



Dear Master Athletes, Dear Friends

it's time to run, it's time to compete, it's time to meet again!

We are still living troubled times, and we do not know what is going to happen the next months, but this is not a reason to give up and to stop our activity.

Our friends from Valtramontina are working to organize, in a safe way, a great championship of mountain running, trail running and, for the first time, nordic walking.

At the same time, we are organising and offering you, every month, a virtual event called "Road to Valtramontina", open to all the Masters who like to run and who need a goal with training opportunities for the Championships.

So, do not hesitate: send your entry to the virtual events (details every month on EMA website) and, above all, send your entry to the EMMTRC Championships! In case of cancellation or in case of problems traveling to Italy due to Covid, you will be able to obtain a refund of the amount paid (only a small percentage will be deducted for administrative costs).

Let's meet in the beautiful Valtramontina!

Kurt Kaschke – EMA President

EMA Council Members

EMA Mountain Running Manager

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