MASTROTTO **11:31:55** | 2018
FEMALE: ELIZAVETA ERSHOVA (USA) **14:24:32** | 2017



WSER QUALIFIER
FINISHERS
UNDER 28 HOURS

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF 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	
POKLON	4 H	SAT 01:00	X		X			X		X	X	X	X		X	X	X	X				X
BRGDAC			X		X				X	X		X		X	X	X		X	X	X	X	X
TRSTENIK			X		X			X		X	X	X	X		X	X		X			X	X
BUZET	15 H	SAT 12:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X		X
BUTONIGA			X		X					X		X		X	X	X		X	X	X	X	X
LIVADE	24 H	SAT 21:00	X		X				X	X		X		X	X	X	X	X	X	X	X	X
GROŽNJAN			X		X			X		X	X	X	X		X	X						X
BUJE			X		X				X	X		X		X	X	X						X
UMAG	34 H	SUN 07:00	X			X	X			X		X			X	X						X



UNDER PATRONAGE OF

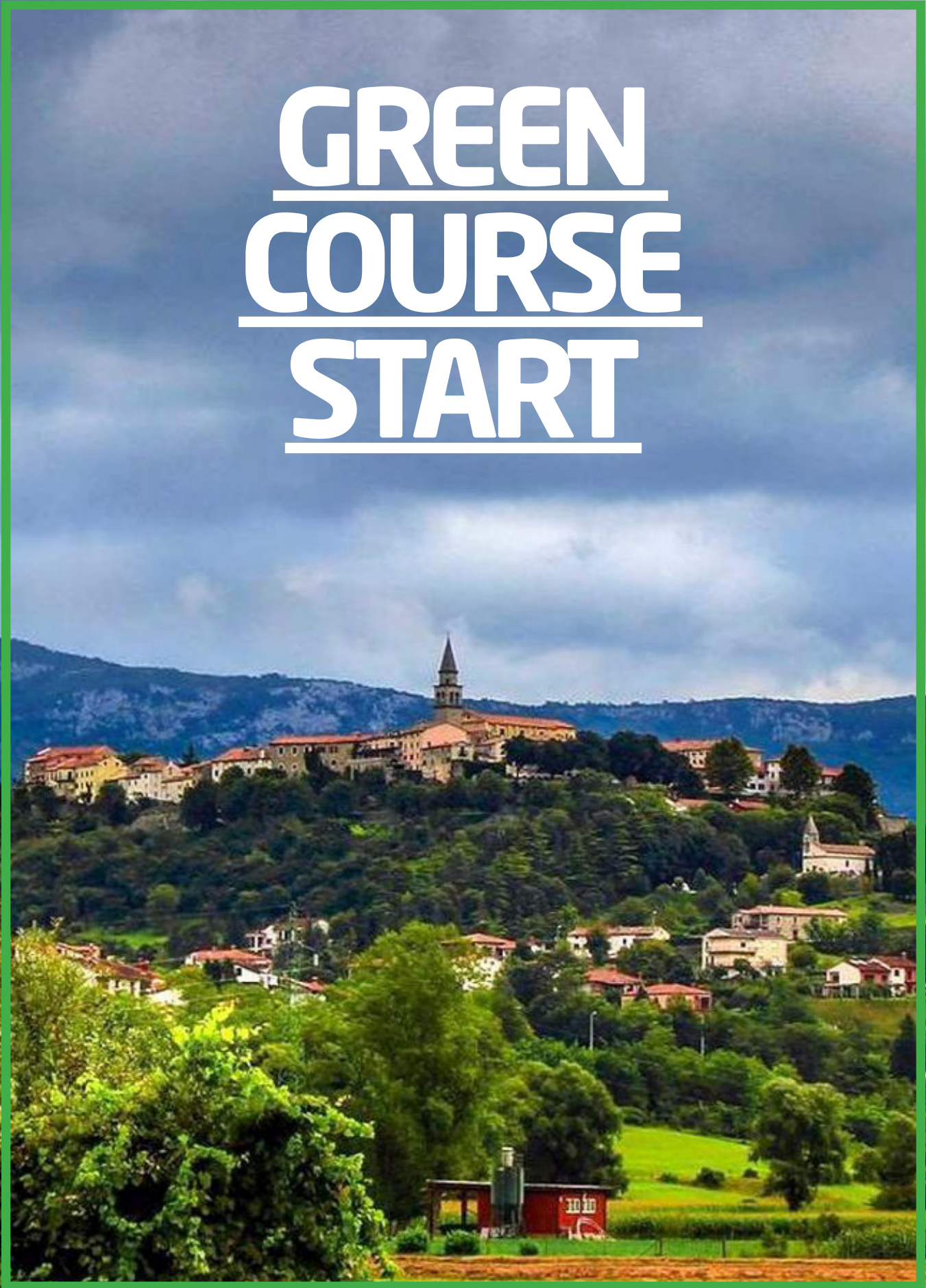
ISTARSKA
ŽUPANIJA



R E G I O N E
ISTRIANA

ADMINISTRATIVE
DEPARTMENT FOR
TOURISM

GREEN COURSE START



BUZET SEPTEMBER 13TH 12:00 (NOON)

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 prehistoric remains of stone objects found in Golupska cave, Podrebarska cave and some other caves. 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 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

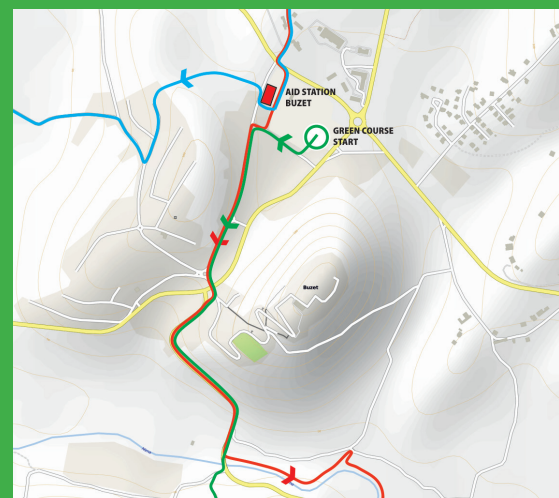
10:00
DEPARTURE FOR THE START FROM
UMAG

11:00
ARRIVAL TO THE START IN BUZET

12:00
START!

HOW TO GET THERE BY CAR?

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



Course start map

START LIST

GREEN COURSE

801	Soyturk	Mehmet	TR
802	Radinja	Ajda	SI
803	Zuccollo	Federica	IT
804	Zupančič	Marjan	SI
805	Kosky	Jack	GB
806	Jozić	Ines	HR
807	Labeledzka	Agata	PL
808	Kosut	Lukas	CZ
809	Imana	Monica	PE
810	Rigodanza	Alberto	IT
811	Meyer	Timo	DE
812	Diago Gonzalez	Pablo	SG
813	Franković	Mario	HR
814	Dammann	Moritz	DE
815	Kuvila	Olena	UA
816	Padovan	Anna	IT
817	Nagy	Szilvia	HU
818	Burley	Mark	GB
819	Vinković	Nino	HR
820	Popovic	Doris	CH
821	Gluhododov	Irena	SI
822	Kavcic	Nastja	SI
823	Kul	Mehmet Zahir	TR
824	Misja	Niko	SI
825	Rousseau	Caroline	FR
826	Pattiera	Martina	HR
827	Toffoli	Piero	IT
828	Hendaoui	Chefia	TN
829	Swindles	Catherine	NL
831	Bajde	Matej	SI
832	Melcer	Katarzyna	PL
833	Haltof	Éwa	CZ
834	Shypunov	Valerii	UA
835	Radulović	Ervin	HR
836	Xompero	Dennis	IT
837	Tsankov	Todor	BG
838	Kuis	Diana	HR
839	Pohankova	Gabriela	CZ
840	Poznanović	Goran	HR
841	Mayer	Christian	DE
843	Dulj	Vedran	HR
844	Patroncino	Andrea	IT
845	Kałużny	Wojciech	PL
846	Leskovics	Andi	HU
847	Zugan	Borko	HR
848	Bavdek	Dare	SI

849	Zuzic	Peter	SK
850	Pintar	Kristian	HR
851	Palmer	Ben	GB
852	Donda	Emanuele	IT
853	Barić	Stjepan	HR
854	Cieñciała	Jerzy	CZ
855	Padoan	Andrea	IT
856	Zababurkin	Pavel	RU
857	Ivan	Ivo	SK
858	Grohar	Gregor	SI
859	Laczko	Agnes	HU
860	Koletić	Nenad	HR
861	Maszewska	Agata	PL
862	Tisanić	Juraj	HR
863	Kot	Olga	RU
864	Tomazin	Ana	HR
865	Baleta	Petra	HR
866	Parolin	David	IT
867	Pretto	Antonio	IT
868	Lavrič	Dominika	SI
869	Bujalski	Szymon	PL
870	Leloup	Laurent	FR
871	Jakobsson	Anders	CH
872	Olivotto	Massimo	IT
873	Fekete	Beatrix	HU
874	Ganeo	Diego	IT
875	Kinkela	Vendi	HR
876	Stanić Grgurević	Elvira	HR
878	Franz	Marco	IT
879	Obradović	Dalibor	BA
880	Zmaić	Domagoj	HR
881	Reder	Matko	HR
882	Pignat	Marinella	IT
883	Lampl	Wolfgang	AT
884	Detourbet	Meghan	FR
885	Gombach	Daniele	IT
886	Barić	Hrvoje	HR
887	Siska	Jan	CZ
888	Černeka Jacin	Rahela	HR
889	Triler	Valentina	SI
890	Udvardi	Anita	HU
891	Petr	Vesely	CZ
892	Flickova	Alice	CZ
893	Nezirovic	Amer	SE
894	Gruborović	Vladimir	HR
895	Huić	Dubravko	HR
896	Roth	Erwin	AT
897	Eppich	Hannes	AT
898	Brino	Valter	IT
899	Fabris	Igor	HR

900	Klarić	Antonio	HR
901	Katinov	Maxim	RU
902	Vitenberg	Ivan	HR
903	Gaia	Alessia	FR
904	Popović	Antea	HR
905	Radinja	Tine	SI
906	Cattaruzza	Alfio	IT
907	Feicht	Silvia	AT
908	Jokic	Nemanja	RS
909	De Pellegrin	Monica	IT
910	Huric	Edin	BA
911	Kodrič	Dolores	SI
912	Toth	Balazs	HU
913	Galetic	Aleksandra	HR
914	Maraldo	Juri	IT
915	Urbanc	Franci	SI
916	Maier	Thomas	DE
917	Kecman	Anđelko	HR
918	Vuković	Mario	HR
919	Pecic	Bogoljub	DE
920	Deluka	Gordan	HR
921	Marosz	Vojtěch	CZ
922	Ile	Adrian Paul	HU
923	Korotaj	Maksimilian	HR
924	Logar	Luka	HR
925	Kliment	Libor	CZ
926	Vrbanić	Lidija	HR
927	Sarajevcic	Natasa	RS
928	Karapandzic	Vedran	HR
929	Martinovic	Damir	AT
930	Radulović	Vanja	ME
931	Ocic	Mario	HR
932	Sopka	Roman	SK
933	Knobloch	Ewa	PL
934	Marak	Ana	HR
935	Kuznetsov	Alexander	RU
936	Kliska	Snezana	RS
937	Lisac	Filip	HR
938	Spanovic	Robert	HR
939	Fong	Rosetta	HK
940	Vodopija	Dino	HR
941	Gvozden	Vladimir	RS
942	Grant	Sharon	US
943	Velkavrh Damijanić	Nina	HR
944	Satončić	Andrej	HR
945	Damijanic	Natasa	HR
946	Sikirić	Igor	HR
947	Bračko	Natalija	HR
948	Trnka	Ajdin	BA
949	Klanac	Ivan	HR

950	Hrnčić	Ivica	HR
951	Kriznic	Antonio	SI
952	Othman	Faizah	MY
953	Rissa	Ésa	DE
954	Dumanic	Sinisa	HR
955	Gazivoda	Ivana	RS
956	Togumi	Sidney	BR
957	Gulta	Alex	HR
958	Kogej	Marko	SI
959	Bratina	Raffaele	IT
960	Ortolan	Adriano	IT
961	Binički	Ivan	HR
962	Zagar	Andraz	SI
963	Rusjan	Simon	SI
964	Ivandija	Vjekoslav	HR
965	Venturi	Fabrizio	IT
966	Driussi	Claudio	IT
967	Zaccaria	Piero	IT
968	Nikolic	Milos	RS
969	Matić	Ante	HR
970	Seri	Mohamed Reda	DZ
971	Perović	Ivan	HR
972	Salamon	Ivica	HR
973	Perin	Guido	IT
974	Schnedl	Érich	AT
975	Čolja	Sandra	HR
976	Makuc	Marko	SI
977	Miloradovic	Milorad	HR
978	Flere	Pavle	SI
979	Sinovčić	Alan	HR
980	Uskokovic	Milos	RS
981	Alkhulaifi	Mubarak	QA
982	Knobloch	Tomasz	PL
983	Dokleja	Dejan	HR
984	Suppan	Florian	AT
985	Scuderi	Luca	IT
986	Hamamid	Noureddine	DZ
987	Remigi	Mario	IT
988	Padan	Tomislav	HR
989	Rugelj	Samo	SI
990	Makarova	Irina	RU
991	Kisić	Marijan	HR
992	Calderari	Paolo	US
993	Kandler	Stephan	AT
994	Sudar	Vedran	HR
995	Ivačić	Velimir	HR
996	Koottatep	Dan	NO
997	Schachinger	Leopold	AT
998	Crljenec	Mario	HR
999	Zavalishina	Elena	DE

1000	Prišlin	Ivana	HR
1001	Schwald	Birgit	AT
1002	Polgárné Mátrai	Barbara	HU
1003	Juriša	Adriana	HR
1004	Garbová	Sandy	CZ
1005	Czeczotková	Helena	CZ
1006	Brbaklic Tepavac	Marina	RS
1007	Ivekovic	Lusiana	HR
1008	Petrjánošová	Silvia	SK
1009	Šekoranja	Marija	SI
1010	Argalášová	Kateřina	CZ
1011	Jančiev Basrak	Jelena	HR
1012	Čukušić	Anđela	HR
1013	Erznožnik	Martina	SI
1014	Jurčić-Matošević	Lara	HR
1015	Šňupárková	Anna	CZ
1016	Rožič	Darja	SI
1017	Divković	Gabrijela	HR
1018	Schröttner	Miriam	AT
1020	Girić-Cvetković	Agneš	RS
1021	Dobrinić	Maja	BE
1022	Marion Merle	Emili	HR
1023	Špoljarić	Sanja	HR
1024	László	Szilvia	HU
1025	Bašić	Alma	BA
1026	Mihoci	Nataša	HR
1027	Pašagić Kapetanović	Anita	BA
1028	Lu	Pan	CN
1029	Ng	Laychin	SG
1030	Burns	Sanja	AU
1031	Hrubá	Klára	CZ
1032	Hrubá	Barbora	CZ
1033	Deželak	Anja	SI
1035	Brajko	Ljiljana	HR
1036	Kržišnik	Kristina	SI
1037	Vlahović	Mirna	HR
1038	Cnops	Ann	BE
1040	Wehner	Kinga	HU
1041	Aščerić	Marijana	HR
1042	Kafka	Vanessa	HR
1043	Medvešek	Polona	SI
1044	Gazivoda	Zvonka	RS
1045	Juhász	Erzsébet	HU
1046	Barcza	Rózsa	HU
1047	Rešetar	Diana	HR
1048	Andrić	Suzana	HR
1049	Bedermann	Grit	DE
1050	Šešljija	Dubravka	IT
1051	Almer	Alexandra	AT
1052	Bašić	Ines	HR
1053	Tenšek	Kristina	HR

1054	Vundać	Branka	HR
1055	Kostkan	Tomáš	CZ
1056	Malčak	Mario	HR
1057	Boklach	Ivan	RU
1058	Bann	Julian	AT
1059	Pintenics	Gyözö	HU
1060	Perme	Matevž	SI
1061	Švenda	Krešimir	HR
1062	Levai-Jennet	Gabor	HU
1063	Harmat-Szabó	Gábor	HU
1064	Mesić	Zvonimir	HR
1065	Sebhelyi	Sándor	HU
1066	Füleki	Róbert	HU
1068	Tamás	Kiss	HU
1069	Leženić	Ivan	BA
1070	Boltaev	Timur	RU
1071	Sladetić	Ivan	HR
1072	Pašalić	Tomislav	HR
1073	Benčić	Ivan	HR
1074	Štefe	Miha	SI
1075	Csikos	Andras	HU
1076	Florian	Kaltenecker	DE
1077	Rušnjak	Igor	HR
1078	Lapis	Zoltán	HU
1079	Voljkar	Alen	SI
1080	Lavrič	Primož	SI
1081	Ležaić	Krešimir	HR
1082	Schmitt-Flateboe	Hermann	DE
1083	Štěrba	Miroslav	CZ
1084	Vincellér	Zoltán	HU
1085	Šošarić	Mario	HR
1086	Bulović	Janko	HR
1087	Centini	Giovanni	IT
1088	Srok	Arno	HR
1089	Chou	Chengchih	TW
1090	Hrvatín	Paolo	HR
1091	Ansart	Jean-François	FR
1092	Alberio	Roberto	IT
1093	Vuger	Luka	HR
1094	Vadinjof	Antonio	HR
1095	Draženić	Zdravko	HR
1096	Mészáros	András	HU
1097	Bučko	Ľubomír	SK
1098	Kodrič	Aleš	SI
1099	Vareškić	Nedeljko	HR
1100	Jiménez Roquett	Marcelo	CR
1101	Čvitanović	Krešo	HR
1102	Šverko	Albert	HR
1103	Drašler	Boris	SI
1104	Čaušević	Samir	HR
1105	Debevec	Janko	SI

1106	Massa	Bodo	DE
1107	Novak	Aleš	SI
1108	Cesar	Damir	HR
1109	Hrnčić	Davor	HR
1110	Doležal	Zlatko	HR
1111	Jularić	Zvonimir	HR
1112	Škrekovski	Riste	SI
1113	Hriberšek	Matic	SI
1114	Šiftar	Mario	HR
1115	Matejčić	Marin	HR
1116	Zefran	Janez	SI
1117	Polajnar	Marko	SI
1118	Piljek	Marko	HR
1119	Doležal	Velimir	HR
1120	Divić	Nikša	HR
1121	Bordon	Umberto	IT
1122	Ács	László	HU
1123	Martinčić	Danijel	HR
1124	Cura	Edmund	PH
1126	Novák	Tomáš	CZ
1127	Celižić	Marko	HR
1128	Žabić	Dragan	BA
1129	Juhász	Róbert	HU
1130	Iashchenko	Vadim	RU
1131	Attila	Kukucska	HU
1132	Hrubý	Petr	CZ
1133	Veselinovic	Miroslav	RS
1134	Roux	Benoît	FR
1135	Bajtek	Rostislav	CZ
1136	Stehlík	Jakub	CZ
1137	Hafner	Krešimir	HR
1138	Martinec	Petar	HR
1139	Pavčnik	Kristijan	HR
1140	Hrupelj	Luka	HR
1141	Kilibarda	Aleksandar	HR
1142	Husnjak	Tomislav	HR
1143	Krsnik	Stanislav	HR
1144	Režen	Simon	SI
1145	Wehner	Kornél	HU
1146	Wehner	Lóránt	HU
1147	Robert	Bračko	SI
1148	Lindén	Sebastian	SE
1149	Jobbágy	Robert	HU
1150	Miš	Aleš	SI
1151	Sušnik	Aleš	SI
1152	Gašparini	Viliam	HR
1153	Zajc	Leon	SI
1154	Ilić	Dejan	HR
1155	Zajc	Gašper	SI
1156	Mateša	Jurica	HR
1157	Gunčić	Igor	HR

1158	Karanovic	Nenad	SI
1159	Begić	Nedžib	HR
1160	Vlahov	Mislav	HR
1161	Štifanić	Siniša	HR
1162	Halász	Martin	SK
1163	Boroš	Ratko	HR
1164	Plavšić	Ivan	SI
1165	Lapaš	Mladen	HR
1166	Német	Matúš	SK
1168	Zore	Žiga	SI
1169	Mršnik	Darko	HR
1170	Tomić	Dražen	HR
1171	Rošin	Jakša	HR
1172	De Craecker	Francois	BE
1173	Kuštrin	Andraž	SI
1174	Bastl	Simon	SI
1175	Bastl	Luka	SI
1176	Štolcar	Peter	SI
1177	Šajn	Matej	SI
1178	Sorić	Dalen	HR
1179	Jagatic	Ervin	HR
1180	Piljek	Gaston	HR
1181	Steiner	Daniel	CH
1182	Perić	Dražen	HR
1183	Barnes	Pablo	IT
1184	Bulek	Željko	HR
1185	Mikuž	Boštjan	SI
1186	Kanjir	Eugen	HR
1187	Samaržija	Kristijan	HR
1188	Teržan	Rok	SI
1189	Podvornik	Aleš	SI
1190	Kos	Robert	HR
1191	Martinec	Igor	SK
1192	Štrek	Dean	HR
1193	Ljubičić	Juro	HR
1194	Mladenović	Dalibor	HR
1195	Stevanović	Mia	NL
1196	Mavrinac	Suzana	HR
1197	Trček	Majda	SI
1198	Duh	Mateja	SI
1199	Nagy	Béla	HU
1200	Horvat	Igor	HR
1201	Čadež	Janez	SI
1202	Mlakar	Boštjan	SI
1203	Kaluza	Lubos	CZ
1204	Duh	Bogdan	SI
1205	Zahradník	Dušan	CZ
1206	Kljenak	Ivo	SI
1207	Žvirč	David	SI
1208	Ohlsson	Hans	SE
1210	Marangon	Gianluca	HR

1211	Konderla	Richard	CZ
1212	Patek	Andreas	AT
1213	Kronaveter	Benjamin	SI
1214	Culjak	Matija	HR
1215	Špehar	Marko	HR
1216	Poljanec	Davor	HR
1217	Polajnar	Cene	SI
1218	Bergoč	Andrej	SI
1219	Ivanov	Bernard	HR
1221	Oltramari	Marco	IT
1222	Marino	Mattia	IT
1223	Mignolli	Giampaolo	IT
1224	Macan	Edita	HR
1225	Hnativ	Roman	UA
1226	Blažan	Marko	HR
1227	Baranašić	Vinko	HR
1228	Besnaud	Jerome	FR
1229	Antal	Csaba	HU
1230	Banič	Matej	SI
1232	Vitas	Ivan	HR
1233	Šimek Bilić	Mirjana	HR
1234	Pereša Poljak	Petra	HR
1235	Visintin	Riccardo	IT
1236	Trstenjak	Karlo	HR
1237	Kamenski	Leon	HR
1238	Salminen	Toni	DE
1239	Marcan	Luka	HR
1240	Wang	Mingjie	GB
1241	Zovko	Nikola	HR
1242	Griffin	Helen	GB
1243	Ravnak	David	SI
1244	Dinjar	Suzana	HR
1245	Alagič	Minka	SI
1248	Konderlová	Tereza	CZ
1249	Cesari	Gianluca	IT
1250	Huremagić	Orhan Eman	BA
1251	Kukučka	Katarina	HR
1252	Prodan	Jadran	SI
1253	Schneider	Thorsten	DE
1254	Prauhart	Benjamin	AT
1255	Smontara	Nenad	HR
1256	Čurlin	Slaven	HR
1258	Vidović	Luka	HR
1259	Dassa	Ido	IL
1260	Nestorović	Danijela	RS
1261	Apollonio	Sandro	HR
1262	Andrić	Domagoj	HR
1263	Dolenc	Ales	SI
1264	Holmik	Dražen	HR
1266	Godlevska	Mariia	UA
1267	Malusa	Mattia	IT
1268	Del Fabbro	Alessio	IT

1269	Ivandija	Ivana	HR
1270	Krušec	Tadeja	HR
1271	Krašovec	Bogdana	SI
1272	Lojo	Ivana	HR
1273	Tomljanovic	Kruno	HR
1274	Košut	Filip	CZ
1275	Strkalj	Martina	HR
1276	Nadymáček	Tomáš	CZ
1277	Kucar	Kristina	GB
1278	Kolarić	Marina	HR
1279	Vukadinović	Željko	HR
1280	Tschiltsch	Franz	AT
1281	Cocco Ordini	Piero	IT
1282	Murn	Karlo	HR
1284	Bragutti	Romano	IT
1285	Depaoli	Mattia	IT
1286	Petrič	Tina	SI

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME
BUZET	0			
BUTONIGA	16,8	1:20:00	3:30:00	
LIVADE	32,3	2:41:00	8:00:00	8 HOURS
GROŽNJAN	47,7	4:06:00	10:45:00	
BUJE	55,4	4:42:00	12:24:00	
UMAG	68,1	5:40:00	15:00:00	15 HOURS



3 ITRA POINTS

GREEN COURSE



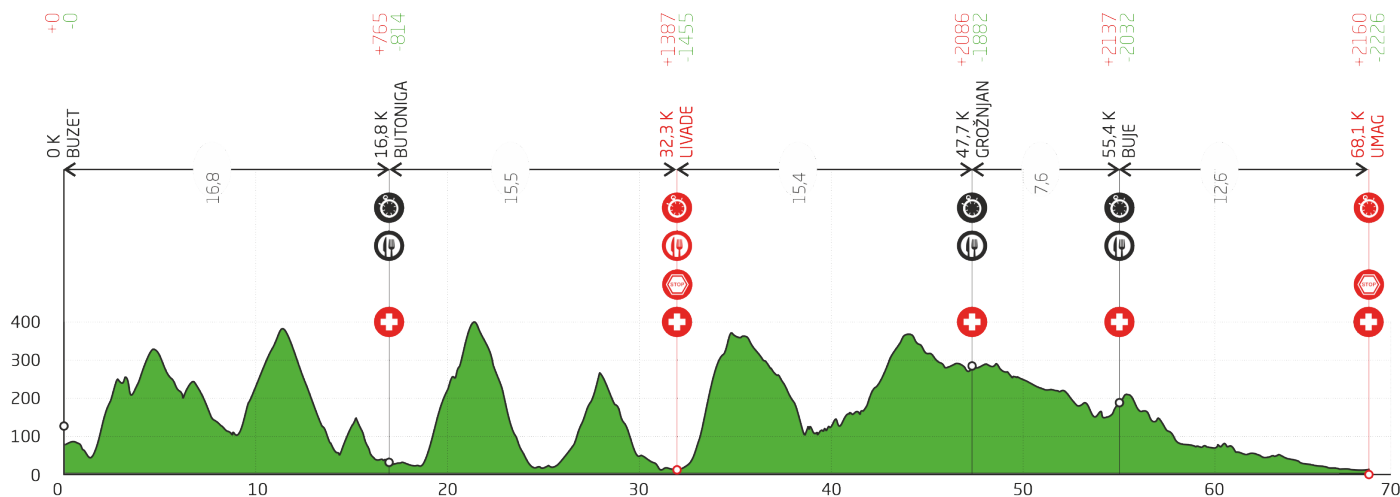
3 UTMB POINTS

68,1 K | +2.160 M | -2.226 M

COURSE RECORD

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

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF 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																						
BUTONIGA			X		X					X		X		X	X	X		X	X	X	X	X
LIVADE	8 H	SATURDAY 20:00	X		X			X	X	X		X		X	X	X	X	X	X	X	X	X
GROŽNJAN			X		X		X			X	X	X	X		X	X						X
BUJE			X		X			X	X	X		X		X	X	X						X
UMAG	15 H	SUNDAY 03:00	X			X	X			X		X			X	X						X





YELLOW COURSE START

MOTOVUN SEPTEMBER 11TH 09:00

PARKING AT THE LOWER CITY

THE AN- CIENT 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

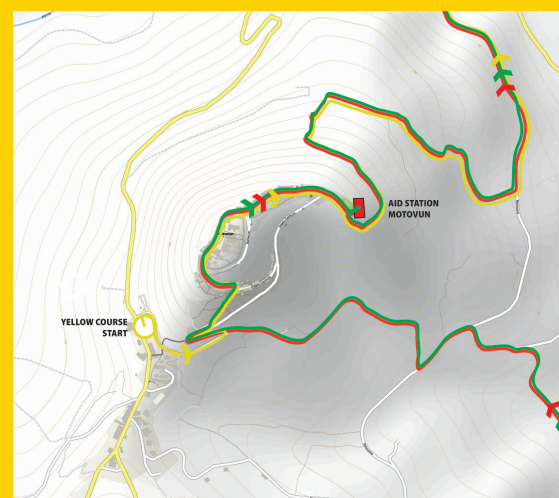
07:00
DEPARTURE FOR THE START FROM
UMAG

08:00
ARRIVAL TO THE START IN MOTOVUN

09:00
START!

HOW TO GET THERE BY CAR?

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



Course start map

START LIST

YELLOW COURSE

1400	Klein	Charlotte	FR
1401	Ostojić	Lana	HR
1402	Diklić	Ivan	HR
1403	Ursic	Paolo	IT
1404	Biacca	Michela	IT
1405	Theunynck	Lode	BE
1406	Dorcic	Dino	HR
1407	Menel	Alessia	IT
1408	Jozsa	Timea	RO
1409	Valtere	Sabine	LV
1410	Klingberg	Hannes	AT
1411	Gugic Boko	Jelena	HR
1412	Polak	Greta	SI
1413	Galamb	Gabor	HU
1414	De Clara	Gianni	IT
1415	Bertin	Nicolas	FR
1416	Gelisio	Alessandro	IT
1417	Koser	Tanja	SI
1418	White	Whitney	US
1419	Tsarevych	Ivanna	UA
1420	Dorkić	Katarina	HR
1421	Grandesso	Maria	IT
1422	Hurson	Cyril	LU
1423	Fagan	Laura	IT
1424	Montresor	Cristina	IT
1425	Pellosso	Ludovica	IT
1426	Putrov	Pavel	IT
1427	Celestina	Maja	SI
1428	Markoč	Teodor	SI
1429	Čavlović	Maja	HR
1430	Del Giusto	Sara	SI
1431	Bonet	Jonathan	FR
1432	Salehar	Denis	SI
1433	Belovari	Kornelija	HR
1434	Trobec	Marjan	SI
1435	Scrignar	Irena	HR
1436	Jerman	Maksim	HR
1437	Toić	David	HR
1438	Capoferri	Simone	IT
1439	Budić	Ivan	HR
1440	Jezovita	Ana	HR
1441	Kiss	Kata Zsuzsa	HU
1442	Novak Dobaj	Mateja	SI
1443	Mączka	Krystyna	PL
1444	Sanz Burgueno	Patricia	SG
1445	Hutkova	Daniela	CH

1446	Capoferri	Mirco	IT
1447	Vajdic	Martina	HR
1448	Pavlin	Rosvita	SI
1449	Pograjc	Jure	SI
1450	Koinig	Albin	AT
1451	Vučak	Margareta	HR
1452	Jemec Opeka	Romana	SI
1453	Princip	Kristina	HR
1454	Volkmer Krajina	Dijana	HR
1455	Gerlič	Iztok	SI
1456	Szalga	Bogi	HU
1457	Jungic	Sasa	HR
1458	Kikelj	Ivana	HR
1459	Kutasi	Gabriella	HU
1460	Haliloglu	Gulcin	AE
1461	Igrevsky	Aleksander	RU
1462	Sarta	Lidija	HR
1463	Rizzetto	Gino	IT
1464	Budi	Franjo	HR
1465	Tomljenović	Manuela	HR
1466	Rogulj Hrelja	Iva	HR
1467	Finger	Stefan	DE
1468	Lippi	Federica	IT
1469	Fleygnac	Flavian	FR
1470	Vogrin	Danijel	SI
1471	Jurić Karoli	Ljerka	HR
1472	Zadnek	Denis	SI
1473	Vitetta	Ljiljana	RS
1474	Pavlovic	Marina	HR
1475	Gornjec	Tatjana	SI
1476	Konec	Dejan	SI
1477	Kenda	Renata	HR
1479	Pilat	Natali	IT
1480	Prahin	Vedran	HR
1481	Juras	Vesna	HR
1482	Lahajnar	Luka	SI
1483	Rats	Tetiana	UA
1484	Erjavec	Mojca	SI
1485	Gruntar	Irena	SI
1486	Baradello	Luca	IT
1487	Gačina	Goran	HR
1488	Miani	Lino	HR
1489	Karaman	Ilma	HR
1490	Zupan	Robert	SI
1491	Sancin	Marko	IT
1492	Surijan	Renato	HR
1493	Hero	Alen	HR
1494	Kovač	Domen	SI
1495	Zemunik	Biljana	HR
1496	Bedeković Tanković	Martina	HR

1497	Perina	Roberto	IT
1498	Pečnik Dessardo	Mojca	SI
1499	Haliloglu	Can	AE
1500	Poropat	Goran	HR
1501	Juricic	Ivan	HR
1502	Bozic	Andrej	SI
1503	Tement	Darko	SI
1504	Dolenec	Tanja	HR
1505	Wehner	Zita	HU
1506	Cavusoglu	Suleyman	TR
1507	Ajanović	Vedrana	BA
1508	Kolonic	Vitimir	HR
1509	Kosmač	Alenka	SI
1510	Tomc	Katarina	SI
1511	Mis	Sonja	SI
1512	Fischer	Silvia	DE
1513	Lovinčić	Ana	HR
1514	Bayer	Zlatko	HR
1515	Jagunić	Mislav	HR
1516	Kocijel	Tijana	HR
1517	Brenko Tomić	Romina	HR
1518	Tipmontree	Rataporn	TH
1519	Ambrekovic	Branimir	HR
1520	Tatarević	Alena	HR
1521	Bonaca	Damir	HR
1522	Vujanić	Filip	HR
1523	Sintić Uhač	Barbara	HR
1524	Tymchikov	Alexey	RU
1525	Rush	Robin	DE
1526	Auer	Dorina	HU
1527	Pejković	Gordan	HR
1528	Sain	Susanna	HR
1529	Kalčić	Ingrid	HR
1530	Flekovic	Luka	HR
1531	Rakowitz	Caroline	AT
1532	Vlah	Ana	HR
1533	Lovrić	Mario	HR
1534	Čuček	Sven	HR
1535	Schuhmacher	Gernot	AT
1536	Kodrić	Dora	HR
1537	Karoli	Darijan	HR
1538	Krnic	Ivana	HR
1539	Barać Dobran	Ana	HR
1540	Catela	Elvis	HR
1541	Krzeczkowski	Roman	PL
1542	Naue	Ursula	AT
1543	Halupa	Denis	HR
1544	White	Tammy	US
1545	Meier	Dietmar	AT
1546	Dulikravić	Jelena	HR

1547	Laković	Elvis	HR
1548	Rosanda	Boris	HR
1549	Pajnić	Zoran	HR
1550	Rohoska	Lajos	HU
1551	Vidovic	Dean	AT
1552	Kostelac	Andrija	HR
1553	Kete	Mojca	SI
1554	Pehar	Ksenija	HR
1555	Palijan	Maja	HR
1556	Antonovic	Ivan	HR
1557	Muhić	Damijan	SI
1558	Dobnikar	Gregor	SI
1559	Mujkić	Haris	HR
1560	Katić	Ana	HR
1561	Basa	Rade	HR
1562	Terler	Manfred	AT
1563	Fable	Denis	HR
1564	Mačerol	Franci	SI
1565	Palinic	Marija	HR
1566	Tanko	Tadej	SI
1567	Kočevar	Sebastjan	SI
1568	Zadavec	Miha	SI
1569	Greinix	Franz	AT
1570	Marinac	Robert	HR
1571	Letina	Kruno	HR
1572	Palmai	Andras	HU
1573	Heinzmann	Beate	DE
1574	Neuweiler	Claudia	DE
1575	Kocijel	Kristijan	HR
1576	Medved	Ivana	HR
1577	Dautović	Branko	HR
1578	Čosić	Luka	HR
1579	Kovačević	Dragan	HR
1580	Galović	Dean	HR
1581	Kučić	Alfonz	HR
1582	Hartwig	Sven	AT
1583	Vidulin	Jelena	HR
1584	Korbar	Boris	HR
1585	Puhek	Roman	SI
1586	Zaloker	Mislav Niko	HR
1587	Tadić	Alen	HR
1588	Buric	Tomislav	HR
1589	Juričić	Klaudio	HR
1590	Orsi	Bajusz	HU
1591	Žuljević	Ivana	HR
1592	Sharma	Priya	IN
1593	Timea	Teleky	HU
1594	Mihályi	Katalin	HU
1595	Mihályi	Fruzsina	HU
1596	Baranyi	Zsuzsi	HU

1597	Pajnić	Olga	HR
1598	Banai	Katja	HR
1599	Regényi-Süveg	Nóra	HU
1600	Košeto	Sandra	HR
1601	Trapani	Toni	BA
1602	Nagode	Andreja	SI
1603	Krisztina	Németh	HU
1604	Dolenac	Stana	HR
1605	Pombal	Luciana	BR
1606	Caric	Antea	HR
1607	Körner	Manuela	DE
1608	Wize-Zielonka	Karolina	PL
1609	Jezeršek	Silvana	SI
1610	Höller	Su	AT
1611	Seherschön	Ulrike	AT
1612	Odak	Ana	HR
1613	Šijaković	Livija	HR
1614	Kraševac	Zvezdana	SI
1615	Jasenko	Vlasta	HR
1616	Požgaj	Bojana	HR
1619	Delač Musić	Tihana	HR
1620	Modrušan	Vanja	HR
1621	Matanović	Ivanka	HR
1622	Fišter	Kristina	HR
1623	Lecic	Una	HR
1624	Argalášová	Gabriela	CZ
1625	Maračić Gavranović	Iva	HR
1626	Mlinar	Branka	SI
1627	Jež	Mojca	SI
1628	Debevec	Majda	SI
1629	Golobič	Sabina	SI
1630	Selan	Špela	SI
1631	Horvat	Nika	SI
1632	Klemar	Željka	HR
1633	Novosel	Zrinka	HR
1634	Vugrinec	Marija	HR
1635	Grško Šimić	Ivana	HR
1636	Hrstic	Irena	HR
1637	Isola	Antonia	AT
1638	Starc	Špela	SI
1639	Snuderl	Michelle	HR
1640	Slavić	Ines	HR
1641	Štraus	Vesna	HR
1642	Ercek	Edita	HR
1643	Šetina	Maja	SI
1644	Savorani	Selene	IT
1645	Iglič	Petra	SI
1646	Veljak Gašparić	Stefani	HR
1647	Dobrović	Ana	HR
1648	Bilic Rezić	Jelena	HR
1649	Krizanac Mihaljevic	Lucija	HR
1650	Resanović	Mirela	HR

1651	Lysková	Kateřina	CZ
1652	Pierobon	Ivona	HR
1653	Capicikova	Helena	SK
1654	Nevajdić	Bojana	HR
1655	Glavinić	Natalija	HR
1656	Žižić	Gordana	HR
1657	Rakar	Tea	HR
1658	Čadež	Vlasta	SI
1659	Makar Šagi	Jelena	HR
1660	Hribernik	Nataša	SI
1661	Miočić	Ana	HR
1662	Pogačnik	Renata	SI
1663	Bauerheim	Bojana	SI
1664	Muhič	Simona	SI
1665	Hafner	Jasna	HR
1666	Sladić	Jasminka	HR
1667	Vogrin	Nataša	SI
1668	Mitrović	Sladana	SI
1669	Kos	Ana	HR
1670	Quispe	Lucia	PE
1671	Marinac	Marinac	HR
1672	Maćkowiak-Rydzynska	Anna	PL
1673	Kunst	Dubravka	SI
1674	Lovrić	Višnja	HR
1675	Lamovec	Urška	SI
1676	Nemet Đurđević	Ana	HR
1677	Klarić	Marina	HR
1678	Buljat	Martina	HR
1679	Kožar	Jerneja	SI
1680	Luštein	Martina	HR
1681	Družeta	Dubravka	HR
1683	Viškanić	Klara	HR
1684	Dobešová	Jana	CZ
1685	Laryšová	Radka	CZ
1686	Kajfeš	Ana	HR
1687	Mileta	Sara	HR
1688	Skomina	Maja	HR
1689	Popović	Milica	RS
1690	Lisjak	Sonja	SI
1691	Pukšec	Nina	HR
1692	Križanec	Alja	SI
1693	Fric Križanec	Helenca	SI
1694	Brkljacic	Miranda	HR
1695	Mavrić	Tea	HR
1696	Burnik	Tjaša	SI
1697	Seliškar	Tjaša	SI
1698	Karlic	Nina	HR
1699	Čavuzić Čajko	Jasminka	HR
1700	Jambrošić Sakoman	Andrea	HR
1701	Tomašek	Iva	HR
1702	Medaric	Zorana	SI
1703	Tomić	Paško	HR

1704	Pleša	Tomislav	HR
1705	Turina Pećinski	Nikola	HR
1706	Košir	Domen	SI
1707	Attila	Horváth	HU
1708	Regényi-Süveg	Róbert	HU
1709	Seach	Hayden	HK
1710	Lambrou	Geoff	SG
1711	Ružić	Goran	HR
1712	Perosa	Ivan	HR
1713	Jezeršek	Boštjan	SI
1714	Urek	Dusan	SI
1715	Koren	Ales	SI
1716	Kozić	Miro	HR
1717	Ščavničar	Primož	SI
1718	Slokan	Simon	SI
1719	Odak	Ivan	HR
1720	Sziládi	Ferenc	HU
1721	Lengyel	Róbert	HU
1722	Novakovic	Sasa	HR
1723	Saurug	Daniel	AT
1724	Šimunić	Dean	HR
1725	Memić	Mirsad	HR
1726	Uščumlić	Aleksandar	HR
1727	Komes	Dražen	HR
1728	Celinščak	Mario	HR
1729	Đurkin	Ivan	HR
1730	Urbanček	Rok	SI
1731	Hepić	Sinan	HR
1732	Simončić	Tanja	SI
1733	Kobal	Matjaž	SI
1734	Csikesz	Peter	HU
1735	Košeto	Marjan	HR
1736	Štuklek	Gregor	SI
1737	Krvina	Bogdan	SI
1738	Ljubić	Tomislav	HR
1739	Cesca	Stefano	IT
1740	Argaláš	Jaroslav	CZ
1741	Kosmač	Primož	SI
1742	Koražija	Filip	HR
1743	Đurđević	Mario	HR
1744	Škrtić	Miran	SI
1745	Markić	Zvonimir	HR
1746	Golobič	Marko	SI
1747	Jozić	Dalibor	HR
1748	Markešić	Zoran	HR
1749	Gabriel	Mantu	RO
1750	Radulović	Renato	HR
1751	Derocchi	Paolo	HR
1752	Berić	Marko	HR
1753	Šikić	Tihomir	HR
1754	Godéc	Tihomir	HR
1755	Majdenić	Darko	HR

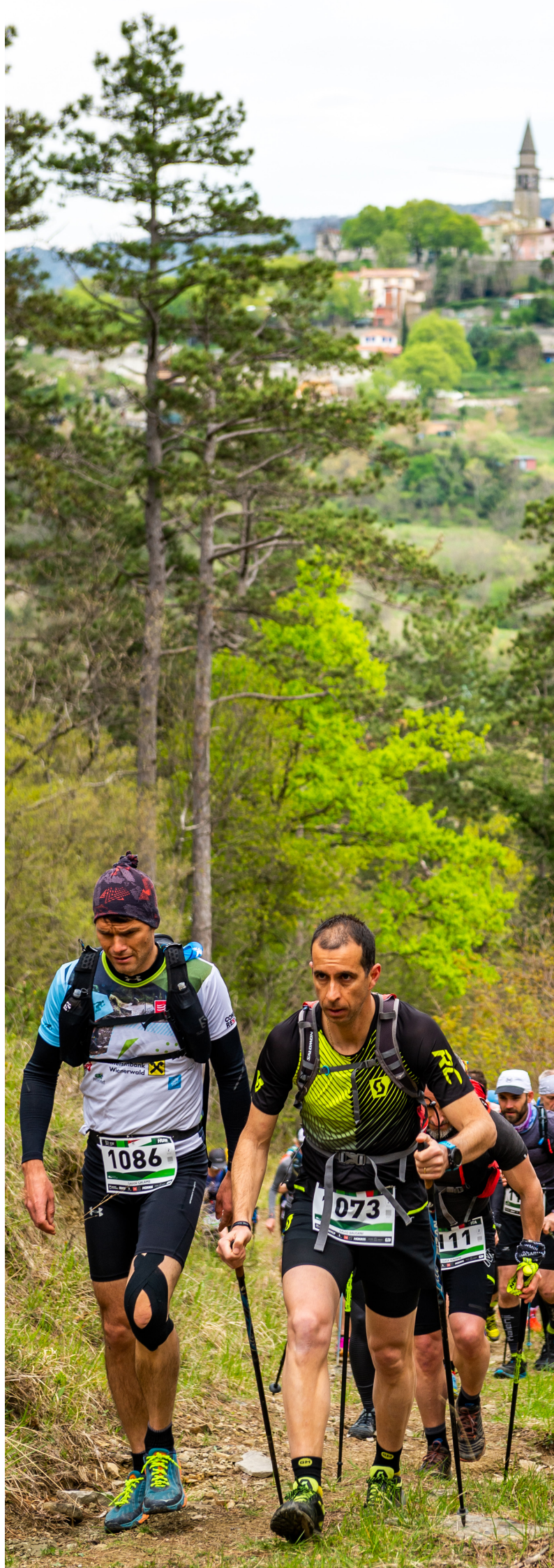
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1757	Štraus	Goran	HR
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1759	Bembić	Igor	HR
1760	Fleišer	Sašo	SI
1761	Šamec	Miljenko	HR
1762	Baličević	Stanko	HR
1763	Korošec	Simon	SI
1764	Sušek	Željko	HR
1765	Weinrauch	Alfred	AT
1766	Bašić	Amir	BA
1767	Špelić	Roberto	HR
1768	Pavičić	Robert	HR
1769	Bandur	Miran	SI
1770	Jergović	Kresimir	HR
1771	Vitasović	Mauro	HR
1772	Maravic	Sinisa	HR
1773	Jurcan	Ronald	HR
1774	Kovac	Ivan	HR
1775	Vitković	Tomislav	HR
1776	Šagi	Dražen	HR
1777	Veselinovic	Milan	RS
1778	Hribernik	Aleš	SI
1779	Puš	Domagoj	HR
1780	Mihić	Leon	HR
1781	Pirc	Jure	SI
1782	Hess	Martin	IT
1783	Muhič	Jernej	SI
1784	Zadnik	Robert	SI
1785	Mesarić	Marinko	HR
1786	Vidmar	David	SI
1787	Bordignon	Nicola	IT
1788	Tsonev	Rumen	BG
1789	Drakšič	Mitja	SI
1790	Matković	Luka	RS
1791	Dauner	Kristóf	HU
1792	Severec	Bruno	HR
1793	Ostović	Igor	HR
1794	Višnar	Zlatko	SI
1795	Zakrajšek	Nejc	SI
1796	Buljat	Zdenko	HR
1797	Barulić	Mateo	HR
1798	Smolnikar	Aljoša	SI
1799	Žagrić	Darian	HR
1800	Lovšin	Nejc	SI
1801	Mrdalj	Boris	HR
1802	Vižin	Boštjan	SI
1803	Šimić	Krešimir	HR
1804	Čorak	Dragan	HR
1805	Hranjec	Jeremija	HR
1806	Vrsaljko	Vanja	HR
1807	Gradišar	Uroš	SI

1808	Rebolj	Peter	SI
1809	Raffaelli	Erih	HR
1810	Kladarić	Mario	HR
1811	Svatoň	Tomáš	CZ
1812	Kardelis	Boris	RS
1813	Lipicer	Tomaž	SI
1814	Baljak	Marko	HR
1815	Šolman	Marino	HR
1816	Šalehar	Robi	SI
1817	Brajkovic	Irvin	HR
1818	Ilic	Dragoslav	HR
1819	Rotkvić	Luka	HR
1820	Dujmović	Sandro	HR
1821	Brkljača	Ivan	HR
1822	Šimić	Bruno	HR
1823	Jančić	Daniel	HR
1824	Mustać	Mate	HR
1825	Hrenar	Tomislav	HR
1826	Šigeti	Jasmin	HR
1827	Modrušan	Valentino	HR
1828	Di Lenardo Zamlić	Predrag	HR
1829	Gradišar	Bojan	HR
1830	Leskovšek	Damir	HR
1831	Vene	Tihomir	HR
1832	D'Alberto	Emanuel	IT
1833	Gesslbauer	Sascha	AT
1834	Šurlan	Igor	HR
1835	Buntak	Simon	HR
1836	Čalić	Slobodan	HR
1837	Canal	Alex	GB
1838	Salaj	Krunoslav	HR
1839	Podgorelec	Samo	SI
1840	Pietrzyk	Tomasz	PL
1841	Družeta	Toni	HR
1842	Deković	Daniel	HR
1843	Pavlaković	Nikola	HR
1844	Plevnik	David	SI
1845	Đorđević	Maja	HR
1846	Pagotto	Giorgia	IT
1847	Sokač	Suzana	HR
1848	Tisleric	Nina	HR
1849	Rajačić	Katja	HR
1850	Trobec Mlakar	Polona	SI
1851	Mršić	Silvija	HR
1852	Đurenc	Tomislav	HR
1853	Lulić	Marta	HR
1854	Lulić	Petra	HR
1855	Gavrovski Majsec	Nikolina	HR
1856	Fammler	Max	AT
1857	Ivančić	Ivan	HR
1858	Ščurić	Romano	HR
1859	Vidic	Igor	RS

1861	Abutbul	Assaf	IL
1862	Orehovec	Ranko	HR
1863	Harrich	Jürgen	AT
1864	Palavra	Miroslav	HR
1865	Hek	Goran	HR
1866	Kunštek	Tihana	HR
1867	Pavlic	Željka	HR
1868	Bahat	Nataša	HR
1869	Meglić	Anton	SI
1870	Forýtek	Jaroslav	CZ
1871	Zrinjan Šimag	Petra	HR
1872	Abalakin	Alexander	
1873	Čuljak Aleksić	Marlena	HR
1874	Kundörfer	Jan	DE
1875	Pęczar	Aneta	PL
1876	Licul Zgrablić	Biljana	HR
1877	Herceg	Robert	HR
1878	Margeta	Marko	HR
1879	Zullian	Anna	IT
1880	Karlović	Igor	HR
1882	Mandić	Nedeljko	HR
1883	Kac Čubranić	Ana	HR
1884	Zavrtnik	Marko	HR
1885	Bušić	Ivica	HR
1886	Vujanić	Josip	HR
1887	Džanić	Vedrana	HR
1888	Lončar	Andriana	HR
1889	Bakula	Sanja	HR
1890	Petrović Sladetić	Tatjana	HR
1891	Glogoški	Željko	HR
1892	Glušica	Hana	HR
1893	Sušanj	Miloš	HR
1894	Sabadin	Viktor	HR
1895	Glavičić	Elvis	HR
1896	Marosz	Bretislav	CZ
1897	Šnauč	Jelena	HR
1900	Šimić	Bruno	HR
1901	Maier	Bernhard	AT
1902	Nikolić	Nebojša	HR
1905	Martinović	Marko	HR
1906	Michalčáková	Anna	CZ
1907	Kresina Karačić	Iva	HR
1908	Hradilová	Hana	CZ
1910	Belavić	Karlo	HR
1911	Đurkin	Anda	HR
1914	Barbir	Goran	HR
1915	Petriček	Maja	HR
1916	Gregorová	Jana	CZ
1917	Turkalj	Nikola	HR
1918	Petrinić	Dario	HR
1919	Jelinić	Tomislav	HR
1920	Janas	Tomasz	CZ

1923	Macuka	Elio	IE
1924	Maglica	Vladimir	HR
1926	Labajová	Markéta	CZ
1927	Krtalić	Branimir	HR
1928	Ban	Petra	HR
1929	Pačandi	Dino	HR
1930	Vinković	Adam	HR
1931	Žarković	Irena	HR
1932	Bičanić	Marko	HR
1933	Fabac	Žarko	HR
1934	Witkowski	Witold	PL
1935	Novak	Domagoj	HR
1936	Hausmaninger	Tvrtko	HR
1937	Klajderič	Jožica	SI
1938	Bondarchuk	Victoria	RU
1939	Gašparac	Branko	SI
1940	Trnkova	Zuzana	SK
1941	Dietl	Helga	DE
1942	Dietl	Helmut	DE
1943	Miočić	Marinko	HR
1944	Soukup	Michal	CZ
1945	Skočić	Ivica	HR
1946	Konderla	David	CZ
1947	Cvetko	Alexandra	SI
1948	Prišlin	Marko	HR
1949	Jug-Dujaković	Domagoj	HR
1950	Džomba	Belma	HR
1951	Maier	Anna	AT
1952	Matković	David	HR
1953	Čurić	Dražen	HR
1954	Bančić	Ivan	HR
1955	Bešlić	Antonija	HR
1956	Zaninić	Petar	HR
1957	Pačandi	Leonard	HR
1958	Damjanic	Igor	DE
1959	Popović	Damir	HR
1960	Janjić	Vedrana	HR
1961	Planinšek	Vedran	HR
1962	Rota	Donatello	IT

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
MOTOVUN	0			
LIVADE	5,0	0:22:00	1:01:00	
GROŽNJAN	20,4	1:38:00	3:39:00	
BUJE	28,0	2:11:00	5:19:00	
UMAG	40,6	3:00:00	8:00:00	8:00:00





2 ITRA POINTS

YELLOW COURSE



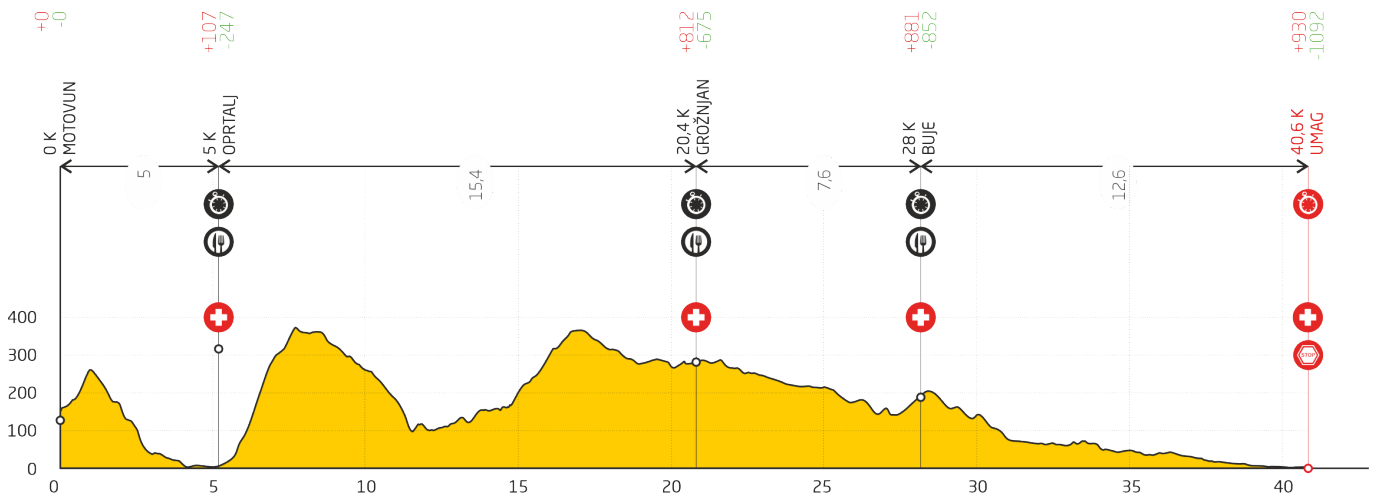
2 UTMB POINTS

40,6 K | +930 M | -1.092 M

COURSE RECORD

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

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF 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																						
LIVADE			X		X				X	X		X		X	X	X	X	X	X	X	X	X
GROŽNJAN			X		X			X		X	X	X	X		X	X						X
BUJE			X		X				X	X		X		X	X	X						X
UMAG	8 H	SATURDAY 17:00	X			X	X			X		X			X	X						X





VALAMAR
All you can holiday



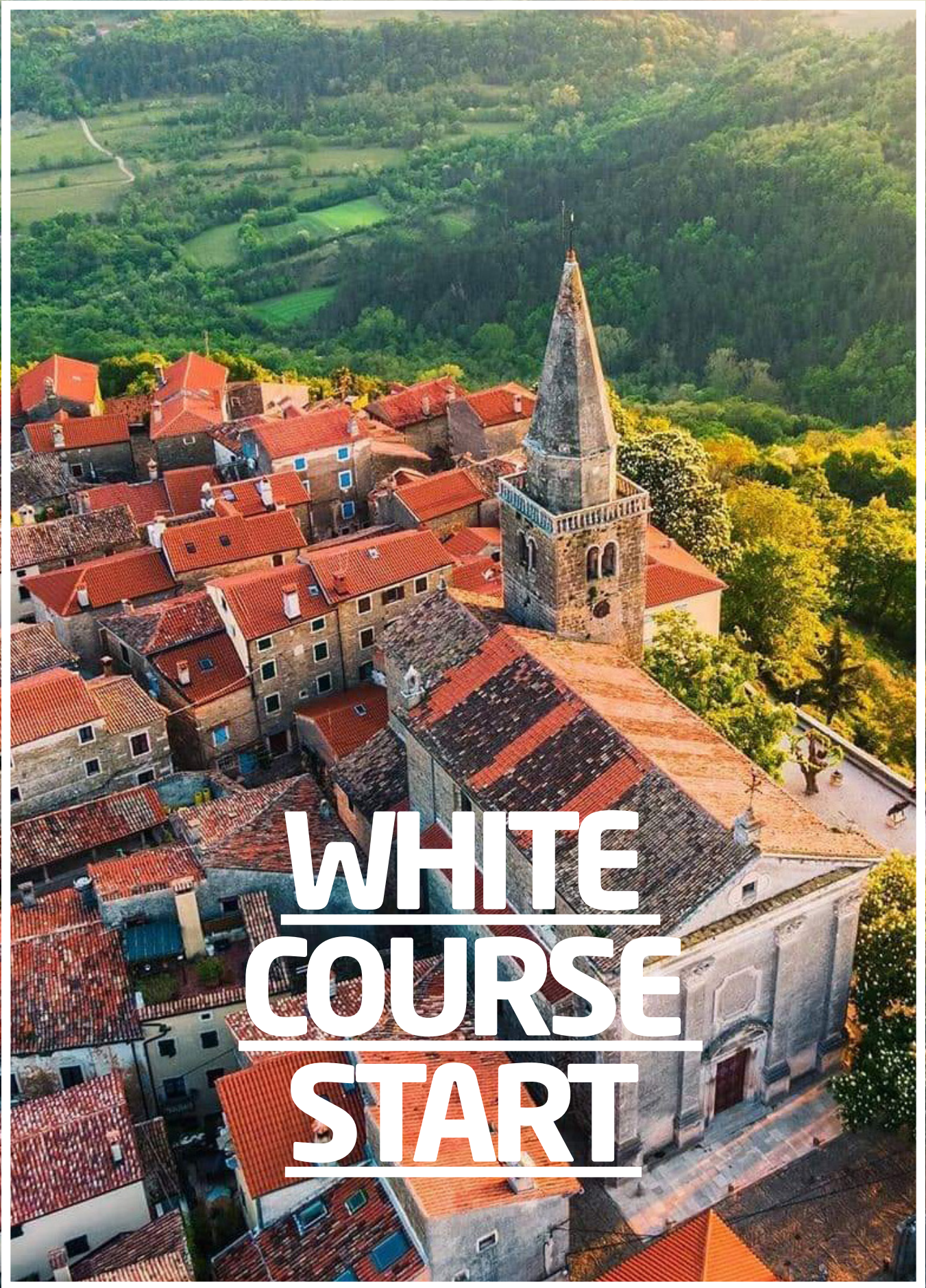
VALAMAR
trail

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

Rabac, October 1-3
www.valamartrail.com



SPORT
BOX



WHITE COURSE START

GROŽNJAN SEPTEMBER 12TH 08:00

PARKING IN FRONT OF THE CEMETERY

THE CITY OF ART, MUSIC AND PEACE

Grožnjan is located in the central part of Istria, above the valley of the river Mirna, about 20 kilometres away from Novigrad and 17 kilometres away from Motovun.

It is part of the region of Gornja Bujština, which was settled very early in the Roman period, owing to which we are witness to the endurance of Roman and Venetian architecture up to this very day.

Just like in the other towns and villages in inland Istria, where the continental and Mediterranean climate intertwine, Grožnjan also offers the perfect conditions for family holidays with children of all ages.

This little town is also the centre of the International Cultural Centre of Croatian Music Youth and the Art Circle of Grožnjan and its surroundings.

If you want to awaken your bohemian side, visit in summer to the annual exhibition of the Art Circle of Grožnjan or to kick back at the Jazz festival.

The parish church of St Vitus, Modestus and Crescentius, which was built in 1600

and features Baroque-period choir stalls, an oil on canvas from the 17th century depicting St Peter of Alcantara and marble altars from the Late Baroque, is also a definite must-see.

In spring, the outskirts of the town are perfect for all lovers of active holidays as they are packed with walking and cycling trails.

Choose Grožnjan both for its people and its culture. And running of course :)

TIME TABLE

06:30
DEPARTURE FOR THE START FROM
UMAG

07:00
ARRIVAL TO THE START IN MOTOVUN

08:00
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route
Umag - direction Buje - in Buje direction
Triban - Grožnjan
distance: 21 km
ETA: 0h 27min

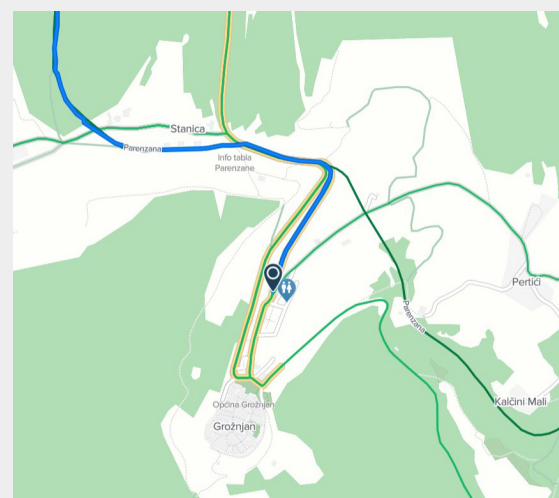


PHOTO.
Course start map

START LIST

WHITE COURSE

2000	Pagavino	Filippo	IT
2001	Mlyncekova	Slavka	SK
2002	Brlek	Matija	HR
2003	Bonsi	Federico	IT
2004	Bulić	Jozefina	HR
2005	Beštaš	Derya	TR
2006	Dobak	Slavomir	SK
2007	Posavec	Marko	HR
2008	Kovačić	Vedran	HR
2009	Tonkovic	Maja	HR
2010	Barić	Mihaela	HR
2011	Martinčić	Kristijan	HR
2012	Kovačević	Lana	HR
2013	Misja	Niko	SI
2014	Rovis	Margerita	HR
2015	Negic	Svetlana	RS
2016	Rab	Andrea	RO
2017	Lisica	Lucija	HR
2018	Markanjević	Manuela	HR
2019	Risek	Marina	HR
2020	Basset	Patrick	FR
2021	Tkalčić	Renata	HR
2022	Cvetkoska	Maja	MK
2023	Podvornik	Andreja	SI
2024	Olivetti	Alessandra	IT
2025	Rogan	Boris	HR
2027	Mekic	Merjema	BA
2028	Dimini	Stefano	IT
2029	Vidmar	Janja	SI
2030	Andabaka	Tatjana	HR
2031	Dubravčić	Ivo	HR
2032	Glavan	Ante	HR
2033	Paarman	Renee	AU
2034	Kovacs	Monika	HU
2035	Kovačić	Katija	HR
2036	Omerzu	Davorin	HR
2037	Trbić	Svjetlana	HR
2038	Pšenica	Peter	SI
2039	Sutta	Peter	SK
2040	Sutta	Pavel	SK
2041	Medved	Ana	HR
2042	Nemet	Luka	HR
2043	Jovanovic	Goran	HR
2044	Horvatek	Vedran	HR
2045	Bulic	Antonio	HR
2046	Suša	Ana-Marija	HR

2047	Tarle	Božena	HR
2048	Babic	Ana	HR
2049	Bogojević	Danijela	HR
2050	Košta	Jasmina	HR
2051	Švast	Dubravka	HR
2052	Buić	Tihana	HR
2053	Turnšek	Miroslava	HR
2054	Bödizs	Bianka	HU
2055	Meško Peserl	Katja	SI
2056	Marinić	Mateja	HR
2057	Schleschitz	Sabine	AT
2058	Dragičević	Marija	HR
2059	Odobašić	Ana	HR
2060	Tuškan	Dora	HR
2061	Corak	Nina	HR
2062	Štruklec	Sandra	HR
2063	Lambrou	Rosemarie	SG
2064	Golubić	Mateja	HR
2065	Jerič Štefe	Sonja	SI
2066	Čurić	Sofija	HR
2067	Gröbelbauer	Lisa	AT
2068	Šolaja	Tatjana	HR
2069	Oreški	Tatjana	HR
2070	Frankovic	Mirjana	SI
2071	Novina	Jasminka	HR
2072	Hećimović	Ana	HR
2073	Raval	Maude	CH
2074	Merkler	Sanda	HR
2075	Romih	Andreja	SI
2076	Maletić	Moira	HR
2077	Rupnik	Marjeta	SI
2078	Zuzija	Martina	HR
2079	Knežević	Suzana	HR
2080	Škorak	Tajana	HR
2081	Bačanek	Dunja	HR
2082	Vrkljan	Melanija	HR
2083	Stvorić	Ivana	HR
2084	Mohorovičić	Vesna	HR
2085	Bukovnik Urbanček	Petra	SI
2086	Gregov	Helena	HR
2087	Zidar	Vera	HR
2088	Simčić	Tamara	HR
2089	Vidaković	Maja	HR
2090	Davidović	Vlatka	HR
2091	Delić	Paula	HR
2092	Brezničar	Nataša	SI

2093	Lim	Yan Ling	MY
2094	Džeba	Ivana	HR
2095	Radojičić	Sara	HR
2096	Bakija	Slavica	HR
2097	Turkalj	Gordana	HR
2098	Derocchi	Sanja	HR
2099	Rafaj	Petra	HR
2100	Urem	Martina	HR
2101	Rizner Glavan	Lea	HR
2102	Rugelj	Renate	SI
2103	Štefanac	Andrea	HR
2104	Hauzler	Snjezana	HR
2105	Velic Srdoc	Valentina	HR
2106	Keller	Neike	HR
2107	Lepur	Adriana	HR
2108	Urbanc	Mirjana	SI
2109	Tonka	Zadnikar	SI
2110	Benvegnu-Leban	Jana	HR
2111	Kuna	Marina	HR
2112	Vidmar	Nevenka	HR
2113	Majetić	Izabel	HR
2114	Krsnik	Vedrana	HR
2115	Vujčić	Tea	HR
2116	Bernini	Eleonora	IT
2117	Čirjak	Suzana	HR
2118	Horvatinčić	Kristina	HR
2119	Činkopan Korotaj	Sanja	HR
2120	Pšenica	Veronika	SI
2121	Zrinić Terlević	Sandra	HR
2122	Židanić	Vesna	HR
2123	Dragić	Danijela	HR
2124	Bobinac	Jelena	HR
2125	Mazi	Nika	SI
2126	Vidovič	Andreja	SI
2127	Fajmut	Vlasta	SI
2128	Gazivoda	Jasna	RS
2129	Koerner	Lea	DE
2130	Martinovic	Snjezana	AT
2131	Kisiček	Virna	HR
2132	Juričić	Mirjana	HR
2133	Pavlovic	Snjezana	IE
2134	Smereciuc	Ramona	RO
2135	Corbaciuc	Corina	RO
2136	Pintarić	Silvija	HR
2137	Vresk	Damira	HR
2138	Bubalo	Ramona	HR

2139	Zalewska	Agnieszka	PL
2140	Zalewska	Katarzyna	PL
2141	Marić	Nikolina	HR
2142	Kajfeš	Dolores	HR
2143	Lulić	Lucija	HR
2144	Jaszai	Orsolya	AT
2145	Jerman	Karin	SI
2146	Damjanović Barić	Jelena	HR
2147	Škvorc	Ivica	HR
2148	Tkalčić	Davor	HR
2149	Sagadin	Zoran	HR
2150	Konosić	Željko	HR
2151	Farmosi	Zsolt	HU
2152	Žalik	David	SI
2153	Peserl	Marko	SI
2154	Kovacs	Peter	HU
2155	Stefanovits	Gábor	HU
2156	Schöttl	Michael	AT
2157	Odobasic	Nenad	HR
2158	Zielonka	Marek	PL
2159	Veneruzzo	Florijan	HR
2160	Veneruzzo	Emanuel	HR
2161	Licina	Boris	HR
2162	Järvinen	Pauli	DE
2163	Likar	Bogdan	HR
2164	Ladavac	Ivan	HR
2165	Kunštek	Kristijan	HR
2166	Orač	Filip	HR
2167	Korunić	Kristian	HR
2168	Jurcan	Vanja	HR
2169	Baghaie	Ebbie	SG
2170	Špirić	Jakov	HR
2171	Schiller	Damir	HR
2172	Kirchbaum	Vladimir	HR
2173	Oreski	Zeljko	HR
2174	Rakić	Saša	HR
2175	Cadelli	Lorenzo	IT
2176	Živković	Dragan	HR
2177	Bogataj	Jure	SI
2178	Tadić	Branimir	HR
2179	Udijjak	Ivan	HR
2180	Ruzic	Mladen	HR
2181	Modrušan	Filip	HR
2182	Kiralj	Dražen	HR
2183	Viorel	Fleser	RO

2184	Milatič	Tomaž	SI
2185	Giusio	Alberto	IT
2186	Mihic	Bozidar	HR
2187	Kurdija	Snježana	HR
2188	Hrnjkaš	Domagoj	HR
2189	Meneghini	Dario	IT
2190	Bukarica	Saša	HR
2191	Miloš	Filip	HR
2192	Kosanović	Nadan	HR
2193	Šram	Dejan	SI
2194	Zitinic	Marin	HR
2195	Ibisbegovic	Denis	RS
2196	Wehner	Vince	HU
2197	Wehner	Lőrinc	HU
2198	Perčević	Robert	HR
2199	Ilk	Haydar	TR
2200	Liepa	Dāvis	LV
2201	Sternad	Sebastjan	SI
2202	Beres	Tamas	HU
2203	Nagy	Peter	HU
2204	Horvatinčić	Krešimir	HR
2205	Pavlič	Boštjan	SI
2206	Stokovic	Ivan	HR
2207	Bilosnic	Petar	HR
2208	Franinović	Goran	HR
2209	Korpar	Mario	HR
2210	Brečko	Blaž	SI
2211	Koščica	Luka	HR
2212	Hršak	Marko	SI
2213	Edler	Christoph	AT
2214	Thorell	Anders	SE
2215	Petrović	Alessandro	HR
2216	Prišlin	Patrik	HR
2217	Podboršek	Boštjan	SI
2218	Podboršek	Andrej	SI
2219	Debeljuh	Anton	HR
2220	Jerman	Milenko	SI
2221	Okretic	Renata	HR
2222	Zaspan	Barbara	HR
2223	Jakovčić	Marinko	HR
2224	Juranić	Marko	HR
2225	Žibreg	Martina	HR
2226	Mostar	Ines	SI
2227	Popic	Alenka	SI
2228	Mangertseeder	Sofie	DE
2229	Licul	Ksenija	HR
2230	Kobal	Mateja	SI
2231	Kliman	Vedrana	HR

2232	Kliman	Mihaela	HR
2233	Pandel Bandur	Alenka	SI
2234	Licul	Edi	HR
2235	Urem	Lovro	HR
2236	Brezac	Emil	HR
2237	Racan	Kristijan	HR
2238	Bošnjak	Darko	HR
2239	Sakoman	Ana	HR
2240	Bahat	Lena	HR
2241	Čargonja	Ana	HR
2242	Crust	Carlene	GB
2243	Kronqvist Trolleryd	Christine	SE
2244	Savić	Miren	HR
2246	Vojnović	Gabrijela	HR
2247	Tuk	Mario	HR
2248	Lacmanović	Matea	HR
2249	Didović	Tomislav	HR
2250	Vuksan	Mislav	HR
2251	Mihelčić	Igor	HR
2252	Mitrovic	Suzana	RS
2254	Koren	Benjamin	HR
2256	Sabljak Gojani	Sandra	HR
2257	Alinjak	Tomislav	HR
2258	Bijelić Hodžić	Natalija	HR
2259	Alagić	Alan	HR
2260	Kaurić	Diana	HR
2261	Bogović	Josip	HR
2263	Hudec	Vedran	HR
2264	Pevec	Kristina	HR
2266	Zadravec	Andrej	HR
2268	Babić	Ivan	HR
2269	Deluka - Tibljaš	Aleksandra	HR
2270	Vitas	Dolores	HR
2271	Kekić	Danuša	HR
2272	Detan Karlović	Alena	HR
2273	Karlović	Tomislav	HR
2274	Petranović	Barbara	HR
2275	Lakatos	Eva	HU
2276	Lisec	Matija	HR
2277	Crust	Neil	GB
2278	Pancer Zadravec	Mihaela	HR
2279	Ferenec	Biserka	HR
2280	Dujmović	Danijel	HR
2281	Stanić	Dražen	HR
2282	Stanišić	Katarina	HR
2283	Pilipović	Isabela	HR
2284	Tomljenović	Dorotea	HR
2285	Planinić	Barbara	HR

2286	Prekpalaj	Anton	HR
2287	Čuljak	Antonio	HR
2288	Čuljak	Jadranka	HR
2289	Šakić	Marijan	HR
2290	Juričić	Karlo	HR
2291	Drašković	Robert	HR
2292	Hudec	Goran	HR
2293	Tepuš	Aleksandra	HR
2294	Hanak	Vlado	HR
2295	Lovrić	Edvard	HR
2296	Martić	Mario	HR
2297	Kardum	Ivana	HR
2298	Manzin	Andrea	HR
2299	Teković	Andrej	HR
2300	Mušcardin	Petra	HR
2301	Rybicki	Jacek	CZ
2302	Horvat	Luka	HR
2303	Bregović	Romana	HR
2304	Kujundžić	Ante	HR
2305	Skračić	Ivana	HR

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
BUJE	7,3	0:30:00	1:34:00	
UMAG	20,1	1:16:00	4:00:00	4:00:00





0 ITRA POINTS

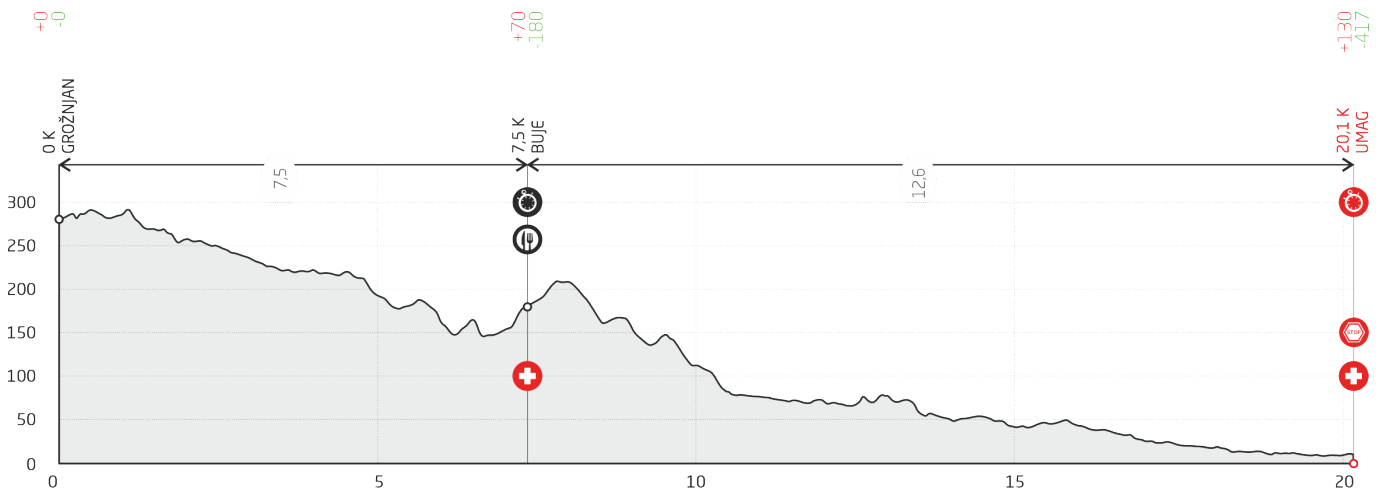
WHITE COURSE

20,1 K | +130 M | -417 M



0 UTMB POINTS

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF 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	
GROŽNJAN																						
BUJE			X		X				X	X		X		X	X	X						X
UMAG	4 H	SUNDAY 12:00	X			X	X			X		X			X	X						X



COURSE SECTIONS & AID STATIONS PREVIEW

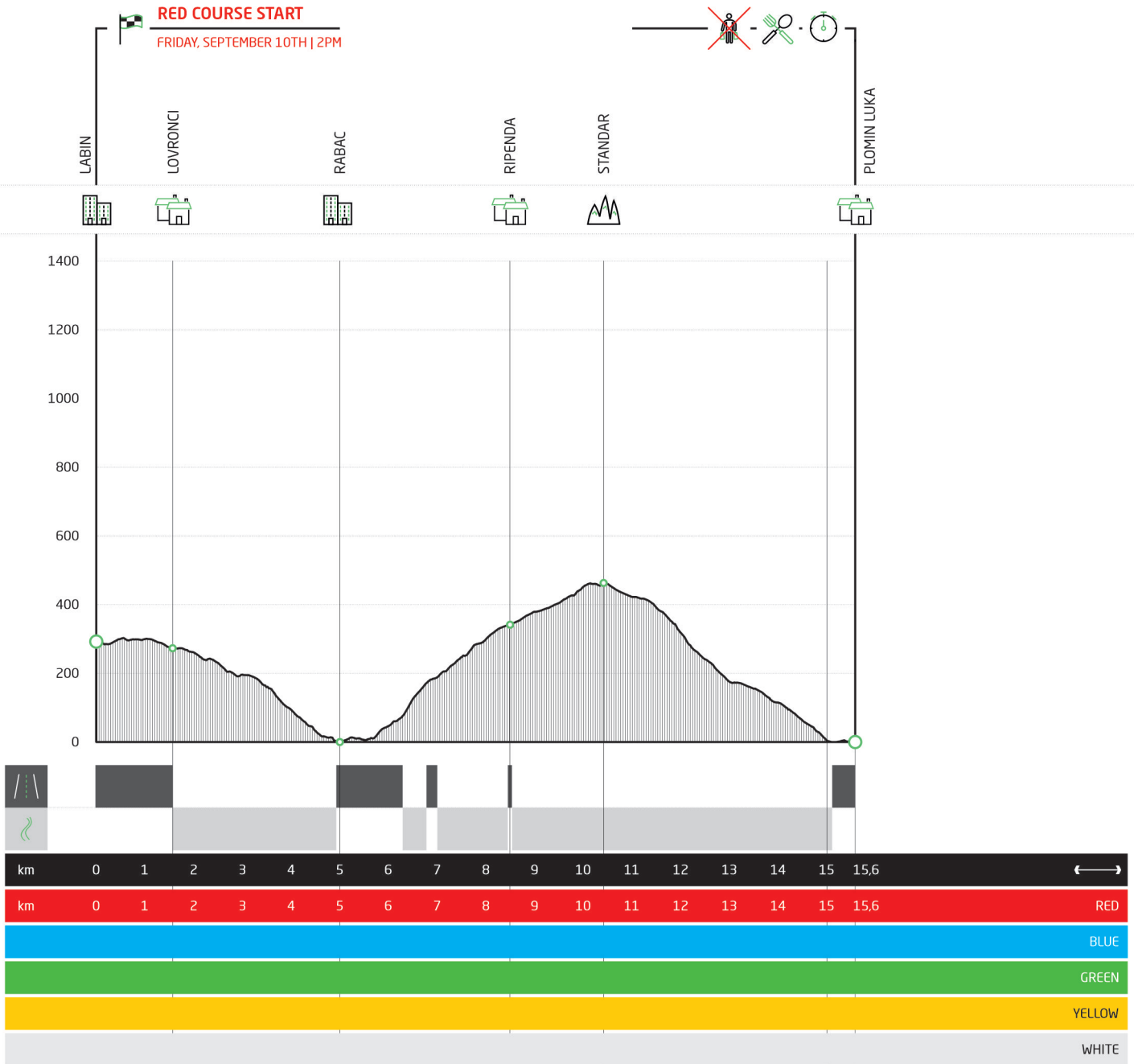
SCAN THE QR CODE
TO FIND ALL OF THEM



COURSE SECTION

LABIN - PLOMIN LUKA

COURSES: | R |



AID STATION

PLOMIN LUKA

COURSES: | R |



aid station



timing point



support not allowed



accessible by car



parking available

AID STATION INFO

From Labin: 12 km
From Umag: 97 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: 0 h 14 min

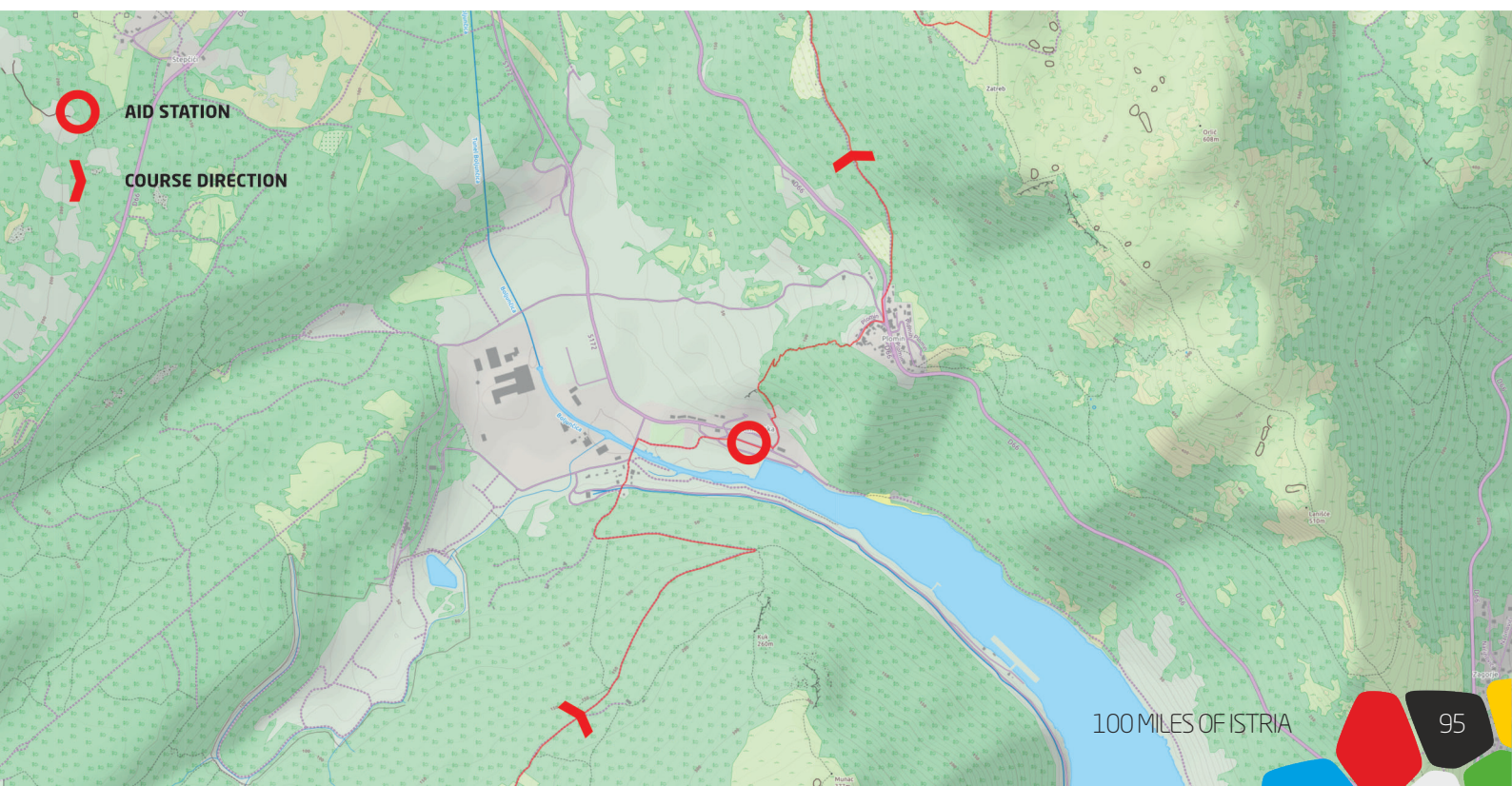
from Umag - fastest route
Umag - direction Rijeka - in Lupoglav direction Labin
distance: 97 km
ETA: 1 h 29 min

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.

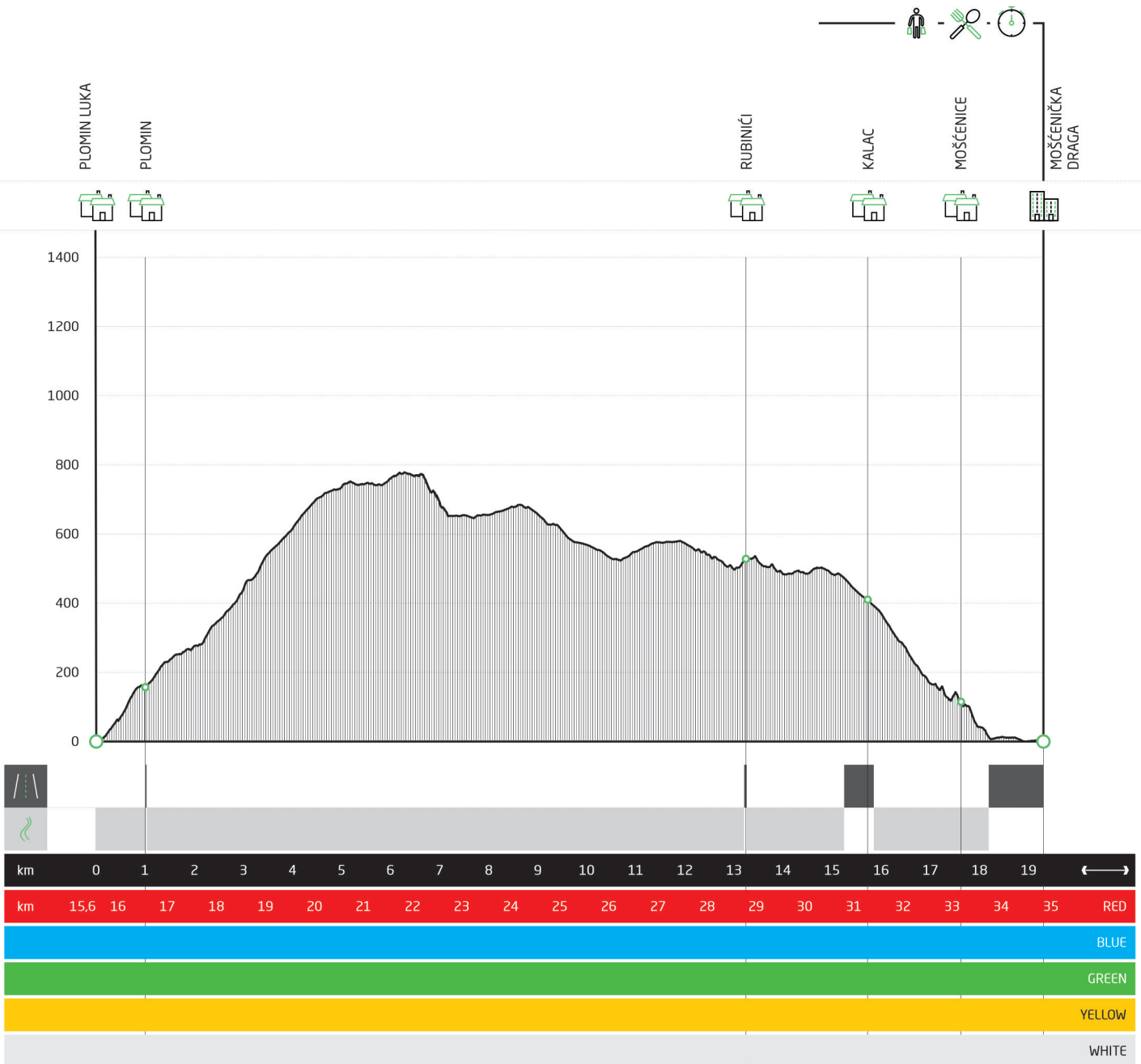
	R	B	G	Y	W
KM IN THE RACE	15,6	-	-	-	-
FASTEST ACTUAL TIME	FR 15:23	-	-	-	-
SLOWEST ACTUAL TIME	FR 17:10	-	-	-	-



COURSE SECTION

PLOMIN LUKA - MOŠČENIČKA DRAGA

COURSES: | R |



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION

MOŠĆENIČKA DRAGA

COURSES: | R |



aid station



timing point



support allowed



accessible by car



parking available

AID STATION INFO

From Labin: 32 km
From Umag: 100 km

Micro location: parking near the football stadium
Around 20 parking places available

GPS location: N 45.238850

E 14.252150

Altitude: 10 m

HOW TO GET THERE BY CAR?

from Labin - fastest route

Labin - direction Rijeka

distance: 32 km

ETA: 0 h 38 min

from Umag - fastest route

Umag - direction Rijeka - in Matulji direction Labin

distance: 100 km

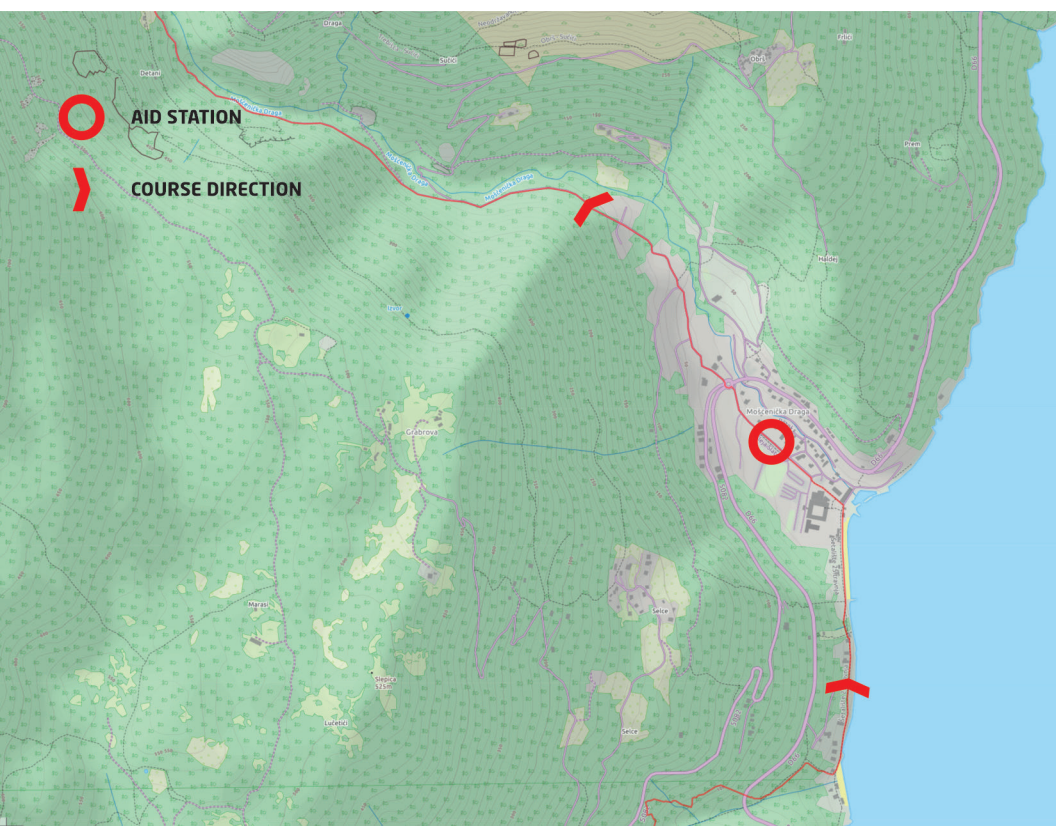
ETA: 1 h 44 min

AID STATION TRIVIA

Emerging from the spot where Mount Učka descends into the sea, Mošćenička Draga combines the best of both worlds. Sipar beach is one of the most beautiful in Kvarner. There are also many secluded spots along the coastal promenade, where one can enjoy the sea and sun on small natural beaches, away from the crowds and prying eyes.

Mošćenička Draga is particularly popular among visitors looking for a peaceful, relaxing holiday. In the past, it was primarily the nobility that used to come here in their carriages from Opatija to enjoy the quiet romantic surroundings of the white fishing boats and red-roofed houses. Today, modern tourists want to recharge their batteries by spending time outdoors and swimming in the crystal clear sea.

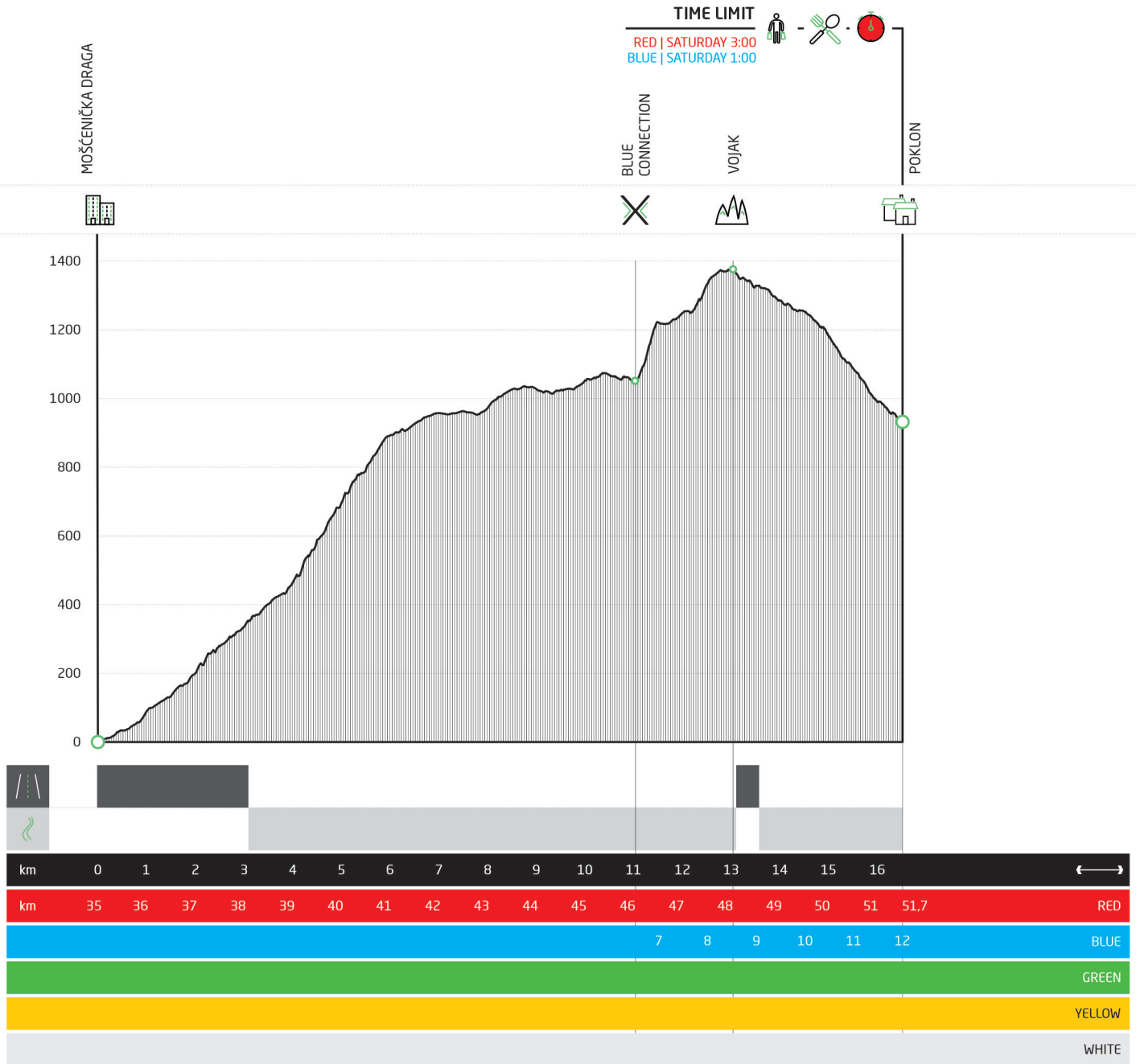
	R	B	G	Y	W
KM IN THE RACE	35	-	-	-	-
FASTEST ACTUAL TIME	FR 17:23	-	-	-	-
SLOWEST ACTUAL TIME	FR 21:42	-	-	-	-



COURSE SECTION

MOŠČENIČKA DRAGA - POKLON

COURSES: | R |



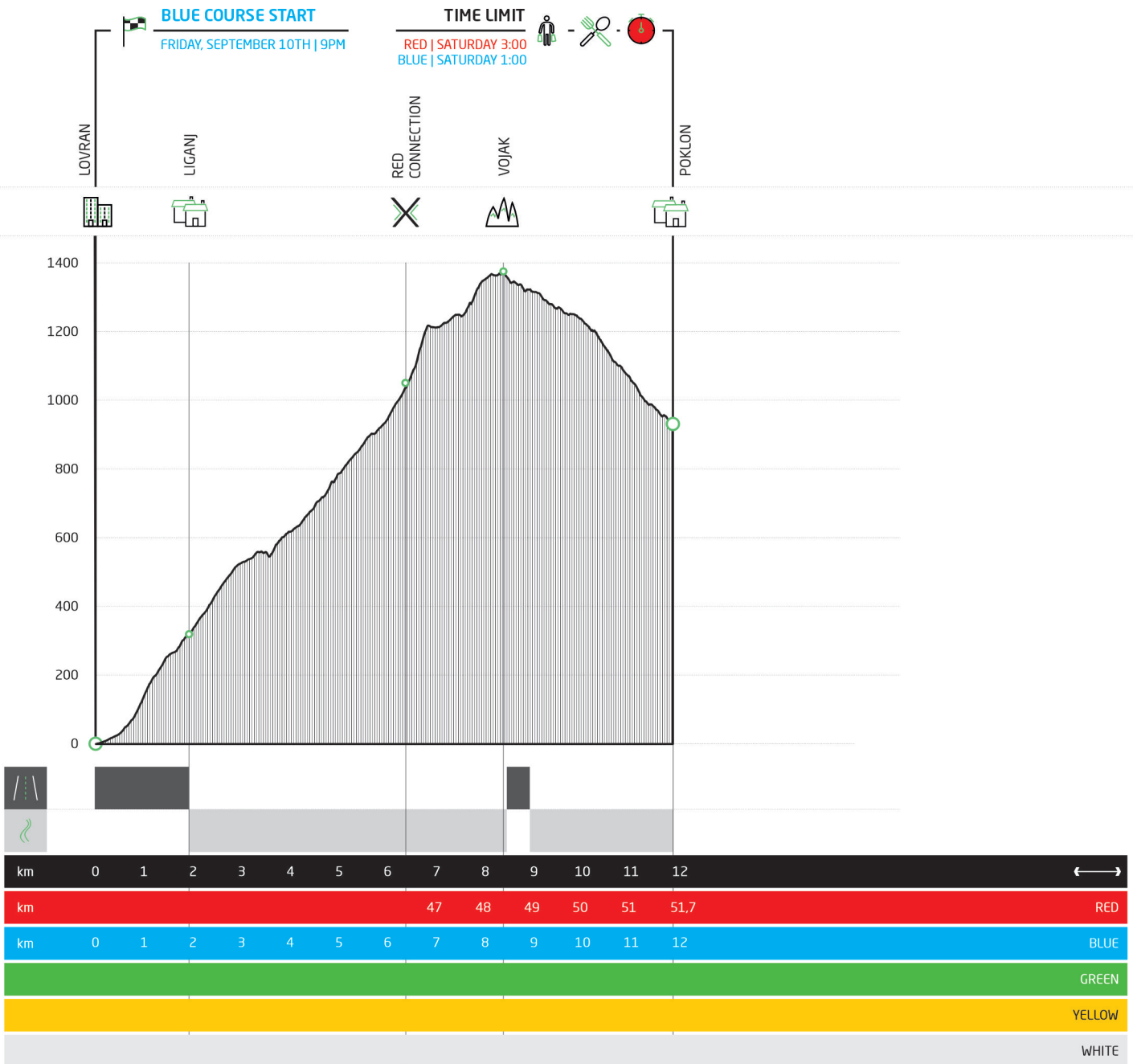
LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

COURSE SECTION

LOVRAN - POKLON

COURSES: | B |








LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION POKLON

COURSES: | R | B |

-  aid station
-  time limit point
-  support allowed
-  accessible by car
-  parking available

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 100 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

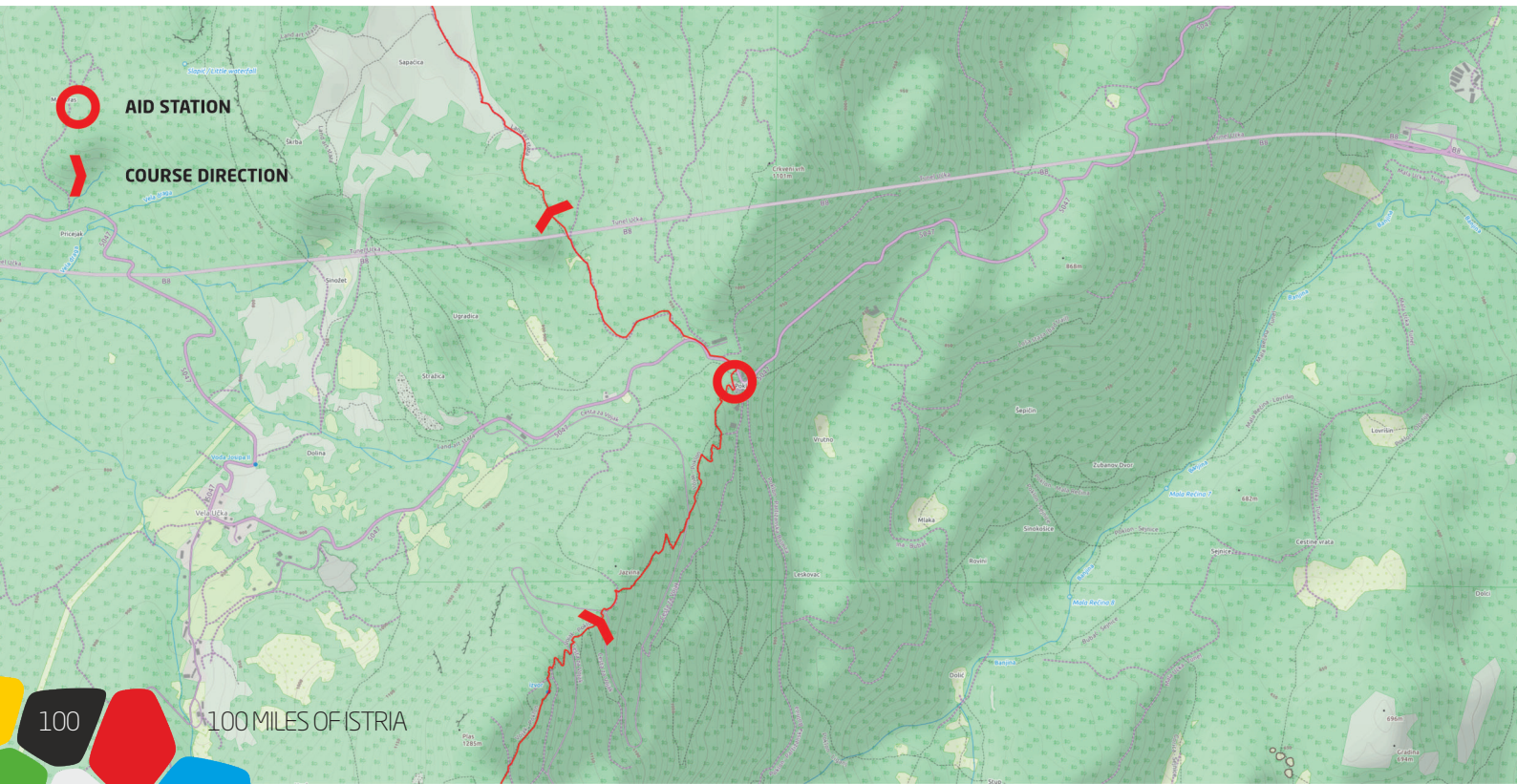
from Lovran - fastest route
Lovran - direction Rijeka - in Ičići direction Veprinac - direc-
tion Poklon
distance: 19 km
ETA: 0h 31min

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.

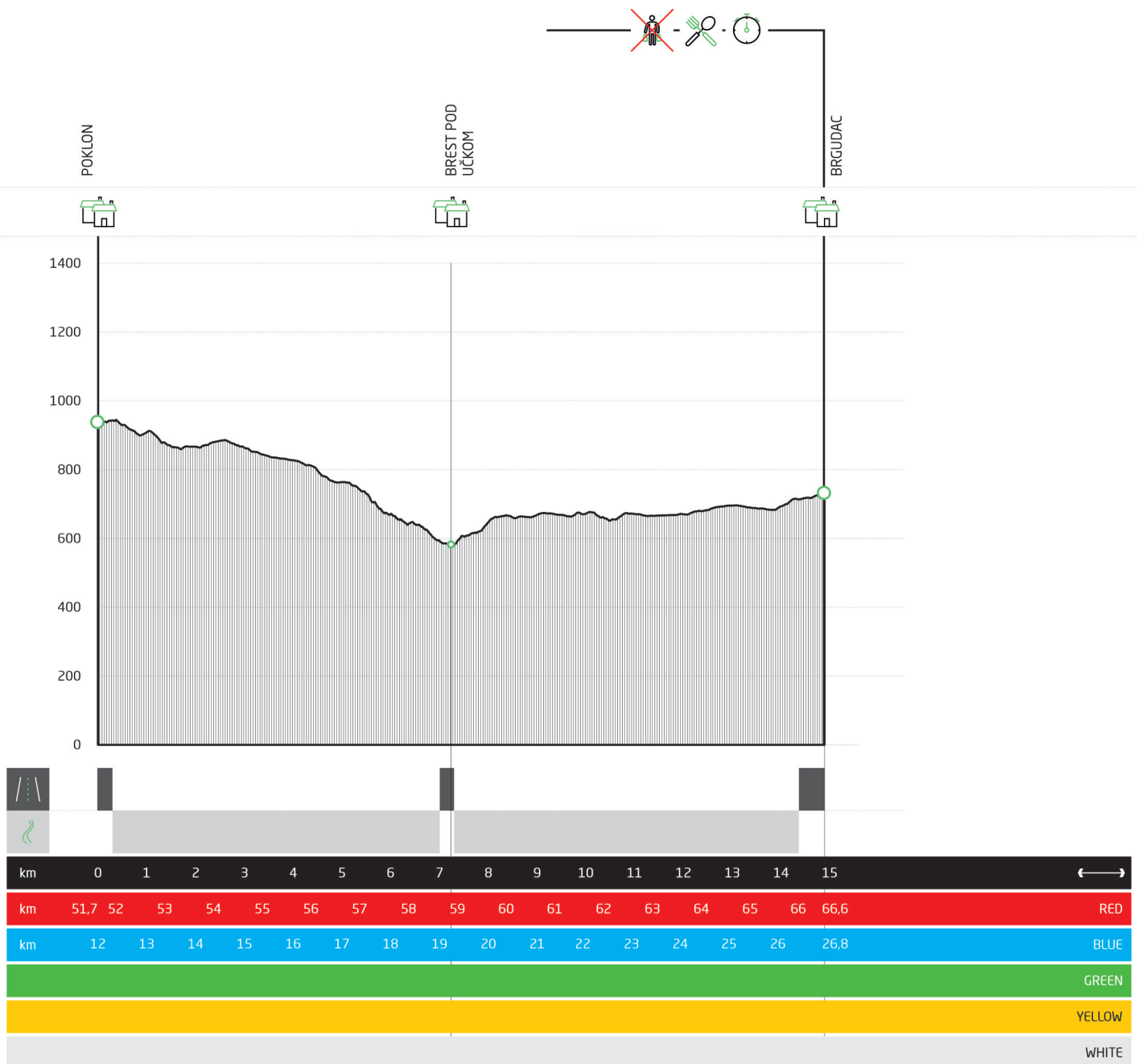
	R	B	G	Y	W
KM IN THE RACE	51,7	12	-	-	-
FASTEST ACTUAL TIME	FR 19:43	FR 22:44	-	-	-
SLOWEST ACTUAL TIME	SA 03:00	SA 01:00	-	-	-



COURSE SECTION

POKLON - BRGUDAC

COURSES: | R | B |



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

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
 Easiest way to get there is to follow the waysigns from Lupoglav

GPS location: N 45.380908
 E 14.144248
 Altitude: 733 m

NARROW ROAD DRIVING THERE ISN'T RECOMMENDED

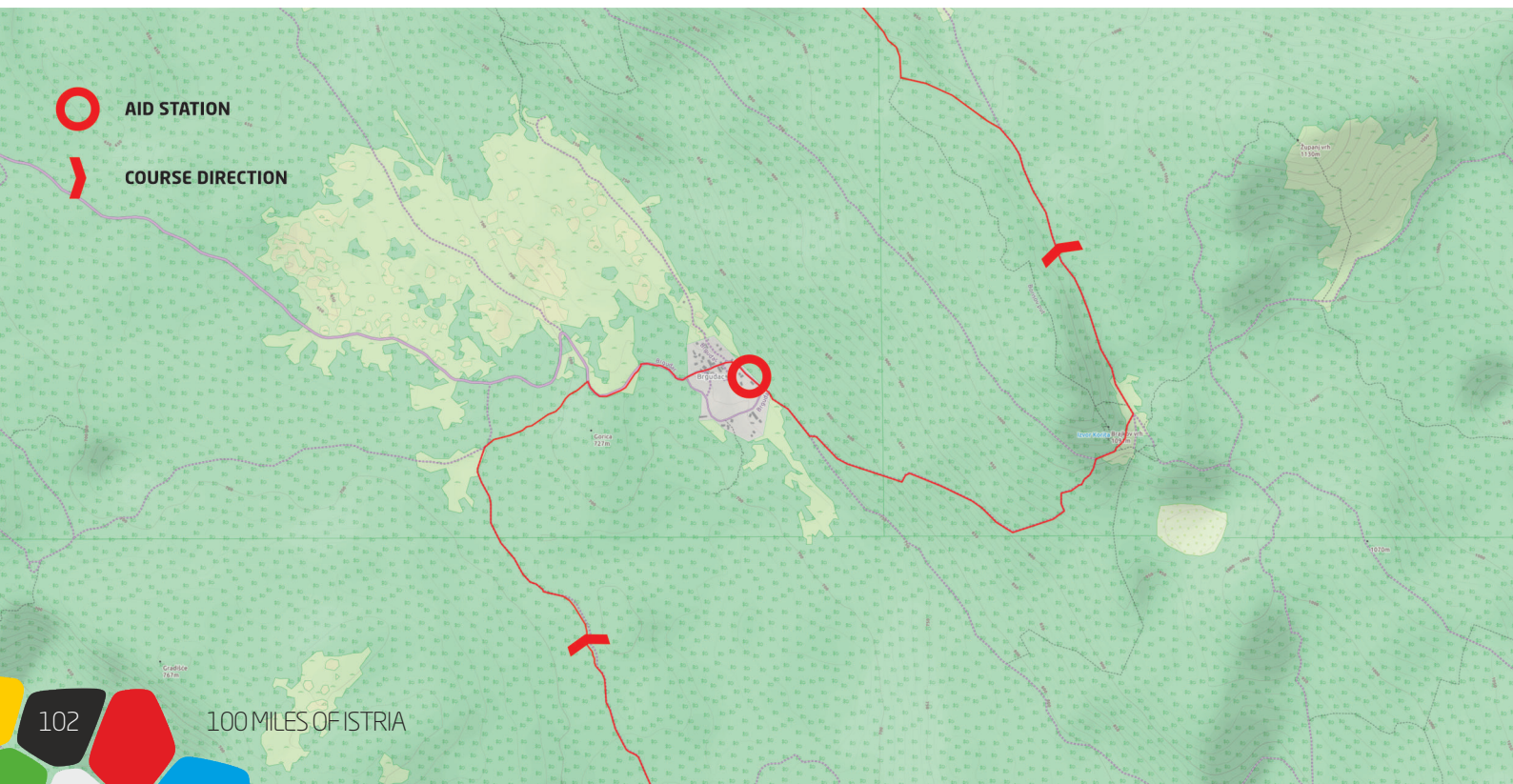
-  aid station
-  timing point
-  support not allowed
-  accessible by car
-  parking not available

AID STATION TRIVIA

Brgudac, a village on Čićarija, in the municipality of Lanišće 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 Semič, 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.

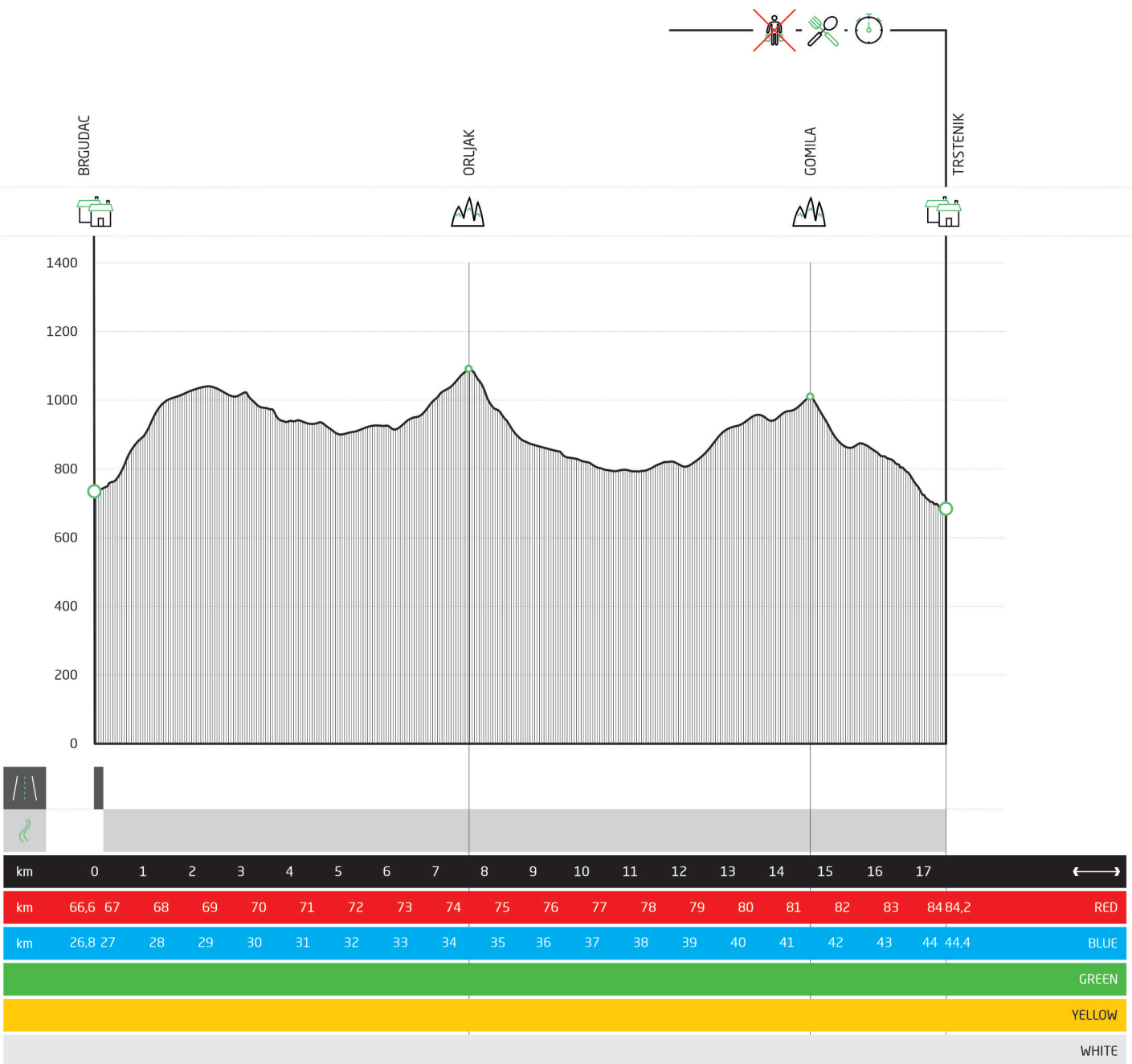
	R	B	G	Y	W
KM IN THE RACE	66,6	26,8	-	-	-
FASTEST ACTUAL TIME	FR 21:06	FR 23:59	-	-	-
SLOWEST ACTUAL TIME	SA 06:27	SA 03:46	-	-	-



COURSE SECTION

BRGUDAC - TRSTENIK

COURSES: | R | B |



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

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

**NARROW ROAD
DRIVING THERE ISN'T RECOMMENDED**

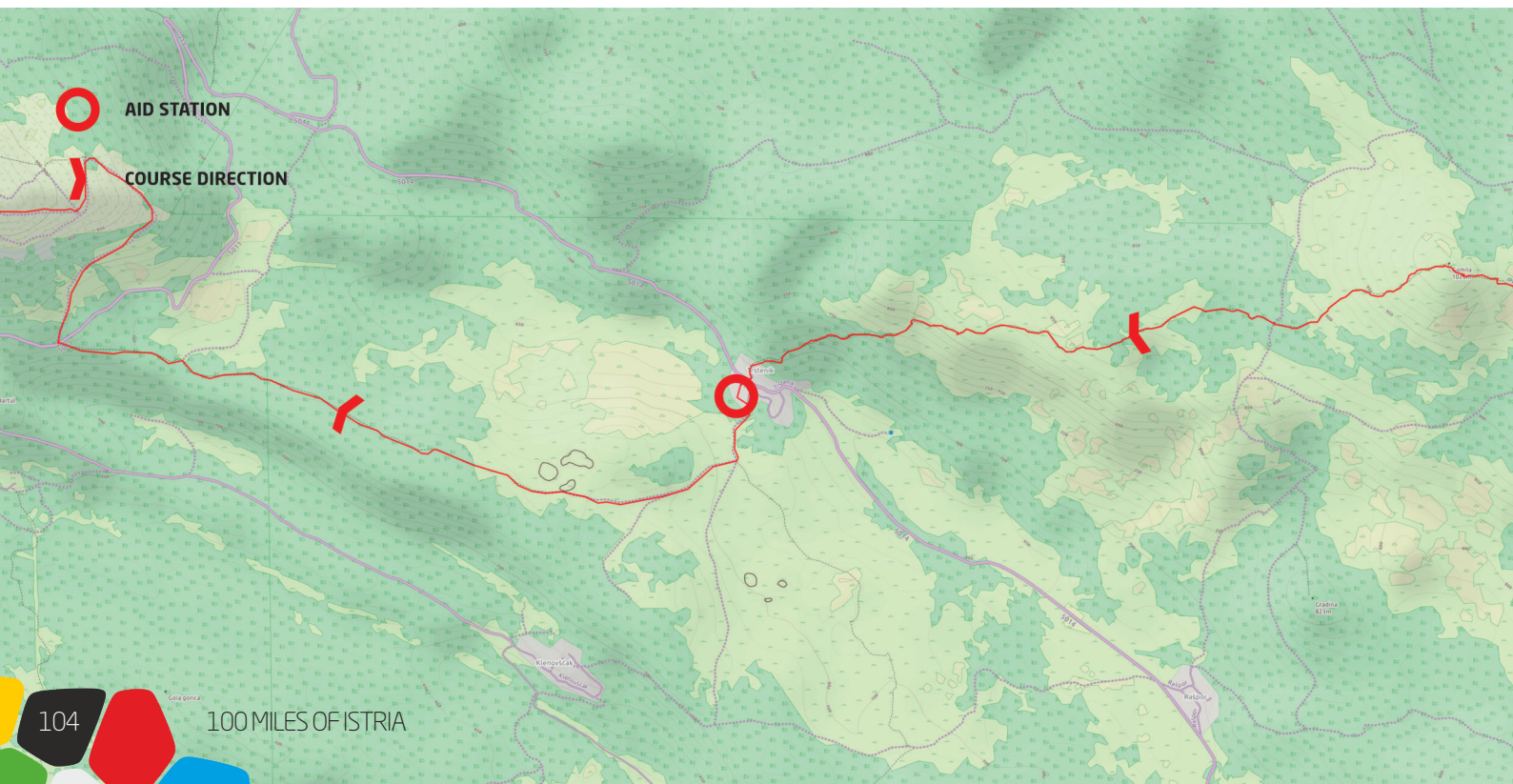
-  aid station
-  timing point
-  support not allowed
-  accessible by car
-  parking not available

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.

	R	B	G	Y	W
KM IN THE RACE	84,2	44,4	-	-	-
FASTEST ACTUAL TIME	FR 23:36	SA 02:05	-	-	-
SLOWEST ACTUAL TIME	SA 12:41	SA 08:25	-	-	-



COURSE SECTION

TRSTENIK - BUZET

COURSES: | R | B |

TIME LIMIT
 RED | SATURDAY 17:00
 BLUE | SATURDAY 12:00



TRSTENIK

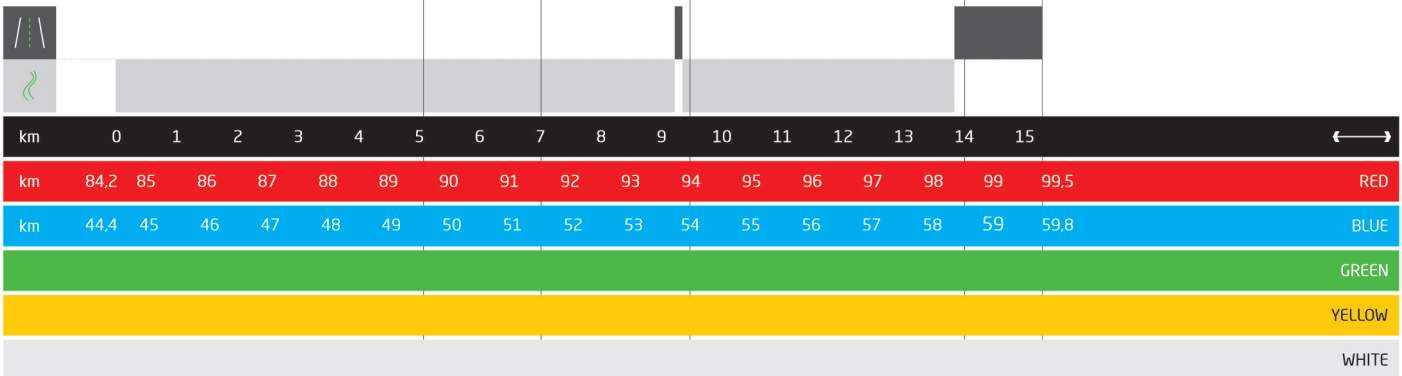
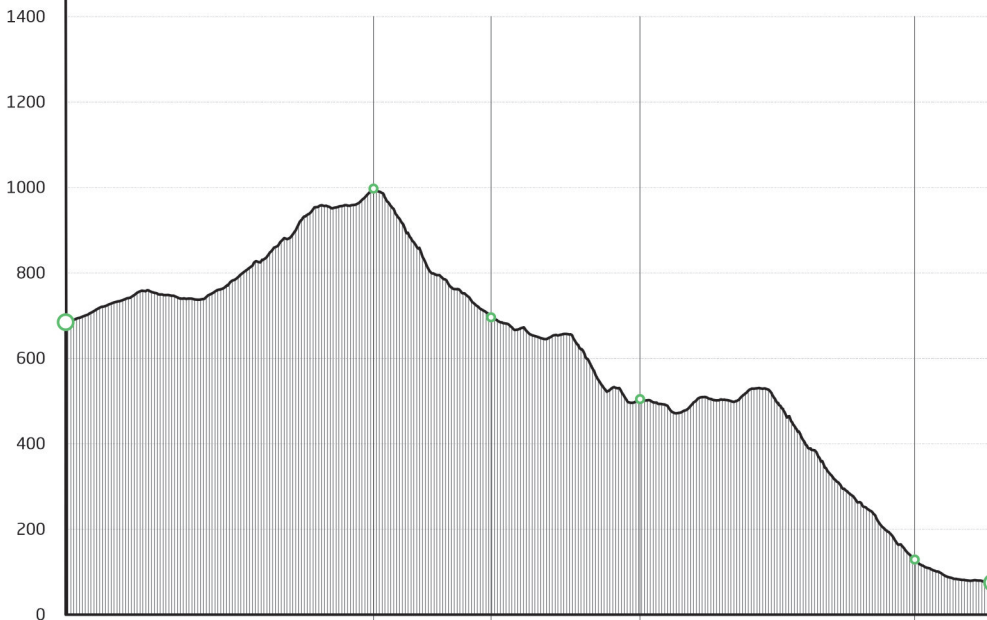
ŽBEVNICA

BREST

SLUM

SVETI MARTIN

BUZET








- LEGEND
- course on the road
 - course offroad
 - course start
 - courses connection
 - town
 - village
 - mountain top
 - aid station
 - support not allowed
 - support allowed
 - timing point
 - time limit point

AID STATION

BUZET

COURSES: | R | B |

-  aid station
-  time limit point
-  support allowed
-  accessible by car
-  parking available

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?

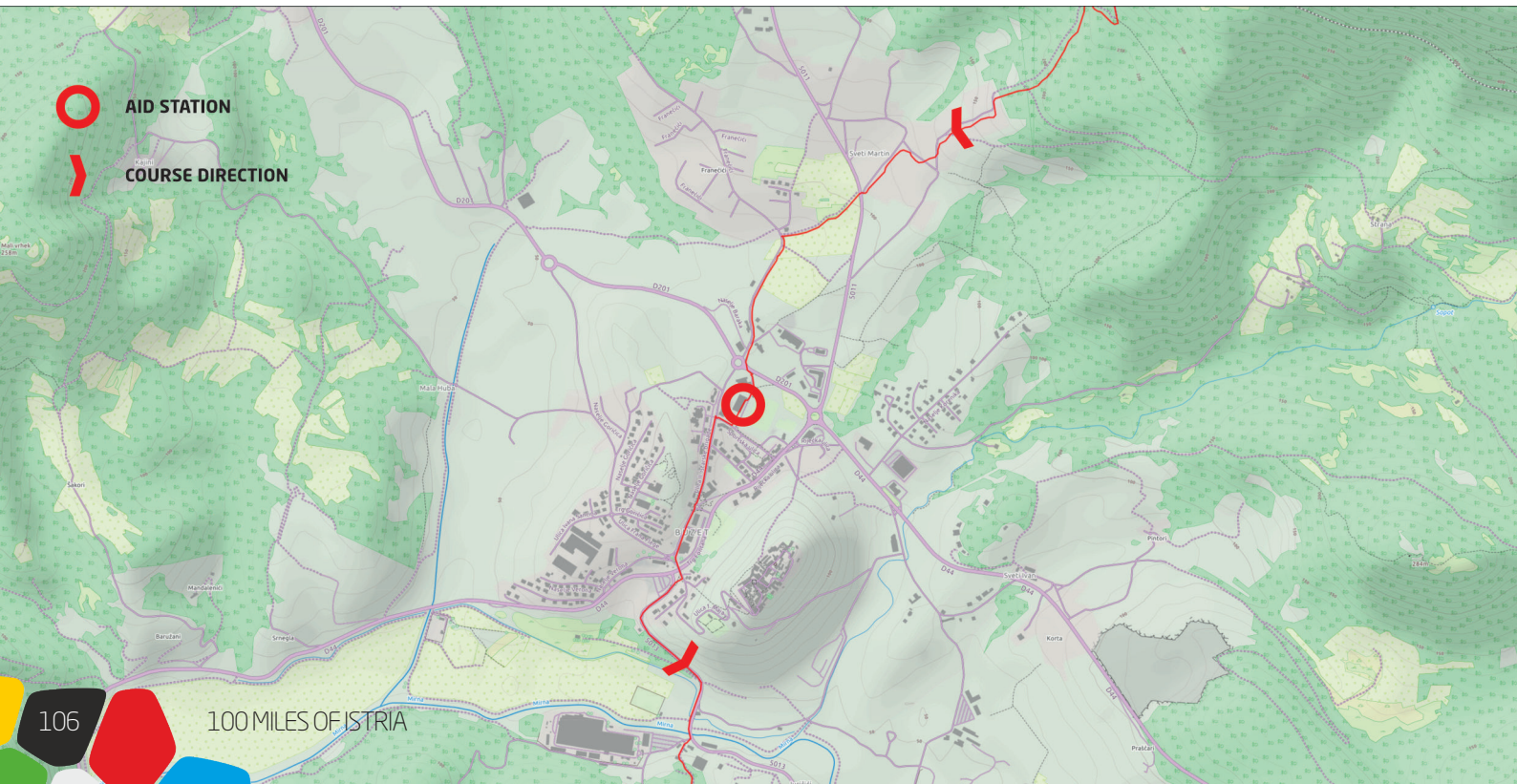
from Trstenik 28km
Trstenik - direction Buzet
ETA: 0h 34min

AID STATION TRIVIA

Deep in the Istrian interior and in the heart of the Mirna valley lies tranquil Buzet on a 151m-high hill overlooking the Mirna river. Like other towns in Istria, Buzet was once a part of the Venetian empire and bears eye-catching reminders of its days as a Venetian colony. Most of the town's monuments date from the 16th and 17th centuries.

There's not a lot going on in sleepy Buzet but it is known as the Istrian "Truffle Capital" as it's in the heart of truffle country. The best time to sample the truffles is at the beginning of September when the Virgin Mary's birthday is celebrated. To honour the saint, townspeople prepare a giant omelet filled with truffles in the town square.

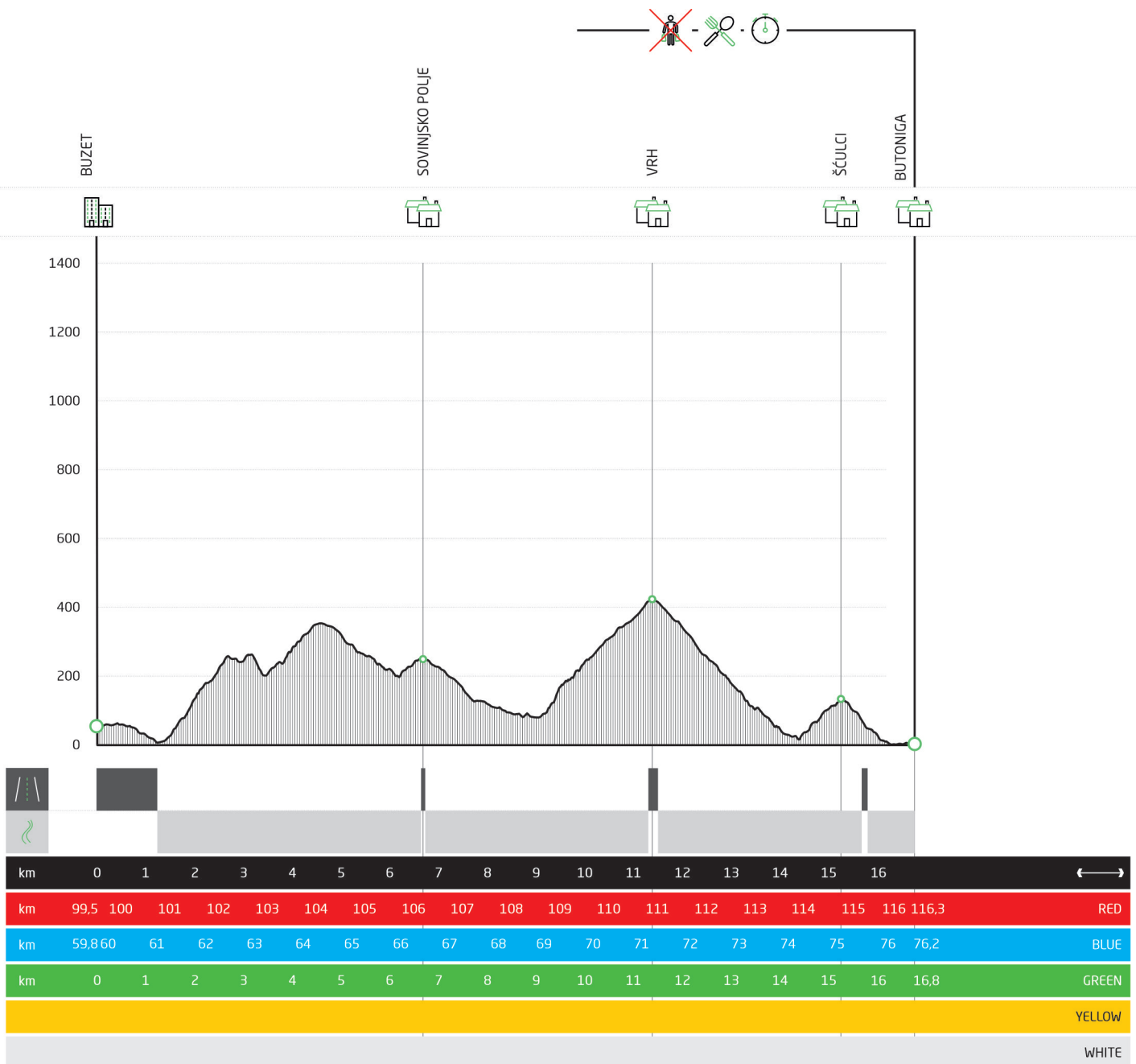
	R	B	G	Y	W
KM IN THE RACE	99,5	59,8	-	-	-
FASTEST ACTUAL TIME	SA 01:20	SA 03:42	-	-	-
SLOWEST ACTUAL TIME	SA 17:00	SA 12:00	-	-	-



COURSE SECTION

BUZET - BUTONIGA

COURSES: | R | B |



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION BUTONIGA

COURSES: | R | B | G |

-  aid station
-  timing point
-  support not allowed
-  accessible by car
-  parking not available

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?

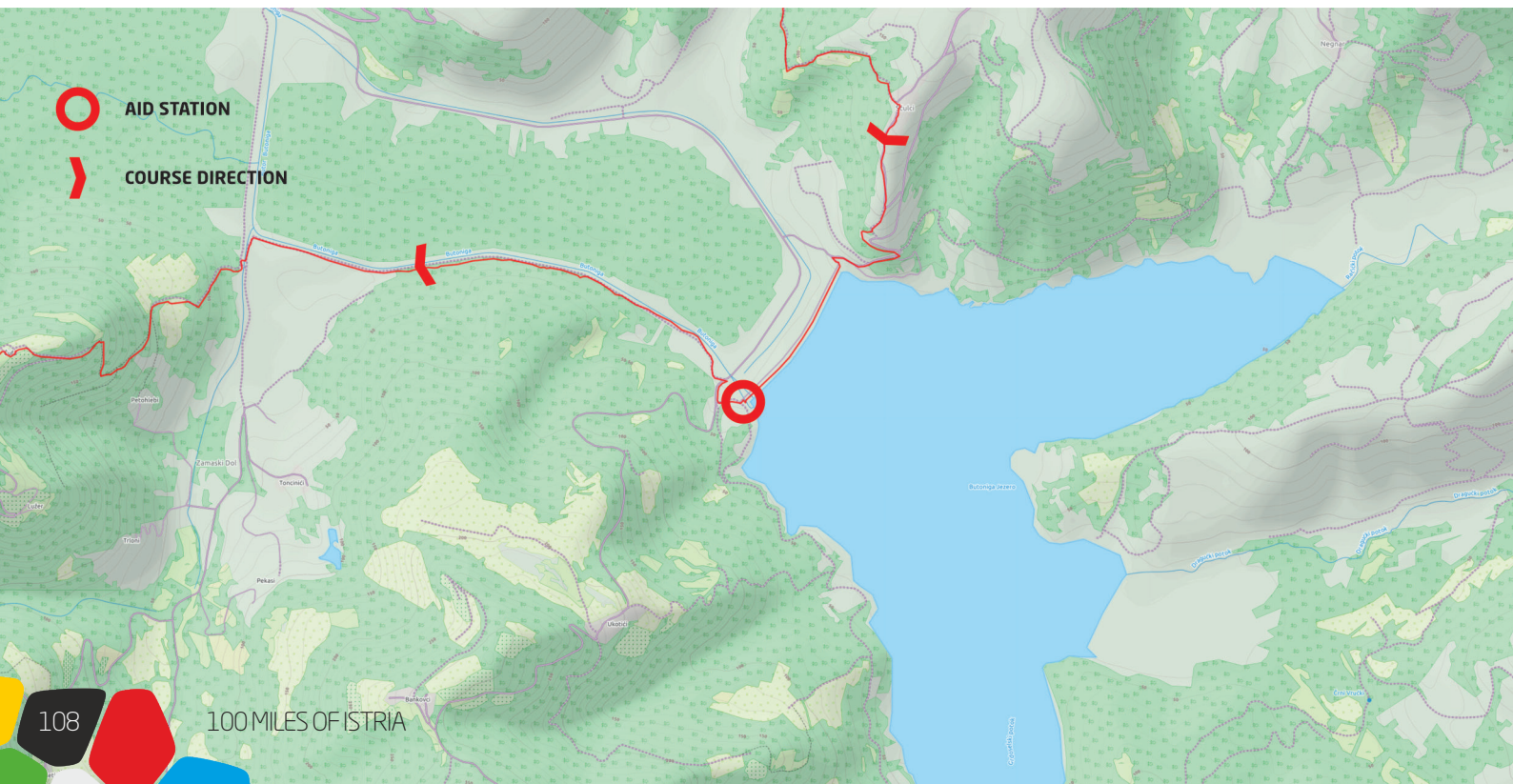
from Buzet 22 km
Buzet - direction Umag
ETA: 0h 25 min

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.

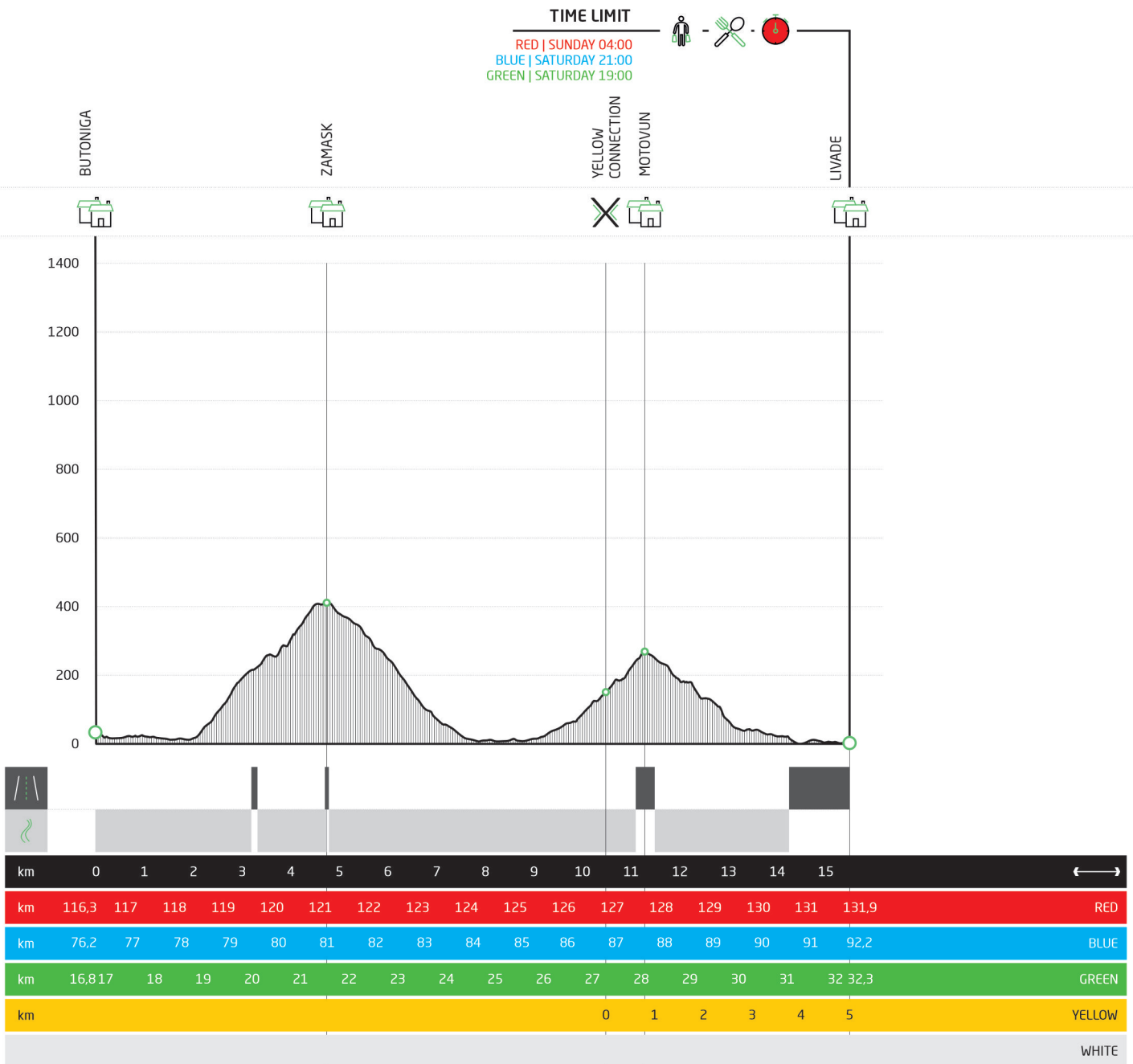
	R	B	G	Y	W
KM IN THE RACE	116,3	76,6	16,8	-	-
FASTEST ACTUAL TIME	SA 03:13	SA 05:37	SA 13:20	-	-
SLOWEST ACTUAL TIME	SA 21:36	SA 16:26	SA 15:30	-	-



COURSE SECTION

BUTONIGA - LIVADE

COURSES: | R | B | G |








LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION

LIVADE

COURSES: | R | B | G | Y |

-  aid station
-  time limit point
-  support allowed
-  accessible by car
-  parking available

AID STATION INFO

From Umag: 36 km

Micro location: on the parking in front of the museum
Around 100 parking places available

GPS location: N 45.354570
E 13.828170
Altitude: 12 m

HOW TO GET THERE BY CAR?

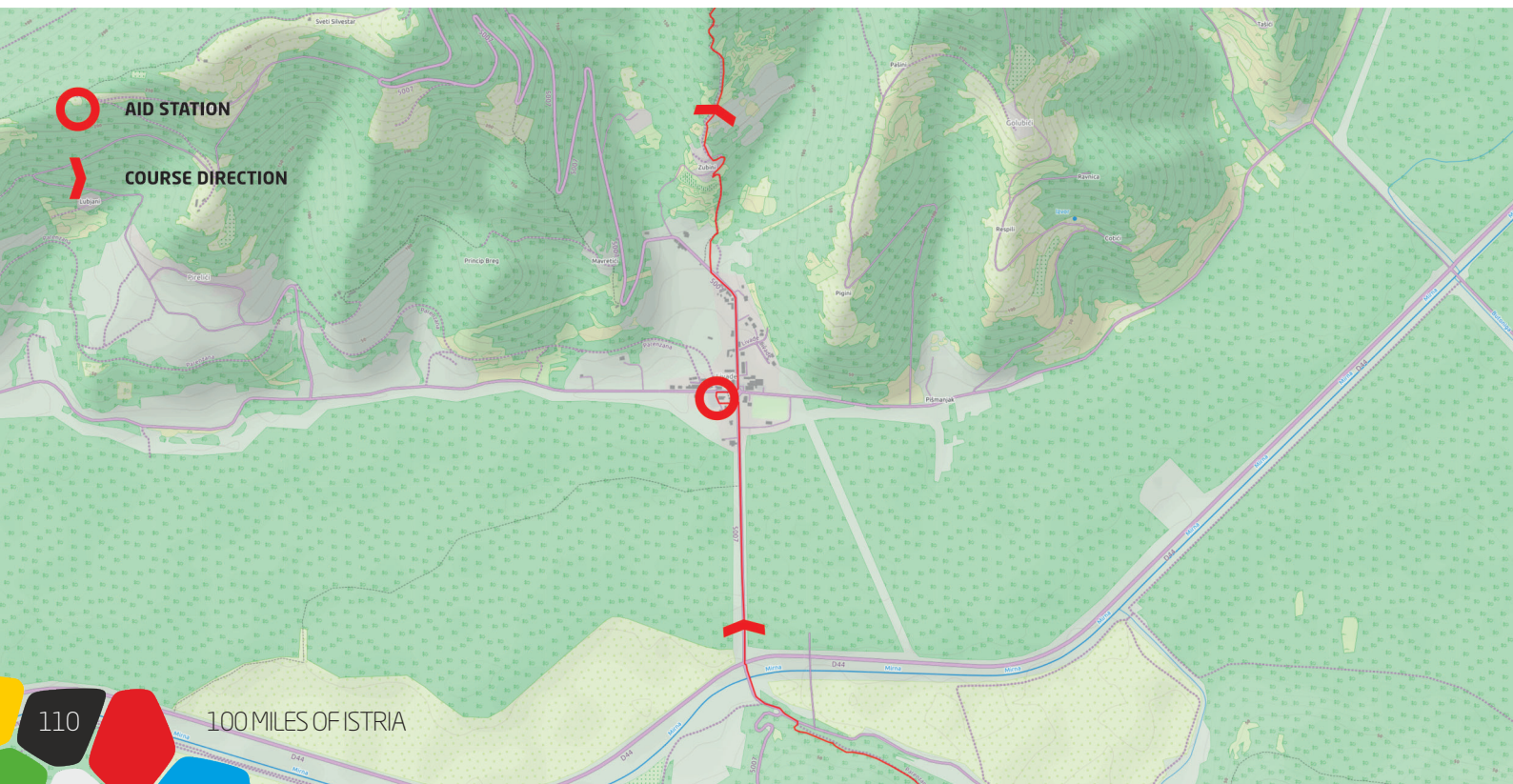
from Umag 36 km
Umag - Buje - direction Buzet
ETA: 0h 33 min

AID STATION TRIVIA

At the very heart of Istria, in the Mirna river valley, in Motovun Forest, at the foot of the quaint little town of the same name, there are no monsters. You might encounter the legend of the Istrian giant by the name of Veli Jože, but this green oasis on the largest Croatian peninsula is more widely known for a culinary gem called Tuber magnatum pico.

This is the white truffle - the most expensive and high-quality mushroom in the world, and a true king of Istrian cuisine. It grows from September to January in the forest around Llvade thanks to a favourable combination of a specific microclimate, damp soil, and the poplar, willow, hazel, oak and lime trees whose roots it usually attaches to.

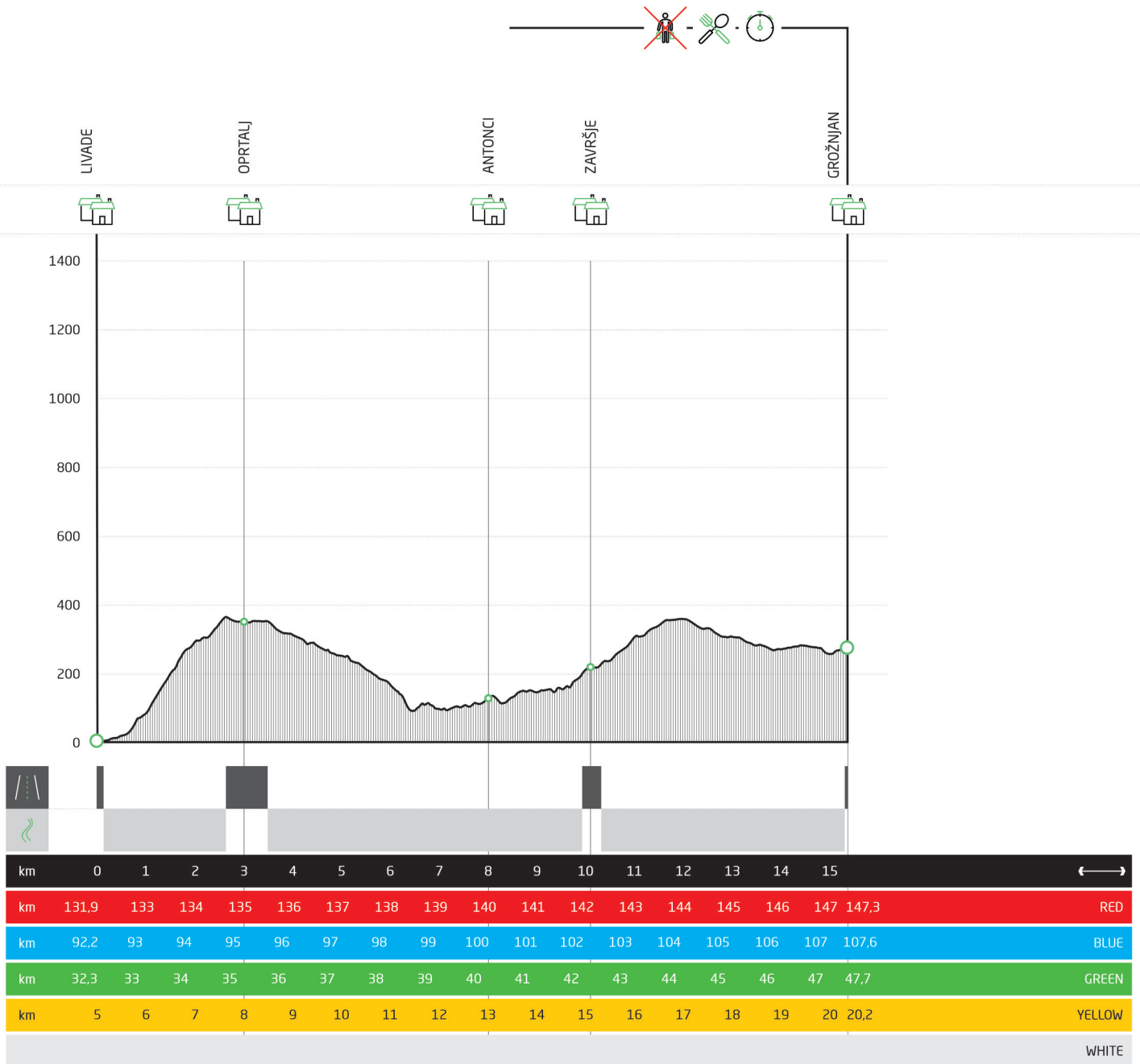
	R	B	G	Y	W
KM IN THE RACE	131,9	92,2	32,3	5	-
FASTEST ACTUAL TIME	SA 05:17	SA 07:35	SA 14:41	SA 09:22	-
SLOWEST ACTUAL TIME	SU 02:00	SA 21:00	SA 19:00	SA 10:01	-



COURSE SECTION

LIVADE - GROŽNJAN

COURSES: |R|B|G|Y|



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION GROŽNJAN

COURSES: | R | B | G | Y |

-  aid station
-  timing point
-  support not allowed
-  accessible by car
-  parking available

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 Umag 21 km

Umag - Buje - direction Grožnjan

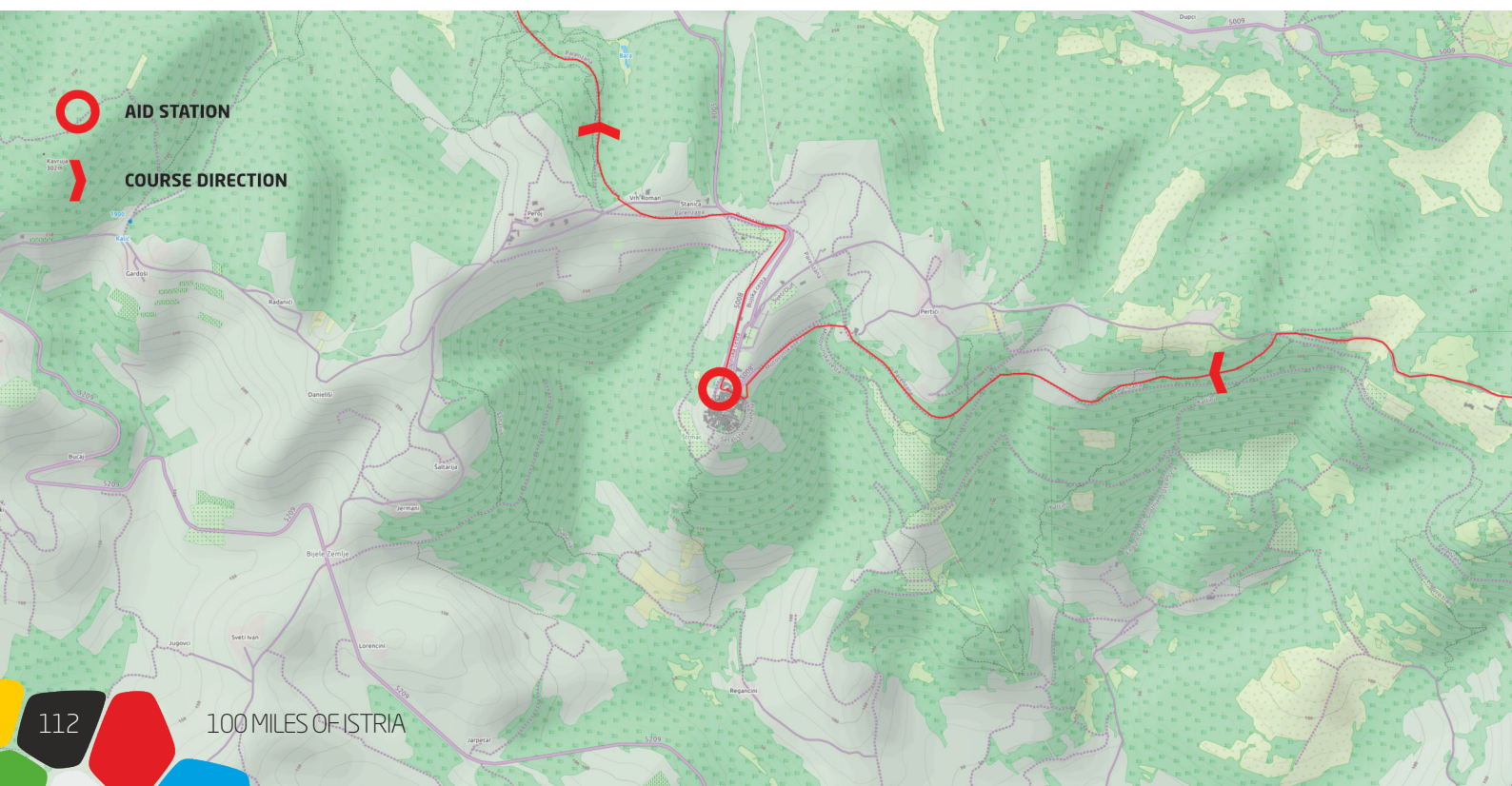
ETA: 0 h 26 min

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 metamorphose and turn into a truly artistic beehive: it opens its summer music academies for young people, its artistic 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 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...

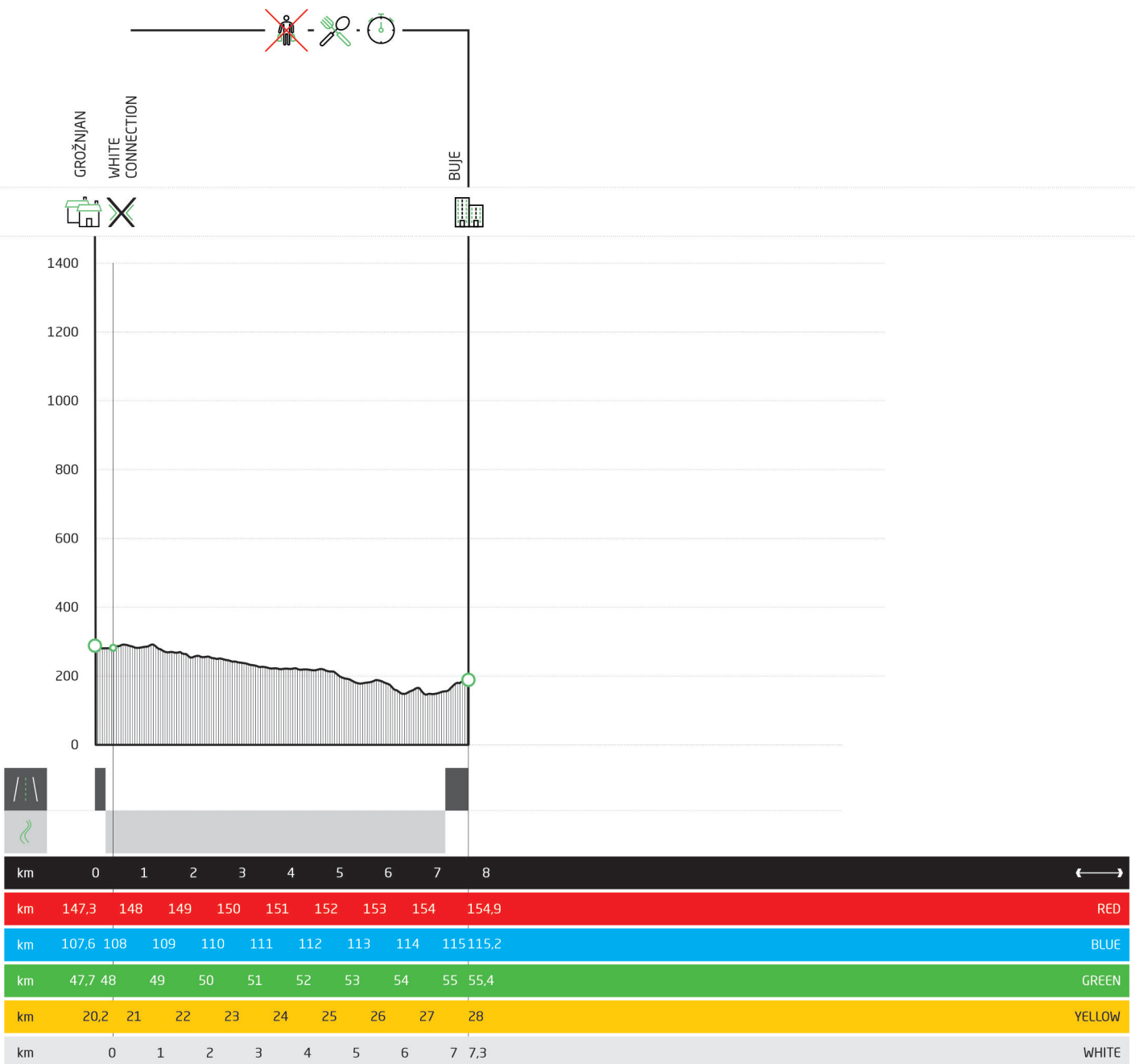
	R	B	G	Y	W
KM IN THE RACE	147,3	107,6	47,7	20,4	-
FASTEST ACTUAL TIME	SA 06:57	SA 09:33	SA 16:06	SA 10:39	-
SLOWEST ACTUAL TIME	SU 06:56	SU 02:13	SA 22:46	SA 13:31	-



COURSE SECTION

GROŽNJAN - BUJE

COURSES: |R|B|G|Y|W|



LEGEND

	course on the road		course start		town		mountain top		support not allowed		timing point
	course offroad		courses connection		village		aid station		support allowed		time limit point

AID STATION

BUJE

COURSES: | R | B | G | Y | W |

-  aid station
-  timing point
-  support not allowed
-  accessible by car
-  parking available

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?

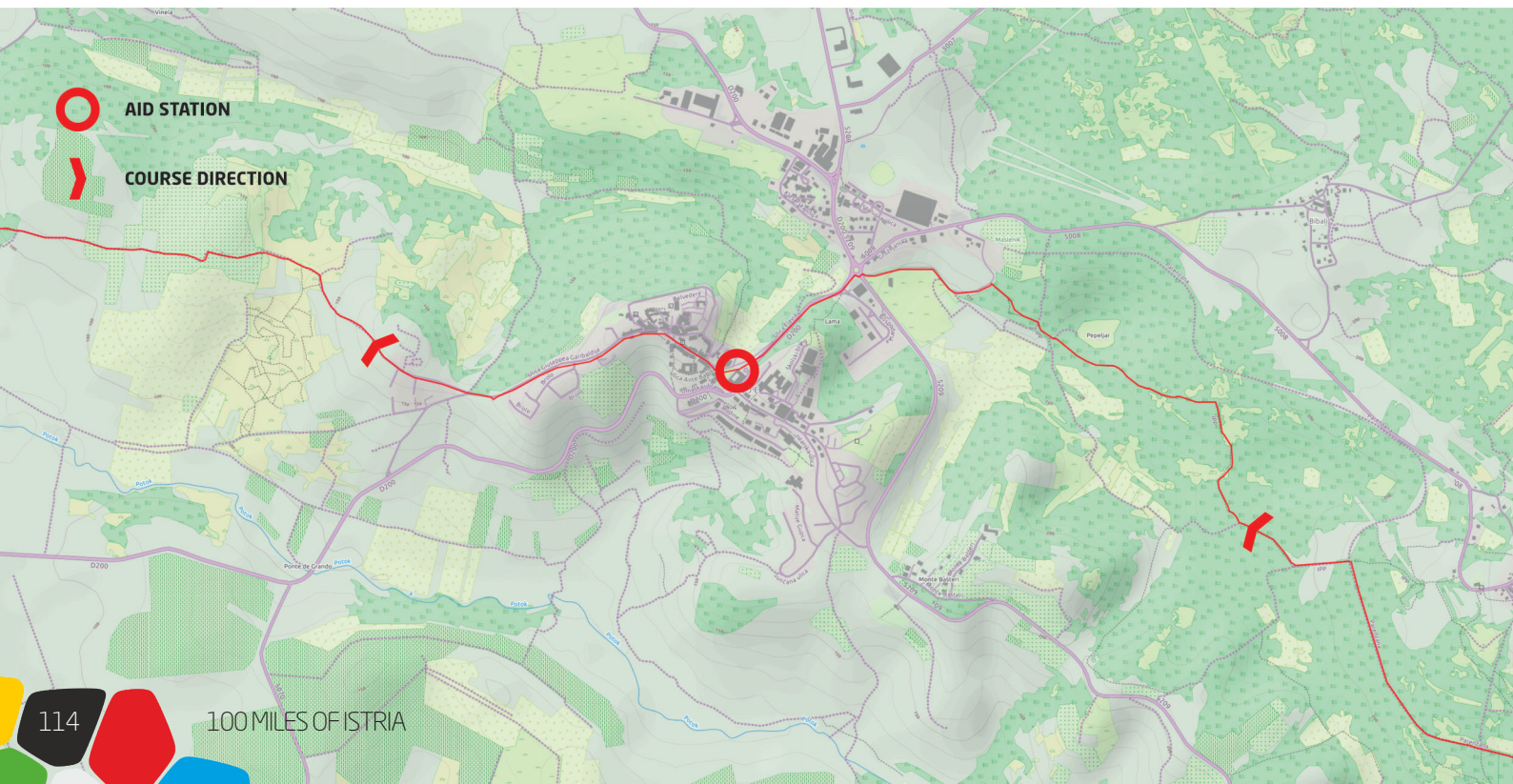
from Umag 13 km
Umag - direction Buje
ETA: 0 h 15 min

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-Buje 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 refuge in fortresses built on flat hill tops. The fortified castle of Buje-Buje dates from this period, too.

	R	B	G	Y	W
KM IN THE RACE	154,9	115,2	55,4	28	7,5
FASTEST ACTUAL TIME	SA 07:40	SA 10:15	SA 16:42	SA 11:09	SU 09:16
SLOWEST ACTUAL TIME	SU 08:54	SU 04:06	SU 00:24	SA 14:53	SU 12:00




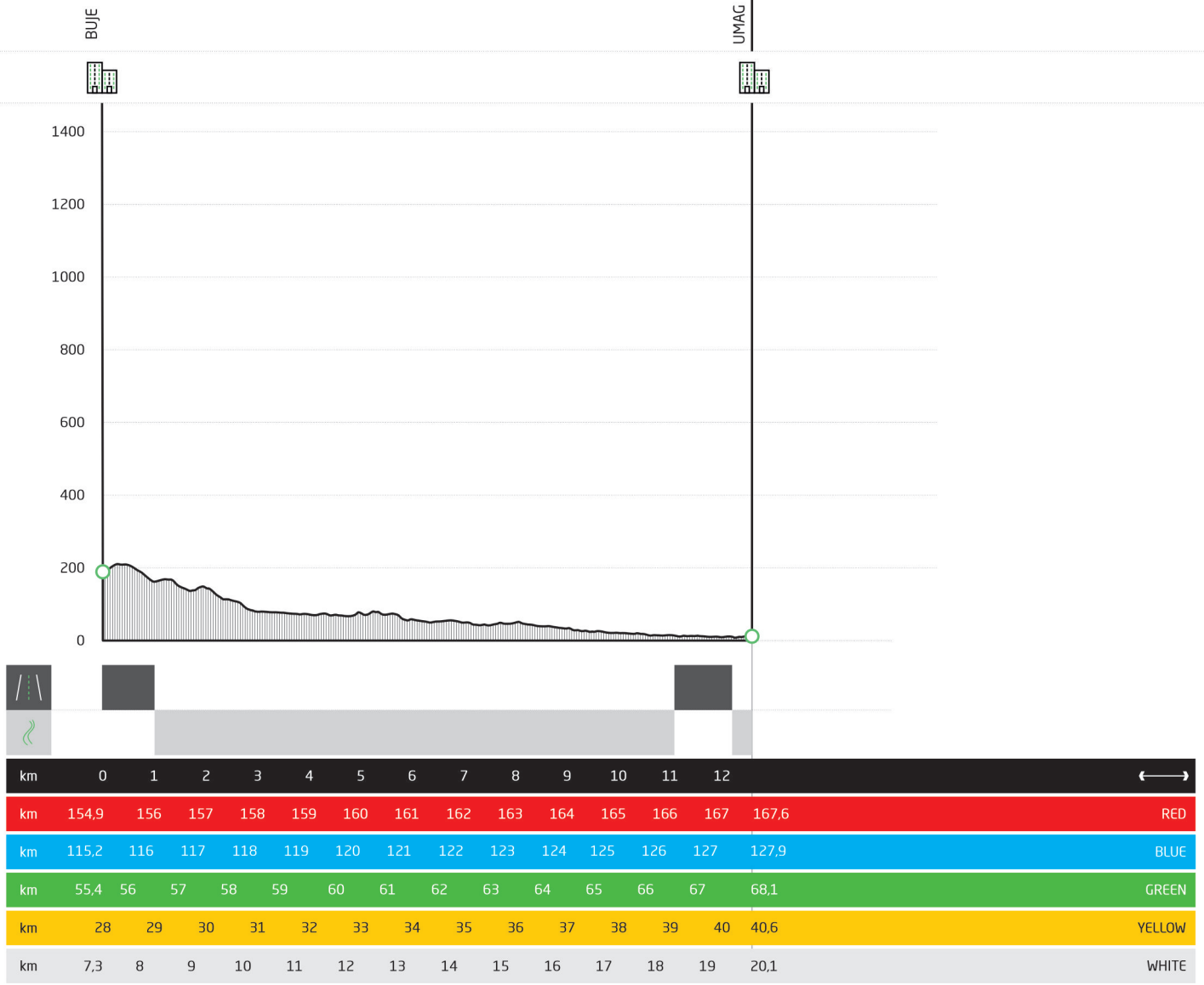
COURSE SECTION

BUJE - UMAG

COURSES: |R|B|G|Y|W|

TIME LIMIT

- RED | SUNDAY 12:00
- BLUE | SUNDAY 07:00
- GREEN | SUNDAY 03:00
- YELLOW | SATURDAY 17:00
- WHITE | SUNDAY 12:00

LEGEND

-  course on the road
-  course offroad
-  course start
-  courses connection
-  town
-  village
-  mountain top
-  aid station
-  support not allowed
-  support allowed
-  timing point
-  time limit point

FINISH



UMAG SEPTEMBER 9TH - 12TH

ELEMENTARY SCHOOL "MARIJA I LINA" SPORTS HALL

FIRST TOUR- IST EN- TRANCE TO CROA- TIA

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

THURSDAY 9TH
14:00 - 20:00
BIB DISTRIBUTION

FRIDAY 10TH
09:00 - 12:00
BIB DISTRIBUTION

14:00 - 20:00
BIB DISTRIBUTION

SATURDAY 11TH
08:00 - 13:00
BIB DISTRIBUTION

SUNDAY 12TH
12:00
AWARD CEREMONY

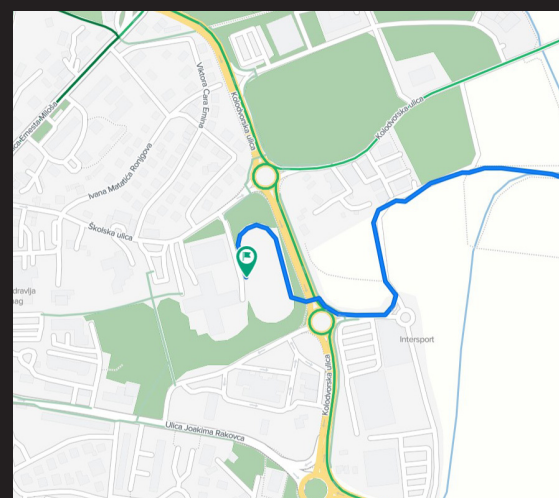


PHOTO.
Finish map

ETHICAL CHARTER.

THE VALUES OF TRAIL RUNNING BY



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' testi-

monies 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.

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.

AUTHENTICITY
HUMILITY
FAIR PLAY
EQUITY
RESPECT
SOLIDARITY



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.



Istria

Where dreams come true.



Istra



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, Porec, 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, Porec, 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 prosciutto 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 *mousaka*) with *gnocchi*, veal prepared under *cripnja* (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, etc.

Istrian estates (*stancije*) were reconstructed, preserving the authentic architectural char-

acteristics 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 Porec, *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 boškari with pljukanci (home-made Istrian type of gnocchi), asparagus fritaje (a type of omelette), pasta, prosciutto 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, winegrowers, 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 Kumparicka 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 Svetvincenat, 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 Mediterranean 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 tunnel through the Ucka Mountain, one of the first signs: Istria – the land of good wine.

WINE-GROWING FIELDS AND PRODUCTION CONDITIONS

Istrian vineyards are situated in three winegrowing 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 Porec 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 bianche). 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 malvasies, 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 Porec. 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 Porec 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, opacevina, 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 Kozlovic (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 vinified, 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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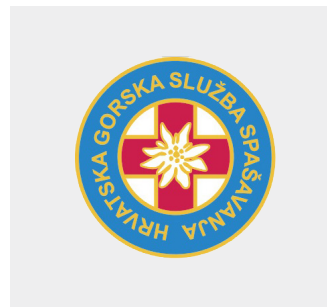
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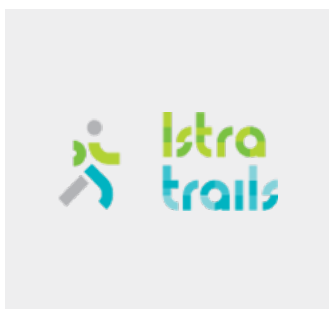
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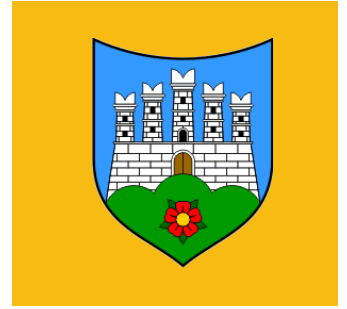
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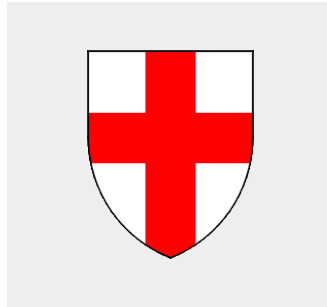
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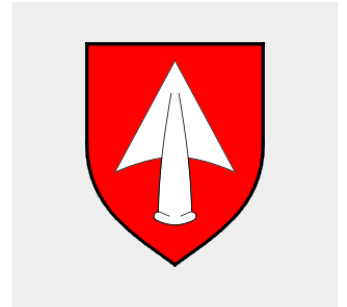
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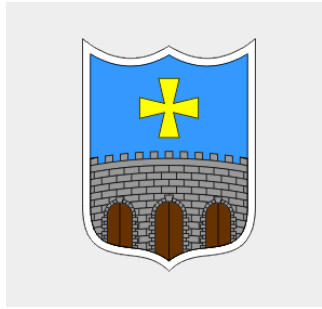
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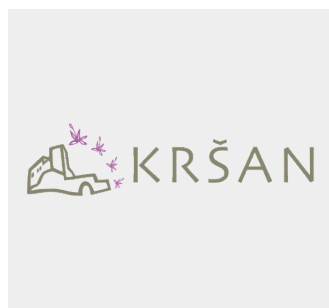
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