



SASLONG HALF MARATHON

↓ 21 km → 900 m

IMPORTANT INFO SHEET FOR THE ATHLETES

- **Free parking** is available directly in the start/finish area at the Hotel Monte Pana.
- On 11 June - around the Sella Group - the Sellaronda Bike Day takes place. From 8:30 a.m. to 3:00 p.m., the 4 Dolomite passes around the Sella Group (Sella, Pordoi, Campolongo and Gardena pass) are reserved for cyclists.
- On the website www.saslong.run under Info /Registration check, you will find a link to **check your own registration** or visit the website directly. www.tds.sport/en/race/12232

A registration is only complete if the green arrow appears, otherwise a document important for admission to the start is missing, in most cases this is a valid **health certificate**. For the health certificate, make sure you have used the form provided for download on www.saslong.run and uploaded it correctly on Enternow. The form can be downloaded here: www.saslong.run/Registration

- **Pick up your bip number at Monte Pana at Hotel Cendevaves:**
 - Friday 10th June from 5 p.m. to 7 p.m.
 - Saturday, 11th June from 7:30 a.m. to 8:30 a.m.
- When collecting the race number at the Hotel Cendevaves/Monte Pana/St.Christina, the signed **declaration of responsibility** must be handed in. The form can be downloaded here: www.saslong.run/info/check-registration.
- **Start times:** Mass start at 9:00 a.m.
Timing will be done in real time by chip.
Your own running time will also be communicated via SMS. Please check your own phone number and complete your own data on the portal www.enternow.it if necessary.
- The race crosses a **nature reserve of high naturalistic and cultural value**. Littering on the course is strictly prohibited. Rubbish bins or similar will be provided near the refreshment points where waste can be disposed of.
- It is strictly **forbidden to leave the path**, otherwise disqualification will be the consequence.
- The **track is marked with yellow arrows, dots and ribbons**. There are additional volunteers of our race on the course to show the way.
- The organiser points out that the race leads through **high alpine terrain**. **Trail shoes** and clothing adapted to the conditions prevailing on the day of the race are absolutely recommended. The weather in the mountains can change abruptly! It is allowed to use poles.

- The Organising Committee accepts no **liability** for lost/stolen items left unattended in the start or finish area before, during and after the race. We recommend not to leave any valuables in your backpack.
- **The time limit** is set at 4 hours, whereby the checkpoint at the Sella-pass must be reached at the latest 2 hours after the start of the race and the checkpoint at the Plattkofel mountain hut at the latest 3 hours after the start of the race. Runners who do not reach the checkpoints or the finish within the allotted time will no longer be classified and will no longer be able to take advantage of any services (catering, first aid, timing, course marshals, ranking list, medal, etc.). These runners will also be stopped and their race number and chip will be taken from them. The start number can then be collected again at the starter pack handover.
- Participants who abandon the race must report to the next course marshal/volunteer for safety reasons and hand in their start number and chip there. The start number can then be collected again at the starter pack handover.
- Anti-covid safety measures: no safety measures are provided. Please follow the usual hygiene measures.
- **Refreshment stations:**
 - Tramans (ca. km 4) – Drinks
 - Comici-Hut (ca. km 5,5) – Drinks and snacks
 - Hotel Passo Sella Resort (ca. km 8) – Drinks and snacks
 - Friedrich August Hut (ca. km 10) – Drinks
 - Plattkofel Hut (ca. km 14,5) – Drinks and snacks
 - Junction path 30A (ca. km 18,5) – Drinks and snacks
 - Arrival area – Drinks and snacks

We remind you not to dispose of bottles/cups in the surrounding area and to use the bins provided or hand them in at the nearest refreshment point.

- **Starter pack** can be collected after the chip has been returned. The "Gilet running Saucony" will be handed over at the race number distribution.
- **After-race party** at Hotel Cendevaves with food/drink voucher - this is enclosed in the start package. There is a choice of a hot dish: beef goulash with dumplings, Tyrolean Schlutzkrapfen with spinach and curd filling or lasagne from the tube. To drink a beverage: mineral water, Coca-Cola, lemonade, apple juice, ice tea or beer.
- **Shower** facilities will be provided.
- **Prize distribution approx. 2 p.m.** in front of the Hotel Cendevaves / Monte Pana.

Prizes will be awarded to:

- the first ten women and men in the overall classification
- the first three women and men of each age group
- the middle time

Only the athletes present will be awarded prizes, the prizes will not be sent out.

- The **results lists** can also be found at www.tds.sport. Here you will also find your own diploma.
- **Photo service:** can be purchased after the race on the homepage www.saslong.run /Saslong Run /Participant photos.

We wish everyone a good and injury-free race and hope to see you again at the 5th edition on 10 June 2023 of the Dolomites SASLONG Half Marathon 2023.

The organisation team **ASV Gherdëina Runners**

