EMA Virtual Mountain Running Challenge
February 2021

On the Road to Valtramontina (EMMTRC 2021) – Compiled and designed by Alfred Hermes

10k – at least 200 meters of altitude gain

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Agnieszka Agnes Garves W45, Germany

My homage to the greatest love of my life: athletics.

Dear European Masters Team,

Road to Valtramontina organisation committee,

Stuttgart, 14th February

My homage to the greatest love of my life: athletics. Perfect weather, sun, fresh wind in higher altitudes and views. I had to take on the challenge of February 10 km and 251 m altitude gain. A small disadvantage were many people who also use the wonderful Sunday in the forest (distance rule) and my old "ricochet" shoes on the slippery ground. I've made some progress with the performance and I dare to climb the heights. This is where the most beautiful photos are created. It's fun and I wish all athletes good training, motivation and competition in Italy.

Best regards from Stuttgart

Agnieszka Garves

Mon activité course à pied: https://connect.garmin.com/modern/activity/6270890154?share_unique_id=4
Alfred Hermes M70, Germany

It was too beautiful to turn back after only 200 metres of altitude gain

Distance 10 km. Altitude gain 311 m. Time 1:07:18 min


It was a beautiful sunny day on 4 February. My destination was the famous Drachenfels (dragon rock) near Bonn. Wikipedia: "Several legends surround the Drachenfels, most famously that Siegfried – the hero of the Nibelungenlied – killed the dragon Fafnir, who lived in a cave in the hill, then bathed in its blood to become invulnerable."

The rock is located in the Siebengebirge (seven mountains). Much of the building material for Cologne Cathedral comes from there. In 1956 the site was declared a national park. From the castle ruins, on the summit of the hill, I enjoyed the view of the Rhine plain and even saw the Cologne Cathedral.

On the day of the run, the Rhine was in flood and inundated the Rhine promenade of Königswinter, where I started. Therefore, the planned warm-up run there was not possible. I decided to set off directly through the Nachtigallental (Nightingale Valley) in the direction of the rock. It was too beautiful to turn back after only 200 metres of altitude gain. Therefore, I walked to the the top of the mountain and reached an ascent of more than 300 metres. I also took time for photo breaks. After about 107 minutes, I returned to the starting point.

A.H

Protocol of the mountain race (February) / Protokoll des Berglaufs (Februar)

General: https://data.opentrack.run/en-gb/x/2021/CHE/ema_february/
Alfred's run log (Drachenfels):

Alfred Hermes

To improve the time, I later ran other trails: a) 1:01:14 & ^212 b) 57:13 & ^271
Nightingale Valley (Rockfall overnight during rain)  Castle ruins on the Dragon Rock

Rhine plain. Direction Bonn & Köln (cologne)

View of the Rhine plain from the dragon rock in a southerly direction
Kurt Kascke M65, EMA President
The course is an uphill trail with wine yards to the right but wilderness to your left

Road to Valtramontina 10k February 2021

It was late in the afternoon and a bit windy but I was motivated to run my favourite trail course. The first part took me from my residence village Assafora down the road to Cortezia. A sign indicates the gravel trail the Praia da Samarra where I hit the Atlantic Ocean. There is a little river that has water in the winter time only, but it needed to be crossed.

On the other bank the unknown trail goes up the hill heading to Casal dos Pianos and continues on a road to Tojeira without traffic. In this cute little village – where farming is the main business - I had to turn left to follow a hiking trail sign passing Lugar de Baixo and following Rua da Fonte da Anta.

The next part was very muddy but this time I did not take off my running shoes, just tried to jump over the puddles. The course is an uphill trail with wine yards to the right but wilderness to your left. On top of the hill there is a nice view onto Catribana on the other bank of the river that I had to cross again.

On the downhill trail you run on a rebuilt road of ancient Roman days. The highlight was the crossing of the Ponte Romana de Catribana. In the summertime people like to rest and do a picnicking right aside. The next kilometres were slowly uphill again. In the little village of Catribana some dogs watched me passing by but no barking and now running with me – luckily!

The last part was easy going again because the 10k were done and the 200m of elevation as well.

Next month, next challenge!

Kurt Kaschke

Kurt’s run log:  https://strava.app.link/oB03SVBnYdb (Distance 10.1 km; Time 1:08:22; Elevation 209 m)
Robert Rohregger M55, Germany
Im tiefen Schnee und auf vereisten Pfaden zur Hühnenburg im Teutoburger Wald
7. Februar 2021

Robert:

Beim nächsten Mal kenne ich die Streckenführung genau und hoffe, auf freien Straßen und bei gutem Wetter weit unter eine Stunde zu kommen. Das Krafttraining muss sich ja noch auszahlen.“

Dieses Vorhaben gelang Robert mit einer Zeit von 48:24:00 Minuten.
(https://www.strava.com/activities/4859940871)
In Deep Snow and on Icy Paths to Hühnenburg Castle in the Teutoburg Forest

Robert (freely translated):

Due to all the snow, up to one metre high, the roads were snow-covered, hardly cleared and only passable with difficulty. Without further ado, I decided to run the daily 16 km drive to work and managed a whopping 216 weekly running kilometres. The runs included my first attempt at a trial run for the 10 km / 200 m (altitude) EMA Virtual Mountain Challenge. In deep snow or icy paths, I managed to achieve defaults.

However, I took an incredibly long time and was on the road for more than 1.47 hours, of which I used more than 20 minutes to take photos.

Next time I know the route exactly and hope to get well under an hour if the roads are clear and the weather is good. After all, the strength training still has to pay off.

Robert succeeded in doing this with a time of 48:24:00 minutes.

(https://www.strava.com/activities/4859940871)
Iona Kriausaitė W35, Scotland

Running up and down 4.5 laps along the top of Tullos Hill

I've found a local hill which was such a great to use for my virtual race to boost my confidence during the lockdown. Running up and down 4.5 laps along the top of Tullos Hill.

Tullos Hill represents a fantastic landscape and it's popular for walking and other healthy exercises, and also compromises with local history, archeology of the city.

For February, the weather was more like a spring, and such as a welcome relief currently under coronavirus lockdown restrictions!

Ilona's mountain run log: (10,01km / 53:18min / Climbing 206m)
https://www.strava.com/activities/4858906815--

Remark: Tullos is an area of Aberdeen, Scotland.
I ran the second virtual event of Road to Valtramontina”, 10K with a positive difference in height of at least 200 meters, on the hills near the beautiful town of Spilimbergo.

This time I don’t want to talk about my performance, even if I’m satisfied with having run 10 K in 50 minutes, but I want tell you something about Spilimbergo.

Spilimbergo is a splendid small medieval and Renaissance town 25 km from Valtramontina, and is one of the places where LOC Valtramontina 2021 invites you to find accommodation. Do not miss this opportunity: register now to EMMTRC and book in Spilimbergo!
Oliver White, Des White and Simon Minting, GBR

We were all shattered but thoroughly enjoyed the challenge

Sunday 28 February 2021 East Devon (near Exmouth, English Channel), United Kingdom
Oliver White, Simon Minting, Des White (M35, M35, M65, GBR):

We jogged from our homes to our agreed start point as a warm-up which was needed as even though there was blue sky and sunshine the temperature was hovering around zero.

Des was overtaken within the first km and never saw Simon and Oli again!

At the top of John’s Road we ran up a “No Entry” road, crossed the main Exeter Road and into Wrights Lane bordering on the edge of the East Devon Pebblebed Heaths.
From here we climbed to the highest point of the course at just under 153m. We then had 107m of fast descent to the bottom of Jubilee Drive.

We turned uphill for the last time and climbed 34m before the final descent of 58m to the bottom of Pound Lane where we finished with a very topical sign pointing us to the local COVID-19 vaccination centre.

Oli and Simon finished within half a minute of each other and Des came in approx. 10 minutes afterwards. We had run 10km and climbed 225m and descended 221m. We were all shattered but thoroughly enjoyed the challenge.

Mountain Run Logs:
Oli: #Strava; Simon: #Strava; Des: #Strava