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# Program

Friday, 18.03.2022 / Cultural Center Tarvisio

17:30 - 18:45 Race numbers (bibs) distribution  
19:00 Official opening ceremony  
"The champions small talk", stories of races and mountain experiences with worldwide champions and special guests;  
Race numbers (bibs) distribution to the elite athletes  
Winter Trail appetizer

Saturday, 19.03.2022 / Lago Superiore di Fusine

8:00 - 10:30 Race numbers (bibs) distribution - race office, upper lake Fusine  
10:00 START Young Winter Trail  
10:45 - 10:55 Briefing  
11:00 START Tarvisio Winter Trail  
13:00 Tarvisio Winter Trail Party  
17:30 Pricing ceremony



  
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**MARIO OSI**  
Tarvisio



WINTER TRAIL RUNNING RACE

# 19.03.

LAGHI DI FUSINE . WEISSENFELSER SEE  
ITALY

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TARVISIO - MALBOSSETTO 9 - CORDALBA

# ITALIAN NATIONAL CHAMPIONSHIP 2022

## Description

The Sport Association Mario Tosi with the support of the Municipality of Tarvisio is organizing the fifth edition of the Tarvisio Winter Trail scheduled on the 19<sup>th</sup> of March 2022 with two kinds of trail running races on the snow in the basin of the Lakes in Fusine (UD), under the Mount Mangart.



## Races

- **Monte Mangart Winter Trail:** 15 km with 780 m D+, (competitive race) worth also as final race of the national NORTEC-CSEN Winter Trail running cup 2022 (Italian National Championship). The participation is also open to foreign athletes.
- **Young Winter Trail:** noncompetitive race for the young categories on the distance of approx. 1,5 km. For the category **baby** (born 2013 and 2014), **kids** (born 2011 and 2012), on the distance of approx. 3,0 km for the category **young** (born 2009 and 2010) and **junior** (born 2007 and 2008).



## Prizes

Total 2.000 Euros in money for the competitive race and lots of prizes also for the the Young Trail (sport, technical and gastronomic prizes)

## Entries

The registration will be possible until the 28<sup>th</sup> of February 2022 and must be submitted online on the website [www.tarvisiotrailrunning.com](http://www.tarvisiotrailrunning.com). The registration fees are:

- **Monte Mangart Winter Trail:** 40,00 Euro for the subscription completed within 31.01.22 and 50,00 Euro within 28.02.22. The registration fees include: race number (bib), timing chip, assistance and refreshments along the path, after-race meal, race gadget of commercial worth of 100 Euros.
- **Young Winter Trail:** 8,00 Euro within 28.02.22 (online) and 12,00 Euro registration at the race office the day of the event before 9:30.

# Monte Mangart, in the heart of the Julian Alps

The 5<sup>th</sup> edition of the **TARVISIO WINTER TRAIL** will take place in Tarvisio and more exactly in the Fusine Lakes' basin, one of the most beautiful places of the region Friuli Venezia Giulia. The lakes of glacial origin, connected one with each other by easy paths, are placed in the heart of a spruce fir wood and at the feet of the Mount Mangart mountain range.

The environment, where many typical animals and plants have their origin, changes according to the seasons into infinite ranges of colors, painting the woods and lakes with unique shades making this place even more magical.



## National circuit

This race will also be valid as final race of the NORTEC-CSEN Winter Trail 2022 Italian national championship that is the most important Italian winter trail challenge based on the first race in Misurina (BL) and with final in Tarvisio.

For those who register for one of the two races after having already enrolled in the other (regardless of which one), the registration fee for the second race is 32.00 EUR by 31.01.22 and 40.00 EUR by 28.02.22 (10%)

## Paths

The Monte Mangart Winter Trail Race will take place on a very spectacular track that will lead to the two lakes, will rise up to 1380 m at the Rifugio Zacchi before descending to the finish placed in front of Upper Lake (Lago Superiore). The Young race will take place on an easy track of about 1.5 km and 3.0 km entirely in the Lago Alp.

