

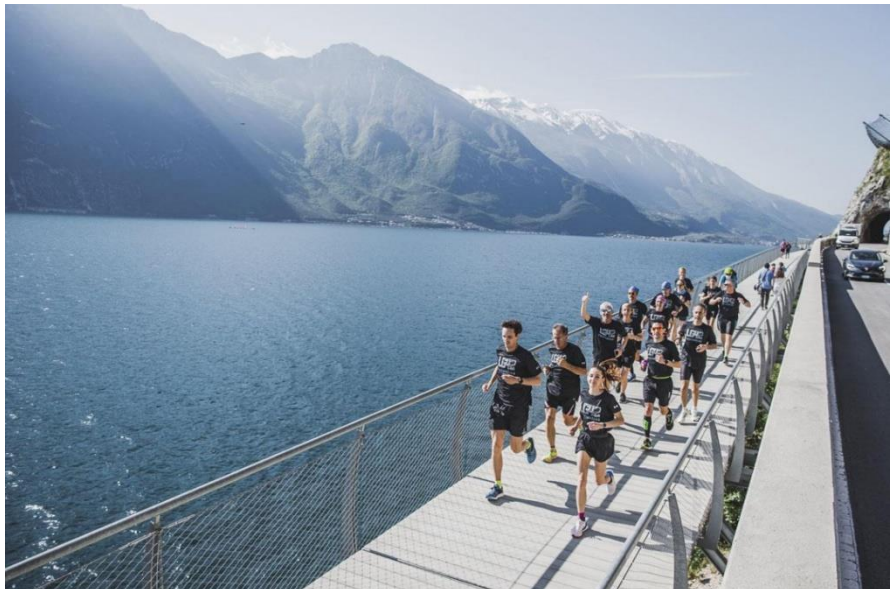
LAKE GARDA 42 press release, 10 February 2022

## **LAKE GARDA 42 and the Half Marathon: A “strategic” test in your training program**

**Running enthusiasts planning to take part in a marathon know they have to include half marathons in their build-up, and for those who have chosen to test themselves in an end-of-spring classic, the LAKE GARDA 42 half marathon is the ideal solution. The date is set for 3 April 2022 with the race starting in Arco di Trento and finishing in Malcesine, at the same location as the marathon that gets under way in Limone sul Garda. While Sunday is the day for adults with the marathon and half marathon, Saturday 2 April is set aside for tomorrow’s champions with the KIDS RUN, dedicated to runners aged between 5 and 12.**

Coaches repeat it like a mantra: “include at least one half marathon before you do the marathon”. Why? Because the build-up to the classic distance of 42 kilometers involves a gradual increase in the number of kilometers you clock up, and a half marathon represents a vital step in your preparation. Why? Quite simply because running 21 kilometers helps your ramp up your workload prior to moving onto even longer runs, and what’s more it’s the first race against the stopwatch enabling runners to get an idea of the (estimated) time they will do when undertaking the full distance.

Consequently, for everybody due to take part in a marathon in the second half of spring, the **half marathon** featured in the **LAKE GARDA** program represents an ideal milestone on the way to being ready to for “the big day”. The race on 3 April crosses three regions and three provinces, enabling runners to undertake a standard marathon alongside the magnificent northern part of Lake Garda also features the **LG21 HALF MARATHON**.



## A half marathon in paradise!

The starting point of the “half” is located at Arco di Trento, in piazza delle Canoniche at 09.45am, with the route beginning against a backdrop of mountain slopes before meeting up with the lake at Torbole. The race ends in Malcesine, sharing the same finishing line as the 42-kilometre race.

The route is almost completely flat with just a 70 meters difference in altitude during the race. There are four feeding zones as well activities organized by the event’s partners to motivate along the competition route.



## Showcase for future champions

The LAKE GARDA 42 program begins the day before, Saturday 2 April, providing a showcase for the champions of tomorrow namely children aged between 5 and 12, who want to put themselves to the test: for them the 1.5 kilometer KIDS RUN starts at 6pm at Rocca di Riva del Garda, which will be the event’s headquarters, as well as the point where bibs are handed out.

A message to all runners: the LG21 is THE event to note in your diary! And you can get your bib for a special price up to the end of February: €53 for the half marathon and €63 for the marathon.

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](http://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](http://www.comunico-event.com).

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