



## TRAININGS programme

Main centre – Costa di Folgaria TN - Alpe Hotel Eghel

19th June – no trainings

20th June - Thursday

h 10-15 PreO Lavarone – Rocchetti about 16km  
course planner: Marina Beltramo

h 13-17 TempO Lavarone – Parco Palù about 16km  
course planner: Renato Bettin

21st June - Friday

h 10-15 PreO Marcesina about 65km  
course planner: Roberto Manea

Trainings are free in time, so you can decide what time do you prefer to train and in which way (in group or individual). At the PreO courses timed controls are guaranteed with marshals till 12:00 o'clock, after that you may practice by yourselves; they are at the beginning.  
Maps available at the Hotel.

## PREO ITALIAN CHAMPIONSHIPS

22nd June - Saturday

h 13:00 PreO Serrada di Folgaria about 5km

23rd June - Sunday

h 9:00 PreO Costa di Folgaria – loc. Colpi  
course planner: Roberta Falda



Accreditation at Alpe Hotel Eghel to take your control cards, and last info if necessary.

## LUNCH PACKET and SOCIAL DINNER

It's possible to order lunch packet, cost is **Euro 6,00** per pack

On Saturday day there will be a Social typical dinner at Alpe Hotel Eghel. Cost is **Euro 25,00/person**  
Dinner is included for people sleeping at the Hotel.

Please book them by Paola Donà [paola.dona@altopianofl.it](mailto:paola.dona@altopianofl.it) – better before 15<sup>th</sup> June

WTCO Staff & GRONLAIT OR. TEAM