

Guidelines for La SpoletoNorcia in MTB

1st and 2nd September 20-03-2018

INTRODUCTION

SpoletoNorcia in MTB 2018 is a cycling event on Saturday 1st September 2018 (agonistic) and Sunday 2nd September (bike-tourist) and will be organized as follows:

1. **The SpoletoNorcia Family (short track) – MTB:** along the old railway path from Spoleto to Caprareccia and back on the same trail, 14km long and 250m difference in height. **SUNDAY 2ND SEPTEMBER - 8:30am**
2. **The Spoleto Norcia in MTB – CLASSIC – BIKE-TOURIST – MTB:** Some tracts of the old railway track will be opened on the day of the race, the rest will be on asphalted roads and non, passing through Spoleto, Sant'Anatolia di Narco, Scheggino and Vallo di Nera. There will only be one kind of trail but it is possible to choose between an EASY ROUTE (40km 1,000m difference in height), MEDIUM ROUTE (45km 1,300m difference in height), DIFFICULT ROUTE (50km, 1,500m difference in height). This event also includes the SpoletoNorcia in e-MTB and the SpoletoNorcia #giveachance. **SUNDAY 2ND SEPTEMBER - 8:30am**
3. **The SpoletoNorcia...EXTREME – MTB AGONISTIC:** for this race it is mandatory to be a member of FCI or other Bodies of the board. This trail is very similar to the Medium trail with some variations making it more difficult: 65 km with 2500m. difference in height. **SATURDAY 1ST SEPTEMBER – 10:00am**
4. **The SpoletoNorcia Randonne on asphalted roads** - for this race it is mandatory to be a member of FCI or other Bodies of the board, coherent to the ARI regulation. 200km, 3500m difference in height. **SATURDAY 1ST SEPTEMBER – 06:00am**

The above-mentioned routes, distances and differences in height can vary depending on organization or authorization by the Organizing Committee.

1. Right of participation in the tourist bike trail **THE SPOLETONORCIA IN MTB – CLASSIC – EASY, MEDIUM and DIFFICULT TRAIL (SUNDAY 2ND SEPTEMBER 2018)**

Participation is open to everyone who is reasonably fit and owns a mountain bike. As this is not a competitive race, it is NOT necessary to be member of FCI or any other body for tracks 1 and 2, **BUT A VALID CERTIFICATE OF GOOD HEALTH IS MANDATORY.** Underage participants must be authorised by parents. The minimum age for the **SpoletoNorcia in MTB** is 13 years.

Participants must accept our full conditions and terms regarding responsibility, renouncing every kind of legal action against the Organizing Committee (C.O.) or organizing companies. The C.O. is not responsible for the physical fitness of participants, it is therefore implicit that participants are sufficiently trained.

Participants take part at own risk. Participants will receive a race kit with a bracelet which gives the right to use the services included. If the participant registers on the day of the race, he/she will only receive the bracelet and not the race kit.

If a regularly subscribed athlete causes an accident or damage, the accountable person/s will be punishable by law. The Organizing Committee has the right to refuse registration.

1B. Right of participation in the agonistic **THE SPOLETONORCIA EXTREME – (SATURDAY 1ST SEPTEMBER 2018)**

This race is open to all members of FCI or bodies of the board, to the members of a foreign national bike association and to bike tourists.

The categories of Children, Novices and Junior Athletes cannot participate.

Bike tourists who do not belong to any sport association are allowed to participate in the SHORT track (if foreseen), only if they have a valid certificate of good health (to be sent at the time of registration).

Athletes that are not members of a sport association but in possession of a specific certificate of good health for sports, specifically for cycling, are allowed to participate in the EXTREME track, but only after subscribing and paying a daily membership fee to FCI (which also covers insurance), in order to be enlisted in the final ranking of their category.

The exact same rules are valid for the **SpolettoNorcia Randonne on asphalted roads** and will **only be on asphalted roads**.

1C. **STARTING GRIDS THE SPOLETONORCIA EXTREME**

GOLD GRID – ELITE, UNDER 23, JUNIOR WOMEN
SILVER GRID – VALUE GRID
BRONZE GRID – MASTER

2. Registration

Registration is only online using the specific link on the event website:

www.laspoletonorciaimtb.it

REGISTRATION IS CONSIDERED COMPLETE AFTER PAYMENT OF THE REGISTRATION FEE AND AFTER RECEIVING CONFIRMATION FROM THE C.O. BY EMAIL.

Procedure will be the same for both bike-tourists and agonistic racers (make sure to follow the correct link).

The C.O. has the right to close registration as soon as 2000 participants have registered.

Advantages and priorities will be given to those who book a hotel through our partner Umbria & Bike.

IT IS MANDATORY FOR ALL PARTICIPANTS TO COMMUNICATE THEIR PERSONAL EMAIL ADDRESS (SHARED EMAIL AMONG VARIOUS PARTICIPANTS ARE NOT ALLOWED) AND A VALID TELEPHONE NUMBER, IN ORDER TO FACILITATE THE C.O. IN CASE IT IS NECESSARY TO COMMUNICATE IMPORTANT INFORMATION ABOUT SERVICES AND SECURITY.

The following registration calendar foresees **lower registration fees for those who subscribe sooner.**

2B. REGISTRATION OPENING (ONLY ONLINE)

- Start of online subscriptions: December 1st 2017, 9:00pm on the website www.laspoletonorciaimtb.it
- Deadline for online registration: August 26th 2018, 12:00pm.
- On-site registration is only possible for the SpoletoNorcia EXTREME (until September 1st 2018, 9:00am) and for the SpoletoNorcia Family (until September 2nd 2018, 9:00am)
- The C.O. has the right to change this guideline and declare promotions.

3. Registration Fee

3A. The SpoletoNorcia...Family – FEES:

INDIVIDUAL FEES:

- From December 1st 2017 to August 15th 2018: €10.00
- From August 16th 2018 to September 2nd 2018: €15.00
- Under 14: €5.00 (always)

FAMILY PACKAGE (Two adults and 2 children under 14) only for the SpoletoNorcia...Family:

- From December 1st 2017 to August 15th 2018: €25.00
- From August 16th 2018 to September 2nd 2018: €30.00
- For extra children under 14: + €5.00/Child (always)

Participation in the SpoletoNorcia...Family gives the right to a different gadget to the Race Kit, which is strictly reserved for the other trails. There will be no event T-Shirt for this kind of registration. Registration to the FAMILY race is possible only during the event, online registration is not possible in this case.

3B. The SpoletoNorcia...in MTB, the SpoletoNorcia in e-MTB, the SpoletoNorcia #giveachance, the SpoletoNorcia...Extreme (agonistic), the SpoletoNorcia Randonne on asphalted roads

INDIVIDUAL FEES:

From December 1st 2017 to March 15th 2018: €40.00

From March 16th to August 15th 2018: €45.00 DEADLINE FOR RECEIVING THE RACE KIT

From August 16th: €55.00

Payment with PayPal (if foreseen) will be charged including PayPal commission fee plus €3 administrative fee. There is a mandatory chip that must be purchased by the participants, also for the bike-tourist athletes, the cost is €5 (€3 for the chip and €2 deposit, which will be returned to the participant at the end of the event). This chip will be used only for security and safety matters. Each participant can take out an additional insurance against accident or injury (optional).

Limit: 2000 registrations

NOTE: The SpoletoNorcia in E.MTB and the SpoletoNorcia #giveachance are not separate events, they are included in the SpoletoNorcia in MTB, this means: same date, times and trails. They are to be considered as categories inside the same event, but with dedicated grids.

3C. Meeting Points

Participants will meet September 1st and 2nd at the Spoleto stadium in Via Martiri della Resistenza, with the following schedule, or directly at the starting grid in Piazza Garibaldi:

- THE SPOLETONORCIA RANDONNEE – Saturday, September 1st 2018, from 05:30am
- THE SPOLETONORCIA EXTREME – Saturday, September 1st 2018, from 07:00 to 09:40am

• THE SPOLETONORCIA IN MTB, THE SPOLETONORCIA IN E-MTB, THE SPOLETONORCIA #GIVEACHANCE - Sunday, September 2nd 2018, from 07:00 to 08:30am

3D. Consignment of athlete numbers and Race Kit

Athlete numbers and Race Kits can only be collected after having paid the registration fee and in possession of relative receipt. Consignment will take place at the administrative office, inside the old *Palazzetto dello Sport*, next to the stadium as follows:

- August 30th (Thursday) and 31st (Friday) 2018 from 03:00 to 07:00pm;
- September 1st (Saturday) from 07:00 to 09:00am (only EXTREME) and from 10:00am to 12:30pm and from 03:00 to 07:00pm for all the other events;
- September 2nd (Sunday) 2018 from 07:00 to 08:00am (The SpoletoNorcia in MTB) and 09:30am for the SpoletoNorcia Family.

The Race Kit and T-Shirt must be collected during the indicate time frames. These can also be given to an authorized person with a valid ID. The size of the T-Shirt cannot be changed. If the Race Kit and T-Shirt are not collected during the stated time frames, there will be no second consignment or shipping.

3E. Combined registrations with other events

Based on the agreement between ASD MTB Club Spoleto and other C.Os., it may be possible to take advantage of a special offer allowing participation in combined events at a reduced price.

ATTENTION:

UPON REGISTERING FOR THIS SPECIAL OFFER A RACE KIT IS RECEIVED, BUT NOT THE EVENT T-SHIRT.

3E-1. The SpoletoNorcia in MTB + La Vecia Ferovia de la Val di Fiemme

Based on the agreement between ASD MTB Club Spoleto and the ASD Polisportiva Molina di Fiemme it is possible to take advantage of a special offer allowing participation to both events for €60.00.

ATTENTION:

UPON REGISTERING TO THIS SPECIAL OFFER A RACE KIT IS RECEIVED, BUT NOT THE EVENT T-SHIRT.

3E-2. The SpoletoNorcia in MTB + Cicloturistica Colli della Sabina

Based on the agreement between ASD MTB Club Spoleto and the Acido Lattico ASD it is possible to take advantage of a special offer allowing participation to both events for €60.00.

THIS RULE IS GENERALLY VALID FOR ALL COMBINED EVENTS OR ALL RELATED CIRCUITS OF THE SPOLETONORCIA IN MTB.

Note: Online registration is possible until August 26th 12:00pm. Subscriptions will be closed after reaching 2000 registrations.

FOR ORGANIZATION AND LOGISTIC ASPECTS, THE EVENT T-SHIRT WILL BE GIVEN ONLY FOR ONLINE REGISTRATIONS BEFORE AUGUST 15TH

POSSIBLE EXCEPTIONS AND/OR PROMOTIONS WILL BE POSTED ON THE OFFICIAL WEBSITE AND FACEBOOK PAGE OF THE EVENT AND/OR COMMUNICATED VIA EMAIL.

The registration fee gives the right to:

- participate in the event
- the Race Kit (only for online subscriptions) for participants in The SpoletoNorcia...in MTB, the SpoletoNorcia in e-MTB, the SpoletoNorcia #giveachance, the SpoletoNorcia...Extreme, the SpoletoNorcia Randonne on asphalted roads;
- event T-Shirt (only for online subscriptions) for participants in The SpoletoNorcia... in MB, the SpoletoNorcia in e-MTB, the SpoletoNorcia...Extreme, the SpoletoNorcia Randonne on asphalted roads;
- shower facility and bike cleaning;
- food and beverage during the race;
- exclusive food and beverage for the SpoletoNorcia Family;
- Pasta Party (for participants in The SpoletoNorcia...in MTB, the SpoletoNorcia in e-MTB, the SpoletoNorcia #giveachance, the SpoletoNorcia...Extreme);
- medical assistance;
- technical assistance.

Please remember that The Race Kit and T-Shirt must be collected during the indicate time frames in section 3D. An authorized person with a valid ID can also receive these items. The size of T-Shirt cannot be changed. If the Race Kit and T-Shirt are not collected during the stated time frames, there will be no second consignment or shipping.

ATTENTION (VALID ONLY FOR THE AGONISTIC EXTREME PATH – Factor K FCI:

Apart from adherence to the above-stated rules, FCI members must also register to factor K (<http://fci.ksport.kgroup.eu/Fci/>) with the sporting club they belong to by August 29th 2018. After this date, factor K will no longer be accessible for registration in ANY category. At the time of the online publication of these guidelines, the Race ID still has to be assigned. Registration only through factor K are not valid. Also only online registration by FCI members and not completed by factor K registration are not valid. In case of non-participation, the registration fee will not be refunded or used for registration in the following year's race. The C.O. may make changes to these regulations and communicate via the official channels of the event (email website, Facebook page). Upon registering, it is mandatory to specify the selected trail (if requested).

3F. Changing Trail for The SpoletoNorcia...in MTB, The SpoletoNorcia...Extreme
It is possible to change the selected trail until August 26th 2018, this modification will require a payment of €10.00€ fee for administration costs. The procedure for changing is as follows:

- send request to info@laspoletonorciainmtb.it, stating name, surname, date of birth and new trail selected. A copy of the wire transfer receipt for €10.00 (for each trail change) must be attached. Wire transfer details as follows:

ASD MTB CLUB SPOLETO

Iban : IT 72 H 01005 21800000000001592.

Reason: CAMBIO PERCORSO LA SPOLETONORCIA 2018.

Incoming requests will be processed in 5 working days.

4 . Payment Method

- Online payment: with credit card/PayPal directly via the online registration service;
- Wire transfer to our bank account no. 15339-7 at BLN di Spoleto made out to A.S.D. MTB Club Spoleto, Via Benedetto Croce 13, 06049 Spoleto (PG); IBAN: IT 72 H 01005 21800 000000001592, stating the participant's name, selected trail and possible team;
- via cash payment on September 1st and 2nd, directly on site (if foreseen).

5. Registration cancellation

The registration fee will NOT BE REFUNDED.

It is possible to change a participant's name with another, for this operation a €10.00 administration fee must be paid. If, due to force majeure or any other reason the event is cancelled, the participation fee will not be refunded, but transferred to next year's event.

6. Privacy law

As foreseen by privacy law art. 13 and 23 of Decree Law no. 196 dated 30.06.2003 regarding "personal data protection", requested data for registration will be used only for organisational purposes as stated above, in addition to proposals or communications inherent to activities of the organizing committee of the SpoletoNorcia...in MTB. Changes or removal must be in writing to: C.O. La SpoletoNorcia in MTB - A.S.D. MTB Club Spoleto at info@laspoletonorciainmtb.it. It is possible to request that personal data not be transferred to others by using the same procedure.

7. Changes and following modifications

Changes in rules, trails and altitudinal profiles are reserved to the C.O. and can be applied without notice. All information will be published on internet, on www.laspoletonorciainmtb.it. And/or on the official event facebook page: www.facebook.com/laspoletonorciainmtb.

8. Technical dispositions

A) The SpoletoNorcia in MTB (September 2nd 2018) is an ecological mountain bike ride. Admitted bike types are: mountain bikes, mountain tandems, fat bikes and gravel bikes. Also pedal assisted mountain bikes are allowed (The SpoletoNorcia in E-MTB). It is not certain that the trail is suitable for these types of bikes, it is the responsibility of each participant to choose the right bike for each trail, weather conditions and personal skills.
B) The SpoletoNorcia EXTREME (September 1st 2018) is an agonistic race, in this case only Mountain Bikes are admitted, all FCT rules are valid.

9. Mandatory Equipment

In the races all participants must:

- wear a helmet

- display front number clearly
- be equipped with lights as there may be some dark tunnels
- have adequate clothing for cold weather
- have an emergency kit for possible technical issues
- have at least one bottle of water at the start

It is advised to check the bike well before starting the race. Proper lights are mandatory (front and rear) for inside the tunnels and for tracts outside the railway track or on road intersections where general traffic laws are valid, as well as FCI rules. Considering that the race will take place in any weather, each participant must be adequately prepared and, considering sudden changes in weather, have suitable clothing (inside the tunnels it can be very cold).

10. Safety Measures

For safety reasons, a helmet must be worn throughout the race, a homologated safety-jacket is advisable. It might be necessary to pass through dark tunnels on the trail of the ex Spoleto Norcia railway (depending on the tracts chosen on the day of the race). For this reason, each participant's bike must have front and rear lights. The participant is solely responsible if some of the above-mentioned rules are not observed. Behaviour must be adequate to the selected race type, as thousands of other people are participating as well. Great attention must be paid in order to avoid accidents involving other people and for their own safety. Inadequate behaviour may lead to exclusion from the event. The surface of the railway trail is a dirt road and conditions of the same will vary depending on the trail. Off the railway track the surface is: asphalt, dirt road, single track with upward and downward slopes (which can be very steep and challenging). A moderate speed is recommended, especially when riding downhill, in order to avoid crashes due to surface inconsistency. The same goes for participants in the agonistic trails.

11. Traffic Rules

The race will take place on public and private roads, which are not necessarily closed to regular traffic. For those parts of the trail outside the ex-railway Spoleto-Norcia, even if the organization is monitoring intersections, all participants have to respect traffic rules.

For the SpoletoNorcia...Randonnée ASPHALTED ROADS specific A.R.I. rules are valid: each participant will be in complete autonomy and there will be no assistance by the organization, trails are not monitored. There will be regular traffic.

It is mandatory to keep to the right and proceed in single file. Please pay attention to all the signs of the organization along the road. In the parts of the trail where traffic rules are not applied, it is necessary to refer to UCI-FCI-ARI rules. The organizing committee cannot be held responsible if the above stated rules are not observed.

12. Environmental rules

It is strictly forbidden to drop litter along the race track. Any litter must be deposited in bins in and near catering areas. It is forbidden to leave the trail. **Anyone not complying to these rules will lose their participation number.**

13. Responsibilities

The event is covered by RC insurance stipulated by the FCI. Voluntary registration and participation in the event is considered as an implicit declaration of physical well-being for this kind of activity, for amateur and non-competitive sports people. The organizing committee does not necessarily request a certificate of good health, upon registering physical well-being is implicit as foreseen by D.M. 28.2.83 concerning health measures for non-competitive activities, and declines any civil or penal responsibility for possible accidents, before, during and after the event. A certificate of good and strong constitution or valid FCI registration is requested. Complaints or injuries caused by violation of the above-stated rules, those of FCI and general traffic rules, going too fast or leaving the official track, will not be considered.

Participation in events of The SpoletoNorcia in MTB is at own risk.

By registering, participants renounce any kind of legal complaint, as well against third parties, against the C.O., the A.S.D. MTB Club Spoleto and all physical or legal persons involved in event organization. Furthermore participants, upon registering, confirm to be in a good physical condition to sustain a physical challenge of The SpoletoNorcia in MTB. During the event traffic is not closed, therefore it is mandatory to strictly observe general traffic rules.

14. Withdrawal and time check points

Participants withdrawing from the competition or from the tourist-bike trail must go to the check-points or catering areas along the track to hand in the front number to a person in charge. Participants exceeding time limits (only for the EXTREME race) will be stopped and must also hand in the front number. Front numbers of those who finish the race (FINISHERS) must NOT be consigned at arrival. There is no shuttle service for those who withdraw from the race.

For the SpoletoNorcia Extreme (agonistic) time check points may be set up along the trail. Not passing a time check point means the participant will be excluded from the race. The participant has the chance to finish the race anyway, but without the front number and at own risk. From that moment the services along the trail will no longer be guaranteed.

15. Behaviour rules

- participants going slowly must facilitate faster participants wishing to overtake;
- poorly lit tracts, such as tunnels, must be approached at a suitable speed and with lights;
- slopes should be tackled sensibly without taxing one's own limits;
- possible technical malfunctions of the bike must be attended to off the race track;
- technical checkpoints will be available at the starting point, at the Caprareccia station and in Sant'Anatolia di Narco;
- anyone not following the rules will be immediately excluded;
- considering the event will take place in any kind of weather, each participant must have suitable clothing.

On the tracts of the race on regular roads, general traffic law is in force.

16. Services

Upon registering or completion, each participant will receive an envelope containing the front number which must be placed on the handlebar of the bike and a "SERVICE CARD" (WITH THE SAME NUMBER AS THE BIKE FRONT NUMBER), in order to access services.

17. Catering

One or more catering points are provided for each trail.

18. Showers, bike cleaning, parking

Showers, toilets and bike cleaning material will be free of charge for participants. Parking is also free but UNATTENDED, easy to reach and close to the starting point.

20. Trail signage

The trail follows the Spoleto-Norcia ex-railway. As long as the race follows this trail there will be no regular vehicle traffic and it will be very difficult to take a wrong direction. Off trail, regular traffic rules are in force.

Attention: complete trail signage will be available only on the day of the race.

21. Front numbers

Even if it is not a competitive race (except for the Extreme race), each participant must clearly display the front number so it is easily visible on the front of the Mountain Bike, without modifying its aspect. These front numbers are necessary only for identifying the participant.

22. Medical assistance

Along the trail and at the finish there will be various teams of doctors, healthcare professionals, as well as the Red Cross, Green Cross, C.I.S.O.M. and A.N.C. volunteers.

The nearest hospitals are:

- Spoleto hospital, tel. (+39) 0743 2101
- Norcia hospital, tel. (+39) 0743 8151
- Foligno hospital, tel. (+39) 0742 3391

As well as registered participants, members of the MTB CLUB Spoleto will be riding as well (they will be recognizable by their uniform) and are there to give out information. Also useful telephone numbers will be provided in case of emergencies during the event.

23. Personal data

As foreseen by art. 13 of Decree Law dated June 30th 2003, no. 196, we inform that: data requested for registration is solely for registration purposes, for compiling the participant list, final classification, historical archive, to fulfil the services stipulated in these guidelines and to send out info material of the SpoletoNorcia in MTB or of its partners. If personal data is not provided correctly, event registration will not be valid. Data processing rights are enlisted in art. 7 of the above-mentioned Decree Law no. 196/03. It is possible to **consult, modify or delete one's own personal data free of charge, by writing to the person in charge of data treatment at ASD MTB CLUB Spoleto – Via Benedetto Croce 13 – 06049 Spoleto (PG).**

24. Privacy Rights

Upon registering using the registration form, participants specifically authorize the C.O. to use images, still or moving, showing himself during the participation to the event free of charge. The C.O. has the right to give utilization rights of such images to their institutional and commercial partners, as stipulated in this agreement. This authorization must be considered for an unlimited period, respecting laws in force, rules and agreements and is global, for publication and video purposes, which may also be promotional and/or commercial material on every kind of support.

GENERAL INFORMATION

Accommodation

For tourist information regarding accommodation and restaurants in the area, please contact info@umbriabike.eu or visit www.umbriabike.eu , or phone +39 075 5067197, from Monday to Friday, from 08:30am to 01:30pm and from 03:00pm to 06:00pm

ATTENTION: stolen bikes

Unfortunately over the years, some bicycles have been stolen in crowded areas. For this reason we suggest not to leave your bike unattended and to lock it to your car. The C.O. is not responsible for stolen bikes, this also goes for hotels or the bike park (which is unattended).

DISCLAIMER

Upon completing the registration form (also online), the participant declares:

- to have a regular card for sport activities valid for 2018, and to have passed the medical check for bicycle sport;
- that by subscribing he/she accepts all the above-mentioned rules. Each participant is responsible for their own behaviour (before, during and after the event);
- to have the necessary requisites to participate in the event;
- to be familiar with the characteristics of the event and to be in a good physical condition;
- to respect the rules, following C.O. and staff indications;
- to allow the use of their personal data by organizing staff, in accordance to Decree Law. 196/03;
- to allow the use of pictures, videos and recordings of their participation in the event for every legal purpose (also commercial);
- to renounce any responsibility or act of vengeance against the C.O., the organizing company and sponsors, depending on their participation in the event and any collateral events.

The same is valid for those who register individually or collectively online or on site.

FINAL RECOMMENDATIONS

Complete event regulations are available on www.laspoletonorciaainmtb.it . The C.O. has the right to modify this regulation at any time for plausible reasons, such as a better

organization of the same event. Even if not foreseen in these guidelines, technical rules of the Italian Cycling Federation (Federazione Ciclistica Italiana) are valid. The event will take place in any weather, registration fee refund is not foreseen. The C.O. has the right to modify the trail at any time.