



BE PREPARED FOR CRAFT ELBA MARATHON WEEKEND PROGRAM AND USEFUL INFORMATION

SATURDAY 06/05

- **Nordic Walking Toscana** takes you to Monte Calamita for a Nordic Walking lesson. Further information on www.nordicwalkingtoscana.it or calling +393388364241
- **10:00-12:30 REGISTRATION FOR KIDS RUN ARE OPEN**
- **10:00-13:00/15:00-18:30 REGISTRATION OFFICE OPENING HOURS** for all the competitive and non competitive competitions and **BIBS COLLECTION** (Piazza del Comune, Marina di Campo)
- **13:30 START KIDS RUN** (4 to 17 years old)
- 14:30 Kids Run award ceremony
- 15:00 Music with Radio Bruno
- 15:30 Fit walking with Emanuela
- 16:00 Nordic Walking Toscana
- 16:30 Lorenzo Lotti "sempredicorsa" with his tips on running and his world record
- 17:00 Flaminia and Antonella will talk about "Running Women"
- 17:15 Craft
- 17:30 Top Runners
- 18:00 Groups
- **18:30 Briefing for next day's competitions**

SUNDAY 07/05

- **07:30 REGISTRATION OFFICE OPEN FOR ALL THE COMPETITIONS** (Piazza del Comune, Marina di Campo)
- 08:00 Meeting point at Piazza del Comune or directly at the start area in Lungomare Mibelli (where the street meets Via Genova)
- 08:00 Music with Radio Bruno
- **08:15 REGISTRATION OFFICE CLOSED**
- **09:00 START** (marathon, half marathon, 10km competitive and non competitive, Nordic Walking and Family Run)
- 12:30 Music with Radio Bruno in Piazza del Comune, Marina di Campo
- 13:30 Award ceremony (absolutes + categories for marathon and half marathon)

We are at MARINA DI CAMPO

- **START LINE:** Lungomare Mibelli, where it meets Via Genova
- **FINISH LINE:** Piazza del Comune, Via Roma
- **EXPO AND REGISTRATION OFFICE:** Piazza del Comune

VERY IMPORTANT:

- Always keep your direction on the street while making the competition (penalty of disqualification)
- Always follow the road signals corresponding to the colour of your race in order not to go the wrong way

SERVICES

TOILETTES

Portaloos close to the start and finish line.

BAG DEPOSIT

Free supervision service of the bags containing the personal clothes of the athletes in Piazza del Comune. The bags must have the designated stick attached on. You will find it inside the bag with the bib. The organisation guarantees the maximum attention to collect, carry and return the bags, but it is not to be considered responsible for potential losses for which no refund is expected.

SPONGE SERVICE

At km 12 (for half marathon and marathon) - km 21 (for marathon) - km 28 (for marathon)

PACE MAKER SERVICE

Pace makers are expert athletes who will run with you at a constant pace and will help participants complete their desired chronometric result. The service will be held for:

- **Marathon:** 3h30' (4'58"km) - 3h45' (5'20"km) -4h (5'40"km) -4h30' (6'24"km) -5h (7'06"km) – 5h30' (8'36"km) – 6h (8'55"km) -6h30'.
- **Half marathon:** -1h40' (4'44"km) -1h50' (5'13"km) -2h (5'40"km)

PRE AND POST COMPETITION MASSAGES (personalised and on appointment)

Service offered by BODY EVOLUTION TEAM. For further information call +393484420330.

PARTICIPATION CERTIFICATE

Every participant can print the own participation certificate in the designated section on www.tds-live.com and they will be available some days after the race.

PHOTOS

Photos can be bought online 48h after the end of the event on the website www.fotostudio3.com . For further information call +393464169280.

CHIP RECOLLECTION

Once someone finishes the own race, the first thing to do is to give back the chip to the staff or put it inside the designated box. Each chip that will not be returned will cost 20 euros to the participant.

BIG FREE PARKING PLACE IN THE MIDDLE SCHOOL AREA

CONTACT US

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ASD ELBA RUNNERS