



General Information Sheet

23rd IAU 24 Hour European Championships

VERONA (ITALY)
17th - 18th SEPTEMBER 2022

ver 2022-August-30



Table of contents

1. WELCOME
2. CONTACTS LOC AND CENTRAL OFFICE
3. CONTACTS IAU
4. COMPETITION INFORMATION
5. PEF'S & FEF'S
6. TRANSPORTATION PLAN
7. ACCOMMODATION and MEALS
8. VISA REQUIREMENTS
9. TRAVEL GRANTS AND THE USE OF WILDCARDS
10. ACCREDITATION PROCEDURE
11. TECHNICAL MEETING
12. OPENING CEREMONY
13. CLOSING CEREMONY
14. MEDICAL & ANTI DOPING CONTROL
15. WEATHER CONDITIONS
16. GENERAL TIME SCHEDULE
17. OPEN RACE
18. PROPOSALS OF TOURISTIC EXCURSIONS
19. TOURISTIC INFORMATION

1. WELCOME

1.1 Welcome of IAU President

Friends! It is my great pleasure to welcome you to the 23rd 24 Hour IAU European Championships in Verona. It will be truly wonderful to welcome you back to the international stage after a 2-year hiatus due to the pandemic. This event will bring together the top 24 Hours runners across the continent. We anticipate a good turnout as it has been almost three years since the 24 Hour runners convened at an IAU international event. There have been outstanding distances that have been achieved at the European 24 Hour championships and this year expects to be the same.

I would like to thank our hosts Mr. Stefano Mei, President of Federazione Italiana Di Atletica Leggera (FIDAL) for their continuous support in hosting IAU championships in Italy. I would also like to take this opportunity to thank Mr. Giampaolo Aloisi, President of the Local Organizing Committee for working diligently with his team to present to us a world-class event for these European championships.

I am personally really looking forward to meeting all of you in Verona. Thank you for your continued support to the IAU over the years, in particular, the last two years. The core of our activities is organizing championships for our athletes. Seeing all of you back on the course will once again bring that objective to the forefront.

Benvenuto a Verona! Benvenuto in Italia!



Nadeem Khan

President of International Association of Ultrarunners



1.2 Welcome of FIDAL

The “24 hours” is more than a race, it is more than a challenge with the others and yourself, it is a journey to discover your limits. The joy of living a full day of running goes beyond the efforts, which become a way to reach goals, to feel happy and satisfied, all amplified by the charm of crossing the night. In 2022, on 17 and 18 September, Italy will host the European Championships, a key event in the calendar of a competition that enhances the deep values of sports.

The event should have been held two years ago and will be this year, after the postponement due to the pandemic, and a resubmitted bidding to the IAU with the tenacity and stubbornness typical of the ultramarathon runner, who never gives up facing difficulties, but finds new motivations to overcome them. I am sure it will be an unforgettable event thanks to the long experience of the organizational staff and the appeal of an awesome venue such as Verona.

The event gets the legacy of the historic race “Lupatotissima”, born in 1995, which hosted the first edition of the IAU 24H World Championships, in 2001, and two of the European Champs, in 1999 and 2006, and which has attracted many of the best athletes in the World over the years. But now it has moved to the city of Verona, on a new course successfully tested last season: a few steps from the historic center, with start and finish lines in the sports center named after Adolfo Consolini, a legend of Italian athletics.

Therefore, my special thank goes to Gsd Mombocar, to the president Giampaolo Aloisi and to the secretary Stefano Scevaroli, able to strengthen the key parties like clubs, volunteers, local administrations and sponsors, in order to organise the event in the best possible way.



And, with great pleasure, I address my greetings to all the participants, wishing them to be the very protagonists of this running festival.

Stefano Mei
President of Italian Athletics Federation



1.3 Welcome of IUTA

Ladies and Gentlemen, we would like to congratulate our friends of Mombocar (Verona's LOC) on the remarkable work they have been carrying on in all these years in the field of ultramarathon, which has climaxed with the IAU 24-Hour European Championship being granted to Verona. We are honoured to have had the privilege of greeting the runners, the officials, the authorities, the public and all the welcome guests to this prestigious event. IUTA - the Italian Ultramarathon and Trail Association - since its foundation has been operating - thanks to the support of volunteers - in promoting the activities of those who work in the field of the ultradistances, and through the years it has consistently represented a tangible and reliable reference point for athletes, race directors, organisers, sponsors and the media alike. With the leadership and collaboration of FIDAL - the Italian Federation for Field and Track, IUTA aims at the diffusion, safeguard, promotion, sponsorship and organization of National Championships and other events; it also implements the regulations of the various sectors of ultramarathon, following the criteria and in accordance with IAU and World Athletics. All of us, runners and sympathisers alike, are honoured to welcome you again in safety to this year's sports festival in Verona!



Gregorio Antonio Zucchini
President of
I.U.T.A. Italian Ultramarathon and Trail Association



1.4 Welcome of the Verona Major

page not available



1.6 Welcome of LOC President

Dear guests, dear runners.

We are a small club, fortunately with so many great members.

You will all see how much we love our territory and how much we are pleased that guests are comfortable with us.

We think we have worked well to highlight all our qualities and we would like to thank the authorities who have confirmed our trust.

We have received the help of all the bodies involved. This means that we have shown that our club is capable of manage major events, involving all the actors present in the various Federations and associations of our sport, in addition to the political authorities that can boast of having been the creators of one of the greatest shows organized in Verona.



Now we are waiting for all of you to come to us as friends and guests.

The beautiful city of Verona and the proximity of the Lake Garda and Venice will allow everyone to spend, in addition to sporting moments of the highest value, also moments of pleasure among beauties historical and natural in our Veneto region.

Giampaolo Aloisi
President of
Gruppo Sportivo Dilettantistico Mombocar



2. Contacts LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS: GSD MOMBOCAR - registered FIDAL club N° VR802

E-mail: lupatotissima@gmail.com

Web: www.lupatotissima.it

President: ALOISI Giampaolo
+39 349 2840736
aloisi1955@gmail.com

Vice President: PETRUCCIANI Pierpaolo
+39 335 5899363
pierpaolopetrucciani@virgilio.it

Secretary and Treasurer: SCEVAROLI Stefano
+39 347.5859545
stefanoscevaroli@gmail.com

Race Secretary: PETRUCCIANI Pierpaolo
+39 335 5899363
pierpaolopetrucciani@virgilio.it

Communications and Press: SCEVAROLI Stefano
+39 347.5859545
stefanoscevaroli@gmail.com

GOLDSMITH Sally
+39 346 7871071
sallygoldsmith@alice.it

Accommodation: FERRARA Maria Rosaria
+39 380 7749994
mariarosaria.ferrara2@gmail.com

Transport: PLACER Roberta
+39 347 2853790
roberta.placer@gmail.com

COSTA Enrico
+39 333 4360208
e60.costa@gmail.com

Protocol: MARINELLO Alma Chiara
+39 348 2227099
almachiaramarinello@gmail.com

LOVATO Lara
+39 347 1602529
lovatolara@virgilio.it

Tourist Side Events: "IPPOGRIFO"
+39 045 8278959
info@infoverona.it

Race Director: ZONZINI Pietro
+39 349 3028098
pietro.zonzini@gmail.com

MIGLIORINI Maurizio
+39 340 9078876



Medical Director:

Coord. Dr. Robert CITARELLA, Director of the IUTA Scientific Research Area

Dr. TREGNAGHI Pierluigi
+39 338 7048985
pierluigi.tregnaghi@gmail.com

Assistant LUCCHINI Elia
+39 349 3842273
floppy-93@live.it

Dr. BOLDRINI Marcello
+39 338.9878225

D.ssa VERONESE Marcella
+39 333 6487434

Massage Team:

MARINO Francesco
+39 347 7376898
franco.marino.francesco@gmail.com

Assistant LUCCHINI Elia
+39 349 3842273
floppy-93@live.it

MOCALI Mauro
338.2427769
mauro@protonmail.com

Central Office and Meeting Point

A) The central office of the LOC will be organised at the Best Western Hotel CTC of San Giovanni Lupatoto, 1st floor, in the GOYA room. These are the opening hours (*):

Wednesday 14th September: H 10:00 - 12:00 and 14:00 -19:00

Thursday 15th September: H 10:00 - 12:00 and 14:00 -19:00

Friday 16th September: H 10:00 - 12:00 and 14:00 - 19:00

Sunday 18th September: H 14:00 - 19:00

(*) The opening hours may change depending to the arrival data of the teams.

Here the LOC is available for the WELCOME OF THE TEAMS, the ACCREDITATION PROCEDURE, the assistance for TRANSPORT and ACCOMMODATION.

B) During the race, the central office of the LOC will be near the entrance to the "Adolfo Consolini" Sports Center.



3. Contacts IAU

Website: www.iau-ultramarathon.org

IAU PRESIDENT

Name: Nadeem KHAN

E-mail: nadeem.khan@iau-ultramarathon.org

Mobile: +1 716 392 6657

IAU VICE PRESIDENT, PROTOCOL

Name: Robert BOYCE

E-mail: robert.boyce@iau-ultramarathon.org

Mobile: +61 417 557 902

IAU GENERAL SECRETARY

Name: Hilary WALKER

E-mail: secretary@iau-ultramarathon.org

Mobile: +44 7884 473 336

IAU DIRECTOR OF COMPETITION, TECHNICAL COORDINATOR

Name: Diana AMZA

E-mail: diana.amza@iau-ultramarathon.org

Mobile: +40 721 719 831

IAU DIRECTOR OF COMMUNICATION, PROJECT COORDINATOR

Name: Jacek BEDKOWSKI

E-mail: jacek.bedkowski@iau-ultramarathon.org

Mobile: +41 762 691 250

IAU EUROPEAN REPRESENTATIVE

Name: Gregorio Zucchinalli

E-mail: gregorio.zucchinalli@iau-ultramarathon.org

Mobile: +39 339 234 9357



4. COMPETITION INFORMATION

- . Date: 17th-18th September 2022
- . Start time: 10:00 AM, Saturday 17th September
- . Finish time: 10:00 AM, Sunday 18th September
- . Race venue: Sport Centre "Adolfo Consolini" of Verona (Italy)

Course

- . Distance: 1525.48 meters
- . Surfaces: 450 meters on track (in the 4th, 5th and 6th lane) and 1075 meters on asphalted site (roughly)
- . Width: 3.60 meters (in the 4th, 5th and 6th lane); 4/5 meters (in the stretch of road course); 3 meters (in the exit/enter from the track)
- . Start line: on the track, 100 meters before the traditional line;
- . Total elevation: 1.5 meters
- . Delegation tents: outside the track, near the sixth lane, before the end of the course
- . Aid station: for all the runners: outside the track near the 6th lane (if the anti-covid measures allow it)
- . Area "Self Food": near Massage Tent, with three microwaves
- . WC/Toilettes: for the runners: outside the track, near the sixth lane
- . WC/Toilettes: for the officials and helpers: near Massage Tent
- . Medical facilities: near Massage Tent
- . Massages: near the start of the race
- . Rest Area: near Massage Tent
- . Bar-Restaurant: in Via (street) Dominutti in front of the entrance to the track
- . Map: see in appendix 2

The course of the competition will be the same of the event organised in 2021. It was measured and recertified on 31st July 2021 by the Fidal measurer Massimo Dongilli. Then it was also certified internationally on December 28th 2021 by the WA and AIMS international measurer Fidal Stefano Bassan.

In the appendix 1 the accurate report and certificate is provided.

5. ENTRIES - PRELIMINARY FORM (PEF) and FINAL FORM (FEF)

5.1 Competition

- . Four titles will be awarded:
 - Men's individual
 - Women's individual
 - Men's Team
 - Women's Team
- . Only athletes and teams officially registered by their National Federation will count for the teams results.
- . Every Country can enter up to 9 men and 9 women
- . For the team results, every Country can enter up to 6 per team
- . The delegations will be ranked according to accumulative distance (in meters) of their three best athletes indicated by Federations for the Team results.
- . During the Awards Ceremony, IAU medals will be given up to 6 athletes and 1 team manager by team



5.2 Invited delegations

15th March 2022: the European IAU members will be invited to send delegations.

5.3 Preliminary Entries (PEF)

Deadline: April 30th 2022 (midnight Italian time)

Each Federation must send the form provided by IAU including mainly the number of their Athletes and Officials and the additional Crew and Supporters.

The form must be sent, by e-mail to:

FIDAL: internationaldept@fidal.it

LOC: lupatotissima@gmail.com

IAU: secretary@iau-ultramarathon.org

Project coordinator: jacek.bedkowski@iau-ultramarathon.org

5.4 Final Entries (FEF)

Deadline: May 31st 2022 (midnight Italian time)

Each Federation must send the form provided by IAU. These FEF shall include the list of the Athletes (with names, date of birth, sex, and personal bests), of the Officials, of the additional Crew and Supporters.

On these FEF, each Federation inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms, required number of nights, required number of meals to be provided, required number of transports to be provided.

Please note that the proposals of travel and accommodation grants are under the condition that the entry forms are returned before the cut-off dates.

It is reminded that up to 9 runners can be entered for both races (men and women) but, before the Technical Meeting, the delegations must indicate who are the six athletes who can contribute to the team results.

Final results are based on the accumulative distances (in meters) of the top three runners in each team eligible for team results.

Furthermore, delegations can also enter on the FEF a “non-travelling reserve athlete” who will be allowed to substitute one athlete entered in the FEF who is not able to compete.

Deadline for this switch: before the Technical Meeting. Any athlete whose name is not entered in the FEF will not be allowed to compete.

The forms must be sent, by e-mail, to:

FIDAL: internationaldept@fidal.it

LOC: lupatotissima@gmail.com

IAU: secretary@iau-ultramarathon.org

Project coordinator: jacek.bedkowski@iau-ultramarathon.org



6. TRANSPORTATION PLAN

6.1 Travel of the delegations

The teams can reach VERONA:

- . By plane: The official airport of the competition is Verona Airport (with helpdesk);
The second airport is Bergamo Orio al Serio (with starting LOC BUS, but without helpdesk).
- . By train: To Verona station "Porta Nuova" (with helpdesk);
From the West via Torino-Milano railway station;
From the East via Trieste-Venice railway station;
From the North via Munich-Bolzano;
From the South via Roma-Firenze-Bologna.
- . By road: Exit motorway tollbooth of "Verona Sud" (in motorway A4);
From the west via Torino-Milano (motorway A4);
From the east via Trieste-Venice (motorway A4);
From the north: via Bolzano (motorway A22);
From the south: via Roma-Firenze-Bologna-Modena (A1) and then A22.

6.2 Transport from "Verona" Airport (Villafranca) to the Hotels

For the teams arriving by plane at Verona Airport, the LOC can organise the transfers (by buses or mini buses) at the cost of 10 €uros by person (one way).

The delegations who are interested to benefit from this service have to indicate it on the PEF and FEF:

- . From Verona Airport to the Hotels: **from Wednesday 14th to Friday 16th**
- . From the Hotels to Verona Airport: **Sunday 18th and Monday 19th.**

Possibility organising this service from Monday 12th September or Tuesday 13th September, on specific request on the FEF "transportation sheet", with conditions to define, based on the number of people.

6.3 Transport from "Orio al Serio" Airport (Bergamo)

The Orio al Serio Airport is about 120 km from the Hotels.

For the teams arriving by plane at Orio al Serio Airport, the LOC can organise the transfers (by buses or mini buses) at the cost of 15 €uros by person (one way).

This service will operate with a minimum of 25/30 people and then we're going to group the arrivals, to occupy the BUS with at least 25/30 people.

The delegations who are interested to benefit from this service have to indicate it on the PEF and FEF:

- . From Orio al Serio Airport to the Hotels: **from Wednesday 14th to Friday 16th**
- . From the Hotels to Orio al Serio Airport: **Sunday 18th and Monday 19th.**

Possibility organising this service from Monday 12th September or Tuesday 13th September, on specific request on the FEF "transportation sheet", with conditions to define, based on the number of people.

6.4 Transport from "Verona station" (Porta Nuova)

The Verona station is at 20 minutes from the Hotels.

For the teams arriving by train in "Verona station Porta Nuova", the LOC can organise the transfers (by buses or mini buses) at the cost of 10 €uros by person (one way).



The delegations who are interested to benefit from this service have to indicate it on the PEF and FEF:

. From Verona Station to the Hotels: **from Wednesday 14th to Friday 16th**

. From the Hotels to Verona Station: **Sunday 18th and Monday 19th.**

Possibility organising this service from Monday 12th September or Tuesday 13th September, on specific request on the FEF "transportation sheet", with conditions to define, based on the number of people.

6.5 Local transportation

The LOC will organise the following transportations:

FREE (for the runners and team officials)

- from the Hotels for the Opening Ceremony (round-trip)
- from the Hotels for the Award Ceremony (round-trip)
- from the Hotels for the race (round-trip)

FOR A FEE (for the crew and supporters) at the cost of 10 €uros by person

- from the Hotels for the Opening Ceremony (round-trip)
- from the Hotels for the Award Ceremony (round-trip)
- from the Hotels for the race (round-trip)

The transportation schedule and Special Passes will be given out on the arrival of the teams, at the hotels.

IMPORTANT: the access to the LOC transportation will be available only for the accredited person.

7. ACCOMMODATION and MEALS

7.1 Introduction

With the exception of the "quota athletes" (cf 7.4), the costs of the accommodation of the teams in San Giovanni Lupatoto is under the responsibility of the travelling teams.

The coordination of the accommodation is in the hand of the LOC.

All delegations are responsible for the entries and requests for accommodation made by the PEF and FEF.

There is no cancellation policy.

7.2 Delegation (Athletes and Team Officials)

The delegations will be accommodated in the following Hotels:

7.2.1 - principal (athletes village)

Best Western CTC Hotel Verona (**)**

Via Monte Pastello, 28 (CAP 37057) San Giovanni Lupatoto (VERONA-ITALY)

Tel. +39 045 8754111

Fax +39 045 8754120

www.ctchotelverona.com

Free WIFI INTERNET connection

Full board accommodation for runners and Team officials and any eventual additional nights will be charged at the rate of 95 euro/day/person (only in a twin or triple room).



Athletes and Team officials will be mainly accommodated in twin/triple rooms, for a total of 360 people. The Hotel have 40 rooms with double beds. The rooms with double beds will be assigned to women.

Every day, breakfast, lunch and dinner will be served, according to the following schedule:

Breakfast 6:30 - 10:00

Lunch 12:30 - 14:30

Dinner 19:00 - 21:00

For rooms departing Sunday, September 18th, the BW CTC Verona Hotel will be able to evaluate a check out to 3 pm, without charge, based on availability.



Distances between Best Western CTC Hotel Verona of San Giovanni Lupatoto from the following locations:

- To site competition: 5.2 km (10 minutes)
- To Opening Ceremony: 7.8 km (15 minutes)
- Award Ceremony will be in Hotel, 9th floor.
- To Verona Airport (Villafranca): 13 km
- To Bergamo Airport (Orio al Serio): 117 km
- To Verona Train Station: 5.8 km
- To Verona Centre: 5 km
- To Garda Lake: 25 km

7.2.2 - secondary

Best Western Plus Hotel Expo (**)**

Via Portogallo, 1/P (CAP 37069) Villafranca di Verona (VERONA)

www.hotelexpoverona.it

Tel. +39 045 92020

Fax +39 045 9202122

Parking - Garage - WIFI

FULL BOARD (double use): € 90.00 (for person, for night)

FULL BOARD (single use): € 110.00 (for night)

City tax: € 1.00 (for person, for night)

For rooms departing Sunday, September 18th, BW Plus Hotel Expo will be able to evaluate a late check out without charge based on availability.



Best Western Hotel Turismo (**)**

Via Nazionale, 58 (CAP 37036) San Martino Buon Albergo (VERONA)

www.hotelturismo.it

Tel. +39 045 8780222

Fax +39 045 990210

Parking and WIFI

FULL BOARD in double room Classic: € 90.00 (for person, for night)

FULL BOARD in double room (single use): € 120.00 (for night)

City tax: € 1.00 (for person, for night) to pay on place.

For rooms departing Sunday, September 18th, BW Turismo Hotel will be able to evaluate a late check out without charge based on availability.

Hotel Villa Malaspina (**)**

Via Cavour, 6 (CAP 37060) Castel D'Azzano (VERONA)

www.hotelvillamalaspina.com

Tel. +39 045 8521900

Parking, WIFI, area Relax

Breakfast buffet

Restaurant

FULL BOARD in double/triple room: € 90.00 (for person, for night)

FULL BOARD in double room (single use): € 110.00 (for night)

City tax: € 1.00 (for person, for night)

For rooms departing Sunday, September 18th, the Villa Malaspina Hotel is happy to extend the check out to 3 pm, without charge.

West Point Airport Hotel (**)**

Via Staffali, 2/A (CAP 37062) Dossobuono di Villafranca (VERONA)

www.hotelwestpoint.it

Tel. +39 045 8601020

Parking, WIFI, area Relax

Breakfast buffet

Restaurant (it will be active only in the case of a minimum of 15 people; single time and menu).

FULL BOARD in double/triple room: € 90.00 (for person, for night)

FULL BOARD in double room (single use): € 110.00 (for night)

City tax: € 1.00 (for person, for night)

For rooms departing Sunday, September 18th, the West Point Airport Hotel is happy to extend the check out to 3 pm, without charge.

7.3 Free Accommodation

The LOC will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for 3 nights.

The duration of the free stay is from the Dinner of Thursday until Lunch of Sunday.

The LOC's financial support is valid only for the teams who stay in the official hotels in Full Board (see 7.2.1 and 7.2.2).

The accommodation grant is under the condition that the FEF are returned before the cut-off dates.

The information included on the FEF are considered as booking requests.



7.4 Hotels for Additional Crew and Supporters

The team can request the accommodation for Additional Crew and Supporters **by PEF and by FEF**.
For the additional people needing accommodation, the LOC has concluded agreements with the following Hotels under the following conditions.

Best Western Plus Hotel Expo (**)**

Via Portogallo, 1/P (CAP 37069) Villafranca di Verona (VERONA)

www.hotelexpoverona.it

Tel. +39 045 92020

Fax +39 045 9202122

Parking - Garage - WIFI

Bed and breakfast (double): € 110.00 (for room, for night)

Bed and breakfast (single use): € 89.00 (for room, for night)

City tax: € 1.00 (for person, for night)

Best Western Hotel Turismo (**)**

Via Nazionale, 58 (CAP 37036) San Martino Buon Albergo (VERONA)

www.hotelturismo.it

Tel. +39 045 8780222

Fax +39 045 990210

Parking and WIFI

Bed and breakfast (buffet) in double room (double use): € 109.00 (for room, for night).

Restaurant available at 150 meters on foot.

City tax: € 1.00 (for person, for night) to pay on place.

Hotel Villa Malaspina (**)**

Via Cavour, 6 (CAP 37060) Castel D'Azzano (VERONA)

www.hotelvillamalaspina.com

Tel. +39 045 8521900

Parking, WIFI, area Relax

Bed and breakfast in double room (double use): € 55.00 (for person, for night)

Bed and breakfast in double room (single use): € 70.00 (for night)

Breakfast buffet

City tax: € 1.00 (for person, for night)

West Point Airport Hotel (**)**

Via Staffali, 2/A (CAP 37062) Dossobuono di Villafranca (VERONA)

www.hotelwestpoint.it

Tel. +39 045 8601020

Parking, WIFI, area Relax

Bed and breakfast in double room (double use): € 50.00 (for person, for night)

Bed and breakfast in double room (single use): € 65.00 (for night)

Breakfast buffet

City tax: € 1.00 (for person, for night)



7.5 Payment

As soon as the LOC will have received the Final Entry Form (FEF), the LOC will send an invoice within June 30th for the accommodation and transportation of the Athletes, Officials and of Crew/Supporters.

The payment of the invoice is mandatory before July 31st.

There is no cancellation policy.

The payment of the invoice must be made to this bank account:

GRUPPO SPORTIVO DILETTANTISTICO MOMBOCAR

Via Marconi n. 5

(CAP 37057) SAN GIOVANNI LUPATOTO (Verona - Italy)

The account number, the IBAN code and the SWIFT code will be communicated in the invoices.

8. VISA REQUIREMENTS

Any foreign visitor wishing to visit Italy should be in possession of a valid passport or a valid identity card of the European Union. Holders of valid Schengen visas can freely enter Italy without additional Italian Visa.

Please find below the information on the visa requirements for Italy.

The following countries require visas to enter Italy: Armenia, Azerbaijan, Belarus, Kosovo, Russia, Turkey.

Those federations should contact the FIDAL (internationaldept@fidal.it) well in advance and send a list of participants, containing the names and passport data (date of birth, date of delivery and expiration) of all persons who could be part of the team coming to Italy.

9. TRAVEL GRANTS AND THE USE OF WILDCARDS

An example of the allocated Travel Grants in euros for the National Athletics Federations for this MIAUC is as follows:

	A	B	C	Team
Zone 1	380€	285€	190€	380€
Zone 2	304€	228€	152€	304€
Zone 3	228€	171€	114€	228€
Zone 4	152€	114€	76€	152€

	A	B	C
Men	>240KM	>220KM	>200KM
Women	>220KM	>200KM	>180KM

TEAM-Grants are paid for maximum one male and one female team (minimum 3 runners/team).

Individual-Grants are paid for maximum 3 men and 3 women/country.

All these grants are cumulative.

TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER AFTER THE EVENT.



The Provisional Travel Grant (PTG) information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank details confirmed and returned to robert.boyce@iau-ultramarathon.org prior to the championships.

At the start of the race there will be a check of the athletes who have started. If athletes who are on the PTG information do not start the amount of TG will be changed. Final payment amounts will be made after the event from confirmed athletes who started.

- Zone 1 = +15h flying between capital LOC and capital IAU member country
- Zone 2 = +9h flying between capital LOC and capital IAU member country
- Zone 3 = +4h flying between capital LOC and capital IAU member country
- Zone 4 = <4h flying between capital LOC and capital IAU member country

WILDCARDS

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU competition. At every MIAUC you can use a maximum of 2 wildcards (one man and one woman). These WILDCARD athletes **must** be indicated on the Final Entry Form.

Travel Grant questions will be scheduled right before the technical meeting.

If you have any questions about this, please contact the IAU Director of Finance Robert Boyce robert.boyce@iau-ultramarathon.org

10. ACCREDITATION PROCEDURE

10.1 Principle

All connected to the European Championships will carry accreditation. It will state name, nationality and category: ATHLETE, TEAM OFFICIALS, ADDITIONAL CREW, ORGANISATION, VIP.

10.2 Team Officials

The number by delegation is limited and is based on the number of participating runners:

1 to 6 runners:	3 team officials
7 to 12 runners:	6 team officials
13 to 18 runners:	9 team officials

For the runners and officials, the accreditation cards will be handed out at the end of the accreditation procedure at the Hotels.

10.3 Additional Crew and Supporters

They are accompanying person, above the number of Team Officials, entered by their Federations on the PEF and FEF.



- . They will get accommodation at the specific costs of the Hotels.
- . The LOC cannot accommodate these people in the principle Hotel.
- . The accreditation cards of the additional crew will be handed out at the end of the accreditation procedure, directly at the Hotels.
- . They will have access to the local transport of LOC, for a FEE of a 10 Euros by person (round-trip).
- . During the Opening Ceremony, the additional crew will not be allowed to parade with the team, but will be disallowed to attend the formal ceremony,
- . During the race, they will have access in the Sports Centre, but they will not have access into the team tents.
- . **IMPORTANT:** during the Award Ceremony, the additional crew will not be allowed to attend the formal ceremony, seating in the upper rows of the Miro room of the Best Western Hotel CTC of San Giovanni Lupatoto (9th floor), due to the limited capacity (max 300).

11. TECHNICAL MEETING

It will be held in the Mirò room of Best Western CTC Hotel Verona, in the 9th floor.

The hall is 420 square meters. The Hotel has Free WIFI INTERNET connection.

The Technical meeting will be conducted in English and will be chaired by the IAU Technical Delegate.

All team delegations will receive, at their arrival, the Technical Meeting presentation, with the specific information about the event and recommendations for this MIAUC rules. The last page of this brochure will be used to write down all your questions regarding this event. These questions have to be handed over at latest on Friday noon, at the LOC welcome desk (at the Best Western Hotel CTC of San Giovanni Lupatoto, 1st floor, in the GOYA room), or during the Press conference of the Friday morning.

Only questions submitted in writing by the team delegations will be dealt with together with any subsequent clarifications.

Provisional agenda

- Opening: 14:00
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information regarding technical matters: the course, the departure, the refreshment (stations and personal drinks), the finish
- Information regarding medical and anti-doping matters
- Information regarding logistical matters (and especially the local transportation + return to the airport)
- Information regarding protocol matters: Opening and Award Ceremonies
- Answering of questions submitted in writing by the delegations

Outfit Meeting and Travel Grant

The Outfit Meeting will be held on the same place of the Technical Meeting, starting at 15:00 on Friday 16. This meeting is mandatory for all delegations to send one member with examples of team apparel. Its purpose:

- . To confirm the size and names of the team delegations.
- . To present the National competition shirt for inspection.
- . To receive indicative travel grants (final travel grant will be sent after the championships)



Bibs, chips and T-shirts: will be handed over to the teams on the same place of the Technical Meeting, starting at 15:00 on Friday 16. There will be 4 sets of bibs (front + back as well as a second set as reserve or change).

12. OPENING CEREMONY

The opening ceremony will present all the Federations, Friday afternoon, 16th September, with their flags. All federations are expected to participate in the opening ceremony and wear their federation outfit. At 16:30 the Buses (4) will transport athletes and Team officials, from the CTC Hotel Verona Best Western to "PALASPORT AGSM Forum" (Piazzale Atleti Azzurri d'Italia N. 1 - Verona). All athletes must be present at 17:00 near the BUSES for the parade. At 17:15 the parade will begin from the BUS Parking. At 17:30 the Opening ceremony will begin, with the official speeches. At 18:30 the Buses (4) will leave from the "PALASPORT" to the CTC Hotel Verona Best Western.

13. CLOSING CEREMONY

The Awards Ceremony will take place on Sunday 18th September at 16:00, in Hotel Best Western CTC of San Giovanni Lupatoto (9th floor, Mirò room).

Four titles will be awarded:

- Men's individual
- Women's individual
- Men's Team
- Women's Team

During the Awards Ceremony, IAU medals will be given up to 6 athletes and 1 team manager by team.

14. MEDICAL & ANTI DOPING CONTROL

14.1 Medical

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with WA Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and or pathology, in particular those which may increase their risk during the exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests for or use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner's ability or not to participate in the competition.
- e. Accept that, under rule 144 of the WA Competition Rules, the Medical Team decision on participation before or during the race is final.



14.2 LOC Support

The LOC will provide a doctor permanently on site as well as a team of physiotherapists and masseurs.

14.3 Anti-Doping Control

Testing during the Championships will be carried out in accordance with the WA Rules. Teams who need a doping control (at their cost) for the ratification of a national record have to indicate it in the FEF.

15. WEATHER CONDITIONS

We present the data of the last 9 years, with daily temperature, humidity, pressure and rain:

on September 17 th	2021	2020	2019	2018	2017	2016	2015	2014	2013
Temperature (min) in C°	17	17	11	17	11	13	14	19	14
Temperature (max) in C°	26	31	20	30	22	26	26	24	25
Humidity (min) in %	54	33	37	45	43	42	34	59	37
Humidity (max) in %	100	83	81	93	93	88	88	94	94
Pressure in millibar	1011	1016	1025	1019	1021	1011	1015	1017	1015
Rain	=	=	=	=	20%	=	20%	=	=

www.ilmeteo.it/portale/archivio-meteo/Verona/2021/Settembre/17

16. GENERAL TIME SCHEDULE

Wednesday 14th September - Thursday 15th September - Friday 16th September

Times: Delegations' arrivals (in Orio al Serio Airport, in Verona Airport and in Verona Train Station)

Times: Buses departure in direction to the CTC Hotel Verona Best Western.

Friday 16th September

- H 10:00 Press Conference (*)
- H 12:30 (until 14:30: Lunch in each Hotel
- H 14:00 Technical Meeting (*)
- H 15:00 Delegation Outfit Meeting and Travel Grant, by IAU (*)
- H 15:00 Bibs, Chips and T-shirts delivery, by COL (*)
- H 16:30 Buses departure from the CTC Hotel Verona BW, to the location of the Opening Ceremony
- H 17:15 Parade to the Opening Ceremony
- H 17:30 Opening ceremony
- H 18:30 Buses departure from the location of the Opening Ceremony to the CTC Hotel Verona BW
- H 19:00 (until 21:00) Dinner in the CTC Hotel Verona BW
- (*) at Best Western Hotel CTC of San Giovanni Lupatoto, 9th floor, Mirò room

Saturday 17th September

- H 08:00 Buses departure from the CTC Hotel Verona BW to the Consolini Track (Via Fedrigoni, Verona)
- H 09:30 Gathering of the runners and chips control (on the main straight of the track)
- H 10:00 Start of the IAU European 24h Championships and Open 24 h race
- H 14:00 Pasta for the runners and Officials
- H 20:30 Pasta for the runners and Officials
- H 21:00 (until 9:00 a.m. on a Sunday) every 2 hours: shuttle service to the CTC Hotel Verona BW (from Via Fedrigoni)



Sunday 18th September

H 10:00	Finish race	
H 11:00	(until 12:00) Buses departure to the CTC Hotel Verona BW	(from Via Fedrigoni)
H 12:30	(until 14:30: Lunch in each Hotel	
H 16:00	Awards and Closing Ceremony at Best Western Hotel CTC	(9th floor, Mirò room)
H 19:00	(until 21:00) Dinner in each Hotel	

Sunday 18th September - Monday 19st September

Times: Buses departures from the Hotel, to Orio al Serio Airport, to Verona Airport and to Verona Train Station

17. OPEN RACE

In addition to the runners of the IAU 24H European Championships, there will be a limited number (125) of runners allowed to take part to the competition.

The applicants must register via the LOC mail: lupatotissima@gmail.com

For info (entry fees, entry forms, etc): www.lupatotissima.it

Will be admitted to participate:

- Italian runners of the age group "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 WA): they must present a specific declaration (available on our web site) and a copy of their Federation Card;
- 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 an Italian medical certificate, or with certificate competitive medical product in their country (see you point "e").

18. EXCURSIONS PROPOSAL

Our Partner "IPPOGRIFO TOURIST GUIDE ASSOCIATION" suggests four excursions:

VERONA (half day)

City tour through the most important and famous monuments of the different periods. Castelvechio, Piazza Bra and Arena, Piazza delle Erbe, Juliet's House, Piazza dei Signori, explanation of the Adige river from a viewpoint by the Roman Theater and the Roman bridge "Ponte Pietra".

- Duration: guided tour 2,5 hours about + free time at leisure.
- The tour is on foot.
- Guide fee: 5 per person, minimum 30 people and maximum 40 people.
- For a better service you could rent the tour guide system ("whispers"): 2 euro per person.



LAKE GARDA (half day)

By coach you can reach Peschiera del Garda. You'll drive through the center with explanation of the walls and fortified structures – declared Unesco World Heritage Site in 2018. Along the southern part of the lake you'll get to the village of Sirmione and enjoy a walking tour through its monuments: the Medioeval Castle, the holiday house of Maria Callas, the "Grotte di Catullo" (one of the largest Roman villas in northern Italy). We can also visit the church of San Pietro in Mavino (free entrance).

- Duration: 4 hours.

- Guide fee: 5 euro per person, minimum 30 people and maximum 50.

- Unlike the guided tour of Verona (on foot), many explanations will be provided on board.

So we will not use the whispers, but, as in Verona, for a better service you could rent the headsets (2 euro per person).

VENICE (full day)

By bus, reached the parking place on the Tronchetto island, you will enjoy a 25 minutes mini-cruise on a private boat along the Giudecca Canal, admiring the Giudecca Island, Mulino Stucky, San Giorgio island and many churches. Arrived in Saint Mark square you go on with a walking tour: external explanation of the Antonio Vivaldi's church, the famous "Bridge of Sighs", the Prisons, the Doge's Palace, the Basilica of Saint Mark, the monumental complex around Saint Mark Square.

Then you'll go through the picturesque area of the Mercerie up to the "Grand Canal" and the famous Rialto Bridge. There is also the option of having lunch in a partner restaurant by the Grand Canal (23 euro per person).

Free time at leisure.

- Duration: 9-10 hours.

- Guide fee: 22 euro per person, minimum 30 people, maximum 50 people.

- The price includes: guided tour, whispers, round trip by private boat bus parking-Saint Mark square.

GARDA LAKE (full day)

By coach you can reach Sirmione. Walking tour with explanation (from outside) of the Medioeval Castle, the holiday house of Maria Callas, the "Grotte di Catullo" (one of the largest Roman villas in northern Italy).

We can also visit the church of San Pietro in Mavino (free entrance).

Then, sightseeing tour by coach along the east coast, more scenic than the west coast, passing from Peschiera del Garda (Unesco site), Lazise, the area of the famous amusement parks, Bardolino, Garda, Torri del Benaco, Brenzone and Malcesine.

On the way, at least two stops, with a short guided tour, of Lazise and Malcesine.

There is also the option of having lunch in a partner restaurant (20 euro per person).

- Duration: 8 hours.

- Guide fee: 8 euro per person, minimum 30 people, maximum 50 people.

- Unlike the guided tour of Verona (on foot), many explanations will be provided on board.

So we will not use the whispers, but, as in Verona, for a better service you could rent the headsets (3 euro per person).



19. TOURISTIC INFORMATION

Information on Verona

Celebrated by Shakespeare, who made it famous as the romantic setting for the moving tale of Romeo and Juliet, Verona is a splendid, ancient corner of the Veneto region, nestling between the river Adige and Lake Garda, and intimately linked to their waters. The river Adige today flows between strong embankments, built after the 1882 flood to contain the devastating river water.

Already in ancient times Verona was linked to the river as an essential route for traffic and commerce and it was not by chance that the Romans, who well understood where best to found their cities, established themselves there.

Precisely because it was navigable as far as Trento, the Adige was a fundamental communication route and the economy of Verona, like those of the villages along the river, was closely linked to water. This is testified to by the numerous mills, the images of the characteristic washerwomen and the monasteries, which had the right to exploit the waters of the river.

The origins of the name Verona are unknown: it may be derived from Vera, perhaps an Etruscan person's name; or it might be of Gallic origin; it may be the name of a Roman family or come from the Latin ver, meaning "spring". But according to one legend the legendary founder of the city, the Gallic chieftain Brenno, called the new inhabited centre Vae Roma, that is "Accursed Rome", which then over the centuries became Verona.

What to see in Verona?

Verona Arena
Juliet's house
Duomo di Verona, Chiesa di Santa Anastasia
Castelvecchio and Scaligero bridge
Piazza Bra
Piazza delle Erbe
Piazza dei Signori
Torre dei Lamberti
Arche Scaligere
Porta Borsari

What to see around Garda Lake?

Il Castello di Sirmione
Le grotte di Catullo (a Sirmione)
Isola Borghese
Riva del Garda
Il Vittoriale (Gabriele D'Annunzio)
Gardaland (Castelnuovo e Peschiera del Garda)
Il Duomo di Salò

What to see in Venice?

Piazza San Marco
Basilica di San Marco
Palazzo Ducale
Canal Grande
Ponte di Rialto
Museo del vetro di Murano



Musical concerts in the Arena

www.boxofficelive.it/index.cfm/it/boxofficelive/biglietti-CONCERTO-arena-verona-2022

Addresses and useful phone numbers

Chemist's shops:	www.aulss9.veneto.it/index.cfm?action=farmacie
Medical guard:	www.aulss9.veneto.it/index.cfm?action=guardie.default
The nearest hospital:	Verona Borgo Roma (045 8124848)
Taxi:	+39 045 532666 (Via Galileo Galilei, 9 - Verona)
Carabineers:	+39 045 80561
Supermarkets:	www.paginegialle.it/veneto/verona/supermercati.html
near the race:	PAM (Via dei Mutilati, 3 - Verona, near Arena)
near the race:	LIDL (Via Ugo Zannoni, 6 - Verona)
near CTC:	GALASSIA (Via Monte Cristallo, San Giovanni Lupatoto)
near EXPO:	MASSAFRA (Via Spagna 1A, Villafranca)
near TURISMO:	MID (Via Nazionale, San Martino Buon Albergo)
near MALASPINA:	DISCOUNT PIU' (Via Marconi, Castel D'Azzano)
near WEST POINT:	IPERFAMILA (Dossobuono)
Post office:	www.orari-di-apertura.it/uffici-postali-verona-9.htm
Market:	Every Saturday morning, near Football Stadium

We are looking forward to welcoming you to Italy!

Appendices

1. Course map
2. Measurement certificate, with complete report
3. Logistic map, updated on 23rd August 2022

