



**TOR DES GEANTS**  
endurance-trail della valle d'aosta

2013

## 4th edition

8 - 15 September 2013

An extraordinary challenge in the heart of the Four Giants of the Alps!

## World's hardest endurance trail!

330 km (200 mi) long with a positive altitude difference of 24,000 meters (79,000 ft), following the Alte Vie routes in the Valle d'Aosta





### **Tor des Géants®**

#### **When physical effort turns into sporting thrill!**

Tor des Géants ® is a journey along the most beautiful trails in the Valle d'Aosta, to find and understand yourself, to overcome your physical and mental limits and to discover hidden inner resources. Those who participate in the Tor des Géants ®, the world's hardest endurance trail, know that this is the most rewarding accomplishment: to make your own challenge, and succeed.

**The Tor des Géants ® is just that: a unique adventure and a challenge against nature, and against yourself.**

All around, the majesty of the Alps and their famous 4,000 meter peaks: Mont Blanc, Monte Rosa, the Matterhorn and the Gran Paradiso. This setting, among the fierce and stunning mountains, makes this event unique, unrivalled, and much more than a simple outdoor event. Villages, shelters, hiking trails and hills follow one after the other, while the whole region waits for passing "Giants" along the way, encouraging and supporting them in their adventure. The entire Valle d'Aosta is eagerly waiting for the "Tor", as they call it, for a week of solidarity and sport, nature and friendship.

**The Tor des Géants ® is hospitality and charm, a special mix of festivity and sport.**

2013 sees the fourth edition of the Tor des Géants ®, and at the starting line are 660 participants from every corner of the globe. The participants are the ones who make this event so special: doctors and engineers, teachers and professionals, for 7 days all leave their routines behind to create their own myth. No matter age or gender, no matter the reasons why people choose to undertake this journey: those who participate to the Tor des Géants ® have the opportunity to experience a new emotion, surrounded by and immersed in pure, uncontaminated Nature.

## Ultra-trail or Endurance trail?

### Ultra-trail

An Ultra-trail is a race run in conditions of self-sufficiency or semi-self-sufficiency over a distance of more than 80 km, in a natural environment along roads or paths, the paved surfaces of which must not exceed 15%. This type of race can use either a ranking in order of arrival, or the adding up of the times recorded, or both. The altitude difference generally exceeds 2,000 meters (6,500 ft).

### Endurance trail

This is an Ultra-trail with an exceptionally high altitude difference and over an exceptionally long distance and race time. Trail running is a simple sport, where almost all that is required is a pair of shorts and a pair of trainers. This apparent simplicity perhaps explains the enthusiasm of those who know and love the discipline.

Races abound more or less all over the world, and all of them aim to be a showcase for the most beautiful routes in their host regions. Trails are increasingly becoming "ultra-trails". And they get more grueling all the time: reaching up higher and higher, becoming more and more challenging and requiring greater and greater commitment. The steep, vertical lines, the high altitudes, the irregular altitude differences and the exceptional paths of the Valle d'Aosta provide the perfect backdrop for this major sporting challenge.

The Tor des Géants ® route passes over exceptional terrain, surrounded by legendary scenery. This is a race as spectacular as the peaks that encircle the trail, a true giant among races!





### Ready, set, go: new entry procedures

Given the exponential growth of interest in the event, the organization has chosen to revise the registration procedures for the 2013 edition. No more first-come first-served, which in recent years closed in record times (just 27 minutes in 2012). This year we have a period of 14 days for online pre-registrations, open to everyone, and followed by an official drawing. This new procedure has defined starting list for 2013. The goal? A better field of participants and an increasingly vast and varied pool of "ambassadors" to the Valle d'Aosta region and of the event.

### All the world in Valle d'Aosta for the Tor des Géants ®

The global geography of the Tor des Géants ® is increasingly wide: after the boom of the pre-registration, which led to 1497 aspiring Giants for 2013 edition (810 Italians and 687 foreigners), our 660 starters represent all 5 continents, with 40 countries represented at the starting line.

Europe leads with 25 countries represented: Italy, France, Germany and Spain are the countries with the highest number of athletes, followed by Switzerland and the UK. Among the European newcomers Russia stands out, along with Bulgaria, Finland, Slovakia, Ukraine and Hungary. Participation from overseas is also very strong. While the U.S. and Canada lead as the most represented countries of the American continents, South America is a rising star and is present at the Tor des Géants ® with four rookies: Argentina, Mexico, Peru and Venezuela. Completing a full 360° trip around the world, 26 athletes from Japan will arrive in the Valle d'Aosta, as well as runners from China and Hong Kong. And do not forget about the newcomers from Singapore and Malaysia. Oceania is also attending with Australia, New Zealand and New Caledonia all represented. Rounding out the special map of the Tor des Géants ® are Madagascar and Réunion, who will be our first runners for the African continent.

## Bigs 2013

Back on the trails of the Valle d'Aosta are big names from the previous editions: first - the winner of 2012 - **Oscar Perez** and his fellows from the podium, **Grégoire Millet** and **Christophe Le Saux**.

Nor will the women's podium fail to hear the mountains' call: **Francesca Canepa**, **Patrizia Pensa** and **Sonia Glarey** have already agreed to meet at the starting line of Piazza Abbé Henry to repeat their exciting performances of the last edition. This year among the starters we will find again **Marco Gazzola**, who rose to the headlines for his mythical race in 2011, when he sailed off the path a few miles from the end. A mistake that cost him the victory, which went to the young **Jules Henry Gabioud**.

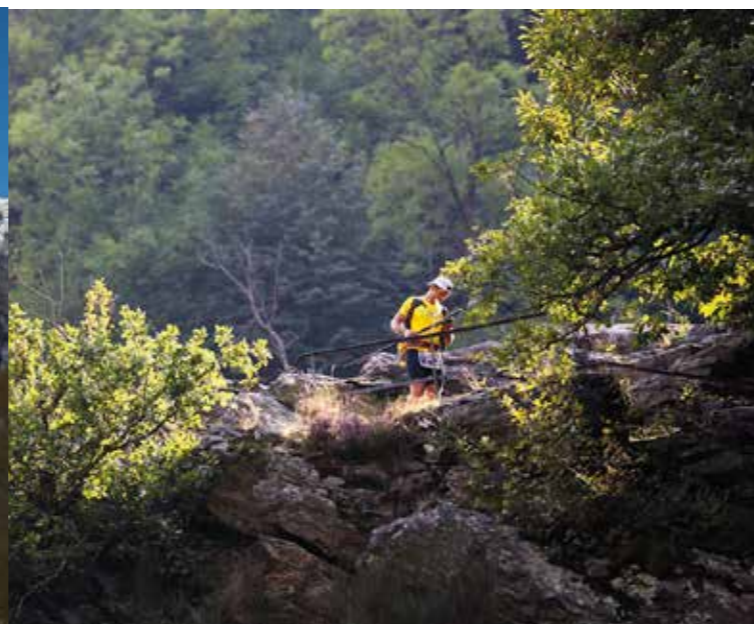
Among the new entries are two names coming from the skyrunning scene: the Spanish athlete **Iker Karrera**, member of Team Salomon in 2012 and winner of Lavaredo Ultra Trail, and the Italian **Bruno Brunod** who, after climbing the highest mountains in the world, now engages in a challenge on the mountains of his home region.



COUNTRY	NUMBER OF PARTICIPANTS	
Andorra	1	
Argentina	1	<i>First participation</i>
Australia	4	
Austria	5	
Belgium	14	
Bulgaria	1	<i>First participation</i>
Canada	8	
China	5	
Denmark	3	
Finland	1	<i>First participation</i>
France	137	
Germany	19	
Great Britain	13	
Greece	4	
Hungary	5	<i>First participation</i>
Hong Kong	3	
Ireland	2	
Italy	305	
Japan	23	
Luxembourg	2	

COUNTRY	NUMBER OF PARTICIPANTS	
Madagascar	1	<i>First participation</i>
Malaysia	3	<i>First participation</i>
Mexico	1	<i>First participation</i>
Netherlands	4	
New Caledonia	3	<i>First participation</i>
New Zealand	2	
Norway	2	
Perù	1	<i>First participation</i>
Portugal	2	
Reunion	1	
Romania	2	
Russia	1	<i>First participation</i>
Scotland	2	
Singapore	2	<i>First participation</i>
Slovakia	4	<i>First participation</i>
Spain	40	
Stati Uniti	14	
Sweden	2	
Switzerland	11	
Venezuela	1	<i>First participation</i>





### Why Tor des Géants ® ?

The name itself already gives the idea of the essence of this sporting event: a race among the "Giants". Famous throughout the world, these majestic mountains are joined by one single region, the Valle d'Aosta.

Both starting and finishing take place in Courmayeur, a famous tourist destination known all over the world thanks to the presence of Mont Blanc. Along the trail you can enjoy a varied landscape with countless colorful views. You will see the Alps towering their 4,000 meters (13,000 ft) above sea level, as well as Gran Paradiso National Park and Mont Avic Regional Park.

The 330 km (200 miles) trail passes amidst 33 municipalities, crossing rugged peaks, rolling hills (more than 25 over 2,000 m / 6,500 ft) and as many as 30 mountain lakes. The beauty of the Tor des Géants ® comes from the mix of emotion and effort that all runners live through each day and night of this great and legendary endurance trail. Those giant mountains, the Mont Blanc, the Monte Rosa, the Matterhorn and the Gran Paradiso, offer to each participant sunrises, sunsets, emotions, joys and efforts that will remain etched in their memories forever.

The route is divided up into seven stages, with as many life bases, where runners can eat, catch some sleep or receive treatment before leading back towards Courmayeur.



the path\_

Details of the 7 key stages, separated by the 7 life bases:

1st -sector | Courmayeur – Valgrisenche | *At the foot of Mont Blanc*  
48,606 km : 3750 m D + ; 3295 m D -

2nd -sector | Valgrisenche – Cogne | *in the heart of Gran Paradiso*  
53,535 km : 4137 m D + ; 4268 m D -

3rd - sector | Cogne – Donnas | *around the Park of Gran Paradiso and the Park of Mont Avic*  
46,595 km : 1383 m D + ; 2600 m D -

4th sector | Donnas – Gressoney-Saint-Jean | *in the land of the "Walser"*  
51,543 km : 4584 m D + ; 3585 m D -

5th sector | Gressoney-Saint-Jean – Valtournenche | *from Monte Rosa to Matterhorn*  
36,018 km : 2749 m D + ; 2676 m D -

6th sector | Valtournenche – Ollomont | *a valley worth discovering*  
44,161 km : 3404 m D + ; 3534 m D -

7th sector | Ollomont – Courmayeur | *amid Switzerland, France and Italy*  
49,081 km : 2905 m D + ; 3104 m D -

D + : positive altitude difference; D - : negative altitude difference

The maps of the Tor



The altimetry



DESIGNED TO PERFORM





### Tor des Géants ®: on a “regular” size

Much more than a competition, much more than an international event.

The Tor is pure emotion: it is the adrenaline rush that unsettles you, that makes your heart beat and your muscles throb; the Tor is an adventure, a challenge against yourself, against your limits, against your own fears, and against a unique and grandiose Nature that excites you, that strikes you dumb, that possesses you: the Nature of the mountains, true and infinite.

We "mere mortals" can only look at the super-athletes of the Tor with admiration and wonder ... Those Athletes with the capital "A", almost supernatural ... How do they do it? Where do they find all that energy and that resistance?

How many times we said to ourselves: "I could never do that." It's true. But what if we had plenty of time, then we could at least try, right? Without stopwatches, without competition, without the anxiety of arriving first ... then the Tor would be more feasible, even for those who are not athletes at all.

We will only need a great love for the mountains and the right amount of courage, commitment and willingness to address the various steps of a tour that will infuse us with simply unique sensations and that at the end will make us say: "Yes, I did it too, and in my own way."

There are 7 sectors that become steps, each further divided into mini-steps, which allow you to walk peacefully all along the legendary ring of the Giants!

Info: [http://www.lovevda.it/turismo/proposte/sport/escursionismo/giro\\_dei\\_giganti\\_i.asp](http://www.lovevda.it/turismo/proposte/sport/escursionismo/giro_dei_giganti_i.asp)

([www.lovevda.it](http://www.lovevda.it) – What to do - Trekking - Tour of the Giants)



This is a very special offer that the Valle d'Aosta dedicates to those who love trekking and mountain horizons: from Courmayeur to Valgrisenche, from Valgrisenche to Cogne, and again from Cogne to Donnas. From there it goes upwards to Gressoney-Saint-Jean, then continues towards Valtournenche, pushing to Saint-Rhémy-en-Bosses and ending back in Courmayeur.

As an example we can tell that the first stage from Courmayeur to Valgrisenche can be broken into 3 different steps spread over 3 days: from Courmayeur to La Thuile (6:40 hours walk), from there to the Bivouac Promoud (6:45 hours walk) and finally a last stretch towards the final destination: Valgrisenche (15.6 hours). It certainly takes a minimum of training, but it is not a forced march; more like a few pleasant single days of trekking.

Do not think that mysterious energy drinks with unpronounceable names or anti-hunger bars enriched with proteins and vitamins will be of any use ... Far from it! Along the entire route you will find a number of cozy lodges that will make you feel at home!

Places full of warmth and genuine hospitality that will open their doors and look after you; places run by amazing people who have dedicated their lives to the mountains and will be able to give you all the advice you need. Mountain huts that look like "bits of Paradise," perched "up there, where the snow ends," where the eagles and silence reign, and where you will be able to experience the mountains in 360°. You will stay in simple but well cared-for environments where the healthy and robust cuisine of the Valle d'Aosta will refresh you from the fatigue of your journey: polenta with venison stew, seuppa Vapeleintze, not to mention the superbly filled chopping boards, barely able to contain their triumphs of local meats and cheeses.

All mountain huts of Tor: <http://www.tordesgeants.it/en/content/mountain-huts>



*Valle d'Aosta: discovering a unique region*



For those who prefer to rely on the organization and the company of experienced mountain guides, you can book "The Tour of the Giants", available in various packages according to the number of days and kilometers, from MonterosaTravel: [info@guidemonterosa.com](mailto:info@guidemonterosa.com). On the tourist portal of Valle d'Aosta [www.lovevda.it](http://www.lovevda.it) the section "Pacchetti vacanze - Trekking 2013" you can download the offers of treks entirely organized by Monterosa travel and customizable on request.

For the "do-it-yourselfer", we recommend the service Booking Valle d'Aosta ([www.bookingvalledaosta.com](http://www.bookingvalledaosta.com); [lovevda.it](http://lovevda.it)) that will allow you to book online the most suitable accommodation for the circuit you'll be walking, with the exception of those "stage-points" located at high altitude or in narrow places, where an overnight stop is mandatory at shelters and bivouacs (which are only bookable by phone).

This is a Tor with completely customized rhythms that will still make you feel the same sensations felt by the athletes in the race, but with the advantage of not having to compete with anyone ... to be in your own way, a GIANT!



Valle d'Aosta: discovering a unique region\_

## 4,000 m (13,000 ft) in the Valle d'Aosta

### Mont Blanc

Who as a child has not learned that Mont Blanc, with its 4,810 meters (15,780 ft) above sea level, is by far the highest peak in Europe? This giant is not only high, it is majestic and of a rare beauty; the great love of many alpinists of the past, it continues nowadays to break the hearts of passionate climbers. In 1786 the first man was able to defeat the harshness of Mont Blanc, reaching the top for the first time. The famous Tour of Mont Blanc, a summer trek that runs all the way around the mountain, crosses Italy, France and Switzerland.

### Monte Rosa

The Monte Rosa is located on the border between Italy and Switzerland, it has many peaks over 4,000 meters above sea level, but the highest of all is the Dufourspitze at 4,634 metres (15,203 ft). Among the most scenic and impressive excursions on this mountain are the Crossing of the Monte Rosa and the Tour of Monte Rosa.





*Valle d'Aosta: discovering a unique region*



### **The Matterhorn**

The Matterhorn's outline is unmistakable: a succession of ridges, peaks, glaciers and passes. Unlike the others of "the 4,000+", the Matterhorn is a loner and has no other peaks of the same height nearby; he stands majestic and undisturbed. The first mountaineer to climb it was Edward Whymper on July 14, 1865. Bruno Brunod, born and raised in the Valle d'Aosta, holds the record of ascent-descent on foot with a time of 3 hours and 14 minutes, established in 1995.

### **Gran Paradiso**

The Gran Paradiso is the heart of the National Park and lends its name to this tourist area, which includes the valleys of Cogne, Valsavarenche, Rhêmes and Valgrisenche as well as the hillsides that rise from the valley towards the Mont Fallère and the valley of Vertosan. An interesting piece of trivia is that the Gran Paradiso is the only 100% Italian mountain to overcome the milestone of 4,000 meters in height!



## Tor des Géants® and scientific research

**The Tor des Géants as a research lab: the research of professors Pietro Trabucchi and Guillaume Millet.**

What are the physiological and physical consequences of running the Tor des Géants®? To find out its secrets, professors Pietro Trabucchi and Guillaume Millet undertook a study in the years 2010, 2011 and 2012 as a follow-up to the one conducted in 2009 on the UTMB®. Fulfilled in collaboration with the scientific laboratories of the Universities of Lausanne and Verona and the Mountain Medical Department of the Valle d'Aosta, this research aims to 'read' the fatigue and subsequent recovery induced by such extreme effort. During the Tor des Géants® 30 runners, of all levels, were recruited to complete and expand the 2009 study, since here the effort required is even more extreme and lasts longer than for the UTMB®. For this reason, Professor Trabucchi, professor of psychology at the University of Verona, enlisted the help of Guillaume Millet, who teaches the physiology of sport at the University of Lausanne, and is a former trainer of the national triathlon team.





### Metagenics at Tor des Géants 2013

Metagenics, a leading company in the production and distribution of food supplements on the professional market, comes to the Valle d'Aosta thanks to a study made on participants in the Tor des Géants® race. Over the years an increase in gastrointestinal disorders has been observed during the practice of endurance sports, a condition present during training as well, that expresses itself at its maximum at the most intense moments of the race, when the increased physical stress reaches its peak. The objective of this study is to test whether a mixture of nutrients (Nutrimonium®), formulated to maintain and balance the gastrointestinal barrier, may or may not reduce gastrointestinal effects even during such extreme physical stress. Metagenics will conduct its research on two groups, consisting of 30 competitors each: one group will not ingest any product, while the second one will be asked to take Nutrimonium®, a functional food containing basic nutrients that restore bowel function, reduce inflammation, protect cells and fight nutritional deficiencies. To evaluate the effectiveness of Nutrimonium®, those athletes who will apply to participate in the study, in addition to being monitored at different times during pre-and post-race, will have to fill in a questionnaire at the beginning and end of the race.



## Literally Endurance - Trail

### Tor des Géants ® is one of the World's Hardest Endurance Trails

The path runs through the two Alte Vie of the Valle d'Aosta, through breathtaking scenery. You will be able to enjoy the views from the top of the Giants: Mont Blanc (4,810 m / 15,780 ft), the Gran Paradiso (4,061 m / 13,323 ft), Monte Rosa (4,634 m / 15,203 ft) and the Matterhorn (4,478 m / 14,691 ft). The technical aspect that characterizes the Tor des Géants ® and makes it different from any other Ultra-trail consists in the 24,000 m (78,740 ft) of positive altitude, over a total of 330 km (200 miles).

The Tor is a mountain race that captivates for its unique path that made the connection between the Alta Via 1, known as "Alta Via dei Giganti", and the Alta Via 2, also called "Alta Via Naturalistica", possible. This natural route also led to the making of the Giants Trek a hiking trail that follows almost the entire path of the Tor des Géants ®, enjoyed by all those ones who love mountains and walking amongst unspoiled nature.

The Giant's Trek goes through the entire Valle d'Aosta and will lead to a full experience of this region, in all its authentic flavor and its mountain identity.







### Race profile in figures

**330 km** (200 miles)

**24,000 m** (78,740 ft) altitude difference

**150 h** maximum time allotted (a total of 7 days, 6 nights and 6 hours!)

**75:56** best time and record in 2012 (Oscar Pérez)

**1,500** volunteers

**660** runners

**26 countries** represented in 2012 / 39 countries represented in 2013

**7** life bases

**43** refreshment and supply points

**33** municipalities

**25** mountain passes at an altitude of over 2,000 m (6,500 ft)

**14** mountain shelters

**30** mountain lakes

**1** national park

**1** regional park



### Edition 2010

**353 runners** at the starting line

**16 represented countries**

**179 finishers** (58%) - **164 men** and **15 women**

**Double podium** for brother and sister: Ulrich and Anne Marie Gross win the first edition

### Edition 2011

**473 runners** at the starting line

**23 represented countries**

**300 finishers** (63%, up 5% from 2010) – **266 men** and **34 women**

**24 years old**, age of the youngest finisher: **Jules Henry Gabioud (Switzerland)** – the winner!

**70 years old**, age of the eldest finisher: **Yves Meurgey (Belgium)**

**160.000 visits** during the race on the official website

**2.894 friends** on Facebook

**337 follower** on Twitter

**62 Flickr contacts**

**16.737 views** of the first official video of the Tor des Géants ®

### Edition 2012

**629 runners** at the starting line

**26 represented countries**

**392 finishers** (62%) – **358 men** and **34 women**

**26 years old**, age of the youngest finisher: **Giorgio Spadola (Italy)**

**68 years old**, age of the eldest finisher: **Gilles Allegret (France)**

**More than 350.000 visits** during the race on the official website

**Over 1 million page views**

**4.900 friends** on Facebook

**1192 followers** on Twitter

**49.799 total views** on the You Tube channel





### Palmares and special prizes

**NATIONS TROPHY:** this trophy is raffled by the Region of Valle d'Aosta and made possible by the support of Cordée du Mont Blanc and Mont Blanc Cableways, all engaged in the construction of a new and innovative cableway that will bring the world to the heart of the tallest mountain in the Alps : the Mont Blanc. It is a sculpture in steel and glass that will reproduce the Tor's logo with its five peaks, one for each Giant and ideally one for each continent. Every year a plaque will be placed on the artwork's base to represent the winning nation and the names of that nation's top three finishers. During the award ceremony that will take place on Sunday September 16th, a prototype on a reduced scale will be presented to the public. After the inauguration of the new cableway the trophy will be permanently placed at Pointe Helbronner, the arrival point of the cableway.



### Edition 2010

#### Men

- 1st - Ulrich Gorss - ITALY - 80h 27'23 "
- 2nd - Salvador Calvo Redondo - SPAIN - 86h 47'54 "
- 3rd - Guillaume Millet - FRANCE - 87h 17'37 "

#### Women

- 1st - Anne-Marie Gross - ITALY - 91h19'13 "
- 2nd - Giulia Boettger - GERMANY - 100h 03'51 "
- 3rd - Corinne Favre - FRANCE - 114h 40'37 "

### Edition 2011

#### Men

- 1st - Jules Henry Gabioud - SWITZERLAND - 79:58 ': 26 "
- 2nd - Christophe Le Saux - FRANCE - 84:09 ': 46 "
- 3rd - Pablo Criado Toca - SPAIN - 89:43 ': 07 "

#### Women

- 1st - Anne-Marie Gross - ITALY - 91:28 ': 21 "
- 2nd - Patrizia Think - ITALY - 102:25 ': 42 "
- 3rd - Giuliana Arrigoni - ITALY - 102:26 ': 05 "

Trophy of the Nations: France (273h 33'36 ")  
Christophe Le Saux + Eric + Arveux Laurent Tissot

Trophy Tecnica (1st - Journalist)  
Dominik Aichinger (Die Presse – AUSTRIA)



### Edition 2012

#### Men

- 1st - Oscar Perez Lopez - SPAIN - 75:56 ': 31 "
- 2nd - Grégoire Millet - FRANCE - 78:50 ': 03 "
- 3rd - Christophe Le Saux - FRANCE - 80:14 ': 14 "

#### Women

- 1st - Francesca Canepa - ITALY - 85:33 ': 56 "
- 2nd - Sonia Glarey - ITALY - 96:59 ': 54 "
- 3rd - Patrizia Think - ITALY - 97:06 ': 15 "

Trophy of the Nations: France (245h 19' 06")  
Christophe Le Saux + Grégoire Millet + Laurent Gueruad

Trophy Tecnica "Cath me if you can..."  
Makoto Yoshimoto – Japan – 136:44':45"

Prize Grivel – Best finishers from Valle d'Aosta

#### Women

- 1st - Francesca Canepa (Courmayeur)
- 2nd - Sonia Glarey (Cogne)
- 3rd - Sonia Colle (Gressoney)

#### Men

- 1st - Franco Collé (Gressoney) – Non ricalcolato
- 2nd - Marco Camandona (Aosta)
- 3rd - Giancarlo Annovazzi (Gaby)





Prize Montura – Latest ... but the most tenacious

#### Women

Last - Cristina Bellone (ITALY)

Second from last - Gabriela Monti (ITALY)

Third from last - Myuki Tsuruhashi (JAPAN)

Fourth from last - Ana Sebastian (SPAIN)

Fifth from last - Tiffany Saibil (CANADA)

#### Men

Last – Francis De Stefani (FRANCE)

Second from last – Paolo Sarvadon (ITALY)

Third from last – Piero Sarvadon (ITALY)

Fourth from last – Francesco Favre (ITALY)

Fifth from last – Christophe Sovoye (ITALY)

#### Prize contest Instagram

Maria Elena Udali (@Twoobanga)

Alessandro Gentile (@Alegentile68)

Fabrizio Bertholin (@Fabribertho)





## **The organization of the Tor des Géants ®**

Born from an idea conceived in 2008, the first Tor des Géants ® was held in 2010. The Tor des Géants ® was created thanks to the collaboration and to the motivation of an entire region.

The organizers are:

- **The Autonomous Region of Valle d'Aosta**, with the Department of Tourism, Sport, Commerce and Transport, in consultation with the Department of Agriculture and Natural Resources.

- The technical organization of the **Valle d'Aosta Trailers**, an amateur sporting club whose purpose is to broadcast, promote and organize outdoor sport activities. The association is completely non-profit and invests all of its revenues in sports.

VDA Trailers has organized several major events, including:

- Gran Trail Valdigne: 100% Italian Trail - 100 km and 5300 m of altitude - 55 km and 3670 m of altitude ([www.grantrailvaldigne.it](http://www.grantrailvaldigne.it))

- The North Face® Mont Blanc Ultra-Trail® in collaboration with Mont Blanc Trailers: UTMB®, CCC®, TDS®, PTL ([www.ultra-trailmb.com](http://www.ultra-trailmb.com))

- Arrancabirra: 19 km - 1400 m of altitude in Courmayeur, early fall. ([www.arrancabirra.it](http://www.arrancabirra.it))

- Winter Eco Trail: a race in the snow - 18 km - 280 m of altitude in Val Ferret, Courmayeur, mid January. ([www.winterecotrail.it](http://www.winterecotrail.it))

VDA Trailers often works in collaboration with ASD Courmayeur Trailers and, thanks to the experience of its volunteers, success is always assured.

- The 33 municipalities of Valle d'Aosta, crossed by the two Alte Vie: Arvier, Ayas, Bard, Champorcher, Cogne, Courmayeur, Donnas, Doues, Étroubles, Fontainemore, Gaby, Gressoney-Saint-Jean, Hône, Issime, La Salle, La Thuile, Lillianes, Nus, Ollomont, Oyace, Perloz, Pontboset, Pont-Saint-Martin, Pré-Saint-Didier, Quart, Rhêmes-Notre-Dame, Saint-Oyen, Saint-Rhémy-en-Bosses, Torgnon, Valgrisenche, Valpelline, Valsavarenche, Valtournenche.

The beating heart of this event are the volunteers: day and night, for 150 hours during the race, they are the face of this epic event. Assistance and control are their key functions, as well as human support and affection. Those are fundamental aspects for the racing "giants", who have often found in volunteers the extra boost and the enthusiasm, sometimes so essential to confining their race.



### Sponsor, or the first "fans" of the Tor

Tecnica and Montura are the the event's main sponsors.  
For 2013 edition of the Tor des Géants ® this valuable partnership was renewed once more.



**Tecnica** - "Sport is Emotion in Action": those are the words that describe Tecnica's mission. It goes without saying that this sports-leading company finds in the Tor des Géants ® the perfect embodiment of its ideals.

Tecnica is a world's leading brand in the outdoor sports footwear sector.

Info: Tecnica HQ – Marketing Department +39 0422 8841 – info@tecnica.it



**Montura** – last year's wonderful experience is about to happen again. This company, based in Trento, will participate on the forefront of the Tor by sponsoring its beauty and uniqueness.

Montura's philosophy recalls that of the classic alpinist: explore your dreams and reach for something new and fantastic.

Info: Tasci Srl. Via Zotti, 29 – 38068 Rovereto (TN) - mailto: comunicazione@montura.it

The other sponsors of the Tor des Géants ® are:

### Sponsor Superior



[www.grivel.com](http://www.grivel.com)

### Sponsors



[www.pellissiervda.it](http://www.pellissiervda.it)



[www.alpigas.com](http://www.alpigas.com)

### Partners



[www.coprosrl.com](http://www.coprosrl.com)



[www.ferrino.it](http://www.ferrino.it)



[www.ecodyger.it](http://www.ecodyger.it)



### New website and social activities: the Tor des Géants ® is 2.0

New graphics, great features: the website of the Tor des Géants ® is brand new and speaks Italian, English, French, German and Spanish.

The new website is structured in two macro areas: the first one, more technical, has been developed specifically around the concept of RUNNING. Runners will find in this section all the information they need: the rulebook, the organization's advice, the registration procedures, and the all-important Road Book that contains all the details about the path and the altitude. The second area is dedicated to the Tor's fans. Here they will be able to follow the race around the clock, minute by minute. The competition, organized by VDA Trailers, will be LIVE thanks to streaming software. An important feature that will give the chance to all the fans to follow their favorites all along the race. Times, real time positioning, overall ranking, the time of arrival and departure from life bases: all with just a click.

The news section on the landing page completes the portal: the news feed will be sourced from the hard work of the bloggers following the race live. On the right side of the landing page you will also be able to enjoy web TV, picture galleries, videos and much more.

Official website: [www.tordesgeants.it](http://www.tordesgeants.it)



Tor des Géants ® Facebook Official Page has been active since March 2011 and currently counts about 6,700 fans.



Tor des Géants ® Twitter profile (@TDG\_trail) was created in March 2011 and currently has over 1,807 followers

TDG's YouTube channel face the same objective of Flickr profile, clearly focusing on videos and not on still images.



Tor's Flickr profile has around 70 contacts and is member of 22 groups.







## Tor des Geants 2013: contacts

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# Follow us! #Tor



