

# THE IBEX RUN

## The 3 sections

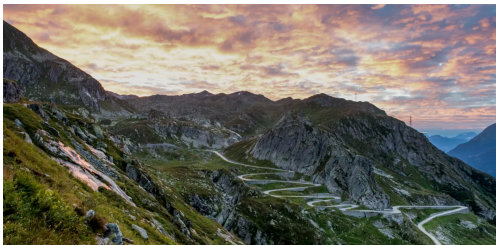
Runners experience a unique journey across the whole Canton of Ticino. They experience it as **SUPERIBEXES**, running all three stretches (S1, S2, and S3), each the approximate length of a marathon, or as a team of three **IBEXES**--with each of the three participants running the approximate length of a marathon.

While **SUPERIBEXES** get the chance to a refill at the end of each stretch, **IBEXES** have to complete the stretch entirely self-sustained.

also called the "**IUXTA CINERIS MONTEM JOG**"

This is the **"popular" event, almost to everyone**, with the only prerequisite of having completed an official marathon below 5h00' (within the last 5 years, preceding the marathon).

For supporters and "long-stretch curious" runners, we have inserted a warm-up, called "**IBEX FINAL Ks**" as well as "**The MEZZA**". The runners start at **the Casvegno Park in Mendrisio**. The "IBEX FINAL KS" take the runners down into the Motta Valley, and finally up into the Penz Hill, right to the Stone 75B (and the jurisdiction of Colverde, Italy). **The "IBEX FINAL Ks" run is open to everybody. A nisher t-shirt is given to all participants to the IBEX FINAL KS.** Please have a look at the route of the "IBEX FINAL Ks": <https://www.relive.cc/view/v8qV92Qo236>. The MEZZA follows the same route as the FINAL\_Ks, with the sole difference that the joggers start from the roundabout at the Melide train station, from where they have to reach the Casvegno Park in Mendrisio.



S1: From Hospental to Giornico (44k and kopecs)

#### **DESCRIPTION:**

Section number 1 (S1) of the IBEX RUN takes the athletes from the stone separating the Jurisdictions of the Canton of Ticino from the Jurisdiction of the Canton of Uri, down to the Town of Giornico. IBEXES and SUPERIBEXES start by running up the "old stone street" from Uri to the Gotthard Pass and, next to the Gotthard Pass Hospiz, start their journey tumbling down the old "Tremola stone street", right into the Center of the small Town of Airolo. Running along the Cantonal

road, after approximately 15k, the athletes will reach the old Border House, called "the Big Duty" ("Dazio Grande") and, then, follow the path old Roman passage along the gorgeous "Throats of the Piottino" ("Gole del Piottino"). Along the Cantonal Street, through the Towns of Faido, Chiggiogna and Lavorgo, the athletes enjoy--amongst other things--the views of the Ponte della Biaschina, until they reach the Town of Giornico.

In Giornico, next to the fountain located @ 46° 23'59.0"N 8°52'49.7"E, SUPERIBEXES enjoy a refill, while IBEXES pass the baton.

*This Section, in line with all other Sections, is the approximate length of a marathon (with some more additional hundreds of meters that we call--using a russian saying in honour to the Generalissimus Alexander Wassiljevitsch Suworow--"kopecs". See this reference, for information about the*

*Generalissimus: <https://www.anderlatt.ch/en/attractions/suvorov-monument-74c4bb3fb5>*

### **POSSIBLE ROUTE:**

*As a general principle, SUPERIBEXES and IBEXES will follow the route recommended by GOOGLE MAPS.*

<https://www.relive.cc/view/vRO7drmd4K6>

(Hospental-Bodio)

<https://runkeeper.com/cardio/cb661e92-95d7-441b-b1df-26687ac85a6b>

(Hospental-Bodio)



S2: From Giornico to Monteceneri (42k)

**DESCRIPTION:**

Section number 2 of the IBEX RUN takes the athletes from the small town of Giornico, down along the Ticino River, through the towns of Bodio, Personico, Pollegio, Biasca, Rivera, right into Bellinzona--the Capital of Ticino. Ticino's capital is famous for its three castles (Castelgrande, Monte Bello, Sasso Corbaro), which were incorporated into the register of UNESCO World Heritage Sites in 2000. From Bellinzona on, the athletes run across the, so-called, "Magadino Planes" and reach the locality of Cadepezzo (Jurisdiction of Gambarogno), where the ancient Roman Road of the Ceneri Mount begins. The origins of the ancient cobbled road, which crosses over the Ceneri Mount, date back to mediaeval times. Linking Cadepezzo to Rivera (Jurisdiction of Monteceneri), it is one of the

best preserved such roads in the whole of Canton Ticino. Its total length is 2218 m whilst the restored historical section is 1392 m long. Once the athletes reach the end of the historical road, at the top of the pass, SUPERIBEXES enjoy a refill, while IBEXES pass the baton at the barrier, indicating the end of the ancient road, and located @ 46°08'34.9"N 8°54'09.5"E.

*This Section, in line with all other Sections, is the approximate length of a marathon (with some more additional hundreds of meters that we call--using a russian saying in honour to the Generalissimus Alexander Wassiljevitsch Suworow--"kopecs".*

**POSSIBLE ROUTE:**

**[https://live.tractalis.com/wfl/2021/s-howcsv/#file=https://ctmlbhistoryg.blob.core.windows.net/history/3322/3238f055-4906-d055-996b-e4c61721d55d/\(20210425085944\).csv](https://live.tractalis.com/wfl/2021/s-howcsv/#file=https://ctmlbhistoryg.blob.core.windows.net/history/3322/3238f055-4906-d055-996b-e4c61721d55d/(20210425085944).csv)**

(Giornico-Monteceneri)

**<https://www.relive.cc/view/vJOKgMmyB5O>**

**<https://www.strava.com/activities/5378123662>**

(Bodio-Iragna -- Alternative route)



S3, aka "IUXTA CINERIS MONTEM RUN": From "Mount of the Ashes" to Pidrinaa, and Colverde (42k and kopecs)

**DESCRIPTION:**

Section number 3 of the IBEX RUN takes the athletes from the barrier, indicating the end of the ancient road of the Cineris Montem, or "Mount of the Ashes",

**(<https://www.relive.cc/view/vLqeGnw3oRO>)**, down to the Lugano

Lake and, finally, to the Region of Chiasso (called Mendrisiotto), where Switzerland borders with Italy at its southernst point (aka the "Stone 75b").

At the beginning of the stretch, once the athletes cross the jurisdiction of the Town of Monteceneri, they run along the so-called "Vedeggio Valley" until they reach the Towns of Lamone-Cadempino and, then, Vezia. Vezia is the "welcoming door" into the City of Lugano. Once the athletes cross the

City of Lugano in the most efficient way (usually through Massagno and Lugano Train Station, or through the famous "Tassinio Park"), they will reach the shores of the Lugano Lake where the Jurisdiction of the small town of Calprino (aka "Paradiso") begins. From there the athletes run to Melide and cross the Lugano Lake through the famous "Damb-Brigde of Melide". Having set foot onto the Region called "Lower Ceresio", the runners reach the Jurisdiction of Mendrisio after approximately 7k. From Capolago (Jurisdiction of Mendrisio) on, the path follows the shores of the Laveggio river, until the very center of the small City of Mendrisio. Once Mendrisio is crossed, the runners are in the "final steps" of the run, passing through the Town of Coldrerio, down to the feet of the Torraccia Climb, and finally going up the Penz Hill, until they reach 45°49'04.6"N 9°01'02.7"E, the southernst point of Switzwrland. The races finishes, once the runner cross into the Jurisdiction of the Republic of Italy, City of Colverde.

What a journey!!! :)

### **POSSIBLE ROUTES (BY STRETCHES):**

# THE IBEX RUN

Monteceneri-Cadempino:

<https://strava.app.link/21E6TVp0Rgb>

<https://runkeeper.com/cardio/32bd1d96-10d3-486d-8800-a1b3859568a0>

LamoneCadempino-

Maroggia: <https://www.relive.cc/view/vQvxByLxx96>

<https://runkeeper.com/cardio/dd8dc1cd-41b7-4642-afc-7ee597269fe5>

<https://strava.app.link/YhCGvB3aUgb>

Maroggia-OSC:

<https://www.relive.cc/view/v1vjDgX38J6>

<https://strava.app.link/4QEeqRWQsXgb>

<https://runkeeper.com/cardio/cdcd5339-2761-4afb-8136-9ac8c691b0a3>

**FINAL Ks:**

<https://www.relive.cc/view/v8qV92Qo236?hl=en>

Sightseeing Tour  
(pictures will be added for each section, after edition  
2022)



# THE IBEX RUN

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**Section 1 - The Tremola  
Road**



**Section 2 - The Ticino  
River**



**Section 3 - The  
Ceresio Lake**

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