


WRE TrailO Weekend in Rome

Spinaceto / Parco degli Acquadotti – 6/7 November 2021

Bulletin n.3

published on 04/11/2021

Saturday 6 th november – TEMP-O event @ Spinaceto neighbourhood	
Event centre	Park area at the end of via Carlo Avolio – GPS 41.790012, 12.443491 It is an outdoor event center – with possibility of canopy in case of rain (it is possible to leave small bags at the registration desk)
Transport	EUR FERMI metro B station + bus 705/706 (get off at “Resistenza/Marzabotto” stop)
Start times	First start at 1 PM , close to the event centre.
Courses	OPEN ELITE / PHYSICALLY CHALLENGED: 7 stations with 5 tasks each - length: 1300m DIRECT / BEGINNERS: 4 stations with 5 tasks each - length: 800m A sample time station is available at the event centre. At the end of the course you can either go to the Foot-O start (2' distance) or go back to the event centre (6' distance).
Map and terrain	Spinaceto - ISSprOM scale 1:4.000 contours 2,5m updated oct.2021 by R.Madella. Neighborhood with a lot of detail: a mix of buildings and park, very few private areas
Bib numbers	Competitors are required to get their own bib number at the registration desk and wear/bring them during the competition: no pins available, please bring your own.
Facilities and other info	Accessible toilets are available close to the event centre, in via Carlo Avolio 60. A public fountain is available at the event centre: bring your own bottle or glass. You can buy food and beverages at 'Stefania and Massimo' 250m from the event centre (viale Caduti per la Resistenza 283, just go down via Carlo Avolio and cross the main street)
New info from bulletin n.1/2	<ul style="list-style-type: none"> • Z-Tolerance: 4m no exception • Accessibility for wheelchairs is good throughout the course. You may have to find your way across pavement edges (low steps or small ramps). Some stations are located on the grass and require an easy offroad riding • Please be at the start at your assigned start time. We plan to call each participant at the exact time, even if there's no queue at the first station. • At the start you'll be given a simple map to navigate through the stations. • Loose and bound maps are available self-service at each time station, in front of the chair: competitors will pick one or the other by themselves • Competitors are expected to speak their answer at time controls. If you want to point your answer, please state it clearly to the marshal at each station • Please use sanitising gel before leaving the stop sign at each time station. • All Trail-O competitors entered in OPEN ELITE must finish the TrailO race before competing in the Foot-O courses. • Temporary results will be published from time to time as pdf file on top of the webpage https://asdorsamaggiore.it/trailo-weekend-in-rome-2021/

Sunday 7th november – PRE-O event @ Parco degli Acquedotti	
Event centre	Entrance to the park in via Lemonia playground – GPS 41.851278, 12.558818 It is an outdoor event center (it is possible to leave small bags at the registration desk)
Transport	GIULIO AGRICOLA metro A station is only 600m away
Start times	First start at 10 AM , close to the event centre
Courses	<p>OPEN ELITE / PHYSICALLY CHALLENGED:</p> <ul style="list-style-type: none"> • 24 tasks divided in 2 parts (11+13). Competitors need to punch start-stop-restart-finish SI-stations throughout the course • 2 time controls (3 tasks each) between the two parts • Length: 450m – Time Limit: 85' Open Elite / 90' Physically Challenged <p>DIRECT / BEGINNERS:</p> <ul style="list-style-type: none"> • 11 tasks + 1 time control (3 tasks) • Length: 200m – Time Limit: 45' <p>The finish is located 300m from the event centre.</p>
Map and terrain	Parco degli Acquedotti - ISSprOM scale 1:4.000 contours 2m updated oct.2021 by R.Madella Urban park with Roman aqueducts. The map is printed on waterproof pretex paper
Punching system	Timing with Sport-Ident, punching with control card. Control card will be given at the start. SI-card and puncher rental is available at the registration desk.
Bib numbers	Competitors are required to get their own bib number at the registration desk and wear/bring them during the competition: no pins available, please bring your own.
Prize giving	Prize giving ceremony for all Trail-O and Foot-O events is being held at the event centre at 1.30 PM
Facilities and other info	Non-accessible toilets and food/beverages are available in 'Fermentum' bar/pizzeria close to the event centre. Accessible toilets are available close to the event centre, in the elderly center nearby. Public fountain available at the event centre: bring your own bottle or glass.
New info from bulletin n. 1/2	<ul style="list-style-type: none"> • Z-Tolerance: 4m no exception • Accessibility for wheelchairs is good throughout the course. During transfer from 1st and 2nd part of the course you'll find some easy climb and short sections on grass. • Please be at the start at your assigned start time • After the start participants are not allowed to cross back the start line • Connecting lines are omitted for clarity • You are allowed only on brown paths, stepping out on grass is not allowed, except between controls 1 and 6 where you can step on the grass until the red-white tape. When a forbidden path is obvious, it's not marked with red-white tape on terrain • On a distant control there are two double-flags to make them more visible from far • Loose and bound maps are available self-service at each time station, in front of the chair: competitors will pick one or the other by themselves • Competitors are expected to speak their answer at time controls. If you want to point your answer, please state it clearly to the marshal at each station • Please use sanitising gel before leaving the stop sign at each time station. • On the second time control some faraway flags may be visible. They are behind a red-white tape meaning that they are not to be considered • All Trail-O competitors entered in OPEN ELITE/PH.CH. must finish TrailO race before competing in the Foot-O courses. • Temporary results will be published from time to time as pdf file on top of the webpage https://asdorsamaggiore.it/trailo-weekend-in-rome-2021/ 
Special symbols	Stone benches (also ruined ones) with rectangular shape are mapped as boulders (see picture above). Picnic tables are not mapped (they can be moved by users)

General information for Saturday and Sunday's FOOT-O events

Event centre	Same as Trail-O, on both days																																
Start times	<p>Saturday from 1 PM, Sunday from 10 AM: free start times, with punching start, when you are ready just go to the start. Start is located 5' on foot on Saturday (a map to reach the start is available at the registration desk, no signs/ribbons will be placed along the route to the start) and close to the event centre on Sunday. <u>For both days, all Trail-O competitors entered in OPEN ELITE (PH.CH. on Sunday, too) must finish the TrailO race before competing in the Foot-O courses.</u> The start will stay open to let all Trail-O competitors have the chance to run. Foot-O competitors who are not entered to the Trail-O events in OPEN/PH.CH. classes are kindly asked to take an early start (1-2PM on Saturday and 10-11AM on Sunday)</p>																																
Courses	<p>Lengths are final and calculated in straight line. Start and Finish are close to each other.</p> <p>Course Summary for Spinaceto 6 Nov 21</p> <table border="1"> <thead> <tr> <th>Course</th> <th>Controls</th> <th>Length</th> <th>Climb</th> </tr> </thead> <tbody> <tr> <td>NERO</td> <td>24</td> <td>3.4 km</td> <td>35 m</td> </tr> <tr> <td>ROSSO</td> <td>20</td> <td>2.4 km</td> <td>25 m</td> </tr> <tr> <td>BIANCO/ESO</td> <td>13</td> <td>1.8 km</td> <td>15 m</td> </tr> </tbody> </table> <p>Course Summary for Acquedotti 7 Nov 21</p> <table border="1"> <thead> <tr> <th>Course</th> <th>Controls</th> <th>Length</th> <th>Climb</th> </tr> </thead> <tbody> <tr> <td>NERO</td> <td>23</td> <td>3.1 km</td> <td>30 m</td> </tr> <tr> <td>ROSSO</td> <td>18</td> <td>2.6 km</td> <td>20 m</td> </tr> <tr> <td>BIANCO/ESO</td> <td>9</td> <td>1.1 km</td> <td>10 m</td> </tr> </tbody> </table> <p>Sunday's BIANCO/ESORDIENTI course is accessible for wheelchairs (only paths and flat open land with grass surface)</p>	Course	Controls	Length	Climb	NERO	24	3.4 km	35 m	ROSSO	20	2.4 km	25 m	BIANCO/ESO	13	1.8 km	15 m	Course	Controls	Length	Climb	NERO	23	3.1 km	30 m	ROSSO	18	2.6 km	20 m	BIANCO/ESO	9	1.1 km	10 m
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Map and terrain	<p>See maps info on the Trail-O events page. Other hints for both areas:</p> <ul style="list-style-type: none"> - they can be wild in places, so shorts are not a good choice. - rubber studs are the best option, but you can also run with normal running shoes - Spinaceto 20% paved, all the rest grass-unpaved-rough-woodland. - Acquedotti 100% unpaved (grass-rough-woodland). - The map is printed on waterproof pretex paper 																																
Punching system	Sport-Ident with normal punching (Air+ system not active for SIACs)																																
Facilities and other info	Check the TrailO sections above to know about toilets, refreshments and food/beverages.																																
Live results	<p>06/11 Spinaceto: https://bostek.it/live/Gara.aspx?id=129 07/11 Acquedotti: https://bostek.it/live/Gara.aspx?id=130</p>																																