



ISTRIA 100

BY **UTMB°**



RUNNER GUIDE

9 - 12 APRIL 2026

UTMB®
WORLD SERIES

HOKA

näak

SUUNTO



GRAD UMAG
CITTÀ DI UMAGGI



<https://istria.utmb.world/>



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UTMB®
WORLD SERIES



IT'S ON.

Dear trail runners,

It is our pleasure to present you the beautiful peninsula of Istria and its trails. We are happy you will be part of this 13th edition of the race, creating a history itself. Through five distances, you will discover diverse trails and get a chance to explore Istria, its rich history of uphill medieval towns, beautiful vineyards, numerous olive oil trees, whether you are running 100 miles across the peninsula or a shorter distance.

Trail running has a different meaning for each of us, but one thing is in common: respect the nature, respect the community where the race is taking place as this is someone's home and respect each other as we are all together creating a big, unique and special trail running community.

To make your race in Istria as smooth as possible, we have created this guide to show you the most important information for better planning of the race, which will also help your supporters to follow the race easier.

We wish you a fantastic race to accomplish all your goals and showcase your best result to the world.

Welcome to the 13th edition of Istria 100 by UTMB!

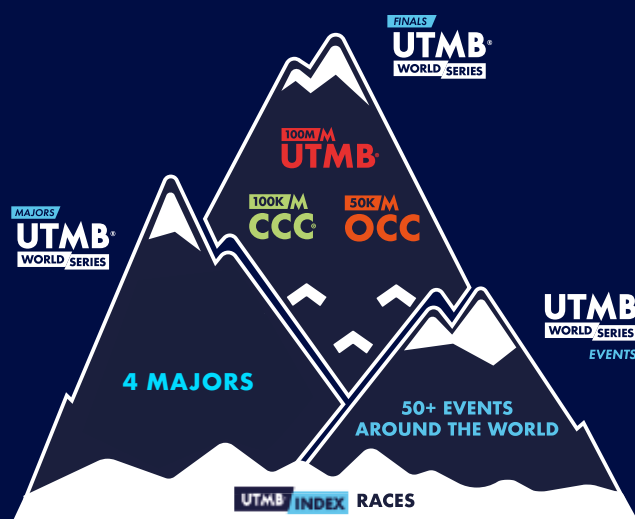
RACE DIRECTORS
Ivana MALOVIĆ GREGURIĆ
Marko GREGURIĆ

IMPRESSUM
Credits : Sport box d.o.o.
Photo by shuttersport.eu & Ian Corless
Design: Piktogram 42

MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series Finals** are held in 3 categories: the **OCC (50K)**, **CCC® (100K)** and **UTMB® (100M)** every year at the end of August in Chamonix, France.

MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 60 Events around the world.



BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K, 50K, 100K, and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery**
(with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:**
You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

CHECK IT OUT AT [UTMB.WORLD](https://utmb.world)

CREATE YOUR **MY UTMB** ACCOUNT

- ✓ Track your performance
- ✓ Compare your stats
- ✓ Manage your registrations

AND WITH **MY UTMB+** YOUR COMMITMENT IS REWARDED:

- ✓ **Enjoy and get involved**
- ✓ **Level up your status**
- ✓ **Unlock exclusive rewards**

Manage everything in one place:

- Track your Running Stones and UTMB® Index.
- View your race results and performance stats.
- Check upcoming race registrations.
- Share your achievements with friends.

START YOUR JOURNEY AT [UTMB.WORLD](https://utmb.world)

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC

AUGUST 24-30 | CHAMONIX MONT-BLANC,
COURMAYEUR, ORSIÈRES
FRANCE, ITALY, SWITZERLAND

100M M UTMB®

100K M CCC®

50K M OCC

MAJORS

OCEANIA MAJOR

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®

MAY 14-17 | KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

JULY 01-05 | VIELHA, SPAIN

AMERICAS MAJOR

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 08-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

NOV 28 - DEC 6 | CHIANG MAI, THAILAND



EVENTS

EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 22-25 | UNITED KINGDOM

OCEANIA

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 14-15 | NEW ZEALAND

AMERICAS

PUERTO VALLARTA MÉXICO BY UTMB®

MARCH 05-07 | MEXICO

NEW

ASIA

HOKA XTRAIL KENTING BY UTMB®

MARCH 06-08 | KENTING TAIWAN

ASIA

WAR HORSE ULTRA-TRAIL XIAMEN BY UTMB®

MARCH 14-15 | CHINA

AMERICAS

USHUAIA FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

EUROPE

TENERIFE BLUETRAIL BY UTMB®

MARCH 19-21 | SPAIN

EUROPE

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 19-22 | ITALY

EUROPE

ISTRIA 100™ BY UTMB®

APRIL 09-12 | CROATIA

AMERICAS

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 09-12 | USA

NEW

ASIA

ULTRA-TRAIL MOGAN BY UTMB®

APRIL 10-12 | CHINA

AMERICAS

THE CANYONS ENDURANCE RUNS™ BY UTMB®

APRIL 23-25 | USA

EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 24-26 | FRANCE

ASIA

AMAZEAN JUNGLE THAILAND BY UTMB®

APRIL 30-MAY 03 | THAILAND

NEW

EUROPE

OH MEU DEUS BY UTMB®

MAY 01-03 | PORTUGAL

EUROPE

TRAIL ALSACE BY UTMB®

MAY 14-17 | FRANCE

EUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 15-17 | UNITED KINGDOM

NEW

AMERICAS

ROTHROCK BY UTMB®

MAY 15-17 | USA

EUROPE

MOZART 100™ BY UTMB®

MAY 23 | AUSTRIA

AFRICA

MOUNTAIN ULTRA TRAIL™ BY UTMB®

MAY 29-31 | SOUTH AFRICA

EUROPE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 11-14 | ANDORRA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 12-14 | FRANCE

ASIA

TRAIL OF THE KINGS - LAKE TOBA BY UTMB®

JUNE 12-14 | INDONESIA

NEW

EUROPE

SALOMON ZUGSPITZ ULTRA TRAIL POWERED BY LEDLENSER BY UTMB®

JUNE 18-20 | GERMANY

2026 CALENDAR

ASIA

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®
JUNE 18-21 | JAPAN

EUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®
JUNE 24-28 | ITALY

AMERICAS

TORRENCIAL CHILE BY UTMB®
JUNE 26-28 | CHILE

AMERICAS

WESTERN STATES® 100-MILE ENDURANCE RUN
JUNE 27-28 | USA

EUROPE

RESTONICA TRAIL BY UTMB®
JULY 09-11 | FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®
JULY 10-12 | SWITZERLAND

EUROPE

EIGER ULTRA TRAIL™ BY UTMB®
JULY 15-19 | SWITZERLAND

EUROPE

MONTE ROSA WALSERWAEG BY UTMB®
JULY 17-19 | ITALY

AMERICAS

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®
JULY 23-25 | USA

NEW

EUROPE

BUCOVINA ULTRA ROCKS BY UTMB®
JULY 24-26 | ROMANIA

AMERICAS

QUITO TRAIL BY UTMB®
JULY 31-AUGUST 02 | ECUADOR

NEW

EUROPE

GAUJA TRAIL BY UTMB®
AUGUST 01-02 | LATVIA

EUROPE

KAT100™ BY UTMB®
AUGUST 06-08 | AUSTRIA

NEW

AMERICAS

BORÉALYS MONT-TREMBLANT BY UTMB®
AUGUST 14-16 | CANADA

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB®
AUGUST 21-23 | CANADA

EUROPE

WILDSTRUBEL BY UTMB®
SEPTEMBER 10-13 | SWITZERLAND

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB®
SEPTEMBER 11-13 | MALAYSIA

EUROPE

KAÇKAR BY UTMB®
SEPTEMBER 11-13 | TÜRKIYE

ASIA

JD ULTRA-TRAIL GREAT WALL BY UTMB®
SEPTEMBER 11-13 | CHINA

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®
SEPTEMBER 17-20 | USA

AMERICAS

PARATY BRAZIL BY UTMB®
SEPTEMBER 17-20 | BRAZIL

EUROPE

JULIAN ALPS TRAIL RUN BY UTMB®
SEPTEMBER 18-20 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB®
SEPTEMBER 24-27 | FRANCE

AMERICAS

CHIHUAHUA BY UTMB®
OCTOBER 01-03 | MEXICO

ASIA

TRANSJEJU BY UTMB®
OCTOBER 02-04 | SOUTH KOREA

ASIA

ULTRA TRAIL MOUNT YUN BY UTMB®
OCTOBER 16-18 | CHINA

EUROPE

KULLAMANNEN BY UTMB®
OCTOBER 30-31 | SWEDEN

EUROPE

WILDORCA BY UTMB®
OCTOBER 30 - NOVEMBER 1 | SPAIN

ASIA

ULTRA-TRAIL SHUDAO BY UTMB®
NOVEMBER 6-8 | CHINA

ASIA

TRANSLANTAU™ BY UTMB®
NOVEMBER | HONG KONG, CHINA

EUROPE

PUGLIA BY UTMB®
NOVEMBER | ITALY

AMERICAS

HOKA PACIFIC TRAILS CALIFORNIA BY UTMB®
NOVEMBER 13-15 | USA

AMERICAS

PATAGONIA BARILOCHE BY UTMB®
NOVEMBER 18-22 | ARGENTINA

OCEANIA

ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®
NOVEMBER 26-28 | AUSTRALIA

NEW

ASIA

OMAN BY UTMB®
DECEMBER 10-12 | OMAN

VISIT UTMB.WORLD

EUROPE ASIA AMERICAS OCEANIA AFRICA

LAST UPDATED JANUARY 2026

THURSDAY 9TH

Time	Location		What
14:00 - 20:00	Sports Hall, Umag	 	EXPO & BIB distribution, 168K, 110K, 69K, 42K, 21K
18:00	Sports Hall, Umag		Elites presentation

FRIDAY 10TH

Time	Location		What
09:00 - 12:00	Sports Hall, Umag	 	EXPO & BIB distribution, 168K & 110K
12:00 - 14:00	Sports Hall, Umag	 	EXPO & BIB distribution closed
14:00 - 20:00	Sports Hall, Umag	 	EXPO & BIB distribution, 110K, 69K, 42K & 21K
14:30	Sports Hall, Umag		168K Bus departure
17:00	Labin		168K Start



SATURDAY 11TH

Time	Location		What
05:15	Sports Hall, Umag		110K Bus departure
07:00	Buzet		110K Start
07:15	Sports Hall, Umag		69K Bus departure
07:30 - 13:00	Sports Hall, Umag		EXPO & BIB distribution, 42K & 21K
09:00	Buzet		69K Start
10:30	Sports Hall, Umag		42K Bus departure
11:00	Finish line		Expected 168K winner
12:00	Motovun		42K Start
14:30	Finish line		Expected 69K winner
15:00	Finish line		Expected 42K winner
17:00	Finish line		Expected 110K winner

SUNDAY 12TH

Time	Location		What
08:30	Sports Hall, Umag		21K Bus departure
10:00	Grožnjan		21K Start
11:15	Finish line		Expected 21K winner
13:00	Finish line		AWARDS CEREMONY

LOCATIONS

- Sports hall "Marije i Line", Školska ulica 14, Umag
- Labin start - old town square, ulica Paola Sfecija 1, Labin
- Buzet start - parking near stadium, Sportska ulica 3, Buzet
- Motovun start - parking, Kanal 1, Motovun
- Grožnjan start - parking place, Grožnjan
- Finish line - Trg Slobode, Umag

START/ARRIVAL ZONE

- 1** Registrations / EXPO entrance
- 2** Info / Elite runners / MyUTMB+ / Nirvana Runners
- 3** NJUKO QR code scan & BIB
Please prepare:
 - your confirmation mail from NJUKO
 - a photo ID
 You will receive:
 - your personal BIB
 - sticker for the spare bag (only 168K & 110K course)
 - sticker for the small bag for at the start line
 - BUS transfer voucher (only if you have paid for it during registration)
 - post-race hot meal voucher
 - sleep BIB (only 168K & 110K course)
- 4** Start pack gift
- 5** EXPO Zone
- 6** UTMB World Series Merchandise
- 7** Chill area
- 8** Exit
- 9** Physio / medic zone entrance
- 10** Physio / medic zone
- 11** Locker rooms / showers

UMAG MAP



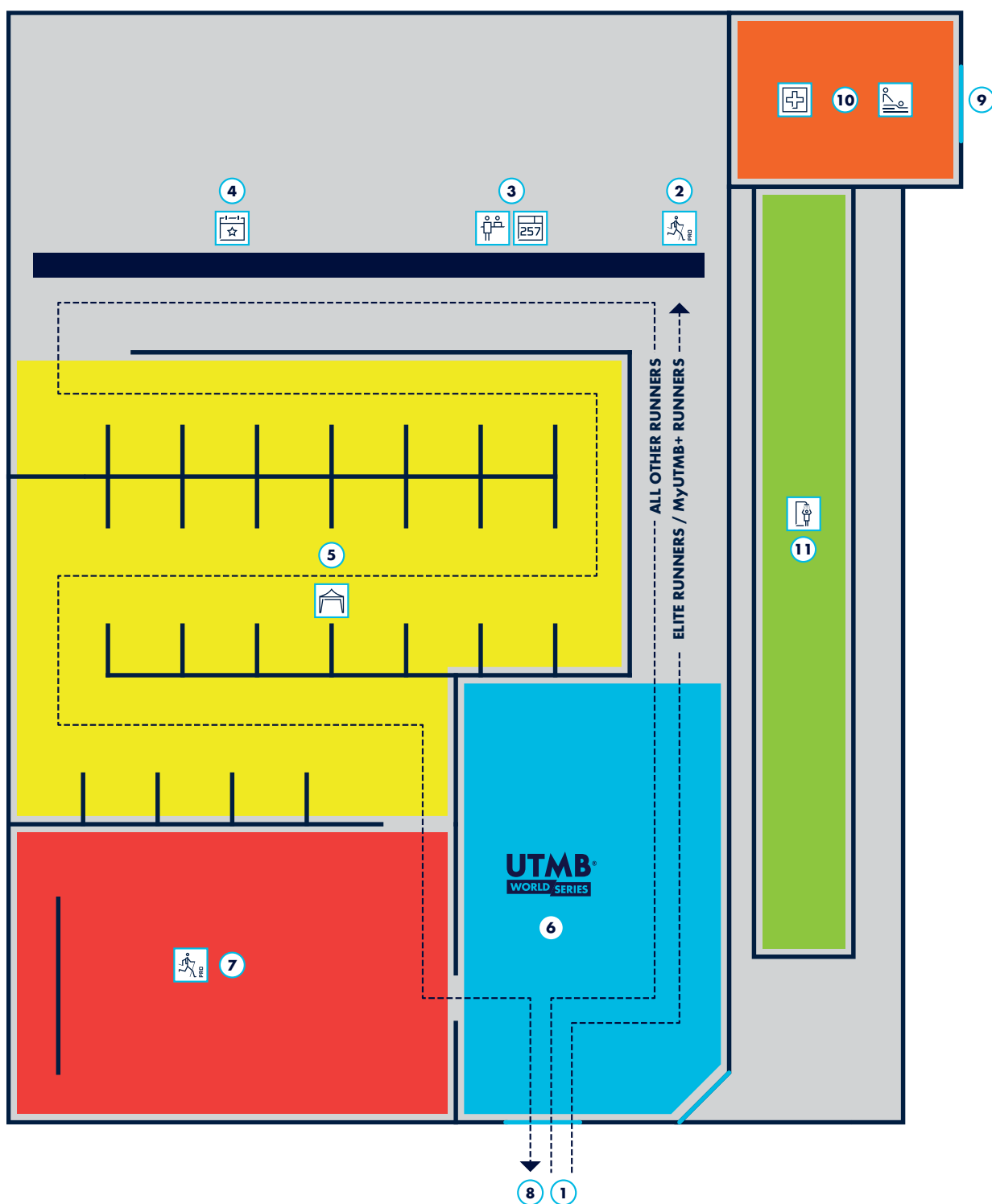
SCAN THE CODE

WORKING HOURS

Thursday 9 th		
14:00 - 20:00		
Friday 10 th		
9:00 - 12:00		
14:00 - 20:00		
Saturday 11 th		
07:30 - 13:00		
14:00 - 00:00		
Sunday 12 th		
00:00 - 16:00		



Školska ulica 14
HR 52470 Umag



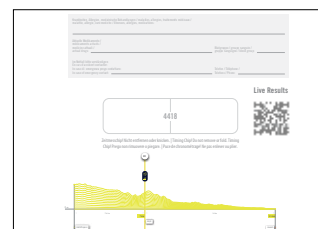
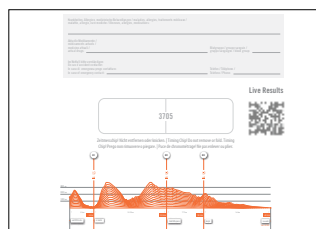
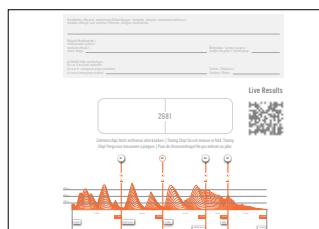
BIB GUIDE



ISTRIA 168K COURSE BIB front and back side



OTHER COURSES BIB front and back side



PRACTICAL INFORMATION



Make sure you are at the correct race!

Just so we know who you are, or you forget who you are!

Only call this number in an emergency or if you are abandoning the course.

Krankheiten, Allergien, medizinische Behandlungen / maladies, allergies, traitements médicaux / malattie, allergie, cure mediche / illnesses, allergies, medications:

Aktuelle Medikamente / medicamentos actuales / medicine attuali / actual drugs:

Blutgruppe / groupe sanguin / gruppo sanguigno / blood group:

Im Notfall bitte verständigen: / En cas d'accident contactez: / In caso di emergenza pregate contattare: / In case of emergency contact:

Telefon / Téléphone / Telefono / Phone:

List all your Medical Information here. This is crucial for our Medical Team.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.



Live Results



Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

Zeitmesschip! Nicht entfernen oder knicken. | Timing Chip! Do not remove or fold. Timing Chip! Prego non rimuovete o piegare. | Puce de chronométrage! Ne pas enlever ou plier.

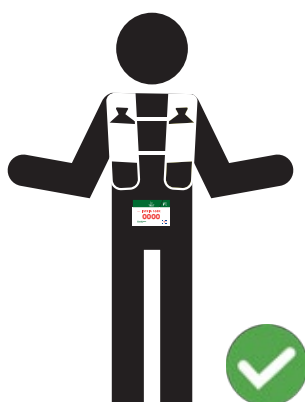


Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms...

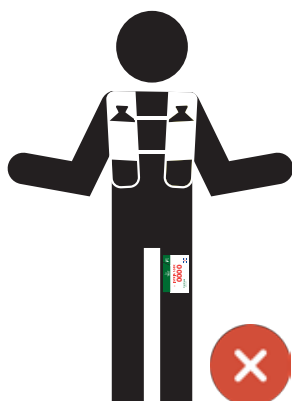
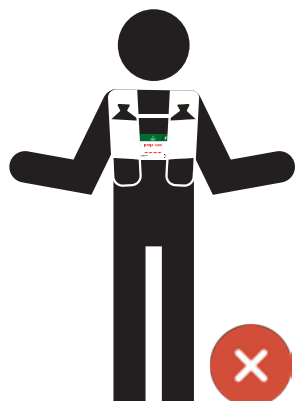
HOW TO WEAR YOUR BIB



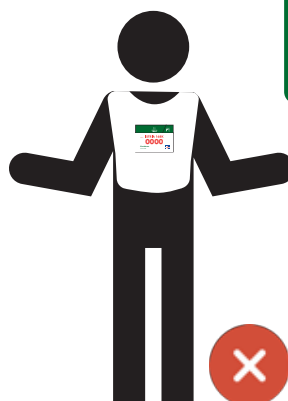
Do not fold the bibs as it will damage the timing chip.



The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.



RÜCKEN



Do not wear the bib on the back of your person or running vest.

Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

Do not rotate the bib as it will potentially render the timing chip unreadable.

Do not place the bib on an article of clothing that will be quickly removed.

PRACTICAL INFORMATION

BAGS AND STICKERS

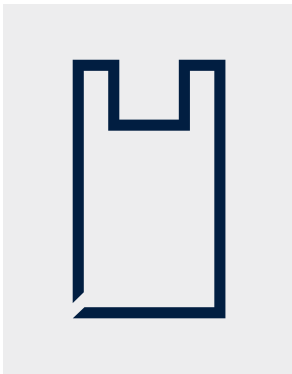
In your race pack, you will get two plastic bags. One big which will serve as your drop bag and it will be deposited in Buzet (half way down the course, only 168K and 110K) and another small one which you can use for depositing personal stuff/gear at the start.

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

We will transport only the bags that we provide, so don't try to bring any of yours because it will not be transported to Buzet. And please, don't put your walking poles in it because not only it is against the rules, but it could be easily broken. We will not be responsible for it.

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

SMALL BAG
| 168K | 110K | 69K |
| 42K | 21K |



SPARE BAG
| 168K | 110K |



SMALL BAG and the stickers



SPARE BAG and numbers



COURSE SIGNAGE

There are more than 7.000 fluo orange flags on the course (every 40 meters) along with around 150 arrow signs and a few kilometers of red-and-white stripe tape.

In the urban areas, pay attention to the green markings sprayed on the road (every 50 m), which points in the right direction.



PLASTIC GUIDEPOST



MARKINGS ON THE ROAD
urban areas



FLAGS ON THE COURSE
outside urban areas

AID STATION SIGNAGE

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

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

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



PRACTICAL INFORMATION



TRANSFER TO THE START

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

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

Please, respect your bus number and be on time for the departure.

Gathering is in front of the sports hall.

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

* If you don't have bus number on your BIB, that means that you didn't book it, therefore, you are not entitled to use the service

TRANSFER SCHEDULE AND ITINERARY

Course	Location	Itinerary	Day, date	Time of departure	Time of arrival
ISTRIA 168K	Umag - Sports Hall	Umag - Labin	Friday, April 10 th	14:30	16:00
ISTRIA 110K	Umag - Sports Hall	Umag - Buzet	Saturday, April 11 th	05:15	06:15
ISTRIA 69K	Umag - Sports Hall	Umag - Buzet	Saturday, April 11 th	07:15	08:15
ISTRIA 42K	Umag - Sports Hall	Umag - Motovun	Saturday, April 11 th	10:30	11:15
ISTRIA 21K	Umag - Sports Hall	Umag - Grožnjan	Sunday, April 12 th	08:30	09:00

BIB
and the bus transfer info
N = your bus number



2026**168K****100M M**



PABLO
VILLA GONZALEZ



TEL +385 99 529 89 90 / 112

There is a FREE shuttle service with a van from sports hall to hotel Aurora Plava Laguna and back to sports hall. Shuttles drive according to schedule.

Everyone who is accommodated in official accommodation - Plava Laguna hotel Aurora can benefit from this service.

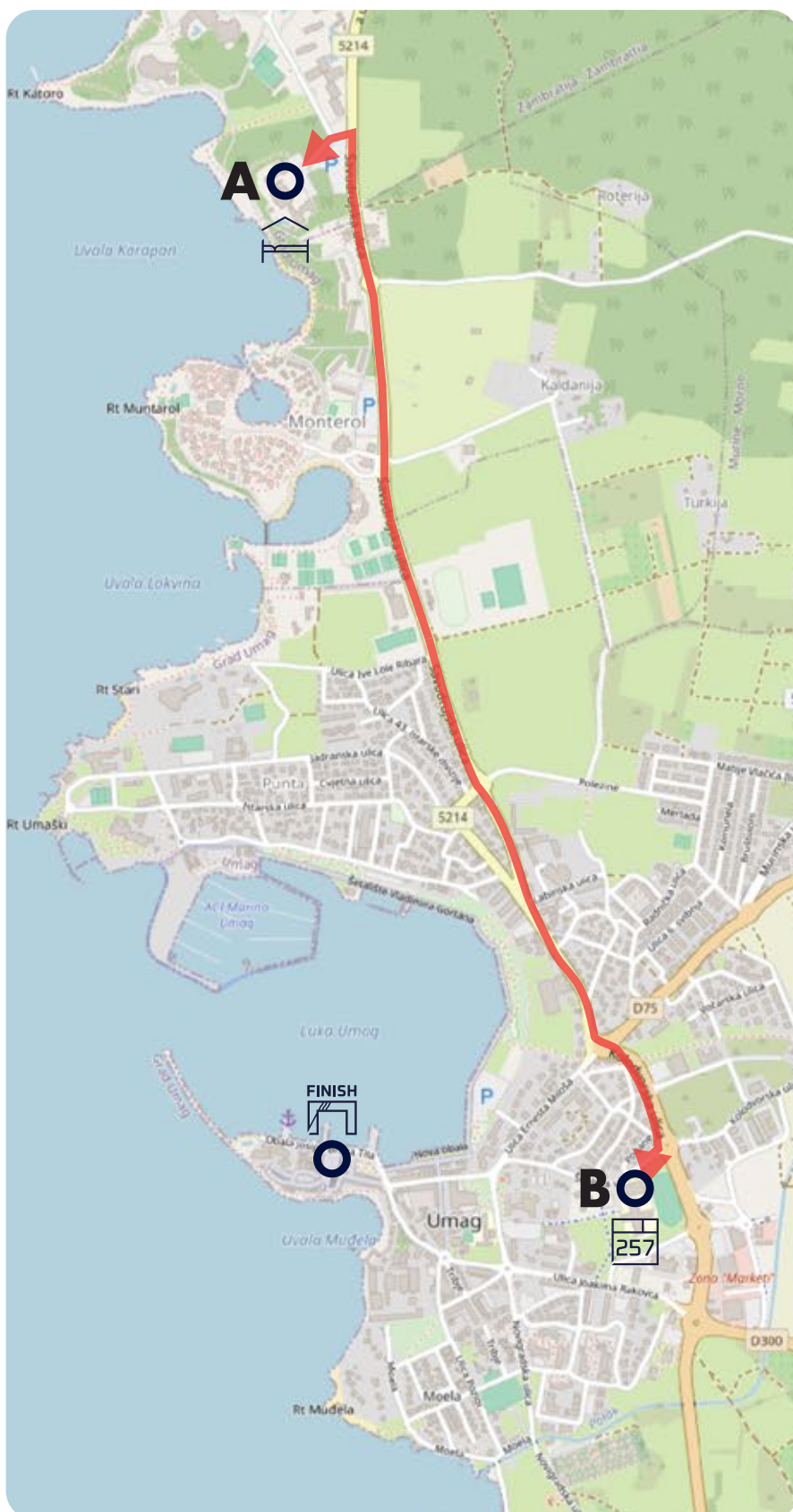
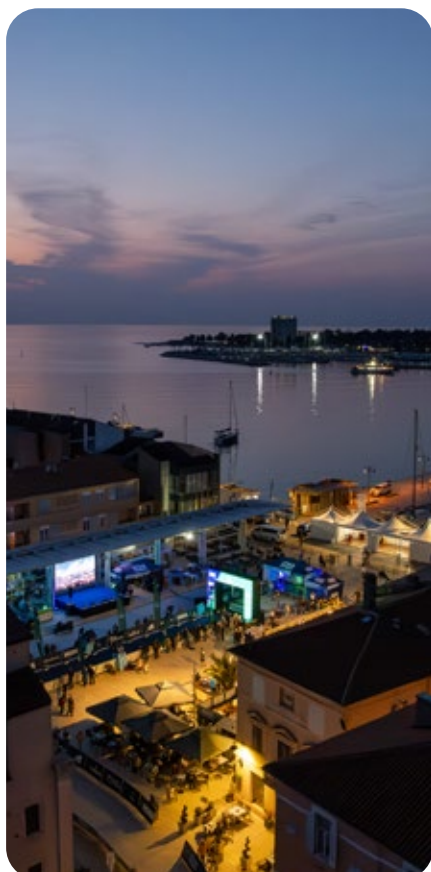
All runners, their families and friends can use this service for free.

Official van will have Istria 100 by UTMB on the windshield.

Pick-up/drop-off location at hotel: in front of hotel Aurora Plava Laguna - location **A** on the map.

Pick-up/drop-off location at sports hall: in front of hall, next to UTMB WS tent - location **B** on the map.

Schedule on the next page.



SHUTTLES SCHEDULE



DEPARTURE		
	A	B
THURSDAY, April 9 th	13.45	-
	14.00	-
	14.30	14.30
	15.00	15.00
	15.30	15.30
	16.00	16.00
	16.30	16.30
	17.00	17.00
	17.30	17.30
	18.00	18.00
	18.30	18.30
	19.00	19.00
	19.30	19.30
	-	19.30

DEPARTURE		
	A	B
FRIDAY, April 10 th	09.00	-
	09.30	09.30
	10.00	10.00
	10.30	10.30
	11.00	11.00
	11.30	11.30
	12.00	12.00
	12.30	12.30
	13.00	13.00
	13.30	13.30
	14.00	14.00
	14.30	14.30
	15.00	15.00
	15.30	15.30
	16.00	16.00
	16.30	16.30
	17.00	17.00
	17.30	17.30
	18.00	18.00
	18.30	18.30
	19.00	19.00
	19.30	19.30
	-	20.00

DEPARTURE		
	A	B
SATURDAY, April 11 th	04.45	-
	05.00	-
	06.45	-
	07.00	-
	06.30	-
	07.15	-
	09.00	-
	09.30	09.30
	10.00	10.00
	10.30	10.30
	11.00	11.00
	11.30	11.30
	12.00	12.00
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	15.30	15.30
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FOR THE LONG RUN



MAFATE 5

Built to absorb the toughest terrain
for a smooth and steady ride.

HOKA



ULTRA ENERGY™ DRINK MIX

Go longer, go farther.



RUNNER'S COMMITMENT

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

- Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
- Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
- Aware that the organization's role is not to help a runner manage these problems
- Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
- To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will

be carried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.

2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. For races of the 168K, 110K and 69K, a personal assistant is allowed at certain aid stations (*), in the area specifically reserved for this use and at the discretion of the team leader. Only one person is allowed to provide assistance, which only includes providing the runner a bag with a maximum volume of 30 liters. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remain seated on a chair and does have to lie. The rest of the aid station is strictly reserved for the runners. Assistance is not allowed at 42K and 21K races at any point.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The assistance zone begins 500m before and ends 500m after the aid station, and there is only one assistant allowed per runner. The race stewards/marshals or team

leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

The list of places where assistance is tolerated is available in the following pages under each race.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it.

Organized and/or random equipment checks will be carried out during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow and will be a better protection and allow better performances.

It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

List of mandatory equipment is available on the website race pages.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack or belt for the

RACE RULES

duration of the whole race and must not be changed during the race.

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the course of the race. No poles are authorized in the spare bags. The use of poles may be prohibited in certain areas marked by specific signs along the course, for safety or environmental reasons.

If you have further questions about mandatory equipment, do not hesitate to consult the organization.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of a valid ID with photo.

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.

It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the organization transportation, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the race bib will be cut.

DROP BAGS / SPARE BAGS

At the race-pack collection, each participant receives at least a 30-liter bag. After filling the bag with the items of their choice and closing them, runners can drop them off at the dedicated event area.

For logistics reasons, UTMB World series events only accept the UTMB World series spare bags that are distributed during the check-In. Those bags are reusable, so we ask the runners who already have received one of those bags to reuse it each time they take part in a UTMB World Series event.

How to get your bags at the finish area?

The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race.

For any runner that drops out of the race, the organization will take the bags to the finish area, as long as the runner's withdrawal is registered with the race organizer. Because of logistical factors, the organization cannot guarantee that all bags are brought before the end of the race. Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags. We advise runners to keep toiletries and spare clothes at their accommodation.

See drop bags location in the following pages under each race.

RESPECT FOR THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers,...). Trash/rubbish bins are available at each aid-station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- All runners must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

To enter the aid stations, runners must wear their race-bib.

The race guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

RACE RULES

CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points along the course. Unexpected check points are set up along the route. Their location will not be publicized.

WAY-MARKING

Way markers are made of a reflective material that catches the light from the runner's headlamp, so that they are easily visible at night.

WARNING: if you can't see any way markers, turn back!

Because we respect the environment, we do not use any paint on the trails.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command center or on the course during the events. Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

- By going to a medical station
- By calling the command center (phone number should be saved in mobile/cellphone)
- By asking another runner to call for help
- By using the SOS function on the LiveTrail app (if applicable)

Runners must provide assistance to any person in danger and alert the command center.

If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specify on the race guide.

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your

safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event.
- Demand any competitor to use any item of the mandatory equipment.
- Evacuate any runners deemed to be in danger.
- Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep.

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

TIME LIMITS AND CUT-OFF TIMES

You may find the time limit (cut-off times) for leaving the main aid stations on the event web site and in this Guide. In case of any changes, the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time (whatever their time of arrival at the check point).

All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

Time limit and cut off times are specified in the following pages under each race.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveRun app (if applicable) and inform the command center.

If a runner wishes to withdraw while on the route between two checkpoints, he/she must reach the nearest checkpoint where he/she must report their withdrawal. Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms, ...

Repatriation works as follows:

- Vehicles are available at some aid stations to take runners who drop out back to finish line.
- Runners who drop out at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- For aid stations or security points accessible by car or 4x4:

After the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.

In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

RACE RULES

REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets. Runners having finished their race and wishing to prolong their stay, must have their own accommodation.

POST RACE SERVICES

All the post race services are listed in this Guide.

RANKING AND AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

UTMB® World Series Events The first five men and the first five women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

UTMB® World Series Finals The first ten men and the first ten women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Results for all participants are available at www.istria.utmb.world.

Age Categories

- 16-17
- 18-19
- 20-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

ANTI-DOPING POLICY

By registering to UTMB's events, all athletes agree to be bound by

the UTMB's Anti-Doping Rules and acknowledge the jurisdiction of UTMB in enforcing these rules. Athletes understand that adherence to the UTMB Anti-Doping Rules is essential to maintaining the integrity, fairness, and spirit of competition in the sport of trail running.

Athletes further acknowledge and agree to:

(a) be bound by and comply with all of the provisions of the UTMB Anti-Doping Rules (as amended from time to time), the World Anti-Doping Code and the International Standards issued by the World Anti-Doping Agency (WADA);

(b) be subject to the authority of UTMB to enforce, to manage results under, and to impose sanctions in accordance with, the UTMB Anti-Doping Rules;

(c) be subject to in-competition and out-of-competition doping control testing if selected by UTMB or relevant anti-doping authorities;

(d) provide accurate and up-to-date whereabouts information and make themselves available for testing if so required;

(e) refrain from using banned substances or engaging in prohibited methods as outlined in the UTMB Anti-Doping Rules and the WADA Prohibited List;

(f) be personally responsible for understanding what constitutes a violation of the Anti-Doping Rules. Athlete also commit to monitor and ensure their own compliance with the UTMB Anti-Doping Rules, noting that certain medications, supplements, common beverages, and other legally available products may contain prohibited substances;

(g) consent to the collection, analysis and storage of urine, blood or other samples for anti-doping purposes, and acknowledge that the results thereof may be disclosed to relevant parties and the public in accordance

with the UTMB Anti-Doping Rules; (h) cooperate fully with UTMB and anti-doping authorities in any investigations or proceedings related to anti-doping rule violations;

(i) acknowledge the processing of their personal data by UTMB and its delegated third parties (including the International Testing Agency) in accordance with UTMB privacy notice;

(j) be subject to the jurisdiction of the UTMB Anti-Doping Rules, agreeing that any dispute arising out of a decision made pursuant to the UTMB Anti-Doping Rules, after exhaustion of the process expressly provided for in the UTMB Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the UTMB Anti-Doping Rules to an appellate body for final and binding arbitration;

(k) accept the consequences and sanctions imposed by UTMB or relevant anti-doping authorities in the event of an anti-doping rule violation, including disqualification from UTMB events and potential suspension from future participation;

(l) refrain from participating in any capacity in any UTMB Event during a period of Ineligibility of Provisional Suspension.

COMPLAINTS/PROTESTS

Any complaint regarding the rankings must be submitted to the organization by email within two hours after the runner's arrival. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

RIGHTS FOR IMAGE

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB®, CCC®, TDS® and PTL® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organization.

INDIVIDUAL SPONSORS

Runners who are sponsored or otherwise using the branding of third-parties for promotional purposes, shall only use such third-party branding on their clothing and equipment during the competition. All other items, including but not limited to flags, banners or posters, are not allowed to be used, carried or worn along the race route, including at the finish line. Violations against this provision might lead to a penalty as decided in the sole discretion of the respective race directors.

POLITICAL EXPRESSION

Any proclamation, display or exhibition of political or religious messages or related images during the Event is prohibited.

CLAIMS

Any claim arising from the runner's registration for one of the Istria 100 by UTMB races must be emailed at: istria100@service.byutmb.world

Any dispute concerning the registration (e.g. if a runner is not selected via the lottery) or relating to sporting management and rules (e.g. if a runner abandons a race) cannot

be considered a valid reason for a claim.

ORGANIZATION

IRONMAN CROATIA d.o.o. organizes Istria 100 by UTMB® in collaboration with the Sport box d.o.o. and the support of the local municipalities.

DEFINITION OF THE RACES

Istria 100 by UTMB® is an event that includes several races in the open country, passing through the hiking routes of Istria. Each event takes place in one single stage, at an undefined pace, and within a time limit.

100K CATEGORY

- 168K course: around 168 km and about 6.590 meters elevation gain, starts from Labin, in semi-autonomy. The cut-off time for finishing is 45 hours.

100K CATEGORY

- 110K course: around 110 km and about 3.860 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 28 hours.

50K CATEGORY

- 69K course: around 69 km and about 2.220 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 15 hours.
- 42K course*: around 42 km and about 950 meters elevation gain, starts from Motovun, in semi-autonomy. The cut-off time for finishing is 8 hours.

***42K race is in the 50k category, but does not grant direct access to UTMB Finals**

20K CATEGORY

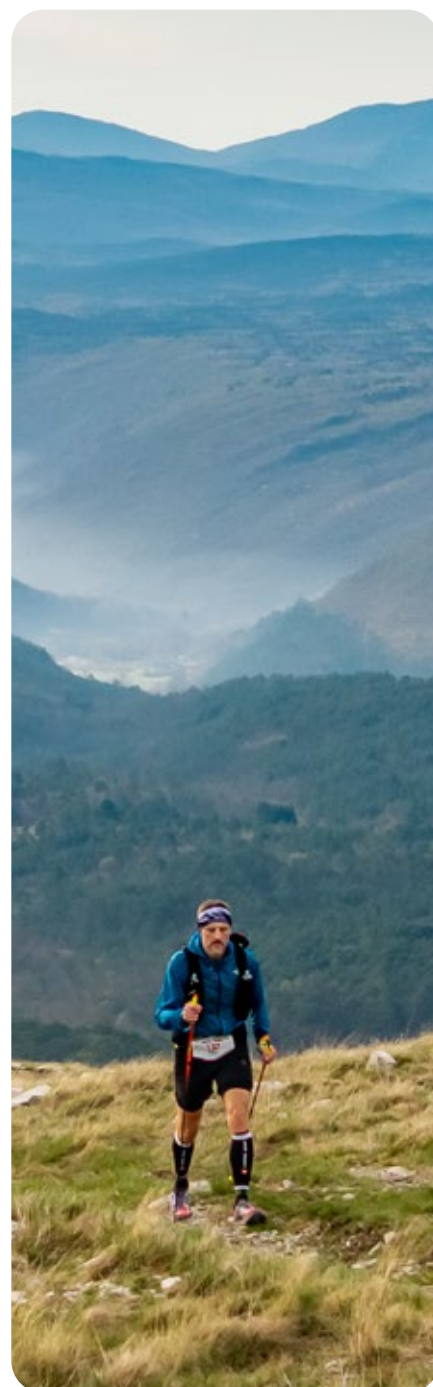
- 21K course: around 21 km and about 157 meters elevation gain, starts from Grožnjan, in semi-autonomy. The cut-off time for finishing is 4 hours.

INSURANCE

Civil liability: the organization takes out a third party insurance for the duration of the event. This civil liability insurance guarantees the

financial consequences of its liability, that of its employees and that of the participants.

We strongly suggest to all runners to have international medical insurance that covers all types medical costs. It is the runner's sole responsibility to set up and submit a file to his personal insurance company. Participants that do not hold any insurance, are responsible for paying all medical costs in case of accidents.





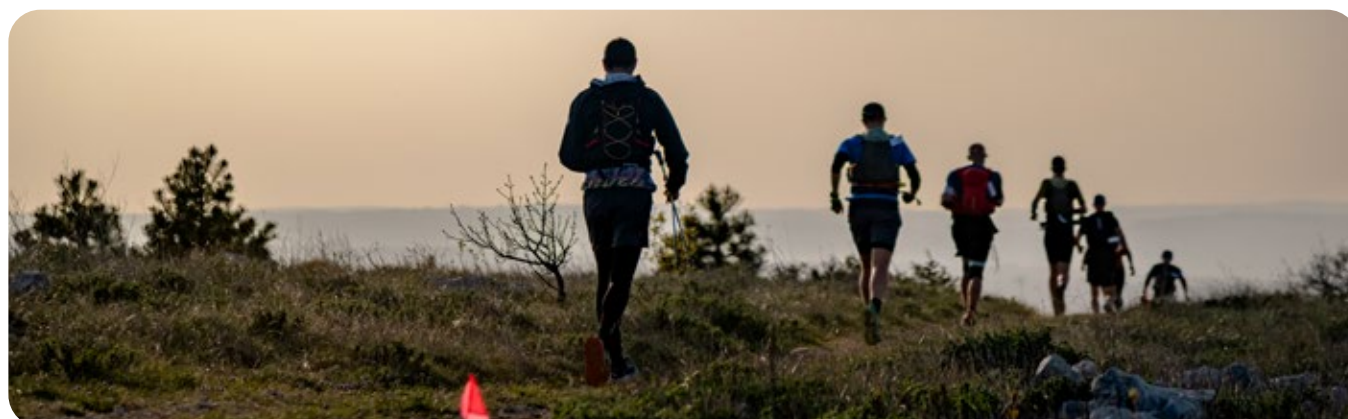
BASIC KIT

		Istria 168k	Istria 110k	Istria 69k	Istria 42k	Istria 21k
	Running pack (or other carrying equipment suitable for attaching a timing chip) intended to carry the mandatory equipment and which must be worn throughout the race.					
	Smartphone with LiveTrail application installed and activated with international roaming allowing for its use in the three countries. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery is highly recommended.					
	Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted))					
	Sealed, resealable container(s) capable of carrying at least 1L of water, designed for hydration (plastic bags are prohibited).					 RECOMMENDED
	2 functioning torches with spare batteries or power sources for each lamp (recommendation: 200 lumens - phones and watches are not accepted).			 1 TORCH	 1 TORCH	
	Survival blanket of 1.40m x 2m minimum					
	Whistle					
	Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)					
	Food reserve. Recommendation : 800kcal (2 gels + 2 power bars each of 65 grams)					 RECOMMENDED
	Jacket with hood for bad weather in the mountains. The jacket must be made of a water-proof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.					
	Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely					
	Cap, bandana, or multifunctional neck gaiter designed to protect the head from the sun.					
	Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket* with durable water-repellent protection (DWR protection) *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa					

MANDATORY EQUIPMENT



BASIC KIT						
		Istria 168k	Istria 110k	Istria 69k	Istria 42k	Istria 21k
	Beanie (or multifunctional neck gaiter, which may be the same as the one mentioned above).					
	Warm and water-proof gloves					
	Waterproof overpants					
	ID – passport/ID card					
	Sturdy, closed trail running shoes.					
	Vaseline or anti-heat cream	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	
	Reusable bowl	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	
	Knife or scissors for cutting elastic bandage	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	
	Sewing kit / spare laces / tightening cables / repair kits.	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	
	GPS watch			 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	At least 20€ cash (just in case...)	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED



COLD WEATHER KIT

		Istria 168k	Istria 110k	Istria 69k	Istria 42k	Istria 21k
	Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.	BASIC KIT	BASIC KIT	BASIC KIT	BASIC KIT	
	Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely	BASIC KIT	BASIC KIT	BASIC KIT		
	Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket* with durable water-repellent protection (DWR protection) *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa	BASIC KIT	BASIC KIT			
	Beanie (or multifunctional neck gaiter, which may be the same as the one mentioned above).	BASIC KIT	BASIC KIT			
	Warm and water-proof gloves	BASIC KIT	BASIC KIT			 RECOMMENDED
	Waterproof overpants	BASIC KIT	BASIC KIT		 RECOMMENDED	 RECOMMENDED
	Protective eyewear. It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)					
	Third warm layer (e.g., softshell, down jacket, thick fleece).			 RECOMMENDED	 RECOMMENDED	 RECOMMENDED
	Spare warm clothing	 RECOMMENDED	 RECOMMENDED			
	Poles	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED



MANDATORY EQUIPMENT



HOT TEMPERATURES KIT						
		Istria 168k	Istria 110k	Istria 69k	Istria 42k	Istria 21k
	Sunglasses. It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)					
	Saharan cap or any combination which completely covers the head and nape of the neck					 CAP OR HAT
	Sunscreen in its original container with a minimum capacity of 15ml (recommendation: SPF 50 or higher).					
	Sealed, resealable container(s) capable of carrying at least 2L of water, designed for hydration (plastic bags are prohibited).					 1L





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THEY LOOKED AFTER MY FAMILY AND
FRIENDS WHILE I WAS ON THE MOUNTAIN

HAVING A DEDICATED ATHLETE
MANAGER IN RESORT MEANT
EVERYTHING WAS HANDLED

THEY PLANTED A
TREE ON MY BEHALF

HOTEL WAS IN A GREAT LOCATION,
PERFECT FOR ALL THE RACE WEEK ACTION!

ONLY ONE BOOKING TO MANAGE
FOR ALL MY FLIGHTS, HOTEL
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TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors, Marshalls and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

100K AND 100M RACES	
BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist (no minimum water supply, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (only 1 torch lamp + list on the event website)	1 hour penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization, volunteers or runners, including any type of abuse, trespassing, stealing or disregard for rules). NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized	Disqualification
Not assisting a person in need (in need of care)	Disqualification
Assistance outside of authorized zones	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	15 minute penalty
Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No timing chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards/marshals, aid station's team leader, doctors or search and rescue staff	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Intentional departure from a check point after the time barrier	Disqualification and 2-year ban from UTMB World Series
Use of poles not carried from the beginning of the race	1 hour penalty
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	2 hours penalty
Abuse to other runners (physical or verbal)	Disqualification

RACE RULES

20K AND 50K RACES	
BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist: no minimum water supply, no waterproof jacket with hood (if required), no torch (if required), no survival blanket (if required), no smartphone	Immediate disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch light, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, collapsible cup)	30 minute penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organization, volunteers or runners, including any type of abuse, trespassing, stealing or disregard for rules). NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized	Disqualification
Not assisting a person in need (in need of care)	Disqualification
Assistance outside of authorized zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	10 minute penalty
Cheating (e.g.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
Wearing a non-conforming race-bib	10 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	10 minute penalty
No timing chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Intentional departure from a check point after the time barrier	Disqualification and 2-year ban from UTMB World Series
Use of poles not carried from the beginning of the race	30 minute penalty
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	2 hours penalty
Abuse to other runners (physical or verbal)	Disqualification

(*) The time penalties are immediately applicable on the spot, meaning the runner must "stand down" for the duration of the penalty time. The runner's time will not be stopped while the penalty is being served. If a breach of regulation is discovered after the race, the Race Director can also decide to apply a penalty on the finish time of the runner. Any other breach of the rules will be subject to a penalty decided by the Race Directors. In case of a disqualification, the runner is not entitled to get refunded of the entry fee.

SAFETY

Each runner is responsible for his own security. Even the best runners are not immune to injury which might immobilise them during the night, in the cold and rain high in the mountains.

To minimise the risks it is necessary to: Understand that Istria 100 by UTMB® is neither a marathon nor an ordinary trail. Run below your possibilities to keep some "juice" to tackle a difficult situation such as a sudden change of the weather conditions.

Even in the spring, sudden changes in the weather conditions can occur. The temperature in the mountain areas can drop to 0°C during the night, rain or hail can fall abundantly, and one can get lost in fog despite comparatively comprehensive way-markers. And it can also reach more than 25°C during the day!

In the mountains, one of the first rules is to systematically avoid stopping at a high point, very exposed to the wind and other bad weather conditions.

In case of weakness, do not hesitate to rest at the next refreshment point, but never at the top of a pass or at a high point. A few moments of recovery, quick burning sugars mixed with some slow-burning sugars will allow continuing in a better shape.

Avoid any heat loss, anticipate the changes in temperature (it's while going down that one cools down), do not wait to shiver before covering up, do not change into dry clothes in full wind, plan ahead or wait to be in a sheltered position.

If over several hundred metres you do not see any way-markers, turn round and retrace your steps to find the last one.

Stay on the paths.

Do not stop to rest in the case of extreme fatigue, in the cold and wind, go to the nearest security point, if necessary by going back the way you came.

Alert other competitors in case of injury or of incapacity to continue. Call the race direction on the number written on the BIB or even the emergency number 112 for Croatia.

Walking poles: be careful with your poles, especially in the first part of the race when the human density is particularly strong. Do not use the wrist-straps on the descents: if you fall, the wrist-straps prevent you from getting back using your hands (also causes injuries to the shoulders, wrists, forearms... or graver still the skull).

Remember: Assisting an injured runner (or volunteer), or one whom is in difficulty is an absolute must!

A mobile phone is obligatory for each runner with the international roaming action activated throughout the race and with the battery in working order (think of deactivating your options to save you batteries, eg: Bluetooth). For those who are afraid of being disturbed by the ring of their phone, put it into silent mode keeping the "text alert" active. If the race should be stopped, keep your mobile phone switched on to receive further race information. The organisation must be able to contact you under any circumstance, which includes before and after the race, due to bad weather or any other unforeseen occurrence.

Verify that the number you have put on your registration form is the number of the phone that you will be carrying during the race.

Download the Livetrail App where the runners can receive alerts from the organiser in case of any changes during the race and also where they can send the SOS alert to the organisation.

For Android users: [click me](#).
For iOS users: [click me](#).



CLIMATE

The basic characteristic of the climate of the Istrian peninsula is given by the Mediterranean climate. Along the coast, it gradually changes towards the continent and it passes into continental, due to cold air circulating from the mountains and due to the vicinity of the Alps.

The main characteristics of the Mediterranean climate are dry and warm summers, with the average number of approximately 2.400 sunny hours a year. Winters are mild and pleasant, while it snows very rarely.

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

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



FOR EVERY MILESTONE

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR EVERY ADVENTURE



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BARCELONA
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ISTRIA 168K COURSE WOMEN				
Full name	Nationality	Team	100M 	UTMB INDEX
Hana VACHOVA	Czech Republic		700	702
Joanna TALLMANN	Germany	team falke	694	702
Eevi BENGIS	Finland	team altra	680	689
Martina KLANCNIK POTRČ	Slovenia		676	713
Marina OANA	Romania		650	658
Lucie LIPČÍKOVÁ	Czech Republic		631	630
Lenka HIKLOVÁ	Slovakia	slovak ultra trail team	615	644
Ewa MAJER	Poland	la sportiva polska	-	647
Chrissi STEURER	Austria		-	641
Eva MAREKOVÁ	Slovakia		-	609

ISTRIA 168K COURSE MEN				
Full name	Nationality	Team	100M 	UTMB INDEX
Mark DARBYSHIRE	United Kingdom		880	880
Bartosz GORCZYCA	Poland	grupa luktrans	830	855
Juuso SIMPANEN	Finland	team vj / rab / suunto	813	820
David PHILLIPS	United Kingdom		806	802
Admire MUZOPAMBWA	Zimbabwe	asics fuji trail team	800	807
Johannes LOW	Germany	salomon running team de	-	819
Piotr UZNAŃSKI	Poland	pamtrans /compressport polska	-	767
Corneliu BULIGA	Romania		-	762

ISTRIA 110K COURSE WOMEN				
Full name	Nationality	Team	100K 	UTMB INDEX
Anna-Stiina ERKKILA	Finland	asics trail team	735	760
Monika BEHRD	Czech Republic		727	728
Enrica DEMATTEIS	Italy	podistica valle varaita	704	715
Geneviève ASSELIN-DEMERS	Canada	naak pro, craft trail, garmin	703	704
Beliana HILBERT	Germany	team schamel	696	693
Luisa DEMATTEIS	Italy	podistica valle varaita	687	696
Vincenta MIKULÉNAITĖ	Lithuania		675	675
Alena PABORTSAVA	AN		665	681

ISTRIA 110K COURSE MEN				
Full name	Nationality	Team	100K 	UTMB INDEX
Gionata COGLIATI	Italy	kailas	849	847
Riccardo MONTANI	Italy	team vibram	848	849
Zan ZEPIC	Slovenia		840	845
Patrik MILATA	Slovakia	hoka runners hungary	837	840
Stefan UNGERICHT	Italy	dynafit	835	837
Carlo SALVETTI	Italy	elleerre	807	807
Danilo LANTERMINO	Italy	kailas fuga team	-	803



ISTRIA 69K COURSE WOMEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Kim SCHREIBER	Germany	adidas	749	748
Rosanna BUCHAUER	Germany	dynafit	736	764
Sonja KINNA	Germany		734	733
Mirjam NIEDERBERGER	Switzerland	dynafit	721	720
Klaudia PETTERS	Poland	joma trail	694	698
Nicol GUIDOLIN	Italy	fuga mountain club	680	696
Anete SVILPE	Latvia	supervaroni	-	695
Miria MEINHEIT	Germany	dynafit	-	686

ISTRIA 69K COURSE MEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Andrzej WITEK	Poland	asics fuji trail	892	913
Jack SCOTT	United Kingdom	inov8 / suunto	851	850
Dorian MARCHAL	Switzerland	no team	849	848
Konstantinos PARADEISOPOULOS	Greece	adidas terrex	849	850
Suman KULUNG	Nepal	dr. sigrid schwarzenbacher foundation	846	850
Martin HALASZ	Slovakia		-	839

ISTRIA 42K COURSE WOMEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Camilla MAGLIANO	Italy	KAILAS FUGA	766	765
Emily SCHMITZ	USA		681	724

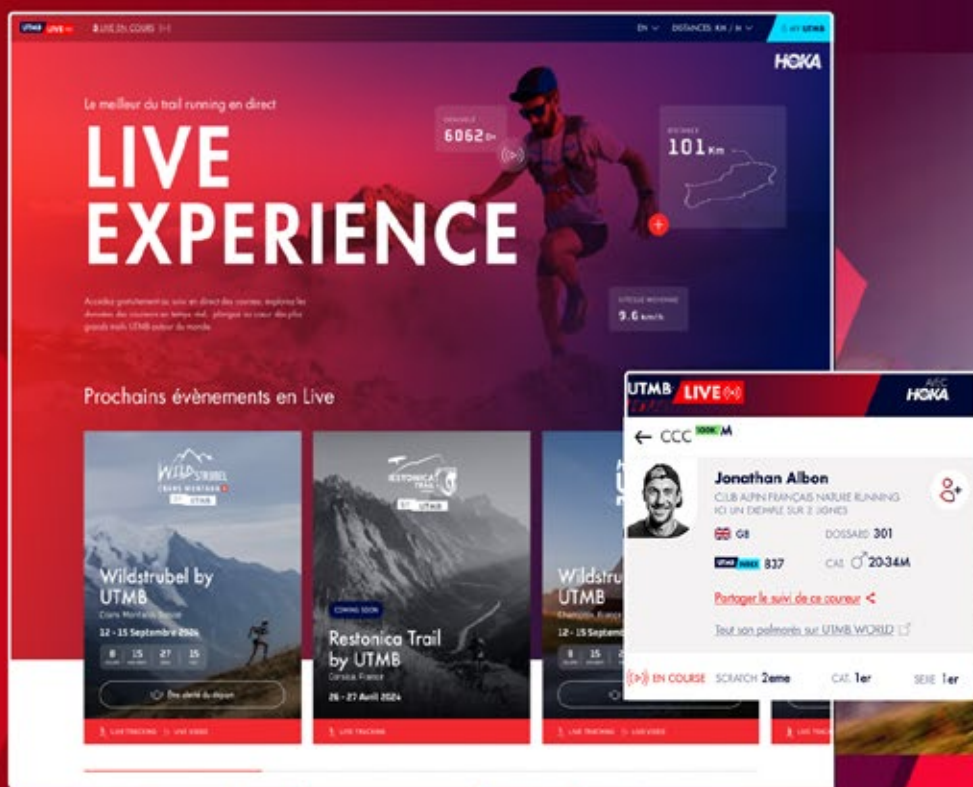
ISTRIA 42K COURSE MEN				
Full name	Nationality	Team	50K M	UTMB INDEX
Roger COMELLAS ESPELT	Spain	MERRELL	-	841



UTMB® **LIVE** 

THE REAL-TIME TRACKING PLATFORM DURING THE EVENT

Follow your favorite runners, check race results,
and access advanced statistics!



The screenshot displays the UTMB LIVE platform interface. The main section, titled "Le meilleur du trail running en direct", features a large "LIVE EXPERIENCE" heading. Below this, it lists "Prochains événements en Live" with cards for "Wildstrubel by UTMB" (Sept 12-15, 2024) and "Restonica Trail by UTMB" (April 26-27, 2024). A detailed runner profile for Jonathan Albon is shown, including his club (Club Alpin Français Nature Running), bib number (837), and race results (20:34M). The interface also displays real-time race data: 6062 runners, 101 km distance, and 9.6 km/h speed. The background of the interface shows a runner on a trail.



**FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE AT
LIVE.UTMB.WORLD**



The LiveTrail APP: a complete experience on a single platform!

In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:

- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time



SCAN THE CODE AND DOWNLOAD THE APP

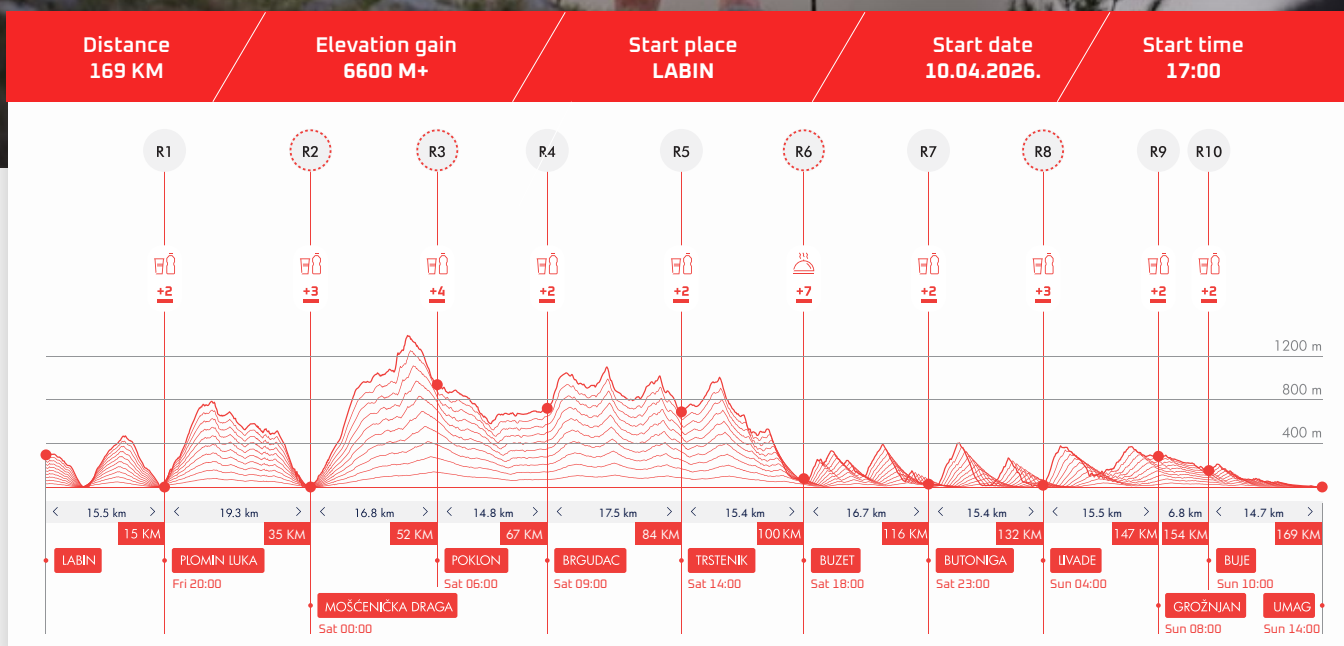
ISTRIA 168K

The course starts in the 3000 years old town Labin, climbs the Učka mountain with the spectacular views to Kvarner region and descends in Buzet where your drop bag will wait for you.



RACE CATEGORY

100M



CHECKPOINT - no assistance permitted



CHECKPOINT with assistance permitted

START MAP



START INFO



START
LABIN
Titov trg
FRIDAY 10th @ 17:00



from Umag - fastest route *

Umag - direction Buje - enter A9/E751 towards Rijeka / Pula - take exit 2 (Žminj) A9/E751 - direction Labin / Barban - in Barban direction Labin
*toll roads

distance: 91 km
drive time: 1h 28min

TIMETABLE

THURSDAY 9TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 10TH

09:00 - 12:00	Sports Hall, Umag	 BIB distribution
14:30	Sports Hall, Umag	 Bus departure to start
17:00	Labin	 START!

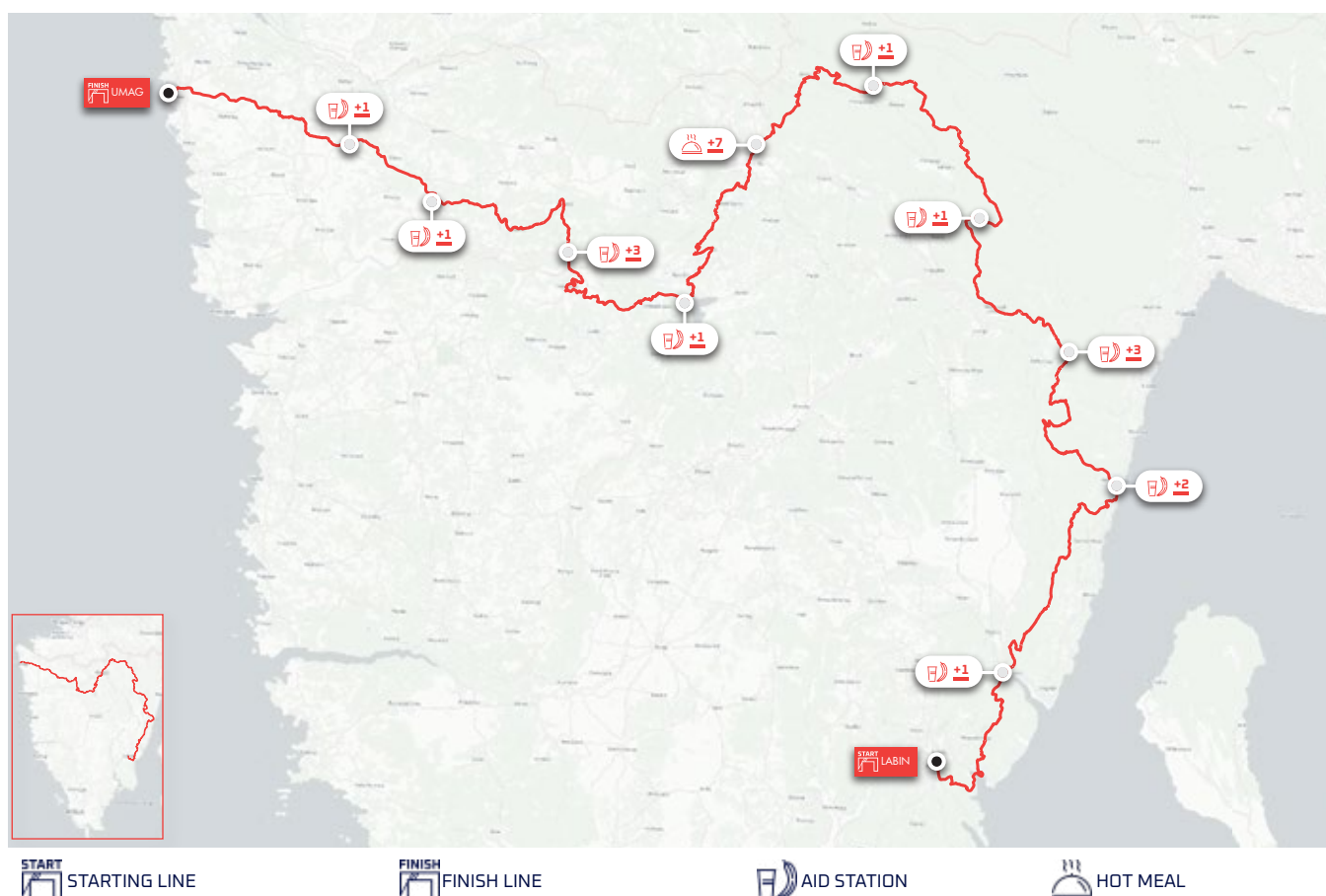
SATURDAY 11TH

11:00	Finish line, Umag	 Expected Winner
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SUNDAY 12TH

13:00	Finish line, Umag	 AWARD CEREMONY
14:00	Finish line, Umag	 Time limit

MAP



AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Labin	293	0	0	0	Fri 17:00	Fri 17:02		START 
Plomin luka	4	15.5	499	788	Fri 18:07	Fri 19:51	Fri 20:00	 
Mošćenička draga	5	19.3	1465	1753	Fri 19:56	Sat 00:18	Sat 00:00	  
Poklon	939	16.8	2900	2254	Fri 22:01	Sat 05:41	Sat 06:00	   
Brgudac	729	14.8	3160	2724	Fri 23:23	Sat 08:47	Sat 09:00	  
Trstenik	686	17.5	3960	3567	Sat 01:27	Sat 13:58	Sat 14:00	  
Buzet	76	15.4	4396	4613	Sat 03:10	Sat 18:21	Sat 18:00	      
Butoniga	36	16.7	5196	5453	Sat 05:11	Sat 23:45	Sat 23:00	  
Livade	11	15.4	5865	5865	Sat 07:01	Sun 04:33	Sun 04:00	   
Grožnjan	278	15.4	6582	6582	Sat 08:53	Sun 09:15	Sun 08:00	  
Buje	150	6.8	6638	6638	Sat 09:33	Sun 10:52	Sun 10:00	  
Umag	1	14.7	6761	6761	Sat 10:51	Sun 14:00	Sun 14:00	FINISH 



ASSISTANCE AUTHORIZED



PROVISIONS



WC



SHOWER



HOT MEAL



RESTING



DOCTOR



DROP BAG



NAAK® PRODUCTS

Aid station	Hot-food	Cheese Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffee	Hot soup	NAAK bars and waffles	NAAK Drink Mix
Plomin luka			X	X		X			X	X	X	X	X		X	X
Mošćenička draga				X		X		X	X	X	X	X	X	X	X	X
Poklon		X		X	X	X	X		X	X	X	X	X	X	X	X
Brgudac			X	X		X		X	X	X	X	X	X	X	X	X
Trstenik		X		X	X	X	X		X	X	X	X	X	X	X	X
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	X
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	X
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						

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AND ENHANCE
YOUR PERFORMANCE.



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CONFIDENCE
IN EVERY STEP



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ULTRA PROTECTION
ULTRA TRAIL*



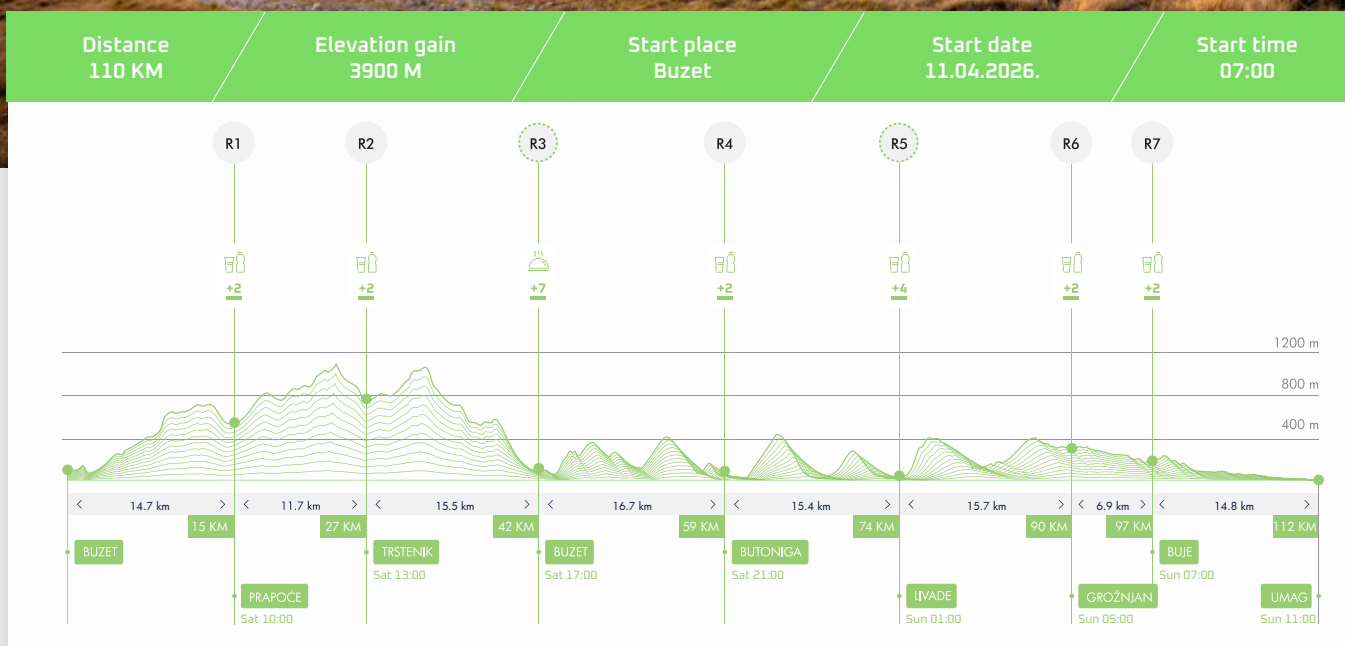
*Valid for high-protection products from the Sun Secure range.

ISTRIA 110K

The second largest course starts from Buzet and offers you typical istrian inland trails. After 20 km, the 110K trail merges with 168K trail and continues the climb to the highest peaks of Istria.

RACE CATEGORY

100K M

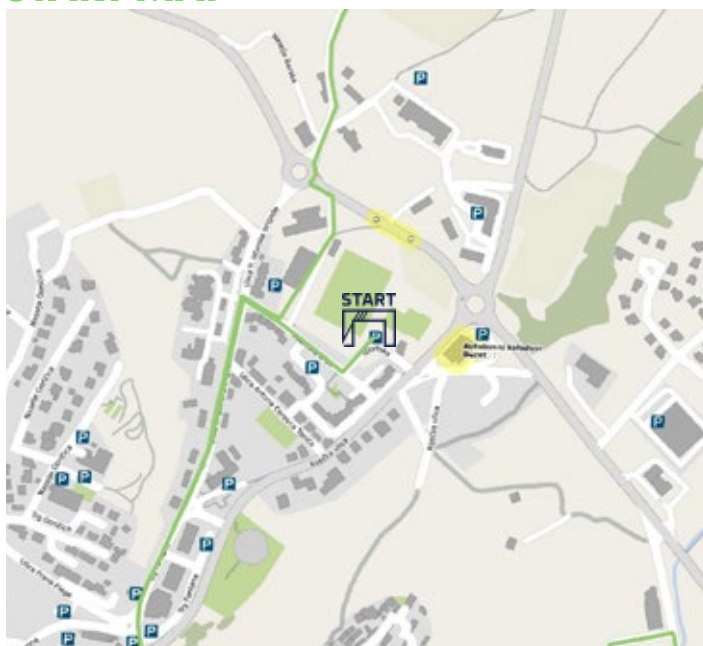


CHECKPOINT - no assistance permitted



CHECKPOINT with assistance permitted

START MAP



START INFO



START BUZET
Sportska ulica
SATURDAY 11th @ 07:00



from Umag - fastest route *

Umag - direction Buje - in Buje
direction Buzet

distance: 48 km
drive time: 1h 02min

TIMETABLE

THURSDAY 9TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 10TH

09:00 - 12:00 14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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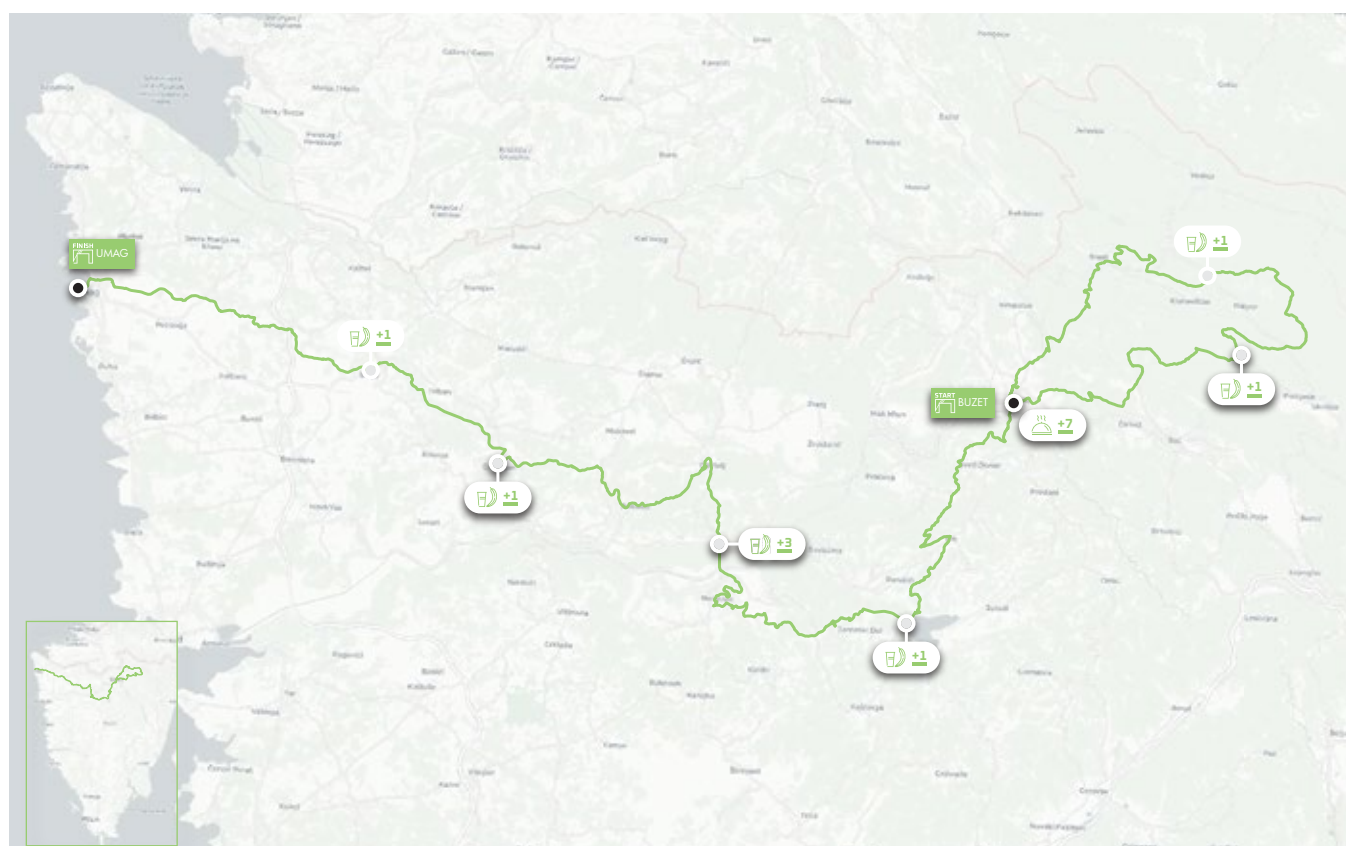
SATURDAY 11TH

05:15	Sports Hall, Umag	 Bus departure to start
07:00	Buzet	 START!
17:00	Finish line, Umag	 Expected Winner

SUNDAY 12TH

11:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

MAP



AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Buzet	77	0	0	0	Sat 07:00			START 
Prapoće	499	14.9	782	362	Sat 08:04	Sat 09:07	Sat 10:00	  
Trstenik	676	11.7	1453	857	Sat 09:07	Sat 10:27	Sat 13:00	  
Buzet	76	15.4	1996	1993	Sat 10:27	Sat 17:02	Sat 17:00	      
Butoniga	34	16.7	2864	2908	Sat 12:08	Sat 21:27	Sat 21:00	  
Livade	14	15.4	3551	3615	Sat 13:40	Sun 02:00	Sun 01:00	   
Grožnjan	285	15.7	4321	4116	Sat 15:19	Sun 06:30	Sun 05:00	  
Buje	142	6.9	4360	4299	Sat 15:51	Sun 08:09	Sun 07:00	  
Umag	5	14.7	4497	4568	Sat 17:07	Sun 11:00	Sun 11:00	FINISH 



ASSISTANCE
AUTHORIZED



PROVISIONS



WC



SHOWER



HOT MEAL



RESTING



DOCTOR



DROP BAG



NĀAK® PRODUCTS

Aid station	Hot-food	Cheese Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffee	Hot soup	NĀAK bars and waffles	NĀAK Drink Mix
Prapoće				X		X		X	X	X	X	X			X	X
Trstenik		X		X	X	X	X		X	X	X	X	X	X	X	X
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	X
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	X
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						



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WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

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



LESSEAU® NEXT LEVEL HYGIENE

Elevate your hygiene during and after your run.

Lesseau bar soap dispensers are designed with the environment in mind, supporting your eco-conscious lifestyle. Crafted from natural ingredients, our bar soaps keep your skin fresh and revitalized. Free from harsh chemicals and single use plastics.

We add hygiene to your run.

Refresh during your run and wash your hands before eating to protect your health for a safer, more enjoyable experience.



@lesseausoap



lesseausoap.com

ISTRIA 69K

This trail will show you Central Istria in all its glory! The trail starts in the old town of Buzet and takes the shortest route to Butoniga lake, and it finish in the city of Umag.

RACE CATEGORY

50K **M**



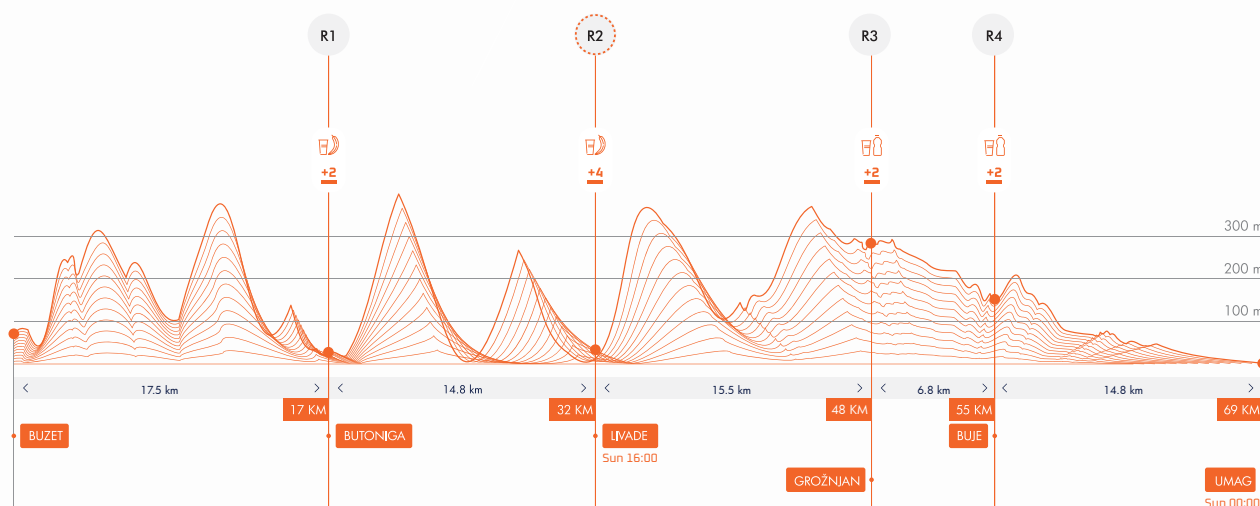
Distance
69 KM

Elevation gain
2220 M

Start place
Buzet

Start date
11.04.2026.

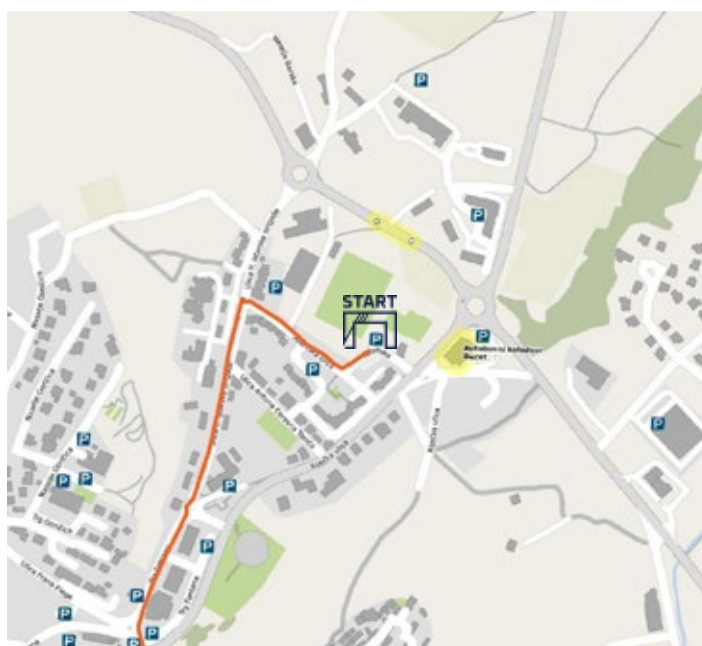
Start time
09:00



R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO



START
BUZET
Sportska ulica
SATURDAY 11th @ 09:00



from Umag - fastest route*

Umag - direction Buje - in Buje
direction Buzet

distance: 48 km
drive time: 1h 02min

TIMETABLE

THURSDAY 9TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 10TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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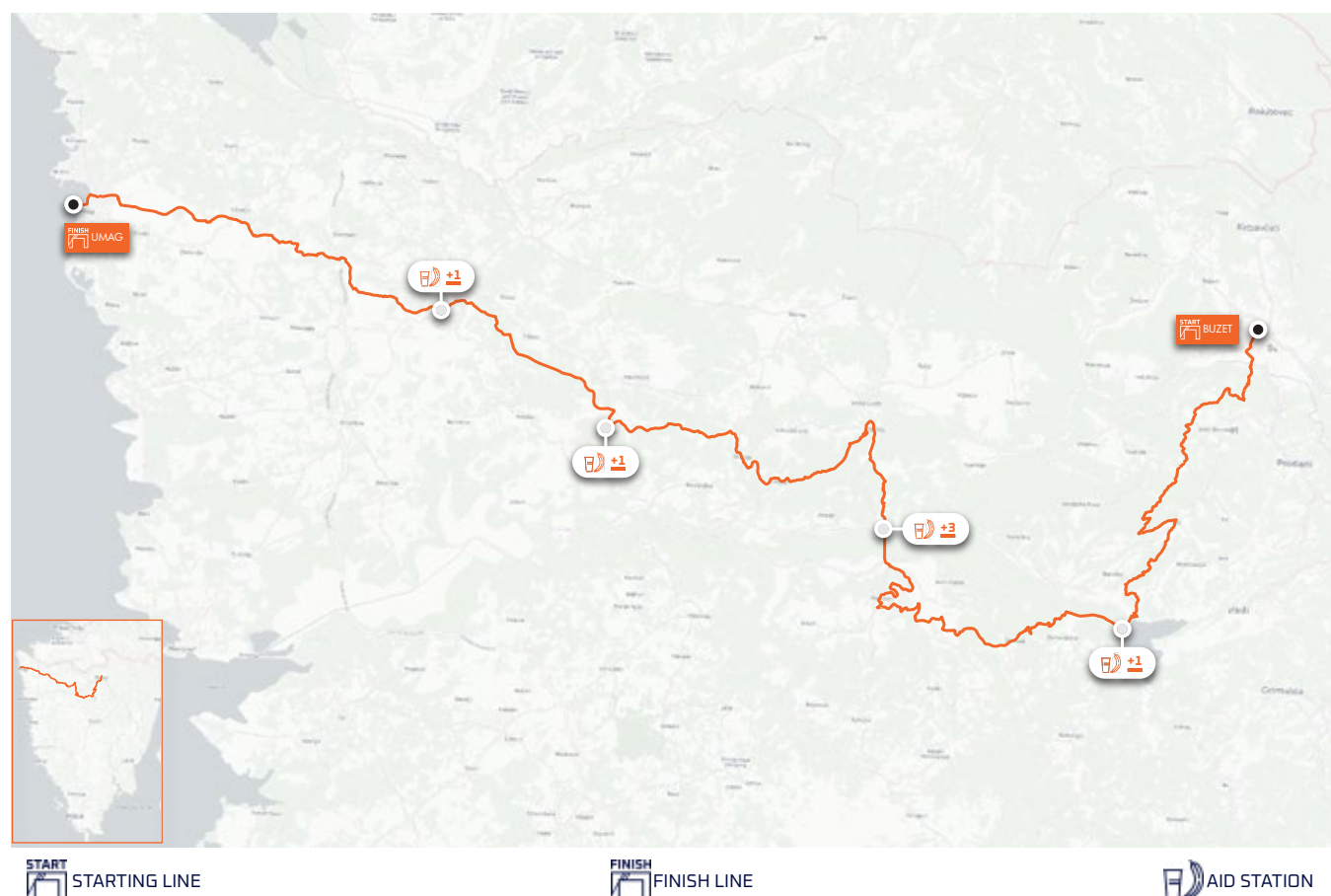
SATURDAY 11TH

07:15	Sports Hall, Umag	 Bus departure to start
09:00	Buzet	 START!
17:30	Finish line, Umag	 Expected Winner

SUNDAY 12TH

00:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

MAP



AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D - (M)	Fastest	Slowest	Time barrier	Services
Buzet	74	0	0	0	Sat 09:00	Sat 09:02		START 
Butoniga	30	17.5	789	833	Sat 10:18	Sat 12:42		  
Livade	11	14.8	1437	1499	Sat 11:33	Sat 16:00	Sat 16:00	   
Grožnjan	278	15.4	2141	1936	Sat 12:59	Sat 19:57		  
Buje	150	6.8	2190	2114	Sat 13:29	Sun 21:17		  
Umag	1	14.7	2295	2367	Sat 14:37	Sun 00:00	Sun 00:00	FINISH 



Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffee	Hot soup	NĀAK bars and waffles	NĀAK Drink Mix
Butoniga		X		X	X	X		X	X	X	X	X	X	X	X	X
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	X
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						



Eyewear
Astral Sphere

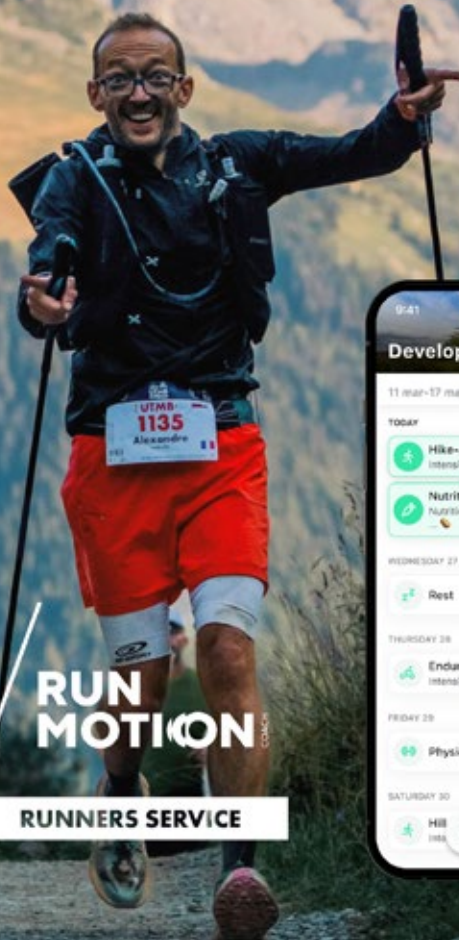
PERFORMANCE
STARTS IN YOUR HEAD.



 **RUDY**
PROJECT

Rudy Project R&D division. All rights reserved.

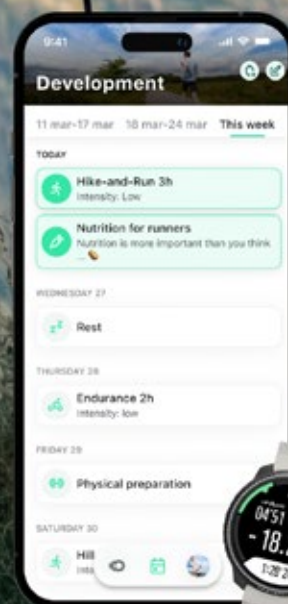
YOU'RE GOING TO LOVE TRAINING!



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**RUN
MOTION**

RUNNERS SERVICE



ISTRIA 42K

This course is great for beginners in trail running. It starts at the bottom of the medieval town of Motovun, climbs up the second medieval town of Grožnjan, and merges with the other courses all the way to the sea-front in Umag.

RACE CATEGORY

50K



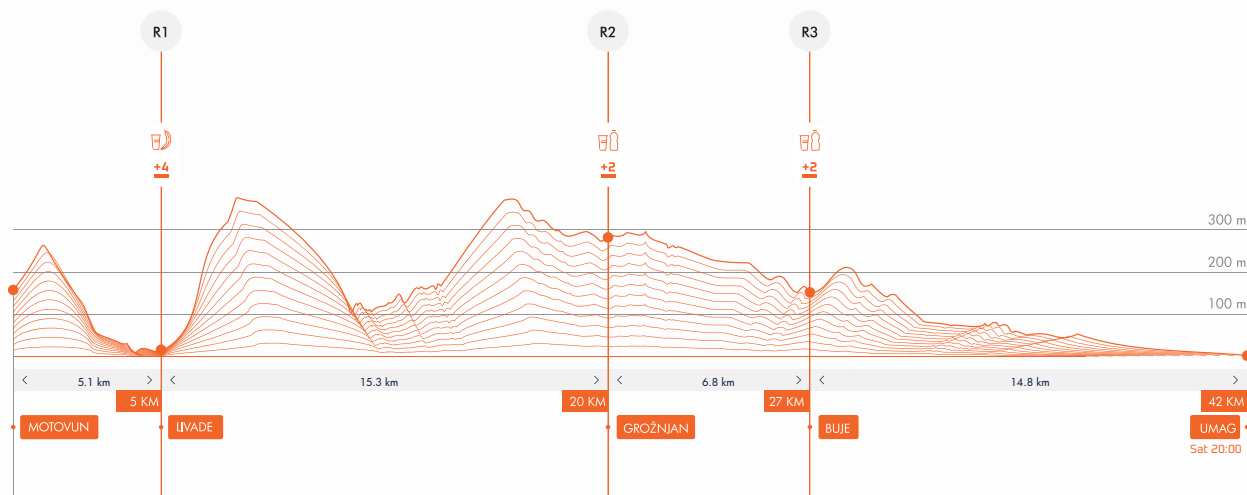
Distance
42 KM

Elevation gain
950 M

Start place
Motovun

Start date
11.04.2026.

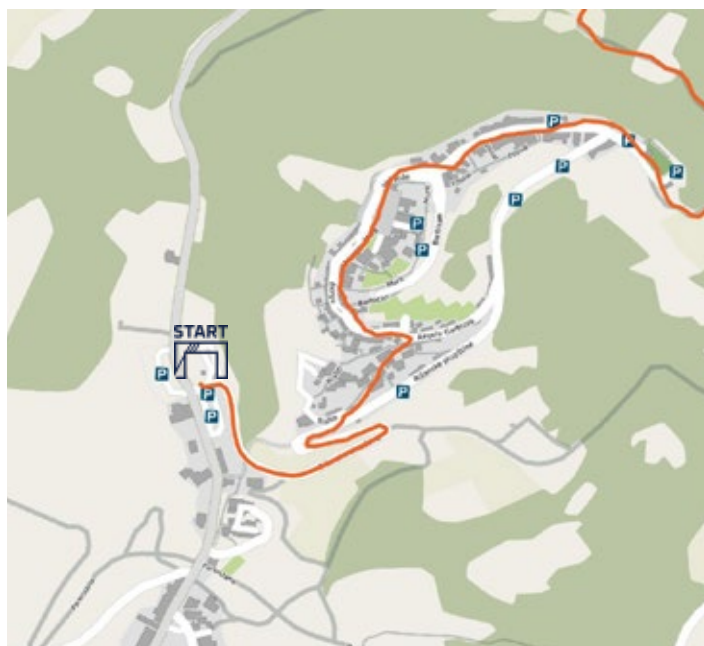
Start time
12:00



R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO



START MOTOVUN
Lower city parking
SATURDAY 11th @ 12:00



from Umag - fastest route *

Umag - direction Buje - in Buje
direction Buzet

distance: 35 km
drive time: 0h 49min

TIMETABLE

THURSDAY 9TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 10TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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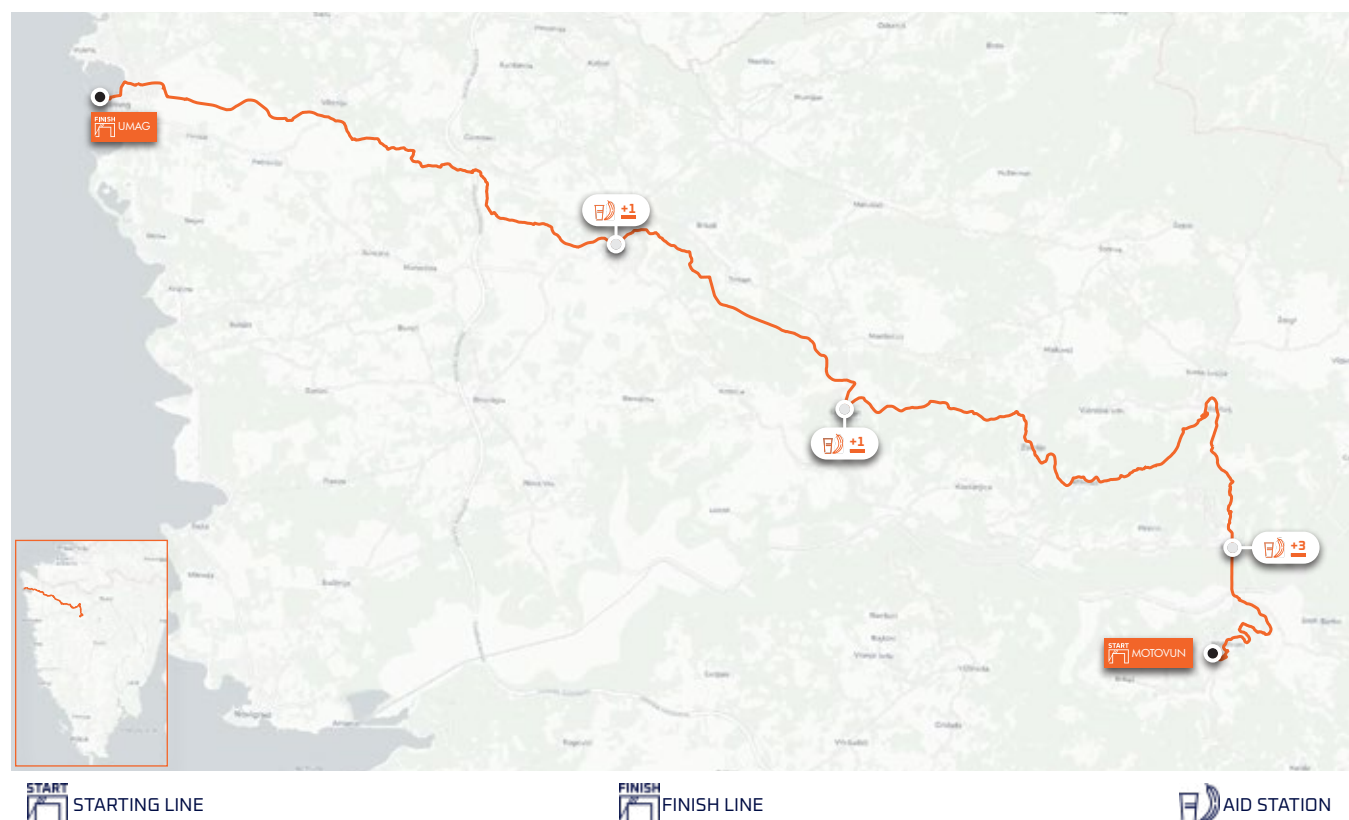
SATURDAY 11TH

07:30 - 10:00	Sports Hall, Umag	 BIB distribution
10:30	Sports Hall, Umag	 Bus departure to start
12:00	Motovun	 START!
15:00	Finish line, Umag	 Expected Winner
20:00	Finish line, Umag	 Time limit

SUNDAY 12TH

13:00	Finish line, Umag	 AWARD CEREMONY
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MAP



AID STATIONS & TIME CHARTS

Location	Altitude (M)	Dist. inter (KM)	D + (M)	D- (M)	Fastest	Slowest	Time barrier	Services
Motovun	157	0	0	0	Sat 12:00	Sat 12:02		START 
Livade	12	5.1	125	270	Sat 12:19	Sat 12:55		  
Grožnjan	278	15.3	841	720	Sat 13:31	Sat 16:11		  
Buje	150	6.8	897	904	Sat 13:57	Sat 17:22		  
Umag	1	14.7	1020	1176	Sat 14:55	Sat 20:00	Sat 20:00	FINISH 

 PROVISIONS

 DOCTOR

 NÄK® PRODUCTS

Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffee	Hot soup	NÄK bars and waffles	NÄK Drink Mix
Livade		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X	X	X
Buje		X	X	X	X	X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						





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-  IP68 Water Resistant
-  Up to 10 Hours batterie life



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FINISH LINE
WITHOUT
FOOTCARE**



PEDICURE

3 weeks before

TANNING

Apply from D-20 to D-10
Alternate lemon juice and
ANTI-FRICTION cream every evening

**ANTI-FRICTION
CREAM**

From D-10 to D-day
Apply cream generously every day

**#nofinishline
withoutfootcare**

ISTRIA 21K

The shortest course is for everyone who would like to experience trail running for the first time.

RACE CATEGORY

20K M



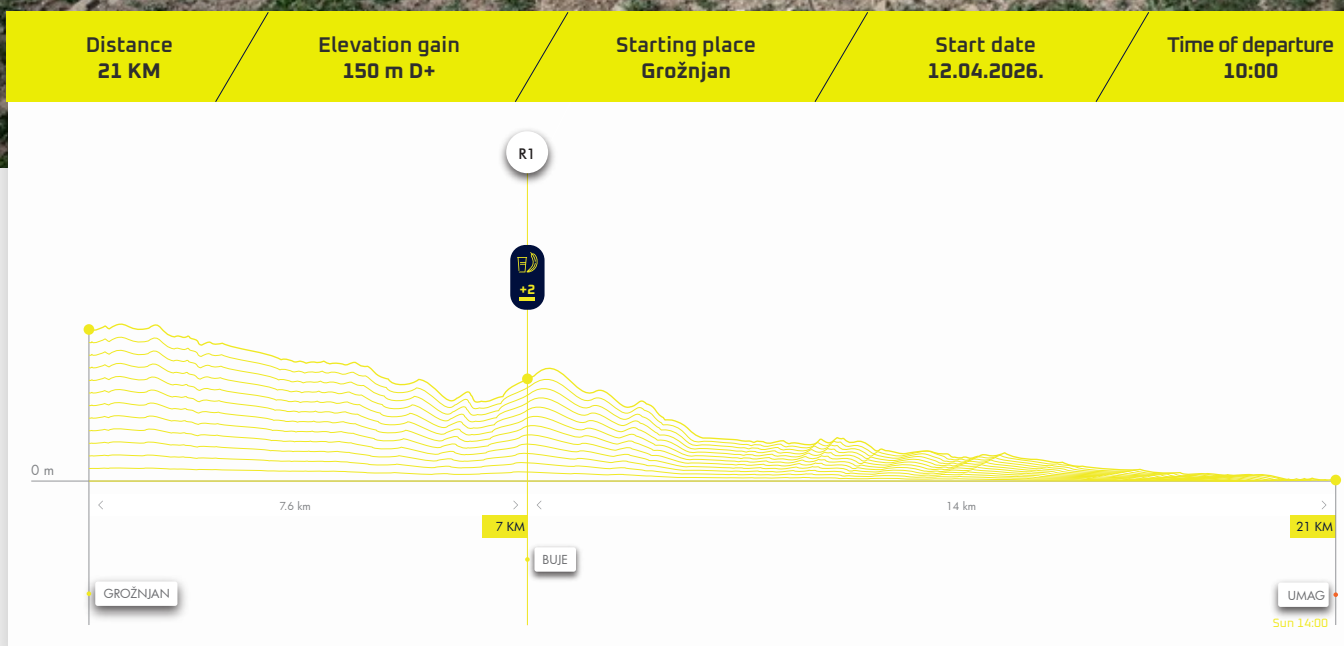
Distance
21 KM

Elevation gain
150 m D+

Starting place
Grožnjan

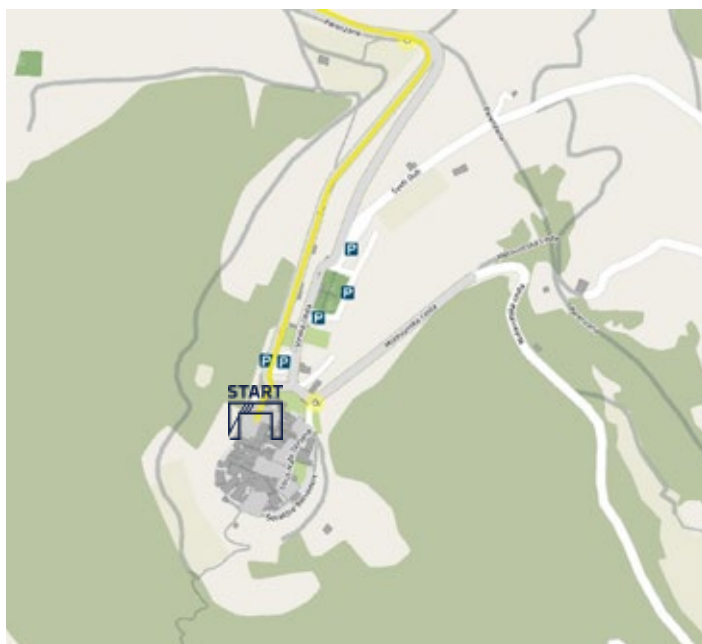
Start date
12.04.2026.

Time of departure
10:00



R1 CHECKPOINT - no assistance permitted

START MAP



START INFO



GROŽNJAN
Town square
SUNDAY 12th @ 10:00



from Umag - fastest route *

Umag - direction Buje - in Buje
direction Buzet

distance: 21 km
drive time: 0h 27min

TIMETABLE

THURSDAY 9TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 10TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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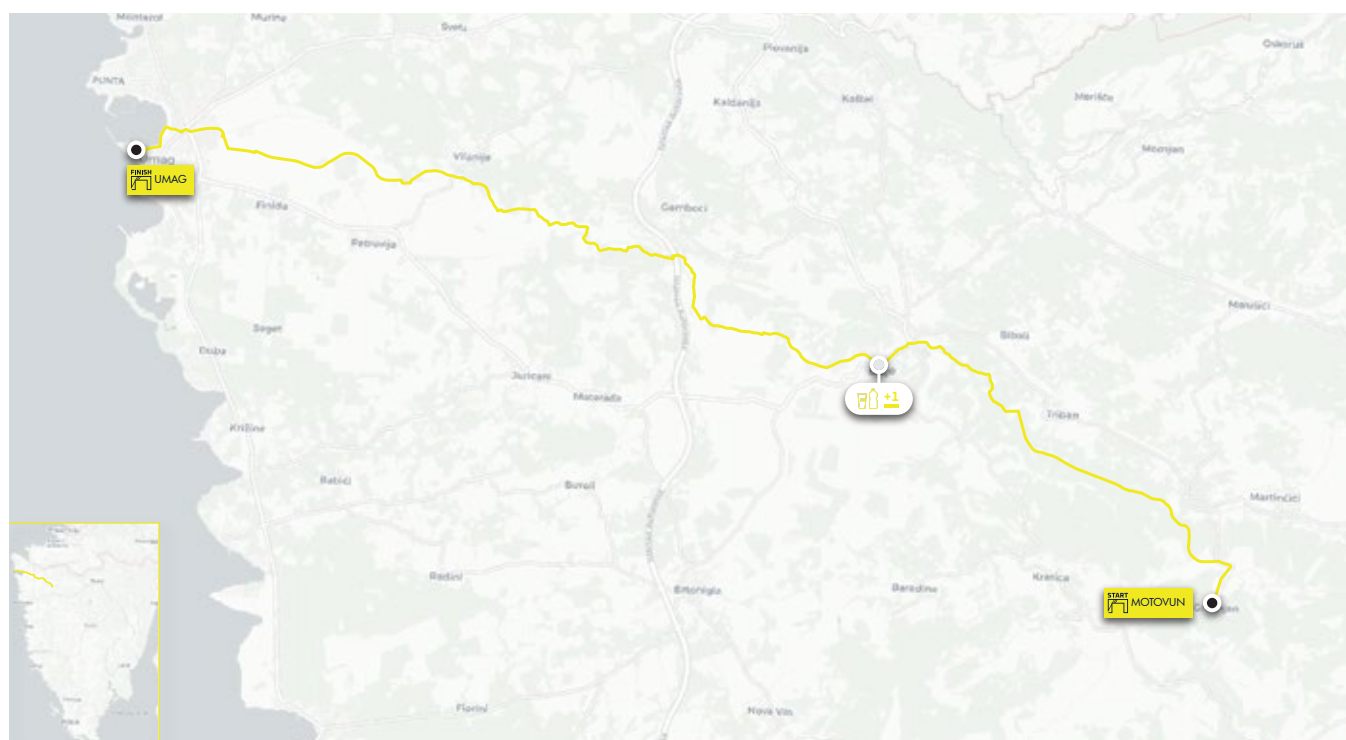
SATURDAY 11TH

07:30 - 13:00	Sports Hall, Umag	 BIB distribution
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SUNDAY 12TH

08:30	Sports Hall, Umag	 Bus departure to start
10:00	Grožnjan	 START!
11:15	Finish line, Umag	 Expected Winner
13:00	Finish line, Umag	 AWARD CEREMONY
14:00	Finish line, Umag	 Time limit

MAP



Location	Altitude (M)	Dist. inter (KM)	D + (M)	D- (M)	Fastest	Slowest	Time barrier	Services
Grožnjan	275	0	0	0	Sun 10:00	Sun 10:02		START 
Buje	150	6.8	45	170	Sun 10:26	Sun 11:11		  
Umag	1	14.7	141	415	Sun 11:30	Sun 14:00	Sun 14:00	FINISH 



PROVISIONS



DOCTOR



NÄAK® PRODUCTS

Aid station	Hot-food	Cheese / Meat	Pastries	Fruits	Bread	Salty snacks	Nutella	Biscuits	Cola	Water	Isotonic	Tea	Coffee	Hot soup	NÄAK bars and waffles	NÄAK Drink Mix
Buje		X	X	X		X		X	X	X	X	X	X	X	X	X
Umag				X		X		X	X	X						



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