

82km/5000H, UTAX, ULTRA TRAIL ALDEIAS DO XISTO, 10.11.2012, UTMB 3 points

Hi,

i will do the [ULTRA TRAIL ALDEIAS DO XISTO](#) this month on the 10th of november in Lousa. I have already booked the trail and i'm looking forward to do the 82 km run and the 5000 meters in height. It gives you 3 points for the [UTMB](#). Seems like Lousa has a very nice landscape and the weather will be probable about 15-17 degrees during the day.

The run will start at 6 o'clock and i will have 20 hours altogether.

The kml for gps devices you can convert at gpsies.com into the format you would like. Here is the file from the homepage: [GPS KML](#)

Here the list of inventories you will have to cary:

- Backpack
- Coat or Raincoat
- Thermal blanket
- Headlamp and replacment batteries
- Watertank with minimum 1 liters
- cup with minimum 15cl capacity
- food reserve
- mobile
- whistle
- back light red
- pins for dorsal

This is recommended:

- gloves
- treking poles
- trousers at least covering your knees
- clothings for you stop
- money

You can check in until 21 o'clock in Lousa.

Currently i train about 50 km per week. I have done a 10km run at the 21.10. within 46:10 minutes and look motivated forward to take the trail.

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your logo*

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<http://trails.sazza.de>
