

**IO SONO
FRIULI
VENEZIA
GIULIA**



TRITTICO D'AUTUNNO FVG

9th pr. ITALIAN CUP MTB Middle - WRE

SAN DANIELE DEL FRIULI (UD)

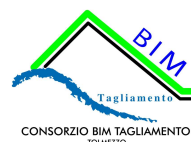
OPAA CUP 2026

1976/2026 - 50th Anniversary of Remembrance

10th pr. ITALIAN CUP MTB Long - WRE

TRASAGHIS (UD)

FRIULI VENEZIA GIULIA - ITALIA



BULLETIN 2

9th pr. ITALIAN CUP MTB Middle - WRE

Saturday, September 26, 2026 – 9th Italian Cup MTB Middle – WRE

ORGANIZING COMPANY

Friul MTB & Orienteering asd

PLAN

SATURDAY, September 26 – San Daniele del Friuli, frazione Cimano (UD)

Office opens: 1:00 PM

First start: 2:30 PM

Awards ceremony: 5:00 PM

ORGANIZING COMMITTEE

Technical Delegate: Giuseppe Simoni

IOF Event Adviser: Giuseppe Simoni

Race Director: Ivan Serafini

Tracker: Maurizio Todeschini

Controller: Serafini Ivan - Nicola Fioretti

Start official: Stefano Collodet

Finish official: Giovanna Tomat

Data management: Denis Mitri

MEETING POINT, PARKING, and OFFICE

At recreation center Cimano – San Daniele del Friuli (UD) ITALIA

Piazza 6 Maggio 1976, 33038 Cimano

46.203511, 13.025585 (<https://maps.app.goo.gl/CjxmYGmpkan32ewZA>)

RACE MAP

Susans/Lago di Ragogna - mtbo

Scale 1:10.000 for all categories

A4 format for MW12 / MW14 / W60 / W70 / WHITE e YELLOW

A3 format for the remaining categories

Equidistance 5 m – Type approval no. 917

Completed in 2023





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CATEGORIES AND DISTANCES 9th ITALIAN MTB-O MIDDLE CUP

Agonist categories: M/W14, M/W17, M/W20, M/W ELITE, M/W B, M/W40, M/W50, M/W60, M70. **Non competitive categories:** M/W 12, Red, Black. **Play category:** White, Yellow

	LUNGHEZZA	DISLIVELLO	FORMATO MAPPA	SCALA
	LENGTH	CLIMBING	MAP FORMAT	SCALE
ME	20,70 km	180	A3	1: 10.000
WE – M20 – M40	15,30 km	160	A3	1: 10.000
M50 – BLACK	16,00 km	150	A3	1: 10.000
M17 – W20 – MB	15,00 km	150	A3	1: 10.000
M60	13,60 km	100	A3	1: 10.000
W17 – W40 – WB	11,20 km	90	A3	1: 10.000
W50 – M70 - RED	8,30 km	70	A3	1: 10.000
W60 – M14 – W14 – YELLOW	7,5 km	80	A4	1: 10.000
M12 – W12 – WHITE	4 km	40	A4	1: 10.000

CHEST

Included in the race packets valid for both weekend races.
They must be returned after Sunday's race.

START

The start is located 2.5 km away (with a 25m elevation gain) along a route marked with fuchsia ribbons; the entire stretch between the assembly area and the start line can be used for warming up.

DEVIATING FROM THE MARKED ROUTE IS STRICTLY PROHIBITED AND WILL RESULT IN DISQUALIFICATION.

The route follows public roads open to traffic; participants must obey traffic regulations and exercise caution, particularly regarding the youngest age categories.

All categories will have individual starts according to the scheduled times. Competitors will be called up 4 minutes before their start time; they must enter the starting grid at the 3-minute mark ("Clear" check) and the 2-minute mark ("Check" check), with map distribution taking place at the 1-minute mark. Competitors are responsible for verifying that the map they pick up or receive is correct; this must be done by checking that the category printed on the map matches their race category.

The actual start point is marked on the map with a triangle; it is located approximately 50 meters from the map distribution point and the timing start line.

MAP COLLETION

Upon arrival, maps will be collected until the last competitor starts.

TIME LIMIT





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The maximum time to complete the race is 1 hour 30 minutes, and in any case, it shall not be less than twice the time of the category winner.

REFRESHMENT

Post-race refreshments consisting of water and tea will be provided. To reduce waste and the use of disposable cups, please bring your own reusable water bottle.

COMPETITION VENUE

The race route consists of 85% off-road terrain and 15% asphalt; it may include crossing a stream ford (either dry or with shallow water) and passes through wooded areas, city parks, and built-up areas.

CARTOGRAPHIC NOTES

Situations such as the following are to be considered an “indistinct junction,” and it is permissible to transition from one path to another if the gap is less than 1 mm (in accordance with ISMTBOM 2022 standards):



PROHIBITION ON USING THE PAVED ROAD

In the section shown on the map excerpt, the paved road marked with purple X's is off-limits. The adjacent unpaved road, shown in black, is open for use. Competitors must take care to stay on the unpaved road and not turn onto the paved road.



RANKINGS

The rankings will be visible on the LiveResults app. (<https://app.liveresults.it/>)

AWARDS CEREMONY

Prizes will be awarded to the top three finishers in all competitive categories, except for the MB/WB categories, where only the winner will be awarded;

Prizes will be awarded to the top three finishers in the non-competitive M/W12 categories and the winner of the Red and Black categories;

No prizes will be awarded for recreational categories.



10th pr. ITALIAN CUP MTB Long - WRE

Sunday, September 27, 2026 – 10th Italian Cup MTB Long – WRE

ORGANIZING COMPANY

ASD Team Sky Friul

PLAN

SUNDAY, September 27 – Trasaghis (UD)

Office opens: 8:30 AM

First start: 10:00 AM

Pasta Party: from 12:00 AM

Awards ceremony: 2:00 PM

ORGANIZING COMMITTEE

Technical Delegate: Giuseppe Simoni

IOF Event Adviser: Giuseppe Simoni

Race Director: Ivan Serafini

Tracker: Maurizio Todeschini

Controller: Nicola Fioretti

Start official 1: Melissa Lucia Serafini

Start official 2: Paolo Di Bert

Finish official: Giovanna Tomat

Data management: Federico Bruni

MEETING POINT, PARKING, and OFFICE

At the Alesso di Trasaghis sports field – Trasaghis (UD), ITALY

Via Interneppo, 33010

46.319248°N 13.064179°E (<https://maps.app.goo.gl/Z19Cw6ogoPd48Bww7>)

RACE MAP

Trasaghis MTBO

Scale 1: 10000 for categories: MW12 / MW14 / W50 / MW60 / M70 / WHITE / YELLOW / RED

Scale 1: 15000 for all other categories

Equidistance 5 m – Approval No. 1523

Construction 2026





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	LUNGHEZZA	DISLIVELLO	FORMATO MAPPA	FLIP MAP	SCALA
	LENGTH	CLIMBING	MAP FORMAT		SCALE
ME	40,30 km	325	A3+	SI	1: 15.000
WE – M20 – M40	35,50 km	300	A3+	SI	1: 15.000
M50 – BLACK	28,30 km	265	A3+	SI	1: 15.000
M17 – MB– W20	21,50 km	250	A3+	NO	1: 15.000
M60	19,50 km	270	A3+	SI	1: 10.000
W40	17,80 km	35	A3+	SI	1: 15.000
W17 – WB	14,30 km	25	A3+	NO	1: 15.000
W50 – M70 – RED	13,30 km	15	A3+	SI	1: 10.000
M14 – W14 – W60 – YELLOW	8,70 km	20	A3+	NO	1: 10.000
M12 – W12 – WHITE	7,50 km	15	A3+	NO	1: 10.000

CHEST

Included in the race packets valid for both weekend races.
They must be returned after Sunday's race.

START

There will be two start points.

START 1 is located 4.5 km away with 10m of elevation gain; follow the fuchsia ribbons and signs marked "PARTENZA 1." It serves the following categories: WHITE – YELLOW – RED – MW12 – MW14 – W17 – W40 – W50 – W60 – M70 – WB.

START 2 is located 4.8 km away with 50m of elevation gain; follow the fuchsia ribbons and signs marked "PARTENZA 2." It serves the following categories: BLACK – MB – M17 – MW20 – MW ELITE – M40 – M50 – M60.

Competitors may warm up by running along the entire route between the assembly area and the start.

LEAVING THE MARKED ROUTE IS PROHIBITED AND WILL RESULT IN DISQUALIFICATION.

Provincial and municipal roads remain open to traffic; please observe traffic regulations and exercise caution, especially regarding the younger categories.

For all categories, starts are individual and follow the times listed in the start grid. The call-up takes place at -4 minutes; entry to the grid is at -3 minutes (Clear), -2 minutes (Check), and map pickup is





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at -1 minute. Competitors are responsible for verifying that the map they pick up or receive is correct; this must be done by checking the category printed on the map alongside the race course. The actual start is marked on the map with a triangle; it is located approximately 40 meters from the map pick-up point and the timing start.

MAP COLLECTION

Upon arrival, maps will be collected until the last competitor starts.

TIME LIMIT

The maximum time to complete the race is 3 hour 30 minutes, and in any case, it shall not be less than twice the time of the category winner.

REFRESHMENT

Post-race refreshments consisting of water and tea will be provided. To reduce waste and the use of disposable cups, please bring your own reusable water bottle.

COMPETITION VENUE

The race route consists of 80% off-road terrain and 20% asphalt; it may include crossing a stream ford (either dry or with shallow water) and passes through wooded areas, city parks, and built-up areas.

TECHNICAL NOTE

The motorway crosses part of the competition areas. In some places, its depiction has been simplified to make the elements beneath the infrastructure easier to read.

In the first example, a dirt road passes under the motorway. At the underpass, the drawing of the motorway has been interrupted to clearly show the continuity of the dirt road.



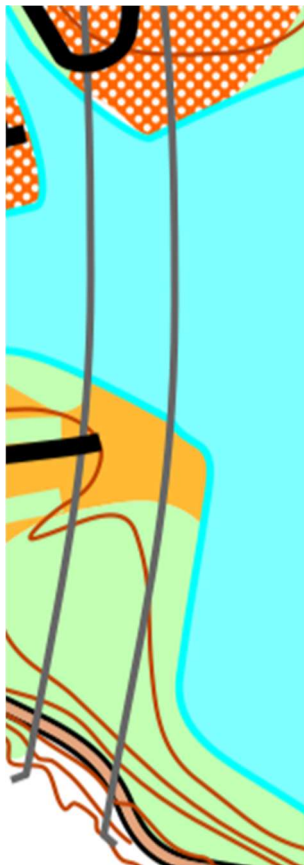


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In the second example, the motorway runs along a long viaduct. The viaduct is indicated by the two gray lines of the bridge symbol; the lake and other ground-level features remain visible between them, beneath the structure.



At the highlighted point, the dirt road is interrupted, and the main branch ends at a set of barriers. However, the connection can still be made by descending and then ascending to the east; the map detail clarifies this layout, which is otherwise difficult to read—especially at a 1:15,000 scale.





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GROUND CONDITIONS AND TRAIL ACCESSIBILITY

The race areas include meadows and agricultural land where conditions can change rapidly during this period due to grass growth, crops, and mowing operations.

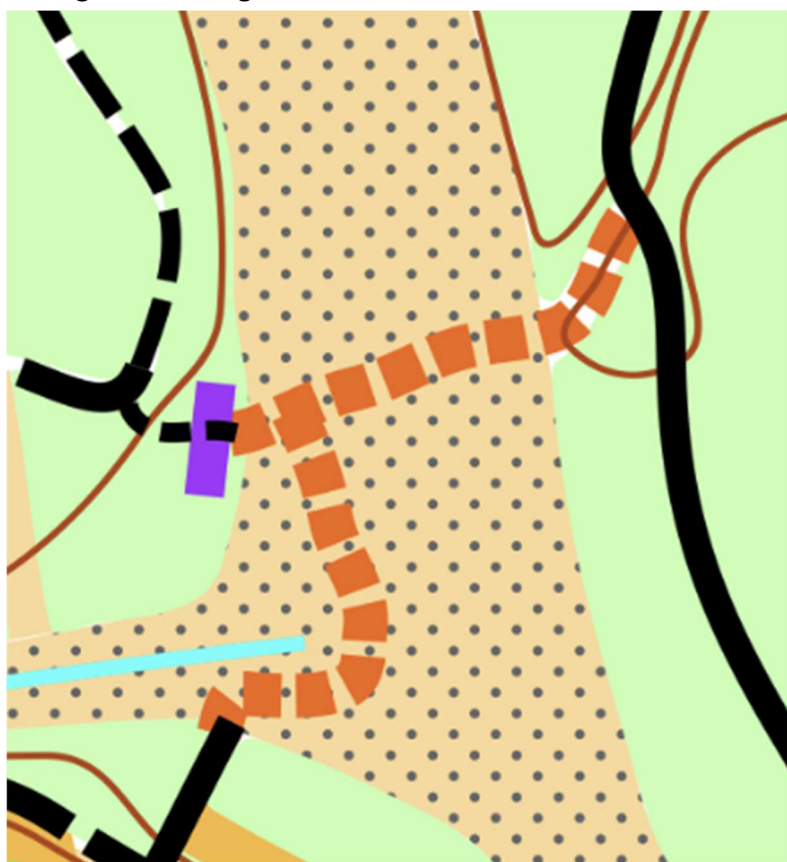
Consequently, on some paths—particularly those that are less frequently used—running speeds and route visibility may differ from what is indicated on the map, including due to changes occurring in the days immediately preceding the races. Competitors are advised to take this into account when choosing their route and to assess actual ground conditions, while always respecting the crops.

FLIP MAP

For some categories, the course is divided into two parts, printed on the front and back of the same sheet. Upon completing the first part, the competitor must turn the sheet over and continue on the back. The relevant categories are listed in the distance table.

STREAM CROSSING

The stream crossing is marked in orange on the map. Flags indicating the route will be placed on the ground; all competitors—including those in the Under-12 category—must follow these markers during the crossing.





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CARTOGRAPHIC NOTES

Situations such as the following are to be considered an “indistinct junction,” and it is permissible to transition from one path to another if the gap is less than 1 mm (in accordance with ISMTBOM 2022 standards):



RANKINGS

The rankings will be visible on the LiveResults app. (<https://app.liveresults.it/>)

AWARDS CEREMONY

Prizes will be awarded to the top three finishers in all competitive categories, except for the MB/WB categories, where only the winner will be awarded;

Prizes will be awarded to the top three finishers in the non-competitive M/W12 categories and the winner of the Red and Black categories;

No prizes will be awarded for recreational categories.

GENERAL INFORMATION

CATEGORIES

Competitive categories:

M/W 14, M/W 17, M/W 20, M/W Elite, M/W B, M/W 40, M/W 50, M/W 60, M 70

Non-competitive categories:

M/W 12, RED and BLACK

Recreational category:

WHITE and YELLOW

REGISTRATION FEE

The registration fee is €7.00 for the COLORI, M/W 12, M/W 14, and M/W 17 categories.

The registration fee is €15.00 for all other categories.

REGISTRATION METHOD

Through the FISO website.

Through the Orienteeringonline website (<https://www.orienteeringonline.net/Default.aspx>)

Through the IOF event website

Through an e-mail to teamskyfriul@gmail.com and entering the following data: surname, name, year of birth, athlete nationality, club nationality, category in which you wish to participate.

Registrations for competitive categories must reach us by September 20, 2026.





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Registrations for competitive and non-competitive categories received after September 20 will incur a 50% increase and will be accepted if submitted by September 23, 2026.

It will be possible to register on the day of the race for the non-competitive categories (without increased price) until the cards run out.

PAYMENT METHODS

By bank transfer to ASD TEAM SKY FRIUL

IBAN: IT64B0863164190072000011755 – BIC: CCRTIT2TTER – Banca 360 FVG, San Daniele del Friuli (UD) branch.

Reason for payment: OPAA MTBO 26 – Company.... (A single payment per company is preferred).

To facilitate the administrative process, please email the payment slip to teamskyfriul@gmail.com or present it when collecting your company envelopes.

PUNCHING SYSTEM

The Sportident system with Air+ activated will be used. Traditional punching may also be used.

If the participant does not have their own SI-Card, the organizers will issue one at a cost of €2.00 for the Si-card 8 model and €5.00 for the SIAC model. A valid ID card will be required as a guarantee for the return. Rented SI-Cards must be returned to the race office at the end of the race.

Loss of a SI-Card costs €40 for the Si-card 8 model and €90 for the SIAC model.

REGULATIONS FOR BOTH RACES

- The race is open to individual athletes.
- The race follows a mandatory sequence.
- Helmet use is mandatory. Participants not wearing a correctly fastened helmet at the start will not be allowed to begin.
- The race bib must be clearly visible on the bicycle.
- Roads will remain open to traffic; compliance with the Highway Code is mandatory. There will be no personnel stationed at intersections or crossings, so please exercise extreme caution.
- The race terrain allows for high speeds; please show respect for non-competitors present in the area.
- Depending on route choices, you may encounter other competitors; keep to the right in the direction of travel, proceed at appropriate speeds, and pay close attention in areas with limited visibility.
- Tampering with signposts, checkpoints, electronic devices, or any other markers along the course is strictly prohibited and will result in disqualification.
- LEAVING THE ROADS AND TRAILS MARKED ON THE MAP IS PROHIBITED! Travel is permitted only on sections marked with the specific symbols (824.000, 825.000, 826.00, 827.000->830.000).
- Compliance with the Highway Code and respect for private property are mandatory.
- For matters not covered by these regulations, reference is made to the "IOF MTB Orienteering Rules 2025 WRE," FISO Technical Regulations, the FISO FVG Regional Committee Regulations, and general civic responsibility.



COMPOSITION OF THE JURY

Sandri Eddy - GRONLAI OR. TEAM
Bozzola Angelo - POL. PUNTO NORD
Dudić Marko - OK SLOVENJ GRADEC
Riserve:
Zambiasi Clizia - ATLETICA GORIZIA A.S.D
Bortolato Leonardo - OR. TARZO

The organization declines all responsibility for damage to property or persons occurring before, during, or after the event.

ACCOMMODATION

<https://www.turismofvg.it/it/97855/i-a-t-gemona-del-friuli>

<http://www.visitgemona.com/>

or contact directly at info@friulimtb.it or teamskyfriul@gmail.com until all spots are filled, at:

Hotel Willy – Gemona del Friuli (UD) <https://www.hotelwilly.com/>

Park Hotel Gemona - Gemona del Friuli (UD) - info@parkhotelgemona.com

Ai Priori - Ospedaletto di Gemona del Friuli (UD)

Hotel Pittis – Osoppo (UD) - info@hotelpittis.com

Lago 3 Comuni Camping – Alesso di Trasaghis (UD) – camping@lago3comuni.com

Team Sky Friuli wishes all participants a great time!

Sport L ▲ N D

