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## REGULATION UMS19



### ORGANIZATION

ASD Impossible Target, UISP Affiliate, organizes the Ultramarathon Running Event called UMS19 (here below summed as UMS), race valid for IUTA Grand Prix, listed in 2019 IUTA Races Calendar.



### THE EVENT

UMS is a foot Race, the longest non-stop Ultramarathon in Europe, proof valid for accreditation to the major Ultra events in the world, the Spartathlon and the Badwater.

The race runs through 3 Italian Regions, 12 Provinces and 54 municipalities.

It starts from the city of Milan, then runs between rice fields, many historic centers. It goes up on the Passo del Turchino then reaches the Italian Riviera before heading westwards (towards the French Border) across the rugged coast and many beach towns. The Finish line is in the heart of the beautiful City of Flowers, Sanremo.

### RUNNING UMS

#### - SOLO RACE

The race starts on Saturday, April 27th, 2019 at 10:00 am at the Milano Canal "Naviglio" Dock in Porta Ticinese.

The Finish line is in Sanremo, Corso Trento Trieste, 02/04, 18038 Sanremo (IM) on the beach. There will be an arch although the Stopwatch will stop only when the athlete actually touches the Mediterranean Sea water.

The race takes place in a single stage and every athlete must be semi-self-sufficient. Participants are strongly recommended to have a Personal Assistance Team (Crew) along the whole course. The Organization will not look after athletes along the route, except at the life points / checkpoints provided by the event. The Event is labeled as non-competitive therefore all roads are open to traffic, so it required and mandatory to fully respect the Rules of the Highway Code. As well as common sense and maximum attention/ safety.

The Organization is not liable for any damage to persons or property resulting from failure to observe the rules.

#### - THE RELAY RACE

The race starts on Saturday, April 27th, 2019 at 10:00 am at the Milano Canal "Naviglio" Dock in Porta Ticinese.

The Finish line is in Sanremo, Corso Trento Trieste, 02/04, 18038 Sanremo (IM) on the beach. There will be an arch although the Stopwatch will stop only when the athlete actually touches the Mediterranean Sea water.

Impossible Target A.s.d.  
CF 97759740158 P. IVA 09635120968  
Viale Ercole Marelli, 352  
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The race takes place in a single stage and every athlete must be semi-self-sufficient. Participants are strongly recommended to have a Personal Assistance Team (Crew) along the whole course. A car assistance for each relay Team is mandatory in order to guarantee transportation for the Crews and the other relay members, waiting for their fraction to run. The organization will not take care of getting back relay members nor to the starting point of their fraction neither to other places along the path.

The Event is labeled as non-competitive therefore all roads are open to traffic, so it required and mandatory to fully respect the Rules of the Highway Code. As well as common sense and maximum attention/ safety.

The Relay is open to Teams of 5 Runners and is divided in 5 stages. Each runner can run for a maximum of two stages.

(1 x runner). The Checkpoints will work also as Baton Exchange Points at:

- Milan - Casteggio (54km)
- Casteggio - Ovada (69km)
- Ovada - Voltri (37km)
- Voltri - Loano (62km)
- Loano - Sanremo (63km)

The Organization is not liable for any damage to persons or property resulting from failure to observe the rules.

#### **EVENT DURATION**

The maximum allowed time to finish the race is 48 hours.

Therefore, athletes must arrive in Sanremo by 10:00am on Monday April 29th 2019.

For organizational reasons, the Checkpoints will work as time gates as well:

- Casteggio Checkpoint: maximum time of 7h30m from the time of departure
- Ovada Checkpoint: maximum time of 18h from the time of departure
- Voltri Checkpoint: maximum time of 26h from the time of departure
- Loano Checkpoint: maximum time of 36h 30m from the time of departure
- Sanremo Checkpoint: maximum 48h time from the time of departure

These time gates are calculated to enable participants to reach the finish line in time (48hrs) in order to be able to use the services and facilities provided by the organization: outside these time limits the athlete can freely decide to keep on running towards Sanremo although marked as DNF (Did Not Finish)

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## **PARTICIPATION**

This race is open to selected runners, men and women, who are at least 18 years-old at the time of enrollment and who have completed at least three 100 km races in the last two years (2017/2018). The race Organization reserves the right to reject subscription requests that do not meet these criteria.

Athletes are required to upload a signed "health declaration" by their MHD, (available on the registration platform) where they declare to be in compliance with the sanitary norms in their country of residence, or to undergo a medical examination in Italy before departure.

### **ALL ATHLETES must accept and comply to:**

1. The Race Rules & Regulation;
2. The Privacy Statement (for both personal data for photos and / or film shoots that will be produced during the duration of the whole Event)
3. The digital signature on the Liability Waiver (declaration of responsibility) available on the registration platform.

Every athlete who asks to participate, even if compliant with all the requirements, will be officially admitted to the event at the sole discretion of the Race Director.

## **SEMI SELF-SUFFICIENCY**

IT IS STRONGLY RECOMMENDED, for safety reasons, to organize a Personal Assistance Team (Crew), able to follow and provide first aid and refreshments to the athlete along the course.

Solo runners can also participate without a Crew and are invited to leave their Drop Bags at the Pre-Race Meeting (on April 26th, 2019 at 08:00 p.m.).

A maximum of 4 Drop Bags x Runner will be taken into custody and respectively delivered in the following checkpoints:

- Drop-bag 1 - Casteggio
- Drop-bag 2 - Ovada
- Drop-bag 3 - Voltri
- Drop-bag 4 - Loano

Each participant must have the ability to be self-sufficient and self-equipped all along the course, until the Finish in Sanremo, regardless of the refreshment checkpoints offered by the Organization. Each participant and its Crew must organize their supplies in respect of safety,

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allowing enough time to adapt to unexpected problems such as: power supply, adverse weather conditions, physical fatigue, injury, wounds, ailments etc.

In case of withdrawal, the organization will not take care of getting back participants nor to the starting point neither to other places along the path.

All Crew vehicles must be parked, even for short stops, completely out of the road way, in full respect of traffic rules. We invite Crews to comply with all the rules of the event, but also to respect and observe the Highway Code. ASD Impossible target is not liable for any damage to persons or property resulting from failure to observe Race regulation, Highway Code and Italian regulation.

The Personal Assistance Team (Crew) is free to choose any mean of transportation: car, SUV, minivan or full-size van, Camper.

Bicycles and motorbikes are strictly forbidden as well as any other means of transportation on two wheels.

Along the way the Organization will set 4 checkpoint, they will be set as LIFE BASES as well as Time Gates. These Checkpoints will offer:

- Refreshments: Food and Drinks
- Chairs / Cots
- Showers
- First Aid Service

Starting from 42km (onwards) it is also allowed for athletes (at the discretion of each competitor) to have a direct support on the road by other runners (crew members, friends, family, etc...).

The number of Crew member is unlimited but the Organization strictly recommend that only one runner "at the time" can accompany the athlete on the course.

#### **MATERIAL**

By registering to UMS2019 each runner is INVITED to bring along all the following mandatory equipment. As the average seasonal temperatures are mild there are no specific requirements on clothing. It is suggested, however, to have the proper equipment in order to pass the night sections that might be cold, with quite low temperatures:

- Appropriate clothing
- Food Reserve
- Two (2) front lamps with spare batteries (MANDATORY to keep on from sunset to sunrise. Penalty: Immediate Disqualification)
- Survival blanket

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## **MATERIAL PROVIDED BY THE ORGANIZATION**

### **RACE PACKAGE UMS SOLO**

- race bib
- GPS device for real-time tracking of the athlete's path (available both for smartphone and pc).  
Live monitoring 24/7
- Roadbook
- Trophy (Finishers)
- Medal (Finishers)
- Official T-Shirt
- Official Buff
- 5 Checkpoints fully stocked as refreshments (as detailed above)
- Sponsor's gadgets
- Gala dinner (awards ceremony) on April 29th, 2019 at 19:30 in Sanremo (in an exclusive location, which will be communicated as soon as possible).  
The Awards Ceremony for ALL Finishers will be held during this event.

## **MATERIAL PROVIDED ORGANIZATION**

### **RACE PACKAGE UMS RELAY**

- race bib RELAY
- Medal
- Official race T-Shirt RELAY
- Official Buff
- Refreshments at the end of each fraction
- Sponsor's gadgets

## **BIBS**

Each race number is given individually to each athlete who has successfully completed the on-line Registration. It is required to wear it on the front side of the body and to keep it visible on either chest, stomach, or shorts.

Before the START each runner must Check In with the Race Director.

At every checkpoint and at the finish line, each athlete must make sure that their name and number are clearly registered by the Checkpoint volunteers.

The race number is the pass for access to the Checkpoints, locker rooms, restrooms, showers, etc. upon arrival.

## **GPS DEVICE**

The GPS tracking device is a MANDATORY item in each participant's kit, cannot be tampered and the organization must be able to verify its functionality at its own discretion, even during the event, subject to disqualification of the participant.



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Losing, damaging without notifying the organization will result in disqualification of the participant.

In case of withdrawal from the event the device will have to be returned to the organization within 2 hours of the renunciation to participate or the interruption of the race. The delivery methods will be a participant's charge.

#### **FINISH LINE**

The Organization offers an ongoing food service at the Finish line in Sanremo with showers and changing rooms

It strongly recommended to book a hotel both in Milan and in Sanremo. Options which are also available on the registration platform. Please keep in consideration the date of the evening gala dinner on Monday April 29<sup>th</sup>, 2019.

#### **SAFETY AND MEDICAL ASSISTANCE**

Rescue points at all checkpoints will be available and managed by a professional health care doctors. The rescue points are appointed to give help to all those in need. The official doctors are authorized to stop those athletes judged unfit to continue the race. Rescuers are allowed to evacuate with any means the runners considered in danger.

A runner calling for a doctor or for a rescuer submits himself to their authority and must accept to comply with their decisions.

#### **WITHDRAWAL**

In case of withdrawal from the Race, the Athlete must communicate their abandonment to the nearest Checkpoint and returning the GPS device.

#### **DISQUALIFICATION**

The Race Directors and Course Commissioners will patrol all Runners and their Crews, verifying the compliance with all the rules & regulation. The Race Directors are authorized to decide the immediate disqualification and inform the race jury about penalties and such.

#### **COMPLAINTS**

Only written complaints will be accepted and not anonymous ones.

#### **ORGANIZATION**

Race director Simone Leo

Co-race director Anna Cordero

Responsible for security Giacomo Lopopolo

Medical team leader Andrea Migone

Manager on the arrival location

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all the volunteers, the organizations and associations that support us

## **MODIFICATIONS TO THE COURSE OR TIME BARRIERS**

### **CANCELLATION OF THE RACE**

In urgent cases, and for safety reasons, the Organization reserves the right to modify at any moment the course and the location of Checkpoints Stations without previous notice.

### **INSURANCE / DISCLAIMER**

The organization will subscribe an Insurance for civil liability for the duration of the race. Participation is under the full responsibility of the competitors, which waive any recourse against the organizers in case of damage or other consequences arising after the race.

The athlete who enrolls recognizes that participate in this event is potentially dangerous, and they should not sign up and take part in it unless they are physically able and properly trained for.

Upon Race Package pick up every runner must sign up on the registration portal, read, accept all conditions and Regulations, and sign a Liability waiver.

### **ROAD BOOK**

A description of the route will be available on the website [www.umsultra.run](http://www.umsultra.run).

### **GIFTS FOR FINISHERS**

#### **SINGLE STAGE**

Every athlete who arrives in Sanremo will be given a medal, as they cross the Finish line.

During or before the Gala Dinner, at 19:30 – 29<sup>th</sup> April 2019, the official UMS finisher trophy will also be rewarded to those who will complete the challenge within the maximum time allowed by the organization.

For statistical purposes, a general list will be issued for both men and women.

#### **RELAY MODE**

Every relay whose last runner arrives in Sanremo will be given a medal (one for each relay member), as they cross the Finish line.

Before the Gala Dinner, at 19:30 – 29<sup>th</sup> April 2019, the official UMS Relay finisher trophy will also be rewarded to the relay which will complete the challenge within the maximum time allowed by the organization.

An overall list will be drawn up, for statistical purposes, for all the relays which cross the finish line within the maximum time allowed.

The gala dinner and the award ceremony is reserved for finishers in single-stage. There will be available places for guests at special rates.

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#### REGISTRATION FEES

The UMS Registration fee is  
EURO 200 until 15/10/2018  
EURO 300 from 16/10/2018 until 30/11/2018  
EURO 350 from 1/12/2018 until 31/01/2019  
EURO 400 from 01/02/2019 until 20/04/2019

The Cost to Attend the UMS RELAY is set at  
EURO 150 until 15/10/2018 (EURO 37,50 per fraction)  
EURO 250 form 16/10/2018 until 20/04/2019 (EURO 50 per fraction)

Payment must be done via bank transfer

Bank Account details

Accountholder: Associazione Sportiva Dilettantistica Impossible Target

ABI: 05216

CAB: 01620

account number: 0000002438

IBAN: IT120052160162000000002438

Swift: BPCVIT2S

CIN: O

CIN Europeo: 21

In the the bank transfer description please specify "UMS 2019" jointly with the athlete's name  
(use "UMS2019 Relay" jointly with the team name in case of relay)

Bank name:

Credito Valtellinese S.c.

Branch n° 15

Address: Via Ravizza 23 - 20149 Milano (MI)

Send payment receipt

To speed up the enrollment process, you can send the payment receipt to our email address  
impossible.target.asd@gmail.com

In the above-mentioned costs it is also included the membership fee to ASD Impossible Target.  
The athlete is aware that the registration fee is non-refundable, non-transferable, and declares  
even now to raise to Impossible Target and its representatives any liability, request for refund or  
compensation if they need to renounce to attend the event.



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### IMAGE RIGHTS

By signing the registration form, the participants expressly authorize the use of free images of their person, fixed and / or moving, taken during the participation of the event. The present authorization for the use of one's own image must be intended for an indefinite period and without territorial limits all over the world, for use in publications, photographic competitions, various films, including, but not limited to, promotional materials and / or advertising and made on all media. The organizers will be able to cede to third parties, their institutional and commercial partners, the rights of use provided for in this agreement.

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