



USEFUL INFO

HOW TO GET THERE

We recommend you to use the Metro line B and get off at the stop "Circo Massimo".

If you come by car the most convenient area to park is near the stadium Nando Martellini - Terme di Caracalla or in Via del Circo Massimo.

PRE-RACE

The meeting for athletes is set from 07:00 in Viale delle Terme di Caracalla.

You will find on site the means used for the Bag Storage and the toilets will be available.

COMPANY GAZEBO

We have identified areas, where we recommend you to place the company GAZEBO, in the areas adjacent to the Departure-Arrival.

STORAGE OF BAGS

At the STORAGE BAGS stand you will be provided with a bracelet showing the lane and the assigned serial number (example: A-01), a copy will be applied to your bag/pouch (maximum allowed dimensions 40x20x25 cm).

At the end of the race, to collect their bags, athletes must return to the lane marked on the bracelet and show it to the attendant,

The organization will not be responsible for items left inside.

The Storage Bags service will be located in Viale delle Terme di Caracalla, will open for delivery from 7.30 to 12.30.

CHEMICAL BATHS

The chemical toilets are planned in Via Antoniniana. We respect the beauty of our city, use only and exclusively the chemical toilets provided leaving the area that hosts us clean and in order.

TRAINING AND CHIP

The race bib was awarded to you on the basis of the official FIDAL ranking. The one-time chip has been applied to the chest, which you will NOT have to return at the end of the race. At the time of collection check your personal data and in case of error report it to the staff. Be careful not to fold it and stick it correctly on the shirt in a visible way. Do not tamper with it, you may not end up in the rankings.

ACCESS TO THE DEPARTURE AREA

Access for all athletes will be EXCLUSIVELY from Viale delle Terme di Caracalla.

ONLY top Runners will be able to access directly from the Start portal.

Access to the area will be allowed only by showing the race bib, red for the 15k and white for the 5k, competitive E non-competitive.

STARTING GRIDS

Leave the bag/bag at the storage you can go to the grid corresponding to your number and color of bib. The athletes participating in the 15k will enter the grid from 8.30 while the athletes participating in the 5k from 8.50.

The grids will be divided as follows:

Grid Departure	Bib	Departure time
TOP RUNNER	01-60 M/F Red White Number	09:00
Rome 15k (competitive)	61-1800 M/F pectoral red white numbering	09:00
Rome 15k (NOT competitive)	3000-3900 M/F pectoral red numbering yellow	09:00 (in the queue)
Rome 5 k (competitive)	2001-2350 M/F pectoral White numbering Black	09:20
Rome 5 k (NOT competitive)	4001-4500 M/F pectoral White Red numbering	09:20 (in the queue)

TIMING

The time tracking service will be carried out by Icron. A timed tracking is planned at 5Km (15k) of race.

Your time for the ranking will be calculated on "gun time", but you will also be provided with the "Real Time" or the time you took to cover the 15k or 5k, from passing on the starting line to the finish.

REFRESHMENT

Along the race route of the 15 km are provided refreshment points near km 5 - 10 - finish while for the 5 km are only provided on arrival.

1 chemical toilet will be present near each refreshment.

At the ristori is provided water in a bottle of 500 ml for the first competitor - and in a glass for the other athletes.

In case of overcrowding in the first tables it is advisable to go ahead and use the following ones.

PACER

Inside the starting grid you will find the Pacer group of Marathon Truppen with colored balloons bearing the reference time. Pacer service will be provided for the following times:

1h00' 4'00"/Km

1h03'45" 4'15"/Km

1h07'30" 4'30"/Km

1h11'15" 4'45"/Km

1h15' 5'00" /Km

1h20' 5'20"/Km

1h25' 5'40"/Km

1h30' 6'00"/Km

1h33'45" 6'15"/Km

1h36'15" 6'25"/Km

2h29'59" End of the race

MEDICAL SERVICE

The medical service is provided at different points of the route and also on arrival.

TIME LIMIT

The maximum time of competition is 2h15' for the 15k and 1h for the 5k competitive.

WITHDRAW

If you want to retire, we recommend that you stop near one of the refreshment points.

ARRIVAL

The arrival is always in Viale delle Terme di Caracalla, in the opposite direction to that of departure. Once you have crossed the finish line, you will be awarded the "Finisher" medal: be careful to get in the corridor for 15k or 5k, the medals are different for the two distances.

In the area dedicated to final supply you will be delivered a refreshment pack containing water, fruit of Coldiretti, supplement, Chinotto Neri and a snack. You will also find the Red Bull staff who will deliver a fresh can of product. The sanitary station will be at your disposal and then you can proceed to the storage of bags where you can collect your bag/ purse.

The exit from the barrier area is the same as the entrance before the race.

AWARD

Immediately after the arrival will be awarded on site the 1°-2°-3° Absolute M/F athlete of the 15k and 5k.

Next is the award ceremony of the 1°-2°-3° absolute athlete M/ F, the Regional Championship of 5k of Fidal Lazio.

The category prizes (1°-2°-3° athlete M/F) can be collected from 11.00 to 12.30 at the gazebo next to the bag storage, showing your race bib.

RANKINGS - DIPLOMA - PHOTOS

The official ranking will be available after the race on www.rome15k.com and www.icron.it, where you can also download your participation diploma for free.

After the race visit the website www.endu.com by entering your biker number you will find your photos.

For any information - contact us at info@rome15k.it

For the various official updates - always visit www.rome15k.com