

2019 ORTA 10 MARATHON IN 10 DAYS. ULTRA 50 KM. MARATHON. HALF MARATHON. 10 KM. 3-12 AUGUST 2019

The Orta Marathon series is back, let it be your next challenge, as well as a holiday! From Saturday 3th through Monday 12th August 2019 there will be the 6th edition of the classic summer event "10 Marathons in 10 Days" on the enchanting Orta Lake in Gozzano, Province of Novara, Italy. Run and Relax: 10 days of races - but you can decide to run or rest as you wish - on the Orta Lake, our Golden Pond. Lie on the beach, sunbathe and run with friends old and new in this enchanted and cosy little spot of Piedmont, still unknown to most: golden beaches, breathtaking views and the magic Isle of San Giulio in the center of the Lake. This year we set a new challenge for the ultrarunners: 10 ultras in 10 days, each of 50 km, for a total of 500 km in 10 days, a great Challenge of IUTA Italia!

<http://www.iutaitalia.it/>

The time limit is of 8 hours for each of the 10 in 10 marathons as well as for the Ultras.

The start of all the races will be at 8:00 from Lido di Gozzano.

In addition to the races, the organization will provide a full package of guided tours, boat trips, visits and dinners open to all the runners and their families, so as to relax and enjoy together the unique views, atmosphere and culture of the area.

Inscription on

<https://www.icron.it/services/icronGO/elencoiscrittipubblico.php?idgara=2019069>

2019 ORTA 10 IN 10. ULTRAS. SINGLE MARATHONS. HALF MARATHONS. 10 KM.

REGULATIONS Mr Paolo Gino, member and President of the Super Marathon Club Italia, organizes a series of 10 consecutive races to be run in 10 days on the Orta Lake at Lido di Gozzano, Novara province, from 3th to 12th August 2018. The races will be as follows: 10 marathons in 10 days, 10 ultramarathons in 10 days, 10 half-marathons in 10 days, 10 10 km in 10 days. This is a private event, authorized by UISP Atletica, open to everybody, male and female, who must be 18 on race day, with valid medical certificate. There will be separate rankings for men and for women, issued daily for each race. It is possible to run just a single Race, and there is a daily ranking.

START AND FINISH FROM LIDO DI GOZZANO, ITALY Start at 8:00. preceded by briefing.

No anticipated start will be permitted. No athlete will be allowed to start without a bib number. Marathon and Ultra Time limit: 8:00 hours. Route: on 85% asphalt and 15% dirt roads.

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Entrance Fee: ON FRONT PAGE. The fee includes: health insurance, timing and rankings, refreshments and spongings, medical assistance with ambulance, warm showers at Lido di Gozzano. The beach, chairs and sunbeds are not included and are to be paid separately. A medal for each marathon, a little trophy for the finishers of all the Race Series. All medals and trophy are mounted in a single rack of eleven elements. No complimentary kit is included.

Time Keeper and Ranking by Dream Runners.

Time carpets km 3,9025 round of buoy of 50 km, km 5 round of buoy of 10 km, km 7,2 square village of Pella, km 10,54875 round of buoy of Ronco di Pella for half marathon-marathon - 50km, and Lido di Gozzano line of arrive per la 10km – halfmarathon – marathona and 50 km .

Time measurement table.

10km. - 5km - Arrive 10 km

Half Marathon. - 5 - 7,2 - 10,548 – 13,896 – 16,085 – arrivo 21,085 km

Marathon - 5 - 7,2 - 10,548 – 13,896 – 16,085 – 21,085 – 26,085 – 28,285 – 31,633 – 34,981 -37,195 – arrivo 42,195

50 km - 5 - 7,2 - 10,548 - 13,896 - 16,085 - 21,085 - 26,085 - 28,285 - 31,633 - 34,981 - 37,195 - 42,195 - 46,0975 -arrivo 50 km

DAILY RANKING FOR 4 COMPETITIVE RACE AND 1 FOR NOT COMPETITIVE RACE
RANKING FOR ALL 10 DAYS

Important notice for those registered in the 10 in 10 races.

If you start running one type of race and after one or more days you decide to run a longer distance, you will appear in the final 10 in 10 rankings of the shorter race you initially entered, considering your passages at that shorter distance for the longer races.

On the contrary, if you have registered for a longer distance and, after one or more races, you wish to switch to a shorter one, your passages at the shorter distance will be taken into account in the final rankings

Accommodation: ALBERGO VALSESIANA: Corso XXV Aprile 37, 28024 Gozzano (NO). Tel. +39-0322-94394, Fax +39032294228. Speak with the owner, Mr Franco, cell. 338-3546521.

Prices (including breakfast): Single €35. Double €50. Triple €75. You can pay 5€ less each person a day, if you stay 10 days. The hotel is located 500 mt. from the railway station in

Gozzano town centre, about 3 km from the start. www.albergovalsesiana.it HOTEL NUOVA ITALIA: Via Beltrami 19, 28024 Gozzano (NO). Tel. +39-0322-93774, Fax +39-0322-953154.

Prices (including breakfast): Single €45. Double €65 Triple €90. The hotel is located 1 km from the railway station in Gozzano city centre, about 2,5 km from the start

www.hotelnuovaitalia.it RISTORANTE PIZZERIA SEMPIONE: Via Dante 16, 28024 Gozzano (NO). Tel. e Fax: +39-0322-94375. First and second course €10 and pizza menu €10. In

Gozzano town centre, 500 mt from the station and 3 km from the start.

www.pizzeriasempione.it RISTORANTE LIDO GOZZANO: Via alla Colonia, 28024 Lido di Gozzano (NO) Tel. 0322 913350 discount 10 % <http://lidodigozzano.it/> Located in Lido di

Gozzano, next to the start. CAMPING: Parking area with 15 places for campers at km 6 from the start of the Marathon, on the Orta Lake, at the outskirts of the town. With

hygienic services, payment required. There is also a slide for boats and a small sandy

beach. At km 8 you can find Campeggio Castellania Del Lago D'Orta Via M. Buonarroti, 10, 28010 Pella. Telefono:0322 969298 It is possible to park the camper near the Start Line in

Via della Colonia, 28024 Gozzano (NO).

There will be facilities to give a free place to sleep for those who run the whole series of ten marathons. There are just 30 sites in a sporting hall. Cots are not provided. Advance reservation required.

ADDRESS OF THE START LINE: Via della Colonia, 28024 Gozzano (NO). HOW TO GET THERE. By car: from Milan follow Motorway A8, then take the A26 to Alessandria, then continue in the direction of Gravellona Toce. Take the exit for Arona. Turn in the direction of Borgomanero, at the third roundabout follow the indications for Gozzano, Lago d'Orta. By train: from Novara take the Novara-Domodossola line and get off at Gozzano railway station, which is 3,5 km far from the start (no taxi service). By plane: The nearest airport is Milan Malpensa, about 40 km south of the Orta Lake. Here you can rent a car to reach Gozzano. There is NO DIRECT BUS SERVICE. No shuttle. Possible Taxi connection by 60 € tel.+39 349 4187291, info@ncccarservice.it Full details as well as the new regulations are available on www.orta10in10.it . For any further see www.orta10in10.com or write to presidente@clubsupermarathon.it (Object: 10in10).
Looking forward to meeting you on the Orta Lake!

***"Run when you can, walk if you have to, crawl if you must.
Just never give up."***