



GUIDELINES ELBA MARATHON 2023

ASD Elba Runners with **Campo Nell'Elba** and **Marciana** organise the **7th edition of Elba Marathon** on the distances 42 - 21 - 10 km.

Place and time: Marina di Campo (Elba Island) Sunday 7 May 2023, meeting place: "Piazza del Comune" in Marina di Campo at 7:30 a.m.

Start: 9:00 a.m. in Marina di Campo "Lungomare Mibelli" (where *Coop supermarket* is)

Finish: Marina Di Campo – Piazza del Comune

Maximum time: 6h 30' Marathon - 3h 15' Half Marathon – 1h 45' 10 km

Meeting point: 7.30 a.m. (Marina di Campo) "piazza del comune" or directly at the starting point on Lungomare Mibelli (where *Coop supermarket* is)

PREREQUISITES TO PARTICIPATE

Every athlete **from 18 years old on** at the moment of the race and who is registered (Italian and foreigners) with **FIDAL**, **SPORT ASSOCIATIONS** or owners of **RUNCARD** can participate ON PRESENTATION of a valid membership for the **season 2023** and the **medical competitive-sport certificate** valid on the date 07.05.2023. If the subscription to the race is previous to the renewal of the memberships described above, the athlete must send the copy of the renewal 2023 or the self declaration of the renewal through letterhead of the own sport association, signed by the President.

The only valid medical certificates are those for "TRACK AND FIELD ATHLETICS".

The subscriptions not observing the "PREREQUISITES TO PARTICIPATE" and without the invoice of payment will be rejected.

With the subscription to the race the athletes confirm their proper preparation to the races. The foreign athlete should present the copy of the medical certificate from his own Country and/or the membership with the own local sport federation.

Even if the organisation provides required first aid assistance, the athlete who could suffer of some difficulties or confusion must stop at one of the aid points during the track, be assisted and not continue the competition.

On case of cancellation of the event due to force majeure, the organisation won't refund the subscription quote, but the subscriber will be able to participate (without paying) at the same distance race within the 5 next editions.

Important: membership cards with other sport federations are not valid (ex: members of FITRI or FIGC). The athlete who won't be able to conclude his subscription with proper membership card and/or medical certificate) can participate BUT only as a non-competitive, which means no award. On subscription the athletes must attach:

- copy of own membership card with FIDAL or other EPS (UIPS, ACLI, AICS, ...) or RUNCARD
- If not members of the above sport federations and associations: copy of medical certificate for competitive sports valid on the day of the event 07.05.2023.

The participant relieves the organisation of any responsibility about his own suitability to run the competition. On collection of the bib, the athlete must show a valid ID document and the medical certificate in case needed.

All documentation must be valid on the day of the 7th May 2023.

The bibs and the chip will be given in Piazza del Comune in Marina di Campo, while the competition pack will be given at the end of the competition upon restitution of the chip.

HOW TO SUBSCRIBE (athletes from Italy)

For **single** athletes: online through enternow system.

It is possible to pay by credit card or bank transfer. For the bank transfer, consider the Iban signalized at the end of the subscription process. It is not necessary to send a copy of the payment.

For **society**: download and fill the excel file and send it to maratonaelba@tds.sport (EPS societies need to send also the membership declaration on headed paper together with the names of the athletes, stamp and signature of the president. Payment by bank transfer to: IT12C053727458000011021321 property of A.S.D. Elba Runners.

FOREIGN ATHLETES NOT RESIDENT IN ITALY

Participation without medical certificate to compete is not admitted. No self declaration for it will be accepted.

The foreign athletes who do not live in Italy and whose age is equal or more than 18 years old on 7 May 2023 can participate upon observance of the following conditions:

The athletes members with Foreign Federations of Field and Track which are part of the IAAF can participate on presentation of:

- Medical certificate for fitness suitability to compete. It must be valid for the day of the competition and be presented to the organisers in its original copy and preserved as copy in the Acts of the Organiser Society. The medical certificate can be done in the own Country of the athlete.

• **our form**, filled in every part, which will be valid as your waiver for the medical certificate. To request the form, please send the request by mail to maratonaelba@gmail.com

SIGN UP – CLICK HERE: <https://www.enternow.it/en/browse/maratona-elba-2023>

TOILETTE AND SHOWER ROOM

Toilette is close to the starting and finish point with chemical baths and there are also public toilets in the harbour area (about 100m beyond Locman or in Granatieri di Sardegna square at about 150m distance).

Shower room to be confirmed. There will be a free shower service only for the athletes, at about 100m distance from the finish point, always in the harbour area (only room temperature) and at Il Capriccio beach (only room temperature) or at own accommodation/hotel (the organization has already requested this service to the partner accommodation structures and if there will be no imminent room occupations by new guests there should be no problems)

PERSONAL BAGS

There will be a free service of personal bags deposit for the athletes. It will be at the start/finish point of the competitions in Marina di Campo. The only bags the athletes can leave are those reporting the number of the bib given by the organization. The bags must wear the designated sticker which will be found inside the technical bag provided by the organizers together with the bib. Participants can get back their bags after the race in Piazza del Comune close to the finish point.

The organization, although ensuring maximum attention to the bags, is not to be considered responsible for eventual losses for which no refund is expected.

AWARDS AND AWARD CEREMONY

The first absolute 3 men and 3 women will be awarded with Locman watches, Garmin watches, Acqua dell'Elba perfumes, technical material and local products. The award ceremony will be done also for the first 3 men and women of every category, with Acqua dell'Elba perfumes, technical gadgets and local products.

Any award that will not be collected at the time of the award ceremony from the awarded person or his/her delegate cannot be collected in a next moment.

CATEGORIES FOR MARATHON, HALF MARATHON:

- CATEGORY A (Seniores S/M -S/F) 18-34 YEARS OLD
- CATEGORY B (Seniores S/M -S/F) 35-39 YEARS OLD
- CATEGORY C (Seniores S/M -S/F) 40-44 YEARS OLD
- CATEGORY D (Seniores S/M -S/F) 45-49 YEARS OLD
- CATEGORY E (Seniores S/M -S/F) 50-54 YEARS OLD
- CATEGORY F (Seniores S/M -S/F) 55-59 YEARS OLD
- CATEGORY G (Seniores S/M -S/F) 60-64 YEARS OLD

- CATEGORY H (Seniores S/M -S/F) 65-69 YEARS OLD
- CATEGORY I (Seniores S/M -S/F) 70-74 YEARS OLD
- CATEGORY L (Seniores S/M -S/F) 75-79 YEARS OLD
- CATEGORY M (Seniores S/M -S/F) 80-84 YEARS OLD

For the 10km race only the first 5 absolutes (men and women) will be awarded.

The award ceremony will be held at the end of the races in the finish/expo area “piazza del comune”. At 12:30 the 10km, at 13:00 the Half Marathon and at 13:30 the Marathon.

Since friends and the fastest runners will have to wait more than others for the award ceremony, there will be music and the pasta party from 13:00 on (pasta party is gratis for athletes and who comes together with them).

MEDICAL AID

Medical aid is guaranteed in collaboration with local assistance. Some aid will be at the 14th km (Seccheto), at the 19th km (Bivio Pomonte) and at the finish area, besides ambulances along the race.

MEDAL

All the participants who will regularly pass the finish line will receive the medal.

PHOTO SERVICE

Photos will be available to be bought online (printed or digital) 48 hours after the end of the event on the website www.fotostudio3.com.

FREE SERVICE OF MESSAGES FOR THE PHYSICAL RECOVER AFTER THE RACE

Sportler association brings to Maratona dell'Isola d'Elba a group of physiotherapists and osteopaths qualified for the recovery after race. The service is offered to whoever is interested in it at the end of the competition and it consists in manual techniques of massage/mobilisation together with the stimulation of reflexes and joint areas, aiming at the physical recovery and the control of the typical athletic pain also for overuse syndrome. All these information will be useful to the athletes to know more about their training.

CERTIFICATE OF ATTENDANCE

Every attendant will be able to print the own certificate of attendance from our website, some days later.

COMPLAINTS

Complaints must be sent to the organization within the 22/05/23 together with the tax of € 50.00 - which will be refunded in case of acceptance.

WITHDRAWN ATHLETES

During the competition there will be points of first aid assistance. The withdrawn athletes can stop at km 12 and km 20, where they will be taken to the finish area as soon as possible.

BIBS AND COMPETITORS PACK

Bibs will be given at "Piazza del Comune" in Marina di Campo, where the expo area will be on the days:

- Saturday 6 May 2023 from 10:00 to 12:00 and from 14:30 to 18:30
- Sunday 7 May 2023 from 07:00 to 08:00

The competitor's pack contains the official t-shirt of the event, the medal (on conclusion) and the certificate of attendance (on conclusion).

For the Marathon and Half Marathon distances there will be other sport gadgets in addition.

IMPORTANT: PLEASE GIVE BACK YOUR CHIP TO THE STAFF AS SOON AS YOU ARRIVE AT THE FINISH LINE. WHO WON'T GIVE IT BACK WILL BE CHARGED OF 20 EUROS.

SPECIAL OFFERS FOR ACCOMMODATION AND FERRY

To run our competition is also a way to discover Elba Island. Convenient holiday packages are to be found online on our website.

RIGHT TO USE AND SAVE YOUR PICTURES TAKEN DURING THE COMPETITION

Inscribing to the 7th Edition of the Elba Island Marathon, the athlete authorizes the organization, its sponsors and media, to use pictures and videos on which he/she could appear during the 7th Elba Marathon and other events of it, on any kind of media - promotion and publicity - without geographical limits and permanently.

DISCLAIMER

Through the inscription to the "Elba Island Marathon", the athlete accepts everything stated on this guideline. This guideline will be valid for every competition on the 06 and 07 May 2023, which are "MARATHON, HALF MARATHON, 10KM, FAMILY RUN, NORDIC WALKING, KIDS RUN". The athlete is aware of the fact that taking part to these events can be harmful to his/her health. The athlete is aware of the fact that he/she should not attend the event if he/she is not medically fit and is not properly athletically prepared. By inscribing to the competition, the subscriber is responsible himself/herself for any risk related to the participation to the event, including also any injury/misfortune connected with coming to and leaving from the event. The athlete totally relieves the organizers, the sponsors, the volunteer group and any other subject involved in the organization of the event from any responsibility. The athlete is aware of the fact that any event and complaint related to the negligence of the parties is not to be charged on the organization. The athlete states that he/she has declared only the truth (art.2 legge 04/01/1968 n.15 as modified by art.3 comma 10 legge 15/05/1997 n.127) and that relieves the organization (A.S.D.

Elba Runners) from any civil and penal responsibility, for eventual damages to people or things related to it.

By inscribing to the event, the athlete declares he/she is voluntarily inscribing to the “7th Elba Marathon” event and takes on himself/herself every potential risk related to his/hers participation. The athletes taking part in the races must observe the traffic laws.

PRIVACY

In accordance with art.13 D.lgs. 30,6,2003 n.196 (from now on, “Privacy Law”) and with art.13 Regolamento UE n.2016/679 (from now on, GDPR) (Testo Unico della Privacy) the organization informs that the personal data will be used only for the participant list to the event, the placement list and the archive. The same data can be used for sending information and newsletters from the organization and its partners. Through the inscription, the athlete authorizes the organization and all the subjects above mentioned to use personal images and videos related to the participation to the event for promotional use on national and international media, with no remuneration from it.

FINAL INSTRUCTIONS

In case of natural disasters or other extraordinary happenings that do not depend on the organization, the event can be cancelled (aiming to the security of participants) also a few hours before the competition. In this case, there will be no refund for ferry, accommodation and inscription. Due to force majeure, the C.O. can modify any detail of this guideline at any time.

A.S.D. Elba Runners

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