

INFO POINT

START IN: TERNI, CORSO DEL POPOLO

- COLLECTION OF THE BIB: PALASI, PIAZZA DELLA REPUBBLICA
SATURDAY, 18 FEBRUARY FROM 9:30 A.M. TO 8 P.M.
SUNDAY, 19 FEBRUARY FROM 7:30 A.M. TO 9 A.M.
- EQUIP YOURSELF WITH BAG FOR CLOTHES, OR A BACKPACK. MAXIMUM SIZE: 50X40, THE STICKER NUMBER PROVIDED WITH THE BIB WILL BE PUT ON THE BAG AT THE TIME OF BAG DELIVERY.
- THE RACE STARTS AT 9:30 A.M. O'CLOCK
- ENTRY INTO THE GRIDS AT 9:00 A.M.

- THREE GRIDS ARE PROVIDED: RED, YELLOW AND BLUE
- FIRST GRID RED ATHLETES WITH HIGH SPEED
- SECOND GRID YELLOW ATHLETES WITH MEDIUM SPEED
- THIRD GRID BLUE ATHLETES WITH LOW SPEED

PACEMAKER SERVICE FOR MARATHON AND HALF MARATHON

MARATHON TIMES: 3h15 - 3h30 - 3h45 - 4h00 - 4h15 - 4h30 - 5h00

HALF MARATHON TIMES: 1h37 - 1h45 - 1h52 - 2h00 - 2h07 - 2h15

BEFORE THE START SOME GUNSHOTS WILL BE FIRED. IT WILL HAPPEN 5 MINUTES BEFORE, 3 MINUTES BEFORE AND 1 MINUTE BEFORE IT.

REFRESHMENT POINTS

THERE WILL BE REFRESHMENT POINTS FOR CELIACS

REFRESHMENT POINTS AT

- KM 5 WITH WATER
- KM 10 WITH WATER – SALTS – WARM TEA
- KM 15 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS
- KM 20 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS
- KM 25 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS
- KM 30 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS
- KM 35 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS
- KM 40 WITH WATER – SALTS – WARM TEA – SUGAR SACHETS – DRY BISCUITS – GLUTEN-FREE SNACKS

THE DELIVERY OF ANY PERSONAL REFRESHMENT MUST BE MADE UNTIL 8:00 A.M. AT THE INFO POINT. THESE REFRESHMENTS MUST INCLUDE THE RUNNER'S BIB NUMBER AND THE KM IN WHICH IT WILL BE WITHDRAWN.

REFRESHMENT POINTS REPORTED 200 MT BEFORE
MAXIMUM ATTENTION TO THE HYGIENIC ASPECT

BATHROOMS AND CHANGING ROOMS

STARTING

CHANGING ROOMS ARE NOT AVAILABLE DUE TO COVID

FINISH

CHANGING ROOMS ARE NOT AVAILABLE DUE TO COVID

BATHROOMS AT STARTING/FINISH AND AT

KM 18 CHEMICAL BATH ARRONE

KM 24 CHEMICAL BATH FERENTILLO

KM 29 CHEMICAL BATH ARRONE

KM 35 CHEMICAL BATH AFTER MARMORE FALLS

BATHROOMS WILL BE INDICATED BY SIGNPOSTS ON-SITE

HEALTH SERVICE

THERE ARE 5 MEDICAL DEVICES ALONG THE WAY:

-AT THE START

-AT KM 10

-AT KM 25

-AT KM 35

-AT THE ARRIVAL

A “BROOM SERVICE” IS AVAILABLE FOR ATHLETES WHO DROP OUT THE RACE

EMERGENCY NUMBER, WHICH IS WRITTEN ON EACH BIB:

339 8516473

TIMING OF THE AWARD CEREMONY

THE AWARD CEREMONY WILL START AT 11:00 A.M.

Half marathon at 11:10 a.m. – Marathon at 1:00 p.m.

THERE ARE CHECKPOINTS ALONG THE PATH

THE MAXIMUM TIME IS 6 HOURS FOR THE MARATHON AND THE HALF MARATHON

FINAL STRAIGHT MARKED WITH mt. 200 – 150 – 100 – 75 – 50 – 25

THE RETURN OF THE BAGS WILL TAKE PLACE IN THE ARRIVAL AREA

RESULTS ON WWW.ICRON.IT

FOOD

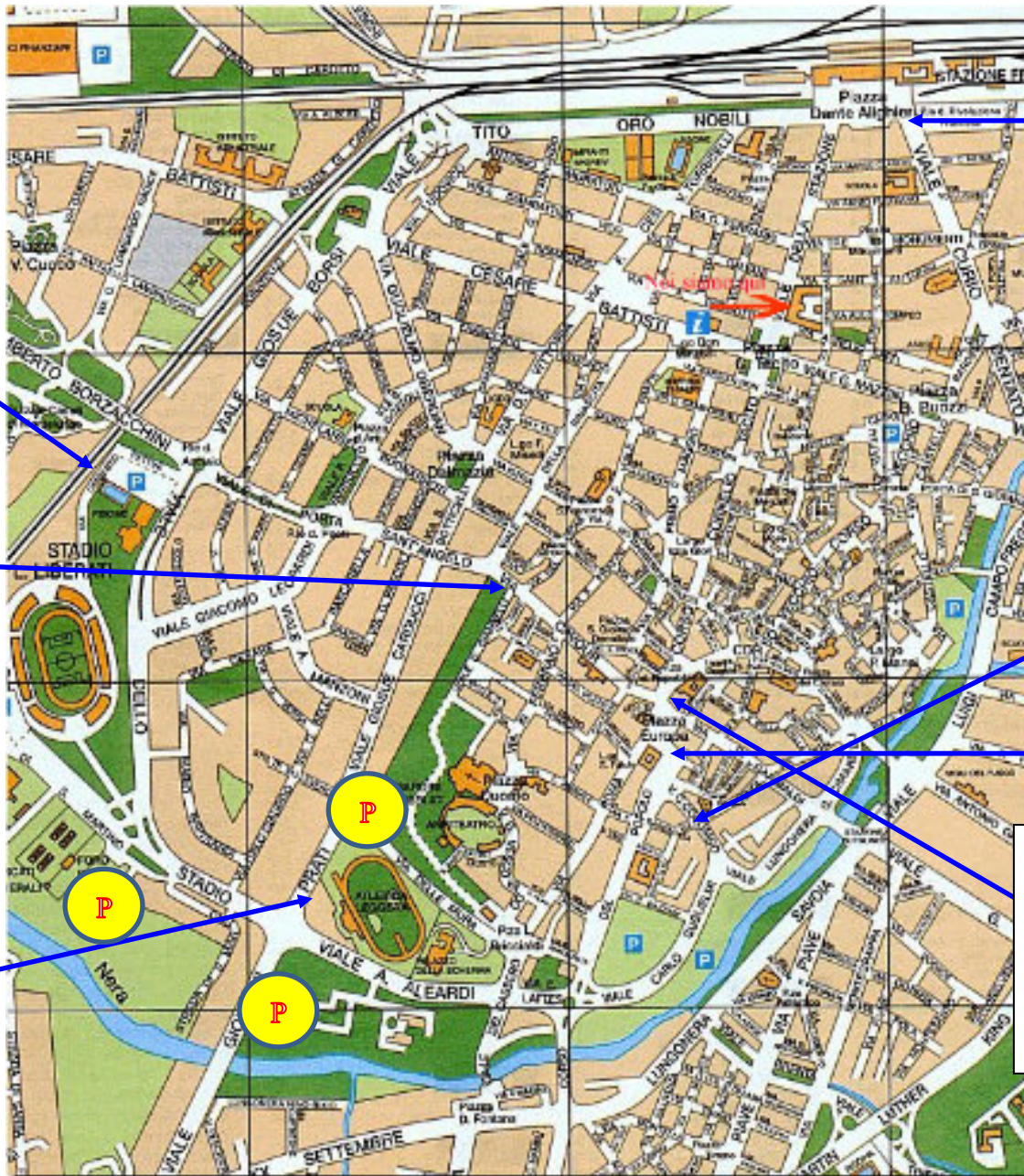
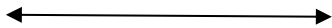


[Book at Ristorante La Città Vecchia](#)
[Viale D. Giannelli, 81/83 – call 366.2456439](#)
[Discounted price menu – make a reservation](#)

[-PANIFICIO RAMOZZI & FRIENDS](#)

Largo Frankl 23, 3289152290 – quick meals, pastry, aperitif
Near the starting arc.

500METERS



TRAIN STATION

SHOWERS
PISCINE DELLO
STADIO

RISTORANTE
LA CITTA'VECCHIA
Via giannelli

UNDERGROUND
PARKING

START
FINISH

EXPO MARATHON
PIAZZA DELLA
REPUBBLICA
-BIB AT PALASI
-RACE PACKS
-DEPOSIT BAGS.

PARKING
VIA PRATI

500METERS

