

1st VENETO ADVENTURE RACE

VAR 2021



Sunday 7 November 2021 at 10.00

in Brendola (VI) - Italy.

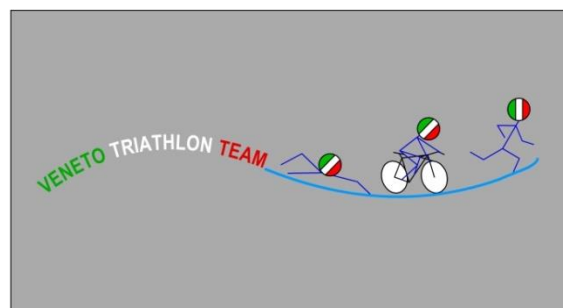


ASD EREBUS ORIENTAMENTO VICENZA



and the

VENETO TRIATHLON TEAM



organize the

1st VENETO ADVENTURE RACE

RACE ANNOUNCEMENT - Rev. 03 of 30/09/2021

ATTENTION: The following information may vary according to the epidemiological and legislative trend linked to the Codiv 19 virus and therefore may be modified to comply with the regulations.

Periodically consult the competition website to download any additional race announcements releases.

Competitors are required to follow the provisions of the FISO COVID-19 protocol present at the following link: https://www.fiso.it/files/f_media/2021/06/23123.pdf

GENERAL INFORMATIONS

The **VENETO ADVENTURE RACE** is a multisport race in orientation and self-sufficiency for teams of two people.

The route is not marked on the ground but indicated on **topographic maps** that will be provided at the start, the teams will be able to use a compass and must have a smartphone to record the passage on the check-points of the route consisting of QR codes. Check-points (identified with a flag orange/white) are set up along the route that must be reached on foot or by bicycle (MTB) and there will also be special tests (archery trial, Temp-O trial, slackline and progression horizontal on suspended rope trial)

The team that within the maximum time available will accumulate the most points along the route taken of its choice and in the special trials will be proclaimed the winner.

Any external help is expressly forbidden, under penalty of disqualification.

The sports practiced will be: **Trail running in orientation, MTB in orientation and the special trial of archery, Temp-O trial, passage on Slackline and Horizontal progression on suspended rope trial.**

ACCEPTANCE OF THE REGULATION

Participation in the **VENETO ADVENTURE RACE MULTISPORT** implies acceptance by the registered competitors in all its parts and without reservations of this regulation and frees the organizers from any civil or criminal liability for any eventual incident or accident, for damage to persons or things derived to himself or caused by himself, which may occur during the event.

For anything not specified, refer to the RFT of the FISO (www.fiso.it).

Routes and categories.

There are 2 routes:

- *Expedition (for experts, physically demanding) time limit 6 hours*
- *Adventure (ideal for those who want to start, of reduced length and engagement) time limit 3 hours*

and 2 categories:

- *Elite (Man + Woman)*
- *Open (Man + Man or Woman + Woman)*

At the start of the race, each competitor will be given topographic maps of the entire race area with the check-points to be reached. The race is in free sequence and only the passage to the transition areas is mandatory. The passage will be recorded at the check-points by reading the bar code on the flag with the smartphone. The competitor's smartphone can do this after downloading the VARMARKER app created specifically for the race. Before the start it will be installed on the competitors' smartphone. The app records the check-point code, the score of the check-point, the travel time from the start, the partial between one checkpoint and the next and the score achieved. At the end of the competition, the file produced must be sent to the timekeeping manager via email or WhatsApp. Competitors' smartphones must be running Android 10 or lower. The app does not work on Android 11 and Apple systems.

The actual length of the race varies according to one's abilities and the points actually achieved. Presumably, it will be impossible to visit all the check-points in the time made available, therefore it will be necessary to study a strategy that optimizes the team's abilities, travel times based on the differences in altitude and the choice of the check-points with the most rewarding scores in relation to the two previous considerations.

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The members of each team must remain together ("on sight" about 50 m) for the entire duration of the competition.

Upon registration, athletes must be registered with the Italian Federation of Orientation Sports (FISO). Those who are not registered can do so by means of the day pass (cost € 5.00).

The minimum age to participate is 16 years old (participation is allowed as long as you have the authorization of a parent and there is at least one teammate of age).

At the time of registration, athletes must have a sports competitive medical certificate for orienteering sports or Triathlon or Athletics or MTB valid on the day of the competition.

MEETING

The race meeting place, the start and the finish are located at the Polisportiva di Brendola (VI) in Piazza del Donatore, 10 - Italy.

<https://goo.gl/maps/yCaYMshpBpYPuW1X8>

The competition secretariat will be open from 7:30 on Sunday 7 November.

For this competition the green pass will not be required, so according to the current anti covid-19 rules of the FISO regulation the organization will make available to the participants only the bathrooms. It will be possible to leave luggage in a covered area. There will be a water hose in the yard to wash the bikes at the end of the competition.

PROCEDURE

Registration and material control: Sunday 7 November from 07:30 to 09:00 at the meeting place.

Before the start there is a mandatory technical briefing at 09:15 in which the trials to be carried out will be explained.

At 9.30 the stands of the first two special trials will open.

The start of the race for the first team of the Expedition category will be at 10:00.

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The actual departure for the first team in the Adventure category will be at 10:30 am.

The race is water and food self-sufficient: there will be no refreshment points organized along the route. A single refreshment point will be set up at the finish.

No car or motorcycle vehicle is allowed on the race course following the competitors. Violation of this rule entails immediate exclusion from the race. The roads will be open to traffic. **Teams are required to respect the Rules of the Road** (where the routes cross roads open to traffic).

The withdrawal of a team member is equivalent to the disqualification of the entire team. In the event of a withdrawal along the route, the teams must return to the race meeting place autonomously: there is no recovery. All withdrawals must in any case be reported to a member of the organization or via an emergency number.

To avoid the loss of data due to breakage or malfunction of the smartphone is also required the manual writing of the check-point code on the flag description sheet that will be taken into account only in case of need.

Maximum time: the maximum time to complete the test is **6 hours for the Expedition course** and **3 hours for the Adventure course**. It is the responsibility to each team to evaluate the distance and time needed to complete the course, or part of it, within the maximum time allowed.

The competition will be organized in all weather conditions. In case of bad weather or for reasons of force majeure, the organization reserves the right to make changes to the tracks or to the program of the event, in order to guarantee the safety of the competitors. The suspension or cancellation of the race will not entitle the competitors to any refund of the registration fee.

EQUIPMENT

During the race, the team must have the following material with them:

Mandatory material:

- MTB with repair and inflation kit (per competitor)
- One MTB helmet (per competitor)
- Windproof jacket (for competitor)
- Whistle (per competitor)
- Compass (per competitor)
- Transparent and waterproof envelope for maps that are in normal paper (per competitor)
- Anti covid-19 mask to wear in the start and finish area (per competitor)
- Headlamp (per competitor)
- Minimum first aid kit: disinfectant, plasters, bandage, tape, heat sheet (per team)
- one smartphone with charged battery and autonomy appropriate to the length of the race. It must have Android 10 or lower. No Android 11 or Apple. The number must be provided when registering to obtain the VARMARKER app. The smartphone must be used in the race to record the passages on the check-points (per team)

The required equipment must be carried with you all the time only the helmet and spare shoes can be left in the transition area with the MTB, the backpack with all the mandatory material must be brought in the race, even in the initial prologue.

It is also recommended to have with you:

Recommended material:

- Bottle on the bike and other liquids for at least 750ml in the backpack in a bottle or water bag
- Trail running shoes also in MTB or spare shoes (per competitor)
- Running backpack
- Possible power bank to increase the autonomy of the smartphone
- MTB map holder
- Pen and highlighter
- Clothing that covers the legs (possible presence of ticks)
- Gels, energy bars, salts
- Smartphone holder system suitable for speeding up punching operations
- Tick repellent

PENALTIES AND DISQUALIFICATIONS

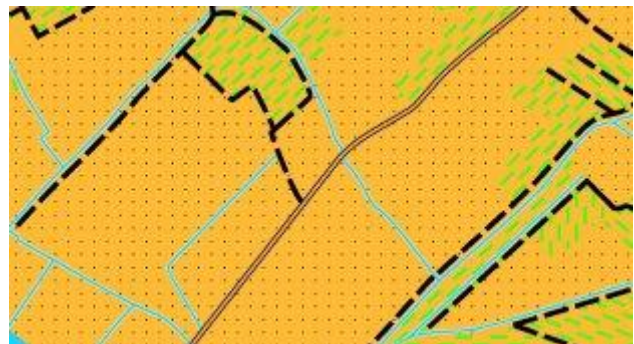
The organizers will can carry out checks on the route and can pronounce the disqualification of a team in case of violations of the regulations in particular for:

- lack of part or all of the mandatory material
- use of a non-compliant means of transport
- abandonment of their material or waste along the way
- pollution or degradation of the place by a competitor
- insults, rudeness or threats against members of the organization, volunteers or locals
- complaints from the inhabitants for climbing over private property fences and crossing cultivated fields

Penalty for late arrival: There are no penalties for not reaching the check-points, but only for arriving after the maximum time. Penalty of 15 points for each minute (or fraction) of delay exceeding the maximum time (6 hours for the long and 3 hours for the short), up to a maximum of 15 minutes of delay; team disqualification over 15 minutes late. Team members must not move more than 50 m away from each other. If they are caught separated by a judge, a penalty of 100 points is triggered.

MAPS

During the course of the race the competitors will use different types of topographic maps both FISO type and Open Street Map modified and they will be given to each competitor at the start with a separate list with the description of the check-points. All the points to be reached are marked on the maps. The maps are specially made for the event and are not on the market.



AWARDS

All competitors will be included in the ranking and the first three teams classified in the ELITE and OPEN categories in the Expedition course and the first classified in the ELITE and OPEN categories in the Adventure course will be awarded. The official awards will take place as soon as possible after the refreshment at approximately 7.00 pm at the finish line.

REGISTRATION

Registrations will open on Monday 30 September 2021 and will close on Tuesday 02 November 2021. Registrations must be made online with payment by bank transfer by filling out the form on the official website of the race <https://www.fiso.it/gara/2021231> or <https://www.erebusvicenza.it>.

Payment must be made within 3 days of completing the registration form.

A copy of the valid medical certificate for competitive sports in orienteering or triathlon or athletics or MTB and a copy of the payment must be sent by email (erebusvicenza.var@gmail.com) after completing the registration form. In case of lack of the medical certificate, on the day of the race it will not be possible to take part in the race and the competitor will not be entitled to any refund of the registration fee.

Registration Fees:

ADVENTURE RACE:

- Until 02 November 2021 short course: € 35.00 / competitor
- Until 02 November 2021 long route: € 45.00 / competitor
- For non-FISO members: Fiso day pass fee: € 5.00 / competitor

Registration entitles you to the maps for each competitor, to the VARMAKER app for recording check-point code, to refreshments at the end of the race and the insurance coverage provided for by the FISO Card. All those who register online on the site will receive an email confirming their registration.

A team is considered registered after the payment of the fee by bank transfer:

IBAN IT49A0859088330000900028393 **BIC / SWIFT** CCRTIT2TBCV
BANK CENTROVENETO BASSANO BANCA - Branch of Arcugnano (VI)
Heading ASD EREBUS ORIENTATION VICENZA
Reason: Veneto Adventure Race 2021 registration (add team name)

In case of non-payment after 3 days from the registration, the same will be cancelled and any acquired rights will be lost.

The teams registered will be sent the detailed race regulations updated with the description of the special trials and the scores and the VARMARKER app to be installed on the smartphone to practice.

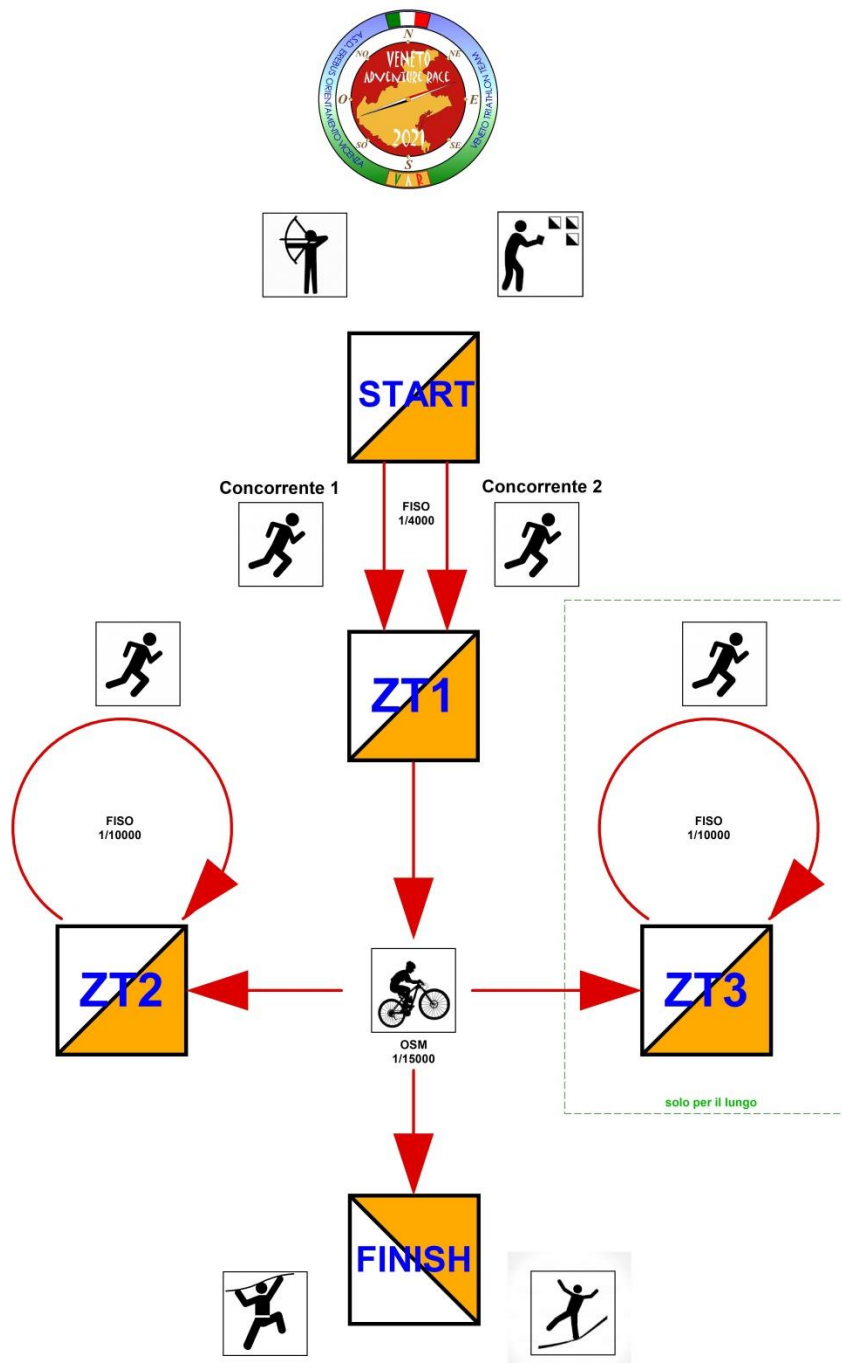
IMAGE RIGHTS

The organization may use any filmed or photographic image of the event, without competitor reclamation the right the use of the image. Any video or photographic image of the organization or event can be used by athletes for private use only. Public use is prohibited.

SCHEME OF THE COMPETITION

The VAR is a multisport competition in couple with a free sequence course and a fixed time limit for the end of the race to be strictly respected under heavy penalties and disqualification.

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The competition sequence will be as follows:

Special archery trial

Temp-O special trial

Timed race start

Individual race prologue on FISO city center map 1: 4000

Change area ZT1 fraction of MTB on open street map 1: 15,000.

Transition zone ZT 2 Race on FISO 1: 10,000 paper

Transition area ZT 2 fraction of MTB on open street map 1: 15,000

Transition zone ZT 3 Race on FISO paper 1: 10.000 (only for the long one)

Transition area ZT 3 fraction of MTB on open street map 1: 15,000 (only for the long one)

Arrival with time stop

Special trial of passage on slackline

Special horizontal progression on suspended rope trial

After the briefing and the final preparations, the competitors will position the MTB in the transition area in Piazza del Donatore then they will go to carry out the first two special trials of Archery and Temp-O. After the special trials they will present themselves at the start of the prologue according to a starting grid with a one-minute gap.

The start will be sanctioned by scanning the QR of the START flag with the smartphone and from that moment the 6 hours or 3 hours of race will start depending on the chosen route.

The prologue will take place on a city circuit with separate routes for the two team members in free sequence with manual punching on card. When both competitors have arrived in the ZT1 exchange area, the remaining maps will be given and then they can start together for the MTB fraction.

In the short course, the competitors will have the two MTB maps and that of the FISO map race that starts from ZT2.

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The competitors of the long run, based on the tactics they will do, will be able to go indistinctly to the ZT2 or ZT3, however they will be forced to go through both the ZTs.

Once in ZT, 2 or 3 they will be able to make the route on foot on the FISO map, they will have to do at least one check-point by running per route, you cannot totally avoid doing the running routes.

Within the time limit, it is necessary to return on arrival under heavy penalties or qualification.

After the stop of the race time, the team will put the MTBs in ZT1 and will immediately go with the helmet and gloves to carry out the last two special trials of passage on aerial rope and slackline.

SCORES

The check-points have different scores based on the difficulty or distance of 5, 10 and 25 points.

Useful numbers for the strategy:

Total check-points on the long route are 100 of which 50 in running and in MTB 50, excluding the obligatory prologue for all.

Total check-points on the short course are 71 of which 21 in running and 50 in MTB, excluding the obligatory prologue for all.

Total points available on the long course are 1350 of which 480 race, 480 MTB, 390 special trials.

Total points available on the short course are 1065 of which race 195, MTB 480, special trials 390.

PURPOSE

The purpose of the race is to take you out of your mental and physical comfort zone, you will be called to operate on multiple cognitive and motor fronts simultaneously and in close collaboration with your teammate. You will realize, without filters, what will be your weak points that you will have to train later. The scores are balanced so as not to give advantages to a particular sporting attitude. All the race rules established in this competition have been adopted at least once in the raids we have participated in. The trial will be tough, but also a lot of fun. The 6 hours will fly away very quickly. Everyone can play their cards. It will be necessary to use all the skills available such as courage, will, coldness, technique, tactics, memory, physicality, precision, self-esteem, honesty, attitude to risk, team spirit to be able to conclude the test with full satisfaction. Making a mistake or not fully evaluating the best choices to make will be a certainty. Everyone will do something wrong, the winner will be only the one who makes fewer mistakes. Anything that cannot be controlled will be left to luck. And so we wish you the best of luck and have fun.

The Organizing Committee