

# *ASD Val Veddasca e Molinera Running*

MAY 2nd, 2021

## LAGO MAGGIORE “NON COMPETITIVA” - K 12 D+ 700 m

Runners who subscribed to LMIT 2020 and required to convert their subscriptions to LMIT2021 (OPTION 1) or have asked for a 25% refund (OPTION 2) will be able to subscribe to LMIT2021 via the online form mentioned at the Chapter 5 of these Official Rules (HOW TO SUBSCRIBE)

### 1 – GENERAL INFORMATION

The LAGO MAGGIORE “Non Competitiva” is organized by A.S.D. Val Veddasca e Molinera Running.

This event is sponsored by Comunità Montana Valli del Verbano and the Municipality of Maccagno con Pino e Veddasca (VA).

To take part to the LAGO MAGGIORE “Non Competitiva” you have to be at least 18 year old at the day of the race.

The start and finish line of this Race will be in Maccagno con Pino e Veddasca (Parco delle Feste).

The race will take place in any weather condition.

### 2 – TRACK

Hiking route. Itinerary that is almost always carried out on trails or on varied terrain (pastures, debris, screes) with signs. There are no sections with alpine difficulties.

The route follows the following itinerary (mountain environment of Maccagno with Pino and Veddasca)::

- Maccagno con Pino e Veddasca – Sport Field (206m)
- Frazione Garabiolo (566m)
- Hostel “Comunità Montana”
- Frazione Musignano (746m)
- Frazione Sarangio (534m)
- Maccagno con Pino e Veddasca – Campo Sportivo (206m)

For an amount of 12,5 km and a positive drop of 710 meters.

Along the way the kilometers are not marked. Competitors must strictly observe the competition route marked by orange biodegradable paint marks (2 vertical or horizontal overlapping rods or arrows), slings or flags.

Any signs of different colors must be neglected as they indicate paths that are not related to Lake Maggiore "Non Competitive".

In case you do not meet for any of those signs for a distance of about 300 meters, you must go back to make sure you are on the correct path. Removal from the official route will be at the sole risk of the competitor.

### **3 - SUBSCRIPTIONS**

Registrations will open on November 10th, 2020 and will close at midnight on April 18, 2021. **(or when reaching 50 total competitors).**

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Registration is personal and definitive, it is valid only for the chosen competition; the substitution of the name is not allowed.

The closing of entries will be announced on the website WWW.LMIT.INFO and from that moment further registrations will no longer be accepted.

The registered members list will be published on the site and kept constantly updated.

Entries will be submitted for approval by the Competition Organizers.

Anyone who has taken offensive behavior of any kind against the Organizing Association, the Competition and / or other Competitors will be liable for non-acceptance of the application form for one or more events organized by A.S.D. Val Veddasca and Molinera Running.

The acceptance or refusal of registrations cannot be complained.

At time of subscribing you have to:

- be aware of the length and characteristics of the race;

- have the ability to self-orient and to self-manage in the mountains, even in case of bad weather conditions.

### **4 – SUBSCRIPTION FEES**

Subscription fees are:

- € 20 from November 1st to December 31st, 2020;

- € 25 from January 1st, 2020 to April 18th, 2021;

- € 28 the day before the race (May 1st, 2020 – only in case of BIBS available still);
- € 30 the day of the race (from 8:30 to 9:30 am - only in case of BIBS available still).

Subscription fees include the following services:

- post-race meal voucher to be used at the "**Central Point -" Parco delle Feste "in Maccagno with P.V.** (first course + second course + side dish + water / orangeade / coke / beer);- un caffè;

- free pic;

- race package containing Sponsors' gifts;

- refreshment on the finish line;

- health care;

- showers + dressing room;

- overnight stay in the gym subject to availability of spots (to be booked when registering).

## **5 – HOW TO SUBSCRIBE**

If you enrolled to LMIT 2020 and required the conversion to LMIT 2021, please [CLICK HERE](#)

If you enrolled to LMIT 2020 and required the 25% discount for LMIT 2021, please [CLICK HERE](#)

If you're a new subscriber you can enroll via Paypal or Bank Transfer:

### **DIRECT SUBSCRIPTION WITH PAYMENT BY CREDIT CARD / PAYPAL:**

If you are in trouble with this subscription, please drop us an email to: [info@lmit.info](mailto:info@lmit.info)

Payment via bank transfer **with bank fees at your charge**, to

A.S.D. VAL VEDDASCA E MOLINERA RUNNING, Via Europa, 7/B – 21010 Tronzano Lago Maggiore – VARESE;

- C/C IBAN- IT95K0311150401000000005001

BIC: BLOPIT22

## **WRITE IN THE PAYMENT REASON "Participant's name and surname".**

- The payment receipt (bank transfer) must be loaded / sent during the online registration process.
- Registration will be valid by publishing the name in the enrollment list only after verifying the regularity of the registration.

## **6 – MEDICAL CERTIFICATION**

Each Athlete must provide a medical certificate of "good health" (or higher, for example a medical certificate for competitive sports) that must be delivered at the time of the pickup of the race, under penalty of non admission to participation.

A form to be filled and signed by your Doctor is available for download by clicking [HERE](#)

## **7 – BIBS AND RACE PACK WITHDRAWAL**

The bib and race package withdrawal operations will take place at the “Parco delle Feste” (close to the sports field) of Maccagno with Pino and Veddasca:

### **Saturday, May 1st, 2021:**

- From 3pm to 6pm: BIBS and race pack withdrawal;
- From 3pm to 6pm: latest subscriptions (...only in case of BIBS available still).

### **Sunday, May 2nd, 2021:**

- From 8:30 to 9:30 am: BIBS and race pack withdrawal;
- From 8:30 to 9:30 am: latest subscriptions (...only in case of BIBS available still).

## **8 – STARTING AND FINISH LINE**

The starting and finish line of the race are in Maccagno con Pino e Veddasca (VARESE) at il “Parco delle Feste” close to the Sport Field; competitors must present themselves near the starting line within

:- 10:00 am (RACE STARTS AT 10:13).

## **9 – MUSTS HAVE AND SUGGESTIONS (MANDATORY STUFF)**

It is important to know that in case of need for assistance, the morphology of the territory or the current weather conditions could make rescue efforts wait longer than expected. Security will then depend on the material you will have in your backpack or pouch.

It is mandatory for all athletes to start the race with the following stuff:

- mobile phone with organization numbers registered ( +39 327 9303569 )
- at least half a liter of drinks
- windproof jacket suitable to withstand bad weather conditions in the mountains (***we reserve the right to make this mandatory***)
- thermal blanket
- food reserve
- emergency whistle
- personal glass or cup (recommended)

## **10 – OBLIGATIONS FOR PARTICIPANTS**

We'll provide a "broom service" which will follow the last competitor along the track, in order to be able to help with any retirement and to prevent any injured persons from being left without assistance.

In the event of retirement during the race, it is compulsory to notify the race staff present along the route as soon as possible, then it will be possible to continue exclusively under one's own responsibility and in complete autonomy.

In the event of failure to notify a retirement and the consequent start of the search for the trailer, any resulting cost will be charged to the rider himself.

## **11 – REFRESHMENT POINT**

The refreshment point is:

-Maccagno con Pino e Veddasca close to the "Finish Line";

The athletes will have to throw waste, glasses, gels, bars, etc in the appropriate containers made available at the refreshment point.

## **12 - DISQUALIFY**

The Organization staff members present on the track are authorized to verify the compliance of the riders with the official rules and to communicate to the race jury the infringements found. The race jury applies the penalties according to the following table.

INFRINGEMENT OF THE REGULATION	PENALTY
Voluntary abandonment of waste	Disqualification
Refusal to be checked	Disqualification
Absence of mandatory safety stuff	Disqualification
Insults and threats to volunteers or employees of the Organization	Disqualification
Omission of assistance to a runner in difficulty	Disqualification

### **13 - ENVIRONMENT**

Competitors must behave in a manner that respects the alpine environment, avoiding in particular to disperse waste, collect flowers or harass wildlife. Anyone surprised to leave waste along the way will be disqualified from the race and will incur any penalties provided for by municipal regulations.

### **14 – RACE ASSISTANCE AND SECURITY**

**The assistance and security is prepared and managed by the organizers, in collaboration with:**

- Associazione Nazionale Carabinieri – Sezione di Luino;
- CAI/Sezione di Luino;
- CAI/Sezione di Gallarate;
- Circolo ACLI di Garabio (Maccagno con Pino e Veddasca);
- Corpo Nazionale Alpino e Speleologico/Stazione di Varese;
- Nucleo Protezione Civile e Ambiente Carabinieri in Congedo – Provincia di Varese;
- Protezione Civile di Maccagno con Pino e Veddasca;
- Protezione Civile di Tronzano Lago Maggiore;
- Protezione Civile Intercomunale Val Dumentina;
- A.S.D. Polisportiva Valdumentina;
- Associazione Nazionale Carabinieri – Sezione di Lavena Ponte Tresa;
- Pro Loco di Maccagno con Pino e Veddasca.

An ambulance will be present in the arrival area.

Participants are required to have orientation and self-management skills in the mountains, even in bad weather conditions.

Any injured or struggling athlete can call for help:

- presenting themselves at an official checkpoint or at the Assistants of the course;
- by calling the organization number ( **+39 327 9303569** );
- asking another athlete to notify the rescue team.

It is a must and obligatory to provide assistance to all the people in need and, if necessary, to notify the rescue team. In the event that a competitor has lost time to rescue another injured or struggling competitor, he can request the Race Time Jury to reduce the time spent on the official classification.

## **15 - WEATHER**

The race will take place in any weather condition. In the event of significant weather phenomena (thunderstorms, snow), the Organization reserves the right to make changes to the course even at the last minute so as to eliminate any dangers or conditions of great discomfort for the participants. Any changes will be communicated to the participants and reported by the employees.

## **16 - GYM AND SHOWERS**

At the municipal gym of Maccagno with Pino and Veddasca, via Oliari nr.1, there are no cots or mats available.

The gym and shower rooms are not controlled, therefore the Organization is not responsible for any theft or damage to objects left unattended.

It is mandatory to leave the gym and showers as you find them, without leaving waste and cleaning up the spaces, equipment and services used.

## **17 - ASSURANCE**

The Organization is in charge of a civil liability insurance policy and for the protection of the participants throughout the trial period.

Any costs arising from the use of rescue vehicles are the responsibility of the rescued person, as well as those for his return from the place where he was hospitalized. It is advisable to take out a special insurance policy to cover above all helicopter rescue and rescue costs.

## **18 - DECLARATION OF RESPONSIBILITY'**

The voluntary registration and the consequent participation in the race indicate the full acceptance of this regulation and of any changes made. By registering, the participant exempts the Organizers from any liability, both civil and criminal, for damage to persons and / or things caused by them or to them.

## **19 - DISCLAIMER**

At the time of collecting the race package the participant must sign a disclaimer.

## **20 - IMAGE RIGHTS**

By registering, the competitors authorize the Organization to use, without territorial limits or time limits, still and moving images that portray them on the occasion of their participation in Lake Maggiore "Non Competitive".

## **21 – PRIVACY POLICY**

The data provided will be treated in compliance with the rules established by Legislative Decree 30.06.2003 nr. 196 and used exclusively for the purposes related to the tender.

## **22 – JURY**

The Jury is composed by:

- the Event Director
- all the people indicated by the Organizers.

The jury is authorized to deliberate in a time compatible with the obligations of the race on all disputes or disqualifications occurred during the race. The decisions taken are without appeal.

## **23 – CHANGES**

The Organizing Committee reserves the right to modify this regulation at any time for reasons concerning appropriate for a better organization of the competition. Any changes to the timetables, services and places, as well as any cancellation of the tender and refund procedures, will be communicated on the website of the event: [WWW.LMIT.INFO](http://WWW.LMIT.INFO)

### **Sponsored by:**

**Comunità Montana Valli del Verbano (Varese)**

**Comune di Maccagno con Pino e Veddasca (Varese)**

**Comune di Tronzano Lago Maggiore (Varese)**

**Comune di Curiglia con Monteviasco (Varese)**

**Comune di Dumenza (Varese)**

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