



## USEFUL INFO

### GETTING THERE

#### Bus stop near Viale XVII Olimpiade in Rome

- XVII Olimpiade, 2 min walk
- C.so Francia/Uruguay, 5 min walk
- De Coubertin/Argentina, 5 min walk
- Tiziano/Xvii Olimpiade, 6 min walk
- De Coubertin/Auditorium, 6 min walk

#### Tram stop near Viale XVII Olimpiade in Rome

- Apollodoro, 7 min walk

#### Bus line to Viale XVII Olimpiade in Rome

- 53, Mancini
- 982, XVII Olimpiade
- C3, Staz.ne Tiburtina (Mb)
- 201, Venezuela/India
- 223, Staz.ne La Giustiniana (FI3)
- N3S, Ple Ostiense-Piramide (Mb-RI)
- 168, L.go M.llo Diaz
- 910, Mancini
- N201, Conti Antonio/Pulle'
- N3D, P.le Ostiense-Piramide (Mb-RI)

### PRE-RACE

The meeting for athletes is fixed from 07:00 in Viale XVII Olimpiade.

You will find on site the gazebos used for storage bags and toilets will be available.

### GAZEBO OF SOCIETY

We have identified areas, where we suggest you to place the GAZEBO of companies, in the areas around the Departure-Arrival, which are the parking areas in front of Via Austria and Via Norway.

### BAG STORAGE

At the stand STORAGE BAGS you will be provided with a bracelet showing the lane and the progressive number assigned (example: A-01), a copy will be applied to your bag/ bag (maximum size 40x20x25 cm).

At the end of the race, to collect their bags, athletes must necessarily return to the lane on the bracelet and show it to the attendant.

The organization will not answer for objects left inside.

The Storage Bags service will be located in Viale XVII Olimpiade, will open for delivery from 7.30 to 12.30.

## CHEMICAL BATHS

The chemical baths are provided at the entrance of the reserved area (next to the bag storage) and in each of the expected starting grids. We respect the beauty of our city, uses only and exclusively the chemical baths provided leaving the area that hosts us clean and tidy.

## PECTORALS AND CHIP

The race bib was awarded to you on the basis of the official FIDAL ranking. On the race bib has been applied the disposable chip that you will NOT have to return at the end of the race. At the time of collection, check your personal data and in case of error, please let the staff in charge know. Be careful not to fold it and attach it properly to the shirt in a visible way. Do not tamper with it, you may not rank.

## ACCESS TO THE DEPARTURE AREA

Access for all athletes will be EXCLUSIVELY from Viale XVII Olimpiade.

ONLY top Runners will be able to access directly from the starting portal.

Access to the area will be allowed only showing the race bib, red for the 21k and white for the 10k, competitive and non-competitive.

## STARTING GRIDS

Leave the bag/ bag at the bag store you can channel in the grid corresponding to your number and color of breastplate. Athletes participating in the 21k can enter the grid from 8.00 am while athletes participating in the 10k from 8.45 am.

The grids will be divided as follows:

Starting Grid	Bib number		Departure time
TOP RUNNER	01-50 M – F 01-F50	bib red	08:30
1° Rome 21k	51-500 M – F 2001-F2200	bib red	08:30
2° Rome 21k	501-onwards M – F 2201-onwards	bib red	08:30
TOP RUNNER	3001-3050 M – F 4001-F4050	bib white	09:10
1° Rome 10 k (competitive)	3051-4000 M – F 4051-onwards	bib white	09:10
2° Rome 10 k (NOT competitive)	4001-onwards	bib white	09:10 (in line)

## TIMING

The time recording service will be carried out by Icron. There will be a chronometric survey at the 10km (21k) race. Your time for the leaderboard will be calculated on the "gun time", but you will also be given the "Real Time" or the time you took to cover the 21k or 10k, from the passage on the starting line to the finish line.

## REFRESHMENT

Along the 21 km race route there are refreshment points near the km 5,9 - 12,7 - 17,1 - arrival while for the 10 km are expected at km 6 and arrival.

Two chemical toilets will be present near each refreshment.

At the first and second refreshment is provided Acqua Egeria in 500 ml bottle.

At the third refreshment is provided Acqua Egeria, Salts maltodextrin Chondrovita, fruit and biscuits.

In case of overcrowding in the first tables it is advisable to go ahead and use the next ones.

## **PACER**

Inside the starting grids you will find the group of Pacer Marathon Truppen with colorful balloons showing the time of reference. Pacer service will be provided for the following times: 1h25 (red) – 1h30 (heavenly) – 1h35 (white) – 1h40 (orange) – 1h45 (yellow) – 1h50 (green) – 1h55 (purple) - 2h00 (blu) – 2h06 (pink) – 2h15 (grey) – closing race (mixed colours).

## **MEDICAL SERVICE**

Medical service is provided at different points of the route and also on arrival.

## **TIME LIMIT**

The maximum race time is set at 2h45' for the 21k and 1h40' for the competitive 10k.

## **WITHDRAWALS**

If you want to retire, we recommend stopping near one of the restaurants. Notify the staff present that will make sure to contact the Athlete Recovery service to bring you back near arrival.

## **ARRIVAL**

The arrival is expected in Viale XVII Olimpiade in the opposite direction to the starting one. Once you pass the finish line you will be given the medal "Finisher": be careful to channel in the corridor provided for the 21k or the 10k, the medals are different for the two distances.

In the area dedicated to the final supply you will be given a refreshment package containing Acqua Egeria, Coldiretti Fruit, Chondrovita Supplement, Chinotto Neri, Crema di Nocchie della Arrigoni di Asiago, and a snack. You will also find the staff of Red Bull who will deliver you a can of fresh product.

The sanitary station will be at your disposal and then you can proceed to the storage bags where to pick up your bag/bag.

The exit from the transennata area is the same as the entrance before the race, in Viale XVII Olimpiade.

## **AWARDS**

Immediately after the arrival will be rewarded on the spot the 1 belonged-2 somebody-3 has. Absolute athlete M/ F of 21k and 10k.

Next up is the 1 somebody-2 person-3 person ITALIAN athlete Absolute M/F of the 21k

At 11.00 am there will be the awarding of the 1 game-2 season-3 athlete absolute M/ F, the Regional Championship of Half Marathon and 10k of Fidal Lazio.

The category prizes (1 M/F athlete) can be withdrawn from 11.30 to 12.30, at the gazebo next to the bag store, showing your race bib.

## **RANKINGS - DIPLOMA - PHOTO**

The official ranking will be available after the race on [www.rome21k.it](http://www.rome21k.it) and on [www.icron.it](http://www.icron.it), where you can also download your diploma for free.

After the race visit [www.getpica.com](http://www.getpica.com) and type in your Pica code that you will find printed on the bib.

For any information - contact [info@rome21k.it](mailto:info@rome21k.it)

For various official updates - always visit [www.rome21k.com](http://www.rome21k.com)