

Newsroom

European Master Mountain-Trail Running and Nordic Walking Championships Val Tramontina 2021

September 18-19. 500+ athletes from 16 countries for three races.

Top runners: Lornah Kiplagat, Charlotte Cotton and Francesca Rimonda

Pordenone. Today marks the official kick-off of an exciting week in Val Tramontina culminating in the European Master Championships in Mountain Running, Trail Running and Nordic Walking, 17-19 September 2021. The three races (also open) will take place over 2 days with more than 500 over-35 athletes from 16 countries participating. The mountain running competition on Saturday is a fast and technical 9.5 kilometer-route with an elevation of 450m covering some of the most beautiful parts of the valley. The starting line includes top-caliber athletes such as Dutch runner of Kenyan origine, Lornah Kiplagat, with three world half marathon titles (PB 1h06'25 "), World and European Cross Country Championship golds and three Olympic medals in the 10000m and marathon. Also present will be Belgian runner Charlotte Cotton, European champion Mountain & Trail F35, second place World Championships 2021 and prominent athlete in the world circuit. Italian runner Francesca Rimonda (Piedmont), European F35 half marathon champion 2020 in Funchal Portugal (sixth overall), and bronze master at the 100km World Championships in Winschoten 2021 (Netherlands) will also be among them. In the male category, don Franco Torresani, the "Flying Priest" from Trentino is officially participating after winning nearly all editions over the last 15 years of mountain running world championships, including last week in Telfes (Austria).

Sunday September 19th is dedicated to Nordic Walking and trail running. For the first time ever, Nordic Walking will make its debut in the European master championship in Val Tramontina. A type of fitness walk using specially-designed poles and alternating arm movements with opposite movements of the feet, Nordi Walking uses up to 90% of the muscles of the body. According to Nordic Walking creator, Marko Kantaneva of Finland, it is the most efficient and enjoyable workout in the world and a way to increase physical vigor, improve overall health and mental vitality. The race will be ten times around an 870-meter-loop plus a starting/finish straight of 650 meters. As there is no international regulation recognized by World Athletics, the EMA has developed its own, which takes into account standards used in various countries. Next steps will be based on results from this first race, which has athletes registered from 7 countries around the world.

The trail running competition on the same day will cover 43.5 kilometers and an elevation of 1800m. Crossing some of the most evocative locations in the area, the route showcases lakes, emerald pools, tunnels and pristine peaks. All three competitions are immersed in nature and take athletes through breathtaking landscapes in the Friulian Dolomites, one of the nine mountain systems registered on the World Heritage List.

Along with purely competitive aspects, the organizing committee has created a unique program of side events offering guests the best of the territory and involving local businesses, the municipalities of Tramonti di Sotto and Tramonti di Sopra, the regional Ecomuseum of the Friulian Dolomites, Lis Aganis, other communities in the Pordenone area, Promoturismo FVG and the Region of Friuli Venezia Giulia.

On September 19, Tramonti di Sopra will host the herb and wellness festival. The inaugural ceremony of the European masters will take place on Friday the 17th, with the parade of delegations at 6:00pm. Tramonti di Sotto will host the event village and the start/finish areas of the competitions.

Events in the coming days highlight an overall commitment of great importance bringing together three organizations: Associazione Cemont, SMART Atletica San Martino 2.0 and ASD Polisportiva Valtramontina along with major partners and sponsors. It is a weekend of events that will make Val Tramontina the continental capital of outdoor sports.

For more information, see the official site for the event:
www.emmtrc-tramonti2021.org

EMMTRC Valtramontina 2021 - Associazione CEMonT