



# Simbruini TrailO Weekend - WRE

Monte Livata (Subiaco, RM) – 19/20 October 2024

## Bulletin n.2

published on 03/10/2024

<b>Website</b>	<a href="https://asdorsamaggiore.it/19-20-october-2024-simbruini-trailo-weekend-wre/">https://asdorsamaggiore.it/19-20-october-2024-simbruini-trailo-weekend-wre/</a>
<b>Programme</b>	Sat. <b>19 october</b> - afternoon: <b>WRE Temp-O</b> event Sun. <b>20 october</b> - morning: <b>WRE Pre-O</b> event (Lazio's regional champs) Extra events: Foot-O training (Saturday afternoon), Foot-O middle race (Sunday Morning)
<b>Organisation</b>	club: A.S.D. Orsa Maggiore in cooperation with A.S.D. Gruppo Orientisti Subiaco course planner: Remo Madella - race director: Maria Novella Sbaraglia national controller: Dario Citterico - IOF adviser: Daniele Guardini
<b>Classes</b>	Competitive: OPEN ELITE – PHYSICALLY CHALLENGED Non competitive: DIRECT – BEGINNERS Foot-O training Satur.: WHITE (short easy) – RED (medium) – BLACK (long difficult) Foot-O race Sunday: M/W 14/18/Elite/B/45/65 – DIRECT/BEGINNERS (non competitive)
<b>Entry fees</b>	Trail-O OPEN ELITE / PH.CH.: € 12,00 (1 race) € 24,00 (2 races) DIRECT / BEGINNERS: € 7,00 (1 race) € 14,00 (2 races) Foot-O training: € 7,00 red/black € 5,00 white Foot-O race: € 10,00 adults € 5,00 M/W 14/18 + Direct/Begin. All events bundle € 35,00 (Open/PhCh) S-I rental (per day) € 2,00
<b>Entries</b>	<b>Deadline 14<sup>th</sup> october</b> , late entry until 16 <sup>th</sup> october with +50% charge * Trail-O entries in Open Elite/Physically Challenged > <a href="https://www.iof.com/Eventor">IOF Eventor website</a> Direct/Begin. and Foot-O entries (FISO members) > <a href="http://www.fiso.it">www.fiso.it</a> Direct/Begin. and Foot-O entries (non FISO members) > <a href="https://forms.gle/nrpaUiy2X6gNkvxEA">https://forms.gle/nrpaUiy2X6gNkvxEA</a>  * Direct/Beginners can still enter until the competition day with no extra charge
<b>Payment</b>	<b>Bank transfer:</b> no later than 16 <sup>th</sup> october (send the receipt by email) Account owner: A.S.D. ORSA MAGGIORE IBAN: <b>IT40 C062 3003 2230 0001 5148 054</b> Please add this note: SIMBRUINI TRAILO ENTRY <CLUB OR SURNAME>  <b>Online payment by card</b> (powered by NEXI): contact us by email to receive the payment link
<b>Bib numbers</b>	Bib numbers are available at the event center: it is mandatory to wear them during TrailO races only, with number visible for marshals. Some pins available, if you can't bring your own.

<b>Results and prizes</b>	<p>Results will be published on the website and live on <a href="http://www.bostek.it/live">www.bostek.it/live</a> after last start</p> <p>Prize giving will be held on Sunday at 13.30, after the competition, for the first three OPEN ELITE and PH.CH. of both stages (no combined results of the two stages). Following, prize giving for Lazio's Pre-O champs (first only), Italian Cup final standings in Open/PhCh. (first three), Foot-O race (first one in each competitive class)</p>
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<b>Saturday 19<sup>th</sup> october – WRE TEMP-O event</b>	
<b>Event centre</b>	<p>Centro Visita Parco dei Monti Simbruini <a href="https://www.google.com/maps/place/41.938768,13.148695">GPS 41.938768 13.148695</a></p> <p><b>Parking is allowed on the main road only</b>, do not enter the “ring road” (embargoed). There's possibility to leave small bags inside the registration office. Water bottles available. Accessible toilets at “Zenit” restaurant/bar inside the “ring park”.</p>
<b>Transport</b>	<p>By car: after A24 highway “Vicovaro-Mandela” exit, follow SS5 and then SR411, follow signs to Monte Livata (about 15km after leaving SR411).</p> <p>By “Cotral” bus: departure at 14.00 from Subiaco (piazza Falcone), return at 16.35</p>
<b>Start</b>	First start at <b>14.00</b> , 200m from to the event centre
<b>Time keeping</b>	Marshals use ANT
<b>Maps, terrain and embargo</b>	<p>Mapped by Remo Madella July 2024 – ISSprOM 2019-2</p> <p>Scale: <b>printed at 1:3.000</b> scale (enlarged from 1:4.000) – <b>contours 2,5m</b></p> <p>Control circles are always 6mm wide</p> <p>Open area with tricky vegetation (scattered trees / bushes). <b>Check embargoes</b> on <a href="https://www.eventor.com">Eventor</a></p>
<b>Courses and maps</b>	<p>OPEN ELITE / PHYSICALLY CHALLENGED: 6 stations with 5 tasks each (with Zero answer)</p> <p>DIRECT / BEGINNERS: 4 stations with 5 tasks each (with Zero answer)</p> <p>A sample time station is available between the event centre and the start point</p> <p>ZERO TOLERANCE: 4m, no exceptions</p> <p>Maps are made with TOM (A5 size) and will be laminated: <b>only LOOSE</b> copy available</p>

<b>Sunday 20<sup>th</sup> october – WRE PRE-O event (Lazio's regional champs)</b>	
<b>Event centre</b>	<p>Piazzale di Campo dell'Osso <a href="https://www.google.com/maps/place/41.947820,13.166202">GPS 41.947820 13.166202</a> – wide parking area</p> <p>There's possibility to leave small bags inside the registration office. Water bottles available. Accessible toilets available. Water available at the registration tent.</p>
<b>Transport</b>	<p>By car: when in Monte Livata, follow the main road up for about 5km more</p> <p>By “Cotral” bus: departure at 9.20 from Subiaco (piazza Falcone), 9.50 from Monte Livata, return at 17.10</p>
<b>Start</b>	First start at <b>10:00</b> , 300m from to the event centre, following the road northeast-bound
<b>Maps, terrain and embargo</b>	<p>Mapped by Remo Madella July 2024 – ISSprOM 2019-2</p> <p>Scale: <b>printed at 1:3.000</b> scale (enlarged from 1:4.000) – <b>contours 2,5m</b></p> <p>Control circles are always 6mm wide</p> <p>Beech forest on karst area, rocky features and ground details. <b>Check embargoes</b> on <a href="https://www.eventor.com">Eventor</a></p>
<b>Punching system and time keeping</b>	<p>ToePunch system is used for time-keeping and answers. Get your own ToePunch chips at the registration office before the start. Remember to <b>CLEAR</b> all your chips at the start and punch <b>START</b> station at the start and <b>FINISH</b> station at finish. Backup punching on paper control card given at the registration office (use your own puncher or those you find at ToePunch stations)</p> <p>Time stations: marshals use ANT</p>

<b>Courses and maps</b>	<b>OPEN ELITE / PHYSICALLY CHALLENGED</b> 30 tasks + 2 time controls (3 tasks each, no Zero) Course divided in <b>two sections</b> : 100 m (17 controls) + 300 m (13 controls) Time limit: ELITE 102 minutes PH.CHALL. 120 minutes
	<b>DIRECT / BEGINNERS</b> 17 tasks + 2 time controls (3 tasks each, no Zero) Course length: 100m Time limit: 54 minutes
	ZERO TOLERANCE: 4m, no exceptions Note on PreO first section (all classes): there is no path - you are free to roam in the forest - all the area is taped - don't cross the tape - the tape is not marked on the map
	Maps are printed in A5 size on pretex paper (water-resistant) Control circles are split into two copies of the map to avoid overlapping and improve readability
	Time station maps are made with TOM (A5 size) and laminated: <b>only LOOSE</b> copy available

<b>General information about Saturday 19<sup>th</sup> october Foot-O training</b>	
<b>Location and Start</b>	Same assembly area as TempO event. Get your map at the registration office and follow the way to the start, as indicated on the map. At the start point you will find only the START stations, remember to punch CLEAR/CHECK at the registration office! Start will stay open from 12:30 till 16:30 - at 17:30 controls will be collected, no exceptions!
<b>Map and terrain</b>	Scale 1:7.500/10.000 – contours 5m – ISSprOM 2019-2 symbols Beech forest and open land with rocky features. Very high runnability and visibility
<b>Courses</b>	Course planner: Daniele Guardini WHITE short easy      winning time 15-20'      Scale 1:7.500 RED medium            winning time 20-25'      Scale 1:7.500 BLACK long difficult    winning time 25-30'      Scale 1:10.000
<b>Punching and timing</b>	Sport-Ident with Air+ system activated, split times will be printed, results on <a href="#">SI-center</a>

<b>General information about Sunday 20<sup>th</sup> october Foot-O race "Trofeo Italia Centrale"</b>	
Bulletins and other info will be published on <a href="https://www.fiso.it/gara/2024122">https://www.fiso.it/gara/2024122</a>	
<b>Organisation</b>	Club: A.S.D. Gruppo Orientisti Subiaco Course planner: Maria Novella Sbaraglia – Race director: Enrico Sbaraglia
<b>Location/Start</b>	Same assembly area as PreO event, finish will be close to registration office. Start time will be flexible (punching START) between 10.30 and 12.30. TrailO competitors are asked to run the Foot-O race AFTER the PreO race.
<b>Map and terrain</b>	Scale 1:7.500/10.000 – contours 5m – ISSprOM 2019-2 symbols Beech forest with rocky features. Very high runnability and visibility
<b>Courses</b>	t.b.d. (middle distance)
<b>Punching and timing</b>	Sport-Ident with Air+ system activated, live results on <a href="#">Oribos Live</a>