

BULLETIN



# FIVE DAYS OF ITALY

# TRENTINO-VENETO

## 5<sup>th</sup> - 12<sup>th</sup> JULY 2014

# ITALY



Veneto  
Tra la terra e il cielo



DISCIPLINA SPORTIVA  
ASSOCIATA RICONOSCIUTA  
DAL CONI



COMUNE DI VENEZIA



# WHAT KIND OF HOLIDAY SUITS YOU BEST?

WE OFFER YOU WHAT WE HAVE THE LUCK TO LIVE EVERY DAY: VALSUGANA AND LAGORAI!

SUMMER AT LAKE



REGENERATE YOURSELF AT THE THERMAL SPAS



WHERE GENUINE MEMORIES TAKE SHAPE



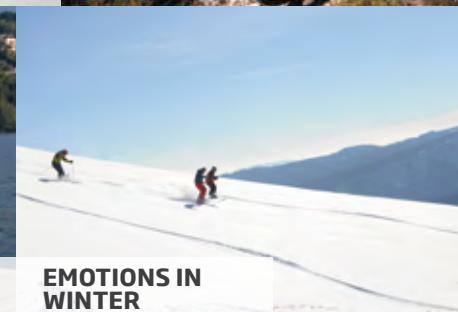
VARIETY ON 2 WHEELS



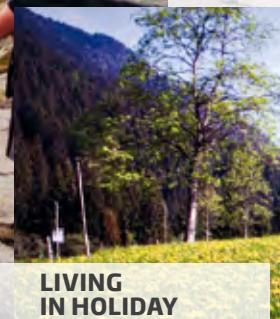
LAGORAI OUTDOOR



VALSUGANA WITHOUT BARRIERS



EMOTIONS IN WINTER



LIVING IN HOLIDAY



#livelovevalsugana

[www.visitvalsugana.it](http://www.visitvalsugana.it)

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# FEEL LIKE A WORLD CHAMPION!

**BE ONE OF THE ORIENTEERS THAT WILL GATHER FROM ALL OVER THE WORLD FOR 5 DAYS OF ITALY 2014!**

**This is the slogan of the 5 Days of Italy 2014 event.**

Take the opportunity to run on the same terrains where the 2014 Orienteering World Championships will be held. You will take part at a great sports event but also experience fantastic tourism.

The events will begin in Venice, where the World Orienteering Championships Sprint Race Final takes place. We will then move to the mountains: the mountainous Plateaus of Asiago and Lavarone and the Valsugana Valley. A unique opportunity to combine tourism and sport, mountains and sea, nightlife and pristine nature. Friendly encounters, fun, stimulating activity... and so many emotions!

These are the ingredients of this event, a terrific way to share our values and make it grow. We are the guards of something precious: It is our full commitment to do our job perfectly, producing an entertainment for the group and a proper development for the territory. We believe in this value and we want to share it with the greatest number of people. How can we achieve this? By giving life to a positive short-circuit, lighting a spark to illuminate minds and hearts. And the meeting, the stimulation and the fun that characterize this event will bring a new growth and a new value. As at a successful party, where friendship exalts between those who participate .This is our spirit . This is what we can do. We have been building an event that really works to promote sport and tourism at the same time . The territory surrounding our event offers beautiful mountains, hills, lakes, vineyards, parks and historic sites, and in the recent years has received much acclaim because of its undeniable beauty. This year, it is set to become even more beautiful as it is the Capital of the World Orienteering in 2014. Over two thousand competitors from 40 different nations will spend an unforgettable week in the areas of Veneto and Trentino. Particularly noteworthy are the participation of former World Champions, such as Matthias Merz, who was until last year one of the leading athletes of the strong Swiss National Team or Emil Wingstedt, Norwegian, Sprint World Champion in 2005 and 2006., But we also have the presence of athletes from Brazil, USA, Canada, Australia, New Zealand, South Africa and even from New Caledonia. Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace. If you love nature, outdoor sports and you are always looking for something new, then choose this event. The territories of Trentino and Veneto, scene of the 5 Days of Italy 2014 will be capable of astonishing you with innumerable proposals: Sea, Mountains, Lakes, Art Cities, Food, and Wine.

## WELCOME BY THE PRESIDENT OF THE ITALIAN FEDERATION AND THE ORGANIZATION COMMITTEE



I am pleased and honored to present the 2014 World Orienteering Championships, which for the first time will be held in Italy, precisely in the Trentino and Veneto regions, considered our national orienteering's cradles.

I am sure that the Venice's canals, that will host the sprint competition, city center of Trento, where the Relay Team will make its debut, the beautiful forests of Lavarone and Asiago, where other big world events have already taken place, will give all these great athletes an indelible memory of Italy after long trainings and sacrifices to fulfil their world dream.

During the week, the orienteers and their supporters will enjoy not only woods and landscapes, but also the famous Italian hospitality, the food, the artistic heritage and the towns, rich of history and culture like not many others in the world.

An excellent job has been done by the local technical staff, who is preparing an appointment full of commitments. In the name of the Italian Orienteering Federation, I would like to thank all departments of the Veneto and Trentino regions, the local administrations, the Tourist boards, the event's partners and sponsors, all the involved associations and thanks to the volunteers for their support, so precious to realize this great sport event.  
See you soon in Italy!

**Mauro Gazzero**

President of Italian Orienteering Federation



It is with great pleasure and immense honor that I have the opportunity to welcome orienteers from all over the world, especially those attending the World Championships in Italy.

I am sure that the areas selected will offer a picture of outstanding natural beauty, spectacular arenas and some of the most beautiful mountains in Italy. The technical terrain and the added value offered by Venice will satisfy the most demanding expectations.

This will be a great sporting event and an opportunity to show the Orienteering world, once again, that Italy can organize events with great professionalism, using all our best resources.

Thanks to all those who have wanted these World Championships and are supporting this event and to all those people that will choose to be with us and enjoy this magnificent spectacle.

Best regards to all!

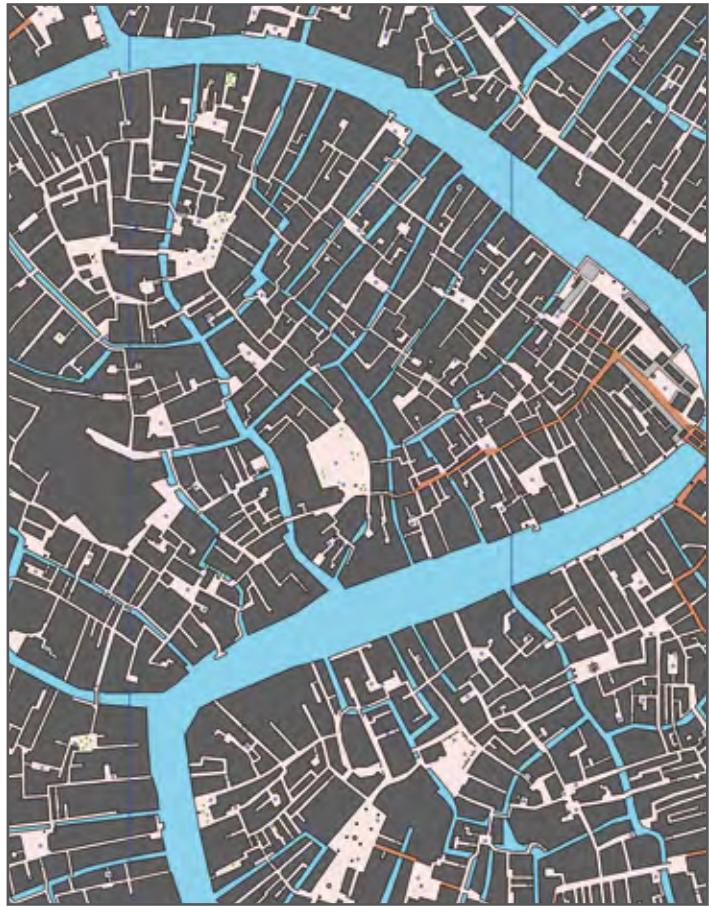
**Gianpietro Mazzeni**

Organizing Committee Chairman

## II PROLOGUE – VENICE

SATURDAY, JULY 5<sup>th</sup> 2014

Place:	Venice
GPS Arena:	45.432733, 12.350644 (GMaps)
Distance from event center:	125 km
Type:	Elongated Sprint - Middle
Map:	Venice - 1:7.500
Terrain description:	City centre, Historical buildings and monuments. Many bridges and canals.
Mapper:	-
Course planners:	MOV organization
Competition center open:	from 09.00 to 15.00
Start:	from 10.30 to 12.30 Punch and Go - Free starts
Closing of finish:	at 14.00
Note:	The finish area of this event will be next to the WOC 2014 Sprint Final arena





*The competition centre is in Venice (area Arsenale). 10 minute walk from Piazza San Marco.*

At the Competition Centre, it is possible to ask for information, collect your registration and bib numbers for this race, consult the starting grids and official results and recover any lost items.

This competition is a prologue to the 5 Days of Italy 2014 Event. **It will be possible to collect your 5 Days of Italy 2014 bib numbers and registration in Venice.** We will distribute the Bib numbers and the Registration only for the competitors that have registered also for the Venice Prologue. The other competitors can get their bib numbers at the Event Centre in Asiago or at the Competition Centres during the stages of the Event.



## III VENICE SUMMER RACE INFORMATION

### EVENT CENTRE/ MEETING POINT:

**Arena Arsenale - Calle San Biagio, Castello-VENICE,**  
GPS coordinates: 45.432733, 12.350644, from 9.00 am.  
Toilets and changing rooms are available.

### START:

The start will be free from 10.30 am - PUNCHING START.

There are no starting grids: the competitor can start whenever desired, by queueing up in the corridor corresponding to the class.

The exact Start is located 30mt further on. The first departure is scheduled at 10:30 am.

The last departure is at 12:30 so that we do not interfere with the Sprint Final of the World Championships.

It is recommended that the participants are at the start well in advance of the closing time in order to avoid long queues and the risk of not being able to compete.

The Start is indicated by tapes and is located at a 15 minute walk from the Event Centre.

### FINISH:

The finish line is located near the Event Centre.

At 14:00 the Finish area WILL BE DISMANTLED(CLOSED) so that we do not interfere with the Sprint Final of the World Championships.

SI Card reading and refreshments will be located inside the Sports Hall.

Please report and have your SI Card read even if you do not finish the race. Those competitors who do not have their SI Card read by 14.30, will be considered disqualified.

### MAP:

The map scale is 1:7500, surveyed in 2005, updated in 2014.

Timing: Sport-Ident Electronic Timing will be used

Control Descriptions: The Control Descriptions for all the classes will be printed on the map.

### PRIZES:

The awards ceremony will be held in Asiago on Sunday after the opening ceremony of the Orienteering World Championships.

PLEASE TAKE SPECIAL CARE in the MOST trafficked AREAS, respecting those people that have nothing to do with the competition.

### HAVE FUN!

# Folgoria Lavarone Luserna

  Folgoria, Lavarone e Luserna, un grande altopiano di vacanza in Trentino, 105 kmq di territorio tra i 1000 e i 2000 m. di quota.

Ampie foreste di abeti, vasti terrazzi alpestri, estesi panorami, pascoli rigogliosi e torrenti dalle fresche acque.  
Qui la natura è dolce, riposante. Proprio come... un amore di montagna!



Folgoria, Lavarone and Luserna, a great plateau of Holiday in Trentino, a vast territory between 1000 and 2000 m. of quota.

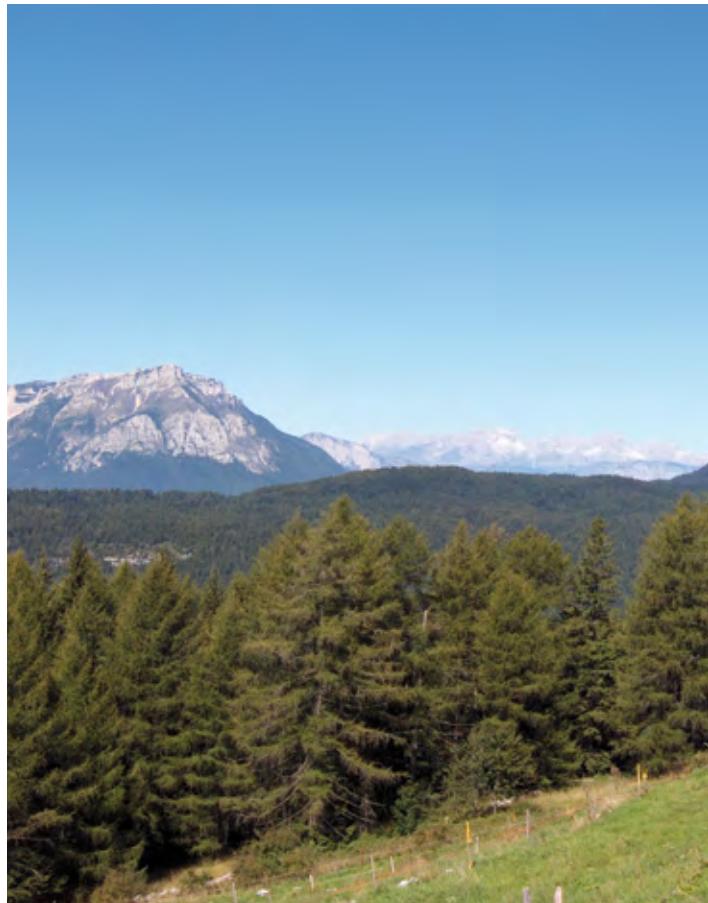
Wide forests of firs, go alpine terraces to you, extended in panoramas, pastures and torrents from fresh waters. Here the nature is sweet, resting.

Just like... a mountain with love!



**IV DAY 1 – TURCIO****SUNDAY, JULY 6<sup>th</sup> 2014**

Place:	Turcio (VI)
GPS Arena:	45.848898, 11.546554 (GMaps)
Distance from event center:	5 km
Type:	Middle Distance
Map:	Turcio, Asiago - 1:10.000 eq. 5 m
Terrain description:	Rocky surface, stony ground, trenches, beautiful forest area
Mapper:	-
Course planners:	Nicholas & Michael Sbrizzi
Competition center open:	from 10.00 to 18.30
Start:	from 13.00 to 16.30
Closing of finish:	at 18.30
Note:	Catering services

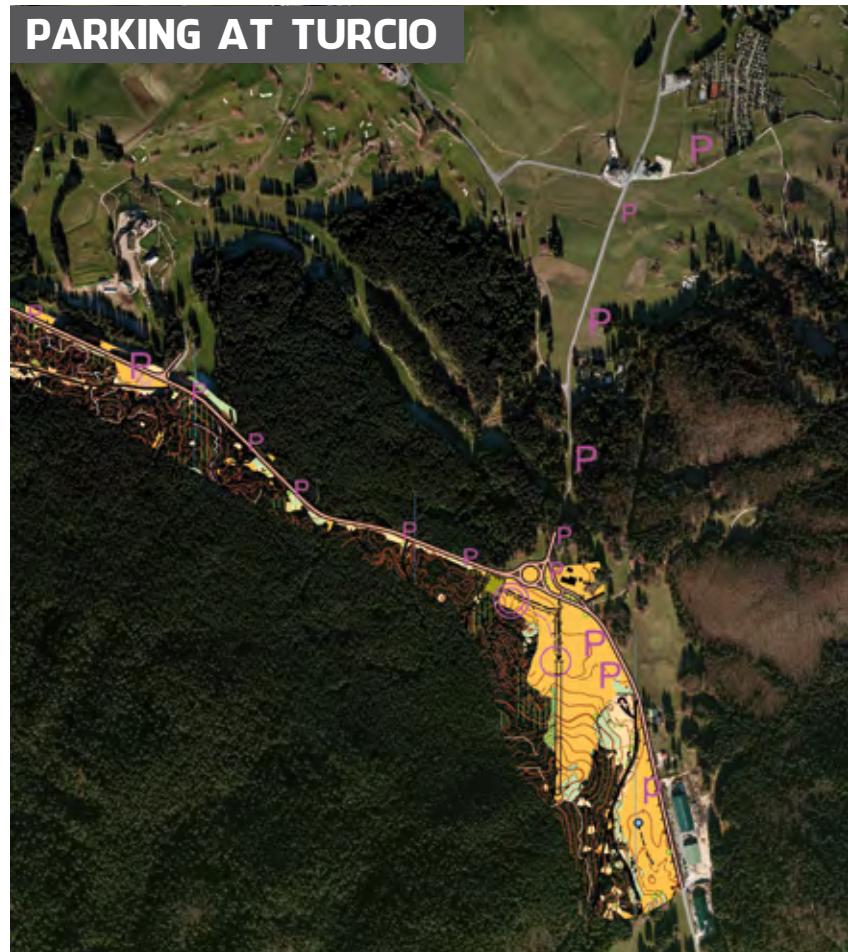
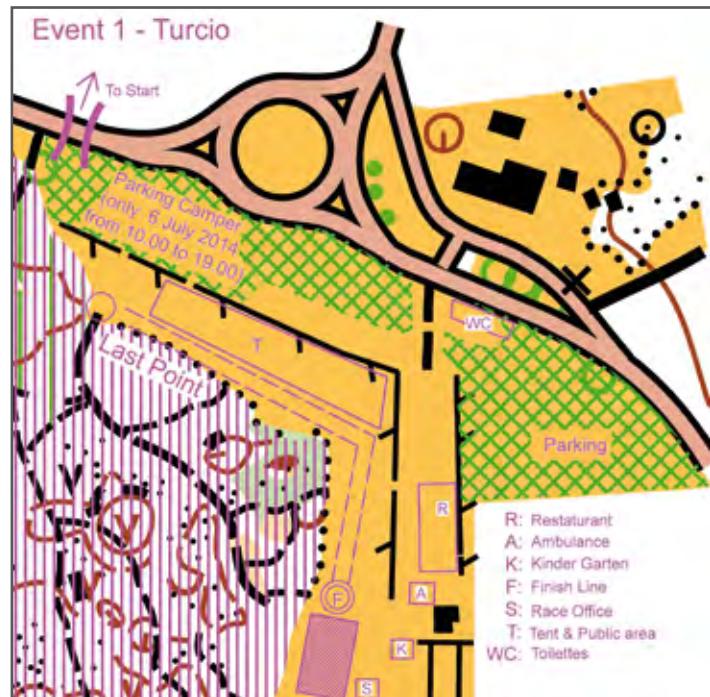




The two starts (Red and Blue) are located at a 15 minute walk from the Competition Centre. The paths to the Start will be indicated by tapes. Please cross the roads only at the guarded crossings.



The First Start is at 13.00. Please check your starting times. The starting times in hours represent the time after the first start. Ex. Starting time 00.57 - First Start 13.00 means Start at 13.57.00.



### TURCIO PARKING AREAS

Due to the weather conditions, it is likely that the Parking areas will be along the roads that go from Turcio to Asiago and Gallio. Please follow the indications from the 5 Days Staff.



FEASR



REGIONE DEL VENETO



Fondo europeo agricolo per lo sviluppo rurale: l'Europa investe nelle zone rurali

# ASIAGO

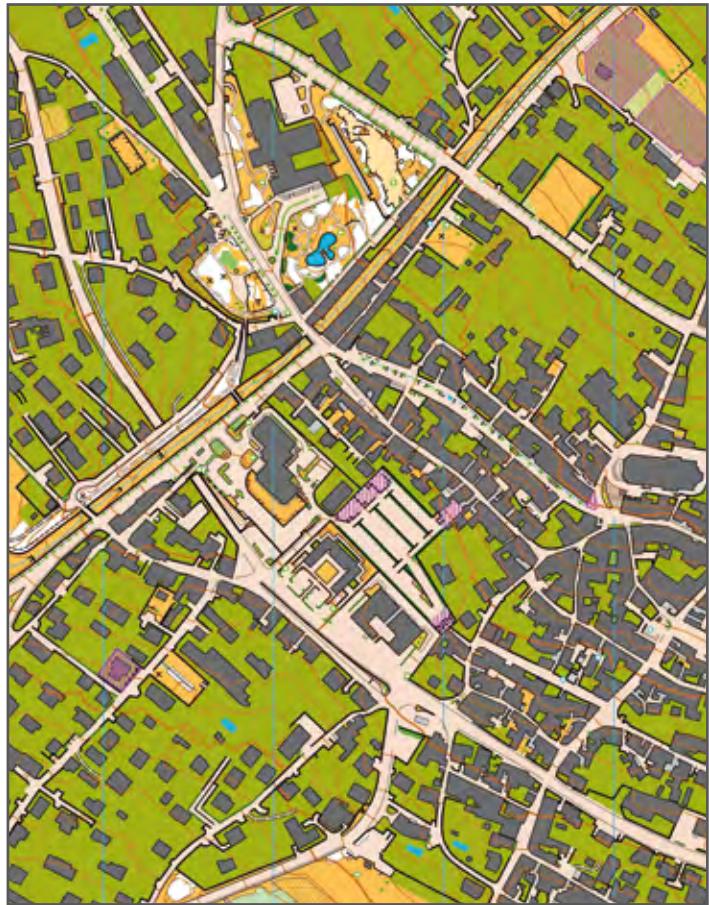
*sole, verde, aria,  
gioia di vivere la montagna*

*sun, green, air, joy of living the mountain*



**V DAY 2 – LEVICO TERME****MONDAY, JULY 7<sup>th</sup> 2014**

Place:	Levico Terme (TN)
GPS Arena:	46.010987, 11.302225 (GMaps)
Distance from event center:	60 km
Type:	Sprint
Map:	Levico Terme - 1:5.000 eq. 2,5 m
Terrain description:	Historical Town centre buildings with passages on different levels, parks
Mapper:	-
Course planners:	Stefano Raus
Competition center open:	from 08.30.00 to 15.30
Start:	from 10.00 to 13.30
Closing of finish:	at 15.00
Note:	Catering services





The competition centre is in Venice (area Arsenale). 10 minute walk from Piazza San Marco.

The two starts (Red and Blue) are located at a 20/25 minute walk from the Competition Centre (1,6 Km + 50 mt). The paths to the Start will be indicated by tapes. Please cross the roads only at the guarded crossings.

**The First Start is at 10.00 am. Please check your starting times. The starting times in hours represent the time after the first start. Ex. Starting time 00.57 - First Start 10.00 means Start at 10.57.00.**

There are some parking areas very near the Competition Centre that are not free. You can use these parking spaces, but, you will have to pay a per hour fare.

Levico Terme is a Historical Town Centre and we have limited parking areas.

There are a series of Free Parking Lots not very close to the Competition Centre.

These Parking Areas will be around 15-20 minute walking distance from the Competition Centre.

Please check the urban maps on the following pages for more information on where the Parking Lots are located.

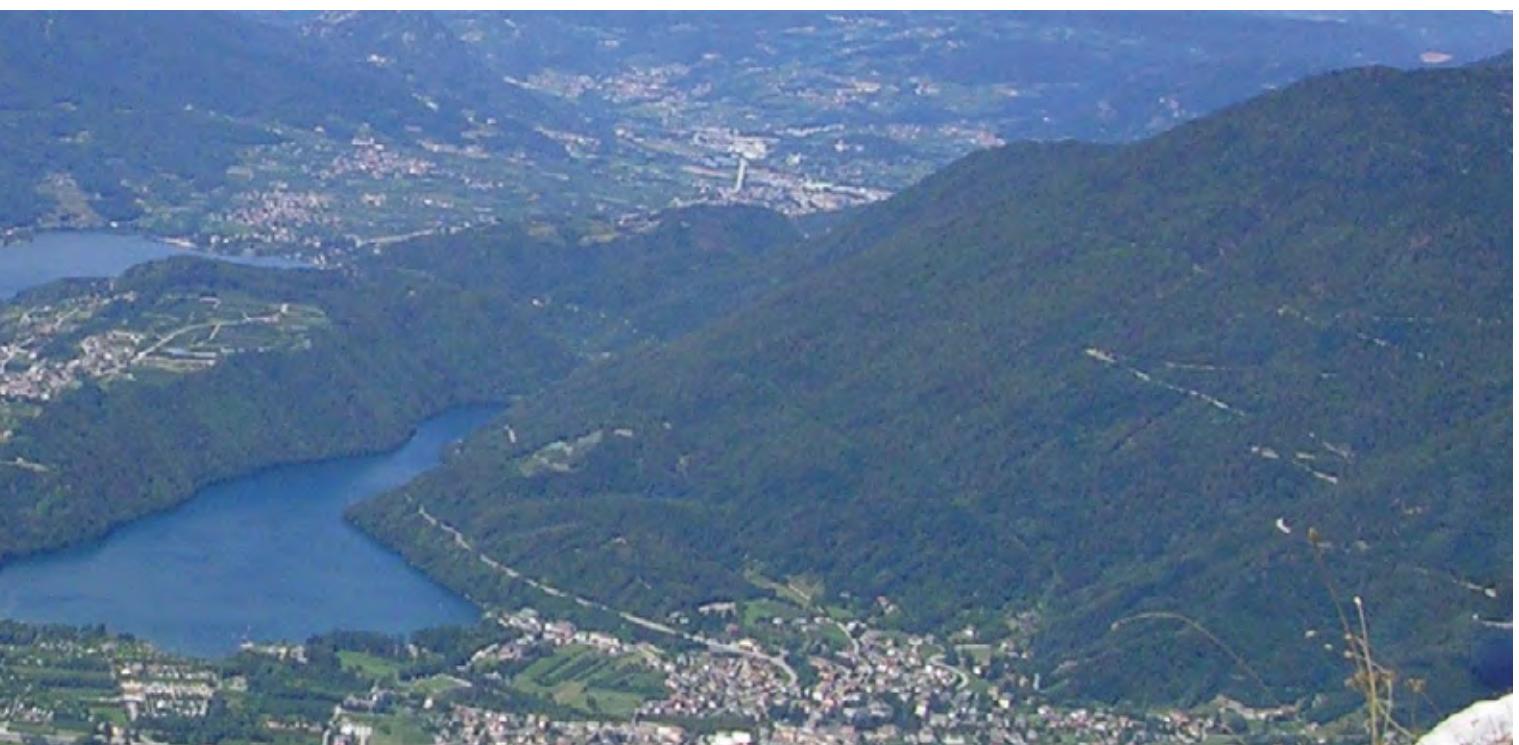
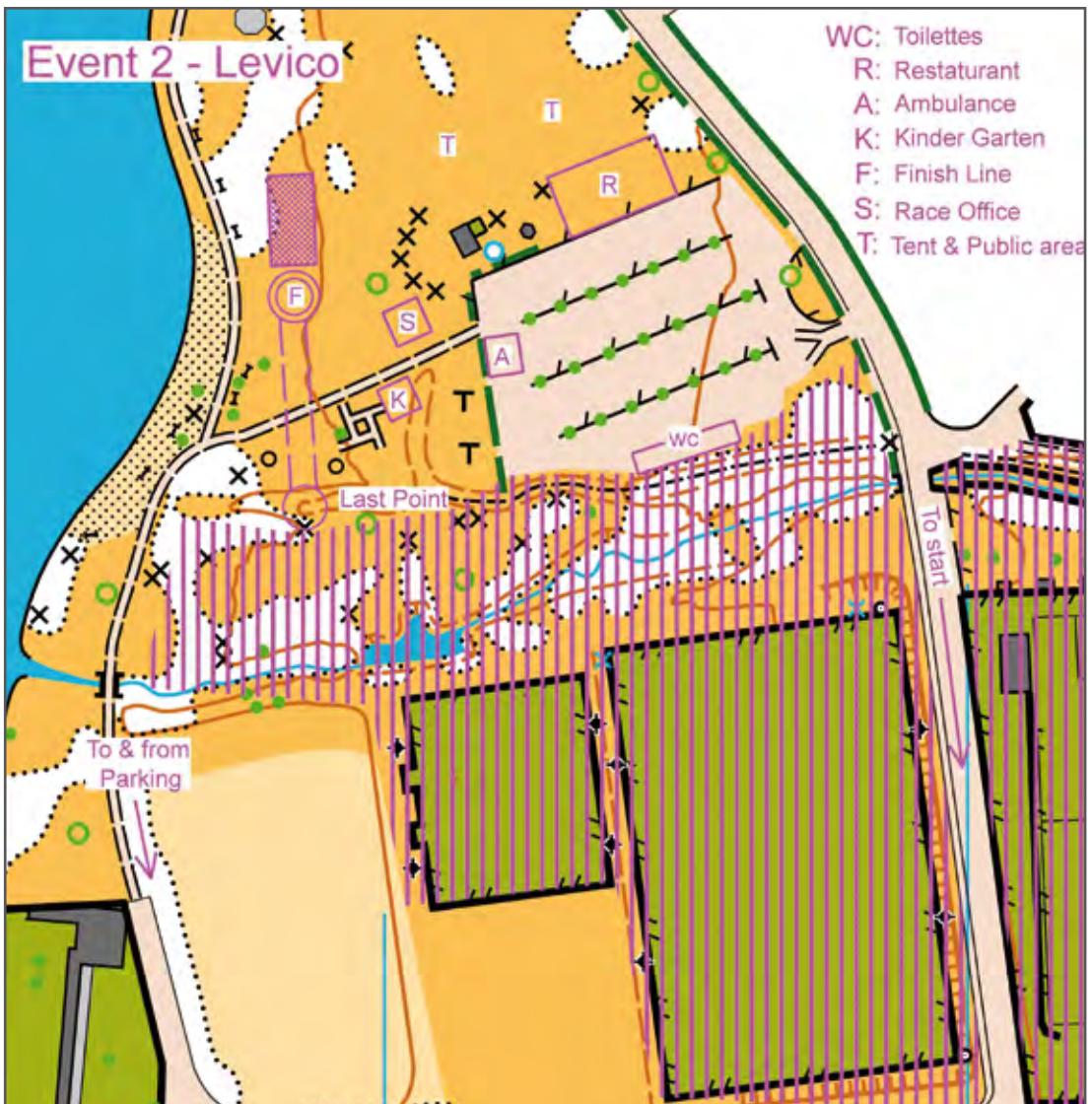
Food catering will be provided at the Arena.

# PARKING AT LEVICO TERME



Hotel	Rating	Address	Phone	Check-in	Check-out
★ ★ ★ ★ Belvedere Relax Hotel	4	0463 706330	02	15.00	11.00
★ ★ ★ Imperial Grand Terme	4	0463 706504	02	15.00	11.00
★ ★ ★ S. Giovanni Grigno	4	0461 201235	02	15.00	11.00
★ ★ ★ Ambrosiano	4	0463 707301	02	15.00	11.00
★ ★ ★ Belaria	4	0463 706595	5	15.00	11.00
★ ★ ★ Illo Hotel (Biloc)	4	0463 706280	5	15.00	11.00
★ ★ ★ Cristallo Spasiferienres	4	0463 706242	5	15.00	11.00
★ ★ ★ Park Hotel Du Lac	4	0463 706243	5	15.00	11.00
★ ★ ★ Alpina	4	0463 706244	5	15.00	11.00
★ ★ ★ Alcù	4	0463 706247	5	15.00	11.00
★ ★ ★ Al Salus	4	0463 706320	5	15.00	11.00
★ ★ ★ Antica Rosa	4	0463 706584	5	15.00	11.00
★ ★ ★ Anconitali	4	0463 706092	4	15.00	11.00
★ ★ ★ Aristo	4	0463 701482	4	15.00	11.00
★ ★ ★ Barenia	4	0463 707299	4	15.00	11.00
★ ★ ★ Claudia	4	0463 706596	2	15.00	11.00
★ ★ ★ D'Amico	4	0463 706245	2	15.00	11.00
★ ★ ★ Dantella	4	0463 706173	4	15.00	11.00
★ ★ ★ Dolomiti	4	0463 706220	4	15.00	11.00
★ ★ ★ Eden	4	0463 706101	4	15.00	11.00
★ ★ ★ Family Primavera	4	0463 706193	4	15.00	11.00
★ ★ ★ Florida	4	0463 706402	4	15.00	11.00
★ ★ ★ La Pace	4	0463 706112	2	15.00	11.00
★ ★ ★ Lenico	4	0463 706095	2	15.00	11.00
★ ★ ★ Liberty	4	0463 706246	2	15.00	11.00
★ ★ ★ Luce	4	0463 706295	2	15.00	11.00
★ ★ ★ Pedretti	4	0463 706147	2	15.00	11.00
★ ★ ★ Remanda	4	0463 707122	2	15.00	11.00
★ ★ ★ Sestriere	4	0463 706184	2	15.00	11.00
★ ★ ★ Sciarone	4	0463 706105	2	15.00	11.00
★ ★ ★ Sport	4	0463 706297	2	15.00	11.00
★ ★ ★ Terme	4	0463 706298	2	15.00	11.00
★ ★ ★ Villa Fara	4	0463 706111	2	15.00	11.00
★ ★ ★ Villa Regine	4	0463 707973	2	15.00	11.00
★ ★ ★ Vittoria	4	0463 206482	2	15.00	11.00
★ ★ ★ Al Brusio	4	0463 706131	5	15.00	11.00
★ ★ ★ Cacciatorre	4	0463 707175	1	15.00	11.00
★ ★ ★ Gardén	4	0463 706360	1	15.00	11.00
★ ★ ★ Nazionale	4	0463 706453	1	15.00	11.00
★ ★ ★ Vecchia Fornaria	4	0463 706102	1	15.00	11.00
★ ★ ★ Miravalle	4	0463 706002	1	15.00	11.00
★ ★ ★ Affacciamento Al Parco	4	0463 706183	1	15.00	11.00

Alfano Loge dell'Imperatore	0463 706461	F3	
Casa della Nave	0463 702741		
Il Ghiacciaio	0463 707435	G5	
Domus Pavia	0463 707199	F2	
René	0463 038899		
<b>Camping e area sosta camper</b>	<b>Indirizzo</b>	<b>Prezzo</b>	
Due Laghi	0463 706290	86	
★ Lido di Lenico	0463 709491	15	



VI

## SPECIAL ADDITIONAL RACE FOLGARIA

**TUESDAY, JULY 8<sup>th</sup> 2014**

Place:	Folgaria (TN)
GPS Arena:	45.916527, 11.174469
Distance from event center:	55 km
Type:	-
Map:	Folgaria Center.
Terrain description:	Historical center and urban parks.
Mapper:	-
Course planners:	Wolfgang Poetsch
Competition center open:	-
Start:	Punch and Go - Free starts from 14.00 to 16.00
Closing of finish:	17.00
Note:	4 courses: White - Yellow Red - Black



**START:**

The start will be free from 14.00 to 16.00 - PUNCHING START.

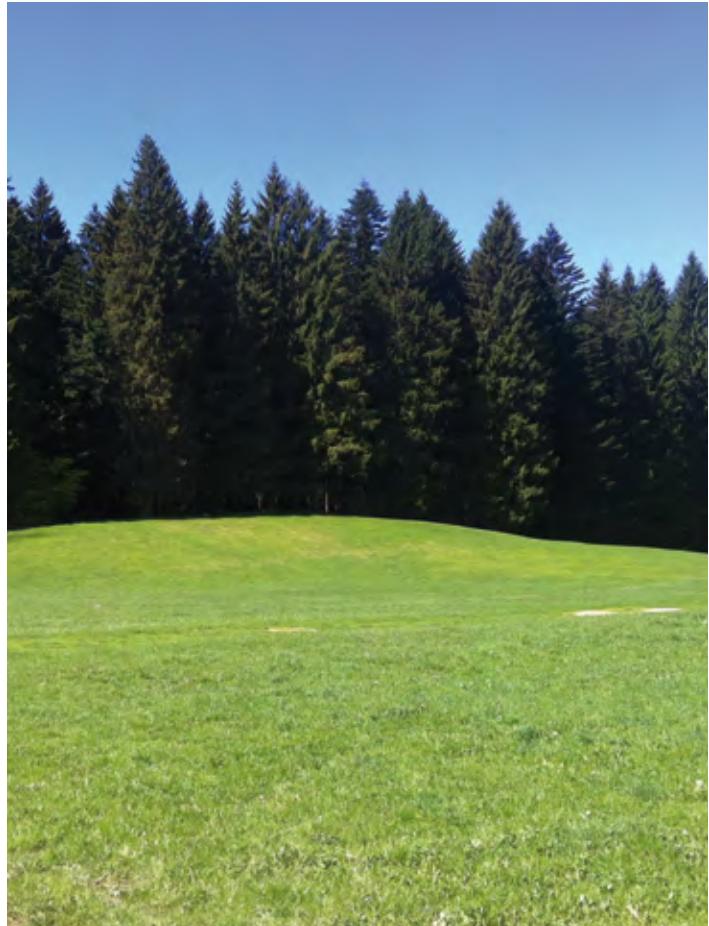
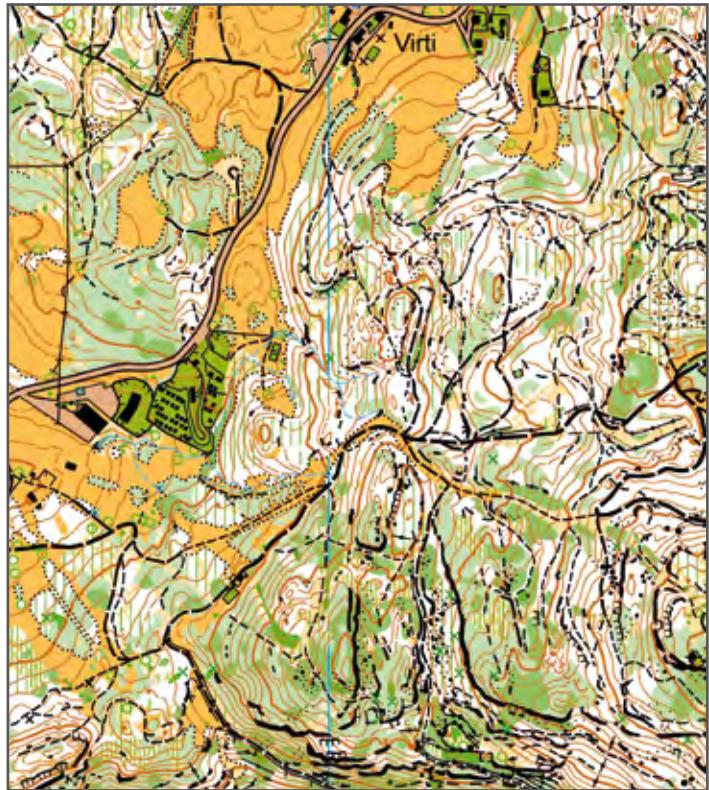
There are no starting grids: the competitor can start whenever desired, by queueing up in the corridor corresponding to the course/class.

The Start is indicated by tapes and is located at a 20 minute walk from the competition centre.



**VII DAY 3 – LAVARONE SOUTH****WEDNESDAY, JULY 9<sup>th</sup> 2014**

Place:	Lavarone (TN)
GPS Arena:	45.939676, 11.269578 (GMaps)
Distance from event center:	30 km
Type:	Middle
Map:	Lavarone South - 1:10.000 eq. 5 m
Terrain description:	Alpine woods and meadows. Many types of terrain: meadows, open and dense forest, ski slopes, bushes.
Mapper:	-
Course planners:	Giuseppe Simoni
Competition center open:	from 08.30 to 15.00
Start:	from 09.00 to 12.30
Closing of finish:	at 14.30
Note:	Catered food stands at the competition centre





The two starts (Red and Blue) are located at a 25/30 minute walk from the **Competition Centre/Big Parking** (Km 1,6 + 60 mt.). The paths to the Start will be indicated by tapes. Please cross the roads only at the guarded crossings.

There will be a guarded crossing of a trafficked road during the race. Please follow the route indicated on the map and be careful.

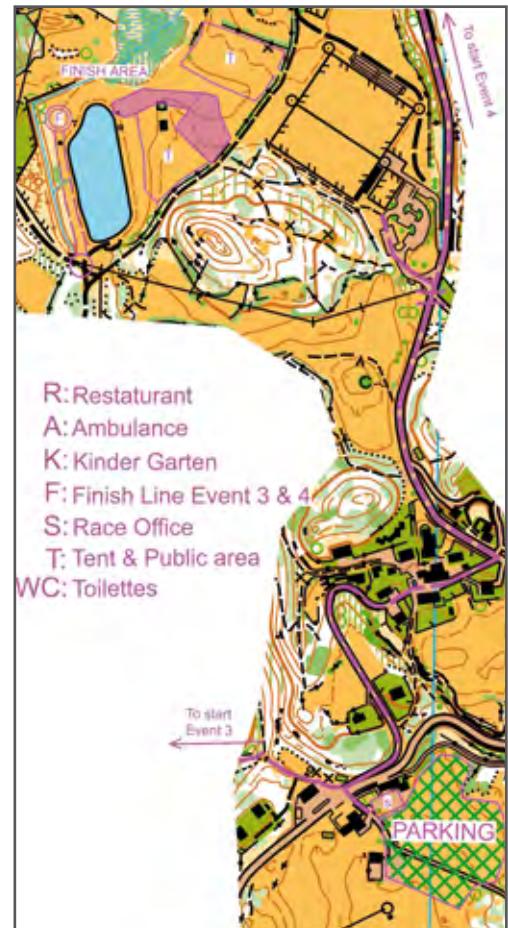
The Finish Line will be at 100 metres from the WOC Long Distance Final Arena.

The First Start is at 9.00 am. Please check your starting times. The starting times in hours represent the time after the first start. Ex. Starting time 00.57 - First Start 9.00 means Start at 9.57.00

There is one big Parking space which is big enough to contain all the vehicles. This Parking space is about 15 minutes walking distance from the WOC Arena/5 Days of Italy Finish.

Please follow the instructions by the Staff.

Catered Food will be provided at the Arena.



## VIII DAY 4 – LAVARONE NORTH

THURSDAY, JULY 10<sup>th</sup> 2014

Place:	Lavarone (TN)
GPS Arena:	45.946629, 11.263442 (GMaps)
Distance from event center:	30 km
Type:	Long
Map:	Lavarone North - 1:10.000 eq. 5 m 1:15.000 eq. 5m
Terrain description:	Alpine woods and meadows. Many types of terrain: meadows, open and dense forest, ski slopes, bushes. Forest with large boulders, cliffs, depressions and prominent hills. Dense vegetation in spots.
Mapper:	-
Course planners:	Fabio Hueller
Competition center open:	from 08.30 to 16.00
Start:	from 10.00 to 13.30
Closing of finish:	at 16.00
Note:	Catered food stands at the competition centre





The two starts (Red and Blue) are located at a 50/60 minute walk from the Competition Centre/Big Parking (2.5 Km + 250 climb). The paths to the Start will be indicated by tapes. Please cross the roads only at the guarded crossings.

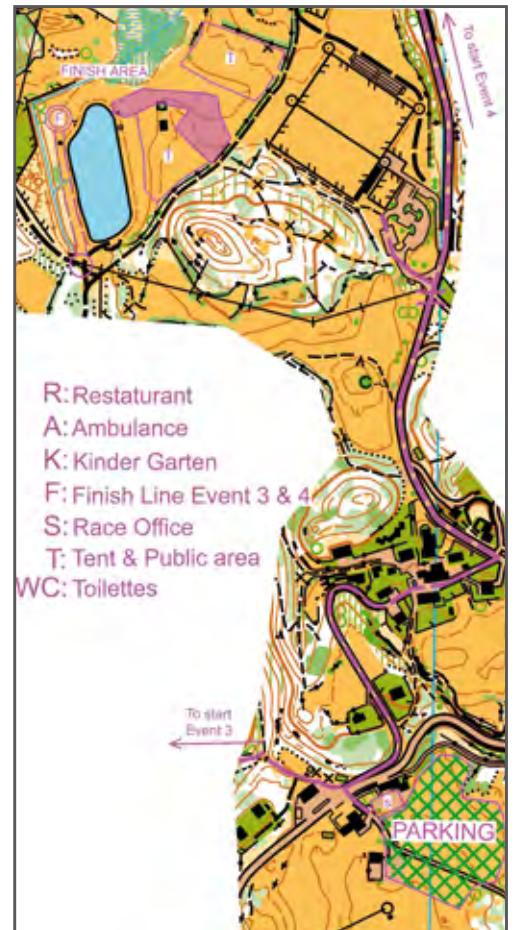
It is possible to reach the Start by using the ski-lift at € 3,00. You can buy the tickets at the Competition centre at the morning before the start.

The First Start is at 10.00 am. Please check your starting times. The starting times in hours represent the time after the first start. Ex. Starting time 00.57 - First Start 10.00 means Start at 10.57.00.

There is one big Parking space which is about 15 minutes walking distance from the 5 Days of Italy Finish.

Please follow the instructions by the Staff.

Catered Food will be provided at the Arena.



IX

## SPECIAL ADDITIONAL RACE ASIAGO

**FRIDAY, JULY 11<sup>th</sup> 2014**

Place:	Asiago (VI)
GPS Arena:	45.87289, 11.508286
Distance from event center:	0,5 km
Type:	-
Map:	Asiago - 1:4.000 eq. 2,5 m
Terrain description:	Historical center and urban parks.
Mapper:	-
Course planners:	Wolfgang Poetsch
Competition center open:	-
Start:	Punch and Go - Free starts from 10.00 to 12.00
Closing of finish:	13.00
Note:	4 courses: White - Yellow Red - Black



**START:**

The start will be free from 10.00 to 12.00 - PUNCHING START.

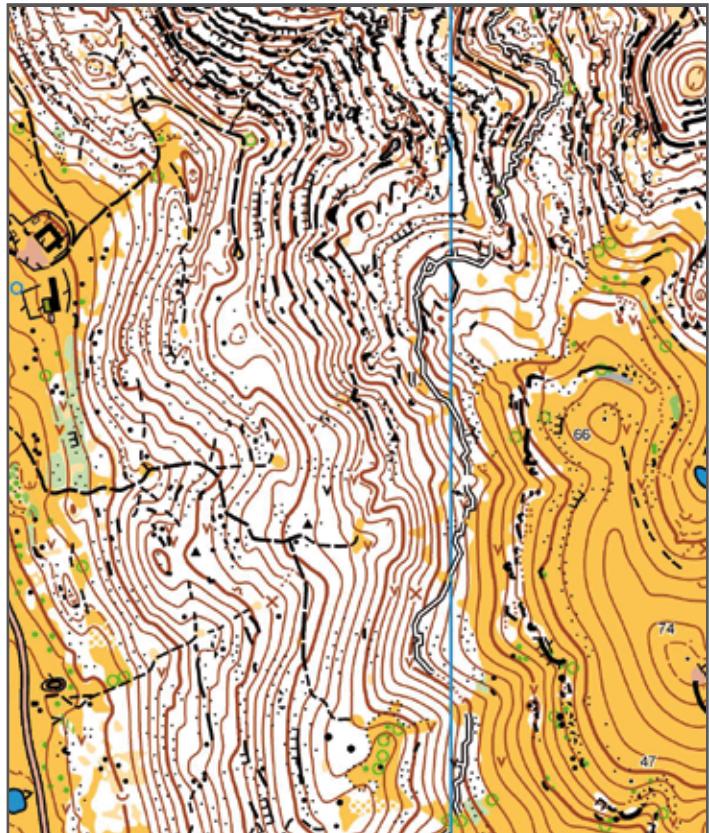
There are no starting grids: the competitor can start whenever desired, by queueing up in the corridor corresponding to the course/class.

The Start is indicated by tapes and is located at a 5 minute walk from the competition centre.



**X DAY 5 – CAMPOMULO****SATURDAY, JULY 12<sup>th</sup> 2014**

Place:	Campomulo
GPS Arena:	45.939146, 11.5515 (GMaps)
Distance from event center:	12 km
Type:	Middle
Map:	Campomulo - 1:10.000 eq. 5 m
Terrain description:	Forest with large boulders, cliffs, depressions and prominent hills. Dense vegetation in spots.
Mapper:	-
Course planners:	Rudi De Ferrari
Competition center open:	from 08.00 to 15.00
Start:	from 09.00 to 12.30
Closing of finish:	at 14.30
Note:	Catered food stands at the competition centre





The two starts (Red and Blue) are located at a 15/20 minute walk from the Competition Centre (km 1,1 + 30 mt). The paths to the Start will be indicated by tapes.

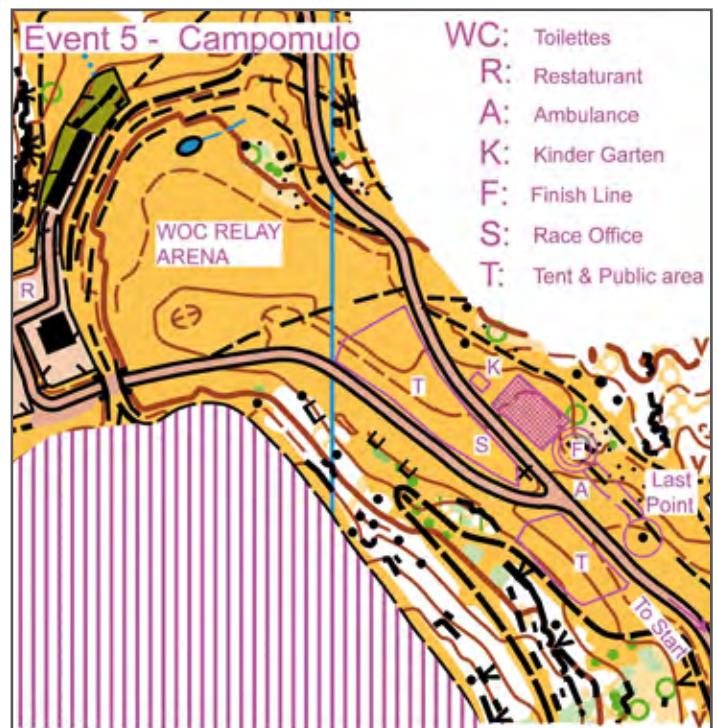
The Finish Line will be at 100 metres from the WOC Relay Final Arena.

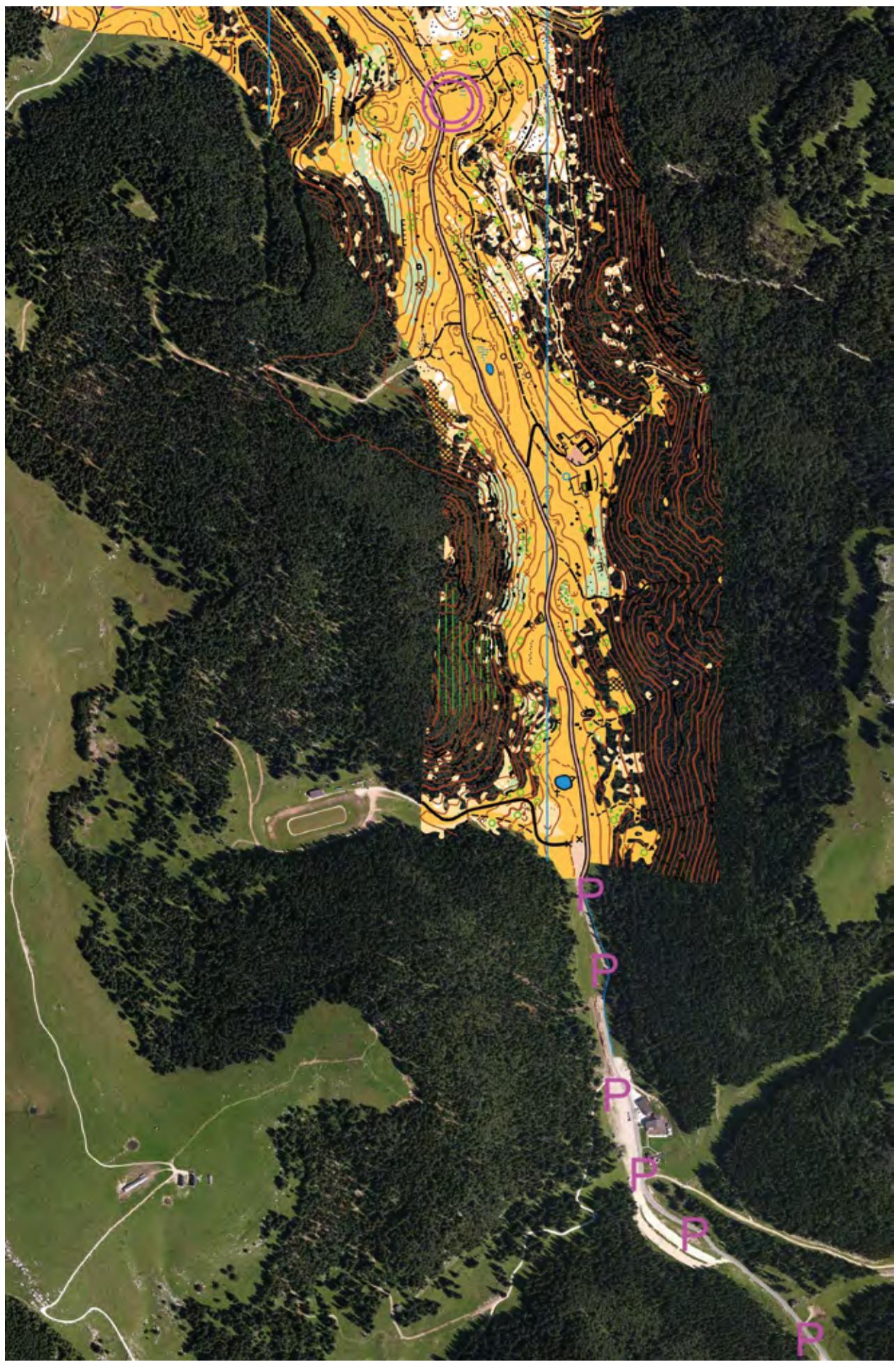
**The First Start is at 9.00 am. Please check your starting times. The starting times in hours represent the time after the first start. Ex. Starting time 00.57 - First Start 9.00 means Start at 9.57.00.**

There is one big Parking space which is about 45 minutes walking distance from the WOC Arena/5 Days of Italy Finish.

Please check map. The Parking place is at Melette Ski Area. A free shuttle bus service will take you to the Competition area.

Please follow the instructions by the Staff for the Parking Catered Food will be provided at the Arena.





## XI TECHNICAL INFORMATION

### TIMING

Timing and validation at each control flag is done with the Sport-Ident system (SI-unit). The controls must be visited in order. An SI badge can be rented at the information desk for €2.00/day. Loss or damage will result in a €60.00 replacement cost. The SI-badge has to be cleared and checked before each start and is the responsibility of the runner.



### CONTROL DESCRIPTIONS

The Control Descriptions will be available in the start area (-2 minutes). The control descriptions are also printed on the map.

### EMBARGOED AREAS

All competition areas are off-limits before the start of the 5 Days of Italy 2014 unless a participant of the WOC Event is involved in the official model or qualifying race.

### START LIST

Start lists will be published on the website ([www.5daysofitaly2014.it](http://www.5daysofitaly2014.it)), posted at the competition centres each day and at the Event Centre in Asiago.

### RESULTS

Each day, the unofficial results will be posted for each class. The official daily and overall results will be available in the evening in Asiago or on the internet under this website.

### MAPS

The Day 2 map has a scale of 1:5'000 as is usual for sprint map (ISSOM 2007). Maps for Day 1, 3 and 5 have a 1:10'000 scale for all classes. Maps for day 4 have scale 1:15'000 for MWE, MW35, MW18, MW20, MWAK, MWAL and OPEN LONG, the other classes have scale 1:10'000. The maps were made by the same team as for the WOC maps with the same requirements and qualities. On Days 1, 3, 4 and 5, there are stone fields with narrow but steep pits that are not all mapped. You are competing at your own risk and responsibility. Out of bound areas have to be respected. Particular dangerous locations in the forest will be marked with tape.

### BIB NUMBER

The same start number is used for all 5 Days. It has to be attached visibly and not folded over on the chest. No start number, no start! You will find the following facts on your start number: number, name, club, class, start, Sport-Ident number and all the days' start times. Replacements of lost or damaged start numbers cost € 5.00.

### FAIR-PLAY

Runners can keep their map after finishing and the maps and courses should not be shown to runners that have not started yet. Anyone not respecting this rule will be disqualified.

### MOBILE PHONES AND GPS

The mobile phone network is not ensured in all competition areas. The carrying of GPS navigational units with screen and mapping function is not allowed and the runner will be disqualified.

Maximum allowed times

- Day 2: 1.5 hours (sprint race)
- Day 1, 3 and 5: 2 hours
- Day 4: 3 hours

The courses are closed between two-to two and a half hours after the last start. Past this limit in time, finishing competitors are no longer permitted to finish along the run-in lanes and must go directly to the SI card reading area.

## PROTESTS AND JURY

A protest needs to be submitted in writing at the information desk no later than the closing of the finish. The jury will be selected before Race 1.

## CANCELLATION

Races can be cancelled for security reasons due to extreme weather. In case any of the 5 days or a particular class has to be cancelled or voided, the runners' results are not counted and thus no worst time is cancelled. If a second day needs to be cancelled, only 3 daily results will determine the results.

## ORGANIZING COMMITTEE

**General Manager:** Angelo Frighetto

**Event director:** Paolo Di Bert

**Technical Director:** Giuseppe Simoni (head of course setters) Technical Director

**Course Setters:** Giuseppe Simoni, Fabio Hueller, Michael Sbrizzi, Nicholas Sbrizzi, Wolfgang Poetsch, Rudi de Ferrari, Stefano Raus

**Controllers:** Jan Soter, Giorgio Paoli, Martina Palumbo, Davide Miori, Andrea Cipriani

**IT Manager:** Federico Bruni

**Start:** Elisabetta Rosso - Aldo Genuzio

**Finish:** Paolo Sbrizzi

**Secretariat:** Alessia Ciriani

**Speaker:** Wolfgang Poetsch

**FISO Adviser:** Giancarlo Gozzer

## ENTRIES

### CLASSES

The classes for the 5 Days of Italy 2014 and for the Venice Prologue race are the following:

M10, W10, M12, W12, M14, W14, M16, W16, M18, W18, M20, W20, M Elite, W Elite, MA Long, WA Long, MA Short, WA Short, MB, WB, MC, WC, M35, W35, M40, W40, M45, W45, M50, W50, M55, W55, M60, W60, M65, W65, M70, W70, M75, W75, Open Short, Open Medium, Open Long, Beginners.

The courses for additional races on Folgaria and Asiago are the following: White - Yellow - Red - Black

You can not enter the competition area without being registered.

**On the same day you can register only in the Open or Beginners classes.**

**The entries for the Open and Beginners Classes cost € 25,- per race.**

**Registration will be available each day at the Competition Centre.**

## TRAINING MAPS

A big selection of Training maps is available for purchase at the Event Centre - Millepini in Asiago.

Maps with Permanent courses in the forest.

The cost per map is € 5,00.

## XII TRANSPORT AND SERVICES

### SERVICES AT THE ARENAS

At each competition centre you will find medical services, child care, information, registration for Open and Beginners categories, result stands, mobile toilets, finish area with room to set up club tents, and catered food stands for meals and drinks.

### TRANSPORT

During the days of the race FiveDaysofitaly (WOC Tour), transport lines are arranged by the organizing committee to/from the arenas of the Event The transportation-packet consists of:

>> Transport from/to Asiago/Lavarone to/from the competition arenas, transport to Trento for the WOC Sprint Relay Final.

Cost: € 80.00/person if you booked accommodation through the organization. € 120.00/person if you did not book your accommodation through the organization.

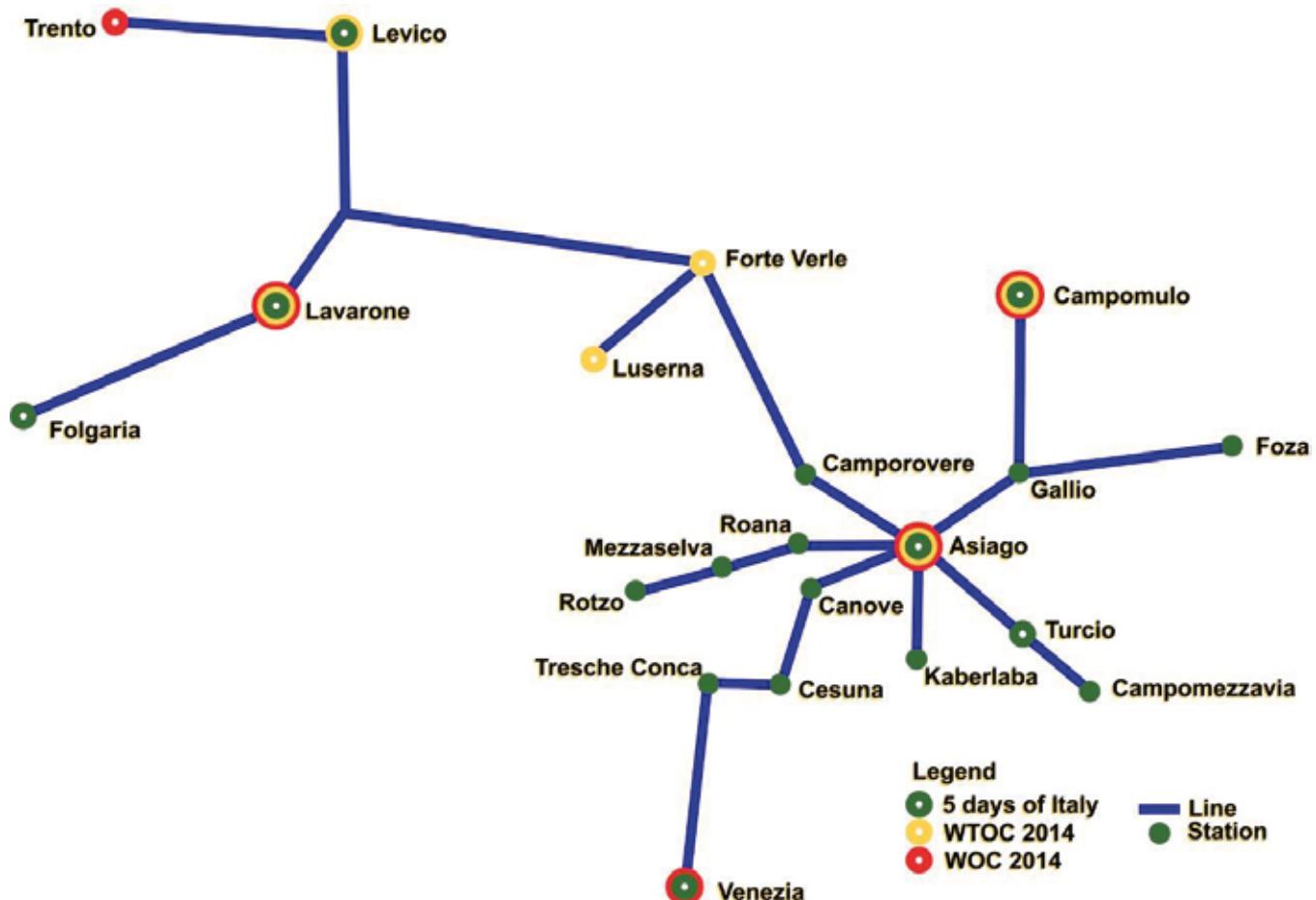
The transport lines are specified with the following stations:

#### Plateau area of Asiago

- Asiago (station) >> Arenas
- Ekar >> Gallio (Valbella) >> Rendola >> Arenas
- Mezzaselva >> Roana >> Cesuna >> Kaberlaba >> Arenas
- Turcio >> Pennar >> Linta >> Arenas
- Lavarone: WOC Event Centre - Gionghi

>> Transport from/to Asiago/Lavarone to/from Venice Tronchetto and vaporetto to/from Piazza San Marco (Venice), Prologue and WOC Sprint Final.

Cost: € 35.00/person if you booked accommodation through the organization. € 45.00/person if you did not book your accommodation through the organization.



## REFRESHMENT

There are refreshment points serving water on the terrain at all stages except Prologue (Venice) and 2<sup>nd</sup> Stage (Levico). These are marked on the map. Refreshment at the finish is water.

## CHILD CARE

Child care is offered in the finish area to all children being at least 18 months whose parents are registered for the 5 Days of Italy 2014. We cannot offer child care to spectators of WOC. We ask the parents to provide food and diapers for their children. Upon checking in your child, we ask for an ID or passport as a deposit and to show your start number. The opening hours correspond with the information hours.

## MAPS DELIVERY

Runners that have not started may receive their map in the evening at the information desk in Asiago only by presenting their start number. No handing out of maps at the competition arenas on race days. Clean maps and "all control points maps", may be purchased at the information desk for € 5.00 per map.

## LOST AND FOUND

Mislaid items will be taken to the 5 Days of Italy reception desk where they can be claimed.

**Insurance, Liability and Theft** The organizers of the 5 Days of Italy 2014 are not liable and will decline any responsibility for the consequences of accidents, health or thefts. Participants are responsible for their own insurance and must check on the validity for Italy. This also concerns a possible need for rescue helicopters.

## 5<sup>th</sup> JULY VENICE – BUS TIMETABLE

5th July 2014	VENICE 5 DAYS	outward journey			
Bus line 1	MEZZASELVA	ROANA	CESUNA	KABERLABA	ASIAGO
	5.00	5.10	5.25	5.40	5.50
Bus line 2	TURCIO	PENNAR	LINTA	ASIAGO	
	5.20	5.35	5.45	5.50	
Bus line 3	EKAR	VALBELLA	RENDOLA	ASIAGO	
	5.20	5.30	5.45	5.50	
Bus line 5	LAVARONE	VENEZIA			
	6.00				

### Bus for all the participants

Departure	Arrival
ASIAGO	VENEZIA Tronchetto
6.00	8.15

### Bus for all the participants

Departure	Arrival
VENEZIA	ASIAGO
19.00	21.00

Shuttle buses from Asiago for each bus line.

## 6<sup>th</sup> JULY TURCIO – BUS TIMETABLE

6th July 2014	TURCIO	5 DAYS	outward journey		
Bus line 1	MEZZASELVA	ROANA	CESUNA	KABERLABA	TURCIO
	11.00	11.15	11.30	11.45	12.00
Bus line 2		PENNAR	LINTA		TURCIO
		11.40	11.50		12.00
Bus line 3	EKAR	VALBELLA	RENDOLA		TURCIO
	11.25	11.35	11.50		12.00
Bus line 4	ASIAGO	TURCIO			
	11.50	12.00			
Bus line 5	LAVARONE	TURCIO			
	10.45	12.00			

Bus for all the participants

Departure	Arrival
TURCIO	ASIAGO
From 16.00	From 16.15

(The first bus leaves Asiago, when it will be enough crowded.)

## OPENING CERIMONY AT 18.00.

6th July 2014	ASIAGO	5 DAYS	return journey		
Bus line 1	ASIAGO	KABERLABA	CESUNA	ROANA	MEZZASELVA
	22.00	22.10	22.25	22.40	22.50
Bus line 2	ASIAGO	LINTA	PENNAR	TURCIO	
	22.00	22.05	22.15	22.30	
Bus line 3	ASIAGO	RENDOLA	VALBELLA	EKAR	
	22.00	22.05	22.20	22.30	
Bus line 5	ASIAGO	LAVARONE			
	22.00	23.00			

## 7<sup>th</sup> JULY LEVICO – BUS TIMETABLE

7th July 2014	LEVICO 5 DAYS	outward journey				
Bus line 1	MEZZASELVA 6.40	ROANA 6.50	CESUNA 7.05	KABERLABA 7.20	ASIAGO 7.30	LEVICO 9.00
Bus line 2	TURCIO 7.00	PENNAR 7.15	LINTA 7.25	ASIAGO 7.30	LEVICO 9.00	
Bus line 3	EKAR 7.00	VALBELLA 7.10	RENDOLA 7.25	ASIAGO 7.30	LEVICO 9.00	
Bus line 4	ASIAGO 7.30	LEVICO 9.00				
Bus line 5	LAVARONE 8.00	LEVICO 9.00				

### Bus for all the participants

Departure	Arrival
LEVICO	TRENTO
16.00	16.40
TRENTO	ASIAGO
19.00	21.00

7th July 2014	5 DAYS	return journey				
Bus line 1	ASIAGO 21.00	KABERLABA 21.10	CESUNA 21.25	ROANA 21.40	MEZZASELVA 21.50	
Bus line 2	ASIAGO 21.00	LINTA 21.05	PENNAR 21.15	TURCIO 21.30		
Bus line 3	ASIAGO 21.00	RENDOLA 21.05	VALBELLA 21.20	EKAR 21.30		

### Bus for all the participants

Departure	Arrival
TRENTO	ASIAGO
19.00	21.00
TRENTO	LAVARONE
19.00	20.00

## 9<sup>th</sup> JULY LAVARONE SUD – BUS TIMETABLE

9th July 2014 LAVARONE SUD 5 DAYS outward journey						
Bus line 1	MEZZASELVA 6.10	ROANA 6.20	CESUNA 6.35	KABERLABA 6.50	ASIAGO 7.00	LAVARONE 8.00
Bus line 2	TURCIO 6.45	PENNAR 6.55	ASIAGO 7.00	LAVARONE 8.00		
Bus line 3	EKAR 6.30	VALBELLA 6.40	RENDOLA 6.55	ASIAGO 7.00	LAVARONE 8.00	
Bus line 4	ASIAGO 7.00	LAVARONE 8.00				

9th July 2014 LAVARONE SUD 5 DAYS return journey						
Bus line 1	LAVARONE 17.30	ASIAGO 18.30	KABERLABA 18.40	CESUNA 18.55	ROANA 19.10	MEZZASELVA 19.20
Bus line 2	LAVARONE 17.30	ASIAGO 18.30	LINTA 18.35	PENNAR 18.45		
Bus line 3	LAVARONE 17.30	ASIAGO 18.30	RENDOLA 18.35	VALBELLA 18.50	EKAR 19.00	
Bus line 4	LAVARONE 17.30	ASIAGO 18.30				

## 10<sup>th</sup> JULY LAVARONE NORD – BUS TIMETABLE

10th July 2014 LAVARONE NORD 5 DAYS outward journey						
Bus line 1	MEZZASELVA 6.45	ROANA 6.55	CESUNA 7.05	KABERLABA 7.20	ASIAGO 7.30	LAVARONE 8.30
Bus line 2	TURCIO 7.05	PENNAR 7.15	LINTA 7.25	ASIAGO 7.30	LAVARONE 8.30	
Bus line 3	EKAR 6.55	VALBELLA 7.05	RENDOLA 7.25	ASIAGO 7.30	LAVARONE 8.30	
Bus line 4	ASIAGO 7.30	LAVARONE 8.30				

10th July 2014 LAVARONE NORD 5 DAYS return journey						
Bus line 1	LAVARONE 17.00	ASIAGO 18.00	KABERLABA 18.10	CESUNA 18.25	ROANA 18.40	MEZZASELVA 18.50
Bus line 2	LAVARONE 17.00	ASIAGO 18.00	LINTA 18.05	PENNAR 18.15		
Bus line 3	LAVARONE 17.00	ASIAGO 18.00	RENDOLA 18.05	VALBELLA 18.20	EKAR 18.30	
Bus line 4	LAVARONE 17.00	ASIAGO 18.00				

11<sup>th</sup> JULY CAMPOMULO - BUS TIMETABLE

11th July 2014 CAMPOMULO 5 DAYS outward journey		
Bus line	ASIAGO STATION 10.30	CAMPOMULO 11.00
Bus line	ASIAGO STATION 11.00	CAMPOMULO 11.30

11th July 2014 CAMPOMULO 5 DAYS return journey		
Bus line	CAMPOMULO 17.00	ASIAGO STATION 17.30
Bus line	CAMPOMULO 18.00	ASIAGO STATION 18.30

12<sup>th</sup> JULY CAMPOMULO - BUS TIMETABLE

12th July 2014 CAMPOMULO 5 DAYS outward journey						
Bus line 1 <span style="background-color: green; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	MEZZASELVA 7.10	ROANA 7.20	CESUNA 7.35	KABELABA 7.50	ASIAGO 8.00	CAMPOMULO 8.30
Bus line 2 <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	TURCIO 7.35	PENNAR 7.45	LINTA 7.55	ASIAGO 8.00	CAMPOMULO 8.30	
Bus line 3 <span style="background-color: red; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	EKAR 7.30	VALBELLA 7.40	RENDOLA 7.55	ASIAGO 8.00	CAMPOMULO 8.30	
Bus line 5 <span style="background-color: white; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	LAVARONE 7.00	CAMPOMULO 8.30				

12th July 2014 CAMPOMULO 5 DAYS return journey						
Bus line 1 <span style="background-color: green; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	CAMPOMULO 18.00	ASIAGO 18.30	KABELABA 18.40	CESUNA 18.55	ROANA 19.10	MEZZASELVA 19.20
Bus line 2 <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	CAMPOMULO 18.00	ASIAGO 18.30	LINTA 18.35	PENNAR 18.45		
Bus line 3 <span style="background-color: red; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	CAMPOMULO 18.00	ASIAGO 18.30	RENDOLA 18.35	VALBELLA 18.50	EKAR 19.00	
Bus line 5 <span style="background-color: white; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	CAMPOMULO 18.00	LAVARONE 19.30				



## XIII FIVE DAYS HEALTHCARE

During the competitions there will be a medical aid service with qualified staff in each competition area. In the competition area there will be staff on foot with rescue vehicles displaced around the competition area. If an injured competitor is unable to move from the competition area, the situation and the position must be notified to the nearest checkpoint person or to the finish area.

First aid and evacuation are managed by the Organization or by Medical Urgency Emergency Service - SUEM 118's healthcare staff. Qualified Healthcare Staff members are recognizable by the "RED" uniform.

Other members of emergency staff are recognizable by the "YELLOW/BLUE" uniform.

**National health service phone number is 118**

Others Emergencies 112

Injuries/illness happening outside competitions' moments will be treated by the Public National Health Service. Numbers, delivery address and timetables of General Medicine's doctors in the 24h, are available in Administrative Office or at your accommodation.

## XIV PRIZE GIVING CEREMONY

The Prize Giving ceremony for the first three classified of the combined results of the 5 stages will be held just after the Price Giving Ceremony of the WOC Relay Final at Campomulo on Saturday, July 12, 2014.

## XV COURSE LENGTHS

Cat.	Event 1 - middle				Event 2 - sprint				Event 3 - middle				Event 4 - long				Event 5 - middle				Cat.
	length	Climb	Control	Start	length	Climb	Control	Start	length	Climb	Control	Start	length	Climb	Control	Start	length	Climb	Control	Start	
BEGINNERS	1.7	45	8	RED	1.6	20	12	RED	2.7	65	9	RED	2.5	10	9	RED	1.4	50	7	RED	BEGINNERS
M10	1.6	40	10	RED	1.6	20	12	RED	1.9	35	6	RED	2.5	10	9	RED	1.3	40	8	RED	M10
M12	1.9	45	9	RED	1.7	25	13	RED	2.8	75	10	RED	3.3	20	10	RED	1.5	50	9	RED	M12
M14	2.1	55	12	RED	1.8	30	14	RED	3	100	13	RED	4.1	55	10	RED	2	65	11	RED	M14
M16	2.8	70	10	BLU	2.2	30	17	BLU	4.2	190	16	BLU	5.1	200	11	BLU	3	185	14	BLU	M16
M18	4.2	160	17	BLU	2.6	50	16	BLU	4.5	235	15	BLU	5.8	230	13	BLU	3.4	235	12	BLU	M18
M20	4.7	230	19	BLU	2.8	55	19	BLU	4.3	265	14	BLU	8	330	17	BLU	4.7	260	16	BLU	M20
M35	4.5	220	14	BLU	2.7	35	17	BLU	4.3	190	14	BLU	8.6	340	20	BLU	4.6	250	15	BLU	M35
M40	3.8	120	17	BLU	2.6	50	15	BLU	4.2	210	15	BLU	6.9	265	13	BLU	4	240	15	BLU	M40
M45	3.6	150	14	BLU	2.4	45	15	BLU	4.2	205	14	BLU	6.1	245	13	BLU	3.8	210	15	BLU	M45
M50	3.2	90	12	BLU	2.2	45	15	BLU	4	185	16	BLU	5.6	205	13	BLU	3.3	240	13	BLU	M50
M55	2.8	100	13	BLU	2.1	30	15	BLU	3.6	155	13	BLU	5.2	160	12	BLU	2.8	190	13	BLU	M55
M60	2.5	60	12	RED	1.9	35	15	RED	3.5	160	14	RED	4.8	115	10	RED	2.5	150	11	RED	M60
M65	2.3	60	11	RED	1.9	20	13	RED	3.1	120	13	RED	4.5	110	12	RED	2.1	120	10	RED	M65
M70	1.9	60	11	RED	1.7	20	12	RED	2.5	100	10	RED	3.8	80	9	RED	2.4	100	11	RED	M70
M75	2	50	10	RED	1.5	20	13	RED	2.4	90	10	RED	3	45	8	RED	2.3	110	12	RED	M75
MA K	2.9	80	10	BLU	2.4	50	16	BLU	4.5	185	17	BLU	5.2	195	9	BLU	3.7	200	17	BLU	MA K
MA L	3.2	90	12	BLU	2.9	55	20	BLU	4.9	220	16	BLU	7	270	16	BLU	4.4	250	13	BLU	MA L
MB	2.7	75	10	BLU	2.3	40	16	BLU	3.6	140	15	BLU	4.9	150	10	BLU	3	175	12	BLU	MB
MC	2.1	55	12	RED	1.8	30	14	RED	3	100	13	RED	4.1	55	10	RED	2	65	11	RED	MC
ME	5.7	280	22	BLU	3.3	70	21	BLU	5.4	230	18	BLU	11.6	550	22	BLU	5.1	285	14	BLU	ME
OPEN K	3.1	70	15	RED	2.3	50	14	RED	3.4	160	14	RED	5.2	130	13	RED	2.6	180	11	RED	OPEN K
OPEN L	3.4	110	14	RED	2.3	40	18	RED	4.1	175	15	RED	5	160	14	RED	3.1	200	14	RED	OPEN L
OPEN M	2.7	75	10	BLU	2.3	40	16	BLU	3.6	140	15	BLU	4.9	150	10	BLU	3	175	12	BLU	OPEN M
W10	1.6	40	10	RED	1.6	20	12	RED	1.9	35	6	RED	2.5	10	9	RED	1.3	40	8	RED	W10
W12	1.9	45	9	RED	1.7	25	13	RED	2.8	75	10	RED	3.3	20	10	RED	1.5	50	9	RED	W12
W14	1.9	40	9	RED	1.7	30	15	RED	2.9	95	13	RED	3.7	35	9	RED	1.7	55	8	RED	W14
W16	2.5	50	11	BLU	2	35	18	BLU	3.8	160	15	BLU	4.5	160	11	BLU	2.8	135	14	BLU	W16
W18	3.4	110	14	RED	2.3	40	18	RED	4.1	175	15	RED	5	160	14	RED	3.1	200	14	RED	W18
W20	3.2	100	15	BLU	2.4	35	18	BLU	3.7	145	15	BLU	5.3	195	12	BLU	3.3	205	11	BLU	W20
W35	3.9	120	15	BLU	2.5	50	17	BLU	4.2	195	18	BLU	6.1	220	10	BLU	3.9	225	12	BLU	W35
W40	3.1	70	15	RED	2.3	50	14	RED	3.4	160	14	RED	5.2	130	13	RED	2.6	180	11	RED	W40
W45	3	60	12	RED	2.1	35	13	RED	3.4	145	15	RED	4.8	140	12	RED	2.5	175	12	RED	W45
W50	2.9	50	12	RED	2	30	14	RED	3.1	125	14	RED	4.3	105	13	RED	2.4	175	11	RED	W50
W55	2.9	75	11	RED	1.8	25	13	RED	3	115	12	RED	4.2	100	12	RED	2.4	140	14	RED	W55
W60	1.9	60	11	RED	1.7	20	12	RED	2.5	100	10	RED	3.8	80	9	RED	2.4	100	11	RED	W60
W65	2	50	10	RED	1.5	20	13	RED	2.4	90	10	RED	3	45	8	RED	2.3	110	12	RED	W65
W70	1.6	40	7	RED	1.5	15	12	RED	2.4	90	10	RED	2.5	35	9	RED	1.5	60	9	RED	W70
W75	1.6	40	7	RED	1.5	15	12	RED	2.4	90	10	RED	2.5	35	9	RED	1.5	60	9	RED	W75
WA K	3.2	100	15	BLU	2.4	35	18	BLU	3.7	145	15	BLU	5.3	195	12	BLU	3.3	205	11	BLU	WA K
WA L	3.9	120	15	BLU	2.5	50	17	BLU	4.2	195	18	BLU	6.1	220	10	BLU	3.9	225	12	BLU	WA L
WB	2.9	75	11	RED	1.8	25	13	RED	3	115	12	RED	4.2	100	12	RED	2.4	140	14	RED	WB
WC	1.9	40	9	RED	1.7	30	15	RED	2.9	95	13	RED	3.7	35	9	RED	1.7	55	8	RED	WC
WE	4.7	230	19	BLU	2.8	55	19	BLU	4.3	265	14	BLU	8	330	17	BLU	4.7	260	16	BLU	WE

### COURSE SETTERS AND CONTROLLERS:

**1<sup>st</sup> LEG:** Turcio - middle

**COURSE SETTER:** Sbrizzi Nicholas

**CONTROLLER:** Srizzi Michael

**2<sup>nd</sup> LEG:** Levico - sprint

**COURSE SETTER:** Raus Stefano

**CONTROLLERS:** Paoli Giorgio, Palumbo Martina

**3<sup>rd</sup> LEG:** Lavarone Sud - Middle

**COURSE SETTER:** Simoni Giuseppe

**CONTROLLER:** Miori Davide

**4<sup>th</sup> LEG:** Lavarone Nord - Long

**COURSE SETTER:** Hueller Fabio

**CONTROLLER:** Cipriani Andrea

**5<sup>th</sup> LEG:** Campomulo - Middle

**COURSE SETTER:** De Ferrari Rodolfo

**CONTROLLER:** Simoni Giuseppe

## XVI EVENT CENTER

The Event Centre of the 5 Days of Italy 2014 is located at:

**Asiago's Turistic Office "Millepini"**

Via Millepini, 1 - 36012 Asiago (VI)

GPS: 45.873039, 11.504764

At the Event Centre it is possible to ask for information, collect your registration and bib numbers, consult the starting grids and official results and recover any lost items. The maps for non-starters can also be collected (there will not be any distribution of maps at the competition areas).



**The following opening hours are:**

**Friday, July 4<sup>th</sup> 2014:** 17.00 - 22.00

**Saturday, July 5<sup>th</sup> 2014:** 10.00 - 22.00

**Sunday, July 6<sup>th</sup> 2014:** 20.00 - 22.00

**From July 7<sup>th</sup> to July 12<sup>th</sup>, 2014:** 20.00 - 22.00

We will set up an office at each competition arenas where it is possible to collect your registration and bib numbers.

This office will open 1,5 hours before the first start and close 1 hours after the last finish.

**For emergencies please call: +39 335 6357870**

## XVII CONTACTS

**Comitato Organizzatore WOC - WTOC - 5 DAYS 2014**

c/o APT Valsugana

Via Silva Domini, 3, 38056 Levico Terme (TN), Italia

[www.woc2014.info](http://www.woc2014.info) - [www.5daysofitaly2014.it](http://www.5daysofitaly2014.it)

# FIVE DAYS OF ITALY

# TRENTINO\_VENETO

5th - 12th JULY 2014

# ITALY



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