

# OFFICIAL REGULATIONS 2024

## **Vesuvio Ultra 80km – Vesuvio Marathon 50km - Trail del Vesuvio 30km - Spartacus Short Trail 18km**

### **1 – ORGANIZING COMMITTEE**

SSD VUM OUTDOOR, under the patronage of the Vesuvius National Park Authority, the City of Ottaviano, and in collaboration with other local authorities and municipalities, organizes and presents “VESUVIO ULTRAMARATHON”, a trail running event which will take place on May 24-25-26th, 2024. The event includes four one-stage races along paths in the Somma-Vesuvius volcanic complex:

- “**Vesuvio Ultra**” (80km, D+ 5230m),
- “**Vesuvio Marathon**” (50km, D+3650m)
- “**Trail del Vesuvio**” (30km, D+ 2000m)
- “**Spartacus Short Trail**”(18km, D+ 1180m)

**The races** will be held on **Saturday, May 25th, 2024**, same starting-line but different starting time, and they must be completed within a time limit and in a partially self-sufficiency mode

### **2 – OFFICIAL ROUTES**

The routes for Vesuvio Ultra, Vesuvio Marathon, Trail del Vesuvio and Spartacus Short Trail are available on the official website [www.vesuvioultramarathon.it](http://www.vesuvioultramarathon.it)

Courses will be marked with flags, colored tapes and signposts (red writing/white background). Moreover, some crossroads or peculiar tracks will be marked with officially branded tape, in order to lead you towards the right direction. Riskiest high spots will be marked with red flags.

According to weather condition and/or for safety reasons, the organization reserves the right to modify, before and during the race, paths and time required. Participants will be duly informed in that case.

### **3- PARTICIPATION REQUIREMENTS**

These are three extreme running races, taking place in mountain environment and at high altitude. Therefore, in order to participate, it is extremely necessary:

- To be mindful of the distance and peculiarities of the races and to be fully well-trained in facing them in complete autonomy, as well as handling eventually unfavorable weather conditions (for instance, in case of fog, wind, rain)
- To be able to deal with basic health problems (digestive, muscular or fatigue issues, superficial wounds and so on)
- To be aware that the organization is not a “rescue squad”: each athlete’s safety along the way depends also on his/her personal adaptability skills.

The races are open to men and women aged 18 or older on May 25th, 2024

Participants will be awarded with **ITRA points**:

- **4 points** for Vesuvio Ultra 80k
- **3 points** for Vesuvio Marathon 50k
- **2 points** for Trail del Vesuvio 30k
- **1 point** for Spartacus Trail 18k

#### **4- REGISTRATIONS AND FEES**

Registrations can be submitted just **ONLINE** through the platform ENDU (credit card payments only)

Registration Opening Date: November 1st, 2023; Deadline: May 16th, 2024 (or before, in case the maximum number of participants is reached).

##### **Vesuvio Ultra (80km)**

**Maximum number of participants : 150 athletes**

Registration fees (for each athlete):

-from November 1st, 2023 to December 31st, 2023 = € 70,00

-from January 1st, 2024 to February 28th, 2024 = € 90,00

-from March 1st, 2024 to May 16th, 2024 = € 100,00

##### **Vesuvio Marathon (50km)**

**Maximum number of participants : 250 athletes**

Registration fees (for each athlete):

-from November 1st, 2023 to December 31st, 2023 = € 60,00

-from January 1st, 2024 to February 28th, 2024 = € 70,00

-from March 1st, 2024 to May 16th, 2024 = € 90,00

##### **Trail del Vesuvio (30km)**

**Maximum number of participants: 350 athletes**

Registration fees (for each athlete):

-from November 1st, 2023 to December 31st, 2023 = € 40,00

-from January 1st, 2024 to February 28th, 2024 = € 50,00

-from March 1st, 2024 to May 16th, 2024 = € 60,00

## **Spartacus Short Trail (18km)**

**Maximum number of participants: 250 athletes**

Registration fees (for each athlete):

-from November 1st, 2023 to December 31st, 2023 = € 30,00

-from January 1st, 2024 to February 28th, 2024 = € 40,00

-from March 1st, 2024 to May 16th, 2024 = € 50,00

### **5- REGISTRATION AND PAYMENT METHODS**

The races are opened to members of FIDAL, RUNCARD or other sports organizations. At the moment of registration, they must specify the number of their membership card on the registration form and attach a copy of a medical certificate, which clears them to compete in competitive sports and whose date will not expire before May 25th, 2024.

All the participants are kindly invited to ask the sports medicine doctor about the regional regulations in force.

Registrations can be submitted ONLINE, paying with CREDIT CARD, through the platform:

- **ENDU**, sending a copy of the receipt won't be necessary in this case.

The ENDU system supports also payments through bank transfer, even though in this case it should be submitted directly to Engagigo, using their specific IBAN code and specifying, as reason of payment, the code generated by the system during the registration process. In this case, it won't be necessary to notify the Organization Committee afterwards.

Registrations lacking in fee payment won't be accepted, therefore the list will include only athletes who duly completed it.

FOR FUTHER INFORMATION CONCERNING REGISTRATION, PLEASE CONTACT MRS. ANNA SENATORE 3474607794, or via email at [vesuvio@evodata.it](mailto:vesuvio@evodata.it)

A copy of the Eps card or medical certificate can be submitted during the online registration process or sent via email at [vesuvio@evodata.it](mailto:vesuvio@evodata.it)

Registration fee includes:

- Race bib;
- Assistance service during the race;
- Race package;
- Gadget (for finishers only)

**IMPORTANT: athletes who come from countries where submitting a medical certificate is not mandatory in order to participate in trail-running races, it is compulsory to sign a self-certification (LIABILITY RELEASE FORM) -in situ- to be allowed to run the race**

### **6- BIBS AND RACE PACKAGES COLLECTION**

Bibs and race packages collection activities will be held by EvoData staff and will occur **at Castello Mediceo** – Vesuvius National Park Authority's main office (across the Salita Principe, Ottaviano-NA) on **Friday May 24th, 2024** (from 3pm to 8pm, non-stop) **and Saturday May 25, 2024**(from 6:00am until 30 minutes before races' starting time)

Supervisors (for registration and bibs delivery)

Mrs. Anna Senatore (TDS) 347 460 7794

Mr. Miranda Michele 327 854 3402 (whatsapp messages only)

## 7- RACE START

Participants must be set along the starting line (in the area in front of Castello Mediceo) **at least 30 minutes** before the expected starting time of the race they signed up for.

Races' starting time are listed below:

- Vesuvio Ultra (80km) **7:00am**
- Vesuvio Marathon (50km) **8:00am**
- Trail del Vesuvio (30km) **8:30m**
- Spartacus Short Trail (18km) **9:30am**

## 8 - TIME LIMITS, CUT-OFF POINTS AND RENOUNCEMENT

The **Vesuvio Ultra 80km** must be completed within a **time limit of 20 hours**. There will be **3 cut-off points**, which are listed in the table below.

Athletes who do not reach these points by the established time limits will not be allowed to continue. Race staff members reserve the right to disqualify athletes who disrespect the rules and not include them in the final rank. There will be a broom service following the last racer.

Participants who want to continue beyond these statements, will proceed without bib and taking fully responsibility for the risks they run.

Same rules apply to **Vesuvio Marathon 50km**, which must be completed within a **time limit of 12 hours**. There will be **2 cut-off points**, as listed below,

and to **Trail del Vesuvio 30km**, which must be completed within a **time limit of 8 hours**. There will be just **1 cut-off point**, as listed below.

The **Spartacus Short Trail 18 km** instead must be completed within **a time limit of 5 hours**: no cut-off point is established in this case

## CUT-OFF POINTS' LIST

80Km

CUT OFF POINT	TIME LIMIT	
Climb to Cognoli di Ottaviano (29 km)	within 2pm, on Saturday 25th	7 hours from the start
At "Prima Aurora" (55 km)	within 7pm, on Saturday 25th	12 hours from the start
At Largo Legalità (69 km)	within 9:30 pm, on Saturday 25th	14,5 hours from the start

## 50Km

CUT-OFF POINT	TIME LIMIT	
Climb to Cognoli di Ottaviano (24 km)	within 2pm, on Saturday 25th	6 hours from the start
At Largo Legalità (40 km)	within 5pm, on Saturday 25th	9 hours from the start

## 30Km

CUT-OFF POINT	TIME LIMIT	
At Largo Legalità (18 km)	within 1:30pm, on Saturday 25th	5 hours from the start

## 18Km

No cut-off points scheduled

### 9 – REST-STOP POINTS

As mentioned before, races will be held in partially self-sufficiency mode. Rest-stop points (water only and even both water and food) will be provided as follows:

- Tenuta Federica water only 50 and 80 km
- Largo Affaccio water&food “ “
- Climb to Cognoli Ottaviano water only “ “
- Largo legalità water&food all races
- At “Prima Aurora” water,food,warm meal 80 km (AID STATION/REST AREA)
- Intersection with Path no.1 Profica water&food 30-50-80 km
- POST-RACE REFRESHMENT all races
- For the exact location (km) of rest-stop points, please check each race’s profile on the official website [www.vesuvioultramarathon.it](http://www.vesuvioultramarathon.it)

### 10 – MANDATORY EQUIPMENT

In order to participate to the **Vesuvio Ultra (80km)**, each athlete must have:

- Camelbak backpack or water bottle holder that can contain at least 1 L of water
- Trail Running Shoes
- Headtorch
- Cup or water bottle (no cups available at rest-stop points)
- Whistle
- Bandana or cap
- Raincoat
- Elastic bandage
- Rescue blanket
- Food stock
- Race bib (keep it well visible)
- Fully charged mobile phone

- Shoe covers are highly recommended (sandy spots along the way)

In order to participate to the **Vesuvio Marathon (50km)**, each athlete must have:

- Camelbak backpack or water bottle holder that can contain at least 1 L of water
- Trail Running Shoes
- Cup or water bottle (no cups available at rest-stop points)
- Whistle
- Bandana or cap
- Raincoat
- Elastic bandage
- Rescue blanket
- Food stock
- Race bib (keep it well visible)
- Fully charged mobile phone
- Shoe covers are highly recommended (sandy spots along the way)

In order to participate to the **Trail del Vesuvio (30km) and Spartacus Short Trail (18km)**, each athlete must have:

- Camelbak backpack or water bottle holder that can contain at least 1/2 L of water
- Trail Running Shoes
- Cup or water bottle (no cups available at rest-stop points)
- Raincoat
- Fully charged mobile phone

**ATTENTION: FOR BOTH THE RACES, PARTICIPANTS WHO WILL BE CAUGHT WITHOUT THEIR BACKPACK CONTAINING THE MANDATORY EQUIPMENT, NO MATTER IF ALONG THE WAY OR AT THE FINISH LINE, WILL BE IMMEDIATELY DISQUALIFIED AND SUBSEQUENTLY NOT INCLUDED IN THE FINAL RANK**

**Support to the athletes, provided by family or Team members, is possible just in some authorized spots. No accompanying is allowed during the races.**

## **11 – SAFETY POLICY**

Staff members will stand over crossroads, ambulances will be set up in the departure/arrival area, at Pietra Prisco (Regina Giovanna), across the Rifugio Imbò (ticket office), and at Green Hill. Mountain rescuers indeed will be monitoring the high spots of the path: Vetta Cognoli Ottaviano and mountain guides across the crater area (“Great Cono”) will supervise participants’ pass.

Athletes must be in any case covered by individual accident insurance. Organization refuses any responsibility or cost due to accidents or sudden illnesses claimed by participants. Athletes, indeed, choose to take part in the competition at their own risk, knowing well that races will occur in wonderful but sometimes even wild and dangerous places. As mentioned above, weather conditions can be unpleasant, plus the signal can be very limited or completely lacking in some spots; also, mind and body could be under pressure in an absolutely out of the ordinary way. Never underestimate the risk of serious and even fatal accidents.

## **12 – ENVIRONMENT SAFEGUARD**

The event will take place in the Vesuvius National Park, a nature preservation area, therefore participants must be respectful towards the environment, avoiding to vandalize it or litter anyway: whoever is caught in the act of behaving disrespectfully in that sense will be immediately disqualified.

### **13 – WEATHER CONDITIONS**

In case of adverse weather conditions (fog or violent storms), the organization reserves the right of interrupt or cancel the race, even last-minute or underway, in order to prevent athletes from being in danger.

### **14– DISQUALIFICATIONS**

Participants will be immediately disqualified if they:

- Try to cut the course
- Litter along the way
- Refuse to help injured runners
- Lack of mandatory equipment or part of it

### **15 – PRIZES**

Cash rewards are not provided, prizes in kind and sportswear items will be conferred instead.

The first 10 men and the first 10 women of all the four races will be awarded.

Even the first man and the first woman of each category (M/W 20-30-40-50-60-70-Over) will be awarded.

Plus, a finisher gadget will be given to all participants who will cross the finish line by the rules.

### **16 –IMAGE RIGHTS AND RESPONSIBILITY STATEMENT**

Upon submitted registration, participants authorize the organization to use any fixed or moving image taken during the race they performed in (Vesuvio Ultra, Vesuvio Marathon, Trail del Vesuvio or Spartacus Short Trail) and concerning their performance.

Besides, they acknowledge that they have read and understood the official regulations contents and they agreed to the terms, exempting the organizers from any civil and criminal responsibility (concerning damages to people or things, made or happened consequently).

### **17 – DETAILED ROUTES (PATHS)**

As mentioned before, the races will take place within the context of Vesuvius National Park and, through its wonderful paths, they will take the athletes back in time, travelling through relevant landmarks. After climbing the top of Vesuvius, they will get through the wild part of “Valle dell’Inferno” (Hell Valley), with the famous via Matrone and the Carcova, where the insurgent Spartacus defeated the Roman legions in the Vesuvius Servile War. Above all, athletes will travel the wooded ways of Mount Somma mountain range and its peaks called “cognoli”. The starting/arriving zone, the famous Castello Mediceo (Ottaviano) will be a nice throw-back to medieval era, when it was the residence of the Medici family.

### **18- INSURANCE**

Organization is covered by an insurance policy for civil responsibility for the whole duration of the event. Participants resign every claim against the organization in case of additional damages or consequences, developed after the race.

During online registration or at bibs' collection, each athlete signs and submit a liability release form. Therefore, contracting an individual accident insurance policy with an insurance company or affiliating with a sport club or federation (c.d. Runcard) is strongly recommended.

### **19 - REGULATIONS ACKNOWLEDGEMENT AND PRIORITY, ETHICS OF THE RACE**

The statements contained in the official regulations shall prevail in case of discrepancy with any other kind of information that might be available on websites or social media linked anyhow to this event. Submitting the liability release form and collecting the bib for Vesuvio Ultra, Vesuvio Marathon, Spartacus Short Trail or Trail del Vesuvio, the athlete unreservedly accepts these statements, as well as the ethical standards of the competition, and exempt the organizers from any liability.

### **20- COMPLAINTS POLICY**

Claims can be submitted within 30 minutes after final classification is posted, paying a 20 euros fee

### **21- REFUND POLICY**

Partial refund of the fee will be provided just in case of proven inability to participate. Withdrawal notice must be given:

by February 28th 2024, and will entitle the athlete to a refund of 60% of the fee they paid

by April 22nd 2024, and will entitle the athlete to a refund of 30% of the fee they paid

This percentages are due to the costs already incurred and non-recoverable by the Organization. Concerning proven withdrawal which may arrive later, Organizing Committee may assess in extremis the postponement of registration fee for the following edition of the event.

Under no circumstances athletes are allowed:

- to shift from a race to another
- to exchange or transfer their bib (whoever is caught while wearing a different race number, even if they completed the race, will be immediately disqualified and blacklisted)

In case of cancellation of the race due to reasons of force majeure, weather conditions or any other reasons beyond the will or competences of the Organization, no refund will be given to participants.

SSDarl VUM OUTDOOR