



O-MARATHON

Passo Coe 7 July 2019

PROGRAM

Sunday 7 July 2019

- 8.00 Event Center opens, Bar Hangar, Base Tuono, Passo Coe
- 9.00 "Mass start" for all classes

TECHNICAL INFORMATION

MAP and TERRAIN

O-Marathon is an ultra-long distance race, which take place alpine terrain with coniferous forest with good visibility, there are also some open land areas. Altitude is between 1250 and 1600m a.s.l.

The maps are mapped with ISOM 2000 from IOF Rules.

There are a lot of fallen trees in the terrain which are mapped with symbol n°409 (undergrowth difficult to run), these areas can be entered but it's strongly not recommended, single fallen trees are not mapped.

There are also some forbidden areas mapped with symbol n°709 (forbidden area), it is strongly forbidden to cross these areas.

A small part of the map is a "blank map", only contour lines, roads and bigger paths are mapped.

START

The start will be "mass start" for all the classes at 9.00 am. All the runners have to go inside the start box ten minutes before the start to do the Si-Card control. It will be a "delayed start", the start flag is 100m far from the real start.

MAP CHANGE

ME, WE, M20, M35, M50 have 3 map exchanges. The first map exchange will be at the first refreshment point, the second map will be on the back of the first one. The second map exchange will be at the second refreshment point, here the athletes will leave the map and will take another one from the right box. The last map will be on the back of the third one. For the other classes there will be 2 map exchanges, in the first one athletes will leave the map and will take another one from the right box, the last map will be on the back of the second one.

Be careful with the map order, there will be the number of the map printed on the right at the bottom of the map. The sequence of the control points is progressive.

Is responsibility of the athlete to take the right map at the map exchange.

Map scale is 1:10.000 and 1:15.000, equidistance 5 m.

REFRESHMENT POINT

There will be 2/3 refreshment points during the race, based on the classes. Camel-bag/personal bottle is recommended due to high temperatures.

COURSES DATA

	LENGTHS	CLIMB	NUMBER OF CONTROLS	REFRESHMENTS
ME	21,5	760	28	3
WE - M35	16,9	640	17	3
M20 - M50	14,8	510	15	3
W20 - W35 - OPEN	11,7	450	11	2
W50	10,8	390	9	2