

We're defining 2016 rules

10th Lake Garda Marathon - Official Rules

Garda SuperSport Srls together with FIDAL Trentino Regional Committee are organizing the 10th Edition of International Lake Garda Marathon (42,195 km) The race will take place on Sunday 16th October 2016, starting from Malcesine at 9.30 am

Art 1 – Entry requirements

Competitive section

Accordingly to 2016 FIDAL regulation, all the following categories can apply for the competition:

A. Italian and foreign 2016 FIDAL athletes (junior, aspiring candidates, senior, even those belonging to Élite lists)

B. Foreign athletes (over 20) members of IAAF-affiliated clubs furnishing a specific module for competing abroad

Runners will have to prove their 2016 membership by showing new or renewed membership card or by providing a replacing declaration on headed paper, signed by the club President

C. Italian and foreign athletes (over 20) residing in Italy and members for the year 2016 of any FIDAL-affiliated club

Racers must provide their membership -at the latest when collecting bibs- by showing their new or renewed membership card. Medical certificate will not be necessary when having a headed document signed and sealed by the club President or other representatives: it must affirm that the athlete is in compliance with membership and in good health (submission deadline 18th October). As stated in Federal Regulation, these athletes together with E.P.S clubs do not compete for any kind of award.

D. Runcard holders (over 20) in conformity with the Italian law for health guarantee

Runners have to show their Runcard combined to an original medical certificate proving athletes' good health conditions. This document has to be issued in Italy by any sports doctor or any sports medical center and has to be valid on race day, as written in D.M. Sanità 18/02/1982.

According to Federal regulation these athletes do not compete for any kind of award.

Non - competitive section

A. Foreign athletes (over 20) residing abroad, non-member or members of IAAF non-affiliated clubs in compliance with their Country health laws

Athletes must bring – at the latest when collecting running bibs- an health form (available under request) filled in, signed and sealed by GP. As stated in Federal Regulation, these runners do not compete for any kind of award but will be scheduled in the final result list.

LGM Committee will not accept athletes who behave badly or unsportingly. E.g. Exchanging bibs each others, damaging them, cut the course, etc.

Art.2 - Registration fee

from 0 to 300 athletes	36,00 €
from 301 to 600 athletes	41,00 €
from 601 to 1.000 athletes	46,00 €

Registration fee does not include any additional charge related to bank transfer or online credit card service.

Art. 3 – What is included

- Numbered bib with timing transponder (“chip”)
- Insurance policy and health care
- Refreshment points all along the race until the end and sponges
- Changing tents at the start and at the end of the course
- Toilets at the start and at the end
- Kitbag with info and gadgets provided by sponsors
- Luggage deposit and transfer from starting point to arrival
- Timing and result list
- Personal timing result sent by e-mail
- Participation medal (only for ranked athletes)
- Ferry transfer from Torbole to Malcesine (timetable will appear in due course)

Art. 4 - Enrollment

Online at www.lakegardamarathon.com or www.enternow.it

Registration fee can be paid by credit card or bank transfer accordingly to online enrollment system. It is possible to upload membership documentation and/or health form directly on www.enternow.it. If unable to transfer the above-mentioned papers, LGM Organization will consider the possibility to receive them via fax/email or in person, at the latest when collecting bibs on race day. However, it is recommended to send all documents in advance in order to verify and avoid unpleasant situations on race day.

Additional papers can be forwarded by email at lgm@tds-live.com as well as enroll confirmation requests.

Art. 5 – Health protection regulation

Accordingly to the law in force, health form must be a medical certificate for competitive athletics purposes and has to be released by ASL or other licensed medical centers (Circolare Min. Sanità 18.03.1996, n.500). About athletes residing in Veneto, certificate must be validated by local ASL, as stated in Regional Health Regulation (D.G.R. n.3521 28.07.1994 and Circolare n.28 12.09.1994).

Only documents for agonistic purposes will be accepted, accordingly to ART.5 DM 18.02.1982. No other kind of forms will be considered as the race is over 20 km (e.g. non-agonistic medical certificate or medical certificate for strong cardiovascular endurance activities). Nor any official document (e.g. for any other sport or competitions) will be evaluated if not respecting the above-mentioned requirements.

Italian non-residing athletes will have to provide an Italian medical certificate as well, with all the features previously described.

Art. 6- Enrollment confirmation

Racers will be able to check their enrollment confirmation at www.tds-live.com one week after having sent all documents.

Confirmation paper -available one week before the race- will have to be downloaded and printed here:www.tds-live.com in order to collect numbered bibs and kitbag.

Athletes supplying their e-mail contact, will receive an advert when the letter is ready. Who will not be able to download it, will have the chance to pick it up at the Secretary (race bibs collection point).

Art. 7 – Enrollment fee refund

Enrollment fee is non-refundable in any case.

Art. 8 – Enrollment deadline date

16th October 2015 at 12.00 pm (Italian timing, +1 GMT).

LGM committee will reserve the possibility to anticipate or delay the enrollment deadline date.

Art. 9 – Running numbers

Numbered bibs with different colours will be given according to the best timing made in the previous 2 years and declared at registration. LGM Committee will reserve the possibility to verify and if incorrect the athlete will start from the last places. Top runners will receive lowest numbers and will depart from the first grids.

Art. 10 – Running numbers pick up

friday october 16th (from **14:30** to **19:00**) - Garda SuperSport Village, **Colonia Pavese - Torbole**

saturday october 17th (from **10:00** to **19:00**) - Garda SuperSport Village, **Colonia Pavese - Torbole**

sunday october 18th (from **07:00** to **09:00**) - Town Hall of **Malcesine**

For identification and kitbag collection, runners will need:

- ID card, passport or driving license
- Confirmation letter
- Membership proof (Sport promotion authority/ IAAF- affiliated foreign Federation/Runcard) and/or health form (only if requested on confirmation letter or if not submitted already).

If unable to collect running number in person, it will be possible to nominate someone else to do it in replace. Will need the following:

- Written authorization signed by delegating athlete

- Copy of ID, passport or driving license
- Confirmation letter in original
- Membership declaration (as previously mentioned)

Each one of these documents must be submitted in order to receive the running bib.

For avoiding queues and annoyances, LGM Committee suggests not to collect too many bibs per person. Running number is nominal and cannot be exchanged or damaged. Whoever covers or cuts parts of any sponsor logos will not have the chance to receive any prize, nor even money prize.

Art. 11 – Personal belongings

Free safe deposit and transfer from Malcesine to Torbole will be available: athletes will find some stickers inside kitbags to be placed upon their belongings.

- Collecting point: starting area
- When: 8.30 am

Please remind only post-race items are accepted inside bags. LGM Committee will not take on the responsibility of any damage or loss: no refund will be possible.

Art. 12 – Where and when to start

The 9th Edition of Lake Garda Marathon will take place on Sunday 18th October 2015 at 9.30 from Malcesine (slightly time variations can occur).

It is recommended to show up at least at 8.30 am in order to proceed to all operations before departure.

Access to grids will be possible from 8.30 am to 9.10 am. Whoever arrives later, will start from the last places.

Art. 13 – Timing

Timing Data Service S.r.l. will monitor and record each time by means of a transponder worn on the runner's bib. It is strictly prohibited to damage the chip: whoever tampers or removes it, will not be timed or ranked.

All devices NOT have to be returned after the Marathon.

Art. 14 – Time limit

The first 21,097 km must be completed within 3h 00'
30 km within 4h 00'

Lake Garda Marathon can be concluded within 6h 00'

Later that, LGM Organization will not be able to guarantee road closures.

Art. 15 – Refreshment stations and sponges

As required in FIDAL regulations, there will be drink&snack stations every 5 km from 5th km on. Upon arrival there will be a bigger distribution point with water, sport drinks, snacks and food (fruits, bisquits...).

Moreover, athletes will be given personal sponges to be refilled along the road by using dedicated tanks after the first 7,5 km and every 5 km.

Racing inside a beautiful natural context and among places of a great history like Lake Garda area means to take care of it, so please waste litter inside the dedicated bins only.

Art. 16 – What if an athlete wishes to withdraw

Runners who wish to withdraw from the race will meet ‘broom’ means along the route: these helpers will carry athletes in need to the assigned assistance stations.

Art. 17 – Health Service

A fully-dedicated Health Service will be ready for any kind of need or emergency. International LGM Organisation will be supported by local health authorities which will provide an experienced medical team equipped with ambulances and motorbikes.

Art. 18 – The Finish

The Finish is in Torbole sul Garda, on lake shore.

After crossing the finish line, runners will receive medals and could refresh with drinks and food. In this same area it will be possible to recollect personal belongings and enter the dedicated changing area with wc.

Art. 19 – Results

Preliminary and final results can be checked in real time on www.tds-live.com
Official results will be displayed on www.lakegardamarathon.com

Art. 20 – Award ceremony

Individual ceremony

- Overall placings
- Men and Women: 1st, 2nd, 3rd, 4th and 5th place

Prizes

- General ranking awards will be reserved for 2015 FIDAL members or IAAF-affiliated foreign clubs
- Italian athletes placings prizes will be reserved for Italian FIDAL members. FIDAL-affiliated club members and Runcard holders do not compete for any award or prize.

Marathon:

- 1st place (men and women) € 750
- 2nd € 500
- 3rd € 300
- 4th € 200
- 5th € 100

Art. 21 – Turist information

Please visit www.lakegardamarathon.com ('Partners' section) and scroll down the list of all accommodation and restaurants partners.

Art. 22 – Technical information

For further information concerning the race or for any technical questions, please contact

Garda SuperSport srls
Viale Dante, 90
38066 - Riva del Garda (TN)

International Lake Garda Marathon

- **Email:** info@lakegardamarathon.com
- **Web:** www.lakegardamarathon.com
- **Phone:** (+39) 348 9328780

Art. 23 – Privacy policy

Accordingly to D. Leg. n°196 30/06/2003 ('Testo unico della privacy'), athletes' data will be collected only for creating the participants list, the archive, to dispense all services previously mentioned and for informational and advertising purposes.

Runners could access to personal data, ask for revision, for update or cancellation if incompleted, wrong or if collected under law violation.

Art. 24 – Exclusive personal pictures treatment

Extraordinarily, International LGM Committee allows athletes to buy pictures for private use only. Any other use is strictly prohibited.

By registering, athletes permit Organisation to use those images for economic and advising purposes, both in Italy and rest of the World.

Art. 25 - Sanctions

Fraudulent participation

Athletes are directly responsible for their running bib which allows them to access all services previously cited.

Whoever will be found without numbered bib or regular registration will incur criminal penalties, considering the act as theft (art. 624 c.p.).

Whoever will be discovered with a forged or exchanged running bib will incur criminal penalties for theft (art. 624 c.p.) and/or fraud (art. 640 c.p.). Moreover, even regular enrolled athletes who will give their race bib to another person may incur in sanctions. Athletes who cooperate in fraudulent participation will have penalties for non-compliance of Authorities actions (art. 650 c.p.). Video and photograph supports will be used to verify.

It is prohibited to cut the course or to begin from other start points. Immediate disqualification will be imposed.

Athletes who behave as above mentioned or unsportingly could be banished from all events organised by Garda SuperSport SrlS.

Art. 26 – Declaration of responsibility

By iscribing at the 9th edition of Lake Garda Marathon athletes accept its regulation and the following declaration:

“ I declare I will be over the age required on 18/10/2015 and I know participating could be potentially dangerous, as well as I know I cannot compete if not well trained or without a medical permission.

I am aware registration fee is non-refundable and that running number is nominal and cannot be exchanged with anybody. I am conscious there are sanctions for fraudulent participation and that I must take care of my race bib, which gives me right to access to all services previously mentioned or futurely communicated.

I take on responsibility in case of any accident that could happen before, after or during the race or while inside race areas.

I agree to take risks connected to the race, such as falls, collapsions with other runners, traffic and weather conditions.

I relieve International LGM Committee of any responsibility, as well as sponsors, technicians, Timing Data Service s.r.l. and all the staff for any kind of claim or reparation. I am consciuous the current disclaimer includes complaints caused by negligence, actions or non-fulfilment of the above-stated rules.

Art. 27 – Final instructions

Please check specific rights for further information. Race judges will be authorised to disqualify athletes who do not respect to follow the track, avoiding race transponders placed all along the race. Complaints must be sent to Fidal Regional Trentino within 25/10/2016 together with € 50,00 (refunded only if objection is accepted).

Committee reserves the authority to change or modify the present regulation if needed or if to provide a better race organization.

Any variation – of time, place or services - will be communicated on due time, on confirmation letter and on www.lakegardamarathon.com

Finally, documentation regarding the essential race info will be furnished together with running numbers.