

REGULATION AND TECHNICAL INFORMATION

Corsa dei Castelli TEN 2022

Non-competitive road race 10 k

16th October 2022

The A.S.D. Promorun Trieste, in collaboration with the Municipality of Trieste and the Friuli Venezia Giulia Region, is organising, on the occasion of the “Corsa dei Castelli”, the first edition of the “Corsa dei Castelli Ten” non-competitive road race over a distance of 10 km open to everyone. By registering for the non-competitive race, the participant declares that he has read and fully accepts these regulations. The race will take place in all weather conditions. A doctor and ambulance service will be provided. The organising company accepts no liability for any damage to persons or property that may occur before, during or after the event.

People can participate on presentation of the COVID-19 green pass valid for the day of the race, which must be shown at the race package pick-up and the anti-Covid19 self-declaration must be handed in at the same time. If the participant is not in possession of this valid document, it will not be possible to collect the race pack 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 15th day following the date scheduled for the administration of the second dose (in the case of a double dose vaccine). The green certificate is in any case valid for nine months after completion of the vaccination cycle;
2. recovery from the Sars-CoV-2 infection (valid for six months);
3. performance 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 according to the criteria defined in a circular of the Ministry of Health.

START

Sunday 16th October

Start: 10.00 a.m. from Miramare Castle staggered after the 10k competitive.

Finish: Piazzale delle Milizie at San Giusto Castle.

REGISTRATIONS

Online registration with increasing fees:

- from 1st December to 28th February 9,00 €
- from 1st March to 30th May 12,00 €
- 31st May to 31st August 17,00 €
- 1st September to 30th September 22,00 €
- 1st October to 10th October 27,00 €

Online registration will close on 10 October 2022 at 23:59.

Non pre-enrolled

It will be possible to register at the Corsa dei Castelli registration centre for € 30,00:

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

THE FEE INCLUDES

- Technical T-shirt of the event
- Number plate
- Medal
- Sponsor products
- Medical assistance
- Refreshments along the route
- Final refreshments
- Bag depot
- Shuttle service to the start area

REFUNDS AND TRANSFERS

The entry form cannot be transferred to another athlete and there are no refunds.

PARTICIPATION REQUIREMENTS

Open to everybody.

RACE NUMBER AND GOODY BAG PICK-UP

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 hand over 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 pack and participate in the event.

At the registration centre Corsa dei Castelli:

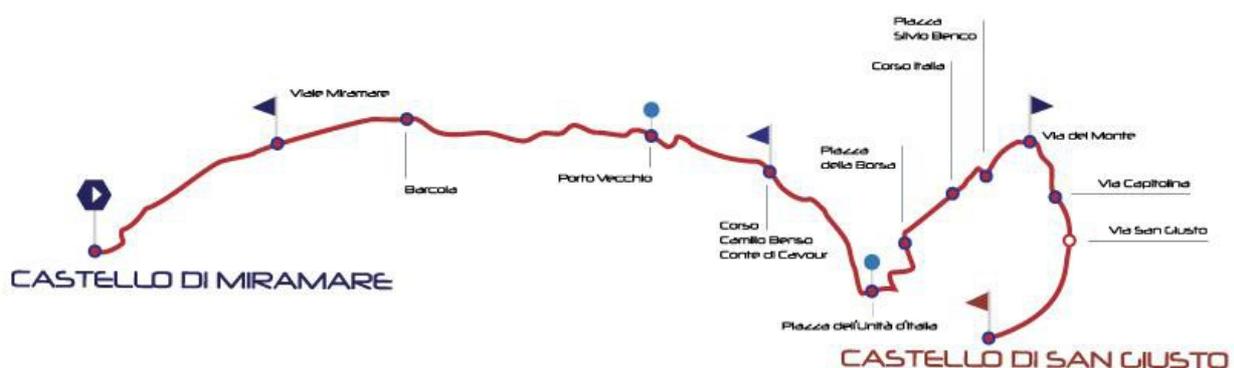
- The location and times of the registration centre will be made known through social channels in the days before the event.

In order to avoid crowds, the withdrawal of the race pack and bib on Sunday 16 October is reserved for athletes not resident in the province of Trieste.

In case of pick up by proxy, the delegating person 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/her ID and the green pass.

ROUTE

10 km on the road on the same route of the competitive race; starting from the suggestive Miramare Castle and finishing in Piazzale delle Milizie inside the San Giusto Castle along the seafront of Barcola, the fascinating area of the Porto Vecchia with passage in the heart of the city and in Piazza Unità d'Italia, the largest square in Europe open to the sea.



TIME LIMIT

The time limit to complete the 10 km race is 1h 15', beyond this time limit the Organising Committee will no longer guarantee control and assistance along the route.

REFRESHMENTS

There will be a refreshment point at km 5 and one in the finish area at San Giusto Castle.

RANKINGS AND AWARDS

Entrants are not included in any ranking and are not entitled to prizes.

SHUTTLE SERVICE

A shuttle bus service will be available at the Central Railway Station to reach the starting area (Miramare Castle), Saba Silos car park side, from 7.30 to 9.00 a.m. To use this service it is compulsory to show the race chest. It is advisable to park your car near the train station and the areas around Piazza Unità d'Italia, which can be reached from the finish area of San Giusto Castle in a few minutes' walk and near the shuttle service.

BAGS DROP OFF

A bag deposit service will be provided in the starting area at the Castle of Miramare, where each athlete can hand in his bag with a sticker corresponding to his bib number to identify it. Bags can be handed in until 9.30 a.m. Post-race bag collection at the finish area at San Giusto Castle.

RIGHTS FOR IMAGE

By registering for the Corsa dei Castelli Ten 2022, the athlete authorises the organisation to acquire free of charge the right, together with its partners, to use the still or moving images on which he or she may appear, taken during his or her participation in the event, on all visual media as well as on promotional and/or advertising materials.

FRAUDULENT PARTICIPATION IN THE COMPETITION - PENALTIES

The participant is responsible for the ownership and safekeeping of his race bib, acquiring the right to use all the services mentioned in these regulations and subsequent communications.

1. Anyone who takes part in the race without a regular registration number, in addition to being held responsible for damage to persons or property, including himself, may be liable to the criminal sanctions provided for the offence of "theft" (art. 624 penal code).
2. Anyone who, without regular registration, takes part in the event with a counterfeit bib number or in any case one which does not conform to the allocation, as well as being liable as indicated above, will incur sporting sanctions and, in addition, may be liable to the criminal sanctions laid down for the offence of "theft" (art. 624 of the criminal code), or alternatively for the offence of "fraud" (art. 640 of the criminal code).

In cases 1 and 2, participants may be liable to the penalties laid down for the offence of "failure to comply with the provisions of the authorities" (Article 650 of the criminal code). The above-mentioned cases will only be found after verification of photographic and/or video documentation.

INFORMATION

Gianardi Silvia +39 328 1258116

Giurgiovich Andrea +39 347 8617827

Mail: info@promorun.it

FINAL WARNINGS

The Organising Committee reserves the right to modify these regulations at any time for reasons it deems appropriate for a better organisation of the race. 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 accordance with the DPCMs issued in relation to the pandemic emergency. All useful measures will be taken to prevent gatherings and the possible spread of the virus. Given the constant changes in the anti-Covid provisions, these regulations may be subject to change. The event will take place in the absence of an audience. Participants are allowed to participate on presentation of the COVID-19 green pass valid for the day of the race to be shown at the race package pick-up and to hand in the COVID-19 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.

REGISTRATION

The organisers reserve the right to close registrations prematurely if a maximum number of participants is reached according to the anti-Covid regulations.

RACE NUMBER AND GOODY BAG PICK-UP

Participants are allowed to take part on presentation of the COVID-19 green pass valid for the day of the race, which must be shown at the race package pick-up and the anti-Covid19 self-declaration handed in at the same time. If the participant is not the holder of this document, it will not be possible to collect the race pack and participate in the event.

At the registration centre Corsa dei Castelli:

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

In order to avoid crowds, the withdrawal of the race pack and bib on Sunday 16 October is reserved for athletes not resident in the province of Trieste.

In case of pick up by proxy, the delegating person 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/her ID and the green pass.

SHUTTLE SERVICE

All athletes are advised to use the indicated access gates to the vehicles for the ascent and desc because they must keep a safe distance of one metre between

people at all times. The use of a mask is compulsory. 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 breach of the health regulations or the instructions of the organisers will be asked to leave the area immediately.

RACE BEHAVIOUR

During the race it is strongly discouraged to run “in slipstream”. Athletes are recommended to keep their distance.

REFRESHMENT ON THE ROUTE

Along the route at km 5 there will be a refreshment point with closed water bottles. 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 athlete will be conveyed by the staff of the organization along a path 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 invited 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.

BAGS DROP-OFF - pre-race delivery and post-race return

A bag deposit service will be provided in the starting area at Castello di Miramare. Each athlete must put inside a closed envelope, which will be given to him together with the race pack.

Each athlete must place his/her personal belongings inside a closed envelope, which will be given to him/her together with the race pack, applying the sticker corresponding to his/her bib number to identify it. The bags will be delivered at a safe distance and in an open environment.

RACE CANCELLATION - NON-OPERATION

If the race is cancelled, moved to another date and/or, in any case, not held due to causes that do not depend on and/or cannot be attributed to the will of the organisers, including the withdrawal of authorisation to hold the race by the competent public bodies, weather 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 organising company.

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