





WELCOME TO TOSCOLANO MADERNO

Sports and entertainment in contact with nature, on the Brescia shore of Lake Garda.

On Saturday, May 25, 2024, the town of Toscolano Maderno will host XTERRA Italy Lake Garda, the first stage in Italy of the prestigious XTERRA Off-Road Triathlon World Circuit. After the success of previous editions, we return to the original format with the events on Sunday, May 26, 2024, featuring the kids' cross multisport and the open water swimming race with two distances that attracts a large number of participants and spectators. Organized by the K3 Triathlon Cremona club in synergy with the Municipal Administration of Toscolano Maderno and local tourist promotion entities, the event aims to promote the Garda area and its surroundings, its natural and artistic beauty, and open up the Brescia and Lombardy region to the world.

The XTERRA brand intends to strongly associate with the Garda area to build a winning combination of sports and territory, in full respect of green values, sustainability, and environmental protection.

XTERRA, is not just a triathlon race but a media phenomenon with thousands of followers, a vibrant tribe that follows every event and travels around the world. XTERRA is not just a competition but a village, an outdoor sports celebration that revolves around the race, connecting enthusiasts from around the world in an attempt to lower the volume and frenzy of an increasingly chaotic world and bring harmony between humans and the Earth. Through the challenge of triathlon, the adrenaline of competition, and the pleasure of achievement.

XTERRA PARTY- On Saturday evening, XTERRA WARRIORS and all supporters can enjoy live music by local artists and rock covers by a famous band while tasting local products and craft beers.



X TERRA®

LAKE GARDA

This guide contains all the necessary information to participate in the weekend races in the best possible way and to enjoy a pleasant stay at Lake Garda. For any additional information or clarifications, please do not hesitate to contact

the organization at gardalake@xterra-italy.it.

Official website www.xterraplanet.com



LOCATION

Toscolano Maderno is a municipality in the province of Brescia, located on the western shore of Lake Garda, in the heart of the Riviera dei Limoni. The town is 40 km away from the province and belongs to the Alto Garda Bresciano Regional Park. It is situated on a long promontory between the port of Toscolano and the bay of Maderno, at the foot of Mount Pizzocolo and Mount Castello di Gaino, which offer a breathtaking view of the Italian lake and its beautiful surroundings. Toscolano is known for its paper industry (in the Valle delle Cartiere), while Maderno's economy is mainly based on tourism, thanks to its picturesque landscape. In addition to this, the production of excellent wines, oils, and lemon juice plays an important role. The surroundings offer various opportunities for excursions, trekking, and mountain biking in the surrounding hills. The climate is typically Mediterranean, with pleasant temperatures throughout the year, allowing for frequent swimming in Lake Garda.

WATCH THE RACE

You can follow the race in real-time on the MAXI Screen at the race venue with live timing. The event's timing is entrusted to ENDU, and all the results will be visible on the website www.ENDU.net.

ORGANIZATION

Company: **K3 Triathlon Cremona** gardalake@xterra-italy.it
Marco Zoppi (race director): ironzop@libero.it - cell. 331 3758117
Claudio Bruni (owner): bruniclaudio@icloud.com - cell. 392 6122474

RACE OFFICE

The race office is set up at the race venue located on Lungolago Zanardelli, near the former horse riding field, and will be accessible during the indicated hours in the program.

PRESS&MEDIA

Press accreditations should be requested via email at gardalake@xterra-italy.it and will be available at the secretariat.



EVENT SCHEDULE

Much more than just a race. XTERRA Italy Lake Garda promises to be a whole weekend dedicated to triathlon: running, biking, swimming, but also entertainment, fun, and side events in the XTERRA village. On Saturday, May 27th, and Sunday, May 28th, Toscolano Maderno and Lake Garda will be the perfect backdrop for a total sports event, enriched by four different races culminating in the first off-road race of the prestigious world circuit in Italy.

FRI 24/05/2024

- 3PM - 5PM** Opening **XTERRA VILLAGE**
- 5PM - 7PM** Opening race office and distribution of race bibs at the former Lungolago Zanardelli Equestrian Field
- 6PM** Super Sprint-Sprint-Full Race Briefing in Italian/English

SAT 25/05/2024

- 7AM - 12PM** Opening race office
- 8AM - 8PM** Opening **XTERRA VILLAGE**
- 8AM - 9:15AM** Opening/closing transition zone **XTERRA SUPER SPRINT/SPRINT**
- 9:30AM** Start **XTERRA SPRINT**
- 12PM** Start Pasta Party XTERRA SUPER SPRINT/SPRINT - awards ceremony **XTERRA SUPER SPRINT/SPRINT** upon the arrival of the last athlete
- 10:45 - 12:15AM** Opening/closing transition zone XTERRA Full
- 12:30PM** Start **XTERRA FULL**
- 18PM** Awards ceremony **XTERRA FULL**
- 9PM** **XTERRA PARTY**

SUN 26/05/2024

- 8:30-12:30** Opening race office
- 8:00-14:00** Opening **XTERRA VILLAGE**
- 9:00-9:45** Opening transition zone XTERRA Kids
- 10:00AM** Start **XTERRA KIDS cat. Ya-RA** followed **ES - CU -MC**
- 12:00PM** Awards ceremony KIDS
- 12:15** Breafing **XTERRA OPEN WATER SWIM**
- 12:30** Start **XTERRA OPEN WATER SWIM SHORT 1K**
- 12:40** Start **XTERRA OPEN WATER SWIM CLASIC 3K**
- 14:00** Awards ceremony **XTERRA OPEN WATER SWIM**
- 14:30** **XGARDA SMILE - LOCAL TRIATHLON COMPETITION**





26.05.2024 | XTERRA Lake Garda

20.07.2024 | XTERRA Lake Scanno

12.10.2024 | XTERRA Sardegna

XTERRA races in Italy are known for their diverse locations, varied terrains, and challenging elements. The XTERRA Italian Challenge offers individual athletes the opportunity to compete against each other to determine the highest score in the XTERRA premium races held at Lake Garda, Lake Scanno, and Sardinia. Athletes with the best performances in all three races will be named champions of the Italian Challenge.

Individual prizes

1° Jersey + entry to the 2024 race + prize

2° Trophy + prize

3° Trophy + prize

**Information, and rules at
[XTERRAplanet.com](https://www.xterraplanet.com)**





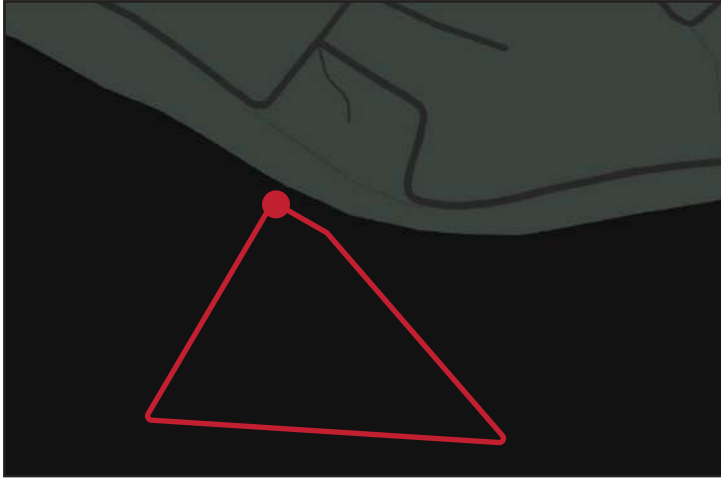
LEGEND:

- First AID station
- Timekeepers
- Race office
- XTERRA Expo
- Retreat backpacks
- Locker rooms
- Athlete refreshment
- Media point & maxi screen
- Penalty stop

SPONSOR & PARTNER



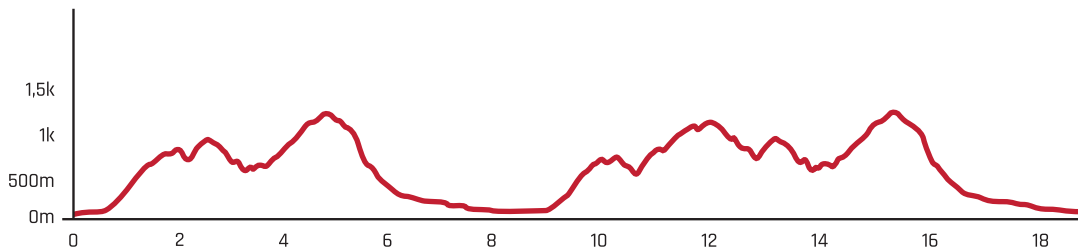
Food area on race venue.



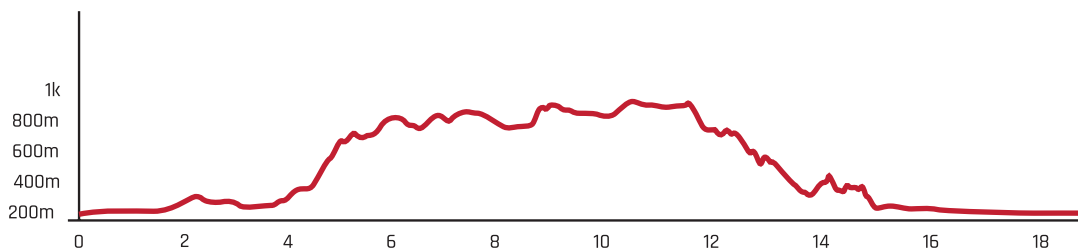
Swim Section: 1.5 km (750 m to be repeated twice) with an exit from the water and re-entry into the lake area in front of the race area.

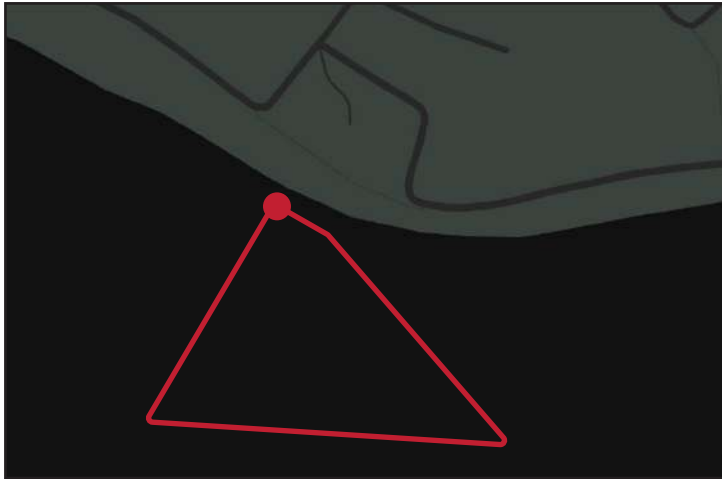


Bike Section: 30 km (one loop of 13.2 km and one loop of 16.8 km with a total elevation gain of 1010 m) with an intermediate passage along the lakeside.



Run Section: Single loop of 11.2 km (300 m elevation gain) that runs between the Valle delle Cartiere and the characteristic village of Gaino, on mixed asphalt/stone/dirt roads.

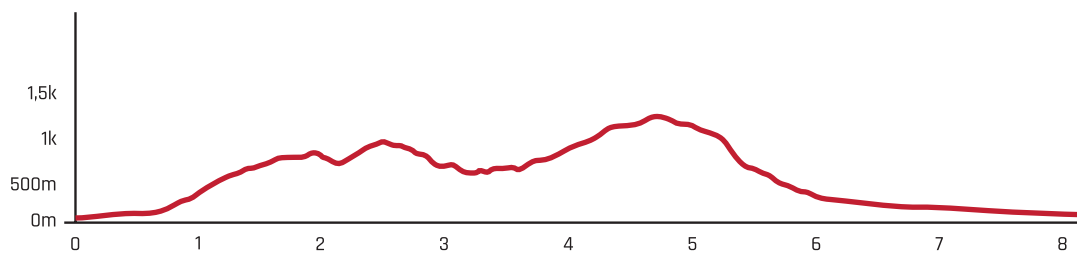




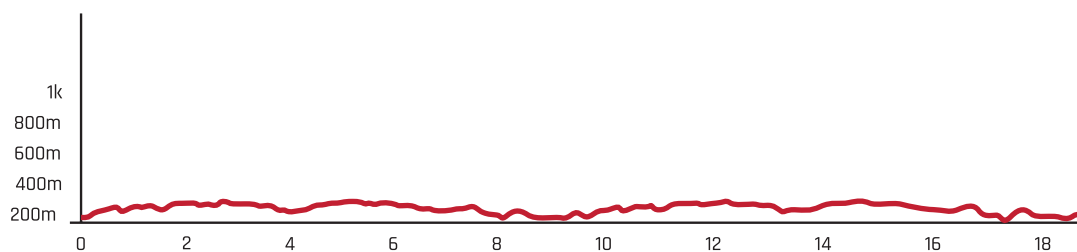
Swim Section: Single loop of 750m in the lake area in front of the race area.

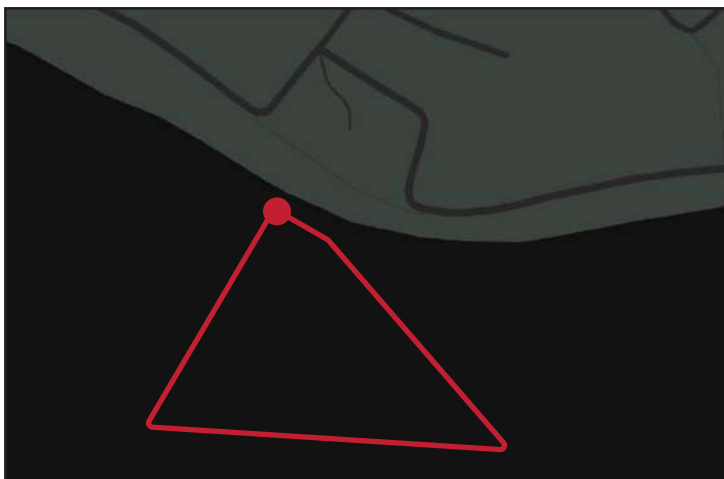


Bike Section: Single loop of 13.2 km (430 m elevation gain). Technical course with some challenging sections.



Run Section: 2.4 km loop (50 m elevation gain) to be repeated twice, which runs through the roads of the promontory. Mixed asphalt/dirt road course.

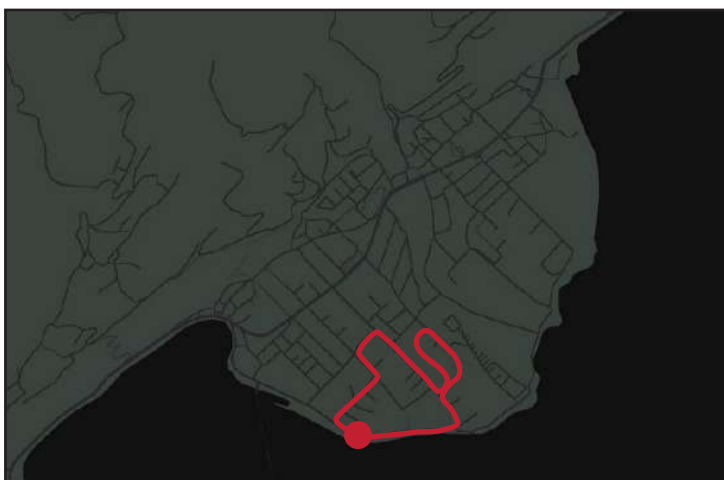
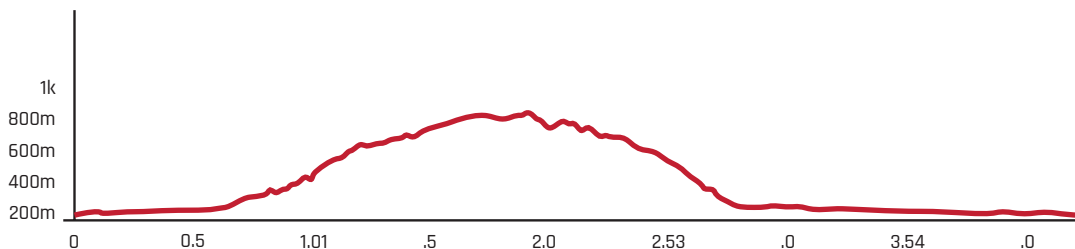




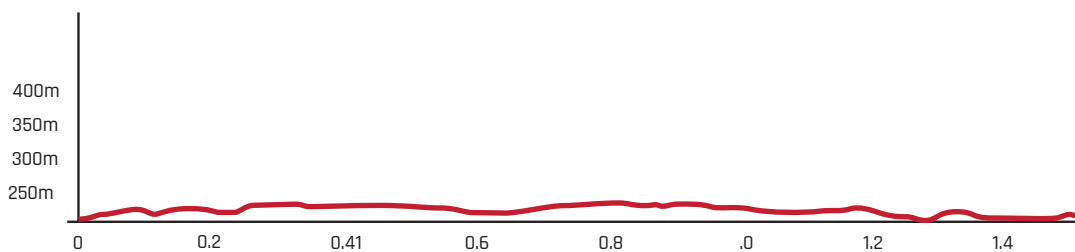
Swim Section: Single loop of 400 m in the lake area in front of the race area.



Bike Section: Single loop of 7 km (200 m elevation gain). It features a single ascent and a non-challenging descent.



Run Section: Single loop of 2.1 km flat route along the roads of the promontory, mostly on asphalt.



TRANSITION AREA

FULL FLOW



2 laps



2 laps



1 lap



FINISH

SPRINT FLOW



1 lap



1 lap



2 lap



FINISH

RACE TECHNICAL PACK

You will find

- **Timing chip to be worn on the left ankle**
- **Race bib for the Run section**
- **Bib number plate for the Bike section**
- **Race number tattoo**
- **Sticker kit to be applied to the helmet and bags (for storage)**

To collect it please bring

- National federation card and identification document
- Italian medical fitness certificate (triathlon) and identification document

If any of the above documents are missing, the athlete will not be able to participate in the race. For athletes requiring a medical certificate, it is possible to book the medical examination on May 25-26 in Toscolano Maderno (booking is mandatory, email: gardalake@xterra-italy.it).

OFFICIAL RULES

<https://www.xterraplanet.com/race/xterra-lake-garda>



AWARDS

SPRINT / SUPER SPRINT

Top 3 overall finishers M/F
Top 3 finishers in each category

FULL

Top 5 overall finishers M/F
Top 3 finishers in each category
Top 3 relay teams

2023 TRENTO WORLD CHAMPIONSHIP SLOTS

For Full race participants only, 51 slots will be up for grabs, and an additional extra slot will be awarded every 10 participants per category.

SPECTATORS

SWIM SECTION

The swim start from the beach in front of the race area provides a great opportunity to witness the spectacle of athletes in their respective heats. The double loop of the Full race allows spectators to follow the progress of the swim leg as athletes make their way along the beach at the end of the first loop before diving back in for the second loop. Transition T1-T2: Behind the beach where athletes finish the swim leg, there is a large area where bicycles are positioned. Here, spectators can observe athletes leaving the transition area to embark on the lakeside route towards the mountains.

BIKE SECTION

The spectacular and scenic bike course offers the chance to closely follow the race. In the Full race, spectators who prefer to stay at the village can witness the athletes passing by the lakeside halfway through the course. For those who want to get up close to the athletes' efforts, they can venture into the Valle delle Cartiere with a pleasant walk or by renting a bicycle at the race venue. Other spectacular points to admire the athletes include the categorized climbs (GPM) and the historic center of the beautiful village of Gaiino.

RUN SECTION

The run section can be followed either by staying within the race area or by easily moving along the course.

VILLAGE, LED WALL, AND LIVE COVERAGE

The race dynamics will be narrated by our speakers at the Village, with the assistance of the giant screen and live timing. Within the XTERRA Village, various entertainment activities and event announcements will take place throughout the weekend to make the stay enjoyable for athletes, supporters, and all those who wish to spend a pleasant day by the lake. By subscribing to the event's newsletter, you will receive the program of all activities in real time..







X TERRA[®]

LAKE GARDA

NUTRITION SUGGESTION BY

 **NAMEDSPORT[®]**
SUPERFOOD

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FA BENE ANCHE A CHI NON LA BEVE.



Le cellule del nostro corpo per stare bene necessitano di vivere in un **ambiente extracellulare alcalino** che le nutre, le ossigena ed elimina le tossine. Così rimangono più a lungo giovani e vitali, e noi con loro.

Idratati ogni giorno con Acqua Minerale Maniva pH8.



SCOPRI LE PROPRIETÀ
BENEFICHE DI MANIVA pH8

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LAKE GARDA

ORGANIZATION BY



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Comune di
Toscolano Maderno

