



General Information Sheet

2012 IAU 50KM World Trophy Final

Vallecrosia-Bordighera (ITA)

OCTOBER 20th, 2012

50 Km Lungo il Mare



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50 Km Lungo il Mare





GENERAL INFORMATION SHEET

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1.0 WELCOME



The event "50Km Lungo il mare" takes place in Vallecrosia and Bordighera, two municipalities in the Province of Imperia, in the region of Liguria, northwest Italy. Both municipalities bordering the Ligurian Sea, and they are tourist destination given its proximity to the international airport of Nice (FRA) at only 54 Km.

After Gibraltar (GBR), Galway (IRL) and Assen (NED), arrives for the first time in Italy the IAU 50km World Trophy Final. Liguria, the "Riviera dei Fiori" and in particular the towns of Vallecrosia and Bordighera host this prestigious competition of ultramarathon, which has now acquired its own relevance, without altering what is the basis of running. The circuit totally flat and mild temperatures will encourage athletes in their race and in the pursuit of their best athletic performance. Our good luck to the runners and those who participate in the event.

Maurizio Casonato
A.S.D. Podij Rajnaldi
Race Director



The local organizing committee (LOC) is honored to organize the 50 km World Trophy Final in Vallecrosia-Bordighera (ITA). We welcome the athletes and coaches October 20th, 2012 after more than two years of work, planning and preparation of the event. We wait numerous participation of athletes and supporters: we will do our best to make this day of sport unforgettable!

Erika Demaria
A.S.D. Podij Rajnaldi
Event Director





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2.0 NATIONAL ATHLETICS FEDERATION

CONTACT DETAILS



Country Italy
Name FIDAL
Address Via Flaminia Nuova 830, 00191 Roma
Tel. +39 0636851
Fax +39 063338941
E-mail internazionale@fidal.it
Website www.fidal.it



3.0 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS

CLUB	A.S.D. Podij Rajnaldi
<i>President</i>	Maurizio Casonato
Web Site	www.podijrajnaldi.it
E-mail	podijrajnaldi@hotmail.it
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PROTOCOL	Erika Demaria
SECURITY	Fabio Cassini
LOGISTIC	Ludovico Moro
MEDICAL	Maurizio Vichi
PHYSIOTHERAPIST	Giulio Marchetti



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4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org

DIRECTOR OF ORGANISATIONS & TRAVELGRANT INFORMATION

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DIRECTOR OF PROTOCOL

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5.0 GENERAL COMPETITION INFORMATION



MIAUC **50KM WORLD TROPHY FINAL**

Date **OCTOBER 20TH 2012**

Start time **10.00 A.M.**

Max. time **7H**

Course **Road**

Short description of the course:

Jogging trail newly developed, given the recent completion of the stretch of promenade that joins the towns of Vallecrosia and Bordighera.

Circuit entirely flat, length of the round equal to 6250 meters to be repeated 8 times for a total of 50 km, closed to vehicular traffic and without parking cars the day of the race.

Refreshment zones at each turning point

Profile Total of + meters: zero
Total of - meters: zero

Competition **Men's individual competition**
Women's individual competition

Only athletes entered by their National Federation can compete in this MIAUC.



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Open race Yes
Limited runners: NO



Other races **50KM FIDAL ITALIAN CHAMPIONSHIP**

Name: "50km Lungo il Mare"
Same course: yes
Same starting time: yes
Limited runners: no

6.0 ENTRIES

The IAU will invite 40 athletes (20 men and 20 women) to participate in the 50KM World Trophy Final. The invitations will be based on the results of Selection Races operated in the months prior to the final race. All 40 athletes will be contacted directly or indirectly by the IAU. The IAU will collect the personal details for athletes and send this to the LOC.

The series of qualifying races, on six continents, are:

1. 20/08/2011 **NED ASSEN**
2. 18/09/2011 **RSA CITY to CITY**
3. 22/01/2012 **GBR Gloucester**
4. 28/01/2012 **GER Rodgau**
5. 18/02/2012 **NOR Bislet 50K indoor**
6. 18/02/2012 **IRL Donadea**
7. 04/03/2012 **USA Caumsett**
8. 06/04/2012 **RSA Two Oceans marathon**
9. 14/04/2012 **HUN Kisber**
10. 14/04/2012 **CZE 50K Marathon Mnisek pod Brdy**
11. 14/04/2012 **FRA 50K Belves-Sarlat**
12. 15/04/2012 **AUS Canberra**
13. 25/04/2012 **ITA Di Romagna**
14. 24/06/2012 **JPN Lake Saroma**
15. 01/07/2012 **GBR Bodington**
16. 19/08/2012 **LAT Daugavpils**
17. 08/09/2012 **NED Winschoten**
18. 15/09/2012 **HUN Nagykanizsa**
19. 22/09/2012 **AUT Steyr**

All other athletes who participate in the final race of the IAU 50KM Trophy Final must be affiliates to their National Athletics Federation, e.g. be members of an athletic club, and must present a document of proof that they are members. Only then they can be ranked in the results of this Final race. Nonaffiliated athletes will only count in the open race.



7.0 VISA



Any foreign visitor wishing to visit ITALY should have a valid passport

IAU Members which **don't need a visa** prior to departure:

Andorra	Argentina	Australia	Austria	Belgium
Brazil	Canada	Chile	Croatia	Czech Republic
Denmark	Spain	Estonia	Finland	France
U.K.	Germany	Gibraltar	Greece	Hungary
Iceland	Ireland	Italy	Japan	South Korea
Latvia	Lithuania	Luxembourg	Mexico	Monaco
Norway	New Zealand	Philippines	Poland	Serbia
Switzerland	Slovakia	Sweden	Chinese Taipei	Uruguay
United States				

IAU Members which **do need a visa** prior to departure:

Belarus	Consulate Minsk
Mongolia	Embassy Beijing
Namibia	Consulate Windhoek
Nepal	Consulate Kathmandu
Niger	Consulate Niamey
Republic of South Africa	Embassy or consulate
Russia	Embassy Moscow
Turkey	Embassy Ankara
Ukraine	Embassy Kiev
Kenya	Embassy Nairobi
Sierra Leone	Embassy Abidjan Ivory Coast or Consulate Freetown Sierra Leone





8.0 TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)



Airport 1

Name	Aéroport Nice Côte d'Azur
Place	Nice (FRA)
Distance to AV	55 km

Details From the airport take the bus to Central Station of Nice. Then take a train to Ventimiglia

for more information www.nice.aéroport.fr
www.sncf.com

Airport 2

Name	Aeroporto "Cristoforo Colombo"
Place	Genoa (ITA)
Distance to AV	150 km

Details From the airport take the Volabus to Central Station of Genoa Piazza Principe. Then take a train to Bordighera (direction Ventimiglia)

for more information www.airport.genova.it
www.trenitalia.com

FREE SHUTTLE SERVICE

The LOC will provide a free shuttle service **from rail station of Bordighera and Ventimiglia** to the different accommodations in Vallecrosia (about 2 km).

The departure times of the shuttle are going to be arranged based on the arrivals of the delegations (bringing together the delegations with similar schedules).

The free shuttle service will be organized also on Saturday and Sunday from the accommodation to the rail station and vice versa.





9.0 ACCOMMODATION

ATHLETES VILLAGE (AV)

Name Casa Valdese
Address Via Col. Aproso n. 255 – Vallecrosia (ITA)
Tel. +39 0184 295551
Fax +39 0184 290402
E-mail info@casavallecrosia.it
website www.casavallecrosia.it

The Organizing Committee will offer a **full board accommodation**, free of charge, for all invited male and female athletes as follows:

- for a maximum of **3 nights** for delegations who should fly maximum 4 h
- for a maximum of **4 nights** for delegations who should fly maximum <9 h
- for a maximum of **5 nights** for delegations who should fly minimum 9 h

The LOC can offer accommodation for the rest of the delegation but is not obliged to do it. In that case they will provide these delegations with a list with all available accommodations in the area. The accommodation will be charged following this rates:

HOTEL & Address	Number of beds	Kind of rooms	Price BB/HB/FB (incl. Bed & bath linen)
1 - Casa Valdese (Athletes Village) <i>Via Col. Aproso 255 - Vallecrosia</i>	97	Single Double Triple Quadruple	20/30/40 €
2 - Oratorio Don Bosco <i>Via Col. Aproso 433 - Vallecrosia</i>	69	Double Triple Multiple	25/33/40 €
3 - Caserma "Bevilacqua" <i>Via Roma - Vallecrosia</i>	80	Double Triple Multiple	20/n.a/n.a €
4 - Hotel Piccolo Paradiso <i>Lungomare Marconi 103- Vallecrosia</i>	24	Double Triple Quadruple	n.a/50/n.a €

It **IS** possible to use this location to accommodate extra **supporters**.

The cancellation policy:



- free of charge until September 30th, 2012
- maximum 50% charge until October 10th, 2012
- maximum 100% charge the last 9 days before competition day



All accommodation costs should be paid:

- By Bank Transfer at least one week prior to the race (all related bank costs are to be paid by the athlete)
 - Name: Banca Carige – Filiale di Vallecrosia
 - IBAN code: IT05 K061 7549 1000 0000 0736 380
 - BIC code: CRGEITGG315
- By cash on arrival (=before the payment of the Travel Grants)

FOOD & FOOD SCHEDULE

In general:

Breakfast: 07.00 a.m. – 09.00 a.m.
Lunch: 12.00 a.m. – 02.00 p.m.
Dinner: 07.00 p.m. – 09.00 p.m.

The **PESTO PARTY** is free for all athletes and is scheduled for:

Day: Saturday October 20th, 2012 from 02.00 p.m. – 7.00 p.m.

Place: **Oratorio Don Bosco** – Via Col. Aprosio 433 - Vallecrosia

Other info: other people who want to enter the pasta party can buy a ticket for € 15,00





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10.0 TECHNICAL MEETING

Day Friday October 19th 2012
Time 3.00 p.m.
Place "Sala Polivalente" - Conference room
Via Cristoforo Colombo – Vallecrosia

11.0 PAYMENT OF THE TRAVELGRANTS

Day Friday October 19th 2012
Time 4.00 p.m.
Place "Sala Polivalente" - Conference room
Via Cristoforo Colombo – Vallecrosia

12.0 OPENING CEREMONY

Preceded by Flag parade from "Sala polivalente" to "Cinema Teatro Don Bosco"
Place: Via Col. Aproso - Vallecrosia
Time: 5.30 p.m. – 6.00 p.m.

Day Friday October 19th 2012
Time 6.00 p.m. – 7.30 p.m.
Place "Cinema Teatro Don Bosco" – Conference room
Via Col. Aproso n. 433 - Vallecrosia

Followed by Aperitif (light dinner)
Place: Oratory Don Bosco
Time: 7.30 p.m. – 09.00 p.m.

13.0 RACE INFO

Extra info: all runners will receive on the day of arrival, a brochure with all the Technical Guidelines & rules specific for this MIAUC

14.0 CLOSING CEREMONY

Day Saturday October 20th 2012
Time 6.30 p.m.
Place "Cinema Teatro Don Bosco" – Conference room
Via Col. Aproso n. 433 - Vallecrosia



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15.0 WEATHER CONDITIONS

The average weather conditions in the past 5 years:

Max temperature: 18-22 degrees Celsius

Min temperature: 10-16 degrees Celsius

Humidity: 25-35%

Extra info: The weather forecast for the race day will be given during the Technical Meeting on Friday 19th October 2012

16.0 GENERAL TIME SCHEDULE OF THIS MIAUC

Meeting Point – Service Center – “Sala Polivalente” Comune di Vallecrosia

From Thursday October 18th to Friday October 19th, 2012 from noon to 5.00 p.m., during the entire MIAUC, the HEAD QUARTER of LOC will be based here.

Services: Athletes check-in
Voucher and pass distribution
Delivery of papers of the event

Friday October 19th, 2012

Press Conference - 11.00 a.m.

Place: “Sala Polivalente” Via Cristoforo Colombo - Vallecrosia

Technical Meeting - 3.00 p.m.

Place: “Sala Polivalente” - Conference room
Via Cristoforo Colombo - Vallecrosia

Payment of the Travel Grants - 4.00 p.m.

Place: “Sala Polivalente” – Conference room
Via Cristoforo Colombo - Vallecrosia

Flag Parade - 5.30 p.m.

Place: from “Sala polivalente” to “Cinema Teatro Don Bosco”
Via Col. Arosio

Opening Ceremony - 6.00 p.m.

Place: “Cinema Teatro Don Bosco” – Conference room
Via Col. Arosio n. 433 - Vallecrosia

Aperitif (light dinner) - 7.30 p.m.

Place: Oratory Don Bosco

Saturday October 20th, 2012

09.00 a.m. **Meeting** at the star of the race

10.00 a.m. **Departure of the race**

04.30 p.m. **Post race press conference** with the winners

06.30 p.m. **Closing ceremony** in “Cinema Teatro Don Bosco”

Sunday October 21st, 2012

Departure of all delegations



17.0 TOURISTIC INFORMATION



17.1 VALLECROSA

Between Cote d'Azur and Riviera, both visible from the seafront, there is Vallecrosia. The Roman origins are confirmed by the passage of the "Via Julia Augusta" through the creek Verbone. Vallecrosia in 1686 joined the "Magnifica Comunità degli Otto Luoghi" to ease the tax burden of the near Ventimiglia. In the oldest part of town (High Vallecrosia) the cultivation of olive trees and vineyards gave way to ornamental plants: the flowers is the main activity of the village. In the garden of Sant'Anna Institute is enclosed a bastion century. The church of San Rocco, rebuilt in the twentieth century, has retained some Romanesque features. The original "Museo della canzone" (with study center and recording studio) is unique in Europe and has been prepared on a train in the early twentieth century. Collects records, sheet music, instruments and rare Italian song from the nineteenth century to today. The antiques market, "U Cantun de l'Antigu", invades every second Sunday of the month all the squares of High Vallecrosia.





17.2 BORDIGHERA



If there is a place of origin of tourism in Liguria, that's Bordighera. It was Giovanni Ruffini, a patriot in exile in England, to make known to the British in the nineteenth century the charm of the Riviera di Ponente settling "Dr. Antonio", best-selling novel, in the City of palms. Since then Bordighera has become one of the most prestigious tourism. The Ligurian Ingauni were the first inhabitants of the place. In Roman times it was crossed by the "Via Julia Augusta". The legend says that the anchorite Sant'Ampelio in 411 led by Egypt and dates that are sown at the origin of palm trees. Sant'Ampelio lived in a cave by the sea, on the site which was later built a small church, which still exists, and a castle destroyed by the Genoese in the fourteenth century. The city is divided into two parts: the medieval fortified and extended the nineteenth century. Lots of things to see: the town hall, the fountain and the statue of Magiargé, homes - towers, the evidence of the presence of all the historical figures and artists who have stayed there, Margherita di Savoia, Monet, Dickens. Nearby you can walk around in the lush greenery of parks and gardens. The international public library was founded at the beginning of the twentieth century thanks to donations from British tourists. The marina can accommodate 250 boats. The brand new sports hall, in addition to the athletic field, includes a football field at 5 and two swimming pools.





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ADDITIONAL INFORMATION TO BE PROVIDED TO THE LOC

Name Athlete :
 Date of birth :
 Nationality :
 Next of kin :
 Phone number :
 Planned day and time of arrival :
 If you are travelling by public transport :
 - You arrive in Ventimiglia or Bordighera?
 - At what time do expect to arrive at the train station?

Are you accompanied by others? : Yes/No*

If yes how many? :

Do you require transport to the Hotel Accommodation? : Yes /No*

How many nights do you plan to stay in the hotel? 1/2/3/4/5?

Do you want to upgrade your room : Yes/No*
to a single room at your own costs?

See for further guidance the general information sheet.

The LOC plans to organize a sightseeing bus tour of the area around Vallecrosia and Bordighera on Friday afternoon from 3 to 5 p.m. How many people are interested to participate? :

Planned date and time of departure? :

Please return the above questionnaire before 1st of October to:

erika.demaria@libero.it
jan.vandendriessche@iau-ultramarathon.org

* Indicate clearly YES or NO

If you have any further questions please contact: podijrajnaldi@hotmail.it