



RULES AND REGULATION RACE ACROSS APULIA 2022

ORGANISATION

A.S.D. TRI4NOMA, WITH THE PATRONAGE OF THE CITY OF CASTELLANETA, UISP AND PRO LOCO "RODOLFO VALENTINO" ORGANISES THE RACE ACROSS APULIA (ALSO KNOWN AS RAA), A 288 KM SINGLE STAGE ULTRAMARATHON.

THE EVENT

RAA IS A SINGLE STAGE ULTRAMARATHON WHICH AIM IS TO GET TO KNOW THROUGH A RACE THE BEAUTY, HISTORY AND CULTURE OF THE APULIAN REGION BY CROSSING SOME OF THE MOST ARTISTIC AND CULTURAL CITIES.

THE RACE

THE STARTING DATE IS SET ON FRIDAY MARCH 25TH IN LECCE IN THE BEAUTIFUL PIAZZA DEL DUOMO AT 8 AM AND WILL FINISH IN CASTELLANETA AT THE STATUE OF RODOLFO VALENTINO ON SUNDAY MARCH 27TH AT 1 PM.

THE MAXIMUM TIME ALLOWED TO COMPLETE THE COURSE OF 288, 654m IS SET IN 52 HOURS IN ORDER TO HAVE THE HONOUR TO BE DECLARED FINISHER AND RECEIVE THE RAA TROPHY.

A SECOND AND MUCH MORE DIFFICULT GOAL IS SET IN 48 HOURS, TO COMPLETE THE WHOLE COURSE AND RECEIVE NOT ONLY THE FINISHER TROPHY, BUT ALSO THE RAA BELT BUCKLE AND, OF COURSE, FOR THOSE WHO DARE TO DREAM TO HAVE THE CHANCE TO APPLY TO SUCH ICONIC RACES SUCH AS SPARTATHLON OR BADWATER.

DURING THE RACE WEEKEND THERE WILL BE THE TIME SWITCH TO THE DAYLIGHT SAVING TIME AND IN ORDER TO REGAIN THE LOST HOUR THE FINISH TIME OF THE RACE IS SET TO 1 PM.

THE RACE WILL BE HELD NO MATTER THE WEATHER CONDITIONS AND APART EXCEPTIONAL CIRCUMSTANCES THE ORGANISATION CAN CHANGE THE DATE, TIME OR COURSE IF DEEMED NECESSARY. IN CASE OF EXCEPTIONAL CIRCUMSTANCES OUTSIDE THE ORGANISATION'S CONTROL THAT WON'T ALLOW THE REGULAR PROGRESS OF THE RACE, NO REIMBURSEMENT IS DUE TO THE ATHLETES.

BEING AN OPEN ROAD EVENT IT IS IMPORTANT TO FOLLOW THE ROAD RULES AND PAY THE MAXIMUM ATTENTION.

ASSOCIAZIONE SPORTIVA DILETTANTISTICA TRI4NOMA
C.DA BORGO PERRONE, 105 - 74011 CASTELLANETA (TA)
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THE RACE ACROSS APULIA IS A 288 KM LONG EXTREME RACE, WHICH UNFOLDS ON A COURSE WITH AN IMPORTANT PROFILE AND WITH HIGH TEMPERATURES. SINCE IT IS PARTLY RUN IN SELF SUFFICIENCY, IT IS HIGHLY RECOMMENDED TO HAVE A SUPPORT CREW. FOR THOSE TAKING PART WITHOUT A CREW IT WILL BE ASKED TO SIGN A NON RESPONSIBILITY WAIVER. IT IS ALSO COMPULSORY TO CARRY DURING THE RACE A FULL FUNCTIONING MOBILE PHONE.

FROM THE RACE WEB SITE OR BY ASKING THE ORGANISER, IT WILL BE POSSIBLE TO DOWNLOAD THE RACE MAP THAT MUST BE UPLOADED ON THE ATHLETE'S OR CREW MOBILE SO TO CHECK ANY TIME WHERE THE ATHLETE IS REGARDING THE RACE COURSE.

THERE WON'T BE ANY ASSISTANCE FOR THOSE OUTSIDE THE TIME LIMIT AFTER CP2 (ALBEROBELLO) AND EACH ATHLETE MUST BE ABLE TO GET BACK TO HIS HOTEL OR CAR BY HIMSELF.

THERE WILL BE 4 DROP BAG POINT:

- KM 49,
- KM106 (ALBEROBELLO),
- KM 174 (BARI)
- KM 229 (ALTAMURA).

THE ATHLETE WHICH WITHDRAWS AFTER CP2 AND HAS NO CREW, MUST INFORM THE ORGANISER AND CAN RECEIVE A LIFT BACK TO THE NEAREST CP AS SOON AS A CAR WILL BE AVAILABLE.

THE DURATION OF THE RACE IS SET IN 52 HOURS AND THERE WILL BE 7 AID STATION AND 4 CHECK POINTS (CPs) WHICH WILL HAVE A TIME LIMIT TO BE REACHED. OUTSIDE THE TIME LIMIT THE ATHLETE WILL BE CONSIDERED DNF. IN CASE THE ATHLETE CONTINUES THE RACE, HE/SHE WILL DO IT UNDER HIS/HERS OWN RESPONSIBILITY WITHOUT ANY SUPPORT BY THE ORGANISATION.

THE 4 CPs ARE THE FOLLOWING:

1. OSTUNI (KM 71.5) MAXIMUM TIME LIMIT OF 11 HOURS (7 PM ON FRIDAY 25TH)
2. ALBEROBELLO (KM 106) MAXIMUM TIME LIMIT OF 20 HOURS (4 AM ON SATURDAY 26TH).
3. BARI (KM 174.5) MAXIMUM TIME LIMIT OF 30 HOURS (2 PM ON SATURDAY 26TH)
4. ALTAMURA (KM 229.5) MAXIMUM TIME LIMIT OF 40 HOURS (12PM ON SATURDAY 26TH)





THE RACE WILL FINSH AFTER 288 KM IN THE MAXIMUM TIME ALLOWED OF 52 HOURS (1 PM OF SUNDAY 27TH).

GIVEN THAT THE RACE IS ON OPEN ROAD, IT IS MANDATORY TO RUN OPPOSITE THE TRAFFIC DIRECTION (UNLESS INDICATED DIFFERENTLY), TO BE RESPONSIBLE AND TO BE VISIBLE AT ANY TIME.

SELF SUFFICIENCY AND SUPPORT (CREW)

IT IS HIGHLY SUGGESTED, FOR SECURITY REASON, TO HAVE A SUPPORT CREW. EACH ATHLETE MUST BE SELF SUFFICIENT FROM START TO FINISH. THE SUPPORT CREW CAN HELP AND PROVIDE ASSISTANCE DURING THE WHOLE EVENT, PAYING ATTENTION WHEN PARKING THE CAR AND IN ALL CASES BY FOLLOWING THE ROAD REGULATIONS. IT IS FORBIDDEN TO CARRY THE ATHLETE EVEN FOR A SMALL PART OF THE COURSE. BY DOING SO THE ATHLETE WILL BE DISQUALIFIED.

PACERS ARE ADMITTED FROM CP1 (OSTUNI) AND ONLY ONE PACER AT A TIME IS ADMITTED.

COURSE AND CP MODIFICATION – EVENT CANCELLATION

IN CASE OF SECURITY OR URGENCY REASON, THE ORGANISATION CAN CHANGE THE COURSE, THE TIME LIMITS THE CPs OR AID STATIONS.

TERMS OF PARTICIPATION

ALL THE PERSON AGED 20 AND WITH A VALID MEDICAL CERTIFICATE CAN TAKE PART IN THE RACE. FOR FOREIGN ATHLETES IT IS COMPULSORY TO FILL OUT A "MEDICAL HEALTH DECLARATION" WITH WHICH HE/SHE DECLARES TO BE HEALTY.

IN ANY CASE, DURING THE PRE RACE BRIEFING IT WILL BE ASKED TO SIGN A LIABILITY WAIVER.

ONCE REGISTERED TO THE RACE, THE FEE MUST BE PAID BEFORE THE NEW TIER OF PAYMENT WILL START, OTHERWISE THE REGISTRATION WILL BE CONSIDERED CANCELLED AND A NEW ONE MUST BE MADE.

THE ATHLETE IS AWARE THAT THE RACE FEE IS NON REFUNDABLE AND NON TRANSFERABLE. IT IS POSSIBLE TO TRANSFER THE FEE TO THE FOLLOWING YEAR, (MINUS THE ADMINISTRATION COSTS) IF THE RACE WILL BE HELD, ONLY AFTER SHOWING A VALID MEDICAL CERTIFICATE STATING THE IMPOSSIBILITY TO TAKE PART IN THE RACE.

THE PAYMENT CAN BE MADE VIA WIRE TRANSFER TO:

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BENEFICIARY: ASD TRI4NOMA

IBAN: IT76 B030 6967 6845 1074 9161 781 (BANCO DI NAPOLI)

SWIFT CODE: BCITITMX

DESCRIPTION: "RAA2022 - NAME AND LAST NAME"

RACE FEE

THE COST TO TAKE PART IS THE FOLLOWING:

- €200 UNTIL 30/11/2021
- €250 UNTIL 31/12/2021
- €300 UNTIL 31/01/2022
- €350 UNTIL 10/03/2022

AFTER 10/03/2022 IT WON'T BE POSSIBLE TO REGISTER, UNLESS THE ORGANISATION BELIEVES THERE IS ROOM IN THE ATHLETES' LIST. THE COST WILL BE €500 AND IN NO CASES AFTER THE 20/03/2022 WILL BE ALLOWED REGISTRATIONS

THE FEE INCLUDES:

1. RIGHT TO TAKE PART IN THE RACE.
2. GOODIE BAG.
3. GPS FOR LIVE TRACKING
4. OFFICIAL T-SHIRT
5. MEDAL OR TROPHY
6. ROADBOOK
7. AID STATION
8. MEDICAL SERVICE AND FIRST AID POINT (ITALIAN RED CROSS.)
9. AWARD CEREMONY BANQUET WHICH WILL BE HELD AT THE END OF THE RACE.

MANDATORY EQUIPMENT

IT IS MANDATORY TO HAVE AT ALL TIME OR IN THE IMMEDIATE AVAILABILITY (CREW) THE FOLLOWING ITEMS:

1. CLOTHES FOR DAY AND NIGHT RUN.
2. FOOD.
3. WORKING HEAD LAMP TO BE WORN AT SUNDOWN (OTHERWISE ATHLETE WILL BE DISQUALIFIED).
4. HIGH VISIBILITY VEST (OTHERWISE ATHLETE WILL BE DISQUALIFIED)

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5. FLASHING RED LIGHT TO WORN ON THE BACK (OTHERWISE ATHLETE WILL BE DISQUALIFIED)
6. MOBILE (MANDATORY FOR ATHLETES WITHOUT A CREW).
7. ENOUGH MONEY TO BE ABLE TO REACH HOTEL OR CAR (MANDATORY FOR ATHLETES WITHOUT A CREW)

STANDINGS AND PRIZES

AT THE END OF THE RACE WILL BE MADE AN ARRIVAL LIST OF MEN AND WOMEN THAT WILL HAVE REACHED THE FINISH LINE IN THE MAXIMUM TIME ALLOWED OF 52 HOURS.

DURING THE AWARD CEREMONY THERE WILL BE A BANQUET. CREW MEMBERS AND FRIENDS CAN TAKE PART AND MUST COMMUNICATE IT BEFORE THE RACE. THE COST WILL BE OF €30 PER PERSON (€10 FOR KIDS UNDER 10 YEARS OF AGE).

EVERY ATHLETE WILL RECEIVE A PRIZE (MEDAL/TROPHY/BELT BUCKLE)

SECURITY AND MEDICAL ASSISTANCE

AN INSURANCE COVER IS INCLUDED WITH THE REGISTRATION FEE.

MOREOVER THERE WILL BE AT THE CPs AND ON THE COURSE MEDICAL PROFESSIONALS THAT WILL OVERLOOK TO THE INTEGRITY OF THE ATHLETES AND HAVE THE FINAL SAY ABOUT THE CAPABILITY OF AN ATHLETE TO PROCEED IN THE RACE. IN CASE OF A DECISION BY THE DOCTORS TO WITHDRAW A PARTICIPANT, NO MONEY WILL BE REIMBURSED.

WITHDRAWAL

IN CASE OF WITHDRAWAL, THE ATHLETE MUST IMMEDIATELY INFORM THE ORGANISATION AND HAND BACK THE GPS TRACKER.

DISQUALIFICATION

THERE WILL BE ON THE COURSE RACE MARSHALS WHICH WILL CONTROL THAT EVERYONE FOLLOWS THE RULES. IN CASE OF BREAKING THE RULES THE ATHLETE WILL BE DISQUALIFIED.

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IT IS GIVEN THE CHANCE TO MAKE A WRITTEN COMPLAINT NO LATER THAN 2 HOURS AFTER THE END OF THE RACE. THE DECISION ABOUT THE COMPLAINT BY THE ORGANISERS IS FINAL AND UNQUESTIONABLE.

IMAGE RIGHTS

EVERY ATHLETE HAS NO RIGHTS ABOUT IMAGES OR VIDEOS MADE DURING THE RACE, INCLUDING THE PRE AND POST RACE.

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