



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



ROMA CITY RACE 2018 - BULLETIN n.1

Punching system: Sport-Ident electronic punch for all classes. Mandatory **Punching Start** at the start. In case of a malfunctioning SI-station punch on the map. If you fail to return a hired SI-Card, a 30€ fine applies.

First aid: an ambulance with ICD and a doctor are ready to assist the participants in the finish area, on both days.

Control descriptions: available at the registration desk, NOT at the start; printed on the map, too. **M/W 12** and **Beginners** participants will find **text descriptions** on the map only, both in Italian and in English.

Complaints: will be registered under the management of the **competition jury** (one president and two members) that will be nominated from the Italian participants and their names will be published at the assembly area.

New entries / Start times change: it's still possible to enter to the race in **Open Short/Long** and **Beginners** classes only at the registration desk. Entry fee is **8€/day**. SI-Card rental fee is 2€/day. Start time changes are not permitted, except at the request of the organization and are managed directly at the start.

Start times: printed on the bibs and published at the assembly area (same for results). **M12/W12/Beginners/OpenShort/OpenLong** don't have pre-assigned start times (**free punching start**).

❖ Saturday 13th October – Garbatella sprint prologue

Assembly area: C.S.A. "Pullino" on via Giacinto Pullino, 50m south of Metro B "Garbatella" station.

Arena: located 150m further south following via Giacinto Pullino, inside "Parco Caduti del Mare"

GPS coordinates: 41.86621, 12.48421

Programme:

8.30 – 11.00	Registration desk working hours
10.00 – 11.30	First/last start
13.00	Prize giving
14.00	Temp-O Italian Cup event

Map: Lotti di Garbatella - FISO code CS-529 - Scale 1:4000 - contour 2,5m - ISSOM2007 symbols – made by Remo Madella (december 2014). Paper is **water resistant**, A4 format.

Maximum allowed time: 1h30'

Terrain: Hard surface with gardens and little parks. Steep climb and staircases at times. Expect to find cars almost in all roads: remember to **follow traffic laws** and be careful while crossing roads. **Running shoes** recommended. **Spikes are forbidden.**

Warning! Some gates may look closed, but they are not locked: just open the gates that are indicated as open in the map. Some construction yards have been drawn on the map, others may have sprung more recently.

Due to the unique character of the area, participants are invited to be respectful of the place and its inhabitants. Please let us keep organizing orienteering events here: it depends on your behavior, too!

Start: The start is 700m south-east of the assembly area (8-10' on foot): follow the white/red ribbons on the way. The pre-start is 3 minutes before the assigned start time.

STOP-AND-GO crossing: All courses include a potential traffic congested crossing, that will be monitored by two officers. At the two ends of the crossing (20-ish m long), two control points are positioned (n. 33 and 32), that all competitors need to punch: **33-32 split time** will be **deducted** from the race time, **up to a maximum of 10 seconds**, so that all participants will have enough time to cross the road safely.

Toilets / Changing room / Deposit: toilets and changing rooms (unguarded) at the assembly area. **The organizers don't take responsibility for unattended objects.**



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Forbidden areas: participants are not allowed to leave the assembly area and the arena before their start and after they've finished, the whole map is embargoed. Close to the start, two forbidden areas are indicated on the map.

❖ Sunday 14th October – Roma City Race

Assembly area: riding track in Villa Borghese, just out of Metro A station "Spagna" (first exit on the left past the underground parking, following the underground passage from the metro station to "Villa Borghese").

GPS coordinates: 41.910703, 12.484839

Programme:

8.30 – 11.00 Registration desk working hours
9.30 – 11.00 First/last start
12.30 Prize giving

Map: Villa Borghese - FISO code CS-710 - Scale 1:5000 – contour 2,5m - ISSOM2007 symbols - made by Remo Madella (february 2010). Paper is **water resistant**, A3 format.

Maximum allowed time: 2h30'

Terrain All courses are running mainly on hard surface, but courses go through gardens and gravel, too. Expect to find some cars at slow speed almost everywhere in the city. Remember to **follow traffic laws** and be careful while crossing roads. **Running shoes** recommended (no spikes at all!).

Start: The start is 300m north-west of the assembly area (3-4' on foot), close to the roundabout on the main road on the north-west side of the riding track: follow the white/red ribbons. The triangle indicates the **delayed start** control (100m-ish from the start, follow white/red cones). The pre-start is 3 minutes before the assigned start time.

Toilets / Changing room / Deposit: Chemical toilets at the assembly area. Changing rooms and deposit (unguarded) will be provided in some tents at the assembly area, but only in case of bad weather. **The organizers don't take responsibility for unattended objects.**

Forbidden areas: Participants are not allowed to go back on the courses until the end of the event.

Organisation:
Race director: Daniele Guardini
Course planners: Luca Elisei (13-oct) Stefano Zarfati (14-oct)
Course controllers: Giulio Rossi (13-oct) Mike Sintorni (14-oct)
Start judge: Giuliano Campanelli
Results: Andreina Brandi (13-oct) Valerio Pfister (14-oct)
Registration desk responsible: Helen Rollins
Arena responsible: Arianna Vitalini

Course length/climb (as length in km + climb in m):

Class	13-oct	14-oct	Class	13-oct	14-oct
M -12	1,3 + 20	2,2 + 50	W -12	1,3 + 20	2,2 + 50
M -16	1,5 + 25	4,2 + 40	W -16	1,5 + 25	4,2 + 40
M -20	2,1 + 35	4,7 + 40	W -20	1,9 + 30	4,6 + 40
M 21 Elite	3,0 + 50	6,6 + 50	W 21 Elite	2,6 + 40	5,9 + 50
M 40+	2,6 + 40	5,9 + 50	W 40+	2,1 + 35	4,7 + 40
M 55+	2,2 + 35	5,0 + 50	W 55+	1,9 + 35	4,4 + 40
M 65+	2,1 + 35	4,7 + 40	W 65+	1,9 + 35	4,4 + 40
Open Short	1,5 + 25	4,2 + 40	Beginners	1,3 + 20	2,2 + 50
Open Long	1,9 + 30	4,6 + 40			