



STARTER INFO – X-BIONIC LAKE GARDA 42 2023

Attention: on the night between Saturday and Sunday, daylight saving time will come into operation and the clock must be set one hour ahead!

The company COMUNICO ITALIA SSD a RL with the approval of Fidal organises the X-BIONIC LAKE GARDA 42 - LG42, a Bronze level race of 42.195 km and the LG21, a Bronze level race of 21.097 km.

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 registered in Italy
 - 1.1. Athletes affiliated to FIDAL, or
 - 1.2. Athletes in possession of a Runcard (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, and in possession of a valid health certificate (valid for athletics).
2. Runners from abroad
 - 2.1. Athletes registered with Foreign Federations affiliated to World Athletics,
 - 2.2. Athletes in possession of a valid Runcard or Runcard-EPS, limited to persons of 20 years of age, and in possession of a valid health certificate (valid for athletics).
 - 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 (Pala Vela, Via Giancarlo Maroni 2, Riva del Garda)

Saturday, March 25 2023

12:00pm to 08.00pm

Race Package Pick-Up (Pala Vela, Via Giancarlo Maroni 2, Riva del Garda)

06.00pm

Start LG KIDS RUN (Piazza Garibaldi, 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)

09:15am

End of baggage drop-off half marathon (Arco)

09.45am

Start LG21 (Piazza della Canoniche, Arco)

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 a valid ID as also:**

- **your medical certificate and the FIDAL card or Runcard (competitive race)**
- **the liability exclusion form (non- competitive race).**

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

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 X-BIONIC 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.
- 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 who booked the shuttle service during the registration process.

The shuttle routes are as follows:

Morning Sunday, March 26 2023

- Riva – Arco (Bus): 08:15 am
- Limone – Arco (Bus): 07:30 am
- Malcesine – Arco (Bus): 07:30 am
- Malcesine – Limone (Ferry): 07:45 am
- Riva – Limone (Ferry): 07:35 am

Afternoon Sunday, March 26 2023

- Malcesine – Torbole - Arco (Bus): 2:30 pm, 3:30 pm, 4:30 pm
- Malcesine – Limone - Riva (Ferry): 2:00 pm, 3:45 pm

In the afternoon, you can also travel free of charge on the ships in regular service on the upper lake (Riva-Torbole-Limone-Malcesine) (not express services). By showing your event bracelet at the ticket office you will get a free ticket.

Stops:

Riva (Bus): Parcheggio Centro (Via Filzi 3)

Malcesine (Bus): Autostazione Malcesine

Arco (Bus): Foro Boario (Via della Cinta 32)

Limone (Bus): Parcheggio Via Lungolago

Riva (Ferry): Centro (Piazza Catena)

Malcesine (Ferry): Centro (Piazza Guglielmo Marconi 12)

Limone (Ferry): Centro (piazzale Carlo Gerardi)

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 before the start: 8:45 am (marathon) and 9:15 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 (except for feeding zone 1).

Start lane

Only participants wearing a bib number and the event wristband 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 and the blocks are an orientation for the times.

Marathon:

Block A <3:45 h

Block B 3:45 h to 4:10 h

Block C >4:10 h

Half marathon:

Block A <1:55 h

Block B 1:55 h to 2:10 h

Block C >2:10 h

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.

Award ceremony

Men and women are ranked separately. Net time is taken into consideration in the result list, while 1st, 2nd, 3rd place are awarded according to gun time.

Runcard and Runcard EPS card-carrying athletes will be entered regularly in the rankings but are not eligible for cash prizes, or similar such as value vouchers, bonuses, engagements, expense reimbursements of any kind.



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:

<https://www.lakegarda42.com/en/registration-results-certifications>

Photo service

Our Studio Photo Ravenna 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 complaints must be submitted in the first instance to the race referee, in the second instance in writing to the appeal jury within 30 minutes of the publication of the results accompanied by a fee of € 100.00. The fee will be refunded if the complaint is upheld.

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 this information at any time, until 23 March 2023, after having obtained approval from FIDAL. For matters not covered by this Regulation the statutory technical regulations of FIDAL are applicable.

INFORMATION AND CONTACTS

Website: www.lakegarda42.com

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