

## RACE INFORMATION

Written by Administrator  
Sunday, 30 June 2019 15:28 -

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**MEDICAL INFORMATION:** There will be doctors, 4 ambulances, 1 medical car, 1 medical car at disposal, 2 rubber dinghies with Croce Rossa Italiana OPSA operators, 1 camp hospital near the finish line, 50 m far from the transition area. The hospital of Borgomanero (Viale Zoppis 10, phone number +3903228481) and the 118 centres of Novara and Verbania have been alerted. Doctors' phone number is +39 3938267194.

**IDENTIFICATION RIBBON:** each race bag will contain an identification tape for each competitor, which will allow the athletes to enter the transition area, take part in the pasta party after the race (from 13.30 to 16.00) at WOOD, via Roma 80 and enjoy the free massages service in the transition area

**TECHNICAL INFORMATION:** briefing on Saturday 6 July at 18:00 in Piazza del Popolo in Arona (if the weather is bad, there will be a briefing before the start). Bike check-in on Sunday from 5.30 to 6.30.

**WARNING:** when the last athlete from the bike leg arrives, all the athletes will be allowed to collect their bikes. **AFTER 15 MINUTES FROM THE ARRIVAL OF THE LAST ATHLETE ON THE FINISH LINE, THE TRANSITION AREA WILL NOT BE UNDER THE ORGANIZERS' CONTROL ANYMORE AND IT WILL BE COMPLETELY DISMANTLED AND OPEN!!!**

**START** at 6.50 first men wave; at 6.55 second men wave; at 7.00 women; at 7.05 relay teams

**SWIM:** two loops, athletes must swim in a clockwise direction, keep all marker buoys on their right. After the first loop, athletes must exit water, cross the timing mats, and repeat the loop into the water. **CAUTION** to the stone landing stage when you enter the water again, do not knock your head against it!!! Enter the transition area from the bottom and exit from transition area at the beginning of the parking zone (crossbar area)

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**BIKE:** the bike course is **OPEN TO TRAFFIC**, athletes must ride on the far right side of the road and must respect the Italian Traffic Law. Every crossroad is guarded by our volunteers and/or police to aid athletes' transit. Keep the right side all over the course. During the return course on the SS33, at the end of the San Carlone slope you will find some partitions to facilitate traffic; at the end of the partitions you will find the free space to turn left and go into the transition area.

**RUN:** 4 LAPS, clockwise, lake side on the brand new cycling path, then lakeside on the pedestrian path. the **FIRST** turning point to get back over the same roads, along the lakeside, will be at the square of the supermarket Conad. Return on the bike path (the red one!). The pavement to get back will be the one that divides the road with the parking and then athletes will go again directly on the road that will be closed to traffic. In Piazza del Popolo, at each lap athletes must reach the stand and make a hairpin bend. At the end of the square athletes will re-enter the run course to complete all the four laps, or go towards the finish line at the end of the fourth lap.

**SPONGES:** each athlete will find a sponge in the race bag to take with them during the race. There will be basins filled with water at the refreshment points.

**BIKE FRACTION PENALTY BOX:** The **BLUE CARD** issued against an athlete means a **COMPULSORY STOP AT THE PENALTY BOX** where the instructions of the marshal must be followed;

**RUN FRACTION PENALTY BOX:** The bib numbers of the athletes subjected to the penalty will be shown on the hoarding at the penalty box. The athlete must stop and say his/her bib number which will be removed once served the penalty in any lap of the run fraction.

**SHOWERS:** at Ca Gio', via Don Minzoni 12.

**FREE MASSAGES:** transition area

**AWARD CEREMONY:** Piazza del Popolo

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**FINISHER MEDAL:** all the athletes who regularly end the race will be awarded with the finisher medal.

**ARONAMEN FINISHER T-SHIRT:** all the athletes who regularly end the race will be given the technical finisher T-shirt. **The T-shirt can be collected in the FINISH LINE area, ONLY giving back the chip.**

**SWIM CUT-OFF:** 1 hour and 10 minutes (transition area entering), 1 hour and 15 minutes (transition area exit) from the beginning of the race.

**BIKE CUT-OFF:** 5 hours and 45 minutes from the beginning of the race. The race is NO DRAFT.

**RUN CUT-OFF:** 8 hours after start of race.

**DISQUALIFICATION:** Throwing away wastes outside the eco-zones is forbidden. We love nature.

**DISQUALIFICATION:** it is strictly prohibited to throw swimming caps along the course to enter the transition area. Remember that caps are numbered!

**DISQUALIFICATION:** It is strictly forbidden to cover the name of the sponsor on the bib number, to cut or fold the bib number, which must be worn on the back during the bike leg and on the front during the run.

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For any clarification, do contact the course marshals before the race.

For any further inquiries, please ask during the briefing.

**TOILETS:** 6 Race bag pick-up area, 2 Aid station in the run course, 2 in front of the Nautical League.

**BIB NUMBERS AND NUMBERS** athletes cannot wear the bib number during the swim leg. The bib number must be worn on the back during the bike leg and on the front during the run leg. The number on the large pvc stick is to be put under the bike saddle in a way that it can be visible from both sides. The smaller pvc stick must be put on the handles of the bag left in the transition area. The other two sponsorfree sticks must be put on the helmet, one front (the bigger one) and the other on the left (the smaller one).

## RELAY TEAM

**TRANSITION AREA:** only the athlete for the change-over is allowed to stay, NOT ALL OF THE TEAM to avoid chaos and other problems. After the swim portion. The cyclist of the team will go out the transition area exactly opposite the swimmer's entrance and start the slope where the bike course starts.

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**RELAY TEAM BATON:** the baton for the relay teams will be the chip. BE CAREFUL TO FASTEN THE VELCRO! In the transition area only the athletes in transition are allowed to stay.

**RELAY TEAM FINISH LINE:** all the members of the same relay team can cross the finish line together. The swimmer and the cyclist can reach the runner at the beginning of the finish line. Results will be obviously completed when the runner's time will be registered after crossing the finish line.

## LUGGAGE STORAGE

**WARNING!!!** The luggage storage is opposite the transition area. Luggage **must be left after placing the proper stick showing one's own bib number.**

To

**collect**

the luggage, athletes

**MUST show their own bib number**

if competing the individual race or the bike or run course of the relay team race

**. The swimmers of the relay team race MUST show their swimming cap**

. Please mind that the luggage will be given back only to the owner having the bib number or swimming cap, as above stated.

The luggage storage will be dismantled 10 minutes after the arrival of the last athlete.

PLEASE DON'T LEAVE ANYTHING OF VALUE IN YOUR BAGS. THE ORGANISERS ACCEPT NO RESPONSIBILITY IN CASE OF THEFT, LOSS OR DAMAGE.