

UKM 2022 REGULATIONS

On Sunday, November 6, 2022, the *Associazione Sportiva Dilettantistica Forti & Liberi Atletica* organizes the 15th edition of the Ultra K Marathon, a national running race in Salsomaggiore Terme.

This 50 km road race and the *Grand Prix Iuta 2022* are included by the Italian Athletics Federation (*Federazione Italiana di Atletica Leggera*, FIDAL) and the Italian Ultramarathon and Trail Association (*Associazione Italiana Ultramaratona*, IUTA) in the national calendar of 50 km running races.

On the same date, it will also take place the Salso-Vigoleno running race, a 15 km regional race that will finish in the village of Vigoleno.

Both distances take place at the same time and share the first part of the course.

CONTACTS

A.S.D. Società Forti & Liberi Atletica

Ponteghiara 31, 43036 Fidenza (PR), Italy

Promoter G.C. Chittolini +39 347 4800162

pietropino@virgilio.it

www.ultrakmarathon.it

MEETING AND RACE START

Participants will meet in Piazza Berzieri Salsomaggiore and they will find the administrative office in the Bertellini Gymnasium, located on the side of the primary school D'Annunzio, next to the thermal baths Berzieri in Salsomaggiore.

The UKM and the SalsoVigoleno will start at 8:30 a.m.

The course route of the UKM is 50 km, the Salso-Vigoleno run is 15 km.

ROUTE

The Ultra K Marathon and the Salso-Vigoleno race will begin at 8:30 a.m. on November 6, 2022, from Piazza della Libertà, in front of the City Hall.

After the start, the runners will take Via Romagnosi, largo Roma, run along the perimeter of thermal baths Berzieri, Via Roma. They will turn left into Via Bacchelli, then to Viale Porro, towards the cemetery (entering the municipality of Bellaria), they will head to Scipione Ponte village.

At the Scipione Ponte crossroads, athletes will go right at the roundabout to Castel Nuovo Fogliani. After crossing the Stirone bridge, they will turn left to Costa Lama Roncadello (municipality of Gruccione), going back to valley floor. At the crossroads to Vigoleno, the runners of the Ultra K Marathon and the Salso-Vigoleno will turn right, going up to Castelsottano thus running through the medieval village.

Exiting the castle gate by turning left, the Salso-Vigoleno's athletes will find the arrival arch located in Piazza 4 Novembre.

Ultra K Marathon athletes will head to la Villa and return to the valley floor just before the 17 km mark. The marathon runners will proceed toward the village of Trinité, then head to the war memorial and to Iggio, in order to reach the village of Pellegrino Parmense.

They will turn left towards the village of Sant'Antonio, covering the 29 km split. Reaching the pass placed at 620 meters above sea level, runners will quickly descend to Pontegrosso and then head towards Grotta, Casalino, Case Ceriati, Cangelasio. Passing through Bellaria, they will descend into the town, crossing again the cemetery and running through Viale Porro, Via Capelli, and Via Mazzini, to finally reach the finish line, located in front of the entrance to the magnificent thermal baths Berzieri.

MEASUREMENT APPROVAL

The course measurement has been certified by FIDAL, therefore the race is officially included in the national calendar and in the Grand Prix of IUTA 2022.

Maximum time to finish the race is 7 hours.

Refreshment points are located along the route as stated in the International Technical Regulations.

PARTICIPATION

Participation requirements for athletes registered in Italy

In accordance with the provisions of the "Rules for the organization of events" issued by FIDAL, any athletes registered in Italy who wish to compete must be at least 20 years old and meet one of the following requirements:

- Members of clubs affiliated with FIDAL for the year of 2022;
- Athletes in possession of Runcard (valid as sports insurance and permission to compete). However, the participation is subject to:
 - a) the presentation of a valid medical certificate of fitness for athletics, which must be submitted to the organizers in the original and kept in copy in the records of the organizing club of each event. The medical certificate for non-resident foreigners may be issued in their own home country, but there must be carried out the same examinations required by the Italian law: a) medical examination; b) complete urine test; c) electrocardiogram at rest and after exercise; d) spirometry.
 - b) or the verification of the validity of a medical certificate of fitness for athletics through the Runcard database; or
 - c) the verification of the validity of a medical certificate of fitness for athletics through the Runcard app downloaded to any electronic devices.
- Athletes registered for *Ente di Promozione Sportiva, EPS (Sezione Atletica)*, in possession of a Runcard-EPS. However, the participation is subject to:
 - a) or the presentation of a valid medical certificate of fitness for athletics, which must be submitted to the organizers in the original and kept in copy in the records of the organizing club of each event. The medical certificate for non-resident foreigners may be issued in their own home country, but there must be carried out the same examinations required by Italian regulations: a) medical examination; b) complete urine test; c) electrocardiogram at rest and after exercise; d) spirometry.

b) or the verification of the validity of a medical certificate of fitness for athletics through the Runcard database; or

c) the verification of the validity of a medical certificate of fitness for athletics through the Runcard app downloaded to any electronic devices.

PARTICIPATION REQUIREMENTS FOR ATHLETES NOT REGISTERED IN ITALY

Both Italian and foreign athletes not registered in Italy who wish to compete must be at least 20 years old on race day and meet one of the following requirements:

- Members of any international sports federations of athletics recognized by the **International Association of Athletics Federations (IAAF)**. At the time of registration, athletes must submit a self-certification of membership status. The self-certification shall then be signed in original at the time of bib pickup.
- Athletes in possession of Runcard (valid as sports insurance and permission to compete). However, the participation is subject to:
 - a) or the presentation of a valid medical certificate of fitness for athletics, which must be submitted to the organizers in the original and kept in copy in the records of the organizing club of each event. The medical certificate for non-resident foreigners may be issued in their own home country, but there must be carried out the same examinations required by Italian regulations: a) medical examination; b) complete urine test; c) electrocardiogram at rest and after exercise; d) spirometry.
 - b) or the verification of the validity of a medical certificate of fitness for athletics through the Runcard database; or
 - c) the verification of the validity of a medical certificate of fitness for athletics through the Runcard app downloaded to any electronic devices.

By entering the competition, the participant relieves the Organizer Committee of any responsibility regarding his or her physical conditions during and after the race. With respect to matters not covered in this Agreement, the National FIDAL regulations shall remain in full force.

Registration fees will not be refunded in case of non-participation, nor will substitutions of names be made.

REGISTRATION METHODS

By filling out the form on the website page <https://ultrakmarathon.it/> or directly on the website page <https://mysdam.net/>

PAYMENT METHODS

By bank transfer:

Deposit to BPER c/c IBAN no. IT53H05387659000001086625

addressed to: Forti & Liberi Atletica - Maratona dei Luoghi Verdiani - LOC. Ponteghiara 31 43036 Fidenza

Participants shall send everything by email to pietospino@virgilio.it or iscrizioni@sdam.it.

ORGANIZATIONAL CONTRIBUTION

ULTRA K MARATHON:

Fee of € 50 up to the 250th registrant; € 60.00 up to the 350th registrant (maximum number of registrants).

SALSO – VIGOLENO RACE:

Fee of € 20 until the attainment of the 200th registrant.

REGISTRATION WILL STILL CLOSE ON NOVEMBER 3.

***Notes: no registration will be accepted on race day.

RACE BIB AND RACE PACKS PICKUP

Race bib and packs can be collected at the Bertinelli gym in Via Cavour, 2 Salsomaggiore on **Saturday 5th November** from 5:00 pm to 7:00 pm or on **Sunday 6th November** from 7:00 am to 8:15 am.

SHUTTLE SERVICE

Bag transport service is available for the Salso-Vigoleno race, there will be locker rooms in special gazebos, refreshments, and a bus service for the return to Salsomaggiore located at the parking lot near the castle. In each refreshment station, the service will be guaranteed until the end of the race.

TIMING

There will be two official chip checks: all participants must wear an official bib number on the front of their body, pinned to their outer layer of clothing. Numbers must be fully visible at all times (not cut, folded or obscured). Runners who run without their bib properly attached and displayed risk not having their finish time and split times recorded and not being listed in the results, therefore they will be disqualified.

MEDICAL ASSISTANCE

Medical assistance provided by *Assistenza Pubblica* of Salsomaggiore will be available at all relay exchange areas and aid stations as well as at the finish line. There will also be available locker rooms, showers and baggage storage room at the Bertellini gym, located at 50 m from the finish area.

WITHDRAWAL OF ATHLETES

Athletes who wish to leave the race before the end can get on the busses following the last runner to reach the next collection point, from there they will be transported to the finish area.

FINAL REFRESHMENT

For the athletes of the UKM, there will be a free refreshment from 12:30 pm at the Bertellini gym, with gastronomic products of our land.

For the participants of the Salso-Vigoleno race, there will be a rich refreshment point near the finish area.

AWARDS 2022

- Participation prizes and various Ultra K Marathon category prizes:

All participants will be given medal plus technical items and race packs.

The top-10 overall men and women finishers of the UKM will be awarded with local delicacies and technical items.

FIDAL amateur categories will be awarded as follows:

FEMALE

Category	Positions awarded
A / J / P / S	1
MF 35	1
MF 40	1
MF 45	1
MF 50	1
MF 55	1
MF 60-65	1
OVER 1952	1

MALE

Category	Positions awarded
A / J / P / S	1/2
MF 35	1/2
MF 40	1/2
MF 45	1/2
MF 50	1/2
MF 55	1
MF 60-65	1
Over 1952	1

Awards will not be cumulative.

- Salso-Vigoleno Participation Awards

The top-10 overall men and women finishers of the Salso-Vigoleno race will be awarded with local delicacies and technical items.

TIMING BY CHIP

Participants must wear their assigned timing device, which must be attached to their shoe, continuously from start line to finish line to receive an accurate finish time.

COMPLAINTS

Complaints must be submitted in second instance on the appropriate form to the Appeals Judge at the Organizing Structure within 30' from the publication of the results, paying a deposit of € 100 which will be returned if the complaint is upheld at the end of the event.

STATEMENT OF RESPONSIBILITY

The competitor declares that he/she knows and accepts the regulations of the Ultra K Marathon edition 2022, that he/she is of legal age and in possession of a suitable medical certificate for participation in the race, pursuant to Ministerial Decree 18/05/1982 and 28/02/1983. He also expressly declares under his personal responsibility not only that he has declared the truth (art. 2 law 04/01/78 no. 15 as amended by art.3 paragraph 10 law 15/0557 no. 127). By subscribing to the race, the athlete waives the organizers from all present and future claims for liability of any kind, both civil and criminal, known or unknown, for damages to persons or property deriving from his/her participation in the event.

Participants are required to always obey traffic laws. The organization disclaims any responsibility for any accidents of any nature should occur to athletes before, during and after the event. He also grants permission to use photographs, videos and anything related to his participation for any legitimate use without remuneration.

INFORMATION PURSUANT TO ART. 13 OF LEGISLATIVE DECREE NO.196/03

The personal data of those registered for the running race Ultra K Marathon edition 2022 are processed in accordance with Legislative Decree No. 196 of June 30, 2003. Personal data are collected at the time of registration and are provided directly by the interested parties. Failure to provide personal data will result in the inability to accept the registration itself. The data are processed in paper and computer form by the Italian Mandatory communications (*Comunicazioni Obbligatorie Online*, COL) for all fulfillments related to the organization of the event in order to provide users with information about the participants and the results of the competition. The same data may be disclosed to employees, collaborators, firms and/or companies engaged in the organization of the event and to consultants of the Organizer for the above purposes.

Regarding the use of photos and images of the race, those who register implicitly agree that the organization may use them for purposes consonant with the promotion of the event.

With respect to matters not covered in this Agreement, the National FIDAL regulations and rules IUTA of Ultramarathon shall remain in full force.