



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

26th IAU 100Km World Championships

"Under the Patronage of the IAAF"



21st IAU 100Km European Championships

"Under the Patronage of the EA"



WMA 100Km World Championships



SEREGNO (ITA)

APRIL 22nd, 2012

Vs120201



GENERAL INFORMATION SHEET



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1. WELCOME



Welcome to the *One Hundred Kilometers of Seregno, 2012* edition.

It is the first time that on our territory we host a track event valid for the World and European title. This is a goal that we conquered step by step thanks to an enthusiasm for a sport that fascinates and manages to create a climate of involvement.

Sunday, April 22nd, 2012 athletes and spectators will experience a unique feeling.

Unique and invaluable just like the emotion of someone who crosses the finish line.

They compete to win but also to “be there”: to be protagonists of an event that brings people and cultures from all over the globe.

To the athletes who want to participate to raise the level of their challenges we can offer our support, our encouragement and the “polished-family welcome” of our people.

For the fans, the athletes and the public that will follow, curiously, from the roadside the event and their favorite runners we guarantee a wonderful and exhilarating show that only a competition of international caliber can reserved.

Giacinto Mariani

*Mayor of Seregno
LOC President*





After years of hard work, the commitment and determination that I employed together with the Organizing Committee were rewarded as on the date of April 22nd, 2012, Seregno will host the 26th IAU 100 km World Championships, the 21st IAU 100 km European Championships and the WMA 100 km World Championships.



The Ultra runners will be gratified by the lap of the 100 Kilometers that will bring them, through 5 laps, in the Brianza territory.



The gratification will not be only for the athletes but also for all the spectators that will assist to other races and events like the Flag Parade of the National Teams that will animate the city center the day before the race.



Athletes and their guests will be accommodated in suggestive tourist centers.

Together with the LOC I hope to be rewarded by your enthusiastic and numerous participation, and I await with trepidation to welcome you personally.



Manuela Berti

Event Director



After only four years, since the last World Championship held in Tarquinia, the world of the *hundred kilometres* is back in Italy, in Seregno, City of the Brianza territory, where the passion and enthusiasm for this Ultra marathon race have always been high.

We expect all the runners on a flat circuit within the territory of Seregno and the near cities, many co-workers will be on the lap to guarantee the perfect development of the race and to demonstrate their happiness to the athletes taking part at the Event.

All the organizers will do their best to make this day of sport unforgettable to the many athletes from all over the world and to leave an indelible memory in their hearts of our Seregno, of the Brianza and of Italy.

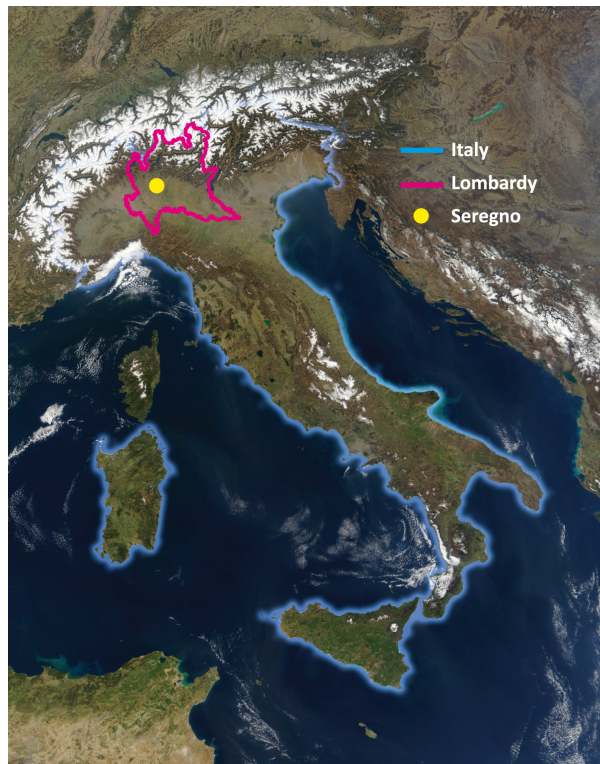
Come on guys, we look forward to have many of you, the “start flag” is about to lower down.

Giorgio Molteni

A.S.D. Marciacatesi

Race Director





State:	 Italia
Region:	 Lombardia
Province:	 Monza e Brianza
Area:	13,01 km ²
Population:	43.163



Seregno is a town and commune of the new Province of Monza and Brianza in the Italian region of Lombardy. Its population number is around 43.163 inhabitants, making it the second largest city of the Province after Monza.

Seregno received the honorary title of city with a presidential decree on January 26, 1979.

Geography

The city is located in the upper part of the Lombard plain, 10 km from Monza and only 20 km from Milano, capital of the Region.

The current infrastructures system, with two longitudinal bisecting roads and a thick mesh of provincial and municipal roads and railways means Seregno is also accessible to the major attractions of the area such as lake districts, the Alps, the cities of Como, Lecco, Bergamo and Varese.

Local Economy and Business

Seregno is positioned in the middle of one of most economically productive areas in Italy with a high concentration of small and medium-sized enterprises. The total number of companies listed in Seregno is over 3,600, equal to about 6% of companies throughout the Province of Monza and Brianza territory.

Seregno has a long-established tradition in industrial and craft production with excellence in the furniture sector, engineering industry, clothing and computer industries. A peculiarity of



Seregno is the presence of a high number of bank agencies in relation to the resident population and businesses located within the city boundaries.



2. ITALIAN ATHLETICS FEDERATION, FIDAL



CONTACT DETAILS

Address: Via Flaminia Nuova, 830, 00191 Roma
Tel. +39 0636851
Fax +39 063338941
E-mail internazionale@fidal.it
Website www.fidal.it



3. LOCAL ORGANIZING COMMITTEE (LOC)

PRESIDENT

Major Municipality of Seregno
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E-mail

Giacinto Mariani
+ 39 0362 263.383
info@centokmseregno.com



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LOCAL ORGANIZING COMMITTEE (LOC) SUPPORTER

Fidal Council Member
IUTA (Italian Ultramarathon and Trail Association)
Technical Coordinator Fidal Ultramarathon
Event Coordinator of the IAU
Technical IAU delegate for the race/course
Speaker

Pierluigi Migliorini
President **Gregorio Zucchinali**
Stefano Scevaroli
Nadeem Khan
Liesbeth Jansen
Silvio Omodeo



4. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)



WEBSITE: www.iau-ultramarathon.org

IAU GENERAL SECRETARY

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DIRECTOR OF PROTOCOL



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DIRECTOR OF COMMUNICATIONS



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5. WORLD MASTERS ATHLETICS (WMA)



VICE PRESIDENT WMA-Non Stadia
WMA Website Coordinator



Name **Brian Keaveney**
 Mobile Canada: 01-416-605-8478
 E-mail masters@sympatico.ca



6. GENERAL COMPETITION INFORMATION



MIAUC 26th IAU World Championships
21st IAU European Championships
WMA World Championships



Date April 22nd, 2012
Start time 8.00 a.m.



Max time 12 hrs
Course Road

Short description of the course

There is a 20 kilometres course that will be traffic-free, the only few exceptions are going to be controlled by ground staff.

Every lap includes parts of the cycle line of “Porada 2 Giugno Park” in the start-finish area and along the freeway Milano-Lecco.

The course will lead the runners for a short part of the track through the nearby cities of Cabiante, Carate Brianza, Verano Brianza and Giussano but most of it will take part in our town Seregno.

Refreshment zones are going to be every 5 km and handling zones every 2.5 km.

Times will be recorded every 5 km of the race with the assistance of more than 500 volunteers throughout the 14-hour time limit.



General Information Sheet, Seregno (ITA), April 22nd 2012.



Profile: Start at: 233,0 slm
Finish at: 233,0 slm
Lowest point: 220,0 slm
Highest point: 259,0 slm

Competition: Men's Individual Competition
Women's Individual Competition
Men's Team Competition
Women's Team Competition

Only athletes and teams officially entered by their National Federation can compete in this MIAUC.

Every country can send 9 men and 9 women who can compete in this MIAUC. A maximum of 6 are a team.

No limit on the total amount of runners, but the number of runners above 9 men and 9 women can only compete in the open race and have to pay the normal entry fee and their own accommodation costs as well.

Open race: YES

Limited runners: NO

100 km Open

Same Course

8.00 a.m. start time – Maximum 14 hours

Closing event at 10.00 p.m.

Other races: YES

Half Marathon – km 21,0975

9.00 a.m. start time – Maximum 2,30 hours

WMA 100 km World Championships

The event will not only be the IAU 100Km World Championships and the IAU 100Km European Championships but will also include the WMA 100 km World Championships for the various age groups.

Athletes wishing to take part in the WMA competition need to ensure that they correctly observe the WMA entry procedure (including payment of the appropriate entry fee).

PEF's and FEF's for this WMA event will be available through the website of the LOC:

www.centokmseregno.com



Members of the National Teams who are entered by their National Federation for the IAU Championships and who want also to take part in the WMA competition should send a separate e mail to inform the LOC.



Those athletes must also pay the normal entry fee for this WMA competition and use the WMA entry procedure as well as the FEF for the IAU competitions.



Last day of registration: 31-12-2011, fee Euro 30,00, of which fee WMA Euro 4,50.

Last day of registration: 28-02-2012, fee Euro 40,00, of which fee WMA Euro 6,00.

Last day of registration: 08-04-2012, fee Euro 50,00, of which fee WMA Euro 7,50.



7. PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS



The PEF's and FEF's should be completed and sent, before the deadline time.

DEADLINE PEF's: February 24th, 2012

DEADLINE FEF's: March 23rd, 2012

All forms must be sent in digital format to:



IAAF	Name:	Sean Wallace-Jones - Senior Manager Road Running
	E-mail:	sean@hq.iaaf.org
LOC	Name:	Manuela Berti - Director of event
	E-mail:	info@centokmseregno.com
IAU	Name:	Hilary Walker - IAU Secretary
	E-mail:	secretary@iau-ultramarathon.org



WMA: *The WMA entries are a separate process of the entries for the two IAU competitions. These WMA entries must be arranged with LOC and WMA, not with IAU.*

Preliminary Entry Form (PEF)

In order to book the accommodation, each Federation will send a list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the required number of rooms, required number of nights and required number of meals to be provided.



Final Entry Form (FEF)

With the final entry form, each Federation will send the final list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided).



Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadline.

8. VISA

Any foreign visitor wishing to visit ITALY should have a valid passport



IAU Members which **don't need a visa** prior to departure:

Andorra	Argentina	Australia	Austria	Belgium
Brazil	Canada	Chile	Croatia	Czech Republic
Denmark	Spain	Estonia	Finland	France
United Kingdom	Germany	Gibraltar	Greece	Hungary
Iceland	Ireland	Italy	Japan	South Korea
Latvia	Lithuania	Luxembourg	Mexico	Monaco
Norway	New Zealand	Philippines	Poland	Serbia
Switzerland	Slovakia	Sweden	Chinese Taipei	Uruguay
United States				



IAU Members which **do need a visa** prior to departure:

Belarus	Consulate Minsk
Mongolia	Embassy Beijing
Namibia	Consulate Windhoek
Nepal	Consulate Kathmandu
Niger	Consulate Niamey
Republic of South Africa	Embassy or consulate
Russia	Embassy Moscow
Turkey	Embassy Ankara
Ukraine	Embassy Kiev
Kenya	Embassy Nairobi
Sierra Leone	Embassy Abidjan Ivory Coast or Consulate Freetown Sierra Leone





9. TRAVEL INFORMATION & TRANSPORTATION PLAN TO SEREGNO



... HOW TO GET TO SEREGNO ?

BY CAR



A1 MILANO – FIRENZE – ROMA – NAPOLI

Follow Milano Tangenziale Est then Strada Statale 36 direction Lecco-Sondrio exit Seregno



A4 TORINO – VENEZIA

Follow Strada Statale 36 direction Lecco-Sondrio exit Seregno



A7 MILANO – GENOVA

Follow Milano Tangenziale Ovest, then A4 direction Venezia then Strada Statale 36 direction Lecco-Sondrio exit Seregno



A8 MILANO – LAGHI

Follow A4 direction Venezia then follow Strada Statale 36 direction Lecco-Sondrio exit Seregno



A9 MILANO – COMO – CHIASSO

Follow A8 direction Milano, A4 direction Venezia and then Strada Statale 36 direction Lecco-Sondrio exit Seregno

BY AIRPLANE

Airport 1

Name: **Milano Linate**

Place: Milano

Distance to: 36 km

Details: From the airport take the Bus to Central Station of Milano, buses ATM line 73 and X73. Then take a train to Seregno (direction Chiasso).

For more information: <http://www.milanolate.eu>
<http://www.atm-mi.it>
<http://trenitalia.com>



Airport 2



Name:

Milano Malpensa

Place:

Milano

Distance to Seregno:

65 km

Details:

From the airport take the Malpensa Express to Central Station of Milano. Then take a train to Seregno (direction Chiasso).



For more information:

<http://www.malpensashuttle.it>

<http://www.malpensaexpress.it>

<http://www.trenitalia.com>



Airport 3

Name:

Bergamo Orio al Serio

Place:

Orio al Serio (BG)

Distance to Seregno:

50 km

Details:

From the airport take the shuttle to Central Station of Milano. Then take a train to Seregno (direction Chiasso).

From the airport you can go to Bergamo station, take a bus ATB. Then take a train to Seregno.



For more information:

<http://www.sacbo.it>

<http://www.atb.bergamo.it>

<http://www.orioshuttle.com>

<http://www.trenitalia.com>



FREE SHUTTLE SERVICE



The LOC will provide a free shuttle service from Seregno – Meeting Point to the different accommodations. The departure times of the shuttle are going to be arranged based on the arrivals of the delegations (bringing together the delegations with similar schedules). The free shuttle service will be organized also on Saturday and Sunday from the accommodation to Seregno-race site and vice versa.



DAY OF DEPARTURE

Even on the day of departure on Monday there will be a free shuttle service from accommodation to Seregno from 7.00 a.m.

The trains – direction Milan – from Seregno will be available with a frequency of about 30 minutes starting from 5.52 a.m.. (<http://www.trenitalia.com>) from the train station the shuttle service timetable will be available on the website:

<http://www.sacbo.it>

<http://www.malpensashuttle.it>

<http://www.milanolate.eu>

<http://www.malpensaexpress.it>

<http://www.atb.bergamo.it>

<http://www.orioshuttle.com>



PAID SHUTTLE SERVICE (when necessary):

Please contact albertogalassia@yahoo.it to book a shuttle service (a charge will be applied) :

- from airport to Seregno Meeting Point on arrival day
- and vice versa on departure day.

10. ACCOMMODATION



<i>HOTEL & Address</i>	<i>Number of beds</i>	<i>Kind of rooms</i>	<i>Price BB/FB (incl. bed & bath linen)</i>
1 Casa Alpina La Montanina <i>Piani Resinelli via Parodi 5 Abbadia Lariana</i>	74	Single Double Triple quadruple	35/60 €
2 Albergo La Baita <i>Piani Resinelli via Carlanta 4 Abbadia Lariana</i>	50	Single Double	35/60 €
3 Albergo La Soldanella <i>Piani Resinelli via C. Mauri Abbadia Lariana</i>	20	Single Double	35/60 €
4 Albergo Sel Piani Resinelli <i>piazza delle Miniere Abbadia Lariana</i>	27	Single Double	35/60 €
5 Villa Zaccaria <i>via S. Antonio 17 Eupilio (Co)</i>	72	44 single 11 double 2 triple	35/60 €
6 Oasi Degli Angeli <i>via Clerici Erba (Co)</i>	50	50 single	35/60 €
7 Hotel S. Martino <i>via Europa Garbagnate Monastero (Lc)</i>		45 double	55/90 €

The organizing Committee will offer:

a full board accommodation, free of charge, for a **maximum 3 male and 3 female athletes** per delegation

- For a maximum of **3 nights** for delegations who should fly maximum 4 h;
- For a maximum of **4 nights** for delegations who should fly maximum <9 h;
- For a maximum of **5 nights** for delegations who should fly minimum 9 h.



The accommodation is available for the additional nights, **assistants** and **coaches**.
The total amount of accommodations the LOC should take care of maximum 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.



- Max 3 officials when 1-6 athletes/delegation
- Max 6 officials when 7-12 athletes/delegation
- Max 9 officials when 13-18 athletes/delegation.



The LOC can offer accommodation for the rest the delegation but is not obliged to.

The cancellation policy

- Free of charge until March 31, 2012
- Maximum 50% charge until April 10, 2012
- Maximum 100% charge the last 10 days before competition day.



All accommodation cost should be paid before arrival (all related bank costs are to be paid by the delegations) and it's obligatory to send E-mail with attached the payment bill or fax.



Food & Food Schedule

In general:

Breakfast: 7.00 a.m – 9.00 a.m. on Sunday 5.00 a.m.
Lunch: 12.00- 2.00 p.m.
Dinner: 7.00 – 9.00 p.m.



The pasta party is free for all athletes (maximum of 9 men and 9 women per country) and officials (number as mentioned in this GIS) entered by their National Athletics Federation and is scheduled for:

Saturday April 21st from 7.00 p.m. – 8.00 p.m.

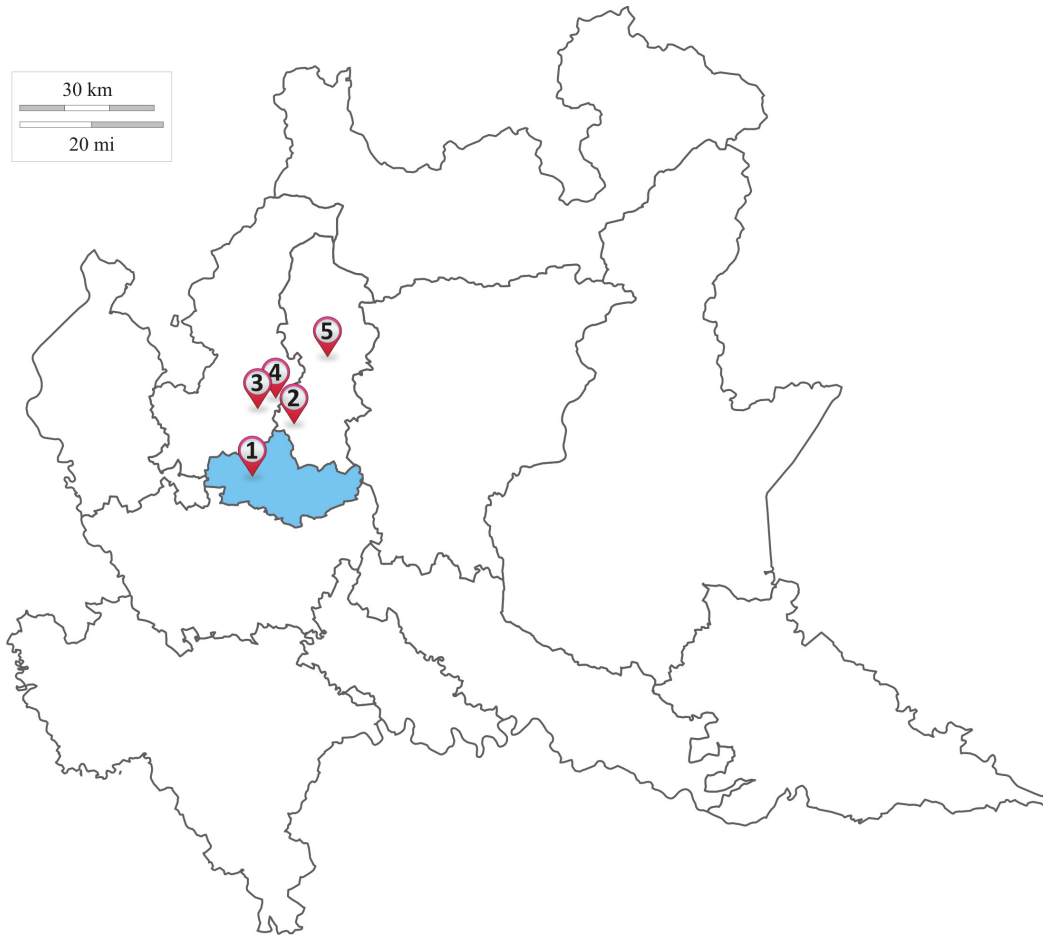
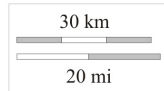
Place: School Restaurant Don Milani

Other info: other people who want to enter the pasta party can buy a ticket for euro 15,00.

11. MAPS



Accommodation's Map



1 Seregno

2 Hotel S. Martino

via Europa Garbagnate Monastero (Lc)

3 Oasi degli Angeli

via Clerici Erba (Co)

4 Villa Zaccaria

via S. Antonio 17 Eupilio (Co)

5 Casa Alpina La Montanina
Albergo La Baita
Albergo La Soldanella
Albergo SEL Piani Resinelli

Piani Resinelli via Parodi 5 Abbadia Lariana
Piani Resinelli via Carlanta 4 Abbadia Lariana
Piani Resinelli via C. Mauri Abbadia Lariana
piazza delle Miniere Abbadia Lariana

VARIOUS LOCATIONS



- 1 **Central meeting point** – Service Center - parco 2 Giugno
- 2 **Sport Center** Porada
- 3 **Start – finish**
- 4 **Press Conference** – Mons. Gandini conference room via XXIV Maggio
Technical meeting – Mons. Gandini conference room via XXIV Maggio
Payment of the travel grants - Mons. Gandini conference room via XXIV Maggio
- 5 **Opening Ceremony**, piazza Risorgimento
- 6 **School Restaurant**, Don Milani via Carroccio
- 7 **Railway Station**



12. PRESS CONFERENCE AND TECHNICAL MEETING



Press Conference

Day: Saturday April 21st

Time: 2.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno



Technical Meeting

Day: Saturday April 21st

Time: 3.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno



Post-race Press Conference with the winners

Day: Sunday April 22nd

Time: 6.30 p.m.

Place: Seregno, Sport Center Porada



13. PAYMENT OF THE TRAVELGRANTS

Day: Saturday April 21st

Time: 4.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno



14. OPENING CEREMONY

Day: Saturday April 21st

Time: 5.30 p.m.

Place: Seregno Piazza Risorgimento

Followed by Pasta Party

Place: School Restaurant Don Milani

Time: 7.00 p.m. – 8.30 p.m.

Info: After the flag parade there will be buses to take everybody to the School Restaurant Don Milani.

After the pasta party there will be buses to take everybody back to the accommodation.



15. RACE INFO



Extra info: all teams will receive on the day of arrival, a brochure with all the Technical guidelines & rules specific for this MIAUC.



16. CLOSING CEREMONY

Place: Seregno, Sport Center Porada
Day: Sunday April 22nd

Time: 8.15 p.m



Info: After the closing ceremony everybody will be taken back to the accommodation by buses. Departure time of the buses: 10.30 p.m.



17. WEATHER CONDITIONS

Max temperature: 20-25 degrees Celsius

Min temperature: 10-15 degrees Celsius

Humidity: 40-60%

Extra info: The weather forecast for the race day will be given during the Technical Meeting.





18. GENERAL TIME SCHEDULE OF THIS MIAUC



Meeting Point – Service Center – 2 Giugno park near Sport Center Porada
From Wednesday April 18th to Friday April 20th, 2012 from noon to 6.00 p.m.

Services:

- Athletes check-in
- Voucher and pass distribution
- Delivery of papers of the event



Saturday April 21st, 2012

IAU Congress

Place: Conference room Hotel S. Martino - via Europa Garbagnate Monastero (Lc)
Time: 10.00 a.m.

Press Conference -Saturday April 21st -2.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno

Technical Meeting - Saturday April 21st - 3.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno

Payment of the Travel Grants - Saturday April 21st - 4.30 p.m.

Place: Mons. Gandini Conference room – via XXIV Maggio Seregno

Flag Parade - Saturday April 21st - 5.30 p.m.

Place: Seregno piazza Risorgimento

Pasta Party – Saturday April 21st - School Restaurant Don Milani - 7.00 p.m. – 8.30 p.m.

Sunday April 22nd, 2012

6.00 a.m. : **departure** from accommodation for the race

8.00 a.m. : **start of the race**

6.30 p.m. : **Post race press conference** with the winners

8.15 p.m. : **closing ceremony** in Seregno Sport Center Porada.

Monday April 23rd, 2012

Departure of all delegations