

9TH EDITION • 26-28 APRIL 2024 • SLOVENIA

# RACE GUIDE 2024



CHALLENGE YOURSELF

ultratrail.si



| WELCOME WARRIORS!             | 3     | FOOD AT THE AID STATIONS   | 18 |
|-------------------------------|-------|----------------------------|----|
| OUR STORY                     | 4     | COUNTRIES AT THE RACE      | 20 |
| ROMAN BACKGROUND              | 5     | GENERAL TERMS & CONDITIONS | 22 |
| SUSTAINABLE DEVELOPMENT       | 6     |                            |    |
| STRATEGY                      |       | EMPEROR UTVV160            | 28 |
| WELCOME TO VIPAVA VALLEY      | 7 & 8 | CENTURION UTVV110          | 34 |
| PROGRAMME                     | 10    | GLADIATOR SCARPA UTVV60    | 38 |
| EVENT VENUE                   | 11    | LEGIONAR AL!VE UTVV30      | 42 |
| PARKING, CHEERING             | 12    | ASTERIX ERDINGER UTVV15    | 46 |
| AND AID STATIONS              |       | CASTRA CITY RUN 10KM       | 52 |
| SECURITY                      | 13    | KIDS RUN                   | 54 |
| TECHNICAL TRAIL DESCRIPTION   | 15    | OBELIX HIKE & WINE         | 56 |
| CUT OFF TIMES AND TRANSITIONS | 16    |                            |    |
| BIB GUIDE                     | 17    | THANK YOU                  | 58 |



## CHALLENGE YOURSELF



Deeply grateful and honoured we get to be part of this story, we welcome you to the 9th edition of Ultra Trail Vipava Valley I Feel Slovenia.

As the event is evolving through time, we are evolving with it.

And we owe it all to you, warriors.

You see, UTVV is not just about miles and all the numbers people find extraordinary in them. It is about anyone willing to push themselves beyond their limits.

Sometimes running 10 or 15 km can be a real struggle. Sometimes finding time to train can be challenging. Sometimes just getting up and lacing up those shoes requires pushing ourselves out of our comfort zone.

That is why at UTVV we celebrate all those who dare to step into the unknown and explore new horizons. We celebrate determination, focus and willingness to unlock their potential and find even better versions of themselves.

No matter where we are in our lives, there is always room for more, for better.

Yes, organizing a trail-running event in Vipava Valley, Slovenia, started as an idea of a few. But then it has grown into something much bigger than we ever imagined. It connected the whole Vipava Valley and the trail-running community from all over the world.

One can only dream of the incredible support we have. It is not about 'I can do this', or 'This is mine', or 'I did this' - it is a team sport. We are creating this together.

A big thank you to the beautiful Vipava Valley community, outstanding volunteers, and amazing partners for their support and collaboration. Together, we are creating something that moves us to the core.

Let the 9th edition of UTVV be a tribute to the courage and greatness that lie within each of us.

Let the journey of UTVV 2024 begin.

UTVV I Feel Slovenia team







### **OUR STORY**

To challenge our minds, our bodies, and our spirits means we push our boundaries of what we can achieve as individuals.

A commitment to an ultra-marathon race means a commitment to go to the next level. The next level of resilience and adventure.

To go to the next level, it requires us to overcome a series of increasingly difficult levels of challenges. The biggest one is complacency. It stops us from exploring new trails, experiencing new adventures, and most importantly, it robs us from our own human potential.

At UTVV, we want to challenge your boundaries so that you can explore your potential.

For us, the miracle is not the finish line, it's the starting line. It's the courage to start a journey to the unknown.

Our dedicated crew, our giving volunteers, our compassionate community, and our rich history of Vipava Valley in Slovenia is what makes our race incomparable.

We want to challenge you to become bigger than running.

We want to challenge you to push your own limits.

Find the warrior within you to take on this adventure and live a more fulfilling and adventurous life.

You can rewrite your future by deciding to challenge yourself today.







The UTVV I Feel Slovenia event takes place in the breathtaking Vipava Valley, a small yet stunning region at the crossroads of the Alpine, Karst, and Mediterranean worlds. The Valley is famous for its historical significance, particularly for being the site of an important Roman battle between the armies of the Roman emperor Theodosius the Great and the rebel Eugenius - the battle of the Frigidus in 394.

In honour of the rich Roman heritage of the Vipava Valley, the UTVV distances are named after Roman warriors.

At UTVV I Feel Slovenia, we encourage the runners not to look for the battles outside of themselves, but to look deep within themselves for the warriors who create a better today and tomorrow.





# UTVV

# SUSTAINABLE DEVELOPMENT STRATEGY

The UTVV I Feel Slovenia organisers know that the key to successful development is a strategy that encourages the long-term visibility and competitive advantage of the Vipava Valley.

When organising the UTVV I Feel Slovenia event, we strive to conduct the event following the principles of sustainability and the guidelines of the Green Events Guide of the Slovenian Tourist Board.

Our goal is to reduce the negative impact on the environment and support the local community and economy.

All participants and visitors to the event are encouraged to have a respectful and responsible attitude towards the natural and social environment of the Vipava Valley to achieve sustainable development in the areas of economy, environment, socio-cultural and climatic:

- Active protection of local communities, strengthening and respecting cultural and historical heritage and traditions.
- Use of only marked trails, protection of plants and animals and careful use of natural resources.

- Using environmentally friendly materials for event organization, including biodegradable, recycled, durable or reusable materials for advertising, packaging, marking of routes, drinks and food.
- Promoting healthy lifestyles among participants and visitors.
- Working with local communities, and involving local associations in the event to strengthen the sense of community and support local characteristics.
- Setting up the start/finish area and refreshment stations with consistent separation of plastic and organic waste. Volunteers encourage runners and other participants to separate waste properly. Specially marked bins are available for this purpose.
- Participants must use their reusable water bottles and cups, as disposable cups will not be available at the refreshment stations.
- To educate participants on the importance of preserving and enhancing the quality and features of the landscape by protecting nature through the reduction of waste made by visitors.

# WELCOME

## Vipava Valley, a host of running challenges conquered

#### **Tadej Beočanin** Mayor of Ajdovščina



Vipava Valley is home to many exciting sports challenges, which are enjoyed by both locals and visitors alike. One of the most popular events in the area is Ultra Trail Vipava Valley, which is considered one of the toughest trail running events in Slovenia.

I am proud that this incredible event takes place in our community. It not only promotes our area but also encourages people to live an active lifestyle by showcasing all the great places to enjoy outdoor activities in the beautiful Vipava Valley.

Ultra Trail Vipava Valley is a highlight of our community's events calendar, and it attracts brave runners and enthusiastic spectators from far and wide. I am confident that our community will warmly welcome everyone who participates in this challenging running adventure.

I want to congratulate the organizers and all the competitors who push themselves to overcome the obstacles and reach the finish line. The breathtaking natural scenery of our Paradise Valley will undoubtedly inspire all the runners on their journey.

This multi-day running event is an excellent opportunity to promote our area and bring positive energy to our community. I wish all the runners the best of luck and want to express my gratitude to the organizers for creating such an incredible and unforgettable trail running spectacle that has put Vipava Valley on the map.



## Welcome to Vipava Valley, a real paradise for active people

# **Erika Lojk**Director of the Institute for Tourism in Nova Gorica and Vipava Valley

Dear runners, welcome to Paradise Valley. We hope that the selected routes in Vipava Valley will help you achieve your competitive goals, strengthen your sports spirit and leave you with enough energy to enjoy the beauty and delicacies of our area.

Vipava Valley is a picturesque and varied area, surrounded by high karst plateaus and opening up to the Goriška plain in the west. It's a perfect place for various outdoor activities, including hiking, cycling, flying, climbing and river sports. Our area is also known for its excellent wine and culinary offers. We are proud of our indigenous wine varieties and the top quality of our wines, as well as our culinary tradition that inspires top culinary masters. Our area is rich in history and culture, with many ancient monuments and interesting places to visit. Nova Gorica and Italian Gorizia are a unique example of coexistence in a city without borders, and the area is proud to be hosting several international sports and cultural events.

The Vipava Valley destination is a proud partner of the Ultra Trail Vipava Valley competition. The event offers ultra-marathon running trials that in a total length of more than 200 km literally embrace the Vipava Valley, touch the edge of the Karst and cross the border with Italy in Goriška. Every year, more and more competitors, companions and spectators come to enjoy the wonderful views during individual matches and feel the trip of a lifetime. We invite you to discover local attractions, taste local delicacies and socialize with the locals, even outside the competitive routes.

We wish you plenty of sports pleasures and a pleasant stay in the Paradise Valley. Good luck to all!





# 5 REASONS FOR CHOOSING SLOVENIA

# SUSTAINABILITY IS OUR COMMITMENT.

Slovenia, the world's first Green Destination country, has a number of sustainably oriented destinations and tourism businesses. Search for Slovenia Green label.

**SAFETY IS THE FOUNDATION** OF VACATION.

For several years now, Slovenia has been ranked among the ten safest countries in the world.

NATURE IS THE INSPIRATION.

Outdoor activities and top cuisine with seasonal and local ingredients are linked to health and wellbeing, experiences of towns and culture.

#### RESPECTING INDIVIDUALITY.

Slovenia offers excellent boutique experiences. The most genuine local experiences not to be found anywhere else in the world are labelled Slovenia Unique Experiences.

EUROPE IN A NUTSHELL.

Slovenia embodies the essence of everything Europe has to offer. It's the only country connecting the Alps, the Mediterranean, the Karst and the Pannonian Plain.



www.slovenia.info





THR 25 APR

| TIME          | LOCATION   | DESCRIPTION                         |
|---------------|--|-------------------------------------|
| 16:00 - 20:00 | SPORTS CENTER AJDOVŠČINA (CESTA 5.<br>MAJA 14, AJDOVŠČINA) | BIB PICKUPS (UTVV 160/110/KIDS RUN) |
| 16:00 - 20:00 | SPORTS CENTER AJDOVŠČINA                                   | EXPO UTVV 2024                      |



FRI 26 APR

| TIME          | LOCATION                 | DESCRIPTION  |
|---------------|--------------------------|--|
| 09:00 - 15:00 | SPORTS CENTER AJDOVŠČINA | BIB PICKUPS (UTVV<br>160/110/60/30/15/10/KIDS RUN) |
| 15:00 - 16:30 | SPORTS CENTER AJDOVŠČINA | BIB PICKUPS (UTVV 160/110/<br>KIDS RUN ONLY!)      |
| 16:30 - 21:00 | SPORTS CENTER AJDOVŠČINA | BIB PICKUPS (UTVV<br>160/110/60/30/15/10)          |
| 09:00 - 20:00 | SPORTS CENTER AJDOVŠČINA | EXPO UTVV 2024                                     |
| 17:00         | AJDOVŠČINA, LAVRIČEV TRG | KIDS RUNS  |
| 19:00         | AJDOVŠČINA, LAVRIČEV TRG | EMPEROR UTVV160 START                              |
| 20:00 - 21:00 | AJDOVŠČINA, LAVRIČEV TRG | STAND UP - RADIO GAGA                              |
| 22:30         | AJDOVŠČINA, LAVRIČEV TRG | CENTURION UTVV110 START                            |



| TIME          | LOCATION                                   | DESCRIPTION   |
|---------------|--|---|
| 05:00 - 15:00 | SPORTS CENTER AJDOVŠČINA                   | BIB PICKUPS (UTVV 60/30/15/10)                        |
| 07:00         | AJDOVŠČINA, LAVRIČEV TRG                   | GLADIATOR UTVV60 START                                |
| 08:00 - 18:00 | SPORTS CENTER AJDOVŠČINA / LAVRIČEV<br>TRG | EXPO UTVV2024   |
| 09:00         | AJDOVŠČINA, LAVRIČEV TRG                   | LEGIONAR UTVV30 START                                 |
| 10:00         | AJDOVŠČINA, LAVRIČEV TRG                   | OBELIX HIKE & WINE START                              |
| FROM 11:00 ON | AJDOVŠČINA, LAVRIČEV TRG                   | WINNERS UTVV30/60/110/160<br>ARRIVALS                 |
| FROM 13:00 ON | AJDOVŠČINA, LAVRIČEV TRG                   | UTVV BEER&BURGER                                      |
| FROM 13:00 ON | AJDOVŠČINA SPORTS CENTER                   | HOT MEAL / SHOWERS /<br>RESTING ROOMS                 |
| 16:00         | AJDOVŠČINA, LAVRIČEV TRG                   | ASTERIX UTVV15 START                                  |
| 16:30         | AJDOVŠČINA, LAVRIČEV TRG                   | CASTRA CITY RUN                                       |
| 18:00         | AJDOVŠČINA, LAVRIČEV TRG                   | AWARD CEREMONY<br>(UTVV60/30/15/                      |
| 19:30 - 23:00 | AJDOVŠČINA, LAVRIČEV TRG                   | CHEERING AT THE FINISH LINE<br>WITH MUSIC BAND AND DJ |

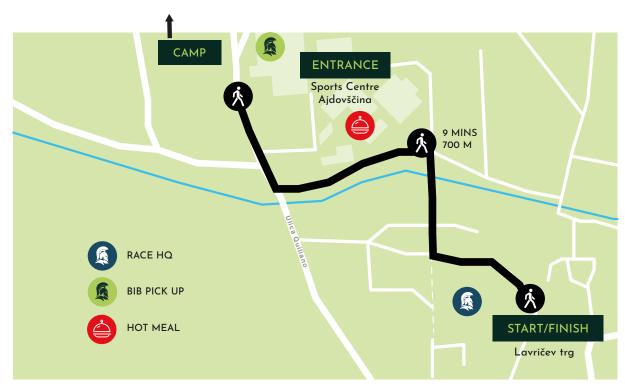
ALL THE STORES WILL BE CLOSED ON SATURDAY, 27 APRIL DUE TO NATIONAL HOLIDAY, AND SUNDAY, 28 APRIL.



| TIME  | LOCATION                 | DESCRIPTION                     |
|-------|--------------------------|---------------------------------|
| 11:00 | AJDOVŠČINA, LAVRIČEV TRG | AWARD CEREMONY<br>(UTVV160/110) |
| 17:00 | AJDOVŠČINA, LAVRIČEV TRG | FINISH OF THE UTVV 2024<br>RACE |

## **EVENT VENUE**











#### SEE THE ONLINE MAP HERE





#### PARKING IN AJDOVŠČINA

P1 45° 53′ 25.98″ N 13° 54′ 11.232″ E
P2 45° 53′ 23.532″ N 13° 54′ 10.728″ E
P3 Župančičeva ulica 6 Parkina
P5 45° 53′ 19.32″ N 13° 53′ 48.948″ E
P7 45° 53′ 14.568″ N 13° 53′ 36.456″ E
P8 45° 53′ 11.2016″ N 13° 54′ 10.1855″ E
P9 45° 53′ 26.2068″ N 13° 53′ 57.0131″ E



### CHEERING POINTS BEST PLACES FOR SPECTATORS

CP2 45° 47′ 48.444″ N 13° 58′ 24.672″ E (Podnanos,UTVV160/110/60)
CP3 45° 47′ 46.464″ N 14° 0′ 35.892″ E (Nanos, UTVV160/110/60)
CP4 45° 50′ 54.888″ N 13° 54′ 40.752″ E (Planina, UTVV160/110/60)
CP5 45° 56′ 36.708″ N 13° 52′ 36.156″ E (Čaven, UTVV160/110/30)
CP6 45° 50′ 44.5585″ N 13° 57′ 34.4488″ E (Vipava, UTVV160/110/60)

CP7 45° 55′ 37.9024″ N 13° 54′ 35.3178″ E (Otlica, UTVV160/110//30)
CP8 45.872640681633406,
13.61694378334066
(Cerje, UTVV160)



#### **AID STATIONS**

Lože

45° 49′ 35.2844″ N 13° 56′ 16.0127″ E Podnanos

45° 47′ 49.38″ N 13° 58′ 22.188″ E

Nano

45° 46′ 16.824″ N 14° 3′ 11.196″ E Vipava

45° 50′ 44.5585″ N 13° 57′ 34.4488″ E Otlica

45° 55′ 39.504″ N 13° 54′ 37.692″ E

Mala Gora

45° 55′ 31.512″ N 13° 50′ 41.136″ E

Vitovlje

45° 56′ 26.016″ N 13° 46′ 4.188″ E

Prevala

45° 59′ 2.76″ N 13° 39′ 54.18″ E

Rožna Dolina

45° 56′ 27.8225″ N 13° 33′ 18.3766″ E

Cerje

45° 52′ 21.756″ N 13° 36′ 58.212″ E

Гаbor

45° 52′ 45.696″ N 13° 44′ 23.208″ E

Branik

45° 51′ 4.032″ N 13° 47′ 27.924″ E

Batuje

45° 53′ 50.136″ N 13° 46′ 39.828″ E

Planina

45° 51′ 23.328″ N 13° 54′ 25.596″ E



### **SECURITY**



The runners' safety is most important to us. Please read the safety instructions carefully.

- The UTVV trail follows the paths and tracks in a natural environment along mountain trails.
- The volunteers along the trail will take care of the safety of the runners.
- Presence of medical teams and mountain rescue service is ensured all the time.
- Weather conditions can vary. The highest peaks can be covered in snow. A special danger represents the strong bora wind, which can hinder cross-exposed parts. On the other hand, the temperature in the Valley can exceed 25 C.
- Always run only on marked trails, and stay on the paths.
- Run below your peak possibilities to keep some energy to tackle a difficult situation such as a sudden change in the weather conditions.
- If you encounter any problems, please contact the organizer at 00 386 30 290 089. In case of emergency, contact the organizer at 00 386 30 290 089 or call 112.
- All runners are obliged to assist a competitor in difficulty. In that case, call for help from other runners, call the organizer or call 112.
- Competitors must carry a mobile phone with a full battery. A spare battery is recommended.
- Check that you have provided the right phone number to the organizer.

- Do not stop to rest, in case of extreme fatigue, in the cold and wind, go to the nearest security post, if necessary by going back the way you came.
- Required the use of obligatory equipment. If the required equipment is not complete, or the competitor does not appear, penalties follow according to the rules. Data on compulsory equipment can be found in the section on equipment.

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 your batteries, e.g.: 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 organizer 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.

#### MEDICAL CARE



Whenever the medical staff assesses that the runner is no longer able to continue the race they can stop the competitor and take care of them. In case of violations, the competitor may be disqualified.

EMERGENCY PHONE NUMBER -RACE HQ:

00 386 30 290 089

SOS:

112



We suggest you save the Emergency Phone Number - Race HQ on your mobile phone, so you recognize the number, in case the organizer calls you.

> I FEEL |SLOVENIA

I FEEL SLOVENIA



# THE PARADISE VALLEY is real

Encounter different trails.

By bike or on foot, before paragliding, after relaxing by the river ... any day of the year. Each day unique, yet always with heavenly flavours.

\*We keep our trails tidy, enjoying a wealth of local dishes.

#ifeelsLOVEnia #vipavskadolina #vipavavalley

APPROVED BY GREEN GUIDE

www.vipavskadolina.si

#### TECHNICAL TRAIL DESCRIPTION

The terrain varies on different parts of the trail. Mostly there are gravel paths and single trails, some parts are on paved roads. The most technical parts are:

- ridge from Podrta Gora to Otlica, and Predmeja
- · descent from Kucelj to Vitovlje
- · descent from Ostri vrh.

The rocks on single trails can be technical and quite sharp sometimes, especially dangerous in wet conditions.

Crucial road 'danger zones' are marked, so you know you are entering the danger zone, on crossings of main roads there will be our staff (marshals) stopping the cars.

Percentage of different terrain:



#### **DROP OUTS**

Runners can drop out only at the checkpoint. The organizer offers transport to the finish line in Ajdovščina, except on the following nonrepatriation points:

- Podrta Gora (non-repatriation point)
- Mala Gora (non-repatriation point)
- Vitovlje (non-repatriation point)

### THE CLIMATE IN APRIL IN VIPAVA VALLEY

The weather in Vipava Valley and the surrounding peaks can be very diverse in April, depending on the current weather situation. Temperatures may be close to 30° C on sunny days in the Valley, but not higher. Also, the temperature can drop a few degrees below zero on a clear night, and the rapid cooling of the tops is also possible. Therefore, you cannot be surprised by the presence of snow. It can be newly fallen snow or remains of the unmelted winter snow around Čaven.

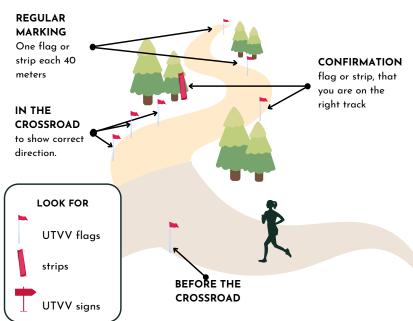
It is also worth drawing attention to the trademark of Vipava Valley - the north wind bora. Bora can blow over 100 km/h and thereby complicate the movement. The wind dramatically reduces the feeling of temperature; therefore, you must be careful when dressing for these weather conditions.

IMPORTANT: Follow the weather forecast and adjust your equipment and clothing accordingly.



#### MARKING

On the trail, you will see different marking materials. The most common are flags and strips. On the road, there will be crayon spray marks. We also use signs that show the right direction.



| I FEEL | S**LOVE**NIA



#### **CUT OFF TIMES AND TRANSITIONS**

The runners must arrive/start from the checkpoint and arrive at the finish within the cut-off time.

If runners arrive/start from the checkpoint after the time limit, they are automatically disqualified, and the organizer arranges transport for the runners to the finish. The runners are also disqualified if they do not arrive at the finish before the time limit. The last runner on the trail is the "sweeper", who ensures that no runner falls behind. The sweeper accompanies the runner to the next checkpoint if necessary.

|                        | EMPEROR  | CENTURION  | GLADIATOR  | LEGIONAR  |   | CASTRA<br>CITY RUN                                  |
|------------------------|--|--|--|---|---|---|
| Distance               | 160 km   | 110 km   | 60 km  | 30 km   | 15 km   | 10 km   |
| Elevation              | 6300 m +/-   | 4500 m +/-   | 2400 m +/-   | 1600 m +/-  | 250 m +/-   | 100 m +/-   |
| START                  | Ajdovščina<br>26 April 2024,<br>19:00<br>(Friday)              | Ajdovščina<br>26 April 2024,<br>22:30<br>(Friday)              | Ajdovščina<br>27 April 2024,<br>7:00<br>(Saturday)             | Ajdovščina<br>27 April 2024,<br>09:00<br>(Saturday) | Ajdovščina<br>27 April 2024,<br>16:00<br>(Saturday) | Ajdovščina<br>27 April 2024,<br>16:30<br>(Saturday) |
|                        |  |  | CUT OFF TIME   | S   |   |   |
| Vipava                 | 12.5 hours<br>(49 km)<br>27 April 2024,<br>07:30<br>(Saturday) | 12.5 hours<br>(49 km)<br>27 April 2024,<br>11:00<br>(Saturday) | 12.5 hours<br>(49 km)<br>27 April 2024,<br>19:30<br>(Saturday) | /   | /   | /   |
| Cerje                  | 33 hours<br>(122 km)<br>28 April 2024,<br>04:00<br>(Sunday)    | 1  | /  | /   | /   | /   |
| Branik                 | 40 hours<br>(144 km)<br>28 April 2024,<br>11:00<br>(Sunday)    | /  | 1  | /   | /   | /   |
| Batuje                 | /  | 24 hours<br>(88 km)<br>27 April 2024,<br>22:30<br>(Saturday)   | /  | /   | /   | /   |
| Ajdovščina<br>(finish) | 46 hours<br>28 April 2024,<br>17:00<br>(Sunday)                | 30 hours<br>28 April 2024,<br>04:30<br>(Sunday)                | 16 hours<br>27 April 2024,<br>23:00<br>(Saturday)              | NO CUT OFF<br>TIMES                                 | NO CUT OFF<br>TIMES                                 | NO CUT OFF<br>TIMES                                 |

#### TRANSITION

| Otlica<br>(62 km) | 1st bag | 1st bag |
|-------------------|---------|---------|
| Cerje<br>(122 km) | 2nd bag |         |

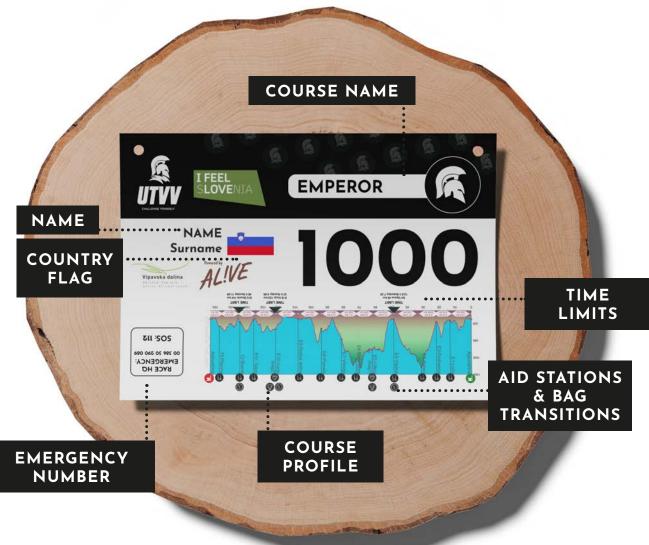
#### TRANSITION BAGS

Transition bags will be transferred to the life base stations - Otlica and Cerje. Emperor has 2 transition bags. Centurion has 1 transition bag.

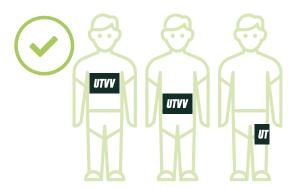


## **BIB GUIDE**





**FRONT** 



**BACK** 



Place your BIB in front for your safety and timing control requirements, in case of inapprorimate BIB placement, runner will be charged with additional time fines.

| I FEEL | S**LOVE**NIA



### FOOD AT THE AID STATIONS

|                     | LOŽE | PODNANOS | NANOS | VIPAVA | OTLICA | MALA GORA | VITOVLJE |
|---------------------|------|----------|-------|--------|--------|-----------|----------|
| DRINKS              |      |          |       |        |        |           |          |
| SPORT<br>DRINKS     | x    | x        | x     | x      | x      | x         | x        |
| COLA                | x    | х        | х     | х      | x      | x         | х        |
| WATER               | х    | х        | х     | х      | х      | х         | х        |
| SPARKLING<br>WATER  |      |          | x     |        | x      |           | х        |
| TEA                 | х    | x        | х     | х      | х      | х         | х        |
| COFFEE              |      | x        | х     | х      | х      | х         | х        |
| BEER 0%             |      |          | х     |        | х      |           | х        |
| MAGNESIUM           |      |          | х     |        | х      | х         |          |
| FOOD                |      |          |       |        |        |           |          |
| BANANA              | х    | x        | х     | х      | х      | x         | х        |
| ORANGE              | х    | x        | х     | х      | х      | х         | х        |
| APPLE               | х    | x        | х     | х      | х      | x         | х        |
| PICKLES             | х    | x        | х     | х      | х      | х         | х        |
| CHEESE              | х    | x        | х     | х      | х      | х         | х        |
| SALAMI              | х    | x        | х     | х      | х      | х         | х        |
| BREAD               | х    | x        | х     | х      | х      | х         | х        |
| ENERGY<br>BARS      | х    | x        | x     | х      | x      | x         | x        |
| SALT                | х    | х        | х     | х      | х      | х         | х        |
| CHOCOLATE           | х    | х        | х     | х      | х      | x         | х        |
| DRY FRUIT           | х    | x        | х     | х      | х      | х         | х        |
| PEANUTS             | х    | x        | х     | х      | х      | х         | х        |
| CHIPS               | х    | x        | х     | Х      | х      | х         | х        |
| NUTELLA             | х    | x        | х     | х      | х      | х         | х        |
| JAM                 | х    | x        | х     | х      | х      | х         | х        |
| LOCAL<br>DELICACIES | x    |          |       |        |        | x         | х        |
| HOT MEAL            |      |          |       |        |        |           |          |
| SOUP                |      |          | х     | х      | х      | x         | х        |
| LASAGNA             |      |          |       |        | х      |           |          |
| CORN<br>POLENTA     |      |          |       |        |        |           |          |
| PASTA               |      |          |       |        |        |           |          |



|                     | PREVALA | ROŽNA<br>DOLINA | CERJE | TABOR | BRANIK | BATUJE | PLANINA | FINISH<br>LINE |
|---------------------|---------|-----------------|-------|-------|--------|--------|---------|----------------|
| DRINKS              |         |                 |       |       |        |        |         |                |
| SPORT<br>DRINKS     | х       | x               | x     | х     | x      | x      | x       | x              |
| COLA                | х       | х               | х     | х     | х      | х      | х       | х              |
| WATER               | х       | х               | х     | х     | х      | х      | Х       | х              |
| SPARKLING<br>WATER  |         |                 |       |       |        |        |         |                |
| TEA                 | Х       | х               | х     | х     | х      |        | Х       |                |
| COFFEE              | х       | х               | х     | х     | х      |        | Х       |                |
| BEER 0%             |         |                 | х     |       |        |        |         |                |
| MAGNESIUM           | х       |                 |       | х     | х      | х      | Х       |                |
| FOOD                |         |                 |       |       |        |        |         |                |
| BANANA              | х       | х               | х     | х     | х      | х      | х       | x              |
| ORANGE              | х       | х               | х     | х     | x      | х      | х       | x              |
| APPLE               | х       | х               |       | х     | х      | х      | Х       | х              |
| PICKLES             | х       | х               |       | х     | х      | х      | х       | х              |
| CHEESE              | х       | х               | х     | х     | х      | х      | х       | х              |
| SALAMI              | х       | х               | х     | х     | х      | х      | Х       | х              |
| BREAD               | х       | х               | х     | х     | х      | х      | Х       | х              |
| ENERGY<br>BARS      | х       | х               | х     | х     | x      | х      | x       | х              |
| SALT                | х       | х               | х     | х     | х      | х      | х       | х              |
| CHOCOLATE           | х       | х               | х     | х     | х      | х      | х       | х              |
| DRY FRUIT           | х       | х               | х     | х     | х      | х      | Х       | х              |
| PEANUTS             | х       | х               | х     | х     | х      | х      | Х       | х              |
| CHIPS               | х       | х               | х     | х     | х      | х      | Х       | х              |
| NUTELLA             | х       | х               | х     | х     | х      | х      | Х       | х              |
| JAM                 | х       | х               | х     | х     | х      | х      | Х       | х              |
| LOCAL<br>DELICACIES |         |                 |       |       | x      |        | х       |                |
| HOT MEAL            |         |                 |       |       |        |        |         |                |
| SOUP                | х       |                 | х     | х     | x      | x      | х       |                |
| LASAGNA             |         |                 |       |       |        |        |         |                |
| CORN<br>POLENTA     |         |                 | x     |       |        |        |         |                |
| PASTA               |         |                 |       |       |        |        |         | x              |



# COUNTRIES AT THE RACE 2024

\_\_\_







UT DROPS

SOURCE OF SOURCE OF REDUCED FIBRE PROTEIN SUGARS

WHITE PEANUT



NO ADDED SUGARS

SOURCE OF PROTEIN

HIGH FIBRE

NEW



GUARANA HIGH NO ADDED



HITE CHOCOLATE

HATELMUT SOURCE OF SOURCE OF REDUCES FIRE PROTEIN SUGARS



# GENERAL TERMS & CONDITIONS

- Each runner competes at their responsibility.
- Runners should have prior experience in trail and ultra-trail running, they should not have vertigo and should be physically well-prepared.
- Runners under the age of 18 years cannot compete at UTVV160 /110/60 due to the extreme difficulty of the race. Runners younger than 14 years cannot compete at the UTVV30.
- The race is carried out in all weather conditions unless the safety of the runners is at risk (for example extreme storms etc.). In that case, the Organizing Committee is going to decide on backup trails, backup parts of the trails or cancellation of the race.
- The trail will be marked in a way that will ensure that the runners will not have to deal with the orientation (e.g. strips, plates, flags ...). The race staff and the volunteers will be present at key points to help and direct the runners.
- All runners must comply with the marked path. Any use of shortcuts and running out of the marked path shall be punished with penalties or immediate disqualification.
- If a runner does not see any markings for more than 200 m, he or she has to return to the last marking and re-check the possibility of continuing.
- If the marks are highly deficient or missing, runners have to report that at the nearest checkpoint.
- All runners must have the required obligatory equipment.

- Competitors opting to use walking poles at the start of the race must carry these throughout the entire race until the finish.
   It is not permitted to take on or to get rid of poles during the race.
- Support of any kind on the trails between aid stations is not permitted!
- We strongly suggest the use of the GPS track on your watch.
- A runner may voluntarily withdraw from the race at checkpoints or refreshment stations. The withdrawal must be immediately communicated to the organizer (Contact on the BIB number).

#### MEDICAL TREATMENT

On the trail, there will always be a present medical crew with emergency vehicles and multiple Mountain Rescue teams.

Whenever the medical staff or Mountain Rescue assesses that a runner is no longer able to continue the race, they can stop the competitor and take care of him/her.

The MRS team will also have the command to stop the race in case of a dangerous situation (bad weather, etc) and all runners need to obey them.







#### MANDATORY EQUIPMENT

|   | UTVV160 | UTVVIIO | UTVV60 | UTVV30 |   |
|---|---------|---------|--------|--------|---|
| BIB number on the front side and always visible   |         | •       |        |        |   |
| Water bottle (camel bag,<br>bottle, soft flask)   | +       | •       |        |        | o |
| Reusable drinking cup   | +       |         |        |        |   |
| Survival blanket  | +       |         |        |        |   |
| First aid (bandage, gauze, patch)   | +       |         |        |        |   |
| Wind jacket   |         |         | o      | o      |   |
| Whistle   | +       |         | o      |        |   |
| Mobile phone (always available to the organiser)  | +       |         |        |        |   |
| Head lamp with a spare<br>battery   | +       |         | o*     |        |   |
| Running shoes   | +       |         |        |        |   |
| Clothing suitable for winter conditions (from -3° C to 30° C), in case of strong wind (speed over 100 km/h) |         |         |        |        |   |
| Sun protection  | o       | o       | o      | o      |   |
| Energy food   |         |         | •      |        |   |
| Running poles   | o       | 0       | o      | 0      |   |

Mandatory gears

 Recommended gears

**o**\*

Mandatory for slower runners

Check-up of mandatory equipment may be at the start, or at any time along the trail. In the case of a bad weather forecast, the organizer retains the right to impose additional mandatory equipment for the safety of the runners not later than one day before the event.





#### PENALTIES AND PROHIBITIONS

| PROHIBITION  | PENALTIES   |
|--|---|
| BIB number not placed correctly  | 15 min  |
| Incomplete obligatory equipment (organizer may at any time verify if the runner has all the obligatory equipment). Each runner must have and must show the obligatory equipment if asked to do so. | O,5 hours for every missing part. You must provide yourself with obligatory equipment, otherwise, you cannot continue the race. |
| Using support between stations   | 1 hour  |
| Using shortcuts, not following the marked path, coming to CP or station from the wrong direction   | 1 hour  |
| Failure to follow the marked trail and use of shortcuts (the trail has marked and hidden checkpoints). Each runner must be recorded at all checkpoints.  | 2 hours   |
| Insults or threats to the organizer, to a volunteer or a fellow runner   | Disqualification  |
| Proceeding after the time limit has been reached   | Disqualification  |
| Disposal of trash on the trail and next to it  | Disqualification  |
| Use of transport during the race   | Disqualification for life   |
| Failing to aid another competitor in trouble   | Disqualification for life   |

<sup>\*</sup>Disqualification or penalty can be immediate, or upon the detection of the irregularity.

#### **REFRESHMENT & CHECKPOINTS**

The trail has several refreshment stations and checkpoints. At refreshment stations, the runners can get drinks and food and fill their bottles with liquid to continue running.

The runners can throw off their waste only at the checkpoints and refreshment stations.





#### PHOTO DOCUMENTATION

The runners agree to use photo and video material recorded during the race for promotional purposes by the organizer.

Professional photo service will provide you with extra personalized photos that you can download immediately after the race.

#### LIABILITY

Runners are participating in the race at their own risk. The organizer assumes no liability for injury or damage caused to the equipment. By attending the race, the runner agrees to all rules and consequences that apply to the event.

#### **COMPLAINTS**

All complaints must be submitted within half an hour after the arrival of the runner to the finish in written form with a deposit of €50. The appeal is going to be examined and the response is going to be provided by the Organizing committee jury. The decision is going to be taken as soon as possible. The decision has no appeal. It is not going to be possible to appeal the decision; it is going to be final.

Any complaints about irregularities at the trail must be made in written form and with supporting documentation (photo material, or at least three witnesses).

The jury is composed of:

- Race director
- Technical director
- Head of the checkpoint or refreshment stations, depending on an individual complaint
- Other persons considered to be competent in a particular dispute or complaint (appointed by the leader of the competition)





#### Explore trail running adventures in stunning destinations across Europe.

9 – 10 March Ephesus Ultra Marathon – Turkey

19 – 21 April Pieniny Ultra Trail® – Poland

26 – 28 April Ultra Trail Vipava Valley – Slovenia

11 May Hg Ultra Trail Idrija - Slovenia

24 – 26 May Ohrid Ultra-Trail® – North Macedonia 25 – 26 May Ultra-Trail® Stara Planina – Serbia

31 May – 2 June Kočevsko Outdoor Festival by I Feel Slovenia – Slovenia

7 – 9 June Dolomiti Extreme Trail – Italy

28 – 30 June Soča Outdoor Festival by I Feel Slovenia – Slovenia

4 – 7 July Aladağlar Epic Trail – Turkey

12 - 14 July Tryavna Ultra - Bulgaria

27 - 28 July Jahorina Ultra Trail - Bosnia and Herzegovina

9 - 11 August K24 Ultra Trail - Slovenia

20 - 22 September Julian Alps Trail Run by UTMB - Slovenia

21 - 22 September Big Bear's Ultra - Slovakia 1 - 3 November Obala Ultra Trail - Slovenia 23 - 24 December Antalya Ultra - Turkey





















The Emperor – UTVV 160 km route runs from the centre of Ajdovščina, along the paved path at river Hubelj towards the southern winegrowing hills, where, climbing from Dolenje, passes the scenic church of Sv. Marjeta, reaches the Planina plateau and then joins the existing Emperor route at the Guerila estate.

After the descent to the village of Slap, it crosses the village of Lože (1st aid station), and then along the fields, it reaches the village of Podraga. The first serious climb to Socerb warms up the runners for the famous 1,000-meter ascent to the top of Nanos (1.262 m), which follows after the 2nd aid station in Podnanos.

Through the heart of Nanos, the route passes the Abram Tourist Farm and the chapel above the Plaz, and descents down into the Valley, where a rich aid station on the Main Square in Vipava greets the runners. After a short flat part, the second ascent of the race follows, to Kovk (961 m). Now it's time for one of the most beautiful ridge trails in Slovenia, the crossing of Angelska gora and the ascent to Čaven (1242 m), followed by a picturesque crossing towards Mala Gora and Kucelj (1.237 m).

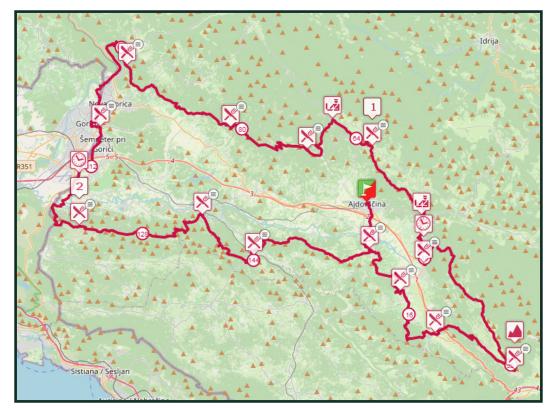
The last thousand-metre mountain escorts the runners towards the beautiful church on the rocky cliff, where the Vitovlje aid station is located. The route continues through Šmihel and further west, past the picturesque Lijak to Škabrijel, via Prevala with the monument of commander Svetozar Borojević, and through a tunnel from the First World War, it climbs to the top of Sveta Gora, with an illuminated shrine that acts as a beacon to show runners the way at night. From Sveta Gora, the route descends to Solkan and continues towards Nova Gorica along the border with Italy.

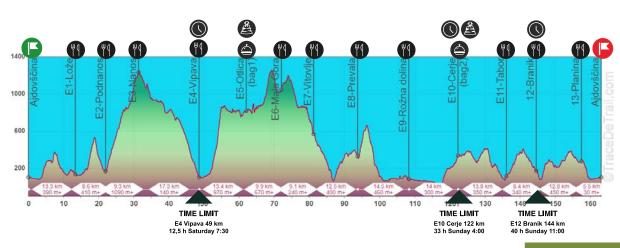
It crosses the national border at Trg Evrope, climbs the Goriška Castle in Stara Gorica (Italian: Gorizia), and then returns to Slovenia across the Rožna Dolina border crossing. The path continues through Šempeter-Vrtojba field, right next to the border with Italy, towards Miren, to Cerje, and along the ridge below Trstelj reaches the picturesque village of Tabor.

The Branik Castle, with the tallest still-preserved tower in Slovenia, awaits runners at 144 km. The last 20 km of the route runs along the scenic Preserje-Planina ridge. Descending past the village of Planina, the trail ends in Ajdovščina along the paved path along the Hubelj River.



# THE ROUTE







- Make sure you have all the necessary equipment with you when you pick up your BIB.
- Place the GPS tracker in the top pocket without covering it with any clothes, and keep it on at all times.
- Keep your phone switched on and within reach, so that the organizer can contact
  you if needed. For safety reasons, you must answer the phone if the organizer calls
  you.
- Save the UTVV HQ phone number +386 30 290 089.
- If you need to drop out of the race, inform the organizer and wait for their confirmation.
- When you finish the race or drop out, return the GPS tracker to the organizer.

#### AID STATIONS

All runners of UTVV160 will be equipped with GPS trackers.

All instructions regarding GPS trackers you will get at the GPS pick-up point. Add image of GPS.

There are additional checkpoints hidden on the track.

All the mandatory equipment will be checked at BIB pick up.

| AID STATION<br>- AS | КМ  | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF<br>TIMES                      | TRANSITION |
|---------------------|-----|------------------|------------------|------------------|---------------------------------------|------------|
| Ajdovščina          | 0   | 0                | 13               | 395              |                                       |            |
| Lože                | 13  | 395              | 9                | 417              |                                       |            |
| Podnanos            | 22  | 812              | 9                | 1097             |                                       |            |
| Nanos               | 31  | 1909             | 18               | 146              |                                       |            |
| Vipava              | 49  | 2055             | 13               | 975              | 12,5h / 27th<br>April 2024<br>at 7:30 |            |
| Otlica              | 62  | 3030             | 10               | 670              |                                       | 1st bag    |
| Mala Gora           | 72  | 3700             | 9                | 248              |                                       |            |
| Vitovlje            | 81  | 3948             | 13               | 405              |                                       |            |
| Prevala             | 104 | 4353             | 15               | 468              |                                       |            |
| Rožna Dolina        | 109 | 4821             | 13               | 308              |                                       |            |
| Cerje               | 122 | 5129             | 14               | 355              | 33h / 28th<br>April 2024<br>at 04:00  | 2nd bag    |
| Tabor               | 136 | 5484             | 8                | 340              |                                       |            |
| Branik              | 144 | 5824             | 13               | 463              | 40h / 28th<br>April 2024<br>at 11:00  |            |
| Planina             | 157 | 6287             | 6                | 27               |                                       |            |
| Ajdovščina          | 163 | 6314             |                  |                  | 46h / 28th<br>April 2024<br>at 17:00  |            |

We do not provide transport of drop outs from aid stations Mala Gora and Vitovlje.



#### HOW TO FOLLOW OR SUPPORT THE EMPEROR RACE

| HOW TO FO    | MICRO<br>LOCATION  | ACCESSIBILITY<br>BY CAR |        | OR RACE ADDRESS   | КМ  | GPS                     | FAST   | SLOW   |  |
|--------------|--|-------------------------|--------|---|-----|-------------------------|--------|--------|--|
| Ajdovščina   | Town square  | 0                       | Start  | Lavričev trg,<br>5270 Ajdovščina                            | 0   | 45.888732,<br>13.904658 | 19:00  | 19:00  |  |
| Lože         | School   | <b>✓</b>                | El     | Lože 53, 5271<br>Vipava                                     | 13  | 45.826472,<br>13.938417 | 20:07  | 21:50  |  |
| Podnanos     | School   | <b>√</b>                | E2     | Podnanos 77,<br>5272 Podnanos                               | 22  | 45.797150,<br>13.972765 | 21:04  | 23:51  |  |
| Nanos - peak | Parking place<br>near the hut,<br>hard gravel<br>road              | 0                       | E3     | Nanos 11, 5271<br>Vipava                                    | 31  | 45.771507,<br>14.052967 | 22:25  | 02:41* |  |
| Vipava       | Town square  | ✓                       | E4     | Glavni trg 1, 5271<br>Vipava                                | 49  | 45.845707,<br>13.962144 | 00:16* | 06:29  |  |
| Otlica       | Jagoda bar   | ✓                       | E5     | Otlica 47, 5270<br>Ajdovščina                               | 62  | 45.927614,<br>13.910237 | 01:58  | 10:15  |  |
| Mala Gora    | Mala gora<br>aid station   | ×                       | E6     | Stomaž 87, 5263<br>Dobravlje                                | 72  | 45.925356.<br>13.844660 | 03:21  | 13:28  |  |
| Vitovlje     | Parking 25<br>min under<br>the aid<br>station - St.<br>Mary Church | 0                       | E7     | Vitovlje 16, 5261<br>Šempas, P nearby                       | 81  | 45.940552.<br>13.767981 | O4:28  | 15:48  |  |
| Prevala      | Svetozar<br>Borojević<br>monument -<br>Parking                     | ~                       | E8     | Skalniška cesta 11,<br>5250 Solkan                          | 94  | 45.983993,<br>13.664763 | 05:56  | 19:17  |  |
| Rožna Dolina | Playground<br>next to the<br>Kompas shop                           | <b>√</b>                | E9     | Vipavska cesta<br>2c, 5000 Nova<br>Gorica                   | 109 | 45.94089,<br>13.63736   | 07:45  | 23:31  |  |
| Cerje        | Cerje tower  | <b>✓</b>                | E10    | Cerje - branitel-<br>jem slovenske<br>zemlje, 5291<br>Miren | 122 | 45.87234,<br>13.61653   | 09:30  | 03:59* |  |
| Tabor        | On the road<br>at a private<br>house                               | <b>√</b>                | E11    | Tabor 17, 5294<br>Dornberk                                  | 136 | 45.879494,<br>13.739583 | 11:31  | 08:32  |  |
| Branik       | Castle   | 0                       | E12    | Branik 113, 5295<br>Branik                                  | 144 | 45.851205,<br>13.791393 | 12:40  | 11:04  |  |
| Planina      | Community center   | ✓                       | E13    | Planina 58, 5270<br>Ajdovščina                              | 157 | 45.856243,<br>13.907071 | 14:32  | 15:27  |  |
| Ajdovščina   | Town square  | 0                       | Finish | <del>                                     </del>            | 163 | 45.888732,<br>13.904658 | 15:20  | 17:10  |  |

Accessible by car

0 Park and walk

Not accessible by car

ALIVE

**PEANUT** 

ice cream BARS

HIGH SOURCE OF 160 KCAL FIBRE PROTEIN PORTION





Win or learn. Never lose.

HAT feeling!

Azara García de los Salmones Professional trailrunner. Picture by Fotopostigo.

SportHG® Technical and compressive activewear. Made in Barcelona. www.sporthg.com





















The Centurion - UTVV 110 km route runs from the centre of Ajdovščina, along the paved path at Hubelj River towards the southern wine-growing hills, where, climbing from Dolenje, passes the scenic church of Sv. Marjeta, climbs to the Planina plateau and joins the existing Emperor route at the Guerila estate.

After the descent to the village of Slap, it crosses the village Lože (1st aid station), and then along the fields reaches the village of Podraga. The first serious ascent to Socerb warms up the runners for the famous 1,000-meter climb to the top of Nanos (1.262 m), which awaits them after the stop in the village of Podnanos.

From there, it descends again through the heart of Nanos, past the Abram Tourist Farm and the chapel above the Plaz, and down into the Valley, where runners are greeted by a rich aid station on the Main Square in Vipava.

After a short flat part, the second ascent of the race follows, to Kovk (961 m). Now it's time for one of the most beautiful ridge trails in Slovenia, the crossing of Angelska gora and the ascent to Čaven (1.242 m), followed by a picturesque crossing towards Mala Gora and Kucelj (1.237 m).

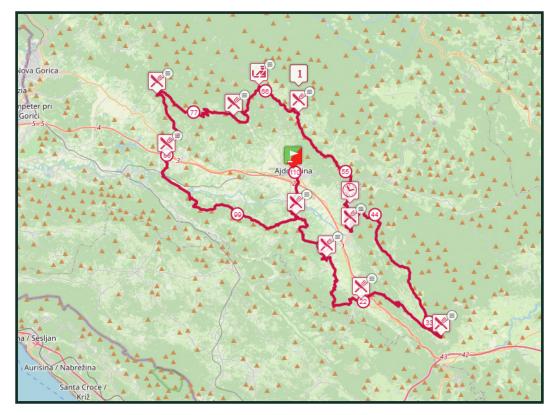
The last thousand-meter mountain escorts the runners towards the beautiful church on the rock cliff, where the Vitovlje aid station is located. From here, the route crosses the Valley and rejoins the Emperor route in the village of Preserje, on a scenic vineyard ridge.

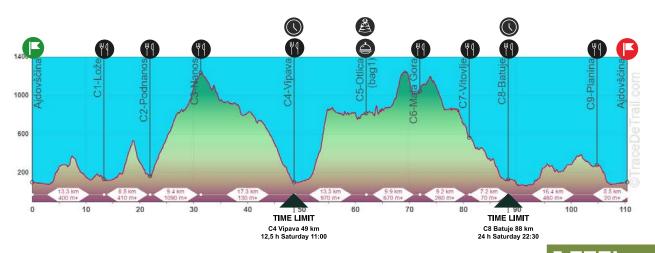
The last 20 km of the route runs along the beautiful Preserje-Planina ridge. Descending past the village of Planina, the trail ends in Ajdovščina along the paved path along the Hubelj river.





# THE ROUTE





I FEEL SLOVENIA



- Make sure you have all the necessary equipment with you when you pick up your BIB.
- Place the GPS tracker in the top pocket without covering it with any clothes, and keep it on at all times.
- Keep your phone switched on and within reach, so that the organizer can contact
  you if needed. For safety reasons, you must answer the phone if the organizer calls
  you.
- Save the UTVV HQ phone number +386 30 290 089.
- If you need to drop out of the race, inform the organizer and wait for their confirmation.
- When you finish the race or drop out, return the GPS tracker to the organizer.

#### AID STATIONS

We do not provide transport of drop outs from aid stations Mala Gora and Vitovlje!

All runners of UTVV110 will be equipped with GPS trackers.

All instructions regarding GPS trackers you will get at the GPS pick-up point.

There are additional checkpoints hidden on the track.

Mandatory equipment will be checked at BIB pick up.

| AID STATION<br>- AS | КМ             | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF<br>TIMES                       | TRANSITION |
|---------------------|----------------|------------------|------------------|------------------|--|------------|
| Ajdovščina O        |                | 0                | 13               | 395              |  |            |
| Lože                | 13             | 395              | 9                | 417              |  |            |
| Podnanos            | 22             | 812              | 9                | 1097             |  |            |
| Nanos               | 31             | 1909             | 18               | 146              |  |            |
| Vipava              | 49             | 2055             | 13               | 975              | 12,5h / 27th<br>April 2024 at<br>11:00 |            |
| Otlica              | 62             | 3030             | 10               | 670              |  | bag        |
| Mala Gora           | 72             | 3700             | 9                | 248              |  |            |
| Vitovlje            | 81             | 3948             | 7                | 83               |  |            |
| Batuje              | 88             | 4031             | 17               | 465              | 24h / 27th<br>April 2024 at<br>22.30   |            |
| Planina             | lanina 105 449 |                  | 5                | 27               |  |            |
| Ajdovščina          | 110            | 4523             |                  |                  | 30h / 28th<br>April 2024 at<br>04:30   |            |

We do not provide transport of drop outs from aid stations Mala Gora and Vitovlje!



## HOW TO FOLLOW OR SUPPORT THE CENTURION RACE

| WHERE        | MICRO<br>LOCATION  | ACCESSIBILITY<br>BY CAR |        | ADDRESS                               | КМ  | GPS                                   | FAST   | SLOW   |
|--------------|--|-------------------------|--------|---------------------------------------|-----|---------------------------------------|--------|--------|
| Ajdovščina   | Town square  | 0                       | Start  | Lavričev trg, 5270<br>Ajdovščina      | 0   | 45.888732,<br>13.904658               | 22:30  | 22:30  |
| Lože         | School   | <b>✓</b>                | C1     | Lože 53, 5271<br>Vipava               | 13  | <u>45.826472,</u><br><u>13.938417</u> | 23:38  | 01:10* |
| Podnanos     | School   | ✓                       | C2     | Podnanos 77,<br>5272 Podnanos         | 22  | 45.797150,<br>13.972765               | 00:28* | 3:17   |
| Nanos - peak | Parking place<br>near the hut,<br>hard gravel<br>road                | 0                       | C3     | Nanos 11, 5271<br>Vipava              | 31  | 45.771507,<br>14.052967               | 1:38   | 6:29   |
| Vipava       | Town square  | ✓                       | C4     | Glavni trg 1, 5271<br>Vipava          | 49  | 45.845707,<br>13.962144               | 3:22   | 10:40  |
| Otlica       | Jagoda bar   | ✓                       | C5     | Otlica 47, 5270<br>Ajdovščina         | 62  | 45.927614,<br>13.910237               | 4:49   | 14:36  |
| Mala Gora    | Mala Gora<br>aid station   | ×                       | C6     | Stomaž 87, 5263<br>Dobravlje          | 72  | 45.925356,<br>13.844660               | 6:03   | 18:01  |
| Vitovlje     | Parking place<br>25 min under<br>aid station<br>- St. Mary<br>Church | 0                       | C7     | Vitovlje 16, 5261<br>Šempas, P nearby | 81  | 45.940552,<br>13.767981               | 7:03   | 20:39  |
| Batuje       | Sports park  | ✓                       | C8     | Batuje 38b, 5262<br>Črniče            | 88  | 45.897236.<br>13.777789               | 7:48   | 22:37  |
| Planina      | Community centre   | ✓                       | C9     | Planina 58, 5270<br>Ajdovščina        | 105 | 45.856243,<br>13.907071               | 9:34   | 03:30* |
| Ajdovščina   | Town square  | 0                       | Finish | Lavričev trg, 5270<br>Ajdovščina      | 110 | 45.888732,<br>13.904658               | 10:09  | 5:07   |

✓ Accessible by car

O Park and walk

Not accessible by car



















The Gladiator – UTVV 60 km route runs from the centre of Ajdovščina, along the paved path at Hubelj River towards the southern wine-growing hills, where, ascending from Dolenje, passes the scenic church of Sv. Marjeta, climbs to the Planina plateau and joins the existing Emperor route at the Guerila estate. After the descent to the village of Slap follows, it crosses Lože village (1st aid station), and then along the fields reaches the village of Podraga.

The first serious ascent of Socerb warms up the runners for the famous 1.000-metre climb to the top of Nanos (1.262 m), which follows the stop in Podnanos. From there, it descends again through the heart of Nanos, past the Abram Tourist Farm and the chapel above the Plaz, and down into the Valley, where runners are greeted by a rich aid station on the Main Square in Vipava.

After a short flat section, there is a small ascent past the village of Budanje and the crossing of the southern slopes of Angelska gora along the paved Roman path. It enters Ajdovščina at the famous Hubelj spring and continues on its way to the end in the city center via hill Škol.

- Make sure you have all the necessary equipment with you when you pick up your BIB.
- Keep your phone switched on and within reach, so that the organizer can contact you if needed. For safety reasons, you must answer the phone if the organizer calls you.
- Save the UTVV HQ phone number +386 30 290 089.
- If you need to drop out of the race, inform the organizer and wait for their confirmation.









DATE APR 27, 2024

DISTANCE 62 KM



ELEVATION 2,400 M+/-



TIME LIMIT AID STATIONS



ITRA 3 ETC TRAIL M



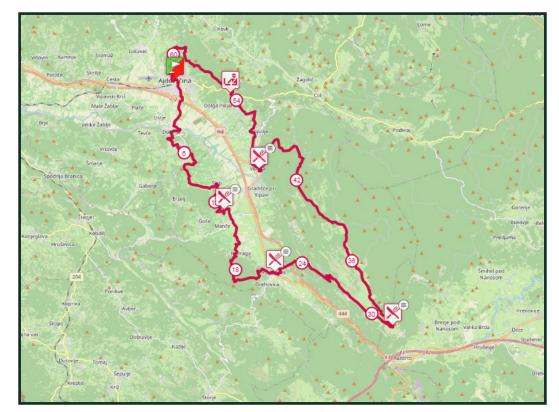
START TIME 07:00

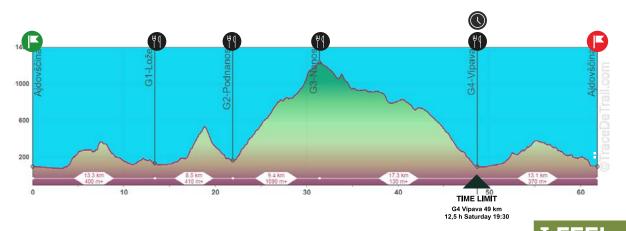
START/FINISH AJDOVŠČINA

LOWEST POINT 72 M

HIGHEST POINT 1,262 M

THE ROUTE





## **GOLDEN GATE 2 ATR**

## ALL TERRAIN CRUSHER.



GOLDEN GATE 2 ATR is the most versatile Door to Trail shoe in our collection. Designed and built for mixed off-road terrain, including asphalted sections, of medium/long distances.





## AID STATIONS

There are additional checkpoints hidden on the track. Mandatory equipment will be checked at BIB pick up.

| AID STATION<br>- AS | КМ | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF<br>TIMES                    | TRANSITION |
|---------------------|----|------------------|------------------|------------------|-------------------------------------|------------|
| Ajdovščina          | О  | 0                | 13               | 395              |                                     |            |
| Lože                | 13 | 395              | 9                | 417              |                                     |            |
| Podnanos            | 22 | 812              | 9                | 1097             |                                     |            |
| Nanos               | 31 | 1909             | 18               | 146              |                                     |            |
| Vipava              | 49 | 2055             | 13               | 372              | 12,5h / 27th<br>April 2024<br>19:30 |            |
| Ajdovščina          | 62 | 2427             |                  |                  | 16h / 27th<br>April 2024<br>23:00   | bag        |

## HOW TO FOLLOW OR SUPPORT THE GLADIATOR RACE

| WHERE        | MICRO<br>LOCATION                                  | ACCESSIBILITY<br>BY CAR |        | ADDRESS                          | КМ | GPS                     | FAST  | slow  |
|--------------|--|-------------------------|--------|----------------------------------|----|-------------------------|-------|-------|
| Ajdovščina   | City Square  | 0                       | Start  | Lavričev trg, 5270<br>Ajdovščina | 0  | 45.888732,<br>13.904658 | 07:00 | 07:00 |
| Lože         | Castle   | <b>✓</b>                | G1     | Lože 53, 5271<br>Vipava          | 13 | 45.826472,<br>13.938417 | 07:59 | 09:42 |
| Podnanos     | School   | <b>√</b>                | G2     | Podnanos 77, 5272<br>Podnanos    | 22 | 45.797150,<br>13.972765 | O8:39 | 11:53 |
| Nanos - peak | Parkplace<br>near the hut,<br>hard gravel<br>road! | 0                       | G3     | Nanos 11, 5271<br>Vipava         | 31 | 45.771507,<br>14.052967 | 09:37 | 15:18 |
| Vipava       | City Square  | ✓                       | G4     | Glavni trg 1, 5271<br>Vipava     | 49 | 45.845707,<br>13.962144 | 11:04 | 19:39 |
| Ajdovščina   | City Square  | 0                       | Finish | Lavričev trg, 5270<br>Ajdovščina | 62 | 45.888732,<br>13.904658 | 12:15 | 23:17 |

- ✓ Accessible by car
- O Park and walk

















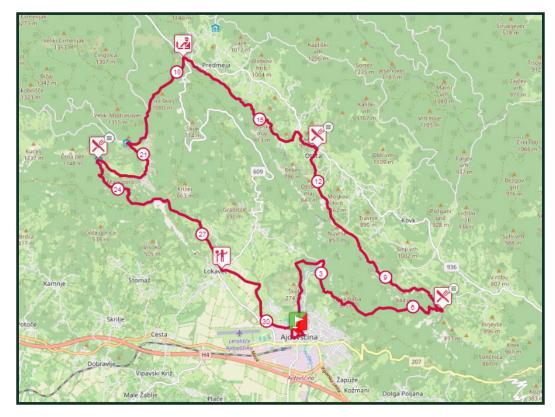
The Legionar - UTVV 30 km course runs from the center of Ajdovščina, past the spring of the Hubelj River in a steep ascent to the top of Podrta Gora (825 m), where the route joins the longest distances and offers runners breathtaking views of the Vipava Valley in the 15-kilometer ridge of Angelska Gora.

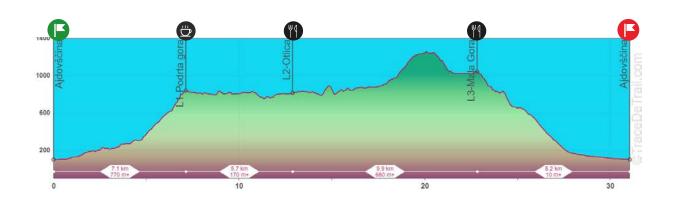
At Mala Gora, the Legionar route turns towards the valley and reaches Lokavec in a 1,000-meter descent. From here it continues for another 5 flat kilometers along paved paths beside the Lokavšček stream.

- Make sure you have all the necessary equipment with you when you pick up your BIB.
- Keep your phone switched on and within reach, so that the organizer can contact you if needed. For safety reasons, you must answer the phone if the organizer calls you.
- Save the UTVV HQ phone number +386 30 290 089.
- If you need to drop out of the race, inform the organizer and wait for their confirmation.



## THE ROUTE











of both recreational and professional athletes during preparation and after matches:

Pasta!







cyclists and other athletes because it contains a high proportion of carbohydrates, which are the main **source of energy** for endurance effort and training. Carbohydrates before training and matches contribute to the filling of glycogen stores, whereas, after sports activity, consumed together with proteins, they help in muscle regeneration.

Simple and quick preparation, always different with diverse sauces:

Mlinotest pasta will, in addition to sports achievements, take care of the **governet pampering** of your taste buds.



## AID STATIONS

There are additional checkpoints hidden on the track. Mandatory equipment will be checked at BIB pick up.

| AID STATION<br>- AS | КМ | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF TIMES |
|---------------------|----|------------------|------------------|------------------|---------------|
| Ajdovščina          | 0  | 0                | 7                | 772              |               |
| Podrta gora         | 7  | 772              | 6                | 172              |               |
| Otlica              | 13 | 944              | 10               | 668              |               |
| Mala Gora           | 23 | 1612             | 8                | 19               |               |
| Ajdovščina          | 31 | 1631             |                  |                  | NO TIME LIMIT |

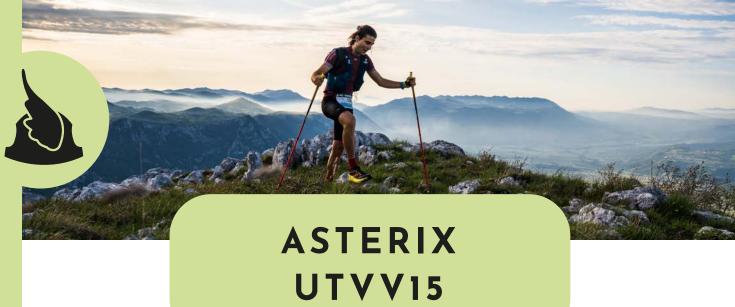
## HOW TO FOLLOW OR SUPPORT THE LEGIONAR RACE

|             |                          |                         |        |                                  |    |                         | /     |       |
|-------------|--------------------------|-------------------------|--------|----------------------------------|----|-------------------------|-------|-------|
| WHERE       | MICRO<br>LOCATION        | ACCESSIBILITY<br>BY CAR |        | ADDRESS                          | КМ | GPS                     | FAST  | SLOW  |
| Ajdovščina  | Town square              | 0                       | Start  | Lavričev trg, 5270<br>Ajdovščina | О  | 45.888732,<br>13.904658 | 09:00 | 09:00 |
| Podrta Gora | Ridge                    | ×                       | Lı     |                                  | 7  | 45.8939,<br>13.9478     | 09:36 | 11:22 |
| Otlica      | Jagoda bar               | ✓                       | L2     | Otlica 47, 5270<br>Ajdovščina    | 13 | 45.927614,<br>13.910237 | 10:04 | 12:47 |
| Mala Gora   | Mala gora Aid<br>Station | ×                       | L3     | Stomaž 87, 5263<br>Dobravlje     | 23 | 45.925356,<br>13.844660 | 10:56 | 15:49 |
| Ajdovščina  | Town square              | 0                       | Finish | Lavričev trg, 5270<br>Ajdovščina | 31 | 45.888732,<br>13.904658 | 11:30 | 17:54 |

✓ Accessible by car

O Park and walk

Not accessible by car









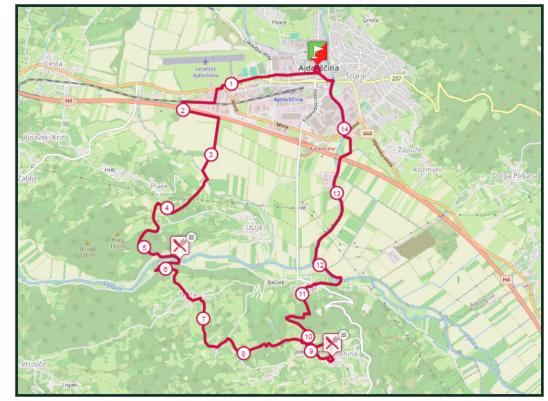
The Asterix - UTVV 15 km route runs from Ajdovščina towards the village of Plače and Ustje, where the river Vipava is crossed. The route then runs uphill through the village of Tevče and continues towards picturesque village of Planina, where joined to the longest

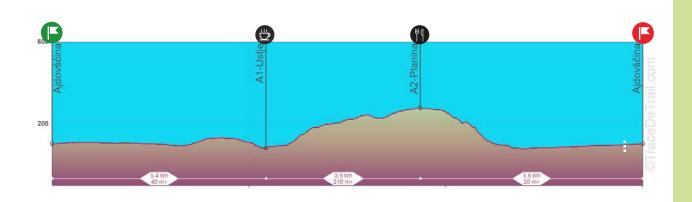
distances, Emperor and Centurion passes St.Mary church and crosses the river Vipava via the Napoleon bridge in the village of Dolenje. The route ends in Ajdovščina. An easy, playful distance of less than 300 VM, suitable for all beginners in trail running.

- Make sure you have all the necessary equipment with you when you pick up your BIB.
- Keep your phone switched on and within reach, so that the organizer can contact you if needed. For safety reasons, you must answer the phone if the organizer calls you.
- Save the UTVV HQ phone number +386 30 290 089.
- If you need to drop out of the race, inform the organizer and wait for their confirmation.



# THE ROUTE







## Popolna osvežitev!





## Tvoj ritual po športu.

Osvežilni izotonični napitek vsebuje esencialne vitamine B12 in B9, ki prispevajo k zmanjšanju utrujenosti in imajo vlogo pri delovanju imunskega sistema.

Minerali in hranilne snovi se zaradi velikosti delcev hitreje absorbirajo v telo.

Popolno za regeneracijo!

BREZALKOHOLNO PIVO IZOTONIK VSEBUJE VITAMINE ZMANJŠANA VREDNOST KALORIJ

Slike so simbolične. / www.arc.si

VSEBUJE VITAMINE • BREZ STABILIZATORJEV IN BARVIL • SAMO 25 KCAL NA 100ML

www.arc.si | Slike so simbolične.





## AID STATIONS

There are additional checkpoints hidden on the track. Mandatory equipment will be checked at BIB pick up.

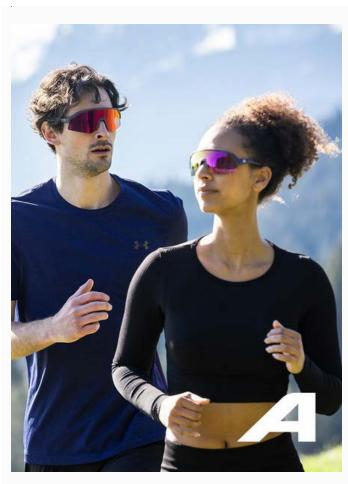
| AID STATION<br>- AS | КМ | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF TIMES |
|---------------------|----|------------------|------------------|------------------|---------------|
| Ajdovščina          | О  | 0                | 5                | 44               |               |
| Ustje               | 5  | 44               | 4                | 210              |               |
| Planina             | 9  | 254              | 6                | 25               |               |
| Ajdovščina          | 15 | 279              |                  |                  | NO TIME LIMIT |



## HOW TO FOLLOW OR SUPPORT THE ASTERIX RACE

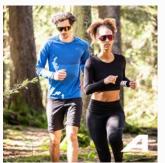
| WHERE      | MICRO<br>LOCATION                              | ACCESSIBILITY<br>BY CAR |        | ADDRESS                          | КМ | GPS                     | FAST  | SLOW  |
|------------|--|-------------------------|--------|----------------------------------|----|-------------------------|-------|-------|
| Ajdovščina | Town square                                    | 0                       | Start  | Lavričev trg, 5270<br>Ajdovščina | 0  | 45.888732,<br>13.904658 | 16:00 | 16:00 |
| Ustje      | Uhanje -<br>bridge over<br>the Vipava<br>river | ·                       | Al     | Ustje 76, 5279<br>Ajdovščina     | 5  | 45.86720,<br>13.88275   | 16:18 | 16:51 |
| Planina    | Community centre                               | <b>√</b>                | A2     | Planina 58, 5270<br>Ajdovščina   | 9  | 45.856243,<br>13.907071 | 16:33 | 17:45 |
| Ajdovščina | Town square                                    | 0                       | Finish | Lavričev trg, 5270<br>Ajdovščina | 15 | 45.888732,<br>13.904658 | 16:51 | 18:55 |

 $\checkmark$  Accessible by car O Park and walk













www.asa.si

## Čas je za zamenjavo banke.

## Enostavno, brezplačno in brezskrbno – za vse poskrbimo na Primorski hranilnici!

V javnosti obstaja mišljenje, da je zamenjati banko in bančni račun zelo zapleteno, stresno in počasno, saj je potrebno celotno bančno poslovanje prenesti na novo banko. Torej plačo ali pokojnino, vse trajnike, kartice, morebitne limite, varčevanja, kredite ... ob vsem navedenem zveni zamenjava banke res kot misija nemogoče!

V resnici je postopek zamenjave banke zelo enostaven in preprost:

- za prenos celotnega poslovanja (plačo, trajnike, kartice itd.) poskrbi nova banka, v tem primeru Primorska hranilnica,
- strankam ni potrebno ničesar urejati,
- stranka le podpiše ustrezen obrazec.

Vse v zvezi z zamenjavo banke in bančnega računa tako uredita banki med seboj brez dodatnih aktivnosti stranke!

Zakaj se splača odpreti račun na Primorski hranilnici?

- Imamo dokazano najugodnejše bančne pakete na trgu.
- Novi komitenti prejmejo Paket dobrodošlice z 12 mesečnim brezplačnim vodenjem.
- Nudimo veliko ugodnosti tudi na ostalih segmentih poslovanja.
- Stranke so deležne visokih letnih prihrankov.
- Bančna ponudba je prilagojena posamezniku.
- Imamo prijazne, strokovne in k strankam osredotočene bančne svetovalce.
- Smo domača, lokalna in hitro razvijajoča banka.

Odločitev je torej zelo enostavna – zamenjajte banko in odkrijte vse ugodnosti Primorske hranilnice. Vabljeni v poslovno enoto v Vipavi, Ajdovščini, Novi Gorici ali Ilirski Bistrici

Se vidimo! Na Primorski!





## **EXPLORE WITH PASSION**

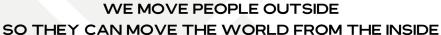
- MOUNTAIN GUIDING
- TRIGLAV TOURS
- HIKING
- **BIKING**
- TRAIL RUNNING
- STAR GAZING
- WINE TASTING
- TEAM BUILDING

## **BOOK NOW**

BOOK@OUTVENTURE-X.COM

+386 51 338 559















The UTVV 10 km route known as the Castra City Run starts from Ajdovščina and leads towards the village of Plače and Ustje, where it crosses the Vipava river. After that, the route follows the river Vipava and crosses it again through the Napoleon Bridge in the village of Dolenje. This junction connects with other longer routes. Finally, the route concludes in Ajdovščina. This playful and easy distance of less than 200 VM is ideal for beginners in trail running.

### AID STATIONS

| AID STATION<br>- AS | КМ | D+<br>CUMULATIVE | KM TO<br>NEXT AS | D+ TO<br>NEXT AS | CUT OFF TIMES |
|---------------------|----|------------------|------------------|------------------|---------------|
| Ajdovščina          | О  | 0                | 5                | 44               |               |
| Ustje               | 5  | 44               | 6                | 69               |               |
| Ajdovščina          | 11 | 113              |                  |                  | NO TIME LIMIT |

## HOW TO FOLLOW OR SUPPORT THE CASTRA CITY RUN

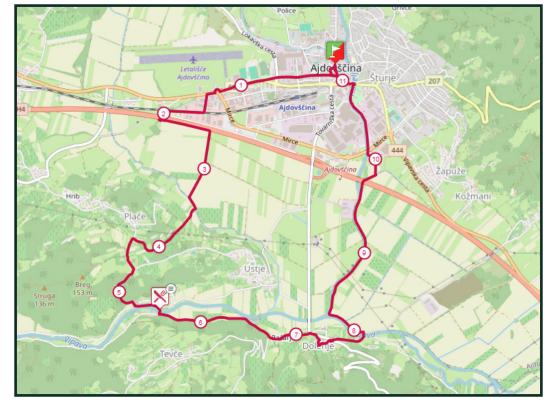
| WHERE      | MICRO<br>LOCATION                              | ACCESSIBILITY<br>BY CAR |        | ADDRESS                          | КМ | GPS                                 | FAST  | SLOW  |
|------------|--|-------------------------|--------|----------------------------------|----|-------------------------------------|-------|-------|
| Ajdovščina | Town square                                    | 0                       | Start  | Lavričev trg, 5270<br>Ajdovščina | О  | 45.888732.<br>13.904658             | 16:30 | 16:30 |
| Ustje      | Uhanje -<br>bridge over<br>the Vipava<br>river | <b>✓</b>                | MI     | Ustje 76, 5279<br>Ajdovščina     | 5  | <u>45.86720,</u><br><u>13.88275</u> | 16:48 | 17:21 |
| Ajdovščina | Town square                                    | 0                       | Finish | Lavričev trg, 5270<br>Ajdovščina | 11 | 45.888732,<br>13.904658             | 17:07 | 18:24 |

- Accessible by car
   O
   Park and walk
  - Make sure you have all the necessary equipment with you when you pick up your BIB.
  - Keep your phone switched on and within reach, so that the organizer can contact you if needed. For safety reasons, you must answer the phone if the organizer calls you.
  - Save the UTVV HQ phone number +386 30 290 089.
  - If you need to drop out of the race, inform the organizer and wait for their confirmation.





# THE ROUTE













The Institute of Sport Ajdovščina organizes the Ajdovščina Run annually, which this year will take place as part of the Ultra Trail Vipava Valley event.

The competitive segment of the event will commence on Friday, April 26 at 17:00 with the KIDS RUN. The starting point for the KIDS RUN will be in Lavrič Square in Ajdovščina, and the race tracks will vary in length from 300 to 2000 meters depending on the age category of the participants.

It is important to note that all participants in the KIDS RUN will compete under the responsibility of their parents, caretakers, companions, or coaches.





boljše rešitve

S posodabljanjem tehnologij, iskanjem novih trendov in zagotavljanjem najvišje kakovosti snujemo najuspešnejše zgodbe.

Na podlagi dolgoletnih izkušenj, zanesljivosti in strokovnosti si skupina Kolektor Construction utrjuje položaj med vodilnimi ponudniki storitev na področju gradbeništva v Sloveniji ter enega najbolj inovativnih in sodobnih gradbincev na slovenskem trgu in širše.











Vipava Valley is renowned globally as a prestigious wine destination, and we're excited to offer you the Obelix - Hike & Wine noncompetitive tour.

During this tour, you'll hike with us through the stunning vineyards and sample some of the best wines that Vipava Valley has to offer.

We understand that great wine pairs perfectly with great food, so we have you covered. You'll also get to try some of the best local delicacies.



I FEEL SLOVENIA



# THE PARADISE VALLEY is real

Discover genuine flavours.

Culinary pamperings will leave you speechless, Vipava Valley wines impress with their uniqueness. Each active day becomes a heavenly experience.

\*We preserve tradition, preparing dishes from local ingredients.

APPROVED BY GREEN GUIDE

www.vipavskadolina.si



## THANK YOU

TITLE PARTNERS





EMPEROR PARTNER



CENTURION PARTNER



**SCARPA** 

GLADIATOR PARTNER













MEDIA PARTNER



## MUNICIPALITIES & PUBLIC INSTITUTES













## ASSOCIATIONS & LOCAL COMMUNITIES

KS LOŽE ŠD TEKAČI VIPAVSKE DOLINE ŠD ZDRAVLJICA LOZICE KS PODNANOS ŠKTD SINJI VRH PS KAMNJE PRI PD AJDOVŠČINA PS ŠEMPAS PRI PD NOVA GORICA TD GRGAR
DRUŠTVO TABOR
NAD DORNBERKOM
TD BRANIK
DRUŠTVO ZA KULTURO, ŠPORT,
TURIZEM IN RAZVOJ ORTAONA
TKŠ DRUŠTVO SOUDAN

KS PLANINA ŠD GOZD HRI CZ MO NOVA GORICA GRS TOLMIN, SKUPINA AJDOVŠČINA GRS LJUBLJANA, SKUPINA VIPAVA



## SLOVENIA. MY WAY OF FEELING ALIVE.

Spice up your active holidays with a bit of culture and visit a town or two. Make sure to indulge in local gastronomy and unique experiences. Spend a quiet day among vineyards and the springs of healthy waters. Experience the diversity of Slovenia in your own way.

#ifeelsLOVEnia #myway



"And, oh my God, that scent!

Do you know how crazy
good Vipava Valley smells –
especially at night?

And when I stopped somewhere in Pedrovo and looked back at the Valley...

Touched by the privilege of being able to run around it, breathe it...
Vipava, I'm in love with you."

Dare, Emperor 2023



ultratrail.si