Please, read carefully all the information reported below and follow all the given instructions.



## **Sport Licence**

The event is open to all athletes aged at least 16. Nordic walkers and fit walkers included.

Underage athletes need the authorization of a parent or of anybody having their custody.

With the registration each participant declares to be in healthy condition to take part in the race. With this form the athlete waives, releases and forever discharges the event organizers for all his/her liabilities, claims, actions, or damages that he/she may have against them arising out of or in any way connected with the participation in the race.



# **Recommended equipment**

For safety reasons it is mandatory to participate wearing a **chest/headlamp** and sportswear.



#### **Book your Hotel**

2R is the CMP Venice Night Trail official travel agency. Click <u>HERE</u> to have a look at the offers and to book your Hotel



#### Check the list! Is something missing??

Before leaving home or the hotel check if something is missing:

- The documents to get the bib number
- The proper clothes to race (suitable for the weather conditions!!!!)
- The chest/headlamp
- Some dry clothes to get changed after the race



#### Official photos

Download the GetPica APP from <u>Apple Store</u> or <u>Google Play</u>. After the finish line you could have a look at your race photos!

Keep smiling! The GETPICA photographers will get shots of you during your race. Look for them along the race course and when you see them move to one side your headlamp and smile. After the race visit the official website <a href="mailto:getpica.com">getpica.com</a> or open the app, type your CODE and have a look at your photos.

VENICE RUNNING VILLAGE

### Venice Running Village

Visit the Venice Running Village at Venezia Tronchetto - Cruise Terminal 123. Here you will find all services set up for the participants in the race and the sponsor village. The Venice Running Village is open on

- Friday, April 5<sup>th</sup> from 3pm to 8pm
- Saturday, April 6<sup>th</sup> from 9am to 11pm.

Download the map of the area

At the Venice Running Village you will also find a MASSAGE AREA managed by Diabasi masseurs who, using Lacomed products, will loosen your muscles after the fatigue of the run and after the race let's party altogether at the big VENICE NIGHT PARTY with PASTA PARTY and the DJ.

# <u>How to get to the Venice Running Village - Venezia Tronchetto - Cruise</u> <u>Terminal 123</u>



## If you reach the start line from railway station

Get off at St. Lucia Railway Station (Venice Historical Center), go to the right and walk across the "Costituzione" bridge (Ponte di Calatrava) to get to Piazzale Roma. Once you reach Piazzale Roma, continue on foot towards the port area; at the end of the overpass you will find the roundabout where our shuttle will be available which will take you directly to the Venice Running Village or a 15-minute stroll will take you to it.



## If you reach the start line by bus or tram

Get off at Piazzale Roma and walk back towards the port area; at the end of the overpass you will find the roundabout where our shuttle will be available which will take you directly to the Venice Running Village or a 15-minute stroll will take you to it.



## If you reach the start line by water bus

Catch the line n. 2 and get off at the Tronchetto stop, here you will find our shuttle service to get to the Venice Running Village or a 15-minute stroll will take you to it.



## If you reach the start line by car

## From turnpike A13 direction "Bologna to Padova":

- Go ahead the tollgate 'Padova Zona Industriale' and follow the road signs to Venezia A57
- After the tollgate "Mestre Villabona" (Venezia-Mestre) take immediately the first exit on your right and follow the road signs to Venezia.

## From turnpike A4 direction "Milano to Trieste":

- Go ahead the tollgate 'Padova Est' and follow the road signs to Venezia A57
- After the tollgate "Mestre Villabona" (Venezia-Mestre) take the first exit on your right immediately and follow the road signs to Venezia.

### From turnpike A4 direction "Trieste to Milano":

- Go ahead the tollgate "Noventa di Piave" and follow the road signs to Venezia, then go ahead to the Mestre bypass, take the exit "PORTO" and follow the road signs to Venezia.
- Take the Mestre overpass and go on following the road signs to Venezia.
- Cross the "Ponte della Libertà", causeway connecting Venezia to the mainland.
- At the end of the bridge at the first traffic light turn to your right.
- Go ahead for 200 meters downhill up to the Stop sign. In front of you, you will see the entranceway to the Port of Venice indicated by the sign of "Venezia Città Porto Turistico".



### Car Park

Close to the start and finish area there will be 1000 guaranteed and monitored parking spaces that can be purchased immediately for just €5; the access is permitted from 8.30am to 7.30pm on Saturday 6 April; exit is permitted by Sunday 7 April. Parking availability till the cap of 1,000 is reached.

Alternatively, book your parking at Tronchetto Parking! CMP Venice Night Trail, in collaboration with Interparking Tronchetto, offers you the possibility of parking your car at a discounted price, with a return shuttle service from the car park to the start and finish area of the race.

Download and print the coupon you find <u>at this link</u> and follow the instructions!

To compact your cars, free supervised parking is available at Parco San Giuliano Porta Blu, convenient and opposite the tram and bus stop. Leave a copy of the confirmation letter clearly visible on the dashboard which will be the only document certifying your registration (try to use recycled paper!).

We also inform you that on Friday and Saturday, temporary parking is permitted at the CMP Venice Night Village only for bib collection (maximum one hour) in a dedicated car park.



#### Bib number pick up

Ten days before the race you will receive via email the confirmation letter; it is the only document to get your starting number.

The bib number can be picked up at the Venice Running Village in Venice Tronchetto - Cruise Terminal 123 on Friday April 5 from 3pm to 8pm and Saturday April 6 from 9am to 7pm.

Remember that you need to show our staff your confirmation letter on your Smartphone, your ID Card and hand out all the missing documents if requested.

DO NOT PRINT YOUR CONFIRMATION LETTER but show it to our volunteers directly from your smartphone.

Important notice! We remind you that if the documents of your registration are not correct you won't be able to take part in the race.



# Race kit pick up

After getting the bib number, remember to take your race kit and the official technical t-shirt which can be customized by **IL NEGOZIETTO** - you could ask to have your name or your surname or even your nickname on it. Book <u>here</u> the customization!



## Personal kit bag

IN ORDER TO AVOID GATHERING, WE KINDLY ASK YOU TO USE YOUR CAR OR YOUR ROOM OF THE HOTEL AS A CHANGING ROOM AND BAG STORAGE.

For those who reach the Terminal by public means of transport, a bag storage service (starting from 7pm) and a covered area as changing rooms will be provided.



### **Toilets**

You will find toilets in the start area, in the finish area and in the 123 Terminal area.



#### The start

The start will be divided into two different waves. The first corral will be for the competitive section and about 10 minutes after the start will be given to the non-competitive one.

The start of the first corral is scheduled at about **9pm on Saturday April 6<sup>th</sup>** from Venezia Tronchetto – Cruise Terminal no. 123.



## <u>Timing</u>

Thanks to the Evodata transponder stuck at your bib number, you will be timed the time you take to complete the race. Remember not to remove it or you won't be timed. Important notice!! The transponder is disposable, so you DO NOT HAVE to give it back after the race.



## In case of emergency

If during the race you encounter some problems or are forced to withdraw, don't panic; there are volunteers on the track who you can contact in case of need. Look for the nearest volunteer (he will be immediately recognizable by his reflective clothing) who will show you how to return upon arrival or call an emergency vehicle.

Furthermore, running alongside you will be the athletes of the <u>BLS-RUN-TEAM</u> "...rianimatoriINcorsa...", a group of runners qualified for cardiopulmonary resuscitation and early defibrillation manoeuvres.



#### Traffic is open - BE CAREFUL!!!

#### You do not run among cars but among pedestrians!!!

Have a look at people around you, there are plenty of volunteers along the race course but pedestrians can walk around, therefore be careful and do not bump against them especially in the narrowest paths....and when crossing bridges mind the steps .... bridges are very insidious!!



# <u>Time limit</u>

The maximum time to complete the race is **3h00**′.



### **Race Course**

### Over 200 volunteers will stand along the race course to mark it out!

After the start at Venezia Tronchetto the race course will snake along the harbor area to enter then Piazzale Roma through the bridge below the People Mover. The race course will go on passing for the first time the Grand Canal through the Calatrava bridge and will enter the heart of the real Venice, it will go through the typical and picturesque Calli and Campielli to reach the Biennale to lead afterwards to Saint Mark Sq. The race will pass by La Fenice theatre, will cross the Grand Canal through the Accademia bridge and then it will go left to Punta della Dogana. It will run along Fondamenta delle Zattere by

the Canale della Giudecca to reach the finish line in Tronchetto.



## **Course Amenties**

We encourage you to bring everything you will need with you during the race.

At about half of the race course, you will find a refreshment station with <u>San</u> <u>Benedetto</u> water and <u>Palmisano</u> biscuits.

All products delivered will be individually wrapped and the bottles of water will be delivered unopened.

At the refreshment stations our staff will sort you between the various tables, we invite you not to stop except for the strictly necessary time to take the products in order to avoid gatherings.



### **Fountains**

Along the race course several public fountains will be available for athletes to refresh.



## #EnjoyRespectVenezia

Remember that Venice is a heritage site for all, do not throw trash on the ground!!!!

<u>Learn</u> more about the campaign #EnjoyRespectVenezia and help us in saving the extraordinary beauty and uniqueness of Venice.



### Finish line

The finish line is in Venice Tronchetto - Cruise Terminal 123.

**WE COUNT ON YOU!!!** 

Help us! Keep the finish line clear for those who arrive after you... do not stop here!



### Refreshment and Venice Night PARTY

After the finish line, about 100 meters away, you will find the delivery point of the final refreshment bag with <u>San Benedetto</u> water, <u>ProAction</u> sport supplements, <u>Palmisano</u> biscuits, fruit supplied by <u>Dole</u> and <u>Bavaria</u> beer to toast to your performance.

And after refreshment you are invited to the Venice Night Party, Pasta <u>SGAMBARO</u> and DJ Set to celebrate together with the medal around your neck!!



## <u>Massages</u>

In the technical area after the finish line, inside the Terminal 123, you will find the **Lacomed** massage area, where the **Diabasi** masseurs will be ready to ease off your muscles after the race.



#### Ranking list and download the finisher certificate

After the race you will find the ranking list and the finisher certificate on the website www.venicenighttrail.it.



### Other questions?

Should you have further questions do not hesitate to contact us via <u>e-mail</u> or text us on the socials...we are at your disposal!

#### **Keep in touch**

Discover all the latest on the Venicemarathon events! Visit our website