



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

11th IAU 24H World Championships

20th IAU 24H European Championships

24 ORE di TORINO



World Championship 2015

**TURIN - ITALY-
April 11th & 12th, 2015**



24 ORE di TORINO



GENERAL INFORMATION SHEET

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1. WELCOME



We are pleased to welcome you in 2015 in Turin, where we are currently working very hard to offer you a fantastic 24H European and World Championship.



Turin is an ideal place where to run a 24 hours race. After the success of the Olympic games in 2006 and the attainment of the title of European capital of sport for 2015, the city is entitled to stay among the most important sport cities of the world.



The 24 Hours of Turin means running on one of the best tracks of the world, as it benefits from a location entirely included within a green pedestrian area, sheltered by trees shade during the day and perfectly illuminated during the night. Participants can also rely on the support of a large audience. Ruffini Park is also the site of two of the most important sport facilities of the city: the Sport Hall, ideal location for the opening ceremony and the awards ceremony, and the stadium "Primo Nebiolo", a perfect place working as services area during the race.



The 24 ore di Torino was organized for the first time in 2009, thanks to the efforts of some enthusiastic and active ultrarunners from Turin.



Since 2009 the 24H Italian Championship took place two times successfully in Turin and it resulted in the idea to organize a 24H European and World Championship.

Turin is awaiting your participation and, as the organizers, we are able to provide the athletes with a fantastic race location in a beautiful historic city. Moreover, to all the athletes, coaches and supporters we promise that we will do our best so that they will never forget Turin and its race.



We are honored to having been offered by the IAU the possibility to organize this event and we want to give proof during the Championship that Turin is able to fulfill the expectations of the IAU and of all participants.



Enzo Caporaso
LOC President



2. ITALIAN NATIONAL ATHLETICS FEDERATION (FIDAL national)

CONTACT DETAILS

Address PO Box 60100
6800 Roma (I)
Tel. +39 0633484703
Fax +39 0689280618
E-mail info@fidal.it
Website www.fidal.it
International area : internationaldept@fidal.it

3. LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS LOC

Club ASD Il Giro d'Italia Run
E-mail info@giroitaliarun.it
Website www.giroitaliarun.it
Facebook Il Giro Italia Run
Bank UNICREDIT - Branch Via Pollenzo
Account Holder A.S.D. Giro Italia Run
IBAN IT 60 V 02008 01106 000103545959
BIC/SWIFT UNCRITM1AA6

PRESIDENT

Antonio Caporaso (Italian, English)
Tel. (+39) 331 8838081
Mobile (+39) 337 225250
E-mail presidente@giroitaliarun.it

FINANCES

Enzo Maria Caporaso (Italian, English)
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SECRETARY

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COMMUNICATIONS & PRESS

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TRANSPORT & ACCOMMODATION

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Mobile (+39) 333 276 6529
E-mail alessandro.farina@hotmail.com



RACE DIRECTOR

Diego Comunanza (Italian, English)

IAAF measurer

Mobile (+39) 333 497 7665

E-mail diegoanna@ymail.com



MEDICAL DIRECTOR

Paola Misiano (Italian, English)

Mobile (+39) 333 908 9480

E-mail paola.misiano@imsto.it



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4. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)



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WEBSITE: www.iau-ultramarathon.org

IAU PRESIDENT

Name **Dirk Strumane** (*languages: DUTCH-ENG-FRA- ESP*)
Tel. +32 57 36 69 45
Mobile +44 7884473336
E-mail president@iau-ultramarathon.org
Skype dirk-strumane

IAU VICE PRESIDENT & TREASURER

Name **Liesbeth Jansen** (*languages: DUTCH-ENG-GER*)
Tel. +31 59 7432972
Mobile +31 62 2490053
E-mail liesbeth.Jansen@iau-ultramarathon.org
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IAU GENERAL SECRETARY

Name **Hilary Walker** (*languages: ENG-FRA*)
Tel. +44 7589 5342 (home) +44 207210 5884 (office)
Mobile +44 7884473336
E-mail secretary@iau-ultramarathon.org
Skype hilary-walker

DIRECTOR OF ORGANISATIONS & COMPETITION

Name **Jan Vandendriessche** (*languages: DUTCH-ENG-FRA*)
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Mobile +32 495 26 78 84
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Skype jan_vandendriessche

DIRECTOR OF PROTOCOL

Name **Paco Rico** (*languages: ESP-ENG-FRA*)
Tel. +34 616 50 82 28
E-mail Paco.rico@iau-ultramarathon.org

DIRECTOR OF COMMUNICATIONS

Name **Nadeem Khan** (*languages: ENG & ARABIC*)
Tel. +1 716 392 6657
E-mail nadeem.khan@iau-ultramarathon.org
Skype nadeem.khan101

5. GENERAL COMPETITION INFORMATION



MIAUC IAU 24H World and European Championships

Date Saturday April 11th & Sunday April 12th 2015

Start time 10:00 AM

Finish. time 10:00 AM

Course 1 Road



Coni



FEDERAZIONE ITALIANA DI ATLETICA LEGGERA



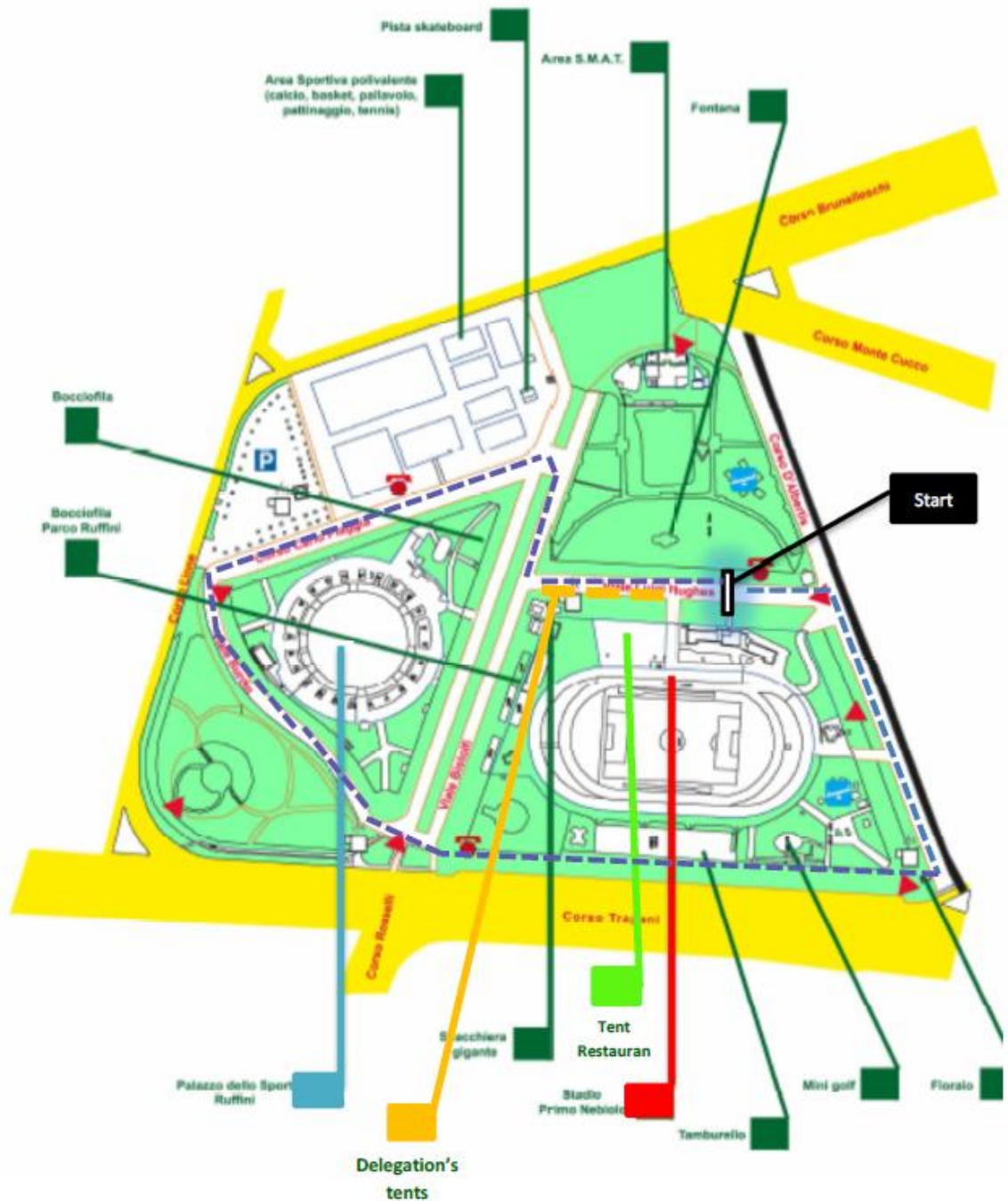
IUTA



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World Championship 2015





Colors legend of map:



START LINE	OPEN & CLOSING CEREMONY	SERVICES ZONE	TENT RESTAURANT	DELEGATIONS' TENTS	OTHERS
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Course 1

Short description of the course:

The start point of the race is situated in front of "Primo Nebiolo stadium" where the service area will be located as well. This boulevard (viale Hugues) will be also a refreshment zone for the participants to the open race and the site for the tents of the delegations. On the way, there will be many toilet units for athletes comfort. At the end of viale Hugues, with a 90° right turning, you will pass the end of the refreshment zone. After 200 metres, a new right turning that leads you on the long straight stretch on "Corso Trapani" after which, after a complete lap around the sport hall, you will return to the start line. The total length of the distance is 1420 meter as measured by FIDAL in 2014.



Profile

Total of + meters 1
Total of - meters -1



Course 2

It is likely that COURSE 1 will be used only for the first lap, and that from the second lap on the course will be extended with about 600m or more by using the track section. This lap is not measured yet, but a preliminary measurement for this COURSE 2 gives 2060m. There will be a height difference of +/- 6m by entering and leaving the stadium. Final decision for using course 2 will be made end of January 2015.

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This course can be viewed more in detail on



<http://www.afstandmeten.nl/index.php?id=1461230>



**Course
OPEN RACE**

The Open Race will follow mostly the same course as the MIAUC-runners. Except during a smaller section between +/- km 0.8 and km 1.3 where they will be guided to run on a section especially for them to not disturb the MIAUC runners. Also this course will be measured in March and will probably be about maximum 5 meters longer.



Competition

- **Men's individual competition**
- **Women's individual competition**
- **Men's Team Competition**
- **Women's Team competition**



Only athletes and teams officially registered by their National Federation can compete in this MIAUC.

Every Country can send **9** men and **9** women who can compete in this MIAUC.



Open race

There will be an open race, limited to 100 runners.
Registration is possible via the LOC website.
The Open Race will start +/- 200 meters behind the MIAUC-race.

Other races

Italian National Championships 24H



The race will take place within the open race. An Italian nationality plus a valid license of the FIDAL is required to enter the national championships.
Each participant to the open race and the MIAUC who matches these requirements will be included in the national championship results.



Quiet zone

A Quiet zone will be available in to the "Primo Nebiolo stadium" during the night from Saturday to Sunday.

The place can host 30 people on camp beds. We suggest you to bring your own mattress and sleeping bag.

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6. CENTRAL MEETING POINT – HEAD QUARTER LOC

During the entire MIAUC, the HEAD QUARTER of the LOC will be posted on:

ADDRESS :

Palazzetto dello sport (Sport Hall)
Viale Bistolfi (Parco Ruffini)
10141 Torino

HOTLINE ACCOMMODATION & TRANSPORTATION :

Alessandro Farina (Italian, English)
Mobile (+39) 333 276 6529

7. PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

The PEF's and FEF's should be completed and sent, **before the DEADLINE**.

DEADLINE PEF's : February 1st 2015
(10 weeks before MIAUC)

DEADLINE FEF's : March 1st 2015
(6 weeks before MIAUC)

All forms must be send **ELECTRONICALLY** to:

LOC Name : Alessandro Farina
E-mail : info@giroitaliarun.it

IAU Name : Hilary Walker
E-mail : secretary@iau-ultramarathon.org

Preliminary entry form

In order to book the accommodation, each Federation will send a list with the number of athletes and officials they will send to this MIAUC. They will also define how the Travel Grant should be paid, by bank transfer or cash on site.

Final entry form

With the final entry form, each Federation will send the **final** list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)

Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.



8. VISA



Any foreign visitor wishing to visit Italy should have a valid passport or an EU ID-Card .



IAU Members which **DO NOT NEED A VISA** prior to departure:

All EU countries, Andorra, Argentina, Australia, Brazil, Brunei, Canada, South Korea, Costa Rica, Croatia, Japan, Hong Kong, Israel, Mexico, Monaco, New Zealand, United States, Uruguay, Bulgaria,



Taiwan (*),
Albania (**), F.Y.R. of Macedonia (**), Serbia (**),



() For citizens of the Taiwan visa exemption applies only to holders of passports including the number of identity card*

*(**) For citizens of the former Yugoslav Republic of Macedonia, Serbia, the visa exemption applies only to holders of biometric passports.*

The citizens of Serbia who are holders of passports issued by the Serbian Coordination Directorate (in Serbian: Koordinaciona uprava) are covered by the exemption from the visa requirement.



The citizens of **Switzerland** are exempted from the visa in any case.

IAU Members which **DO NEED A VISA** prior to departure:



Algeria, Belarus, Cameroon, Cape Verde Islands, Congo (Brazzaville), Congo (Democratic Republic), Philippines, Kenya, Lesotho, Madagascar, Mongolia, Namibia, Nepal, Niger, Nigeria, Qatar, Russia, Sierra Leone, Sri Lanka, South Africa, Turkey, Ukraine, Kyrgystan, Lebanon, Angola, Burundi, Gambia.

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9. TRAVEL GRANTS & THE USE OF WILDCARDS



The allocated Travel Grant (in Euros) for the National Athletics Federations for this MIAUC is as follows:



	(TG) TEAM	(IG) A	(IG) B	(IG) C
ZONE 1	400	400	300	200
ZONE 2	320	320	240	160
ZONE 3	240	240	180	120
ZONE 4	160	160	120	80



TEAM-Grants are paid for maximum one male and one female team, (= minimum 3 runners/team)

IG-Grants are paid for maximum 3 men and 3 women/country

All these grants are cumulative!



TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER !



Zone 1 = +15h flying between capital LOC and capital IAU member

Zone 2 = +9h flying between capital LOC and capital IAU member

Zone 3 = +4h flying between capital LOC and capital IAU member

Zone 4 = <4h flying between capital LOC and capital IAU member

The table shows that if you send a full team then you will receive a basic team grant (TG). Then **additionally** you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete.



On the IAU website, www.iau-ultramarathon.org , you'll find a list of the runners of your Federation who belong to category A, B or C.

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USE OF WILDCARDS

The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular MIAUC.

Every year you can use maximum 2 wildcards (combined, men and women) / MIAUC

This regulation gives the opportunity to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognised performance.

Limiting the total amount of WILDCARDS means that the countries should choose their "WILDCARD runners" very carefully.

These WILDCARD-athletes must be indicated on the Final Entry Forms (FEF) for that particular MIAUC.

In the event you should have any questions about the TRAVEL GRANTS and/or this WILDCARD SYSTEM, please contact the IAU Director Of Organisations :

jan.vandendriessche@iau-ultramarathon.org





10. TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)



The **LOC** will provide to all delegations the followings transports:



Arrival day:

From whatever airport, all delegations must reach **TURIN** by their own means (bus or train). **Delegations arriving at TURIN airport** should first meet the **HELPDESK** who will give you a written guide how to take the bus. Train is also possible but less recommended. All delegations should take the bus till the **TERMINAL** in **TURIN** where a shuttle will be ready to pick you up. Once you meet the **HELPDESK**, they will inform the shuttle about your arriving time in the terminal

Delegations arriving in another airport like **MILAN** i.e. must make their own way independently to **TURIN** (e.g. by train). Please inform the **LOC** when you'll arrive in the train station in **TURIN**, you can call them when you're taking the train in that other place (i.e. Milan). Only when you've done this, a shuttle can be ready for you once you have arrived at the train station in Turin.



Every day:

At lunch time (dinner), from hotel to restaurant area (big tent with 500 people capacity, in Primo Nebiolo stadium)



Competition day:

From the hotel to competition place and back

There will be a **Shuttle Service** between "Course <> Hotels" from 22:00 till 8:00. During the Technical meeting the delegations will receive a paper on which they can write their travelling schedule for during the race. This shuttle will drive about every 2 hours to bring back people to the Hotels or to bring back people from the hotel to the course.



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Departure day:

The **LOC** will provide transport to the Turin Bus Terminal or the Turin train station from where the delegations will leave to the airports.

These transport facilities are sufficient to guarantee a complete service.

Anyway from all the hotels where the delegations are staying, there are good opportunities to reach the city centre by bus or by tram .

It's also possible to take a **taxi**, the most popular taxi service number is:

Radio Taxi (phone number 5730) and
Pronto Taxi (phone number 5737)

To each guest will be provided a table with the timetables of shuttle bus, this table will also be published in every Hotel where the athletes are staying.

Those who do not comply with the timetable, will have to reach destinations by their own means, in any case, all the selected hotels are located in close proximity to all the locations set forth in this document.

11. ACCOMMODATION



HOTEL INTERPORTO

Tel. (+39) 011.398.1600
E-mail info@hotelinterporto.it
website www.hotelinterporto.it
 Free wifi available
 Located along the highway
 Distance to course +/- 10km (transport: ~10min)



HOTEL B&B

Tel. (+39) 011.311.7946
E-mail torino@hotelbb.com
website www.hotelbb.it
Attention points: Free wifi available
 Located in a good position, with a supermarket very near
 Distance to course 4km (transport: ~10min)



HOTEL CAIRO

Tel. (+39) 011.317.1555
E-mail info@hotelcairo.it
website www.hotelcairo.it
Attention points: Free wifi available
 Located in a good position,
 Distance to course 1.5km (transport: ~5min)



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HOTEL IDEA

Tel. (+39) 011.08.255
E-mail torino@ideahotel.it
website <http://www.ideahotel.it/web/guest/torino-lista-hotel>
Attention points: Free wifi available
 Located in a good position,
 Distance to course 3.0km (transport: ~10min)

The Organizing Committee will offer:

- a **full board accommodation**, free of charge (*),
- for **maximum 3 male and 3 female athletes** per delegation
 - o for a maximum of **3 nights** for delegations who should fly maximum 4 h
 - o for a maximum of **4 nights** for delegations who should fly maximum <9 h
 - o for a maximum of **5 nights** for delegations who should fly minimum 9 h

The accommodation is available for the additional nights, **assistants**, and **coaches**.
 The total amount of accommodation the LOC should take care of is a maximum of 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation



(*) when a delegation consists of only 1 athlete, then he/she will be put together in a room with another athlete of the same gender who came alone. When these athletes doesn't want to be accommodated like this, they must inform the LOC about this on the FEF. At that occasion the LOC is allowed to ask this athlete to pay the difference between single and double room.

The accommodation (**ONLY FULL BOARD**) will be charged following this rates:
Price for day 80 euro per person, per night.

All Hotels:

double/triple/quadruple room

Breakfast in hotel

Lunch and **Dinner** at Restaurant tent in Primo Nebiolo stadium
(transport by shuttle bus)

FOOD SCHEDULE (in general):

Breakfast	from 8:00 AM to 9:30 AM (in Hotel)
Lunch	from 12:00 to 13:30 (in the big tent)
Dinner	from 19:00 to 20:30 (in the big tent)

The LOC will distribute the available rooms among the delegations in order to maximize the use of capacity.

The distribution/allocation of the rooms will be done in the following order:

- Depending the day the accommodation costs were paid. Those who paid first will be served first.
- First the athletes + the allowed amount of officials, all others (supporters, extra officials, extra athletes) will be put on a waiting list.
- The LOC will look which of the hotels of your preference are offering the rooms that suits the best with your requests.
- Once all athletes and officials are accommodated, the persons on the waiting list will be divided among the rest of the Hotels depending of the places which are still available at that time. There is no guarantee that these people will be accommodated in the same hotel as their athletes and officials. (**)

(**) *The LOC is NOT obliged to look for accommodation for the persons who are not an athlete and not on the list of the maximum accepted amount of officials. If they do so, then this is a well appreciated gesture.*

The cancellation policy:

- free of charge until 30 days before competition day (before March 20th)
- maximum 50% charge until 20 days before competition day (before March 23rd)
- maximum 75% charge until 10 days before competition day (before April 1st)
- maximum 100% charge the last 9 days before competition day

The charge will be calculated on the rate of B&B (60€)



All accommodation costs MUST BE PAID BEFORE arrival !

This can be done only by **BANK TRANSFER at least one week prior to the race !**



- Bank UNICREDIT - Branch Via Pollenzo
- Account Holder A.S.D. Giro Italia Run
- IBAN IT 60 V 02008 01106 000103545959
- BIC/SWIFT UNCRITM1AA6



Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary a timetable of the shuttle busses.



12. TECHNICAL MEETING

- Place** Primo Nebiolo stadium, viale Hugues (Parco Ruffini), Torino
Day Friday, April 10th 2015
Time 14:00
Transport A shuttle service is available from the accommodations. Departure times will be communicated in the information flyer at arrival. People who do not attend the technical meeting will be guided around the course. Shower facilities are available for people who would like to explore the course while running.



All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC.



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13. RECEIPT OF THE TRAVELGRANTS

ALL TRAVEL GRANTS SHOULD BE PAID ONLY BY BANK TRANSFER !

All delegations can receive an official letter with the exact amount of Travel Grant. This will be given after the final confirmation of the teams after the Technical Meeting .

- Place** Palazzo dello sport. viale Bistolfi (Parco Ruffini), Torino
Day Friday, April 10th 2015
Time 15:00
Transport See transport TECHNICAL MEETING



14. OPENING CEREMONY

Place Palazzo dello sport, viale Bistolfi (Parco Ruffini), Torino.
Day Friday, April 10th 2015
Time 18:00
Transport See transport TECHNICAL MEETING

Followed by the PASTA-PARTY

15. RACE INFO

The most specific details can be found in the brochure of the TECHNICAL MEETING
(IAU-appendix E: Technical meeting for the organisation of an MIAUC)

16. CLOSING / AWARD CEREMONY

Place Palazzo dello sport. viale Bistolfi (Parco Ruffini), Torino **Start/Finish location.**
Day Sunday April 12th 2015
Time 14:00
Info After closing ceremony dinner will be served at around 16:30. Everybody will be taken back to the accommodations by buses afterwards.

17. WEATHER CONDITIONS

The average weather conditions in the past 5 years:

Max. Temperature 20-22 °C
Min. Temperature 12-14 °C
Wind Speed Usually there is no wind .
Additional info Of course weather conditions can be variable in Italy. Athletes need to be prepared for any kind of weather conditions. Based on the experience of the last years athletes should take into account the possibility of rain and cold nights. During the day temperatures can vary between 10°C and 25°C. Weather forecasts will be provided by the LOC in the week of the event.



18. GENERAL TIME SCHEDULE



Wednesday April 8th Arrival of the first teams



Thursday April 9th Arrival of teams, and IAU officials

Friday April 10th

10:30 Pre-race Press Conference
14:00 Technical Meeting
15:00 Travel Grants Payment
18.00 Opening Ceremony
19:00 Pasta Party



Saturday April 11th

08:30 Athletes arrival to Parco Ruffini
10:00 Race start



Sunday April 12th

10:00 Race Finish
11:30 Post-race Press Conference
12:30 Joint Lunch
14:00 Award Ceremony



Monday April 13th

Teams departure



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19. MISCELLANEOUS

Currency in Italy is Euro. Be aware that not all shops accept credit cards. Cash can be taken from one of the many cash dispensers/machines that can be found throughout the city



20. TOURISTIC INFORMATION



Today Torino is a city of art, a modern and exciting one that looks ahead towards tomorrow. Torino's future has already begun: the city is equipped for trade fairs, congresses, conventions and is capable not only of guaranteeing infrastructures and services to businesses, but a 360° span of proposals that have granted it access to the prestigious **Michelin Guide's** classification as a "**three-star city**" along with Florence, Venice and Rome. This is because Torino offers a quality of life made up of art, culture, gastronomy and *art de vivre* that can only be found here.



During the day, it is possible to go for a walk through the streets or under the 18 kilometres of arcades to admire the store windows of the fashion world's finest designers or to visit the artisans' shops or those of artists. Without omitting the pleasure of wandering around through the many markets: from Porta Palazzo, Europe's largest outdoor market, to Balon, the famous flea market that features antique goods. There are many other markets to be visited, from neighbourhood markets to those that present typical gastronomic products.



When the time comes for a break, there are many time-honoured to choose from that are a part of Torino's customs and culture.



At **night**, Torino offers a thousand opportunities to meet people, dance and stay out until late at night at bars, discotheques and wine cellars that are open late in the old town centre, the Quadrilatero Romano, the Murazzi district as well as those of Borgo Dora and San Salvario.



For **sports lovers** also, Torino offers incredible possibilities: avant-garde sports facilities in which to test oneself or watch competitions ranging from soccer to swimming, from basketball to athletics, not to mention the ice events. Torino is also the city where major international sporting events take place every year that have continued since the XX Winter Olympic Games, the event that changed Torino by bringing it to the forefront of world attention.

This is why Torino is the European Capital of Sport in 2015

Tourist information

www.turismotorino.org

www.yestorinohotel.it