



I FEEL
SLOVENIA



ULTRA X I FEEL SLOVENIA

RACE INFORMATION PACK

5TH AND 6TH SEPTEMBER 2026

45.53°N/13.54°W

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RACE OVERVIEW

Ultra X I Feel Slovenia is a trail running ultra marathon weekend that takes place over two days in the Vipava Valley of Slovenia, just a few miles from the border of northern Italy.

There are six race distances: 110km (single or two-stage), 60km, 50km and 25km and 12km. Ultra X welcomes both runners and walkers. Competitors will have the option to stay in campsite, however this is not mandatory. There are plenty of accommodation options nearby.

After the final stage on Sunday, the prize giving and awards ceremony will take place and the finish parties and celebrations will begin.

The 110km event is a UTMB® World Series Indexed Race in the 100K category, the 60km and 50km events are UTMB® World Series Indexed Race in the 50K category and the 25km event in the 20K category.

PLEASE NOTE: The 25km and 'Dash events' will now be starting 1 hour earlier than their scheduled times due to the heat.

The new start time for both events is 08:00 Saturday and Sunday respectively.



110KM

single and two-stage
When: Saturday and Sunday
Distance: 110km
Elevation: 4,356m
Start time: 06:00

60KM

When: Saturday
Distance: 60km
Elevation: 3,023m
Start time: 06:00

50KM

When: Sunday
Distance: 50km
Elevation: 1,431m
Start time: 06:00

25KM

When: Saturday
Distance: 25km
Elevation: 1,280m
Start time: 08:00

DASH

When: Sunday
Distance: 11km
Elevation: 159m
Start time: 08:00



IMPORTANT MOBILE NUMBERS

Sam (Race Director):

+447585707521

Contact for non-emergencies i.e. you are lost. For dropping out please SMS/WhatsApp this number to say you are retiring with bib number.

Harrison Banks (Lead Medic):

+44 7788 417175

Contact if you're injured but it is non-life threatening.

Emergency Services:

112

Contact if it is an emergency or major injury to runner you find on the route. In this situation please call the emergency services before contacting us.



SLOVENIA

10K

MAP OF SLOVENIA KEY RACE LANDMARKS



LJUBLJANA JOŽE
PUČNIK AIRPORT
(SLOVENIA)



AJDOVŠČINA
RACE HQ



TRIESTE
AIRPORT
(ITALY)



34 MINS
54 KM



1H 3 MINS
103 KM

★ SLOVENIA

ITINERARY

Friday 4th September

Shuttle buses depart Ljubljana to Ajdovščina at 1600 for those that have booked.

Registration opens for all competitors from 1700-2000.

Campsite opens for those that have booked

Saturday 5th September

110km and 60km events start at 0600.

25km event start at 0800.

Registration opens for Sunday competitors from 1700-2000

Sunday 6th September

110km stage 2 and 50km events start at 0600.

12km event start at 0800.

Monday 7th September

Shuttle buses depart Ajdovščina to Ljubljana at 0800 for those that have booked.

Registration Venue for all events:

University Buildings in Ajdovščina

Start and Finish Location for all events:

Main Square

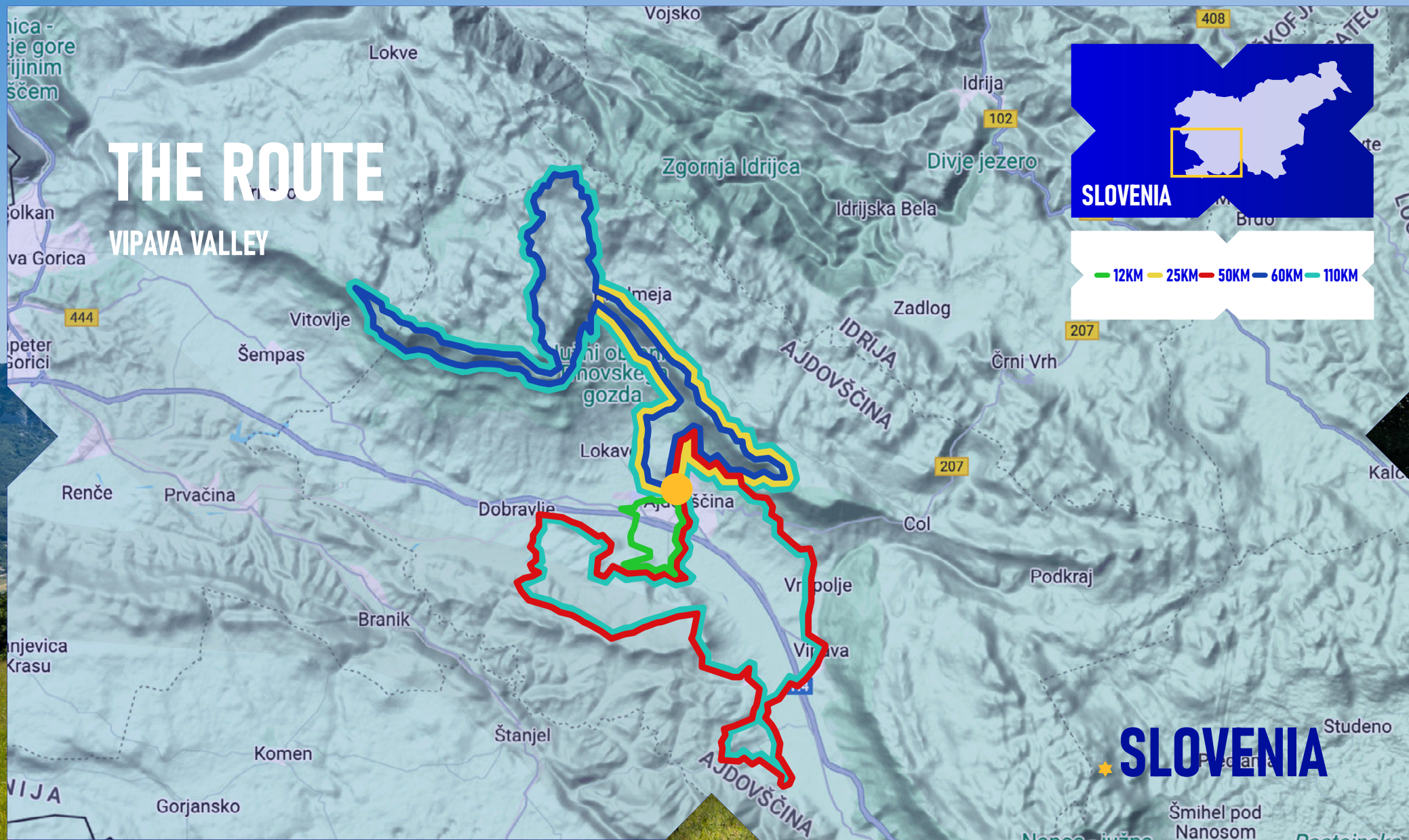
Campsite:

Zavod Za Sport, Ajdovscina



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THE COURSE

The course showcases some of the most beautiful trails around Vipava Valley. While we have tried to stick to tracks as much as possible, with a course covering 110km there are undoubtedly going to be sections of road as well. Hopefully these will provide some respite and easy going but please do take care and be always conscious of traffic. There are a few occasions where road crossings need to occur so take extra care at these sections and if you are running in the dark or twilight don't forget to have your headtorch on so that you are easily visible.

There are several sections of the course where the route crosses private land. All permissions have been sought to use these routes but we kindly ask you to stick to the routes marked and be prepared to occasionally jump over a stile or fence if necessary.

We ask that you remain as respectful as possible to all local people and landowners. Littering is something we take very seriously, and anyone found doing so will face time penalties or disqualification depending on the nature of the offence.

Please ensure that all gates are closed after you pass through.

Along the course, you will encounter several technical and exposed sections that require special attention and caution. In particular between Aid Station 4 and 5 of the 110km and 60km events. These involve steep ascents/descents, rocky sections and at times loose gravel. On these sections, please pay attention to your footing, exercise caution and ensure you are following the markings.



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ROUTE MARKINGS

Once you've started the race, navigate the route using our course markers. Marking materials will be presented during the official race welcome so you are clear of what to follow.

Some sections of the route pass through small villages and these urban areas may be marked with more tape/arrows than flags. These will be secured to lampposts and fences, depending on terrain, typically around chest height.

Many of the route markings will also be reflective, to allow them to be seen at night. If you are running in the dark and struggling to see the route markings, please wear your headtorch as you will be able to identify the markers more easily.

If at any point on the route you do get lost and have not seen a marker for some time, it's possible you've taken a wrong turn. In this situation, it is always best to backtrack to the last marker you saw. Do not try and second guess the course.

Whilst the route is fully marked, we ask that you **download the GPX files of the course onto your GPS watch or phone to assist with navigation**. At kit check we will ask you to demonstrate this has been done. The final versions of the GPX files will be sent out in this email, and you can also download them from the Slovenia webpage on our website.

Please note, however, that some sections of the course may change at the last minute due to unforeseen circumstances. Therefore, during the race, if the route markings deviate from what your GPS watch is telling you, please follow the markings. The course will no doubt re-join your GPS track shortly. Remember: route markings are your primary means of navigation; your GPS watch is your back-up.



CAMPSITE

For those who have booked camping, the campsite offers WiFi, showers, a swimming pool and access to a small kitchen with fridge facilities. Hot water will be available from two hours before the start of each stage.

The event campsite is based 850m from the finish line in Ajdovščina at the [Institute of Sport Ajdovščina](#) and there will be markings to direct finishers to campsite.

Competitors camping must bring their own sleeping bag and roll mat. Tents are shared, with up to six people per tent, and will be allocated by gender unless a specific sharing request has been made.

The campsite will be open to competitors from **17:00 on Friday 4 September** and must be vacated by **08:00 on Monday 7 September**.

On arrival, competitors should head to registration first, where they will be given their allocated tent number.



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CUT-OFFS

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of approximately 2.5 hours for every 10km.

Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

Cut offs are subject to change by the Race Director. Any changes will be communicated to participants.

DROP OUTS

Participants may withdraw from the event at any time. We request that any competitor who wishes to stop their race informs the organisation and hands their bib in at Race HQ, informing the Race Director in person.

Transport will be available to collect runners from checkpoints should they wish to drop out. Runners should head to the nearest checkpoint and inform the team if they wish to do so. There may be a wait at the checkpoint before runners are collected.

BUSES

If you have booked a bus transfer you will receive a separate email with your booking confirmation and further details.

AID STATIONS

These will be manned by Ultra X volunteers and you will be able to access water, medical and therapist assistance.

DROP BACK IN

Any 110 runners who are unable to finish the first stage will be permitted to start the second stage as long as they are cleared by the medical team.

In this scenario, they will not be classified as competitive and so not receive a result or medal.

Distance (km)

Cut-off time

110km (Single Stage)	36 hours
60km	16 hours
50km	13 hours 30 minutes
25km	7 hours 30 minutes
12km	4 hours

BAGS

There will be a bag drop at each event start, and your bags will then be stored for you until you cross the finish line.

Please ensure that every bag is labeled with your name and bib number. Your bib number will be sent the week prior to the event.

MANDATORY KIT

Mandatory kit will be checked at registration. Please ensure you bring this with you so you are allowed to start. A list of required items is available here.

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CUT-OFFS



At our events, we want everyone to finish their race. We therefore have generous time allowances of on average 2.5hrs per 10km, and 3hrs for 110km single-stage runners. We will be implementing cut-offs to ensure the safety of our competitors and crew.

Please see the table below for cut-off details. If you are running the 110km multi-stage, please follow the 60km and 50km cut-off times.

Participants must have DEPARTED the aid station by the cut-off time.

CHECKPOINT #	AID STATION	COURSE KM	TOILET	110K (SAT-SUN)	60K (SAT)	25K (SAT)	50K (SUN)	12K (SUN)
CP1	Štanga	110K 10 / 60K 10 / 25K 10		Sat 10:00	8:55	11:10	–	–
CP2	Golaki	110K 22 / 60K 22	X	Sat 12:45	12:45	–	–	–
CP3	Čaven	110K 29 / 60K 29	X	Sat 14:40	14:40	–	–	–
CP4	Krnica	110K 38 / 60K 38		Sat 17:20	17:20	–	–	–
CP5	Tuneli	110K 49 / 60K 49 / 25K 19		Sat 20:50	20:50	13:45	–	–
CP6	Ajdovščina (110K mid)	110K 59.5	X	Sun 00:00	–	–	–	–
CP7	Vipavski Križ	110K 69 / 50K 9.4		Sun 03:30	–	–	8:05	–
CP8	Vrtovče	110K 75 / 50K 15		Sun 05:45	–	–	9:35	–
CP9	Goče	110K 87 / 50K 27	X	Sun 09:30	–	–	12:35	–
CP10	Vipava	110K 97 / 50K 37	X	Sun 13:00	–	–	15:20	–
CP11	Plaz	110K 103 / 50K 43		Sun 15:15	–	–	17:20	–
FINISH	Finish – Ajdovščina	110.1 / 60.0 / 26.0 / 50.5 / 11.4	X	Sun 18:00	22:00	15:30	19:30	12:00

Throughout the course, there will be checkpoints stationed approximately between 8 and 13km apart. To support your journey, you will find water at all checkpoints, female sanitary products and a changing pod, as well as listed on the right.

Our checkpoint volunteers are on hand to help you where possible but please be prepared to fill your own water bottles when it is busy at checkpoints.

If you require medical attention, please do not be afraid to ask for assistance – our crew are there to help you get to that finish line.

Please make sure that every single one of you has the race director and emergency number in your phone. You can find these at the bottom of this guide and in the emails we've sent.

Checkpoint numbers match the cut-offs table. If you are running the 110K, CP7 is your Saturday-night stop through Ajdovščina.

[illegible]

ON-COURSE NUTRITION

- Drink Gel
- Energy Fruit Chew
- Energy Oat Bar



Energy Line

- 30 g of carbs
- 2:1 carb ratio

AMACX

BY



LA PRIMA FIT

AID STATIONS

Throughout the course, there will be checkpoints stationed approximately between 6km and 13km apart. Each checkpoint crew will inform you of the distance to the next checkpoint.

The following will be provided at each checkpoint: water, nutrition shade/shelter, and medical care.

Female sanitary products will be available at all checkpoints.

Medical Treatment:

We will have a team of medics who are available to you during the event. They are here to help you get through the week and will be located at checkpoints and campsite during each stage. Please feel free to use them! Mountain Rescue will also be on course during each stage to ensure your safety. There are exposed and technical sections in various parts of the course, particularly on the 60km course and so please be prepared for this.

Injuries on course:

If you suffer from a minor injury, we will do our best with our medical care to support you so you can continue the race. If you find yourself between checkpoints, please continue to the checkpoint further along the course, if you turn round and return to a checkpoint you run the risk of it not being there.

If it is an emergency or major injury to a runner you find on the route, please call the emergency services before contacting us.



DISCOVER THE GREEN PLAYGROUND OF EUROPE.

The Alps, the Mediterranean, the Karst and the Pannonian Plain are exceptional locations for exercising outdoors in nature. All these regions can be experienced in Slovenia, the world's first green destination, and the only country in Europe that combines such diversity. You can walk or cycle Slovenia from one end to another or stop and exercise in your own way in this exquisite green corner of the world.

The land is perfect for hiking amidst the incredibly diverse landscapes. It surprises with vistas across hills and valleys, ascents to Alpine peaks rising more than two thousand metres high and descents into Karst caves that lie more than 1,500 metres below sea level. Its image is green. You are visiting one of the most forested countries in Europe.

Water demonstrates its wealth of features here. The sea, lakes, rivers and streams make your wish for different forms of recreation. Adrenaline experiences and relaxation come true. Droplets sprayed from waterfalls refresh passers-by and drinking waters quench the thirst of the weary traveller. Mineral and thermal waters replenish strength for moving and exercising.

The air changes the appearance of this green country. In every season, it brings a different character to the views from the heights. Air masses and currents thrill those who sail among the clouds, birds or treetops.

Passion for movement takes us outdoor 365 days of the year. On 23 September, a state holiday dedicated to sports and recreation is celebrated in Slovenia. In green, active and healthy Slovenia, this Day of Slovenian Sport is also dedicated to the incredible achievements of Slovenian athletes who have been inspiring us for decades. We follow their lead with our own sports and recreational victories and challenges. Choose your activities for health and wellbeing.



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MEDAL RIBBONS

All event finishers will receive a race medal. Different medal ribbons will be awarded based upon the times outlined below to 110km finishers. Those that do not want a medal will be able to opt-out at race registration and we will plant a tree instead.



Black Ribbon
Under 15 hours



White Ribbon
Under 18 hours



Blue Ribbon
Over 18 hours



Green Ribbon
Environmental award

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RACE RULES

No.	Rule
1.	There will be no unofficial runner (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runner's responsibility to stay up to date with the event information as is emailed to competitors and published on the event webpage.
3.	Each runners bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/ course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.

No.	Rule
11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporters are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time – through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Runners must not be crewed in any way at this event
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.

*All race rules above will be subject to Ultra X penalty and disqualification guidelines found in our Terms and Conditions, Clause 22.



**YOU CAN DO SO MUCH MORE
THAN YOU THINK YOU CAN**

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