



Campionato Europeo Winter Triathlon



RUN 8Km - BIKE 12Km - SKI 10km



Carcoforo

Val Sesia - VC

3-4 Marzo

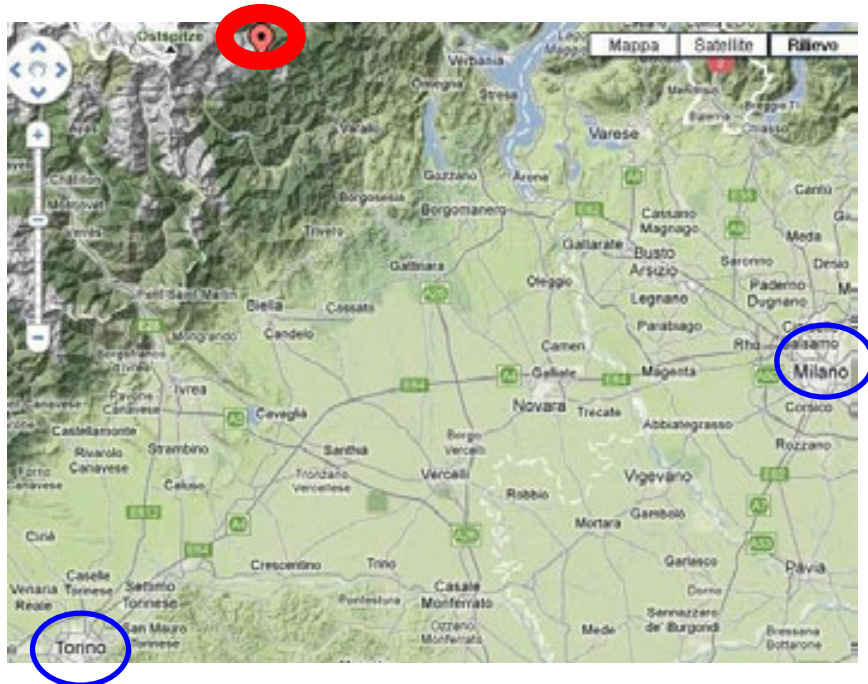


Provincia di
Vercelli



EVENT AND CONTACT INFORMATION

Name of Event:	2012 Valsesia ITU Winter Triathlon European Championships
Race Date:	3rd – 4th March 2012
Event Organizer:	Marco Zaffaroni
Mobile Phone:	+39.335.354958
Fax:	+39. 02.96457364
E-mail:	info@friesianteam.com
Internet:	http://www.friesianteam.com
National Federation:	Italian Triathlon Federation
Contact:	Gabriella Lorenzi International Technical Area – Athletes/Nfs Team Support gabriellalorenzi@fitri.it
E-mail:	www.fitri.it
Web site:	www.fitri.it
Phone:	+39.6.36856734
Fax:	+39.6.36856744
Event regulations:	ITU Triathlon Competition Rules apply
Official Results:	published after the race on the official web-sites: www.triathlon.org - www.fitri.it –www.friesianteam.com
Race Location:	CARCOFORO (VC)



Carcoforo is located in the province of Vercelli, in Val Sesmenza, near Val Sesia. This town offers splendid hiking trails at the feet of Monte Rosa. Enchanted mountains, pristine woods and immense space make Carcoforo a "magic" place where one can live the full wilderness experience.

EVENT SCHEDULE

Date: **March 2nd**
 12.00 – 19.00 Race Office
 12.00-16.00 Official training on the tracks
 14.00-16.00 Race number pick-up
 17.00 Race Briefings Juniors - U23 - Elite
 18.00 Opening Ceremony
 18.30 Open Race Run/Ski/Run
 19.30 Pasta Party

Date: **March 3rd**
 08.00 – 18.00 Race Office
 09.00-09.30 Check-in Juniors
 10.00 Start Juniors male and female
 11.00-11.30 Check-in Elite/U23 female
 12.00 Start Elite/U23 female
 12.30 Pasta Party
 13.15 – 13.45 Check-in Elite/U23 male
 14.00 Start Elite/U23 male
 16.00 Prize Ceremony Elite/U23/Juniors
 17.00 Race Briefing Mixed Relay
 17.30 Race Briefing Age Group

Date: **March 4th**
 07.00 – 15.00 Race Office
 08.00-08.30 Check-in Age Groups
 9.00 Mixed Team Relay
 10.30 Start Age Groups male
 12.30 Start Age Groups female
 14.30 Prize Ceremony

EVENT DETAILS

ITU European Championships	Run	Mountain Bike	Cross Country Ski
Elite-Under 23-Age Group	8km: 4laps - 2km	12km: 4laps – 3km	10km: 4laps – 2,5km
Junior	4km: 2laps – 2km	6km: 2lap – 3km	5km: 2laps – 2.5km

Run Course the ring run course is developed partly on cross country ski track and partly on un-made roads

MTB Course MTB course slightly undulated, it is developed partly on cross country ski track and partly on un-made roads

SKI Course technical track, slightly undulated

- ITU European Championships - Open Race	Run	Mountain Bike	Cross Country Ski
Mixed Team Relay	4km: 2laps – 2km	6km: 2lap – 3km	5km: 2laps – 2.5km

A team is composed of 4 athletes: 2 men and 2 women, who will compete in the order woman, man, woman, man. Each of them will cover a complete triathlon/duathlon/winter

OPEN RACE	Run	Cross Country Ski	Run
RUN-SKI-RUN	1,5km	2,5km	750mt

COMPETITION CONDUCT

ITU Competition Rules: Art.17 "WINTER TRIATHLON":

17.1. Definition:

a.) Winter Triathlon consists of running, mountain biking and cross country skiing. All segments of the race will be on snow depending on the natural conditions.

17.2. Official Training and Familiarisation:

a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the LOC. Athletes and coaches may attend these official training and familiarisation sessions.

b.) Conduct on race days: Athletes are not allowed to warm up or do any familiarization on the course while a race is in progress.

17.3. Running Conduct:

a.) Running shoes are mandatory on the running segment. This rule is not applicable to age groupers;

b.) Running shoes with spikes are allowed.

17.4. Mountain Biking Conduct:

a.) The minimal tyre dimension is 26x1.5 inches (599-40), which means that the smallest part of the tyre should not be less than 40mm;

b.) Cleated and/or slick tyres are allowed;

c.) The bike segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow, and may follow normal roads or paths;

d.) Athletes are allowed to push or carry the bike over the course;

e.) Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the Transition Area. Lapped athletes will be not removed from the race;

f.) Athletes must bring their own tools and parts, and must carry out their own repairs;

g.) Bike shoes are mandatory in the bike segment. This rule is not applicable to age group athletes;

17.6. Skiing Conduct:

a.) Testing of equipment (skis) is allowed prior to the race on specially marked tracks, or on the race-course, if announced by the Technical Officials;

b.) During the race, athletes cannot be accompanied by team members, team managers or other pacemakers on the course;

c.) Athletes are allowed to change one ski and both poles;

d.) Athletes may ski using their preferred technique;

e.) Certain zones may have restrictions to classic style or double poling;

f.) Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the TD;

g.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;

h.) In the finish chute (30-50m), skiing freestyle may be forbidden. Double poling may be required. Prepared tracks must then be used;

i.) Athletes cannot remove their skis until at least 10 metres past the finish line. The last ski check will take place after this line;

j.) Ski shoes are mandatory in the cross country ski segment. This rule is not applicable to age group athletes.

17.7. Transition Area Conduct:

a.) Skiing inside the transition area is forbidden;

b.) In the Transition Area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be the same for all athletes.

17.8. Finish Definition:

a.) A athlete will be judged as "finished," the moment the tip of the front ski boot crosses the finish line.

REGISTRATIONS

REGISTRATION-PAYMENT DEADLINE: 27/02/2012

REGISTRATION FEES – EUROPEAN CHAMPIONSHIPS:	€uro
Elite – Under 23	50,00 €uro
Junior	30,00 €uro
Age Group	40,00 €uro
Mixed Relay	100,00 €uro

REGISTRATION FEES – OPEN RACE:	€uro
Run/Ski/Run Open Race:	10,00€uro
Mixed Relay- Open Race	100,00€uro

Online by Credit Card

Please send your online registration/payment through the LOC website
www.friesianteam.com

Bank transfer which copy has to be sent – with your request of registration to the LOC – by fax number or e-mailed to info@friesianteam.com

Holder of the account: GLOBAL SPORT LOGISTIC SAS
Corso della Vittoria 1034, 21042 Caronno Pertusella (VA)
Bank name: Banca Popolare Di Bergamo
Credito Varesino Ag. Caronno Pertusella (Va)
Iban Code: IT 84 N 05428 50090 0000 0001 2071
Swift code: BEPOIT21 (Via BLOPIT22)

Only for the ITU Winter Triathlon European Championships registration:

The entries have to be submitted to the ITU on line entries system. Only the National Federations can enter the athletes, therefore the athletes have to enter the races via their National Federation. The entries questions have to be directed to entries@triathlon.org. No athlete will be included in the start list if the entry has not be processed through ITU on line entry system.

REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions here.

AWARD CEREMONY

ITU Winter Triathlon European Championships

- Official Medals: Top 3 men – Top 3 women each category
- Individual Race: prize-money 3.000,00€uro paid - net of all taxes – in €uro cash

	Elite Men	Elite Woman
1st.	450 EUR	450 EUR
2nd.	375 EUR	375 EUR
3rd.	300 EUR	300 EUR
4th.	225 EUR	225 EUR
5th.	150 EUR	150 EUR

- Mixed Team Relays: prize 1st. 500EURO - 2nd. 300EURO - 3rd. 200EURO
- Valsesia typical food products: Top 3 finishers of each category (top 3 men + top 3 women)

ACCOMMODATION

Please contact directly the hotel:

Hotel	Contact	Place	Distance Race Venue	Full Board	Half Board
Alpenresort Nonay	Phone: 0039.0163 95161 Mobil: 0039.347.4692583 info@alpenresortnonay.it www.alpenresortnonay.it	Comune di Rima S.Giuseppe	10 km	€50,00	€40,00
Locale Gta San Giuseppe	Phone: 0039.0163 95161 Mobil: 0039.347.4692583 info@alpenresortnonay.it www.alpenresortnonay.it	Comune di Rima S.Giuseppe	10 km	TBD	TBD
Albergo Ristorante Della Torre	Phone:0039.0163.75117 Mobil: 0039.346.0381210 info@albergodellatorre.it	Bocioleto	14 km	€45,00	€36,00

MEDICAL AREA

Medical services will be available on-site on race day.

The medical area is located inside the skiing track building

There will be volunteers stationed along the course and the ambulance service will transport injured athletes to hospital if required.

PRE-RACE: If athletes may require treatment before race day, please contact the LOC
RACE-DAY

- N° 2 ambulances
- N° 1 medical tent located nearest the transition area
- Medical Area: located in the skiing track building

MEDICAL INFORMATIONS

• **GENERAL EMERGENCY:** Tel. 118

REGULAR MEDICATION: Athletes are advised to bring sufficient quantities of medications for personal use. It is wise to bring a letter from your personal doctor confirming your medical history and medication in case of emergency. If you have been prescribed a medication that is for restricted use in the WADA code, please ensure that you have submitted a TUE with your triathlon federation.

COMPETITOR SOCIAL EVENTS

All Competitors are required to attend registration at the times listed below and are required to bring document (i.e. passport) and NF license to confirm date of birth and nationality. Accreditation passes will be issued to all athletes at registration. It is essential that athletes personally attend registration. No registration, no pass, no race!

ATHLETE KITS: At registration, each competitor will receive his or her accreditation, race bib, bike/ski and helmet numbers, sticker for bag storage on race day, commemorative race souvenir, timing chips, technical gadget,

THE USE OF YOUR CHIP: At the registration when you pick up your race bag you will also receive your timing chip and a velcro ankle band. PLEASE NOTICE very carefully that your given chip must be attached in the ankle band and worn around your right ankle for the complete duration of the event. Incorrect use of the timing chip will affect the production of correct results. Please ALSO NOTICE that this chip MUST BE RETURNED at bike checkout after you have finished the race. If you experience an accident during the cycling it is your responsibility to return the chip to the event officials. It is your responsibility entirely that the chips is worn correct and returned to the event officials when checking out your bike. Athletes not returning their timing chip will be liable for the chip cost before checking out their bike.

BIKE ASSISTANCE

Bike assistance available along the Transition Area

ATHLETE'S AREA

After crossing the finish line, please keep walking straight and follow the volunteers instructions until to reach the skiing track building where you will find:

- Dressing room for the bag storage and uniform change. The organizing committee have not responsibility for any items left in this area
- Recovery area: restricted access area where athletes can obtain food an water
- Toilets and showers

FREE PARKING

"Parking Area" reserved for the delegation at 100mt from the transition area
Free parking for the not accredited people on the TA surrounding.



OPEN RACE Run-Ski-Run: venerdì 2 marzo 2012

Il **Run/Ski/Run** è uno sport multidisciplinare nel quale l'atleta copre nell'ordine, una prova di corsa, una di sci di fondo e una di corsa, senza interruzione.

Su questa formula Carcoforo aprirà ufficialmente, venerdì 2 marzo, la manifestazione iridata dal titolo di Campionato Europeo Winter Triathlon 2012.

La gara è aperta a tutti: agonisti, amatori e tutti gli appassionati dell'attività sportiva invernale che desiderano provare parte dei percorsi su cui il giorno successivo si sfideranno i professionisti del Winter Triathlon.

Il Commissario Tecnico Federale del Winter Triathlon, Marco Bethaz, sarà presente sul campo gara, a disposizione di tutti i partecipanti, per illustrare percorsi e fornire indicazioni tecniche sulla pratica della disciplina.

Grazie al Comitato Organizzatore e lo Sci Club Fondo di Carcoforo, gli amanti dello sci di fondo non professionisti possono raggiungere direttamente i campi di gara dove troveranno tutti i servizi necessari per preparare la loro partecipazione: dal noleggio delle attrezzature a corsi di sci di fondo pre-gara, a prezzi convenzionati.

Potete iscrivervi alla manifestazione e tesserarvi direttamente sul posto, l'importante è inviarci la vostra pre-registrazione al fine di consentire alla perfetta macchina organizzativa locale di predisporre tutti i servizi necessari per la vostra partecipazione.

Località:	CARCOFORO - VALSESIA
Data:	2 marzo 2012
Organizzatore:	Marco Zaffaroni
Telefono:	+39.335.354958
Fax:	+39. 02.96457364
E-mail:	info@friesianteam.com
Internet:	http://www.friesianteam.com
Distanza Gara:	Run 1,5km – Ski 2,5km – Run 750mt
	<i>Tutte le frazioni si svolgeranno lungo la pista di sci di fondo</i>

IL PROGRAMMA GARA: venerdì 2 marzo

12h00 – 19h00	Race Office
18h30	Partenza Gara Promozionale: RUN-SKI-RUN
19h30	Pasta Party



GARA PROMOZIONALE: Run – Ski - Run

Iscriversi è semplice!!

Trasmetti al Comitato Organizzatore una e-mail info@friesianteam.com con le seguenti informazioni :

Nome: _____

Cognome: _____

Società – N° Tessera*: _____

*se non sei tesserato della Federazione Italiana Triathlon, indica semplicemente il Club presso cui sei tesserato. Puoi gareggiare senza alcuna restrizione effettuando il tesseramento sul campo ma ricordandoti di portare il certificato medico

Servizi richiesti*: _____

* aiutaci a fornirti tutti i servizi necessari per la tua partecipazione, indicandoci sei hai bisogno di noleggiare le attrezzature e se vuoi effettuare delle lezioni di sci di fondo pre-gara

TASSA DI ISRIZIONE

Partecipazione alla gara Run-Ski-Run 10,00€uro

Se devi effettuare il tesseramento sul campo: 3,00€uro i soli ragazzi nati nel 1994-1995
6,00€uro tutte le categorie



GARA PROMOZIONALE: Mixed Team Relay

Trasmetti al Comitato Organizzatore una e-mail info@friesianteam.com con le seguenti informazioni :

Società _____

Composizione della squadra: 1 donna – 1 uomo – 1 donna – 1 uomo

	Nome	Cognome	Numero Tessera
1.			
2.			
3.			
4.			

*se hai atleti non ancora tesserati alla Federazione Italiana Triathlon, puoi effettuare il tesseramento sul campo nel settore amatoriale al costo di 6,00€uro ma ricordati di acquisire il certificato medico per gli atti della tua società.

Servizi richiesti*: _____

* aiutaci a fornirti tutti i servizi necessari per la partecipazione dei tuoi atleti, indicandoci sei hai bisogno di noleggiare le attrezzature e se vuoi effettuare delle lezioni di sci di fondo pre-gara

TASSA DI ISRIZIONE

Partecipazione Squadra

Se devi effettuare tesseramenti sul campo:

100,00€uro

6,00€uro per ciascun atleta di tutte le categorie

Il Presidente
