



TEAM 3 GAMBE IN SPALLA ASD

Anno 2021



PROJECT 2020

Tor in gamba 2020 was born from the dream of an amputee athlete who always wanted to participate in the Tor des Geants, an international race that takes place throughout the whole region of Aosta Valley, between the paths of the Alte Vie n.1 and n.2 and under the watchful eye of the most important 4000m peaks of the Alps.

Thanks to a group of passionate friends and the support of organisations interested in and impressed with this ambitious project, Tor in Gamba 2020 will be launched in a few months'time, with all the precautions required by the health crisis. From a "personal experience or that of some amputee friends" the competition turned into a race from start to finish. This is a relay race, which was born as an experimental way and benefits from a promotional and non-competitive approach.

The message is one of total integration, expressed very well in the motto that accompanies Tor in Gamba 2020:

"Second to none – WE can too"



PROJECT 2020

All this has been possible thanks to many companies, public bodies and associations that believed in this project and supported it.





PROJECT 2020

Following in the footsteps of Francis Desandrè and Moreno Pesce, both mountain enthusiasts, a team of 10 disabled amputees/mountain enthusiasts was formed, who took turns in a spectacular relay race along the high trails of the Aosta Valley.





PROJECT 2020



The whole race was carried out in complete safety thanks to a group of competent people

who were constantly present. GPS, maps and other necessary tools also made it possible to follow the progress of the event.

It is also worth giving credit to the great professionalism of the mountain guides who were previously trained by experimented mountaineers and supported by a Skyrunner athlete.





PROJECT 2020

The event, which was born almost as a "game", was a great success and had a considerable media following, not least because of the high level of competition that some of the athletes demonstrated on the course, despite the non-competitive nature of the event.

PRESS REVIEW:

- ❖ Sport di montagna 22.9.2020
- ❖ Gazzetta dello Sport 22.9.2020
- ❖ AostaSera 21.9.2020
- ❖ La Stampa Top News web 20.9.2020
- ❖ Sito web Fondazione Mazzola 19.9.2020
- ❖ Gazzetta Matin 19.9.2020
- ❖ Sport di Montagna 19.9.2020
- ❖ Rai Valle d'Aosta 19.9.2020 Servizio TGR
- ❖ Gazzetta dello Sport 18.9.2020
- ❖ Azzurri di Gloria.com 17.9.2020
- ❖ Gazzetta Matin 17.9.2020
- ❖ Gazzetta dello Sport 17.9.2020
- ❖ Gazzetta dello Sport 14.9.2020
- ❖ Sport di montagna 13.9.2020
- ❖ Sport di montagna 12.9.2020
- ❖ Gazzetta Matin 12.9.2020
- ❖ Sport Mediaset 10.9.2020
- ❖ La Repubblica web 9.9.2020
- ❖ Gazzetta dello Sport 9.9.2020
- ❖ Fogli e Viaggi 7.9.2020
- ❖ Valle d'Aosta Tv 4.9.2020
- ❖ AostaSera 4.9.2020
- ❖ Gazzetta Matin 3.9.2020
- ❖ The press review also includes:
 - 17 press releases
 - 1 TV news broadcast in Sardinia



PROJECT 2021



Following the enthusiasm generated by the Tor in Gamba 2020 and the passion born around these boys and their feat, the Team 3 Gambe in Spalla ASD Association, in collaboration with the Mazzola Foundation, has decided to expand its proposals to give more and more people the opportunity to enjoy the mountains:

1 – **TOR D'ANTAN**

2 – Tor in Gamba 2021



TOR D'ANTAN 2021

Team 3 Gambe in Spalla has looked at the interest people have shown in Tor in Gamba 2020 and has decided to diversify the proposals for 2021 in order to involve more people and make mountain sports accessible to all.

Tor d'Antan 2021 is open to people with disabilities, but also to people with no disabilities.

Each day, we will leave for a stretch along the beaten track of the valley, according to a route established by and with experienced guides and well-trained staff.

There will be breaks along the way to visit places of interest and other secondary activities will be also possible.

The other purpose of **Tor d'Antan 2021** is to highlight the natural beauty of the Aosta Valley, with a particular focus on inclusion.



TOR D'ANTAN 2021

The daily departure and arrival base will be in Villeneuve at the Hotel des Roses, which in collaboration with the organisation, has created packages for those who want to live this experience fully together with the athletes, from dawn to dusk.

The journeys from the hotel to the starting points of the stages and back are paid for by the organisation.

You can participate to all the activities every day or if you prefer, you can choose only some of them, subject to the agreement with the organisation.



TOR D'ANTAN 2021

Tor d'Antan:

Day 1: Sarre – Aymavilles

Day 2: Saint-Marcel – Fenis

Day 3: Ussel - Chatillon

Day 4: Pont-Saint-Martin - Bard

Day 5: Quart - Aosta

Day 6: Vertical Courmayeur/Visit Aosta antica –
closing celebration

Other activities:

- Handbike
- Rafting
- Archery
- Visit of the fort of Bard
- Visit to a wine cellar
- Miscellaneous

* All activities are subject to a change of judgment without appeal from the organisation.



TOR D'ANTAN 2021

1- Fun competition in 5 stages along the paths with visits and various activities

4- Final celebration: 31st July 2021



2- Stages: 5, along the trails of the valley with some breaks to admire various points of Interest, such as castles, panoramic areas, wine cellars, etc.

3- Start: 26th July 2021



TOR IN GAMBA 2021

Tor in Gamba is about to repeat the experience by raising the bar higher and by putting itself even more to the test. So here we are at the conception of the 1st official edition of Tor in Gamba 2021.



It is a competition that will replicate the entire event it is based on, obviously calibrating the problems of the athletes at the start and finding a new formula which consists of having international teams made up of 4 amputee athletes accompanied by 4 able-bodied athletes who will alternate in order to complete the race, but always in total autonomy and in the shortest possible time.



IL PROGETTO 2021

1- Relay race with teams composed of 4 athletes with a disability 4 athletes without disabilities

4- Final celebration and prize ceremony:
Saturday 4th September 2021



2- Stages: 24
Distance: 330km
Ascent: 24000 D+ (vertical drop)
Maximum time: 150 hours

3- Start on 29th August 2021 from Courmayeur
Arrival around 4th September 2021 in Courmayeur



TOR IN GAMBA 2021:

In order to fully embrace **the policy of inclusion**, Team 3 Gamba in Spalla ASD has designed an extreme competition taking into account the needs of the participants.

As a result, the competition will be carried out in relays, where a disabled and a non-disabled runner will become partners throughout the race.

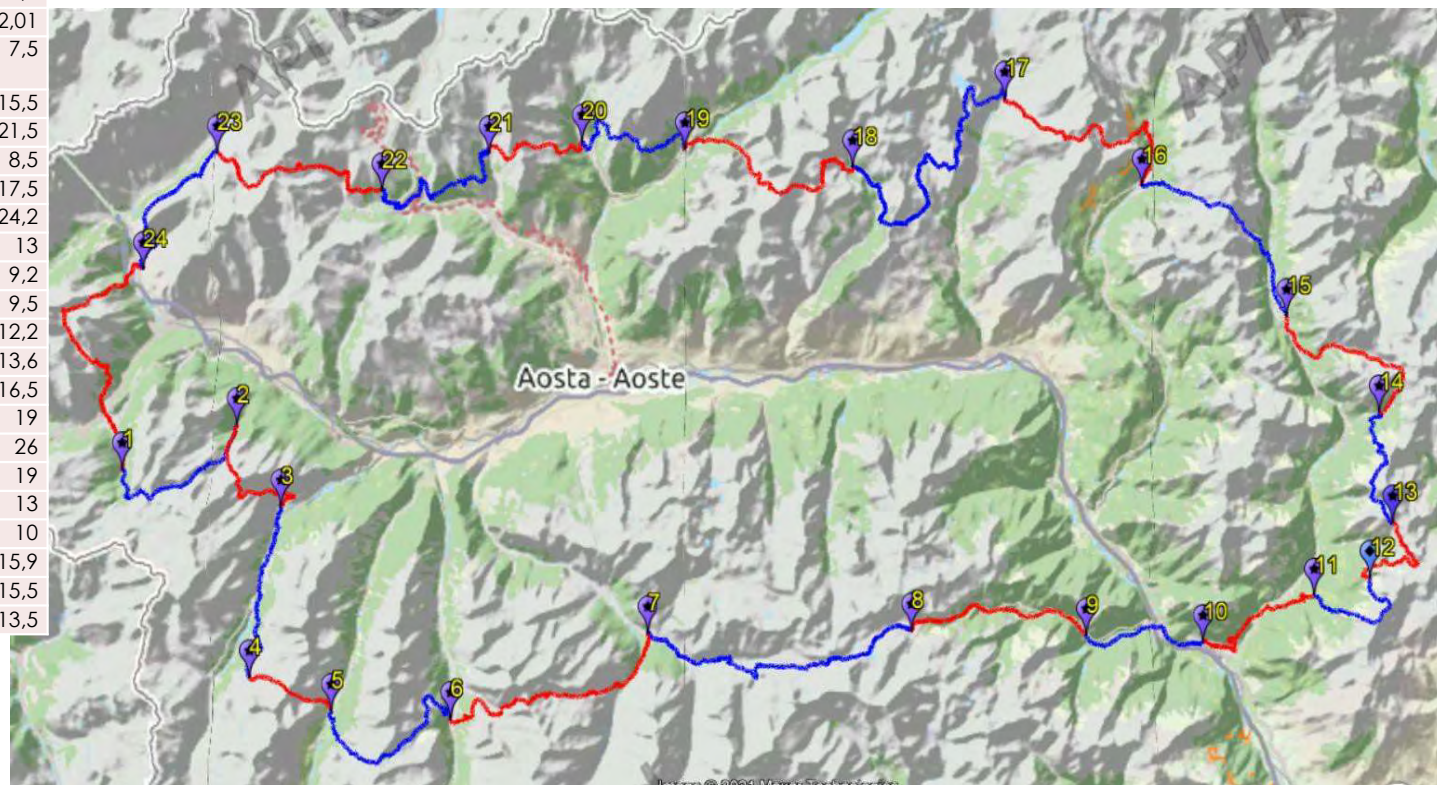
The route will cover a distance of 330km with an elevation gain of 24,000m D+, with start and finish in Courmayeur in the shortest possible time.

The objective of the Association, linked to this event, is to ensure that such an EXTREME challenge at this level of competition should set an example and act as a source of inspiration for people with disabilities. At the same time, it should give them the opportunity to put themselves on the line, but above all, it should be an encouragement to take part in the world of sports entertainment in which physical activity is a channel for integration, inclusion and well-being like no other activities.



TOR IN GAMBA 2021:

Tappa	D+	D-	Km
1 Courmayeur / La Thuile	1.411	1.121	8
2 La Thuile / Parch. Promoud	1.393	1.218	18,5
3 Parch. Promoud / Planaval	1.200	1.350	12,5
4 Planaval / Chalet de L'Epée	820	1	12,01
5 Chalet de L'Epée / Rhemes-Notre-Dame	484	1.135	7,5
6 Rhemes-Notre-Dame / Eaux Rousses	1.296	1.361	15,5
7 Eaux Rousses / Valnontey	1.642	1.500	21,5
8 Valnontey / Goilles	300	150	8,5
9 Gollies / Rif. Dondena	976	628	17,5
10 Rif. Dondena / Donnas	120	1.980	24,2
11 Donnas / Cappella S. Margherita	1.070	150	13
12 Cappella S. Margherita / Gouillas	1.100	500	9,2
13 Gouillas / Pietre Bianche	610	300	9,5
14 Pietre Bianche / Niel	927	1.508	12,2
15 Niel / Gressoney-Saint-Jean	931	1.135	13,6
16 Gressoney-St-Jean / Champoluc	1.432	1.200	16,5
17 Champoluc / Valtournenche	1.210	1.270	19
18 Valtournenche / Rif. Magià	1.270	770	26
19 Rif. Magià / Oyace	1.021	1.710	19
20 Oyace / Ollomont	1.136	1.112	13
21 Ollomont / Ponteille Desot	1.311	898	10
22 Ponteille Desot / Arp Des Jeux	690	480	15,9
23 Arp Des Jeux / Rif. Bonatti	950	970	15,5
24 Rif. Bonatti / Courmayeur	180	980	13,5



*All staves are subject to a change of judgment without appeal from the organisation.



TOR IN GAMBIA 2021:



With this event, **Team Tre Gambe in Spalla ASD** wishes to give the world of

disability more exposure by allowing athletes to express themselves to the maximum of their abilities in an environment sometimes considered as hostile and almost out of reach.

Sport is sometimes fundamental for people who have had extremely traumatic experiences in life, which they have overcome and are overcoming every day through physical activities of all kinds.



COMMUNICATION

As in the previous edition, the public communication of the project will be entrusted to professional journalists, with the support of a photographer/videographer.

We will be present on the most important social networks (Facebook, Instagram and Twitter) and constantly from the official presentation of the project until the end of the event.

SOCIAL PLATFORMS :

FB: **Tor in Gamba**

Instagram: **TorinGamba**

Web: **<https://www.toringamba.it>**

Information: **segreteria@toringamba.it**