



# **ITOC 2010**

## **Italian Trail Orienteering Championships**

**Trieste 02/10/2010**

**MontePrat 03/10/2010**

# BULLETIN 1

Dear friends Trail-Orienteers,  
we welcome you to the First Italian Championships of Trail-O, which we have agreed to organize with enthusiasm. This is the first time that absolute Championships for this fascinating discipline are run off. Trail-O has a brief history in Italy, but the interest for this discipline is growing increasingly and therefore the organization of this kind of event is well justified.

In order to offer maximum variety of terrain and situations, we have chosen to organize a two-day event in two very different, but at the same time very characteristic locations. The first event will take place in a urban park, a typical situation for races of Italian trail-o, more specifically in the San Giovanni Park in Trieste, which has already known to have been for decades the headquarters of the psychiatric hospital of the city. The second event will take place instead at Forgaria Monte Prat, in the heart of Friuli, on a plateau located 800 m above sea level and consisting of an expanse of green meadows with rural villages framed by a karstic forest.

With this choice we think that we are offering the best situations that a trail-orienteer can tackle. Therefore, whoever comes out the winner, he may say to have faced a really demanding challenge.

So, see you in Trieste and Monte Prat.

The organizing clubs

*Corivorivo Orienteering ASD*



*SSD Gaja Orienteering*



## 1. Organizing Committee

Pelessoni Renato – Event manager day 1  
Tarabocchia Cesare – Course setter day 1  
Cereser Elvio – Event manager day 2  
Lenarduzzi Fulvio – Course setter day 2

## 2. Event Controller

Falda Roberta, Delegato Tecnico Nazionale

## 3. Programme

Sat 2 Oct h 13.00 **ITOC First Stage** in Trieste  
*Regional FVG Trail-O Championships, event 2*  
*Trail-O Cup CRO-FVG-SLO, event 6*

Sun 3 Oct h 9.30 **ITOC Second Stage** in Forgaria – Monte Prat  
*Regional FVG Trail-O Championships, event 3*  
*Trail-O Cup CRO-FVG-SLO, event 7*

## 4. Classes and entries

The classes and fees are the following

Open Elite	€ 8,00 / day
Open A	€ 8,00 / day
Beginners	€ 4,00 / day

The Open Elite and Open A classes include also the Paralympic and Junior (born in 1990 or later) subclasses. The admission fee for participants in the Junior subclass will be halved.

The deadline for registration is scheduled for Monday 27/09/2010. Entries received after this date can be accepted by the organizers, but in this case the fee will be increased by 50%. As for Open A and Beginners categories you can register up to the day of the competition.

All competitors take part in the competition at their own risk. Competitors are not insured by the organizers.

### Structure and participation in the Italian Championships

Athletes of foreign nationality can take part in the Italian Championships, but they cannot compete for the title. Participation is on an individual basis for both stages. The Italian title will be awarded for the following categories:

Open Elite  
Paralympics

Paralympic athletes will be classified both in the Open Elite and in the Paralympics rankings. The final ranking will be computed by summing up the points obtained and the time spent at time-controls in each stage.

As for the participation in the competitions of the Italian Championships, the rules of the Italian Orienteering Federation (FISO) hold:

- “All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the competition in the Open Elite and Open A classes”.

- “Only competitors who have some permanent physical disability (including hidden disabilities), which gives a significant disadvantage in Foot Orienteering competitions, are eligible to be entered for the Paralympic class competition.”
- “The Paralympic category will be included in Open Elite category. Therefore, all competitors enrolled in the Paralympic category will be automatically enrolled also in the Open Elite category and their results will be valid for both categories.”

Competitors enrolled in the Paralympic category must have been recognized as Paralympic athletes by IOF.

#### Structure and participation in the Team Trophy:

There will be a ranking for teams made of 3 competitors of the same club in the Open Elite category. The composition of the teams must be specified when registering.

The final ranking will be computed on the basis of the aggregate results of the three components of the team in both races.

### **5. Event centers and accommodations**

Event centre for day 1 (02.10.2010): Trieste, Strada di Guardiella 7, Sports Centre “Stadio Primo Maggio - Stadion 1. maj” managed by the association Bor from 11: 00 am.

Event centre for day 2 (03.10.2010): Casa per Ferie San Lorenzo in Monte Prat – Forgaria, from 8.30 a.m.

Trieste offers various possibilities of accommodation (see the website [www.trieste.com](http://www.trieste.com)). The practice of “albergo diffuso” (community distributed hotel) is very frequent in Monte Prat (see the website [www.monteprat.it](http://www.monteprat.it)).

More infos can be found on the event website [www.itoc2010.it](http://www.itoc2010.it).

### **6. Transportations**

The city of Trieste is well served by each link type:

- by car via the A4 (from Venice) and the A23 (from Tarvisio) motorways or through borders with Slovenia, when coming from the East
- by train (see the “Ferrovie dello Stato” website [www.ferroviedellostato.it](http://www.ferroviedellostato.it))
- by plane: the nearest airport is located in Ronchi Dei Legionari and shuttle buses connect the airport to Trieste (see [www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)).
- by boat, with links from Istria and many harbours in the Mediterranean sea.

When in Trieste, you can use the buses of Trieste Trasporti to get to the place of the competition. Routes and timetables are available on the website [www.triestetrasporti.it](http://www.triestetrasporti.it).

To get to Monte Prat you need an autonomous vehicle.

The journey from Trieste (where the first stage takes place) to Monte Prat (seat of the second stage) is about 120 km long and can be covered in 1.5 hours by car. Approximately 90 km of the route are part of the A4 and A23 motorways, while the remaining 30 km are on regional roads.

### **7. Infos and News**

For more information, please contact us at the e-mail [info@itoc2010.it](mailto:info@itoc2010.it) or visit the website [www.itoc2010.it](http://www.itoc2010.it). Any new information will be published as soon as possible.