

After a long winter season for skiing lovers, it is now time for open-air sports and mountain running lovers to be on the starting line.

Thanks to Sauze d'Oulx local authority and all the people who spent time and energy on organizing it, a lot of young people will meet again this year to take part in the 11th Marco Germanetto memorial race, a race in memory of the young promising mountain running champion who prematurely died in a car accident.

It will be two days of mountain sport in Susa Valley, in the very same places where the XX World Mountain Running Trophy was held.

Those who love mountain running know that this is not an "ordinary" sport. It is not enough to practice track or road running but athletes must be strong and specifically trained to deal with an infinite variety of distance, ascent, descent and terrain. Mountain races take place in terrain that is mainly off road, normally utilizing walking tracks through woods and meadows.

As you can imagine this discipline is much more demanding than others and I think that contact with nature plays an important role in becoming fond of this sport. In mountain running a true sporting spirit goes hand in hand with the need to escape from everyday life thus allowing athletes to find themselves in a unique landscape, that of our valleys. A natural landscape that is the pride of our region, a landscape made of woods, tracks, a great variety of trees and wild animals.

Roberto Ravello

Regional Councilman with responsibility for the Environment