

OFFICIAL REGULATIONS 2023

Vesuvio Ultra Marathon 50km - Trail del Vesuvio 30km - Spartacus Short Trail 15km

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 two-days trail running event which will take place on May 27-28th, 2023. The event includes three one-stage races along paths in the Somma-Vesuvius volcanic complex:

- “**Vesuvio UltraMarathon**” (50km, D+ 3400m),
- “**Trail del Vesuvio**” (30km, D+ 2000m)
- “**Spartacus Short Trail**”(15km, D+ 900m)

The races will be held on **Saturday, May 27th, 2023**, 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 aged 18 or older on May 27th, 2023

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

- **3** for Vesuvio UltraMarathon 50km
- **2** for Trail del Vesuvio 30km

4- REGISTRATIONS AND FEES

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

Registration Opening Date: October 31st, 2022; Deadline: May 19th, 2023 or before (just in case the maximum number of participants is reached).

VesuvioUltraMarathon (50 km)

Maximum number of participants : 250 athletes

- Registration fees (for each athlete):

-from October 31st, 2022 to December 31st, 2022= € 50,00

-from January 1st, 2023 to February 28th, 2023 = € 60,00

-from March 1st, 2023 to May 19th, 2023 = € 70,00

Trail del Vesuvio (30 km)

Maximum number of participants: 450 athletes

- Registration fees (for each athlete):

-from October 31st, 2022 to December 31st, 2022= € 30,00

-from January 1st, 2023 to February 28th, 2023 = € 40,00

-from March 1st, 2023 to May 19th, 2023 = € 50,00

Spartacus Short Trail (15 km)

Maximum number of participants: 200 athletes

- Registration fees (for each athlete):

-from October 31st, 2022 to December 31st, 2022= € 20,00

-from January 1st, 2023 to February 28th, 2023 = € 25,00

-from March 1st, 2023 to May 19th, 2023 = € 30,00

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 27th, 2023.

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 FUTURE INFORMATION CONCERNING REGISTRATION, PLEASE CONTACT MRS. ANNA SENATORE 3474607794

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 TDS staff and will occur **at Castello Mediceo** – Vesuvius National Park Authority's main office (across the Salita Principe) on **Friday May 26th, 2023** (from 3pm to 8pm, non-stop) **and Saturday May 27, 2023** (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)

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:

- VesuvioUltraMarathon (50km) **8:00am**
- Trail del Vesuvio (30km) **8:30m**
- Spartacus Short Trail (**15 km**) **9:00am**

8 - TIME LIMITS, CUT-OFF POINTS AND RENOUNCEMENT

The **VesuvioUltraMarathon** must be completed within a **time limit of 12 hours**. There will be **2 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 **Trail del Vesuvio**, 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** must be completed within **a time limit of 4 hours**: no cut-off point is established in this case

CUT-OFF POINTS' LIST

VESUVIO ULTRAMARATHON 50 KM

- | | | |
|---|--------------------------------------|-------------------------|
| 1 | KM 23 (largo next Pietra Prisco) | 5 hours from the start |
| 2 | KM 38 (“ “ “ P .Prisco 2nd passage) | 10 hours from the start |

TRAIL DEL VESUVIO 30 KM

- | | | |
|---|---|------------------------|
| 1 | KM 20 (Largo next P.Prisco-after S.Profica) | 5 hours from the start |
|---|---|------------------------|

SPARTACUS SHORT TRAIL 15 KM

No cut-off points scheduled

9 – REST-STOP POINTS

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

5 rest-stop points for the Vesuvio UltraMarathon (50km)

- Km 6 – at Tenuta Federica (water only)
- Km 15 – at Cognoli west junction (water&food)
- Km 23 – at Pietra Prisco, first pass (water&food)
- Km 33 – near Largo Legalità (water only)
- Km 40 – at Pietra Prisco, second pass (water&food)

3 rest-stop points for the Trail del Vesuvio (30km)

- Km 4 – near Pietra Prisco (water only)
- km 14 – at Largo Legalità, second pass (water&food)
- km 21 – at Pietra Prisco, second pass (water&food)

1 rest-stop point for the Spartacus Short Trail (15km)

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

10 – MANDATORY EQUIPMENT

In order to participate to the **VesuvioUltraMarathon (50 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 are highly recommended (sandy spots along the way)

In order to participate to the **Trail del Vesuvio (30 Km) and Spartacus Short Trail (15km)**, 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

11 – 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’ 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 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.

12 – ENVIRONMENT SAFEGUARD

The event supports the “I don’t throw my rubbish” campaign, promoted by Spirito Trail and the Plastic free campaign, 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
- Throw waste out on the ground during the race
- 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 three races will be awarded.

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

16 –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).

17 – DETAILED ROUTES (PATHS)

As mentioned, 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.

Route#1 Vesuvio UltraMarathon (50 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 (Main Office 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, after a flat stretch and through the “Spartaco” path, you will 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 cut-off point (at 5:00 hous 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 towards 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 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 junction where you proceed in order to return to Largo Legalità/Piazzale quota 800 (second pass). Here you can find the fourth rest-stop.

- A long descent along an entirely sandy way leads you to the district of Terzigno, passing through the pine wood maze and several magnificent vineyards. Here you deal with the hardest part of the entire race: 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 second and last cut-off point (at 10:00 hours from the start)**.

- Reaching the peak of “Cognolo di Ottaviano” (1120 mt above sea level), you can enjoy a last beautiful view of Vesuvio and Irpinia mountains before entering the final downhill way to the Castello Mediceo, where the finishing line will be waiting. Be careful: on the last 700 mt, the way back follows the same route of the going.

Route#2 (Trail del Vesuvio, 30 km)

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

Starting from the Castello Mediceo (Main Office 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 towards 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 the second rest-stop.

- From Largo Legalità, turn immediately right towards a long descent along an entirely sandy way leads you to the district of Terzigno, passing through the pine wood maze and several magnificent vineyards. Here you deal with the hardest part of the entire race: 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, where you find the third rest-stop and the one and only **cut-off point scheduled (5:00 hours from the start)**. Here it is 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, 15km)

A short-distance trail race, including tracks along the ridge and steep descents.

In order to maintain the path’s length within 15 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 from the Castello Mediceo (Main Office of Vesuvius National Park Authority) – along a 700mt paved road you will arrive 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 continue straight towards Largo Legalità-quota 800, reaching the challenging 3 km climb along the ridge, which leads you to the peak of Cognolo di Ottaviano This is the highest spot of the race (1120mt above sea level) and from here you access the path towards the final descent. Then there is a first descent along a very

sandy path and then another long descent leading to a junction: here you need to turn right and 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.

18- 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' 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 "VesuvioUltraMarathon", Spartacus Short Trail or "Trail del Vesuvio" the athlete unreservedly accepts these statements, as well as 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 was 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, 2023, and will entitle the athlete to a refund of 70% of the fee he paid. This percentage is 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.

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.