

Corsa dei Castelli Family Run

16.10.2022

CORSA DEI CASTELLI FAMILY RUN 8K

The “Corsa dei Castelli” is not only a sporting event for professionals, but also a fun Family Run open to everyone: to fans of running; to all those who several times a week find the time to go out for a run; to families, to share a day of sport together; to school groups, to get to know each other outside of everyday life. A unique route that Trieste offers to participants. The start is from the square in front of the fascinating Miramare Castle, a city monument rich in history and art. The route then continues along the seafront, with a fantastic panorama as a scenic backdrop for the athletes, while the arrival is scheduled, 8 km from the start, in Largo Città di Santos, a few steps from Piazza dell’Unità d’Italia. Running, fun, breathtaking views, history and art, all this is the Family Run of the Corsa dei Castelli.

People can participate on presentation of the COVID-19 green certification (green pass) valid for the day of the race to be shown at the race package pick-up and at the same time delivering the anti-Covid19 self-declaration. If the participant is not in possession of this valid document, it will not be possible to collect the race package and participate in the event.

We would like to remind you how to obtain the COVID-19 green certifications:

1. green CoVID-19 certification, which can be issued after the administration of the first dose of vaccine and is valid from the fifteenth day following until the date scheduled for the administration of the second dose (in the case of a double dose vaccine). In all cases, the green certificate shall be valid for nine months after completion of the vaccination cycle;
2. recovery from the Sars-CoV-2 infection (valid for six months);

3. of a rapid molecular or antigenic test with a negative result for Sars-CoV-2 (valid for 48 hours). The above provisions do not apply to persons excluded by age from the vaccination campaign and to persons exempt on the basis of appropriate medical certification issued in accordance with the criteria defined in the circular of the Ministry of Health.

Start: Miramare Castle

Arrival: Largo Città di Santos

Timetable: Sunday 16 October at 10:00 a.m. after The Ten non competitive.

ONLINE REGISTRATION:

On the event website. Increasing entry registration fee open online until Monday 10 October 2022.

from 2nd November to 28th February	9,00 €
from 1st March to 16th May	12,00 €
from 17th May to 31st August	15,00 €
from 1st September to 10th October	18,00 €

REGISTRATION ON THE SPOT:

It will be possible to register at the Corsa dei Castelli registration centre for €20.00:

- The location and times of the registration centre will be announced through social channels in the days preceding the event.

For children up to 13 years of age accompanied by their parents, registration is free.

For groups of at least 20 people, registration will cost € 10.00 per person. Registration must be made by a group leader by filling in the form on the TDS website.

THE FEE INCLUDES:

- Technical event T-shirt
- Medal
- Sponsor products

- Medical assistance
- Refreshments along the route
- Final refreshments
- Shuttle service to the start area

COLLECTION OF RACE PACKAGE:

People can participate if they present the COVID-19 green pass valid for the day of the race to be shown at the race pack collection.

This must be shown at the race package pick-up and at the same time the anti-Covid19 self-declaration must be handed in. If the participant is not in possession of this valid document, it will not be possible to collect the race package and participate in the event.

At the Corsa dei Castelli registration centre:

- The location and times of the registration centre will be announced through social channels in the days before the event.

PARTICIPATION REQUIREMENTS:

Race open to all, no sports medical certificate is required.

RIGHTS FOR IMAGE

By registering for the Corsa dei Castelli Family Run the athlete authorizes the organization to acquire free of charge the right, together with its partners, to use the still or moving images on which he/she may appear, taken during his/her participation in the event, on all visual supports as well as on promotional and/or advertising materials.

INFORMATION:

info@promorun.it

FINAL WARNINGS

The Organising Committee reserves the right to amend these regulations at any time for reasons it deems appropriate for a better organisation of the competition. Any changes to services, places and times will be communicated to the participants or posted on the website www.promorun.it.

ANTI-COVID PROTOCOL

FOREWORD

These regulations have been drawn up in compliance with the Prime Ministerial Decrees issued in relation to the pandemic emergency. All useful precautions will be taken to prevent gatherings and the possible spread of the virus. This regulation, given the continuous

This regulation may be subject to change in view of the constantly changing anti-Covid provisions. The event will take place in the absence of an audience. People can participate on presentation of the anti-Covid19 self-declaration and the data processing form (downloadable from the event website) when collecting the competitor package. If the participant is not in possession of these forms, it will not be possible to collect the package and participate in the event.

REGISTRATION

The organisation reserves the right to close registrations early if a maximum number of participants is reached in accordance with anti-Covid regulations.

RACE PACKAGE COLLECTION

People can participate on presentation of the COVID-19 green certification (green pass) valid for the day of the race to be shown at the race package pick-up and hand over the anti-Covid19 self-declaration at the same time. If the participant is not in possession of this valid document, it will not be possible to collect the race package and participate in the event.

At the Corsa dei Castelli registration centre:

- The location and times of the registration centre will be announced through social channels in the days before the event.

In case of withdrawal by proxy, the delegator must fill in, sign and give to the delegate the proxy form, the privacy form, the covid form (downloadable on the website www.corsadeicastelli.it), a copy of the letter confirming the registration, a copy of his identity document and the green pass.

SHUTTLE SERVICE

There will be a shuttle service at the Central Railway Station to reach the starting area (Miramare Castle), Saba Silos car park side, from 7.30 am to 9.00 am.

It is recommended to all athletes to use the access doors to the vehicles indicated for the ascent and descent, always respecting the safety distance of one metre between people. The use of a mask is mandatory. It is also recommended to go to the shuttle service at the indicated times.

REACHING THE STARTING AREA

Athletes will be conveyed to the starting area by the organisation staff along a mandatory route where a distance of 1 metre from every other athlete must be observed. Signs will indicate the exact position of each athlete. During the warm up and in the starting area the nose and mouth mask must be worn at all times. Inside the starting area there will be dimmers for hand hygiene.

START

At the start, the mask must be worn for the first 500 m of the race and can then be disposed of in the appropriate containers. This is the only place where the mask can be thrown away. At the end of the race each athlete will receive a new mask. Athletes can, if they wish, continue running with the mask or take it with them to the finish. Athletes who behave in a manner contrary to health regulations or the instructions of the organisers will be asked to leave the area immediately.

REFRESHMENT ON THE ROUTE

A refreshment point with closed water bottles will be provided along the route at km 5. There will be people in charge of placing the bottles not in contact with the athletes and equipped with personal protective equipment. The athletes will have to help themselves by taking the bottles provided by the organisation directly on the tables.

ARRIVAL

In the arrival area each participant will be conveyed by the staff of the organization along a path designed to facilitate the flow towards a large area that guarantees the distance. Each athlete will be given a mask that must be worn immediately and will be asked to leave the area as soon as possible.

FINAL REFRESHMENT

The final refreshment and medal will be given to each participant in a closed take away bag to be consumed outside the finish area.



RACE CANCELLATION - NON-EXECUTION

If the race is cancelled, moved to another date and/or not held due to causes beyond the control of the organisers, including the withdrawal of authorisation to hold the race by the competent public bodies, atmospheric events, earthquakes, epidemics and any other event that may jeopardise the safety of the participants, the participant shall not be entitled to claim any reimbursement from the organisers.

Registrations received will be kept valid for the following year or for another Promorun event. The transfer will be completely free of charge.