

ROADBOOK GTLC WINTER 2025

GTLC



tracks 
RUN YOUR WAY 

PROGRAM

SERVICES

BAR	07:30 – 24:00
FOOD	12:00 – 22:00
MARCHANDISING	07:30 – 20:00
DISTRIBUTION MEDALS	14:00 – 22:00
INSTRUCTIONS	07:30 – 20:00

PODIUMS

Podium GT65

- * Men 1 / 2 / 3
- * Women 1 / 2 / 3

Podium GT35

- * Men 1 / 2 / 3
- * Women 1 / 2 / 3

Podium GT22

- * Men 1 / 2 / 3
- * Women 1 / 2 / 3

Podium GT12 solo

- * Men 1 / 2 / 3
- * Women 1 / 2 / 3

Podium GT12² duo

- * Men 1 / 2 / 3
- * Women 1 / 2 / 3
- * Mixed 1 / 2 / 3

Belgian Championships

- Men in all categories 1 / 2 / 3
- Women in all categories 1 / 2 / 3
- Men Cat. M35-50 1 / 2 / 3
- Women Cat. M35-50 1 / 2 / 3
- Men Cat. M+50 1 / 2 / 3
- Women Cat. M+50 1 / 2 / 3

SATURDAY 8

NOVEMBER

07:30 OPENING OF THE OVIFAT WEBSITE

07:30 Opening BAR

08:45 GT65 Briefing

09:00 Start of GT65

10:45 GT35 Briefing

11:00 Start GT35

12:00 Opening FOODPetite catering

13:45 GT22 Briefing

14:00 Start GT22

14:00 First GT35 arrivals

15:00 First GT65 arrivals

16:10 First GT22 arrivals

16:15 Briefing GT12 and GT12²

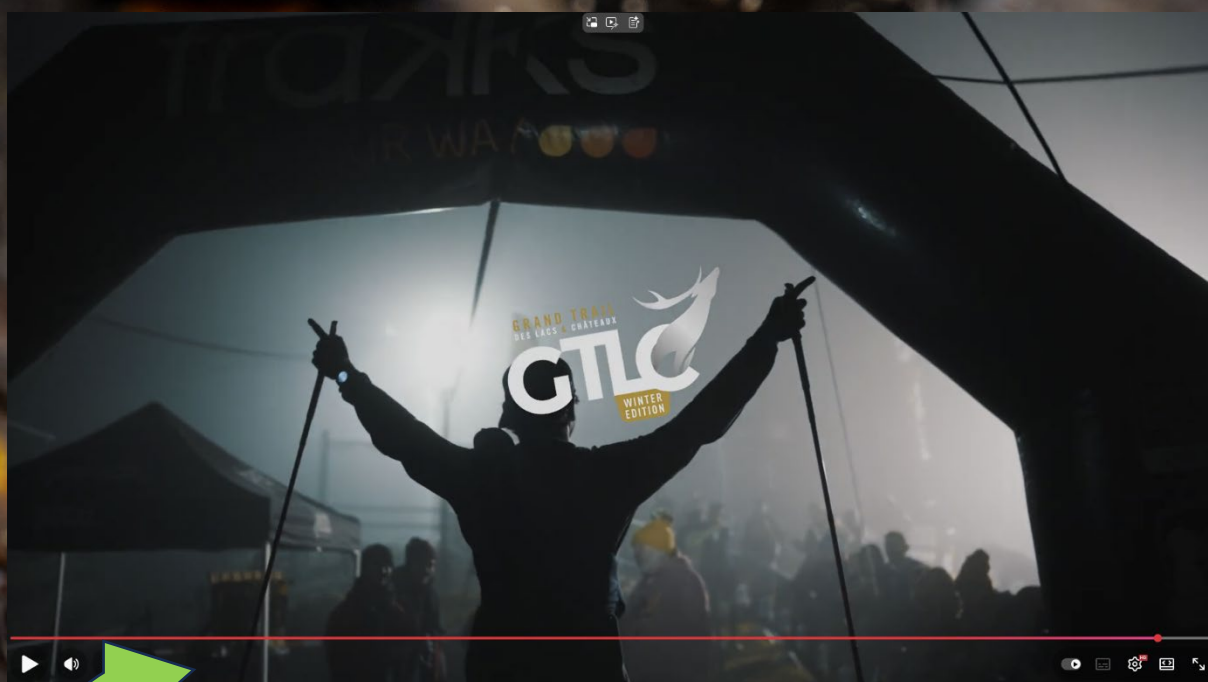
16:30 Start GT12 and GT12²

17:00 Presentation of the cheque to the LEG'S GO VZW

17:50 First GT12 arrivals

20:00 Closing of the locker

22:00 Arrival of the last GT65



*Feel the vibrations
I'm looking forward to
the exciting 2024
season.*

Congratulations on registering for GTLC Winter 2025!



ADDRESS OF THE DAY

Piste de Ski d'Ovifat - Rue de la Piste, 1 - 4950 Ovifat – Belgique



Thanks to [Stoffels & Fils](#) for their help in setting up the site.



ENTRIES

NO ON-SITE REGISTRATION

NO name or distance change on the day

BIB COLLECTION



Bibs are available at the [Trakks Rocourt](#) store until Wednesday 05/11 - 18:00.

The BEST of RUNNING partners! Don't hesitate to come to them for advice to prepare your goal!

Each bib is given **individually** to each runner on presentation of your **ID** (ID card or passport with photo) only!

All participants in the Belgian Championship will be equipped with a GPS tracker. They will be distributed at that time. The registrants who have taken this option too.

OBLIGATORY!! Encoding in your smartphone BEFORE:

1. SOS number: 0032 471 20 36 21
2. Application 112

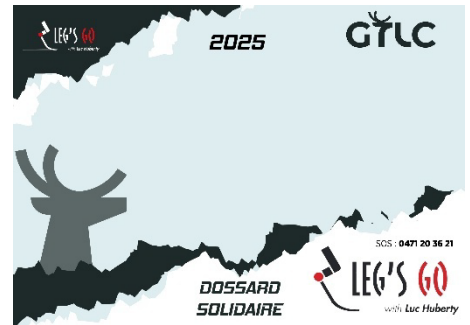


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SOLIDARITY BIB

You also had the possibility to donate the value of your participant gift OR to buy a solidarity bib that will be donated 100% to the non-profit organization Leg's Go.Si you have this logo at the bottom left of your bib, it means that your heart was big on the day of your registration! Thank you for this gesture!

This cheque will be presented at 5pm on the main stage.



BIB COLLECTION SCHEDULE

GT65

8

SATURDAY 8/11

GT65 bib collection
07:30 – 08:45

GT35

8

SATURDAY 8/11

GT35 bib collection
09:30 – 10:45

GT22

8

SATURDAY 8/11

GT22 bib collection
12:30 pm – 1:45 pm

GT12

8

SATURDAY 8/11

GT12 solo and duo bib collection
3:00 pm – 4:15 pm

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PARTICIPANT GIFT

Each entry is offered a souvenir of the GTLC Winter 2025 edition.

Meet at the MERCHANDISING stand before or after your race.

Opening hours: 07:30 – 20:00

What will you receive? Long sleeve T-shirt for GT65, Arm warmers for GT35 and Neck warmer for GT22 and GT12



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GOSSELIES

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YOU

can drop off your bag of up to 10 litres.
Note your bib number on the labels provided for this purpose before dropping it off!
We accept no responsibility for loss or theft.

Opening hours: 07:30 - 20:00

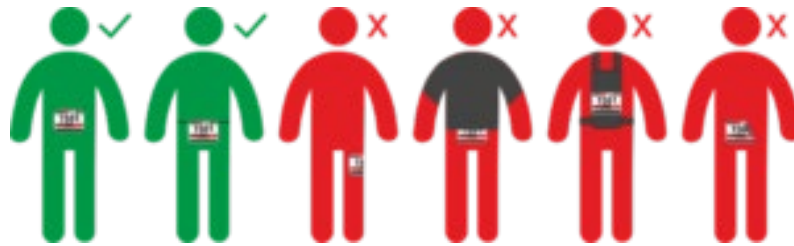
The remaining bags of the runners still in the race after 8 p.m. will be safely returned to the SCHUSS room at the race HQ



RUNNER TRACKING

CHRONO/LIVE TRACKING

The bib must be worn on the chest or stomach and be permanently and completely visible during the entire race.
This bib will give you access to the refreshments and life base.



It should always be placed on clothing and should not be positioned on a leg or bag under any circumstances.
The timed chips are placed on the back of the bib. These will activate when you pass the mats at the different points.

Unannounced checkpoints will be set up by the organization but also by the Federation.

ALL runners will benefit from a timing chip behind their bib that will allow them to follow the passage of each runner live at the refreshment points, at the bottom of the track and at the finish line.

An estimate of your progress will be calculated by Ultratiming live.



<https://www.ultratiming.live/evenement/gtgc-winter-2025>

GPS TRACKING - GT65

A tracker will be provided to each racer participating in the Belgian championship on the GT65, as well as to those who have taken the option on the GT65 when registering.

Rien de plus important que de savoir où se trouve les participants GT65 !
Grâce, à **ULTRATIMING** les coureurs des ultras sont équipés d'une balise GPS TRACKMIUM.
Positionnement précis en temps réel & estimation des points de passage suivant.

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<https://trackmium.web.app/rr-pc-map/366121/contest/5>

The tag will be distributed when you pick up your bib in a special pocket to attach it to your bag on the day of the start of the race from 07:30.

This must be returned to the organizers at the finish under penalty of an invoice of 100€.

A tracker will be provided to each racer participating in the Belgian championship on the GT65. Unannounced checkpoints will be set up by the organization but also by the Federation.

POP UP !!

From Saturday, November 08 at 8:00 a.m., a "pop up" will be available on our website <https://grandtrail.be/>.

This will allow you or your companions to easily follow their favorite runner, follow the passage of the aid stations, the estimates of passage, finish, etc...

CUP & WASTE



OBLIGATORY!!

To avoid wasting plastic cups, everyone is obliged to bring their **own personal cup** (15cl recommended).

On sale on site at the MERCHANDISING stand if needed.



TIME BARRIERS

They are calculated to allow participants to reach the finish in the maximum time imposed. The average hourly rate is very broad. They are indicated on the tables on the race page on the www.grandtrail.be website.

The time announced by the time barrier is the cut-off time at which competitors will have to leave the checkpoint. Runners who arrive beyond the time barrier will be stopped.

We know that it can be difficult to accept failure with so much preparation beforehand. If we insist on time barriers, it is only for your safety.

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MANDATORY EQUIPMENT

(Y: mandatory / R: recommended)

Equipement (O : obligatoire / R : Recommandé)	GT65	GT35	GT22	GT12
Sac destiné au portage de l'équipement obligatoire pendant la course	O	R	-	-
Téléphone	O	O	O	O
Gobelet de 15 cl minimum	O	O	O	O
Réserve d'eau suffisante pour autonomie entre ravitaillement	O	O	R	R
Lampe frontale (+batterie supplémentaire)	R	R	R	O
Couverture de survie 1,40 x 2,0 m minimum	O	O	O	O
Reserve alimentaire suffisante pour autonomie adaptée au parcours	O	O	O	R
Carte d'identité ou passeport	O	O	O	O

AID



The **112.be application** is available for download (available on Android and Apple). The app can directly locate your call to the emergency services.

At the time of your race, in case of serious injury or emergency, call 112.

A first aid station is provided on the site in Ovifat, made up of certified people.

Time: 9:00 am – 10:00 pm



INJURIES, ABANDONMENT & REPATRIATIONS

SERIOUS INJURY:

1. **112**
2. Contact the organisation's SOS (=Race HQ)
0032 471 20 36 21
This number is also written on your bib.

SMALL INJURY:

3. Stop at the following Help Station (H)
4. Contact the organisation's SOS (=Race HQ)
0032 471 20 36 21
This number is also written on your bib.
5. It is imperative to stop at point H for repatriation

ABANDON :

Uniquement aux points H ou R.



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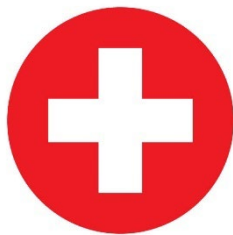
In case of abandonment before an H or R point, it is imperative to return to the previous checkpoint or go to the next checkpoint.

WHAT TO DO NEXT?

Notify the post manager at the R, who will definitively invalidate your bib (and get your tag back). The runner keeps his invalidated paper bib.

The repatriation is decided with the Race HQ, depending on the shuttles on the way.

Please note: no SMS will be processed on emergency numbers or Race PCs.



Information to be given:

1. Your bib number
2. The number of the HELP STATION (example H2)
3. Nature of the call (abandonment, minor injury, serious injury, loss of location)

If you can, still favor the R points of the aid stations.

We will then organize your repatriation to the Ovifat base using the various vehicles loaned by the [Schyns Group](#).

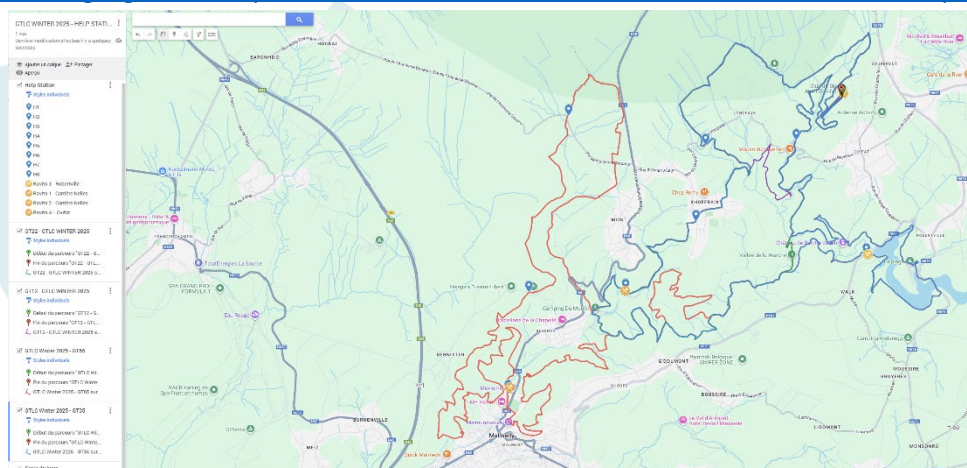
Don't forget to return the trackers to Ovifat if you give up. If loss: €100 will be charged.

Don't forget if you return on your own!

INTERACTIVE MAP HELP STATION & AID STATION :

POINT HELP STATION :

<https://www.google.com/maps/d/u/0/edit?mid=1vZ1sKthXRzws160dskW6n-YRRehe4GY&usp=sharing>



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Le SUV idéal pour la ville et les loisirs



Disponible en électrique, hybride et essence

OPEL FRONTERA

SUV 100% Électrique ou Hybride



Disponible en Hybrid et Electric

FIAT PANDA

Audacieuse dans la conception et dans les détails



Disponible en Essence, Hybride ou Electrique

MARKUP













schynsgroup.com












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For better vision at night, the beacons have a reflective part. If you don't see any markers after 150 metres, go back!

White ARROW with orange tip, small reflective stick, ENJOY SPORT label.

For the non-wooded parts, an orange chalk markings on the ground will indicate the direction.

Here is an example of a fork sign as well as a sign to certify that you are on the right road after a fork.



FRONT

A headlamp is essential for certain distances.

Mandatory for WG12.

Think about your pace in order to plan a headlamp or not!

2 PETZL balloons will overlook the site of the Ovifat GTLC ski slope during the weekend.

A partnership made possible thanks to [Alpitem Petzl Benelux Agency](#).



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AID STATION



Pas de de gobelet au ravitaillement.
Vous devez avoir votre propre gobelet avec vous !



Only runners with a visible bib will have access to the refreshment stations.

Cold liquid, hot liquid, classic salty and sweet snacks, fruit, delicacy, aperitif.

Hydration and energy intake must be adapted to the weather conditions and enriched with salt throughout the effort. You know your personal needs better than anyone! There is no gel, no energy bars, no iso drink.

ATTENTION: Manage your distances from one point to another!

Flying refueling is FORBIDDEN!

It is forbidden to leave the supply bases with food reserves, except water.

Consumption must be done on the spot.

Thank you to the [SWDE](#) for their collaboration.

		R1 BEVERCE (carrière NELLES)	R2 MOVIE MILLS	R3 BARRAGE Robertville	R4 Ovifat
					RAVITO FINAL !
		GT65 (12,5km)	GT65 (33km)	GT65 (51km)	GT65 (67km)
		GT35 (12,5km)		GT35 (22km)	GT35 (37km)
		GT22 (12,5km)			GT22 (27km)
					GT12 (15km)
CHAUD	Soupe chaude poulet		X	X	
	Café		X	X	
SNACK sucré et salé	Tuc	X	X	X	X
	Chips au sel	X	X	X	X
	Cachètes	X	X	X	X
	Pain d'épice	X	X	X	X
	Gaufre au sucre	X	X	X	X
	Gaufre aux œufs	X	X	X	X
	Mini galette de riz chocolat		X		
	Quatre Quart	X	X	X	X
FRUIT	Banane	X	X	X	X
	Orange	X	X	X	X
GOURMANDISE	Bonbons pâte de fruit	X	X	X	X
	Chocolat noir ou noisette	X	X	X	X
LIQUIDE	Eau	X	X	X	X
	Coca	X	X	X	X
	Sirop grenadine	X	X	X	X
APERO :)	Saucisson				X

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FOLLOWERS

The refreshments will be placed at the points described on the road book:

Use this link with the google map: A click on the point gives you the Google directions!

Your guides will have the opportunity to go to viewpoints, waypoints, and find the refreshment points quite easily.



POINT INFO :

<https://www.google.com/maps/d/u/0/edit?mid=1rng4FctRc2YB5QOxoJ28ORM6JUOa9Zk&usp=sharing>

Runners are not allowed to sleep in places other than those encountered on the course. Motorhomes are prohibited!

SUPPORT ON THE COURSE

To ensure fairness between competitors, it is forbidden to be accompanied during all or part of the race by a person who is not registered (pacer, mountain bike, etc.), outside the tolerance zones near the refreshment areas. Race stewards will be able to issue penalties in real time in the event of non-compliance with the rules, or even disqualification. Poles are allowed.

COMPLIANCE WITH THE RULES

At the time of registration, each runner confirms that he or she has read the rules and that he or she respects them. This policy may be modified at any time and is valid for the latest version of the policy. Please take note of the changes and respect them for the good of the race. <https://grandtrail.be/summer/winter-reglement/>

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RESPECT FOR VOLUNTEERS – THANK YOU!

We attach particular importance to respect for others. The volunteers you will meet along the way are there to help you. Thank you for respecting the EXTRAORDINARY work they do day and night to make this race possible.

They are easily recognizable!



Thank you to our partner FLEXOS who dresses all our volunteers so that they are recognizable and help you as much as possible to achieve your goal!

FLAGGERS & HIGHWAY RULES

Even though we have a great team of volunteers at the various flagman positions, each participant will have to comply with the highway code. The road crossings are made under the full responsibility of the riders, with waiver of any recourse against the organizers in the event of any subsequent damage and sequelae that may occur during your race. Your registration constitutes acceptance of these rules.



qomIT srl
Parc d'activités du Grand-Hû
Rue des Artisans, 2A
4877 Olne

04/259 98 98
info@flexos.be

Olivier ROYEN, ses associés et son personnel

Matériel et service informatique pour indépendants, PME, professions libérales,
administrations, écoles, ...
+ de 20 ans d'expérience technique !

www.flexos.be

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TRACE GPX

GT65 : <https://grandtrail.be/app/uploads/2025/10/gtgc-winter-2025-gt65.gpx>

GT35 : <https://grandtrail.be/app/uploads/2025/10/gtgc-winter-2025-gt35.gpx>

GT22 : <https://grandtrail.be/app/uploads/2025/10/gtgc-winter-2025-gt22.gpx>

GT12 : <https://grandtrail.be/app/uploads/2025/10/gtgc-winter-2025-gt12.gpx>



Having the GPX track loaded on your watch/smartphone is strongly recommended, even mandatory for the GT65. The routes will of course be 100% marked BUT the de-markings are unfortunately very frequent and are beyond our control.

Each rider is warned and is responsible for the way he or she operates in the event of problems.

PROHIBITION:

These courses use many **private passages** that are not accessible outside of race day. We have the trust of the owners. Don't break it by borrowing them outside of the GTLC event.

BREAFFING COURSE

For everyone:

Below the track, you take a right before the small hut and you go up part of the Blue slope to then cross the Red slope, follow the signs. The arrows always take precedence over the GPX track!

After each Bifurcation, you have a sign reminder to let you know which race you are on.

GT65 IMPORTANT INFORMATION: 3 fords!! (14.5km – 44.5km – 47.5km)

GT12 Duo SPECIAL INFO: You have signed up to do a DUO, which means racing together!

HOW TO GET TO OVIVAT?

Start site: <https://goo.gl/maps/MakQHvsqam2qdTNWA>

A TIP: If you are coming from the E42 motorway, avoid taking exit 11! On leaving there, you will come through the village of Xhoffraix and therefore cross the courses of the various GTLC races. At the risk of wasting time and being late for your race. Instead, exit at Exit 12 (Malmedy) or Exit 8 (SPA).

PARKING :

! Favor carpooling!

Anticipate your arrival and the fact that you may have to walk a while after parking...
Parking is limited!



Parking 1 and 2 (private):

OPEN Saturday from 07:30 to midnight (No parking possible before)

These car parks are available to runners ONLY for the duration of the race.

Ski slope parking: Only reserved for volunteer members on presentation of PASS. Any unauthorized cars will be removed by the authorities.



Due to a lack of parking, please park on the sides of the roads and favor **carpooling**.

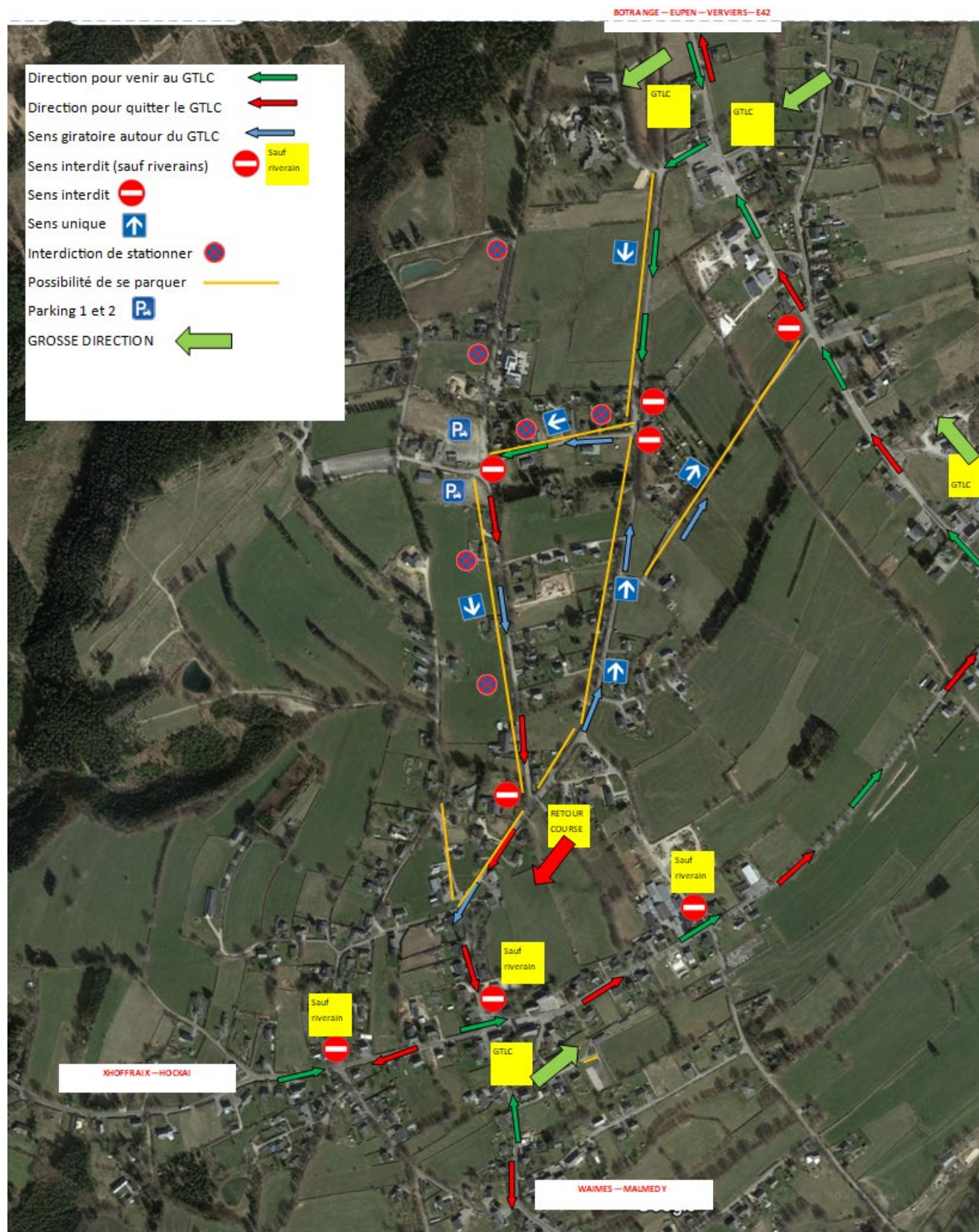
Respect the police order and the signage put in place.

Respect the private properties and gardens of the village of Ovifat!

Specific signage to arrive at the GTLC site has been set up, please respect it.

RESPECT the FORBIDDEN DIRECTIONS to avoid traffic jams and to keep access in case of emergency. Volunteers will guide you.
Below are the different signs you will encounter.





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PHOTOS & VIDEOS

We will share the photos on our website [Official Photos – Grand Trail des Lacs & Châteaux](#) as well as on our Facebook and Instagram pages.

Click on the icon to follow us on social media!



SPORTOGRAF



<https://www.sportograf.com/fr/event/14149>

Register Now
to receive your photos by email!



SHOWERS WC

Two CITY WASH [shower trucks](#) will be in place throughout the day on Saturday (hot water).

LOCKER ROOMS

Men's and women's changing rooms will be set up under the arbour to allow you to change if you don't want to queue for the showers.

WC

REMONDIS [toilets](#) will be installed at all refreshment stations as well as at the Ovifat departure site.



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SHOP

The official 2024-2025 Grand Trail des Lacs et Châteaux store! 🎁

Hats, caps, sweaters, glasses, neck warmers, microfiber towels, ... Emilie and her team are looking forward to seeing you as soon as the site opens to distribute your participant gift.

Take this opportunity to treat yourself to a unique souvenir of this GTLC experience! A brand new 2026 collection is in the works 🧡.

Opening 7:30 – 20:00



**SHOP by
GTLC
En édition
limitée !!!**

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BAR & SNACKS

After the effort, the comfort! The Grand Trail bar is the ideal place to meet up with runners, volunteers and guides, in a friendly and relaxed atmosphere. There's nothing like a moment of sharing after crossing the finish line, a beer in hand and a smile on your face.

As for drinks, the **Lupulus brewery** will accompany the event with three flagship references:

1. **Hopera**, a hoppy and refreshing blonde, perfect for celebrating the post-race;
2. **Fructus**, with fruity and thirst-quenching notes;
3. **Placebo 0%**, the alcohol-free version that keeps all the pleasure of a real Lupulus.



L'abus d'alcool nuit à la santé
Alcoholmisbruik schaadt de gezondheid

LES RÉFÉRENCES DISPONIBLES LORS DE NOTRE ÉVÈNEMENT



For small appetites, a **tasty hamburger**, prepared on site, will satisfy the appetites of great athletes and companions alike. And for those who wish to extend the moment with friends, a **tasting platter** composed of **cheeses and charcuterie to share** will also be available.

The **food will be open continuously from 12 p.m. to 10 p.m.**, so that everyone can enjoy a meal or a gourmet break throughout the day.

Whether you come to celebrate your performance, encourage the participants or simply enjoy the atmosphere of the trail village, our bar and restaurant area promises you a pleasant and festive moment. Here, the race continues in a different way: around a good drink, a well-deserved burger and beautiful discussions between enthusiasts and **MUSIC!**

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HOUSING



Would you like to return to our beautiful region for a 2026 GTLC edition? Are you looking for a gîte to accommodate the whole family or friends?

Thanks to the code **MDV-2425**, our partner "[Holiday Homes - Family Lodomez](#)" offers you a 5% discount on your booking (valid until 31/12)!

Gatherings around the same table, the same drink, the same trail, it gives crazy memories!



maisons de vacances

FAMILLE LODOMEZ

Aux portes des Ardennes et au Coeur des Fagnes

FINISH LINE, MEDAILLES & PODIUM

The FINISH LINE is at the top of the ski slope.

All finishers will be offered a medal upon arrival.

The podiums will reward the first 3 of each distance, Man and Women.

The time of the podium is not determined in advance. It will be organized +/- 30 minutes after the arrival of the 3rd.

It doesn't matter how long it took you to cross the finish line, it doesn't matter
how high you are, it doesn't matter how far you go...
You all gained something in this experience!

Immortalize your name on the STARTING LIST – Winter 2025 tarpaulin



Thank you from the bottom of our hearts to all those who have placed their trust in us. Thank you to all our loyal partners and all the top volunteers, whether they are individual volunteers or from groups. They keep you safe and make sure you don't miss anything.



THANK YOU a thousand times
for your presence on
the most beautiful trails in Belgium, those of the Grand
Trail des Lacs et Châteaux!

GTLC Organizers and the GOLD CORE

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2026 events organised by ENJOY SPORT INFINITY



SUMMER

Event	Distance	Elevation
GT2	2 km	80 D+
GT11	13,4 km	494 D+
GT21 20K UTM	23 km	781 D+
GT42 50K UTM	46,4 km	1820 D+
GT85 100K UTM	85,8 km	3175 D+
GT160 100M UTM	165 km	+6000 D+
GTTRI+	8,2 km	606 D+

GTLC Grand Trail Lacs & Châteaux Belgium 🇧🇪

Join us grandtrail.be 15-17 may 2026 Summer edition

April 24, 2026: BueRun in Liège. More than 2200 steps, 8.7km, solo or in duo
https://www.facebook.com/events/984470787095265?locale=fr_FR

15/16/17 May 2026 : GTLC Summer GT160 | 85km | 42km | 21km | 16km | TRI+
Return of the 100 miles!
<https://grandtrail.be/>

11 July 2026: Salm Triathlon | Sprint Distance and Olympic Distance
<https://www.facebook.com/triathlonsalm>

7 November 2026: GTLC Winter 65km | 35km | 22km | 12km
<https://grandtrail.be/winter/edition-winter-le-grand-trail-des-lacs-chateaux/>

GT65

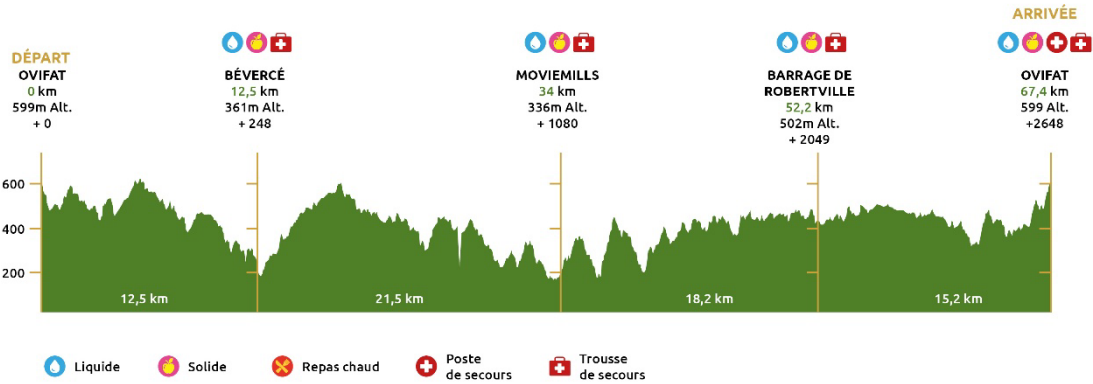
67 KM - 2648 D+

Saturday, November 8, 2025 at 09:00

600 runners
Max race time: 13:00
Fastest time: about 05:35

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	09H00	09H00		
BÉVERCÉ (CARRIÈRE)	361	12,5	12,5	248	10H00	11H30		  
MOVIEMILLS	340	21,5	34	1080	11H48	15H45		  
BARRAGE DE ROBERTVILLE	502	18,2	52,2	2049	13H20	19H15		  
OVIFAT	599	15,2	67,4	2648	14H35	22H00		   

 Liquide  Solide  Poste de secours  Trousse de secours



GT35

37 KM - 1262 D+

Saturday, November 8, 2025 at 11:00

600 runners
Max race time: 06:30
Fastest time: about 2:50

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	11H00	11H00		
BÉVERCÉ (CARRIÈRE)	361	12,5	12,5	248	11H58	13H10		  
BARRAGE DE ROBERTVILLE	502	9,5	22	668	12H41	14h50		  
OVIFAT	599	15,3	37,3	1262	13H50	17h30		   

 Liquide  Solide  Poste de secours  Trousse de secours



GT22

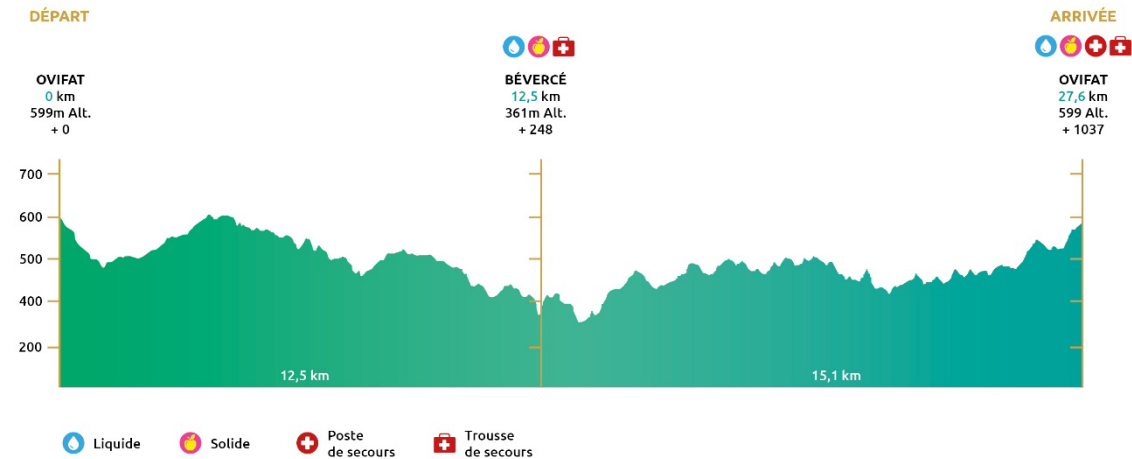
27 KM - 1037 D+

Saturday, November 8, 2025 at 2:00 PM

600 runners
Max race time: 5 hours
Fastest time: about 2 hours 10 minutes

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	14H00	14H00		
BÉVERCÉ (CARRIÈRE)	361	12,5	12,5	248	15H00	16H18		  
OVIFAT	599	15,1	27,6	1037	16H10	19h00		   

 Liquide  Solide  Poste de secours  Trousse de secours



GT12

15 KM – 575 D+

Saturday, November 8, 2025 at 4:30 p.m.

600 solo and duo runners
Max race time: 3 hours
Fastest time: about 1 hour 15 minutes

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	15H00	15H00		
OVIFAT	599	15,7	15,7	575	16H15	18H00		   

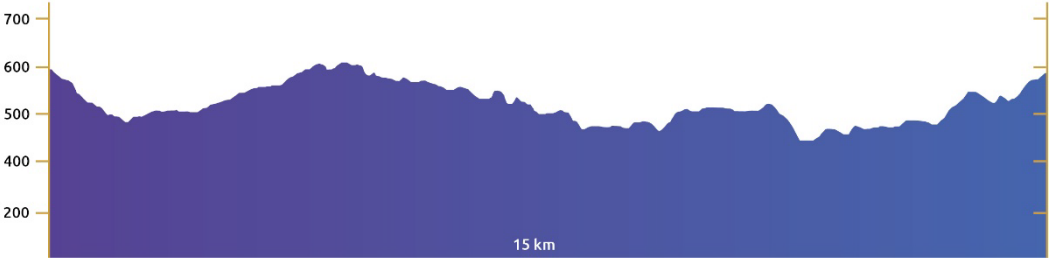
 Liquide  Solide  Poste de secours  Trousse de secours

DÉPART

OVIFAT
0 km
599m Alt.
+ 0

ARRIVÉE

   
OVIFAT
15,7 km
599m Alt.
+ 575



 Liquide  Solide  Poste de secours  Trousse de secours

HAVE A LOT OF FUN !!



Enjoy
you are alive!