

LAKE GARDA 42 press release, 01 March 2022

WHAT HAPPENS JUST AFTER LAKE GARDA 42? RECOVERING WITH BLACKROLL

Anybody who has done at least one marathon in their life knows how much the body needs attention and recovery after the race. Not every runner is lucky enough to have the benefit of the few masseurs available after the finish line, so they decide to do a “Do-it-yourself” recovery session. LAKE GARDA 42, the marathon that follows the most northern part of Lake Garda, offers its finishers a recovery session for muscles and joints through Blackroll: The German brand of self-massage products that will be present with its own specialists after the race.

A “virtual” preview of the Blackroll recovery is open to everybody on 18 March at 7pm.

#lakegarda42 #lg42

When you sign up for a race, expectations are high and you train hard with the goal of achieving the best performance possible. Once the race is over and the body is tired and exhausted, who thinks about recovery and stretching as recommended by every coach? Just after the finishing line, couches are set up with masseurs, who are often too few to offer everyone the regenerating massage they need.

High-quality self-massage

However, at **LAKE GARDA 42** on 3 April, the finishers will discover a new feature. The marathon that crosses three regions and three provinces on its way alongside the northern part of Lake Garda, will provide all runners access to the “recovery” area where **Blackroll** specialists will be waiting for you with all their post-race recovery tools.

The company, which is famous for its high-quality self-massage products, 100% made in Germany and free of any hazardous chemicals, has received a series of prestigious awards, such as the Physio Award 2009 for having developed "the widest range of products designed to help athletes".

Simple but efficient

On April 3, all 1,500 athletes registered so far for the LG42 and LG21 will find a pavilion waiting at the finish line in Malcesine, specifically for the post-run recovery session. Coaches and Blackroll specialists will be ready to present the recovery tools to the participants so that they can use them optimally and independently afterwards: Fascia Rollers (simpler rollers), Fascia Balls, Trigger Tools and elastic fascia, and many other tools the runners can use guided by Blackroll trainers. The equipment will, of course, be thoroughly cleaned every time it's been used in order to comply with the very latest health safety measures.



Virtual preview

In order to ensure the competitors already registered for the race but who aren't familiar with the German brand's products, the LAKE GARDA 42 organisers will be hosting an online session on **18 March (7pm) with a Blackroll trainer**. Follow the event's social media to obtain the live link.

For updates and breaking news: @lakegarda42 on Instagram and @lakegarda42 on Facebook.

Further details about LAKE GARDA 42 can be found on the following site: www.lakegarda42.com

About COMUNICO Italia SSD a RL

LAKE GARDA 42 is an event of the company COMUNICO Italia SSD a RL and COMUNICO GmbH, a sports event agency based in Bad Tölz, Germany. An international team has been supporting the founder Christian Deissenberger in the conception, planning and implementation of events throughout Germany, Austria and Italy since 1996. Thanks to many years of industry experience, COMUNICO GmbH is one of the leading agencies for the planning of sporting events, tourism promotion, trade fairs, congresses and meetings. More information at www.comunico-event.com.

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