

MULTI STAGE RACE ON THE ITALIAN DIVIDE 27.9 - 3.10 2020

PARMIGIANO REGGIANO

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SCREENING

Present your health declaration. We check your temperature daily.



HYGIENE

Use hand sanitizer several times a day.
We provide a small one and others will be available in the race village





PHISYCAL DISTANCING

Minimum of 1 mt apart. Follow signs and instructions to allow spacing.





FACE MASK

You must wear a face mask inside the Yellow zone and anytime you are inside or outside and cannot have 1 mt minimum distancing.



NO CONTACT

Do not touch each other, hug, or shake hands.









FEED ZONE

Respect the distance of 1 mt at feed zones.
Grab and go.



If you become symptomatic call +39 335 1365114

do not come to the race office or to the doctors point unless instructed.

WELCOME

A warm welcome to the Apennines and to the second edition!

I cannot deny that the decision to postpone Appenninica to September was very troubling. We thought about it for a long time, brainstorming with the entire organising team, keeping informed on the emergency, calling each other during the night, wondering what the right decision to make was. But during the tough spring that Italy lived through, we received so many emails of enthusiastic support from athletes from the 1st edition in 2019, and we were astonished by the feeling there was for the Appenninica race. Appenninica team and

Italy of course. So now we are back on our bikes, pedaling and pedaling to find the best trails to give you another unforaettable experience.

We promise that you will again have a demanding race and tough days. but with fun trails and warm hospitality. I also have the utmost respect for the fatigue that you'll face and for that reason the whole Appenninica team is committed to providing you with the best adventure but also with the best service.

I want to thank the region Emilia Romagna, the communities of Alto Reno Terme, Fanano, Castelnovo ne' Monti, Collecchio, Appenninica coming in this weird year means a lot for them in terms of renaissance and efforts to host the Appenninica caravan. Thanks to the restless team Appenninica! They never lost the hope to make athletes experience the second edition. We've worked hard, with the knowledge that we are building more than a race, we are growing a community. a friendship beyond MTB, contributing to bring awareness among the local "Appenninian" people about our beautiful environment, and showing the world these mountains.

Enjoy your time, enjoy the trails, enjoy the meals, enjoy the company. enjoy the Appennino environment, and enjoy the atmosphere!!!



Here we are, welcome to Appenninica MTB Parmigiano Reggiano 2020!

This guide serves as a reference for both racers and supporters but you should check with us any time something is not clear. This guide is not meant as a substitute to the race rules, which you should learn. You'll find stage descriptions with an elevation chart and feed zones, maps of the race villages within the hosting towns, and other useful information such as the schedule. The core of the race is the race course and we are very proud of the 2020 stages. We alternate long transfer stages with shorter but more technical ones. With a race such as Appenninica, you can train but you'll never

be 100% ready. You'll find resources that you didn't think you had. Trails will be linked by forest roads and scenic paved secondary roads. The - now - legendary ridge trails will leave you breathless.

During the months leading up to the race. I have most likely been the person vou've been in contact with. So, I feel like I know you a little bit (or a lot) and I sincerely thank you for the fact that you've joined us in this difficult vear.

Over these months. I was asked questions about logistics and transportation, about the food, about the stages, about weather and the best tires for the terrain. That indicates two things: how much planning and consideration goes into a MTB stage race - and we have been there as well - and how driven you are in considering every little aspect to earn the Finisher title. In terms of weather, this autumn edition could grant good riding temperatures. The highest of the hosting villages - Fanano - at 640 mt asl averages 11C min (07:00) / 17C max (15:00). I'm not going to speculate on chances of rain but it goes without saving that you should be prepared for any weather. You will be mesmerized by the autumn colors of the Apennines.

So now welcome to everyone to the second edition of Appenninica MTB Parmigiano Reggiano Stage Race 2020!!!



PARMIGIANO REGGIANO



GENERAL INFO

Categories

Riders race Solo and will rank in the following: General Classification Men (blue leader jersey) General Classification Women (red leader jersey) Master (combined Men/Women) Gran Master (combined Men/Women)

Race bags

Your Appenninica MTB Parmigiano Reggiano race bag is a 90 lt, made in Italy, sport bag that will follow you during the week. You'll also receive a simple bag for your camping gear, and a day bag for items that you want with you until the start and find at the finish line. These are the only bags that we transport between stages while you ride.

Race numbers and wristbands

You'll be provided with a number plate (front of the bike) with zip ties, back number with safety pins, a personal wristband (must be worn for the whole duration of the event).

Bags labeling

You'll receive labels for: bike case, addition luggage that will be transferred to the last location, day bag, race bag, and for your mountain bike. Properly labeling each item is mandatory. Advise the race office if your labels are missing or damaged.

Timina

Winning Time is the official timing partner of Appenninica MTB Stage Race. Every bike must have a well-secured timing chip in order to be ranked at the end of the stage.

Please follow the instructions in the accreditation envelop on how to properly install the device on your bike. No chip, no timing. In case of loss, you might be charged for it. The official timing begins at the start of the competitor assigned grid.

Tracking

Sete is the tracking provider. Instructions are included in your accreditation envelope and it is important that you read it carefully. It is also important that you turn the device off after each stage and back on ONE HR before you make it to the start line. In case of loss, you might be charged for it (100 Euro).

- Place Setetrack on the top pocket of your hydration backpack or in your jersey pocket in an unobstructed manner.
- After turning it on, the device performs a self-test. A blue led light means "ready signal acquired".
- A green flashing led indicate "ready to communicate"
- Link for live tracking. This is the link from which your family and friends can follow you (select our event): https://livegps.setetrack.it
- Turn the device off at the end of the stage.

SOS: press the thumb size button for a minimum of two seconds to launch an SOS to the race organizers and the team of doctors.

The use of the SOS = withdrawal

Merchandise

You can purchase the official Natali Sportswear event cycling jersey (49 Euro) and the official cycling bibs (69 Euro), and additional Marconi Collection socks (12 Euro). See us at the race office.

Race office

The office that interacts with athletes and team manager is the race office. The race office is in charge of coordinating all services directly related to the race but it can also direct you on where and how to address other needs, or call the managers of the Race Village or logistics. The race office is where you can get race information as well as logistics information and purchase items. Stage results and race rankings are timely posted by the race office. In other words, the race office provides general services and race services and connects you to the appropriate Appenninica team member if needed.



REGISTRATION AND RIDERS ETIQUETTE

All riders must report to the accreditation desk, set-up at Parco Rufus Thomas in Porretta Terme (next to Piazza Italia), between 16:30 and 19:30 on Saturday, September the 26th.

Please bring an identity document, your racing license from your UCI affiliated cycling federation, and authorization letter for an international race, your Covid health declaration.

Also, a 20 Euro bill as deposit for the Winning Time chip and Tracker. If you do not hold a racing license, a medical certificate will allow you to purchase a FCI (Italian Cycling Federation) daily racing license.

Accommodation in Porretta Terme

Hotels in Porretta for Saturday the 26th can be searched on www.discoveraltorenoterme.it. That is unless you have booked through us at registration. Dorms are open from Sunday the 27th after stage 1 and you will find your race bags and camping gear bags already there.



Riders Etiquette

The Ten Commandments of the Appenninica rider.

These ten rules specify which behaviors will guarantee the maximum enjoyment of the event by respecting, competitors, staff and volunteers, and hosts

- Stay positive, don't lose your temper. A "no" day can happen to everyone and a good endurance athlete knows how to overcome those moments.
- Do not block or slow down faster competitors, instead let them pass you at the first opportunity.
- When passing someone, do it without putting the person who precedes you in danger or difficulty. Inform them you are about to pass them and on which side.
- If you have a mechanical problem move away from the trail to fix your bike without slowing down or blocking competitors.
- Absolutely DO NOT throw anything on the ground, neither in the Race Village nor on the trails.
- Be on time! Respect the logistics of the event.
- Volunteers and staff work hard to ensure that you have fun in complete safety. Let them know you appreciate their work.
- Take all the food you want but do not waste it.
- Take care of your mountain bike and she will take care of you.
- When using showers and restrooms remember other people are waiting for a hot shower and appreciate a clean restroom.

Put in your best effort and remember that you are doing what you like: a - hard - mountain biking adventure. Follow our ten commandments and good luck!

ARROWS RACE VILLAGE



HOST VILLAGES



We have to thank each and every community, its representatives, and volunteers for all of their planning and hard work. Grazie!

Porretta Terme (Bologna)

It is the most populous village of the Alto Reno Terme municipality. It is renowned for its thermal waters, the green of the woods, and the picture-sque villages nestled in the mountains. The EDEN project has awarded it as an excellence destination for sustainable tourism. Porretta Terme, in particular, is the home to some remarkable musical events such as the Porretta Soul Festival and several others. The local gastronomy is wealthy of typical products and is positively contaminated by Emilia and Tuscany's culinary traditions. Also, there is a suggestive network of mountain biking or trekking trails in an unspoiled environment.

Fanano (Modena)

It is a mountain municipality, surrounded by the nature of the Parco dell'Alto Appennino Modenese and located at the foot of Mount Cimone, which is the highest point touched by the race with 2165-metre-altitude. Trekking and orienteering are typical sports in Fanano, since there are many trails for the more experienced but also no less fascinating paths for families. There are also Mountain Bike routes that create links with other municipalities on the slopes of Cimone, such as the demanding 45-km-long track called "Ring of Cimone" through the territories of Fanano, Sestola, Montecreto and Riolunato.

Castelnovo ne' Monti (Reggio Emilia)

Castelnovo ne' Monti sits between the valleys of Secchia and Enza, Reggio Emilia and the Cerreto Pass. It is nestled in the green of three conifers, including the famous Pineta di Monte Castello, where a Matildic era's tower and support walls can be found. The heart of the entire landscape is the Bismantova Stone, a superb grey sandstone rocky emergency that stretches on the top in a flat plateau. Many sports disciplines can be practiced, from trekking to jogging, passing through horse riding and cycling trails around the Bismantova Stone, which is also a perfect place for those who love climbing on the rock.

Collecchio (Parma)

Collecchio and six hamlets count about 14.000 resident citizens and it extends 11 km south-west of Parma in a splendid area located between the hills and the plains, where you live in a privileged relationship with the environment natural surrounding also thanks to the presence of two historic regional parks, the Taro river, covering an area of 2600 hectares, and the Boschi di Carreda, with an area of 1270 hectares.

Artistic and natural treasures coexist Collecchio. A particularly active urban center is capable of combining development with attention to culture and the territory.

The historical and artistic presences preserved since the Middle Ages, when "Culliculum" was the possession of the bishops of Parma and a significant stop along the Romea road, are worth a visit.

DIRECTIONS





DANGER AND WARNING









MILEAGE AND FEED ZONES

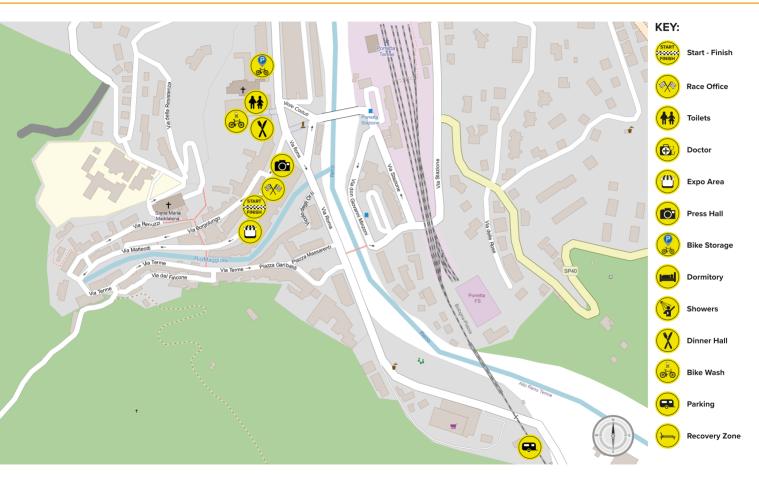








PORRETTA | RACE VILLAGE



STAGE 1 | PORRETTA - PORRETTA



Feed zones and water points

Each stage will have complete feed zones and water points. You will find fresh and dried fruit, nuts, bread with sweet and savory toppings, pies, and Parmigiano cheese, water and cola. KeForma products energy bars, gels, electrolyte sports drink will be available throughout. They are a great source of energy and they taste great.

At water points, you will find gel, electrolyte sports drink, water and cola.

The staff and volunteers at the feed zone cannot pass you food. Only touch what you get and get what you touch.

Hold your water bottles with the cap off and say if you would like water or electrolytes. Keep 1 mt spacing minimun. If you need to rest do so at least 3 mt from the feed zone.

There's also going to be a recovery zone with more food and fluids at the finish line.

Stage 1 is a Time Trial that will climb to Monte Piella and Monte Cavallo. Starting time is 9:30 and each participant will set off every 30 seconds and according to 3 different waves: Men, Women, Master and Grand Master.

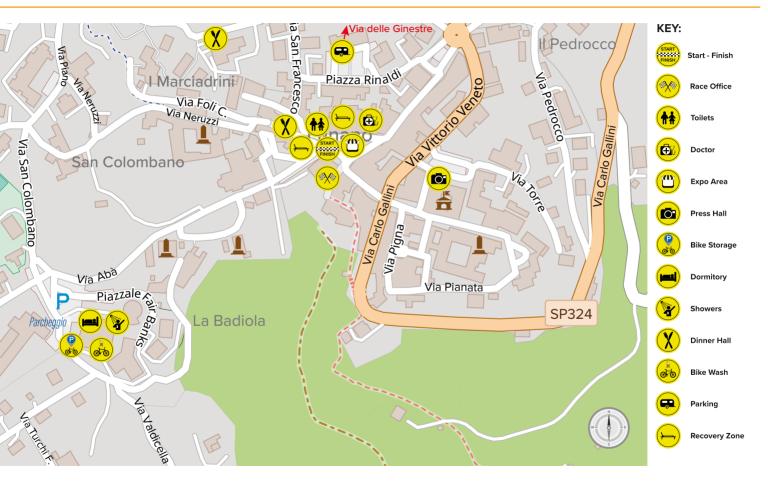
Please check your starting time at the race office and be ready to line-up 15 min before.

Ride safely

Respect traffic laws, ride on the right side of the road and be mindful of cars and other trail users.



FANANO I RACE VILLAGE



STAGE 2 | PORRETTA - FANANO



FEED ZONE

ZONE 1 KM **20 - RIFUGIO SEGAVECCHIA** ZONE 2 KM **30 - RIFUGIO CAVONE** ZONE 3 KM **42 - CAPANNO TASSONI**



Neutral Mechanical service

A neutral mechanical service is available at one of the feed zones. A mechanic is available here - and only here - for repairs and adjustments. Note that some charges may apply for parts and consumables. Thanks to our Official Lubrication Partner - Squirt Cycling Products you can "freshen up" your transmission and add tire sealant, too. Courtesy of 9thWave Cycling, you could also borrow a wheel should vours become unrideable.

As per race rules, you shall carry some spares and tools:

- Multitool
- A spare derailleur hanger
- Everything needed to repair at least two punctures
- A chain tool and 2 quick links

Support teams can only assist their riders in these very same feed zones. Mechanical service is available at the end of the stage (priority is given to those who purchased the mechanical package).



BASICS AND REMINDERS



- There will be a minimum of two starting grids and up to a maximum of four according to the general classification.
- This year, we will limit access to certain areas but we will still have our lively race village with expo and music.
- If you purchased a hotel package, you will be accompanied to the hotel where you will find your bag at the reception.
- Retrieving your mountain bike from the bike park: only participants with matching race number on the bike can pick up a bike. In special cases, the race office can issue a proxy.
- The bike parking is open until 21:30 and locked for the night. Bikes can be picked up and returned after maintenance as needed but before 21:30.
- The complete stage briefing is done the night before at the restaurant of the race village. All competitors are required to participate.
- The cut-off time for the stage is communicated (confirmed or changed) in the morning after evaluating weather conditions and any changes to the route.
- The bike washing area is open as the first riders arrive and indicated by appropriate signs.
- The unofficial results unless marked "official" are posted at the race office and at the restaurant of the race village; then, online.
- If you don't finish a stage you can continue and start again the next day timed but you won't be ranked.
- The "Yellow" area is only accessible by riders and teams, Appenninica staff and volunteers, FCI judges, and timing crew. A limited number of people such as authorities and journalists can also be granted access. Access is allowed after screening and a mask is mandatory.
- A mask is part of your racing gear just like your helmet or water bottles. Do not forget it.
- We might ask you to come to breakfast and dinner at a set time, in waves, to allow for more social distancing.

STAGE 3 | FANANO - FANANO



Laundry Service

At the end of Stage 3 in Fanano is when you can drop off your cycling kits to be washed and delivered the following afternoon. We will provide a mesh bag with number for a maximum of 3 cycling kits. Only cycling kits are allowed in the mesh bag. The cost is 15 Euro of which 5 Euro is mesh bag deposit. The drop off and pick up location will be indicated by a specific sign near the dorms.

Massage Services

Upon availability, you can book a massage with our professional physiotherapist/s (40 Euro). They are 25 min treatments.

There will be a minimum of two scheduled Yoga-stretching sessions in the afternoon (check for the schedule at the race office). Or you can just go stretch on your own at the Yoga tent.

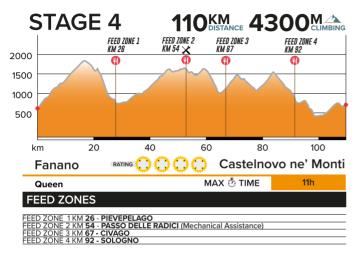




CASTELNOVO NE' MONTI | RACE VILLAGE



STAGE 4 | FANANO - CASTELNOVO NE' MONTI





TECHNICAL SPONSORS AND SUPPLIERS

























Porretta T. Porretta T. Fanano Fanano Castelnovo ne' Monti Castelnovo ne' Monti Collecchio

STAGE 5 | CASTELNOVO NE' MONTI - CASTELNOVO NE' MONTI



FEED ZONES

FEED ZONE 1 KM **22 - LAGO CALAMONE RIFUGIO VENUSTA** FEED ZONE 2 KM **38 - FRASSINEDOLO**





START FROM TOWN CENTER AT 9:30

Bike Parks and Bike Wash

After you finish a stage you can wash your bike (self-service) with low-pressure hydro-cleaners and products made available by our sponsor Squirt Cycling Products.

When your bike is ready - or when you want to park it in a safe place enter the guarded Barbieri PNK bike park. The guarded bike parking is open until 21:30 and locked throughout the night.

Only riders with a wristband matching the number plate on the bike can pick-up a MTB.

Both bike park and bike wash are indicated by specific signs.

ROUTE MARKING AND SAFETY

Withdrawals

In the case of withdrawal, a competitor must notify the organizers as soon as possible that he/she will not start (DNS) or continue (DNF) on course. Withdrawal decision cannot be changed and must be formalized by calling the race office or by handing in the race number to a race official along the route. Competitors withdrawing from the race will be accorded a DNF status in the classification and they will not be able to continue competing for the classification. Competitors who withdraw from the race will be responsible for reaching the race village at the finish of the stage or the next feed zone. Once they reach the race village, competitors who have withdrawn will be able to request assistance regarding their continuation out of classification or the way to get to the location of the last finish, in order to retrieve their vehicle and/or bike bag. Competitors who have withdrawn from the race but have not communicated their choice will be assumed to be on course. This will likely result in the launch of a rescue operation, and the accountable competitors will be charged all costs incurred.

In Case of Emergencies

Appenninica MTB Parmigiano Reggiano has partnered with a team of doctors on motorbikes and has prepared a comprehensive plan to assist injured riders. What you should do in case of an injury that prevents you from continuing is call the SOS number on your wristband (save that number to your phone now). You can also call the SOS number if you are exhausted and cannot continue, or if you have a mechanical issue that forces you to withdraw.

Calling the SOS number for rescue = withdrawal.

In case of severe injury, you should send an SOS by pressing the thumb-sized button on your tracker. The SOS on the tracker should only be used for severe medical emergencies. Should you find another rider injured and unconscious, activate immediately the SOS on his/her tracker and try to call the SOS number.

Activating the tracker SOS = withdrawal

Route Marking and GPS

The race course may be marked - at the discretion of the organizers - with signage tape, signs, and arrows.

It is mandatory that you use a GPS device during the race with the GPX tracks provided uploaded in order to navigate the course. Get used to checking the GPS often. In order to solve problems with missing signs (no signs, no arrows, and no signage tape) or manumission (markings or arrows have been moved or rotated), the GPS track shall be followed except for the following cases:

- Riders are instructed at the evening briefing or at the morning briefing to follow the route markings and not the GPS;
- Organizer staff along the race course indicates the route to follow or a detour. In the morning, in exceptional case, the race director could instruct riders to upload the "B-route" file of a certain stage for reasons such as bad weather, landslides, etc.

Volunteers, event staff or municipal police officers may oversee some crossroads. Competitors are deemed responsible for their navigation on route and they should not rely on directions provided by supporters or people that are not members of the event staff. No shortcut is permitted, at any time, by bike or on foot.



STAGE 6 | CASTELNOVO NE' MONTI - NOCETO

STAGE 6

94KM 2500M



FEED ZONES

ZONE 1 KM **27 - PARCO MONTE FUSO** ZONE 2 KM **50 - CHIESA DI SAN MICHELE ARCANGELO**





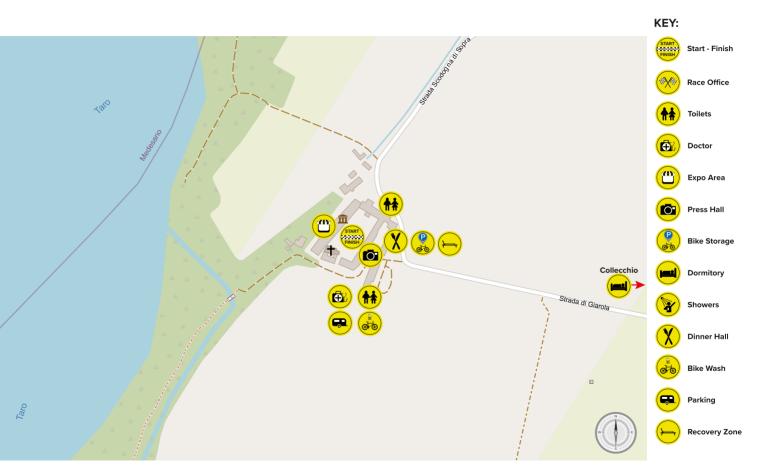
Meals and Diets

Breakfasts and dinners are provided thanks to the host cities. For lunch, a hot dish, Parmigiano Reggiano, and several types of beverages will be available at the end of the stages.

Dinners will be the expression of tradition and genuineness and, as you can imagine, pasta will be the protagonist! Emilia Romagna offers without a doubt one of the best cuisine of Italy, if not the world!

Dinners will consist of three courses plus dessert or fruit. For each course there will be a vegetarian option. Some low-gluten and gluten-free options and no-lactose options will be available. Unfortunately, we are unable to accommodate people with other types of diets and allergies.

COLLECCHIO | RACE VILLAGE



STAGE 7 | COLLECCHIO - COLLECCHIO



FEED ZONE 1 KM 17 - CASINO DEI BOSCHI





GRANFINALE

Saturday, October 3rd will be Stage 7 and Grand Finale. The finish line hosted at Corte di Giarola will welcome all riders. The tradition of Parmigiano Reggiano making is religiously carried on here in Collecchio in the province of Parma.

Riders can ride to the dorms and hotels (5 km) to shower and rest. Race bags pick-up as well as pick up of the bike cases and of any other piece of luggage. From 17:00 transfers to Corte Giarola for the Gran Finale with the Finishers' dinner and award ceremony.

Farewell Finishers Dinner Party at CORTE DI GIAROLA

The Corte Giarola (meaning court of Giarola) is a rural estate dating back to the VIII and IX centuries and it has been a working monastery for a long time. It is now a multi-purpose facility that hosts the offices of the Taro river Park and even a Pasta museum. Its restaurant has a traditional four-course menu waiting for us and the traditional Lambrusco wine to go with is offered by award-winning Venturini Baldini winery.

DAILY SCHEDULE STAGE 1*/3/5/7

6:30 - 8:30 Breakfast at the restaurant of the race village.

9:00 Entrance in the starting grids begins.

9:15 Stage briefing.

9:30 Start. First grid participants start and others follow, except if a change was announced.

12:30 - 14:00 Arrival of the first competitors.

12:30 onward, the Race Village is ready to welcome participants with food, speaker with music, and "relax" area.

Participants find their place for the night in the dorm.

14:00 - 15:00 Arrival of the last competitors.

18:30 – 20:00 Dinner offered by the Host Towns (including water and house wine). 19:00 Welcome by the authorities of the Host Towns and slideshow

19:30 Awards and classifications with leader's jersevs.

20:00 Complete stage briefing (in Italian and English).

21:30 Closure of the bike park.

22:00 From this time on, all participants are required to keep quiet inside the athlete area

*Stage 1 is a time trial. You will find your start time posted at the race office. You must be ready 15 min before your posted starting time. You can warm-up away from the race course. Important:

Between 7:00 am and 8:30 am vou must have delivered vour bike case (if any) and non-race luggage because these will leave for the location of the last stage at once.

Your race bag and camping gear bag can be delivered to us between 7:30 and 8:30 and you'll find them in the dorms.

DAILY SCHEDULE - STAGE 2/4/6

5:45 - 7:30 Breakfast at the restaurant of the race village

7:00 – 7:45 Race bags are handed over to the assigned personnel in the designated area of the race village. Note: if you purchased the Premium package with hotel, leave the bags at the reception.

7:30 Entrance in the starting grids begins.

7:45 Stage briefing.

8:00 First grid participants start and others follow, except if a change was announced.

13:00 - 14:00 Arrival of the first competitors.

13:00 onward. The Race Village is ready to welcome participants with food, speaker with music, and "relax" area. Race bags ready to be picked up. Participants find their place for the night in the dorm.

16:00 – 17:00 Arrival of the last competitors.

18:30 - 20:00 Dinner offered by the Host Towns (including water and house wine). 19:00 Welcome by the authorities of the Host Towns and slideshow.

19:30 Awards and classifications with leader's jerseys.

20:00 Complete stage briefing (in Italian and English).

21:30 Closure of the bike park.

22:00 From this time on, all participants are required to keep quiet inside the athlete area.

TRANSFERS TO BOLOGNA AND PORRETTA TERME

If you have booked a post-race transfer you can find the details posted at the race office.

Those transfers will ahead to Bologna Marconi airport and a designated one will continue on to Porretta Terme. The boarding time is 9:00.

Cooming soon EDITION 2021 www.appenninica-mtb.com













Main Sponsors

















