

## Helpful hints from Mapei Sport

To be ready for the big date with the Maratona dles Dolomites - Enel, the experts at the Mapei Sport Research Centre in Olgiate Olona (Varese), trusted by international professionals such as the Lidl-Trek champions and amateurs of all levels, advise all participants to:

### 1. KNOW YOURSELF

Approach "your" Maratona realistically. In order to enjoy the experience to the full, it is essential to choose the route, and therefore the distance to be covered, without over- or underestimating your own abilities.

### 2. REST

If you have been doing a lot of hard work in preparation for the Maratona, you need to allow yourself to recover properly in the run-up to the event so that you can arrive on race day at full strength.

### 3. ENJOY THE LANDSCAPE

If you are staying in Alta Badia in the days leading up to the event, you must resist the temptation to try all the climbs on the programme, which could exhaust you. Admire them and take advantage of the beauty that surrounds you without overdoing it in the saddle.

### 4. EAT AND DRINK

Hydrate and eat properly throughout the competition. It is important to maintain your weight for a demanding race such as a marathon, as well as not upsetting your habits on race day.

### 5. ENERGY DOSING

The queen of Granfondo races is never to be taken lightly. If it is your first time at the start, but even for veterans, it is important to remember that each Maratona is unique. The course remains the same, but the body does not always react in the same way. Let's listen to it.

If you want to be at your best at the start of the race, take advantage of Mapei Sport's services and/or request a personalised preparation from our experts. Visit [www.mapeisport.it](http://www.mapeisport.it)