



Born2Run



100 KM DEL SAHARA

19° edition

Runner's – Nordic Walking - Walkers

8 – 13 October 2019

6 days / 5 nights

After the precious experience of October 2018 a brand new program has been arranged, as for the itinerary and the formula. Two nights in hotel and three nights in tented camps in the desert. The departure will be from Zmela Labrissa camp, 20 km south of Ksar Ghilane, and the arrival in Douz. A terrain made of long gravel stretches mixed with sand sections and big dunes. A fascinating and demanding program lasting six days (five nights), with a 15 km night prologue, a 35 km leg and a last, 50 km final leg.

The Event

Runner's program: 100 km del Sahara, in 3 legs, respectively

The first, 15 km night prologue on sand

the second 35 km

the third a 50 km ultra-marathon.

Nordic Walking program: reserved to the most competitive NW, will have timing and a special rank. Only the 50 km leg has been reduced to 30 km, with departure at km 20th and finish line in Douz with a total distance of km 80.

Walkers program: for non-competitive walkers a reduced program with a shorter distance of km 50. To the walkers dedicated 4x4 vehicles and a guide will be made available.

| CATEGORY | DISTANCE | 3 legs |
|-----------------|-----------------|--------------------------|
| Runner's | Distance 100 km | respectively 15/35/50 km |
| Nordic Walking | 80 km | respectively 15/35/30 km |
| Walkers | 50 km | respectively 15/15/20 km |

Waterpoints: 1[^] leg 15 km 1 at km 8 approx.

2[^] leg 35 km 2 at km 15 - km 25

3[^] leg 50 km 3 at km 15- km 30- km 40





The "100 km del Sahara™" could well be considered an ideal contact with the world of extreme sports. The race exalts the spirit of each participant in search of his or her own personal feat, and in fact, all of the ingredients are present for those who want to pursue the fascinating world of extreme sports.

The "100 km del Sahara™" on stages, in the range of annual race possibilities, is the one that offers the keen runner the possibility to measure himself in a running challenge against the desert, while accepting the minimal assistance that is needed to aid each runner absorbed in his or her aim.

The desert is fascinating, however it is one of the least suitable environments for running. Therefore, running in the Sahara requires both a good psychological attitude as well as a specialized training program. The goal of the race organizers is to get each and every participant across the finish line and all steps are taken to meet this goal, without discounting the logistics of the race:

- The distance is challenging, about 100 km in 3 days is not a walk!
- The terrain is difficult and the route is entirely off-road
- The heat or the wind and weather conditions are still hard and unpredictable
- The night leg, exciting, but added a further commitment
- 3 stages in 3 days need a good workout muscle recovery

The organization provides:

- The track marked to avoid orientation problems
- The personal baggage is transported on the vehicles of the organization
- A catering service for breakfast, lunch and dinner is made of Italian products, will not create any kind of stress food body already strongly committed from the race
- A dining tent with tables and benches to eat together comfortably seated
- Water supply is unlimited
- The service of a tank of water to wash at the camp
- Foam mats for the nights in tents supplied by the organization
- The 'medical team with Italian doctors

All this to advantage safety and comfort for those who want to try the challenge and deal with the emotion and the atmosphere of running in the desert.

It is still a program in which you need a good fit, weather conditions can make the race very challenging.



PROGRAMME
Without flights

1st Day – Tuesday 08th October 2019

Meeting at Tozeur Hotel 4****.
Dinner and overnight at the hotel.

2nd Day – Wednesday 09th October 2019

Breakfast at 7.30, transfer with 4x4 vehicles Zmela Labrissa camp (20km south of Ksar Ghilane oasis).

1 PM lunch, technical check in the afternoon

5 PM 1st leg (15 km) Time Limit 3 hours. Night leg for Runners , Nordic Walking e Walkers.

Dinner and overnight in tented camp.

3rd Day – Thursday 10th October 2019

Wake up And breakfast

8.00 AM Start 2nd leg (35 km. - 20 km for walkers). Time limit 6 hours. Finish line at Camp Bibane, open buffet, rest.

8,00 PM Dinner and overnight in tented camp

4th Day – Friday 11st October 2019

Wake up and breakfast

8,00 AM Start 3rd leg (km 50,00 – walkers km 20 – Nordic Walker km 30 - time limit 9 hours), stopping gate at km 40 (waterpoint), 7 hours from start

Finish line at tented camp, lunch.

8,00 PM final Dinner, party and awards ceremony

Overnight in tented camp.

5th Day – Saturday 12nd October 2019

Wake up and Breakfast

10.00 AM start transfer by 4x4 vehicle to Mouradi hotel in Douz

12.00 AM Lunch at the hotel, afternoon at leisure.

7 PM Slideshow with race photos

8 PM gala dinner and farewell

6th Day – Sunday 13rd October 2019

Breakfast.

8 AM Transfer to airport in Tozeur and end of services.

IMPORTANT NOTICE:

Zitoway reserves the right to make any change considered as an improvement to the program, after the survey that will be done in September.



IMPORTANT NOTES

THE TRIP

The trip will be wednesday to sunday. Currently expected meeting point in Tozeur.

ACCOMMODATIONS

Accommodation in Tozeur (first night) and in Douz (last night) will be in **** hotel, half board. In Zmela Labrissa Camp accommodation will be in a permanent tented camp, full board; multiple tents (sleeping bags to be provided by each participant).

DOCUMENTS:

Foreign participants are requested to check mandatory travel documents (passport and expiry, Visa and vaccins) through the relevant Authorities in their own country of origin.

For all participants (runners and walkers) it is **COMPULSORY** to show an official medical certificate released by a specialized sport doctor or structure, with cardiac stress proof. For the walkers a simple good health certificate is required. **Without the certificate the racing bib number shall not be released.**

MEDICAL ASSISTANCE AND INSURANCE

Only italian competitors will be insured for repatriation due to health reasons. This policy will be undersigned by the organisation.

A personal health and repatriation insurance is required to the non-italian runners/walker

There will be medical assistance throughout the race.

The competitors participate under their own responsibility and the organisation cannot in any way be held responsible for accidents, falls or illness during the run. Competitors cannot prevail over third-party even in case of contact or accident caused by a third-party.

The organisation is not required to provide insurance for any civil risk and is relieved of any responsibility for accidents, death or damage faced by the athletes during the race.

WEATHER AND CLIMATE:

Temperatures in october can be pretty hot in the late morning hours. That's why is compulsory running with a water supply.

In any case you must be ready to face any condition: it's part of the race, part of the challenge!

THE TERRAIN

The running terrain is typical of the desert areas: sand dunes and hard surface sections. The first leg is all on sand dunes; the 2nd leg has a first section of dunes, while the 3rd is mostly hard terrain with a final section of dunes.

BAGGAGE:

During the flight the hand baggage must carry the necessary equipment for the race, running/walking shoes, shorts, t-shirt and survival kit. Some baggage loss or late delivery occasionally happened in the past; this could compromise the race. Having the necessary equipment for the race will solve the problem, while non-necessary stuff can be easily arranged. The hand baggage must be stuffed inside the single bag allowed during the race. **Warning: no exceeding baggage will be carried on the organization's vehicles.**



Baggage will be loaded on the organization's trucks from Tozeur to Zmela Labrissa and on the last day it will be delivered directly to the hotel in Douz.

RACE PACK:

For safety reasons the race pack must **imperatively** contain:

- at least 1 liter of water – in the camelbak reservoir or in the hipbelt bottles;
- **mineral salts, emergency aluminium blanket, whistle, lighter;**
- hat, sunglasses, hi-protection sunscreen, swiss knife and Compeed plasters are highly recommended.

The compulsory safety kit can be verified at any moment; the lack of any of the elements will cause an immediate penalty as per rules and regulation

THE ITINERARY:

The 100 km del Sahara is a 100 km run in 3 stages:

- 1st stage: 15 km at night – 1 waterpoint. TIME LIMIT 3 H
- 2nd stage: 35 km - 2 waterpoints (water, tea, coffee, fruits) at 15 and 25 km. TIME LIMIT 6 H
- 3rd stage: 50 km - 3 waterpoints (water, tea, coffee, fruits) at 15,30 and 40 km. TIME LIMIT 9 H, Stop gate at waterpoint

WALKERS PROGRAM

The walkers will follow a program reduced to a total of 50 km: 15 km for the night stage, 15 km for the 2nd and 20 km for the 3rd stage.

Nordic Walking total 80 km 15/35/30

SUGGESTED EQUIPMENT:

Comfortable clothes to wear after the race are highly recommended, some t-shirts, a sweater or a pile jacket, a light windproof shell, a wool hat, a tracksuit; towel, swimsuit and slippers. Socks for the race (4 pairs), needle and thread, safety pins; a tyvek overall can be very useful. Toilet kit, toilet paper and sanitary wipes, ear plugs, eyedrops, lipstick, bandaids, Compeed plasters, vaseline, sunscreen, personal medicines, headlamp, mineral salts, dried fruit, swiss knife, sunglasses, goggles to use in case of sandstorm.

TECHNICAL EQUIPMENT:

Shoes must be appropriate for running on rugged terrains, so must be pretty protective, at least a size bigger than usual since the feet tend to swell with the heat. Special gaiters against the sand are highly recommended, but you must check they are properly designed or they can be more a jam than a help. Socks with fingers proved to be pretty useful against blisters. Running shirts should be made with technical fabrics, like dryfit or similar; if you don't have dark complexion, avoid tank tops. It's a good idea to have the saharian long cotton scarf known as "shesh"; it can be very useful in case of wind and sandstorm as a protection for nose and mouth, together with the goggles for the eyes.

SUGGESTIONS:

For those who have problems with thigh friction, wearing cyclist shorts is highly recommended; vaseline is more suitable for the nipples if not using plasters. Best practice is to frequently



inspect the feet, looking for early stage friction areas and treat them with Compeed plasters in time, before blisters form. A proper precautionary dressing of the sensible areas is also highly recommended.

A small secret for those not stressed by rank problems and who want completely enjoy the experience: **Start slowly and when you feel good...slow down !!!**

PHOTO/VIDEO SERVICE:

The organization is offering to the participants customized photo and video shooting. Professional photographers and video-makers in charge will receive the participants' booking and fee payment directly on the spot.

CATEGORIES Sport Nordic Walking and Amateur Walkers

The Sport Nordic Walking category is formed by competing walkers and will have timing and leg + final rank. The total distance is fixed in 80 km.

The Amateur Walkers category gathers the less competition-minded walkers, those who want to freely challenge the desert without stress. The total distance for them is fixed in 50 km.

All the categories must be equipped with the compulsory safety kit.

For the complete and detailed Race Regulations, please visit this link (also in English):

<http://www.100kmdelsahara.com/regolamento.php>



INDIVIDUAL ENTRY RATE:

| | |
|---|----------------|
| PROGRAM WITHOUT FLIGHT | € 1.200 |
| Trip booking fee | € 60 |
| Race subscription for Runners/Walkers and Nordic Walking including: | € 100 |
| - bib number | |
| - hat | |
| - technical t-shirt of the race | |
| - race assistance | |
| - medical assistance | |
| - waterpoints for the entire event | |
| - medal and FINISHER t-shirt | |
| Supplement for single room (1st night in Tozeur + last night in Douz) | € 90 |

Individual entry rate without flight includes:

- Bus transfer Tozeur/ Zmela-Douz/Tozeur
- Hotel**** accommodation 1st night in Tozeur and last night in Douz, double room, two nights.
- Tented camp accommodation in Zmela, 3 nights in the desert,
- Full board both in camps and hotel, with meals provided by the organization at the camps.

The rate doesn't include:

- **personal health and repatriation insurance (to be issued by participants separately in their country of origin)**
- drinks in hotel
- everything not expressly included in "The rate includes".

Subscriptions deadline: 03/09/2019 (except in case of sold out)

<http://www.100kmdelsahara.com/index.php?lang=uk>

IMPORTANT NOTICE:

the race and the trip shall be confirmed with a minimum of 40 participants

Penalty fees in case of cancellation

- 30% of the rate for cancellation up to **90 days** before the departure
- 50% of the rate for cancellation from **89-60** days before the departure
- 75% of the rate for cancellation from **59-30** days before the departure
- 90% of the rate for cancellation from **29-16** days before the departure
- 100% of the rate for cancellation from **15 days** before the departure
- in case of NO-SHOW

- in case of non-regular personal expatriation documents

REGISTRATION FEE TO THE RACE and REGISTRATION FEES TO THE PROGRAMM are not refundable!

**In case of air tickets issued related to this program please note:
air tickets are non-refundable and subject to 100% penalty.**



IDEATION AND GENERAL ORGANIZATION

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