



**3RD EDITION OF THE VOLVIC VOLCANIC EXPERIENCE
FROM MAY 29TH TO JUNE 1ST**

THE LATEST NEWS

Press release, Wednesday February 6th 2019

The Volvic Volcanic Experience – VVIC – offers an athletic immersion into what is one of France’s most emblematic landscapes : the Chaîne des Puys – Faille de Limagne, newly designated as a UNESCO World Heritage Site! And it’s at the heart of this unique natural site that the VVIC embarks all athletes, trail runners, and hikers on an odyssey of the senses through the extraordinary preserved natural landscapes.

THE VVIC AIMS AT JOINING THE ULTRA-TRAIL® WORLD TOUR [UTWT] SERIES

The Chaîne des Puys-Faille de Limagne Trail Experience is now officially candidate for the 2020 UTWT world series. In order to qualify for the Discovery category selection criteria, the race has expanded. While it previously covered 83 km, the new race trail is now 110 km long!

110 km ran solo, in pairs or trios – 3 500 m total elevation gain

Limited to 400 participants. **40 bibs are still available!**

The number of nationalities participating, also amongst the UTWT’s selection criteria, has also been met since 10 nationalities will be running the 110 km race and a total of 18 nationalities will be represented on this year’s 5 different races.

The 110 km, race in which various world renowned elite runners will be participating, is sure to be an important date on both national and international sport competition calendars.

RUNNING ELITE:

Women

Meghan Laws (USA): ITRA index 663

Sarah Verguet Moniz (Portugal): ITRA index 659

Francesca Canepa (Italy): ITRA index 714

Men

Sange Sherpa (Nepal): ITRA index 815

Dawa Dachhiru Sherpa (Nepal): ITRA index 735

THE VVX TRAILS ARE SOON TO HOST AN EXPERT STUDY ON ATHLETIC PERFORMANCES

As a fruit of the collaboration with the University of Perpignan / STAPS de Font-Romeu, various tests will be done on 20 volunteer runners in order to understand the different factors that influence a trail-runner's athletic performance when running uphill.

The study will take place between Volvic and the Puy de Dôme from April 1st – 5th 2019.

Study program:

- A series of laboratory tests will be carried out at the headquarters of the Volvic water company.
- A series of field tests will take place on the slopes of the Puy de Dôme and the Ceyssat pass (on the renowned Muletiers trail).
- A gradual test of maximal effort designed specifically for trail running will evaluate performances on highest-speed possible uphill climbs (from the Ceyssat pass arriving at the peak of the Muletiers trail).

THE GREAT VOLCANIC CROSSING EXPERIENCE « XGTV® » - 220 KM/7500 M ELEVATION GAIN

The Great Volcanic Crossing Experience, also known as the XGTV®, is this third edition's big highlight, along with the new 110 km format. And although the 110 km race is already full, there are still a few spots available for this brand new race!

This adventure race is an ultra-endurance event which requires a good sense of direction, both on and off designated trails. Being only equipped with GPX-track road books, runners will follow GR (official Grande Randonnée) trails 95 % of the time (red & white markings). The race's route allows you to discover the diversity and beauty of landscapes in the Volcan d'Auvergne Natural Regional Park.

The XGTV® can be run solo or in teams of two.

Registration open until April 30th 2019 : <http://sportips.fr/volvic-vvx/>



THE VVX IS NOW 5 RACES TO COMPETE, EXPLORE AND EXPERIENCE...

The “XGTV®” Great Volcanic Crossing Experience

220 km for duos – 7500 m elevation gain
Limited to 20 teams of 2 and 20 solo runners

The Chaîne des Puys-Faille de Limagne Trail Experience

110 km solo, duo or trio – 3500 m elevation gain
Limited to 400 participants

The Volvic Impluvium Trail Experience

43 km – 1670 m elevation gain
Limited to 600 participants

The Volcanic Trail Experience

25 km – 900 m elevation gain
Limited to 500 participants

The Lava Trail Experience

15 km – 550 m elevation gain
Limited to 500 participants



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CONTACTS

MORE INFORMATION: WWW.VOLVIC-VXX.COM

Press relations **Infocimes**

Anne Gery

Cell: + 33 (0)6 12 03 68 95 - annegery@infocimes.com

Lauren Fulsebakke

Cell: + 33 (0)6 33 28 80 06 - laurenfulsebakke@gmail.com

Association Volvic Volcanic
Amélie Perron
amelie.perron@danone.com