

2nd VENETO ADVENTURE RACE

VAR 2022 LIGHT



**Sunday 23, October 2022 at 8.00
in Brendola (VI)**

RACE ANNOUNCEMENT – Rev. 01 del 14/06/2022

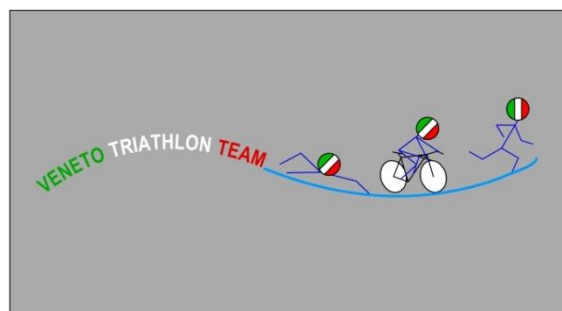


L'ASD EREBUS ORIENTAMENTO VICENZA



and the

VENETO TRIATHLON TEAM



organize the

2nd VENETO ADVENTURE RACE LIGHT

RACE ANNOUNCEMENT

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

Periodically consult the competition website to download any updated race announcement.

GENERAL INFORMATIONS

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

The route is not marked on the ground but indicated on topographic maps that will be delivered at the start, the teams will be able to use a compass and must have a smartphone to record the passage on the points of the route consisting of QR codes. Checkpoints (flags) are set up along the route which must be reached on foot or by bicycle (MTB).

The team that reaches all points along the course in the shortest time will be proclaimed the winner. Failure to punch even one flag will result in disqualification of the team

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

The sports practiced will be: Trail running in orientation, MTB in orientation.

ACCEPTANCE OF THE REGULATION

Participation in the VENETO ADVENTURE RACE LIGHT 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 accident or accident, for damage to persons or things. derived to him or caused by himself, which may occur during the event.

For anything not specified, reference is made to the FISO RFT (www.fiso.it).

Routes and categories.

There are 4 categories:

- **Open** (*Man+Man*)
- **Mix Open** (*Man + Woman or Woman + Woman*)
- **Single M** (*Man*)
- **Single F** (*Woman*)

The race is on a compulsory sequence course. The passage will be recorded at the checkpoints by reading the barcode on the flag with a 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 flag code, the score of the flag, the travel time from the street, the partial between one flag and the next and the score achieved. At the end of the competition, the file produced will be sent to the timekeeping manager via email or WhatsApp. The App does not work on Apple systems (Iphone).

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 daily registration (cost € 5.00).

The minimum age to participate is 18 years old.

At the time of registration, athletes must have a sports medical certificate for at least one of these sports: Orienteering, Triathlon, Athletics, MTB valid on the day of the competition.

RACE MEETING

The race meeting place, the start and the finish of the race are located at the Polisportiva di Brendola in Piazza del Donatore, 10 – 36040 Brendola (VI) - Italy.

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

The competition secretariat will be open from 6:30 on Sunday 23, October.

COMPETITION SCHEME

The VAR is a multisport competition in pairs or single with an obligatory sequence.

PROCEDURE

Registration and material control: Sunday 23, October from 09:00 to 10:30 at the race meeting place.

Before the start there is a mandatory technical briefing at 10:30 in which the race scheme will be explained.

At 11.00 the competition will start en masse by foot, after which the succession of MTB, running and again MTB. This race announcement may undergo changes during the organization phase as well as the competition scheme. It is advisable to periodically check for any updates.

Competitors must follow the obligatory sequence of the course by taking the obligatory flags in succession. If a team misses a mandatory flag they will be disqualified.

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

No car or motorbike 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 point independently. All withdrawals must in any case be reported to a member of the organization or via the emergency number.

The competition will be organized in all weather conditions. In case of bad weather or due to force majeure, the organization reserves the right to make changes to the tracks or to the event program, 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 competition, 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)
- Compass (per competitor)
- Transparent and waterproof envelope for maps that are in normal paper (per competitor)
- 1 smartphone with charged battery and autonomy appropriate to the length of the race. It must be an Android smartphone. No Apple. The number must be provided when registering to obtain the VARMARKER App. The mobile phone must be used in the race to record the passages on the control 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 carried in all the running sections.

It is also recommended to have with you:

Recommended material:

- Bottle on the bike and other liquids for at least 750 ml in the backpack in a bottle or water bag
- Trail running shoes also in MTB or spare shoes in the backpack (per competitor)
- Running backpack
- Handlebar map holder for MTB

- 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 be able to carry out checks on the route and will be able to 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 an unauthorised 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

Penalties: Failure to reach the flags results in disqualification. Team members must not stray more than 30m from each other. If they are caught separated by a judge they are disqualified.

MAPS

Different types of topographic maps, both FISO and modified Open Street Maps, will be used during the course of the race. All points to be reached are marked on the maps. The maps are specially made for the event and are not commercially available.

AWARDS

All competitors will be entered in the rankings and prizes will be awarded to the first three classified teams in the OPEN and MIX OPEN categories and the first three single men and women. The official prize-giving ceremony will take place as soon as possible after the refreshments at approximately 15.00 at the finish line.

REGISTRATION

Registration will open on 15 June 2022 and close on 20 October 2022. Entries must be made online, with payment by bank transfer and completing the form available on the official race website <https://www.fiso.it/gara/2022202> or <https://www.erebusvicenza.it> or facebook: <https://www.facebook.com/VenetoAdventureRace2022>

A valid copy of the medical certificate for competitive sports (orienteering, triathlon, athletics, 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 LIGHT:

- Until August 30, 2022: € 10.00 / competitor
- From 01 September to 20 October 2022: € 15.00 / competitor
- For non-FISO members, FISO day pass fee: € 5.00

Registration entitles you to maps for each competitor, the VARMAKER App for punching, refreshments at the end of the race and the insurance coverage provided by the FISO Card. All those who register will receive an email confirming their registration.

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

IBAN IT49A0859088330000900028393

BANCA CENTROVENETO BASSANO BANCA – Filiale di Arcugnano (VI)

Intestazione A.S.D. EREBUS ORIENTAMENTO VICENZA

Reason: Veneto Adventure Race Light 2022 registration (add team name)

The teams will be sent the detailed updated competition rules with the description of the special stages and the scores in the game and the App. VARMARKER to be installed on the smartphone for practice.

IMAGE RIGHTS

The organization may use any filmed or photographic image of the event without, any competitor being able to avail himself/herself of the image right. Any film or photographic image of the organization or event may be used by athletes for private use only. Public use is prohibited.

PURPOSE

The purpose of the competition is to take you out of your mental and physical comfort zone; you will be called upon to operate on several cognitive and motor fronts simultaneously and in close cooperation with your teammate or alone. You will realize, unfiltered, what your weaknesses will be that you will subsequently have to train. The competition will be tough, but also a lot of fun. The competition time will fly by you very quickly. Everyone can play his or her cards. You will have to bring to bear all the skills at your disposal such as courage, will, coolness, technique, tactics, memory, physicality, precision, self-confidence, honesty, risk-taking attitude, and team spirit to succeed in finishing the test with full satisfaction. Making mistakes or not fully evaluating the best choices to make will be a certainty. Everyone will get something wrong; the winner will be only the one who makes the fewest mistakes. Anything that cannot be controlled will be left to luck.

And so, we wish you good luck and enjoyment.

The Organizing Committee

