



## STARTER INFO - LAKE GARDA 42 2023

Date: 26 March 2023

Start marathon LG42: Limone sul Garda - 9:00 am

Start half marathon LG21: Arco - 9:45 am

Finish: Malcesine

### Registration opening

Registration is open from Friday 15 July 2022 until Sunday 19 March 2023, unless it closes early due to reaching the maximum number of participants.

### Start eligibility

Just correctly registered and signed up athletes can participate in the race. Your registration is valid, only when we obtained your full and correct personal data and you paid the registration fees (excluded cases of special authorization by the organizer).

Each runner will receive a bib number at the race package pick-up. The bib number needs to be worn on the chest.

### Participation

1. Runners with residence in Italy
  - 1.1. Athletes registered with clubs affiliated to FIDAL or with foreign federations affiliated to World Athletics, or
  - 1.2. Athletes in possession of a Runcard ([www.runcard.com](http://www.runcard.com)) or athletes who are members of a Sports Promotion Organisation (Sect. Athletics), in possession of a valid Runcard-EPS, limited to persons of 20 years of age.
2. Runners from abroad
  - 2.1. Athletes registered with Foreign Federations affiliated to World Athletics,
  - 2.2. Athletes in possession of a valid Runcard on the day of the event.
  - 2.3. Athletes not registered in Italy and without a medical certificate who sign the disclaimer form may participate in the non-competitive race. The list of results will only be announced in alphabetical order and there will be no award ceremony or prize-giving.
3. The following are not allowed to take part in the race:
  - 3.1. Registered athletes in possession of a RUNCARD Mountain & Trail;
  - 3.2. Athletes who are members of clubs affiliated with Sports Promotion Bodies recognised by CONI, not affiliated with FIDAL;
  - 3.3. Athletes registered with other Sports Federations (for example: Triathlon, cycling, etc.);
  - 3.4. Athletes with "hand bikes", prams, pushchairs or other wheeled vehicles.

## IMPORTANT:

- ✓ Italian citizens registered at A. I. R. E. are to be considered residents abroad;
- ✓ The medical certificate must be marked 'athletics'. Certificates with the wording 'running', 'running', 'march', 'marathon', 'triathlon', 'half marathon', etc. are not valid for participation;
- ✓ Participants in events may be subject to doping controls. They are also subject to the provisions of Article 25 of the FIDAL Rules, if they are already subject to disciplinary suspension.

## Timetable

### Friday, March 24 2023

03.00pm to 08.00pm

Race Package Pick-Up (Riva del Garda)

### Saturday, March 25 2023

12:00pm to 08.00pm

Race Package Pick-Up (Riva del Garda)

06.00pm

Start LG KIDS RUN (Riva del Garda)

### Sunday, March 26 2023

08.30am

Opening Start Area (Lungolago, Limone)

08:45am

End of baggage drop-off marathon (Limone)

09.00am

Start LG42 (Lungolago, Limone)

09:30am

End of baggage drop-off half marathon (Arco)

09.45am

Start LG21 (Piazza della Canoniche, Arco)

10.00am to 04.00pm

BLACKROLL Recovery Area Malcesine

01.00pm

Award Ceremony LG42 + 21

(Top 3 Women, Men) (Malcesine)

03.40pm

End of LG42 + 21

## Race package Pick-Up

You can pick up your race package during the following times:

### Friday, March 24 2023

03.00pm to 08.00pm

Race Package Pick-Up (Riva del Garda)

### Saturday, March 25 2023

12:00pm to 08.00pm

Race Package Pick-Up (Riva del Garda)

We recommend picking up the race number and goody bag as soon as possible, since long waiting times and lines could occur on race day. **Please bring your registration confirmation and your medical certificate.**

If a discount is applied to your participation fee, please also bring a valid ID.

Race bibs and race packs may also be collected by third parties, with a written proxy, a letter of confirmation from the delegating party and a photocopy of a valid identity document.

## Registration fees and payment processing

	Until 15 August 2022 „Early Bird“	Until 30 November 2022 „Pre Regular“	Until 31 January 2023 „Regular“	From 1 February 2023 „Last Minute“
LG 42	45 €	53 €	63 €	73 €
LG 21	35 €	43 €	53 €	63 €
KIDS RUN	5 €	5 €	5 €	5 €

1. Participation in the LAKE GARDA 42 is a highly personal right and in principle not transferable. This does not apply to registration changes or a transfer of the starting place to another person. A name change is possible and free of charge until March 19, 2023. Subsequently a processing fee of €10.00 is due.

Distance registration changes are possible under the following conditions:

- 1.1. The distance registration change must be made online by sending an email to [info@lakegarda42.com](mailto:info@lakegarda42.com).
- 1.2. If you change your registration to a route with a lower entry fee than the original registration fee, there is no entitlement to a refund of the difference. A change of registration is free until March 19, 2023. Subsequently a processing fee of €10.00 is due.
- 1.3. If you change your registration to a route with a higher entry fee than the original registration fee, the respective difference is due. A change of registration is free until March 19, 2023. Subsequently a processing fee of €10.00 is due.

## Shuttle/Parking

There are public car parks at the start and finish points (Limone, Arco, Malcesine) which can be used. Please be aware of the road closures!

We also offer a shuttle service to take you to the various locations. By presenting your bib number, you will be taken along free of charge. The shuttle service is limited for participants.

The shuttle routes are as follows:

Morning Sunday, March 26 2023

- Riva – Arco (Bus)
- Limone – Arco (Bus)
- Malcesine – Arco (Bus)
- Malcesine – Limone (Ferry)
- Riva – Limone (Ferry)



Afternoon Sunday, March 26 2023

- Malcesine – Arco (Bus)
- Malcesine – Limone (Ferry)
- Malcesine - Riva (Ferry)

Timetables and stops tbd.

### **Changing rooms & luggage drop-off points**

Changing rooms are available on the whole event area. You can drop off your starting bag with personal changing clothes at the start in Limone and in Arco. The bag needs to be labeled with the provided tag. The bag can then be picked up at the finish line in Malcesine. The organizer will not take any responsibility for theft.

**The bags can be handed in up to 15 minutes before the start: 8:45 am (marathon), 9:30 am (half marathon)**

### **Timing**

Every participant needs to wear their own personal race number, since the time measurement chip is attached to it. Thus, race numbers cannot be exchanged and needs to be worn on the chest.

### **WC**

Toilets are available on the whole event area and are marked accordingly. There are toilets at all feeding zones along the route.

### **Start lane**

Only participants wearing a bib number will be allowed into the start lane. Both will be handed out at the Race Package Pick-Up. Please line up in the start lane according to your estimated finish time. The pacemakers are an orientation for the times.

### **Pacers**

To avoid overcharge and ensure that you are reaching the finish line, pacers are available along the course. You recognize the pacers by their flag. They are offered at:

Pacer-times marathon: 3:30 h, 3:45 h, 4:00 h, 4:15 h, 4.30 h, 4:45 h, 5:00 h

Pacer-times half marathon: 1:45 h, 2:00 h, 2:15 h, 2:30 h

### **Refreshment stations**

Food & beverage stands from local partners are provided in the finish area in Malcesine.

Refreshment points will be set up along the run course, where water, isotonic drinks, fruit as well as bars and gels will be handed out.



### **Disposal of waste**

Packaging and other waste may only be dropped into the rubbish bins provided on the event areas and at the refreshment points. Participants who throw their rubbish on the course will be disqualified.

### **Award ceremony**

Men and women are ranked separately. Net time is taken into consideration in the result list, while 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place are awarded according to gun time. For athletes taking part in the non-competitive race, a separate results list will be created, which will only be drawn up in alphabetical order, and there will be no awards ceremony or prize-giving.

### **Results & certifications**

You can check your running time online after the race:

<http://www.lakegarda42.com/www.lakegarda42.com>.

### **Photo service**

Our PICA photographers will take photos on the course and at the finish line, which you can purchase directly after the event on

<https://www.lakegarda42.com/en/photo-service>.

### **Time limit**

The race will end at 03.40pm, thus time limit for LG42 is 6.40h and for LG21 is 5.55 h. Gun time will be considered.

All participants must have passed the following sections at the appropriate times:

09:10 am: Start Lungolago Limone

10:35 am: Rocca, Riva (10 km)

12:20 pm: Piazza della Canoniche, Arco (21 km)

1:35 pm: Strada Statale 249, Piazza Goethe, Torbole (29 km)

3:40 pm: Malcesine

### **Withdrawn athletes**

A 'broom' vehicle is provided for the recovery of withdrawn athletes at the various feeding zone along the course, which will follow the race and transport the athletes to the finish area.

### **Health Service**

The Organising Committee will provide adequate medical assistance on the course and at the start and finish points.

### **Road closures**

Due to route safety, the following roads will be closed on 26:03:2023:

SS45bis between Limone and Riva (in both directions) from 8:30 to 10:35 am. The road through Limone is not affected.

SS249 between Torbole and Malcesine/Navene (in both directions) from 9:45 am to 3:00 pm. The road through Malcesine is not affected.



In the communities of Riva and Arco there will be temporary road closures, which can be bypassed.

### **COVID-19 Situation**

Your health is very important to us. On the day of the race, the current rules imposed by the competent authorities will be implemented.

### **Objection/Complaints**

Any objection must be submitted to the two arbitrators in writing by email to [info@lakegarda42.com](mailto:info@lakegarda42.com) no later than 6:00 pm on 26 March 2023. A deposit of €100 is required for each appeal, which will be refunded in the event of a justified appeal.

### **Liability**

The organizer is not taking any responsibility for accidents and damages. Every runner needs to make sure they have an appropriate accident insurance. The organizer is covered with personal liability insurance for its own activities.

### **Final warning**

The organizer reserves the right to modify these information at any time, until 2022 April 1<sup>st</sup>. The latest version is the one applied to the event.

### **INFORMATION AND CONTACTS**

Website: [www.lakegarda42.com](http://www.lakegarda42.com)

Organiser contact: COMUNICO ITALIA SSD a RL

Telephone IT: 0039 388 9046299

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