

OFFICIAL REGULATIONS 2022

Vesuvio Ultra Marathon 46 km Trail del Vesuvio 23 km Spartacus Short Trail 11 km

1 – ORGANIZING COMMITTEE

The ASD Vesuvio Lives, in partnership with the Vesuvius National Park Authority, the City of Ottaviano, other local authorities and municipalities, organizes and presents three one-stage races along paths in the Somma-Vesuvius volcanic complex:

- “**Vesuvio UltraMarathon**” (46km, difference in altitude 3350m),
- “**Trail del Vesuvio**” (23km, difference in altitude 1450m)
- “**Spartacus Short Trail**” (11km, difference in altitude 880m)

The races will be held on **Saturday, May 21st, 2022**, 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 UltraMarathon, Trail del Vesuvio and Spartacus Short Trail are available on the website 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 direct you towards the right path. 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's 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, turned 18 within May 21st, 2022

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

- 3 for the Vesuvio Ultra Marathon (46 km)
- 1 for the Trail del Vesuvio (23 km)

Indeed, the races are recognized among the qualifying competitions for the UTMB Mont Blanc.

4- REGISTRATIONS AND FEES

Registrations can be submitted:

- Through the online platform ENTERNOW (credit card payments only)

Registration Opening Date: November 9th, 2021; Deadline: May 13th, 2022 or before (just in case the maximum number of participants is reached).

VesuvioUltraMarathon (46 km)

Maximum number of participants : 300 athletes

- Registration fees (for each athlete):

-from November 9th, 2021 to May 5th, 2022 = € 50,00

-from May 5th, 2022 to May 13, 2022 = € 60,00

Trail del Vesuvio (23 km)

Maximum number of participants: 400 athletes

- Registration fees (for each athlete):

- from November 9th, 2021 to May 13th, 2022 = € 25,00

Spartacus Short Trail (11 km)

Maximum number of participants: 400 athletes

- Registration fees (for each athlete):

- from November 9th, 2021 to May 13th, 2022 = € 15,00

A part of revenues **will be given to charity.**

5- REGISTRATION AND PAYMENT METHODS

ATTENTION: Athletes who were registered to the 2021 Edition (including athletes who utilized the 2020 voucher within the time limit prescribed) at the time of registration will get an email by Enternow validating a 100% discount. Therefore, they will need to submit their registration again. Please note that the time limit to successfully complete this procedure is fixed at March 30th, 2022.

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 21st, 2022.

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:

- **ENTERNOW**  , sending a copy of the receipt won't be necessary in this case. ENTERNOW system supports also payments through bank transfer, even though in this case it should be submitted directly to Timing Data Service, 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 FURTHER INFORMATION CONCERNING REGISTRATIONS, PLEASE CONTACT
Mrs. ANNA SENATORE 3474607794

7- BIBS AND RACE PACKAGES DELIVERY

Bibs and race packages delivery activities will be provided by TDS staff and will occur **at Castello Mediceo** – Vesuvius National Park Headquarters (across the Salita Principe) on **Friday May 20th, 2022** (from 3pm to 8pm, non-stop) **and Saturday May 21st, 2022** (from 6:30am until 30 minutes before each race's starting time)

Supervisors (registration and bibs)

Mrs. Anna Senatore (TDS) 347 460 7794

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

8- 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.

- VesuvioUltraMarathon (46km) **8:00am**
- Trail del Vesuvio (23km) **8:30m**
- Spartacus Short Trail (**11 km**) **9:00am**

9 - TIME LIMITS, TIME CHECKPOINTS AND RENOUNCEMENT

The **VesuvioUltraMarathon** must be completed within a **time limit of 11 hours**. There will be **two times checkpoints**: the first at km 20 (at Pietra Prisco about 4 hours 30 minutes from the start), one at km 38 (at Pietra Prisco, second pass, about 7 hours from the start).

Participants who will step by those points after the previously mentioned time limits, will be stopped and not included in the final rank. The course will be “swept”, following the last racer. Participants who want to continue beyond these statements, will proceed without bibs and taking fully responsibility for the risks they run.

The **Trail del Vesuvio** must be completed within a **time limit of 8 hours**: There will be just one time checkpoint, at km 16 (about 3 hours 30 minutes from the start), at Largo Legalità (second pass). Participants who want to continue beyond these statements, will proceed without bibs and under their responsibility.

The **Spartacus Short Trail** must be completed within a time limit of 4 hours: no time checkpoint is established in this case

10 – REST-STOP POINTS

As mentioned before, races will be held in partially self-sufficiency (about both water and food) and there will be established:

6 rest-stop points for the Vesuvio UltraMarathon (46km)

- Km 6 – at Tenuta Federica (water&food)
- Km 13 – at Cognoli west junction (water only)

- Km 20 – at Pietra Prisco, first pass (water&food)
- Km 32 – near Largo Legalità (water only)
- Km 36 – near junction Green Hill (water only)
- km 38 – at Pietra Prisco, second pass (water&food)

2 rest-stop points for the Trail del Vesuvio (23km)

- km 4 – near Pietra Prisco (water only)
- km 16 – at Largo Legalità, second pass (water&food)

1 rest-stop point for the Spartacus Short Trail (11km)

- km 4 – near Pietra Prisco (water&food)

11 – MANDATORY EQUIPMENT

In order to participate to the **VesuvioUltraMarathon (46 Km)**, 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 recommended (sandy spots along the way)

In order to participate to the **Trail del Vesuvio (23 Km) and Spartacus Short Trail (11km)**, athletes 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 CLASSIFIED

12 – SAFETY POLICY

Staff members will stand over crossroads, ambulances will be set up in the departure/arrival area, 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, 1120mt above sea level) and mountain guides across the “Great Cono” will safeguard participants’ passage.

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 network coverage can be very limited or lacking in some spots, and doubtless 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.

13 – ENVIRONMENT SAFEGUARD

The event supports the “I don’t throw my waste out” campaign, promoted by Spirito Trail and the Plastic free campaign, therefore participants must be respectful towards environment, avoiding to vandalize it or leave refuses all around: whoever is caught in the act of behaving disrespectfully in that sense will be immediately disqualified.

14 – WEATHER CONDITIONS

In case of unpleasant 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.

15– DISQUALIFICATIONS

Participants will be immediately disqualified if they:

- Try to cut the course
- Throw waste out on the ground during the race
- Refuse to help injured runners
- Lack of mandatory equipment or part of it

16 – PRIZES

Cash rewards are not provided, prizes in kind and sportswear items will be conferred instead. The first 5 men and the first 5 women of all the three races will be awarded. Plus, just for the Vesuvio UltraMarathon, all the women that will cross the finish line will be awarded. For both Trail del Vesuvio and Spartacus Short Trail, prizes will be conferred even to the first 3 M/W of each category.

17 – IMAGE RIGHTS AND RESPONSIBILITY STATEMENT

Upon registration, participants authorize the organization to use any fixed or moving image taken during the race they performed in (VesuvioUltraMarathon, 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).

18 – DETAILED ROUTES (PATHS)

As mentioned, the races will take place within the context of Vesuvius National Park and, through its wonderful paths, they will throw 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.

Route #1 Vesuvio UltraMarathon (46 km)

A breathless, arduous race, which implies climbing and descending a number of times and dealing with sand and heat besides: conditions that make it even harder.

Starting from the Castello Mediceo (headquarters of Vesuvius National Park Authority) – Along a paved way, 700mt sprint uphill and then at the crossroad take the paved road heading to the intersection “stradello”(750mt), through the so-called “direttissima”. From this point, continue

straight for a bit then climb down through the “Spartaco” path, and you reach the district of Somma Vesuviana, in the locality of Castello, passing through the famous greenhouses where Vesuvius apricots grow. After a few binding stretches you arrive at the first rest-stop, within the lovely “Tenuta Federica”. Then a new track towards the 2km climb, the so-called “Traversa di Castello”, which leads you to the “Madonnina-Quota 800”. Turn right and continue with a 5 km single trek across the wild and woody paths of Mount Somma until you reach the junction, where the 2nd rest-stop awaits. Here you start a 3 km challenging climb along the cliffs “di Ponente”, continue through the Trocchia and S. Anastasia peaks, heading to the Punta Nasone (1130 mt above sea level). Here you can enjoy a beautiful view of both Vesuvius and the bay of Naples. Walk past the “Cappella della Madonna” and climb down for 1 km through canyons and sandy hairpin turns. Then turn right at the crossroads, heading back to Ottaviano and the Crater. At this point you reach Pietra Prisco where you can find the third rest-stop and the **1st time checkpoint (at 4:30 hours from the start)**. Then you head to Largo Legalità/Piazzale quota 800, where you can have a beautiful view of the skyline of Vesuvius. That’s the way in to the wild and arid Hell Valley, which leads you firstly to the famous features of the ropy lava and therefore straight to the service station IMBO’ (ticket office) 900mt above sea level.

- Here the incredible climb to the top of Vesuvius finally begins (1170 mt above sea level), where you will cover half the crater’s area, in order to climb down from the opposite side and meanwhile having a breathtaking view of the Bay of Naples, Sorrento and Irpinia mountain chain. The Vesuvius is currently the only active volcano where it is possible to run on the crater. On the opposite side of the crater, as mentioned, you enter a long and sandy way down (partially cobbled) along the ancient via Matrone, until the small junction where you proceed in order to return to Largo Legalità/Piazzale quota 800 (second pass). Here you can find the third rest-stop and the first time checkpoint.
- An 800 mt downhill along an entirely sandy way (the so-called “del muretto”) leads you to the district of Terzigno, passing through the pine wood maze and several magnificent vineyards. You reach then the locality of Green Hill and the fourth rest-stop. Refilling your water container is highly recommended in order to deal with the hardest part of the race itself: the tough “della Profica” climb and the climb “del Cognolo di Ottaviano”, coming right after, could probably put a strain on you. You will be able to take a short breath just on the flat track leading to the last rest-stop at Pietra Prisco (second pass), where you can find also the last time checkpoint.
- Reaching the peak of “Cognolo di Ottaviano” (1120 mt above sea level), you can enjoy a last beautiful view of Vesuvio and Irpinia mountain chain before entering the final downhill way to the Castello Mediceo, where the finishing line will be placed. Be careful: on the last 700 mt, the way back follows the same route of the going.

Route #2 (Trail del Vesuvio, 23 km)

A fast race, though entailing continual changes of pace: sand and heat are going to make it even harder.

Starting from the Castello Mediceo (headquarters of Vesuvius National Park Authority) – Along a paved way, 700mt sprint uphill and then continue straight in order to access the so-called “direttissima” climb leading to the “stradello” (750mt above sea level). From here, turn left to stay on the Sentiero n.2 until you reach the first rest-stop at Pietra Prisco. After a quick stop, you head to Largo Legalità/Piazzale quota 800, where you can have a beautiful view of the skyline of Vesuvius. That’s the way in to the wild and arid Hell Valley, which leads you firstly to the famous features of the ropy lava and therefore straight to the service station IMBO’ (ticket office) 900mt-

- Climbing to the top of Vesuvius (1170 mt above sea level) then climbing down from the opposite side until you arrive at the service station (1060mt above sea level).
- Way down along the ancient “Via Matrone”, thus you run back to Largo Legalità /Piazzale “Quota 800” where you find a rest-stop and the only **time checkpoint scheduled (4 hours from the start)**. Hence, turn immediately left towards the second last super challenging climb uphill (3km), all along the mountain ridge, which leads you to the Cognolo di Ottaviano (1120mt).

- Here the road runs with several bends down along the Sentiero n.2, then at the junction you enter the final climb down until the finishing line, in the beautiful context of the Castello Mediceo. Be careful: on the last kilometer, the way back follows the same route of the going.

Route #3 (Spartacus Short Trail, 11km)

This year we are glad to introduce a new short-distance trail race, including tracks along the ridge and steep descents.

In order to maintain the path's length within 11 km, participants won't run alongside the crater, but likewise they will enjoy the most renowned path of the whole event. They will run across the places where Spartacus defeated the Roman legionaries, have a look to the Briglie from the time of Bourbons and to the petrified lava. Athletes will see the Spartacus cliffs and reach the secondary vent of the Vesuvius (the so-called Carcova). The finish line will be at the Castello Mediceo, after a true dive into history.

Starting from a 700mt paved road that leads to the first junction, where the unpaved climb starts. Through the so-called "direttissima" way, you arrive at the "stradello" and then turn left towards Pietra Prisco. Here you can find the rest-stop and then you need to turn right, reaching the challenging 2,5 km climb along the ridge, which leads to the so-called "del bracconiere" junction. This is the highest spot of the race (850mt above sea level) and from here you access the path towards the final descent. This path includes two tracks: the first woody track (3,5 km) is quite accessible while the second (2,7 km) is an arduous and steep way through chestnut trees and vineyards. At this point, you need to turn left and through a short single-trek you step into the Carcova, where the Vesuvius Servile War took place. A short turn around the vent, with a look at its cliffs and then climb down until you arrive at Castello Mediceo. Be careful: on the last kilometer, the way back follows the same route of the going.

19- INSURANCE

Organization is covered by an insurance policy for civil responsibility for the whole duration of the race.

Participants resign every claim against the organization in case of additional damages or consequences, developed after the race.

During online registration or at bibs' delivery, each athlete signs and delivers a disclaimer.

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.

20 - 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. The delivering of the disclaimer and the collecting the bib for "VesuvioUltraMarathon" or "Trail del Vesuvio" implicate the unreserved acceptance of these statements, as well as ethical standards of the competition, and exempt the organizers from any liability.

21- COVID 19 HEALTH POLICY

Due to the uncertainty concerning the possible developments of Covid19 pandemic by the day of the races, we inform you that we won't be responsible in case of any governmental or local

regulations implicating the cancellation of the race. Furthermore, if necessary, we could intervene on some issues taking extraordinary measures, regarding foremost: races time rescheduling, starting modalities (staggering participants), race-stop and aid stations changes, any rectification about awarding ceremony. Even concerning logistics and possible gathering occasions, bibs delivery, face-masks use, access to race area/starting line and presence of the public, the organization will act in meticulous compliance with current regulations, governmental and local.

ASD VESUVIO LIVES