



























## **SCHEDULE**

FRIDAY, June 30th – Sulzano (BS)

12:30 PM - 04:00 PM Bib pickup

01:00 PM - 04:30 PM Bike check-in

**SATURDAY, July 1 st – Sulzano (BS)** 

02:00 AM Transition area opens for bike check-in

03:20 AM Boarding boats for the start

04:00 AM StoneBrixiaMan start

05:30 PM - 12:00 AM Athletes' arrival

**SUNDAY, July 2nd – Ponte di Legno (Bs)** 

09:00 AM Bike drop-off (by 11:00 AM)

11:30 AM Awards ceremony







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## **BAGS**

#### How to use them



#### **BAG01 T1 SULZANO - green**

It contains the swim-to-bike transition change. You will carry it with you to T1. At the end of the swim, you should place your wetsuit, goggles, and swim cap inside. You will find it again at the bike pick-up on Sunday morning.

#### **BAG02 TRIVIGNO - red**

(Optional). You will find it at the aid-station in Trivigno, at approximately km 97. You can include a change of clothes, food, supplements, etc.

#### **BAG03 GAVIA - blue**

(Optional). You will find it at Passo Gavia. You can include clothing for the descent as it can get cold.

#### **BAG04 T2 PONTEDILEGNO - black**

You will find it in T2, at the end of the bike course. You should place your bike-to-run transition change inside.

#### **BAG for FINISH- numbered sticker**

This is your personal bag for post-arrival. You should affix the **GREEN** sticker with your bib number. It can also be brought to the finish line by your friends/family.





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## **BAGS'** delivery



# The BAGS (except for BAG01) must be delivered on FRIDAY at the Bike check-in

BAG01 T1 - It must be left in the transition area after the swim

BAG Arrival - It doesn't necessarily need to be delivered but can be brought to the finish line by your family or companions

All the bags will be returned on Sunday morning with your bike

























## MANDATORY EQUIPMENT - RUN -

For the RUN course, it is mandatory to have the following equipment:

- Technical waterproof windproof jacket suitable for high mountain use (made of GORE-TEX or similar material)
- 2. Long-sleeved thermal shirt
- 3. Long trousers
- 4. Thermal hat or thermal buff
- 5. Headlamp
- 6. Emergency blanket (e.g., aluminum foil blanket)
- 7. Whistle
- 8. Reusable cup for drinking at refreshment points
- 9. Water and food reserves
- 10. Mobile phone
- 11. GPS turned on (provided by the organization)







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## MANDATORY EQUIPMENT - CHECK -

Two mandatory equipment checks are scheduled:

- 1. Before the race: on Friday during the bib pickup (rember to bring your run backpack for check).
- 2. During the race: in T2 at the start of the RUN course.

#### **ATTENTION**

The mandatory equipment also applies to the SUPPORTER of the RUN course.





























## **SUPPORTER TEAM**

#### - RUN Course -

- At the start from T3 Passo del Tonale, it is mandatory for each athlete to have the SUPPORTER for the last 7.5 km of the race
- The supporter can run with the athlete throughout the entire course
- The supporter can carry the athlete's equipment
- The supporter too must have the mandatory equipment
- The supporter is allowed to enter the Transition Zones (wearing the vest with the bib number)
- It is mandatory to provide the supporter's information via the form you received via email: <a href="https://form.typeform.com/to/SOBaaze6">https://form.typeform.com/to/SOBaaze6</a>



























## **SUPPORTER TEAM**

#### - BIKE Course -

- Each athlete can have a support car (not mandatory) accompanying him
- Support to ahlete is allowed only when the car is stopped
- The support car will NOT be allowed to go up to Passo Gavia in order to avoid traffic congestion. It must stop at the beginning of the ascent
- You will find an identification sticker for support cars in the race pack

























## RACE OFFICE

Municipality of Sulzano (Bs), via C. Battisti, 91 - Sala Civica 2nd floor

#### RACE OFFICE OPENING HOURS

Friday, June 30th - 12:30 PM to 4:00 PM

- **Race pack collection**
- **Bib number pick-up**
- **Bags collection**
- **Mandatory RUN material check**





























## RACE OFFICE

#### What you will find in the race pack:

- Event gadget
- Athlete bib
- Supporter RUN vest
- Swim buoy with adhesive sticker
- Tracking light to be applied to the swim buoy
- Numbered stickers for helmet, bike, T2 bag, and finish line bag
- Timing chip
- 4 BAGS for the race + numbered sticker for the finish line bag
- Support vehicle sticker
- 1 GRAY athlete bracelet (required for arrival dinner at Rifugio Paradiso)
- 1 RED supporter bracelet (required for arrival dinner)
- 1 COUPON for Sunday's pasta party





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## RACE OFFICE

In the race office, it will also be possible to:

- **Purchase merchandise from the shop**
- **Purchase additional COUPONS for Sunday's lunch**
- Collect discounted bracelets for the Tonale-Paradiso cable car

How can family members and companions reach the finish line?

The finish line at Passo Paradiso can be reached using the "Tonale - Paradiso" cable car Tickets can be purchased at the ticket office located in Passo del Tonale at a discounted price by showing the yellow wristband provided during the race packet pickup.

The ticket office will be open until 9:00 PM on Saturday, July 1st.

The cable car will be open for the descent until 1:00 AM on Sunday, July 2nd.



























## **T**1

Piazza 28 Maggio – Sulzano (BS) (near the Race Office)



- At 1:00 PM T1 opens
- · At 4:30 PM T1 closes
- Bike Placement and Preparation
- Handing over bags 02/03/04/05 to the organization

Bag 01 (swim-to-bike transition) will be left in T1 after the swim. It can be retrieved by the support team or, if left in T1, we will return it on Sunday morning at the bike pick-up.





























## THE RACE DAY





























## PRE-RACE

#### 2.00 am T1 OPENING

You can prepare your bike and the swim-to-bike change.

At the entrance you will receive the GPS device already turned on and functioning.

IMPORTANT: For the swim course, the GPS device must be left in the transition area. DO NOT take it into the water. We recommend put it in the pocket of your cycling jersey, already turned on.

- 3.15 am T1 CLOSING
- 3:20 am CHECK-IN AND BOATS BOARDING to reach the starting point







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## **TRACKING BUOY**

The start will take place in the dark. It is therefore mandatory to wear the luminous buoy during the swimming course.



- 2. Activate the light before the start (the light lasts approximately 8 hours)
- 3. Secure the light to the inflated buoy
- 4. Secure the buoy around your waist. DOUBLE-CHECK that it is securely tied!!!

When entering the water, do not dive in as the impact with the water can tear the buoy.

#### FOR YOUR SAFETY, IT IS EXTREMELY IMPORTANT TO NEVER LOSE THE BUOY.





























## SWIM ROUTE - 3,8 km

The starting point is Tavernola Bergamasca, on the opposite shore of the lake

For supporters who wish to witness the start from land: Via Sarnico 35

https://goo.gl/maps/APDP5ms8nwgXqVTRA

The route is straight: you must aim directly for the exit point

There are two clear landmarks on the coast that indicate the exit point from the water:

- 1. The beam of light projected towards the sky (see photo)
- 2. The bell tower of the church in Sulzano

There will be 2 buoys with flashing lights:

- 1 buoy 1000 meters from the finish, near Montisola
- 1 buoy in front of the water exit point

Note: The buoys are DIRECTIONAL only.

You can pass them on either your right or your left side.





























## SWIM COURSE - 3,8 km







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## **SWIM COURSE**

### **Swim ASSISTANCE**





#### Assistance in the water will be guaranteed by:

- Water ambulance with divers rescuers
- Motorboat with divers
- jet skis with rescuers.
- 3 staff boats
- 10 SUPS
- 3 ambulances (on the ground)































## **SWIM OUT**

- T1-



- Your supporter can enter in T1 and help you
- You have to put your swim stuff in your BAG 01. You have to leave it near your bike place. If you prefer, you can leave your BAG 01 to your support team: ask the autorisatione to our staff
- You have to leave your swim buoy too on the ground near your bike place or put it in your BAG
- Before starting the bike course, check to take the GPS. For safety reasons, the GPS must ALWAYS be kept with you throughout all the bike and all the run courses
- You can follow athletes by LIVE TRACKING: <a href="https://endu-l.ink/SBMTRI">https://endu-l.ink/SBMTRI</a>



























- Start: Sulzano
- Finish: Ponte di Legno
- Total length 175 km
- Positive difference in height: 4100 m





























- The route is marked with yellow / black arrows and by symbols on the asphalt.
- **Attention: car traffic is open: you must respect** the highway code:
  - traffic lights
  - level crossings
- **ATTENTION:** there are 2 level crossings
- There will be 6 relay motorcycles along the entire Bike course
- We'll have n. 4 staff motorcycle on the road











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### Km 8,0 - crossroad to bicycle lane Vello-Toline

At km 8 you have to abandon the main road and begin the cycle path «Vello-Toline».

**ATTENTION:** turn left!!

Support cars will not be able to drive along this stretch of road but they have to go straight on. They will resume the race course at about 15 km, at the beginning of the town of Pisogne



























#### **Km 86 - Bivio Trivigno/Mortirolo**

- FIRST 70 km, UP to the town of EDOLO: you will travel along the old SS of Valle Camonica. Follow the valley. Beware that there is also the ring road. Be careful not to take the junctions for the ring road! If you find yourself on a junction for the ring road: you are on the wrong road!!
- KM 86 approximately APRICA: Attention, before reaching the Aprica pass, take the junction on the right for TRIVIGNO - MORTIROLO































### Km 140 - passage in the center of Ponte di Legno

- ATTENTION: The route crosses the central street of Pontedilegno (Corso Milano) which is a pedestrian area. In the late morning when you arrive, it's very busy
- At the beginning of the pedestrian area there will be a narrowing at the entrance to the street and it will be specially marked by staff
- From that point to the refreshment point (150 m) it will be MANDATORY to proceed at EXTREMELY MODERATE speed, respecting pedestrians
- There are penalties for those who cross this section at high speed

























## Km 140 - passage in the center of Ponte di Legno



























#### Km 144 - Passo Gavia

• The climb to passo Gavia is forbidden to support cars. They have to stop at the beginning of the climb, in locality Sant'Apollonia:



• During the DESCENT pay GREAT ATTENTION: the road is narrow, it is open to traffic, there will be many motorbikes and bicycles traveling along it



























## **BIKE course - Penalties**

- Draft is forbidden, both with cars and with other bikes (No Draft)
- It is FORBIDDEN to be accompanied by other cyclists during the bike leg,
   even if not in the race
- There will be two checkpoints
- The technical spare bikes and the staff act as judges
- PENALTY The athlete who will be escorted by other cyclists (within 30 meters in the flat stretches and within 10 meters in the uphill stretches), whether preceded or followed, will given a penalty with a stop of 15 min.,
   From discount on departure from T2

The race will be a "journey" for yourself: avoid unnecessary unfairness

























## **REFRESHMENT POINTS and bags**

- SWIMMING EXIT / T1: Refreshment point with water and coke
- 1st BIKE REFRESHMENT POINT BRENO (km 43): water, coke, dried fruit
- 2nd BIKE REFRESHMENT POINT TRIVIGNO church of San Gaetano (km 97):
   water, coca, salts, dried fruit, bananas, tarts Here you'll find your BAG 02
- 3rd BIKE REFRESHMENT POINT PONTE DI LEGNO (km 140): water, coca, salts, gel, dried fruit, bananas, pies, crackers, cheese, cold cuts BAG 02
- 4th REFRESHMENT POINT CHECK-POINT PASSO GAVIA: water only Here you'll find your BAG 03





























## **Transition zone 2 -PONTEDILEGNO**





























## **Transition zone 2 - PONTEDILEGNO**

- You must leave your bike on the rack
- Our STAFF will take care of it
- You can collect your bike on Sunday morning at elementary school from 9.30 am to 11.00 am

(if your support team wants to take away the bike immediately, you can ask to the T2 staff. He can get it only after the autorisation and after the athlete has left it on the rack)

- In T2 you'll find your BAG04 on the numbered rack
- In T2 you'll find a changing room































## **Transition zone 2 -PONTEDILEGNO**

- From this point you can continue with your SUPPORT RUN TEAM
- From T2 you have to take with you the mandatory equipement (in T2 equipement checks may be carried out)
- Cut-off to leave T2 is at 5.00 o'clock

**REMEMBER** to take with you GPS when you start run course





























## **Frazione RUN - Percorso**

- Start: Pontedilegno 1200 m s.l.m.
- Finish: Passo Paradiso 2600 m s.l.m.
- Total lenght: 38,5 km
- Positive difference: 2.200 m



#### **RUN CUT-OFF:**

- Ponte di Legno km 20,5 (aid station): 19.15 p.m. (15h 15' from the start)
- T3 Passo del Tonale (km 31): 21.00 p.m. (17 h from the start)
- Arrivo Passo Paradiso (km 38,5): 0.00 a.m. (20 h from te start)



























## **RUN** course - Map

The course is all marked with balises and signs (in the village).



#### There are 5 aid-station:

- 1 km 8
- 2 km 17
- 3 km 20,5
- 4 km 25
- 5 km 31





























## **RUN** course

## km 15 - PAY ATTENTION: CROSSROAD

At 15 km you'll find a crossroad between the course of StoneBrixiaMan and Approach To Stone

PAY ATTENTION to take the correct route!!

The crossroad will be well signposted, but it is your respnsability to take the correct route: there will be no staff to man it





























## **RUN** course – Refreshment points

- 1st REFRESHMENT POINT VILLADALEGNO (km 8): water, coca, salts, dried fruit, bananas, pies, flatbreads, cheese.
- 2nd REFRESHMENT POINT LOC. VALBIONE (km 17): water, coca, salts, dried fruit, bananas, pies, flatbreads, cheese.
- 3rd REFRESHMENT POINT PONTEDILEGNO (km 20.5) water, coca, salts, dried fruit, bananas, pies, flatbreads, cheese, sliced sandwiches.
- 4th REFRESHMENT POINT loc. TONALINA (km 25): water, coca, salts, dried fruit, bananas, pies, flatbreads, cheese.
- 5th REFRESHMENT POINT PASSO TONALE (km 31): water, coca, salts, dried fruit, bananas, pies, flatbreads, cheese, sliced.

As per trail spirit that respects the mountains and nature, at the run refreshment points we will NOT have glasses: all athletes and supporters are required to have their own personal glass / eco-cup or reusable bottle

























# **RUN** course – Refreshment points

#### Aid-station are open in this time:

- 1° RISTORO VILLADALEGNO (km 8) dalle 12.45 alle 18.00
- 2° RISTORO LOC. VALBIONE (km 17) dalle 13.45 alle 19.00
- 3° RISTORO PONTEDILEGNO (km 20,5) dalle 14.00 alle 19.15
- 4° RISTORO loc. TONALINA (km 25) dalle 15.00 alle 21.00
- 5° RISTORO PASSO TONALE (km 31) dalle 15.30 alle 21.30

The closing times of the refreshment points are a sort of (abundant) cut-off. This means that for the athlete who arrives at a certain refreshment point after his closing time, it will be impossible to pass the check.point of Ponte di Legno and at the T3 at Passo del Tonale on time.

























# T3 - PASSO del TONALE

#### **Check-point / life base**





























## T3 - PASSO del TONALE

#### **Check-point / life base**

T3 on passo Tonale is a LIFE BASE.

T3 is located near the First World War Memorial, on the border with Trentino

#### You'll find:

- **Changing-rooms tents**
- Big refreshment point with hot drinks (tea and broth), ham, cheese, salami
- **Mediacal assistance point with ambulance, rescuers, doctors**
- Big car parking for supporters and fans



























## T3 - PASSO del TONALE

TIMING CUT-OFF: at 9.00 p.m.

to go on for the last 8 km of the race, you have to get into T3

BEFORE exactly 9.00 p.m. (17 h of race)

**ATTENTION:** we'll check the «seconds»

- There will be the official timing
- The timing will be absolutely MANDATORY. Athletes that arrive after 9
   o'clock will be stopped





























## **FINISH LINE**

**See you in Paradise!!!** 

At the finish line dinner in offered for **ATHLETES and RACE SUPPORTERS.** showing your bracelet

ATHLETE 常

SUPPORTER #

In Rifugio Paradiso you'll find your arrival bag.



There is a bathroom but it is not possible to take a shower

#### For friends and family:

- Restaurant is open till 0:30
- To get to finish line you have to buy cablecar tickets at the ticket-office at passo Tonale. The ticket offcie is open till 21.00. You have to show the yellow bracelet to have a discount.





























## ... e at the end

- ... if you succeed in conquer the Paradise...
- ... if you immediately want to make more memorable your long day
- ... directly at Paradiso Hutte, you can do the tatoo of StoneBrixiaMan: the praying man of the preistorical **engraving of Valle Camonica**



























## **ATTENTION**

#### **CUT-OFF**

- **SWIM**: 2 h 20' from the start at: 6:20
- **END BIKE**: 13 h from the start at: h.17:00
- RUN intermediate 20 km (Pontedilegno): 15 h 15' from teh start at h.19:15
- PASSO DEL TONALE (enter in T3): 17 h from teh start at h.21:00
- **FINISCH**: 20 h from the start at h.24:00



























## CONTACTS

For any communication and any emergency you have to contact RACE DIRECTOR at this number:

+39 388 6420290

Any withdrawal / abandonment of the race must be communicated IMMEDIATELY to the Race Direction by the athlete or by his support team.

If the telephone doesn't work, try with a data-call by Whatsapp or call other numbers

#### **Race Director**

Andrea Visconti +39 328.4740113

Massimiliano Rovatti +39 335.5940738

**!!! RECORD THESE TELEPHONE NUMBERS ON YOUR PHONE !!!** 



























#### **ASSISTENZA SANITARIA**



**During the race medical assistance is provided by:** 

#### **Camunia Soccorso:**

- 3 ambulances with medical personnel (bike + run)
- 1 hydro ambulance with rescuers and divers (swim)
- 1 jet ski with rescuer on board (swim)
- 1 motorboat with life-guard on board
- 1 special vehicle MASSIF (run)
- 1 quad (run)
- 2 doctors
- 10 healthcare personnel

#### **Gruppo Soccorso Alpino SASL**

4 rescue technicians from the National Alpine and Speleological































## **SUNDAY**

#### **CHECK OUT bikes and bags**

SUNDAY MORNING from 9:00 am to 11:00 am

At the School of Ponte di Legno - Crossroads between via Nino Bixio

and via Gennaro Sora - 200 m from T2

Get with you your bib number for check!!



**SUNDAY - at 11:30** 



#### **AND THEN...**



























## **PIZZOCCHERATA!!!!**

At the end of the awards ceremony, special pasta-party with a typical dish of valle Camonica: PIZZOCHERI

**Lunch** is offered to ATHLETES by presenting the coupon you found in the race pack.

Ristorante Sporting – viale Venezia, 46 – Ponte di Legno (500 m from the town center)

For other persons: it is necessary to purchase the lunch-coupon on Friday, at the race office (limited seats)





























#### For the FANS

- Live tracking of the race: <a href="https://endu-l.ink/SBMTRI">https://endu-l.ink/SBMTRI</a>
- Many live of the best moment of the race on Facebook and Instagram
- A lot of photos from our photographers
- Official video after the race



























#### **IMPORTANT !!!**

# For any doubt and question, on tuesday 28 june from 6.30 p.m. to 7.30 p.m. we'll have a live Q&A on Zoom that you can connect by this link:

https://us02web.zoom.us/j/87235674438?pwd=anNpL3dRTUd5dUdXcWo2b2gwNWZYZz09

We recommend to all of you to participate: there won't briefing during the race day.

If you want to see the Q&A in another moment, we'll record it and we'll share it to you















































