



Simbruini TrailO Weekend - WRE

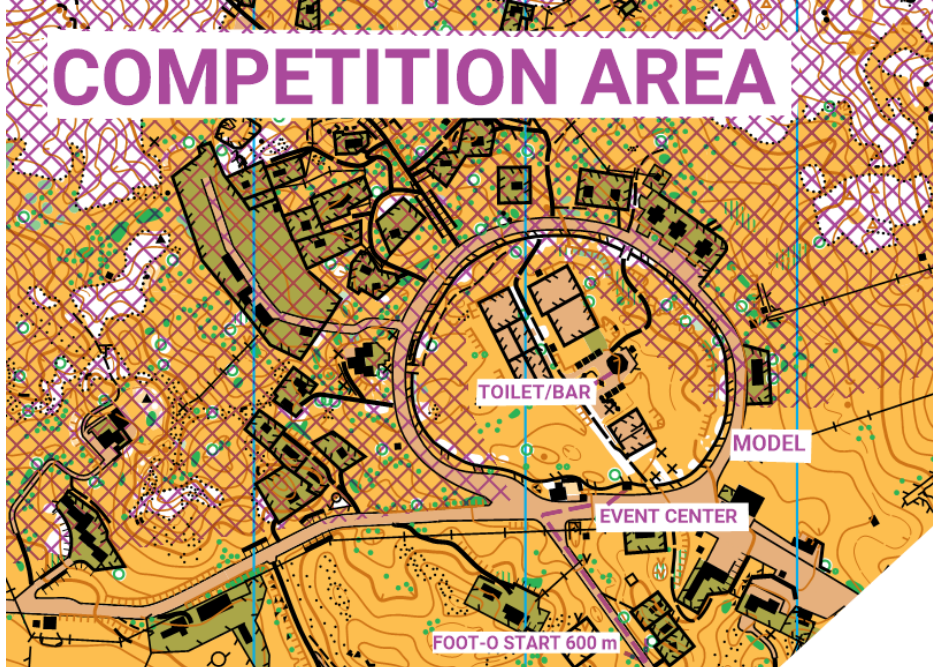
Monte Livata (Subiaco, RM) – 19/20 October 2024

Bulletin n.3

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Website	https://asdorsamaggiore.it/19-20-october-2024-simbruini-trailo-weekend-wre/
Programme	Sat. 19 october - afternoon: WRE Temp-O event Sun. 20 october - morning: WRE Pre-O event (Lazio's regional champs) Extra events: Foot-O training (Saturday afternoon), Foot-O middle race (Sunday Morning)
Organisation	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
Classes	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)
Entry fees	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
Entries	Deadline 14th october , late entry until 16 th october with +50% charge * Trail-O entries in Open Elite/Physically Challenged > IOF Eventor website Direct/Begin. and Foot-O entries (FISO members) > www.fiso.it Direct/Begin. and Foot-O entries (non FISO members) > https://forms.gle/nrpaUiy2X6gNkvxEA * Direct/Beginners can still enter until the competition day with no extra charge
Payment	Bank transfer: no later than 16 th october (send the receipt by email) Account owner: A.S.D. ORSA MAGGIORE IBAN: IT40 C062 3003 2230 0001 5148 054 Please add this note: SIMBRUINI TRAILO ENTRY <CLUB OR SURNAME> Online payment by card (powered by NEXI): contact us by email to receive the payment link
Bib numbers	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.

Results and prizes	Results will be published on the website and live on www.bostek.it/live after last start 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 three in each competitive class, first one in Direct)
RACE JURY	For both Temp-O and Pre-O competitions: Jury members >>> Danieli Daniele, Galvan Nicola, Tenani Alessio Substitutes >>> Cera Michele, Lenarduzzi Fulvio

Saturday 19th october – WRE TEMP-O event	
Event centre	Centro Visita Parco dei Monti Simbruini GPS 41.938768 13.148695 Parking is allowed on the main road only , 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”.
Transport	By car: after A24 highway “Vicovaro-Mandela” exit, follow SS5 and then SR411, follow signs to Monte Livata (about 15km after leaving SR411). By “Cotral” bus: departure at 14.00 from Subiaco (piazza Falcone), return at 16.35
Start	First start at 14.00 , 200m from the event centre
Time keeping	Marshals use ANT
Maps, terrain and embargo	Mapped by Remo Madella July 2024 – ISSprOM 2019-2 Scale: printed at 1:3.000 scale (enlarged from 1:4.000) – contours 2,5m Control circles are always 6mm wide Open area with tricky vegetation (scattered trees / bushes). Check embargoes on Eventor
Courses and maps	OPEN ELITE / PHYSICALLY CHALLENGED: 6 stations with 5 tasks each (with Zero answer) DIRECT / BEGINNERS: 4 stations with 5 tasks each (with Zero answer) A sample time station is available between the event centre and the start point ZERO TOLERANCE: 4m, no exceptions Maps are made with TOM (A5 size) and will be laminated: only LOOSE copy available
Whereabouts	

Sunday 20th october – WRE PRE-O event (Lazio’s regional champs)	
Event centre	Piazzale di Campo dell’Osso GPS 41.947820 13.166202 – wide parking area There’s possibility to leave small bags inside the registration office. Water bottles available. Accessible toilets available. Water available at the registration tent.
Transport	By car: when in Monte Livata, follow the main road up for about 5km more By “Cotral” bus: departure at 9.20 from Subiaco (piazza Falcone), 9.50 from Monte Livata, return at 17.10
Start	First start at 10:00 , 200m from the event centre, following the road northeast-bound
Maps, terrain and embargo	Mapped by Remo Madella July 2024 – ISSprOM 2019-2 Scale: printed at 1:3.000 scale (enlarged from 1:4.000) – contours 2,5m Control circles are always 6mm wide Beech forest on karst area, rocky features and ground details. Check embargoes on Eventor
Punching system and time keeping	ToePunch system is used for time-keeping and answers. Find your own ToePunch chips inside the club package at the registration office already on Saturday. Remember to CLEAR all your chips at the start and punch START stations at each start and FINISH stations at each finish. After the race, remember to download and give back your chips at the registration office. Backup punching on paper control card given at the start (use your own puncher or those you find at ToePunch stations). If you are not familiar with ToePunch system, refer to the official website instructions. Time stations: marshals use ANT.
Courses and maps	OPEN ELITE / PHYSICALLY CHALLENGED 30 tasks + 2 time controls (3 tasks each, no Zero) Course divided in two sections : 100 m (17 controls) + TK1&2 in between + 300 m (13 controls) Time limit: ELITE 102 minutes PH.CHALL. 120 minutes DIRECT / BEGINNERS 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: only LOOSE copy available

General information about Saturday 19th october Foot-O training	
Location and Start	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 (700m from registration office) you will find only the START station, 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!
Map and terrain	Scale 1:7.500 for everyone – contours 5m – ISSprOM 2019-2 symbols Beech forest and open land with rocky features. Very high runnability and visibility
Courses	Course planner: Daniele Guardini WHITE short easy winning time 15-20' Scale 1:7.500 1,6km / 40m climb / 7 ctrls RED medium winning time 20-25' Scale 1:7.500 3,0km / 120m climb / 10 ctrls BLACK long difficult winning time 25-30' Scale 1:7.500 4,2km / 200m climb / 15 ctrls Smaller flag (side 15cm) will be used
Punching and timing	Sport-Ident with Air+ system activated, split times will be printed, results on www.bostek.it/live , maps and GPS tracking on www.livelox.com

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

20 OTTOBRE 2024 – TROFEO ITALIA CENTRALE – CAMPO DELL'OSSO

COMUNICATO GARA n°1

Mappa: estrazione da impianto “Comprensorio di Monte Livata”, CO566, 01/09/2016. Scala 1:10.000, eq 5m

Map: “Comprensorio di Monte Livata”, CO566, 01/09/2016. Scale 1:10.000, eq: 5m

Partenza: 600 m + 30 m, seguire nastri bianco rossi, lungo strada sterrata in direzione nord-ovest. Per il riscaldamento non uscire dalla strada sterrata e non oltrepassare la linea di partenza.

Start: 600 m + 30 m, red-white ribbons along a dirt road in a north-westerly direction. For the warm-up, do not leave the gravel road and do not cross the starting line.

Percorsi / Courses

Categorie / classes	Lunghezza / Length	Dislivello / Climb	Control points
1. MELite	5,2	180	16
2. WELite – M45	4,2	130	12
3. W45-M65-MB-M18	3,2	95	9
4. W65-WB-W18	2,7	80	9
5. WM14-Direct	2,5	50	7
6. Eso-Scuole	1,2	40	5

Per i percorsi 1 e 2, è previsto il passaggio in una ristretta area interessata nel 2023 da taglio ceduo. Sono presenti delle tracce di sentiero non disegnate in mappa.

I percorsi 1-2-3 prevedono la punzonatura multipla della lanterna n°34. Prestare attenzione al verso di percorrenza dei loop.

For the categories MELite, WELite, M45 a passage is planned in a restricted area affected by coppice cutting in 2023. There are footpaths that are not drawn on the map.

Courses 1-2-3 involve multiple punching of control point No. 34. Pay attention to the direction of the loops.

Risultati: live su Oribos Live e sul sito FISO al termine della gara

Results: live on Oribos Live

Premiazioni: ore 13.30. Verranno premiati i primi tre classificati di ogni categoria, ad esclusione delle categorie Direct (solo il primo) ed Esordienti.

Prize giving ceremony: at 01.30 pm, to the first three finishers in each category, with the exception of Direct and Esordienti.