****PRESS RELEASE

**ALTA BADIA**

**THE 38th EDITION OF THE MARATONA DLES DOLOMITES – ENEL**

**UNDER THE SIGN OF LIGHT**

**The 38th edition of the Maratona dles Dolomites – Enel, scheduled for July 6th, 2025, is just around the corner. With the theme “Lüm” – Ladin for *light* – the event promises an intense and meaningful experience.**

**Alta Badia (South Tyrolean Dolomites/Italy)** - “*Eight minutes. That’s all it takes to climb a mountain pass, to feel your heart beat faster, to engrave sweat and dreams into the asphalt. Eight minutes: the time it takes sunlight to reach us. A moment already past, yet it lights up our present. On July 6th, during the Maratona, we will once again ride towards that light. Because everything that exists is light – and we, in our small way, try to be part of it*.”, says Michil Costa, President of the Maratona.

This concept is also embodied in the new logo designed by graphic designer Manuel Bottazzo: a compact and solid mark crossed by rays of sunlight – a symbol of transformation and awareness. The final “M” recalls the silhouette of the Sassongher mountain, which lights up at dawn each year, offering a symbolic embrace to cyclists awaiting the start.

This logo is more than just design – it’s a metaphor: to illuminate means to find your inner light, to move through the dark, and to continue forward, deeply marked by the light of change.

**Some numbers**

8,000 cyclists will take part in the 38th edition of the Maratona dles Dolomites – Enel: half selected by lottery and half through reserved entries, partners, and tour operators. A total of 32.700 requests were received from 91 countries, with a 50/50 split between Italian and international participants. These numbers confirm the event’s steady growth: from 15.000 applications in 2006 to over 30.000 in recent years, with a brief dip post-pandemic and a strong rebound in the last two editions. Making it all possible are 1.500 volunteers and six hours of live broadcast on Rai 2.

**Innovation and vision: Building the future together**

Looking to the future with an innovative mindset and openness to change has always been a core value of the Maratona dles Dolomites – Enel. “The future of the Maratona is born from new ideas. Together, we build tomorrow” reflects the ongoing commitment to progress and improvement.

In recent years, several research initiatives have been conducted in collaboration with the University of Bologna and Value Hub to assess the satisfaction of participants, companions, and stakeholders. At the same time, workshops and roundtables have been organized to evaluate what works, what can be improved, and what is now outdated.

**Charity**

Solidarity is a fundamental pillar of the Maratona. For the 2025 edition, 400 entries were sold, raising over €73,000, which was donated to three charitable organizations.

The association "Gruppi Insieme si può" Onlus/NGO, which runs the *“Light for Life”* project, aims to ensure access to quality healthcare in vulnerable areas, addressing the health crisis in Syria, Uganda, and Chad.

The Dr. Ambrosoli Memorial Hospital Foundation ETS supports the *“Shine a Light on the Future”* project, which aims to provide safe childbirth for 3,000 mothers and their babies at the Kalongo hospital in Uganda.

The Michele Scarponi Foundation ETS supports the educational project *“The Road Belongs to Everyone – Starting with the Most Vulnerable”*, which raises awareness among students about the importance of respecting traffic rules, road safety, and sustainable mobility.

**Starting this year, carrying a rain jacket during the race is mandatory.**

The requirement to carry a rain jacket, now part of the official race rules, stems from the experience of the previous edition, during which adverse weather conditions highlighted how quickly temperatures can change throughout the day. In the mountains, weather can be extremely unpredictable, with sudden drops in temperature and unexpected downpours that can pose a risk to participants’ safety. The fact that the course reaches altitudes above 2200 meters makes these changes even more critical, as high-altitude weather conditions can shift rapidly, especially during bad weather.

Furthermore, the increasing impact of climate change has led to more frequent instances of sudden and intense rainfall, making it impossible to accurately predict what might happen over the course of the day. For this reason, ensuring that every athlete is equipped with appropriate gear is essential not only for comfort but, more importantly, for their safety. Checks will be carried out at the start to verify that participants have a rain jacket, ensuring everyone is properly prepared to face potentially adverse weather conditions. This measure contributes to making the race safer and more manageable for all participants.

**Supermaratona: An epic journey through Maratona history**

Launched a year ago, the Supermaratona has become one of the most iconic experiences linked to the Maratona dles Dolomites – Enel. Conceived by mountaineer Hervé Barmasse, who completed it solo just days before the 2024 edition, it’s not a race but a remarkable journey: 285 km, 8,500 meters of elevation gain, and 13 legendary Dolomite passes.

An exclusive documentary telling Barmasse’s story will be screened on Thursday, July 3 at 6:00 p.m. in the Corvara town hall, with the protagonist in attendance. The Supermaratona is open to everyone: those looking for a challenge can complete it in one day and enter the Hall of Fame, while others can spread it over two or three stages. All details at maratona.it/supermaratona.

In addition, and inspired by the spirit of the Supermaratona, a nighttime ride will take place for the first time on Thursday evening, July 3—starting at 9:00 p.m. from Corvara toward Passo Gardena. An experience that reflects the essence of this great adventure. All details at maratona.it/program.

**The cyclist’s DISH**

A nutrient-packed tribute to Alta Badia, this reinvented version of traditional *canederli* (dumplings) is designed specifically for athletes. Chef Davide Crazzolara and sports nutrition expert Elena Casiraghi have collaborated to create a dish that celebrates the region’s culinary heritage while meeting the energy and recovery needs of cyclists and sports enthusiasts.

The recipe features velvety beetroot, caramelized speck, smoked ricotta, and yogurt from the Bio Lüch Ruances farmhouse, delicately infused with mountain pine. Sustainability is at its core: stale bread becomes the dumpling base, whole beetroot is used without waste, and time-honored preservation methods enhance both flavor and nutrition.

This dish offers complex carbohydrates for sustained energy, beetroot to improve oxygen delivery and delay fatigue, and high-quality proteins from speck and ricotta to support muscle recovery. A marinated cabbage salad adds antioxidants and minerals, while the farmhouse yogurt provides prebiotics and proteins for gut and muscle health. Mountain pine essential oils complete the dish with their natural anti-inflammatory benefits.

A perfect blend of tradition, flavor, and functional nutrition—tailored for those who push their limits.

**The courses**

As always, there are three routes that characterize the Maratona dles Dolomites – Enel, winding through the epic passes of the Dolomites, strictly closed to traffic. Campolongo, Pordoi, Sella, Gardena, Giau, Falzarego, Valparola: anyone can test themselves and ride in scenarios of incomparable beauty. And discover once again that nature, including the magnificent flowers that color the meadows and fields around the rocky massifs at the beginning of summer, is what we must safeguard. Today more than ever.

* The Maratona course: 138 km and 4230 m of altitude difference
* The Medium course: 106 km and 3130 m of altitude difference
* The Sellaronda course: 55 km and 1780 m of altitude difference

**More information:**

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