

A scenic mountain landscape with two cyclists on a trail under a bright sun. The sun is high in the sky, creating a starburst effect. The cyclists are on a dirt path, and the background shows rolling mountains and a clear blue sky with some clouds.

RIDER GUIDE

**MULTI STAGE RACE
ON THE ITALIAN DIVIDE
20 - 27 JULY 2019**

Appenninica

MTB STAGE RACE

**.....
PARMIGIANO
.....
REGGIANO**

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Milena Bettocchi
Appenninica MTB Stage Race
EVENT ORGANIZER

Being from the Apennines above Bologna, I am very proud of introducing Appenninica MTB Parmigiano Reggiano.

After racing near and far in MTB stage events, we are finally fulfilling our dream of having an international race in Italy that wants to become a not-to-be-missed event in the world of endurance MTB racing. However, for many, racing will be just an excuse to discover a beautiful but still little known mountain chain that divides the Italian peninsula. Riding the divide - literally the watershed Adriatic - Tyrrhenian - is one of the themes of the race course as we've said over the months.

We welcome you all riders representing 16 countries and 4 continents to the first edition and we hope that you'll have a great time in spite of the physical fatigue. You are going to compete in a demanding course that promises to show an outstanding variety of landscapes and terrains. This guide is a companion of what you find on the website and of what you've received in the riders' bulletins. If you have doubts, you place to go to is the race office of the race village. Speaking of the race village, our logistics are such that the race would have not been possible without the hospitality of the towns of Berceto, Castelnovo ne' Monti, Fanano, Alto Reno Terme, Santa Sofia, and Bagno di Romagna. I thank them from the bottom of my heart as I thank the city of Bologna for embracing my ambitious idea of having the prologue in town and on the same turf of the 2019 Giro d'Italia. What you are facing is an experience that will require endurance, tenacity, and patience. Your attitude will determine the quality of your experience and of the experience of the others. Race hard, but play fair to other participants and kind to the ones that host us and to the staff and volunteers. Everyone has worked hard for this first edition so that you can enjoy your time. I look forward to greeting you at the Prologue in Bologna. Have a great race!

A warm welcome to the Apennines and to the first edition.

This guide serves as a reference for both racers and supporters and for those taking part in the full race as well as for those in Appenninica4. You'll find stage descriptions with elevation chart and feed zones, a map of the race villages within the hosting towns, and other useful information regarding timing, race rules, and other practical aspects. The race course has lots of climbing and steep sections. However, due to the changes of stage 5 and 6 the numbers have changed and the race will have fewer kms and less elevation gain. Again, those changes were forced upon us by mother nature - in the form of unusually bad weather last May - and we have to accept that. That said, rest assured that you'll have to work hard to earn the Finisher title. Top riders will be able to ride 99% of the course and with a good pair of climbing legs, even the steep climbs are rideable. Trails will be linked by forest roads and scenic paved secondary roads. The best bike handlers will shine in the occasional technical section but at the end of the day, good climbing skills and endurance will make the difference. In terms of weather, you can expect hot temperatures (25-35 C) and dry conditions. The occasional afternoon rainstorm could catch you on the last part of a stage; we are on a mountain environment and weather can change suddenly. It is important that you follow the evening briefing because we'll remind you the following stage's schedule and we'll give you updates and a course description. We look forward to welcoming as many of you as possible to the grand finale in Bagno di Romagna for the Finishers' dinner and celebrations!



Giuseppe Salerno
Appenninica MTB Stage Race
EVENT ORGANIZER

GENERAL INFO

Accreditation

You should come to the registration desk at the Welcome Village in Bologna and check-in. Please bring an identity document, your racing license (from your cycling federation and UCI valid), a 20 Euro bill as deposit for the Winning Time chip and Tracker.

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 with items that you want with you until the start. 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.

Timing

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.

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 event cycling jersey 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.

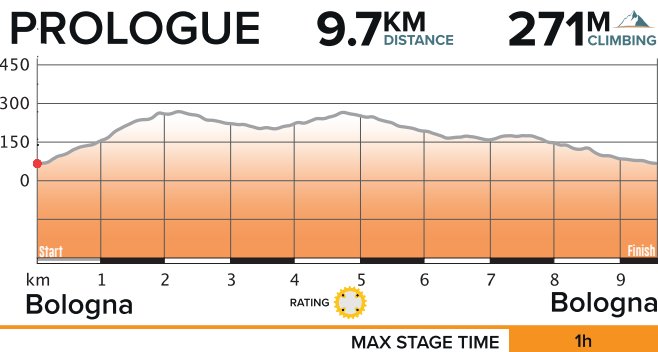




REGISTRATION

All riders must report to the accreditation desk, set-up in the venue of the prologue, between 8:30 am and 11:30 am on Saturday July 20th. To complete the accreditation, all participants will need an identity document and a FCI racing license (or the UCI equivalent). If you do not hold a racing license, a medical certificate less than 6-month will allow you to purchase a FCI (Italian Cycling Federation) daily racing license. The Welcome Village is located by Giardino Bandiera De Coubertin between arco del Meloncello and stadio Dall'Ara. Parking is available - for free - in Viale Gandhi (Parcheggio della Certosa).

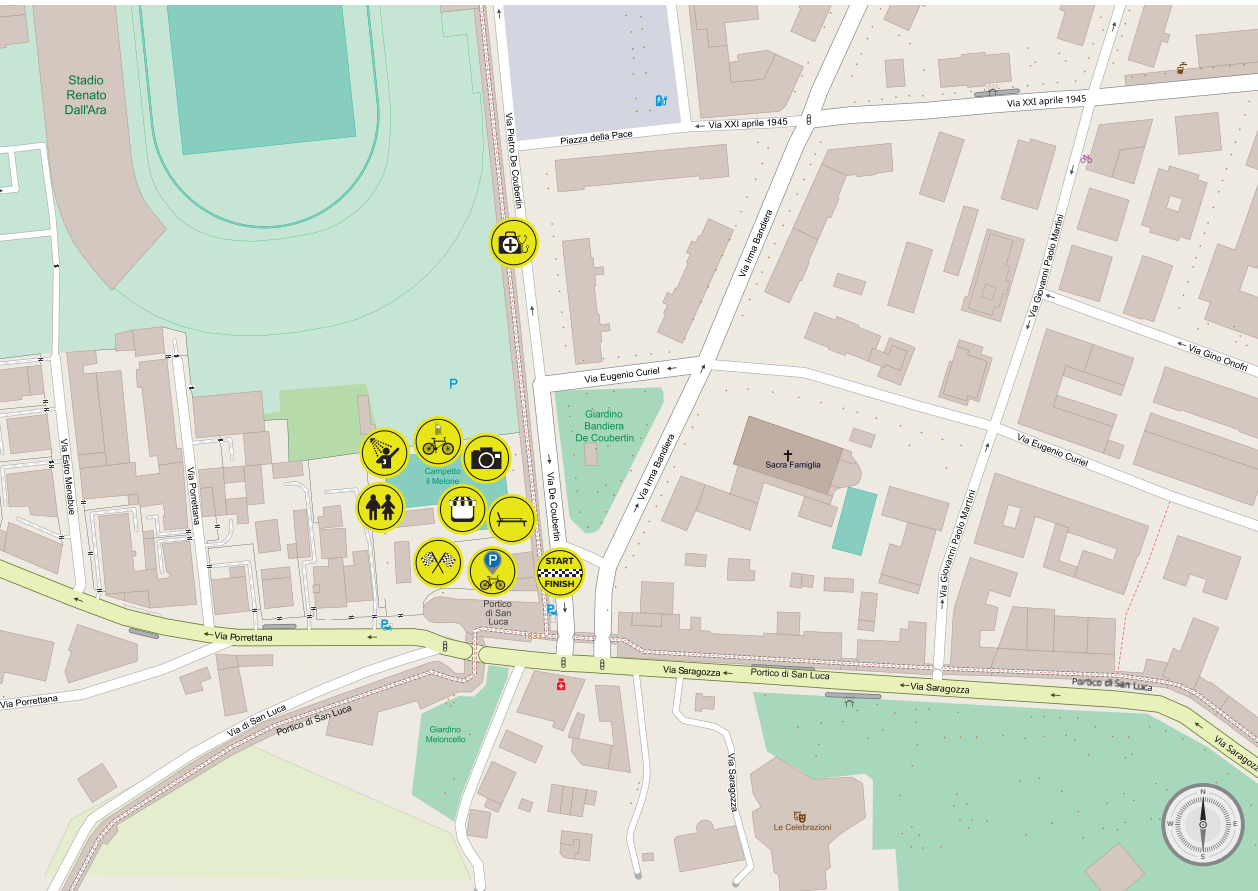
You will find your start time posted at the race office. You must be ready 15 min before your posted starting time. You can warm-up away from the race course. By the time you are ready to start you must have delivered your bike case (if any) and non-race luggage because these will leave for Bagno di Romagna at once. Everything that you need including things to shower and something to change in for the drive to Berceto will have to be in either your Appenninica race bag or day bag. Bike wash will be available and once you are done taking care of your MTB you should bring it to Appenninica staff in the loading area. All bikes must be loaded 13:30 and 14:30.
















SCHEDULE

| | |
|--------------|---|
| 8:30 - 11:30 | Opening of Welcome Village and accreditation |
| 9:00 - 11:30 | Delivery of bike cases and non-race luggage |
| 9:00 | Opening of bike park and race bags temporary recovery |
| 10:00 | Entertainment starts with Radio Bruno |
| 11:30 | Welcome, briefing, and logistics info |
| 12:00 | Race start (one rider every 30 sec) |
| 12:30 | Showers open |
| 12:30 | Feed zone opens |
| 13:30 | Bikes and race bags loading starts |
| 14:30 | End of bikes and race bags loading |
| 15:30 | Departure for Berceto (1 hr 45 min) |
| 18:00 | Dinner, entertainment and briefing |





KEY:

-  Start - Finish
-  Race Office
-  Toilets
-  Doctor
-  Expo Area
-  Press Hall
-  Bike Storage
-  Dormitory
-  Showers
-  Dinner Hall
-  Bike Wash
-  Camper Area
-  Recovery Zone

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

Berceto

Not to be missed: The ancient LONGOBARDE origins of Berceto whose precious witnesses are the Cathedral (including the art pieces decorating the inside), the village with its buildings and narrow streets and especially the VIA FRANCIGENA MEDIEVALE, which from Berceto connected the Po Valley with Tuscany and Rome.

History: LUIGI MALERBA Literary Prize: Luigi Malerba, well-known writer, was born in 1927 in Berceto, where his family owned lands. To honor his memory was founded the Luigi Malerba Prize based in Berceto and in Rome where he lived.

Castelnovo Nè Monti

Not to be missed: THE STONE of BISMANTOVA is a rocky massif with an unmistakable and isolated profile in the shape of a ship that dominates the landscape near the town. With a length of 1 km, a width of 240 m and a height of 300 m, it is a giant that welcomes you to Castelnovo from far away. Its summit is a panoramic plateau.

History: La Pietra di Bismantova is mentioned by Dante Alighieri in the fourth canto of purgatory in the Divine Comedy. According to some commentators, the poet would have personally visited the place in 1306, while he went from Padua to Lunigiana, and would have drawn inspiration for the description of Mount Purgatory.

Fanano

Not to be missed: Fanano is a mountain village surrounded by nature and located in the Apennines Park of the high Modenese province at the foot of the Monte Cimone massif (2165 m, the highest peak of all Appenninica mtb stage race) with a territory whose altitude varies from 600 to 2165 mt asl.

History: The story of Felice Pedroni (Felix Pedro 1858 -1910), a pioneer born in the town of Fanano who, in the era of gold rush, contributed to the foundation and became the president of the new mining district of Fairbanks (Alaska), which was founded on September 8th, 1902, right in his shack. His is an adventurous and fascinating history.

Porretta Terme (Alto Reno Terme)

Not to be missed: the Lakes Park of Suviana and Brasimone sits in the central sector of the Bolognese mountains around the two large basins built starting from the early twentieth century. It is an ideal relaxing break, amid the cool woods of oaks, beech and conifers that surround the two lakes.

History: the Thermal Baths of Porretta are over 2000 years old and legend has it that it was thanks to a sick ox, now unable to hold the plow and left free by its owner, that the properties of the waters were discovered: the ox quenched his thirst in one of his wanderings at the Fonte termalee and regained his vigor. Since then the cured ox is the emblem of the Terme di Porretta, which is a classic destination for spa tourism in the Emilia Romagna region.

A world-famous soul music festival - Porretta Soul - takes place every July.

Santa Sofia

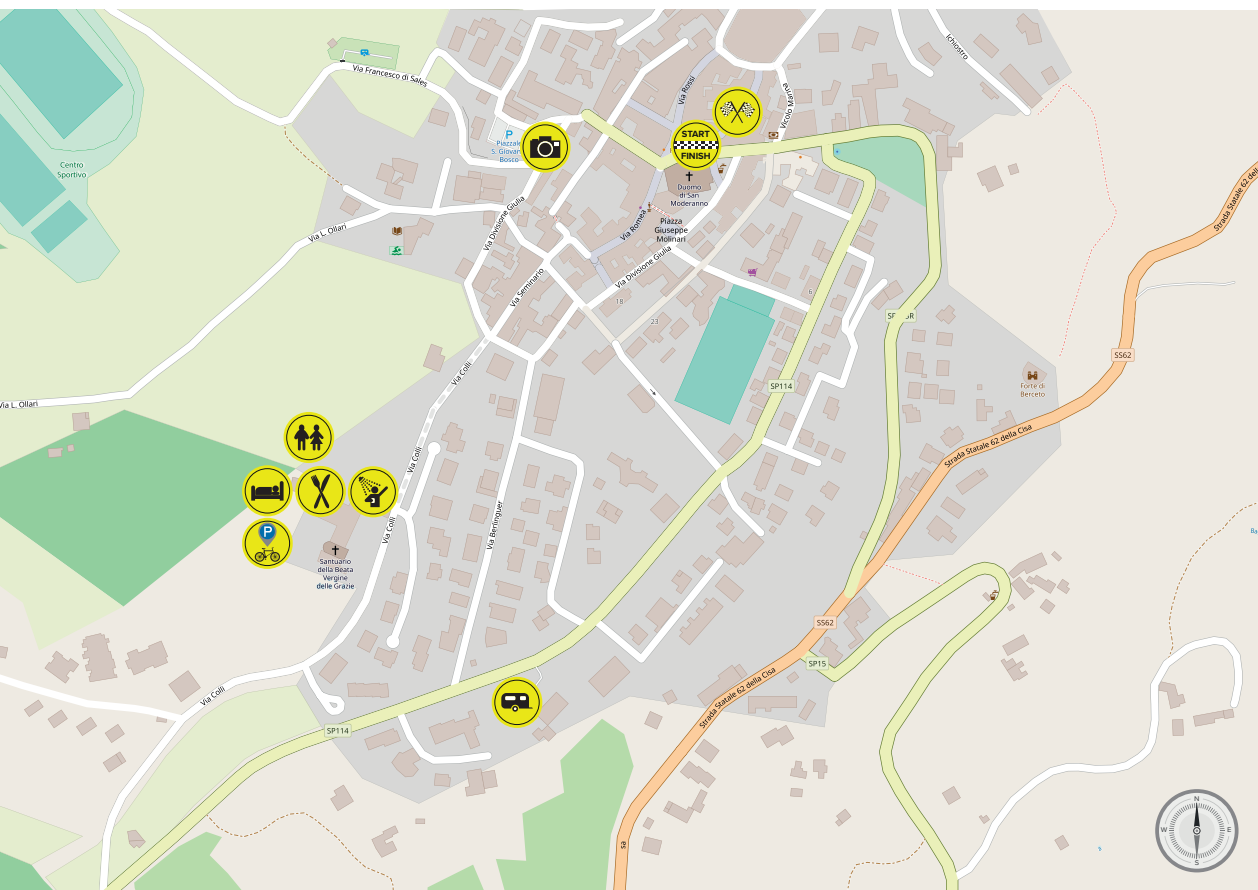
Not to be missed: Santa Sofia seats along the Bidente river which flows quietly and by which a beautiful urban park affords some peaceful time and nice walks (or even a swim). The town is located within the Foreste del Casentinese national park – which covers both the Romagna and the Tuscan side of the Apennine – and not far from the Ridracoli dam and lake (a site worth a visit).

History: Premio Campigna. For the past 50 years Santa Sofia has hosted a contemporary art exhibit. One of the protagonists over the years has been Mattia Moreni and its art pieces are visible at the Modern Art Gallery "Vero Stoppioni". Thanks to this event many modern sculptures can be admired along the Bidente river park: Ulisse (by Anne and Patrick Poirier), Il Nido (by Giuseppe Marianello), and other important artworks by Staccioli, Mattiacci, Favelli.

Bagno di Romagna

Not to be missed: The National Park of the Casentinesi Forest, Monte Falterona, Campigna covers an area of about 368 sq. km equally divided between Emilia Romagna and Tuscany. It is one of the most prized forest areas in Europe, which hides inhabited centers rich in history and artistic and architectural gems, such as the Hermitage of Camaldoli.

History: Bagno di Romagna owes its origin, name and development to its thermal waters, whose beneficial properties – already known to the Romans – are enhanced by 3 spas, beauty farms and wellness centers. The ancients considered the thermal waters of Bagno di Romagna to be of divine origin.



KEY:



Start - Finish



Race Office



Toilets



Doctor



Expo Area



Press Hall



Bike Storage



Dormitory



Showers



Dinner Hall



Bike Wash

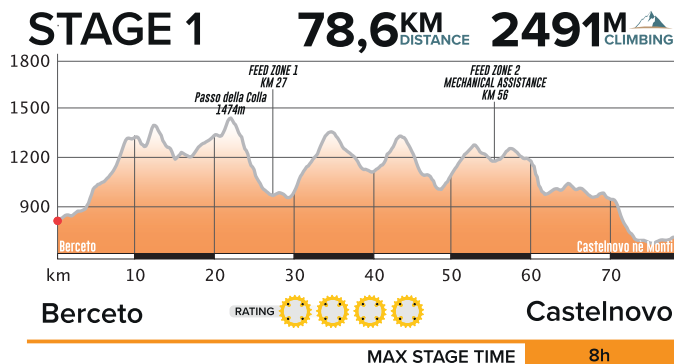


Parking



Recovery Zone

STAGE 1 | BERCETO - CASTELNOVO NE' MONTI



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 27 - RIFUGIO ALBERGO PRATOSPILLA

FEED ZONE 2 KM 56 - RIFUGIO PRATIZZANO (Mechanical Assistance)

Feed zones and water points

Each stage (except for the prologue) 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. EthicSport 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 or fill water bottles.

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

Riders Etiquette

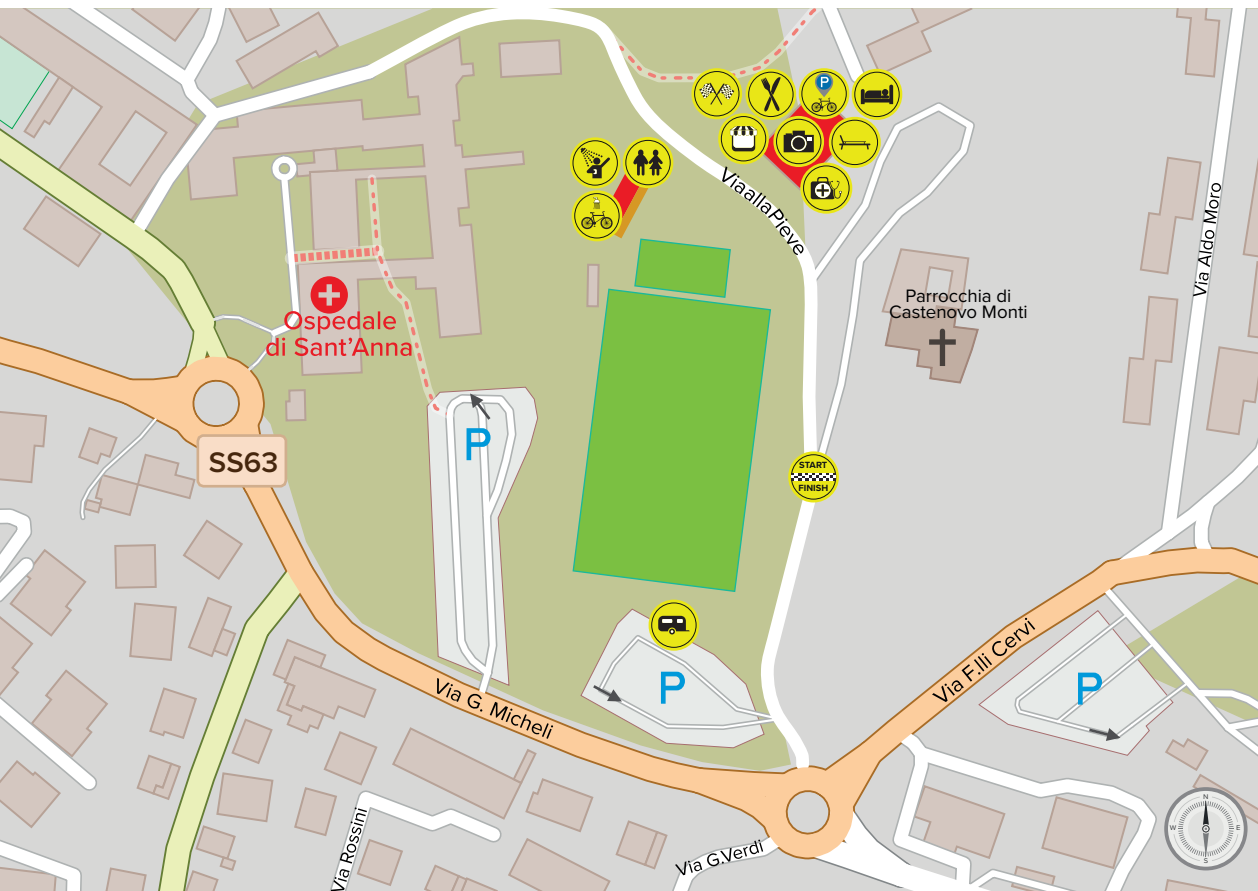
The Ten Commandments of the Appenninica rider.

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














1. Think like a team and respect your teammate. A "no" day can happen to everyone and a real team knows how to overcome these moments together.
2. Do not block or slow down faster competitors, instead let them pass you at the first opportunity.
3. 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.
4. If you have a mechanical problem move away from the trail to fix your bike without slowing down or blocking competitors.
5. Absolutely DO NOT throw anything on the ground, neither in the Race Village nor on the trails.
6. Be on time! Respect the logistics of the event.
7. Volunteers and staff work hard to ensure that you have fun in complete safety. Let them know you appreciate their work.
8. Take all the food you want but do not waste it.
9. Take care of your mountain bike and she will take care of you.
10. 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:

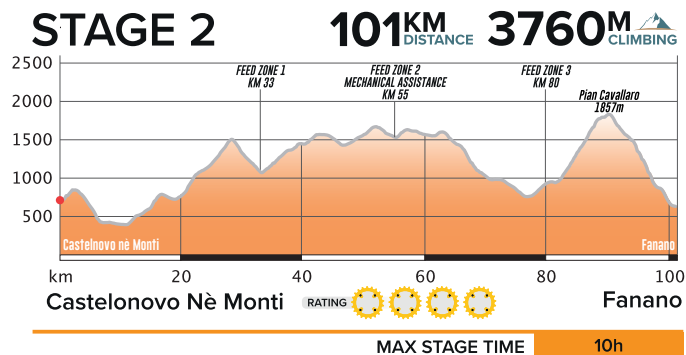
a – hard – mountain biking adventure. Follow our ten commandments and good luck!



KEY:

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-  Race Office
-  Toilets
-  Doctor
-  Expo Area
-  Press Hall
-  Bike Storage
-  Dormitory
-  Showers
-  Dinner Hall
-  Bike Wash
-  Parking
-  Recovery Zone

STAGE 2 | CASTELNOVO NE' MONTI - FANANO



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 33 - **FEBBIO BAR RISTORANTE MONY E MIKY**
FEED ZONE 2 KM 55 - **PASSO DELLE RADICI (Mechanical Assistance)**
FEED ZONE 3 KM 80 - **FIUMALBO**



Neutral Mechanical service

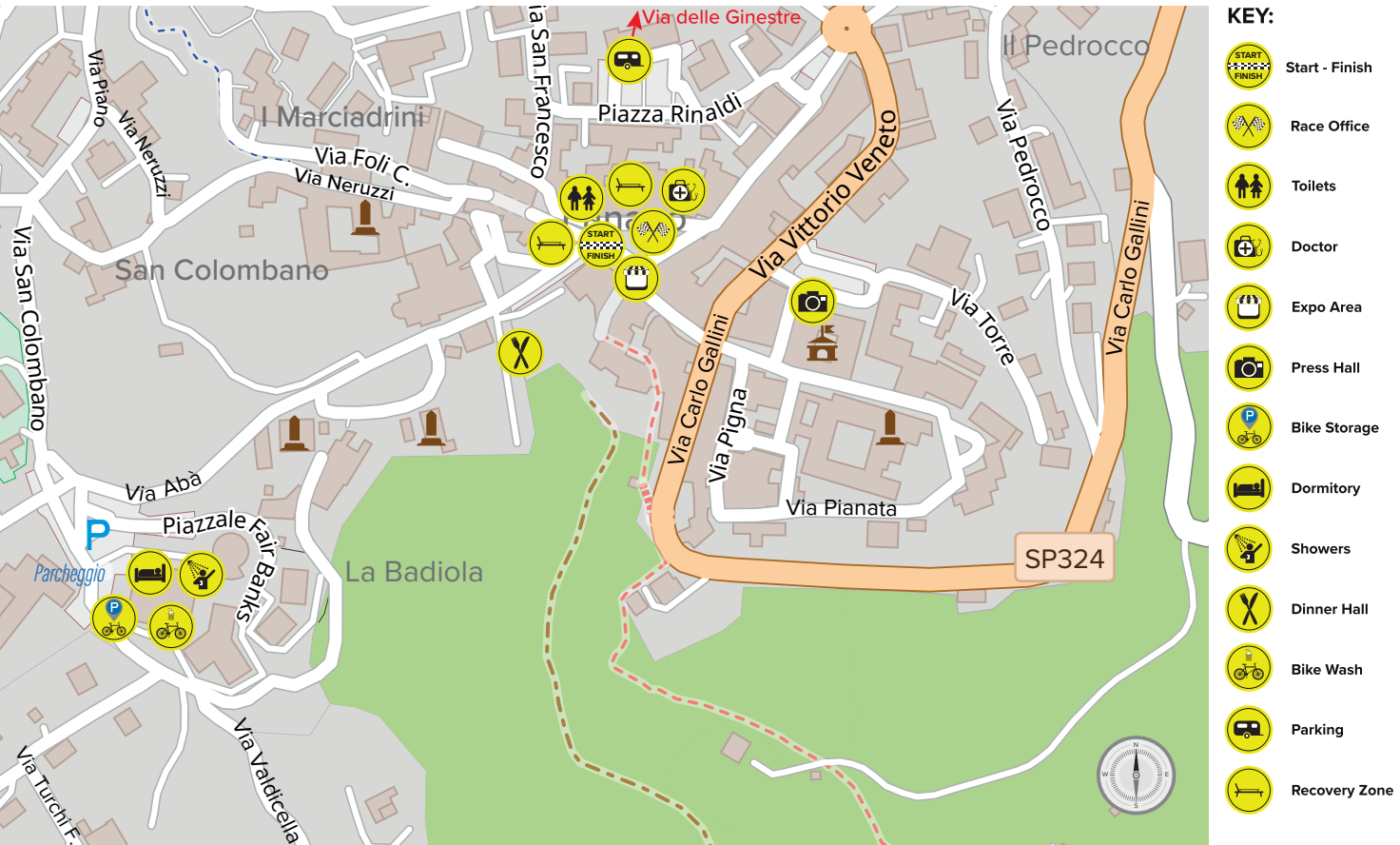
A neutral mechanical service is available at one of the feed zones. A mechanic is available here - and only here - for repairs and adjustments. Note that some charges may apply for parts and consumables. Thanks to our Official Lubrication Partner - Squirt Cycling Products - you can "freshen up" your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

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

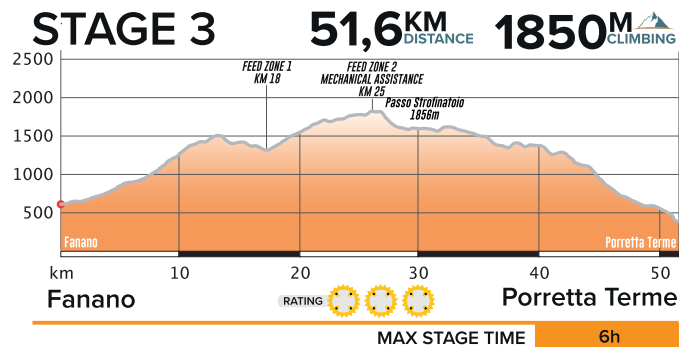
- Multitool
- A spare derailleur hanger
- Everything needed to repair at least two punctures
- A chain tool and 2 quick links

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





STAGE 3 | FANANO - PORRETТА TERME



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 18 - RIFUGIO CAPANNO TASSONI

FEED ZONE 2 KM 25 - SCAFFAILOLO (Mechanical Assistance)

Laundry Service

At the end of Stage 3 in Porretta Terme is when you can drop off your cycling kits to be washed and delivered the following afternoon after the time trial (Stage 4). 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.

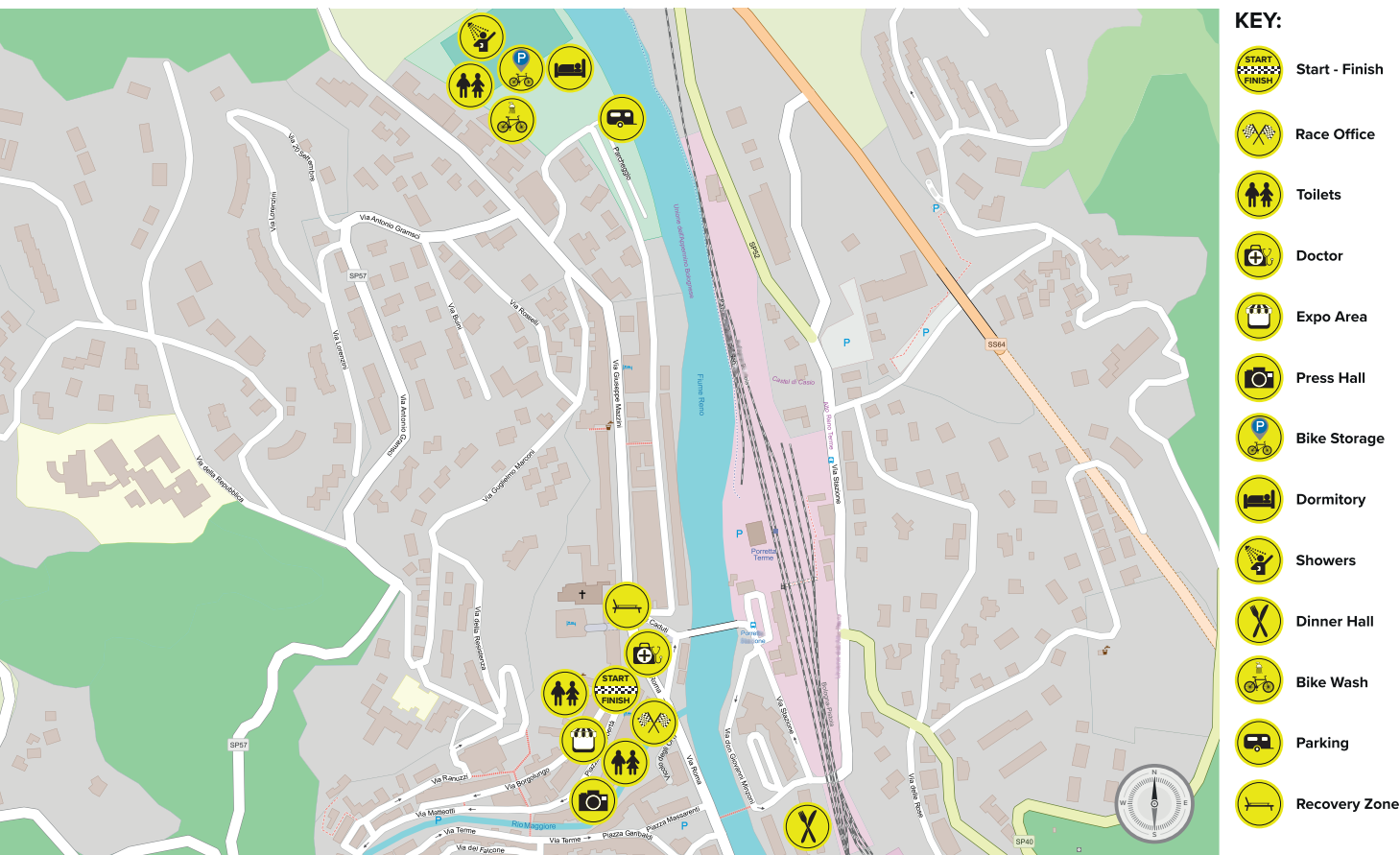
Thermal Spa Stop

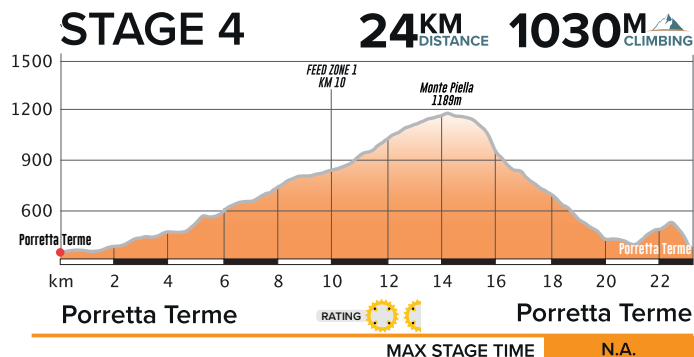
Porretta Terme is a thermal water village and you can take advantage of its facilities in the following ways:

- If you've purchased a hotel comfort package entrance is included
- if you are staying in the race village dorms or in your own camper van you can enter by paying an entrance fee.

Ask at the race office for directions.





**SCHEDULE****FEED ZONE**

FEED ZONE 1 KM 10 - CASTELLO MANSERVISI

Stage 4 is a Time Trial that will climb to Monte Piella and back to the center of town. Starting time is 10:00 and each participant will set off every 30 seconds. Please check your starting time at the race office and be ready to line-up 15 min before.

Appenninica4 Accreditation

Welcome to Appenninica4 racers. Your first stage, which is stage 4 of the full race, is a time trial and Appenninica4 participants will be scheduled to start after all other riders giving you time to check-in at the Appenninica4 desk and get ready.

You must go to the race office for accreditation between 8:00 and 8:30 on the morning of the 24th.



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. Within a team, it is acceptable for one competitor to withdraw from the race while their teammate continues to compete.

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 = 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

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

Some tape hanging on the right side of the race course indicates that the route turns to the right; some tape hanging on the left side of the race course indicates that the route turns to the left.

It is mandatory that you use a GPS device during the race with the GPX tracks provided uploaded in order to navigate the course.

In case of discrepancy, the GPS tracks will have priority over the indications provided by arrows.

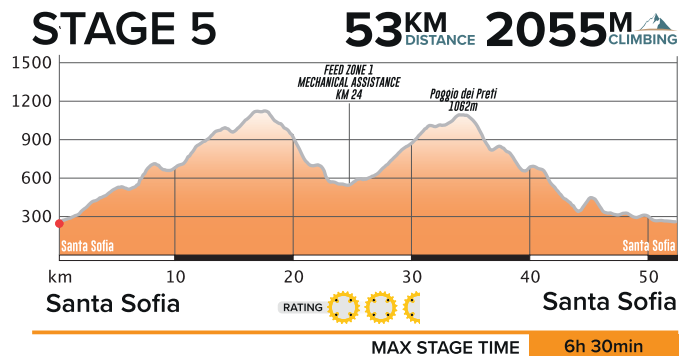
Volunteers, event staff or municipal police officers may oversee some crossroads.

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 5 | SANTA SOFIA - SANTA SOFIA



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 24 - CORNIOLO



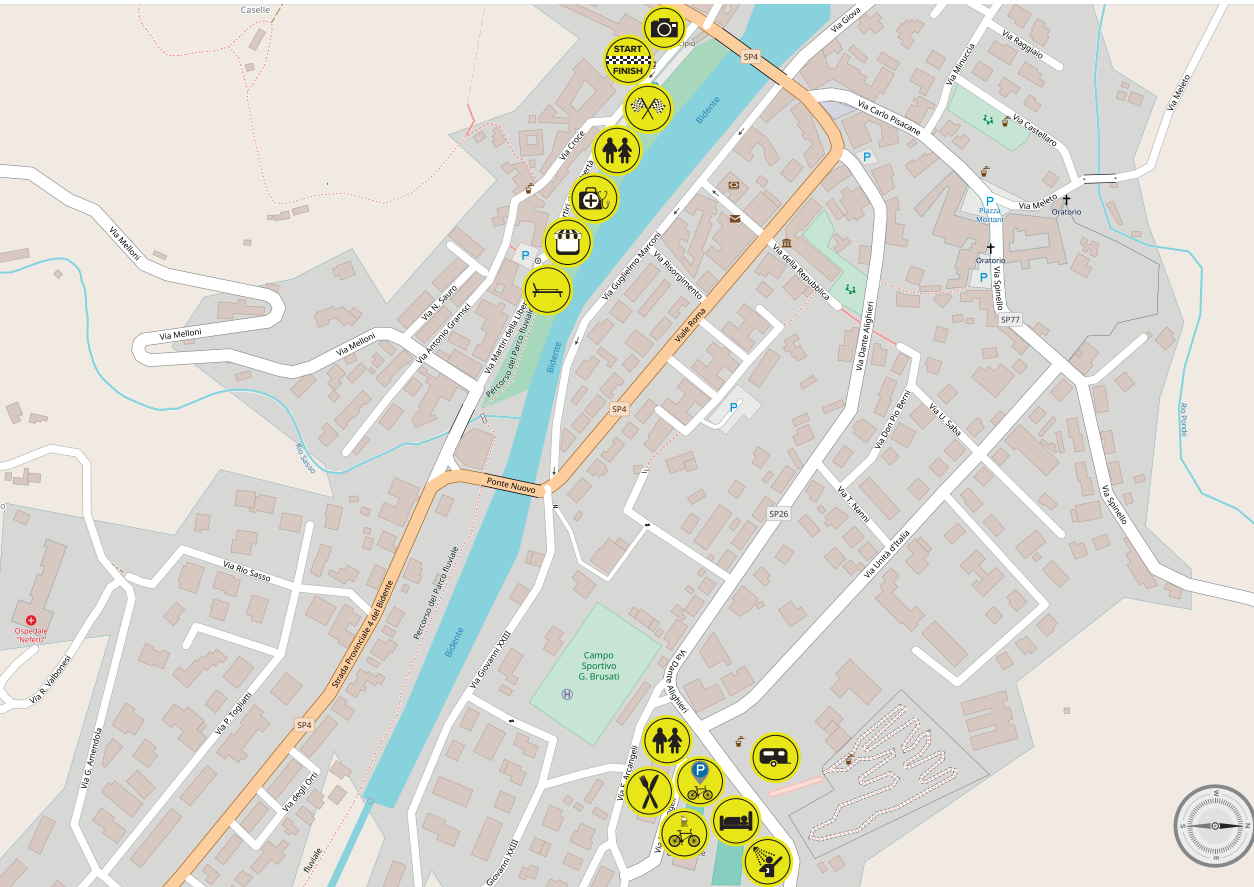
Bike Parks and Bike Wash

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 guarded by personnel 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.

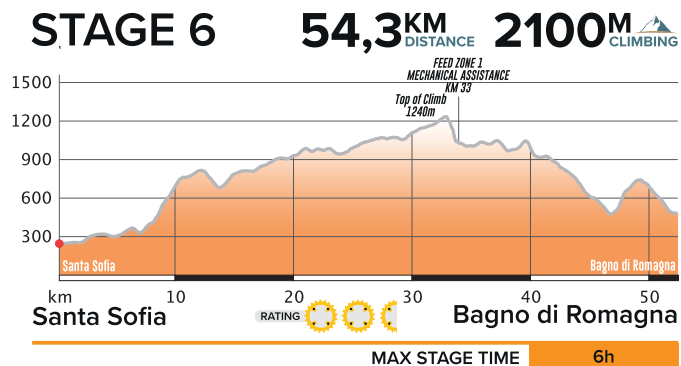




KEY:

-  Start - Finish
-  Race Office
-  Toilets
-  Doctor
-  Expo Area
-  Press Hall
-  Bike Storage
-  Dormitory
-  Showers
-  Dinner Hall
-  Bike Wash
-  Parking
-  Recovery Zone

STAGE 6 | SANTA SOFIA - BAGNO DI ROMAGNA



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 33 - Near **PASSO DEI MANDRIOLI**

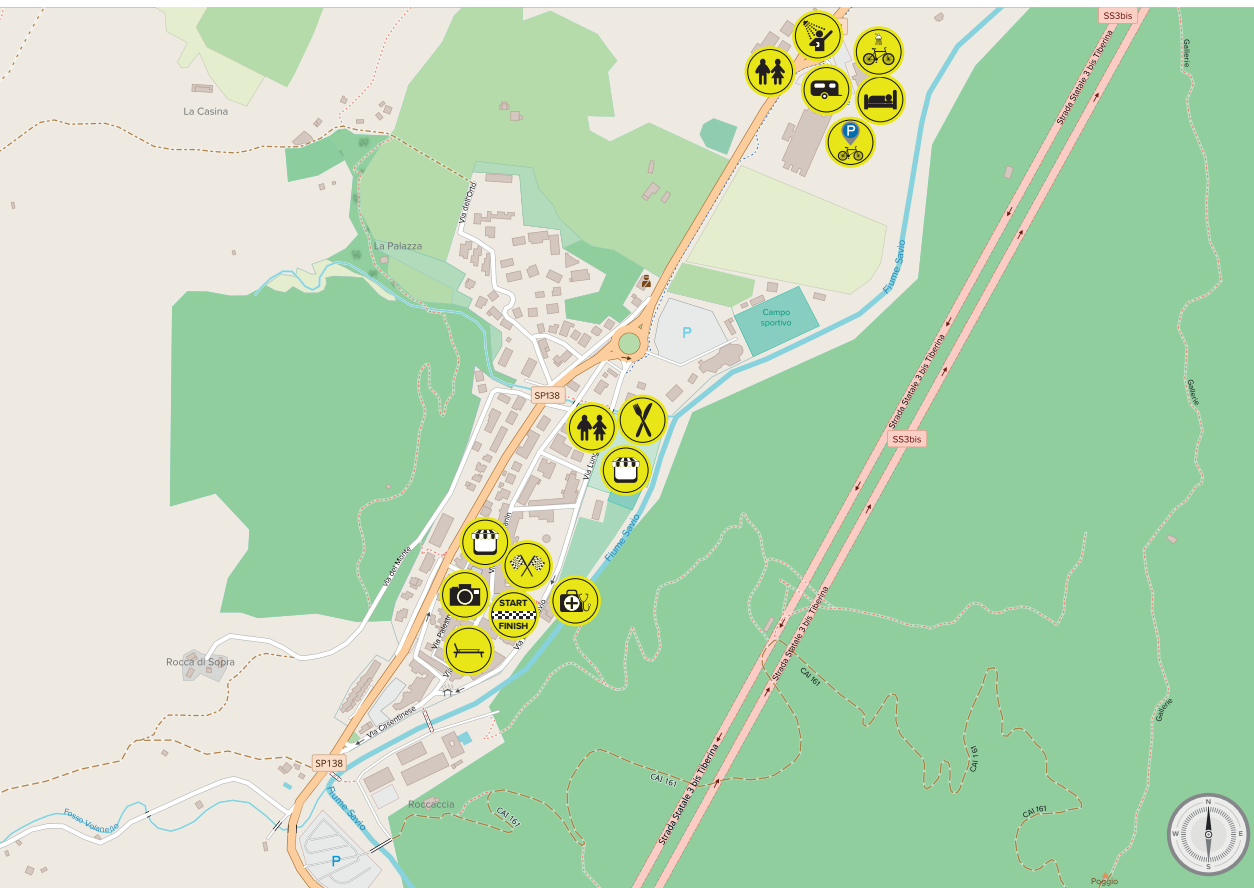


Meals and Diets

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.



KEY:



Start - Finish



Race Office



Toilets



Doctor



Expo Area



Press Hall



Bike Storage



Dormitory



Showers



Dinner Hall



Bike Wash



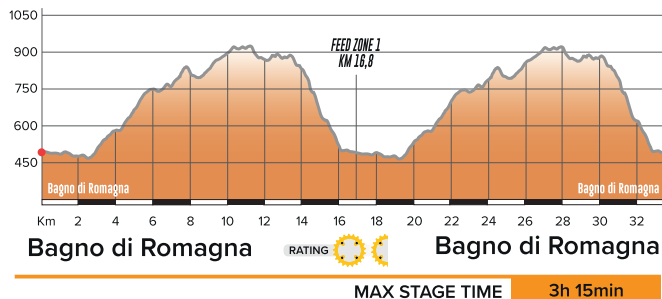
Parking



Recovery Zone

STAGE 7 | BAGNO DI ROMAGNA - BAGNO DI ROMAGNA

STAGE 7 33,6KM DISTANCE 1200M CLIMBING



SCHEDULE

FEED ZONE

FEED ZONE 1 KM 16,8 - Bagno di Romagna



GRANFINALE

Saturday July the 27th will be Stage 7 and Grand Finale. After the stage riders will be able to shower and wash their bikes.

Race bags pick-up as well as pick up of the bike cases and of any other piece of luggage. From 6pm Gran Finale with the Finishers' dinner and award ceremony.

Farewell Finishers Dinner Party in Bagno di Romagna

Saturday July the 27th will be Stage 7 and Grand Finale. After the stage riders will be able to shower and wash their bikes.

Race bags pick-up as well as pick up of the bike cases and of any other piece of luggage. From 6pm Gran Finale with the Finishers' dinner and award ceremony.

Transfers back to Bologna

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

Those transfers will ahead to Bologna Marconi airport and a designated one will continue on to Porretta Terme



DAILY SCHEDULE

5:45 – 8:00 Breakfast at the restaurant of the race village

7:00 – 8:00 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.

Retrieve your mountain bike from the bike park. Note- only participants with matching race number on the bike can pick up the bike. In special cases the race office can issue a proxy.

8:00 Entrance in the starting grid. Note: there will be a minimum of two starting grids and up to a maximum of four according to the general classification.

8:15 Stage briefing. Note: 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 race is communicated in the morning after evaluating weather conditions and any changes to the route.

DAILY SCHEDULE

8:30 First grid participants start and others follow, except if change was made in announcement, depending on the length of the stage. Note: the official timing begins at the start of the competitor assigned grid.

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

13:00 onward The Race Village is ready to welcome participants with food, electrolytes, race bags ready to be picked up and “relax” area. In some stages, there will also be an Expo area with events, music and entertainment. Note: if you purchased the Premium package with hotel, you will be accompanied to the hotel where you will find your bag at the reception.

Participants find their place for the night in the dorm.

The bike washing area is open and indicated by appropriate signs. Note: if you purchased the Premium Service Package, you can bring your bike to the mechanics who will wash it.

The guarded bike parking is open until 21:30 and guarded by personnel throughout the night. The bike can be picked up and returned after maintenance.

The unofficial result is posted at the race office and at the restaurant of the race village.

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

18:30 – 20:00 Dinner offered by the Host Towns (including water). Alcoholic beverages can be purchased separately.

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.

EDITION 2020 19 - 25 JULY

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