



**Born2Run**



**100 KM DEL SAHARA**

**20° edition**

**Runner's – Nordic Walking - Walkers**

**04 – 11 October 2020**

For the **20th edition** of the **100km del Sahara**, **Zitoway Sport & Adventure** are proud to present 3 unique, challenging programmes to **celebrate twenty years of Zitoway desert running**. Our 20th edition confirms the **100km del Sahara multi-stage programme**, although we go back to our origins, with 4 stages of 25km each, ideal for runners who enjoy shorter, faster distances or for nordic walkers and walkers. We are also delighted to announce **two new programmes for 2020**, both are ultra distances: the **100km del Sahara Non-stop race**, and finally the epic **Sahara Grand Slam 100 + 100km** – where runners will take on both the muti-stage 100km **AND** the 100km Non-Stop...totaling 200km.

#### **PROGRAMME**

##### **Sunday 4th October 2020**

Arrival in Djerba with direct flight from Italy or different countries, dinner and overnight in \*\*\*\* hotel.

##### **Monday 5th October 2020**

Bus transfer to Douz, lunch by the hotel, technical checks, dinner and overnight

##### **Tuesday 06th October 2020**

##### **First stage**

Wake up and breakfast

8 AM start 2nd stage start, km25. Runner, Nordic Walkers and Walkers. Finish line by the camp, afternoon at leisure. 8 PM dinner and overnight in camp





### **Wednesday 07th October 2020**

#### **Second Stage**

Wake up and breakfast

8 AM start 2nd stage start, km 25. Nordic Walkers and Walkers. 09.00am 2nd stage start, Runners. Finish line by the camp, afternoon at leisure.

08PM dinner and overnight in camp.

### **Thursday 08th October 2020**

#### **Third Stage**

Wake up and breakfast

08AM 3rd stage start, km25. Nordic Walkers and Walkers. 09.00AM 2nd stage start, Runners. Finish line by the camp, afternoon at leisure. 08PM dinner and overnight in camp.

### **Friday 09th October 2020**

#### **Fourth Stage**

Wake up and breakfast. 08.00 AM 4th stage start, km 25. Nordic Walkers and walkers. 09.00AM 2nd stage start, Runners. Finish line by the camp, afternoon at leisure. 08PM dinner and overnight in camp.

### **Saturday 10th October 2020**

#### **Transfer back to Djerba**

Transfer to Djerba \*\*\*\*hotel , lunch dinner and overnight

### **Sunday 11th October 2020**

#### **Return**

Transfer to airport , end of services

#### **DOCUMENTS:**

- For all participants a valid (at least 6 months) passport is necessary; no vaccination required. For all the participants (runners and walkers) 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.**
- **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. **Pay attention please: no exceeding baggage will be carried on the organization's vehicles.**

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- **THE TRIP**

The trip will be Monday 05th to Monday 12th October. Direct flight Milan Djerba

- **ACCOMMODATIONS**

4/10/2020 – The first night is in hotel\*\*\*\* in Djerba, half board.

5/10/2020 – The second night is in hotel\*\*\*\* in Douz, half board.

From 6/10/2020 to 8/10/2020 – Three nights in tented desert camps, full board.

09/10/2020 – Night in permanent tented camp in Ksar Ghilane, full board.

10/10/2020 – Last night in hotel\*\*\*\* in Djerba, full board.

- **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.

- **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.
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- **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!**
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- **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.

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- **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.

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- **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 !!!**

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- **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.

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- **How are tents organized ?**

Tents can fit six-people, it's possible to pre-book the spots for organized teams, or form groups directly on the spot. Single athletes can choose any tent until it's fully occupied. Tents are numbered and each group/single will sleep in the same tent for the entire event.

- **What languages are spoken ?**

Zitoway Sport & Adventure staff has italian as main language, but several staff members fluently speak english, french and spanish. Among participants, given the pretty high number of international runners, main language is english. Briefings are held in Italian and English.

- **Is internet connection available at the camps ?**

In the desert there is no internet service.

- **Is telephone connection available at the camps ?**

With own phone usually it's available, even if not everywhere.



- **What plug (adaptor) do I need for re-charging devices at the camps ?**  
European plugs (italian, 3 pins); multi-plugs connected to the generator are available.
- **How's my baggage managed during the race ?**  
Every morning personal baggage must be delivered in the center of the campsite.  
The organization will carry all the baggages on a 4x4 vehicle and deliver them at the next camp, where every runner will collect his/her own after the stage.
- **What kind of meals are offered in the camps ?**  
A fully equipped kitchen-truck managed by the italian kitchen staff will provide all the meals. The food is brought directly from Italy: pasta, rice, beef, chicken and pork meat, different kind of vegetables, bread, pizza and different desserts.  
In the hotels you'll have also the chance to experience the tasty Tunisian cuisine.
- **I have special meals requirements, what can I do ?**  
You need to inform in advance Born2Run agency; they will inform Zitoway Sport & Adventure staff.
- **How showers are ? Is there any hot shower ?**  
Showers are pretty "basic", separate for men and women, with not-heated, ambient temperature.
- **Are there WC available in the camps ?**  
No. Desert offers room enough for everyone to experience an "open sky" toilet. It's nevertheless necessary to bury toilet paper in order to avoid unpleasant "flying surprises".
- **What do I need in the camps – e.g. sleeping bag, after-race sportswear, shampoo, etc. – ?**  
One mattress each participant is available. Other advisable items: a medium weight sleeping bag, some after-race comfortable garments, a sweater or pile jacket for the night and a wind-proof shell, warm hat, personal hygiene kit, a pair of comfortable shoes. Ear plugs are highly recommended.
- **Can I litter in the camps ?**  
Yes, bins are available at the camps.
- **How is drinking water managed in the camps ?**  
Drinking water in 1,5 lt. sealed bottles is distributed every day in the camps.
- **What is the compulsory equipment ?** At least 1 liter of water (in bottles or camelbak reservoirs), mineral salts, aluminium blanket, whistle, lighter, headlamp.  
Highly recommended: sun hat, sun glasses, high-protection sunscreen, small knife and Compeed plasters.  
The compulsory equipment can be checked at any moment by the organization and any missing item will produce a penalty to the runner.
- **How's the race itinerary marked ?**  
Arrows plates, ribbons and hi-visibility flags, some of them Zitoway branded.
- **How do I manage litter during the run ?**  
Zitoway Sport & Adventure is very strict about environmental protection. Therefore – as per our rules and regulations that every participant must sign – littering along the itinerary it's strictly forbidden. Garbage must be carried in own pack or waist bag until it can be disposed at the waterpoints or at the camp.
- **What can I find at the waterpoints?**  
Water, tea, fruits, dates, biscuits.
- **Is GPS useful ?**  
Zitoway Sport & Adventure doesn't provide any GPS tracks. GPS is not necessary for orienteering during the race, being the stages completely marked by the organization and



monitored by our vehicles. So said, GPS can be useful to pace yourself or for personal record purposes.

- **Is there phone coverage along the itinerary ?**  
Phone coverage is pretty much irregular, so full connection is not granted.
  - **Is a medical certificate necessary ?**  
For foreign runners is not compulsory, but given the location and the climate, a serious pre-race check-up is highly recommended.
  - **Is a proper insurance coverage necessary ?**  
An extension of the basic insurance provided by the organization is highly recommended.
  - **Is Zitoway staff monitoring the race itinerary ?**  
Yes. Zitoway Sport & Adventure organization's main feature is exactly to offer the chance to enjoy a desert run in perfect safety. That's why the itinerary is constantly patrolled by organization's 4x4 cars and quads, including of course medical assistance ones, from the start to the finish line.
  - **Can I listen to music with earphones during 100km del Sahara?**  
Yes.
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## INDIVIDUAL ENTRY RATE:

PROGRAM WITH FLIGHT (milan or rome) booking within 31th March	€1.800
PROGRAM WITH FLIGHT (Milan or Rome) booking within 30 <sup>th</sup> June	€1.900
PROGRAM WITH FLIGHT (Milan or Rome) after 30th June	€2.000
Supplement for single room	ON REQUEST

**NO FLIGHT OPTION:** All program can be booked without flight and will be discounted by 200€. In this case, meeting point will be directly Douz Hotel on October 05<sup>th</sup> for the Stage's programme.

### Individual entry rate with flight includes:

- Direct flight Milano Djerba
- Bus transfer to Douz
- 3 Nights in hotel \*\*\*\*
- 3 nights in Tented camps
- Full board both in camps and hotel, with meals provided by the organization at the camps.

### The rate doesn't include:

- **AIRPORT TAXES 90€ APPROX.**
- **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: 03/09/2020 (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

80% of the rate for cancellation from **59-30** days before the departure

100% of the rate for cancellation from **29 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.**

**Registration:** send the form directly from the website [www.born2run.it](http://www.born2run.it) click on 100 KM

**SAHARA, then on Registration and then send the registration. Or send an email to**

**[born2run@melville.it](mailto:born2run@melville.it)**

**Deposit: (per person) 40% participation fee + registration fee**

**Balance: within 03/09/2020**

**Bank details: INTESA SAN PAOLO - Reggio Emilia business branch - P.zza Martiri on 7 July 2 -**

**Reggio Emilia**

**IBAN: IT08 L030 6912 8281 0000 0002 364 / BIC: BCITITMM**

**Headed to: Melville Travel & Leisure S.R.L. - Reggio Emilia**

**Or by credit card, directly from the website [www.born2run.it](http://www.born2run.it)**

**IDEATION AND GENERAL ORGANIZATION**

ZITOWAY Sport & Adventure – Modena [info@zitoway.com](mailto:info@zitoway.com) +39 059 359813

**TECHNICAL ORGANIZATION AND DISTRIBUTION:**

Agenzia Melville / Born2Run - Reggio Emilia [born2run@melville.it](mailto:born2run@melville.it) +39 0522 272266