

26th LUPATOTISSIMA 2020 - SAN GIOVANNI LUPATOTO (VERONA)

Saturday 19th - Sunday 20th September 2020

"ULTRAMARATHON of 24 hours on the road"
FIDAL "Bronze" and IAU "Bronze" Label
2020 IAU 24 hours European Championships
OPEN RACE of 24 hours on the road
Grand Prix IUTA 2020

RULES of 24H OPEN RACE

Approved by the IUTA and being approved by the Italian Federation of Athletics

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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)
- FIDAL Technical Delegate
- Data collection and processing service with electronic microchips of DREAMCHRONO
- SPEAKER: Fabio Rossi

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

2) PARTICIPATION

There are two competitions:

- 24-hour IAU EUROPEAN Championship, which is attended by national representatives registered by the respective Athletics Federations; for the detailed regulation of this competition, please refer to the General Information Sheet (GIS), which will be branched by the IAU;
- 24-hour OPEN RACE, included in the FIDAL national calendar and the IUTA national calendar.
Will be admitted to participate in the OPEN RACE **maximum 70 runners** (this number was approved by IAU), **with a Personal Best in 24h race of 150 km (men) and 130 km (women) or with a Personal Best in 100k race of 14h (men) and 16h (women):**
 - a. 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.
 - b. 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.
 - c. 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).
 - d. Foreign runners registered for Foreign Athletics Federations (affiliated to the IAAF): they must present a specific declaration (available on our web site).
 - e. Foreign runners (NOT registered for Foreign Athletics Federations): they must do an "Italian Runcard" and present a certificate issued in their own country. The certificate must carry the same exams required by Italian law: a) medical examination; b) complete urinalysis; c) electrocardiogram at rest and after exertion; d) spirometry. A specific model is available on our web site.
 - f. Foreign runners in possession of "Italian Runcard", with an Italian medical certificate, or with certificate competitive medical product in their country (<http://attivita.fidal.it/content/Non-Stadia/95664>).

3) REGISTRATION to the 24hour OPEN RACE

Registrations will be opened on 1st February 2020. **Some bibs (35) will be reserved to the runners registered for IUTA until 31st March.** Registrations will be closed when 70 athletes are reached and at most on September 10th 2020.

- e-mail address: lupatotissima@gmail.com.
- every Thursday evening (21:00-22:30) the headquarters of GSD Mombocar, in San Giovanni Lupatoto (VR), in Via Marconi 5

What to send:	a	b	c	d	e	f
ENTRY FORM and possible short curriculum	X	X	X	X	X	X
COPY OF THE BANK TRANSFER PAYMENT OF THE FEE	X	X	X	X	X	X
copy of the electronic FIDAL card, valid on the day of the race	X					
copy of the electronic FIDAL RUNCARD, valid on the day of the race		X			X	X
copy of the medical certificate (maximum duration 1 year)	X	X				
declaration form for the Italian runners, who are resident and registered abroad			X			
declaration form for the Foreign runners registered for Foreign Athletics Federations (affiliated to the IAAF)				X		
certificate issued in their own country, but the same exams required by Italian law must have been carried out			X		X	X

4) REGISTRATION FEES (in EURO) and PAYMENT METHODS

	1/2/2020 - 31/3/2020	1/4/2020 - 31/5/2020	1/6/2020 - 31/7/2020	1/8/2020 - 10/9/2020
24 hours OPEN Race	60,00	80,00	90,00	100,00

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

5) PACKAGE-RACE and MICROCHIPS/TRANSPONDERS

On the race site, in the tent of Organizing Secretary, it will be possible to collect the package-race and the following technical material:

- . One microchip Single use, supplied by "DREAMCHRONO" (Italy), for the detection of the laps and time achieved
- . The instructions for the use of microchip
- . Two bibs (one front on the chest and one on the back in accordance with the IAAF International Technical Rules)
- . Eight safety pins
- . Race rules, brochures, list of runners, complaints form, average hourly table, laps schedule, tickets/vouchers of the meals
- . Numbered adhesive labels (with bib number), to mark drinks and personal supplies

6) COURSE of the 24h OPEN RACE (the same course of the IAU European Championships)

The course (of about 1,500 meters) will be substantially the same of the 2019. As a result of some changes in widening (in the initial section of exit from the track) and the parallel section of final re-entry to the track, as well as the planned asphalt of the three external routes, the circuit will be measured and recertified in 2020 by the of the Italian Federation of Athletics. The circuit has 5 sections.

The first section takes place in the 3 external lanes (fourth, fifth and sixth) of the 6-lane athletics track in rubtan-s of the Nino Mozzo Sports Centre in San Giovanni Lupatoto (Verona).

The second section (on asphalt) provides for the exit from the Centre Sportivo.

The third section provides a section of road closed to traffic, composed (in order) of Via Olimpia, Via dell'Esperanto, Via Leoncavallo and Via Olimpia.

The fourth section provides for the return to the Sports Centre Nino Mozzo and it is parallel to the second section (in this section are placed gazebos for bags and personal supplies, toilets and Massages).

The fifth section is represented by the entrance to the track (in the finishing straight), where the circuit ends.

New 2020: before the start of the course, an initial stretch of 500 meters is planned on the track (61.93 meters plus 1 lap of the track in the fourth lane of 438.07 meters).

7) SERVICES during the race, for the OPEN RACE

Athletes will be able to take advantage of assistance and the following services, in the following locations (in order of race direction):

- a) Box of Refreshment of the Organization (outside the 6th lane of the track, in the new station at the end of the first curve); where the athletes they can also receive hot pasta (see you schedule time in paragraph 9);
- b) Area of sponge

Neutralization Area

c) GAZEBO and tables of the ORGANIZATION available to athletes for sports bags and personal drinks (near the reserved car park, referred to in paragraph 9; they are in the fourth section of the course, specified in paragraph 7). If the runners are without personal assistant, we suggest mark the personal supplies with sticker labels. The runners will be able to deposit their bags and their personal drinks directly on the appropriate tables up to 20 minutes before the start. In this area, rest stops are possible. Please note that it's forbidden to take and receive personal beverages and foods outside this area and outside the Box of Refreshment of the Organization (see you point "b");

d) WC-TOILETTES;

e) Refreshing shower outdoors, in case of high temperatures;

f) Service MASSAGES (by the Mombocar Massage Team; coordinators: Francesco Marino and Paolo Masola);

g) MEDICAL assistance service and mobile FIRST AID assistance with defibrillator on board;

In other areas of the Sport Centre will also be available:

- . Changing rooms, with hot showers and other toilets (under the Grandstand of the spectators).
- . Pasta meal during the race for an assistant, at the station located on the Grandstand of the spectators, after the presentation of a ticket/voucher at the times (see you schedule time in paragraph 9);
- . Final rice meal for each athlete and an assistant, at the station located on the Grandstand of the spectators, after the presentation of a ticket/voucher at the times (see you schedule time in paragraph 9).

8) UP-TO-DATE RESULTS

Each athlete will be equipped with an electronic microchip, which will allow the chronometric detection of each lap of the course (and of the initial 500-meters stretch).

These detections will be subject to verification by the Italian Federation Judges.

To each athlete will be counted: a) the initial 500 meters of throwing; b) whole laps performed; c) the part of the course that may not be finished, which is being carried out at the end of the race. To allow this last detection, a few minutes after the end of the race, the runners will be equipped by the Judges with a special numbered mark, which will have to be left on the exact point of the course reached at the end of the twenty-fourth hour, under the strict supervision of the Judges.

The sum (a + b + c) will be rounded down to the entire meter below. As required by the Fidal/Iuta ultramarathon regulations, only results above 42.195 km will be admitted to the overall ranking.

In the tent of Organizing Secretary and in the tent of the Organizing Refreshment, an update sheet of the partial results will be available every hour.

9) TIME SCHEDULE of the 24h race

Saturday 19/9/2020

H 08:00	Opening parking of OPEN RACE (entrance of "Viale Olimpia", at the Municipal Pools)	
H 08:30	Delivery race pack and technical materials (up to 30 minutes from start)	(Ultramarathon Secretary)
H 09:45	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	(on the main straight of the track)
H 13:00	Pasta for the runners	(in the refreshment Tent)
H 13:00	Pasta for the helpers (till to H 15:00) (ticket n. 1)	(at the Grandstand)
H 19:30	Pasta for the runners	(in the refreshment Tent)
H 19:30	Pasta for the helpers (till to H 21:00) (ticket n. 2)	(at the Grandstand)

Sunday 20/9/2020

H 03:00	Pasta for the runners	(in the refreshment Tent)
H 03:00	Pasta for the helpers (till to H 03:30) (ticket n. 3)	(in the refreshment Tent)
H 10:00	Finish race	
H 11:00	Rice for the runners (till to H 12:00) (ticket n. 4)	(at the Grandstand)
H 11:00	Rice for the helpers (till to H 12:00) (ticket n. 4)	(at the Grandstand)
H 11:45	Awards Ceremony	(in front of the Grandstand)

10) VARIOUS RULES (miscellaneous)

- 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 course, 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 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 and tape recorders, radios, compact disk, radio transmitters, mobile phones or similar devices (IAAF).
- Rest stop is allowed only in the Neutralization Area; if the rest stop is long, it must be reported to the Judges.
- The abandonment of the course is allowed only in the neutralization zone (it must be reported to the Judges). It's allowed for the refreshments, for the rest stop, for WC services, for the Massages, for the medical assistance service).
- The abandonment of the course, not authorized by the Judges, will result in disqualification.
- For matters not covered by this rules, the IAAF/FIDAL/IUTA rules apply.

11) ANTIDOPING PROCEDURES

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

12) COMPLAINTS and APPEALS

The runners must present the **COMPLAINTS** in the first instance in verbal form to the Referee of the Jury, within 30 minutes of the official announcement of the results. 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.

13) AWARDS and PRIZES

To all the PARTECIPANTS of the OPEN RACE: rich package-race

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

PRIZES (in kind) of the 24H OPEN RACE

- WOMEN: to the first three absolute athletes
MEN: to the first three absolute athletes
CATEGORIES: to the first athlete of each category (FIDAL/IUTA category)
PLEASE NOTE: the absolute and category PRIZES are not cumulative

14) HOTEL for the runners of OPEN RACE: HOTEL ALLA CAMPAGNA

Via Bellette 28 - San Giovanni Lupatoto (VR) - 045.545513 - info@hotelallacampagna.com - www.hotelallacampagna.com

15) INFORMATION on SAN GIOVANNI LUPATOTO

Historical mentions – populations resident in the zone of San Giovanni Lupatoto, as more in general of Verona and of all Veneto, have origins very ancient. 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 lake-areas of Verona's province. Then in the following centuries come other people like the Reti, Etruschi, Veneti and Galli. During Cesar's empire the Veneto people 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 Verona. 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 1866 the Veneto Region became part of the newly declared Kingdom of Italy and San Giovanni Lupatoto became an independent county. In 1927 the historical county of San Giovanni Lupatoto became incorporated into the county of Verona until 1932 when it was returned to an autonomous county.

Actual situation - the town hall of San Giovanni Lupatoto comprises the fractions of Pozzo, Camacici and Raldon. It is only 8 km away from the centre of Verona, chief town of province. Verona is 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 Juillette's balcony, Piazza Erbe, Piazza Bra, Saint Pietro Castle, Castelvechio's bridge, the agricultural fair, the Vinitaly horses fair, the marble fair and more others. At only 20 km from San Giovanni Lupatoto, the children can enjoy themselves attractions of Gardaland, the amusements park among the best of the world.

Surface: kmq 19

Height: 42 mt. (above sea level)

Inhabitants: 25.000

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

Postcode: 37057

www.comune.sangiannilupatoto.vr.it/

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: Via Garofoli, 135 (phone 045.8753205)
P.zza Umberto, 120 (phone 045.545054)
P.zza Umberto, 57 (phone 045.545050)
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: www.paginegialle.it/veneto/san_giovanni_lupatoto/taxi.html
- Carabinieri: 045.545038 (Via Vendramini, 49)
- Supermarkets: GALASSIA (at the downtown VERONA UNO – State Road Legnaghese)
- Post office: Via Foscolo (phone 045.545160)
- Market: Every Friday morning