

OFFICIAL REGULATIONS 2020

Vesuvio Ultra Marathon 50km and Trail del Vesuvio 23km

1 – ORGANIZING COMMITTEE

The ASD Vesuvio Lives, in partnership with the Vesuvius National Park Authority, and involving the City of Ottaviano, other local authorities and municipalities, organizes and presents two one-stage races along paths in the Somma-Vesuvius volcanic complex:

“**Vesuvio UltraMarathon**” (50km, difference in altitude 3000m),
and “**Trail del Vesuvio**” (23km, difference in altitude 1300m).

Both the races will be held on **Sunday, May 17th, 2020**, same starting-line but different starting-times, and they must be completed within a time limit and in a partially self-sufficiency mode.

2 - PATHS

The paths for Vesuvio UltraMarathon and Trail del Vesuvio are available on the website www.vesuvioultramarathon.it

Courses will be marked with flags, colored tapes and permanently marked signposts (black writing on white background).

According to weather condition and/or for safety reasons, the organization reserves the right to modify, before and during the race, paths and time required. Participants will be duly informed in that case.

3- PARTICIPATION REQUIREMENTS

These are two extreme running races, taking place in mountain environment and at high altitude. Therefore, in order to participate, is mandatory:

- To be mindful of the distance and peculiarities of the races and to be fully well trained in facing them in complete autonomy, as well as handling eventually unfavorable weather conditions (for instance, in case of fog, wind, rain)
- To be able to deal with basic health problems (digestive, muscular or fatigue issues, superficial wounds and so on)
- To be aware that the role of the organization is not comparable to a rescue squad: each athlete's safety along the way depends also on the individual ability to adapt.

Both the races are open to men and women, turned 18 within May 17th, 2020

Participants who will be able to complete the race and get ranked will be awarded with **ITRA** points:

- 3 for the Vesuvio UltraMarathon 50km
- 1 for Trail Del Vesuvio 23km

Indeed, the races are recognized among the qualifying competitions for the **UTMB** Mont Blanc.

4- REGISTRATION AND FEES

Registrations can be submitted:

- On the website www.anviloteam.it (bank transfer payment accepted, to be sent subsequently to the email address iscrizioni@anviloteam.it)

- Through the online platform ENTERNOW (credit card payment accepted)

Registration Opening Date: October 1st, 2019; **Deadline:** May 8th, 2020 or before, if the maximum number of participants is reached.

VesuvioUltraMarathon (50 km)

Maximum number of participants : **300 athletes**

- Registration fees (for each athlete):

-from October 1st, 2019 to February 1st, 2020 = € **50,00**

-from February 2nd, 2020 to March 2nd, 2020 = € **60,00**

-from March 3rd, 2020 to May 8th, 2020 = € **70,00**

A part of revenues will be given to charity.

Trail del Vesuvio (23 km)

Maximum number of participants: 400 athletes

- Registration fees (for each athlete):

- from October 1st, 2019 to February 1st, 2020 = € **25,00**

- from February 2nd, 2020 to May 8, 2020 = € **35,00**

5- REGISTRATION AND PAYMENT METHODS


Members of FIDAL or RUNCARD must specify the number of their membership card on the registration form.

RUNCARD members must attach a copy of a medical certificate, which clears them to compete in competitive sports and whose date will not expire before May 18th, 2020; the certificate must be filled, stamped and signed from a sports medicine doctor or a sports medicine center.

All the participants are kindly invited to ask the sports medicine doctor about the regional regulations in force. A copy of the receipt of payment must be attached to the registration form and sent to the email address iscrizioni@anviloteam.it, if the payment was made through:

- **BANK TRANSFER:** IBAN code: IT 56 C 01005 40170 000000002968, account holder: A.S.D. VESUVIO LIVES, reason of payment: specify athlete's surname and name or, for clubs or associations, specify the name of the group and the number of participants.

Registrations can be submitted online, paying with CREDIT CARD, through the platform:

- **ENTERNOW** , sending a copy of the receipt won't be necessary in this case. *ENTERNOW system supports also payments through bank transfer, even though in this case it should be submitted directly to Timing Data Service, using their specific IBAN code and specifying, as reason of payment, the code generated by the system during the registration process. It won't be necessary to notify the Organization Committee afterwards.*

The list of all participants will be available on the website www.anviloteam.it. Registrations lacking in fee payment won't be accepted, therefore the list will include only athletes who duly completed it.

FOR FURTHER INFORMATION CONCERNING ONLY REGISTRATIONS, PLEASE CONTACT
Mrs. ANNA SENATORE 3474607794.

6 – MEDICAL CERTIFICATE

All the athletes must have a medical certificate, which clears them to compete in competitive sports and whose date will not expire before May 18th, 2020. The certificate can be loaded into each athlete's user area on ENTERNOW or on the website www.anviloteam.it

7- BIBS AND GOODY BAGS DELIVERY

Bibs and goody bags delivery activities will be provided by TDS staff and will occur **at Castello Mediceo – Vesuvius National Park Headquarters** (across the Salita Principe) on **Saturday May 16th, 2020** (from 11am to 6pm, non-stop) **and Sunday May 17th, 2020** (from 6:30am till 30 minutes before each race's starting time)

Supervisors (registration and bibs)

Mrs. Anna Senatore (TDS) 347 460 7794

Mr. Miranda Michele 327 854 3402

8- START TIMES

Participants of each races must be set along the starting line (the area in front of Castello Mediceo) **at least 30 minutes** before the expected starting time_

- VesuvioUltraMarathon (50km) 8:00am
- Trail del Vesuvio (23km) 9:00am

9 – TIME LIMITS, TIME CHECKPOINTS AND RENOUNCEMENT

VesuvioUltraMarathon has a course time limit of 11 hours. There will be **three times checkpoints**: one at the 24th km (close to the station service at Pietra Prisco, about 4 hours 30 minutes from the start), one at the 35th km (at "Tenuta Federica", about 7 hours from the start), and the last one at the 45th km (at Croce Castello "traversa" Madonnina, about 9 hours 30 minutes from the start). Participants who will step by those points after the previously mentioned time limits, will be stopped and removed from the final rank. The course will be "swept", following the last racer.

Trail del Vesuvio has just one time checkpoint, at the 16th km (about 3 hours 30 minutes from the start), near the so-called Largo Legalità "quota 800"

10 – SERVICE STATIONS

As mentioned before, races will be held in partially self-sufficiency (about both water and food) and there will be established:

5 service stations for the Vesuvio UltraMarathon (50km)

- 6th km – near Largo Legalità quota 800 (water only)

- 16th km – Largo Legalità - second time in a row passage (water&food)
- 24th km – near Pietra Prisco (water&food)
- 30th km – near junction (water only)
- 34th km – near Tenuta Federica (water&food)
- 41st km – near junction Ercolano crests (water&food)
- 48th km – crossroads to final descending path (water&food)

3 service stations for the Trail del Vesuvio (23km)

- 6th km – near Largo Legalità quota 800 (water only)
- 16th km – Largo Legalità - second time in a row passage (water&food)
- 20th km – crossroads to final descending path (water only)

11 – MANDATORY EQUIPMENT

In order to participate to the **VesuvioUltraMarathon** (50 Km), athletes must have:

- Camelbak backpack or water bottle holder that can contain at least 1 L of water
- Trail Running Shoes
- Whistle
- Cup or water bottle (no cups available at service stations)
- Bandana or cap
- Raincoat
- Elastic bandage
- Rescue blanket
- Food stock
- Race bib (keep it well visible)
- Fully charged mobile phone
- Shoe covers are recommended (sandy spots along the way)

In order to participate to the Trail del Vesuvio (23 Km), athletes must have:

- Camelbak backpack or water bottle holder that can contain at least 1/2 L of water
- Trail Running Shoes
- Cup or water bottle (no cups available at service stations)
- Raincoat
- Fully charged mobile phone

WARNING: FOR BOTH THE RACES, ATHLETES WHO WILL BE CAUGHT WITHOUT BAG OR BACKPACK CONTAINING THE MANDATORY EQUIPMENT WILL BE IMMEDIATELY DISQUALIFIED AND KEPT OUT OF THE FINAL RANKING

12 – SAFETY POLICY

Staff members will stand over crossroads, ambulances will be set up in the departure/arrival area (across the Rifugio Imbò) and nearby the Church of S.Maria a Castello (in Somma Vesuviana). Mountain rescuers will be monitoring the high spots of the path: Vetta Cognoli (Ottaviano, 1120mt slm) and Punta Nasone (Monte Somma, 1105mt slm).

Athletes must be in any case covered by individual accident insurance. Organization refuses any responsibility or cost due to accidents or sudden illnesses claimed by participants. Athletes, indeed, choose to take part in the competition at their own risk, knowing well that races will occur in wonderful but sometimes even wild and dangerous places. As mentioned above, weather conditions can be unpleasant, plus network coverage can be very limited or missing in some spots, and doubtless mind and body could be under pressure in a totally out of the ordinary way. Never underestimate the risk of serious and even fatal accidents.

13 – ENVIRONMENT SAFEGUARD

The event supports the “I don’t throw my waste out” campaign, promoted by **Spirito Trail** “, and the **Plastic free** campaign, therefore participants must be respectful towards environment, avoiding to vandalize it or leave refuses all around: whoever is caught in the act of behaving disrespectfully in that sense will be immediately disqualified.

14 – WEATHER CONDITIONS

In case of massively unpleasant weather conditions (fog or violent storms), the organization reserves the right of interrupt or cancel the race, even last-minute or underway, in order to prevent athletes from additional risks.

15 – DISQUALIFICATIONS

Participants will be immediately disqualified if they:

- Try to cut the course
- Throw waste out on the ground during the race
- Refuse to help injured runners
- Lack of mandatory equipment or part of it

16 – PRIZES

Cash rewards are not provided, prizes in kind and sportswear items will be conferred instead. For each race, there will be prizes for the first 5 men and the first 5 women classified, plus for the categories M/F 20 (18-29) -30-35-40-45-50-55-60-65 . Furthermore, concerning the Vesuvio UltraMarathon (50km), there will be prizes for all the women who will get past the finish line.

17 –IMAGE RIGHTS AND RESPONSIBILITY STATEMENT

Upon registration, participants authorize the organization to use any fixed or moving image taken during the race they performed for (VesuvioUltraMarathon and Trail del Vesuvio) and concerning their performance. The use is intended for an unlimited period of time and for worldwide promotional reasons, advertising material and publications.

Besides, they acknowledge that they have read and understood the guidelines' contents and they agreed to the terms, exempting the organizers from any civil and criminal responsibility (concerning damages to people or things, made or happened consequently).

18 – DETAILED PATHS

As mentioned before, both the races will take place in Vesuvius National Park and, through its wonderful paths, they will throw the athletes back in time, travelling through relevant landmarks. After climbing the top of Vesuvius, they will get through the wild part of “Valle dell’Inferno” (Hell Valley), with the famous via Matrone and la Carcara, where the insurgent Spartacus defeated the Roman legions in the Vesuvius battle, and above all athletes will travel the wooded ways of Mount Somma mountain range and its crests called “cognoli”. The starting/arriving zone, the famous Castello Mediceo (Ottaviano) will be a nice throw-back to medieval period, when it was the residence of the Medici family.

Vesuvio Ultra Marathon (50km):

- Start from Castello Mediceo (Vesuvius National Park Headquarters) – 700 mt paved way, then crossroads leading to unpaved way and uphill to the “Sentiero Rifugio Spartaco”, till the so-called junction “stradello”. Then continuing to part of “Sentiero n. 2” till the so-called Largo Legalità / Piazzale “Quota 800” – Passing through the “Valle dell’Inferno” till the aid service station “IMBO” (ticket office), altitude 900ml

– Climbing to the top of **Vesuvius (1170 mt slm)** with an amazing view on the Naples Bay, Sorrento and even Irpinia mountain chain, then climbing down from the opposite side till reaching the aid service station at 1060mt slm

- Way down along the ancient “Via Matrone”, back to Largo Legalità /Piazzale “Quota 800”

- Big sandy climbing down way, called “del Fico”, 800mt- Passing through pine forest – then going up along the so-called “della Profica” hill, reaching “Pietra Prisco” (1st time checkpoint) and continuing uphill till crossroads heading to “Cognoli di Levante”

-Climbing crest Cognoli di Levante – till the peak of “Cognolo Ottaviano” (1120mt slm)

- Hairpin turns climbing down (Sentiero n.2) till the junction leading to “dei Canaloni” way down;

- Sprint uphill “Vivaio serre” (apricot production site) – then again climbing down to “Castello di Somma” – Passing through “Tenuta Federica” (2nd time checkpoint)

- Hairpin turns climb till “Croce di Castello” (altitude 800 mt.) then crossroads on the right along the way “Sentiero n.3”, then another crossroads and beginning of a truly challenging climb through the crests of the so-called “Cognoli di Ponente” - crossing three peaks, one after another: “Cognolo Trocchia” altitude 961mt slm , “Cognolo S.Anastasia” altitude 1100 and “Valico di Punta Nasone” altitude 1105.

- From “Punta Nasone” downhill sandy way then continuing through hairpin turns down way till “Croce di Castello” – Beginning of “Sentiero “Wild” Spartaco” – linked to crossroads leading to final downhill way – Finish line at Castello Mediceo (Vesuvius National Park Headquarters)

Trail del Vesuvio (23 km):

- Start from Castello Mediceo (Vesuvius National Park Headquarters) – 700 mt paved way, then crossroads leading to unpaved way and uphill to the “Sentiero Rifugio Spartaco”, till the so-called junction “stradello”. Then continuing to part of “Sentiero n. 2” till the so-called Largo Legalità / Piazzale “Quota 800” – Passing through the “Valle dell’Inferno” till the aid service station “IMBO” (ticket office), altitude 900ml

– Climbing to the top of **Vesuvius (1170 mt slm)** with an amazing view on the Naples Bay, Sorrento and even Irpinia mountain chain, then climbing down from the opposite side till reaching the aid service station at 1060mt slm

- Way down along the ancient “Via Matrone”, back to Largo Legalità /Piazzale “Quota 800”

- From “Largo Legalità” right on the left where the second and the last uphill (about 2 km), a ridge leading to the “del bracconiere” junction

- Hairpin turns down way along “Sentiero n.2”, then another junction leading on the final down way till the Castello Mediceo (Vesuvius National Park Headquarters)

19- INSURANCE

Organization is covered by an insurance policy for civil responsibility for the whole duration of the race.

Participants resign every claim against the organization in case of additional damages or consequences, developed after the race.

During online registration or at bibs’ delivery, each athlete signs and delivers a disclaimer.

Therefore, contracting an individual accident insurance policy with an insurance company or affiliating with a sport club or federation (c.d. Runcard) is strongly recommended.

20 – REGULATIONS ACKNOWLEDGEMENT AND PRIORITY, ETHICS AND INTEGRITY

The statements contained in the official regulations shall prevail in case of discrepancy with any other kind of information that might be available on websites or social media linked anyhow to this event. The delivering of the disclaimer while collecting the bib for “VesuvioUltraMarathon” or “Trail del Vesuvio” implicates the unreserved acceptance of these statements, as well as ethical standards of the competition, and exempt the organizers from any liability.

ASD VESUVIO LIVES

