

"ULTRAMARATHON of 6 - 12 - 24 hours on the road"
FIDAL "Bronze" and IAU "Bronze" Label
IUTA Italian Championship for CLUB 2019 (2nd edition)

RULES

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1) ORGANIZATION and INFORMATION

ORGANIZATION of the GSD Mombocar in collaboration with the Municipality of San Giovanni Lupatoto.

- Secretary of Organization by GSD Mombocar (information, results, complaints, etc.)
- Race Judges Group of the Italian Athletics Federation
- Judge of the "neutralization zone" (supply, sponge, WC, momentary abandonment of the course)
- Data collection and processing service with electronic microchips of DREAMCHRONO
- FIDAL Technical Delegate
- SPEAKER: Fabio Rossi

INFORMATION: website: www.lupatotissima.it e-mail: lupatotissima@gmail.com

2) HOTELS reported

in the course of agreement.

3) PARTICIPATION (without number limitations and without reservation)

The Ultramarathon of the Lupatotissima is approved by Italian Athletics Federation and by IUTA. **Will be admitted to participate:**

- Italian runners of the categories "Promesse" (20-21-22 years) and "Seniores" (including all age groups Master) registered with Fidal affiliated club for the current year;
- Italian runners registered with RUNCARD and / or RUNCARD EPS (being a "Bronze" race); it's NOT allowed to participate athletes only registered with Italian E.P.S.;
- Italian runners, who are resident and registered abroad; they must present the authorization of their foreign Federation and their Club (the specific form is available on our web site);
- Foreign runners registered for Foreign Athletics Federations (affiliated to the IAAF): they must present a specific declaration (available on our web site);
- Foreign runners (NOT registered for Foreign Athletics Federations); they must do a "Italian Runcard" and present a certificate issued in their own country, but the same exams required by Italian law must have been carried out (a specific model is available on our web site): a) medical examination; b) complete urinalysis; c) electrocardiogram at rest and after exertion; d) spirometry;
- Foreign runners in possession of "Italian Runcard" (with a Italian medical certificate), or with certificate competitive medical product in their country (<http://attivita.fidal.it/content/Non-Stadia/95664>).

4) ENTRY for REGISTRATION (deadline: 5th September)

WHAT TO SEND to the following mail address: lupatotissima@gmail.com

- registration form (or indicate date of birth, gender, email address, telephone number) with possible short curriculum;
- copy of the bank transfer of payment of the fee;
- copy of the National Federation card (or letter)
- certificate issued in their own country, but the same exams required by Italian law must have been carried out:
 - a) medical examination;
 - b) complete urinalysis;
 - c) electrocardiogram at rest and after exertion;
 - d) spirometry

PS) every athlete must declare on the registration form at which distance he intends to participate (6 hours, 12 hours, 24 hours).

5) REGISTRATION FEES (in EURO) and PAYMENT METHODS

	before April 30th	before June 30th	before August 31st	from august 31st - to September 5th
6 hours	22,00	25,00	28,00	31,00
12 hours	27,00	30,00	33,00	36,00
24 hours	35,00	35,00	40,00	40,00

with bank transfer on the account 4463054 registered GRUPPO SPORTIVO DILETTANTISTICO MOMBOCAR (Unicredit Bank) (IBAN code IT 86 G 02008 11730 000004463054).

6) MICROCHIPS - TRANSPONDERS

Single use, supplied by "DREAMCHRONO" (Italy).

7) COURSE OF THE ULTRAMARATON RACES (6 hours, 12 hours and 24 hours)

The ultramarathon races take place on a new road course with an indicative length of 1,550 meters (currently being measured and certified by Italian Federation Official), which will start and pass through the 3 outer lanes (fourth, fifth and sixth) of the athletic track (total six lane, in rubtan-s) "Nino Mozzo" of San Giovanni Lupatoto (Verona). The direction of the race is always anti-clockwise.

8) INFORMATION on SAN GIOVANNI LUPATOTO

Historical mentions – populations resident in the zone of San Giovanni Lupatoto, as more in general of Verone and of all Veneto, have origins very ancients. First inhabitants were in fact the Euganei, of which we can find tracks in the fraction Raldon, in it is placed one of the most vast lake-areas of Verone's province. Then in the following centuries come other people like the Reti, Etruschi, Veneti and Galli. During Cesar's empire the Veneti become roman citizens and so the zone become roman town council. First roman finds backed to 244 A.C. in a kind of plebeian necropolis.

The name – the name "San Giovanni Lupatoto" appears for the first time in the Middle Ages in a document in which were fixed the limits of country's properties. In 1553 for the first time San Giovanni Battista's church was consider as "ecclesia parrocchialis" subject to the chair of Verone. On 28th August 1625 the Serenissima Repubblica Veneta gives legal investiture to San Giovanni Lupatoto of autonomous commune, with 800 inhabitants. In 1814 the congress of Vienna allots to the Austrian empire the Lombardy-Veneto and so also San Giovanni Lupatoto passes under the Austrian hegemony. In 1928 with the annexation of Lombardy-Veneto to Italy's kingdom, San Giovanni Lupatoto became integral part of Verone's town hall, but only after 5 years in 1933 it achieves the definitive autonomy.

Actual situation – the town hall of San Giovanni Lupatoto comprises fractions of Pozzo, Camacici and Raldon.

It is only 8 km away from the centre of Verone, chief town of province, art and historical town, one of the Italian cities most visit from tourists, with some attractions of world-wide importance like the Gardalake, the Arena, Romeo and Juliette's balcony, Erbe Square, Bra' Square, S. Pietro Castle, Castelvecchio's bridge, the agricultural fair, the Vinitaly, horses fair and more others. At only 20 km from San Giovanni Lupatoto children can enjoy themselves attractions of Gardaland, the amusements park among the best of the world.

Surface: kmq 19

Phone code: +39 (Italy) 045 (Verona)

Height: 42 mt. (above sea level)

Postcode: 37057

Inhabitants: 25.000

Economy – The agriculture is an important sector of village's life. Principal cultivations are those of wheat, maize, strawberries, apples, peaches and fodder. Industry, very developed, works in the sector of food, tailorings-dressmakings, footwears, engineering, textile, chemical, wood, paper and building's material. In particular in these last years two industries are distinguished themselves for their initiative and massive advertising campaigns, as Rana, Melegatti and Vicenzi Biscotti. The tertiary sector, that of services, social activities and transports enters a certain prosperity, like trade's sector, influenced considerably from the opening of big downtowns.

Addresses and useful phone numbers

Chemist's: P.zza Umberto , 120 (phone 045.545054)
P.zza Umberto, 57 (phone 045.545050)
Via Garofoli, 135 (phone 045.8753205)
Raldon, P.zza De Gasperi, 43 (phone 045.8730010)
Pozzo, Via XXIV Maggio, 8 (phone 045.545498)

Medical guard: +39 045.549122

The nearest hospital: Verona Borgo Roma

Taxi: 045.8750107 (Via Treviso, 18/a)

Carabinieri: 045.545038 (Via Roma)

Supermarkets: GALASSIA (at the downtown VERONA UNO – State Road Legnaghese)

Post office: Via Foscolo (phone 045.545160)

Market: Every Friday morning

9) SCHEDULE

Saturday	14/9	h 8.30	opening of the San Giovanni Lupatoto Athletic Track and of the Secretary, for pick-up of the package-race and technical equipment (up to 30 minutes from the start of the respective race)	
		h 10.15	appeal of the 24 hours runners	
		h 10.30	start of the 24 hours Ultramarathon	
		h 13.00	meal of pasta for the 24 hours runner (up to 15.00)	
		h 13.15	appeal of the 6 hours runners	
		h 13.30	start of the 6 hours Ultramarathon	
		h 19.30	finish of the 6 hours Ultramarathon	
		h 19.30	meal of pasta for the 24 hours runner (up to 21.30)	
		h 20.45	prize awarding Ceremony of 6 hours Ultramarathon	(stadium steps)
		h 22.15	appeal of the 12 hours runners	
		h 22.30	start of the 12 hours Ultramarathon	
Sunday	15/9	h 3.00	meal of pasta for the 12/24 hours runner	
		h 10.30	finish of the 12/24 hours Ultramarathon	
		h 11.00	meal of Rice for the 12/24 hours runner	
		h 12.15	prize awarding Ceremony of 12 hours Ultramarathon and 12 hours Ultramarathon	(on the track)

10) PICK-UP OF THE PACKAGE-RACE AND TECHNICAL EQUIPMENT

In the Organizing Secretary, it will be possible to collect the package-race and the following technical material:

- . 1 microchip (for the detection of the laps and time achieved) and the related instructions for use
- . 2 bibs (1 front on the chest and 1 on the back in accordance with the IAAF International Technical Rules)
- . 8 safety pins
- . race regulation, brochures, list of runners, complaints form, average hourly table, route card, ticket of the meals
- . numbered adhesive labels (with bib number), to mark drinks and personal supplies

11) UP-TO-DATE RESULTS

Each athlete will be equipped with an electronic microchip, which will allow the chronometric detection of each lap of the route. This detection will be subject to verification by the Italian Federation Officials.

The start line of the three Ultramarathon races will be placed on the finish line of the track.

At the end of the last 20 minutes of the race, at the next transit on the finish line of the track, the athlete will remain running on the track in the fourth lane (length 422.37 meters).

For all the races, each lap of the course will be counted and also the part of the lap of the track possibly not finished, being performed at the end of the race. To allow this survey, a few minutes after the end of each race, the athletes will be provided with a special numbered mark, which must be left on the exact spot of the track reached at the sixth / twelfth / twenty-fourth hour, under the strict supervision of the Italian Federation Officials. The sum will be rounded down to the entire meter below. Only results exceeding 42.195 km will be admitted in the ranking. At the Organizing Secretary and at the Refreshment Area, an update sheet of the partial results of each race will be available every hour.

12) SERVICES

Refreshment Area (Neutralization Area): outside the 6th lane of the track; the Area is long about 100 meters; it begins 110 meters before the exit from the track and ends 10 meters before the exit from the track; it's the only area where athletes can take advantage of assistance and the following services:

- . WC-Toilets
- . Refreshment Point of Organization;
- . Area with gazebos and tables of the Organization available for the PERSONAL DRINKS and possible rest periods, for athletes and assistants;
- . water for sponges;
- . Massage Service (by the Mombocar Massage Team, coordinated by Francesco Marino and Paolo Masola);
- . pasta meal for the athletes, at the Refreshment Point of Organization (see point 9);
- . pasta meal for an assistant, at the Refreshment Point of Organization (see point 9), upon presentation of a special voucher;
- . rice meal for athlete and assistant, after the race (at 7.30pm on Saturday for athletes and assistants of 6h) (and at 11.00 on Sunday for athletes and assistants of 12/24h).

Please note that it is forbidden to take and receive personal drinks outside the Neutralization Area.

In other areas will also be available:

- . Medical Assistance Service and Mobile First Aid assistance with defibrillator on board;
- . Changing rooms, with hot showers and other WC-Toilettes

13) PERSONAL DRINKS

In the Refreshment Area (Neutralization Area), 10 meters after the Refreshment Point of Organization, there will be an Area for the PERSONAL DRINKS, with gazebos and tables of the Organization available; in this Area the assistants can stay here.

Si ricorda che é proibito prendere e ricevere somministrazioni di bevande e alimenti personali fuori dall'Area di Neutralizzazione. If the athletes are without an assistant, to use this service, they will have to mark their personal drinks with adhesive labels. The athletes can deposit their personal drinks directly on the appropriate tables, 20 minutes before the start of each race.

14) VARIOUS RULES (miscellany)

- The microchip must be fixed before entering the starting area (please follow the instructions provided).
- Clothing must comply with the provisions of the IAAF International Technical Rules. It is allowed to change clothes during the race, in the Neutralization Area, with the obligation to keep the bibs well exposed.
- The Service Doctor is the only person authorized to enter the race circuit, in the event of an athlete's injury. The Service Doctor will decide which treatments are required for the athlete and will be able to impose the athlete's withdrawal, if he deems it necessary.
- Any form of accompaniment (pacing) is excluded, under penalty of disqualification.
- The athletes' assistants will not be able to stay on the track and in the race course and will be able to approach the athlete only in the neutralization area, for the time necessary to give drinks, sponges, changes of clothing and other purely assistance operations.
- It is not mandatory to give way in case of overtaking.
- In road races it is NOT forbidden to use video recorders / cassettes, radios, CDs, radio transmitters, mobile phones or similar devices (IAAF).
- The abandonment of the course is allowed only in the neutralization zone (for the refreshments, for the rest stop, for WC services, for the Massages, also in the Tent-Massages) and also in the area reserved for medical treatment
- The abandonment of the course is allowed for medical treatment, provided that it is signaled and authorized by the Judges.
- Rest stop is allowed only in the Neutralization Area, provided that it is signaled and authorized by the Judges.
- The abandonment of the course for other causes not admitted will result in disqualification.
- For matters not covered by this rules, the IAAF and FIDAL rules apply.

15) ANTIDOPING PROCEDURES and COMPLAINTS

ANTIDOPING: according to the provisions of the IAAF, WADA, CONI and FIDAL rules.

COMPLAINTS: they must be presented in the first instance in verbal form to the Referee of the Jury, within 30 minutes of the official announcement of the result of that race; the appeals in the second instance must be presented to the Jury of Appeal in writing, within 30 minutes from the official announcement of the Referee's decision, accompanied by the FIDAL tax of 100 Euro.

16) AWARDS and PRIZES

To all the PARTECIPANTS: rich package-race

To all the CLASSIFIED (with at least 42,195 km): medal and diploma (diplom: press instructions on the website www.lupatotissima.it)

PRIZES for all races (6 hours, 12 hours and 24 hours)

- WOMEN: the first 3 absolute athletes will be awarded with prizes in kind
MEN: the first 3 absolute athletes will be awarded with prizes in kind
CATEGORIES: the first 3 athletes of each category (FIDAL/IUTA category) will be awarded with prizes in kind
PLEASE NOTE: absolute and category PRIZES cannot be combined