

DEPARTURE: 16 PM LOCATION FERRARA BRAIES

MAXIMUM TIME: 45 HOURS

GATES TIMES:

STEP FALZAREGO HOURS 02 Saturday, July 1nd (10 HOUR RACE)

STEP 17.30 DURAN Saturday, July 1 (25.30 HOURS RACE)

LOCATION 'RIZZAPOL HOURS 04:00 Sunday, July 2 (36 HOURS RACE)

BELLUNO (ARRIVAL) HOURS 13 .00 Sunday, July 2 (45 HOURS RACE)

RACE NUMBERS: CITY HALL LOCATION FERRARA BRAIES 8.30-15 HOURS

TIME LIMIT BAGS DELIVERY: PLACE 'OF FERRARA BRAIES 15.30

BRIEFING ROOM 14 HOURS OF MUNICIPALITY OF FERRARA BRAIES

WITHDRAWAL FROM BAGS OF 12 HOURS Saturday, July 1 AT THE ARENA SPES BELLUNO

AWARDS OF 12 HOURS Sunday, July 2 PIAZZA OF THE MARTYRS

EVERY TO ATHLETE RESTAURANTS (ROD EXCLUDED) MUST 'SIGN LEAF PASSAGE.

Athletes in road crossings (Falzarego-Staulanza) and along the two km of road to go on duran step must observe the Highway Code.

SHUTTLE

The shuttles from Belluno at the start of Braies leave from Belluno at 08.30 di Friday, June1, with from Martyrs Square (arrival), with a stop in the square of the resistance (08:40 hours) and arriving Ferrara of Braies for 11.30

NUMBERS DELIVERY

The delivery of the pectoral is scheduled to start in Ferrara of Braies, at the town hall (the place will be posted on site) from 8.30 to 15 hours of Friday, June 1.

COMPULSORY MATERIAL

Each racer shall carry with him/her for the entire race the following items:

- camelbag other water bottle with at least one liter of liquid;
- race bib with number attached to the chest and visible for the full duration of the race;
- mobile phone turned ON;
- emergency blanket;
- whistle;
- elastic bandages for wound dressing;
- wind cheater suitable for bad weather in high mountain areas;
- long-sleeved shirt and long pants (they must at least cover the knees);
- head lamp with spare batteries;

- drinking cup, glass or water bottle (cups will not be provided at the rest stops);

The obligatory equipment will be checked at the Race Number Pickup. The race number will not be given to those not showing to be in possession of the obligatory race material. There will also be surprise inspections along the course.

- map

It is strongly recommended to carry the following items:

but kept in silent mode;

energy bars or solid food;

cap or bandana;

gloves;

a small amount of money for the purchase of food in the mountain shelters.

on site and deliver the medical certificate and consent Signed informed.

BAGS DELIVERY

Together with bib will be given three different color bags (garbage bags type). On all three bags should be placed in evidence the adhesive with your bib number collection of the bags will take place at the start in Ferrara of Braies in place adequately reported from 9:00 to 15:30 Friday, June 1. We will not accept bags or backpacks personal (if not inside the bags) and no sacks number. Each color corresponds to a change.

the changes will be made to walk on arrival at Spes Arena starting at 20:30 of Saturday, July 1.

BRIEFING

There will be a briefing at the start of the race, approximately at 14. The final schedule and the place of the briefing will be communicated to collect race.

THE RACE NUMBERS YOU A WILL DELIVERED MEAL TICKET TO HAVE LUNCH WITH ONE OF TWO RESTAURANTS IN THE SQUARE OF THE MUNICIPALITY OF FERRARA BRAIES AT A PRICE AGREEMENT OF 10 EURO

SAFETY, SERVICE BROOM, RETREATS

Along the way it is expected the presence of volunteers and mountain rescue personnel presidieranno difficult spots, (the path there are no railways nor equipped paths, is not technical nor considered difficult, there are not even particularly exposed points, but still you is the path that takes place almost all-mountain and high-mountain environment and therefore reference is made to what is written in Article

Art. 3 PARTICIPATION REQUIREMENTS

In order to participate it is fundamental:

- To be aware of the length and specificity of the run and to be perfectly trained;
- To have mountain experience, to be able to manage any difficulties connected to the length and the type of the race route, which goes through mountain trails, with exposed sections and dangers which are recurrent in the mountain environment;

- To be able to manage climatic conditions that can be difficult (night, wind, rain, cold, snow) with temperatures that can range from -5 to + 30 degrees;
- To be aware that the Organization plays a role of pure support and cannot solve the problems of the participants that must be able to head out on the running autonomously;
- To be aware that for this kind of trial, the safety depends on the experience and capability of the runner to adapt himself/herself to the problems noticed or predictable.

Relay races:

Braies – Passo Falzarego: about 40 km, approximately 3285 meters of height gain;

Passo Falzarego - Passo Duran: about 45 km, approximately 3300 meters of height gain;

Passo Duran – Belluno: about 45 Km, approximately 3683 meters of height gain.

To the basics of life Falzarego step Duran and Rizzapol there will be buses to bring the athletes withdrawn Belluno. The withdrawn must communicate (as per regulation) to the nearest checkpoint / dining withdrawal or by calling the numbers listed on the breastplate be disqualified for the following years and should reach the assembly points above if it wants to use the organization's resources to return to Belluno.

For withdrawn away from the bases life but not injured, they can reach Belluno by their own means or public if they wish but MUST disclose the withdrawal organization, to prevent the setting in motion relief for an athlete who is missing and who turns out to have withdrawn without warning. Athletes to take advantage of transportation in Belluno organization must achieve points.

We will rescue the injured on the spot and transported depending on the severity of the case with accompaniment, stretcher or helicopter to the nearest medical point or directly to health facilities. A.D each waist there is a medical center with ambulance. Remember, it is strongly recommended have to carry the phone with emergency numbers stored printed on the bib, and that will be communicated to briefing.

Volunteers of mountain rescue, nurses and physicians will have the right to stop the competitors when they spot the dangers of any kind for the safety of the competitor, including for example a physical and / or mental state is incompatible with the remainder of the race.

Competitors who have not sent by mail or mail or delivered to the withdrawal of the chest, the certificate doctor and informed consent duly signed, will be promptly excluded from the competition without exception.

Refreshments

The principle of the test is semi-self-sufficiency. Along the route they will still set up the points of supply supplied with drinks and food to consume on the spot.

In no refreshment will be available in plastic cups, drinking runners must obtain a glass or other container suitable for use.

Only plain water is destined for filling of water bottles or camel bag. It is therefore recommended to competitors to carry the required amount of minerals to be used during the race.

Each runner will have to make sure you have at the start of each refreshment post, the quantity of water required and the foods that will be needed to get to the next refreshment point.

The personal assistance along the route is prohibited.

They have access to the refreshment only competitors with clearly visible bib.

it is forbidden to drink straight from bottles of refreshments; waste must be disposed of in the appropriate containers.

Upon arrival there will be a further refreshment; In addition, each participant will receive a meal voucher to be consumed on arrival.

On day time course you can also take advantage of the mountain inn on the route. The possible purchase of food or drink in shelters is the responsibility of the competitor.

SHUTTLE AND DELIVERY NUMBERS FOR REALY RUNNERS.

The shuttle for the relay runners is the same as individual competitors until the departure of Braies. For relay runners who have booked transport to the exchange points, please contact the organization by email at info@dolomitiskyrun.com to make arrangements for transportation.

To facilitate the organization of transport to the relay runners who have not booked the shuttle, or however they wish, only at their request in writing via email, the race bibs will be made in Belluno in the day Thursday from 19 to 20.30 (VALID ONLY FOR relay runners)

WITHDRAWAL OF A baton

In the event of the withdrawal of a baton, when the organization will be informed of the withdrawal, Next baton will be authorized to start to complete his test. Evidently team will be considered off the charts, but will be announced the times of the completed fractions.

PICK BAGS ON ARRIVAL

Near the bullring Spes (changing rooms and showers area) will be possible to withdraw the third lot for changing clothes. Will be available to areas where change

SHOWERS AND REST

FROM Saturday, July 1 hours 04 to Sunday, July 18 will be 3 hours to full availability of competitors showers at the hall. And 'it allowed the rest but THERE ARE cots. Each competitor must bring the necessary eg its resting (sleeping bag, mattress)

IN THE NIGHT TIME AND 'GUARANTEED FREE OF COMPETITORS FROM ARRIVAL TO HALL SPES ARENA

ADDRESS: Via dei Dendrofori, 4/7, - 32100 Belluno

<http://www.piscinadibelluno.it/impianti/spes-arena>

PARKING

The nearest car park to the check-in area and changing rooms / rest area (accessible by an escalator) is the parking lot of Lambioi A PAYMENT ([http://www.bellunum.com/aree-di-sosta/parcheggi/il-parcheggio -of-Lambioi](http://www.bellunum.com/aree-di-sosta/parcheggi/il-parcheggio-of-Lambioi)) the car park has an area reserved for campers

For those wishing to take out is affordable BELLUNO CITY PASS

That offers

Free parking Lambioi park for 72 hours;

free entrance to the town museum of Belluno;

Wi-fi free 2 hours a day in the hot spot points of Belluno;

Discounts for entrance to exhibitions and events organized by the Municipality of Belluno;

Discounts and special offers to the major tourist services and in shops, restaurants and sports activities or leisure: discover which adhere to Belluno City Pass!

VALIDITY

Belluno City Pass valid for 72 hours from the Lambioi park.

HOW TO USE

To achieve the reduction is sufficient to show the card at the museum or any other affiliated facilities.

The card is non-refundable in case of loss or theft.

Discounts can not be combined with other promotions.

The non-use of some of the facilities provided does not give right to any form of reimbursement.

WHERE TO BUY

Belluno City Pass can be purchased directly at the offices of Lambioi park, on the ground floor.

There is FREE parking on the square of the resistance (Municipal Stadium) located 2 km to go (about 20 minutes walk) where we will stop the shuttle Belluno-Braies. THERE WILL SHUTTLE that arrival will report the competitors to the parking lot

CAUTION:

in the province of Belluno they occurred tick bites. On the race course the problem can occur especially in the stretch Duran- Belluno.

Some precautions. Beaten tracks, not to sit on the grass, wear light-colored clothing covering.

WE URGE YOU TO USE REPELLENT PRODUCTS (PURCHASED IN PHARMACY) TO INSECTS ON THE SKIN AND ON CLOTHING.